

River John Hosts the April 10<sup>th</sup>  
Rural Pictou County  
Exploring Opportunities Conference

The folks in River John really put out the welcome mat. The local school, fire hall, Legion and a couple church halls became venues during the day long activities and workshops. Over 100 participants took part in this wonderful conference promoting and showcasing many local rural businesses and opportunities. There were eight workshops and 35 vendors. Everyone agreed that Pictou County is indeed a great place to live and do business!

East River Valley has been asked to host the 2011 conference. A planning committee has been struck to work in co-ordination with PRDC. This committee is comprised of the four ERV folks who attended the conference. It is their dream to involve many, many other ERV folks to work on various aspects of the conference. Tentative plans call for making it a weekend event as opposed to one day. All communities and organizations will have the opportunity to showcase themselves and their products or events during that time. To make this possible we need to have people from every community and organization come onboard. Please pop an email or make a phone call to the newsletter committee or ERV contacts. **The tentative date will be the last weekend in April.**

Happy Father's Day to all the Dad's in the  
East River Valley.....on June 20th

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**It's Quill Season Again!!!**  
Yes, spring is in the air and all the little woodland creatures are stirring - including porcupines. If you've ever had the misfortune of having your dog (or cat- and yes, it does happen) come home sporting a bristly white accessory, you know how difficult these can be to remove.

Some Things **not to do**:

- **Don't** cut the ends off the quills. This doesn't keep them from penetrating further. In fact, it makes it very difficult to remove them, sometimes necessitating your veterinary clinic to cut into the skin to try and locate them.
- **Don't** put vinegar on the quills. Some people have read on the internet that this softens the quills up and makes them easier to remove. It doesn't.
- **Don't** try and remove them home unless they are very few in number, easily removed, and your pet is super co-operative. We see many dogs whose owner's, with the best intentions, have tried to remove quills but have not been entirely successful. These leftover quills can be very difficult to remove and sometimes result in complications; infections, quill migration into areas which they can not be removed (joints, deep muscle tissue), etc...

Some Things **you can do**:

- If your pet comes home with quills, keep it quiet and away from other pets and children. Quills can be very painful and some pets who would not think of biting under normal circumstances may do so.
- Bring your pet into the veterinary clinic to have the quills removed; it may be less costly in the long run
- Prevention: it really is worth a pound of cure. Keep your pet on leash, particularly if you live near a wooded area.

Hope this helps! Enjoy the Season!  
Submitted by T. Wilmot, RVT, N.G. Vet Clinic

**Hopewell Post office hours**

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Tuesday to Friday: 8 am - 12 noon 2:15pm- 4pm  
Saturday 9 am - 12 noon

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**Spotlight on the East River Valley**



**JUNE 2010 EDITION Issue 23**  
East River Valley Community Development Association Mission statement:  
To promote the sustainability of the East River Valley communities through economic and cultural development.

**Note from the Chair - Dave**

**By now spring should have arrived though as I write this the long johns are still on stand -by. I just got an update on the remaining ancestral acknowledgements for the kiosks from John Ashton, he anticipates that they should be mounted by late June. Joanne MacHardy has had new stands constructed for the Hopewell kiosks, if they work out we will be able to finalize the panel installation too.**

**I am back in New Brunswick for the summer, the forest fire season has been very slow here giving me time to check out the local fiddleheads, good, but the East River Valley ones are better!**

"Our Communities... Our Successes!" is a newsletter published by the Rural and Co-operatives Secretariat. It helps the Government of Canada work in partnership with Canadians in rural and remote areas to build strong, dynamic communities. If you wish to receive a copy of the newsletter, contact Carole Saucier, Communications Advisor, (Atlantic Region) Rural and Co-operatives Secretariat, 33 Weldon St., Suite 320, Moncton, N.B.  
E1C 0N5 [carole.saucier@agr.gc.ca](mailto:carole.saucier@agr.gc.ca)

The newsletter contains a wealth of information on funding programs and initiatives as well as interesting articles centered on our rural Atlantic communities.

Submitted by Tracey L. Wilmot



With Spring being a time for a new start, I thought I would begin mine here in Hopewell. After many years of sewing creatively and professionally with such companies as Levi Strauss and Active Sports wear in Ontario, I semi-retired and started "Joy of Sewing" in the late 90's. I enjoyed the challenges, and look forward to more in the future. I was raised in Thorburn, N.S., for most of my childhood and I'm so pleased to be growing my roots on familiar ground.

Keeping with the community spirit, I would like to thank the lovely couple at the Village Variety, Gene and Arthene, for posting my flyer and being my first customer in Hopewell. I would like to offer my services as Joy of Sewing to the surrounding East River Valley Communities. I specialize in custom alterations, draperies, quilts, costumes, or any mending you don't have time for. I also am offering basic sewing lessons for those interested. In the future I hope to be mobile (have sewing machine will travel) so I can meet your sewing needs in your own home. I look forward to doing business with you,  
Joy Smith **Marshdale Road Hopewell 272-2082**



## Your Events

- **ERVCD A meets the 1st Monday of each month at the IOOF Hall Hopewell at 7pm**  
**Next meeting is June 7th.**
- The Plymouth Community Centre is available for rent. For more information please contact Glenda Dean at 755-2899
- **TOPS meets every Tuesday afternoon at the Birch Hill Seniors Complex on Acadia Ave, Stellarton. Weigh-in 12:30 -1:30. Meeting 1:30 - 2:30. New members welcome. More info call Elaine Campbell 752-3529**
- Plymouth Seniors Meet each Tuesday at the Fire Hall at 2pm
- **Eureka Fire Department is holding a lobster supper on June 12th. Contact any member for more info.**
- Quilt Show & Tea- Wednesday, June 9<sup>th</sup>  
2-4 & 7-9, St Columba United, Hopewell
- The Riverton Community Club welcomes new members. Why not come for a short monthly meeting, followed by a fun game of cards and small lunch? Interested? Just contact any Club member for the date of the next meeting. The hall is available for rentals also. Contact either Jim MacCulloch at 752-8879 or Doug Ross at 752-8079.  
Donna Mitchell, Secretary at 396-3466



Want to be included on the **ERVCD A** email list? Email our newsletter committee: [spotlight.1@hotmail.com](mailto:spotlight.1@hotmail.com)

**Don't like meetings but wouldn't mind helping out with a project?**

**We are looking for volunteers for the following tasks:**

- **Webmaster**
- **Banners**
- **Newsletter helpers**
- **2011 Rural Conference in ERV**

**If you would like to work on any of these projects contact any member of the executive.**

### ERVCD A Executive

**Chairman:** Dave Wilson, 923-2990  
david.wilson@ns.sympatico.ca

**Vice Chairman:** Tracey Wilmot,  
923 2053, t\_leigh11@hotmail.com

**Secretary:** Libby Fraser, 923-2240,  
lib.fraser@ns.sympatico.ca

**Treasurer:** Penny Wilson, 923-2990  
david.wilson@ns.sympatico.ca

### Weekly Card Parties

- Bridgeville Community Club Saturdays at 7:30pm
- Hopewell IOOF Hall Tuesdays at 7:30pm
- Riverton Community Club Mondays at 7:30pm

### Sunday Church Services



- **The East River Pastoral Charge & Caledonia Presbyterian Church's** are on a two week cycle with 10am services alternating between Springville and St Paul's for the winter months.
- **United Church Services:** 9:30am Bridgeville Church, 11:00am St. Columba United, Hopewell. A combined Contemporary Worship Service is held alternately between the churches on the last Sunday of the month
- **First Presbyterian Church, Hopewell** 9:45am



### East River Valley Fire Department

The Ladies Auxiliary of the East River Valley Fire Department will be doing their Silent Bake Sale during the month of May and June. People in the East River Valley Fire District will be receiving envelopes in their mailboxes during this time. To make arrangements to drop off your donation or have it picked up please contact either Leisa Stuart @ 923-2893, Marcia Smeltzer @ 923-2035, Helen Cameron @ 923-1962 or Carolyn Thompson @ 923-2118. Or you can mail check payable to "Ladies Auxiliary ERVFD" to Ruby Thompson, RR#1 Eureka, N.S. B0K 1B0

The East River Valley Firemen, during the summer are having a Car Wash each month. This will include a car wash, bake table and barbecue. There will also be tables available to rent if anyone would like to sell stuff. Call Kevin Stuart @ 923-2893 to arrange a table. Dates for the car washes are June 26, July 24 and August 21 from 9:00 a.m.-1:00 p.m.

Submitted by Marcia Smeltzer

## Glengarry School Reunion

**August 21, 2010**

**2pm—6pm**

## Glengarry Community Center

All those who attended or had a family member attend is welcome. There will be light refreshments.

Anyone who has pictures of the school or of old friends is encouraged to bring them along.

For more information call Bob Matheson 923-2660, Gary Campbell 923-2515, Joyce Findley 923-2848

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Bikes For Kids has started up again for another summer! Bikes For Kids collects bikes that you have outgrown, has volunteers that come to give the bikes a little elbow grease to fix them up, and then gives them to kids who want a bike!

We've started collecting bikes again at both of the YMCAs, in New Glasgow and in Pictou and we are always looking for more volunteers.

To apply to receive a bike, to find out how you can help, or for any other information, you can contact the Bikes For Kids coordinator, Michelle, at 755-1677 or by email at [bikesforkids@ns.sympatico.ca](mailto:bikesforkids@ns.sympatico.ca).

## Strawberry Rhubarb Jam

10 cups rhubarb (5)

6 c ups sugar (3)

Cut in fine cubes. Cover with sugar and let sit overnight. Bring to boil in morning. Add 2 (1) boxes strawberry jello powder. Stir well. Bottle hot. (The numbers in brackets are for a smaller batch.)

## East River Valley Yard Sale

June 5th promises to be the day to be in the East River Valley. That is the day for the East River Valley wide yard sale or as it used to be called the 50 mile yard sale. See what treasures may be found from Riverton to Lorne and Plymouth to Sunny Brae. On the East side at the time of printing we are aware of the following locations: Plymouth Community Centre - with a community table and also tables to rent for \$10, Lann's at 3764 in Churchville and Bridgeville United Church with yard sale items, including a manual treadmill and lunch will be sold.

**Restroom also available at the church.**

How many letters in the Alphabet? 19, cuz ET went home on a UFO and the FBI went after him.

## Landfill Vouchers Are Ready!

Drop in to the Municipal Office in Pictou or call 485-4311

You must be the assessed owner of a residential property to qualify for one.






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**SPOTLIGHT ON THE ERV NEWSLETTER**



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 \$50 for a 1/4 page

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 Email us at [spotlight.1@hotmail.com](mailto:spotlight.1@hotmail.com) Or call 923-2410  
 An affiliate of the ERV Community Development Assoc.;  
 a volunteer organization dedicated to community economic  
 development and sustainability of the ERV.

**Bridgeville United Church**

Bridgeville Church has been the venue for a weekly book club. Interesting and thought provoking discussions have been taking place centering around the book With or Without God by Gretta Vosper. Anyone is welcome to join us at any time. You do not need to have been present for previous discussions.

A small kitchen has been installed in a back corner. Some power upgrades are necessary before it is fully functional. The ladies are looking forward to using the facility and not having to pack dishes and supplies to the church for every function.

A yard sale will be held June 5th during the East River Valley (50 mile) Yard sale. If anyone would like to donate a few items it would be appreciated. Maybe you have a couple things but not enough to set up a table at the end of your driveway. Lunch items will be available for sale. Bridgeville folks would like to express their sympathy to Jim Monck on the death of his brother Donald and to Ann Cameron and family on the death of her father, Duncan MacKay.

Congratulations to our Minister, Rev Heather, on the birth of her first grandchild. Zachary was born in Calgary in April.

The Noah's Ark playgroup has been ongoing on Sunday afternoons from 1:30 -3pm. This is a time for stories, craft, music and play. All children welcome.

**Celebration of Karen O'Hara**  
 (for 30 years with Tearmann)

Glasgow Square Theatre  
 Sat. June 12, 2010  
 Commentaries honouring Karen 7-9 pm

DANCE: 9 pm -12 am  
 Music by JAKKI ROGUE Dance Band

Admission \$10.00

Available at the door on evening of event or may be purchased at Big Al's or The Pictou County Women's Centre


The Plymouth Community Centre has recently undergone many changes: new paint in the main hall, the floors cleaned and polished, the furnace repaired, and electrical baseboard heaters installed. We are very proud of all of our volunteers and the hard work they have done to make the facility ready for spring. Beginning Monday, May 17 at 7pm, a Zumba fitness class is being offered weekly. The cost is \$6.00 per one hour class. The instructor is Cheryl Lays, who has been certified in Basic Zumba and Zumba Gold. All ages are welcome. Gentlemen, come on out and join the ladies for some fun and calorie burning! A morning class can be arranged upon request, as well, Cheryl can arrange to provide a Seniors’ program.

As you know, the Plymouth Community Centre began life as a school about 100 years ago. We would love to have copies of some old school photos to create a display on a wall at the Centre. If you have any submissions, you can call me, Glenda Dean at 755-2899, or you can send them via e-mail to [gdean@eastlink.ca](mailto:gdean@eastlink.ca). We look forward to hearing from you.

Plymouth is on the list, and in the very near future, will be taking part in the Kiosk project. To get started, we need a collection of historical pictures and information with which we will create a theme for out Kiosk. We would appreciate any information you can offer. Again, contact Glenda Dean at 755-2899 or e-mail [gdean@eastlink.ca](mailto:gdean@eastlink.ca). The Plymouth Community Centre will be taking part in the BIG Yard Sale on Saturday, June 5...see you there.

**Clarrie MacKinnon, MLA, Pictou East**

**Office: 1905 Main Street Westville**  
**8:30am-4:30pm Monday thru Thursday**  
**Fridays: Community Outreach**  
**396-1853**  
**[ClarrieMLA@ns.aliantzinc.ca](mailto:ClarrieMLA@ns.aliantzinc.ca)**



**Congratulations Mom and Dad!**

David W. and Brenda M. MacLean of Hopewell, NS will be celebrating their 25<sup>th</sup> wedding anniversary on July 20<sup>th</sup>, 2010. They were married July 20<sup>th</sup>, 1985 at St. Columba United Church in Hopewell.

They now live on Williams Road in Hopewell with their three children Maxine, Michelle and Nathan.

The article on “The Mad Trapper” in our last newsletter was written by Glenda Dean of Plymouth. Glenda has many more pictures by Logan Angevine in her collection. The newsletter committee would like to congratulate Glenda as the *Hometown Voice* will be publishing the article in an upcoming edition.

**Glencoe Concert Series**

The 2010 Glencoe Concert Series is quickly approaching and again this year the concert series will be held the last Sunday of each month between 2 and 4 pm. The monthly concerts are held in the beautiful acoustic setting of our Glencoe Hall in Pictou County, which is situated along the banks of the East River. Fleur Mainville and Friends are excited to play for the lovely folks of the East River Valley once again this year!

After such a successful turn out to last years concert series we are looking forward to another year of good music, good company and a fantastic audience. We have had many local musicians show interest in being part of this magic setting, so this years guest are sure to be a delight as they are eager to perform again and some for the first time in this delightfully historic hall.

This year our dates and performers are as follows:

**Sunday June 27<sup>th</sup>** Maurice Poirier, Monica Punke

**Sunday July 25<sup>th</sup>** Albert Dunnewold, Betty & Winston Mason



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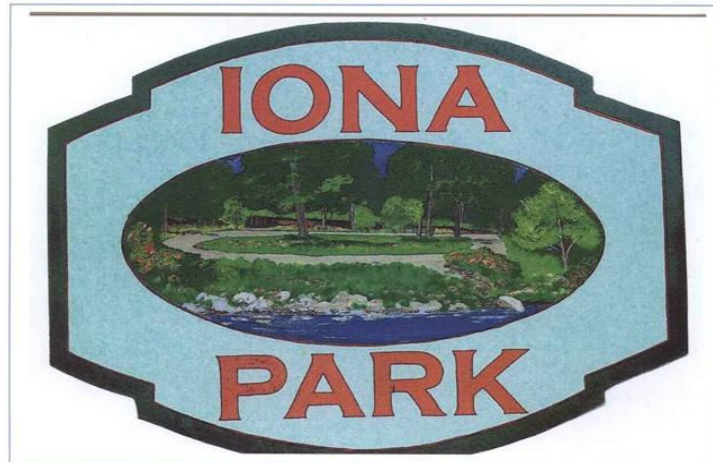
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# Grand Re-Opening



The Friends of Iona Park Association have had a busy and productive summer restoring a beautiful piece of history. Iona Park is located next to St Columba Church, Hopewell, Pictou Co. and was opened in 1960 mainly due to the hard work of the Men's Club of St Columba Church. ( *The History of Hopewell, by Janet Bain*) Due to time and loss of church members throughout the years the park began to deteriorate and lay dormant. The good times, picnics, barbecues etc now just memories. The Friends of Iona Park Association was formed in 2008 by individuals from the community who had a vision to bring this beautiful park back to life. Thus the work began. The idea was to involve as many of the community members as possible, thus creating employment and a sense of community spirit. Thanks to grants from the municipality and different government departments enough funds were raised to do the job. As is always the case a certain percentage must be raised by the association so the idea of having memorial benches placed throughout the park was introduced. This was met with overwhelming enthusiasm and the association has managed to be able to place 10 memorial benches throughout the park. The entrance has been cleared, picnic tables ( all locally made) are ready to be placed, a beautiful sign painted by a local artist greets you at the entrance, a parking area recreated, brush and dead trees cleared. A recycle and waste receptacle placed, a state of the art old fashioned privy are all ready for their new home.. Stone pillars stand proud at the front entrance as well as an interpretative panel to provide you with a tid bit of past and present life of the park. . . the vision of the association is to see life again in the park by picnickers and group get togethers, perhaps even a concert may be in the works, who knows.....as the park is bordered on one side by the East River and another side by a large brook, its a refreshing green spot for R & R .....

The grand opening will be on Sunday 13, 2-4 pm. There will be ribbon cutting, special guests, music, and good old fashioned park hot dogs and hamburgers.

The association would like to thank everyone who gave of their time, donations and support for this great project and encourage everyone to come back to the Iona Park as they once did many years ago.

See you at the park..... Submitted by Betty Dwyer, Secretary

## Martial Arts for Health

Although the most important benefit of martial arts is self defense, health benefits of martial arts are also worth taking a note of. Martial arts' training has various health benefits, for young and old alike, ranging from muscle strengthening to stress release. Popular forms of martial arts, such as karate and kung fu, help in improving the cardiovascular health of the individuals and simultaneously tones the body muscles. Other forms, such as judo and jiu jitsu, contribute in improving the body flexibility. The practice of callisthenic exercises, light exercises which promote general fitness, is an important aspect of martial arts. These exercises play an important role in improving stamina. The basic concept of martial arts is proper utilization of strength and energy effectively; therefore practicing any form of martial arts is bound to bolster your energy levels.

Adult Self Defense classes are held twice weekly at the Eureka Fire hall, Thurs. @ 6:30 – 8:00, Sun. @ 6:30 – 8:00 pm under Head Instructor **Lloyd Kenny 396-4431**. Weekly, Children's martial arts classes on Sunday @ 5:00 – 6:15 (Boys/Girls Ages 8 -12). You're certainly invited to drop in to watch or participate in a class, whether you're interested in learning to protect yourself or just want get fit.

The Plymouth Community Centre is excited about the prospect of hosting "Teen Dances", beginning later this spring. The dances would focus on children from ages 11-14. This venture is still in "idea" mode but will hopefully soon become reality as we organize volunteers and put together a team of parents and community members to assist us with fulfilling our plans. Initially, we are seeking feedback from the community. Any questions, or concerns can be directed to Kevin Kinnaird at [k.kinnaird@hotmail.com](mailto:k.kinnaird@hotmail.com). Or phone 923-2465.



While on vacation in Freeport, Maine in 1992 Bob Hines, of Churchville, was introduced to hand-carved signs. Hinesigns started out as a hobby and has since grown into a full-time business. The company started small, doing residential signs and later branched into commercial signage, truck lettering and sand-carved glass and mirrors. Bob is constantly researching - reading magazines, searching the internet and attending conferences to learn more about his craft. "I will always be looking for new ideas in the sign industry". Recently Bob has started doing decorative iron work using the latest technology in computer aided plasma cutting. He has been constructing rural residential mailboxes with decorative support systems cut on the plasma machine. Exterior decorative wall hangings & property signs are a large part of the plasma system. Entrance gates & deck railing inserts add a lot to your standard patio. Personalized firepits are nice items on a summer evening. In addition to the computer and other technology Bob considers the patience of his wife, Muriel, to be a great asset to his business. Check out his website [www.hinesigns.ca](http://www.hinesigns.ca) to see pictures of his many signs around the county and beyond. Bob enjoys the challenge of taking the home-owner or business-owner's ideas and creating a sign that truly expresses them. Bob can be reached at 923-2289 or [hinesigns@eastlink.ca](mailto:hinesigns@eastlink.ca)

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