

# NEWS

Have I Got e- for You!



News from the Communities in and around the  
Old Barns and Hilden United Churches



No 12

June 2019

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## *Message from Your Editor*

Hello Friends!

Today is the first day of summer. Did anyone notice Spring as she passed through? I do remember the tears of Spring as she struggled to come, the moist – really moist – soil as home owners attempted to plant their gardens and farmers to plant their fields. But I also remember the flush of greens as new life flowed out of the ground and on the trees, the birdie blossoms and the red of the maples.

As June winds to a close, the lazy days of summer will envelop us and our lives will slow down so that we can enjoy the sunshine, the hot days, and the gathering of family and friends that summer always brings. Pull out that book you have been saving for lawn chair reading, invite a neighbour over for a glass of sweet tea, smell the aromas of barbeques, enjoy the evening walks and say hello to those you meet.

*Leslie*



## *Good Bye, Dear Friends*



Bernadette "Penny" Marie Buchanan (Borden)  
July 10, 1947 – April 19, 2019  
Formerly of Green Oak

*Sympathy is also extended to those community members who have lost family and friends from outside our communities.*

*Always missed, forever remembered.*



## *Hello Babies*

Maisie Victoria Yuill  
February 21, 2019  
Parents: Derek Yuill & Brooke Laffin  
Old Barns  
Grandparents: Jeff and Pat Yuill

Brooke Hazel Moore  
June 3, 2019  
Parents: Kyle & Samantha Moore  
Old Barns  
Grandparents: Jerry Moore; Sharon Moore  
Great-grandparents: Grace Moore; Janet Kent



## *Clifton Pastoral Charge Summer Services*

- June 30 – Joint Service at Old Barns church  
10:00 a.m. led by Session and  
guitar-playing friends  
Outdoor service followed by a pot luck  
lunch  
Bring a lawn chair and food for the table  
A service about Family and Friends  
All are welcome.
- July 7 – Joint Service at Hilden church  
9:30 a.m. with guest leader Bruce Varner
- July 14 – Joint Service at Old Barns church  
9:30 a.m. with guest leader Barb Miller
- July 21 – Joint Service at Hilden church  
9:30 a.m. with guest leader Cory Lunn
- July 28 – Joint Service at Old Barns church  
9:30 a.m. with guest leader  
The Reverend Larry Harrison
- August 4 – Joint Service at Hilden church  
9:30 a.m. with guest musicians  
Before Monday
- August 11 – Joint service at home of  
Jim & Leslie Burrows in Green Oak  
9:30 a.m. with guest musicians  
Hwy 236  
Bring a lawn chair and pot luck snacks
- August 18 – Joint Service at Hilden church  
9:30 a.m. with Bruce Varner
- August 25 – Joint Service at Old Barns church  
9:30 a.m. with The Reverend David LeBlanc
- September services revert back to two services  
September 1: 9:30 a.m. in Old Barns  
11:00 a.m. in Hilden  
September 8, 15, 22, 29:  
9:30 a.m. in Hilden  
11:00 a.m. in Old Barns

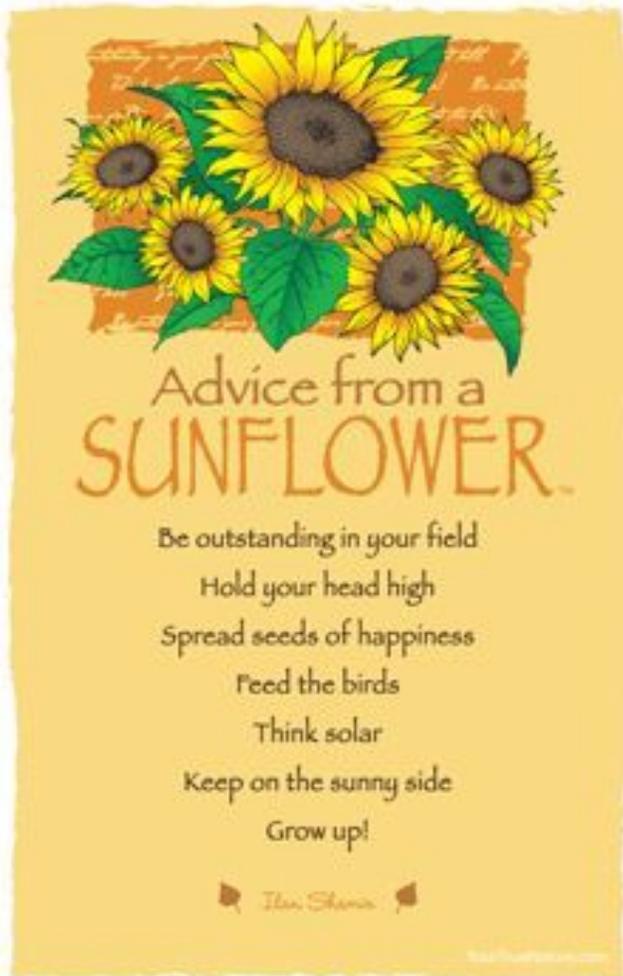
*All are Welcome.  
Please join us and bring your  
family, friends and visitors.*

## Sunflower Challenge

Coordinator Garry Matthews



The "Sunflower Growing Challenge" is on, and Rev. David has accepted the challenge of growing sunflowers this summer, along with members of the congregation and community. Seeds are available in the church foyer, for you to take home and plant. Take one for a friend or neighbour to plant as well. We will follow up over the summer to see how the flowers are growing, and plan some celebration for the competition. If you missed getting seed at church, just pick up a package at the store and plant them. The bees will appreciate your efforts.



## Happy Day!

March 25	92	Joyce Stewart
May 14	85	Millie McKim
May	85	Joy Mann
May 29	85	Colie Brenton
May 30	80	Darrell Burgess

April 30      65      Don & Kathie Chisholm

*Hope you all enjoyed your special day!*

## Concert

Old Barns United Church  
Friday September 6th.

Doors open at 6.30 pm    Concert at 7.00 pm

Tickets \$20 in advance

or \$25 at the door

to book tickets contact Reg

Telephone @ 902-895-0740

or email rihenderson8@hotmail.com

Come and  
say hello

**BREEZE & WILSON**

All the way from the UK

## Cryptoquote

Farming looks mighty easy when your plow is a pencil and you are a thousand miles from the corn field. – Dwight D. Eisenhower

## Moving Day

Jim Kent is expecting to move back to Truro before the month of June is out as a bed has been set aside for him at Cedarstone.

Beau and Laura Blois are moving along with their new home and hope to move in sometime in the autumn. Beau sent this picture of the wide pine boards he used to panel the walls of the hallway.



Alexander Burrows and Lacey O'Toole have a start on their new house which they hope to be in before Christmas.



A family of Beavers moved to Lower Truro but then had help to relocate elsewhere.



## Lobster/Chicken Supper Update

Submitted by Garry Matthews

Thanks to everyone in the congregation and community who helped with the Men's Club lobster and chicken supper on May 23<sup>rd</sup>. There are so many to thank – the ticket sellers, those who purchased tickets, the UCW for preparing the potato salad and coleslaw, the pie makers, helpers from 4H, those who assembled the dinners, served, delivered, prepared lobster and cleaned up after the dinner. Special thanks to Jeff Yuill, Dave Parsons and Bob Francis for their work on planning the supper and managing the ticket sales and finances. Net proceeds total \$3984 on sales of 580 dinners.



## April's Pancake Dinner



The Crowd of hungry pancake eaters.



Hwy 236 provided music during the lunch hour.



Clifton 4-H members helped with the serving.

## Movie Night



Attendees at one of the movie nights in Old Barns – Gordie, Barb, Grant, Jim, Arlene, Wayne

## Wayne Elliot Concert May 11<sup>th</sup>



## Grade Twelve Graduates Recognized in Old Barns Church on May 26



David McCurdy, David Sandeson, Theron Forbes, Emily Smith, Holly Masters, Makayla Crowell

*The best way to keep children home  
is to make the home atmosphere pleasant –  
and let the air out of their tires.  
Dorothy Parker*

## Green Oak – In the Past



Church that once stood on the grounds of the Green Oak Cemetery



Former home of Charlie & Dorothy Henderson was knocked down and burnt this spring.

## Truro Pride Parade

July 13 starts at 2:00 p.m. at Colchester Legion Stadium, up Lorne, down Queen, up Commercial, onto Prince ending at Civic Square. If anyone interested in marching in parade to show their support, contact Barb Miller.



*It's not whether you get knocked down;  
It's whether you get up.*

Vince Lombardi

## *Old Barns Church Gardens Planted*

Many thanks to Robert and Sandra Francis who planted the gardens this spring.



## *Wedding Shower*



A wedding shower was held June 15<sup>th</sup> at the Burris' barn for Jelisa Waugh who will be marrying Darby Sheehy in July.

## *Short Snappers*

*Many small people,  
Who, in many small places,  
Do many small things  
That can alter the face of the world.  
- African Saying*

Keep living your life,  
however small or little it may seem,  
you just never know  
the magnitude of its ripples.

*For want of a nail the shoe was lost,  
For want of a shoe the horse was lost,  
For want of a horse the rider was lost,  
For want of a rider the battle was lost,  
For want of a battle the kingdom was lost,  
And all for the want of a horseshoe nail.*

## *"Based on" a True Story*

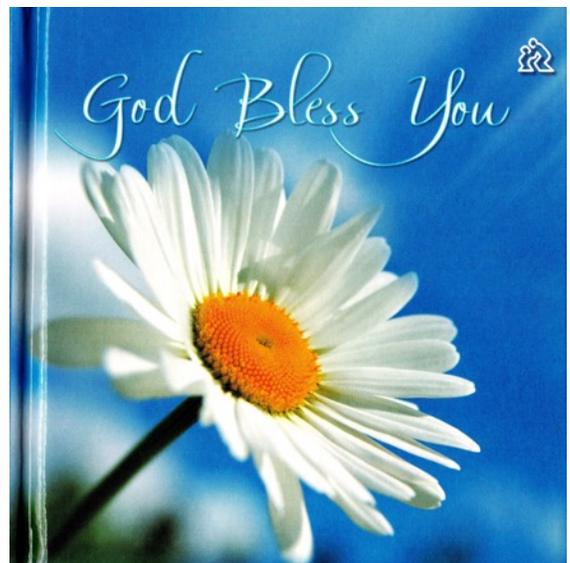
Exact school and location often change with the telling.

They walked in tandem, each of the ninety-two students filing into the already crowded auditorium. With their rich, maroon gowns flowing and the traditional capes, they looked almost as grown-up as they felt. Dads swallowed hard behind broad smiles, and moms freely brushed away tears.

This class would not pray during the commencement, not by choice, but because of a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families.

The speeches were nice, but they were routine, until the final speech received a standing ovation. A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then, it happened. All 92 students, every single one of them, suddenly sneezed.

The student on stage simply looked at the audience and said, "God bless you!" and walked off the stage. The audience exploded into applause. This graduating class had found a unique way to invoke God's blessing on their future with or without the court's approval.



# House Plants

Submitted by Jane Blackburn

How to grow and care for: part two of a three-part series

The first chapter in this series of how to have healthy house plants, we reviewed watering and fertilizing. In this chapter we will look at potting soils and containers. It is important to remember that no one part is more important than the other, they all interact.

## Potting soils

When growing any plant in a container, it is important to provide a good quality potting soil. Most potting soils or growing media are referred to 'soilless mixes' meaning they contain no actual garden soil. They are made up of sphagnum peat moss, compost, perlite or vermiculite, and fertilizers.

The purpose of spending money on a soilless mixture instead of using garden soil is that the soilless mixes provides the proper balance for the plant:

- The soil must be able to hold the proper amount of water around the roots of the plant.
- It must provide enough air space around the roots to allow the roots to breathe.
- It must provide structure for the roots to support the plant.
- It must be able to hold nutrients for the plant roots to access.
- The soils are sterilized to be free from weeds, insects and diseases.

Container plants should not be planted in garden soil. Garden soil does not drain well in a container and the plants may become waterlogged and die, there is also a greater risk of diseases and insect problems.

Soilless growing mixtures may contain the following ingredients:

- Peat - Is harvested from peat bogs and is naturally acidic so most mixes have added lime to balance out the pH.

- Perlite: A white volcanic rock that when heated creates perlite. It is excellent in creating air spaces within the mixture.
- Vermiculite - A flat, shiny mineral rock that when heated, expands. It helps to hold water and nutrients.
- Nutrients - Good quality mixtures have about a two-week supply of macro and micronutrients. They also contain lime which provides a balanced, neutral pH

## **There are 2 main types of potting soil:**

**All purpose:** The mix is primarily made of sphagnum peat moss with either perlite/vermiculite and has a proper pH and balance of nutrients. This is suitable for a wide range of houseplants.

**Specialized Mixes:** for those plants that require specialized soils such as Orchids and Cacti (succulents)

## Containers

It is important that houseplants (and all container-grown plants) are planted in proper containers. When grown in a greenhouse, most containers are plastic, they are light weight, cheap and easy to handle. They are also easily repotted from one size to another of the same type as needed. The pots may also be easily placed in trays for transport to florist shops or other retail operations.

When purchasing a houseplant from a garden center or florist, most plants are fine to continue to grow on in their original containers. The only reason for changing the container at this time would be aesthetics (you want something prettier). The plant will probably not need to be repotted for 1-2 years but that does depend on the plant.

When choosing a pot consider:

- **Drainage holes:** The containers should have drainage holes at the bottom to let the extra water drain through. If the water can't drain, it will sit at the bottom of the container and the roots will sit in the water. The roots will not be able to get oxygen and they will "drown" and die.

- **Pot Size:** It is also important that plants are potted into containers that are large enough to support the growing plant. Clay and ceramic containers are much heavier, take that into consideration remembering that your plant and its soil also has weight.

- Should not be so large that the plant is dwarfed by the container.
- Should not be too small, that the plant becomes pot bound (root bound) or is easily tipped over because the plant itself is too large for the pot. At this point, the plant needs repotting. Always repot the plant up one container size (about 1-3"), larger than the original container

- **Potting Soil:** Use the proper type of potting soil for the plant. As noted above, most house plants will use a general-purpose potting soil. In growing houseplants such as cactus/succulents, orchids, among others, a specialized soil may be required.



Image Source: <https://www.homedepot.com/p/Costa-Farms-Kimberly-Queen-Fern-in-8-3-4-in-Pot-10KIM/203380916>

### Signs that your plant needs repotting

- Water is running through the pot into the saucer below when you water the plant. This indicates that the roots have filled the pot.
- The plant is top heavy, and it falls over regularly.
- The roots are coming out of the drainage holes in the bottom of the pot.
- The roots are thick and circling the root ball (gently remove plant from pot to observe).



Root bound Plant in need of Repotting

Image Source: <https://www.gardenersworld.com/how-to/grow-plants/how-to-repot-orchids/>

Repot your plant when it is just coming out of its dormancy stage. This is usually, for most plants, in the spring. Never repot your plant when it is blooming unless necessary. It will not kill the plant, but you will lose all the blooms and buds and it may set it back.

Collect all materials needed, trowel (or scoop), pruners/knife, new pot, potting soil. Water the plant well about an hour before then remove the plant from the original container. If the root ball has excess roots trim some of them back especially if they have turned brown or black and are soft. If potting up to the next size, simply add an inch or so of potting soil to the new pot on the bottom, position the plant in the pot and add potting soil around the plant. If there is excess roots, then some may be trimmed away. The potting soil should be about ½" below the lip of the pot.

If you are wanting to keep the plant in the same pot, cleaned and washed the original pot (helps prevent diseases) after you remove the plant. Trim about 25% of the roots from the root ball and replant as directed above. You will also need to trim back some of the top growth as well.

Water the plant well. You may need to add a bit more soil after water because the soil may have settled. This is also, a good time to inspect the plant for damaged leaves/stems, diseases, and insect problems.

It is quite common to find some houseplants such as cactus and succulent that are being grown in decorative containers with no drainage holes. Care must be made not to overwater these plants, as they are susceptible to over

watering anyway. Ideally these should be moved to pots with drainage holes.

Ever hear of Kokedama? It is a Japanese term that directly translates into 'moss ball'. It is the art of wrapping the roots of a plant in moss-wrapped potting soil. The best plants to use are those that like indirect light such as ferns. When they need water, they are simply emerged in a bowl of water, allowed to soak up the moisture and then drain before being displayed.



Image Source: <http://www.plantsrescue.com/tag/asparagus-plumosus/>

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## *Canada Foodgrains Tour of Project Work in Ethiopia February 2019*

Submitted by Lydia Sorflaten

Fortunately, most of us in our country have not experienced hunger, much less starvation. Some of us will remember all of the media attention given globally to the terrible famine in Ethiopia in the mid-1980's leaving 1.2 million dead. Earlier than that, in 1976, amid growing world food emergencies, Mennonite Central Committee (MCC) created a pilot project to allow Canadian grain farmers to share their harvests with those less fortunate around the world. In 1983, the project was re-organized, opened to other church agencies, and re-established as the Canadian Foodgrains Bank (CFGB). In 1984, the United Church of Canada joined the program along with 14 other churches. Not only was CFGB able to make a significant contribution in helping to end the Ethiopia famine in 1984, but it also has continued to address the problem of hunger in Ethiopia. Initially farmers from Canada sent grain. But a better solution was developed by working directly with farmers in Ethiopia to increase crop yields.

The Nov 2018 issue of Farm Focus had an article about NB farmers growing grain to help end world hunger. The paragraph that moved us to action read this way. "Once a year Canada Foodgrains Bank (CFGB) offers a tour to an African country. Countries visited have included Rwanda, Malawi and Kenya. A return trip to Ethiopia is slated for January 2019." Google quickly located for us the phone number for the CFGB head office in Winnipeg and yes, there were two spaces available for the 10-day tour of project work in Ethiopia. We had no hesitation in signing up. Having spent April 2017 in Ethiopia's capital city of Addis Ababa as Canadian Executive Service Organization (CESO) volunteers and working with two groups of small business women entrepreneurs there, we had no hesitation about going. We truly love Ethiopia and welcomed this new opportunity.

It was our responsibility to get to Ethiopia where we would join the farm tour. The flight to Addis from Toronto is 13 hours direct. Coming back is 17 hours with a refueling stop in Dublin. The altitude in Addis, 2300 meters, affects the amount of fuel they can put into the airplane. We would have 10 days with CFGB on the project work tour. Then we would extend our stay in Addis so as to meet with several of the participants from our Marketing Workshops there in 2017.

Most of the CFGB group arrived together at Bole Airport in Addis early Sunday morning. There was little rest for the weary. Sleep-no. We must force ourselves to adapt quickly to the 6-hour time difference after the 13-hour flight. Sam Vander Ende, the Field Representative for CFGB was ready for an orientation meeting that afternoon. Sam began his work with CFGB in Ethiopia 29 years ago. He is fluent in the Amharic language, an excellent organizer, tour guide, resource person and friend.

Over the 10-day period we enjoyed getting to know the other 11 people on the tour. There were farmers from Manitoba and Saskatchewan (all CFGB grain growers), a baker from PEI, two CFGB representatives from head office in Winnipeg and ourselves. During the 10 days we certainly developed a special bond with these folks. Each morning we took turns giving a

morning devotion and each evening met to reflect on the day. Great comradery!



On Monday, Martha from 'Desert Rose' facilitated an all-day orientation session on Ethiopian culture, including perspectives on poverty. Tuesday three Toyota Land Cruisers and as it turned out their excellent drivers all were ready to take us comfortably to the project sites. As an indication of the distance travelled, on three of the ten days we were 8+ hours of driving. Certainly, there was much interesting country side to see and always time for a nice lunch break often featuring their traditional Ethiopian dish 'Injera'. The chosen route took us north from Addis, first to Debre Markos, then Debre Tabor and finally to Lalibela. Other than the last half-day to Lalibela, the roads overall were mostly paved and quite good throughout.

The problem for the people of Ethiopia comes when food from the last harvest runs out. Often times food harvested by the family tends to last 8 months, leaving the family hungry for 4 months of the year. This is called Food Insecurity. CFGB works through organizations on the ground to help alleviate Food Insecurity. First, they go into the community to assess the need. Then an implementation plan is developed in association with a local organization that will assume responsibility for managing the project. The plan will identify farmers who want to participate, methods to be followed, develop schedules for training and monitoring, etc.

This program is funded by member-agencies, individuals, congregations, companies and

community growing projects. The Canadian Government matches funds at a ratio of 3 to 1 for every dollar raised by the program. Emphasis is given to using cropping techniques that are often referred to as Conservation Agriculture. This method of crop farming is based on minimal soil disturbance, suitable crop rotations, use of mulching and cover crops to improve soil health. The results have been seen as a doubling of yields in the areas where these techniques have been adopted. What better way is there to address hunger than by helping farmers improve farming techniques by which to better feed their families?

Conservation Farming techniques also serve to alleviate problems locally that are associated with soil erosion. The worst affected areas are identified and plans are made to address the problem: for example; tree planting, check dams, water containment and redirection of water. The tree plantings not only better hold soil in place but also help to retain the water run-off for improved water absorption by the soil. Instead of a hard pack soil that does not absorb water, mulch is able to add organic matter and allow for a soil structure better able to hold and retain moisture for crop use. When farmers experience the success associated with these techniques, they share the news with other farmers who want to adopt the new methods (extension model). Government eventually comes on board. We saw real contrasts between traditionally farmed land vs land farmed using Conservation Farming. Leguminous trees, bushes and plants are used to improve soil fertility.

During our tour we saw 3 projects that are resulting in improved food security for the families of participating farmers. CFGB did 117 projects in 34 countries April 2017-March 2018. Of the 13 projects in Ethiopia we saw 3. We were in the fields, the homes, the project offices. What are they saying? There is HOPE.



## Guides to Reconstruction

Submitted by Beth Saunders

from an Atlantic School of Theology Westerhoff  
Conference – dated but still largely valid today

1. Church and Sunday School must be part of each other.
2. Assess all physical, social and educational needs.
3. A financial commitment by the church.
4. A training commitment by teachers and supervisors. A careful look at what is already in place.
5. *Gradual* change, where change is necessary. (Those wanting change must be prepared to give, and give in the most.)
6. Do not set up in opposition to other existing groups (church or other), but only as an alternative, or supplement, or specialized field.
7. Be in frequent communication with one another; trace rumours or complaints to their source as soon as possible so as to understand their problem, be it frustration, misinformation, genuine need, etc.
8. Have an awareness of children's needs and of child development.
9. Have an awareness of faith needs.
10. Don't think only in terms of numbers.
11. Learn to recognize when *de-organization* is necessary, rather than organization or re-organization.
12. Learning and *un-learning* are part of the educational process.
13. More than one person has to want change.
14. Have clearly defined duties, and set realistic time spans for volunteers.
15. Always get timely information out to all concerned (and unconcerned).



Fire at Lorne Burrows in March. Thanks to the Cobequid Fire Department for containing fire to shed.

## Travels with Leslie and Jim

In March, we landed in Las Vegas where we went up in a hot air balloon over the desert.



We then traveled to Arizona where we saw the Hoover Dam and stayed at the West Rim of the Grand Canyon where we took a helicopter down into the canyon.



We were then off to the South Rim of the Grand Canyon – awesome – by train which was “robbed on the way back. We drove down Route 66 and ate at a 50’s diner.



We visited Meteor Crater and stood on the corner in Winslow, Arizona.



Sedona is beautiful and the road to Jerome a joy. We chatted with two old guys sitting on a bench in front of a gas station in the middle of nowhere and visited the former Vulture Gold Mining Town (1863 – 1942)



We smelled the orange trees in Tuscon and watched the Earp Brothers and Doc Holliday come out alive after a shoot-out at the O.K. corral in Tombstone.



We then moved into another time and visited the Titan Missile Site near Phoenix. After the PIMA Air and Space Museum, we ended our trip with a visit with Lynne (Loughead) and David Holmes.

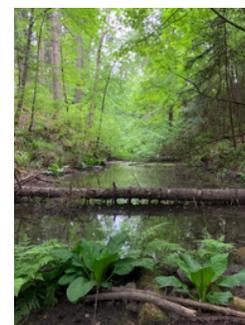
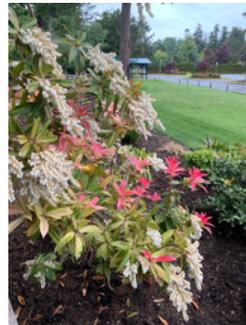
Flying home, we stopped for a couple days in New York City where we toured Manhattan – both by water and land.



We went up the Empire State Building, visited the wax museum, did a tour of Broadway, were surprised with Catherine and Kevin joining us, and saw “Come From Away”.



In May, Leslie spent a week in Victoria where she visited her brother Peter and attended the EAC annual embroidery seminar.



Upon returning home, Jim and I drove to Antigonish where I was awarded with a Volunteer Award from the Liberal Party.



In June, Leslie was off to Wolfville for the 30<sup>th</sup> gathering of the Marigold Guild of Needle Arts along with Sybil McCurdy and Carol Patton, at Victoria’s Inn.

Soon, we will be off to Ontario to visit Catherine and Kevin, tour around some – and look at farm equipment, of course!

# Mongolia

Submitted by Catherine Alexander

Mongolia, a landlocked country bordered by Russia and China, is a true dichotomy. With more than half of its 3 million citizens living in the urban centre and capital of Ulaanbaatar (UB); the countryside with its beautiful sprawling landscapes, feels empty and bare.

I have been coordinating a project in Mongolia to improve Blood Safety, Medical Waste Management, and Infection Prevention and Control in hospitals throughout the country. After nearly five years of working on this project from Ottawa, and hearing much about the country from our team of nationals in UB, and from visiting Canadians, I finally had the opportunity to experience Mongolia firsthand. In early June, I travelled to UB for our project's closing conference and was met by some of the most welcoming and hospitable people I've come across in my travels. While it was a short visit, our team made sure I was able to take in as many sites as possible, organizing a day trip into the countryside, and visits to museums, temples, and cultural centers inside the city – and this was merely a taste of what this unique country has to offer.



Genghis Khan Equestrian Statue



Winter Palace of the Bogd Khan



Mongolian Countryside



Traditional Ger in a 13<sup>th</sup> Century Camp (Cultural Museum)



Overlooking Ulaanbaatar, Mongolia's capital, situated in a valley