Serving River John and surrounding areas

Summer 2024

The Pioneer

The Pioneer is published by the River John Community Action Society. It is a not-for-profit community-owned paper.

"We acknowledge that we live and work in Mi'kma'ki, the unceded land of the Mi'kmaw. We are all treaty people and our nation-to-nation relationship is based on peace and friendship."

Game On: River John Outdoor Pickleball Courts are Open

By Theresa Rath Spicer,

River John Pickleball Club (RJPC)

The moment that all RJPC members have been waiting for has finally come. After 2½ years of planning, our three-court outdoor pickleball facility is a reality and members eagerly took to the new courts on the picturesque Legion property in early June.

While we'd anticipated completion of Phase 1 of the facility last fall, the weather didn't cooperate. As a result, a lot of hard work happened this spring. Some RJPC members and community volunteers trenched outside the courts for the installation of electrical conduit in anticipation of future lighting, and others renovated the bathroom facility. The River John Volunteer Fire Department cleaned the courts and our contractors installed the concrete walkways and seating area, and finished the court surfacing. All of this work allowed us to ready the courts for a busy season of pickleball.

Over the winter, we had about 35 members, including six new people, play regularly at the fire hall. In the spring, seasonal members returned to the area and to pickleball. We're delighted to all be back together enjoying the sport, especially at our own facility this summer and fall.

We'll return to full-time play at the fire hall when the weather turns cooler; we're thankful to RJVFD for access to the hall as it has allowed us to build great momentum for the sport and ensures year-round play. Between November, 2022 to the end of May, 2024, we've contributed more than $12,000 in player fees to RJVFD. You can tell from that whopping amount that pickleball is much-loved in our community.

RJPC has 82 active members and we expect that number to grow. Our club fosters a warm and welcoming environment and is always encouraging more people to come out and enjoy the sport. Physically, it's a whole-body workout which benefits cardiovascular health, coordination, flexibility and balance. Mentally, socialization through pickleball decreases feelings of loneliness and depression, and increases happiness – all especially important for older adults who are more prone to isolation. We've heard countless comments from members about how the sport has improved their lives by getting them out year-round for exercise and socialization.

Come join us – access to our outdoor courts is through Club membership, which includes membership in both Pickleball Canada and Pickleball Nova Scotia, providing insurance for players and RJPC as a whole. Membership details are at https://secure.pickleballcanada.org/club/river-john-pickleball-club/32284/ .

Visit our 'River John Pickleball' Facebook page for updates and info on Learn to Play sessions, tournaments and social events.

RJPC has also had incredible financial support from government, corporations, foundations, associations and individuals totalling $222,002.

In 2023, we received:

funding from all levels of government

a financial contribution from YMCA of Pictou County; they'll also partner with us to bring YMCA pickleball-related programming to our community

donations from foundations and associations

corporate and individual contributions

This year, we've received funding from the federal government and Nova Scotia Community Links to support Phase 2 of the project, which includes the renovated washroom facility, a shade structure and seating.

We continue to welcome individual and corporate contributions, which can be made through John Carruthers, RJPC Treasurer, at jelcarruthers@gmail.com . The Municipality of Pictou County has agreed to issue charitable tax receipts on behalf of the club for any personal contribution of $100 or more. Thank you to all of our sponsors and supporters, and especially the Royal Canadian Legion, River John Branch 108 for their continued support.

Together, our members, partners, sponsors and supporters have enabled us to form and sustain a club that promotes health, friendship, good sportsmanship and fun. We encourage you to come to the River John Pickleball Park and experience this for yourself. We welcome all demographics and skill levels. See you on the courts!

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Baby MacMaster

Name: Malcolm Douglas MacMaster
Born: February 11, 2024
Weight: 8lb 1oz
Parents: Mike MacMaster and Ally Campbell, Cape John
Grandparents: Doug and Glenda Campbell, Sea-foam
and Ron and Mary MacMaster, Long Point, Cape Breton
He is a very content little boy!

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Cabot Trail Relay Race, May 25-26, 2024

By Linda Thompson- Reid

The Cabot Trail Relay Race is a 185 mile/276.33 km, 17 leg relay race, with legs 9 to 14 completed during the night. There are four team compositions – female, mixed, masters and open. All runners must be able to run a 9:30 minute mile pace and be 18 years or older to participate. A total of 70 teams registered for this year's relay, with more than 1100 runners from Nova Scotia, New Brunswick, PEI, Newfoundland and Labrador, Quebec, Ontario, Maine and New York. The race started at the Gaelic College, Baddeck, continued through many communities along the Cabot Trail and finished at the Court House, followed by the Awards Banquet at the Baddeck Arena.
Christine Richardson and Julia Reid-Howell, both formerly of River John, are members of the "Sole Sisters" and participated for the past two years.

Baby Barron

Name: Bowen Alexander James Barron
Born: April 12th, 2024
Weight: 7lbs 0.5oz, 20" long
Parents: Casey MacGregor and Andrew Barron, Tatamagouche
Grandparents: Gowan and Cindy MacGregor, River John and Janet Bickerton and Preston Richter, Tatamagouche.

Julia Reid-Howell on Leg #3

Baby Boss

Name: Samuel Gregory Boss
Born: March 18th, 2024, 6 weeks early
Weight: 5 lbs 1 oz
Parents: Brittany and Matt Boss, Hammonds Plains
Grandparents: Cindy & Gowan MacGregor, River John, Terri and Chris Waldron, Hammonds Plains, Greg Boss and Marlies van der Horst, Waverly

Samuel was welcomed home by his amazing big brother, Maxwell.

Attention Woodlot Owners

Was your woodlot significantly impacted by Hurricane Fiona?

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ASSOCIATION FOR Sustainable FORESTRY

Easter Egg hunt fun by the River John
Photo credit: Mary Beth Sutherland

By Ashley Langille, Community Co-ordinator & Recreation Team

Wow! What an incredible turnout we had at this year's Easter egg hunt. The event was filled with laughter, joy, and unforgettable moments. We want to express our heartfelt gratitude to all the volunteers, who dedicated their time and energy to make this event a huge success. Your hard work and commitment truly made a difference.

We also want to extend a big Thank You to all the participants who continue to join us year after year. And, of course, a special shout-out to the one and only Easter bunny. Your magical presence and playful interactions with the children brought endless smiles and laughter. We appreciate your dedication and the happiness you spread throughout the event.

On behalf of the entire recreation team, we want to express our deepest gratitude to everyone who attended, volunteered, and participated in this year's Easter egg hunt.

As we transition from the spring festivities to the exciting summer ahead, we're thrilled to see the 14-week summer students already rolling up their sleeves to beautify the community. Acknowledging their hard work and dedication is key. We're eagerly anticipating the arrival of the eight-week grant students in July. It's wonderful to provide these students with valuable work experience so close to home. Summer in River John is shaping up to be full of fun and excitement. Stay tuned and join in the festivities.

Ashley Langille & Forrest Manning with the Easter Bunny
Photo credit: Ashley Langille

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seanfrasermp.ca
/SeanFraserMP
sean.fraser@parl.gc.ca

River John and surrounding area have much to be proud of. I have seen first hand the important work that community volunteers and advocates continue to do to make your community a great place to live and visit.

I hope you all enjoy the months ahead.

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River John Garden Club

By Linda MacLean

The River John Garden Club, founded in April 2022, brings together green thumbs and anyone with a love for all things gardening. For the past two years we have agreed to look after three areas in the village, Bissell Park raised bed, Cape John raised beds and the Bellevue Cemetery entrance. These will be our projects again this year and some of our plans for 2024 are:

The plants around the Bellevue Cemetery sign. Our plan is to assess the existing plants and determine which ones have survived. Based on this evaluation, we will decide upon new plantings and consider rearranging the existing ones. The area is quite wet, so any significant work will need to wait for appropriate weather.

This year, our plan is to enhance the Welcome sign/Bissell Park raised bed with a display of multi-coloured flowers. Our goal is to have a variety of plants blooming throughout the summer months. While some of last year's perennial flowers survived, we will need to do additional planting.

The flowers at the end of Cape John Road pose our biggest challenge, as they are subject to strong winds off the Northumberland Strait. To address this issue, we hope to construct a small windbreak to provide some shelter for the flower beds.

We hope to have another "casual" members garden tour sometime over the summer.

The River John Garden Club is also listed on a new website called North Shore Gardening Life. It's a site about 'all things gardening' going on in the North-Shore-Pugwash-Pictou areas. It's very well-done and well-worth checking out.

There are several seed swaps and plant sales that, hopefully, members of the RJGC will be attending.

Our meetings are at the River John Library - always on the third Tuesday of each month at 1:30 p.m.from May to October. They are a chance to share tips, swap stories, and we always welcome new members.

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Special Olympian Molly Baillie-Caldwell

Molly Baillie-Caldwell, a figure skater from Pictou County, represented Nova Scotia at the Special Olympics Canada Winter Games 2024 in Calgary.

Great-Granddaughter of Verna and Alfred Baillie, Molly has skated with Special Olympics for 14 years. She was very proud and honoured to participate in the week-long event. A special memory for Molly was a coaching clinic with Elizabeth Manley.

Molly is grateful to Team Nova Scotia, Special Olympics Pictou County, and her sponsors for this amazing experience.

Molly performing at the 7 Chiefs Sportsplex in Alberta, February 29, 2024.
Photo Credit: Michelle Sawatsky Hermann

Editorial — Summer 2024

By Joan Macleod

We are pleased to bring you this Summer 2024 issue of the Pioneer, our 10th year of publication. Thank you for the favourable comments on past issues, from our readers. We remind you that this paper is brought to you by a dedicated team of volunteers, who have learned the job while doing it. Mistakes do happen, for which we sincerely apologize and try our best to rectify.

We are so happy to present stories of young local athletes who are successful, not just locally, but nationally and internationally. Well done!

There are also some great historical stories; for example, when we made our own entertainment with musical instruments in our homes. In addition, we have chosen a few stories from past publications which we felt were worthy of reprinting.

See page 9.

As usual, we print reports and photos of our local organizations. We are, indeed, blessed to have so many. Remember this is your community and it is only successful because we have such "buy in". Thank you.

Even though we are a small, rural community, this does not mean that we are unaware of the wider world. We held a Peace Pilgrimage in the village on May 4th. We have a letter to the editor urging us to support an arms embargo so that there can be an end to the atrocious attacks on Palestine. Do we want to be a nation which profits from a war which causes death and destruction to vulnerable people?

Of all the local stories presented in this issue, however, Abby's is shocking. It is appalling that a 14-year-old should be attacked on a school bus, so severely that she suffered a brain injury, and then continued to be bullied by the same person. It is not just about policing, but entrenched negative attitudes (misogyny) everywhere, which meant she did not get justice. She is amazing for having found a new path and leading a successful life, despite her limitations.

This situation also speaks to me about healthy-relationship-training. How do young people learn to relate in loving, healthy, equitable and respectful ways? How do they learn to deal with rejection, fear, anger, loss, etc.? They may not be learning these behaviours in their homes, or getting help when they realize they need it. I, for one, have had enough of toxic masculinity. There is an organization in Westville, called "New Leaf," which is a support group for men who are struggling with their relationships.

This summer, there are two major festivals in River John - Read by the Sea and River John Festival Days. In addition, there are two chicken barbeques and our new pickleball courts and our beaches to attend. Remember that all our organizations and events need volunteers.

Enjoy your summer in peaceful Canada.

Letter to the Editor

By Catherine Hughes

I'm writing because of the desperate situation in Gaza, caused by Israel's military assault and deliberate denial of the necessities of life to people there, actions the International Court of Justice determined to be plausibly genocidal in its Order of January 26th. Since then, things have deteriorated significantly.

On May 12th, Hossam Shabat, a Palestinian journalist in Gaza, reported on X:

"We thought the first days were the worst, then we thought the starvation was the worst, but this bombing is like nothing we've seen. Today alone, Jabalia refugee camp was bombed at least 100 times."

At a briefing to the Security Council on May 20th, Ms. Edem Wosornu, Director of the Operations and Advocacy Division of the United Nations Office for the Co-ordination of Humanitarian Affairs said:

"To be frank, we are running out of words to describe what is happening in Gaza. We have described it as a catastrophe, a nightmare, a hell on earth. It is all of these, and worse."

On May 24th, the International Court of Justice made a new order, due to "the immense risks associated with a military offensive in Rafah," which states in part that "in conformity with its obligations under the Genocide Convention, Israel must immediately halt its military offensive, and any other action in the Rafah Governorate, which may inflict on the Palestinian group in Gaza conditions of life that could bring about its physical destruction in whole or in part."

The Court also emphasized that its previous measure requiring the "unhindered provision at scale by all concerned of urgently needed basic services and humanitarian assistance," necessitates that the Respondent maintain open land crossing points, and in particular the Rafah crossing."

I believe most people in our local communities, region and, in fact, globally want the war to end, and that the majority of people in Canada are very uncomfortable with the thought that weapons manufactured here could be used in a genocide. The Arms Embargo Now petition, which can be found at https://armsembargonow.ca/ is an opportunity to show the Canadian government how widespread the support is for a full arms embargo with Israel. As well as providing ways for individuals to participate, the petition is open to organizational signatures.

I write this in the hopes that people who read it will call on their Member of Parliament to support "a full and immediate arms embargo on Israel" and also ask organizations they are associated with to sign onto the organizational letter. This is a very thorough petition that clearly states Canada's legal and moral obligations to actually stop assisting Israel militarily while it commits genocide against Palestinians.

Here's the link again: https://armsembargonow.ca/

The Member of Parliament for Central Nova, Sean Fraser, can be reached by phone at 1-844-641-5886, by email at sean.fraser@parl.gc.ca or by mail (postage free) at House of Commons, Ottawa, Ontario, K1A 0A6.

On May 5th, 2024, a group of 12 from River John and surrounding area held a Ceasefire Pilgrimage around the village. The photo of the march was taken to Ottawa to join the other voices for an end to this unjust war.

Correction

There was an error in the last issue of the Pioneer, in the article about the River John Community Food and Health Centre, on the front page. We reported that CristyAnn Langille was the Co-ordinator of the Centre. The Centre itself is actually co-ordinated by the Board. CristyAnn is the Co-ordinator of the Food Centre only, and doing a very fine job at that. Apologies to CristyAnn as well as thanks for your hard work at the Food Centre, it's much appreciated.

River John Community Action Society
P.O. Box 161, River John, NS B0K 1N0

The Pioneer is distributed throughout the River John area, including West Branch.

We love to receive your articles and pictures, and appreciate your contributions to our newspaper. We reserve the right to edit letters and articles for clarity and brevity. Profanity will not be tolerated. We reserve the right to refuse to print letters.

Please follow the guidelines below when submitting items for publication:

Maximum of 1200 words per article and 450 words per obituary.

Articles and photos should be submitted together at the same time. Articles in Word format (.doc, .docx, or .odt) and photos in .jpg format. Do not embed photos or images into the text document. We usually have to limit the number of photos to 1 or 2 per article, so please do not be offended if you send more and they are not shown in the paper.

Author's name should be included below the title of the article.

Captions for photos should be added below the article.

Double-check for accuracy and spelling, **particularly names**. We cannot make changes once the article is sent to Layout.

All content should be emailed to: rjpioneer.story@gmail.com.

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Obituaries

TURPLE Beverly Ann

1952–2024

It is with heavy hearts that the family of Beverly (Patriquin) Turple, age 71, announce her passing on Tuesday April 16, 2024, at the Lillian Fraser Memorial Hospital, with her loving family by her side. Born on November 2, 1952, in Pictou to the late Lloyd and Maisie (Langille) Patriquin. Bev worked various jobs including fishing lobsters with her husband, Greg. Her latest job for many years was at Leetik's Esso, River John, where she enjoyed seeing familiar faces as well as many other customers who came by. In her spare time, she enjoyed, and was very skilled at knitting, sewing, diamond art, and was always up for a good game of cards or doing a puzzle, especially with her good friend, Teresa Heighton.

Beverly is survived by her two sons, George (Michelle), Westville; and Michael (Tania), Hodson; her pride and joy was "Nan's Lovebug" granddaughter, Madison; also, her step-granddaughter, Emily Rae. She is also survived by: brothers, David Patriquin, River John; Robert Patriquin, Cape John; sisters, Donna Patriquin, River John; Sandra Patriquin (Glen), Melville; special great-niece, Maisie Marriott who she fondly called "Booperoo"; several nieces, nephews and cousins; she is also survived by her step-father-in-law, Earl Johnson, Melville; sisters-in-law, Marjorie, Fall River; Ann, Hedgeville; and brother-in-law, David (Sheila) and step-brother-in-law, Erwin (Nancy) Johnson. Besides her parents she was predeceased by her husband, Greg; father-in-law, Everette Turple; mother-in-law, Christine Johnson; brothers, Leonard, Dewey; sisters Carol Waite (Bill); great-niece, Marilyn Faith; sisters-in-law, Ruby, Kathleen, Janet, Marilyn and brother-in- law Stuart. Special thank you to Dr. Bush and the nursing staff of the Lillian Fraser Memorial Hospital for their compassionate care and support. A celebration of life was held at the River John Legion on April 27, 2024.A graveside service for family will be held at a later date. In lieu of flowers donations may be made to the Anglican Church Roof fund or Cape John Cemetery.

"When the thunder rolls, and the lightning flashes, we will be together again,

one by one Baby Marilyn and I will go find the rest of the gang

We will all be together at the last clap of thunder."

MURRAY Gerald

1941–2024

We are saddened to announce the passing of Gerald Murray, age 83 of Bigney, River John. Gerald died peacefully at home on April 4, 2024. The world became a better place when Gerald was born to his parents, the late Milledge and Jean (MacKay) Murray in Pictou on January 26, 1941. Gerald was raised on the family farm in Hodson with his five brothers and five sisters where an amazing work ethic was fostered. Gerald was a carpenter and there was nothing he couldn't fix or build. He owned his own woodworking business and worked on his special projects right up until his passing. Gerald had an exceptional eye for creating, designing, and making furniture. He was most at peace when he was working in the woods and on the farm, growing his root vegetables, listening to Charlie Pride and Johnny Cash, reading, (in particular Canadian war history,) and taking his dog, Nellie, for a drive. Gerald was a kind soul, caring husband, father, grandfather, brother, uncle, and cousin. His selfless nature and devotion to others is a testament to the kind of person he was and will live on in our memories. He will be sorely missed by all who knew him.

Gerald is survived by his wife, Agnes (Langille), of 54 years; daughter, Sheila (Cary); sons, Tom (Heather) and Clay "Sonny" (Amy); along with his grandchildren, Noah, Ceilidh, Andrew, Hunter, Ryan, Katherine, and Dylan. He is also survived by siblings, Raymond (Margaret), Elbert, Beth Langille, Joyce Brown, Glenn, Malcolm (Donna), Ethel Slaunwhite; sister-in-law, Leona Murray; as well as many nieces and nephews. He was predeceased by his brother Hugh, sisters, Anne, and Ruth; as well as brothers-in-law, Robert "Bob" Hume, Andy Henderson, Billie Langille, and Bane Brown. Visitation was from 6-8 p.m., Tuesday, April 9th at McLaren Funeral Home, Pictou. The funeral was Wednesday, April 10th, at 2 p.m., in Bethel Presbyterian Church, Scotsburn, with Rev. Dr. Glen Matheson officiating. A reception followed at the church and then there was burial in the Riverbank Cemetery, Toney Mills. In lieu of flowers, donations in Gerald's memory may be made to the Bethel Presbyterian Church, Scotsburn or to a charity of your choice.

"Nothing is lost. . . Everything's got a moral, if only you can find it." – Lewis Carroll, Alice's Adventures in Wonderland

Harry J. Smith

September 13, 1945 – May 21, 2024

On a beautiful spring day, the kindest man and the best (chosen) father ever, left us to go home. Harry was a very quiet man, being first and foremost a farmer, farming the seven-generation dairy and beef farm in Mabou, Cape Breton. When his father had a heart attack at a young age, Harry ran the farm, still giving his mom and dad the monthly milk cheque. He also drove big logging trucks. Harry had two lives, the first in Mabou where he grew up and farmed and worked in the woods, and enjoyed the company of his cousins and school friends. His second life began in August, 1999, at age 53, when he married his wife, Heather (Mulholland) and they started Elmsdale Farm B&B. Harry and Heather had a love for old homes (well, maybe her more so,) and Harry discovered another talent, his ability to see what something could be. So, in 2010, the phrase "What's next?" meant a new adventure - moving to River John, to a 200-year-old home. And so a new life began. In the same year, they started a singing group and Harry discovered he could sing, and sing he did. He, and son, Josh, began restoring and roofing older homes. Harry became Josh's best friend and instructor and together they combined experience and youthful energy. Every day was something new and soon, sons, Patrick and Matthew also asked daily, "Can Harry give me some advice?" Neighbour Warren Jollimore and Harry travelled all over Nova Scotia picking up items for the latest house project.

Harry loved to fish, and last summer Josh took him to Newfoundland to "FISH." However, the day they planned to go out, the water was very rough, and as Ian Maclean stated, "I knew we were in trouble when Harry took his teeth out and put them in his pocket!" And so ended the big fishing adventure.

Harry is survived by his loving wife, Heather (Mulholland); her children: Amy (Mark); Becky (Phil); Paul; Matt (Francine); Patrick (Kayla); Josh (Nicole);

beloved grandchildren: Violet, Nevaeh, Sophia, Keith, Sam, Faith Anne, Trey, Rachel, Nathan and Ben. Also, Harry's daughter, Kimberly (Eugene); son, Stacey (Melissa); their children: Darrienne, Nathaniel, Mason and Zackery; His brother, Sonny (Tootsie) and many cousins, nieces and nephews. He also leaves his good farming friends in Mabou. He was much loved and will never be forgotten. He was everyone's friend and, as Lewis Wright said it so well, "Just seeing him at Meh's in the morning, made the day start right." A lovely farewell was held May 27th in West Branch, and a second committal will be in Mabou, Cape Breton at a later date. "Goodnight my little ones, Poppa Harry loves you."

Joan Sutherland
1931– 2024

Dorothy "Joan" (Caudle) Sutherland of River John NS, passed away May 1st, 2024, at the Aberdeen Hospital surrounded in her final days by family. She was the daughter of the late Percy and Isabel (Read) Caudle of Truro, NS. Born and brought up in Truro, she attended Alice Street School and Colchester Academy. She graduated from the Victoria General Hospital School of Nursing in 1953, then worked in the Neurosurgery operating and recovery rooms at the VG. She married our father, Rev. Donald R. Sutherland in 1957 and they moved to Oakhill NB, the 8-point, St. James Pastoral charge. They enjoyed their 3 years there, and 2 years ago we travelled back to see their former home and churches, reminiscing of their early years together in that area. In 1960 they made the move to Cape Breton and the Whycocomagh–East Lake Ainslie Pastoral charge. They lived in Whycocomagh for 37 years until retirement in 1997. Whycocomagh and area was a wonderful place to live and bring up a family, lifelong friendships were made. It was difficult to say goodbye to the community and friends when retirement came.

They moved back to Donald's childhood home in River John, where they enjoyed a busy church and community life. Faith was an important aspect of Mum's life, whether it be scripture, or music and singing in the church choir. She was a member of both the Inverness County Singers and the River John and Area Community Choir. Joan was well-read on a variety of subjects and was always up-to-date on local and worldwide news. She was a weaver, knitter, seamstress and avid gardener. She found real joy in her gardening, especially in growing roses and other flowers. She looked forward to the annual Truro and Pictou Exhibitions, exhibiting her handiwork each year. She was also a member of the Canadian Association of Clan Sutherland and the Clan Sutherland Society of Scotland. She was a lifetime member of the United Church Women (UCW) and an Honorary member of the St. Andrews Society of Pictou County.

She and Dad enjoyed their times of travel with Fred and Pat, making many more friends during travel. She learned to weave at the South Haven Guild of Weavers, Spinners and Dyers, South Haven, CB, then helped start the Lake Ainslie Weavers and Craft Guild in Scotsville CB, assisting others in learning to weave. She was presented with the Democracy Award in 2008 and was awarded the Diamond Jubilee of Queen Elizabeth II Medal in 2012. She leaves behind three children, Mary Beth (David) Sutherland of River John; Robert (Kim) Sutherland of Truro; and James (Faith) Sutherland of Whycocomagh; grandchildren, Margaret (Sam) Cripps, Sandy, Emily, Bethany and Adam Sutherland; great-grandchildren, William, George, Isabel and Charlotte Cripps; sister-in-law, Pat Caudle of Truro; and her children Glenn (Mary) and Cathy Walter of Saskatchewan. She was predeceased by her husband, Rev. Donald R. Sutherland; brother, Fred Caudle of Truro; and niece, Gayle Caudle Turnbull. Visitation was held Monday, May 6th from 6–8 p.m. at Salem United Church, River John. Funeral, Tuesday May 7th at 2 p.m. at Salem Church with Rev. Connie McNamara officiating. Following the burial, there was a time of fellowship and conversation with the family at the Royal Canadian Legion Branch 108, River John. If you so wish, donations may be given to Salem United Church River John, Stewart United Church, Whycocomagh, Pictou County VON, Aberdeen Hospital Palliative Care Unit or a charity of your choice.

Card of Thanks

We, the family of the late Joan Sutherland, wish to thank our friends and neighbours for their kind words, deeds, donations and cards, since our mother's passing. She was very fortunate to have lived in such caring communities as Whycocomagh and River John.

It was a lovely funeral service, under the direction of Rev. Connie MacNamara of Salem United Church. The wonderful community choir under the leadership of Cathe MacLean sang hymns our mother had requested.

We would also like to thank the Royal Canadian Legion Branch 108 and the ladies of Salem Church for the reception following the service. It was an opportunity for us to gather as a family and visit with friends and share our memories of Mum.

Sincerely,

Her loving children
Mary Beth, Robert, James Sutherland and families

Lion Wallace Sutherland

By Lion Cheryl Frizzell

Editor's Note: We are reprinting this story from our last issue because we inadvertently cut the last paragraph of the article. We sincerely apologize for the error.

Did you ever wonder who drives the blue pick-up truck that is seen picking up the recycles donated and left on the River John & District Lions Club veranda?

Well, that same person has been doing community service for 40 years. Stationed in CFB Gagetown, New Brunswick, Lion Wallace Sutherland, on Feb.22, 1984, joined Geary Lions Club, promising to serve his community and 40 years later he is still serving his community. As a member of the Geary Lions Club, he was instrumental in the starting of a new Lions club - the "Burton Lions Club." That is when he took on the title Guiding Lion Wallace, which he took very seriously. After Lion Wallace retired from the Advanced Pioneer Wing in the military, he and his wife Anna moved to their hometown of River John. Lion Wallace transferred his Lions membership to the River John & District Lions Club.

Lion Wallace is still a very active member of the Lions Club today, where, in the past, he has held positions such as King Lion, Zone Chairperson, Visitation Chair, Ways 'n' Means, Recycle Chair, and also served on many committees, working on the Annual Chicken BBQ and River John Breakfasts. Today, Lion Wallace really hasn't slowed down much. He has chosen to help on club events, guiding the newer members as they work on events and projects.

Lion Wallace still chairs the Recycle program at the club, is on the nominating committee, advises the club on procedures, activities and events. Lion Wallace has fond memories of the club. This is evident as he smiles and laughs, telling stories about the conventions, the club visits across the province, and the friends made along the way. Looking at Lion Wallace's vest and hat, seeing the badges and pins, they are true testaments to his 40 years of service as a Lion.

Members of the River John & District Lions Club are proud to serve the community with a member like Lion Wallace Sutherland.

I finish with the words of a fellow lion, Lion Burns Elliott, "LET ME HEAR THOSE LIONS ROAR."

King Lion Ann Patriquin presented Lion Wallace Sutherland with a Certificate and Lions Vest for 40 years of service in the Lions Association.

Chelsey Scott, Registered Massage Therapist (RMT)

by Derek Andrews

Chelsey Scott, RMT, is now taking appointments on weekends at the River John Community Food and Health Centre. She says, “I am extremely grateful for the opportunity to offer my services in River John. The support from the community has been phenomenal and I’m looking forward to seeing new faces.”

While recovering from injuries sustained in a motor vehicle accident, Chelsey found that massage therapy helped her tremendously, and this encouraged her to pursue this as a career. She studied at Eastern College for four years where she obtained the knowledge and experience to treat a variety of conditions. She says, “This is more than a career to me, it is something I am truly passionate about.”

Chelsey offers a range of massage techniques including deep-tissue massage, Swedish massage for relaxation, trigger-point release, and TMJ massage to relieve jaw pain. She can help with chronic pain management, injury recovery and prevention.

Massage therapy is a holistic approach to health care, involving the manipulation of tissues, skin, muscles, ligaments and tendons, to help maintain physical and mental well-being. It helps reduce symptoms for many chronic conditions such as cancer, fibromyalgia, multiple sclerosis, arthritis, and migraines. It can alleviate pain by diminishing trigger points (knots), passive stretching and releases to muscles and fascia (connective tissue). Massage therapy treats symptoms of stress by promoting relaxation.

Massage therapy creates a relaxing effect on the body because it causes a decrease in hormones such as adrenaline, cortisol and norepinephrine. Massage therapy can aid in treating digestive issues, and circulatory issues as it causes an increase in blood flow, allowing oxygen and nutrients to move through congested areas.

First appointments involve filling out a health history form and signing any required documents to give your consent for treatment and direct billing, if required. An assessment is done, observing gait, posture, active/passive range of motion and special tests, if necessary, to determine if there are any restrictions.

Chelsey says, “It is completely understandable for people to be nervous at their first appointment if they don't know what to expect. It is important to remember that we are in this profession to help clients, not to judge them. The treatment process will be explained along with the benefits and possible effects before beginning. I encourage clients to ask as many questions as they want.”

Chelsey suggests the best way to improve one’s general health and wellness, both physically and mentally, is to take time for yourself, listen to your mind and body, acknowledge when to take a break, and actually take one.

To find out more or to book an appointment, call or text Chelsey at 902-817-6884. She can also be found on Facebook at Chelsey Scott Registered Massage Therapy.

North Shore Chiropractic

by Derek Andrews

North Shore Chiropractic opened for business in Tatamagouche in 2023 and recently moved from their small office to a larger space at 229 Main Street. This has enabled them to open a multidisciplinary clinic that now includes physiotherapy and massage, and they hope to offer acupuncture this summer. Now at street level, it is fully accessible to wheelchair users.

Doctors Ryan Dobbin and Megan Gosse met while they were doing their Bachelor degrees at Dalhousie, Ryan studying kinesiology and Megan biology. Wanting to travel, they decided to take their four-year Master of Chiropractic at the University of South Wales. While there they enjoyed hiking in the National Parks and experiencing a different culture. During summer they returned to Tatamagouche, Ryan working with his father painting, and Megan working at Big Al’s. Noticing the lack of rehabilitation services in the area, they decided to make their long-term goal to provide their community with another level of accessible healthcare. Ryan’s goal is to help people reduce their pain and start enjoying their lives again. When I met him, I was surprised to learn that chiropractic involves much more than cracking backs. He explained to me that they can treat the whole musculoskeletal system, including soft tissues, joints, and even the nervous system to reach optimal function and relieve pain. Megan is also trained in the Webster technique for pregnancy-related pains, and to optimize the function of the mother's pelvis to reduce the possibility of difficult labour. She gave birth to their first child in March.

They use a gentle and age-appropriate approach, and one that clients are comfortable with. Ryan demonstrated an activator tool, a spring-loaded instrument that provides a quick, low-force impulse at specific points, often used in place of the back or neck adjustments you may have heard of; it was certainly nothing to be scared of. Clients will most likely leave with tools to help themselves at home in the form of gentle exercises and self-management strategies to maintain results after treatment.

Laser therapy is also available. This uses red and infra-red light to reduce inflammation and speed the healing of collagen, cartilage, bone, muscle and nerves; it works by interrupting the damaging inflammatory process in the cells of the body, allowing for proper recovery of tissues. It can heal common injuries like sprains and strains and can also reduce the pain of arthritis and other chronic conditions.

Until recently, Pip Strachan had her own physiotherapy practice in Tatamagouche but has recently come out of retirement to join the clinic. She says that she is addicted to the joy of movement and enjoys helping clients find the safest and most supportive return to their optimum function and movement. After assessment, Pip will give clients the most appropriate exercise program which might be done either with assistance at the clinic, or on your own at home.

The newest team member is Keli Turner, who brings her experience in holistic facilitation and massage therapy to the clinic. Keli uses osteopathic assessments accompanied by myofascial, lymphatic, reflexive, and energetic techniques to reveal the core of a client's concern.

North Shore Chiropractic will soon be a WCB Tier 1 Service Provider. They can be contacted by phone at 902-305-5414 and their website is www.northshorechiro.info

Dr. Ryan Dobbin demonstrating a Gluteus Medius Wall Slide to a client. This exercise helps strengthen the Gluteus Medius muscle to relieve hip and lower back pain.

When the Circus Came to River John

By Joan Macleod, as related by Earl Holt

(Originally printed in the Fall 2016 issue of the Pioneer)

Back in the 30s and 40s there was a large Town Hall on the west side of the river, beside the house where Blaine Gammon now lives. It was a huge structure that even housed a jail and a caretaker's apartment. It burned down in the 40s. (I have never seen a picture, has anyone?) The top floor had a large hall, which hosted many functions including, at one time, bridge parties. This story is about the travelling circus sideshows, which did the rounds of all the communities.

Earl Holt recalls, "In 1936, Myron Mingo and I were a couple of young, 12-year-old whippersnappers, who were able to get around because we had bicycles. Our admission was 25 cents. Among the acts was a boxing kangaroo that was fitted with boxing gloves. There was a pair of gloves for the fellows to put on and if you could stay in the ring with the kangaroo for five minutes you could win $5. If you hit the kangaroo too hard, he would hit you harder. So, a lot of the older fellows were having a go at it. No one succeeded.

After a bit the kangaroo was getting tired. The ringmaster was saying, "What am I going to do with the kangaroo now?" He looked over at us and said, "Will you take the kangaroo over to Ollie's barn?"

"What will you give us?" we asked.

25 cents each was the agreed upon price, which delighted us as it was the price of admission.

The kangaroo was fitted with a bridle, but Myron had to hold its tail down or it would be able to hop away. The road at that time was a dirt road. Just down the road on the left, adjacent to the Pioneer Cemetery, was a big red 2-storey building which was the old mill owned by Will Mitchell, Mitchie's Mill, we called it. A little further along, past the cemetery, was an iron bridge. The kangaroo clip-clopped across the bridge, which was much later replaced by a causeway/culvert. Then we arrived at Ollie's barn, which at that time was much closer to the road. There was hay and a bucket of water. The ringmaster had made prior arrangements with Ollie Logan to board the kangaroo there. I was used to animals and had no trouble tying him up. When we arrived back at the Town Hall, we told the fellow everything was all right and he gave us our 25 cents.

Even at that time I said to myself, "One day no one will believe this!"

Jim's First Flight

By Chris Giles

(Originally printed in the Spring 2015 issue of the Pioneer)

The Wright Brothers' first flight was in 1903. A mere 26 years later, a plane flying overhead in the sky was still a relatively rare occurrence. Imagine the stir when one landed in a young boy's back yard!

"The first plane that ever landed in River John was on September 25, 1929," says Jim Baillie. "A pilot named Charles Terrace left the airport in Moncton and headed for New Glasgow. He didn't make it. He landed instead in the field behind our barn."

The incident drew a crowd, and one of the people who came to see the plane that day was Mackay "Kay" Ross.

"Kay was a mechanic and had his own garage and also sold the first Ford cars in River John," Jim explains. "That night Kay spent half the night in the barn talking to the pilot, asking him all kinds of questions about planes. The next morning, we watched the pilot take off and continue on his way. It left quite an impression on all of us."

The incident did more than just fuel Kay's imagination. He got it in his head to build one of those himself – and that's exactly what he did. Apparently, Kay ordered a kit from an aviation magazine and started building. Jim recalls getting out of school and spending hours helping Kay with his plane.

"I twisted the wires on the wings, and he went behind me and soldered them. We did a lot of shel-lacking, too." Finally, the plane was finished. Because Kay was diabetic, he couldn't get his license to fly, so he hired himself a pilot.

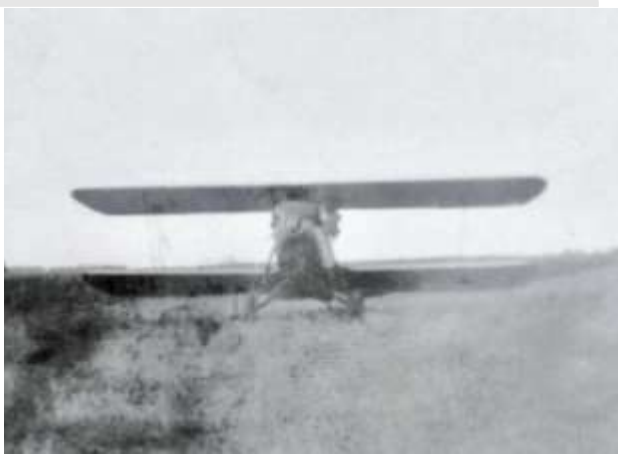
On a bright autumn day in October 1931, Kay's plane took off. "He was just supposed to circle River John, but he ended up in Seafoam and finally circled back. Wasn't very funny what happened after that. He had a crash landing." The pilot was injured but okay and the plane was damaged, but Kay Ross was undeterred.

In 1932, they watched as Kay's plane took off and landed safely. Kay's passion for airplanes helped make something else happen for young Jim. In 1932, five spray planes came over from New Brunswick to go to an air show in Trenton. After the air show they came and landed in the field in River John and offered rides for anyone who wanted to go up. "The cost was one cent a pound," says Jim. "I paid 78 cents." It was quite a day in River John and an exhilarating adventure for Jim.

There were 37.4 million flights scheduled in 2014. That means an average of 102,465 flights per day. We've come a long way, maybe? Few children today could say they went up in a plane with their brother and sister and looked down at the cows in the field behind their house. Jim Baillie can.

Kay Ross went on to work in the air force during the war and, as many River Johners remember, Kay eventually owned an appliance repair shop in the village. Kay Ross was also a man who said, "I'll build a plane myself," and did. He inspired a young boy who has memories he's never forgotten - and we're richer for it.

Thanks Jim, for another great story.



1929 - Charles Terrace lands his plane in a field behind Jim Baillie's barn

Three years later, "Kay" Ross builds River John's first plane

"Next to trying and winning, the best thing is trying and failing."

Lucy Maud Montgomery, Anne of Green Gables

Thank You

The Pioneer is proud to celebrate our 10th year of publication by reprinting these two stories which had appeared in previous issues of the Pioneer. This required research and we were fortunate that Abby Falconer who works as a technical trainer at the River John library was able to help us with this project.

Thank you so much Abby. Look for more reprinted stories in our fall issue.

Community Notices

Camp Geddie

by Cindy Langille

Camp Geddie is a summer camp with fun activities on land, at the beach, and on a lake, where you will meet old and new friends. It is a Bible camp in Merigomish. You don't have to belong to a church to go but it is connected to, and subsidized by, the Presbyterian Church.

There are options to cover the cost of campership and if you want to send your child but feel you cannot afford it, reach out to the camp and/or St. George's Presbyterian Church. No child will be turned away.

It is located at 3555 Shore Road, in Ponds, just past Merigomish, on Highway #245. For more information, check out the website at campgeddie.ca

AGES	CAMP	DATES	FEE
7 - 9	Novice 1	July 29 - 31	$165
7 - 9	Novice 2	Aug 17 - 19	$165
8 - 10	Mini Junior	July 17 - 20	$240
9 - 11	Junior 1	July 22 - 27	$360
9 - 11	TREC-Junior	Aug 10 - 15	$360
11 - 12	Pre-Teen	July 2 - 7	$360
12 - 15	Intermediate 1	July 9 - 15	$405
12 - 15	TREC-Intermediate 1	Aug 2 - 8	$405

Eunice Sutherland

Eunice Sutherland recently celebrated her 98th birthday. After many years of living in River John, she now lives at Willow Lodge in Tatamagouche. She enjoyed her day with family and friends helping her celebrate. Photo Credit: Mary Beth Sutherland

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Save the Date: Emergency Responders Event

Save the date:

The churches of River John will host an appreciation event for emergency responders on Sunday, July 14, at 2 p.m., in Bissell Park.

Citizens of all ages (especially our kids) are encouraged to participate in a brief worship, followed by story-telling, presentations, an opportunity to meet emergency responders, refreshments and cake.

If anyone would like to share a personal good-news story about being helped by our firefighters, RCMP, paramedics, or search-and-rescue personnel, please drop a note to scribblinggranny@gmail.com or ask a worship leader to pass it along. Your name will not be used unless you want it included.

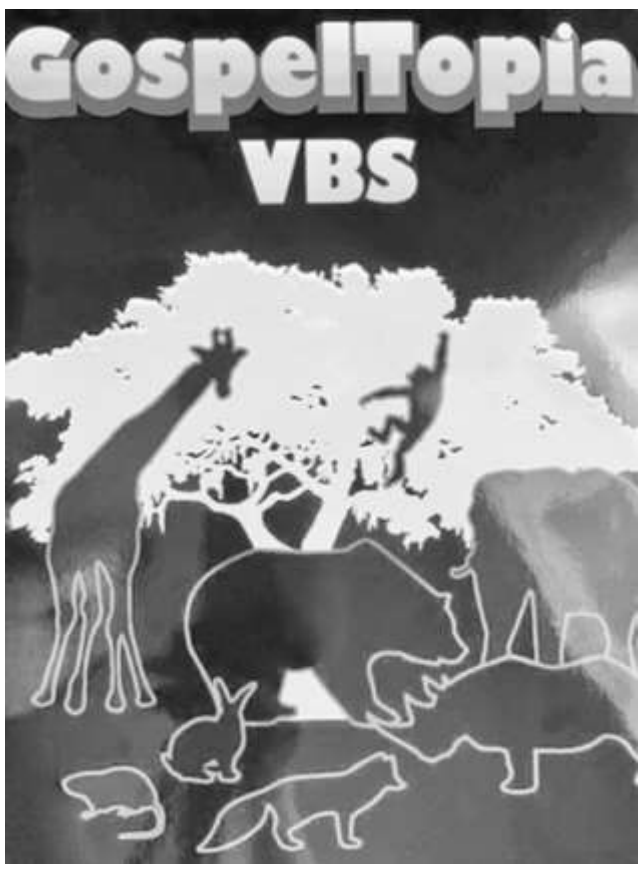
Vacation Bible School

By Cindy Langille

Vacation Bible School will be held July 2-5 from 9:00-11:30 a.m. at St. George's Presbyterian Church, River John, with "Leading with Care" protocols.

It's Free! All children are welcome. If you are 3 years or younger, you must bring your adult with you.

Pre-registration is available, but not required, by calling/texting Cindy at 902-899-5302.



NORTH CHIROPRACTIC SHORE

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Fax: (902) 900-9184

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B0K1V0

Historical Museum Open 2024

By Beulah Wright

It was a long winter, but lawns are mowed, gardens planted, and trees are covered in fresh green leaves, flowers are blooming, and the flag is flying at the museum again. As was the case last year, the days will be Monday to Friday, until our summer student joins us when school is out. Hopefully from then on, we will be open seven days a week.

We will have some new artifacts to show off and if you are looking for family history, we are always ready to talk genealogy. Our main concern is the preservation of the many artifacts which have been entrusted to our keeping and also to share with our visitors the rich heritage with which we are blessed. Even if you have been here before there is always something new. And if you have questions, we will try our best to answer them.

We hope to have some fundraising events later, as money is scarce and utilities still must be paid.

For more information, please feel free to contact us by telephone at (902) 351-3002, Monday to Friday during our opening hours 10 a.m.– 4 p.m., starting May 28th.

Come and visit, stay and reminisce for a while, and just enjoy.

Toadstock 2024

Aug 9th-11th "Toadstock" Bikers weekend at the River John Old School.

Friday night Kitchen party around the fire pit.

Saturday competition/games on the bikes, meals, and vendors.

Lots to get "revved" up about.

Awesome band playing Saturday night to end the weekend.

Open to everyone, come join in on the fun!

Living with a Traumatic Brain Injury

By Abby Falconer

In September, 2018, I had just turned 14, in one of the most anticipatory summers of my life. I was going into high school. It was a big step and I was ready. I was excited, a brand-new school, brand new people, High School, here I come!

I wasn't even a full week in, when it all came crashing down around me. I was settling into my classes and everything was going well. About a quarter of the way into the bus ride home, the two boys behind me teased me by touching my hair. School kid banter ensued and I turned back around to sit in my seat, when all of a sudden, I felt a hard smash on the back of my head. The boy directly behind me had taken his zipper binder and hit me hard over the head.

I was in a state of shock after it happened. I can remember telling my brother what happened when we picked him up at the middle school; I can remember getting home and telling my mom and dad as soon as I walked in the door; after that my memory cuts out as if it's been wiped. I didn't know it then and wouldn't be diagnosed for over a month, but I had a traumatic brain injury. The hardships I would endure would be more than I ever could have imagined.

My mother was at that school first thing the next morning. We were assured it would be thoroughly dealt with. "Things like this don't go on at our school."

But nothing was dealt with, he faced no consequences, not even a phone call home. Even weeks later, he still sought me out to try to intimidate me. Meanwhile I could barely make it through the school day between headaches, lights that were too bright, unbearable noise and numbers and letters getting scrambled in my head. Two weeks later he verbally assaulted me at a 4-H event and nothing was done there either.

By October 31, 2018, I had had enough so I charged him with assault. The court process took over a year. I felt that the school, 4-H and the restorative justice program took my assaulter's side, as did the police officer who was working my case. My case is not uncommon; women every day all around the world aren't taken seriously when issues like this arise. According to World Health Organization International (who.int): "Violence against women remains devastatingly pervasive and starts alarmingly young. New data states that 'Across their lifetime, 1 in 3 women, around 736 million, are subjected to physical or sexual violence by an intimate partner or from a non-partner – a number that has remained largely unchanged over the past decade.'"

We must keep relaying to the next generation of girls to not be ashamed of what happened to them and to speak up. The more we speak up, the more we will be taken seriously. I keep fighting so that no one will have to face the tribulations which millions of other women and I have gone through.

I went on to live my life with a headache every day for over a year along with many other symptoms, I was never at school and had to be pushed through to grade 10. By August 2019, per strict neurologist protocol, total bed rest was ordered. That was it - no activities, no nothing. After weeks of this, the neurologist determined in October, 2019, that my brain would never be able to fully go back to normal but that I now had a livable life again.

A traumatic brain injury or "TBI" occurs when a violent blow or jolt occurs to the head or body. This causes your brain to almost bounce around inside your skull; this can twist and stretch the cells and nerves in your brain and change how the chemicals in your brain work for a period of time. Your brain prioritizes trying to heal and can forget to do things like regulate your heart rate and body temperature. Post-concussive syndrome is when it takes an unusually long time for your brain to recover. Some symptoms are fatigue, dizziness, irritability, anxiety, trouble falling asleep or sleeping too much, loss of concentration and memory, ringing in the ears, noise and light sensitivity, blurry vision and more. In my case the Post Concussive Syndrome is "persistent," meaning it has lasted long after the initial injury and I will deal with this syndrome for the rest of my life.

There are many things which I cannot do any more. I can no longer show cattle, which I loved. I quit 4-H, I can't skate, or ride carnival rides, I can't ride a lawn mower. There is a long list. But I didn't let it take over my life. In May, 2021, I got my first "real" job working for River John Recreation, where I had lots of opportunities and made lifetime friends. I worked there for three summers. Despite my struggles to catch up in school, I graduated in 2022 with honours. I've participated in pageants like the Lobster Carnival Queen of the Sea and Pictou-North Colchester Exhibition pageant, winning many titles. I enjoy things like painting, photography, gardening, pottery, jewelry-making and flower-arranging. I have exhibited projects from these hobbies at the Pictou-North Colchester Exhibition, where twice I've had the highest number of top prizes. I now work at the River John library doing things like helping the public with tech, 3-D printing jobs and more. I really enjoy it there.

There are still days when I get headaches but it's not every day now, some places the lights are still too bright, the noises too loud and the numbers still scramble in my head, but I'm able to live now with a whole new appreciation for little things like reading or driving in a car or even walking around my house. I've become passionate about raising awareness for post-concussive syndrome and traumatic brain injuries, as well as violence against women. I share my story not so you'll feel sorry for me, but so that even if just one person speaks up about what happened to them, or that one person knows that even if you're in the depths of a brain injury now, life doesn't end, there are still so many good things waiting for you on the other side.

This quote from Rupi Kaur that really resonates with me: "I am not a victim of my life, what I went through pulled a warrior out of me and it is my greatest honor to be her."

If you think you've been affected by a traumatic brain injury, please contact a doctor or neurologist. If you or someone you know has been affected by violence, please reach out to someone or to any of these Nova Scotia hotlines: Neighbours, Friends and Families (Abuse and Violence Support Line): 1-855-225-0220 (toll-free, 24/7); Avalon 24/7 Sexual Assault Helpline: 902-421-1188; Child Protection Services: 1-877-424-1177 (daytime crisis line) & 1-866-922-2434 (evening crisis line); Kids Help Phone: 1-800-668-6868, Nova Scotia 24/7 Community and Social Services Helpline: 211

Abbey won First lady in Waiting and Miss Fashion at the Pictou Lobster Carnival Queen pageant in 2022

River John Fire Department News

By Krysta MacLellan

Members of the River John Voluntary Fire Department would like to say Thank You for your continued support through the Nova Scotia's Firefighters 50/50 Draw which takes place every Thursday night. Every bit of your support goes towards upgrading and purchasing our gear to help us better protect and serve the community. To purchase tickets, go to Firefighters5050.com/107. Thanks again for your continued support.

We would like to also say many thanks to those who have also supported us over the last couple months with our fundraising events such as our St. Patrick's Dance and Carmen Giorno the Hypnotist. As per usual, our upcoming fundraising events this summer will include our Lobster Dinner which is set for July 20th, our Lucky Duck Race on July 27th, and our Chicken BBQ to be held on August 18th. We look forward to seeing you at these functions.

Another upcoming event is our 4th Annual Firefighter Competition during River John Festival Days. This event is where local Fire Departments make up teams of four to come show off some of our skills in facing various obstacles that pertain to our tasks when out on calls. This event is open to any fire department with a team of four, and it is open to the public to come watch, cheer us on, and see some of our tasks that we may encounter. We also hand out awards and draw for prizes that are donated to the fire departments, so if you would like to donate any prize draws to the competition, please contact Krysta MacLellan at (902) 305-4776, please leave a message, or contact by e-mail at rjvfd@outlook.com.

Now that summer is here, please be considerate and check the Nova Scotia Burn Ban updates at 2.m. every day before you burn! You can find this online at NovaScotia.ca/burn safe.

Our other safety tip for this issue is to stay hydrated and wear sunscreen. Here are some heat-related symptoms that may occur:

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Symptoms of heat stroke include:

Confusion, altered mental status, slurred speech

Loss of consciousness (coma)

Hot, dry skin or profuse sweating

Seizures

Very high body temperature

Fatal if treatment delayed

First Aid

Take the following steps to treat a person with heat stroke:

Call 911 for emergency medical care.

Stay with the person until emergency medical services arrive.

Move the person to a shaded, cool area and remove outer clothing.

Cool the person quickly, using the following methods:

With a cold water or ice bath, if possible

Wet the skin

Place cold wet cloths on the skin

Soak clothing with cool water

Circulate the air around the person to speed cooling.

Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Heat exhaustion is most likely to affect:

The elderly

People with high blood pressure

Those working in a hot environment

Symptoms of heat exhaustion include:

Headache

Nausea

Dizziness

Weakness

Irritability

Thirst

Heavy sweating

Elevated body temperature

Decreased urine output

First Aid:

Treat a person who has heat exhaustion by doing the following:

Take them to a clinic or emergency room for medical evaluation and treatment.

Call 911 if medical care is unavailable.

Have someone stay with the person until help arrives.

Remove the person from the hot area and give liquids to drink.

Remove unnecessary clothing, including shoes and socks.

Cool the person with cold compresses or have the person wash their head, face, and neck with cold water.

Encourage frequent sips of cool water.

River John Fire Department training night on Forest Fires with Department of Natural Resources and Renewables

RIVER JOHN FOOD SERVICE (KELLY'S)

We now have take-out pizza, hot out of the oven. We also have donairs, subs, and garlic fingers. The best you've ever eaten! Order ahead for fast service and pick up. I guarantee you'll be back for more!

SUMMER HOURS:
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RUBY'S PRINCIPLE OF CLOSE ENCOUNTERS

The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

How to Adventure with Children

by Arlette Langille

Arlette's two sons on their woodland adventures.

Step One: Go outside.
Step Two: Tell them it's an adventure. It really doesn't have to be any more complicated than that. With kids, almost anything you do outside can be an adventure. Walk to get the mail? Adventure. Puddle jumping? Adventure. Swim in the river? Adventure.

When you're a kid, the whole world can be full of wonder and discovery. Think back to when you were little - how much fun was it to catch polliwogs!? What a thrill to feel the weight and wiggle of a tadpole in your net. What about bugs, snakes, and frogs? It felt like a little critter treasure hunt, turning over rocks, rolling logs, and wading through puddles. Finding shapes in the clouds, dipping your toes in a cool stream, smelling wildflowers, splashing in puddles, building snow forts, I could go on. Actually, I think I will – rolling down hills, making sandcastles, sledding, collecting pussy willows, hearing the call of a loon...you get my point. We loved these things as kids, and, spoiler alert, they're just as much fun to do as adults.

There are so many ways to get kids outside and have them engage in the natural world around them – hiking, camping, exploring, even just discovering the small wonders of your backyard. You don't need to be an Earhart or a Shackleton – adventures are as varied as birdsong. Each experience can be tailored to the comfort and abilities of the adventurers. The most important part is engaging with nature. Oh, and snacks. Snacks are also the most important part.

Recently, my two youngest (four years old and 19 months old) and I went on an adventure to Hinkley Falls, out near Scotsburn. It was drizzly and cold, not everyone's idea of a good day for a hike. I debated going, but a great man by the name of Marcus always said "there is no bad weather, only bad gear." So, they wore their splash suits and rubber boots, and we brought a change of clothes. It had rained the day before, so the falls were spectacular. We threw "boats" (sticks, leaves, banana peels) in the water and watched how they made their way through the rapids and over the falls. They churned and swirled in the chaos of the bubbling pools at the bottom then raced down the brook. We walked farther down the path, which was punctuated by deep, wide puddles. We drug our heels through the edge of the puddles and created outflows, watching the muddy water flow out and down the bank of the trail. We identified birds, plants, and animal tracks, and I answered approximately one million questions. (Don't have all the answers? Fun fact: say anything with confidence and kids will believe you. That bird? Oh, that's a northern beaked waffle -rump. How much does a squirrel weigh? Almost two pop tarts). When the littlest of my adventurers wore through his energy reserves, I strapped him to my chest, and we started the walk back. Now, one of the puddle outflows that we created was blocked by a gelatinous mass of wood frog eggs. Oh no! The puddle had hidden treasures of frog eggs and we've put them in jeopardy! My four-year-old immediately went into forest rescue mode. He damned up the outflow and we went to work gently collecting each blubbery mass of eggs that had spilled out of the puddle and returned them to the water. He scoured the ferns and wouldn't leave until we rescued each jelly blob. Satisfied with our recovery efforts, we walked the rest of the way back to the waterfall. We clambered up a steep bank, using saplings and exposed roots to steady ourselves. We even found a few trace fossils on our outing. Altogether we probably adventured about one kilometer. It wasn't a huge undertaking – we didn't need hiking poles or Merrill boots, Arc'teryx jackets or supplemental oxygen. We barely needed water. But it was still such a rewarding adventure. The kids were in their element meandering the trail, tossing stones in the brook, and eating snacks on a river rock (so many snacks).

Trekking not your vibe? Sit-down adventures are a thing. Go for a nature drive at dusk down some old dirt roads. Stop at a marsh, turn the car off and listen for the peepers and woodcocks. Load the kids up and hit the beach. Plunk a towel down and relax. Let them get sand in their hair, (and their Cheesies,) and salt on their skin. We are so incredibly fortunate to live in a place where we have our choice of so many beaches within a 15-minute drive. There's a beach for everyone. Into sand? Head to Rushton's. Snorkelling? The Cape. Flats? Murphy's. Sunsets? Literally all of them. The kids can corral crabs, collect snails, and swim with stripers. Find beach glass, build sandcastles, dig winding moats and race the tide. The beach is infinite in its ways to entertain us.

Along with spending as much time as we can at the beach, we try to get camping at least a few times every summer. Sometimes it's a quick overnighter out of the back of the car, and sometimes it's a multi-night, canoe in, no cell service, back-country, hours to civilization sort of adventure. When we were small, our parents packed the three of us up (plus the dog) and made the two-hour trek from the city to Brule almost every summer weekend (surprise, I'm a naturalized River Johner). We tented on our land on the water, cooked over the fire, and watched the stars. Mom and Dad were always taking us on adventures, and I owe my appreciation for nature and my love of the outdoors to them. Their sense of adventure was engraved in my childhood and now I'm instilling that in my children. Jay's parents have done the same for him and now he makes the perfect adventure partner. My four-year-old can identify a plethora of bird species and can help me set up a tent in minutes. Am I bragging? Yeah, kinda. But he also loves to watch YouTube and thinks Spiderman is real, so there's that.

There are so many reasons to get kids adventuring in nature. Being outside enriches not only their childhood, but your parenthood. There are life lessons along riverbanks and invaluable skills under the forest canopy. A child will learn patience feeding a squirrel, and gentleness cradling a spring peeper. They will gain confidence when they climb a tree, and balance when they cross a fallen log over the river. They will appreciate the natural world and will be much more likely to take care of it as they get older. Even now, my 18-year-old will stop his mower and move frogs to safety when they're in his path. So, gather up some kids (your own, your brother's, your neighbour's), pack more snacks than you think you'll need, and GET OUTSIDE.

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THURSDAY, JULY 4TH

6:30pm RIVER JOHN OLD SCHOOL - BACKFIELD

Family Story-telling Campfire

FRIDAY, JULY 5TH

10am RIVER JOHN HISTORICAL SOCIETY MUSEUM

Heritage Story Walk

10am - 12pm RIVER JOHN OLD SCHOOL

WriteWords Workshop

JANE DOUCET PRESENTS "HUMOUR WRITING - SERIOUSLY!"

1pm - 3pm RIVER JOHN OLD SCHOOL

WriteWords Workshop

JON TATTRIE ON "PRESENTING YOUR WRITINGS AT PITCH THE PUBLISHER" AND INTERVIEW SKILLS

SATURDAY, JULY 6TH

ALL SATURDAY EVENTS TAKE PLACE AT THE ROYAL CANADIAN LEGION. RAIN VENUE FOR OUTSIDE EVENTS IS THE RIVER JOHN FIRE HALL

9am - 10:45am (inside)

Pitch the Publisher

9am - 9:40am (outside)

WordPlay

Karl Subban and **Lorna Schultz Nicholson**

9:40am - 10:20am (outside)

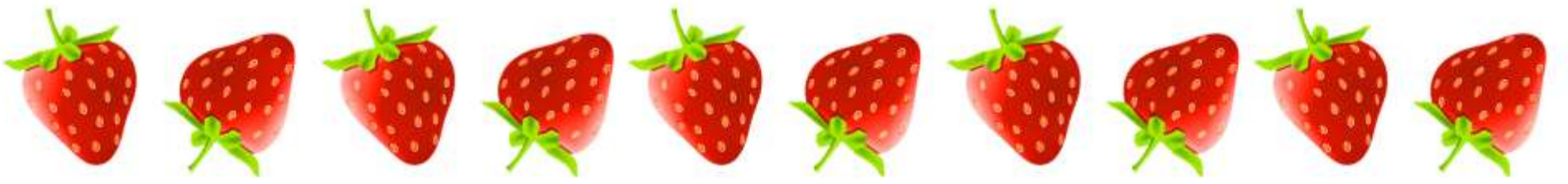
OnWords

Michael Hutchinson and **Alexandra Harrington**

11:10am - 3:30pm (outside)

Main Stage

Karl Subban, Mary Dalton, Mai Nguyen and Robert Sawyer with music, authors panel, raffles and more!



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RIVER JOHN FESTIVAL DAYS

COME TO EXPLORE IN 2024

JULY 19TH–27TH

The River John Festival Days Committee wish to extend their appreciation to the residents of River John and area, as well as to all visitors from near and far, who have supported the festivities for almost 40 years!

The committee would also like to acknowledge and thank all of the hard working individuals, who have organized these events and volunteered during the Festival Days.

River John Festival Days' history dates back to 1985 when River John celebrated its 200th Birthday with a week-long festival. The event was so successful that it was decided to hold a week-long celebration every year!

Join us for Festival Days and take part in our many events and activities for all ages. Become a part of the celebration of our beautiful community!

FESTIVAL DAYS SCHEDULE

Schedule is subject to change.

Information will be added and updated. Please watch for our brochures and check out our website. **For the most up to date information visit our Facebook page!**

Brochures will be available in July, we'll update you on where to find them!

Website:
www.rjfestivaldays.ca

Facebook Page:
www.facebook.com/riverjohn.festival.days

FRIDAY JULY 19

6pm Baseball Tournament begins at the ball field. Contact Jay Reid 782-440-2110 to register.

SATURDAY JULY 20

9am Baseball Tournament continued

12pm until sold out Lobster Dinner at the Fire Hall. Price TBD.

2pm Cardboard Boat Races at Bissell Park dock. Build your own cardboard boat and compete to cross the river!

SUNDAY JULY 21

9am Baseball Tournament continued

10am-3pm Sheep Shearing Day at Lismore Farm. Watch sheep shearing, meet some lambs, wool craft demos plus make your own! Visit our farm shop. Lamb sausage BBQ. Admission is free.

11am Ecumenical church service at Salem United Church

TBD Bridge to Bridge Fun Paddle. Bring your own kayak, canoe, etc. Weather permitting. Meet at Bissell Park. More parking behind Fire Hall.

6pm Children's Parade and Family BBQ at the Lions Club Playground. Participants meet at St. Georges Presbyterian Church. Categories include best fictional character, best original, best on wheels, best group, best festival theme.

7pm Gospel Sing at St. George's Church Hall with the "West Branch Singers"

MONDAY JULY 22

6:45-10am Breakfast on the Veranda by Community Support Society of River John (Adult $12, children $8).

1pm Strawberry Tea at the River John Legion ($7 adults/$4 children)

6pm Scrabble Walk. Register at Bissell Park for $2. Cash prizes.

7pm Entertainment on the Veranda

7pm Firefighter Competition/Demo on the Old School grounds

7pm Cribbage Night at the Legion. Ages 19+, $10/player, teams of two, winner takes half. Prize for biggest regular hand, prize for biggest crib hand. Cash bar.

TUESDAY JULY 23

6:45-10am Breakfast on the Veranda by River John 4-H Club. Bacon, Eggs & Beans, ($12/$8).

1-4:30pm Sunrise Trail 4-H Achievement Day at Melville-Seafoam Community Hall

1:30pm Kite Flying at Caldera Distilling Inc (65 River John Road), treats provided

6:30pm Striped Bass Fishing Tournament Registration at Bissell Park, $5

7pm Entertainment on the Veranda

7pm Trivia Night at the Firehall. $20, teams of four, winners takes all. Ages 19+, cash bar.

WEDNESDAY JULY 24

6:45-10am Breakfast on the Veranda by Sunrise Trail 4-H Club. French Toast and Sausage ($12/$8).

12pm Washer Toss registration at the Legion. Games to immediately follow registration. 30 teams max.

1-4pm Community Picnic at Skinners Cove (East)

6:30pm Family Chocolate Bar Bingo at the Fire Hall. Bring a chocolate bar to "buy" a bingo card (1 chocolate bar = 1 bingo card). Open to all children with parent/guardians.

6-9pm Night Market at the Old School

7pm Entertainment on the Veranda

THURSDAY JULY 25

6:45-10am Breakfast on the Veranda by the Oddfellows & Rebekahs. Ham & Eggs, ($12/$8)

2-4pm Wardens Tea at the Fire Hall

6pm Children's Scavenger Hunt. Register at Bissell Park, free.

7pm Bingo at the Legion

7pm Entertainment on the Veranda

FRIDAY JULY 26

6:45-10am Breakfast on the Veranda by the Melville/Seafoam Group. Pancakes, Sausages & Beans ($12/$8).

1pm Pie Sale at the Firehall by the River John Festival Day Committee

7pm Striped Bass Fishing Tournament Weigh-In at Bissell Park, prizes awarded at 7:30pm

7pm Euchre at the Legion, $6/person, 19+

7pm Entertainment on the Veranda

8pm Caldera Distilling Inc. bonfire, music and cocktails at 65 River John Road. Bring your own instrument and join in! Ages 19+.

SATURDAY JULY 27

6:45-10am Breakfast on the Veranda by The Lions Club. Pancakes and Sausages, ($12/$8)

10-11am Antique Car Show Registration

11am-2pm Antique Car Show open to public at the Old School parking lot

2pm Antique Car Show trophies & prizes

TBD River John Volunteer Fire Department Lucky Duck Race on the River

2pm Lobster Crate Run on the River. Register at 1:30, Bissell Park dock, $5.

6:30pm Street Parade

9:45pm/Sunset Fireworks over the river

10:15pm-2am Festival Dance (DJ) at the Fire Hall, $10. Ages 19+. Brought to you by AA Munro Insurance, first 20 people get in free!

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Mother's Day Brunch at the Firehall. L-R: Irene Hatch, Chrissy Joudrie, Marjorie Falconer and Linda Munro Missing from the photo is the sister, Alice Sutherland

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Lilly Jollimore

By Debby Shaw

Recently I enjoyed sitting in the sun, watching the river, and talking with Lilly Jollimore. Lilly is the 14-year-old daughter of Lisa and Winston Jollimore, living in Welsford. Lilly is in grade nine at Northumberland Regional School in Alma, likes to cook, spend time with her friends and wants to work in the legal field, perhaps the courthouse, after finishing high school. She also likes to keep in shape by running and working out, so when she was in grade 7, she wanted to learn to protect herself, for no particular reason. She just thinks everyone should be able to. This led to Lilly to her interest in the sport of boxing. So, at that young age, she joined the Albion Amateur Boxing Club in New Glasgow. Lilly trains three nights a week at the club and carries on training between club nights by running and lawn mowing, while maintaining healthy eating habits. Lilly shared that there are more male than female boxers at the club, with mixed sparring, but fights are only arranged with same gender.

The four coaches watch how hard people train and work so when they think a boxer is ready, they arrange a fight for them with another club. However, before a boxer can advance to fight, they must visit their family doctor for a medical. Lilly has had three fights and thinks her first was the best. Her third one just took place in Newfoundland on May 24th. Lilly was the only girl to go on this trip from the Albion Club. I learned from Lilly that a fight is stopped when the referee sees that one opponent overpowers the other or there is too much blood.

Congratulations, Lilly Jollimore, who returned from Newfoundland with "Bout of the Night" and Gold.

Boxing is a hobby that takes a lot of time, but Lilly really enjoys it and has made some good friends at the club.

Good Luck and continue to enjoy this sport, Lilly. We hope to hear from you again in the future.

Lilly trains for her fight in Newfoundland

Photo Credit: Lisa Jollimore

Keegan Dalton

By Debby Shaw

Keagan Dalton is a 17-year-old, grade 12 student at Northumberland School, a hockey player, a rugby player and a busy young man. He just arrived back from Wales where he went to hone his rugby skills.

Keagan began playing rugby when he was encouraged by his hockey teammates. Rugby requires dedication, hard work, and a personality that thrives under pressure. These are qualities Keagan has. He is currently the captain of his hockey team, the Junior B Scotians, as well as captain of the Northumberland School Rugby team, the Night Hawks.

In 2020, Keagan was recruited to play for the under 17 Nova Scotia Rugby team as they went to competition in St. John's, Newfoundland. After seeing his skill level, coaches recruited him to play for the Atlantic 19 and under team. He has always played back row. Continuing with this success, Keagan has been scouted by Dalhousie University where he will be studying Chemical Engineering. I asked him if he had dreams of playing professionally and he said the players aren't compensated well enough in Canada. Recently Keagan and the Atlantic Rugby Team went to Wales to play community rugby teams. Keagan said teams there are amazing and, since they have been playing throughout their childhood, they are at a high skill level. There was steep competition, and he found it a great place to train and learn in preparation for the Canadian Championship.

Keagan is the son of Sonny and Robin Dalton and lives in Poplar Hill.

Keagan Dalton on the left, Omar Alsadian on the right

Election Results

By Mary Beth Sutherland

West Pictou Provincial Electoral Riding has just completed a May 21st by-election, to fill the electoral seat left by the retirement of MLA Karla MacFarlane. There were 4 individuals who put their names forward to run in the campaign. Below are the unofficial results from election night.

Our riding has 29 polls and 12,018 registered voters. There were 5,738 voters who cast ballots in the by-election; only 48.09% of eligible voters did so. Our new MLA, Marco MacLeod, is from the Scotsburn area, and was raised on the seventh-generation family farm. He is a small-business owner.

I would like to thank those individuals who put their names on the ballot for this by-election, who each took time from their families and personal lives to take part in our electoral system. A successful democratic country is made so by those who take the time to participate as an informed voter, worker and/or candidate.

Electoral Party	Name	Votes
Green	Clare Brett	82
NS New Democratic Party	Melinda Mackenzie	949
Liberal	Mary Elliott	548
Progressive Conservative	Marco MacLeod	4,159

How to Find Provincial Policies

By Kelly Shaw

I often read articles that make me curious to learn more. In the last issue of The Pioneer there were articles that talked about education policy and environmental policy. I thought it might be helpful to highlight for readers how to find provincial policy documents.

The Government of Nova Scotia has a search engine (like Google but specific to NS government documents and websites) that will give you the internet link for these documents. If you type beta.novascotia.ca into the search bar of your search engine you will arrive at the Nova Scotia Government specific search engine. Once there you can search for education policy, or environmental policy, or perhaps housing policy.

*Beta means testing so this is not a perfect system yet!

Salem United Church News

By Rev Connie McNamara

Salem United Church has had a busy three months since the last edition of the Pioneer.

On the first Friday in March, we hosted the "World Day of Prayer" worship service, with participation from many different denominations. The liturgy was written by the women of Palestine, and it was a very meaningful opportunity to pray for peace in the midst of the current death and destruction in Palestine and Israel.

We participated in the "Lenten Luncheons" at St. George's Presbyterian Church Hall, and very much enjoyed the fellowship. On March 28th, our congregation hosted Maundy Thursday with an ecumenical worship service during which we shared a meal and the celebration of Holy Communion at table. Many thanks to all who worked to make it happen.

On Easter Sunday, March 31st, we celebrated the new life of Easter and had a lot of fun creating a congregational painting.

On April 14th, we celebrated the 90th Birthday of John Craib, with a delicious cake made by Florence Craib, and the birthday boy happily wore a fabulous birthday cake hat, complete with candles.

On April 21st we honoured Earth Day by sharing in an outdoor blessing as we planted a beautiful burning bush at the front of the church.

On May 4th, with impetus from our UCC Moderator, Rev. Dr. Carmen Lansdowne, Salem UC organized a "Pilgrimage for Peace" in support of a ceasefire in Gaza; people from a wide area took part, and the walk raised awareness of the dire situation in Palestine.

On May 5th, we not only hung a red dress on the front of Salem UC and used our worship time to raise awareness of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ peoples; but we wore white to support the call for a Gaza ceasefire.

On May 19th, we joined with Three Harbours Pastoral Charge at St. Andrew's UC in Fox Harbour to celebrate Pentecost with a PowerPoint of the recent Bermuda-Nova Scotia Regional Council Annual Meeting. This was followed by a time of food and fellowship following worship.

And on May 24th, we put on a "Take Out Pork Roast Dinner" fundraiser which was sold out. Many thanks to St. George's Church for the use of their facilities, to all who worked to organize and prepare the meal, and to all who purchased dinners in support of Salem UC.

And, of course, there will be more activities in the coming months. On Sunday June 9th at 4:00 p.m. Salem UC will host a potluck meal and then watch a live-stream worship service from Metropolitan UC in Toronto to celebrate the 99th Anniversary of the UCC and kick off a year-long commemoration of the 100th Anniversary - all are welcome.

On Sunday, July 21st, Salem UC will once again host the River John Festival Days ecumenical worship service at 11:00 a.m.

As we continue to work to maintain our building following Hurricane Fiona, we are considering a capital campaign to raise funds, so please stay tuned to hear more about how you and others can help us to maintain our ministry presence in River John.

Minnie Cormier servicing her delicious homemade corn chowder at the ecumenical Maundy Thursday .service.

St. Michael's Catholic Church

By Netta Heukshorst

Regularly scheduled Mass is on Saturdays at 4 p.m. There had been some discussion regarding a change, but it will remain on Saturdays at 4 p.m.

A very successful and delicious soup luncheon was held on March 28th. It was a wonderful time of camaraderie and fellowship by both the church members and the guests who attended.

The only time Mass is not on Saturday afternoon is, of course, on Easter Sunday morning. This Eucharistic celebration was held at 9 a.m, as it is each Easter. It was a glorious sunny morning to celebrate the Risen Christ. Alleluia. The church was full of worshippers and a delicious reception was well attended in the hall afterwards.

New for St. Michael's is the setting up of a Facebook page account. Check it out under "St. Michael's Roman Catholic Church". Since we are part of five churches of Immaculate Conception parish in Truro, there is a lot of information to be found on this page, including contact number (902-893-7188) and email address: office@icctruro.org

The month of May is dedicated to our Blessed Mother Mary, and the Holy Rosary is prayed each Saturday at 3:40 p.m., followed by Mass at 4 p.m.

As always after Mass, there is a social hour downstairs in the hall. This gives everyone a chance to chat and socialize with each other and visitors alike..

Everyone is welcome at St. Michael's and remember to smile and be kind to each other.

Does God Exist?

By Rev. Enjei Roni

We live in a world where too many bad things are happening and it usually prompts people to wonder if there is a God. Yet the Bible, in so many instances, tells us of God's existence and creation of the earth (Genesis 1).

I am sure many of us here have watched the television series, Big Bang Theory, and know of Young Sheldon. Young Sheldon's mother struggled at one time with her faith and wondered if God existed because of her challenges. Young Sheldon came to his mother and said the following:

"Did you know if gravity was a little more powerful, the universe would collapse into a bowl? Also, if gravity was slightly less powerful, the universe would fly apart and there would be no stars or planets. Gravity is precisely as strong as it needs to be. And if the ratio of the electromagnetic force to the strong force wasn't one percent, life wouldn't exist. What are the odds that would happen all by itself? The precision of the universe makes it easy to conclude that there is a Creator."

Even though this young boy didn't believe in God's existence, he was able to acknowledge through his study of science that indeed there is a Superior Being, greater than all of us, who controls and holds the universe together. Most and maybe all scientists know this truth even though they don't always admit it.

Whatever you are going through today, know that there is a God in heaven and if you call on Him, He will answer you (Jeremiah 33:3).

Blessings to everyone in our lovely community. If you need any help or someone to talk to, don't hesitate to reach me at: rev.enjeironi@yahoo.com or 782-440-3772. God loves you.

News from St. John the Baptist Anglican Church - The Church with the White Picket Fence

By Monica Graham

Members of St. John the Baptist congregation worked through the spring to rearrange the back of the building inside the entryway, making it more inviting and providing an informal and practical gathering space for after-church socializing, meetings or other functions.

During the May 19 worship, we dedicated new Lexan storm windows to cover the stained glass. The previous coverings had yellowed and cracked, preventing sunshine from highlighting the intensely-coloured windows. The new coverings were purchased by members of the congregation in memory of loved ones, and their names are now recorded in the church's memorial book.

At the same service, we gratefully received a new Paschal candle from the family of the late Myrtle and Wilson Langille, long-time members of the church. The tall, new candle replaces one donated some years ago by the same family, and used well - especially during funerals and baptisms. After the service, everyone gathered in the newly-arranged space at the back of the church, to enjoy tea, coffee, muffins and fellowship.

St. John's Gospel sing-alongs have been well-attended, with one scheduled for Sunday, May 26, 2-4 pm. We thank all the participating musicians, whose efforts help us raise funds to replace the building's hurricane-damaged roof.

In late winter, women from our church organized Bible classes at the Legion, studying (so-called!) Bad Girls of the Bible. There was an excellent turnout of women from several different churches for the Thursday afternoon sessions. All in all, it was respectful, fun, thought-provoking and enlightening. Many thanks to Jocelyn Heighton and Denise White for initiating the event, and to all who took part.

Plans are underway for a yard and bake sale this summer, but no date as yet has been set. The congregation looks forward to participating in Festival Days events and also in an ecumenical recognition of the good work done by local emergency responders - an event still in planning stages.

Thinking of Sending an Article to the Pioneer

If so, please note we have made a few changes to the requirements for submissions.

1. We no longer request that you submit your text using a plain style (without bolding, italics and all the other stuff we previously asked you not to use.) Our publishing program can get rid of all that very easily and quickly, so it doesn't matter if you do put it in - we'll take it out anyway.

2. You may have noticed we are growing bigger almost every issue, so we have had to put a word limit on articles - and that is **1200** words for articles, and **450** words for obituaries
You don't have to sit and count them; your word processing program will do that for you. If you don't know how to find that information, go to the help tab in the program and put in the query "word count" and it will show you how to find it.

3. We ask that all submissions are sent to the new email address: rjpioneer.story@gmail.com

4. Please check out the information box to see what we still do want you to do.

Thank you all for supporting the Pioneer with your stories and pictures - and KEEP THEM COMING!

A team of volunteers was busy planting seeds to utilize the new greenhouse donated to the Community Support Society of River John. They are doing their best to help ameliorate food insecurity. The greenhouse is located behind the new Health and Wellness Centre.

Donald's Magical Music Circle

Where you can hear some local singing stars
and people playing along on their guitars
Where the place lights up 'til everyone is gone
It's the music circle on Wednesday in River John

At the Lions Club Donald Duggan is the Emcee
It starts at 7 there's treats and coffee or tea
It's a music circle and friendly open mic
So, you're sure to hear lots of music that you like

C'mon on in**,** have a drink from the bar and meet up with your friends
You never know how much fun you will have 'til the evening ends
There's always a time to be had and a lot going on
At the music circle on Wednesday in River John

You're going to hear guitars and people singing too
And perhaps you might even hear a song sung blue
And you'll enjoy the music 'til the last song has been sung
At the Lions Den on Wednesday in River John

Written by John Crichton

Donald Duggan, Cheryl Frizzell and Ann Patriquin enjoying a Wednesday evening at the Lions Music Circle.

Creative Pictou County

by Carissa Ainslie

Do you know what your local arts organization has been up to?
Creative Pictou County, launched in 2013 by a group of volunteers, now has two full-time staff, an online directory of artists, and countless community partners, providing the organization with ample opportunities to make things happen.
Thanks to the many individuals who have supported the organization over the years, Creative Pictou County has been able to carry out the four pillars of our mandate: community engagement, artist exposure, economic development and creating a sustainable non-profit.
Creative Pictou County aims to connect and address the needs of the artistic community, providing the means to not only strengthen the organization as a whole, but also to enhance and ensure our visibility and sustainability as a reputable and dependable organization.
After launching an extensive community consultation project last year, we learned that our members need more in the way of professional and economic development. Starting this spring, professional development workshops were provided to artists free of charge, on grant writing; how to price work; exhibition preparation and networking. The grant also offers paid exhibition opportunities for artists this fall during Culture Days as well as the opportunity to be paid to teach free public art classes.
The artists wanted to have a gala to celebrate the artistic talents here in Pictou County. So, we partnered with Coastal Nova Scotia during their Buoy Awards ceremony in April, where the first Creative Pictou County Community Impact Award was presented to Carolyn Vienneau.
Creative Pictou County has been diligently working to develop partnerships. One partnership is with the DeCoste Performing Arts Centre and the Pictou-Antigonish Regional Library. This fall, Creative Pictou County will have office space in the new culture hub in Pictou, and help to program the new artist studio and gallery space.
The culture hub will change the creative landscape of Pictou County by providing a world-class performing arts space, combined with a modern library and gathering space filled with art.
After ten years, Creative Pictou County is well into the mission of collaborating and creating connections between artists, organizations and the local community to support the growth of the creative sector in Pictou County. If you would like to become involved, we have ample opportunities to connect you with. Please feel free to contact us. See our website Creativepictoucounty.com for more information.

About Creative Pictou County
Creative Pictou County is a not-for-profit organization founded in 2013 to support arts and culture in the region. Our mission is to create connections between artists, organizations and the local community to support the growth of the creative sector in Pictou County. We do this by promoting local artists, providing networking and skill-sharing opportunities, offering events and training opportunities, and providing educational support to help artists build successful businesses.

Backyard or Barnyard: A Myriad of Ways to Support Wildlife by Protecting and Providing Habitat.

By Maggie Howatt

No mow May is a lovely little phrase with a BIG message. When we don't mow those early dandelions, we are leaving one of the first flowers available to bees in spring. And while we are talking about the birds and the bees... don't be in such a hurry to rake out those flower beds. I know the lure of that first warm, sunny day in May when we are just itching to tidy up that flower bed, but that mess of dead leaves, debris and stalks is really a bed for overwintering insects, beneficial or otherwise. We are literally pulling the blankets off our snoozing, little friends (and foes) who are snoring away, waiting for consistently warm days and nights, 10°C (or 50°F for the over-50 crowd). 70% of the nearly 4,000 native bees of North America overwinter in our yards and gardens. In a state of hibernation, the cavity nesters take up residence in rotten logs, broken raspberry and rose canes and under piles of dried leaves.

While we are waiting for warmer weather to weave its weary way to summer, we can plan which flowers and shrubs we want to add to our gardens that will benefit our birds, bees and butterflies. Bee balm, coneflower, zinnias and marigolds. Hostas, lilacs, willows, and serviceberry, just to name a few. For you culinary artistes, many of the garden herbs are appreciated by bees and butterflies: basil, cilantro, dill and parsley.

A fun way to support hole-nesting bees in the summer is to create a bee house. There are lots of DIY designs available online or from - gasp! - the library.

Hummingbird feeders are great entertainment in the back yard - just sugar and water syrup, no dye. Four parts boiling water to 1 part sugar, stir and cool, and they will find you every spring.

It's very important to keep the feeders free of mold and dead bugs by cleaning once a week to start, and twice a week in hot weather. A bit of vinegar water or 1 part bleach to 9 parts water with a good rinse will keep your feeder healthy. Another concern about birds in our yards is, of course, cats, but I don't need to say more about that.

Millions of birds die every year from window strikes. Try standing in your yard and be a bird flying towards a window. See that reflection of trees and sky? A bird will try to fly right through that. Window alert decals are available online, (Hope for Wildlife sells them,) but I imagine they are available wherever bird seed and feeders are sold. There are a few sites to check out: Feather Friendly, Collidescape. The decals aren't visible to us but stick by static (magic) to the outside of windows and break up the 'picture' that birds see. It is very distressing to pick up a dead or injured bird that has flown full speed into a window. Granted, the bulk of these deaths are caused by office buildings that leave lights on at night which attracts migrating songbirds. There are teams of volunteers in the cities that go out in the early mornings and pick up dead birds off the sidewalks. Screens on the outside of windows also make it safer for birds, and interior vertical blinds, if left half closed, will break up the reflection.

So, from backyard to barnyard. We leave an opening in our buildings, barn and sheds to encourage barn swallows. They are great flyers and eat millions of mosquitoes and black flies as well as crane flies and other flying insects. And if you happen to have livestock, then you have flies and - you got it - swallows eat flies... all kinds of flies, bot flies, horse flies, deer flies...you name a fly, they'll eat it. We are fortunate to have some open fields with enough space to put up tree swallow boxes, another million flying insects snapped up as the beautifully aerial flyers gorge on - you got it - mosquitoes and black flies. The swallows only grace us for a few months during the summer as they frantically mate, build a nest and raise their young before they migrate south for the winter.

The woods will pretty much take care of its wildlife if we don't interfere too much.

We do a couple things that we hope will help support wildlife. We build brush walls from boughs and branches that are left after cutting firewood or clearing a trail, which we did a lot of after Hurricane Fiona. A brush wall is simply a matter of lopping, laying and weaving branches and boughs in a row, along a log or on its own. These dense rows will catch fallen leaves and provide housing for insects, amphibians and small mammals, all the while breaking down, composting and providing nutrients for the surrounding fauna.

After Fiona laid down hundreds of our mature hemlock, yellow birch and maple trees, I got an idea that the barred owls that frequent our woods may have lost their cavity tree. I had no proof of that, and they were still around the following summer, but just for the fun of it I built an owl box and with the help of a neighbour we hauled it into the woods, along with a ladder, rope and pulley, various tools and plenty of pluck. No owl resided last summer, but one day this spring I was walking by and just happened to glance up, and there was a big ole head ducking down in the box!

There are all kinds of nest box plans online. I built mine with 3/4" exterior plywood, heavy but strong, and all the information about placement is also available at any number of bird sites.

I find the Cornell University Lab of Ornithology the most helpful for all kinds of bird questions. https://www.allaboutbirds.org/news/

Owl Box

Proposed River John Sidewalk Update

By Mike Topley, RJCAS Project Lead

This project envisions a sidewalk along Route 6 from the bridge to Meh's on the Lions' Park side of the road. A Petition with 240 signatures was submitted to MOPC in early March and the project is currently under their review.

County engineers are conducting a technical review of the project. This review will determine technical issues such as; number of poles that need to be moved, catch-basin/culvert location and drainage requirements, crosswalks (if required) and private walks/walls, flower beds, etc., that might be in the way. This will allow them to refine the cost estimate for prioritizing into the 5-year capital works plan.

As our petition was done in January/February, the River John Community Action Society would like to give cottage owners and summer residents the opportunity to show their support. So, the petition forms will be returned to three locations for the months of June and July: Meh's, the River John Library and Fulton's Pharmacy. Please sign only if you didn't sign on the first go around.

Excerpt from Down-Home Cooking 1978 by Janice Murray Gill

Submitted by Chris Gill

It would be about this time of year that my father, Steward Murray, pharmacist and MD of River John, would take to carrying his fishing rod in the car with him, and arranging his calls to end up, late on a warm spring afternoon, near one of the brooks that flowed down from the hills behind the village. He would come home with enough small, speckled trout for a meal. Our trout were never very big, 6-8 ounces were keepers, and 10-12 ounces was a leviathan – but were they good!

Later, as the water got warmer, they would acquire an earthy taste; but early in spring, while the pools were deep and cold and the water fast, these little fish were perfect for pan-frying. Many people try to fry trout that are too big, and then the flesh becomes dry; only the smallest should be pan-fried, and the pan should be of the traditional heavy, cast-iron type. The meal was perfect when mother refried sliced, cooked potatoes, and served these with the trout and a serving of fiddleheads.

Rylan Algarra's very successful trout haul.

West Branch and Area Community Association

By Reg Crewe, Director/Treasurer

Hi from West Branch. We received a grant from the Seniors' Support and Connect Fund. This provided funding to hold eight West Branch Wednesdays, and these have been a huge success. It provided an opportunity to provide speakers on a wide range of topics designed to provide information, a chance to get together, and socialize and share a meal. Topics included gardening, internet fraud, pharmacy, foot-care, bird/wildlife habitat and more. These helped provide social connection and, hopefully, reduce isolation for our community members. The West Branch Wednesdays will take a break during the summer and resume in the fall.

On April 27, we held our 31st annual Maple Syrup Festival. It was a huge success with excellent food and music. We served 310 people, and it is our biggest fundraiser which allows us to run the hall. We could not keep the heat on, or the doors open, without these fundraisers. Thank you to those who attended and the incredible team of volunteers who worked hard to provide the meal.

Our Annual General Meeting was held May 6 with light attendance. One of our long-time board members left and another volunteered so we now remain a board of seven members.

We welcome any community members, who would like to offer a little time each month to attend our board meetings, to please reach out. It would be great to see some new faces and ideas to continue the great contribution the hall provides to the community.

We are part of the Pictou Community Hall Net-Zero Energy Project. An application has been made through the provincial Efficiency NS Green Energy plan for 21 community halls in Pictou County. This will provide the necessary funding to upgrade the insulation and electrical service/heating system and install solar panels. Hopefully, this will achieve a net-zero energy cost. We hope to hear soon on the application's success.

The hall is fully accessible and available to any interested community member and/or group. We seat 60 people and have a fully-equipped kitchen. We would like to extend a warm welcome to all newcomers to the area and encourage anyone who would like to participate or contribute to the West Branch and Area Community Association to contact one of the board members. We appreciate any help anyone has for the betterment of our community. The hall is available for private events, anniversaries, birthdays, celebrations or meetings. Please call for details, 902-351-2260 or simply message us through our Facebook page: www.facebook.com/groups/623698718509101/

Have a great safe summer!

River John Community Action Society News

By Gillian Joudrie, Secretary

Looking to make a positive impact in your community? Join the River John Community Action Society (RJCAS) - a group of dedicated volunteers who work tirelessly to make our small community a better place to live.

RJCAS is responsible for looking after Bissell Park, which includes the grounds, washroom, benches, deck, and dock. We also oversee Roger's Landing and secure funding for its creation and upkeep. Additionally, the group makes financial donations to other community groups, such as River John Festival Days Committee, the Lions Club Christmas Dinner, and the hiring of a Recreation Committee summer student to assist with park maintenance and day camp.

Thank you to everyone who came out to the Fashion Show and made it a successful one.

The docks at Roger's Landing are now in, for the whole community to enjoy. Thank you to all who helped in this annual undertaking.

RJCAS meets at the Lions Den on the second Tuesday of each month at 7 p.m. (except July & August). All River John and area residents are welcome to attend, and new members are encouraged to join. Your input and participation would be greatly appreciated.

Ladies of all ages enjoyed an afternoon of high fashion at the River John Legion on May 5th.

Photo Credit: Christiane Gill

Petition about Protecting our Old Growth Forests

Save Our Old Forests (SOOF) Campaign, to protect old forests on Crown Land across Nova Scotia, will continue in Pictou County until the end of September. To raise awareness and provide people a chance to have their say, a petition is being circulated.

The petition reads:
"WHEREAS our government has committed in law to protecting 20% of Nova Scotia's lands and waters by 2030 but is continuing to permit logging of old forests of high conservation value on Crown land,

THEREFORE we, the undersigned residents of Nova Scotia, call upon the Premier to pause all harvesting and road building activities in forests over 80 years old on Crown land in Cumberland, Colchester, and Pictou Counties until such time as 20% of Nova Scotia's lands have been permanently protected."

If you want to get involved and help gather signatures, please contact Bernadette MacDonald at 902-771-2685.

Please consider signing the petition when you get ap-

Tatamagouche and Area Minor Hockey Association Awards - Presented May 14, 2024

Under 18 – Coaches Award
The player is selected by the coaching staff of the division. The award is presented to the player who exemplifies characteristics of an all-around player, both on and off the ice. The recipient was Terry Jollimore, son of Rick and Liz Jollimore.

Under 13 and Under 9 – Ken Pickard Memorial Award is presented to the player who consistently listens, follows directions and always gives 100% at both practices and games.

Gage Langille, son of Todd and Melanie Langille, was a nominee for the Under 13 division.

Nash Lochead, son of Luc and Danielle Lochead, was a nominee for the Under 9 division.

Under 7 – Esso Award for Most Dedicated Player
MJ Weatherby, son of Mike and Santina Weatherby, was the recipient of the award for his age division.

The Trevor Langille Memorial Award was presented to Eli Donaldson, of Tatamagouche.

The Larry Reid Memorial Award was presented to Adam Mattatall, of Tatamagouche.

All-star Lineup with Read by the Sea

By Jackie Jardine

The annual Read by the Sea literary festival takes place this year on July 5th and 6th in River John, and will once again feature the best of Canadian authors.

The Main Stage, July 6, closes out the annual event at the Remembrance Gardens at the River John Legion. Featured authors are Newfoundland and Labrador poet Mary Dalton; Halifax-raised Toronto author Mai Nguyen; hockey dad, coach and teacher Karl Subban; and "the dean of Canadian science fiction" Robert J. Sawyer.

Mary Dalton is the author of five books of poetry, among them Merrybegot, Red Ledger, and Hooking, and a prose miscellany, Edge: Essays, Reviews, Interviews. She lives in St. John's.

Mai Nguyen will read from her debut novel, Sunshine Nails. Her non-fiction writing has appeared in Wired, Washington Post, Macleans, Marie Claire and more. She has been nominated for a National Magazine Award twice. Nguyen was born in Winnipeg and raised in Halifax.

Hockey fans are sure to enjoy readings from hockey dad Karl Subban, who will read on the Main Stage from How We Did it: The Subban Plan for Success in Hockey, School and Life, and will also read from The Hockey Skates during Word Play on Saturday morning. In addition to being a writer, he is the father of three NHL players, including the New Jersey Devils defenceman P.K. Subban.

Rounding out the Main Stage is Robert J. Sawyer. He is the only Canadian to have won all three of the world's top awards for best science fiction novel of the year. A member of both the Order of Canada and the Order of Ontario, Sawyer's 25 best-selling novels include Quantum Night, FlashForward and his latest, The Downloaded.

WordPlay, Atlantic Canada's only dedicated children's literary festival, will take place Saturday morning. In addition to Karl Subban, will be author Lorna Schultz Nicholson. She is an award-winning author and has published children's picture books, middle-grade fiction, YA fiction and hockey non-fiction. Her books are often on the CBC's Best Books for Kids and Teens list.

Saturday's OnWords is for middle-graders and teens who will enjoy a morning of stories, sharing and selfies at the Remembrance Gardens at the River John Legion with two amazing Canadian authors: Michael Hutchinson and Alexandra Harrington.

Hutchinson is a Swampy Cree from the Treaty 5 area and a member of the Misipawistik Cree Nation who has fought forest fires, been a caterer, worked in an underground research mine and worked as a journalist. He is the author of the Mighty Muskrats Series to educate young Canadians, build pride in First Nations and create a better Canadian and First Nations relationship.

Harrington is the author of the young adult novel, The Last Time I Saw Her, which is her first novel. She lives in Halifax where she has worked as a restaurant manager, fiction editor and waitress.

WordStock, a series of literary shenanigans designed to celebrate and foster writing and storytelling, will open Read by the Sea on Friday, July 5. A writing workshop on Friday morning will open the 2024 festival. Jane Doucet will present, "Humour Writing - Seriously!" and in the afternoon will be a workshop with Jon Tattrie on Presenting Your Writings at Pitch the Publisher and also on Interview Skills. These two workshops are being held at the River John Old School from 10 a.m. until noon and then in the afternoon from 1 to 3 p.m.

The Heritage Story Walk will also be held Friday at 10 a.m., meeting at the River John Historical Society Museum. It will be a tour of the principal shipyard sites of River John. The family storytelling campfire and open mic is set for Thursday, July 4 at 6:30 p.m. at the campfire pit behind the River John Old School.

Pitch the Publisher rounds out Wordstock. It takes place July 6, from 9-10:30 a.m. at the River John Legion. This fan favourite gives emerging authors three minutes to pitch their unpublished work to a panel of publishers.

Read by the Sea began in 2000 with the aim of bringing some of Canada's finest literary talent to this region every summer. Initially a one-day event, the festival grew to include up to twelve authors in varying roles, with an annual audience that almost doubles the population of River John. Since inception, the festival has grown to include events for children, middle school/young adult readers, author interviews, a family campfire, open mic and a grab bag of unique literary shenanigans designed to encourage emerging writers, and recognize the value of the region's written and oral storytelling traditions.

The festival fosters diversity and accessibility to both the authors and the audience, regardless of culture, race, gender, age, ability, socioeconomic or other circumstances. There is never an admission fee charged to attend this not-for-profit festival, although donations would be welcome.

For additional information visit www.readbythesea.ca.

Audience members are encouraged to bring a lawn chair or blanket, bug spray and sunscreen, and pack a lunch.

Fried Trout - according to Janice Murray Gill

Adapted by Christiane Gill

Ingredients:
small trout per person – around 6 oz./175gr.
flour or cornmeal
salt and pepper
shortening

Equipment:
heavy skillet, cast iron if available
2 spatulas

Clean the trout if needed, leaving the head and tail on. Salt and pepper the fish, inside and out, roll in flour.

Melt sufficient shortening in the skillet to come 2/3 of the way up the fish. When it is quite hot, around 350-375°F, gently let the fish glide into the pan, holding it by the tail and starting with the head closest to you as you lower it away from you. Fry it for 5 minutes (depending on size) each side.

Carefully remove the fish with two spatulas, place it on a paper towel-lined plate to catch excess oil and gently cut along the backbone to gently push the upper meat off the bones. Now the backbone should be bare, and you should be able to pick up the tail and lift it towards the head with the bones coming clean off the bottom part of the fish.

Now plate.

(By the way, I sprinkle a tiny bit of sugar over the pan-fried potatoes about a minute before they are done and gently turn them over to get this ever-so-light hint of caramel to enhance the savour of this dish.)

Do enjoy.

Word puzzle 1

The following common quotation has had all the vowels removed and the remaining letters have been broken up into groups of four. Put back the vowels and find the quotation.

WHTS NNMR SBYN YTHR NMWL DSML LSSW T

Word puzzle 2

What simple step can you take to make each of these groups of letters into words?

LMB VRST VLFY

Answers to both word puzzles on page 24

Profile - Roy Sillers

By Beulah Wright

Roy Sillers sits back in his comfortable River John home, surrounded by the accumulation of a lifetime, and thinks back with crystal clear memories of a life well-lived.

Roy was born November 10, 1928, in Bigney, the youngest son of Gordon Sillers and Florence Langille, both descended from the earliest settlers of the River John area. His education was acquired in the Bigney one-room school, to which he walked via the railroad tracks, as the tracks were always plowed, even if the highway was not, during winters when the snowfall was heavier than it is nowadays.

In 1947, Roy went to Toronto, where he worked for a company owned by a man from Prince Edward Island. Returning to Nova Scotia, his next job was at the car works in Trenton. Then he operated a garage in River John. Later he joined Maritime Packers as a truck driver and hauled lobsters to the USA, all through the New England States. Finally, he was hired as a school bus driver, and in time was promoted to head mechanic, where he kept all the buses running in good order. He was also a spare driver, so often was called to drive any of the routes in West Pictou. After twenty-eight years, Roy retired in 1993.

In 1952, Roy married Mildred Heighton, known as "Mim", also descended from the earliest settler on Cape John. They had a son, Wayne, who was known as a top-notch hockey player and recipient of many trophies. Sadly, at the age of twenty, Wayne died in a tragic car accident. Mildred died in 1994 and Roy was left alone.

After retirement, Roy and Mim had enjoyed an extensive trip across Canada, first to Edmonton Alberta and then on to Vancouver, BC, and back home by another route. In 1995, Roy travelled to Australia and New Zealand for three weeks, attended a concert at the Opera House in Sydney, went out on a glass bottom boat on the Great Barrier Reef, and toured Melbourne, the largest city in Australia. In New Zealand, he visited the the Botanical Gardens and Christchurch.

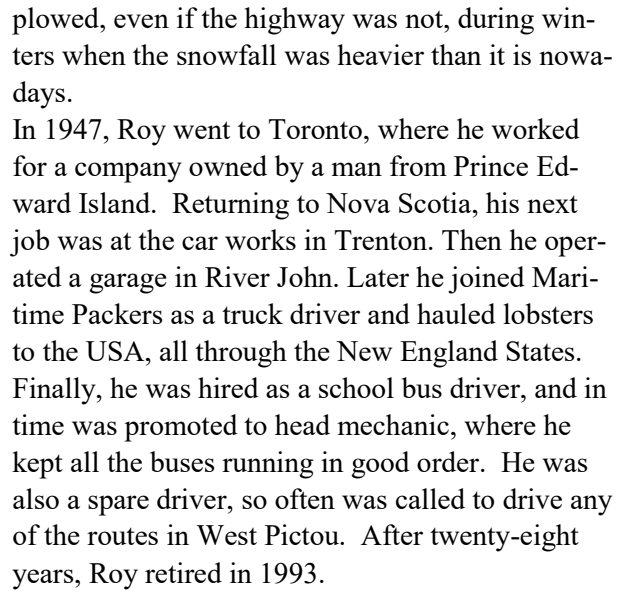
Roy took his camera on his travels and brought back many pictures, which he has well-organized in albums with captions on the photos. He also brought back many postcards and has a splendid collection featuring the scenery, beautiful gardens, flowers, including fields of lupins, and native animals, kiwis, wombats and kangaroos, as well as camels, which had been brought to Australia to transport the gold from the mines and which were later turned loose.

In 1996, Roy went to Scotland and visited the Isle of Arran, from where his ancestors had immigrated to Nova Scotia. He has a keen interest in genealogy and was able to make contact with a few people bearing the Sillers name. He toured islands and lochs, castles and ruins of castles, the area from which the ship Hector sailed, and again recorded it all with photos and post cards.

Roy has owned his home since 1952 when he purchased it for $3000, and fully furnished it for another $300. He has lovely flowering bushes and keeps the attractive grounds well mowed, although he can no longer care for his flowers the way he once did. The property itself has an interesting background where there once was a tannery, and the farmland that extends behind the Anglican church was owned by a MacConnell. The house was built in the 1830s.

Roy has kept a scrapbook, beginning in 1938, featuring River John events from the newspapers, weddings and obituaries, which is a great resource in itself, and brings back memories.

We wish Roy many more years to enjoy his home in River John.



Answer to Puzzle 1: "What's in a name a rose by any other name would smell as sweet."

Answer to Puzzle 2: Add vowels. Lamb, Limb; Everest; Vilify (There may be others.)

"You are braver than you believe, stronger than you seem, and smarter than you think."

- A.A. Milne

Lions Club Open House, May 4th

The Lions Club held a children's art contest as part of the celebration of their new updated facilities.

These three children were delighted to receive their prizes from King Lion Ann Patriquin.

Three happy winners proudly presenting their piece of art and receiving their reward from Ann Patriquin.

Rylan Algarra

Olivia Dooley

Maverick Falconer

News from the Legion Branch 108

Mike Topley, President

A fond farewell coffee party for Bonnie Murray was hosted by the Legion in late April. Many friends and neighbours turned out to spend the morning with Bonnie, reminisce and wish her the best on her move to Alberta where she will be closer to her family. It would be an understatement to say what a force Bonnie and her late husband John have been at our Legion and in the community. Her daughter quotes her as saying she spent the best 37 years of her life in River John. We will certainly miss her positive energy and smiling face, so Bonnie… "'til we meet again."

By the time you read this, our "Gathering" event for families of fallen Afghanistan veterans will have come and gone. This event scheduled for June 16th will be fully reported in the next Pioneer.

Excitement mounts as summer approaches and the new pickleball court construction nears readiness for action. Our old outdoor "biffy" has been replaced by a modern accessible washroom and concrete sidewalks to and from the future shade shelter. These were recently completed by Terry Heighton Construction Services. Many volunteer hours by River John Pickleball Club members and Legion volunteers have ensured that this fun project comes alive in time to take advantage of our summer weather. Stay tuned for playing times, tournaments and schedules.

Plans are underway for regular Friday evening socials to be held at the Legion starting at 6 p.m. This is a new initiative aimed at welcoming all to the Legion, including friends, neighbours and pickleball players. Two food choices will be available, and information will be sent out in advance to allow you to pre-order your meal. A cash bar will be open and background music provided. Proceeds will go to kitchen facility upgrades.

Summer students have arrived and, under the guidance and direction of Recreation's Ashley Langille, mowing and whipper snipping has started throughout the village. Give them a smile and wave as you go by. Summer Day camp starts in July and will run Tuesday to Thursday at the Legion until the end of August. On Fridays the summer day campers meet at the new Lions Club facility. Read by the Sea this year will be on 5th and 6th July and, of course, several River John Festival Day events will be held at the Legion on the last full week in July.

Karaoke continues every Saturday evening. Doors open at 7 p.m. and first song is at 8 p.m. Bring along some friends and visitors for singing, dancing and a fun evening.

Finally, a reminder to Legion members that our next general meeting will be held on the first Monday of September. Your Executive will continue to meet throughout the summer on an "as required" basis.

Joan Redmond and Margaret Jones with Bonnie Murray at her farewell party.

Photo: Tara Walker

Marshville Pheasant Preserve

By Debby Shaw

Last Fall, I went on an adventure down Gregg Lane in Marshville. I was looking for someone. Instead, I found the Marshville Pheasant Preserve. I didn't know it existed and I wondered how many of our readers might not either.

The owner of this preserve is Mike Gregg. Mike shared that he always enjoyed the outdoors and hunting with dogs. Since he retired recently, he has turned his hobby into a business. I found it very interesting to listen as Mike explained how he has developed the preserve.

He applied to the Department of Natural Resources and Renewables and adhered to strict auditing conducted by their biologists. It cost several thousand dollars to set up the facility, which includes a large, netted pen. After raising some baby pheasants on his own, he decided he'd rather import them from Ontario. A fourteen-week-old bird costs $14.50 to purchase and about $20-$30 to raise throughout its lifetime.

Between the first of August and the end of March, hunters can enjoy a day at the Marshville Pheasant Preserve. They must have a dog and hunting experience; Mike will outline the rules and show the property boundaries. The birds are released just before the hunt. The dog must then find and flush the bird for the hunter to shoot. After it is shot, the dog must retrieve it.

Marshville Pheasant Preserve is open to clubs and individuals but by invitation only. Sometimes they offer hunters opportunity to bring their inexperienced dogs for training, and Mike is open to any club coming for dog training and trials. There is a $150 guide fee, regardless of the number of hunters, and $35 per released bird. Birds that are not shot stay in the bush and are free for the next group to hunt.

There are eleven licensed preserves in Nova Scotia, but of those, only three are operating. Pheasant hunting is a social sport and hunters use shotguns. I'm told hunters enjoy watching their dogs work and take pride in how the dogs perform because that is the culmination of their training and work together.

I really learned so much. Information I might use at a trivia game night sometime. For example, did you know that when a dog smells a bird, he gets "birdy"? This is when the dog's nose is communicating with the rest of its body. The dog will then communicate with the hunter by various tells – tail-wagging, eye contact, whining. I also learned that it is unethical to shoot a bird on the ground; it must be flushed into the air, and it must be at least ten feet in the air before being shot – this ensures you're clear of shooting your dog.

I want to thank Mike for his time, for showing me the facility and sharing his knowledge about this sport. If I see any pheasants in the fields of Marshville, I will have a different understanding.

Successful Mothers Day Luncheon Hosted by the Ladies Auxiliary in Support of the River John Volunteer Fire Department

On May 11, our community came together to celebrate Mothers Day with a heartwarming luncheon that was nothing short of a success.

The event, held to honour the remarkable mother figures in our lives, featured cold ham plate dinners and mouth-watering desserts, which were met with rave reviews. There was a great turnout with a total of 75 meals sold, reflecting the strong support and camaraderie within our community.

The funds raised from this event will go towards supporting our local fire department, which plays a critical role in our community, and the proceeds from the luncheon will help ensure they have the resources they need to continue their vital work.

Looking ahead, we are excited to host a Harvest Breakfast scheduled for September 22. This event promises to be another wonderful opportunity for the community to come together and support the fire department. The Harvest Breakfast will include pancakes, sausages, hashbrowns, tea/coffee and juice. Stay tuned for more details as we prepare to make the Harvest Breakfast another successful event.

R-L Lily O'Kane, Mom Chantal, Dad Jamie and oldest daughter Ceilidh O'Kane

L-R: Velvet Langille (daughter), Lily Langille Joudrey (great-granddaughter), Laura Langille (granddaughter) and Elsie Langille (mother)

CANNON'S KARMIC LAW

If you tell your boss you were late for work because you had a flat tire, the next morning you will have a flat tIre.

At the River John Library, May 2024

By Trecia Schell, Community Services Librarian, Pictou-Antigonish Regional Library

Welcome to the River John Library.
Lots of fun was had this spring at the library. Making adorable Easter Chicks, and decorating Shamrock cookies (and eating lots of icing and sprinkles). LEGO bricks and LEGO Robotics on Fridays after school continue to be popular, you just never know what the next creations will be.
The Makerspace at the library continues to grow with lots of gadgets, and several upcoming workshops planned and more on the way. For more information, and to register for these programs, and if you need any tech help, feel free to reach out to the summer technology intern at the library. Also available to borrow from the library are a telescope, a metal detector, Radon detector kits and CO2 monitors, Play Packs, Fidget Kits and sets of Nordic Walking Poles.
Decorate your own customized water bottle, on Thursday June 13, from 5-6 p.m. Using the Silhouette machine in the Makerspace to make fancy stickers.
Rock Painting on Thursday June 20,from 5-6 p.m. Find your zen, painting rocks, or maybe make a new pet rock to take home.
Festival Days Fun – daily from July 23 to 27 we'll have a Scavenger Hunt for kids (outside) using our new metal detector, and we'll have copies of the River John History Crossword Puzzle and Word Search on hand to give away.
StoryWalk, "The Darkest Dark" by Canadian Astronaut, Chris Hadfield. Drop by and go on an interstellar adventure - around the library & Bissell Park (across the street). The StoryWalk will be available daily during Festival Days week, from July 23-27, during regular library open hours (and weather permitting).
The Big Summer Reading Club (for adults) returns June 1 to August 31. Read. Return. Share. Repeat. All summer long, share with us your reading recommendations (liked it, loved it, or give it a pass) and fill out a ballot to win great bookish prizes in our monthly draws, and grand prize draw after Labour Day.
The Children's Summer Reading Program begins June 18. Register early, and enter a draw to win a NS Museum Family Pass (and enjoy it all summer long). Our SRP log book is filled with lots of fun ideas for the whole family to enjoy.
Interested in Genealogy and local history? The library subscribes to Ancestry.ca, and you can access the full version using one of the public computers in the computer lab of the library. The library also carries copies of the River John Reader and the historical map of River John and Area that are available for purchase – with all proceeds going to the River John C@P Society - always a great gift for family and friends visiting. In addition, we have copies of local newspapers, map books and more – such as NovaStory, an online database of local historical documents and information, such as maps and images of many local cemeteries, available at your fingertips, ww.novastory.ca
The library is also a Wi-Fi hotspot (indoors, and outside). If your internet connection at home is not the best, feel free to drop by anytime. The Wi-Fi will reach over across the street, and over to Bissell Park. We're air-conditioned too; if the heat is too much, come and visit for a bit to cool down. We have lots of jigsaw puzzles, board games, LEGO building blocks, magazines, newspapers, Makerspace gadgets, public access computers and, of course, books, to browse and enjoy.

Library programming suggestions are welcome, please let us know if you have something to share. For more information on all our upcoming library programs and services, please call (902) 351-2599, email riverjohn@parl.ns.ca or drop by the River John library – we're open Tuesday to Saturday. You can also follow us on Twitter, find us on Facebook, and visit us online at www.parl.ns.ca

River John Public Library's Open Hours:
Tuesdays: 12:00 p.m. - 8 p.m.
Wednesdays: 10 a.m. - 1 p.m. & 2 p.m. - 5 p.m.
Thursdays: 12 p.m. - 8 p.m.
Fridays: 10 a.m. - 1 p.m. & 2 p.m. - 5 p.m.
Saturdays: 10 a.m. - 3 p.m

Maverick and Jade with their Easter chick craft.

Members of IOOF Helping Hand Lodge #34, River John, dedicated a tree in memory of Brother Eric Hann PGM, who passed away on Dec 7, 2023. This is part of the Living Legacy program.
" Plant a Tree for One who comes after Me"
The picture was taken in Bissell Park River John.

Odd Fellows and Rebekah News

by Jacob Leegwater

Since the last Pioneer edition, we have been busy with many activities. Brother Willis Langille has been getting photos of Past Noble Grands, Past District Deputy Grand Masters from our lodge as well as group photos and those of our visits to other lodges. This project has been very gratifying and we thank Brother Willis for a job well done. As previously noted, thanks to Raymond MacKenzie for all the frames. At a recent meeting we awarded Raymond with a certificate of appreciation.
On April 25th, Helping Hand Lodge hosted the district #17 meeting, with attendees from Eastern Star #1, Liberty # 120, Atlantic #107 (Halifax), and our own Lodge. Missing was Amity Lodge #40. Total membership in these lodges totalled 105. As this was our Spring meeting, an election was held for a new District Deputy Grand Master. As there was only one nomination, Brother Terry Hovey of Liberty #120 was declared elected. The position of Secretary-Treasurer went to Brother Jacob Leegwater.
On March 9th Brothers Dan Ferguson, Bob Dwyer, Brian Emoff and Sister Joanne Ferguson attended a meeting of Atlantic #107, where they voted in two new members.
During Festival Days in River John, we will again be serving breakfast on Thursday, July 25th, menu will be ham and eggs, toast, hash browns and bologna slice for $12.
Helping Hand Lodge will be giving a $200 donation to the Tatamagouche Regional Academy for their bursary fund, to be awarded to a deserving student from the River John area.
A highlight of May was attending the Grand Lodge Sessions in Fredricton on the 10th to 11th. Members attending from our Lodge were, Sister Joanne Ferguson, Brothers Dan Ferguson, Brian Emoff, Earl Johnson, Rod Hayman, Willis Langille and Jacob Leegwater, as well as two associate members, Brothers Peter Richardson and Terry Hovey. Attending from the Rebekahs were Sisters Annie Scott, Greta Langille and Margaret Langille. Nominations for Grand Master, Deputy Grand Master and Grand Warden were held. Elevated to Grand Master was Brother Dan Ferguson, Brother Jeff Dewtie to Deputy Grand Master and Charles Omans as Grand Warden. Brother Jacob Leegwater was again appointed as Grand Lodge Chaplain. For the Rebekah Assembly, the new President is Brother Alan Hayman, the first male president in the Atlantic Provinces.
During Winter Carnival Week in February, the Rebekahs hosted a card party of Auction 45s. A small crowd attended but we had a lot of fun. There were no regular prizes but draws for two $10.00 gift cards were won by Janet Baillie and Ruth Baillie.
We extend our sympathies to Sister Agnes Murray on the recent death of her husband Gerald.

Hope to see you all at our Festival Days breakfast on July 25th. Until then, take care.

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A Visit to Pier 21

by Jacob Leegwater

On April 9, 2024, my sister and I went to Pier 21, Halifax on the 75th anniversary of our arrival in Canada from the Netherlands (Holland).

Since it became a museum in 1999, its appearance was much different from the date of our arrival. Then, it was nothing but a huge warehouse separated into reception hall, canteen and nursery. After going through the immigration check and customs, you got on the train and headed for your destination.

After nine days at sea, a young couple and three children landed at the pier, not knowing what was in store. The man had a job waiting for him with a farmer who was the sponsor. After a year, the family moved to another farm in Masstown for another three years, then rented a farm in Bass River, before locating to a farm purchased in Hedgeville in 1956.

All this time, the children enjoyed making new friends and experiences. In 1952, the National Film Board of Canada produced a documentary called, “Canadian Notebook,” featuring four sectors of the Canadian economy: mining, manufacturing, forestry and farming. The Leegwater family represented the farming sector. A re-enactment of our arrival was staged. Going through the immigration process, the officer who stamped our papers was the same officer who stamped our original papers. In 1999, we went to Pier21 to celebrate our 50 years in Canada. We donated two of our suitcases for the display of artifacts, one of which is still prominently displayed.

On July 1st of that same year, we attended the Grand Opening of Pier 21 as a National Museum. This year, on our 75th anniversary in Canada, the two remaining members of the Leegwaters were given a private tour of the museum, followed by a meal at The Bicycle Thief restaurant on the waterfront.

Those who wish may visit the museum at Pier 21 at Marginal Road, Halifax Waterfront. You can also view the exhibit at the website Pier21.ca. After a lifetime in Canada there is no place, I’d rather be than right here in River John.

ZADRA'S LAW OF BIOMECHANICS

The severity of the itch is inversely proportional to the reach.

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