

North Mountain News Special Edition
New Horizons for Seniors Projects
March 2023



www.northmountainnews.ca

Black Rock / Canada Creek

Black Rock Jolly Workers Community Centre, 4078 Black Rock Rd, Alice 902-538-1352
Black Rock Culture & Recreation Centre, 4404 Black Rock Rd, Don 902-538-1259
Black Rock Trails Society, also collecting News & Events for this area: Irmgard
902-538-8714 or irmlipp@gmail.com

North Mountain United Tapestry

North Mountain United Tapestry, 3201 Long Point Rd., Harbourville, NS
www.unitedtapestry.com
unitedtapestry@gmail.com

Burlington

Burlington Community Hall Rentals, 2122 Long Point Road, Burlington. Sheila at
burlington2122@gmail.com or 902-538-7177
Burlington Community Club, Duke Karsten (President) 1-902-824-2699
Collecting News & Events for Burlington: burlington2122@gmail.com

Harbourville

Harbourville Community Hall Rentals, 2564 Highway 360, Angela
at mooksterboken@hotmail.com
Harbourville Restoration Society, Brian (Chair) at brianvr@outlook.com
Web <http://www.harbourville.ca/>

Hall Rental Rates: Burlington & Harbourville Halls

Use of Hall and Kitchen, full day \$60 Use of Hall and Kitchen, half day \$50
Use of Hall only, full day \$40 Use of Hall only, half day \$30
Community Showers and Funeral Receptions are free of charge.

In 2022-23 the Burlington Community Club and the Harbourville Restoration Society worked together on projects related to the theme

“Supporting Ourselves, Supporting Our World”

The New Horizons for Seniors Program focuses on engaging seniors as community leaders to share their expertise and to engage folks of all ages to build a welcoming, active community. Our vision was to learn more about climate change and how we, in our community, can model measures to mitigate the impact of climate change locally. Through these activities we were also able to build some community connections (much needed after 2 quiet years). We had a very active community of seniors take the lead with a variety of experiences and skills to share in relation to this initiative.

Burlington Community Club Project Update

Over the past few months we have been working diligently to design and create a community park that will encourage community folk to exercise and enjoy the natural environment with native plants as well as some trees native to the Acadian Forest. This will be a “work in progress” as our plantings establish and grow. Going forward we will need help planting some saplings this spring once the snow disappears. Watch our sign board for a date & time!

Last spring we prepared a garden plot for cultivating some native plants this year. Carolyn Green, a master gardener associated with the Blomidon Naturalists Society, gave us lots of tips on what to plant. We also sought advice from Paul Grimm on tree plantings and were able to purchase saplings for spring planting.

In the fall of 2022 Kenneth Lutz Excavating put in over 350 meters of crusher dust trails under the supervision of Jason Daniels. These are accessible trails on which we encourage folks to walk or wheel. Please no motorised vehicles except wheel chairs. On the Winter Solstice approximately 200 folks from Harbourville, Burlington & nearby communities joined us for a Ribbon Cutting ceremony on the trails. Phil Hare organized the Water Solstice event that included a candlelit walk around the trails, a bonfire, a flame juggler and treats afterwards at the hall accompanied with a performance by Zak Miller.

We also hosted a presentation in November by Jennika Hunsinger on the Nova Scotia Working Woodlands Trust.

Currently the plan is in place to build a small bridge over the creek behind the horse pull area. Our signs have been designed and will be installed in the spring.

We were able to secure a Grant from the Municipality for the County of Kings to complete some of the trail work. This is your park and we look forward to your input on future projects as well as your help to keep The Burlington Community Park responsive to community interests. Why not join us at our Annual General Meeting on April 22 at noon at the Burlington Community Hall?

Harbourville Restoration Society Project Update

The Harbourville Restoration Society has been very busy this winter season.

On January 28th Vivre Whiteway gave a workshop on plant-based cooking. She gave a demonstration on techniques focussing on east Indian and Thai food traditions. This was followed by a group meal where participants tested the different foods that Vivre had prepared. The workshop had a fun and lively spirit as participants learned from Vivre and shared their cooking experiences.

Sunday, February 5th's workshop, titled "Taking Stock" and led by Trefor Reynoldson and Peter Sheppard, invited participants to measure their "carbon footprint" as the entry point for identifying strategies to address climate change on the North Mountain. The results of this session are forming the basis for group activities to increase our respectful use of the North Mountain's natural resources.

The February 19th, workshop titled, Keeping a Healthy Immune System, was led by Lois Hare and Jacquie Dale, who shared their extensive knowledge of how foods and herbs from our gardens can be used to enhance our health and wellbeing.

A highlight of the winter season was the Crokinole Tournament. Brian Hirtle and his son Chris Hirtle were the winners. We hope this will become an annual event.

Linda Dale is finishing up the oral history project and soon will have a booklet to share with the community reflecting what has been learned through interviews with local folks about how residents of the North Mountain have managed its resources in the past. We have a rich history in fishing, forestry and agriculture due to the resilience of our community. This will compliment the *From the Brow to the Bay Book* published in 2012.

We are wrapping up our project with 2 community celebrations. Please refer to advertisements in this Special Edition Newsletter.

Saturday, April 1st, 7 pm: Come to the Harbourville Hall for a celebration of the completion of Supporting Ourselves, Supporting Our World, a project jointly coordinated by HRS and the Burlington Community Park Society. Special presentations by local artists and the results of the high school video project will be followed by a dance and delicious treats made by Fiona Lewis, an amazing chef. The event is free but we welcome donations for the Turkey/Syria earthquake recovery.



OUR YEAR IN PICTURES
We held several workshops and activities that encouraged the community to gather/work together to learn about being globally responsible. We had fun building community connections with people of all ages through sharing and learning!



Who says there is no such thing as a free lunch??!

Join us as we celebrate our accomplishments under the
New Horizons For Seniors Program
Enjoy a chance to connect with neighbours and enjoy a free

**Cup o' Fish Chowder
roll, tea, coffee, juice, cookie**

Burlington Community Hall
Noon, Saturday, March 25, 2023
Limited quantities - First come First served!

Please consider bringing a non-perishable item for the Berwick Food Bank

Spring Fling!

A free community event to celebrate the success of Special Programming
presented by Harbourville Restoration Society and Burlington Community Park

HARBOURVILLE HALL

2564 Hwy. 360

Saturday, April 1st

7:00 p.m.

Performance by Raymond O'Neill! Live Music by Kim Doolittle! DJ Dance!

Amazing hors d'oeuvres catered by Molotov Cuisine!

(You're welcome to bring along your own beverage of choice)

This is a **free** event but we will be accepting donations to
Doctors Without Borders in support of the survivors of the earthquake in Syria.

Black Rock Trail Society

Come and visit Black Rock's rugged beaches. Spectacular sunowns await you at the Lighthouse, Critter beach (look for the sea-monster May to October), and Canada Creek; walk the Black Rock Trails and attend the weekly Friday night jams at the Black Rock Hall.

This year the Black Rock Trail Society is celebrating 20 years of the beautiful North Mountain Trail System. A big THANK YOU to everyone who made and still make it possible, especially our landowners. We are working on a new trail experience for later this year. We will keep you posted!

As always, the first event will be the **PLANT SALE May 13th, 8 am – 12 pm** at the Black Rock Hall, 4404 Black Rock Road. It's the Saturday before Mother's Day. There will be perennials in all colours and size, from early bloomers, medicinals and herbs to fall beauties; shrubs and small trees, house plants as well as some seedlings. Contact Irmgard: irmlipp@gmail.com This is the major yearly fundraiser for the Black Rock Trails Society to cover the ever increasing liability insurance. We hope to see you in droves!

The **FAIRY WALK is scheduled for Thanksgiving Saturday, October 7, 1 – 4 pm**. Get out your wings, fairy or gnome costumes, bring your own magical creations for a one day display. Unexpected encounters might surprise you in the bushes! Check the Black Rock Trails facebook page or call Donna 902-538-3041.

See you soon – on the trails or at the Plant Sale!

On-Going Events

- Alice's Sewing & Crafts Circle - Black Rock Baptist Church, Russia Rd, Wednesdays at 7 p.m. Contact Alice 902-538-1352
- Black Rock Jam Sessions - every Friday night 7 – 10 p.m., freewill offering, Black Rock Culture & Rec Hall, 4404 Black Rock Rd. Contact Don at 902-538-1259 - Black Rock Hall General Meeting – 4404 Black Rock Rd. first Monday of the month, 7:30 p.m.
- Church Services - Black Rock Baptist Church, 9:30 a.m., contact Alice 902-538-1352
- Sunday School - Black Rock Baptist Church, 9:30 a.m., contact Karen at 902-538-3050



Burlington Community

The Burlington Rink

Many thanks to Doug Kemp who manages the Burlington Rink. It is well used by folks of all ages. Since a late opening on January 28, we now have 37 days open and another few days in the forecast. All weather dependent of course. After a slow start, not a bad year!

Bursary This year the Burlington Community Club and the Burlington Baptist Church are proud to offer two student bursaries, each valued at \$625. Grade 12 students who live in one of the following communities should check with their school guidance department re applying: Burlington (Kings County), Viewmount, Woodlawn, Garland or Harbourville. All applications are submitted through the Guidance Department.

Berwick Food Bank Any time you are at the Burlington Hall you will see the 2 red tubs used for collecting items for the Berwick Food Bank. Please consider dropping items off. The Burlington Community Club regularly delivers these non perishable items to the Berwick Food Bank.

Canada Day Planning Meeting at the Burlington Hall On April 4th at 7 p.m. Our first planning meeting for Canada Day 2023 Celebrations in Burlington. Everyone is welcome. Many hands make light work and we welcome many hands! Contact Duke Karsten for details or to volunteer 902-824-2699

Burlington Community Park AGM Our community park is starting to take shape! Come to our **AGM on April 22 at noon** (a light lunch will be served) to learn more about the work being done and the help that is needed. We are also looking for community members who will volunteer their time and who might be interested in joining our Board of Directors.

Community Voices

It has been 20 years since the publication of our community history *From the Brow to the Bay* and more than 20 since Pat Kemp and Anna Osburn began interviewing residents for their memories of growing up and living in the Burlington, Viewmount and Woodlawn areas. These conversations were recorded. We were grateful to obtain a grant from the Helen Creighton Society which funded digitization and improvement of these recordings so that they can be shared. We are pleased that the interviews will now be available in the history section of the North Mountain News website. www.northmountainnews.ca

Summer Employment Opportunity

(Pending Funding from Canada Summer Jobs program) We are looking for a responsible local youth, summer employee age 18-30 years, to fill a position for 280+ hours. Work requirements are task oriented and therefore the employee's schedule must be flexible as required. The position will involve working independently; cleaning and basic maintenance of Community Hall and surrounding grounds; picking up supplies; and providing on-site support for various community functions including Canada Day. Employee must have a drivers licence and access to a vehicle.

For further information contact Drew drew@fxt.ca Deadline for applications is May 12.

Harbourville Restoration Society

Upcoming Events:

Sunday, March 26th, 2pm: AGM for the Harbourville Restoration Society. We encourage all members of the community to attend. Learn about the past year's activities and participate in the planning for the next year.

Sunday, April 2nd: 2pm: Workshop: Building a Cold Frame. Want to extend your growing season? Join us to learn how to build and operate a Cold Frame with Calvin from Vibrant Acres. The workshop is free. To register write:

Harbourvillers@gmail.com

North Mountain United Tapestry

The North Mountain Market will open on May 27, 2023

Closing Date will be October 28, 2023

Watch our website for further details on entertainment and other events. Or come to our AGM:



ANNUAL GENERAL MEETING



2PM, SATURDAY MARCH 18, 2023.

HARBOURVILLE UNITED CHURCH

NORTH MOUNTAIN UNITED TAPESTRY

PLEASE JOIN US TO TALK ABOUT THE COMING YEAR FOR THE MARKET, EVENTS, CONCERTS AND MUCH MORE!
BOARD MEMBERS WILL TALK ABOUT THE PAST YEAR AND GIVE IDEAS FOR NEXT YEAR. VENDORS WILL SHARE
IDEAS ABOUT IMPROVING THE MARKET. NEW BOARD MEMBERS WILL BE SWORN IN.