

NEWS

Have I Got e-  for You!



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



No 9

June 2018

Message from Your Editor

Hello Friends!

It will soon be good-bye to Spring; thus we do not need talk about it anymore, and hello Summer, which I hope comes in truer to its name than did Spring!

With a wedding in our family happening in about two weeks, I have pondered on family and how important they are to us all. We are all blessed with parents, a necessary component to us being here, and many of us have the added blessing of siblings, spouses and children. Many, and I hope most, have families that are warm and loving, while others have more angst and struggle.

Families have a tendency to grow, your children marry or partner with someone to love, next comes their children and so on. With this also comes the capacity of your heart to grow and to overflow with love, enabling you to open your arms wide and welcome them all in.



Keep your family in your heart, in your soul and in your mind, those present and those who went before.

Leslie

Good Bye, Dear Friends



Joseph Ernest Hobson
February 15, 1946 – February 9, 2018
Green Oak



The Reverend Stewart Burgess Russell
November 24, 1931 – June 16, 2018
Served the Clifton Pastoral Charge
1983 – 1988



*Your life was a blessing,
Your memory a treasure,
You are loved beyond words
And missed beyond measure.*

Hello Baby



Enna Mae Mao March 2, 2018
Parents: Louisa Sorflaten & Mike Mao (Toronto)
Siblings: Oliver and Owen
Grandparents: Allan & Lydis Sorflaten



Whitney Margaret Gunn May 11, 2018
Parents: Cameron & Tracey Gunn (Highland Village)
Siblings: Marley & Logan
Grandparents: Dan & Laurie Gunn



Marett Isabel Burris May 12, 2018
Parents: Stephen & Jenna Burris
Green Oak
Grandparents: Anthony & Karen Waugh
Phillip & Jane Burris
Penny Buchanan
Great Grandmother: Jean Burris

Baptism – May 13th



Tiffany & Stewart Yuill, Elder Donna Yuill
The Reverend Dan Gunn and Sadie

Youth Drama Club – May 24/25



“We Are United” cast:
Bk row: Dannan, Victoria, Caleb, Ava, Annika
Fr row: Skylar, Eric, Connor, Emma, Meaghan



Sound & Lights Man – Reg Henderson



.... and speaking of theatre, Leslie and daughter's Hannah and Catherine saw “Come From Away” in Toronto the end of February. If you get the chance, see it. Wonderful story and a great play!!

High School Graduations



Jillian Stewart
East River High School
Eagle River, Alaska
Granddaughter of Mervyn & Donna Dickey
Plans to attend University of Alaska to take a
Bachelor of Business Administration in Management



Callum Bouma
Cobequid Educational Centre
Old Barns UC honoured our graduates in May.



May 14th – Millie McKim
Happy 84th!!!!

Conference Sunday – May 14th



Men's Choir



Garry Matthews delivering the Message

Hilden UCW



Meeting held at home of Leslie Burrows where they visited New Zealand through pictures.

Bk row: Elva, Joy, Edith, Gladys
Fr row: Donna, Diane, Sylvia, Janice, Noreen, Leslie

Old Barns Progressive Club



May meeting at home of Sybil McCurdy

Bk row: Carol, Glenda, Jessie, Millie, Kathie
Fr row: Sybil, Debbie R, Debbie M

Old Barns UCW



Susan Henderson, guest speaker,
with Sybil McCurdy

The Pie Queen



Elizabeth with some of the 80 coconut crème pies she made for the Lobster Supper with the assistance of her sons Merle and Walter.

Round Barn Concert – June 10th



Carson Ritcey-Thorpe & Piper Hayes

Awards



Frank Arseneau received a life membership to the Colchester Hospital Auxiliary by Pauline Liengme, President of the NS Association of Health Auxiliaries last fall.

Sorry I missed getting this in last newsletter Frank
- Leslie



*

Fran Fiddes received an individual award at the 2018 Municipality of Colchester and Town of Truro Volunteer Appreciation ceremony.

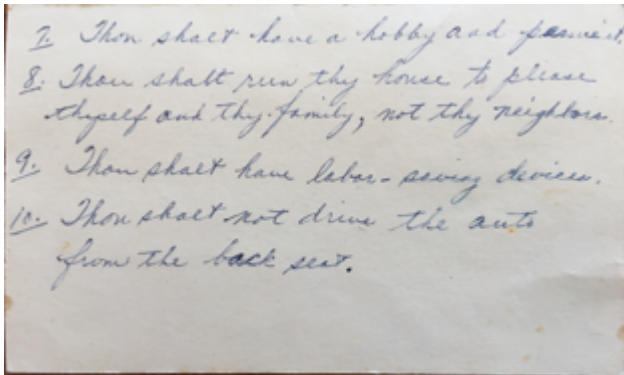
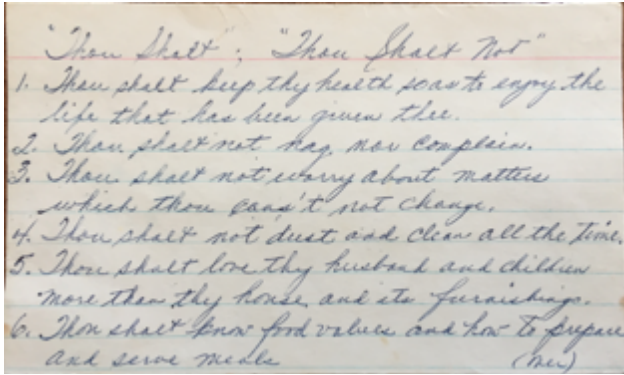
Now Who Might This Be?



Look to the far right – who is that? October 27, 1956 Pugwash River 4-H Poultry Judging. Did you guess Glenda? Then you would be correct!

Thou Shalt; Thou Shalt Not

Submitted by Donna Dickey – recipe card from Hazel Dickey's files (mother of Mervyn)



1. Thou shalt keep thy health so as to enjoy the life that has been given thee.
2. Thou shalt not nag or complain
3. Thou shalt not worry about matters which thou canst not change
4. Thou shalt not dust and clean all the time
5. Thou shalt love thy husband and children more than thy house and its furnishings
6. Thou shalt know food values and how to prepare and serve meals
7. Thou shalt have a hobby and pursue it
8. Thou shalt run thy house to please thyself and thy family, not thy neighbors
9. Thou shalt have labor-saving devices
10. Thou shalt not drive the auto from the back seat.



... and the Winner's Are ...



Meaghan McCurdy sang "Ice Cream" from Ann of Green Gables in the Musical Theatre 8 and Under category.



2018 Don Smith Furnishings Family Spiel winners: Maria, David (skip), Andrew, Meaghan, Therese McCurdy

Thank You

Huge thank you to the ladies of Progressive Club, Karen Archibald-Waugh, Glenda and Jim Kent and the whole community for all the support!! Zack and I are so fortunate to have found such a wonderful family in Old Barns.



Lorie Branscombe

Canada Day Social



On July 1st

11:00 a.m. to 1:00 p.m.

Old Barns United Church

Pot Luck Sandwiches & Sweets

BBQ hot dogs – weather permitting!

Cake & ice cream

Hot & cold beverages provided

Bring your lawn chair, and an outdoor game if you wish, or just have a visit with neighbours as we celebrate our great country. Everyone welcome so spread the word!

For information or questions contact Barb Miller, 902-895-6833, grbamiller@eastlink.ca



Cobequid District Fire Brigade

submitted by Cheryl Burgess

We have been very busy for the first almost half of 2018 with approximately 90 calls so far. We respond to fire calls, accident scenes, medical calls and mutual aid for other Brigades in our county and the neighbouring county.

Our Executive this year consists of Fire Chief Trevor Forbes, Deputy Chief Mitch Creelman, Captain Colie Kent, Captain Charlie Baird, Captain Charlie Edwards, Captain Corey McLellan, Secretary Cheryl Burgess and Treasurer Marjorie Pierce.

In March we took possession of our new Pumper/Tanker 841 from MetalFab in New Brunswick. It has been custom built to fit our needs and it is currently at home in our Beaver Brook Hall. It has a water tank capacity of 2250 imperial gallons, with a 1550 IGPM Waterous Pump. We are very excited to be able to protect our community with this latest addition to our fleet!

We are always busy with trainings on the 1st, 2nd, or 3rd Tuesdays of the month with the Executive meeting on the second last Tuesday and our General Meeting always falls on the last Tuesday of the month.

We have been chosen to host the Regional FireFit Championships for our Region on August 10th & 11th, 2019!! This is a huge undertaking as this event draws Firefighters from all across our region. It is a weekend long event which challenges Firefighters to compete in what is often been described as the "Toughest 2 minutes in sports"! We are currently looking for many volunteers, including Doctors, Registered Nurses, Massage Therapists, Physiotherapists, set-up crews, runners, referees and many others, to help make this weekend a success! If you would like more information please contact Dave Osborne [dave.jc@ns.sympatico.ca] or Cheryl Burgess [burgesscheryl@hotmail.com] and title Firefit. ALL Volunteers are welcome!

Our Membership has grown to 35 Members but we always have room for more, so if you are at all interested in getting involved in your local Fire Brigade, come to the Fire Hall and see what we are all about! We have a Junior Firefighter Program for youth 14 years and over.



Cobequid District Firemenettes

submitted by Carol Baird

The Cobequid District Firemenettes will be celebrating our 40th anniversary in November 2018. We have been an active auxiliary for all those years. We felt that our dedicated and hardworking brigade deserved our support.

On May 10, 1978, eleven women from Truro Heights to Green Oak met to form an auxiliary group to support the fire brigade members. An executive including President Theresa Blois, Secretary Carol Baird, Treasurer Carmel Forbes, and Convener of Ways & Means Grethe Baird was chosen. Janet Kent, Iris Joyce, Heather Croft, Helen McLeod, Glenda Kent, Lydia Clough and Sandra Corbett were the other founding members.

On June 14th, we invited members from the auxiliaries of Salmon River and North River brigades to give us some guidance in getting up and running. They gave us some direction in writing a constitution. We were also given many helpful ideas concerning fundraising.

Over the summer break, the executive met to draft a constitution. With the resumption of the meetings on November 14th, the members adopted the constitution.

A monthly meeting is held in the fire hall in Lower Truro on the fourth Wednesday of each month at 7 p.m. from September to May. A program is planned for most meetings. Guest speakers are invited to speak to the Firemenettes on many varied topics, crafts are sometimes made, and fundraising plans are developed in order to raise money with which to buy equipment for the brigade or to improve the facilities.

For the past two years we have held community suppers in the spring and in the fall. All members of our community are invited to join us. There is no cost to come and enjoy a meal with your neighbours. Our next supper is being held at the fire hall in Lower Truro on Wednesday, October 24th from 4:30 until 6:00 p.m. or until the food is all gone.

We currently have sixteen members. Our members consist of the women of our Cobequid Brigade area who are 19 years of age or older. Any woman is encouraged to come and see what we are all about.

Thank You



Firefighters: Colie Kent, Sheldon Scott, Pat Yuill, Trevor Forbes, James Yuill

Clover Crest Farm extends a big thank you to our fire department and volunteers who recently responded to what ended up being a very minor fire in one of our silos.



Thanks also to the Valley-Kempton Brigade who came with their ladder truck – just in case!



Country Moment

submitted by Beth Saunders

"It's so peaceful here," said our company, who arrived in late afternoon after I'd spent all day scrubbing garden mud off the downstairs floors, and cooking and baking country goodies; and after I had spent all winter making a quilt to put on their bed and hooking a rug to keep their feet warm; and stuffing and dressing an elephant for a welcoming present. Oh, and weeding the tulips and daffodils to decorate their room. Yeah, right!

But seriously, today I was popping the heads off 500 dandelions to make jelly. Across the road a flatbed truck was parked to load the bulldozer that was in the field. Down the lane came an ATV. It passed the motorcycle that was just ahead of the cattle truck with its trailer full of cows. The Department of Highways truck came booming down the gravel road, and the tractor with manure spreader had to wait in the lane to let it pass. That's seven vehicles in a radius half not much bigger than our country house.

I took my little red wagon down the lane to see if they'd let me play too – if I brought my own toy. The sarcasm was lost on seven spring-busy men.



2007 Drawing by Gary Saunders

Plastic Ocean Blues

submitted by Gary L. Saunders

Recently I read a book that rattled me. Me, with a raft of doomsday books already, books ranging from James Lovelock's *Revenge of Gaia* (2006) to Naomi Klein's *This Changes Everything* (2014) to Al Gore's latest, *Inconvenient Sequel: Truth to Power* and a dozen in between.

Scary books all--but this one was different--and oddly comforting. While the others cataloged our crimes against Mother Earth and offered scant hope, Alan Weisman's book *The World Without Us* (Harper-Collins Canada, 2007) began where they left off. In Weisman's *World* we humans were extinct, leaving the earth to heal on its own.

Apocalyptic though it was, the book won a slew of awards that year: *Time* #1 Nonfiction Book, *Globe & Mail* Best Book, *National Post* Best Book. Glowing reviews followed. To my mind Heather Mallick's said it best: "Weisman has an Atwood-like talent for describing the terrifying derelict structures we will leave behind..."

I read it anyway—then tried to forget it. Until this summer. On July 20, as I strolled a garbage-laden Newfoundland beach, his chapter on ocean pollution came crashing home to me. Hitherto my environmental worries were centered onshore: on GM crops, stripped forests, melting permafrost, fracked drinking water, dead birds and bees. Now I saw an even greater threat looming offshore, mostly out of sight, mostly out of mind.

The arresting chapter was titled "Polymers are Forever." Forever? Aren't we taught that nothing in Nature is forever? That everything cycles? Worm eats grass, bird eats worm, bird dies to grow more grass? Water becomes mist becomes snow becomes glacier becomes water?

But Mother Nature has other dimensions, among them the microscopic and molecular. Down there we meet true permanence. Like, for instance, those long-chain hydrocarbon molecules which constitute natural polymers such as spider silk, lac bug shellac, cellulose, lignin—and human fingernails.

By fiddling with those long-chain molecules, we've managed to create things which *are* well-nigh indestructible. Doctored and spiked with various chemicals—a dash of sulfur, a whiff of chlorine-- they

also become infinitely shape-able (the literal meaning of “plastic”).

True, plastics exposed to sunlight, heat and air soon become brittle and shatter. However, submerged in cool, dark ocean depths they last much, much longer. Try this test: tie a new plastic grocery bag to an underwater wharf piling and leave it for a year. Likely it'll still be usable.

But here's the hidden menace: at the micro level, plastic's *ultimate particles persist*. How long, no one yet knows; modern plastics have only been around 50 years or so. (In my childhood the only plastic thing we knew was the post office telephone.) Some scientists say centuries, perhaps more.

So now I knew what Weisman meant. How could we have let this happen? As he explained it, the polymer revolution began when 19th century British scientist Alexander Parkes successfully turned wood cellulose into celluloid film. Then in 1907 U.S. chemist Leo Baekeland, seeking something better than insect glue for coating electric wires, invented the hard, moldable substance he called Bakelite.

Bakelite made him rich--and changed the Western world. It unleashed a cascade of new synthetics such as PVC, Styrofoam and nylon-based artificial silk--which re-invented the fashion industry. Things once lovingly hand-crafted from clay, wood, paper or glass could now be poured and mechanically molded, putting artisans out of work.

World War II let loose another cascade. With Japan threatening access to Asian rubber tree latex, the Allies desperately needed a substitute. Again, long-chain molecules, this time from crude oil, came to the rescue. Synthetic rubber was soon followed by Plexiglass, polypropylene rope, “foam rubber” polyurethane toys and net floats, see-through packaging, toothbrushes--and the ubiquitous grocery bag.

The list continues to grow. Only last month, buying a large tin of house paint, I discovered the “tin” was mostly plastic. Lugging it up a ladder the next day, I feared it wouldn't survive a bump.

Thankfully, most plastics are recyclable--even Styrofoam, once banned. The problem is, most North Americans don't recycle. Unlike Europeans, we toss. That's why several US cities are banning plastic grocery bags outright. And why stores are finally training staff to ask, “Do you need a bag for that?” (And, if we say yes, charging us five cents for the

privilege; or five bucks for a logo-stamped cloth bag.) But don't complain; it's for a good cause.

Back to my beach and the seas beyond. The thing is, oil-based plastics, unless colonized by mussels or algae, seldom sink. Instead they float on top, or hover in the water column, mobile as fish. How do they get there in the first place? Dumped from ships? Yes; Weisman says the world's merchant marine alone contributed over half a million plastic items in 2005.

But most plastic garbage still originates onshore. Yon grocery bag dangling from yon tree or blowing across a landfill will eventually end up in a lake or brook that will ferry it to sea.

As a consequence, the Great Pacific Gyre, that vast oceanic whorl between North America and East Asia, is now being called The Great Pacific Garbage Patch. Roughly the size of Africa, it dwarfs five other floating garbage dumps circling other seas.

A U.S. researcher who sailed the Patch found its garbage to be 90 percent plastic. And a Los Angeles scientist discovered that most coastal garbage came from faulty local landfills. And now we're letting summer cruise ships into the Arctic Ocean....

How does all this impact sea life? Well, for starters, sea turtles commonly mistake plastic grocery bags for jellyfish and choke on them. Likewise, many ocean fish mistake the smaller plastic items for prey--and die of constipation. Smaller still are flush-able *micro-beads* found in body-wash--“Designed to scrub and freshen your skin!” – and toothpaste, and the millimetres-long microfibrils found in unfiltered grey-water from laundered synthetic clothing lint and especially from polar fleece.

Worse, at the penultimate particle size which plastic makers call *nurdles*--mere needles--they become food for microscopic zooplankton, free-swimming organisms which not only underpin the entire oceanic food chain but supply a third of our atmospheric oxygen. When they go, so perhaps will their immediate consumers, and so on up the food pyramid to capelin, herring, cod, dolphin, whale--and humans. And the lost oxygen? We've already lost immense stretches of O₂-producing tropical forest. And the world's oceans already exhibit dead--anoxic--zones. Who knows?

The latest bad news is that plastic water bottles routinely shed microscopic slivers which we ingest. Our kidneys filter all liquids; what harm these slivers do no one yet knows. The worst news of all is that

these plastics, bond to waterborne toxins like metallic copper, creating aquatic poison pills....

With all this micro talk, let's not ignore large-scale fishery artifacts like legal nets and trawl lines. Traditionally made from natural fibres like silk, cotton and hemp, now they're mostly green plastic monofilament, all but invisible under water. Cod-jigging off Twillingate last summer, I was amazed at how quickly it vanished down there.

It's no secret that such nets, some of them hundreds of metres long, routinely drown seals and whales. Worse, storms sometimes tear them adrift, floats and all, to keep on fishing, untended and untendable, indefinitely.

Might all this edible ocean garbage undermine entire ocean ecosystems, the way carbon acidification is wrecking coral reefs? Again, no one knows. Maybe recent stock declines aren't *all* due to overfishing and climate change? Can our fish stocks handle this triple threat?

"But," some may object, "the oceans cover two-thirds of the globe! Surely they can handle our puny dumping?" Well, yes and no. Yes, the world ocean is huge. But no, most plastic pollution happens in shallow coastal waters where many fish congregate and breed. And even the ocean deeps, eight kilometres down, are shallow compared to the Earth's diameter of roughly 13,000 km—more like the skin of an apple.

Back again to my cove and beach. Lacking time to comb all its detritus and mistrusting my subjective eye, I chose to sample a metre-wide strip straddling the high tide flotsam line. From cliff to cliff my strip measured 71 metres. So, a fair-sized sample, and likely fairly typical.

What I found astounded me. Every conceivable plastic artifact was there but a telephone, from tampon applicators to corrugated beach signs to toothbrushes. There were so many empty 12-gauge shotgun shells I decided to count them: 295—including one still loaded! They alone made a small pile. The rest I sorted into four much bigger piles: Containers (mostly pop and water bottles but also "green" detergent sprayers), Rope & Netting, Toys, Miscellaneous.

After photographing each pile, I bagged them (in plastic, what else?) and set the five sacks out for the town's Tuesday pick-up. Within the hour, hungry gulls

had ripped the bags open. Only my weighted tarp kept the contents from returning to the sea before dark.

And those shotgun shells? Let's not be too hard on our hunters. Picture them out there in boat, huddled in oilskins against a sleety nor'easter, eyes peeled for the next fly-past of turrs or bullbirds. All they're after is a few meals of healthy winter meat that doesn't come shrink-wrapped on white styro trucked from Toronto.

And such shooting takes real skill. Pivoting with each wheeling flock, taking a bead against the boat's roll and pitch, firing without hitting other gunners, downing a few birds, hurriedly ejecting the spent shells before the next flight. It's simply a seasonal harvest of low-cholesterol meat provided free by Nature. And the plastic fallout is minuscule.

No, they have every right. What's our excuse?



2006 Watercolour "Beachfinds" by Gary Saunders

Oops!



We think a driver took the corner (by the Old Barns church) too fast and as a result, several tens of thousands of dollars of equipment was badly mangled. Slow down!!!

The Carpenter

Two brothers living on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side-by-side, sharing machinery and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference and finally, it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock-on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days' work," he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor. In fact, it's my younger brother! Last week there was a meadow between us. He recently took his bulldozer to the river levee and now there is a creek between us.

Well, he may have done this to spite me, but I'll do him one better. See that pile of lumber by the barn? I want you to build me a fence, an 8-foot fence – so I won't need to see his place or his face anymore."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day – measuring, sawing and nailing. About sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge ... a bridge that stretched from one side of the creek to the other! A fine piece of work, handrails and all! And the neighbor, his younger brother, was coming toward them, his hand outstretched ...



The Seven Wonders of the World

A group of students were asked to list what they thought were the present "Seven Wonders of the World." Though there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet, so she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many."

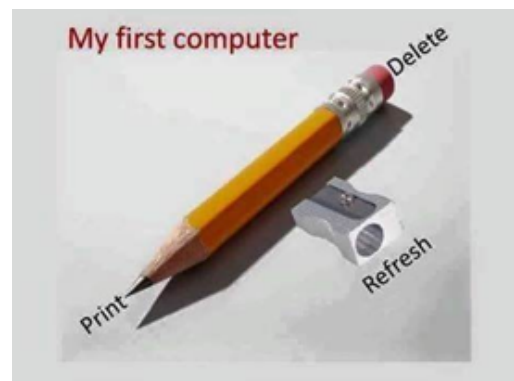
The teacher said, "Well, tell us what you have and maybe we can help."

The girl hesitated, then read: "I think the Seven Wonders of the World are:

1. To See
2. To Hear
3. To Touch
4. To Taste
5. To Feel
6. To Laugh
7. To Love

The room was so quiet you could have heard a pin drop. The things that we overlook as simple and ordinary and that we take for granted are truly wonderful.

The most precious things in life cannot be built by hand or bought by man.



Clifton Acres – A Change

submitted by Jim Burrows

In the late 1990's a group of community members began meeting to explore the possibility of building a facility so members of our community could stay in the community when they decided to move out of their homes. After two attempts to raise funds and financing to build a complex for twenty to thirty people in 2006, a four unit apartment building was built.

Over the past 12 years, Clifton Acres has been fortunate in having close to full occupancy and has operated as a profitable business. Three years ago, the Board of Directors began to explore Clifton Acres future. While we had agreement that the time was right to expand the business, we realized that the Shareholders and Board were aging and did not have the energy to take on new projects. At the 2017 Annual meeting the shareholders were asked if there would be any objections with selling the building if the right opportunity presented itself.

In May 2018, the Shareholders agreed to sell the building to Anthony and Karen Waugh. We are targeting a late June change of ownership. Once the sale is complete we will initiate the process to close the Co-op. We project we will be in a financial position to repay the initial shares with a small profit.

There are many people who worked hard to have this community dream a reality. While Clifton Acres Co-op will close, the facilities will continue on. We all wish Karen and Anthony well in their new venture.



Thanks to the following for submitting pictures for the newsletter:

Karen Archibald Waugh
Laurie Gunn
Jenna Burris
Gary Saunders
Lydia Sorflaten
Mervyn Dickey
Maria McCurdy
Leslie Burrows

From the Archives of Don and Kathie Chisholm

Excerpts from a newspaper clipping dated November 1944:

The Centennial of Old Barns United Church:

Remembrance Sunday service in Old Barns on November 12 (2:30 p.m.) has a three-fold significance for the large congregation of Clifton gathered there, filling the edifice to overcapacity, as it marked the one hundredth anniversary of its inception; the burning of the 8-year old mortgage of the present house, and last, but not least, Armistice commemoration.

The service was conducted by Rev. Dr. L.H. MacLean who was surrounded by Rev. J.A. MacKean, Truro, Rev. Dr. A.E. Kerr, Principal Pine Hill Divinity College; Rev. W.S. Irving and Rev. Mr. MacIntosh, former incumbents.

Songs sung at the service included:

O Valiant Hearts
National Anthem
How Lovely is Thy Dwelling

Mrs. John Clarke read the financial report of the Building Fund and it is only fair to state that it was largely due to her foresight, business ability and suggestion as to making an effort to clear the debt this year, that culminated in the burning of the mortgage today by Mrs. Mary Crowe and Mrs. E.E. Crowe, two of our oldest and much honoured members. Fred Yuill as chairman of the Board assisting in the ceremony,

The sermon was delivered by Rev. Dr. Kerr, which was a stern challenge to all of us as to the real building in life – not the sacred edifice its stonework and its architecture, but the human values, He left us with much food for thought and deliberations and Dr. MacLean is to be highly commended in bringing to us such a forceful, eloquent speaker as he did today.

The torrential rains Saturday night again caused floods on low lying lands and roadways. Many cars were obliged to detour or go through the waters on Sunday in travelling between Truro and Clifton. There was considerable travelling by this road as people came from Clifton district to attend the funeral of the late Henry Burgess who was born and brought up at Old Barns.

Quotes and Stories

When Stephen Hawking died, some of his amazing quotes surfaced and I have printed three of them for you to enjoy:

"It is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you are always angry or complaining."

During a Reddit AMA in 2015, Hawking was asked: "What mystery do you find most intriguing, and why?" His answer?

"Women. My PA reminds me that although I have a PhD in physics, women should remain a mystery."

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up."

The next two were submitted by Glenda Kent.

I'm Not Old

I woke up,
I lifted my arms,
I moved my knees,
I turned my neck ...
Everything made the same noise:
Crrrrrraaaaccck!
So, I came to a conclusion:
I am not old,
I am crispy!

Advice

Seek a fresh goal every day,
Look on all things new,
Show a smile along the way,
Let happiness show through.
Don't give up, if plans may fail
Make another start,
Keep a trust if hope is frail,
Find faith within your heart.
Set aside a time to care
And then you'll find it's true,
A kindness passed around to share
Will be returned to you

by Elizabeth Gozney

Sorflatens and Ethiopia

The following is from
<http://sorflatentravels.blogspot.com/>

Please feel free to check out other blogs posted by Allan and Lydia from their travels.

Response to Questions Asked by Students of Bur Oak Following the Presentation by Allan and Lydia Sorflaten: Ethiopia.

1. What does the government spend its money on?

- a. Have a look at <https://devtracker.dfid.gov.uk/countries/ET/project>
- b. It was our experience that their '**Social Safety Net**' program does not reach to provide sufficiently to 'reduce poverty and hunger'. In Addis, we saw beggars virtually at every stop light. We saw young boys living on the streets, begging. We saw many people picking through garbage for food.
- c. We observed **excellent main streets in Addis**, extending in a network of excellent roads outside the city. But, in Addis, once you leave the main street, the side streets vary from gravel to rough, rocky paths to a network of unorganized, un-named streets. Taxi drivers rely on phoning for directions. No street signs. No GPS.
- d. We were pleased in visiting a **government school** in Addis to find the school an excellent learning environment. 80 children who were coming to school without food are fed Breakfast thanks to a program set up by a committee.
- e. In visiting the **government hospital**, here are some observations:
 - i. Excellent nursing and doctor staff. Well trained, professional, know the needs but lack resources.
 - ii. Patients walk sometimes for days to reach the hospital and then have long waits to be seen by a doctor.
 - iii. The family (where there is a family) has responsibility to care for the patient.
 - iv. Prenatal care for pregnant women, if it exists, does not provide for folic acid supplement to prevent hydrocephalic babies.
 - v. Patients are discharged without resources to continue treatment.
 - vi. Treatment may be too late, unaffordable or not able to be government funded.
- f. **Water, sanitation and hygiene** Observations:

i. We were shocked to find that there are two schools for the Blind in Addis because people have become blind from water!

ii. Here is an excellent reference to find out how contaminated water can cause blindness, death from diarrhea, malaria, cholera, typhoid fever, dengue fever, and more!

<https://rainbowftf.ngo/destitute-people/water-quality-contamination-ethiopia/>

51% of rural Ethiopia lack access to water

(<https://www.charitywater.org>)

72% of rural Ethiopia lack

sanitation (<https://www.charitywater.org>)

2. What surprised you?

1. **The pay received by workers.** We were not told what people were paid. We observed many Chinese companies moving into Ethiopia building big factories. We saw big factories built being built by the Chinese. We saw the government building housing for factories. Many of these housing complexes remain only partially built. Why are the Chinese interested in Ethiopia?

*'Entry-level salaries in Ethiopia range from \$35 to \$40 per month, significantly below average Chinese manufacturing wages of **\$629 per month**'*

<http://www.aljazeera.com/indepth/features/2014/12/ethiopia-booming-business-underpaid-workers-20141228732485264.html>

2. **Most people have smart phones.** Businesses we worked with (35 of them) used smart phones almost exclusively (ahead of computers).

3. **Ethiopian people were so kind and accommodation to us!**

4. **The pollution.** Cars and trucks have no regard for pollution. No government inspection.

5. **The line ups** (often a full city block or more long) **for public transport.**

6. **Traffic.** Bad!

7. **Our hotel was great.** Food was good. Service was good but waiters and waitresses often misunderstood what we ordered (English not great).

8. **Such a variety of good businesses run by women.**

9. **How positive, interested and enthusiastic the businesses were to improve.**

10. **The uniqueness of the Ethiopian culture.** No other like it anywhere!

3. Did you like the food? Did the food upset you.

When going to a third world country, always take anti diarrhea medication with you! Even though we tried to avoid fresh salads, drank only bottled water, etc, we seem to always have digestive challenges. This time, we were pleased to be able to buy the energy drink 'Bull' when we were resting our digestive tract! It took me a couple of weeks after getting home to get back to normal!

4. If you could do anything differently with your time in Ethiopia, what would you do?

We took one trip outside the city by hiring a guide and a taxi. I would love to see more of Ethiopia. It is known as the 'cradle of civilization'.

5. What made you decide to volunteer around the world and why did you choose CESO (Canadian Executive Service Organization)?

a. We both took early retirement. At the time, I thought nothing could ever be as interesting and fulfilling as a career in teaching but our volunteer work has opened the world to us!

b. CESO assignments vary from 2 weeks to 3 months. This time frame suited us. We were not ready to move to a country long term.

c. CESO allows a person to use the experience they gained through working in their profession and apply that experience internationally to specific situations.

d. We have done about 25 assignments in Trinidad/Tobago, Guyana, the Philippines, Cameroon, Ethiopia and Rome. World travel with purpose working with the people 'on the ground', living in the culture as opposed to observing it from the outside as most travel does.

e. Volunteering with CESO, one feels proud to be representing Canada.

f. Assignments are designed by people in the country, advertised on the CESO web site. As Volunteer Advisors (VA's), we write a proposal (how we would approach the assignment). Other VA's do the same. The client chooses the VA they think would best fulfil the assignment.

g. CESO arranges the tickets and visas. The client is supposed to provide the

accommodation. Sometimes, when they couldn't afford it, we have paid our own accommodation.

h. Once one of us is accepted on an assignment, the other pays their own expenses and finds volunteer work to do in the country.

6. What have other places you have gone been like?

We have a blog <http://sorflatentravels.blogspot.ca/> . By scrolling down to older posts below Ethiopia, you can visit Cameroon, Guyana, the Philippines and Trinidad/Tobago with us.

7. How safe did you feel travelling through the streets of Addis?

We always travelled by taxi with a guide or with a business owner. We felt very safe but uncomfortable to have beggars always wanting money. We did not feel comfortable walking (beggars, holes in the sidewalk). We did not go very far on our own!

8. What country do you want to go next?

Hopefully back to Ethiopia on a follow up visit to the two organizations we worked with. Beyond that, of the places where CESO is working now: Allan would love to go to the Galapagos Islands. Vietnam appeals as do Central and South America. We watch for assignment postings when we are available and apply when we are interested.

9. How has volunteering in 3rd world countries changed you?

Being able to work 'on the ground' with the people, to see their joy in sharing their culture with you takes away the appeal of other kinds of travel. The satisfaction that comes from this kind of work is unparalleled.

10. What impact has volunteering in 3rd world countries had on you?

Two different worlds! Coming back to Canada, I find the grocery store overwhelming-so much to choose from. So unlike the market in 3rd world countries!

Great satisfaction: Seeing change, seeing families able to educate their children and improve their lives by implementing ideas to develop their business is very satisfying.

How long did you work with each business?

Our initial site visit was 1-2 hours. Then Allan did a SWOT analysis for each and I prepared a Slideshare for them to present their business in the Workshops. The Workshops were three full days. Now we are able to email most of the businesses.

11. What can Canadian citizens do to help?

In each of the countries we have worked, we see different organizations working very effectively with the people. Giving to these organizations helps! Some examples: In Cameroon, we attended village training conducted by 'Plan' (Foster Parent Plan) and met many sponsored orphans, orphans because their mothers died of HIV AIDS. In Addis, we saw 'Doctors Without Borders', UNICEF, SOS Villages, the Red Cross, Catholic Relief (Cameroon), and more. Sponsoring a child is a great way to help!

12. What are other countries doing in Ethiopia?

In Addis there is an embassy for just about any country in the world you can name. Here are several countries we saw in action:

- Japan has equipped several of the factories we visited with industrial sewing machines. Japan sponsored one of the women we worked with to come to Japan for two years of training.
- 'Over 130 Dutch companies have started businesses in the country, many of them in agriculture and horticulture'. We talked with people who stayed in our hotel from Holland who were instrumental in setting up two schools for the blind in Addis.
- Rotary International has water projects in Ethiopia.
- CESO has been working in Ethiopia for about three years. Along with our projects, CESO volunteers were there as consultants to the Chamber of Commerce.
- There is a big project lead by Nova Scotia's Dalhousie University \$18 million to help Ethiopian Agricultural Programs
- China is building factories and roads like crazy.

13. For the people living in the area of the dump (Korah), what can be done to help them?

These are the poorest of the poor! These two links will tell Lila's story of how she has set up a workshop at Korah to employ a number of people from the area.

<http://sorflatentravels.blogspot.ca/2017/04/lila-bring-hope.html> and

<https://www.slideshare.net/LydiaSorflaten/lila-74339269>

This will give you her web site through which you can contact her.

Also: Google *Korah* and you will see different efforts to help the Korah area.

14. How is it that Ethiopia has a different calendar than ours?

The Ethiopian calendar is based on an ancient Egyptian calendar. In *Ethiopia*, the calendar lags roughly seven *years* behind that of Europe and North America; in 2013 *Ethiopians* celebrated the coming of 2006. This year is 2009.

15. Have you considered starting an expedition for students here in Canada?

No but there are many opportunities available for you now, especially through universities. CUSO's web site wants people who have worked two years in the field following university. But opportunities exist. Two weeks ago we heard a Masters student who volunteered in Kenya speak. What a great experience she had with the sponsored orphans in the villages. She volunteered through Chalice.

(<http://www.chalice.ca/get-involved/travel-with-us>)

At **Chalice**, it is our joy to provide you with an opportunity to **volunteer** and experience ... offers opportunities for COVE placements - **Chalice Overseas Volunteer**). Research.....that's how we choose CESO.

16. How does seeing these horrible things affect your everyday life?

We tend to see the two worlds as very separate. When we land in a Third World Country, it takes time to adjust just as it does when we come home. It helps to be working positively with the people. They accept us and share their lives with us. We leave with a very warm feeling toward them and our experience with them. The internet is a wonderful tool to communicate with many we worked with in each of the countries where we have worked as volunteers. Our everyday lives are much enriched by our experiences.

17. How has volunteering changed your thoughts on society? See the value of so many things in our society: health care, educational system, feeling safe, housing, safe water, rules for traffic, proper sewage and garbage disposal, reasonably fair taxation system, money for unemployment insurance, employment opportunities, consumer protection, employee protection, prenatal programs, homes for the aged, home care, ... We are so fortunate to live in Canada!

18. Do you think you impacted these people in any way?

I liked one student's comment, 'I admire your work to become catalysts toward change'. We often say we give 'hope'. The hope is for these businesses to be able to export to bring income into the country to create employment to support women who in turn support their families. 'Trade not Aid'.

19. How has this experience impacted you as a human?

My only impression of Ethiopia before we went was one of poverty. Now I know how wonderful the people are and how we so enjoyed working with them. They are such hard workers working under such difficult circumstances. We have been very fortunate to have had the opportunity to volunteer!

Thank you for being able to share with you from our Ethiopian experience. Your questions were excellent!

