

on the

NO. 2, VOL 2 SUMMER 2010

HORIZON



THE HORIZONS COMMUNITY DEVELOPMENT ASSOCIATES NEWSLETTER

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Welcome...

Welcome to June, summer, and the third edition of *On the Horizon!*

As you may know, **Horizons** (Cari, Jean, and Vicki) will be closing our offices for the month of July to spend some much-needed quality time with our loved ones, soak up some sun and fun, and to rest and regroup for the year ahead. **But**, we couldn't leave until we ensured that everyone had something interesting to read, and all the information you will need to make your summer plans.

So, without further ado, please read on. Enjoy your summer, your family, and your friends, and we look forward to being back in touch with everyone in August.

Cari Patterson Jean Robinson Vicki Ulmer

Kaleigh French Reaching Out Globally Society (KFROGS)



The third annual **KFROGS Day for Global Change** took place on Sunday June 13th, 2010 at the Look-Off near Canning. This event is held to honour the memory of **Kaleigh French** (for more information, please see: www.kfrog.ca), and to raise funds for the *Kaleigh's Kindred Spirit Award* and help local young people participate in volunteer work overseas.

Horizons sponsors the event, and we organize the 5 & 10 km Legacy Run/Walk, which is the kick-off to a day filled with family fun and entertainment. This year the Legacy Run/Walk raised \$6,679.25, and the overall event raised over \$14,000. **And, people had a great time!** (More pictures back page.)

HORIZONS
COMMUNITY DEVELOPMENT ASSOCIATES INC.

P.O. Box 2404, Wolfville, NS B4P 2S3
www.horizonscda.ca

We welcome your comments and suggestions.

E-mail us at: info@horizonscda.ca

Introducing Team Members...

★ **JEAN ROBINSON-DEXTER**
Director



Name: Jean Robinson-Dexter

Place of Birth: I was born in Moncton, New Brunswick and grew up in Beersville, NB, a very small farming community on a multi-generational farm, with my parents, brother, grandparents and a couple great-aunts.

Current Residence: I live in Brooklyn, Queens County with my husband, Cameron and three children – Lee (18), who's graduating from high school this year, Ian (13) and Kate (11). We share our home with one dog and two cats.

Occupation (besides Horizons, if any): Although not quite an occupation, I often refer to myself as a 'roadie'. My husband is a musician and also does live sound production – so I can sometimes be found carrying microphone stands, sound gear or instruments, plugging in cables, or standing on a stage saying 'check, check, check, one, two...'

Volunteer activities you participate in, in your community:

I've just completed serving four years on our local elementary school's School Advisory Council, the last three as Chair. My youngest child is moving on to Junior High with her older brother – so perhaps so will I! A lot of

our work over the last year has been advocacy for a new middle school for our area.

In thinking about our last child moving on from elementary school, Cameron and I decided to coordinate the production of a music cd, *Voices of Wickwire*, featuring the 70 voice school choir and every class of the school. All proceeds from the sale of the cds go to the school's music program.

I'm a member of the Queens Physical Activity Coalition, a group of community stakeholders that began to develop a municipal physical activity strategy. I also participate in the group's policy sub-committee.

I've also been serving as a member of the Queens Place Fundraising Management Committee, a group tasked with leading the capital fundraising campaign for a new multi-use recreational facility for our area.

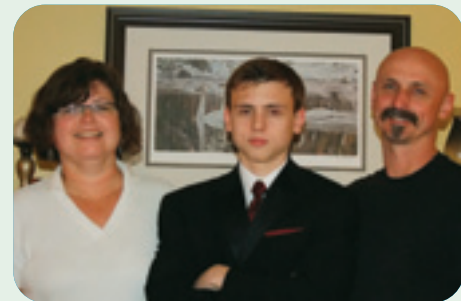
One of my loves is festival and event planning and from 2005 – 2008, I chaired the *Queens County SeaFest*. I'm very proud of the work of my team in growing that festival from a few hundred participants to well over 10,000 visitors over 2.5 days. I also got to meet a few Canadian music icons – Rita MacNeil, Bobby Curtola, the members of April Wine and Chilliwack!

Hobbies/things you do for fun: Music is a big part of my leisure time – listening at home, attending concerts, playing and singing once in awhile and going to music festivals. We just purchased a travel trailer so we're planning a lot more camping starting this summer. I also love to read, entertain and dance.

An accomplishment you are most proud of:

The first thing that comes to mind, of course, is my family – Cameron and I have beautiful, bright, outgoing, and sometimes challenging, children. We're very proud of them all. (See picture of our son, Lee, top right.)

A goal you have set for the future: In May, we took our kids to Mexico for a week. It was a



terrific experience for everyone – opening them up to a different culture, language and food. We had a wonderful time and plan to do it again!

As mentioned above, I get a great deal of pleasure from event planning so I've set a goal for myself to develop a new event for our area – I'm just in the early stages of forming ideas but I'll keep you posted!

★ **Cari Patterson**
Director



Name: Cari Patterson

Place of Birth: Saskatoon, Saskatchewan – love that Prairie Sky!

Current Residence: Our place is called *Rest and be Thankful*, because that is how we feel here. It's in the woods on the North Mountain, about 6 km from Canning, in the Annapolis Valley.

Introducing Team Members... Cont'd.

Occupation (besides Horizons, if any): Horizons keeps me busy enough!

Anything you would like to include about the important people in your life: My partner is Joanne, and our chosen daughter is Tammy, who is 16. We also have Jane (our cat), Cassy (our three year old chocolate lab), and the baby, Molly (our eight week old yellow lab). And there are many chosen family members, who live in various parts of the country.

Activities with Horizons: I am one of the Directors of Horizons, so I get then fun job of helping run the business, as well as doing the work of the business. The bonus is I get to do the work with a lot of very cool people – I am tickled that such amazing people want to work with Horizons. Together we work with communities on their journeys, whatever they may be. I am particularly interested in rural community development, and I love community stories and community based research and evaluation. I especially enjoy and appreciate working with First Nations communities, and all the learning and richness that are part of that work.

Volunteer activities you participate in, in your community: I have been involved in a lot of volunteer work as long as I can remember! I have recently decided to give myself a year-long sabbatical from volunteering, so I can rest and play, and get rejuvenated.

I have been on the Executive of the International Association for Community Development (www.iacdglobal.org) for five years. In July my current term will be completed, and I will be coming off the Board. The international conference we hosted in 2008 was part of my IACD volunteer work.

I have also just completed my term as the President of the Health Promotion Clearinghouse (www.hpclearinghouse.ca) in Nova Scotia. I became involved in 1999 and have been hanging around ever since. The HPC started as a loose, informal coalition of organizations

committed to health promotion, and is now an incorporated, funded organization with an excellent reputation for providing health promotion information (in Nova Scotia and around the world).

I also organize an annual charity run that is part of the *KFROGS Day for Global Change* (www.kfrog.ca). (You'll see more details about it on the first page of the newsletter). This year's event was held on June 13th, and we raised about \$14,000 to support local youth doing international community development work. Even though I want a break from volunteering, I think I'm still too attached to the Legacy Run to let it go yet.....we'll see. Next year's event is June 5th.

One more thing I love being involved with: I help plan and facilitate the annual planning day for the vendors of the Wolfville Farmers' Market (www.wolfvillefarmersmarket.com). Which means I get to be friends with all the people who grow and prepare all that yummy food and the artisans who create the amazing works!

Hobbies/things you do for fun: With all the space I'll have now... I'd like to mainly be spontaneous and have days and weeks that are not planned and filled up ahead of time! I love gardening, reading, hiking, paddling, playing with my puppy dogs, walking on the beach, eating good food, and painting prairie landscapes on large canvases. Doing more of these things will make me very happy!

An accomplishment you are most proud of: I'm actually proud of quite a few things: my intentional life, my peaceful home, my loving family, and of course I am proud of creating Horizons and seeing it unfold and grow and deepen and open....

A goal you have set for the future: I would like to complete my PhD in community psychology. I'm thirsting for thinking, and grounding my experience in theory, and also for contributing back to my field.

Anything interesting you would like to share with the rest of the team? My brother Joe and his family (my sister-in-law Adelle, and my three year old nephew Connor) are moving to Halifax from Saskatoon. In July! Some of you met Joe when he came for our conference. I haven't lived near my family for nearly 30 years, so I am excited about having them near.

 **Victoria Crowell**
(Administrative Coordinator)



Name: Victoria Crowell

Place of Birth: Halifax, Nova Scotia

Current Residence: I live above the beautiful Gaspereau Valley on Melanson Mountain, with my partner Marvin, and our two wonderful kids, Grace (age 5) and Cooper (age 3).

Occupation (besides Horizons, if any): Besides being Administrative Coordinator for Horizons, and working with Cari and Jean for over 10 years now, my other full-time job is 'Mom'.

Volunteer activities you participate in, in your community: I am a member of the Board, and am Treasurer, for the Play School that my daughter and son attend. I am also involved in various fundraising activities for the Play School and for the Community Hall in Grand Pre.

Victoria Crowell (Cont'd.)

Hobbies/things you do for fun: I love to read – I am favouring more of the suspense genre lately. I love to watch movies and play board games. We take a lot of camping trips in the summer, and I love to swim and go for walks. I hibernate in the winter.

An accomplishment you are most proud of: In thinking about this question, I realized that I actually have many things that I am proud of in my life, which are very easy to take for granted in day-to-day life. My kids are my greatest accomplishment and my greatest joy (I can say that today because they are acting pretty good). I am extremely proud of the fact that I have worked with Cari and Jean for over ten years now, and that I am contributing to the great work they do. And I take pride in the fact that the close friendships I have are long-standing ones that have stood the test of time, and that my relationship with my family is a very close and loving one.

A goal you have set for the future: An immediate short-term goal is to become a bit more organized (thank goodness for the month of July). A slighter longer term goal is to achieve more balance in work and my personal life. A fun goal I have set is to travel a bit more in the coming year.

RECIPE FILE

Yummy Strawberry Dip (Jean)

Here's a recipe for a yummy dip to go with strawberries!

- 3 Limes (juice & peel)
- 1 Can of sweetened condensed milk (I use low fat)
- 1 Container (500 ml) sour cream (your choice of no, low or lots of fat).

Peel & juice limes. Add to condensed milk in a bowl and mix well. Add sour cream and mix until blended. Refrigerate.

Keeps in the fridge for extended period of time.

Contributions to the Community



HORIZONS

Spring Into Action Challenge 2010

by Josephine McDonald

This was my first year coordinating the *Spring Into Action Challenge* and I have really enjoyed it. I enjoyed seeing the different things people did to complete their weekly challenge, as well as the creative team names. Some of these activities include Zumba, plyometrics, crossfit and T-Zone vibrations (some of which I have never heard about but was very much interested in learning more about).

One very memorable moment was when one of the members walked with her very pregnant daughter to help get labour started. She became a first-time grandmother during the challenge. Other people commented that they were having some difficult times and the challenge helped to get through it. I have also heard that it helped build team spirit. Those who participated are already looking forward to next year's challenge!

Weekly reports were completed listed the individual winners and team winners along with some of the activities people participated in to make their weekly challenge.

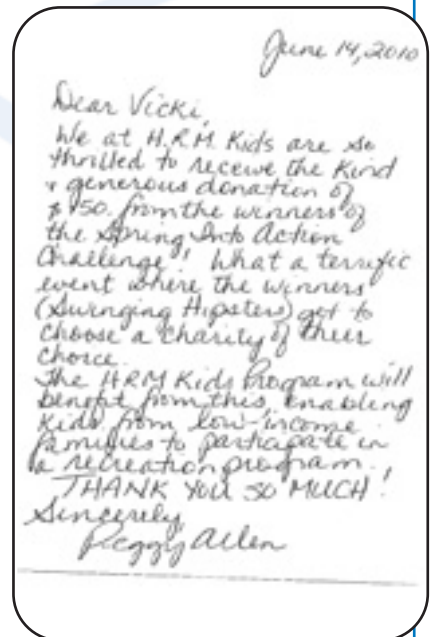
These reports along with information on some of the activities mentioned above can be found on the Spring Into Action Facebook page at: <http://www.facebook.com/pages/edit/?id=139535450482#!/pages/Horizons-Spring-Into-Action/139535450482>

The grand prize individual winner of the Challenge received \$100 to be used toward anything she would like related to physical activity (e.g., new running shoes, swim passes, family outings to the gym). This year's winner was Linda Wellon from team Energizers from Newfoundland.

The grand prize team winner was *Swinging Hipsters* from Halifax. The *Swinging Hipsters* was captained by **Christina Corkett**, and teammates included **Mary Lou Klinger, Erna Slingluff, and Terry Mills**. The Team Grand Prize was \$150 donation (in the winning team's name) to a local sport/recreation fund for kids. The *Swinging Hipsters* selected the *HRM Kids (Healthy Recreation Motivates Kids)*, a local program that provides assistance to children & youth who, due to lack of funds, would otherwise be unable to participate in sport, art, cultural & recreation activities.

I am looking forward to next year's challenge and we hope to see you there. Let it be the biggest and best ever!

Josephine McDonald, Spring Into Action Coordinator





What's happening?

Ongoing Projects

Mi'kmaq Health Policy Framework Evaluation

(Cari, Jean, Berta, Camille, Charlotte, Sunshine, Ashley, Margaret Ann, Willie)

We're still working on the evaluation for the **Mi'kmaq Health Policy Framework (MHPF)** for Nova Scotia. The MHPF is in its final stages of approval, and our team is lined up and ready to collect data in August and September. We will be conducting focus groups and key informant interviews, and also doing a document review. We've been practicing interview and facilitation skills, and in August we'll be getting together to learn about data coding and analysis (*and there will be yummy food and lots of laughs!*)

Special thanks to **Camille**, who has made a tremendous contribution to the team, and who will now be focusing on other projects and hopefully having lots of time to rest and recreate!

OFFICE OF THE WORKER COUNSELLOR

We have completed the first part of the work with the **Office of the Worker Counsellor** (developing a logic model and an evaluation framework.). Beginning in the fall, we will be implementing the evaluation. One of the interesting methodologies we're using is story sharing. We'll be facilitating story sharing sessions with workers to collect information about their experiences.



Reflection by Cari Patterson

Cari is guest editor of the upcoming issue of the IACD's newsletter. She wrote this reflective piece as an introduction to the newsletter, which focuses on community development in North America.

Acting Locally, Thinking Globally

My involvement with communities and community development has always inspired me, and often humbled me. It is such a privilege to share part of the journey with a group of people who make room for me, open themselves to my learnings, and openly share theirs. Now my own community has me thinking about how being involved locally really is making the whole world a better place.

I organize an annual charity run/walk that is held in memory of **Kaleigh French**, a spirited, artsy, quirky, wise, and grounded old soul who passed away at 21, before she got to fulfill part of her dream of doing development work with youth in other countries. After Kaleigh died, her brave and courageous mother Carol got a group of us together to form the *Kaleigh French Reaching Out Globally Society (KFROGS)*. Each year for three years now, we have organized and hosted the KFROGS Day for Global Change. The KFROGS Legacy Run/Walk is part of a day-long event, with music, food, games, and activities for all ages. It all takes place at the Look-Off, a breathtaking local landmark atop the North Mountain, with a sweeping vista of the Annapolis Valley in Nova Scotia, Canada.

All proceeds are for the *Kaleigh's Kindred Spirit Award*, which supports local youth learning, and doing development work with people in other countries. So we are acting locally and thinking globally, in that youth from this part of the world do good work in other parts of the world. But there's more to it than that. Local youth go to other parts of the world, learn about other ways of being in and experiencing the world, and they come home with expanded horizons, and better analyses of the way things are, and the way things work. So they are acting globally, thinking locally. But still, there's more to it than that.

A small group of volunteers works hard to organize an annual event in memory of one young woman; her mother makes sure we are not only remembering Kaleigh, but continuing her legacy and supporting other young people with similar dreams and hopes for the world. Several hundred people – it is growing every year - come out to take part in the event, and have a really good time. We run, we walk, we cheer people running and walking, we ride ponies, we bid on auction items, we eat good food from our local farmers and cooks, we listen and dance to the songs of our local musicians, we paint faces, we take pictures, we laugh, and we cry.

At the end of the day we all gather at a memorial service to honour Kaleigh, and this year, to lay stones in a garden, in memory of our community's loved ones who have passed away. We gather quietly and gently, hundreds of us, and we look over the garden and the Valley. We are together and yet we are each in our private thoughts and memories. In each other's presence, and with the sounds of rich harp music filling the air, we remember Kaleigh. We speak the names of the loved ones for whom we lay stones, and Kaleigh's mother reminds us that this is a garden for everyone; we can all come here and remember. The harpist talks about this gathering as Kaleigh's legacy, and she asks us to think about what our legacies will be when we move on to the next world. And the minister reminds us of the courage and strength of Kaleigh's parents; they have, she says, made their journey about so much more than them.

So I am very humbled. And I am listening, and I am learning. I am asking myself *'Really, what are all the ways I can make my journey about so much more than me?'*

Continued next page...

Reflections

by Cari Patterson (cont'd.)

The IACD is a network of networks; people who all care about social justice, and about making the world a better place. My community story is one of countless stories, each with the capacity to contribute good energy to making the whole world a better place. One of the strengths of the IACD is that it gives us an opportunity to connect our stories with the stories of others. As you read through this newsletter, I encourage you to imagine all the ways each initiative – from as local as rural Newfoundland & Labrador to as global as the United Nations – can be making the world better. Think about what each of us can really do to make our journeys and our work about so much more than ourselves.

Cari Patterson

Upcoming Events



The 8th Annual **Herbalist Association of Nova Scotia Herb Fair & AGM** will be held Saturday, July 24th at Carla & David's farm (*River Song Keep*) at 1260 Hwy 12, Chester Grant. This is a beautiful, spiritual site, acres of field and forest with a lovely river drifting by. There is space for camping for those who wish.

There will be a variety of workshops including plant walks and medicine making, and more. Presenters and workshops now posted. Also at the Herb Fair will be the *HANS Silent Auction* and an opportunity to bid on some unique herbal items. For more information, please visit <http://herbals.org/>.

-submitted by Erica de Sousa



Make Your Purchases Count
Support our local economy by supporting local independent businesses with a 10% shift.

The 10% shift is a clever way you can create a positive impact on our local economy without spending more.

How does it work? Simply take 10% of the purchases you would normally make with your household budget at non local independent businesses (e.g., national or multinational stores) and shift those to local independent businesses (e.g., "mom and pop" shops, local co-operatives, etc.)

Why shift? Studies have shown that when dollars are spent at Local Independents, up to 3X more of the profits stay within the community, and since Local Independents are much more likely to keep the money circulating in the local economy, the economic impact multiplies dramatically. This economic growth resulting from the circulation of dollars within the local economy is known as the **Local Multiplier** at work. Making the 10% Shift strengthens our local economy and revitalizes our communities without asking you to spend more.

Did you know? If the 375,000 households in Nova Scotia took the 10% shift challenge, we would see the creation of new jobs and millions of dollars of new economic activity in Nova Scotia, all without raising taxes or new government spending. The beauty of the 10% shift is that it doesn't ask people to expand their budgets and spend more. Instead, it simply asks people to be more conscious about where they spend what they've already budgeted for.

Take the 10% shift challenge today and help to build a strong local economy here in Nova Scotia. Not sure where to start? Visit the BALLE Nova Scotia website at www.ballens.ca and check out our business directory where you will find a long list of Local Independents across Nova Scotia selling the goods and services you need.

For more information on the 10% shift challenge or BALLE Nova Scotia, please contact our Co-ordinator Shannon MacLean at 1-888-450-3830 or email us at info@ballens.ca



Upcoming Conferences

**6TH ATLANTIC SUMMER INSTITUTE (ASI)
BUILDING RESILIENT COMMUNITIES**
UNIVERSITY OF PRINCE EDWARD ISLAND, CHARLOTTETOWN
AUGUST 17-20, 2010

The Institute will explore the innovation and collaboration in building resilient communities from the fields of:

- social and economic development
- crime prevention and community safety
- health and safety promotion
- environmental sustainability

The Institute will attract those individuals and organizations who are working with innovative and collaborative practices as well as those who are looking to learn and be inspired by them!

Jean will be attending the ASI this year and sharing our *Blueprint for Community Capacity Building* during the Institute's tabletop presentations.

To register or for more information:

Website: www.upei.ca/asi E-mail: asi@thequaich.pe.ca
Phone: 902.894.339

On a personal note...

What are you planning this summer?

My plans are to travel to Whitehorse in June and raft the Tatshenshini River for two weeks. My kids and I will take a trip to Massachusetts and visit family. Between these trips I will weed our new garden we just put in, keep up with my research and writing, and enjoy the wonderful local events and foods.

John Colton

Circle of Associates

Summer plans for the Fike-Fentons involve lots of gardening at our new farm (we just moved in June!), summer camp for the kids, and a highly-anticipated trip to Alberta in August for a Fike family reunion. Jayson and Ginger will be meeting many of their cousins and other relatives for the very first time! Sign up to receive our farm's summer specials by email, by joining our newsletter on the home page at www.pumpkinmoonfarm.com.

Michelle Summer Fike

My summer is going to be super fun (because I said so!). I will be hanging out at the soccer field watching my kids play, and enjoying the opportunity to catch up with the kids (now mothers too) who I went to school with, but haven't seen in twenty or so years; I will be playing in the pool; and I will be camping all over the province. Generally speaking, I am going to downshift, slow my pace to a crawl so I can enjoy time and reconnect with family and friends.

Vicki Crowell

I'll be watching my garden grow. Trying to make things bloom in a desert of cheap fill. Searching for organic matter from the sea-

side, spreading manure. The garden is growing in square feet, if not in productivity. We're between boats. So between contracts, maybe I'll be fixing up a new old boat.

Heather Holm

I'm going to be walking on the beach, playing in the water, resting, playing, and enjoying summer in the Valley! And I'll be welcoming my brother and his family to Nova Scotia from Saskatchewan. Did I mention resting and playing?



Cari Patterson

On a personal note I will be attending a Moran family reunion this summer in Cape Breton. The reunion happens every year but this year it is expected that over 600 family members will attend. That is a lot of cousin's names to remember. I hope everyone has a great summer.

Shannon MacLean

Summer will kick off for me at the end of June when I travel to St. Xavier to attend the Great Blue Heron Writing Workshop. I'm looking forward to having a whole week to devote to poetry.

In July my three boys and I will be travelling to the states to attend two basketball camps – a

team camp in Waterville, Maine, and a 5-Star Camp in West Springfield, Massachusetts. We will spend a few days in Boston and have tickets for a Red Sox game. The boys are also interested in spending a day at 6-Flags amusement park and checking out the Basketball Hall of Fame. Hopefully there's time for lots of outlet shopping as well!

This spring my youngest son and I started training together to complete our first triathlon in August. Despite a steep learning curve in the pool and on our bikes, we are having a tonne of fun. What a great way to be active, meet new people, and try something new. With the four of us playing soccer as well, it looks like its going to be a busy but fun-filled summer!

Christina McRae

I hope to enjoy many days of camping in our new trailer this summer – with sunny days at the beach and BBQs with family and friends. We'll be taking in the Dutch Mason Blues Festival in Bible Hill in August. Summer also means driving Ian and Kate to summer programs – this summer they'll be completing their swimming levels in August and Ian has also decided to take up surfing so he'll be attending surf camp two days a week. That's the schedule so far!

Jean Robinson-Dexter



SCRAP BOOK

KFROGS
Legacy Run/Walk



Snapshot

The MHPF team.

(back row: Margaret Ann, Berta, Jean, Sunshine; front row: Charlotte, Camille; missing: Ashley, Cari)



**GRAND PRE & AREA'S
CANADA DAY BBQ
& TRUNK SALE**

THURSDAY, JULY 1ST, 2010
IN THE OLD PARKING LOTS
NEXT TO THE GRAND PRE
HISTORIC SITE

COMMUNITY BBQ & POTLUCK
6:30PM - 8:30PM
(CANADA DAY CAKE TO 7:30PM)

Bring your own meat to BBQ, a side to share, drinks, chairs and picnic supplies. BBQ's, tents and tables will be available.

CAR TRUNK SALE
4PM - 6PM

Sell items from the trunk of your car. \$5 per car.

LIVE MUSIC!
6PM ONWARDS

John Lynch
Adam Bazinet
Chris Robison
play roots and folk music.
Plus an open mike

KIDS GAMES & ACTIVITIES.
BRING YOUR BICYCLES.

**50/50 DRAW
AND MORE!**

Proceeds go to the
Horton Community Centre

In the event it rains, we'll meet at the Community Centre after dinner for music and cake. (7pm onwards)