

The Dahlia Society of Nova Scotia Quarterly Newsletter December 06



WHAT'S NEW

By Arthur Haskins

This has been a strange year, dahlias stayed short until the middle of September when they put on a growth spurt and many varieties bloomed late, in fact I'm still waiting on one and its October already. Some of the new dahlias I tried this year were outstanding, some were strong show contenders while others were super garden varieties. Below is a brief outline of some of them.

Suitzus Julie, not a new one, it has been out a few years but what a garden variety. It is classified as a waterlily, but it is miniature in size. The lavender blooms are fully double and look like a waterlily but the blooms are only an inch and a half in size and the bush is only about 24 inches tall. I defy anyone to come up with a variety that has as much bloom as this one does, and the petals do not fall like some other varieties, which means even the older blooms look great on the bush and add to the mass display of colour.

Pink Suffusion, this is prime exhibition material, it has the great form of dahlias like Ruskin Diane and just screams at a judge to give it the blue ribbon. Beautiful blend of mostly pink and some yellow and good strong stems. This is a sport off Hillcrest Suffusion and is just as good as its parent. Not a tall plant only about 3 ½ feet tall it but has amply stems. The English seem to specialize in good BB FD dahlias and this is another one to add to a long list of winners.

Colwood Hope, this is an introduction from Jack Vandement in British Columbia who specializes in laciniated dahlias and this is a real beauty. It is a cream white B size with tremendous depth and produced lots of quality blooms throughout the season. Anyone who has visited my garden realizes that I grow a number of white dahlias, and I have tried white laciniated dahlias in the past and been disappointed, but this one is a keeper.

Janny P, this is another laciniated dahlia and again introduced by a Canadian. This is a beautiful solid pink colour and a B size with great depth. The plant is a robust grower close to five feet in height and produces quality show blooms, a few at first and then it likes to flush with several blooms at a time. Visitors to the garden could not walk past this one without taking notice. It tended to be a late bloomer for me this year, but that may be due to the type of year we had.

Vassio Meggos, this is the lavender sport of Spartacus that everyone was talking about last year when it was first introduced, and with good reason. I am not a big fan of Spartacus, but its sport

is an absolute knockout. I grew two plants at a stake, and first had a bloom off of each plant and that was early August, but then the flood gates opened and it flushed three times with several blooms at a time. Beautiful colour, lavender pink, easy A size blooms even with three to four blooms open at once on a bush, great stems and good form. If you like the big ones this should be at the top of your wish list this coming year.

Hale Bop, I saw this for sale and had to try it. Hale Bop is an orange Orchid dahlia and what a little gem it is. It has excellent form and yes it is orange. Not a heavy bloomer but always a bloom or two on the bush at most times.

Eugene Vloet, I have grown a number of Peter Vloet's introductions from Prince Edward Island and have always been impressed at how nice they were. This year Peter sent me a new one that he called Eugene Vloet. It is a B size FD Orange, with good form and lots of blooms on a three foot bush. I will certainly grow this one again next year and hope to get it on the show bench.

Chimacum Katie, the Chimacum named dahlias are renowned for their quality and Katie is no exception, perfect BB FD show blooms formed on strong 4 foot bushes, great dark lavender colour, and nice stems and lots of flowers. This one has great potential to win big on the show bench, only a few years old and already tops in its classification.

Teesbrooke Redeye, got this Lavender Collarette a few years ago from Dorothy Jones who had brought it in from England. That first year I was not at all impressed with it but decided to give it a second try this year, well it must have been suffering from jet lag last year because this year it was magnificent. A large 4 foot bush absolutely covered with blooms and most were of exhibition quality and that is saying a lot for collarettes as they tend to be a bit form lacking at times. This I think will give Alpen Cherub a run for its money in the future shows, and what a great garden display as a bonus.

Angela Dodi, this is another one of Jack Vandements laciniated introductions from 2001. This B LC light blend of Lavender and White is an absolute knockout. Visitors stopped in their tracks to admire it. Due to a wet start in June the plant nearly died, so it was not until mid September that it started to pump out the blooms. This one will win on the show bench and is quite competitive in a large class.

Anna Marie, a new one this year and another laciniated, Lavender and White, lots of BB size blooms and I think the most beautiful dahlia that I grew in my garden this year. Winner at the Halifax Co. Ex as best laciniated dahlia. It is a more open dahlia with fewer petals than most of the laciniated types, reminds me of Marlene Joy, but the colour was just breathtaking. When mature it was white with purple ends giving it a light and airy look that most of the laciniated dahlias do not have. My favorite for this year.

Dorothy May, wow what a colour! This BB SC dark purple is a must if you like dark dahlias, a colour similar to the ball dahlia Ivanette, and the top show dahlia in it's class. This is not a dahlia for gardens that receive a fair bit of wind, even in a year where my dahlias are a foot shorter than normal Dorothy May grew six and a half feet tall. It has good form and great stems and produced

a multitude of blooms throughout the season. Looks fantastic in a bouquet with lavender and white blooms.

Cobequid Frosty, I want to talk about this beautiful purple and white Orchid that was developed by Carol and Cecil Dexter from our own society. This gem blooms like there is no tomorrow, and with good quality blooms throughout the season. It dominated the show bench this season in single and multiple bloom classes at the various shows. Carol and Cecil will release this variety this coming spring and it should be a must to all you novelty type dahlia growers.

ANNUAL BBQ

Barry Mackenzie

Ed. Note: This is the perfect time of year to think of something other than snow...

As usual, we were very well received by Eric and Joyce Higgins and while weather was a concern throughout the afternoon, it never did much more than just drizzle a bit. Actually the sun came out after awhile which just sort of capped a perfect day. We arrived a little earlier which gave us a chance to tour the gardens, as always, spectacular. Something new this year; Joyce, the Architect, and Eric completed their rock wall in January. It incorporates a beautiful staircase up through the center of it. Behind the wall and on either side of the staircase were flowers of every description all in full bloom which made for quite an impressive site. It's a real labour of love.



Baskets of Petunias Joyce started from seed

“you missed a spot”

Vehicles parked on the property throughout the afternoon and as always it was a pleasure to greet old friends and acquaintances. Before we knew it, George Graham and Carol Dexter were busy on the BBQ's. Whenever George had to step away to tell a joke, I would fill in and now and then Fran would step in to help Carol. Of course with me wielding the BBQ Brush and Fran waving her tongs as she spoke, there wasn't much of Carol that wasn't covered with Honey Mustard Sauce. She exclaimed at one point, “I'm not a chicken, you know”!

Now to the best part: food. Gloria Baker brought some delicious Nova Scotia Brown Bread which went very well with the chicken and various salads that many contributed. Of course the very best part from my point of view was the desserts and I just had to sample a bit of everything. There were apple pies, cherry cheese cake, raspberry upside down cake and of

course Ruth made just perfect date Squares for Jack O'neil, who never showed up (something about being afraid of a little rain, I heard). They were all so tasty and in Jack's honour, I had two date squares, yummm. While we ate, we were entertained by Humming Birds buzzing overhead and Swallows flying nearby.

Arthur brought the new "grow" books and I must say they are perfect little works of art and they are in color also. They cost the Society \$6.26 per book and we'll be selling them for \$6.00, quite a bargain and well worth the price, I'd say.

I could go on and on. For example, Eric told me of his efforts to ensure that the Wood Duck nests were cleaned every spring for their new inhabitants and Joyce told Fran of Momma Duck and Ducklings all marching abreast while feeding a few mornings ago. Aside from the heavy rains this summer they also had their fair share of problems with raccoons and ground hogs. During one period, Eric was able to trap 5 raccoons for transport to far away places; certainly a summer of challenges. All in all it was a great BBQ that everyone enjoyed; it was just over too soon.

KNOW YOUR BOOTS

Ruth E. Graham

We were all in shock when we heard someone say
"Eric is in the hospital and he has to stay
For a triple by-Pass"! Well, I'm telling you
Through the dahlia society, the word fairly flew.
What about their dahlias? They have quite a few!
There's just too many for Joyce to do
For Eric won't be able to do anything
This fall, or the winter, until next spring!
From Arthur, the Grahams, Dexter's and also to Jack,
Then to Eric and Joyce, the word got back
"You two aren't to worry, your dahlias we'll dig,
By working an assembly line, they'll be out in a jig."
Day and time were set, come rain or come shine,
The Lord helped us out for the day was fine.
Not sunny and bright, but the rain didn't fall
So we really couldn't complain about weather at all.
Ruth was cutting tops and throwing them away,
When Cecil shouted out "What did you say?"
Well, I won't repeat it, but she didn't quite swear
At the few cages left on the plants here and there.
The dahlias were dug by Cecil and Jack.
As the shovels hit the ground, you could hear a smack,
For a rock would be hit or else it was mud,
As the clumps that were dug were sat down with a thud.
Carol was kept busy with water and hose
To wash off the clumps, for everyone knows

It's much nicer to cut up tubers when they're clean.
But Carol had her problems. What do I mean?
Well, there was lots of mud to begin with, you know,
And more was added as water did flow
Around Carol's feet till we thought she would sink
Out of sight, then quick as a wink
Cecil was there with shovel to make
A ditch for all the extra water to take.
Joyce was busy with tractor and cart
Hauling the clumps to the shed so a start
Could be made at once for cutting them there,
With Arthur and George taking the greatest of care
To do the job as Eric would have done,
Eric had to look on which wasn't much fun.
George Barbecued chicken and we all had a feed
Of salads and rolls which were delicious indeed.
Joyce had desserts to round out the lunch
That was thoroughly enjoyed by the Dahlia Bunch.
Digging went on and by the end of the day
The clumps of dahlias were all put away.
But the problems of the day just didn't end there,
It seems that some people wanted to share
Their long rubber boots with some others that day
With the result that for awhile there was you know what to pay,
George and Ruth who had left early received a phone call:
"The boots that are here don't make sense at all".
You should have heard the laughter over the phone!
For one boot said size 12, and the other one 10,
You wouldn't believe the mix-up there then-
For one pair said 11, and the other, 13
Joyce's size 10, were nowhere to be seen.
Was Jack the one on who to lay blame?
There was no other that we could name.
Cecil and Carol had theirs, and so had Ruth,
Jack was telephoned to find out the truth
As to whether or not he had the wrong size-
But his answer to us was another surprise.
He had his own boots, he had checked them all out.
That they were HIS boots, he had absolutely no doubt.
Well, when the laughter was over, and trying on was done,
All had their boots, that is except one,
Eric ended up with only one boot to his name,
And it was at the home of George and Ruth Graham.
The moral of this story is that it's not worth two hoots
If you go help your friends and don't KNOW YOUR BOOTS!!

A BIT OF BLEACH AND FROZEN BOTTLES OF WATER

Arthur Haskins

Preparations for traveling to a Dahlia Show can take on many different forms depending on how far you have to go. In preparing for a two day trek of over a thousand miles means some careful preparations. Working backwards from the time that you need to arrive at the show venue on Friday around 5pm and allowing a few hours to enter your blooms before you turn into a zombie, plus two days on the road brings you back to a departure time of Thursday morning about 8am. To have time to cut the blooms, groom them, cane them for travel, and pack them for transport means cutting on Wednesday morning. Cutting at this time means they would have been cut for three days before being judged. So how do you get blooms to a distant show without blown centers and falling petals? Here is what the Nova Scotia Dahlia Society members did to prepare for the recent ADS National Show at Planting Fields, Long Island, New York.

The most important thing is choosing the right bloom, you have to fight off the tendency to cut blooms that are at their prime, the ones you need to cut should be slightly immature so they actually open fully while in transit. The next thing is to harden them off in a cool basement after cutting, and then to place them in clean containers with a bit of bleach in the water to control the bacteria and a bit of flower preservative to give them some nourishment during their trip. Because the cap on the back of the half ton truck was not air conditioned plastic bottles of frozen water were packed in and around the dahlia cases to keep the dahlia blooms cool during the trip, the second morning on the road the ice machines at the motel were emptied and dumped in the back of the truck to replenish the melted bottles of ice (the name of the motel will be withheld to protect the guilty). Then you need a bit of luck in having weather that is not too hot and sunny, this year we were blessed with overcast weather for most of the trip. The major hurdle I found in traveling with two ladies in a truck with 250 dahlia blooms is limiting their luggage down to a few steamer trunks. It's amazing how much you can stuff behind and under your seat. It was a tough squeeze not just for the luggage, but we made it.

Arriving at Planting Fields we were directed to the unloading zone under the big tent and handy the show building. We felt we were ready for just about anything, light clothing in case it got warm, sun screen, and mosquito repellent, but none of us expected a monsoon on Long Island! It rained and rained and rained until it became so common place that people only took notice when it wasn't a torrential downpour, they said about eight inches in six hours. It was amazing how the exhibitors spirits remained so high despite the conditions, the Mid Island Dahlia Society were terrific to us and kept a continuous supply of food and wine coming, dahlia in one hand and glass of wine in the other, perhaps that is why we all felt so happy sloshing around in the puddles. It just goes to prove that despite a show being several hours drive away from your garden, pouring rain, and a few glasses of wine you can still get your best blooms on the Court of Honor if you just make the effort.

ADS National Show Results

September 14-18, 2006

Arthur Haskins

This years National Show was held at the beautiful Planting Fields Botanical Gardens in Long Island, New York and five of our society members made the long trip with dahlia blooms to the show. The blooms arrived in great shape and only a few had to be ditched because of blown centers and falling petals. Our Nova Scotia squad managed to win a large number of first place blue ribbons and put twenty-one entries on the Court of Honour, quite a feat considering the distance. Below is a list of the entries by members that went on to receive higher awards.

Best Miniature Semi-Cactus	<i>Mary Jo</i> - by Carol Dexter
Best Miniature Cactus	<i>Aitari Caress</i> - by Arthur Haskins
Best Collarette	<i>Teesbrooke Redeye</i> - by Carol Dexter
Best Mignon Single	<i>Baystate Angel</i> - by Heather Drope
Best Novelty Open	<i>Lorna Dawn</i> - by Carol Dexter
Best MIDS Origination	<i>Long Island Lil</i> - by Carol Dexter
Best Dahlia over 1000 miles	<i>Aitari Caress</i> - by Arthur Haskins
Best Miniature Basket	<i>Mary Jo</i> - by Arthur Haskins
Best 3 B FD Blooms	<i>Lady Darlene</i> - Carol Dexter
Best 3 Miniature FD Blooms	<i>Oreti Adele</i> -by Carol Dexter
Best Ball Basket	<i>Ivanetti</i> - by Arthur Haskins
Best 3 Miniature SC Blooms	<i>Mary Jo</i> - by Carol Dexter
Best 3 Miniature C Blooms	<i>Weston Pirate</i> - by Arthur Haskins
Best 3 Pompon Blooms	<i>Kuniko</i> - by Carol Dexter
Best 3 Anemone Blooms	<i>Goldie Gull</i> - by Carol Dexter
Best 3 Orchid Blooms	<i>Honka</i> - Carol Dexter
Best 3 Miniature Balls	<i>Chimacum Troy</i> -by Arthur Haskins
Best 3 Novelty Open	<i>Lorna Dawn</i> - by Carol Dexter
Best 1 ST , 2 ND , 3 RD Yr Seedling	<i>Glenmont Ben</i> - David Steele
Best Chimacum Introduction	<i>Chimacum Troy</i> - by Arthur Haskins
Best 3 Miniature Entry	<i>Oreti Adele</i> - by Carol Dexter
Best 3 Bloom Entry	<i>Chimacum Troy</i> - by Arthur Haskins

There were over 2000 blooms on display at this years ADS National Show and Nova Scotia growers were appreciative of the wonderful reception we received from the members of the Mid Island Dahlia Society.

Dahlia Judges Training Program

Anyone interested in becoming a dahlia judge please contact Arthur Haskins at 668-2838 or email me at (ahaskins@eastlink.ca). This is a 2-year program of study and practical training, leading to certification as an accredited ADS dahlia judge. This is not a program to learn how to exhibit dahlias, but only how to effectively judge them. Accredited judges who would like to up grade to a Senior Judge are also asked to contact Arthur.

DSNS Golf/Polo Shirt Purchase

Ruth Graham brought six shirt samples of various weights, colour and quality to the November 24th meeting. It was decided by an almost unanimous vote that the Chili Red was the best selection with regards to colour, price and quality. It is a cotton/polyester blend which should hold its colour well and retain a quality look; best of all it was the most reasonably priced at \$23.00. The new shirt features a larger 'Logo' as well and is available in sizes Ladies Small through Men's Extra-Extra Large (XXL). 18 members placed their order for various sizes. It was decided that in order to give all interested Society Members a chance to buy a shirt, by mentioning it in the January Newsletter. Those wishing to purchase a shirt should send a request for their size and include a cheque/money order payable to the **Dahlia Society of Nova Scotia**. On Jan 17, 2007, the treasurer shall compile a final list and forward it, along with a cheque to Ruth Graham to process the order. When the shirts arrive, Ruth will bring them to a meeting for distribution. Society members who wish to place an order, or who have placed an order and wish to pay, should send their cheque/money order to the address below:

Barry Mackenzie
634 Myers Point Road
Head of Jeddore, NS
B0J1P0

Name

Size

Events and Dates to Remember in '07

May 5

Tuber Sale at the Micmac Mall

Sept. 28

Meeting at the home of Evie MacDonald (Info to follow)

Are there additional dates and information that could be added to the next newsletter?

Be sure to let me know!

DAHLIA SOCIETY of NOVA SCOTIA MEMBERSHIP LIST 2006

Note: Numbers in the RH column indicate the last date that membership dues were received.

ALLEN DENNIS & CAROL 2083 Shore Road, Eastern Passage, NS, B3G 1H5 465 5616	07
ALLEY SYLVIA 468 Shaw Rd. Berwick North, N.S. B0P1E0 538-1414 edward.alley@ns.sympatico.ca	06
ALLEY HEATHER 189 West Steadman Rd, Berwick, NS 538-5957	06
ARCHIBALD MARY ANN 3670 St. Paul's Street, Halifax, NS B3K 3P9 maryannarchibald@hotmail.com	06
AUCCOIN SUSAN 3249 Plummer Ave, New Waterford, NS B1H 1Y1, 862 2144 david.auccoin@ns.sympatico.ca	07
BAKER KEITH & MARILYN 8322 #7 Hwy, Musquodoboit Hbr, B0J2L0 keithmarilyn@ns.sympatico.ca	06
BAKER MANNY & GLORIA RR2 Oyster Pond N.S. B0J 1W0 845-2364	05
BELL ED, 16 Wayne Avenue, Moncton, NB, E1C4B2 506 389 1117	06
BENNETT Donna & Robert 9531 Hwy 3 RR 2 Hubbards NS B0J 1T0 8573197 oceanspray@ns.sympatico.ca	05
BLACK JIM & BARB 1233 Hastings Rd RR5 Amherst NS B4H 3Y3 902 667 7153 blblack51@hotmail.com	07
BLACKBURN LESLIE 228 Vimy Rd Bible Hill N.S. B2N4J9 895-2333	07
BOUTILLIER JOANNE 70 Chaswood Drive, Dartmouth NS B2B 2M1	06
CAMPBELL ANITA, 11 Dunolly St, Dartmouth B2Y 2Z6, 454-7641, anita,campbell@pc.gc.ca	06
CARSON Merle 883 Frampton Lane Moncton NB E1G 1S1 506 853 4143 merle_carson@hotmail.com	05
CUNNINGHAM JOHN 2356 Clifton St. Halifax N.S. B3H4V1 429-8173	06
DANDURAND NINA & MIKE 1460 Harmony Rd RR1 Aylesford NS B0P 1C0 847 3255 carolina@ns.sympatico.ca	07
DAVEY PAUL 6 Hillside Ave Dartmouth, NS B3A 4P8, 464-0574 pjdavey@ns.sympatico.ca	06
DAVIDSON LAURIE 17 Ellenvale Ave Dartmouth NS B2W 2W4 434-7750 vldavidson@accesswave.ca	07
DEMPSEY ALICE & DERMOT 43 ST PAUL'S AVE HERRING COVE N.S. B3V1H6 477-1909	07
DEXTER CAROL & CECIL RR1 Great Village N.S. B0M1L0 668-2921	07
DROPE HEATHER 6219 Pepperell St Halifax N.S. B3H2P1 423-7032 heather.drope@ns.sympatico.ca	07
DROPE JOYCE 6217 Pepperell St, Halifax NS B3H2P1 422-4056	07
FERGUSON ALICE 6110 Hwy 207 Seaforth NS B0J1N0 827 3392	06
FOWLER MARJORIE & JOHN 6955 Ward Ave Halifax N.S. B3L2K3 453-6801	06
FRANCIS CAROL BOX 101 Stellerton, NS B0K 1S0 k.francis@ns.sympatico.ca	06
FRASER ELAINE 2775 Ralph Devlin Dr. Halifax N.S. B3L3T2	05
FRASER VERN P.O.Box 108 Sherbrooke N.S. B0J3C0 522-2300	07
FRENCHVILLE CHARLIE 2 Oakes Road Fall River NS B2T1J5	05
GARNETT GORDON DR. 33 Calf Point Rd Roque Bluffs Machias ME 04654 USA 207-255-3129	06
GILLIS HUGH 23 Mount Cameron Dr Antigonish N.S. B2G2V3 735-5158 hgillis@stfx.ca	06
GRAHAM GEORGE & RUTH RR2 Upper Stewiacke N.S. B0N2P0 671-2606	06
GRANT GEORGE 35 Bass Ct, Dartmouth, NS 435 7348 OR 499 4253 ggrant2@hotmail.com	07
HASKINS ARTHUR Box 83 Great Village N.S B0M1L0 668-2838 ahaskins@eastlink.ca	06
HAYSOM John & Barbara 33 Syme Court, Hammonds Plains, NS B4B 1K1	05
HIGGINS ERIC & JOYCE 1883 Higginsville Rd Mid Musq RR2 B0N1X0 384-2764	05
HILL PHILLIS RR #5, 487 Onslow Rd, Truro, N.S. B2N5B3 893-260	06
HILLIER Carl & Joan 86 Brookview Dr. Cole Harbour, NS B2V 2V6 902-463-3283	06
HINDS Kerry 3 Lashburn Place Dartmouth NS B2Y 4B3 223 8477 kerry.hinds@ns.sympatico.ca	06
HISCOCK BRIAN 33 Riverview Dr. Timberlea N.S. B3T1C9 876-2421	05
JONES WALTER & DOROTHY 89 Salmon River Dr. Dart N.S. B2Z1H1 434-8678 walter90@hotmail.com	06
KREGER MYRTLE & FULTON ALICE Great Village NS B0M 1L0 668-2637	07
LA PIERRE JOE & HELEN 28 St Paul's Ave Herring Cove N.S. B3V1H6 477-8320 stpaul@hfx.eastlink.ca	06
LAFFIN NICHOLAS 19 Laffin Lane Bras D'or Cape Breton N.S. B1Y 2L6 736-3637	06
LANGILLE KEN 11 Ryland Ave. Dartmouth N.S. B3A2G4 469-3706 /463-5200 ken.langille@ns.alientzine.ca	07
MACDONALD EVIE 15 Skye Crescent Hammonds Plains, NS B4B 1W8 evieandkc@ns.sympatico.ca	06
MACDONALD JOHN, 4 Torrington Drive, Halifax NS, 443-6062, whitey@eastlink.ca	06
MACGOUGAN GARTH 53 Karen Scott Dr., Porters Lake, N.S. B3E1G7 827-3777 garth_macgougan_[ce111dh@primus.ca05	05
MACKENZIE BARRY AND FRAN 634 Myers Pt Rd Head Jeddore NS B0J 1P0 223-5139 mackd@eastlink.ca	07
MATTHEWS WILLIAM 65 Witch Hazel Rd. Portugal Cove-St Philips NL A1M 3N3 709-895-3348 billym@nl.rogers.com	07
MERCIER BILL & DORIS 1123 Windsor Rd. RR2 Chester N.S. B0J1J0 275-3369 dmercier@eastlink.ca	06
MONTREUIL DONNA & LEO 61 Carmella Dr Whiteslake NS B3T1W1 leojan@eastlink.ca	05

MOORE MURDOCH & LYNN 37 Third St, Havre Center, NS B1L1C9 539 1804	06
MORTON DICK & BARB 16 Vimy Rd Bible Hill N.S. B2N4J4 893-9750 rmorton@eastlink.ca	06
NIELSEN ERNEST 1647 Dean Park Rd Sidney BC V8L 4Y7	07
NOWOTARSKI STEVE 200 Violet St., Massapequa Park, NY 11762, 516-433-8874 sndahlia@cs.com	05
O'NEIL JOHN E 32 Shore Rd Herring Cove NS B3V 1G7 477-8308	05
OUELLETTE ALLAN & IRIS 43 Joel Cr Lawrencetown N.S. B2Z1L5 462-1176 Ouellette.AW@forces.gc.ca	06
OULTON SHEPHEN 68 Parson Rd Jolicuse NB E4L 2R8 506-536-0604	05
PATTERSON, BONITA 1980 Old Sambro Rd, Williamswood, NS B3V 1B9	06
PEARCE, David & Colleen, 1013 Ken Wo Crest, New Minas, NS B4N 4Z4 681-2695 dpearce@ns.sympatico.ca	06
POWER MARGARET 580 Prospect Bay Road Prospect Bay N.S. B3T1Z9 852-2211 mjpower@hfx.eastlink.ca	06
PRESCOTT WILLIAM 360 ROUTE 940 UPPER SACKVILLE NB E4L 1S6 bmprescott@eastlink.ca	06
PROCTOR JOHN/MIKI FUKUDA 37 Lancaster Drive Dartmouth N.S. B3A4X7 461-1741 johnproctor1@gmail.com	06
PROSSER DONNA 56 Seth Aaron Hammonds Plains NS B4B1T1 832-9494	06
PROWSE NORMAN 811 - 36 Abbey Road Halifax N.S B3P2M6 479-2436	07
PROWSE ROD 19 Wharf Rd Ostrea Lake RR1 Musq Hbr N.S. B0J2L0, 889-2570	06
RANDALL ALLAN & JOAN 199 Burnyeat St., Truro NS, B2N4R3 893-2998	07
RANDALL JERRY & VICK 211 Victoria St. East Amherst NS B4H 1Y8 667-7660	06
RICHARDS SHERMA 6303 Almon St Halifax NS B3L 1V1 455-1783 sherमारichards@hotmail.com	07
ROBB FRED A 55 Riverdale Dr, Sydney N.S. B1R1P2, 564-8406	06
ROBERTS TOM 97 Chaswood Drive, Dartmouth, NS B2V 2M4 499-0540 tommyknuckles@hotmail.com	06
ROBINSON RUSSELL & Leveda, 5 Kimberly Dr., Rothesay, NB, E2S1A8 (506) 847-8171 rjr@hughessurveys.com	06
RODGERS GERRY 24 Spry Ave, Halifax NS, B3P1X3 catamaranpond@aol.com	06
SANFORD Jacqueline 97 Shelby Crescent Gaets Brook NS B0J 1N0 827 4358 jsanford@hfx.andara.com	06
SANFORD LELIA 1559 Hwy 376, RR2, Pictou NS B0K1N0, 485 8524 dalesanford@pchg.net	06
SMITH DR. JOHN C & MRS MARYLOU SMITH 3002 Hwy 202 East Gore NS B2S3B1 632-2245	06
SPILLNER DIETER 51 Duffus Drive Bedford, NS B4A3V3 835 2803	05
STEELE DAVID & LIL GIRROIR 574 Gospel Road RR5 Canning NS B0P1H0 582-3956 d.steele@ns.sympatico.ca	07
STEEVES JIM D 93 Brown Road Berry Mills NB E1G 3Z5 jsteeves@rogers.com	07
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If there are corrections that are necessary, please let me know. I will make the changes to the database.

Psychiatrist to patient: “You have nothing to worry about – anyone who can pay my bills is certainly not a failure.”

- Lea Berner

What Is The Healthiest Oil To Cook With?

Relative to other oils, canola (a trademarked cultivar of the rapeseed plant from which rapeseed oil is obtained. The word "canola" is derived from "**C**anadian **o**il, **l**ow **a**cid".) and olive oils are rich in monounsaturated fats—the kind that help reduce “unhealthy” LDL cholesterol and boost “healthy” HDL cholesterol. But new research suggests that virgin (and extra-virgin) olive oils—those produced purely by mechanically pressing the oil from olives, with no chemical processing—have an edge: antioxidants called polyphenols. Naturally found in olives (in red wine and green tea too), polyphenols mop up free radicals before they can oxidize LDL (oxidation makes LDL even more damaging to arteries).

In a three-week study of 200 men published recently in *Annals of Internal Medicine*, those who consumed just under two tablespoons a day of high-polyphenol virgin olive oil in place of other dietary fats registered larger increases in “good” HDL cholesterol and fewer markers of oxidative stress than men who consumed the same amount of “ordinary” olive oil, which had a very low polyphenol content. Chemical refining processes remove some polyphenols from “ordinary” olive oils (often labeled as “pure” in the U.S.) and other cooking oils, says Maria-Isabel Covas, Ph.D., lead author of the study and a researcher at the Municipal Institute for Medical Research in Barcelona, Spain.

Bottom line: Virgin olive oil doesn’t just taste better than plain old “olive oil,” it’s better for you too. (Great justification for splurging on a pricier product, no?) That said, any olive or canola oil is a heart-healthy choice—assuming you use it as a substitute for (not a complement to) saturated fats in your diet. If cost is a concern, go ahead and use refined olive oil or canola in cooking and save the virgin oil for cases that call for a high-impact fruity flavor (dipping bread, dressing salads, accenting soups).

—D. Milton Stokes, M.P.H., R.D.

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- *Financial Times*

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