

# HIGHLAND NEWS

Marlene and Stacey received a Valentine's card from former staff, Carol



SPRING  
is coming



## Important Dates

Women's Day– March 8th

St. Patrick's Day– March 17th

First day of spring– March 20th

Happy Retirement Wayne!



# A very nice trip to Shelby Ranch!



Rodney and Allister - 14 days of things they love & we love about them



Valentine's Fun at 14 Viggo



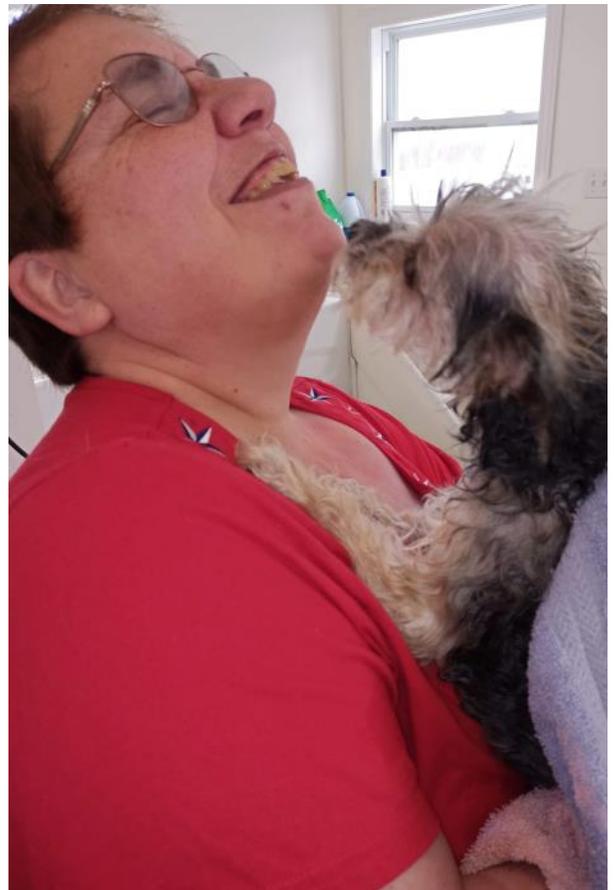
Dave loves Montreal!



Jeremy loving sledge hockey



Sue loving her new job  
at Hounds on the Hill!



## Highland Community Residential Services

115 MacLean Street  
2nd Floor, Bridgeview Square  
New Glasgow, Nova scotia  
B2H 4M5  
(902)752-1755  
(902) 752-4256 (Fax)



Stay connected



### Rules for Kitchen Safety

1. Wash hands often with hand soap for at least 20 seconds. Rinse well & dry with a clean towel.
2. Rinse all fresh fruits and vegetables before eating using clear, clean water.
3. Don't put cooked food on same plate, or cutting board as raw food to prevent the spread of bacteria.
4. If you spill something, take the time to clean it up properly.
5. Keep paper towels, dish towels and pot holders away from stovetops so they won't catch fire.
6. Turn pot handles toward back where no one will knock them off the stove or table.
7. Never add water to a pan that contains hot oil or fat in it since hot fat as it could cause a burn.
8. When using a knife to cut your food, always cut away from your body and toward a cutting board.
9. Don't put knives or other sharp objects into full sink where someone could reach in and get hurt.
10. Avoid loose fitting clothing.
11. Keep hair out of the food. If you have long hair, tie it back.
12. Open pan lids away from you to safely vent steam.
13. Turn off burners, ovens and other hot equipment as soon as you finish with them.
14. Keep electric appliances and cords away from water. Use dry hands to plug something in or out.
15. Turn off appliances and unplug them as soon as you finish with them.



## AN HCRS PROFILE

My name is Jeremy Nathaniel Joe Meawasige.  
My favorite TV shows are Elmo's World and Sid the Science Kid.  
My favorite song is "Rock Star" by Nickelback.  
My favorite season is summer because I love the beach.  
My favorite activities are playing my guitar and swimming.  
My role model is my brother, Jono.  
My favorite food is baked beans and corn beef hash.  
I don't eat out much but I love Julie LeBlanc's corn beef hash and Marion Decoste's homemade baked beans.  
My favorite animal is my "big" cat, Angel.  
My favorite memories are of my mom.  
Something interesting about me is, I am the first person HCRS has supported at Pictou Landing First Nations. My late mom, Maurina Beadle fought very hard to have me remain in my community under "Jordan's Principle."



Brittany, Kim, and Ryan at Smith Rock Chalets with Autism Pictou County for a day in the snow!



Charlie, Kim, and Katie all ready for Valentines Day!



HCRS staff hopes everyone had a Happy Valentine's Day!



Spring Garden Road Valentine's Day



Diversity Quiz

1. In order to honor the victims of slavery and the transatlantic slave trade, a memorial has been erected at United Nations Headquarters in New York. The unveiling took place on March 25, 2015. What was this memorial called?

- a. Ark of Return
- b. Lost Ark
- c. Noah's Ark

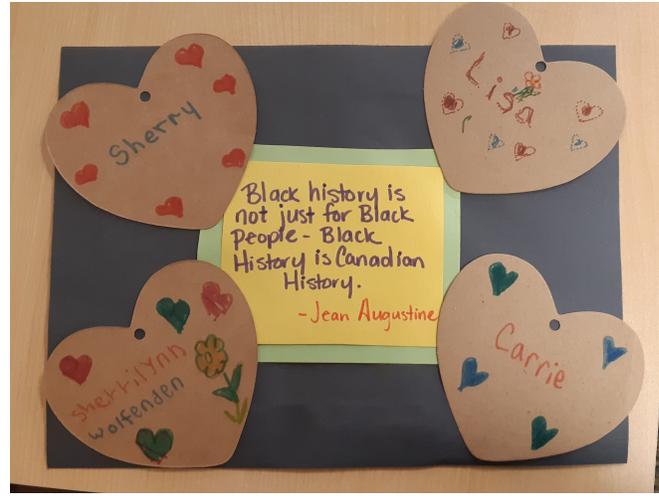
2. What famous book was written by Lawrence Hill about Aminata Diallo's long journey to freedom?

- a. Book of Boats
- b. Book of Negros
- c. Book of Freedom

3. What is Holi?

- a. The Festival of Lights
- b. The Festival of Color
- c. The Festival Celebrating the Birth of Krishna

Staff and participants at HCRS celebrated Black History Month with food, music, movies, write ups, art, and fun!



**P I C T O R I O U S   C O U N T Y   P R O U D**

**INCREDIBLE**

**"The Many faces of Walter Borden"**

Walter was born in New Glasgow on July 20<sup>th</sup> 1942, he was one of 18 children born to Hector and Ethel Borden. Walter attended Temperance St School, New Glasgow Jr High, and New Glasgow High school, graduating in 1960.

**Brief resume of Walter**

Selected Film & Television appearances: 17  
 Guest Star- 2; Featured-10; Lead Star – 4; series regular-1  
 Selected theatre productions: 44, with an additional 4 done in more than one location.  
 Neptune theatre-11  
 Stratford Festival- 13  
 Other theatres across Canada-25  
 All of these productions consisted of three to four weeks of performances.

**Awards: 17**  
 META award – "Adventures of a Black Girl in Search of God"  
 DORD Award- Best Actor - "Adventures of a Black Girl in Search of God"  
 MERIT Award- Best Actor – "Driving Miss Daisy"  
 Actra- Life membership Award.  
 Leslie Teo Award – Presented by Actra Fraternal  
 Lifetime Achievement & Artistic Excellence Award – Jongleur Artists Group  
 Queen Elizabeth 11 Golden Jubilee & Queen Elizabeth 11 Diamond Jubilee Medals  
 Dr. Martin Luther King Jr. Achievement Award  
 The Portia White Prize  
 African Nova Scotian Music Association Heritage Award  
 Inducted into the Dr. William P. Oliver Wall of Honor Society  
 Order of Canada – Canada's Highest civilian honor- 2006  
 Order of Nova Scotia- 2014  
 Honorary Doctorates from Acadia University and Saint Marys University

A Lifetime of acting and achievements and coming from the small town of New Glasgow- always "Home". How many have come from this town with such a spread sheet as this? It's time to celebrate such an individual

**fabulous**

**WALTER BORDEN**

Born in New Glasgow, Walter Borden initially trained as a teacher, and then went to New York to study acting. He is an actor, poet, playwright, teacher and activist.



*He has trod stages from Amsterdam to Vancouver. His acting credits include Edward II, Orpheus Descending, Cat on a Hot Tin Roof, King Henry VIII, Macbeth, Agamemnon, Electra, The Flies, The Swanne (part two), The Duchess of Malfi, and Harlem Duet.*

His one-man show, Tightrope Time, toured the world. He also has starred in The Event and as the voice of Scorch in Da Boom Crew.

In addition to film, television and radio work, he has recorded the critically acclaimed CD "Walter Borden Reads the Sonnets of William Shakespeare to the Music of Fernando Sor."

He is a recipient of the Queen Elizabeth II Golden Jubilee Medal and the African Nova Scotian Music Association (ANSMA) Music Heritage Award for his mentoring and promoting two generations of African Nova Scotian musical talent.

A playwright and mentor to young artists in Nova Scotia Walter received the Dr. Martin Luther King Jr. Achievement award for his contribution to African-Canadian arts and culture. Borden has also won the Queen Elizabeth II Jubilee Award and is a member of the Order of Canada and the Portia White Prize, an award given annually by the Nova Scotia Arts Council to a person who has made a significant contribution to arts and culture in Nova Scotia.

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