

HIGHLAND NEWS

A NEWSLETTER FOR HIGHLAND COMMUNITY RESIDENTIAL SERVICES

Summer Edition Volume 1

*HAPPY BIRTHDAY
BERNIE!*



*CINDY DAY AND
LINDA!*



Summer days



George



Happy 85th Birthday Shirley!



R.I.C.K

I AM DELIBERATE IN MY
INTERACTIONS.
EVERYTHING WILL BE
DONE WITH:
RESPECT
INTEGRITY
CARING
KNOWLEDGE



Ice Cream!



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STAY CONNECTED



Summer Shenanigans



FROM OH&S

TICK SAFETY

- Wear light colored, long-sleeved shirts and pants
- Tuck your shirt into your pants, and also your pants into your socks
 - Don't wear open-toe shoes
- Use bug spray with Deet or Icaridin
- Walk on cleared paths if possible

CHECK, CHECK, CHECK !!

- Shower or bathe as soon as possible after your adventure
- Do a daily, full body tick check on yourself – children and pets if you have them
- Put your clothes in a dryer on high heat for at least 10 minutes



HCRS PARTICIPANT

Hi, my name is Megan Nicole Fraser.
I will be selling baked goods at the new Highland Hobby Hut in Pictou this summer.
My favorite thing about working is meeting people, knowing people enjoy my baked goods.
My favorite activities are walking, spending time with friends and doing diamond art.
My favorite artist is Luke Combs (lots of country music).
My favorite season is summer, because it's warm & we can go to the beach.
My favorite memory is spending time at my Grand Parents in Port Hawkesbury.
My favorite restaurant is East Side Restaurant .
My favorite food is spaghetti, or any other pasta.
Something interesting about me is, I am very happy to be part of HCRS.





Ivan's Blog

IVAN WILLIS

In swampy forests, thousands of layers of plants and trees fell down on top of one another and got packed together under muddy water, then the heat and pressure turned them into coal. Once coal is removed from the ground, it is taken to a preparation plant near the mine to remove all the unwanted materials from the coal before it can be used for consumer needs. After the coal is washed, it is ready to be transported to the user. It can be transported by ships, barges, rail or truck.

Coal is mainly used to generate electricity and is the most efficient source for electricity generation because it's cheap and it's more common than any other electricity energy. Once it is taken to the power station, it is burnt in a furnace to create heat to boil water. Steam from this boiling water is used to spin turbines to create electricity.

Coal has a negative effect on the environment because it releases smoke and smoke has toxic emissions. As a result, the amount of coal that we use to generate electricity is decreasing in favor of nuclear and renewable energy. Reactors and clean energy sources like wind turbines and solar panels have been growing in popularity since the 1980's, because those technologies produce zero emissions. However, the world has very little access to clean energy sources and coal still plays an important role in decreasing poor access to energy, but the industry's goal continues to aim for clean future energy.

Exciting news!

Come check out the **'Highland Hobby Hut'** at the Pictou waterfront ! All goods have been created by the talented folks at HCRS! The Hobby Hut will be closing for the season in September.



Happy Retirement! Hilary Amit

WE WISH YOU ALL THE BEST
IN YOUR RETIREMENT! YOU
WILL BE MISSED!



Carl ♡

Here are the on
call all stars for July:

Mike McGregor

Kim Leudy

Nicky Gerrior

Margie Anderson

Laurie Dowell – winner

Greg Anderson– winner

