

# THE NEW DAWN ENTERPRISER



## New Dawn College's 2012 Hair Design, Holistic Esthetics and Nail Technology Graduation

Congratulations to the graduates of New Dawn College's 2012 Holistic Esthetics, Cosmetology Hair Design and Nail Technology classes. Your hard work and dedication to your profession will continue to serve you well.



Judy Antonello and the 2012 Holistic Esthetics Graduates



Jennifer Nardocchio and the 2012 Nail Technology Graduates

## New Dawn Renewable Energy's Cold Climate Greenhouse

After just five months, New Dawn Energy's Cold Climate Greenhouse is lush with lettuce, kale, spinach, parsnips and bright green shoots and leaves as far as the eye can see. The greenhouse, located in Sydney River, is an innovative 1800 square foot facility designed to test the viability and impact of a new infrared heating system that heats the surfaces of plants and soil, rather than the air. The greenhouse is in the middle of a year-long research cycle that will monitor and measure heat efficiencies and crop production. This research is aimed at showing:

- that traditional heating costs can be reduced by 50%;
- that temperatures in the greenhouse will not fall below seven degrees Celsius in the winter; and
- that the productivity and quality of produce grown represents a 20% improvement over that of a standard greenhouse of comparable size.



Karen Tighe and the 2012 Hair Design Graduates

This project has been launched in collaboration with Eskasoni First Nation, a community facing a number of agricultural and dietary challenges, including limited arable land and rates of diabetes and obesity that are four times the provincial average. It is hoped that cold climate greenhouses such as the one being tested by New Dawn Renewable Energy, will enable Eskasoni to be more deeply engaged in the production of fresh produce as an affordable year-round activity. The greenhouse team further aspires to see similar greenhouses one day help to address the fresh produce needs of all communities between 45 and 70 degrees latitude.



The second phase of the project, following the two year pilot, will be the construction, testing and three year operation of a 10,000 square foot cold climate greenhouse.

### **IWK Fundraiser at New Dawn in Honour of Two-Year-Old Kayden**

Throughout the month of May, New Dawn Homecare employee Holly Fraser was busy raising money for the 28<sup>th</sup> Annual IWK Telethon. A Continuing Care Assistant and mother to two-year-old Kayden, Holly never expected to need the services of the IWK. But when Kayden's temperature spiked to 105, doctors discovered a blockage in his left kidney that would require surgery.

"Our first visit to the IWK was scary because we weren't sure what to expect," shares Holly. "But once we were there and things were getting done, I was much more at ease."

Kayden's first visit to the IWK was ten days long and his family learned that if the blockage had not been diagnosed and treated when it was, both of Kayden's kidneys would have shut down. "Since the surgery, we have been to the IWK five more times," says Holly. "I am very, very grateful to the IWK and their staff and am pleased to say that Kayden has been doing great".

Holly's IWK lobster raffle raised \$515 for the Telethon which aired on June 2<sup>nd</sup> and 3<sup>rd</sup>. Peter Cameron was the lucky winner of the raffle prize, two dozen fresh lobsters donated by Holly's grandfather. Congratulations Holly and Peter!



Photo (left to right): Lynda Moffat, Cape Breton IWK Development Officer, Holly Fraser, Peter Cameron, New Dawn CFO, and Sabrina Vatcher, Manager, New Dawn Health Care

### **New Dawn College: Fundraising Fundamentals Course**

In mid-March of this year, New Dawn College launched its first eight-week Fundraising Fundamentals Certificate course. Designed to help registered charities and non-profit organizations develop an integrated fundraising program, or enhance the one they currently run, the course covered everything fundraisers need to know about methods, messaging, prospective donors and financial accountability.

Course instructor, Linda Crockett holds a professional designation in fundraising (Certified Fundraising Executive). She has worked in the development field for twenty-three years with a number of organizations including the IWK Foundation, Metro United Way, the Nova Scotia Community College Foundation, and Dalhousie University. New Dawn College will offer this course again beginning Wednesday October 17, 2012.

### **Students Raise \$566 for Cape Breton Community Respite**

Congratulations to Shealynn Currie, Pat Gallant, Sally McIntyre-LeBlanc, Dawn MacKinnon, Nicole Mitchell, Naomi Pembroke and Gail White of New Dawn College's Disability Support Worker Diploma Program. Along with their instructor, Rosemarie Boutilier, they

raised \$566 through the sale of muffin mix and cookie dough for Cape Breton Community Respite.

“We are very grateful for the initiative and efforts of Rose and her students,” says Anne Burke, Coordinator of Community Respite. “We were able to use the almost \$600 to purchase a new refrigerator for the respite apartment in Sydney River.”

Cape Breton Community Respite offers respite to families who have children with developmental challenges. These families have unique stresses beyond that of other families raising young children. At the same time, children with developmental challenges have many of the same basic needs as other children, including the need for acceptance and the need for a sense of community. Cape Breton Community Respite offers children the opportunity to participate and be valued by their community while giving parents a well-deserved break.

For more information on Cape Breton Community Respite, please visit: <http://www.nsnet.org/cbcr/>.

### **New Dawn in the Community: The Elizabeth Fry Society of Cape Breton**



Rankin MacSween, President of New Dawn Enterprises provides Darlene McEachern, Executive Director of the Elizabeth Fry Society of Cape Breton with a \$5,000 rent subsidy.

### **New Dawn Guest Home: Mother's Day Dinner**

In addition to the blossoming of tulips and longer, sunnier days, the middle of May signals the annual Mother's Day dinner for the women of the New Dawn Guest Home.

Pictured below, on their way out to the dinner are: Marguerite Romeo, Charlotte MacNeil, Liz Rose, Marilyn Deveaux, Joan Huntington, Lillian Young, Mary T.

MacDonald, Mary Jane MacDonald, Colleen Arsenault, Mary Weber, Frances Gorman, Margie MacIntyre, Alanna Jones, Rose King, Madonna Marchesin, and Jeanette Poirier



### **Getting to Know: Helen MacDonald, New Dawn Enterprises New Board Chair**

Helen MacDonald was born in New Waterford and grew up in River Ryan. She attended elementary-junior high at St. Michael's and then St. Joseph's in New Victoria, graduating from Mac Donald High in Dominion. She went on to Nova Scotia Normal College and later acquired her B.Ed. and M.Ed. from St. Frances Xavier University.

Helen has been retired from her career in education for twelve years and since retirement has been involved with many community and church organizations and committees. Of these, she is particularly proud to be a board member of Community Cares Outreach.

Helene also enjoys spending time with family and friends. She currently lives in Little Bras d'Or with her husband John with whom she has five daughters and one son and eight lovely grandchildren. During the coldest months, Helen and her husband enjoy some time away in West Palm Beach, although they always look forward to their return home and to springtime in Cape Breton. “With the help of our grandchildren, getting the pots ready for spring planting is a ritual we all look forward to each year, as is the sound of the peepers at night that brings a comfort only found in Cape Breton”, says Helen.

Florida isn't, however, Helen's first experience abroad. As part of a Canadian teachers' initiative, Helen had the opportunity to visit Ghana in West Africa to volunteer with children, teachers and communities in some of the

country's most deprived regions. She has since returned eleven more times and describes it as "a most wonderful, rewarding and life changing experience. Volunteering in a third world country strengthens one's resolve to protect and promote what we have right here and often take for granted."

For Helen, being a part of the New Dawn family has been "an honor and a real learning experience. This is an organization that is creative and compassionate and committed to working with and for our community. It brings together social development and business pursuits and works to foster independence, community vibrancy and self reliance. It is at times challenging but always rewarding. I am truly privileged to be a member of this organization."



We asked Helen to let us in on some of her favourite places on the island and this is what she told us:

What is your favourite place to visit on Cape Breton Island?

*Cape Breton Island offers many spectacular places to find peace and comfort, but for me it is the Mira. My parents were residents of Grand Mira until the coal mines attracted my father to a new life. They didn't leave their farming skills behind, but introduced small family farming to the community of River Ryan. My family today still loves to spend time on the Mira. Its beauty and peace revive the spirit and give life a renewed meaning.*

Where is your favourite place to eat on Cape Breton Island?

*Family gathering together for meals has always been a practice we have enjoyed. When we go out to eat, The Lobster Pound and Moore Smokehouse Grill has become our favourite spot. A small restaurant on the Northside, its chefs Richard and Leslie have made this the place to eat. Richard presents some of the most delicious appetizers and entrees in a very welcoming and charming setting and, of course, the desserts are to die for.*

## Getting to Know: Linda MacDougall New Dawn Client Care Manager

Linda MacDougall, New Dawn Home Care's Client Care Manager, was born in Sydney and currently lives in Westmount. She attended a few different schools growing up, but none of them compared to her great experience at Holy Angels.

Linda has been married for thirty-two years and is the proud mother of three daughters and grandmother to four. Before joining New Dawn, Linda spent ten years as part owner and operator of Breton Care Givers. She finds her job at New Dawn to be quite enjoyable, particularly the people, being involved in new projects, meeting and helping others and the reward that comes from seeing them smile.

When she's not at work and the weather is nice, she can be found riding her 650 v-star motor bike. While she enjoys their short, scenic drives around the island, this summer Linda and her husband are planning a much longer bike trip to explore the Magdalene Islands.



We asked Linda to let us in on some of her favourite places on the island and this is what she told us:

What is your favourite place to visit on Cape Breton Island?

*Whenever I am on my way home on my bike I always go through the northwest arm along the water. The road has a few nice turns in it and is close to home.*

Where is your favourite place to eat on Cape Breton Island?

*I don't really have a favorite place to eat as long as someone else is making it and if I don't have to do the dishes, that's usually my favorite part.*

## Out and About: Energy Meters at Cape Breton Regional Library

With the cost of energy increasing, many of us are looking for ways to trim our energy consumption. Did you know that a trip to your local library can help you save energy dollars? Through a partnership with Conserve Nova Scotia, public libraries across the province are now lending out energy meters that will allow you to measure your home electricity use in real time.

Most household appliances can be plugged into the meters that are designed to measure energy in watts and then translate that information into the cost paid by the consumer. The meters can also help measure standby power, or the electricity used when appliances are turned off. Televisions, stereos, and DVD players, for instance, all draw power if left connected to an electrical outlet.

The objective of the program is to help consumers understand their energy use by showing how much electricity each appliance uses. An energy savings tip booklet, which contains hundreds of energy savings ideas for households, is included in the kit. Using the booklet, householders can adjust their habits to use less energy and save money.

Energy meters are available for two-week loans at all public libraries in the CBRM and Victoria County.

### A New Ports Page on New Dawn's Website

In an effort to bring a little bit of clarity to a complex community issue, New Dawn Enterprises has recently launched a Port of Sydney page on its website.

Found at [www.newdawn.ca/port](http://www.newdawn.ca/port), this page contains links to an extensive glossary, as well as background papers and media coverage of port development over the last two years.

“We were always struck by the fact that there was nowhere for people to go if they wanted to learn more about the importance of the port and its significance to this community”, says New Dawn President, Rankin MacSween. “It’s hard to develop your own opinion about the best direction for port development if you’re uncertain about the different organizations involved and their objectives”.

From the Greenfield to the Sydney Marine Group, this new page allows readers to learn about the historical and contemporary importance of the port, bids for its ownership overtime, the multi-stakeholder groups that have

come together to plan for its future uses and the ongoing debate over the viability of a container terminal.



*Photo: Don Merritt*

### An Early Kick-Off to the Holiday Season

New Dawn staff embraced this year’s summer solstice as a chance to start thinking about Christmas. A BBQ held on June 20<sup>th</sup> raised \$120 and was the first in a series of fundraising events for the Every Woman’s Centre Christmas Adopt-a-Family program.



Adopt-a-Family BBQ Chef Team: Linda McDougall (Client Care Manager, Health Care), Sabrina Vatcher (Manager, Health Care) and Linda Hodder (Schedule Coordinator, Home Care)