

on the

HORIZON

NO. 3, VOL 2 FALL/WINTER 2011

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Welcome...

Well, welcome to late fall 2011. After what seemed like a long, wet summer, we were able to enjoy some fresh air and relatively warm temperatures that Mother Nature saw fit to bestow on us here in the Valley the last couple of months. It was beautiful here with sunny skies and trees dripping with Honeycrisp apples. This has since changed with a couple feet of snow dumped on our heads in late November, and lots of rain puddles on the South Shore, but the season brings with it the opportunity to enjoy a whole new set of outdoor adventures.

It has been a busy year here at Horizons – we have many projects to update you on, and many new friends and colleagues we are excited to introduce. Thanks to everyone who contributed to the newsletter- as always we love to hear from you.

We hope you share a few minutes with us, flip through the pages of this newsletter, and read about the good things that everyone has been up to. **Let's begin.**

Cari Patterson Jean Robinson Vicki Ullowell

Mark Your Calendars



HORIZONS HOLIDAY BREAK

Our offices will be closing on December 16th and reopening January 3rd. We are looking forward to taking some time to celebrate the holiday season with our families and friends. Warmest wishes to everyone, and we look forward to seeing you in the New Year.

MID-WINTER GATHERING

Cari, Jean, and Vicki want to invite you to a mid-winter, morale-boosting, enjoy-what-winter has-to-offer gathering the afternoon of Sunday, January 29, 2012. The details are still in the works, and of course weather-dependent, but we want everyone to mark their calendars and plan to join us for some fun!



Introducing Some of Our Team...

ADMINISTRATIVE ASSISTANTS

Cynthia Keizer

Erin Wolfe

Helen Woodward

Holly Aulenback

Josephine McDonald

Shannon MacLean

Sharon McInnis



Erin Wolfe

Administrative Assistant

Name: Erin Wolfe

Place of Birth: Liverpool, Nova Scotia.

Current Residence: Kentville, Nova Scotia.

Occupation (besides Horizons, if any): I currently work reception at Dr. Nette's & Dr. Hennessy's dental office in Wolfville, Nova Scotia.

Activities with Horizons: As a relatively new member of the Horizons admin team, I've only been involved in one project so far, and helped with the Maternal Child Health Program evaluation.

Hobbies/things you do for fun: I am in-

involved with coaching cheerleading for Horton High School. I enjoy photography, music, gymnastics, and of course "winning and dining!"

An accomplishment you are most proud of: That I'm finished school (for now) and working for great companies!

A goal you have set for the future: To possibly go back to school in the next few years.



Occupation (besides Horizons, if any): I am committed to working with indigenous peoples to work towards finding justice. I am a member of Aboriginal Rights Coalition Atlantic, am on the KAIROS national Indigenous Rights Circle, volunteered at the Truth and Reconciliation event in Halifax, and write about these activities in various journals. I also facilitate the Wolfville Raging Grannies, and am a group facilitator for friends and family of people with serious mental health issues.

Anything you would like to include about the important people in your life: I am fortunate to have a circle of close friendships that I've developed in the different places I've lived, who have become as valued as my 'birth' family.

I'm continually amazed at my friends' abilities to cope with life challenges, as we support each other with social change analyses.

Activities with Horizons: I have worked as a Research Assistant and qualitative coder on the Challenging Behaviour Program evaluation.

Hobbies/things you do for fun: I walk my dogs, and play card and board games in a spirit of fun and non-competition (are there others like me out there? Hard to find!)

(Cont'd next page)

RESEARCH ASSISTANTS

Barbara Lipp

Berta Klooster

Brenda MacKinnon

Camille Dumond

Charlotte Lafford

Christina McRae

Erica de Sousa

Heather Holm

Jennifer Thurlow

Julie Bull

Marie McCully Collier

Marie-Claire MacPhee

Michelle Summer Fike

Penni Burrell

Sauna Glidden

Stephanie Francis

Susanna Steinitz

Trudy Watts

Penni Burrell

Research Assistant

Name: Penni Burrell

Place of Birth: Toronto, Ontario.

Current Residence: Kentville, Nova Scotia.

Some of Our Team... (Cont'd.)

An accomplishment you are most proud of: Finding 'my place in the world'. My move to the Annapolis Valley took me 25 years and moving to 40 different addresses. I am a contented and transformed person as a result. It was a long and worthwhile path I followed, but am so glad to have arrived in 'my spot'.

A goal you have set for the future: Continued engagement in finding ways to build a better world without becoming disheartened in the face of obvious up-coming strife.

CIRCLE OF ASSOCIATES

Barbara Kaiser

Bob Kanygin

Claire LeBlanc Northcott

Nicole Priddle

Darcy Santor

Joanne Linzey

John Colton



Bob Kanygin

Circle of Associates

Name: Bob Kanygin

Place of Birth: Wadena, Saskatchewan

Current Residence: Prospect Bay, Nova Scotia

Occupation (besides Horizons, if any): Mad Scientist; Owner, Bonnyfate Databases

Anything you would like to include about the important people in your life: I have lived with my partner, Joyce, for 34 years. We have a 22-year old daughter, Erin, who is going to university in Toronto. Joyce and I lead interesting lives and are active members of the Boat Cove community.

Activities with Horizons: Training sessions in Excel and Access, and data analysis for the Maternal Child Health project.

Hobbies/things you do for fun: I play tuba in a community band and electric bass in a jazz band. I like taking video images and being creative with editing. I enjoy providing DJ services for my friends. I have a great music collection and I listen to parts of it regularly. I read, watch movies and television and am currently involved with the Dalhousie Swing Dance Society. I like to dance.

An accomplishment you are most proud of: I have a great daughter who makes my heart soar like an eagle.

A goal you have set for the future: To be a better bass player.

We'd love to hear from you!

Got an idea for a story, a tidbit of news you'd like to share, or a community event that you'd like to feature, please drop us a line. We welcome your comments and suggestions.

E-mail us at:

info@horizonscda.ca

Reflection

By Jean Robinson-Dexter

I wanted to use this spot in our newsletter to express my gratitude to you for your support and kindness this spring when my Mom passed away unexpectedly. I especially want to say thank you again to Cari and Vicki, who quickly and efficiently made sure that our work continued with little to no disruption – I know this wasn't easy. Thanks to John who stepped in and joined Cari on two projects. I certainly felt like I had the time I needed to be home in New Brunswick and be with my Dad.

Thanks also to those of you who sent notes or let me know, through Cari, that you've been thinking of me.

This has been a tough few months – you never know what will affect you – bringing a flood of questions, concerns or memories. It's also a time for a new role for me with my Dad, who's never been alone or had to be responsible for food preparation, banking, bills, etc. We certainly talk a lot more!

My Mom was very musical, singing with her sisters in their church, from the time she was a small child. And we sang together – at home and in the community. As you'll read, further on in this issue, my husband **Cameron** and I have recorded and produced an album of Christmas music these past few weeks, sung by our daughter's choir. Each song is bitter-sweet, because we've sung many of the songs together and know how much she'd love this project. So I'll hold onto the joy I know she would have, and that she would want us to have, in hearing the music she loved.

Wishing you all the peace and joy of the season,

Jean



Current Contracts

Challenging Behaviour Program (CBP) Evaluation (2011)

Nova Scotia Department of Health and Wellness (DHW) Continuing Care Branch
(Jean, Cari, Penni, Susanna, Berta, Charlotte, Shauna, Helen, Cynthia)

We are just completing revisions to the final report for this contract. We evaluated the effectiveness of the DHW's CBP, a program that focuses on building system capacity for responding effectively to challenging behaviours of older people with dementia and/or mental illness. This evaluation is mainly process-focused, and results will inform the ongoing implementation of the program. This contract has been very complex (80 key informant interviews, 2 focus groups, a web survey, and an extensive database and document review). It has been a true team effort; thanks to everyone who has been involved with interviews, coding, and analysis; we appreciate your great work.

Maternal & Child Health (MCH) Program Evaluation (2011)

Health Canada, First Nations & Inuit Health (FNIH)
(Cari, Stephanie Francis, Berta, Bob)

We have just completed the final report for this contract, and presented the results to FNIH and First Nations representatives at the end of November. The aim of the MCH is to provide pregnant women and families with infants/young children on reserves with the type of home visiting and case management services available to other Canadians. We worked closely with an Atlantic Advisory Committee to determine the existing strengths of the program, and strategies for improving its effectiveness in the Atlantic Region. We collected the data through telephone interviews with MCH staff across the region, and also through focus groups with participants in each Atlantic province. We were also able to incorporate a capacity building approach into the contract, and were fortunate to work with Stephanie Francis from St. Mary's First Nation in New Brunswick.

Data Analysis & Reporting (2011)

South Shore Health – South Shore Health Planning Community Consultation
(Jean)

We are currently working with the Queens and Lunenburg County Community Health Boards to code, analyze, synthesize and report on the results of a series of twenty community focus groups being held throughout the two counties. The focus groups are part of the Boards' joint community health planning process.

Board Development Workshop (2011)

Community Links
(Jean)

We will be facilitating a one day session with the Board of Directors of Community Links in early December to review their current board structure and to consider alternative governance models.

Literature Review and Consultation (2011)

Nova Scotia Association for Sexual Health (NSASH)
(Cari, Marie-Claire, Berta, Charlotte, Shauna)

NSASH has just contracted us to help assess (and affirm) what factors facilitate teachers achieving sexual health learning outcomes in the healthy living curriculum. We will be interviewing teachers and other stakeholders, as well as doing a literature review and Internet search.

(Cont'd. on Page 5)



Recently Completed Contracts

Road Safety Stakeholder Workshop (2011)

Nova Scotia Department of Transportation and Infrastructure Renewal
(Cari, Jean)

This fall we completed a contract with the Department of Transportation and Infrastructure Renewal's inter-departmental Integrated Road Safety Leadership Team (IRSLT). We designed a process for bringing together road safety stakeholders from a range of sectors across the province. At the stakeholder engagement day, the IRSLT presented its research-based proposed road safety priorities, stakeholders provided feedback and input based on their collective experience, and the IRSLT is using their feedback to go forward.

Evaluation of the Atlantic Aboriginal Economic Development Integrated Research Program (AAEDIRP) (2011)

Atlantic Policy Congress of First Nations Chiefs Secretariat (APCFNC)
(Cari, John, Marie-Claire)

The APCFNC contracted us to conduct an evaluation of the AAEDIRP between April and June of 2011. The evaluation was designed to determine the value, significance and strengths of the AAEDIRP from 2007-2011, as well as to identify the challenges encountered, and offer recommendations to ensure the program's continued success. We conducted interviews, focus groups, and web surveys with key stakeholders across the region, and developed utilization-focused recommendations for strengthening the program based on their input.

Influencing Policy & Practice Around Gambling (2011)

Annapolis Valley Health Mental Health and Addictions
(Cari, Jean)

In the spring, we worked with staff from Annapolis Valley Health's Mental Health & Addiction Services to develop and facilitate two sessions with advocates for responsible gambling in Kings County. The first session with the group participants focused on sharing information about relevant initiatives and best practices, setting priorities for a coalition, and striking a working group to develop a draft action plan for a coalition. In the second session, we brought together the working group to create an action plan based on the priorities, and identified the founding board members for a new society, *Kings Community Action Group on Gambling*.

Health Services Integration Fund (HSIF) Planning Forums (2011)

Confederacy of Mainland Mi'kmaq
(Cari, John)

This spring (April – June 2011), we worked with the Confederacy of Mainland Mi'kmaq, Health Canada's First Nation Inuit Health (FNIH), and the Nova Scotia Department of Health and Wellness to plan and facilitate two planning forums – one in New Brunswick and one in Nova Scotia – for First Nation and government agency representatives. The purposes were for participants in each forum to achieve agreement on a joint direction under HSIF, an integration initiative funded through FNIH; and to develop a shared understanding of priority areas of focus. We designed the session agenda and materials, facilitated the forums, and developed follow-up packages for participants.

Current Contracts

(Cont'd. from page 4)



Identifying Promising Practices to Reduce Violence and Improve the Safety of Aboriginal Women and Girls in Canada (2011)

Department of Justice (DOJ) Canada
(Jean, Cari, Penni, Charlotte, Susanna)

We are working with the DOJ on a national project to identify and collect information about promising practices to reduce violence against and improve the safety of Aboriginal women and girls. We are conducting interviews to collect information about work underway in Atlantic Canada. The DOJ is creating a compendium of promising practices, which will become a resource for community groups seeking to address challenges in their own communities, allowing them to build on and adapt earlier initiatives from other communities.



A Holiday Donation

As an alternative to hosting a holiday gathering this year, we have decided to make a donation to local food hamper programs in our communities on behalf of the Horizons family. The donation is to honour the good work and the worthy contributions we have all been making in our work and communities this year. We feel that this is a constructive way to celebrate these contributions, and will help continue to make positive change in the world. We hope you will take an afternoon and spend it enjoying your loved ones and all the joy that the season offers.

Upcoming News....

Spring Into Action Challenge 2012!!!



Spring Into Action is right around the corner and we want to get a head start on making sure everyone is ready to participate this coming year!

For those of you who are not aware, Spring Into Action is an annual six-week challenge Horizons issues to our colleagues, friends and families worldwide to help get all of us physically active, and fit for summer. Your goal, and that of your teammates, is to accumulate at least 30 minutes of physical activity a day for five days each week. There are weekly prize draws for everyone who meets the weekly goal, as well as grand prize draws at the end of the Challenge!

Mark your calendars! You will be Springing Into Action from April 23rd to June 4th, '12!

For more details about the Challenge, please visit us at www.spring.horizonscda.ca or on Facebook at <http://www.facebook.com/pages/edit/?id=139535450482#/pages/Horizons-Spring-Into-Action/139535450482>.

See you in April!

A New Look for the Website

We would like to extend our thanks to everyone who provided input on the potential designs for the upcoming new-and-improved Horizons website. We appreciate your thoughts and patience as we went through the process of deliberations on what we want the future "look" of Horizons to be in the global village. We are excited to let you know that a design has been chosen and work has started on building the new site. We will let you know when the new look is "live" but we invite you to continue to visit us at www.horizonscda.ca until then.

The Kentville Farmers Market

The Kentville Farmers Market is now open for an extended market season to December 21st. Residents of Kings County can now shop for 100% locally-made and grown products for seven months of the year in Kentville.

We are also holding a fundraising Holiday Tea & Dessert Buffet the afternoon of Sunday, December 4th in Kentville, with a presentation about the market, vendor appreciation awards, free childcare, and oodles of delectable treats! Tickets are \$15 and available at the market or through me.

Please join us on Facebook to keep up with all our news: www.facebook.com/kentvillefarmersmarket.

Submitted by **Michelle Summer Fike**, Manager, Kentville Farmers Market
marketmanager@kentville.ca (902) 679-2514



The Full Monty Coming in February 2012



The musical, *The Full Monty*, produced by **Jean Robinson-Dexter** for the Astor Theatre Society, will be coming to Liverpool, on February 10, 11, 12 and 17, 18, and 19. The production features Jean's husband, **Cameron** in the lead role, and our own fabulous graphic designer, **Greg Tutty**.

After seeing their wives' reactions to a Chippendales show, six unemployed Buffalo steelworkers decide to put on their own show, featuring the depressed Jerry, overweight Dave, lonely Malcolm, their embarrassed foreman Harold, the insecure Horse and the jaw-droppingly "gifted" Ethan. To compete with the professional rival strippers, the men promise "the Full Monty"-- complete nudity.

As the guys work through their fears, self-consciousness, feelings of worthlessness and anxieties (over everything from being overweight to child custody, bigotry to being gay), they come to discover that not only are they stronger as a group, but that the strength they find in each other gives them the individual courage to face their demons and overcome them. Through this process they find renewed self-esteem, the importance of friendship and the ability to have fun.

There is great heart to *The Full Monty*, and the ultimate themes expressed in the show, about taking charge of one's life and following one's dreams are great lessons for all of us.

For ticket information, contact the
Astor Theatre, 902-354-5250 or
www.astortheatre.ns.ca.

In the Know...

IACD Conference – A Reflection



IACD President Ingrid Burkett welcoming conference delegates.

Cari represented Horizons at the 2011 IACD Conference in Lisbon, Portugal July 6-8. This year's conference was hosted by the Sociedade Portuguesa de Psicologia Comunitária (Portuguese Community Psychology Society).

The theme for the 2011 IACD Conference was transformative leadership and empowering communities. For Cari, the highlight of the conference (besides visiting IACD friends) was a presentation by **Marshal Ganz**, from Harvard University's Kennedy School of Government. His

topic was Leadership, Social Movements and Change. His experience includes working with the 1964 Mississippi Summer Project, being an organizer for the Student Non Violent Coordinating Committee, and beginning in 1965, working with Cesar Chavez in his effort to unionize California farm workers. More recently, he worked with the Obama campaign, helping organize grassroots kitchen table discussions to engage every day American citizens in the democratic process. His life experience, teaching experience, spiritual grounding, passion for social justice, and personal charisma combined to make him an extremely well informed and compelling speaker.

His newest book, *Why David Sometimes Wins: Leadership, Organization and Strategy in the California Farm Worker Movement* was published in 2009, and earned the *Michael J. Harrington Book Award* of the American Political Science Association.

Nova Scotia Standing Offer List

Horizons (and our Circle of Associates) is on the Province of Nova Scotia's Consulting Services Standing Offer List for the following resources and services:

- Board Development and Governance
- Building Collaborations and Partnerships
- Change Management
- Community Engagement/Development Processes
- Community Visioning Processes
- Conference/Event Reports
- Data Mining, Analysis & Reporting
- Ecotourism Development
- Ethnic - Aboriginal
- Evaluation Framework Development
- Event Materials Development
- Focus Groups
- General Logistics
- General Project Manager / Leader
- Health Promotion Research - Quantitative
- Key Informant Interviews
- Leadership Development
- Literature Reviews
- Logic Model Development
- Meeting Facilitation
- Meeting Planning
- Mental Health Consumers
- Neighbourhood Revitalization
- Presentations and Public Speaking
- Program Planning
- Public Consultation
- Public Health Policy Development
- Qualitative Research, Criteria & Evaluation
- Quantitative Research, Criteria & Evaluation
- Relationship Building
- Risk Assessment
- Scientific Research
- Socio-Economic Impact Studies
- Strategic Planning & Strategy Development
- Tactical / Operational Planning
- Women
- Youth at Risk
- Youth Consultation & Facilitation

This means that we are pre-approved to offer these services. Any department, office, agency, or board within the Nova Scotia Government, as well as municipalities, academic institutions, school boards and hospitals (the MASH sector) or any other organization financially supported by the Province of Nova Scotia can contract us (up to \$100,000) for work involving any of these services without going to tender first.

TOWARD MI'KMAQ GOVERNMENT IN NOVA SCOTIA



Nova Scotia's **Mi'kmaq** are close to establishing their own democratic government within the province, complete with their own House of Assembly, in what would be the first of its kind in Canada.

Negotiations between the First Nations Bands and the provincial and federal governments are currently underway.

Although there are lots of details to work out, **Chief Terry Paul** (Millbrook First Nation) said the Mi'kmaq want the ability to create legislation for their own reserves. According to **Chief Deborah Robinson** (Acadia First Nation), they are very close to developing their own governance structure. Chief Robinson says that the main option for the home of the new House of Assembly is the Spring Garden Road Memorial Library in downtown Halifax, and negotiations regarding the space are taking place.

From **CTV Atlantic**: <http://www.ctv.ca/CTVNews/TopStories/20111004/nova-scotia-band-government-111004/#ixzz1ceJ5lf00>

Just passing it along...

**Seeds of Diversity Canada**

Seeds of Diversity Canada is a wonderful organization I have been involved with as a grower-member for 15 years. Its mandate is to preserve old, heirloom, rare, and endangered plants, seeds, and vegetative stock through individual seed saving efforts and community and national integrated project activities. The world has already lost over 3/4 of the genetic diversity of seeds in the last 50 years. Our work is aimed at slowing and stopping that loss of genetic resources and the cultural history that goes along with many of those seeds and varieties.

In October, I became President of our Board of Directors at our AGM in Calgary, and I'm thrilled to be involved at this leadership level. I hope our circle will check out this organization at www.seeds.ca and consider joining or 'adopting a variety' to our very important seed library project. Thank you!

Submitted by Michelle Summer Fike, Research Assistant

This past summer, **John Colton** (Circle of Associates) was in Haida Gwaii, exploring the new National Marine Conservation Area (NMCA) and learning how the Haida First Nation is involved in its development and management. Part of his experience involved sea kayaking for two weeks through the National Marine Conservation Area and visiting old village sites and speaking with Haida interpreters.

Submitted by John Colton, Circle of Associates

Camille is back!

I wanted to let the Horizons community know that I'm back in Tatamagouche, part way through studying for a MEd in Counselling Psychology at OISE. Some of you heard how much I dreaded living in the city, but I actually loved the momentum, diversity, people and fantastic food. Mostly, it was very powerful to reconnect with my mother and sister, who both live in Toronto.

Anyone coming up to Tatamagouche is welcome to get in touch for a cup of tea and visit – camilledumond@hotmail.com.

I would also like to share a new resource with everyone. Most of my work recently has been around how violence impacts learning, individually and in communities, and on the powerful responses people make to transform interpersonal and systemic violence. Because Horizons often works with people and communities experiencing the effects of ongoing and intergenerational trauma, I wanted to share an incredible website that explores these issues in more detail: www.learningandviolence.net Check out the interactive materials in the top right hand corner – they are fantastic!!

Submitted by Camille Dumond, Research Assistant

This Is Christmas

Jean and **Cameron** have recorded and produced a holiday CD, *This Is Christmas*, for their daughter **Kate**'s choir – the Queens County Girls Choir. The 20 track album of traditional and modern Christmas classics is part of the choir's fundraising activities to offset the cost of their March 2012 trip to Walt Disney World, Orlando Florida. The Choir has been selected to perform as part of the *Disney Performing Arts OnStage* program. If you'd like a copy (\$15), send a note to Jean at jean@horizonscda.ca.

Submitted by Jean Robinson-Dexter

Congratulations...

We would like to congratulate **Shauna Glidden** on the birth of her grandson, **Kenneth Nathan Parkes**. Shauna has enjoyed a fantastic year that included a wedding, a new business, and the birth of Kenneth. Thank you for letting us share your wonderful news and happiness. *He is a cutie!*

**Microsoft Excel and Access Course**

As many of you may know, **Bob Kanygin** came to Wolfville in September and facilitated a very informative and fun two-day class on *Microsoft Excel* and *Access*. With the help of a little magic, Bob taught us how we could use these programs more effectively. **Helen, Berta, Cari,** and **Vicki** took part in these workshops, which were held at the beautiful K.C. Irving Environmental Science Centre at Acadia University in Wolfville.

We left at the end of each day with our heads full of information, eager to apply the things we had learned to our work. And in addition to all of this wonderful information, we met a terrific person, Bob Kanygin, who has since helped on various projects with Horizons, and has become an invaluable resource and colleague by joining the *Horizons Circle of Associates*.

Photo: Helen, Bob, Berta, Cari, and Vicki (holding the camera) at the Excel Workshop in September in Wolfville, NS.

Holiday Wassail *(from Cari)*

According to *Wikipedia*, the word **wassail** refers to several related traditions; first and foremost *wassailing* is an ancient southern English tradition that is performed with the intention of ensuring a good crop of cider apples for the next year's harvest. It also refers to both the salute '*Waes Hail*', the term itself is a contraction of the Middle English phrase *wæs hæil*, meaning literally 'good health' or 'be you healthy' and to the drink of wassail which is a hot mulled cider traditionally drunk as an integral part of the wassail ceremony.

Here's a recipe for the hot drink we make at my house over the holidays. Not only is it delicious and warming, but it smells wonderful and welcoming. **Enjoy!**



- 128 ozs. Apple Cider
- 48 ozs. Tea (I use apple cinnamon)
- 1 1/2 cups Sugar
- 1 cup Lemon Juice
- 4 Cinnamon Sticks
- 12 Whole Cloves

Combine in a large pot and bring to a boil, then reduce heat and simmer for an hour. After it boils I usually add a few sliced lemons and a few sliced oranges. You'll love the smell of it!



HORIZONS
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Pet News



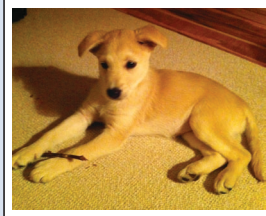
We hear there was another recent terrific addition to the Woodward home. Congratulations to **Helen** and **Belle** on bringing **Merlin** home. You have your hands happily full from the look of these two.

Photo, left: Merlin and Belle enjoying the backyard at Helen's.



Vicki would also like to introduce some new additions to her household. Over the summer, she and her family acquired a rabbit named **Cuddles**, a puppy named **Oscar**, and three goldfish named **Ghost**, **Chocolate**, and **Trouble**. It is chaotic, but fun at the Crowell residence (or do I call it a farm?)!

Photos, left: Cuddles (short for Cuddlebuns), and Oscar, a little chewing machine on legs.



John Colton is the happy companion of a new puppy as well. Introducing **Luna** – a nine-week old Retriever/Collie cross that John and his family adopted from the animal shelter.

Photo, left: Luna relaxing.



Happy Holidays
from everyone at
HORIZONS