



NEWSLETTER

February / March 2025

NEWS!

It seems that every time we send out a mailer, we have lots of news to share. This one is no exception. We are excited to announce that starting February 7th, you can visit our new website at highlandsnorthnetwork.ca. This will be your primary source for information about what's happening in our northern venues, reading blogs from our community members, renting a hall, sending us messages, and so much more! Check out all the wonderful things going on in the northern Lanark Highlands.

For those who may not use the internet, we now have a phone number where you can call and leave us a message. Your message will go directly to our email, and someone to get back to you promptly. Please remember to include your phone number when you leave a message.

We are bringing the music home to the Highlands!

Instead of having to go elsewhere to attend concerts, the HNN is working with Harmony Concerts to bring the music home to our communities. The first in a six-concert series called "Harmony in the Highlands" will kick off in Middleville on Sunday, March 16th with the ever-popular, always-sold-out, Celtic band **Hadrian's Wall** performing from 1:30 - 3:45 pm. There will be a 15-minute intermission between sets with a snack bar available \$. With funding support from the Seniors Active Living Centre Program, ticket prices for those living in the HNN service area will be \$20 which is less than half of the regular price. Limited quantities are available. The HNN hall reps for each community will have more details soon on how to get your tickets. Stay tuned!

HNN's Goal for 2025 - Make sure everyone has a chance to participate!

Would you like to attend our activities and / or events but lack transportation or extra money to pay the cost?

Do you have a neighbour that you think might like to participate in some of our programs or attend events?

Please reach out to us. We can help make it happen!

We have a new phone number you can call - 343-760-2000. Leave us a message and we will phone you back as soon as possible.

Social Health...from the Heart #2

By Barb Young



The World Health Organization's definition of health, established in 1948, remains relevant today: "**a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.**" This definition emphasizes the key areas necessary for achieving better health. Social health is considered separate from and equally important as physical and mental health. Yet, more than seventy years after the WHO's initial definition, we are only now beginning to prioritize social health.


I am excited that social health is finally receiving the attention it deserves. Many social health service providers, who have long felt invisible, may now have a better chance to have their roles valued and recognized. The time is now to better understand these individuals: who they are, what they do, what motivates them, how their services add health-related value, how to value their contributions, what support they need, and how to inspire more people to join them. The more comprehensive the social health support services we provide at the right time and in the right place, the stronger and more efficient our healthcare system will be—especially for those most vulnerable. The economic benefits may equal or surpass health benefits, making this something we should take very seriously. I am convinced that this is a viable path to relieving a significant burden on our overburdened healthcare system cost-effectively.


Within the HNN, the primary social health service providers are volunteers who regularly host social activities in community halls. Through their efforts, people in our isolated hamlets can connect with their neighbours through cards, games, sports, music, learning sessions, and much more, limited only by the willingness of individuals to share their passions and serve as hosts. Education does not determine who will lead these activities; some hosts are educated, while others are not. Most look forward to participating in the activities they host, while those leading learning-type activities enjoy sharing their knowledge and passions with those with common interests. All of the activity hosts currently supported by HNN are older people.


When I think of the word "volunteer," two thoughts come to mind: their contributions support a worthy cause, and they are unpaid. However, the term "volunteer" alone doesn't capture the specifics of their roles; further explanation is required. The roles of professionals providing physical and mental health services are indicated by their job titles. Why should we settle for labeling our community-based social health service providers as "volunteers"? Something like "Social Activity Leader" would seem more appropriate for our hosts, shedding light on the importance of their specific contributions while attributing less significance to their unpaid status. Small, rural hamlets such as those in the northern Lanark Highlands have a small pool of volunteers to draw from, posing significant challenges to recruiting hosts and expanding the number of social activities offered. Could offering to pay people to assume this important role motivate more people to step up and get involved? This and many other questions are just waiting to be answered in 2025 as the HNN focuses on finding the right research partner to assist us in moving forward on our grassroots, rurality-based, social health initiative.


EVENT HIGHLIGHTS

Activity schedule is on the back. Be sure to put it on the fridge!

WHAT:	The Land We Live On Series		<p>Everyone is invited to North Lavant for a presentation by a local OPP officer on how to keep yourself and your belongings safe and secure. Stay on top of the latest scams and learn how to protect yourself. Cost \$5 Light lunch included. Let us know if you need a ride.</p>
WHERE:	2082 Black Creek Road		
WHEN:	Thursday, February 13th		
TIME:	12:00 – 2:00 pm		

WHAT:	Tatlock Hall Breakfast		<p>All are welcome to join us for full, country-style breakfast of ham, sausage, beans, eggs, hashbrowns, toast, tea and coffee. \$15 Why not make a day of it? After breakfast, head down to Robertson Lake for the Lavant Winterfest.</p>
WHERE:	696 Concession 7 Darling		
WHEN:	Sunday, February 16th		
TIME:	8:30 am – 11:00 am		

WHAT:	Lavant Winterfest		<p>North and South Lavant are co-hosting an afternoon of winter fun activities. Come, and bring the kids and grandkids. Hillbilly curling, outdoor games, music indoors, bonfire, hot food, raffle, skating and cross-country skiing on the lake, pick up hockey game, and more. Bring your own equipment i.e. helmets. Participate at your own risk.</p>
WHERE:	4101 South Lavant Road		
WHEN:	Sunday, February 16th		
TIME:	11:00 am – 3:00 pm		

WHAT:	Concert – to celebrate St. Patrick's Day		<p>Harmony Concerts, supported by HNN, invites you to the Middleville Community Centre to see <u>Hadrian's Wall</u>, a popular Celtic band.</p> <p>Tickets are available at a reduced price of \$20. Snacks will be offered during intermission for a small fee. Stay tuned on how to get your tickets.</p>
WHERE:	4203 Wolf Grove Rd		
WHEN:	Sunday, March 16th		
TIME:	1:30 pm – 3:45 pm		

HNN-SALC Activity Schedule

February/March 2025

See Event Highlights Pages for Special Happenings!
343-760-2000

CONTACT INFORMATION:

DARLING WHITE LAKE: darlingwhitelakecentre@gmail.com **MIDDLEVILLE:** nancy.affleck@gmail.com
NORTH LAVANT: nlcclanark@gmail.com **SOUTH LAVANT:** slarlh2021@gmail.com
TATLOCK: dnjibb@storm.ca **WHITE LAKE SPORTSCENTRE :** wslc1376@gmail.com

Frequency	Day	Location	Time	Description: Activity/Event
Weekly	Monday Feb. 3, 10, 17, 24 Mar. 3, 10, 17, 24, 31	Tatlock	7:00 pm	Bid Euchre; \$5
Weekly	Tuesday Feb. 4, 11, 18, 25 Mar. 4, 11, 18, 25	Darling White Lake	1:00 pm	Knitter Knatter; \$2
		Tatlock	7:00 pm	Ukelele
Bi-Weekly	Wednesday Feb. 5, 19 Mar. 5, 19	North Lavant	12:00 pm	Euchre; \$5 Snacks
Bi-Weekly	Wednesday Feb. 12, 26 Mar. 12, 26	South Lavant	1:00 pm	Euchre; \$5 Snacks
Weekly	Thursday Feb. 6, 13, 20, 27 Mar. 6, 13, 20, 27	Darling White Lake	9:00 am	Coffee Hub; \$2
		Tatlock	1:00 pm	Bingo; \$10 Snacks \$
Weekly	Friday Feb. 7, 14, 21, 28 Mar. 7, 14, 21, 28	Darling White Lake	1:00 pm	Darts; \$2
Bi-Weekly	Friday Feb. 7, 21 Mar. 7, 21	Middleville	7:30 pm	Crokinole; \$5 Lunch
Monthly	Thursday Feb. 13	North Lavant	12:00 pm	The Land We Live On: "Keeping us Safe and Secure in the Lanark Highlands" Speaker: OPP Officer; Lunch: \$5.00