



HEAR YE! HEAR YE!

NATIONAL HISTORIC SITES ON CAPE BRETON ISLAND
LIEUX HISTORIQUES NATIONAUX DU CAP-BRETON

VOL 10, NO 2, FEBRUARY – FÉVRIER, 2008

New Crypt In Place at the Fortress

A new burial chamber (crypt) has been established at the Fortress of Louisbourg. Eighteenth Century burials uncovered at Louisbourg during the reconstruction project and recovered from the eroding shores of Rochefort Point have now been placed in this chamber.

The crypt is a locked room located on the lower level of the King's Bastion building. It took over a year to develop this crypt and many people were involved in the project including Heidi Moses, Maura McKeough, Bill O'Shea, Philip Hoad, Danny Baldwin, Alex Campbell, John Cann, Allison MacIntyre, Peter Marenick, Stan Pink, Karl Bishop, Brian Harpell, and Blair Cunningham.

It was a team effort and very worthwhile for the burials now have a respectful and secluded resting place,

something we have been endeavoring to provide for some time. Thank you to everyone for all your help! *B. Duggan*



Slavery in Louisbourg Publication Distributed to Schools

As part of the African Heritage Month celebrations, the Department of Education, in partnership with the Council on African Canadian Education (CACE), has officially launched "The Times of African Nova Scotians", a history journal published by Effective Publishing.

Louisbourg historian Ken Donovan's article "Slaves in Ile Royale, 1713-1715" is one of a number of articles featuring African Nova Scotian history.

The publication, which features 90% African Nova Scotian content, is well researched and peer-reviewed by some of the leading scholars on African Canadian history.

This learning resource has been distributed to all high school social studies students, as well as junior high schools in the Province - 27,000 copies to 114 schools. The response so far from both schools and the community has been excellent.

The Official Launch took place at Halifax West High School on February 28 2008, at 2:45 PM. *Kenneth Donovan*

Donation of Powder Horn

The Templetons had first visited Louisbourg in 1987 and had shown the horn to Louisbourg staff with the thought that they might one day donate the horn to Louisbourg. They returned 20 years later with the horn. With the provenience of the horn established, its value at public auction, according to a conservative estimate, is approximately twenty thousand dollars, American. This is one of the most valuable donations, if not the

most valuable, that Louisbourg has ever received.



Picture of Colonel Pendleton's Powder Horn



Picture Left to Right: Patty and Elmer Templeton Presenting the horn to Sandy Balcom and Ken Donovan

We have just received tragic news that Elmer Templeton died Saturday evening February 23rd. Our sincere condolences to Patty and family. He will be missed.

Test the Nation

Karen Pink has been selected by CBC to participate on the "Test the Nation" program. This is a 2-hour television event that will be taped in Toronto during the evening of Sunday, March 30. She will be taking a 50 question multiple choice "Canada" test (icons, issues and events) along with 35 other "Tour Guides"

against teams of "Weathercasters", "New Canadians", "Canadian Forces", "American-Canadians", and "Reach-for-the-Toppers" (former contestants on RFTT).

No date yet for when it will aired on TV but will notify all staff when we hear.

Good Luck Karen!!

Cell Phone /Blackberry Use

People are doing it everywhere -- on the train, at the mall, in the restaurant, at the airport, and in meetings. Just about everywhere you look you will see people talking or texting on very small cell phones, busily typing messages with their thumbs on their handheld computers and personal organizers or scrolling through music on portable media players.

As electronics get smaller, more portable and therefore more heavily used, we may be risking injury from overuse of wrists, fingers, and thumbs that we use to operate and type on these miniature keyboards. Repeating these tasks for hours at a time may cause painful repetitive strain injuries. Although there are no national statistics on how many people suffer from these types of injuries, some ergonomic experts feel there is cause for concern given the number (tens of millions) of handheld electronic devices on the market, and the heavy, extended use of them.

The American Society of Hand Therapists (ASHT) recently re-issued an alert to raise awareness of the potential risks. People who combine prolonged grips with repetitive motion on small buttons and awkward wrist movements are susceptible to carpal tunnel syndrome, tendonitis and other hand, wrist and arm ailments. It is important to take preventative measures.

The ASHT released a list of guidelines and exercises to help users of portable electronics avoid these types of injuries.

Tips to help prevent injuries

- Don't overdo it. Avoid overuse by taking a break every few minutes or switching to another activity. Stop using the device if you feel pain or discomfort. You can also give your hands a break by frequently switching hands, and by not always using the same finger or thumb to type, tap or scroll.
- Use a neutral grip when holding the device. Keep your wrist straight, not bent in either direction.
- Give your eyes a break by looking away from the screen and focusing on a distant object every few minutes.
- Sit comfortably. Your chair should support your back and allow you to rest your feet comfortably on the floor. To avoid looking downward and straining your neck, place pillows in your lap and rest your arms on the pillows, or support the device on a desk or tabletop. Your arms should be supported.
- Watch your posture. While focusing intently on handheld devices, people are often unaware that they are slouching or leaning in unnatural, uncomfortable ways. Be on the alert for discomfort, especially a feeling of poor circulation in the arms and hands.
- Warm up the muscles in the thumbs, wrists and elbows to help reduce the risk of injury from

using personal handheld devices.
This should involve only gentle stretching, never pain.

Remember the rule of thumb - don't overuse it! Limit your usage of handheld devices and listen to your body. That stiffness and soreness is reminding you to vary your routine and avoid repeating the same motion over and over. With some simple changes you can be a comfortable and healthy user of handheld electronics.

(From CCOHS newsletter, *The Health and Safety Report*, Volume 6, Issue 2 - February 2008)

Condolences

Our condolences to Wendy and family on the death of her brother-in-law, Danny Hanham on February 11, 2008. Danny was a former employee of the Fortress of Louisbourg employed in our Stores Section. He was employed for 26 years and I am sure there are many people who have fond memories of Danny .

Condolences to John Hugh Campbell and family on the death of his brother, Stephen Campbell on February 22nd.

Anyone wishing to contribute to the Hear Ye! Hear Ye!, please contact Donna MacNeil at donna.macneil@pc.gc.ca or telephone 733-3551.

All newsletters since 1999 are available at <http://fortress.uccb.ns.ca/parksproject/nhscbnews.htm>.