

Community Health Board looking for volunteer members

The Along the Shore Community Health Board (ATS CHB) is looking for volunteer members in several areas and is striving for residents to have a better understanding of its purpose and activities. Even though the board has invested significant resources developing monthly articles and notices, they have not achieved a high level of public understanding they had hoped.

In a recent release issued by the ATS CHB board said,

"Many have no idea who this group is or what it does, despite the fact that they are a body set up in accordance with the requirements of the Health Authorities Act".

Quite simply, the Along the Shore Community Health Board is charged with providing the District Health Authority with information from residents about local health concerns and needs. ATS CHB covers the area from Upper Onslow to Five Islands and meets monthly to discuss

local health needs, develop community health plans and find ways to improve overall health in the community. It is also responsible for distributing Wellness Grants to support local initiatives to improve the health and well-being of the community such as sports, fitness classes and childcare initiatives to name but a few.

The board consists of up to 15 members and is currently looking for willing volunteers to fill vacant seats, most notably to represent

Portaupique, Highland Village, Great Village, Masstown, Londonderry and Onslow. They would also like to recruit a representative aged between 16 and 19 from any of the areas the ATS CHB represents.

In addition, residents are invited to let the CHB know of any health and wellness issues they would like addressed and can do this by contacting the board using the e-mail address below. Although the CHB does not directly govern or manage the delivery of health services it is the mechanism by which residents can make their views and needs known to those who do.

If you would like to find out more about your Community Health Board or are interested in serving on the committee, please e-mail alongshorechb@hotmail.com

Londonderry Community Council News

By Sally Richard

It was a long time coming but winter has finally set in. The landscape is covered with lots of prism snow and the road to Sutherland's Lake is bustling with vehicles hauling snowmobiles to the club where numerous trail systems wind through Westchester Mountain and beyond. Ski Wentworth is boasting the best ski conditions in years. So if you are a 'winter person' this is a great place to be. If not, we are halfway through and it won't be too long as winter got off to a late start.

On the stormy wintery night of January 12, the Great Village & District Fire Department responded to a call at the Matheson house in the Mines owned by Jean Nappi. Even though the roads were not ploughed, the fire trucks arrived quickly. Unfortunately the fire destroyed much of the upstairs interior. Although the house is still standing, the building sustained fire, smoke and water damage. With the help of Debert and Onslow Belmont Fire Departments, the fire was prevented from spreading to nearby houses. The Fire Marshall deemed the cause of the fire to be electrical in nature. The house was a summer home for Jean who resides in Florida and San Diego. Over the years she has enjoyed returning here to her childhood home and has carried out many improvements to her property.

The Council held their rescheduled monthly meeting on January 16 because of previous weather conditions. General business was discussed and it was decided that we would not meet again until March 6 at which time plans will be made for our annual pork dinner which is scheduled for April 10. The Council would like to congratulate Zach and Amanda Langille-Higgins on the birth of their son Lochlan Douglas on December 13, brother to Brady. Lochlan has already attended his first Council meeting.

Congratulations to Aubrey and Evelyn Rushton, Bible Hill and formerly of Lornevale, on their 70th wedding anniversary. Their son Wayne resides on their home place. Best wishes to Aleatha Rushton who is recovering from a broken hip. She resides in Westchester with her daughter Linda. There was a picture in the Truro Daily News (January 15) of Mrs. Rushton and her family depicting 5 generations. Majorie Hayward is still a patient in the Truro hospital. Cathy is there every day with her mother and appreciates people stopping by. Pete (Ivan) Johnson has not been well lately. Dennise Miller finally got the cast off her wrist after a fall while working at our last hunters breakfast. Ida Ripley spent Christmas with her mother Nellie, a resident of Cedarstone, Truro. Previous to that Nellie's son John visited with his mother for a few days. Ida and John both reside in Montreal. Condolences to Janet Ashe on the sudden passing of her partner Clair Graham. Clair regularly attended hunters breakfasts and other fundraisers at the Center. Also to the MacDonald family formerly of Londonderry Station on the passing of Juanita (MacDonald) Elford of Ontario on December 29, 2010.

Greg Richard and family, Ottawa visited his parents, Maxine and Dan over the holidays; also, Jonathan Richard and family visited her parents Sally and John during the Christmas season. Risha Rushton, student at the University of Saskatchewan, visited her mother Valerie for Christmas. Nicolas Spencer and girlfriend Lori visited his parents Ann and David Spencer the week of January 16. Nick is a paramedic in Lethbridge, Alberta. They also visited with Nick's brother Chris and wife Robbin and of course, baby Connor born October 1.

Renovations to the basement have begun at the Thirsty Church. No Council meeting in February. Card parties on Monday nights at 7 pm. Tea, coffee, cheese and donuts are served.

Call Amanda Langille for hall rental inquiries at 668-2300.

JANUARY SNOW

F. B Adams

Snowflakes are softly falling
Thick and white and fast and free
Soon they'll cover the field and garden
And pile up on every tree.

For today they've not been driven,
By a wind both cold and strong.
Making up a nasty blizzard
As it sings a frosty song.

No to-day is calm and peaceful
Snow so thick just made for play.
Hear the laughter of the children
On this January day.

Attitudes makes a big difference!

By Robin Norrie

As Winston Churchill put it, "attitude is a little thing that makes a big difference."

As we look forward to a New Year, perhaps we can also look at gaining a new attitude! Let's start with a new attitude about being physically active both for ourselves and our families. Because when it comes to physical activity attitude makes a particularly big difference. If we make it into a chore and something we have to do, then it will always be a challenge. However, if we can make it fun and something to feel good about then it might just be the best thing we can do for ourselves, our health and our families.

Parental attitudes towards physical activity influence both their children's attitudes and their levels of participation. Parents may think that taking

their children to the park or soccer practice is sufficient to keep them active, but we have learned that that alone is not enough.

Parents have to live it too. For example, if mom makes a point to get in an early morning walk and if dad's first choice to run errands is to bike instead of taking the car, the kids will pick up on this. Attitudes towards physical activity in the home are the social norms that children will grow up with and accept as their own. Kids in an active home are more likely to grow into active adults.

Remember, an active lifestyle is not the same as taking on an exercise program or training for a marathon. There are plenty of small choices that you can make every day that add up to a healthy, active lifestyle. So keep taking the kids to soccer prac-

tice but also find ways to help them develop positive attitudes towards physical activity in general. Here are some examples:

Encourage walking and biking to get where you are going whenever possible- to run errands, to get to work or school, when visiting friends or neighbours.

Park further away from the door at the mall or downtown- walk a few extra steps to get there.

Reward your child with physical activity - let them spend an extra 15 minute playing outside for a job well done.

And conversely if you need to discipline your child, don't take away physical activity time—this could be a time when physical activity could do them some good

Volunteer to coach or help out with your child's sport team or club

Vacations are a good time to

show the importance of physical activity by holidaying in an active destination with skiing, hiking, camping or a pool nearby.

Show your approval when your child is active. Your encouragement is very important

If you are looking for more information on family physical activity, check out the Public Health Agency of Canada's Family Guides to physical activity. They can be found online at: <http://www.phac-aspc.gc.ca/index-eng.php> The family-friendly resource guides include tips, information and ideas to help parents, caregivers and guardians help their children learn about the importance of physical activity. Remember, it's all in the attitude. Get active for life!

Robin Norrie is Fundy Active Community Coordinator and can be reached at: Robin.norrie@gov.ns.ca

The Elizabeth Bishop Centenary in Nova Scotia, 2011

By Linda Harrington

February 8, 2011, marks the 100th birthday of the Pulitzer Prize winning poet Elizabeth Bishop. This great poet had deep roots in and an enduring connection with Nova Scotia, her childhood home. Throughout the year the Elizabeth Bishop Society of Nova Scotia and many artists and arts groups will be celebrating Elizabeth Bishop's life, art and legacy with a series of wonderful tributes, events and activities (concerts, lectures, exhibits, readings, kitchen parties, tours, publications, etc.).

On February 8, 2011, the EBSNS and the artists involved in EB100 events will officially launch the Elizabeth Bishop

Centenary Celebrations in the Atrium at Pipa Restaurant, 1685 Argyle Street, Halifax, Nova Scotia, from 5:00 to 7:00 p.m.

You are invited to join the celebration and hear about the many amazing Elizabeth Bishop events and activities that will take place throughout 2011. Meet some of the wonderful artists (singers, writers, painters, film-makers, composers, photographers, etc.) who will be on hand to talk about their EB100 work.

Some of the fabulous EB Centenary artists who will be present include: Suzie LeBlanc, Dinuk Wijeratne, Susan Crowe, Anne Simpson, Roxanne Smith, Linda Rae Dornan, Adrian Hoffman, Lisa Lindo, John Plant

— and many more!!

This launch is part of a week of activities, which also includes:

The annual Elizabeth Bishop Birthday Party and Elizabeth Bishop House fund-raiser, taking place on Sunday, February 6, 2011, 1:00 to 4:00 p.m., at the Writers Federation of Nova Scotia, at 1113 Marginal Road, Halifax, N.S.

"Elizabeth Bishop in Words and Music," a Symphony Nova Scotia concert featuring renowned soprano Suzie LeBlanc, on Thursday, February 10, 2011, at 7:30 p.m., at the Rebecca Cohn Auditorium, Dalhousie Arts Centre.

In addition to the events in Great Village and Halifax, many

artists — writers, musicians, painters, film-makers, photographers, actors, dancers, artisans, etc. — arts groups and universities in Nova Scotia will create events to mark the centenary.

The Elizabeth Bishop Society of Nova Scotia is Canada's only society devoted to celebrating the life and art of the poet Elizabeth Bishop. Educating Nova Scotians and the world about her deep and abiding connections to the province is its purpose.

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