

Masonic Lodge supports Hospice with \$20,800

By Cathrine Yuill

Gary Bishop, a long standing Colchester East Hants Hospice Volunteer, recently approached his King George Masonic Lodge of Debert, Nova Scotia to support the work of the Hospice. The response to his appeal has been significant from all levels. The King George Lodge

of Debert, together with the Masonic Foundation of the Grand Lodge of Nova Scotia presented the Hospice with \$800 at the annual communication of Grand Lodge in Truro on June 6, 2009. At the same event the Colchester District Masonic Association, together with the Masonic Foundation of the Grand

Lodge of Nova Scotia, presented the Hospice with \$10,000 and a commitment for an additional \$10,000 donation in the fall.

Charity is a cornerstone of the Freemason's way of Life. The mission of the Masonic Foundation is to encourage the active practice of the Masonic Principles of Benevolence and Charity, and to promote a positive image of Freemasonry in the Community. The Masons have supported individuals in need, education, community groups and natural disasters for generations.

"The Hospice is so thankful for this offer of support from the Freemasons" said Cathrine Yuill, Executive Director of the Hospice Society. "The Masons have an international history of sup-

porting Hospice and we are so pleased to be united with our local Masons in our desire to bring care and support to those in our communities who are facing end of life."

The Hospice Society provides care and support to families in Colchester East Hants communities who are facing life threatening illness. Support encompasses the whole family and continues to providing grief support after the death of their loved one. The support from the Masons will give a major boost to programs including Food From the Heart, a program that provides Sobey's grocery vouchers to individuals who are terminally ill and experiencing financial difficulties.

Cathrine Yuill is executive director of Colchester East Hants Hospice. She can be reached at: 893-3265 or e-mail: executive@cehospice.org

Truro Raceway prepares for 27th Atlantic Grand Circuit Week

By Diane Daniels

Established in 1982 by then Exhibition Manager, Brent MacGrath of Somebeachsomewhere fame, Truro Raceway is preparing for the 27th edition of the traditional Atlantic Grand Circuit Week. The annual week-long event is slated for July 26 - August 2 inclusive with five cards of harness racing scheduled, three evening cards with a 7:00 pm Post Time and two afternoon set for 1:30.

In addition to showcasing rookie stars in the various stake events, and Invitational horses in the 22nd running of the historic Nova Scotia Provincial Exhibition Cup, Atlantic Canada's top ranked pacers and trotters accompanied by owners, drivers and trainers will converge at

Truro Raceway.

The AGCW organizational team is committed and proud to present a highly entertaining and fun week offering something for everyone from the seasoned patron to novice fan.

The week not only showcases fast paced exciting harness racing at its top form but also a golf tournament, BBQs, family fun day where folks can get up close and personal with a "race horse" along with a couple of new and fresh programs including Fan Appreciation Night and an Introduction to Harness Racing Seminar.

Racing continues on a weekly basis throughout the Summer Sunday afternoons at the Bible Hill oval. For further information, call 893-8075 or visit www.truroraceway.ca



Pictured above during the Masonic Lodge cheque presentation to CEH Hospice are: Eugene Adshade, Raymond Doucette, Master of King George Lodge, Mike Scott and Brenda Sinclair (Hospice Society Board members) and Grand Master of Masons in the Province of Nova Scotia, Roy E Livley.

Onslow Belmont Notes

By Debbie Weatherby

Wow, hard to believe that June is almost over and the year is half over. I hope all you Fathers out there had a great day on your day. I was told by Geordie Alexander that he and Ron Fisher that they lowered Johnson Lake by 6" when they caught the biggest trout that was ever taken out of it. He was told by a reliable source that it was 7" between the antlers. He also says all joking aside it is nice to see the trout are doing so well.

Congratulations go out to Karen Woodworth and Nick Stanley on the arrival of their baby boy' Dylan Martin, weighing in at 8 lbs. 6 ozs. on May 6, 2009; Jennifer Hamilton Upham and Marty Upham on their baby girl born on May 24, 2009 weighing in at 7 lbs. 4 ozs and Amanda and Kelly Densmore on the arrival of their baby girl, Isabella Mary on June 9, 2009 weighing in at 8 lbs. 4/12 ozs.

Condolences go out to Patti (Doug) Barkhouse of Lower Onslow and the fami-

lies on the loss of her grandfather Lorne D. Cole on June 15, 2009; Linda (Ron) Sutherland of Belmont and the families on the loss of her father Harvey DeLee Winters on June 3, 2009.

Belmont Baptist Church services are held every Sunday at 11:00 a.m. Wednesday evenings there is prayer meeting at 7:00 p.m. In times of need you can contact Rev. Leslie Jobb by calling 5348-2078 or 662-3143.

The Wesley United Services are as follows: July 5 - Belmont, July 12 - Onslow; July 19 - Lower Onslow; July 26 - Onslow; August 2 - Belmont; August 9 - Lower Onslow; August 16 - Onslow; the UCC Council Conference, August 23rd - Lower Onslow and on August 30 in Onslow. These all begin at 10:00 a.m.

Not sure if we can say summer is here or not, not too bad of a day, then cools off, or it will rain buckets at times. Funny weather indeed. Next up is Canada Day so hope you all enjoy the day celebrating the holiday.

July 2009

Tide Times

Times based on tides at Bass River & Burncoat Head

DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE
JUN 30	-	-	1:31	1.8	JUL 10	15:41	13.1	21:57	2.4	JUL 21	0:18	14.5	6:52	1
JUN 30	7:32	13.6	13:57	1.9	JUL 11	3:56	13.5	10:19	1.9	JUL 21	12:52	14	19:13	1.3
JUN 30	20:03	13.7	-	-	JUL 11	16:17	13.1	22:33	2.3	JUL 22	1:15	14.9	7:47	0.5
JUL 1	-	-	2:29	2.0	JUL 12	4:33	13.4	10:55	2	JUL 22	13:45	14.4	20:08	0.9
JUL 1	8:31	13.2	14:55	2.1	JUL 12	16:55	13.2	23:11	2.3	JUL 23	2:08	15.2	8:38	0.2
JUL 1	21:02	13.6	-	-	JUL 13	5:13	13.3	11:34	2.1	JUL 23	14:36	14.8	20:58	0.6
JUL 2	-	-	3:30	2.1	JUL 13	17:36	13.3	23:53	2.3	JUL 24	2:58	15.3	9:26	0.1
JUL 2	9:33	12.9	15:54	2.3	JUL 14	5:56	13.2	12:16	2.2	JUL 24	15:24	15	21:47	0.5
JUL 2	22:02	13.6	-	-	JUL 14	18:22	13.3	-	-	JUL 25	3:46	15.2	10:12	0.2
JUL 3	-	-	4:30	2.1	JUL 15	-	-	0:40	2.3	JUL 25	16:11	15	22:34	0.6
JUL 3	10:35	12.8	16:53	2.4	JUL 15	6:45	13.1	13:05	2.3	JUL 26	4:33	15	10:57	0.5
JUL 3	23:00	13.6	-	-	JUL 15	19:13	13.3	-	-	JUL 26	16:58	14.8	23:21	0.9
JUL 4	-	-	5:28	2.0	JUL 16	-	-	1:33	2.4	JUL 27	5:20	14.6	11:44	0.9
JUL 4	11:33	12.9	17:49	2.4	JUL 16	7:38	12.9	14:01	2.4	JUL 27	17:46	14.4	-	-
JUL 4	23:55	13.6	-	-	JUL 16	20:09	13.3	-	-	JUL 28	-	-	0:10	1.3
JUL 5	-	-	6:22	1.9	JUL 17	-	-	2:33	2.4	JUL 28	6:09	14	12:32	1.5
JUL 5	12:25	13.0	18:40	2.3	JUL 17	8:38	12.9	15:02	2.4	JUL 28	18:36	14	-	-
JUL 5	0:45	13.6	7:10	1.9	JUL 17	21:11	13.4	-	-	JUL 29	-	-	1:01	1.7
JUL 6	13:12	13.1	19:27	2.3	JUL 18	-	-	3:40	2.4	JUL 29	7:01	13.5	13:24	2
JUL 6	1:30	13.6	7:53	1.8	JUL 18	9:42	12.9	16:07	2.4	JUL 29	19:29	13.6	-	-
JUL 7	13:53	13.2	20:09	2.3	JUL 18	22:14	13.7	-	-	JUL 30	-	-	1:56	2.1
JUL 7	2:10	13.6	8:33	1.8	JUL 19	-	-	4:48	2	JUL 30	7:57	12.9	14:20	2.5
JUL 8	14:31	13.2	20:47	2.3	JUL 19	10:49	13.1	17:12	2.1	JUL 30	20:27	13.3	-	-
JUL 8	2:46	13.5	9:10	1.8	JUL 19	23:18	14.1	-	-	JUL 31	-	-	2:56	2.5
JUL 9	15:07	13.1	21:22	2.4	JUL 20	-	-	5:52	1.5	JUL 31	8:59	12.5	15:20	2.9
JUL 9	3:21	13.5	9:45	1.9	JUL 20	11:53	13.5	18:15	1.8	JUL 31	21:28	13	-	-

SHORELINE TIMBER & LUMBER SALES

Building a barn, garage, shed or deck?
Renovating or building a new home?

We care a wide variety of lumber, OSB and more...
1" x 6" x 6 ft. or 7 ft. FENCE BOARDS now available!
"Providing excellent service and quality lumber products since 2004"

DELIVERY AVAILABLE
512 Crowes Mills Road, Belmont
662-3331

DON TURNER and 2341323 Nova Scotia Ltd.

Excavating Dozer Backhoe Culverts
QP2 Septic installer Driveway gravel, fill, topsoil
Snow removal, sand and salt - Truck mounted spreading

662-2699, 662-2419 Belmont

Diane's Restaurant & Takeout

#1 in Fried Clams

Fully Licensed Dining Room
Fish 'n Chips
Lobster Rolls
Homemade Seafood Chowder
Children's Menu
Hot Sandwiches and Dairy Bar

OPEN FOR BREAKFAST:
Saturday and Sunday 8 a.m. to 11 a.m.

Open Daily: April to October
874 Highway 2, Five Islands
254-3190

FRIDAY Wing Night SATURDAY Clam Night

Handicap Accessible Ample Parking Outdoor Picnic Area Children's Playground

Glenholme General Store

Welcomes You Jct Hwy 2+4

Fishing Licenses
Hunting Licenses
Good Bass Bait
Hardware
Groceries Movies
Great Subs

OPEN 7 Days a week AM to 10PM