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## FRONT PAGE BRIEFS August 2011

The Bass River Community Park Committee is holding a special meeting on August 4<sup>th</sup> for a discussion about the proposed plans for a community playground park on the grounds of WCCS. Everyone is invited to come give us your ideas: what you and your family would enjoy – swings, slides, basketball nets, fix up the tennis courts, or the ball field, track, make a community veggie garden. Any ideas would be helpful. Come have tea and dessert and we can discuss ideas. Meet at the Bass River Community Hall at 7:00 pm.



**Be-lated Happy 100th Birthday** to Elsie Forshner of Debert, who celebrated on March 20<sup>th</sup>.



The Town of Truro and The Colchester Regional Development Association have been selected from among municipalities across Canada to participate with the Federation of Canadian Municipalities for an economic development project in Cliza, Bolivia. Team members from Central Nova Scotia include Town of Truro Councillor Greg MacArthur, CoRDA Vice-Chair Flora Riyahi, CoRDA People Development Director Margot Begin-Gillis and Town of Truro Planner Jason Fox. Projects similar to this one generally last 4 to 6 years. A contingent from Bolivia is expected to visit Truro in the months ahead.



**Illegal dumps** throughout Colchester are still hot topics among residents. The Shoreline Journal is asking readers to either submit photos, or to let us know when an illegal dump is located. A monthly prize will be awarded for the best submission or tip. Call Maurice at 902-647-2968, or email: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)



**Seven reasons to vote** for our Bay of Fundy. The Bay of Fundy is Canada's finalist in the prestigious global campaign to declare the New7Wonders of Nature and you can help! The top seven will be determined by popular vote and announced on November 11, 2011. The Bay of Fundy is located between New Brunswick and Nova Scotia on Canada's east coast and is truly one of the country's most extraordinary natural wonders. Seven reasons to vote: Highest tides in the world; Marine ecology comparable to the Amazon Rainforest; World renowned dinosaurs and fossil discoveries; Home to over 12 species of rare and endangered whales; Best site on planet for green tidal energy; Rich in history and culture and Home to 2 UNESCO Biosphere Reserves, one World Heritage Site and a Geopark. To learn more go to: <http://votemyfundy.com/>



**Martina Yorke of Parrsboro**, who is entering her third year at UNB in Moncton in the Bachelor of Nursing program, has been awarded a bursary in the amount of \$5000 per year of study thanks to the Cumberland Health Care Careers Bursary Program.



**Debert Military Museum** will hold its annual Peacekeepers Ceremony, 1 pm, at Debert Military Museum on August 9<sup>th</sup>. The ceremony will include Special Tribute to the 157 Soldiers who have died in Afghanistan. All welcome. Refreshments will be served. Call 662-2860 for more details.

# Commemorative Plaque Unveiled At Five Islands Lighthouse Park



Mayor Bob Taylor, right, and District 10 Councillor, Tom Taggart, left, assist in cutting the Five Islands Lighthouse Park celebratory cake on July 23rd. (Judy Bristow-Roberts Photo)

By Maurice Rees.

July 23rd was a very important day for the Five Islands Lighthouse Preservation Society when it hosted several hundred people for the annual Lighthouse Day activities, which included barbeque, live music, children's games and face painting. This year an added attraction was the unveiling of a commemorative plaque for the new regional day use park.

Located at 140 Broderick Lane, off Route 2 in Lower Five Islands, the park sits on an open, 8.8 ha (22-acre) property which was donated to the Municipality in 2001 by the late Gertrude Jenkins of Lower Five Islands. In 2008, the Five Islands Lighthouse needed a new home and through the leadership from the municipality, the lighthouse was moved

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Bill Canning of Truro, former principal of Willow Street School, portrayed the roll of town crier, as some of the original Planters were represented during a special service held at Erskine United Church. Year long activities are being held, marking the 250th anniversary of the arrival of English-speaking settlers known as Planters from New England and Ireland beginning in 1761. (Harrington Photo) *More 'Planters' photos on page 10.*

## Safety Tips During Hot Weather

By Chris Urquhart

We need to be careful in hot weather. The Canadian Red Cross have the following key tips and reminders for us:

**Some of the key tips and reminders from the Canadian Red Cross include:**

Stay indoors, or in the shade, during the hottest part of the day from 10 a.m. to 3 p.m. Postpone strenuous outdoor activity, or schedule it earlier in the morning or the evening. Take frequent breaks if working, playing or exercising in the heat, and use the

buddy system. Dress in light, loose-fitting clothing and wear a wide-brimmed hat.

Drink plenty of cool fluids, but avoid caffeine and alcohol. Check often on those vulnerable to heat, including the elderly, small children, the overweight, those with chronic medical conditions or limited mobility.

If you don't have air conditioning, spend the hottest times of the day some place that does - like a shopping centre. Never leave children or pets alone in vehicles, and ensure pets' needs for water and shade are met.

Prevent sunburn by limiting exposure and frequently applying SPF-15 or higher sunscreen. Have an emergency kit stocked and handy in case of power outages.

Know whether any of your medications can impair the ability to regulate heat or perspiration.

Remember that heat waves increase smog in urban areas, which is an added risk for people with respiratory illnesses.

Be vigilant for, and know what to do, in case of two life-threatening conditions: heat cramps or heat stroke:

**HEAT CRAMPS** are muscle pains or spasms, usually in the

*continued on page 2*



The Duke and Duchess of Cambridge, on their trip to P.E.I. July 4th, at the foot of St. George Street at Confederation Landing. The Duke's new flag is prominent in the background as the couple departs in their carriage. (Photo by Gary and Sharon Croft) *See more pictures and story on page 4.*

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