

PHOTO FEATURE Onslow Belmont 4H

Onslow Belmont 4-H Club held their annual Achievement Day on July 17th at Hamilton's Farm in Lower Onslow. Members displayed their non-livestock projects and took part in livestock showmanship classes. Photos by Linda Harrington.



Award winners included: (front l to r) Anna Fullerton- Championship Livestock Showperson, Ryan Porter and Fabian Hamilton- Top All Round Members, Emma MacMillan- Top Rockie and Top Cloverbud; (back l to r) Michael Congdon- Top Junior Member and Megan Wynn- Most Improved Member. Missing from photo was Thomas Harrington- Top Junior Leader.



Sophie Shepherd leads her calf around the ring during Junior Dairy Showmanship Class.



Ciara Congdon, Natalie Porter, Ella Porter and Ben Kittilsen were well prepared for the Rabbit Showmanship class.



The TNR 4-H Club came to Onslow Belmont's 4-H Achievement Day for a tug-of-war pull-off with Onslow Belmont. The host team won the pull.

I Heard it at the Company Store

By Wendy Cox

Do you know what I heard at the Company Store.....I heard that there were a couple of ball tournaments recently in Bass River. One was the annual Stuart Grue and Linda Tower-Rushton memorial Tournament which gives two high school bursaries and the recipients this year were Felicia Rushton from Bass River and Heather Rushton from North River. Congratulations girls.

The other ball tournament was for the 50th Anniversary of West Colchester School...I understand this was an extremely fun day with 4 teams playing and one of the teams was made up of 'older students' from the school....heard John Creelman was an awesome first baseman just like the old days. And I hear there was more than one pulled muscle on that team....right Mike R. and Paul W.

We all look forward to seeing old school chums on Sept 1 at the school, a meet and greet in the afternoon with special guests and a dance that evening has been planned. Contact Paul William at 647-2153 for tickets cost is \$15 for single and \$25 couple. If anyone has any memorabilia like class pictures (there are still a few years that are missing) they would like to loan contact Wendy Cox.

I heard that Karen and Reighn Faulkner are home from Yellowknife for a visit. Also home for a visit is Pete Gallaway from Listowel, Ontario. And I hear Matt Faulkner and Amanda Grue will be here for a visit in August...always nice to see these folks home for a good visit with friends and family.

Wow haven't we had some nice weather this month...so much going on every weekend. It was busy on yard sale weekend Rooster's Big Scoop Ice Cream Stand and at JJ's Burger Bus had long line ups most of the day.

Thanks to Glen Mc and Peter C. for the great mouse rescue, he didn't come back as far as I know. Its always nice to have brave souls around to take care of those little things!

I hear that Cheryl C. was a very happy race goer at the IWK 250 in Antigonish...you may get your speed boat now Kevin!

I am pleased to say that Mackenzie Faulkner has made the Nova Scotia Provincial Bantam Girls Lacrosse Team and is off to Victoria, BC on July 29 to play in the National Championship Games. Kenzie is the daughter of Charles and Kim Faulkner of Bedford, formerly of Bass River. I also heard Connie Harrison's daughter is on the team.

Connie is a former resident of Great Village. Way to go girls, good luck and have fun.

Heritage Day is planned for August 4th with bake sale starting it off at 10 am and the Nova Scotia Antique Engines and Tractors on display. As well as some of the Fundy

Shore Antique Auto Club, a blacksmith display, Chinese Auction, Cake Auction, 50/50 tickets, BBQ, a friendly cross cut saw competition (which Darlene and I already have tied up) and the Firemen's Boat Race is always a great attraction.

You can buy your boat number at the store in advance or you can get it on the day of the race from one of those dedicated firemen. Hope to see you there. Just remember I heard it at the company store and if you want to see it here just let me know.

Enjoy your last month of summer and play safe.

Creating an Environment to Support Health and Wellness

By Heather Fraser

Fund Raising/Public Relations Assistant
Central Nova Scotia Civic Centre Project

Since I began working with the Central Nova Scotia Civic Centre Project Team, one thing has been clear to me. When the idea was initiated to provide a new health and wellness centre for our community, the entire team has had one common goal - to build a Centre that our Region can take great pride in and one that will focus on breaking down barriers that might deter people from walking through the doors. It will not only be a "fitness" facility; it will be much more. The focus of the Centre will be on the total health of our community which will result in both short term and long term effects that will improve the lives of our citizens for generations.

As a way to ensure the facility is supportive to all community members, a Healthy Policy Advisory Committee was formed which is comprised of various members whose expertise represents social, economical and cultural initiatives. Although formed 18 months ago, this committee now acts as an advisory committee to Jim Lambert, the Centre's General Manager, and the newly formed Operating Board. The committee has focused on six main strategies: Access to Physical Fitness, Healthy Eating, Injury Prevention, Responsible Alcohol Usage, Tobacco Free and Baby Friendly areas.

To have an active daily life, seems like an easy choice for some, but to others it's a reality that may not be possible due to economic or social restrictions. The Centre's team is committed to reduce barriers that might prohibit children and their families from being physically active and allowing them the opportunity to participate in activities that promote healthy, active lives. The project team will look at such things as program fees, equipment costs, and activities that are supportive to broader family use.

A decision was made early in the design phase for the Centre not to include deep fryers in the Civic Centre. This was both a cost and design decision but also one that demonstrates the commitment of the project team to ensure a healthy environment for those who visit the facility. When healthy food and beverage options are available, it can have a strong impact on the wellness of the entire community. Many schools and hospitals have adopted this thinking, so it stands to reason that our community's health and wellness centre would also follow in this direction.

Preventing sport and recreation injuries

requires a shift from focusing on individual behavior to an environment that promotes safety through their physical design and health promoting policies. As part of the injury prevention initiative, a mandatory helmet policy for all ages could potentially decrease the number of on-ice injuries. With today's concerns surrounding concussions that are leaving permanent or long lasting affects, this seems like a "no-brainer".

With the direction taken by the Province, as well as the Town of Truro and the County of Colchester regarding tobacco free areas, it should not be of any surprise that the health and wellness centre would also look at adopting those same guidelines. Smoke free policies have proven effective in reducing the rates of smoking and tobacco use and preventing youth from starting to use tobacco. Ways to promote the responsible use of alcohol is also a concern that many of us have. Statistics show that youth are starting to consume alcohol at an earlier age and are especially vulnerable to the marketing of these products. The responsible alcohol initiative will look at such things as limiting signage in areas that are frequented more often by youth and young adults.

Designated "baby friendly" or family friendly areas are another consideration that would provide a welcoming environment for families and would support healthy choices. The direction the Centre will take on each of these initiatives is not yet determined, but I do know that when the doors open to our new health and wellness centre, it will be an environment that is supportive of healthy choices and will have a positive, long lasting impact on the health and well-being of our community. A healthy community is a safe, sustainable, prosperous place to gather, play and thrive.

So How Will You "Ignite the Spirit"?

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Bass River United Baptist Church
5692, Hwy 2 - Bass River NS - BOM 1B0

Sunday Worship Service 11 a.m.
Bible Study - Mondays 10 a.m.

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Lic. Larry Tirrell - Pastor
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