

Meeting Rural Challenges With Energy and Imagination

By Elaine Frampton

2016 was an important year of growth and development for the Rural Communities Foundation of Nova Scotia (RCF), which recently held its AGM in Truro. The work, effectively led by the Board, has been largely carried out by RCF's committees, and each delivered on their mandates, and more.

The Fund Development Committee continued its work on the creation of grant programs that focus on the immediate issues facing rural Nova Scotia. These included three key grant programs: the Rural Youth Grant Program, the Woodlot Owners Innovation Fund and the Rural Seniors Grant Program. Each of these programs is based on collaborations with partner organizations, an approach to grantmaking that we believe is breaking new ground. In addition, it also laid the groundwork for the Rural Vitality Grant Program, which is being delivered in 2017.

The Grant/Nomination Committee did excellent work in managing the Seniors Grant Program which supports exciting initiatives relating to rural seniors. At our AGM on June 16th at NSCC Truro, we heard presentations and a panel discussion on three RCF funded rural seniors projects.

Carol Jones of the Old School Community Gathering

Place Cooperative Ltd talked about their 2016 RCF Seniors Grant funded project, the Community Based Peer Support Program for Chronic Disease Management. Through the program, people living with chronic illness on Nova Scotia's south shore can access information sessions, resources and mentoring in order to adopt health strategies to improve their lives.

"By looking at chronic disease as our overall umbrella, we can offer our project to all age groups on the south shore," says Carol. Workshops are planned for Fall 2017 on Emotional Wellness and Coping Skills, Living Our Best Lives, Financial Security and Scams, and other pertinent topics. One of the goals of the project is to help seniors on the south shore to live independently in their homes for as long as they are able.

Jean Crawford of the Hants Shore Community Health Centre gave a presentation on their 2016 RCF Seniors Grant funded project, the Seniors' Drop In. The project provides presentations, a healthy lunch, low impact aerobics sessions and musical entertainment once a week for seniors at the Centre Burlington Hall. "A needs assessment found that our seniors needed to be more included with what was going on in their communities," says Jean.

"Our rural seniors often feel isolated because of large distances between neighbours in our region, and they need more opportunities to be with other people." The Seniors' Drop In allows seniors to get together to socialize, enjoy a meal, get some exercise, and learn about other resources available for them.

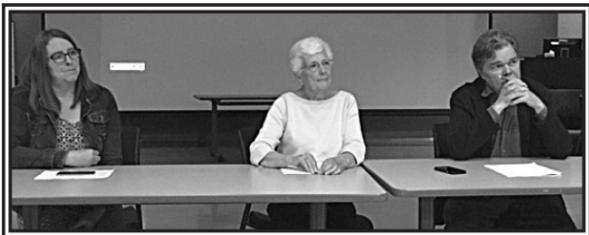
The Seniors Navigator Project creates and evaluates ways to improve rural seniors' access to the services they need. Project Coordinator Anna Roch and seniors' navigators Phyllis Price, Bertha Meister and Terry Keddy participated in a panel discussion and answered questions from the audience on their work and the value of having seniors' navigators in rural areas.

"The Seniors' Navigator Project will provide training to community leaders so they can serve as rural navigators to seniors," says Anna Roch. "Navigators will direct seniors to the services they need with the objective of maximizing their ability to remain in their homes and in their rural communities." Nova Scotia 211 will partner with the project as part of a triage system, and will refer seniors to one of the seniors' navigators when necessary.

Besides providing resources for enriching the lives of seniors living in rural Nova Scotia, RCF also facilitated a grant of \$20,000 from RBC for Heartwood Centre for Community Youth Involvement, a partner on the youth grant program. "The committee delivered on the nomination side of their mandate as well, bringing in three excellent new board members," says RCF Chair Arthur Bull. "Our new directors Greg Levy, Jean Ward and Maureen Coady have contributed a lot over the last year."

Arthur Bull sees huge challenges for rural communities in this province as he looks ahead to 2018 and beyond. "2016 put us in a position to meet these challenges with new energy and imagination. As we set new targets and objectives, we remain rooted, above all, in our belief in the inherent value of the small communities of rural Nova Scotia."

Elaine Frampton is Communications Chair, RCF and can be reached at: frampton.elaine@gmail.com



Pictured above during the AGM of the Rural Communities Foundation in Truro area (L-R) are Jean Crawford, Hants Shore Community Health Centre, Carol Jones, Old School Community Gathering Place Cooperative Ltd; RCF Chair, Arthur Bull on June 16th. (Submitted)



The Seniors Navigators Project Panel in Truro on June 16th included: (L-R): RCF Board Director; Brenda Allen, Project Coordinator Anna Roch, New Ross Seniors' Navigators Phyllis Price, Bertha Meister and Terry Keddy at the RCF AGM on June 16, 2017. (Submitted)

Debert Days, Something for Everyone August 8TH - 13TH

By Linda Harrington

It is the second year for the revitalized Debert Days and this year will be more exciting than last year says organizer Marie Irving-Benoit.

Starting on Tuesday, Aug 8th the events begin with an Outdoor Ball hockey game for ages 7 - 10 from 6:30 to 7:30 pm and ages 11 and up from 8pm to 9pm at the tennis court on the military base. Participants will need helmets with cages and a stick, although there may be a few on hand. Refreshments and lights snacks will be provided. To register, contact Dawn Spence at 902-986-2415.

Merchandise Bingo will be held on Wednesday, Aug 9th at the Debert Legion, doors open at 6pm and start time is 6:30. Bingo Cards need to be purchased in advance. \$10 for a book of 10, \$5 for each additional book. Contact Marie Benoit @ 902-641-2144 or Heather MacKay @ 902-668-2501.

The ever-popular Little Miss and Master Pageant returns to the Debert Legion stage on Thursday, August 10th. Doors open at 6pm, pageant starts at 6:30pm. The event is open to ages 3-5 and more.

Participants are welcome. For more info and to register, please contact Stacey Johnson at the Debert Preschool at 902-662-2225. Just a fun evening for the

kids!! There will also be on the float in the parade Saturday.

Friday August 11th, the Debert Legion is hosting a Strawberry and Salad Supper from 4:30-6:30pm. Tickets are being presold and they are available at the Debert Legion and Barnhill's Superette or contact Sharon Kyle at 902-957-3008. Cost is \$10/adults and under 12 yrs/\$5.00.

The Parade will be held on Saturday, August 12th and it starts at 11:30am at the Debert Legion and follows through the village, ending at the football field on Ventura Drive, Colchester Park. The field will be transformed to a carnival like event, where you will see game booths, food vendors, shopping vendors, face painting with Fantasy Faces 101, petting zoo and pony rides with Forever Memories Equestrian, Heritage Tent, entertainment on stage from 1pm to 4pm with the band Double Stacked, photo booth, special interest cars, pie eating contest and so much more!

Spread the word if you have an antique car or special interest vehicle you would like to show. There will be a place on the field for you on Saturday, too!

The fun continues in the evening of Saturday Aug 12th at the Debert Arena with New Breed Wrestling. Clean family fun for all! Doors open at 6:30, Bell Time at 7pm. advanced tick-

ets are \$10 or \$12 at the door. Tickets available at Angelinas, Debert and Stomping Grounds, Truro.

Afterwards head on over to the Debert Legion at 9pm for an adult dance with DJ Special O (Richard Haines) until 1am. Tickets are \$10 at the door with a 50/50 draw. Any questions contact Olivia Putnam or Josie Slack-Babineau.

The week of Debert Day's activities wraps up on Sunday, August 13th with an Open Air Service at 2pm on the field, with some entertainment, too.

Organizers are looking for many volunteers to help with bingo and for events on Saturday, whether it be an hour working at a booth or setting up and taking down the field. Please contact Marie to see where she can use your help, benoitmarie@yahoo.ca or phone 902-956-1774.

Also, they are looking for more floats or entries to make the parade the best yet!! Theme is Canada 150 and there is no entry fee. Email Marie for a parade package.

Keep up to date on the events on Facebook/Debert-Days.

There will be some shade tents but you are welcome to bring a lawn chair and an umbrella.

See you in Debert August 8th to 13th!

Debert Legion Notes

By Dan Martell

What's going on at the Legion for August?

The 8th of August is the Executive Meeting at 7:30PM. August 10th is the Little Miss and Master Pageant at 6:30PM in the auditorium. A Cold Plate Chicken/Beef and Salad Supper will be held on August 11th from 4:30-6:30PM. Please pre-buy your tickets. Cut off date to purchase is August 4th. The Debert Field Day Dance will be at the Legion on August 12th from 9PM-1AM.

With the Dart and Crib League taking a break from their winter schedules it is time to turn our attention to fishing, golf, swimming, ball and the summer sports.

The bass (sea) fishermen and women are having some great luck down the bay with some very nice fish ending up in the frying pan. Earlier in the year, I was treated to two beautiful feeds of trout, thanks to Larry and Spencer. Where did they get them, hard to say, all Larry said was "It's a family secret, old fella!". For those who like fresh mackerel, be they fried or smoked, they are all over the coast right now and provide a barrel of fun on light tackle.

Oh yes, before I forget! Robert, your neighbour who lives down the lane from you

said he would show you how to catch a keeper (bass) and promised he would not tell a living soul. My gosh, that Blair is a good buddy.

Happy Birthday wishes for July are passed along to Valerie Yantha, Mandy Slack, Bill Wood, Earl Harvey, Bruce Higgin, Ron Totten, Jim Adshade, Eric McCully, Helen Eastcott, Jimmy Totten, Debbie Buchanan.

Happy Anniversary wishes

for July are passed along to Jane and Glen MacDorman, Carolyn and Mike Totten, Marcia and Norm Eastcott, Connie and Sam Worthington, Gloria and Doug Mattatall, Betty and Robert Hill, Sue and Mike Taylor, Wendy and Dave MacPhee.

Please don't forget to thank a Veteran, it is because of their sacrifices we are able to enjoy our country and our freedom. Please say a prayer for our troops who are serving in foreign countries and their families.

Gout – it's a Painful Experience

By Christine Urquhart

I want to tell you that I have been suffering from bouts of gout lately, but am on the mend from that malady. Unfortunately I developed gout on the flight to Vancouver so spent the week mostly in a wheel chair.

I learned a few things from this: first and foremost, people are very, very kind. I had many offers of "a push", from Conference members but also from students. I learned that there are things you can't reach from a wheel chair - such as food in cafeterias. Again, so many kind people who helped fill my plate and wheel me to

a table to eat at and get me drinks etc.

Now the final thing that I learned, and had truly never thought of before, was that the handicapped bathroom has a very large, heavy door. You cannot get either in or out without help! You can't open the door from the wheel chair! You push on the door to open it and you just move away!

So, the next time you see someone in a wheel chair, please look around and see how you can be of help, even if it's only to stand guard at a bathroom door so they can be sure to get out.

The **Shoreline** Journal Deadline for the September issue of **is August 22**

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