



Patients in the Chemotherapy Unit will have a few new items to help pass the time during treatment thanks to a generous donation realized from monies raised at Debert Golfs For Cancer tournament last month. Left to right: Raj Makkar - Manager Ambulatory Care (sitting in one of the new comfy chairs), Donna MacDonald - Chemotherapy Nurse, Diane Chapman - Chemotherapy Nurse, Darlene Holmes - Patient Navigator and Geraldine Gratto, Golf Tournament organizer (holding one of the new tablets). (Harrington Photo)

Debert's Golf for Cancer Raises \$4,300

By Linda Harrington

Christmas came early to the Chemotherapy Unit at the Colchester East Hants Health Centre recently. Geraldine Gratto dropped by with an armload of gifts to help make patients more comfortable during their treatment.

Debert's Golf For Cancer tournament was held in September and when all funds were tallied the total had reached an amazing \$4300. Geraldine and her organizing team were thrilled to be able to donate many gifts to the Chemo Unit.

"We purchased several subscription to magazines and local newspapers, gas cards, wigs, three comfortable chairs with footstools, plus 5 tablets and their cases," says a very happy Geraldine.

Geraldine knows what it is like to spend day after day in the chemotherapy unit, having fought her own battle against cancer two years ago. "I wanted to donate items that might help take their mind off things while they are sitting here," she says looking around at the familiar hospital chairs and medical equipment, she came to know all too well. "Maybe it can make them feel just a little bit better."

The Chemotherapy Unit sees up to ten patients per day, some requiring treatment for as long as 8 hours a day and Raj Makkar, Manager of Ambulatory Care, was thrilled to accept the gifts. "All our patients will benefit from this and we are very appreciative of Geraldine's hard work," he says. "These items will defi-

nately make their visits a bit more comfortable, especially these new comfy chairs."

Donna MacDonald, a Chemotherapy Nurse, was very pleased to see Geraldine on the Chemo Unit for such a happy occasion. "It is amazing to think someone would think of doing this after their treatment," she said.

Geraldine says she has tried to keep paying the donations forward by purchasing local, including buying the magazine subscriptions from a student at CCJHS and the gas cards from companies who had supported the golf tournament.

Plans are already in the works for next year's Golf Tournament. Well done, Geraldine and your assistants Heather Morrissey, Shelley Mattix and Donna Webb.

When temperature drops Ski Wentworth guns start

By Leslie Wilson

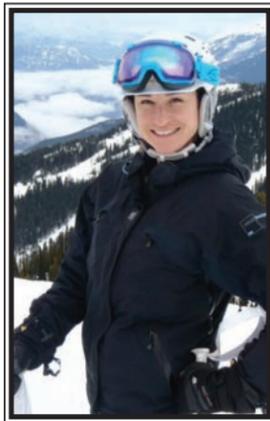
Ski season is fast approaching... we'll be firing up the snow guns just as soon as the temperatures drop down.

Ski Wentworth has one of the most technologically advanced and the largest snowmaking plant in Atlantic Canada, thanks to the 2011 Canada Winter Games. The snowmaking capacity at Ski Wentworth was literally doubled for the Games. We now have the capacity to pump 2700GPM of water up the mountain. New compressors, new pumps, new snowmaking pipe and over 100 new snow guns were all part of the legacy.

With the increased capacity, we're able to take advantage of the windows of cold weather, maximizing our snowmaking production

when it counts. With our temperate Maritime climate, it's all about snowmaking. It's an absolutely essential part of skiing and snowboarding. You need to be able fire up quickly, make as much snow as possible and then hunker down when the temperatures go up.

People often ask why we leave the snow in mounds and then push it out. Early season, it's all about 'saving' the precious snow. We leave the piles so that in the event that it rains, the water will run off the snow, instead of soak in. If you push it out and open up the snow to the elements, you'll lose a lot more volume. It's also good to allow the snow to 'dry in', so that you get a better product for skiing. No one likes skiing on cookies!



Leslie Wilson

Ski Wentworth continues to improve and enhance its snowmaking system. We purchased another 10 new snow guns this year, with the help of Efficiency Nova Scotia. Replacing older guns with

new high efficiency guns qualifies us for a rebate through Efficiency NS. So not only are we increasing our fire power, we're making the entire system more efficient and cost effective.

We also installed snowmaking pipe on the Hurricane this summer. It's going to be a treat to ski more runs on Hurricane, which relied on natural snow. Ski Wentworth now has snowmaking on all its trails, except the south side. And those will be coming!

We're looking forward to another exciting season of fun on the slopes. Hope you can come and join us. We always on plan on opening mid-December. So keep watching our website and Facebook page for updates.

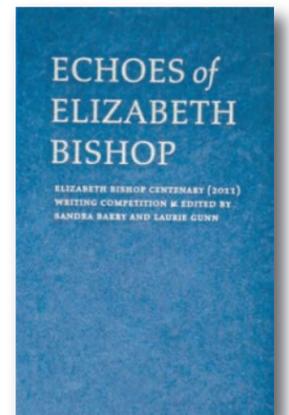
Echoes Of Elizabeth Bishop ON SALE NOW

In June 2013, the EBSNS launched *Echoes of Elizabeth Bishop: The Elizabeth Bishop Centenary (2011) Writing Competition*. The editors Sandra Barry and Laurie Gunn asked Carmel Cummins to provide a personal response, to the collection.

Carmel Cummins a writer from County Kilkenny, Ireland writes..... I really want to say very little. All I want to do is keep quoting from this fine book. "We ingest geography. (Mary Jo Anderson)"; "I won't drop you. I'm showing you our world. Look out there, baby. That's our slide shining like the Milky Way. (Moya Pacey)"; "There's something about the ocean, that makes me "me". (Maria Duynisveld) and *Someday, in this place, I will pass from this world to the next.* (Elizabeth Schofield).

Echoes of Elizabeth Bishop, both adult and younger writers offer with clarity and humour, an awareness of all our love and longing for what might be home. This book is a celebration of that theme but, as befits echoes of Elizabeth Bishop, there is awareness too of the heart's complexity and of what is painful and dangerous, especially in the writing from young people as they grapple with what life presents to them.

Just the title of Tiffany Vincent's piece "On the Out [In]side Looking In[Out]" wonderfully evokes such struggle, or Sarah Giragosian's, *The parsonage*,



a massive New England colonial, has three spots from which a person can jump and possibly land intact... But, as with Bishop, there is a rich sense that fine writing on any theme can offer its own transcendence. There are also beautifully-reproduced images, the small scale taking nothing from, for example, the haunting image of "The Walker" by Teresa Alexander Arab or the colourful delight of "Low Tide" by Joy Laking. The editors, Sandra Barry and Laurie Gunn, have performed a great service, for contributors and readers, in bringing this book into the world.

This beautiful little book sells for \$15.00 and would make a wonderful Christmas present.

You can purchase online at: <http://www.elizabethbishops.org> or at the Masstown Market or Bookmark, on Spring Garden Road in Halifax, N.S. or call Patti Sharpe at 668-2428.

Onslow Belmont 4-H Club News

By Sarah Kittilsen

Hello again, I hope you enjoyed my last article because I am back with more.

On Nov. 12th we had our general meeting, we played an awesome game! You had to throw a volley ball and someone would catch it. When someone caught it they would look under their right thumb only to reveal a...question it was a lot of fun to answer question about you.

There were questions from what is your favorite colour to what would be your super power if you were a super hero. It was super fun and there was lots of laughing! We thank Amanda for this awesome game.

You know what else is amaz-

ing? The Captain Cobs Crazy Corn maze. Family fun day at the maze was held on Oct. 20. The Onslow Belmont 4-H club held a fundraising barbeque.

It was so much fun and we want to say a MAJOR thank you to all the people who came out and donated to our barbecue and the Masstown Market. The money raised will help the club pay for things and have fun events.

So for all you that helped us raise just over three hundred dollars the Onslow Belmont club would like to say a big thank you. On top of all this fun we also have decided to have a club Christmas party it's going to be great because we have a

good group of committee members and great people to be there.

As you can likely tell we have been super busy. To finish out the 2012 4-H year Onslow



On October 20th the Onslow-Belmont 4-H Club raised over \$300 at a BBQ fundraiser at Captain Cob's Crazy Corn Maze Family day event. (Sarah Kittilsen Photo)

Belmont's William Cooper won Rookie of the Year award at the county awards night. Good job William!

I hope you enjoyed my article - talk to you next month!

Sarah Kittilsen is the new club reporter for the Onslow-Belmont 4-H Club

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