



At the Jan 19th Parrsboro Lions Club meeting King Lion Frank Hartman presented Lion Jerry Boutilier with pins for bringing in 3 new members 2010-2011 and for more than 5 new members in total. (Lawrence Nicoll Photo)



Angie Lohness, Service Centre Coordinator and Bev Cooke of the Canadian Red Cross made an interesting presentation to the Parrsboro Lions Club on Jan 19th. They explained the services the Red Cross does in time of need, and consulted with club members about the need for local volunteers in the area. It was made clear the degree of involvement would be at an individuals discretion and not just Lions are invited to apply. (Lawrence Nicoll Photo)

Telling Our Stories... A COMMUNITY PROJECT

By Terry Francis

The Great Village Community Association is excited to be able to begin a project that has been in the works for a number of years. With a grant from The Along-the-Shore Health Board about 5 years ago; a recent grant from Seniors Literacy and assistance of Colchester Adult Literacy Association (CALA) we are putting together a project that would see seniors getting together to produce a book that would share a portion of their lives with the young and old, memories of days that are quite different from today.

It also reminds us of the efforts many of these people put into building our communities and we hope show us what community and family can mean. Many of the younger people today, don't get a chance to talk with those that grew up here or moved into our area, and don't realize how much work many of the older people in the community have done in the past to benefit the younger people.

We'd like to change a bit of this with the publication of this book. It will have a few stories by each person, a bit of a biography, as well as a favourite recipe and photo.

If you are someone that would like to be part of this project, or know of someone who you like to see in this book, please contact Terry Francis at 668-2766 or Heather MacKay at 668-2501. For now we are aiming at the generation 70 years and older, with as many as possible being 90+ that live in the district covered by the Great Village and Area Fire Department.

We have been fortunate to hire a coordinator. Nance Ackerman is a well-published author. Her work has been featured in Time, Newsweek, Canadian Geographic, New York Times, and Canada's national newspaper, the Globe and Mail. She has made several award-winning documentaries and is a well-known photojournalist. Information on her work can be viewed on her website nanceackerman.com.

Walking for Fitness

By Chris Urquhart

If you are walking for fitness here are a few tips to make it more enjoyable, safer and provide results. Get in gear. When walking for exercise, dress in loose fitting, comfortable clothing. Wear layers if you need to adjust to changing temperature. If you walk outside, choose clothes appropriate for the weather. Avoid rubberized materials because they don't allow perspiration to evaporate.

Wear bright colors or reflective tape after dark so that motorists can see you. Walk on the correct side of the road, facing oncoming traffic. Always step off the pavement when a vehicle approaches, and if you are walking your dog or a small

child, make sure they, also, are on the shoulder of the road.

Walking is great exercise. It increases your heart rate while not damaging your bones and muscles which jogging can do. Walking also gives you a chance to reflect on nature, to breathe fresh air, and to reduce your stress level. By walking for 30 minutes three times a week you can tone up your muscles and lose unwanted weight.

Walking is good for your health and your mind. Exercise reduces the level of fibrinogen, a key protein present in the blood-clotting process. This in turn helps prevent clot formation, particularly in older men. Start today. It is the first day of the rest of your life.

Out And About With Ken

By Ken Kennedy

Here we are into February, in the year of our Lord Two Thousand and Twelve and what do you know - it's Leap Year again, so watch out men - be on your guard!

Speaking of Leap Year, I guess we have to take a leap of faith that the world will not end in 2012 as some preacher out West and the movie and media industry would like to have us believe. Pastor Bill Martin had a good article in last Saturday's Truro Daily News religion page on the fallacy of current "end of the world" debate making it's rounds.

Did you have a good Christmas? Did you receive any gift cards? When we were away I read in the Financial Post that there was \$6-Billion dollars spent on gift cards in 2010 but there were over \$1-Billion never cashed! So go now and check your Christmas cards before you trash them to make sure there were no gift cards inside. I found an old Tim Hortons gift card and it was still valid. If you are going to give gift cards this year you should give credit gift cards, they say, where the recipient can use however he or she wants instead of where YOU think they should spend your hard-earned money!

Speaking of being away, Velma, Olivia, and I flew to Toronto on Christmas Day to have New Years with our son, Greg, and family in Newmarket. The grand-twins and Cindy's day care kids had a ball spoiling Olivia who turned nine months on the 8th. While there, Sarah shared

with her grandmother that she had a school project to do on magnets.

We told her some of the benefits of magnets and I produced a screwdriver with a magnetic tip for holding small screws in place. Not to be outdone, Velma said, "and then there were cow magnets." I said, "WHAT?"

She said when she was a little girl farmers used to put magnets down the cow's belly to attract metal objects should they ingest such things while scoffing down grass out in the field. I was sure she was pulling our legs but she swore that was the truth and farmers probably still do that today. So if you happen to know where Velma can get and old cow belly magnet, please give her a call at 662-3029.

Another thing I learned from being in Newmarket is their recyclables program. They have no problem with black, clear, or blue bags because they don't use any. When you move into an area you are give two blue boxes, a small compost container and a larger outdoor compost container. In one of the blue boxes they put paper products and in the other blue box they put plastics and metals with organics in the composter. Every second Tuesday another truck comes by and picks up whatever they class as garbage. Seems pretty simple to me. Of course we must realize that Newmarket has a population of about 75,000.

As Bugs Bunny always says, "That's all folks." See you next month, God willing.

VON Adult Day Open House February 10th

The VON is holding an Adult Day Program Open House on Friday, February 10th at Johnson Manor, 9 Church Street, Truro. The VON Adult Day program provides a warm, comfortable and friendly environment for seniors who would benefit from increased stimulation and socialization. The program also provides respite time for their caregivers.

Those interested are invited to drop in any time between: 9:00-11:00am &

1:00-2:30pm. The program will include morning news and reminiscence, snack, baking session, an exercise class, valentine craft, group crossword puzzle ending with a snack and sing song.

VON staff members will be available to share information regarding the Adult Day Program, as well as other programs and services offered by the VON. Contact Monique 305-1172 to RSVP or for more information.

Gift Certificates Awarded

In late December in its third annual Subscription Renewal contest, the Shoreline Journal has presented \$25.00 gift certificates to four loyal readers. Maurice & Dorothy Rees started the contest in fall of 2008 to reward subscribers for renewing between November 1st and December 3rd.

The winners are as follows: Cyril Roberts, Mines Road, Bass River a certificate to Wilson's Gas Stop, Great Village; Donna Totten, Debert a certificate to Pearl & Daisy Natural Soaps; Hazel Hill, MacCaull Villa, Great Village a certificate to Bayside Pharmacy and Gail Hines, Debert a certificate to Masstown Market.

Winter Carnival in Bass River FEBRUARY 13-17TH

By Lacey Gilley

Students and staff here at WCCS and BRE are getting back into the swing of things after a wonderful holiday break! There are lots of extracurricular activities beginning in January and some fun activities for students in all grades being organized.

Ski Club had their first day on the slopes on Wednesday January 11th lead by Mr. Cameron. About 20 students attended and had a great time. Ski club is after school at Ski Wentworth from 4:00 until 7:00pm. They are also planning to ski on the 18th and 25th of January, weather permitting.

Basketball practices have been going very well! Recently games were held at West Colchester on Monday January 9th and Tuesday January 10th for both the boys and girls teams. Monday's scores were 46-48 for the boys with the visiting team winning and 28-68 for the girls game with the visiting team winning. The scores for Tuesday's game were 41-47 for the boys' game and 16-49 for the girls' game with the visit-

ing team winning both of those games. Both teams had lots of fun and gave a lot of effort for their first games!

Primary registration for the 2012/2013 school year will be held on Thursday February 9th, 2012 at BRE. If you know of any children or if your children will be attending our school next year please call the office at 647-3500.

All special events and information about WCCS and BRE can be seen on our website. It is updated regularly and has lots of great news. To get to the website go to the CCRSB homepage where you will see schools as a sub title. Click on schools and when you see a map scroll down until you see West Colchester Consolidated School. Click on the website and you will go straight to the new and improved site where you can see lots of student activities as well as schedules and menus for the month!

It sure feels like "Winter Carnival" time with these cold temperatures lately and plans are in the works for some great activities for both WCCS and BRE coming up in February during the week of the 13th to the 17th.



On January 16th, 7 students participated in the Canspell Spelling Bee. The top three spellers were (left to right) Michael Congdon, grade 7, Sylvie Taylor, grade 5, and Ryan Spencer, grade 5. The overall winner who will be moving on to spell for our school is Ryan Spencer! (Lacey Gilley Photo)

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