

Events Within Cobequid Pastoral Charge

The following is a list of upcoming events within the Cobequid Pastoral Charge (CPS):

FEBRUARY 3: The annual meeting of the Bass River Congregation will be held Sunday, February 3 at 11:30 am.

FEBRUARY 9: Open Mic in Five Islands will be held Saturday, February 9 at the Five Islands Fire hall. Doors open at 5L30, starts at 6:00 pm. Donation at door, canteen available.

FEBRUARY 9: The Five Islands Bazaar Valentine's Tea on February 9th, from 11:30 am to 2:00 pm. Your choice of Shepard's Pie, soup or casserole, rolls, tea or coffee and dessert. Cost: \$6.00.

FEBRUARY 10: "Valentine's Day" special service of worship will be held at the Peniel United Church on February 10th at 10 am. Followed by a time of fellowship and luncheon. Free Will offering. Children of all ages welcome.

FEBRUARY 11: Bass River Heritage Society reports with the trail system almost complete, work on the new park is suspended until spring. Benches will be added; parking lot defined and signage are planned. Next meeting February 11th, 6:30 pm at the museum.

FEBRUARY 13: The Annual Official Board Meeting will be held February 13, or 20, 7:30 pm at the Manse.

THURSDAY'S: The Bible Study Group meets on Thursdays 9:45 am - 11:30 am at the Manse starting on February 14th. Everyone Welcome.

FEBRUARY 17: An old fashioned Ice Cream Social with homemade ice cream and cake will be held on Sunday, February 17th, 2:00 pm at Five Islands and District Fire Hall. Cost: \$5.00; children under 12, \$2.00. Includes coffee or tea. All ice cream will be made on-site.

FEBRUARY 17: Bill Elliot & the Killbillys will hold a CD release party at Victoria Hall, Bass River at 2:00 pm. Cost \$20.

FEBRUARY 20: Five Islands Cemetery Co. will hold their annual meeting on Wednesday, February 20th at 6:30 in Peniel United Church basement. Everyone welcome.

MARCH 16: St Patrick's Day Dance at Five Islands Fire Hall featuring music by Andy LeBlanc, Saturday, March 16, 8:30 pm - 12:30 am. NS Photo ID required. Cost \$10 per person. Members and guests only.

MARCH 23: Five Islands Fire Department will hold their annual Deep Fried Haddock and Fresh Cut Fries at the Fire Hall, on Saturday, March 23rd, from 4:00 -6:00 pm. Enjoy haddock, while supplies last, fresh cut fries, dessert and coffee or tea. Cost: \$12.00; children under 12, \$6.

MARCH 28: West Colchester Medical Society Annual Meeting will be held Thursday, March 28th, 7:30 pm at West Colchester Medical Society boardroom.

St Pat's Day: The Five Islands Bazaar will be holding a Saint Patrick's Day Luncheon, which will be a Jig's Dinner, comprising corned beef and cabbage.

Council Applying for ICIP Funding

By Maurice Rees

On January 10th Colchester Committee approved recommending to Council the following projects be considered for submission to the Investing in Canada Infrastructure Program: Debert STP2 Elimination (\$900K) and Pumping Station PS 15 and PS 6 Upgrades (\$780K); Great Village Sewage Treatment Plant Replacement. The Great Village plant is estimated to cost \$2.2-Million. If approved, the county will pay \$1,034,700 (26.67%) of the total estimated \$3.88-Million.

On December 3, 2018, the Province of Nova Scotia and Canada jointly announced a call for applications under the Green - Environmental Quality Stream of the Investing in Canada Infrastructure Program

(ICIP). A project must meet at least one of the following outcomes to be eligible: Increased capacity to treat and/or manage wastewater and stormwater; Increased access to potable water, or Increased capacity to reduce and/or remediate soil and/or air pollutants.

This round of funding targets projects that can be started in Fiscal 2019-20 or 2020-21, and the total funding share will be 40% federal and 33.33% provincial, with the remaining 26.67% paid by the Municipality. Application must be submitted by January 18, 2019.

A second round of applications may be opened in the Fall of 2019, depending on the number of applications received and approved in Round One.

HOME DECOR & MORE



Do You Know Your Blood Pressure?

By Chris Urquhart

If you can't remember the last time you had your blood pressure checked, make an appointment with your doctor. You can have high blood pressure for years without a single symptom.

Generally, ask your doctor for a blood pressure reading at least every two years starting

at age 18. If you're age 40 or older or age 18 to 39 with a high risk for high blood pressure, ask your doctor for a reading every year.

He or she may recommend more-frequent readings if you have high blood pressure or other risk factors for heart disease.

Too Sick to Exercise?

By Chris Urquhart

The common cold doesn't have to keep you on the sidelines. Mild to moderate exercise is usually OK if your symptoms are all above the neck, such as a runny nose, nasal congestion, sneezing or a minor sore throat.

However, if your symptoms

are below the neck, such as chest congestion, a hacking cough or an upset stomach, delay your workout. And don't exercise if you have a fever, fatigue or widespread muscle aches.

If you do have any of these symptoms see your doctor!

Who is snoring in your family?

By Chris Urquhart

Does your spouse or do you snore?

Snoring solution: Sleep on your side. Sleeping on your side helps prevent snoring. Lying on your back allows your tongue to fall backward into your throat, which narrows your airway and partially obstructs airflow.

To stay off your back, try sewing a tennis ball in the back of your pajama top. This uncomfortable trick will re-

mind you to roll over. Sometimes we must put up with our partner snoring.

Just remember, you really will miss this once they are gone. I have heard many folks saying "I complained about their snoring but now that they are in heaven I'd give anything to hear them snore one more time."

If snoring is really a problem, get tested for sleep apnea. There may be a medical reason for it.

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Unhook Yourself From Food

By Chris Urquhart

Here's an idea to help you with Weight loss. Unhook yourself from food.

Do thoughts and feelings about food stand in your way of learning healthy eating habits? Try these four steps:

Know your habits. For a few weeks, jot down what, when and why you eat. See if any patterns emerge.

Take away temptation.

Don't keep comfort foods in your home if they're hard for you to resist.

Enjoy an occasional treat to help curb cravings.

Don't give up on yourself. An occasional setback is to be expected. Get right back on the bandwagon.

If you truly wish to lose weight, you can. No guarantees it won't come looking for you though!

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