

THE ARMY THANKS YOU!



The 2019 Kettle Campaign

HELP US HELP OUR COMMUNITY!

By Roger Green

As a volunteer for the Salvation Army, I have participated in activities on a weekly basis. However, during the last month of the year, leading up to Christmas, my focus was on the Christmas Kettle Campaign.

Anyone who frequents the stores or malls at this time of the year is likely to see a person, like me, standing adjacent to a Red Salvation Army stand with a clear plastic bubble or a red bucket hanging from it. Of course is made me curious to learn about the "Red Kettle". So, here are some interesting bits I have discovered.

The Salvation Army Red Kettle Campaign started in 1891 in San Francisco. There an enterprising member hung a crab kettle to collect donations for the less fortunate. Now, one hundred and

twenty eight years later his legacy has passed around the planet from North and South America, to all of Europe, including the UK where the Salvation Army was founded. One hundred and twenty seven nations take part in this campaign at Christmas. Call it a simple deed with vast repercussions - much like Christian kindness.

For anyone who doesn't think they know or have heard of the SallyAnn: Think again. The Salvation Army orphanage in Woolton, England was called Strawberry Field. A boy named John Lennon, who lived nearby, played with his friends in the woods there. Hence, today we have the song, Strawberry Fields Forever, and the name of the section of Central Park in New York city in his honour.

Truro, Nova Scotia is far from all these global inkings

and yet Truro is known as 'Hubtown'. Our significant relation to the age of steam, and the arrival of the Dominion railway linked the Maritimes to the mainland and fanned out from there. All of this information is at best incidental - but part of the explanation too.

The Red Kettle Campaign in Truro had 9 locations, which were stewarded by 149 volunteers from all parts of Colchester County, who covered a praiseworthy 1013 - 2-hour shifts. But, it was YOU! All of you who responded to the ring of the bell and made a donation to the kettle produced an astounding result!

The optimistic target was \$70,000 and in these times where optimism is somewhat deflated, you saw the need, and with great rejoicing we were able to reach over \$81,000.

Wow. WOW!
So, that's maybe enough to tell - but wait, there is more to celebrate.

The Salvation Army was able to help 135 families with Christmas Food Hampers! Plus, because of you, nearly \$30,000 of games, books, bikes and toys were able to come through our doors and go directly to children, who otherwise may not have had a Merry Christmas morning.

So, we did well, and you did well by us. This assures that next year will roll out even better for all of us. Caring and kindness are often lost in this day and age but you came through with full steam ahead and made those Kettles boil right over!

The cool part for me? A legacy that started in 1891, on the other side of the continent, and here in 2019, I can say I got to be a part of that.

Cyclist Travels Shore on 55,000 km Journey

Continued from page 1

who he was. "To encounter the cyclist, you've only just read about on social media that very morning is rather intriguing when you reflect on all of the positive Maritime interactions with strangers & friends this winter cyclist has experienced along his personal trek to date." Nancy says she will be following Arie's blog daily to keep up with his experiences throughout this three-year journey.

As of his January 18th online blog, Arie says he had spent 56 days on the road, cycled 2,355 kilometers and slept 29 nights in a tent. He has greatly appreciated the invitations to sleep in a nice warm bed after some gruelling days in sub zero temperatures.

Arie feels the weather has been better than expected. "I was expecting the worst but at the same time I didn't really "think" about the weather at all. I felt if I thought about the weather, I may never attempt this ride during the winter at all," he says adding, "But I am aware I have been very very lucky with the weather so far."

People Arie has met along the route have been very generous, in true spirit of the Maritimes! He didn't set a budget for the journey, noting back in 2011 when he did his first bike tour, he spent a fair amount on camp sites, so he had access to a shower. "Obviously I have spent no money on camp sites at this time of year," he laughs. "But I have found I eat out more than ever expected, which adds up financially. Some restaurants have given me my meal on the house, such as the Rite Stop in Advocate and people have given me meals in their homes, which has been greatly appreciated but I never expected." He has also been very appreciative of people handing him a few dollars along the way, which again he says he never expected.

Arie has been planning this journey extensively since 2011, mostly planning the route. The opportunity to start this ride came up very suddenly. "I only started purchasing my bike and gear and working on my website since the beginning of June 2019, in

addition to working an 80-hour week as a long haul truck driver." He considers what was accomplished in the short 5.5 months leading up to the ride is in his opinion "nothing short of a miracle".

As for sticking to the planned route, the journey through Atlantic Canada has evolved quickly into something much bigger than Arie had ever expected. "I have probably added at least 1000 extra kilometers to Atlantic Canada just to see who I can meet along the way. Atlantic Canada has been awesome!" he says. "So, at this point I simply go with the flow." Arie has been taking advice from the local people and enjoying whatever is offered or suggested.

Arie has known from the start the 55,000 km journey cannot be completed without challenges and his career for 6.5 years as a long haul truck driver for Voortman Cookies, driving 1.2 million km across North America he certainly got to know the lay of the land. "Physically, the toughest day was my first day in Newfoundland, pedalling to Cape Spear and back to St John's. Newfoundland was tough getting into physical shape for the ride." But biking from Joggins to Advocate to Great Village were also tough. "From Joggins to Advocate my gear shifter froze so I did not have my bottom 6 gears. I had to push my bike over every hill. From Advocate towards Parrsboro I had some pretty hilly areas. Once again I

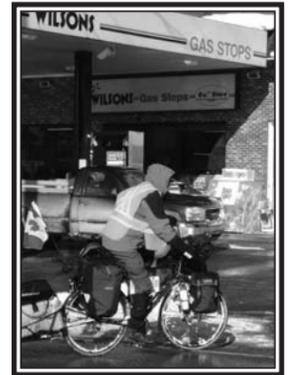
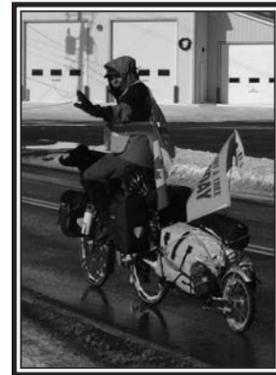
had to push my bike over virtually every hill due to snow and slippery roads." This is not an ordinary bike to "push" up hills. The bike and gear weigh about 185lbs. He says Parrsboro to Great Village was probably the worst weather he had to travel through so far, but he enjoyed every day of it.

Looking to the future, Arie has a passion for reforestation of rainforest and jungle he will be dreaming and planning for during three years on a bicycle. "I have some land in Belize and I would like to convert some of the land into a nursery that raises millions of seedling trees for replanting purposes."

After leaving Great Village, Arie headed to Truro where a snowstorm gave him a welcome rest stop for a day before he pedalled off to Windsor, then Halifax and onward to Digby, taking the ferry to Saint John, New Brunswick.

We wish him well on his journey and hope to follow him along the way!

Visit Arie's website at <https://safariarie.ca>



Arie Hoogerbrugge is planning on cycling 55,000 km over the next three years on his journey to Argentina. He began his adventure in Newfoundland on November 11th, has been to PEI and is now making his way throughout Nova Scotia enduring whatever weather comes his way. His bike and gear weight 185lbs. (submitted photo)

Bass River Wellness Fair – April 18

By Mandy Moore

The 2nd Annual Wellness Fair will be held Saturday, April 18th from 10am-2pm at the West Colchester Consolidated School. This event is free to attend, for both vendors and community members. We are also hoping to schedule a few workshops and/or demonstrations to take place during the Wellness Fair.

The purpose of this event is to help make individuals and families along the shore more aware of the programs and services available to them to support a healthier, more vibrant lifestyle. The Along the Shore committee is also seeking volunteers who might wish to contribute to their community or be-

come a member of the board.

The committee sees the wellness fair as an opportunity for local businesses, community groups and non-profit organizations to network and make valuable connections. Last year's event was very successful, but to ensure everyone's needs are met the organizing committee is seeking feedback from potential vendors, to assess their interest in participating in this event.

If you are interested in a booth at this event, facilitating a workshop/demo, or supporting the planning of this event in any way please respond contact Mandy Moore.

Mandy Moore is Community Health Board Coor-

dinator for the Along the Shore CHB, Truro & Area CHB.

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