

Economy & Five Islands News



A very special party was held at the Economy Recreation Centre on May 16th to honour Neil & Louise St. Clair on the occasion of their 70th Wedding Anniversary. (Dibbon Photo)

By Ruth Thompson

Neil and Louise St Clair celebrated 70 years of marriage on May 16th with an open house at the Economy Recreation Centre from 2-4 P.M. They have been residents of Lower Economy for about 39 plus years. Neil and Louise have been very involved in their community. Congratulations were received from Premier Darrell Dexter from the people of Nova Scotia, from Karen Casey for Cumberland-Colchester and from Scott Armstrong from Federal Government.

Neil and Louise had an anniversary waltz with music provided by Carl and Gerald Elliott, Harlen Suttis and Ray Dibbon. The ladies of the U.C.W and the garden club provided the lunch along with some of the ladies from Lower Economy. Neil and Louise enjoyed seeing everyone and had a great time talking to everyone. Congratulations to the happy couple (Neil 92 and Louise 91)

The plant sale sponsored by the Stewards of Economy United Church was quite successful despite the dark cold day. All plants were sold. The pancake brunch at the Recreation centre was quite successful as well, it was sponsored by the Recreation centre.

The annual Pizza Sale is taking place on June 5th at the Recreation Centre. Orders can be taken by any Steward of the Economy United Church. Come out for a good pizza made by Timmy and his trusty helpers.

The senior's group of Five Islands are having their clos-

ing with a supper at the Glooscap Restaurant in Parrsboro, returning to the hall for cards for those interested in additional activity. The ladies of the U.C.W Five Islands are having their closing at the church with a meal provided by the bazaar ladies, this is to take place on June 14th,

Dennis and Dorothy Carson had a very nice trip to Ontario. They went to surprise Dennis's mother for Mother's day.

On May 1st, 2010 Leon Smith had an 80th birthday party at the Fire Hall in Five Islands. Music was provided by Andy LeBlanc and friends. A special treat was that Laura-Lee played her fiddle along with the band, by all reports she did a great job. It was a nice surprise for Leon.

There were about 150-175 people there, some from near and some from far away. Another surprise for Leon was a visit from two longstanding friends came from Massachusetts and Vermont. There were people from Dartmouth, Truro, Nine Mile River and other places.

Marilyn and Sheila want to thank everyone for helping to get the party organized. Leon especially wants to thank his wife and daughter for putting the party together. The cake was beautiful with a picture of Leon and Sheila when she was a baby. All in all Everyone had a great time.

This is all for this time. Remember my e-mail address is foxy40@bellaliant.net. Phone # 647-2933. Anytime you have news, please let me know.

Bass River and District Fire Brigade Notes

By Peter Christensen

Hello from the fire hall. June is shaping up to be a busy month at the hall.

The biggest news from the hall, from the month of May, is that the hall got a new truck, well new-to-us, anyway. The newest addition to the hall is a one ton truck, to be used as the replacement for truck #3.

It has a 300 gallon aluminum tank, all pumps are factory built as is the whole truck. It's a great investment for the future.

Thanks to the truck committee for all their hard work on checking out the options and going for the truck. Great job folks Training is going well, a lot on the pumps and hoses, which is really essential for continued progress for the future.

Speaking of the future, we have some events coming up soon for the hall fundraisers: On June 5th, we are holding the annual FISHING DERBY at GAMBLE LAKE, on Castlereigh Mt. the derby starts at 8:00 am and continues until 2:00 pm.

A great day of fishing for

the big ones, before the big ones get there to get the big ones. There will be plenty of fish and water, and you may want to bring a boat or waders, as our national emblem, you know the one on the nickel, has been busy at work at the lake.

There will also be lots of laughter, great food and drink, 'cause I believe BIG AL will be there slinging the burgers and dogs.

Also on the lists of upcoming events is the Fun Day at the Fire Hall and Dance. The fun day will be on July 3rd and the dance will feature music by Detour. Hope to see you all there.

I see the cottages are beginning to open up and now is a great time to check and see if your civic signs are up or have taken a tumble due to the past winter weather. If so, call Al Zimmer at 647-2335. He can fix you up with a new civic sign, which may save your life someday.

Have a great month and see you at the Derby or the Fun Day.

Lower Onslow Community Centre Notes

By Anne Fiddes

Ph: 662-3732

This is our inaugural monthly report in the Shoreline Journal. Within these few paragraphs, I hope to provide a brief overview of activities to date and a look forward of planned activities.

In November 2009 residents of the community of Lower Onslow met and put in place a plan to form the Lower Onslow Community Centre Society. The main goal of this group was to obtain ownership of the Lower Onslow United Church which was slated to close at the end of the year and become part of Trinity United Church in Onslow.

The Community Centre Society has registered as a Non-Profit Society whose objective is to establish and operate a community centre to be used for workshops, athletics, drama, music, and recreation for the benefit of the residents. One of the main objectives of the society is to provide a home for the Lower Onslow Playschool which has operated in this building for close to 40 years.

By-Laws have been established and committees

formed. Two fund raising events have been held, an afternoon concert and a raffle draw. Committees have been formed and planning has begun for the future.

We will participate in the 75 km yard sale in July, our location will be the beginning point for the yard sale and we will have tables for rent, our own table and a barbecue set up. In the fall we plan to participate in the Adopt A Highway program. Anyone who would like to lend a hand to this group, call Doug at 895-2242 or Ann at 662-3732.

To keep area residents informed, we will be providing monthly updates in the Shoreline Journal.

McCaull Villa Notes

By Hazel Hill

Birthday wishes for the month of May to Hannon MacAloney, Shirley Ryan and Allen Rouliston. Bernice Kaulback spent Mother's Day with Bud and Linda Morrison, Jack and Tina Kaulback and going for a drive and supper in Parrsboro.

Lydia Fisher spent Mother's Day with her daughter, Betty and a drive to the Wildlife Park in Shubenacadie. On the

Saturday prior to Mother's Day, she enjoyed a visit and supper out with Darren & Sarah Petrie and family.

Eva France, Wentworth visited her sister, Bernice Kaulback on May 13th. We extend our sympathy to the family of the late Harry Adams.

Several of us from the Villa enjoyed the pancake and sausage brunch held at the Great Village Legion on Sunday, May 16th.

Exercise and physical activity are NOT the same thing

By Robin Norrie

It seems more and more often the news is reporting yet another study that says we are not active enough. And more alarming is that our children are not active enough!! Most recently it was the last week in April when Active Healthy Kids Canada released their annual report card which concluded that only 12 per cent of children are physically active enough. How is this possible?

Here in Nova Scotia a study was done in 2005 by Physically Active Children and Youth (PACY) and it showed that as Nova Scotian children get older, they grow rapidly less and less active. Boys and Girls in grade 3 both scored over 90% but then it dropped off to about 45% and 23% respectively in Grade 7! By Grade 11 less than one per cent of girls were getting enough physical activity to be healthy. And only nine percent of Grade 11 boys met the requirements.

It might help if we understood what it means to be physically active. Exercise and physical activity are NOT the same thing. Exercise is only one form of physical activity. For example, would you consider taking the stairs as "exercise"? Probably not but it is a form of physical activity. Going for a run or going to the gym or playing soccer are better examples of "exercise". The latest benchmark set by Active Health Kids Canada says that children and youth need to be moderately active



for 60-90 minutes a day and it does not have to be all in one installment. It can be accumulated over the course of the day. Adults should accumulate at least 30 minutes of moderate physical activity per day.

After 100 years of health education, none of us needs to be told that physical activity is good for us. Human beings are hard-wired to move. Physiologically our bodies are designed to walk, stretch, bend and lift. And especially children who often have energy to burn!! Being active does not mean it has to cost money or that it has to be a highly competitive or an organized sport and it does not have to hurt or be an inconvenience. It just means we are meant to move. With all the technological advances in our society, we need to make a more conscience effort to incorporate physical activity into our everyday.

So get up out of the chair, get out of the car, get out of the stands. Do something. Move! Get your kids moving, get your friends moving and take a couple of steps in the right direction.

Robin Norrie is Fundy Active Communities Coordinator. She can be reached at: robin.norrie@gov.ns.ca

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Phone 893-2180
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Monday - Friday
8:30 - 4:30

Email: karencasey@ns.aliantzinc.ca
www.karencasey.ca

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