



At the January meeting Comrade Earl Harvey (left) was presented with Legionaire of the Year 2009 by Debert Branch #106 Royal Canadian Legion President Charles Borden, Jr. (MacQueen Photo)



At the January meeting of Debert Branch # 106 Royal Canadian Legion, the 2010m Officers were installed. Shown are the incoming and past presidents with special guests for the occasion. From Left. Incoming President Gerald Dawson; Nova Scotia/ Nunavut Command 2nd Vice President Ron Trowsdale; Past President Charles Borden, Jr.; Zone 10 Deputy Commander Tom McDonald and Zone 10 Commander Alan Fahey. (MacQueen Photo)



Debert Legion Branch #106, President Gerald Dawson (back right) with Sgt. at Arms Earl Harvey (centre back) presented a copy of the Veterans Bill of Rights to Debert Court Site Manager Cheryl Myers for display in the Court. Front row from Left: Veterans Donald MacKay, Dan Arsneau and Dean Bell who are three of the four Veterans currently at Debert Court. Missing from photo is Veteran Maurice Burnet. (Submitted Photo)

Debert Legion Notes

Danny Martell's, Debert Legion Notes, is not available this month. Dan has had a knee replacement and is just out of hospital.

We're not going to pick on Danny, like he does some

of his friends, but from all of us at the Shoreline Journal and all the devoted followers of his monthly column, we all wish him a speedy and successful recovery.

Program offered in Debert for People with Chronic Disease

By Linda Harrington

If you or a loved one has a chronic health condition, there is a new program being offered to help overcome



"Your Way to Wellness" program coordinator Holly Mitchell displays a copy of the helpful guide called "Living a Healthy Life With Chronic Conditions", which will be used during the 6 week session held beginning March 23rd at the Debert Legion. (Harrington Photo)

some of the daily challenges.

The "Your Way to Wellness" program is a six week course. The sessions will be held for 2 ½ hours each week beginning on Tuesday, March 23rd at 2:00PM, at the Royal Canadian Legion in Debert.

The program is led by trained lay leaders who have chronic conditions themselves. Micheline Sterling and Janice Little will conduct the Debert program.

Micheline has learned to cope with her Chronic Obstructive Pulmonary Disease, post polio sequelae and fibromyalgia and she was pleased to complete the training and become one of the lay leaders for the program. "I know how the people feel and how important it is to listen to your body and not feel guilty," she says. "Health care providers can be a wealth of knowledge about many chronic illnesses, but keeping on top of all of the latest information and developments can be difficult. People living with

Village Church Concert Series May 1st

The next in the Village Church Concert Series will be held Saturday, May 1st at Debert Baptist Church. Fresh from the overwhelming success of his recent performance with the Shakey Band, Loren Lewis will return but this time with his one man act. This is a more intimate concert where Loren can really unleash his voice through his unique musical arrangements.

Also on the bill, The Kitchen Trio will be the open-

ing act. This talented group mixes musical styles and harmony, a perfect complement to Loren Lewis.

The Village Church Concert series brings professional entertainers together to share their gift of gospel music. Mark your calendar for May 1 at 7 pm.

MacCaull Villa Notes

By Hazel Hill

On Wednesday, January 27th, Shirley Ryan took her daughter, Tammy and Dian out to dinner to celebrate Dian's birthday. They enjoyed a lovely dinner at Swiss Chalet.

An open house birthday part was held for Bernice Kaulback, on January 31st from 2-4 pm, at the Great Village Legion Hall. It was given by her family.

A delicious lunch was

served followed by a beautiful birthday cake. Bernice wants to thank all those to who came, for the cards and all the well wishes.

George Cook and friends were here again on Wednesday, January 20th providing great entertainment which was enjoyed by all.

Visitors with Elmer Hutt were is his sister and husband, Allen & Pearl Barbrick, and his daughter, Barbara, all of Shubenacadie.

Great Village Area Notes

By Florence Adams

I would like to thank the pupil from the Great Village Elementary School who made me the nice Valentine. It was a delightful surprise to find it in my mailbox. Thank you very much, whoever drew it.

Gerika Turner tells me that the grade 4/5 class in WCCS in Bass River took pennies to school to the total of \$462.00 to aid Haiti. A very worthwhile project. The class can be proud of their effort.

The Family Literacy Day held in the Great village gym in January was very successful.

Sympathy is extended to Muriel Spencer, her family and friends on the passing of her sister, Jean Patriquin on February 14th. Marie Peppard, who has been suffering with a very sore left shoulder and arm for over a week reports it is now improving.

Wheels to Meals on

February 2nd and 16th had the usual attendance. The 16th meal featured chowder or soup, well worth the \$6.00 price.

David and Valerie Austin, with son, William visited with Valerie's parents, Douglas and Louise Crossman, in Sussex on the last weekend of January.

The Isabelle Pope UCW of St James met at the home of Helen McLachlan with six members present. Devotions were lead by Eileen Eaton, assisted by Cindy Smiley and Florence Adams. The World Day of Prayer was discussed. After the meeting a cup of tea was enjoyed by all.

Robert and Natalia Adams, Montreal, visited with me February 7th. Robert, my son, has retired and is now making plans for the future.

Sympathy is extended to Juliette Thompson, family and friend on the passing of her husband, Jim Thompson, several weeks ago.

Chamber Calls for Breakdown of Healthcare Costs

The Truro and District Chamber of Commerce has written a letter to Nova Scotia's Health Minister expressing its concern with the ever-rising cost of healthcare and the province's ability to pay for it. The Chamber is troubled by estimates that say on our current path, 100 percent of the province's revenues will be eaten up by healthcare within the next 10 to 15 years.

"This is not an issue we can wait to deal with," says TDCoC President Jim Lorraine. "If we don't do something significant now, there will be no money left for anything other than healthcare. That means our schools, roads and our ability to attract new residents and businesses will suffer."

In its letter to Health Minister Maureen MacDonald, the TDCoC states that the status quo is no longer an option. The Corpus Sanchez report, completed three years ago, clearly points to a crisis situation. Yet, reforms are still slow to come about. Currently, residents and business owners in Nova Scotia cannot offer any input into ways to solve the healthcare funding issues due to the fact no one really knows how the money is dispersed within the system. The TDCoC is asking the Minister to make those numbers available so all citizens and businesses can offer informed solutions to the challenges our province is facing.

"What we need are concrete numbers in order to offer potential solutions," explains Lorraine. "Without it, we're simply taking shots in the dark. We understand that this problem isn't unique to Nova Scotia, but that doesn't mean we can sit back and wait to be steam-rolled. The time for action is now."

As an example of the uphill battle this province is facing with healthcare, Lorraine points to the building of a new Colchester



Regional Hospital. When the project was announced, the cost was set at \$104 million. Since then, it has ballooned to \$180 million, with officials talking about possibly going back to the community to raise more funds.

"With \$26 million already raised in this region for the hospital and several other fundraisers currently taking place in Colchester, the community well is running dry. Someone, other than the residents and businesses in Colchester, has to be responsible."

On a more personal note, Lorraine recalls his father's final days in hospital when visitors were required to wear gloves and gowns in order to see him due to a fairly common infection referred to as MRSA. The gowns did not cover all parts of the body, leaving the visitors exposed. After inquiring about the cost, Jim and his father were told it was \$10 per visitor.

"Dad would receive 30 to 40 visitors a day," says Lorraine. "He wasn't the only person in the hospital with this bug and Colchester Regional isn't the only hospital in the province. You do the math. These costs may seem small, but they add up quickly. A complete breakdown is needed before we can fully understand what we're up against."

Colchester Trefoil Guild Notes

By Goldie Chisholm

New Year Greetings as we being a New Year.

The guild didn't hold meetings in December and January, so I will back track to our November meeting held at Donna Taylor's in Truro. At this time we welcomed three new members Jane Herring, Lee Brandstad and Jane Maddin.

We also welcomed Carolyn Blair, who had been our Area commissioner and who came to talk to us about the decline in membership and the other many changes occurring in Guiding. Colchester area will become a District and she will be our District commissioner.

We will be celebrating our 100 years of Guiding in Canada in 2010, so there will be many celebration events held across the country. The Commissioner would like to have our Trefoil Guild participate in the district display which will be held at the Museum in the months of September and October. The display will also be at the Truro Library in August. She also made mention of the hope of reviving the Rallies and Revels, which were discontinued for a few years.

Our plans for celebrating the 100 years of Guiding was discussed further at our February meeting held with Goldie Chisholm, host on February 8th. Since the National Rally Day is being held May 15th, from coast to coast, we decided to organize a Tea. Place and time yet to be decided.

We were more than pleased to have Helen Porter attend our February meeting. Due to illness, we had not been able to attend for quite awhile.

President, Anne Leggett, donna Taylor and Goldie Chisholm had a delightful visit with Marie Eaton at Marilyn's Home for Special Care in Stewiacke. She was very please to see us, as we were to see her looking so well. Her keen interest in Guiding, at 91 years of age, is still evident.

The provincial semi-annual meeting is being held in Cape Breton, May 29. Information was given regarding this event and appeared to interest several members.

The next meeting will be held at the home of Donna Taylor, March 15th, 2010.