

## PHOTO FEATURE

### Sutherland's Lake Trail Groomer Association's Poker Rally & Winter Carnival

*Fun times were held at the Sutherland's Lake Trail Groomer Association's Poker Rally and Winter Carnival on Feb. 8th. (Harrington Photos)*



Sutherland's Lake Trail Groomer Association decided to hold family fun Carnival Day in combination with the annual Dan O'Neil Poker Rally instead of the usual drag races on the lake.



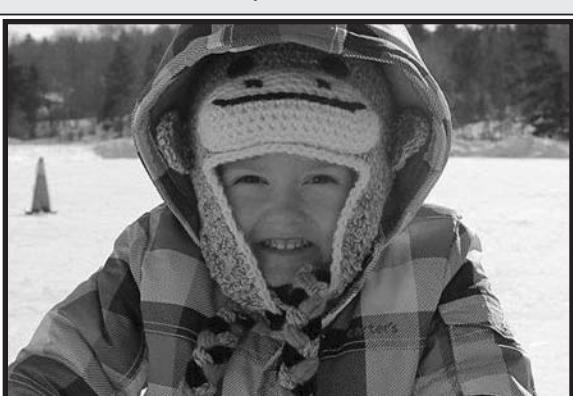
Nancy Jennings sits on an Arctic Cat "Kitty Cat" snowmobile from the 1970's. There were several vintage machines on display at the clubhouse.



Kevin Cook was the grand prize winner of the Dan O'Neil Poker Rally and took home the \$500 prize. He is shown turning in his hand to volunteers Raelee Slaunwhite and Stephanie Presti.



The oldest machine in the vintage display was this Arctic Cat 1968 P15 Panther owned by Ron Ward.



Three and half year old Ryker Power enjoyed a skate with his family on Sutherland's Lake. He was doing very well for only his second time on skates.



There was a good turn out for carnival events centered around Sutherland's Lake Trail Groomer Association Club House. After the Poker Rally and silent auction, there was skating on the lake and live music.

## World Day of Prayer & Ash Wednesday

*By Christine Urquhart*

The World Day of Prayer service is being held at the Debert Baptist Church this year on Friday March 7th, 2pm. This service is open to everyone of any denomination and this year's service was written

by the ladies of Egypt.

There will be an Ash Wednesday Service on Wednesday March 5th, 2pm, in Erskine United Church in Glenholme. Come out for this moving service that begins our walk to Easter.

## Refundable Drive on March 15<sup>th</sup>

*By Christine Urquhart*

We plan to finally hold our Refundable Drive on Saturday March 15th. Fliers will be placed in the local mailboxes. If you can help out in any way with this event, such as picking up the refundables or sorting the refundables, please be at the Masstown United Church by 9am.

We thank all of you who so faithfully save your refund-

ables for our Church. These can be dropped off at the Church at any time or if you need yours picked up prior to our Refundable Drive, or wish us to come to your door rather than pick them up at the end of your driveway on the day of the drive please call either Irene 662-2863 or Chris 662-3550 and arrangements will be made to pick them up.

## March Break Fun at Catch of the Bay Lighthouse

tank, play games and so much more.

Adults can enter to win a feed of lobster for four and there will be seafood recipes sampled each afternoon.

Catch of the Bay Fresh Fish Market is open every day from 9AM to 7PM.

## Church Services for March

Church services for the month of March will be at 10am, rotating as always between our three Churches:

**March 2 - Glenholme  
March 9 - Masstown  
March 16 - Debert  
March 23 - Glenholme and  
March 30 - Masstown.**



Sunday School is held at the same time as Church and all children of all ages are welcome.

Come out and bring your child to Church! We will welcome you!

## Community Health Board Invites Wellness Proposals

The Along the Shore Community Health Board serves the area from Debert to Five Islands area is looking for community groups or people with a good health promotion idea to benefit the community.

Each year the community health boards of Colchester East Hants Health Authority (CEHHA) provide seed funding to health promotion projects with "Wellness Funding" grants.

Over the last year there have been grants encouraging young minds to read, to be proud by using drama to teach and to be physically active. Another physical activity grant provided funds to support an adaptive equipment loan program to help the physically disabled more easily access physical activity.

There are grants that embrace our natural abundance of resources and pair preschool learning with local produce. There were funds provided for education regarding senior's safety and for an innovative after school program.

Studies released by the Public Health Agency of Canada in 2013 revealed factors such as living and working conditions are crucially important for a healthy population. The local community health boards have embraced this statement and attempt to address these issues by funding small local projects, educating its members and the public, creating an annual health plan and liaising with the local health authority.

The evidence indicates the key factors which influence population health are: income and social status; social support networks; education; employment/ working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; biology and genetic endowment; health services; gender; and culture.

Staff at the community health boards want to help you make a difference in your community and encourage submissions of wellness proposals. Grant applications are available on the CEHHA web-

site ([under community health boards\Grants.htm](#)). You may contact Luanne Schenkel, coordinator Along the Shore

Area at 902-893-7311 or [Luanne.Schenkel@cehha.nshealth.ca](mailto:Luanne.Schenkel@cehha.nshealth.ca)

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