



Zoomers On The Go

By Kim Langille

The operations manager at Alpha Health Products (MCT oil, DME & premium coconut oils) dropped a bound stack of some hundred pages on his desk with a sigh of relief. "I can't believe how long that took."

"That" was the annual paperwork for organic certification. Customers often ask why is organic so expensive, in some instances twice the

price. Accountability, often overlooked in our mental calculations of the value of food, is one important factor. Accountability takes time and costs more. In the organic food chain, the producer, the processor, and the manufacturer all need to be certified. All have to document, all have to work to a higher standard than regular food producers.

Factory farms do not

need the same amount of space (land); therefore, small farm livestock cannot produce same rate of production as factory installations. Additional costs of feed, segregated storage and cleaning supplies all add in the increase of production.

Organic also costs more in comparison because factory - farmed food passes off some of its costs, monetary, and ecological. It is possible for organic farms to be built on a no pollution model, wherein the by-products of farming are recycled back into the process. This is not the case for industrial livestock operations (ILO) or caged animal feeding operations (CAFO). The amount of manure produced in factory farming overwhelms the local environment in odour and the quality of waste organic matter returned to the watershed.

The consequences of being non-accountable are thus borne by the general public. There is no such thing as cheap food. Low food prices are illusionary; the true cost is borne by others, and that's not fair. Subsi-

dies in energy drive up prices at the pumps, infrastructure costs to the public for hauling heavy weights, subsidies in raw material such as grain. This is how cheap food comes to the market, through our hard earnings.

We expect great wages in this country, yet we want cheap food. Small scale farmers also deserve great wages in this country. Remember it takes much more manual labour to raise food the way we want and used to consume.

Organic producers must maintain an accountability trail to the end consumer, does yours?

Think in the now and future how you want to source your food. Support as close to the source as you can and do not be fooled by clever marketing campaigns promoting local or no added extras. If it is not added extra is it there in normal quantities? Large scale farming is also local.

In health and happiness,
Kim Langille can be found serving customers at Ohealthy Market, Prince Street, Truro.

55 & Up in Bible Hill

Active ages 55 and up have plenty of things to do in Bible Hill including:

Card Party - 45's at Village Hall in Bible Hill on Thursdays March

1,8,15,22,27 starting at 1pm;

Senior Fitness Classes every Monday and Wednesday.

Mondays, March 5,12,19,26 at 10:00am at Village Hall and then

again on Wednesday ,

March 7,14,21,28 at 11am at Village Hall. A Seniors Social will be held March 15th at 4:00pm at the Village Hall; A Music Jamboree, March 17 at 6:30pm at the Village Hall. There is a small fee for some programs.

Village Hall located at 67 Pictou Road, Bible Hill.
Contact: 902-893-8083, or www.biblehill.ca

Pre-Planning Your Funeral

By Bruce Varner

Through-out our lives, we plan for many things, but yet we are apprehensive to talk about our own death and the type of funeral we want.

Meeting with a funeral director before a death occurs will enable you to gather information, review that information and make an informed decision; when a death occurs, decisions need to be made quickly and making those decisions while under duress can lead to unfavourable outcomes. Every person wants the best for their loved one, and unfortunately, the best is often associated with the most expensive.

Funerals do cost money, however, there are many different payment options avail-

able when pre-paying; you might be surprised at how affordable it is! When you pre-pay, or are on a payment plan, the service charge, merchandise and tax are guaranteed, or "locked in" against future inflation; cash disbursements can be pre-paid as well, however, those items cannot be guaranteed as they are third party expenses and the increase/decrease in price is calculated at the time of death.

We want you to be informed and invite you to meet with us and ask questions; we will answer your questions and give you a written quote. If you decide you want to pre-arrange your funeral, you contact us; we will never contact you after a meeting unless you specifically ask us to do so. Giving you and your family peace of mind is certainly worth talking about!

Bruce Varner is a member of the professional team at Mattatall-Varner Funeral Home, Truro.



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PRICE APPLICABLE ON PRE-ARRANGED, PRE-PAID FUNERALS

includes professional service fee*, cloth-covered softwood casket and wooden grave liner.

PROFESSIONAL SERVICE FEE INCLUDES:

- Transfer from place of death within 75 km of Truro
- Arrangement conference with funeral director
- Sanitary care and embalming
- Two hours of visitation
- Chapel and Reception Facilities
- Staff for visitation, funeral service, reception and interment site
- Stationery package
- Assistance with obituary preparation and multiple Government forms

TAX & CASH DISBURSEMENTS ARE NOT INCLUDED

REQUIREMENTS:

- This advertisement page must be presented
- Contract must be paid in full at time of signing
- If you wish to choose a different casket, regular prices for service charge and merchandise will apply.

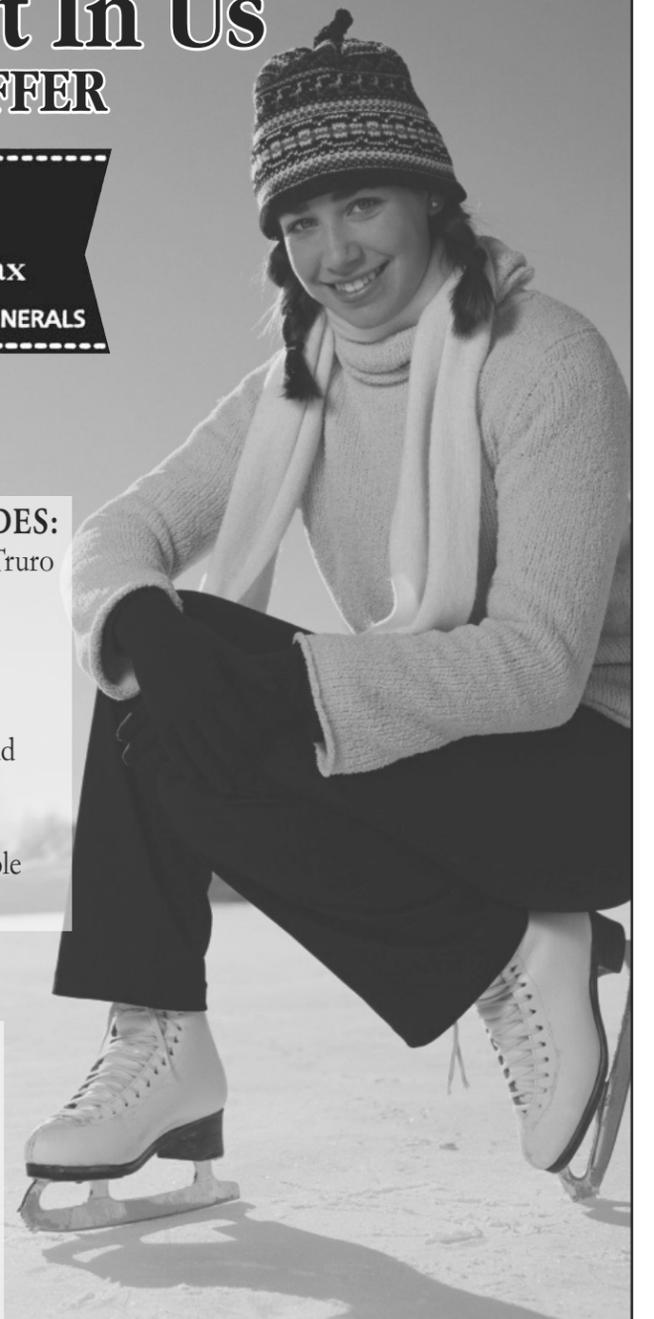
Promotion expires March 31, 2018

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