

PHOTO FEATURE

Maritime Military Collectors Show- The well attended event, organized by Walter Millen, was held April 22nd at the Holiday Inn, Truro. (Harrington Photos)



Walter Millen gives Willis McCullough-Messom some helpful information on war medals.



Over 75 tables of displays were set up at the Maritime Military Collectors Show, featuring everything from books and medals to guns and uniforms.



Walter Millen poses next to the WWI tunic worn by Lieutenant Warren Waitsill Goodwin, 85th Battalion. Goodwin was from Truro, NS.



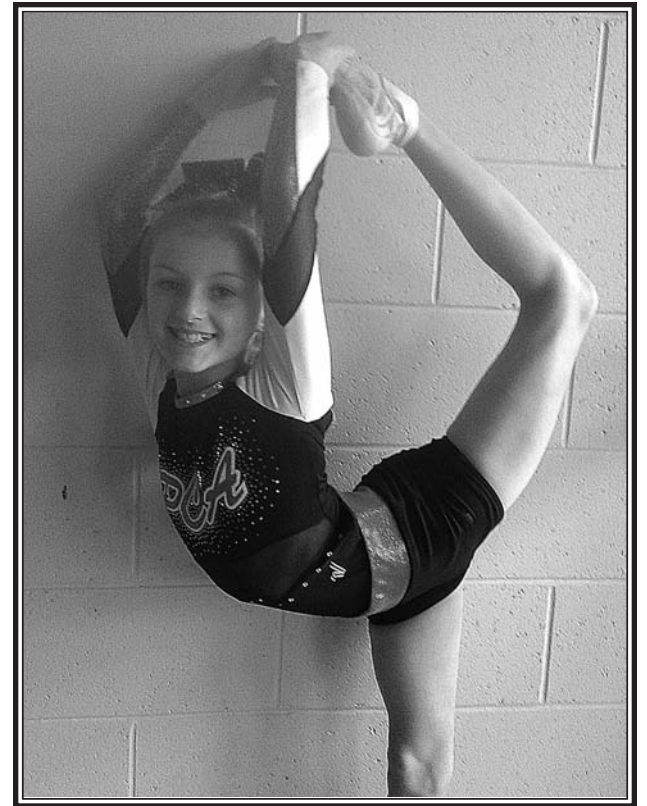
Robert MacLellan had an extensive display of the 85th Battalion NS Highlanders and he has a wealth of information show casing military history related to Cape Breton online at: capebretonmilitaryhistory.com.



Groups gather behind the curtain to get ready for their next performance at the Provincial Cheer Competition in Truro on April 21. (D Brown Photo)



Hundreds of boy and Girls took part in the Nova Scotia Cheer Competitions at the Rath Eastlink Centre. (D Brown Photo)



Matheson Swartzack, age 10, from Glace Bay gets ready for their group routine at the Nova Scotia Provincial Cheer Competition at the Rath Eastlink Centre on Saturday, April 21. (D Brown Photo)

HOME DECOR & MORE



Transformational Self Care Classes

By Laurie Dobbs White

Additional mental wellness peer support happenings are being offered by Lead With Your Heart. On May 2nd and June 4th Valerie Hollingsworth, Energy Practitioner, will host Transformational Self Care classes from 7-9 p.m. at First United Memorial Hall (Queen and Lorne Streets), downstairs in room #20. All are Welcome.

The regular third Wednesday of the month peer support groups for the next two months will be on May 16, and June 20, from 7 (sharp) to 8:30 p.m. at First United Memorial Hall (Queen and Lorne Streets) in the parlor upstairs. May 16 will be a class given by Mary Richards on Essential

Oils for Mental Wellness, On June 20th Deborah Mitton will guide us through some easy dance movements for Mental Wellness. We have also added a Theater group and anyone interested in that should call Valerie Hollingsworth at 902-956-9087 (Valerie will be away between June 6th and June 30th) All are Welcome!

Capacity of attendees for Art Therapy Class guided by Jackie Waugh for 4 weeks running has been reached. We will let folks know if there's another class offered.

For more information on Lead with your heart, contact Laurie Dobbs-White at: laurie.dobbs82057@ns.sympatico.ca

Walking shoes – try these tips

By Chris Urquhart

In the market for walking shoes? To find the right fit, try these tips:

1. Wear the same socks shopping that you'll wear when walking.
2. Make sure you have at least a half-inch between your longest toe and the end of the shoe.

3. Be sure the shoe is wide enough. The side-to-side fit of the shoe should be snug, not tight.
4. Walk a few laps in the store. Make sure your heels fit snugly and don't slip as you walk.

MEET show to be held in Moncton

Thousands of professionals from throughout Canada and the US will converge in Moncton May 2 and 3 for the Mechanical Electrical Electronic Technology (MEET) Show. The second-largest event of its kind in Canada, and the largest trade event east of Montreal, the one-of-a-kind show covers everything from lighting, plumbing, heating, electronics, mechanics and beyond.

The MEET Show brings together four sponsoring industry associations: IES, Maritime sections; Canadian Institute of plumbing and heating; Electro-

Federation Canada and Atlantic Canada Mechanical Exhibitors.

The event showcases the latest products and services available for new and existing building infrastructure. Held on a biennial basis, the event represents all corners of the industry including contractors, developers, engineers, architects, tradespeople, building managers, distributors, utilities and virtually anybody involved in industrial, commercial and residential work.



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