



Community Health Board

SHARE A LEARNING OPPORTUNITY

By Luanne Schenkels

The Along the Shore Community Health Board (CHB) is creating a chance for local community groups to share a learning opportunity!

In September and October the local community health board held two community meetings in Economy and Lower Onslow. The public were invited to attend and some interesting dialogue occurred about the local community.

Citizens are very concerned about walking safely in our communities. They have concerns about the burden of gambling and tobacco addiction. They discussed the need for a continued focus on

improved access to health services and wellness initiatives that include physical activity, food preparation and health education.

The board welcomes community residents to continue share their wisdom, advice and experiences with them. The board will be launching a survey in Spring 2012 to gather community responses but would welcome community input in the meantime.

If your community organization is having a meeting, consider inviting a board member to present to your group. This presentation is interesting and informative and may give you some ideas for your community group

activities or may change your life by providing you with a much needed resource.

The board has created a 30 minute presentation and consultation which covers topics such as obtaining funding for local projects, information about local services and would like to hear your opinion on the health of your community.

The presentation is divided into three categories: 10 minutes discussing the Along the Shore CHB and its related activities; 10 minutes are used to share resources related to local health services and will conclude in the final 10 minutes by gathering information for your community group.

This information will be used to inform the CHB Annual Plan which is submitted to Colchester East Hants

Are they known as "The Pumpkin People"? On the outskirts of Great Village Vernon & Carrie McCully are working hard to gather the pumpkin crop. Vernon reports that although they had to do a second planting due to the wet spring, the pumpkins are a growing a little larger this year. Available in all sizes, turn in at the sign by the road for a great selection for pies or Halloween monsters. (Lawrence R. Nicoll Photo)

Health Authority. Community organizations are invited to contact any local board member, email to along-shorechb@hotmail.com or to contact Luanne Schenkels (CHB Coordinator) at 893 7311 or Luanne.Schenkels@cehha.nshealth.ca if you are interested in having a presentation at any upcoming meeting.

Luanne Schenkels is Community Health Board Coordinator, CEHHA

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The front lawn of Carrie and Vernon McCully's home in Great Village held a Royal Wedding this fall, with an assortment of colourful pumpkin people in attendance. (Harrington Photo)

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Saturday, November 26

Ski Wentworth - 10 a.m.-3 p.m.

- ★ **CSPS Ski Swap & Sale**
Looking for a good deal on used equipment? A portion of all sales go to the Canadian Ski Patrol System. Selling equipment? Drop off: Fri., Nov. 25 from 7-9 p.m. or Nov. 26 until 9 a.m.
- ★ **Rental Shop Equipment Sale**
Good used skis, boards, boots & blades
- ★ **Season Pass "NO HST" Sale**
Your final chance to save on a season pass! Must come to Open House to get the deal
- ★ **Craft Sale**
Local crafters, wreaths & More
- ★ **Ski Equipment Sale**
Cleve's, Aerobics First, Hub Cycle and Entity Board Shop will have new equipment for sale. Plus, reps from Salomon, Head, Burton and Rossignol here with the latest gear.

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Small Business Week Luncheon 2011 Business Awards

The Truro and District Chamber of Commerce is pleased to announce that four local companies have been honoured during its Small Business Week Awards® Ceremony. 14 local companies were chosen as finalists for the awards. The winners, in no particular order, are:

EXPORTER OF THE YEAR
Pearl & Daisy Natural Soap Company
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NEW SMALL BUSINESS OF THE YEAR
MacKinnon Fitness & Breathing Space Yoga Studio
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Joyful Yoga Studio
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