



Over 100 Pomerleau Inc. employees (95 men and 7 women) biking from Ottawa to Halifax had a brief stop at the Petro Canada in Glenholme on Sept. 18th. The trip was expected to take 50 hours, with each cyclist riding a 15 hour shift covering 400km. This tour was raising funds for the IWK Foundation, Cornwall Community Hospital, Centraide Québec et Chaudière Appalaches, L'IRIC and the Stéphanie Gravel fund. (Harrington Photo)

Colchester Trefoil Guild Notes

By Goldie Chisholm

Eleven Colchester Trefoil Guild member met for the first fall meeting on September 20th at the home of Rebecca Penney, Debert. The meeting was opened by the president, with an Opening thought "Good friends are like Stars. You don't always see them, but you know they are there".

The new executive for the year includes: President, Jane Maddin; Ruth Donaldson as vice-president and Donna Taylor remaining as treasurer.

The September meeting includes paying registrations for the coming year and finalizing a few plans for the coming year's activities.

Several members will be attending the annual Trefoil Guild Meeting on October 23rd at St. John's United Church, Fall River, NS. "Celebrating Grandmothers" is the theme and will be hosted by Annie's Angels.

One of the Colchester members attend Camp Burning Spirit on the weekend of September 10-12 at

Camp Mockingee near Windsor, NS.

Next month's meeting will be held October 18th, with host Jane Maddin. We will be doing a service project (pillowcases) at this time.

We are looking forward to having Rebecca Taylor as our special speaker in November telling us of the experience of attending the National Camp this past summer in Guelph, Ontario. Considering the fact that it is celebrating its 100th anniversary, the camp was a memorable experience and opportunity for both leader and the girls who attended.

Nature Notes

By Fran Spalding • 647-2837

Now that fall is officially here the summering birds are leaving and by the time this goes to print all our hummingbirds should be long gone. On two occasions tropical storms passing nearby brought heavy winds and rain that may well have caused losses to migrants crossing over water to New Brunswick and Maine from Nova Scotia.

And once across, the journey south seems to have more hurricane-like weather in store for them. Sitting it out has its perils, too.

George Faulkner found about twenty headless sandpipers (probably white-rumped) on the beach by the Wilde Marsh after one of those periods of wind and rain. I found one such decapitated sandpiper years ago and marveled that the fattened-for-migration body was left for scavengers in favour of the boney head.

The culprit with such bad taste is the mink, but only at very high tides and in pouring rain can they catch so many.

Turning to a pleasanter

encounter, Janet Quinn tells me of seeing a largish sandpiper feeding at the Beaver Dam Pond. Her interest is more in photography than identification, but in this case I could confidently tell her it was a solitary sandpiper. Unlike its relatives it travels alone through the forests from pond to pond, or puddle to puddle, and is quite willing to tolerate your quiet presence.

Joelle McLaughlin and her friend, Nick McCloud, have been taking up birding in a keen way: after one of our recent storms they were out on the Economy gravel bar (often the best place to see shorebirds). There was little about, but sharp eyes noticed a small body being washed about by the incoming tide.

Now a bird in the bush or water is often easier to identify than one in the hand, the books tell you what to look for when it appears before you live. This sad little clump of feathers was mostly reddish-brown, the bill and feet



black, data which fit neither of our two smallest sandpipers.

I was slow to come up with the possibility of the Old World little stint, a great rarity in the New World, even though I'd gone to see one reported years ago near Halifax. My son Edgar, though he now lives in Wisconsin, is after the experts in Halifax to have a look at the frozen specimen; I'll let you know when and if there's more news on what would become the rarest bird on our Shore Line list.

Some of you will have read in the paper that Jupiter is now closer to Earth than it has been in thousands of years, and I'm sure star-watchers have taken advantage of the few recent cloudless nights to observe its four distant moons. These, by the way, were discovered exactly four hundred years ago - what a distance astronomers have traveled since then.

Out And About With Ken

By Ken Kennedy

Here I am, back at the old computer after a two-month break. It's good to be back home again. We had a heck of a vacation. Lots of car troubles with too much driving in the heat wave of Southern USA. We headed out for Myrtle Beach with truck and camper and blew the transmission in New York and again in Suffolk, Virginia.

Luckily, we weren't hurt and we met some very nice people along the way. It's a long story. We did get to have some fun with our son Greg and his family at Virginia Beach before returning home with the truck. We then picked up the car and headed out again for their home in Newmarket, Ont., only to have the motor go in the car! If it wasn't for bad luck we'd have no luck at all, as they say.

I hear the weather was hot here in Nova Scotia as well. The temp in Myrtle Beach and Virginia Beach was in the 100's. We had to spend most of our time in air condition hotel rooms during the day.

Speaking of weather, we just arrived back from vacation and into a hurricane - Earle. We lost our power for twelve hours here on Campbell Road. Funny thing is some people over in the village didn't lose it at all or for just an hour or so. The scary thing is we also lost our land-line phone and our cell phone! Usually the cell phones aren't affected by power outages.

We attended the Ship's Co theatre production "Jake's Gift" with the Great Village Legion on Sunday, the 12th. It was about a Canadian veteran going back to Normandy to visit his brother's grave and became friends with a young French girl on the beach. The play was written and performed by Julia Mackey. What an awesome lady. She played the three parts - the girl, the mother, and the crotchety old veteran. Afterwards she came out and shook our hands or give us a hug.

We got to see JP Cormier and the Elliott's perform at the Economy Rec. Centre on Sept. 11th. It's the first time I had seen JP on stage. Wow, can that man pick a guitar! Bill and Mike gave quite an account of themselves as well, although

there were times we thought Bill might blow a gasket!

Some of you might know that Velma and I are nursing home chaplains with the Community Chaplain Services of Canada out of Saint John NB. Well, we were quite surprised and delighted to have been invited to a volunteer appreciation luncheon at Debert Court on Monday the 13th.

Lisa Adams, the activities director, was the host and did a great job in remembering everyone's name. Various entertainers and helpers were honoured from both outside and inside the residence. The staff there are amazing. They have to be God's special people.

Not much has changed since we were away. The west-bound 104 has been re-paved - not before it was needed. Whoever was driving the line-paving truck must have been tipsy as they get a little wavy at times. I see in the local paper tenders have been called for the construction of a "roundabout" in Debert. Wonder what that's all about? It there's any place that needs a clover-leaf it's at Exit 12 to Masstown. I see where the Masstown Motel is up for sale. It's a lovely piece of property. Maybe Eric Jennings will buy it and build a Noah's Ark or something. I see they have a lighthouse almost completed at the Market.

By the time you read this, the Fall community clean-up will be under way. I was surprised to learn that Debert and Masstown now come under Central Colchester. I always thought we came under West Colchester.

Band to start Phase One of Exterior Painting

By Patricia Burke

The Parrsboro Band Association has awarded a contract to Seaboard Painting and Contracting to paint the "bell tower" and front of its hall in Parrsboro. According to Patricia Burke, Facilities Chair, "This is the best news we have been able to give our loyal supporters. The work will be done this fall".

When completed the colour scheme will be ivory with clay trim, bringing the hall back to its original colours from the 1800's.

Debert's pick-up schedule runs from Sept. 27 to Oct. 1st. The next hazardous waste collection is on Oct. 2nd at the MacElmon Road Clean Harbours site. Have you smelled the stink coming from that refinery lately? Lately, it smells like they have been refining cow manure. I don't know how the homes and business around there can stand it.

I love those county council newsletters that come in the mail every now and then. They are quite informative and keep us up to date on the going's on around the county.

There's a number of people on the sick list in the area. The Rushton Boys have seen better days. Harold is in hospital with a heart problem, I hear. Also Roy has been having some problems as well. See what happens when you quit working, boys!

Chuck Smylie of Great Village is quite ill in the Truro hospital, I hear. Jack Hines is out and about after making a remarkable recovery from his diabetes operation. He was out to the Sept. Legion meeting in Great Village on 8th.

Speaking of the Great Village Legion, their weekly bingo's on Tuesday nights are very well attended, however, Fred Richard tells me they need help with the calling and the canteen. So if you have some spare time on Tuesday evenings why not drop by and give them a hand. On the other hand, the Wheels to Meals program is not doing well and is in fear of closing if more interest isn't shown.

That's about all for this month. I hate to remind you of this but there's only about 90 days left 'till Christmas!

Wellness Funds

Community Health Boards (CHBs) are committed to improving the health of their communities. The Wellness Funds are a valuable resource which allows the support of new and innovative ways of addressing the underlying determinants of health and promote health / prevent disease in their community. The goal of the Wellness Funds is to support the work of the CHBs; promote community capacity, create partnerships and raise the profile of the Community Health Board.

Considering Applying? Your Community Health Board wants to help!

Please contact us if you would like more information or have an idea you would like to discuss. No project is too small! Deadlines: Oct 31st and Jan 31st.

For more information, please contact your community health board by calling 893-1374 or email:

Sarah Gatti-Yorke, Chair, Along the Shore CHB
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Our Community Health Board covers the geographic area and communities in and around West Colchester, Onslow, Debert, Belmont, Glenholme, Great Village, Bass River, Portapique, Five Islands, Economy, Londonderry, Masstown. All communities between Onslow and Five Islands.

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