



Haley Hunt of Diligent River is shown with Dance Partner David Altheim of Halifax during her successful summer test day in Halifax. Haley is a Starskater and a Program Assistant of the Parrsboro Skating Club which shall be resuming mid-October. New students welcome. Phone 254 2486 for club details. (Submitted Photo)

MacCaull Villa Notes

By Hazel Hill

Lydia Fisher returned from a visit with her brother and family in Port Elgin, NB. Mr and Mrs. Allen Barbrick, Shubenacadie, spent the afternoon of September 10 visiting Elmer Hutt. George Cook and friends returned on Wednesday, September 15th for an evening of songs and music. Celebrating birthdays for the month of September were Lydia fisher, and Dorothy Jordan. We wish them both a happy birthday, good health and happiness. Saturday, September 18th I had a visit from Ernest &

Gerene Robinson, Canning. Ernest was 91 on September 7th. They also visited Laura and Fred MacKinnon, Debert and Muriel Spencer, Great Village. A correction on last month's noted. It read Stella Power attended the birthday party for her brother in Clayton Park. It should have been printed as: Stella Power attend the birthday party of her borther-in-law, Clayton Eagles, in Five Islands. Bernice Kaulback spent Sunday afternoon, September 19th with Bud and Linda Morrison.

Five Islands & Economy Notes

By Ruth Thompson

Marilyn and Dennis Cock have had Eric Walker and John Wood from Comox, B.C. visit them recently. Marilyn Cock would like to thank everyone that supported her during the annual umbrella walk. It was greatly appreciated. Dennis Cock and John Wood spent a day on Prince Edward Island. It was John's first time over the bridge. Dennis and Marilyn attended a flight engineers reunion in Greenwood. It was wonderful seeing so many friends. They stayed with Ken and Judy McLean for the weekend.

I, want to thank Marilyn for sending me notes for the paper. I will miss her notes and her when they return home to B.C. I do hope that some of the people in Economy will send me some notes as if they do not I am going to give it up. The Wiggles and Fish truck is closed for the season. It will open again in May for another good season. Just keep looking for updates. Fall is quickly approaching and I see that folks are getting ready for the winter. This is all for now. Keep smiling and keep sending the notes.

Goodbye September

September was a lovely month
With cooler days and nights
Colourful sunsets, twinkling stars
And the amazing Northern Lights.

Now that September has passed and gone
The cooler weather's ours.
The shorter days and longer nights,
And brilliant autumn flowers.

Summer birds have flocked for flight
As the wind has a lullaby,
Soon will the leaves change colour
As we bid September "goodbye".

F.B. Adams

A Holistic Approach to Mental Wellness

A series of five free 1.5 hour sessions dealing with the Holistic Approach to Mental Wellness will be held commencing October 6th until November 3rd from 6:30 pm to 8:00 pm, at a location to be announced later.

Here is the information gleaned from the poster promoting the sessions: What Will I Learn? How to improve your mental wellness through; Healthy Eating; Physical Exercise; Recognizing and reducing stress reactions; Dealing with worries, thoughts and feelings and Understanding the effects of substance use and gambling.

Also...: Mindful relaxation and awareness skills; Practical tools you can use every day and Ways to practice and include new skills in your life.

About the Program: Free - open to public; Five 1.5 hour sessions held once a week; Small group learning and Trained Volunteer and Professional facilitators.

Offered By: Along the Shore Community Health Board, Great Village Association and Colchester East Hants Health Authority. Dates: Wed. 6:30 - 8:00 starting Oct. 6 until Nov. 3, 2010. To register call 902-893-4791.

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