



A military police officer directs the next vehicle in line to fuel up at the Irving Big Stop in Aulac, NB. On Friday, September 24th, a number of vehicles and crew from CFB Gagetown were enroute to Newfoundland to help hurricane victims. (Rees Photo)



Several Military vehicles stopped for refueling at Aulac, NB before heading to the Marine Atlantic ferry in North Sydney. The crew and vehicles had been dispatched to help hurricane victims in Newfoundland. (Rees Photo)



Laden with temporary bridging, this military vehicle and several others from CFB Gagetown stopped for refueling in Aulac, NB enroute to the ferry in North Sydney to help in clean up operations from the recent hurricane which devastated several communities in Newfoundland. (Rees Photo)



Joan Weatherby passes Jennifer Malone a bidding card, while Helen Feeley, Jack Hines and Sue Taylor (l to r) look on. The Debert Military Museum held a fund raising auction on Sept. 18th at the Debert Fire Hall. (Harrington Photo)



Christopher Taylor holds up one of the donated items while auctioneer Mike Taylor looks for potential bids. The Debert Military Museum raised over \$1300 at an auction on Sept. 18th. Many area businesses and community members donated items in support of the Museum. (Harrington Photo)

Community Counts Training Session October 6th

By Wendy Robichaud

There will be a free Community Counts session at the Truro Branch Library on October 6. For those who are not familiar with Community Counts it is an extensive database of information on Nova Scotia communities and resources. Information from Statistics Canada plus the NS government and other critical sources are combined to provide accurate stats on a very wide range of topics.

This is incredible resource from any per-

spective from health to business. e.g. Waterfront Campus NSCC, Dartmouth includes information on Community Counts in their business classes especially for marketing.

Nova Scotia Community Counts is a web site that provides statistics and information about communities to governments, business, community groups and citizens. It informs planning and decision-making at the local, regional and provincial levels.

Community Counts will

be conducting a free training workshop at the Colchester Regional Library in Truro on October 6th, 2010, from 9 AM to 12 noon.

Participants in this hands-on session will learn how to navigate the site, make use of the tools, and find the information they need. The sessions will feature two new tools - the Map Centre and Policy Views of data.

There will only be 15 in the group as it will be a hands-on experience in the Gates Learning Centre.

To register, contact communitycounts@gov.ns.ca or phone (902) 424-6133.

For more information, visit the Community Counts website at: <http://www.gov.ns.ca/communitycounts/>

Walking...

A FUN AND EASY WAY TO BE ACTIVE!

By Robin Norrie

Regardless of what study you read, it seems the most popular form of exercise, especially for adults, is almost always walking. This is true even here in the Fundy Region where recent physical activity surveys by Ipsos Reid show walking to be, by far, the most popular activity. In Cumberland County 55% say they like to walk to be active. In Colchester County 52% reported walking as their favourite activity and in East Hants it was 51%.

You have likely heard that experts say Adults require 30-60 minutes a day of moderate physical activity to receive health benefits. What many do not know is that a brisk walk qualifies as moderate activity AND those 30-60 minutes do not need to be completed all in one session. You can accumulate those minutes throughout the day. So little things like parking further away from the store, taking the stairs at home and work, walking the dog, parking a couple blocks away from the office and walking the rest of the way, playing with your kids at the park, join, or better yet, start a walking group with your friend. These are all great, effective and incredibly easy ways to be able to label yourself as being physically active.

Whether you are one of those who likes to walk or you want to start being more active by walking, there are a few things you can do to make it more interesting and fun. First you can get yourself a pedometer so you can track your steps. You can borrow one from any library in Nova Scotia.

Second, the Heart and Stroke Foundation of NS has a


great "Walkabout" program. On their website they have useful online tools to help you set up a walking group, track your steps and even help you calculate the number of steps associated with other activities like swimming or biking! Check out <http://www.walkaboutns.ca/> for resources around walking and other activities.

The benefits of physical activity are endless. Walking 30 minutes a day, combined with a healthy diet, will instantly help you feel better, feel happier in general but also with yourself, increase your energy levels, help you to sleep better, reduce back pain, reduce joint pain, relieve period pains and lower your stress levels.

As well as helping you feel better, staying active will also help prevent a whole range of health problems in the future, some of which are serious or life-threatening. Lack of exercise is just as bad for your health as smoking. Meeting recommended physical activity targets by walking will reduce the risk of high blood pressure, coronary heart disease, stroke, type 2 diabetes, certain types of cancer, especially colon, breast and lung cancer and osteoporosis.

Walking is free, easy and gets you where you need to go. If you live in Bible Hill, you can walk to downtown Truro in 25-45 minutes. If you live in rural Cumberland County, the walk to your local grocery store or just enjoy a stroll in the evening. Regardless of your situation, walking will help you get active!

Robin Norrie is Fundy Active Community Coordinator and can be reached at Robin.norrie@gov.ns.ca



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