

\$38,660 Funding For Veterans Memorial Park



Karen Locke- Director General Atlantic Region of Veterans Affairs Canada, Ken Jamieson- vice chairman of the Veterans Memorial Park, Dr. Karen Ewing- chairperson Veterans Memorial Park and Cumberland-Colchester-Musquodoboit Valley MP Scott Armstrong (l to r) pose for a photo during a tour of the Veteran's Memorial Park following the Veterans Affairs Canada funding announcement on August 30th. (Harrington Photo)

By Linda Harrington

Cumberland-Colchester-Musquodoboit Valley MP Scott Armstrong made a huge announcement at the Bass River Community Hall on August 30th. The Cobequid Veterans Memorial Park Society is being given a maximum of \$38,660 through the Community War Memorial Program.

The Veterans Memorial Park, located along Hwy#2, across the road from Dominion Chair Factory store and Bass River Heritage Museum, commemorates men and women from the area who have served in conflicts and is comprised of three intersecting gardens, in a Celtic flower formation- the Garden of Sorrows, the Garden of Remembrance and the Garden of Hope.

The federal government funding will support the addition of three new monuments, next to the existing five monuments at the Memorial Park. These new additions will bear the names of approximately 600 additional individuals who served or lost their lives during the First and Second World Wars, the Korean War, peacekeeping missions and other conflicts.

Dr. Karen Ewing, Chair of the Cobequid Veterans Memorial Park Society, thanked the Canada Remembers Program along with MP Scott Armstrong, who worked through the Veterans Affairs on behalf of the Society. She stated the funds received from the Dept. Of Veterans Affairs Community War Memorial Program will be used for "landscaping, the creation and enhancement of wheelchair accessible paths, improved safety and access of the parking area, and three additional monuments with signage."

The Glooscap Heritage Centre and Mi'kmaq Museum is receiving a maximum of \$12,000 to support the completion of the Wall of Honour and the creation of a travelling Wall of Honour exhibit,



MLA Karen Casey and former Peacekeeper Jim Chipman enter the Bass River Community Centre to hear the Veterans Affairs Canada funding announcement for the Veteran's Memorial Park on August 30th. (Harrington Photo)



MLA Karen Casey chats with Dr. Karen Ewing following the Veterans Affairs Canada announcement of federal funding for improvements to the Veteran's Memorial Park. Dr. Ewing is Chair of the Cobequid Veteran's Memorial Park Society. (Harrington Photo)

which will serve as a portable cenotaph.

Dr. Ewing says the Society applied for the funding last year and they were extremely pleased to learn these dollars had been committed to this remarkable place, "With continued support of the communities along the shore, our committee volunteers, friends of the park and of course all levels of government this park, and the events it hosts, will continue to remember and honour the men and women of Canada's Armed Forces who served and continue to serve and we will continue their work for peace."

The VAC Community War Memorial Program partners with communities who wish to build cenotaphs/monuments or major renovations to existing cenotaphs/monuments, to commemorate the achievements and sacrifices of those who served Canada in times of war, military conflict and peace.

MP Scott Armstrong reflected on the importance of government funding for projects in memory of all men and women who serve in our Canadian Forces, referring specifically to the Veterans Park Memorial he said, "By working together just look what we can accomplish. One only has to set foot in the Park here in Bass River to understand the commitment this community has made in honour of our Veterans."

Approximately fifty people were on hand for the announcement including MLA Karen Casey, Councillor Tom Taggart, Karen Locke- Director General Atlantic Region of Veterans Affairs Canada, members of the UN/NATO Veterans Group and local Veterans.

A reception was held in the Community Hall, followed by a tour through the Veterans Memorial Park.



Cumberland-Colchester-Musquodoboit Valley MP Scott Armstrong announced over \$38,000 in funding for the Cobequid Veteran's Memorial Park Society on August 30th. (Harrington Photo)



Flaps up, ready for take-off! (Harrington Photo)

STRESS and Headaches STOP THE CYCLE

By Christine Urquhart

Stress can make your head hurt, and a headache can really stress you out. Either way, you can rein in the pain. Consider these tips to keep stress under control, which can help prevent headaches:

- 1. Simplify your life.** Ask yourself what really needs to be done and what can be dropped.
- 2. Get organized.** Update your to-do list every day, both at work and at home. Delegate when you can.
- 3. Laugh.** Humour is a great way to relieve stress.
- 4. Relax.** When you feel your muscles begin to tense, breathe deeply. Focus on inhaling and exhaling deeply and slowly for at least 10 minutes.

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