

Twelve Year Old Takes on “MONUMENTAL” TASK



Twelve year old Noah Tremblay, a Grade 6 student at WCCS, has designed a monument in recognition of military animals and he hopes to raise enough money to have the project completed within the next year. (Harrington Photo)

By Linda Harrington

A school project may result in a lasting memorial if Noah Tremblay's dream

comes true. The West Colchester Consolidated Grade 6 student has been raising funds to build a rather unique monument at Veteran's Memorial Park in Bass River.

"The Forgotten Heroes" was the name of a Heritage Project Noah completed last year. It focused on the role of military animals and how they helped soldiers during the war. The project featured stories and names of animals such as horses, pigeons, cats and dogs. "These animals risked and gave their lives for the soldiers they fought alongside of and ours. The difference is they had no choice to go and they have not been honoured and recognized for what they have done and still are doing," says Noah.

One emotional story was about a Newfoundland dog, Gander, a mascot with the

Royal Rifles of Canada in WWII, picked up a grenade thrown at Canadians who were fighting the Japanese on Hong Kong Island. The grenade exploded, killing Gander. "These soldiers and others asked the government for a memorial to their fallen animals" says Noah, "And they were turned down. They wanted their animal's names, not their own, on a monument. I want to be able to do this for them."

Noah began his fundraising last spring by collecting donations, selling beeswax lip balm made by his uncle and selling raffle tickets. He has collected over \$4500 to date, not quite to the halfway point of the estimated \$13,000 construction costs, but he isn't slowing down.

"If I can raise \$6000, MLA Karen Casey has said there would be \$2000 available from Provincial funds, and I am hoping to get some Federal money from the Veteran's Affairs," says Noah.

District 10 County Councillor Tom Taggart is also supportive of Noah's project and says, "I am hoping to convince the County to make a donation to this project in the near future."

Noah designed the memorial himself and he has been receiving guidance from Thane Patriquin, of Coulter's Funeral Home, Tatamagouche. Mr. Patriquin has graciously offered to donate his time and commission to construct the granite portion of the monument.

The design features a 4 foot tall, 24 inch by 12 inch, black granite slab sitting on grey granite base. Five stepping stones would be located in front of the monument,

representing various types of animals. The names of the animals, and the soldiers who worked with them, would be inscribed on the monument.

Noah continues to modify the placement of an eighteen inch bronze statue of a Newfoundland dog. "In my original design I had the dog on top but now I think it is more important to have it located at the bottom."

Noah and his mom, Sonya, were present when MP Scott Armstrong announced Federal funding for Veteran's Memorial Park. While Noah showed Mr. Armstrong the location in the Park where he hoped the monument would be situated, Sonya Tremblay looked on with pride. "I am happy our son, only 11 years old, would want to take on such a big project," she says. "I am very proud; I think I need a word bigger than proud. He always loved animals and this is his way of trying to give them the honour they deserve. He has been willing to work hard to do this and we support him." Noah's dad, Pierre Tremblay, is a Petty Officer in Canada's Navy and currently serving on a ship.

Dr. Karen Ewing, of the Cobequid Veterans Memorial Park Society, spoke favorably about Noah's project during the funding announcement saying the Society hoped the statue will be unveiled by 2012. She said the monument would be "the first of its kind in Canada and only the second of its kind in the world."

Anyone wishing to make a donation to the project can contact Noah at 647-2056. Raffle tickets on gift baskets will be available until the draw date on Nov. 11th.



Cumberland-Colchester-Musquodoboit Valley MP Scott Armstrong asks Noah Tremblay for an update on his fund raising efforts for a monument to "The Forgotten Heroes". Noah has been fund raising for several months and has raised over \$4,500. Above, Noah shows Scott the location for "The Forgotten Heroes" monument in Bass River's Veteran's Memorial Park. (Harrington Photo)

Do You Remember The WI ?

By Sheila Richards

How many readers remember a WI (Women's Institutes of Nova Scotia, WINS) branch in your Community? Great Village, Portapique, Bass River and Five Islands each had a branch, the first being formed in 1920, and the last one disbanded in 1993.

Just across the County line, there is currently a branch, West Brook/Halfway River, formed in 1914 and still going strong.

A Proclamation declaring Feb 13-19, 2011 as Women's Institutes week was granted by Premier Darrel Dexter celebrating WINS 98th year.

Over the years, WI members have initiated many projects which are now taken for granted. Yellow lines on the highways, bread packaged in bags and Adopt-A-Highway, which began life as Sammy Seagull, where service groups/community minded citizens volunteer to clean litter from a few kilometers of highway.

One of the more recent projects undertaken by WI members was our survey asking if families would support local businesses, the slogan being 'Buy Local'. This was conducted over two years with the results correlated by NSAC, each year producing similar favourable findings. This project became 'Select Nova Scotia' when adopted by the Provincial government.

WI branches meet once a month for a short business meeting, to hear a guest speaker or to plan how to support their community. As well as local projects, there are Provincial projects in which branches may participate.

For further information please call the WINS Office 893- 6520, Monday -Thursday 8.00am - 4.00pm

Sheila Richards is District Director of Cumberland/Colchester County and Public Relations Officer for the Women's Institute of NS



RCMP brought their tracking dog to the scene and the scent trail lead directly to a motel room across the road at the Masstown Motel. (Harrington Photo)

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stolen goods have been recovered and "other than a rude awaking and a bit of broken glass, no harm was done."

Earlier the same week vandals targeted the Market's new corn maze signs with graffiti. The signs have since been restored.

Outdoor Activity = Better Mental Health

By Robin Norrie

Could taking a walk outside really be part of a prescription to improve your mental health? Research shows that improved mental, social, and physical health are all associated with perceived access to parks, bicycle or walking paths and presence of greenery, plants and pleasant natural features.

In fact, the role of physical activity in improving overall emotional health is critical, with many studies showing significant improvements in disorders such as anxiety and depression. The effects of physical activity can also improve sleep (who couldn't use a better night's sleep?), elevated mood (haven't we all been a little cranky at times?), better self-esteem, better body image and is very effective at reducing and preventing stress.

The key message here is to get outside and get active! No matter what time of day it is or what the weather is outside, you can get active and enjoy the mood-enhancing benefits of the great outdoors!

These emotional benefits also ring true for kids, with recent studies showing that when children are exposed to nature and the outdoors they are happier, have more energy and are less anxious. In fact, children who play outside after school rather than spending that time indoors, have significantly greater levels of physical activity. Imagine, just from being outdoors!

Getting active outside does not mean that you have to venture off into the wilderness. You can have fun in your own neighbourhood and in your own backyard! Here are some easy ways to make being outside part of your life.

Walk to your destination! Or bike, or rollerblade or snowshoe! However you chose to get there, make "active transportation" part of your family's day. Walking or biking to school (or work) can be a great way to spend uninterrupted time with your children.

Try a new outdoor sport. Some structured sports like soccer, baseball and rugby are great outdoor physical activities. There are also many unstructured sports that you can try to get the whole family outside. How about giving basketball, swimming or tennis a try in the summer months? And what about snowboarding, skiing and snowshoeing in the winter months?

Make fun family time outdoor time. Unstructured outdoor play such as walking the dog, playing frisbee or tag in the park or biking after dinner are all ways to enjoy being outside together. Get kids to help with yard work such as gardening or washing the car.

Take in the wilderness. For the more adventurous, hiking and canoeing are great, nature-based, physical activities. Head out to the local provincial park or campground and try camping, hiking or backpacking. What about a stroll around the Wild Life Park!?

However you decide to spend your time, getting active outdoors can be just as beneficial to your mental health as it is to your physical health. So go ahead and take advantage of the great outdoors in places like community parks and bicycle or walking paths. Both your body and your mind will thank you.

Robin Norrie is Fundy Active Community Coordinator, Robin.norrie@gov.ns.ca

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