

# Calcium: Building better bones!

By *Cbris Urquhart*

Calcium is a mineral important for developing and maintaining strong bones. If you don't get enough calcium, you increase your risk of fractures and osteoporosis. Food sources include dairy products, fish with soft bones that you can eat and calcium-fortified foods.

Calcium supplements can help fill any gaps left by your diet. Just don't overdo the calcium. Too much calcium can do more harm than good.

Drinking milk may seem like something for our children to be sure to do but we adults also need milk!

As we age cheese should be eaten in smaller doses due to what my grandmother always said: "cheese is binding!" Our bodies know what to do with the calcium in our foods but often chemical substitutes are hard on us if taken in too great a dose. Check with your Doctor before taking calcium supplements.



# Londonderry Community Council Notes

By *Anne Spencer*

Here we are into the prettiest time of the year. The Fall colors are coming out all over and the Pheasants are back feeding in the yard. Things are drying up a bit after that horrible rain storm that did so much damage in our areas.

On September 7th, the Council held the first meeting after summer break. It was a great meeting with an impressive 11 members present. Such an exciting time now with the Playforest. By the time you are reading this, the playforest should be complete. Such a great undertaking, thanks to all those who donated in so many ways. Kudo's to Amanda and Robbin for their tireless pursuit of this project.

The Grand Opening of the Playforest will be October 11th. While you are looking over our new Playforest, please take note that we have a beautiful new backstop on the ballfield. This was donat-

ed to the community by a donor who wishes to remain anonymous....thank you so much and the installation was completed by a great bunch of locals who volunteered their time...(I think they were under the direction of Patrick O'Brien but please don't quote me on that). Thank you to each and everyone of you who helped in any way.

Mark your calendars for a Tea & Sale on October 19th from 10 to 3. Tables for vendors are \$15. Admission and coffee & tea are free. For more info call Vicki Lomond @902- 890-4242. Good place to get some Christmas shopping done!

The Junior Council is on hold for now. In the meantime, if any of you are interested in joining the Junior Council, please contact Vicki @901- 890-4242.

It is with regret that I must advise that this is my last Shoreline note. Due to health issues, I had to step down as

secretary of the Community Council. Brenda McMullen has graciously accepted the position and she looks forward to bringing the news to you. Many of you will remember that Brenda has brought you the news from Londonderry in the past.

I have totally enjoyed doing these notes this past year or so and I would like to thank everyone that has given me nice compliments - it has been fun. (and thank you for keeping any negative thoughts to yourself!)

Well, I don't think Brenda will tell my boys out West that I love them every month so they will have to get used to me calling them more often. Except, this month I'll tell them all in person plus get to meet my new granddaughter.

Don't forget to tell your family you love them and if you want to see your name in print, don't call me, call Brenda! Thanks everyone....

# Deb Howell's Life Changed in an Instant



"Deb Day" organizers Donna Currie (left) and Trudy Moore hold one of the many gift baskets donated as raffle prizes in support of Deb Howell, as she deals with a serious illness. (Harrington Photo)



Deb Howell is joined by her father Jim Matheson (left) and husband Willis at "Deb Day", a community social and fund raiser held on Sept. 20th at the Debert Fire Hall, to offer support to Deb as she deals with a serious illness and awaits a hip transplant. (Harrington Photo)

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wonderful," she says. Deb's friends Donna Currie and Trudy Moore decided it was time to do something nice for this special lady. "Deb is a really nice person and does a lot for everyone," says Donna. "We wanted to do a little something to brighten her days and decided to host "Deb Day". "Deb Day" was held at

the Debert Fire Hall on Saturday, Sept. 21st. Friends and family stopped by for a potluck meal and many bought raffle tickets on several amazing gift baskets. "Deb hasn't been able to work in months and any donations received will be a big help as she continues her recovery," says Donna Currie.

Deb recently received the news she had been waiting

for. "I will be getting a hip replacement on Nov. 6th, if all goes well at the pre-op clinic at the end of October," she says with a big smile.

The pain is mostly gone but she still has a bad day here and there and it has been difficult to keep her spirits up, after being such an active person and now only getting out of the house about once a week. This is why "Deb Day" was such a huge boost for her. "I had mixed emotions and was rather nervous coming today, but it has been wonderful to visit with so many friends and neighbours, and to have my family here," says Deb. "I really want to thank each and every person, including those who sent best wishes from afar. I really appreciate what everyone has done for me."

We wish Deb well as her recovery continues.

# Debert Elementary School Notes

By *Erma Cox*

Our school year has got off to a great start. We are very happy to have 24 new students in grade primary and to welcome several new families to our school community throughout the other grades. We presently have 154 students enrolled, an increase over our predicted enrollment. I am also pleased to announce that we have hired a French specialist to teach all students in grade 4 to 6 their French. Mr. Doroshenko will fulfill this task at Debert as well as Great Village and West Colchester Consolidated. We also have a part time guidance counselor this year who will be at our school on Thursdays.

On September 18th we held our Orientation Night. It

was decided that this year we would have a Scavenger Hunt allowing families to move about the school discovering where different classes were located and learning more about our whole school. Staff, students and families seemed to enjoy the new format and we were excited to see the large turnout.

This date also marked the kickoff to "Stand Up. Speak Out. Stop Bullying Together." Campaign. The students enjoyed a presentation on September 17th by Concrete Roots where Luke used his love of dance to engage the students in an important message about following their dreams. This message was reinforced on the 18th when all student were involved in an assembly

here at school with grade six leading us in the song "Be Happy". Students were treated to bright pink hats that they will be asked to wear several times throughout the year to keep bringing the message back to the forefront.

Thursday September 25th was the date chosen for our annual Fall Fiesta and Book Fair. The halls were lined with auction items. Teachers and community members alike worked hard to prepare for this big event. Once again we kept ticket prices low so that all children had an opportunity to enjoy the evening. The Fall Fiesta began at 5pm and lasted until 7:30. Some of the events included a Fish Pond, Pencil Pull, and Treasure Chest. Meals were priced at \$3.00, including chili, a roll and drink or a wrap and drink.

## DEMO DAYS OCT 20, 21 & 22



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