

PHOTO FEATURE

The Great Village Legion Branch #72 has three beautiful new display cases thanks to the lovely carpentry skills of Keith Adams. Two of the cases are a memorial to area Veterans who fought in WWI. The third case is in memory of Corporal Christopher Reid, son of Thomas and Angela Reid of Truro, Nova Scotia who was killed in action in Kandahar, Afghanistan on August 3rd, 2006. Next time you visit the Legion be sure and have a look at these wonderful displays. (Harrington Photos)



The Onslow-Belmont 4-H Tug-of-War team practicing for upcoming Provincial Show, Bible Hill, September 27-29. The team lost to Brookfield in the finals at the Provincial Exhibition. (Jessica Porter Photo)

Onslow-Belmont 4-H Elects New Executive

By Jessica Porter

August 18-25 was a busy week for 4-H members in Colchester County. The Nova Scotia Provincial Exhibition took place at the exhibition grounds in Bible Hill. Members' lifeskills items and livestock were judged and the projects advancing to Provincial Show were selected. Project judging results were posted, with the top junior and top senior going to the Pro Show. Onslow-Belmont did well, sending many of its members on to Provincial Show.

Onslow-Belmont's tug-of-war team had been practicing up to go to the Exhibition as well. Their first pull took place on Monday, August 18th against Brookfield 4-H club. Onslow lost to Brookfield after

a long, tough pull. The next pull was on Tuesday, August 19th against Truro North River 4-H club. Onslow won against TNR after one minute twenty-six seconds. The finals were on Tuesday evening against Brookfield 4-H Club. Onslow pulled their hardest, but Brookfield came out on top in the end. Although Onslow's tug-of-war team didn't win, some of its members are now practicing for Provincial Show with the Colchester County tug-of-war team.

Provincial Show will be taking place from September 27th to 29th in Truro this year at the Bible Hill Exhibition grounds. Members who won at county Exhibition are eligible to participate in the Pro Show. Admission is free, so any

people who are interested to see what it's about should come join us.

Onslow recently had an election of its club executive. The executive runs the general meetings. Members cast their votes on who they thought should have an executive position based on the nominations. First the games coordinator was elected. The games coordinator comes up with a game for each meeting that the members play in the middle. The games coordinator this year is Doug White. Then the club reporter was elected. The club reporter sends in articles about what the club is doing, like you're reading right now. The re-elected club reporter is Jessica Porter.

Next the secretary was

elected. The secretary writes the minutes of the general meetings and writes the rocall. The secretary this year is Jillian Hill-MacMillan. After that the treasurer was elected. The treasurer keeps track of all the money that the club spends or gets from fundraising. The re-elected treasurer this year is Alex Smith. The vice-president was elected next. The vice-president would cover for the president if they were unable to attend a meeting, and the vice-president would also host the Club Rally. The vice-president this year is Emma Hill-MacMillan. Last but not least the president was elected. The president is the main runner of meetings and is on any committees the club forms. The re-elected president this year is Sarah Kittlesen.

The next general meeting will be at 7 pm on October 8th at the Lower Onslow Community Centre. We will be talking about registration. The club has sent messages to the schools in our area to let them know about registration. We are always happy to see new members at our meetings. If you are interested, come to the meeting and you can discover what 4-H is all about. There will also be registration forms available for everyone.

Jessica Porter is reporter for the Onslow-Belmont 4-H Club.

World Food Day Oct 16, Honouring Women Farmers

By Brenda Leenders

Being a woman and a farmer is a common strength lived by millions of farmers around the world. Colleen Dyck, Niverville, Manitoba experienced this first hand when she traveled to farm with Lucy for a week on her own farm in Kenya. The result is a bond that crosses all physical boundaries. The Canadian Foodgrains Bank organized this meeting and captured a glimpse of this bond in the documentary called Common Strength.

On Wednesday, October 16th the NS premiers of the Common Strength Film as part of our World Food Day celebrations. Five local churches, as representative members of all 15 members of the Canadian Foodgrains Bank are organizing this event which will be held at Immanuel Baptist Church, 295 Young St, Truro NS in the Discovery Park Theatre.

The event begins with a ration meal of a variety of rice and bean dishes. The purpose is to highlight what a ration of an emergency food meal would be like if you were surviving on food aid in a refugee camp or as an internally displaced person. The World Health Organization sets out that a typical daily ration should provide about 2100 calories and consist of 450 grams of cereal (flour, rice, etc.), 50 grams of pulses (beans, lentils, etc.), 50 grams of oil, and 5 grams of iodized salt per person. The Foodgrains Bank generally distributes dry rations with enough quantity to cover a period of

time and types of food in a ration vary from place to place, but the general quantities stay the same.

A showing of the Common Strength Documentary follows the meal, where we follow Colleen and Lucy as they farm together. To celebrate this connection as women farmers, the NS Federation of Agriculture is inviting area women farmers so that we can thank them for their role as farmers in our own communities. After the film, we will hold table conversations to highlight some of the common strengths Colleen, Lucy and all women farmers contribute to their families, communities and food security globally.

The Mostert women of Windmill Holsteins in Shube-

nacadie, Breanna, Katie, Lori (with grandbaby Linden) and Heidi are excited to share in this common strength, and recently posed for the accompanying photo at their open Farm Day event, Sept 22. Their families hosted over 150 visitors, and gathered over \$1,600 to donate to the Canadian Foodgrains Bank. They would like to encourage all area women farmers to join us at this World Food Day event. Together we want to recognize the impact women farmers are having locally and globally.

The meal and film showing is free with a donation to the Canadian Foodgrains Bank. If you can't join us, you can always make a contribution online at canadianfoodgrainsbank.ca

For more information contact Brenda at bleenders@foodgrainsbank.ca or 902 893 4197.



The Mostert women of Windmill Holsteins, Shubenacadie, Breanna, Katie, Lori (with grandbaby Linden) and Heidi at their open Farm Day event, Sept 22. Their families hosted over 150 visitors, and gathered over \$1,600 to donate to the Canadian Foodgrains Bank. (Submitted)

Chamber to Host Debate

The Truro and Colchester Chamber of Commerce is organizing a Cumberland-Colchester Candidates debate. The debate will be held from 6-8 pm on Wednesday, October 2 at Cumming Hall, 62 Cumming Drive, Dalhousie University Alumni Theatre, Bible Hill. Candidates will include

Scott Armstrong, Conservative; Jason Blanch, Green Party; Larry Duchesne, NDP; and Lenore Zann, Liberal.

Anyone wanting to submit a question for the Candidates at the debate may send them by 4pm September 30, to Sherry Martell at ed@tcchamber.ca

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