

“Community” is Very Important...



Mental Health and Addictions staff members from the Nova Scotia Health Authority participating in the inaugural Pride Parade in Truro on July 16. (Submitted)

By Luanne Schenkels

Socials, parades and learning...one local senior noted that attending a senior men's social (Trinity United Senior Men's Social Group) group has helped him cope by giving a break from daily tasks. A local parade watcher noted her

pride in seeing the local health authority and community health boards represented during the inaugural Pride Parade in Truro held July 16. Students at the West Colchester Consolidated school are learning about drama and art through a

project sponsored by the local community health board.

The Along the Shore Community Health Board (ATS CHB) supports initiatives in your community which promote health and wellness. So whether participants are laughing, learning or watching, the impact of community health board projects are being felt and lives are improving. These activities may range from social activities for seniors, educational opportunities or supporting mental wellness.

Board member, Doug MacInnis, notes that it is a great way to help make your community a healthy, active place to live and play and is surprised how little time it takes to make a real difference in your community. "I believe any-

one who is concerned about the health care system and more importantly the health of their community should get involved with their local Community Health Board."

Each year on Nov 1st, the CHB accepts Wellness Applications from a wide range of amazing community groups with great ideas. Community health boards value the diverse applications and commend residents for the great ideas from our community residents. Cheryl Myers, CHB member, says "I would say that the health of our community is very important to each of us, how we can help our neighbours and friends to be healthier and providing opportunities for all in our area to support each other to better health."

The Along the Shore

Community Health Board is currently looking for new members and is very interested in helping groups apply for new projects in our area. If you live in the Along the Shore area (from Debert to Five Islands) and are interested in becoming involved, please contact a local community health board member or call the community

health board office at 902 893 7311 for additional information. Youth and seniors are especially encouraged to apply.

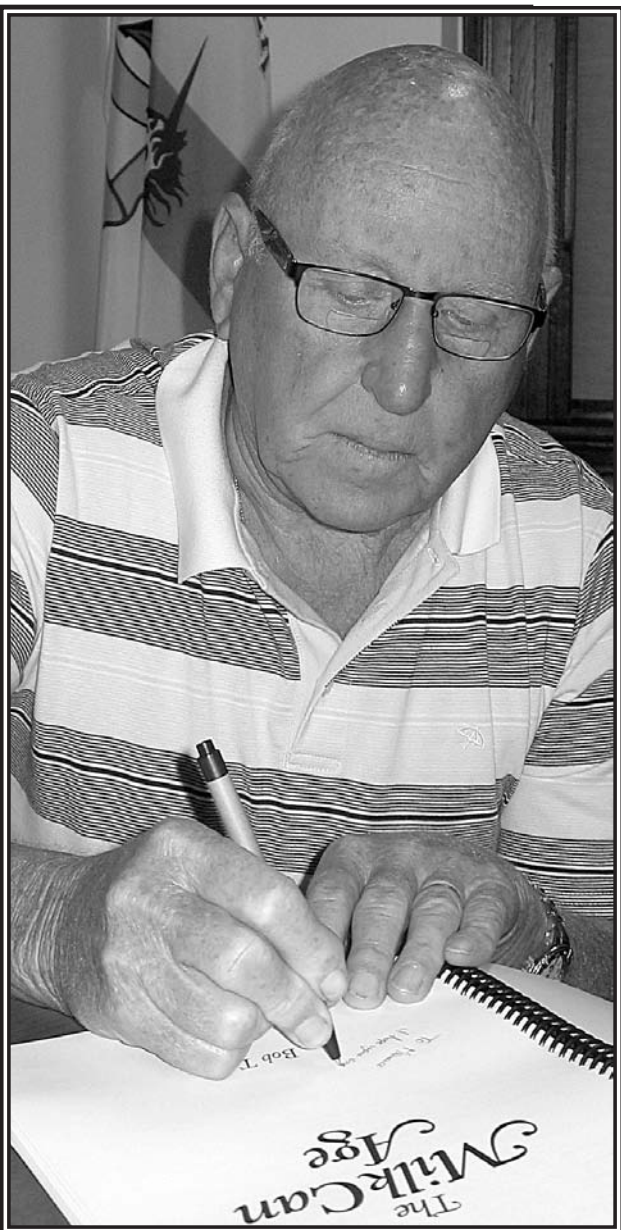
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“The Milk Can Age”, AUTHOR ROBERT TAYLOR



Robert Taylor signs a copy of his book, "The Milk Can Age", which was published in late August. (Rees Photo)

By Maurice Rees

It may have taken him 10 years to interview, assemble the data and have thousands of words ready for editing, but Robert Taylor, now Mayor of Colchester has just published an informative 226 page book, "The Milk Can Age". It's an accurate reflection of the many haulers, who hauled milk from farms to the dairies before bulk tankers evolved.

Many books are written from the heart, but unlike most books this book goes far beyond the heart. It's written from personal knowledge, experiences and having met all of the people Robert Taylor was writing about. It's original setting is the family base from Stewiacke area, where his father, Art, was a milk hauler for 30 years, prior to him taking over the business. Early in the introduction, Taylor lists nearly 30 haulers, whom he interviewed during

the information gathering process. It lists the name of the route where they operated. Elsewhere in the book he recounts the experiences of each of the haulers. If you like pictures of old trucks, or know a family member of haulers from Colchester and East Hants who operated until bulk collection evolved in the 60's, route, this book is a must read.

The book is dedicated in memory of his father, Art, who worked for 30 years hauling milk. Not feeling well one day, Art, called Keith Miller to take over his trip. He went home and within a few minutes fell on the bedroom floor and died of a massive heart attack on November 13, 1961 at the age of 47.

As a reporter, who has a "signed" copy, all I can say, this book, "The Milk Can Age" is a must buy, compelling read, and will make excellent gifts.

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