

Activities For Ages Fifty and Up

Many agencies and organizations will introduce new programs and services for the Fall and Winter of 2018-2019. Check our paper for a listing of recreation, fitness and leisure organizations and groups close to your neighborhood, to discover lots of neat things to do.

RATH EASTLINK COMMUNITY CENTRE Swimming

Easy on the joints -there are a variety of Aqua fitness programs. The Leisure pool is set at a higher temperature for therapeutic benefits.

Fitness

So many programs to choose from. You will find something for your fitness level and desire such as basic spin, boot camp, and services geared for over fifty.

Stanfield's Walking Track

The popular indoor track sees lots of action as people enjoy moving at their own pace. Also there's Walk With A Doc. Open Monday to Friday, check on site for times.

Skating

Check the schedule for public skate times at the RECC. Meet your friends for coffee at the Nourish Café after your skate.

Stay up to date on all the happenings at the RECC. Visit: ratheastlinkcommunity-centre.ca or call 902-893-2224.

CURLING

We are becoming known for our Curling in Colchester. The sport of Curling is on the rise. Facilities in our area include the Brookfield Curling Club, call 902-673-2063, the Truro Curling Club, at 55 Young Street, call 902-895-1639 and the Tatamagouche Curling Club at 902-657-2345.

Learning a new sport keeps you young, gives you the chance to make new friends and stay fit. There are lots of people at each facility to help you learn the sport.

BOWLING

Senior Leagues will be in a swing at the Bible Hill Bowlcade, located at 27 Jennifer Drive. There are lots of opportunities to have fun with family and friends or join a league. Call 902-893-1522.

FITNESS PROGRAM - Dalhousie University

One of the few places you can play squash is the Langille Athletic Centre at Dalhousie's Faculty of Agriculture in Bible Hill. For more information call the Athletic program at 902-893-6660.

SCOTIA POOL

Over the past several years there are have been many upgrades to Scotia Pool. Often referred to as the "warm water place", there are numerous programs in place for Seniors. The Aqua fitness (water art), public swims, arthritis water therapy and family swims. Call 902-893-6364.

COUGAR DOME

The multi-sport centre offers a variety of services for fifty and up, indoor tennis courts, golf lessons, walking and more. Check out the fall program, call 902-843-4171.

MORE SKATING

There are lots of Senior skates throughout Colchester and family skates so that the whole family may enjoy their time together. For schedules contact :

Don Henderson Memorial Arena in Brookfield at 902-673-2053

West Colchester Arena in Debert at 902-662-4014

North Shore Recreation Centre in Tatamagouche at 902-657-3121

Colchester Legion Stadium in Truro at 902-893-1701.

SKI AT WENTWORTH

Visit the beautiful Wentworth Valley and enjoy the hills, fresh air, and meeting new friends. Check out their clinics and a complete list of programs. Contact Ski Wentworth at 902-548-2089.

OUTDOOR WALKING TRAILS

Your Recreation Associations may have snowshoes available for winter walking. Our Trails program is one of the best and provides many opportunities for cycling in addition to walking in fall and winter. Trail information may be obtained from Truro Parks Recreation and Culture, and also the Municipality of the County of Colchester Recreation Services. Victoria Park offers groomed trails in the winter. For more information visit: www.colchester.ca/trails.



Megan Murphy and Jamie Barnett, Recreation Coordinators, review notes for the opening of the new, Away For A Day program implemented by Wynn Park. The fee for service program offers a variety of activities and an opportunity to socialize in a beautiful setting. Megan and Jamie will be happy to answer questions at the Seniors Wellness Expo at the Rath Eastlink Community Centre on Thursday, September 27th. For more information visit their website at awayfortheday.ca (D Brown Photo)

Taxpayers Deserve Accurate Information

By Maurice Rees

Residents of any municipality, particularly Colchester, should receive accurate information when they call the county office regardless of the topic. Recent hysterias about the proposed Kennel Development By-law has caused a number of people to find out when the public would have opportunity to voice their opinion.

As a result of hearing from several of them, I set out to verify was I knew to be true, but wanted to ensure correctness.

Here is the situation from one Shoreline Journal follower: "I just called the county office and voiced my concerns. I also asked what the protocol is when passing by-laws. I was told that at the first meeting the public can voice concerns and at the second meeting (the one coming up on the 30th) is when the by-law would be passed. I expressed a concern over the fact that for the most part the citizens and business owners were blindsided and not made aware of this topic before the 1st meeting".

They were not given the correct information. They should have been told:

First Reading is mechanism to get on council's agenda. (No discussion)

Second Reading - opportunity for discussion, by councillor, solicitors, and general public in-put;

Third reading is passage that the proposed by-law has met legal requirements.

Council may set parameters on how long people may speak, and other guidelines deemed appropriate at the time.

Separately two other Colchester residents upset about the proposed Kennel Development By-law, questioning if councillors had actually read the document prior to discussion at council. In one case a councillor admitted they had not read the proposed by-law. In another situation, but connected to the same topic a taxpayer said, "My council member told me point blank (8 days later) when I called he not had a chance to read it yet". The resident continued by saying "That was before abruptly ending the conversation and hanging up"

Regardless of situations, taxpayers deserve receiving correct information and to be treated with respect.

The Shoreline Tid-Bits Journal

Continued from page 6

Stunting at 232 Km/Hr on Hwy 104

RCMP Northwest Traffic Services of Amherst were conducting radar enforcement on Highway 104 in the Thomson Station area on August 4th. Two vehicles travelling west bound appeared to be racing at a high rate of speed. The officer locked in one of the vehicles travelling at 159 km/hr in a 110 km/hr zone. The 29-year-old man from Lakeside, Nova Scotia, was driving a 2010 Acura CSX. He was issued a ticket for speeding with a fine of \$410.00. A second officer was parked in a turn-around in the median nearby and locked in the second vehicle travelling at a speed of 232 km/hr in a 110 Km/hr zone. A 19-year-old man from Quebec, who was driving a 2003 Infiniti G35, was charged for Stunting under the Provincial Motor Vehicle Act. The fine for stunting in Nova Scotia is \$2,422.50. The driver's license was suspended and the vehicle was seized.

40 minute documentary released

The Centre for Local Prosperity has announced the release of the forty-minute documentary film *Climate Change & the Human Prospect*. The film, produced by Andrea Vandenoer of The Visual Blueprint Productions (www.thevisualblueprint.com), documents the vision created at the *Climate Change & the Human Prospect: A Thinkers' Retreat* held at Thinkers' Lodge in Pugwash NS in the fall of 2017. Vandenoer captures the thoughts and emotions of twenty-four global and regional Thinkers, a group comprised of scientists, economists, municipal councillors, planners, artists, community activists, First Nations and Eastern wisdom representatives, Project Drawdown Director (www.drawdown.org) and others. These Thinkers articulate global warming's cascading impact on small, rural, and coastal communities and are armed with a conviction that local action is not only possible but the best path forward in dealing with this looming environmental threat. There were advanced screenings of this film at the Peace Hall, Pugwash NS and Cumberland Energy Symposium, Springhill NS in May 2018. This engaging 40-minute documentary is available for group screenings, beginning August 24, 2018. For more information, please contact the Centre for Local Prosperity at www.centreforlocalprosperity.ca

Lunch Specials

only \$9.99

Monday to Friday from 11 AM - 3 PM

EAT IN ONLY

CHECK OUR NEW MENU

79 ROBIE STREET, TRURO

SWISS CHALET RESTAURANT & GRILL

*White meat add \$1.75. Upgrade of side and beverage extra. Applicable taxes extra. Please present original coupon before ordering. #Reg. T.M. Cara Operations Limited.

Fresh Frozen Hand Raked Nova Scotia Wild Blueberries

• All Natural
• High Dietary Fiber
• No Sugar added

We're Picky About Berries!

Millen Farms is a family-owned sustainable berry farm in the heart of Nova Scotia's famed blueberry lands. Curtis and Ann Millen are picky about their hand-raked berries, and it shows. Millen Farms blueberries are hand-harvested at their peak, and frozen right after picking to provide Millen's Nova Scotia farm fresh goodness at home. Millen Farms Ltd, Little Dyke, Glenholme, 902-662-3820.



Mattatall ~ Varner Funeral Home
Serving With Dignity, Respect & Understanding Since 1932

Preplanning
It Just Makes Sense
For You
For Your Family

55 Young St
Truro 902-893-3177
www.mattatallvarnerfh.com