



Perry Cheverie on left and John Miller took advantage of the chess board located in front of the Victoria Square Information Centre to match wits and catch some rays. (Submitted)

Step Into Spring Finishes 14TH Year

Crawford Macpherson's report to council included the following update on Active Communities.

Step into Spring finished its 14th year. The program encourages people to start to walk in the spring for an 8-week challenge and hopefully continue the activity into the future.

This past year participants walked a total of 17,222,971 steps. Numbers slightly down over the last few years because of the fit bits and other activities, but we are still encouraged by the people that are participating.

Fun in the Sun Day Camps are in full swing and basically halfway thru the summer.

We have 16-day camps planned with most camps fill-

ing up and we are approaching 300-day campers for the summer.

We expect numbers to continue to rise as we have a few weeks left in August. Summer staff have been great so far and all camps are run out of schools in certain areas all over Colchester.

Junior golf program was started at the Mountain Golf Course. A 5-week program for 5-12-year old. 34 people have signed up.

Colchester Bike week - Very successful Bike week campaign.

This weeklong celebration of cycling in the community is coordinated by the County of Colchester.

Lots of events were celebrated from June 1 - 9, 2019.

Highlights are: Bike Rodeos, traveled to 7 different schools across Colchester for 8 Rodeos, (reached 455 youth); 13 events throughout the week were almost all successes, with one event needing to be cancelled because of rain.

Masstown bike ride lead by Hub Cycle, had a turnout of 20 bikers. Bike Ride to Fundy Scoops, lead by Bike Monkey, also had great turnout of 32 bikers. "Spot the Bike" Challenge finished with approximately 25 people notifying us about spotted bikes hidden around the county.

Bike Week Facebook posts had a combined total of 6,224 reactions. 1426 elementary school students from across Colchester participated in Bike Week drawing and coloring contests with two receiving brand-new bikes as a prize.

Cobequid Trail Run is planned for August 25, this will be our 15 year of the run. The run averages 400 - 450 runners taking part in the race.

Cobequid Trail Improvements Nearly Complete

In his report to Council, Crawford MacPherson, Director of Community Development provided the following report on Parks and Trails.

The Cobequid trail connection to the new parking lot at MacLellans Corner is now complete. The connector is constructed on top of an existing dike. The banks of the dike will be seeded in the Fall, when the weather improves for growing grass. Future amenities will include signage, garbage receptacles and a small shelter. Provincial funding was provided for the project.

Park upgrades We are looking to have a few upgrades in the parks this summer/fall: Anita Crescent, finish a fence line and a couple benches

added; Debert (repair the tennis pad, looking at a new pad for basketball and tennis combined); Pictou Road Ball Field (new dugouts and poles/netting to keep balls off the road. Provincial funding was provided for this project; Park staff continue with maintaining the Veterans Highway Garden ensuring this garden is well maintained for the spring and summer months.

The washroom in Nelson Park is being replaced this year. The previous washroom dated back to when Nelson Park was a campground, which operated for many years and closed around 15 years ago. The old washroom structure was beyond repair and there was not a proper on-site septic system. The new

structure includes a recreation space to allow staff to host day camps, programs, meetings, area in winter for functions and as well as potential for events being held at the park. \$105,000 was included in this year's budget to complete the project.

The Department continues to work with organizations to develop trails and playgrounds throughout the county. Staff are preparing five-year plan for trails and parks for presentation to Council in the Fall. Municipal Parks continue to have lots of interest for events, festivals and weddings. Weekends are getting booked up, so people are enjoying our parks and using it year after year. People are seeing these areas as great destinations for special events.

Wellness Fund Application Deadline October 15

By Mandy Moore

Along the Shore Wellness Fund applications are now available to community groups to support projects aiming to help community members lead more healthy lives. These funds are distributed by the local Community Health Boards, with funding provided by the NS Department of Health and Wellness. Within the municipalities of Colchester County and East Hants, there are five Community Health Boards - Along the Shore, South Colchester, North Shore, Truro & Area and East Hants.

A Community Health Plan and Wellness Fund information session for 2019-2022 will be held at the Truro Library from 11 am - 1 pm on September 14th. Light lunch will be provided.

Wellness Funds are open to non-profit groups and are intended to support new and innovative projects that advance community health board priorities and use a population health-based approach in addressing the social determinants of health. Local Community Health Boards focus on four priority areas: Promote and Enhance Mental Wellness; Healthy Active Living; Affordable, Thriving Communities and Build Relationships & Foster Inclusive Communities.

Local projects can be awarded up to \$3,000 in funds. Projects in the past have made a significant difference in supporting the health of local community members by addressing common

barriers and contributing to the supportive environments that encourage community members to live healthy lives.

Last year, over \$58,000 in funds were awarded to a variety of projects - each project addressing one or more of the social determinants of health. Examples of projects funded last year include: health and fitness passes at the library, therapeutic riding and swimming program, learn to run program, seniors support group, breast cancer retreat, international foods program, building autism support network, and more.

Deadline for applications is midnight on Tuesday, Oct. 15. Local community groups can apply to multiple Community Health Boards, depending on the location of the project within the municipalities. Applications are available online at www.communityhealthboards.ns.ca/wellness-funds or by contacting the local Community Health Board Coordinator.

Community Health Boards are volunteer boards that are committed to improving the health of their local communities. There are 37 Community Health Boards across the Province of Nova Scotia.

Information: Mandy Moore, CHB Coordinator, who can be contacted at: AmandaM.Moore@nshealth.ca, or Ph: 902-890-4383

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