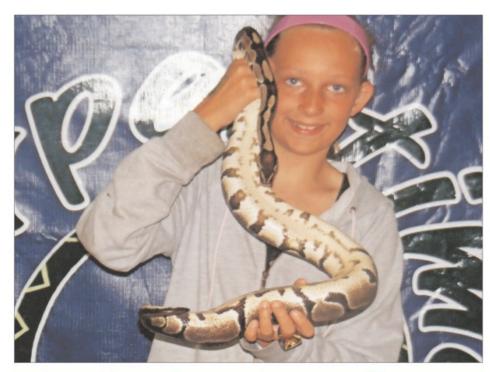
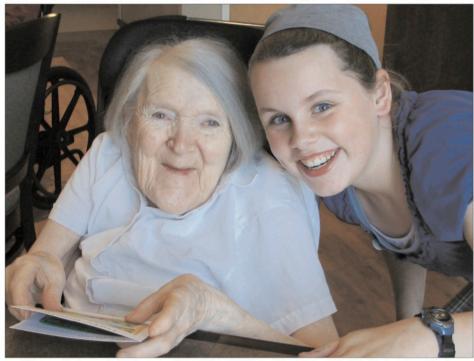
Victoria Standard 5 September 6 to 19, 2010

# 94th Cape Breton Farmers' Exhibition



It's not all livestock at the annual Cape Breton Farmers' Exhibition in North Sydney, as attested to by the above photo, Kati MacDonald, of Baddeck is pictured making friends with Rose, a ball python, part of the Serpentime feature.

## It's "Continuing Care" month



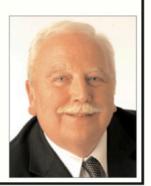
Pictured above is Alderwood Resident Lillian Mac Donald with Volunteer Katie Reashore. September is "Continuing Care Month" and celebrations across the province are recognizing the contributions continuing care organizations and employees make to our health system, communities and the lives of Nova Scotians. Health Association Nova Scotia and its members have chosen the theme, Above and Beyond Because We Care: Enriching Lives Everyday, to celebrate Continuing Care Month. The goal is to celebrate the many dedicated people committed to providing the best possible care and comfort is helping thousands of Nova Scotians to maximize their independence, promote their well-being, and enhance their quality of life.

On this Labour Day, as we celebrate and acknowledge the contributions of the workers of Nova Scotia, we say...

#### Thank You!

The workers of Nova Scotia are an integral and important sector of our economy. Our wish for these workers is for a happy and safe Holiday with their families.





## **Magical Colum Magic**



During these past few months on a trip down the Bay Road to MacManus's (or Woodford's) beach, especially during the early evening hours, the casual traveller might be rewarded by the sight of Colum Magic, a five year old Standard Bred race horse, taking a cooling plunge in the beautiful Bras d'Or. In the photo, Maddie Campbell (l), the 10 year old daughter of Carol and Jamie Campbell, owners of Colum Magic, with her good friend, Marilla Mason-Parkinson, enjoy some quality time with Maddie's equine companion. As a lightly raced five year old (he battled injury and sickness in his two and three year old campaigns), Colum Magic obviously enjoys the water and according to Carol, "the benefits are many, the horse loves to swim, we save wear and tear on the shoes and there is virtually no shock to the animal's hooves and legs." As evidence of the benefits of these swimming sessions, one need look no further than Colum Magic's recent form which saw him running in the top class at Inverness Raceway where he captured 2nd Place honours in the feature race of the past two Inverness race nights. He also had a very successful trip in early August to Charlottetown where he took part in the Old Home Week event, winning both of the races entered, in times of 1:58:3, which represents a new lifetime mark for the five year old bay gelding.



NOVA SCOTIA BREAST SCREENING PROGRAM

Make a Date for Your Health

### Beat Breast Cancer

A Province-Wide Program For The Early Detection of Breast Cancer is Available for Women of Nova Scotia

Please have your Health Card Ready!

For an appointment on the Mobile Van Call 1-800-565-0548

Waycobah First Nation Health Centre Whycocomagh, Nova Scotia September 28 to October 7, 2010