Expansion required

from page one

Marshall's requirements.

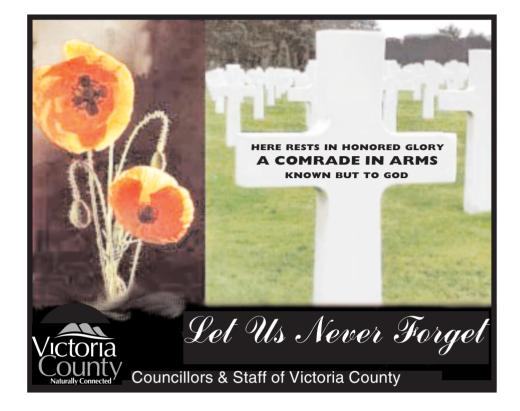
To increase the common room from its present 280 square feet to 600 square feet wil require a major expansion to the facility.

"There is no space in the present building to accommodate a room of this size," Ms Blakeney said.

Consequently an addition will be

required. The Municipality of the County of Victoria purchased land adjacent to Highland Manor earlier this year to solve the impediment of limited land on which to expand the facility.

Ms. Blakeney said she has quotes on the costs of all of the required improvements needed at Highland Manor and "we will have to wait and see where the money will come from."



Movember: Ready, Set, and Grow!



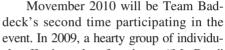
Movember's Team Baddeck, 2009.

Baddeck

around Baddeck are no exception.

A true gentleman is a rare find. However, the gents of Baddeck and surrounding areas are going to be making themselves a bit easier to spot.

November 1st marks the kick-off to "Movember" – a month long celebration in which men around the globe grow moustaches to raise money and awareness for the fight against prostate cancer. The men



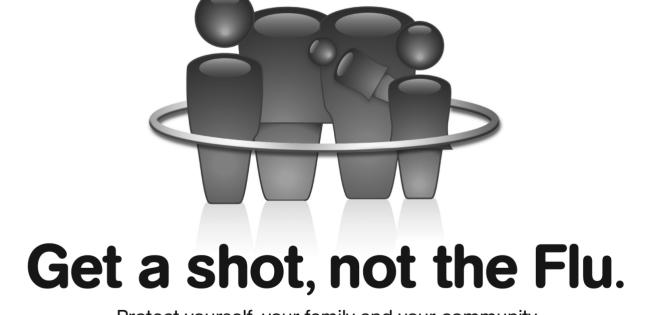
event. In 2009, a hearty group of individuals, affectionately referred to as "Mo Bros" and "Mo Sistas," registered the team on the Movember Canada website. Last year's campaign was dedicated to the memory of the late Jack MacAulay. Led by Co-Captains Donnie Green and Kent MacEachern, some fabulous moustaches were grown, donations were collected and, following a Movember party at the Bras d'Or Yacht Club, a grand total of \$3075.00 was donated to Prostate Cancer Canada. This year the team is hoping to make things even bigger and better.

Accordingly, this is an open call to all gents in Baddeck and surrounding areas (and the ladies who love them!). Whether you can rock a Fu Manchu or barely need to shave, your support is welcome on Team Baddeck. The rules are simple:

- 1. Go to ca.movember.com and and fill out the registration form to join Team Baddeck then begin November 1st with a clean shaven face. (Late starters are welcome!)
- 2. For the entire month of "Movember," grow and groom a moustache.
- 3. The moustache cannot join or attach to your sideburns.
- 4. There is to be no joining of handlebars to your chin.
- 5. Each Mo Bro must conduct himself as a true gentleman.

According to Prostate Cancer Canada, 1 in 6 Canadian men will be diagnosed with prostate cancer in their lifetime and everyday 70 Canadian men are diagnosed with the disease, many from our own community. So, let's take a stand. Join Team Baddeck and we'll start changing the face of men's health one moustache at a time. For more information about this event or about joining Team Baddeck, contact Donnie Green and Kent MacEachern at baddeckmos@gmail.com or search for Team Baddeck on Facebook and Twitter.

November 1 to 14, 2010



Protect yourself, your family and your community.

Get your FREE flu shot today.

Available in doctors' offices and some public health and workplace clinics.

Find out more at:

www.gov.ns.ca/flu



Providing better health care for you and your family.

