

# Seniors' Lunch Program feeds body and mind

by Susan Zettell

With an average weekly attendance of 40 curious minds and hungry bodies, the 2009 -2010 St. Ann's Bay Community Health Centre Seniors' Lunch and Speaker Program, sponsored by a grant from the Victoria County Community Health Board, was a resounding success.

Beautifully hosted by the Health Cen-

most particularly, the Victoria County Community Health Board for their ongoing financial assistance with this amazing program.

We look forward to November when we hope the lunches will resume, and where I hear that Paul Cranford might kick off the season with a talk and slide show on his time at St. Paul's Island lighthouse.



In photo, a number of regular attendees of the St. Ann's Bay Community Health Centre's Seniors' Lunch Program, listen in rapt attention to one of the invited speakers. Topics were widely varied, with speakers sharing their field of expertise, or their own particular passionate interest.

tre's coordinator, Lisa Finney, with the generous and very capable help of Catherine Smith and Faye Chipchase, our Wednesday program began at 11 am with speakers whose travels and life experience captured our imaginations, or offered practical information on health issues of particular concern to seniors, or delighted us with presentations of their passions or their life work.



Some of those in attendance made great use of their time after a presentation by a guest speaker.

Each of these talks was inspirational and useful, our weekly dose of indoor sunshine during the dark Cape Breton winter.

Nutritious and delicious lunches followed the question and answer period, and for those who wanted to stay on, Faye Chipchase offered free 15 minute reflexology treatments, and there were games and puzzles and good conversation available in the Tea Room.

The St. Ann's Bay community is very grateful to the St. Ann's Bay Community Health Centre, Lisa, Catherine and Faye for their creative meals and fine planning and efficient clean-up, St. Ann's Bay United Church for use of the Tea Room, and

Following is a list of the 2009-2010 speakers and their topics: Lee Brown - a photographic slideshow of his travels; Lisa Finney - 1) various slideshows & 2) the Port Arthur convict settlement;

Yvonne LeBlanc-Reid - the sinking of the Gorilla One; Susan King - staying independent in your own home; Claire MacLean-Heart & Stroke Foundation; Merrill MacIn-

nis - history of the fur industry in Nova Scotia; Bill Conall - poetry and music; Jim Steele - 1) slideshow & 2) presentation of photography; John C. Roberts - some fascinating facts about leather; Hamilton Carter - a sailing journey into Antarctica (part 1 & part 2); Joan Beck - hiking the Camino Trail; Faye Chipchase - reflexology; Nick & Judy Argento - sailing to, and along, the coast of Newfoundland; Tim Burkhart - presenting a local short film on skiing; Cassandra Yonder - natural horsemanship; Earlene Busch - simple remedies for minor discomforts; and Leisje MacDougall (Dietician) & Elaine Swartz (RN) - cancer prevention

# The boys with their toy New solid waste collection vehicles



Victoria County Municipal Councilors took a moment before their last Council meeting to inspect one of the new waste collection vehicles the Municipality has purchased. There are three trucks identical to the one pictured above as well as a one ton truck support vehicle. The new vehicles started their rounds the first week of May and all of the trucks were working full service by mid-month. Staff have been hired to operate and collect solid waste as well. Administration and Council are confident the Municipally owned and operated waste collection service will save money and keep more money via wages and benefits in the County. Pictured are: (l-r) Councilors Larry Dauphinee, David Donovan, Warden Bruce Morrison, Deputy Warden Fraser Patterson, Keith MacCuspic, Merrill MacInnis, CAO Sandy Hudson, Waste Collection Driver/Supervisor Calvin Fitzgerald and Municipal Director of Public Works, Robert Dauphinee.

# New bridge by autumn



Waiting for the lights at Corson Bridge in Ingonish Ferry will frustrate drivers for a few more months. Engineer Kim MacDonald at the Department of Transportation says the new bridge is being designed and built this spring and summer with installation expected in the late fall.

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