

# Building community spirit



Lion Ken Murray (L) presents the Lions Club Citizen of the Year award to the North Highlands Community Museum representative Earl Gwinn, (R) a founding member of the original museum.

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culture of Cape Breton. Earl Gwinn, a founding member of the original museum, accepted the plaque on behalf of the museum, which celebrated its 30th anniversary last year.

Heather Morrison presented a captivating slide show of historical photos accompanied with heartfelt stories of how this museum was founded. The museum's roots were largely due to the efforts of her grandmother, Ruth Morrison, who started decorating her general store/restaurant with artifacts collected from community members. They feared they might lose their culture and heritage when the Gypsum quarry closed. By the late 1970s, there were so many artifacts collected that Ruth coordinated the building of the original museum – a log building on a concrete base, built by Jim McEvoy and crew in 1979. Fred Lawrence and Doug Taylor built the fireplace, which became central to the new museum.

The existing museum was built right over the old one in 2003. Greg Silver, a designer, was contracted to set up the artifact displays with the help of dedicated

community volunteers such as Fritz McEvoy.

Recently, the United Church congregation in Cape North donated their church to serve as a cultural centre for guest speakers, concerts and theatre; a Settler's Garden was designed by Esther Danielson and brought to life by Claudia Gahlinger and Rejean Chamberland of South Harbour Organic Farm; Bill Danielson set up a weather machine; and the forge and boatshop were erected to give youth an opportunity to redeem skills of bygone days. The North Highlands Community Museum is a worthy candidate for the Lions Club Citizen of the Year award as it has done so much to build community spirit. Cape Breton culture will continue to be celebrated at this museum under such vibrant, dedicated, community volunteers.

The Lion's Club Charter night concluded with members kicking up their heels to the tunes chosen by DJ Norm MacDonald.

The Lion's Club will host their annual golf tournament at Highland Links this July.



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# Rural health consultations

by Jim Morrow

Two public consultations will be taking place in Victoria County to discuss rural health and rural health services.

The first public consultation will be in Neil's Harbour at Cabot Jr/Sr High School cafeteria on Monday June 7th and at St. Michael's Hall, Baddeck on Tuesday, June 8th, each at 7:00 p.m..

These meetings will include a presentation on Rural Health from CEO John Malcom with time for discussion and feedback on such topics as Access to Services; Enhancing Services and Responding to Future Health Needs; Health Promotion and Chronic Disease Management and Recruitment of

Health Professionals.

Participants will be asked to work in groups during the meetings to share ideas and thoughts on Rural Health.

There will be an opportunity to review the District's discussion paper on Rural Health, which can be found by visiting [www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca) and click on Rural Health.

To get a copy of the paper or for general information about the session, call (902)567-7797 or e-mail: [fordf@cbdha.nshealth.ca](mailto:fordf@cbdha.nshealth.ca).

If you're unable to attend, your ideas or comments can be sent to: John Malcom, CEO Cape Breton District Health Authority, 1482 George Street, Sydney, Nova Scotia B1P 1P3 or e-mail to [feedback@cbdha.nshealth.ca](mailto:feedback@cbdha.nshealth.ca)

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## Congratulations

# HEAL Ambassador

### Brittany Debow, Chad Sinclair and Sylvia Debow

Glace Bay

Formed by these inspiring youth, The Action League is a presentation that grew out of the work of the Glace Bay Youth Action Committee. With research showing that youth aren't physically active enough, these young people wanted to do something positive to help change that. Their presentation teaches students about the benefits of walking and cycling and to work at creating a culture that values these activities. In addition to their local performances, they traveled to Fredericton and Quebec City last fall to learn about active transportation and have been involved in developing CBRM's own AT Plan.

HEAL Cape Breton is pleased to announce Brittany Debow, Chad Sinclair and Sylvia Debow as HEAL CB Ambassadors. Keep up the great work. You are an inspiration.

We can follow The Action League's example and get moving. We can improve our health by getting 30 to 60 minutes of moderate physical activity most days, eating healthy, increasing our intake of fruits & vegetables, control and limit portion size.

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A new HEAL Cape Breton Ambassador will be chosen every month. If you would like to nominate someone as a HEAL role model in your community, please send your nomination letter to:

HEAL Cape Breton (Healthy Eating Active Living)  
HealthPark  
45 Weatherbee Road, Suite 306, Sydney, NS B1M 0A1  
[healcapebreton@gmail.com](mailto:healcapebreton@gmail.com)

HEAL Cape Breton is an organization dedicated to promoting health eating and active living in Cape Breton.