

Baddeck Forks Golf now under new management



Darren and Loretta Baker, new owners of Baddeck Forks Golf Course.

by Barry Blackman

The new proprietors of "The Forks" golf course are Darren and Loretta Baker who purchased the course in July 2010 from the previous long-term owners, Winston and Sally Cameron.

Darren hails originally from Westmount and prior to his current venture worked as a manager for a trucking company in Leduc, Alberta. Loretta, from Edmonton, worked for a company, Baker Hughes, which supplied submersible pumps for oil rigs.

The Bakers have undertaken several projects. Using all local contractors, a new two-storey club house and work shed were constructed. As well, parking was developed for up to 40 vehicles.

The club house consists of an outside deck with a beautiful view of the Highlands and Baddeck Valley, a Pro Shop, a restaurant with a spacious dining area and bar, which is open to the public. Restaurant hours are Monday-Friday, 11 am to 9 pm for lunch and din-

ner, Saturday, Sunday & Holidays from 8 am to 9pm, with breakfast being available.

Course equipment now includes 18 golf carts, 30 sets of golf clubs and 10 pull carts. The Bakers currently employ three full-time and two part-time seasonal employees.

Darren has been busy grooming and widening the fairways and clearing brush. Future plans call for winter snowmobiling, cross-country skiing and snow-shoeing on the weekends. Long term plans are a possible RV park for up to 30 units.

The golf season will run from May 1st to October 31 annually.

The couple have purchased a home in Baddeck and Loretta is now an active member of the Baddeck Volunteer Fire Department Ladies Auxiliary. The course will be sponsoring a golf tournament on June 18th with the majority of the proceeds going to the Baddeck Volunteer Fire Department.

Wagmatcookewey medalists at N.S. Mi'Kmaq Track & Field



Three students from Wagmatcookewey School won medals at the NS Mi'Kmaq track and field championships in Eskasoni. The field events were held in Eskasoni and the running events were held at St. F. X. University. In the photo are: Left - Charlize Bernard (Atom Girls - Gold in 60m, Silver in 100m). Middle - Adam Julian (Bantam Boys - Silver in 60m, Bronze in 100m). Right - Dante Isadore (Atom Boys - Silver in 60m, and Bronze in 100m, Silver in Long Jump)



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Breakfast service daily, 7:00-10:00 am, 10:30 am on weekends. Traditional Sunday evening dinner (Hip of Beef), starting June 26th.

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Congratulations

HEAL Ambassador



Mike Forgeron, Sydney

A Sydney Academy student in his graduating year, Mike Forgeron has a bright future to look forward to, especially when it comes to his health. He started taking better care of himself, making changes to get healthier and now has tons of energy.

His grandmother won a gym membership a couple of months back, which started Mike and his Dad going to the gym. He says it's one of the best decisions ever made. "After I worked out, I started to watch what I ate, especially portion size." He's been hooked on being healthy ever since. "I walk everywhere and now I eat until I'm full, instead of because it was there."

"I'm not eating junk food, got rid of pop and just drink water now. I feel great and I'm always walking around with a smile. Twenty pounds can make such a difference in how you feel about yourself."

HEAL Cape Breton is pleased to announce Mike Forgeron as a HEAL CB Ambassador. Keep up the great work, Mike. You are an inspiration. We can follow Mike's example and improve our health by eating 5-10 fruits & veggies daily, control/limit portion size and get 30-60 minutes of physical activity on most days.

A new HEAL CB 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
Or Email: healcapebreton@gmail.com





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