

North Highland Nordic Ski Club Open House



Pictured are some of the participants heading out on skis or snowshoes at the recent Open House at North Highlands Nordic. With funding from the Victoria County Community Health Board, these participants were able to use the rental equipment and trails free of charge for the day.

interested in competitive skiing; Snow Men and Women is for adults on Tuesday mornings – guided group skiing and snowshoeing with instruction available for novices.

Thanks to help from the Positive Aging Fund, the Club is able to offer seniors over 65 involved in the program free ski rentals and trail passes.

The trails are open to the general public, for all ages and every level of ability. There is no need to be a member.

North Highland Nordic and its

members were proud to be represented at the upcoming Canada Winter Games by skier Kilya MacNeil of Bay St. Lawrence, provincial cross-country ski coach Daniel Murray, provincial team manager John Hudec and wax technician Chris Algar – all four part of the Nova Scotia team.

The Club's ski room is open 10 – 5 daily for passes and rentals, waxing and relaxing. For information call 383-2914 or visit www.xski.ca.

A million reasons to celebrate

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credit union to local communities in the form of donations/sponsorships and student bursaries.

“Our members have been most supportive during the past seven years and as a result the credit union has not only grown by close to \$80 million during this period but improved its equity position from just over 5% to over 8%. The Patronage Rebate program is one way we can say thank you to our members for doing their financial business with East Coast. This Patronage Rebate represents the credit union's commitment to serving our members as well as a major invest-

ment in our local communities, where we work and live,” stated credit union Chair, Don Pottie.

Being a member of a credit union also means you are an owner of a financial institution. This is a characteristic unique to credit unions and one that gives the members of East Coast, One Million reasons to celebrate being an Owner! Visit any one of their thirteen branches to become a member and you too, can begin experiencing the benefits of ownership.

For more information, please contact: Doug Hastings President and CEO, East Coast Credit Union 902-295-17. email: dhastings@eastcoast.creditu.net.

by Margrit Gahlinger

Over 70 people, half of them youth, half of them for the first time, attended North Highland Nordic Ski Club's recent Open House on a Sunday in Cape North.

In spite of a playful mix of freezes and thaws in the preceding weeks, the Club was able to have a good half of its trails groomed and ready for decent skiing.

After retiring from the slopes the skiers relaxed and socialized over hot chocolate and snacks in the heated ski room.

The event received financial support from the Victoria County Community Health Board.

With free trail passes and rentals it was an offer hard to pass.

North Highland Nordic used the occasion to advertise its upcoming programs: Jack Rabbit for elementary school children is held Sunday afternoons; Track Attack on Saturday mornings is for Grade 4 to 7 students

Perseverance paid off

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more age-friendly and this project will be a major step in that direction.

“From the very beginning, the Board strove to sell the property and building and

hoped that we would not be forced into demolishing the building. Our work paid off and we look forward to the rejuvenated Alderwood playing a prominent role in the development of our community.”

Writers Fête will inspire

North River

The Cabot Trail Writers Festival will host three exciting authors this fall: 2010 Poet Laureate of Halifax, Shauntay Grant; 2010 Scotiabank Giller Prize winner, Johanna Skibsrud; and 2010 Giller and Rogers Writers' Trust Fiction Prize nominee Alexander MacLeod.

This year's Friday night opening gala will feature five new poems by Shauntay Grant, commissioned by the festival, and representing her response to five ironwork sculptures by artist Gordon Kennedy. Gordon's sculptures will be on display during Shauntay's readings

of her new works, and throughout the evening.

On Saturday, Johanna Skibsrud, Alexander MacLeod, and Shauntay Grant will deliver presentations and workshops during the day. In the evening, Johanna and Alexander will offer readings from their work, and local son Alec Frith, accomplished guitarist and member of the award-winning group Gypsophilia, will entertain the company.

Sunday Brunch will follow a panel discussion with Johanna and Alexander, and Angelo Spinazzola will introduce songs from his newest album.

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