

Maritimer of the Week

Baddeck

Wanda MacLeod, a CCA who works at Alderwood wrote to CTV on behalf of the 70 residents who reside in Alderwood to nominate Katie Reashore for Maritimer of the Week.

She wrote: Katie has been coming to Alderwood Rest Home in Baddeck for the last two years. She started

coming with her mom at Christmas time to give each resident with Alzheimers Disease a Teddy Bear that she bought with her own money. Now she is comfortable enough to come on her own. She comes two days a week after school and pops in at different times just to take a resident for a walk or to read to them or just to sit and hold their hand. The ladies love for her to paint their nails. She plays games with them and talks with them. She came before Halloween and made decorations with the residents and dressed them up in her many different costume



Katie Reashore with her well deserved CTV Maritimer of the Week award

accessories. She volunteers to help when there is a birthday party or a special event when her exceptional service is needed. So many of the residents don't have a family member living in the area and they get very lonely. Katie comes in and brightens their day. Then they know they can look forward to her next visit in a day or

so. The residents are just so excited when they see her coming. They so look forward to Katie's visits. She spends QUALITY time with these wonderful people.

When Katie can't be with the residents she is busy with school, 4-H, basketball and soccer. Her hobbies are cake decorating, scrap-booking. She is also an entrepreneur as she owns three vending machines which she has rented out and tends to on a regular basis.

Katie was awarded Classmate of the Year last year in school.

\$4,017 for C.B. Cancer Centre



Pictured in photo (l-r) - Kathleen MacKenzie, President of the Nova Scotia Highland Village Society; Dr. Jacquelyn Thayer Scott, National Ambassador and Chair of the Cape Breton Regional Hospital Foundation; and Rodney Chaisson Director of the Highland Village.

Iona

The 6th annual Central Cape Breton Appreciation Dinner for the Cape Breton Cancer Centre was a great success. This year's event, held on November 13, raised \$4,017 for the Patient Care Fund of the Cape Breton Cancer Centre.

Since 2005, over \$20,000 has been raised in our community for this important resource.

We are extremely grateful to everyone who attended and made donations; to Donna and Jimmy MacNeil for organising the deli-

cious meal; to everyone who volunteered their time for the dinner; to the Highland Village and Paul MacNeil, Victoria County Councillor for sponsoring the event; to Steve Griffith and the Grandona Legion for assisting with the meal; to St.Columba Parish for use of the hall; to Barb & John Shaw for the chocolate treats; and to the entertainment for topping off a great evening. This dinner is a tribute to all in our community who are living with or who have died from cancer, especially Dan E. MacNeil who inspired the community to take on this annual event.

By-election results

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garnered 179 of the 429 votes cast while Bernie Vassallo received 152 votes. Kenneth "Brother" MacKinnon took 98 votes.

There were approximately 775 eligible voters in District #8 which is comprised of the area north of Effie's Brook and includes the communities of South Harbour, Dingwall, Cape North, Sunrise, Big Intervale, Aspy Bay,

Sugar Loaf, Bay Road Valley, St. Margaret's Village, Bay St. Lawrence, Capstick and Black Point to the Victoria/Inverness border.

Mr. Buchanan who resides on South Ridge Road, South Harbour, is a fisherman, a single father with three sons. He is a volunteer volleyball and basketball coach.

He will have been sworn in as councillor for District #8 on November 29th.

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Congratulations

HEAL Ambassador

Mary Astephen, North Sydney

Mary Astephen is 89 years old and loves to be active. She has been walking in the Northside for the last 65 years and can be seen wearing her signature hat, walking her regular daily route.

She came to Cape Breton on the Queen Mary from England and like many war brides, landed at Pier 21. "Walking is what you did. That's how we got around" Walking to work was the mode of transportation back in England. She doesn't like sitting or standing much. Settled in Cape Breton with twelve children, she used walking as a means to keep the children busy. "We would walk to the beach daily, swim for the day and walk home". Until recently she would go for a swim, every day, rain or shine, from May until September with her friend Mary, "Swimming is a wonderful thing. Makes you feel right...good for any ailments."

HEAL Cape Breton is pleased to announce Mary Astephen as a HEAL CB Ambassador. **Mary, you are an inspiration.** We can follow Mary's example and improve our health by eating healthy - include 5-10 fruits & vegetables daily and control/limit portion size. Also, get moving - 30 to 60 minutes of moderate physical activity most days of the week.

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

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