

# Cape Breton Highlanders wear their name with pride



Canada's Minister of Defense, Peter MacKay, addresses the crowd at the Gaelic College on January 16th as he restores the name of the Cape Breton Highlanders to the Nova Scotia Highlanders (Cape Breton). In the photo are L-R Minister MacKay; John Lynn, CEO Enterprise Cape Breton Corporation; Col. Ian Macintyre (Ret'd); and Kirk MacRae, Vice-Chair, Gaelic College Foundation.

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Scotia Highlanders (Cape Breton). Currently headquartered in Sydney the unit has 168 soldiers. The unit is in the process of re-allocating positions from Cape Breton Regional Municipality to the Port Hawkesbury area.

Soldiers from the 2nd Battalion The Nova Scotia Highlanders (Cape Breton) have served on missions throughout the world including the former Yugoslavia, Sierra Leone and

Afghanistan. At home their soldiers have supported domestic operations including the ice storm in Ontario and Quebec, the Swissair Disaster, forest fires in British Columbia and cleaning up after hurricane Juan.

Col. Ian Macintyre (Ret'd) from Sydney River said that the road to getting the name changed back to the Cape Breton Highlanders was long and arduous and he thanked the Minister of Defense for granting the distinction.

# Minister of Development hears northern concerns

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most respected and effective general managers of the resort and the management group back at Keltic. "We are confident that Mr. Frise's vast experience will lead the resort through the ongoing operational changes."

Some of these changes include bringing back the Purple Thistle dining room serving three meals a day.

Mr. Dauphinee also told Minister Paris that the future is uncertain with the New Castle contract with the province expiring in January 2012.

Mr. Paris told the delegation that the Province is seeking expressions of interest to develop a range of options for the successful future of not only Keltic Lodge Resort and Spa, but also the Digby Pines Golf Resort and Spa, and the Liscombe Lodge Resort and Conference Centre which the Province also owns and the American company, New Castle, manages.

The topic of discussion then moved on to Ski Cape Smokey.

Mr. Dauphinee pointed out to the Minister and his staff that the volunteer board of the Ski Cape Smokey Society can not answer all the questions potential buyers or investors have when they inquire about the mothballed recreational facility.

Mr. Dauphinee used the example of the Trenton Rail Works. "When Trenton closed, the province had representatives

travelling the world looking for another investor. I know that Ski Cape Smokey does not hire as many workers as the Trenton works had, but in our area the 30 or 40 people the ski hill employs is very significant. But we are not getting any support from the government.

"We have no resources to look for investors nor can we answer the questions they might have in terms of land ownership, environmental assessments, private-public partnerships nor do we have the skill levels required for negotiations with potential owners or investors. These are the questions the Province has to answer but there has been no interest in or support from the Province," Mr. Dauphinee explained.

The province owns the land and the building while the Ski Cape Smokey Society has a mortgage on the equipment.

Minister Paris admitted that he knew very little about the situation but promised he would look into it.

Councillor Johnny Buchanan brought the Northern Victoria Community Centre in Cape North to Minister Paris' attention. In need of an artificial ice plant, the Northern Victoria Community Centre has had to rely on natural ice and need assistance to do an upgrade and extension.

Minister Paris asked that he be sent a copy of the Northern Victoria Community Centre's proposal.

Mr. Buchanan promised to get him a copy as soon as possible.

# Gift certificates offered to survey respondents

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those looking for business and career guidance.

To encourage residents to get involved with the survey, 10 randomly chosen participants will receive a \$100 gift certificate to the Victoria County business of his/her choice. [All survey respondents who submit a completed form by midnight on February 6th will be eligible for 1 of 10 prizes. Draw will take place on February 11th.]

Ms. MacDemid said she would prefer that the survey be filled out electroni-

cally but paper copies will be available. Find the survey link at [www.victoriacounty.com](http://www.victoriacounty.com) or email [nona.macdemid@countyvictoria.ns.ca](mailto:nona.macdemid@countyvictoria.ns.ca). A downloadable version will be on the website.

"We will mail one survey copy to every household, put copies on the bookmobile, at local stores, and at the Courthouse in Baddeck. A limited number of confidential phone interviews will be offered to those with physical accessibility or literacy challenges.

"We invite everyone to participate; every opinion is valuable!"

**BADDECK BAY HOSPITAL AUXILIARY**

# CASSEROLE CAPER

**Blue Heron Ice Cream Parlor**  
**Friday, January 28, 2011 - 2:00PM**  
 Until supply lasts!

**FRESH HOMEMADE CASSEROLES**  
 OVEN TO TABLE OR FREEZER READY!

FROM  
**\$5.00 TO \$30.00**

All Proceeds to Victoria County Memorial Hospital

Special Thanks to The Blue Heron Gift Shop

Small - casserole for 2  
 Medium - casserole for 4  
 Large - casserole for 6-8  
 & FRESH HOMEMADE PIES!!!

## Congratulations

### HEAL Ambassador

**Hilton Smith, Sydney**

He jogs four times a week, goes to the gym two evenings a week, loves to dance two evenings a week and exercises everyday at home. An impressive active schedule for anyone; this one belongs to Hilton. He turned 80 years old last November, the only time in his life he was conscious of the numbers. "Never entered my mind, never thought about old age until then."

He eats properly, reads labels, takes a multivitamin and cod liver oil every day. He believes the body is a temple and should be treated as such. "No one can do it for you. Make the effort, one step at a time. Eat well and keep active."

A former championship boxer, he was 75 yrs old when he ran his first marathon, he now runs eight races a year "I enjoy every one." Hilton plans to run marathons in Halifax and Toronto this year. "Every day is Christmas just to wake up. You have to enjoy life."

HEAL Cape Breton is pleased to announce Hilton Smith as a HEAL CB Ambassador. **Hilton, you are an inspiration.** We can follow Hilton'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](mailto:healcapebreton@gmail.com)

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