

## Presentation to Council Web based meetings

by Jim Morrow

The Victoria County Cap Site Association (VCCAPS) made a presentation to Municipal Council on February 28th promoting and explaining the benefits of meeting on-line.

Online meeting software is an Internet based program used to conduct live meetings, presentations and training using a computer and the Internet.

VCCAPS wants to encourage communities to use Victoria County's high-speed infrastructure to communicate and provide awareness of high-speed applications

They believe it provides opportunities for community groups to communicate more easily among groups and their members as well as increase community collaboration and provide opportunities for economic development

This project fits well with the County's 5 year strategy plan for extending Broadband applications in the County.

VCCAPS believes it can sustain

due diligence while it monitors and expand broadband activities in Victoria County

It wants to continue to assist community volunteer groups by providing infrastructure support and training.

The organization hopes to achieve active community engagement through continuing with the work of educating groups on the usefulness of various web tools, including online meeting software and webinars

By engaging community groups to use online meeting software, especially county-wide groups can then showcase what Victoria County is still achieving with Broadband advancements

Councillors present for the presentation were asked to learn how to use the software. It may even benefit them to the point that they might not have to travel on a night such as the evening of the presentation which had heavy snow and high winds making road travel very hazardous.

## Neil's Harbour Co-op receives accolades



Neil's Harbour Co-operative was recently presented with a Performance Award from Co-op Atlantic, for displaying the highest standards in retail operations and member/customer service. From left to right, Jim Fogarty, Area Manager for Cape Breton; Richard Wall, Grocery Manager at Neil's Harbour Co-op with the Performance Award; and Robert Lemoine, Vice President of Retail Operations and Food Management of Co-op Atlantic. The Co-operative was also presented with Co-op Atlantic's Market Town Award for their excellent promotion of the Market Town family of products, in 2010. The Co-op showed a 30% increase in sales of Market Town products, year over year.

### Attention Fishers...

MP Mark Eyking and Liberal Fisheries Critic, MP Rodger Cuzner will be holding a series of public meetings regarding fisheries issues on Monday March 14th

**Cabot Fire Hall • 10:00 am**  
**North Shore Fire Hall Indian Brook - 2:00 pm**  
**St. Joseph's Parish Hall Bras d'Or - 6:30 pm**

Please call Mark Eyking's office if you are interested in attending at 902-567-6275

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## Congratulations HEAL Ambassador



**Jenna Donovan, Louisbourg**

It started with a muffin over a year ago. The 18 yr old, Sydney Academy student made a decision to lose some weight and feel healthier. Jenna was shocked to find out the calories in her daily muffin and made some big changes to her diet. She started watching what she ate and portion control was a big thing. "Now I eat at least five times a day, smaller portions and healthier food." She's lost 55 lbs to date and feels better than ever. "I no longer get migraine headaches, I sleep better and I definitely feel more confident."

Jenna walks every day and credits her weighted hoola hoop to her new physique. Also, she drinks a lot of water, and some milk. "I don't want to drink my calories, I want to eat them. I don't deny myself anything, if I want a treat I have it. I'm just careful about what I eat and the portion size. Biggest thing is the mindset, you have to want to change for yourself."

HEAL Cape Breton is pleased to announce Jenna Donovan as a HEAL CB Ambassador. *Jenna, you are an inspiration.* We can follow Jenna'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



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

