

LETTERS TO THE EDITOR

Health District Dietitians create cookbook

The Editor

As National Nutrition Month comes to a close at the end of March, Dietitians across the Cape Breton District Health Authority are releasing a cookbook full of their favourite heart healthy recipes. The cookbook is now available for free by visiting the District's website.

Cooking Your Way to a Healthy Life, is a collection of 65 recipes from local dietitians that are tasty, healthy and suited for anyone with diabetes. The cookbook contains the nutritional breakdown of each item by listing the fat, sodium, carbohydrate, fiber and protein count.

"Our hope is to help people enjoy good food that promotes good health," says Sharon MacDonald, P. Dt., Outpatient Dietitian and Project Coordinator. "We have tried to not only provide people with recipes, but provide guidelines on how to alter their own recipes to make them healthier. The recipes included are healthy and also some of our favourites so they are delicious too."

The cookbook includes recipes for

appetizers, soups, salads, salad dressings, fish, poultry, meats, vegetarian entrees, desserts and baked goods and more. It also has tips on how to make recipes healthier, alternatives to reduce sugar, sodium and fat, ways to increase fiber, cooking tips, how to use herbs and spices and how to make your own herb shakers. There is also information included on accessing the dietitians of Canada website which provides a tool to analyze recipes.

"We developed a cookbook similar to this one about 15 years ago, but it was time for an update and it was missing the nutritional breakdown of recipes," says Susan Taylor, P. Dt., Clinical Manager of Nutrition and Food Services. "We have new dietitians on staff and we also had new great tasting recipes we wanted to share. The project was also a good team builder as we all contributed to it and it was a great job for our summer interns and summer nutrition student."

The cookbook is now posted on the District's website, www.cbdha.nshealth.ca.
Cape Breton District Health Authority

Wait times still part of the problem

The Editor

The Canadian Institute of Health Information (CIHI) recently released its sixth annual report in a series on wait times in Canada. For many Nova Scotians, these reports only confirm what we already know – the province's health-care system isn't working as efficiently as it could be.

It's disappointing for physicians and Nova Scotians that again this year, fewer than 75 per cent of patients receive the treatment they need within benchmark time frames for hip replacement, knee replacement, and cataract surgery.

Last year I voiced my concerns around this issue as President of Doctors Nova Scotia, but this year I'm taking off that hat and speaking as an orthopedic surgeon. In my practice, I am faced with long wait times on a daily basis. What is most important to me is that my patients are able to receive quality care they deserve in a timely manner.

Nova Scotians often look to physicians to cure the wait time issue and we are eager to play a part in the solution, but we can't do it alone. What is really required is a broad system review.

In our province there are long wait

times, overworked and discouraged health-care providers and growing health-care costs. These challenges have made the need for health reform undeniable.

I hope that government hears our frustrations and focuses on reforming the health-care system from a broad perspective. We must continue to focus on physician resource planning, optimally using operating rooms, reducing bottlenecks in the system, and improving our referral processes. We need to move beyond conventional thinking into system-wide reform to ensure patients are getting the quality care they need when they need it.

The CIHI report acknowledges the inadequacies in our system and it's time we make a coordinated effort to address them. We need to be focused on reforming the health-care system from a broad perspective and physicians of the province continue to be keen to participate.

Ross Leighton, BSc, MD, FRCS(C), FACS
(Dr. Ross Leighton is chair of the Doctors Nova Scotia Board of Directors and is an orthopaedic surgeon in Halifax.)

Amputees help amputees with key tag support

The Editor

This year marks the 65th anniversary of The War Amps Key Tag Service. Nova Scotia residents started receiving their 2011 key tags just recently and are learning how their support of this valuable service allows the Association to continue its tradition of "amputees helping amputees."

A letter enclosed with the key tags tells the story of War Amps member Ralph Hodgson, who lost his leg at Vimy Ridge in World War I. Hodgson met the amputees returning in hospital ships from World War II, greeting them on behalf of The War Amps and providing an encouraging picture of their futures as amputees.

The War Amps founding philosophy of "amputees helping amputees" has been proudly passed along to the thousands of children who have come through its CHAMP Program for child amputees. The Association has just marked the 35th

anniversary of CHAMP, the graduates of which have taken up the torch and will continue its work long into the future.

Key tags protect any keys, not just car keys! Since 1946, The War Amps has returned more than one million sets of keys, and the service is more vital than ever with the extremely high replacement cost of keys and remote devices. Each key tag has a confidentially-coded number. Should the keys be lost, the finder need only call the toll-free number on the back of the tag, or deposit them in any mailbox, and the keys will be returned to the owner by bonded courier.

The War Amps receives no government funding. We encourage everyone to take advantage of this valuable service.

For more information, call us toll-free 1 800 250-3030 or visit us at waramps.ca.

The War Amps,
Ottawa, Ontario

Letters to the Editor Policy

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Chuck Thompson's "Along the Trail"

Election 2011



uninterested."

So be it, it is here and now we must view, dissect and decide. Someone remarked to me that he could not understand why I would stay up and watch such foolishness. What was my point? I guess I understand this logic but it at least makes as much sense as burning the midnight oil watching the travails of the Leafs or Blue Jays. It's all entertainment.

In my modest opinion this is the poorest field since the 1962 New York Mets. There is not a national leader that evokes the slightest bit of enthusiasm.

Mr. Harper continues to take the view that he and his band of merry men are the only logical choice for Canadians. It is that kind of self evaluation that will land him in minority territory yet again. Mr. Harper continues to project an image of arrogance, cold heartedness and superiority. Yet, he wins. Politics is truly a blood sport and winning is the only criteria that matters.

Mr. Ignatieff cannot or will not project any sense of understanding the common man. This is most unfortunate because his credentials are impeccable. He suffers and will suffer from an image of complete aloofness and it is hard to imagine he will overcome this view in the short time allotted to a national election. Long gone are the days when the Liberal Party was seen as Canada's party.

Jumping Jack is Jack. The same old tired rhetoric about being for the average Canadian. I am as average as a

Oh, oh, here we go again. As Rex Murphy of CBC so succinctly put it, "it is an election that is u n w a n t e d , unwarranted and forced on the

pair of Stanfield's underwear and he still does not speak for or to me. Time is not his friend either.

The whole chinwag about a coalition is just so much tired chatter. After all we are not talking about a choice between Mr. Rogers and Colonel Gaddafi. The sky will not fall in the unlikelihood that such a scenario played out. Give that one up, Mr. Harper.

Locally, we are left to choose between Mark Eyking and Cecil Clarke. Granted it was back in '97 that Mr. Clarke tried his hand in federal politics and he has grown since then but he was not anything to write home about back then.

The NDP are running a postal worker ... "Neither Rain, Nor Sleet, Nor gloom of night" will keep this candidate from her duty, I'm sure. Don't give up your day job though!

One thing is for sure. Whoever wins in this riding will assume his seat just inside the exhaust vent at the back of the House of Commons. None of the declared candidates will exert any influence whatsoever on the national scene. Whoever wins the national contest will be so indebted to Ontario, the ever thirsty Quebec or BC that we will be lucky to maintain the status quo. Long after the dredge has left toxic Sydney Harbour we will be looking in vain for improvements to our railroads, docking facilities, roadways.

This election is like most recent elections. The main parties make promises using money that we give them to give back to us. For that we are to grovel with unabashed thanks.

Despite all this I will be sitting TV side on the big night. I will be plotting the seats supposedly up for grabs across the nation. Why? Why not? It makes as much sense as watching UCONN in the final four. I am just not sure it will be anymore meaningful!

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The Victoria Standard

The Victoria Standard is published fortnightly by Bras d'Or Graphic Marketing Services.

Editor and General Manager: James Morrow
Copy/Design/Subscriptions: John Johnson
Advertising/Sales: Jim Ryan

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