

LETTERS TO THE EDITOR

Introducing healthy living challenge

The Editor

Physicians in Nova Scotia are taking steps to encourage physical activity and good nutrition among First Nations youth in the province.

Health Canada reports that First Nations people face some serious health-related challenges, such as high rates of chronic and contagious diseases and shorter life expectancy.

Compared to the general Canadian population, heart disease is one and a half times higher and type 2 diabetes is three to five times higher among First Nations people.

Doctors know that physical activity helps prevent, delay and manage the effects of type 2 diabetes. That's why Doctors Nova Scotia has begun to work with First Nations schools and communities to encourage more physical activity and healthy eating through the Doctors Nova Scotia Youth Running for Fun program and Healthy Living Challenge.

Last year, over 1,000 First Nations children and youth took part in the free school-based running program. This year, Doctors Nova Scotia will introduce the Healthy Living Challenge which teaches youth about the importance of a balanced diet and reducing screen time. The goal of these programs is not to create life-long runners, but to build healthy habits in young Nova Scotians that will last into adulthood.

Doctors in the province identified an opportunity to introduce running and nutritional education to a population that experiences some of the highest rates of chronic disease in the province. We hope the programs continue to provide motivation for young Nova Scotians to adopt life changing behaviours.

John Chiasson, BSc, MD,
President, Doctors Nova Scotia
www.doctorsns.com

Appreciation to Nancy's Ceilidhs and her visitors

The Editor

Alderwood Knitting Bee would like to acknowledge the commitment of Nancy at Baddeck Gathering Ceilidhs for letting us set up a clothesline at the hall to sell our knitting goods. The money helps Alderwood Recreation to buy special supplies for our events.

We truly appreciate the generosity from tourists who purchase these items

from far and near.

We are also grateful to our faithful volunteers Marie Bethune, Kaye Garland, Joanne Turner and Shirley Wild who come on a regular basis on Tuesday and Thursday mornings.

It is special people like these that go 'Above and Beyond, Because We Care'.

Alderwood,
Baddeck

BBB offers tips for selling valuables

The Editor

Lately, consumers have been inquiring about the many eye catching advertisements, in the newspaper, that offer to purchase gold, coins, jewelry, antiques and collectibles. Traveling buyers will set up in hotels or malls for a short period of time and offer consumers money on the spot for the item.

Before reaching into your jewelry box or polishing the hidden treasure that you found in the attic, the BBB recommends that you do your homework. "Consumers need to take a "seller beware" approach and do their research before getting involved" said Don MacKinnon, President and CEO of the BBB servicing Atlantic Canada. Don't expect to get rich!

The BBB offers the following tips for selling valuables:

- Do your research! Check reference

books, the internet and local knowledgeable reputable businesses to determine the value of the item.

- Have it appraised by a certified appraiser.
- Always take the time to shop around.
- Know the difference between an appraisal and an offer.
- Do not be pressured to sell your item on the spot.
- Ask about the company's guarantee. Get it in writing.
- Check the internet to see what other sellers are saying about their experiences with the company.
- If they are buying gold, do they weigh it and can you see the scales.
- Check with the BBB for a report on the company.

Better Business Bureau of the
Maritime Provinces,
Halifax, Nova Scotia

Bell Bay's Stonehouse moving to Newfoundland



Golf Pro Ted Stonehouse doing what he did so well - teaching young golfers.

Baddeck

After 13 successful seasons in Cape Breton, Ted Stonehouse, General Manager & Head Golf Professional at Bell Bay Golf Club in Baddeck, Nova Scotia, will move to Clovelly Golf Club www.clovellygolf.com in St. John's, Newfoundland, at the end of the current golf season.

Stonehouse is a past chair of Golf Cape Breton, www.golfcapebreton.com, a marketing partnership of six courses. "My time at Bell Bay Golf Club was absolutely perfect," says Stonehouse. "I truly believe it is one of Canada's finest courses. The ownership gave me a huge opportunity at a young age, and one of the best teams to work with, and I did my best to tackle it with enthusiasm and professionalism. It was a wonderful ride!"

"We wish Ted and his family all the best as they return to Patty's home province," says Golf Cape Breton chair, Ben Cowan-Dewar. "We know he will make golf in Newfoundland better, as he has in Cape Breton, through his professionalism and innovation."

Stonehouse achieved Audubon certification for Bell Bay, hosted national championships and was the first in Atlantic Canada to outfit a full cart fleet with an

automated GPS system. Perhaps his greatest legacy was the creation of one of Canada's finest junior golf programs, from which some players went on to receive university scholarships. His efforts have been recognized nationally by the PGA of Canada, in 2002 as Canadian Club Professional of the Year, in 2003 as Merchandiser of the Year, and in 2007 as Jack McLaughlin Junior Leader of the Year.

These contributions are fully appreciated and will be missed by Bell Bay Golf Club owner Scott MacAulay. "Ted worked hard to move the Cape Breton golf product forward. It's a good time in his life to seek new challenges and all of us wish him and his family the very best. We are looking for a leader to work with our talented team and grow the business at Bell Bay. It's our plan to announce the new General Manager and Head Professional later this fall."

Stonehouse is part of the search committee to find his replacement. The position is now posted on the PGA of Canada www.cpga.com website.

"I am looking forward to the opportunities that face me at Clovelly," adds Stonehouse. "It is a first class facility, one of the busiest in the country. I look forward to seeing friends and golf media in St. John's, Newfoundland and Labrador, soon."

Working Together for Cape Breton's Future

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