

# BABTA AGM looks at signs



The Baddeck Area Business and Tourism Association (BABTA) held its election of officers at its annual general meeting on March 22nd. Sitting (l-r) are President Glen MacDonald; Secretary Verne McIntyre; 1st Vice President, Eileen Montgomery and standing is Treasurer, Dick Grub. Missing from photo is Vice president Ken MacKinnon.

by Jim Morrow

"2010 proved to be a positive year for the Baddeck area from a tourism perspective. Occupancy numbers appeared to be up marginally while counselling at the Visitor Information Centre (VIC) was down," Baddeck Area Business and Tourism Association President, Glen MacDonald, told the membership at their annual general meeting on March 22nd.

BABTA's executive explored expanding the organization's mandate in 2010 but very little interest was shown from members and other groups so the executive have decided to stay with the status quo.

Mr. MacDonald said BABTA's role in the community has remained strong "with a very successful village clean-up, Cabot Trail Relay Weekend, July 1st celebrations, Regatta Week, Bras d'Or Lakes Festival and the sponsorship of the shuttle bus to

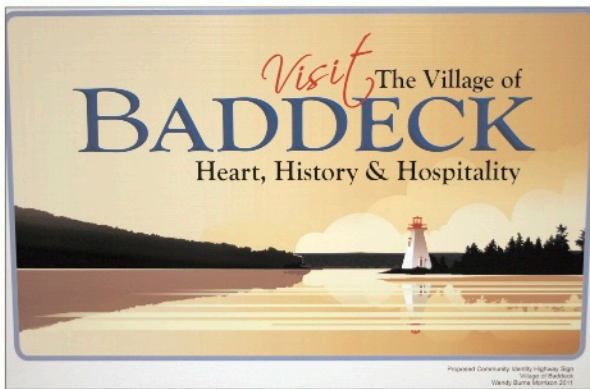
Festival Club during Celtic Colours International Festival. The year rounded out with a very successful Christmas Parade."

Eddie Kennedy, Acting Site Manager at Alexander Graham Bell National Historic Site spoke to some changes that will be occurring at the site and his wish that the Bell Museum and the community will continue to find

ways to work together and complement each other.

One event that Mr. Kennedy spoke highly of was a national book launch for a coffee table book of photographs and text on Canadian Parks which is being published by the National Geographic Society and launched at the Museum on July 4th.

New signs are being produced for both the Village of Baddeck and the Visitor Information Centre. Samples of the signs were on display at the meeting.



One of the proposed signs for the Village of Baddeck as shown at the BABTA AGM

# When the crunch comes, who are you going to call? A senior!

by Margrit Gahlinger

The opening session of the 2011 seniors health literacy program, based at Capstick Manor in Dingwall, raised a challenge. What would you do if the \$100 bill in your hand for groceries suddenly became \$50? And it wasn't going to get better? Those attending that sunny March afternoon took the question well in stride.

It wasn't as if they hadn't all done just that many times, and with a lot less.

Some suggestions were: Eat oatmeal for breakfast. Or muesli. Add fresh blueberries you picked. Raisins if you can get hold of some.

Eat fish and potatoes often.

"Some ate lamb but the mainstay was fish.

Cod, herring, mackerel. Monday, Tuesday, Wednesday, Thursday, Friday. Saturday was beans. With pork scraps if you had them. Sunday was the meat dinner. Supper was leftovers mostly. Sunday evening there were often preserves with a roll or biscuit and tea. Since the men were not doing much hard physical work that day, they could get by on one big meal instead of two."

Grow your own potatoes. Your carrots and turnips and beets too. What will keep. Eat more root vegetables in the winter and save salads for the warm weather meals.

Eat lots of homemade soup.

Buy vegetables in bulk especially in the fall. You'll need a cool storage place. If you don't have a root cellar, maybe a cool basement or porch or shed.

Eat more apples. Buy them in bulk. Save the more exotic fruits for special occasions or gifts. Avoid those imported from long distances. There used to be farms in the local area with plum and cherry trees. Perhaps we should consider planting some.

Barter. Fish for turnips. Mending for a pair of blueberries.

"We bought our sugar and flour in hundred pound sacks. Our beans in 25 pound bags. Brown and yellow eye were popular. Navy beans came in later. We bought salt in bulk, fine for cooking and coarse for preserving. Molasses three and four gallons at a time. Kerosene by the gallon."

Have a garden, big or small. Buy seeds for yourself or in bulk with neighbours and friends.

"We grew our own chives and onions and had a rhubarb patch, besides the root vegetables. We picked wild caraway for flavouring. And peppermint for tea and jelly.

We foraged for fiddleheads and cranberries."

Take up canning.

Do without. Simplify your diet. Eat more of the same more of the days.

"We foraged for wild strawberries, even as far as Money Point. And made them into jams and preserves. We did the same with blueberries. We made applesauce for the cold

months. And bottled the plums. Then pumpkin preserves

became popular. So easy to grow! Eat them on toast or in a dish with cream. Make them into pies and cakes."

When shopping for groceries, stick to the outside aisles. Dairy, meat, produce. Spend little on the inside aisles, the processed foods. Buy meat in bigger quantities and split into meal portions and freeze.

"For meat most had their own pigs as well as beef. These were butchered in the fall and hung up in the wood shed or barn, cutting off slices as needed. We also salted a lot. Some had ice houses. In the winter the men cut big slabs of ice or snow and covered these with sawdust. They kept cool well into the summer months... Some things kept cool in a well, as well!"

Watch for sales!

"For dairy products we had a cow and made our own butter and curds. We had chickens and eggs. If we didn't have our own animals we bought or traded with a neighbour who had extra.

We used a lot of butter back then. Lard from the pig for pies and biscuits. Cooking oil was not around."

Say goodbye to liquor - well, mostly!

Our discussion took us right into snack time. This was followed by our regular sing-a-long. We were lucky to have Earl Gwinn and Margaret "Sis" Courtney with their guitars and Angus Rogers joining in.

The Seniors Health Literacy program, now in its fifth year, is run by the Community Learning Association North of Smokey.



Growing our own food may become a necessity rather than a hobby.

## WHAT DOES SAYING "I DO" DO TO MY TAXES?

When your life changes, so do your taxes. So whether you had a baby, bought your first home, or got married, an H&R Block tax professional will help you find all the tax breaks you've got coming to help you get the maximum refund you deserve\*.

Visit or call us today.



BOX 730, 472 CHEBUCTO STREET, BADDECK  
NOVA SCOTIA B0E 1B0 (902) 295-2715  
MONDAY-FRIDAY 9 TO 6 • SATURDAY 9 TO 5

hrblock.ca | 800-HRBLOCK

\*If H&R Block makes any error in the preparation of your tax return that costs you any interest or penalties on additional taxes due, although we do not assume the liability for the additional taxes, we will reimburse you for the interest and penalties.

### Midway Motors Ltd.

Midway Motors · Established 1926 · Our 85th Year in Business

**SPRING IS HERE! IT'S TIME FOR THAT TUNE-UP!  
DON'T SEE IT ON THE LOT? WE CAN FIND IT FOR YOU!**

2499 Cabot Trail, Middle River, Baddeck, NS B0E 1B0  
Baddeck • 295-2290 Port Hastings • 625-3641