

# BELFAST LIONS COMMUNITY NEWSLETTER - September 2017

**Current and older newsletters are available on-line at [www.BelfastLionsNewsletter.com](http://www.BelfastLionsNewsletter.com)**

## **Macphail Homestead:**

The Sir Andrew Macphail Homestead will be open until Yard Sale day. Hours: Tuesday-Friday 9am-5pm Lunch available from 12 - 2:30 in the Veranda Cafe. Come and try soups, sandwiches, salads, fish cakes and desserts. All produce grown in our demonstration gardens with heritage varieties.

**August 18<sup>th</sup>** - Iain MacPherson "An Leabhar Liath or The Light Blue Book" - 500 Years of Gaelic love and transgressive verse edited by Peter MacKay and Iain MacPherson. "[The Light Blue Book](#)" 'offers poems that are erotic, rude, seditious and transgressive; that deal with love, sex, the body, politics and violent passion; and that are by turns humorous, disturbing, shocking and enlightening.'" Please join us on Friday evening August 18<sup>th</sup> at 7:30. The Veranda Café, at Sir Andrew Macphail Homestead, Orwell, is open until 7:30 on Fridays for meals. The lecture will commence at 7:30.

**Aug 27<sup>th</sup> - Tractor Uprising of 1971** As part of our Island History Sunday Brunch Series, the 4<sup>th</sup> speaker is Dr. Ryan O'Connor. Ryan will give an informal talk on the history of why the farmers parked their tractors on the highways for 10 days in peak tourist season, and whether the lot of the small farmer on PEI has improved, and the part the Government has played in this. The cost is \$25 per person but locals pay \$20. The event includes a delicious and generous brunch followed by the informal talk

**The Annual Thanksgiving Dinner** will be held on Saturday evening October 8<sup>th</sup>.

Reservations are recommended for all events. Don't be disappointed! Please call Angela Jeffrey at 902 651-2789 to book early.

## **FIRE PREVENTION WEEK OCTOBER 8<sup>th</sup> - 14<sup>th</sup> 2017:**

Seconds can mean the difference between a safe escape or tragedy. This year's theme, "Every Second Counts: Plan 2 Ways Out" puts an important emphasis on why everyone needs to have an escape plan.

- Draw a map of the home with all household members, making two exits from each room and a path to the outside from each exit.

- Practice a home fire drill twice a year. Conduct one at night and one during the day with everyone in the home and practice using different ways out.

- Teach children how to escape on their own in case adults can't help them.

- Make sure the civic number is clearly visible, preferably double-sided signs, so the fire department can find you.

- Close doors behind you as you leave – this may slow the spread of smoke, heat and fire.

- Once you get outside, stay outside. Never go back inside a burning building.

***NOW IS A GOOD TIME TO CLEAN YOUR FLU!***

## **Belfast Consolidated School:**

Congratulations to all our students on a great 2016-17 School year! We would like to acknowledge our grade 9 graduates who will be starting school at Montague Regional High School this coming school year: Diarmuid de Montbrun, Shalynn Gamble, Berry Genge, Mikayla John, Courtney McGeoghegan, Christopher MacRae, Jennifer Mills, Jack Munro, Jillian Panton-MacDonald, Thaddeus Rooney, Leah Rouzes, Jacob Stewart. We would also like to share our major award winners from graduation evening:

1. Courtney McGeoghegan: Ken McAleer Award for the highest aggregate mark for the grade 9 class.
2. Jillian Panton-MacDonald: Kay Gillis Award for Scholastic Achievement.
3. Jack Munro: Martha Dougan Award for true friendship.
4. Chris MacRae: Robert MacNevin Award for School Spirit.
5. Berry Genge: Waldo D. Taylor Award for demonstrating the spirit and culture of Belfast
6. Shalynn Gamble: Female Athlete of the Year
7. Thaddeus Rooney/Jack Munro: Co-Male Athlete of the Year.

We are looking forward to another great school year at Belfast Consolidated School. This is the 49<sup>th</sup> year our school has been providing a high level of excellence in academics, athletics, and the arts. If you are looking for more information, please go to [www.belfastconsolidated.wordpress.com](http://www.belfastconsolidated.wordpress.com), or follow us on Twitter @belfastbulldog.

The first day of school for students is Tuesday, September 7<sup>th</sup>, and we will have Meet the Teacher on Monday, September 11<sup>th</sup>. We will see you then!

Mr. John Munro Principal Belfast Consolidated School

## **Wood Islands Welcome Centre:**

**70 Mile Coastal Yard Sale September 23 and 24:** Registration forms for vendors are now available at the Wood Islands Liquor Store and Commissary; The Lady Slipper Cafe in Montague, the Store in Belle River, and at Coopers Red and White in Eldon. Check out 70 Mile Yard Sale tab at [www.woodislands.ca](http://www.woodislands.ca) for more information. Facebook: 70 Mile Coastal Yard Sale for the latest news.

**Wood Islands Lighthouse and Museum:** open daily for the season 9:30am to 6:00pm. Last tour at 5:30. (902) 962-3110.

Lighthouse Manager Bev is accepting gently used, fun, cute, attractive, very marketable items for our new "Seconds by the Sea" store in the Range Light— 100% of the proceeds go to painting the Lighthouse. (902) 962-3463.

**Wood Islands Liquor Store Agency and Commissary** is open for summer hours: 7 days a week Monday through Saturday 9 - 7 and Sunday 12 - 6. Community owned and operated. Declare us YOUR liquor store. (902) 962-3978.

**Wood Islands Community Room Rentals** (above Visitor Information Centre) Visit [www.woodislands.ca](http://www.woodislands.ca) for rates. Neutrally decorated, versatile, very clean. Seats 80. Great kitchen facilities. New projector and screen. Elevator lift to second floor. Book your fall program dates soon. Phone (902) 962-3761 or email [wiaac@woodislands.ca](mailto:wiaac@woodislands.ca).

### **Camp Buchan Scouts Canada Fundraiser:**

Recyclable pop cans, bottles and other beverage containers can be dropped off at the shelter we have put in place at the entrance to Camp Buchan.

Appreciate if you would remove the caps and rinse them out, helps when getting them ready for the depot.

This fundraising project is used to help with camp upkeep projects.

*Thank You for your continued support!*

### **Selkirk Scottish Heritage Centre Croft House Site:**

The Croft House is back in operation after our winter flood. You'll find a lot of changes with the centre post removed, new ceiling and floor and a whole new look to the Wee Gift Shop. We have many new items from jewelry to books, Scottish T-shirts and a whole new cabinet loaded with 50% off items.

### **Belfast Curling League Coordinator:**

In order for the curling league to run again this year, a volunteer is needed to work with the Rec Centre to plan the league, contact players, create the team schedule and collect fees from the players.

One or more weekend bonspiels are usually held for additional fund raising for the Rec Centre.

I will gladly help the new coordinator during the transition.

**Hurry hard!**

Gary Oulton 902-313-2000 [garydoulton@hotmail.com](mailto:garydoulton@hotmail.com)

### **Belfast Senior's Club:**

\* Regular meetings for the Belfast Millennium Club (50+) are 3rd Wednesday monthly at Rec Centre from 2-4 pm.

\* Looking for new members 50+.

\* Contact Eleanore at 902-659-2333 for more information.

### **Rural Action Centre:**

Are you looking to start a new business? Are you an existing business looking to expand? A community group looking for assistance? Drop by and see how we can help.

Montague Client Information Officer: Chantale Ansems

540 Main Street, Montague, PE, C0A 1R0

Phone: (902) 838-4030 ext. 221 Toll free: 1-855-297-989

### **Yoga for Absolute Beginners:**

September 13–October 18 The yoga studio at 221 Pinette Road has been expanded to better serve the community. An introductory six-week session, Yoga for Absolute Beginners, will be offered Wednesday evenings from 5:45 p.m. to 6:45 p.m. beginning September 13<sup>th</sup>. New students who are interested in learning the basic fundamentals of the practice are encouraged to join. The focus will be on breath control, proper alignment and relaxation techniques. Senior's Chair Yoga will continue on Thursday, September 14<sup>th</sup> at 9 a.m. and the Thursday evening class will resume at 6:15 p.m. If you are interested in improving your health and vitality, contact Aileen at 902-659-2313 or e-mail [petrie@bellaliant.com](mailto:petrie@bellaliant.com) to inquire and/or to register. All equipment is supplied and prices are reasonable.

### **Standing Spruce Available:**

Standing spruce available for firewood, posts, etc. in Point Prim. Contact [mcdonald.waldron@gmail.com](mailto:mcdonald.waldron@gmail.com)

### **Taoist Tai Chi Arts in Wood Islands:**

Promoting the health-improving benefits of Taoist Tai Chi, Beginner Instruction Classes will again be offered at the Wood Islands Welcome Centre, at 13056 Shore Road (Route 4), starting on Tuesday, September 5<sup>th</sup> at 6:30 pm. Classes would run from 6:30 pm to 8:30 pm, as we agree, one night a week, for approximately fourteen weeks. If you cannot make the first few classes, just come join us any Tuesday, as you are welcome to start any time.

Aiming to cultivate strength and flexibility, Taoist Tai Chi contributes to being able to walk more confidently and with improved balance, reducing the risk of falls. Its meditative nature is calming and relaxing in and of itself and contributes to improving one's cognitive capacity. As we begin, Taoist Tai Chi instruction is set out in a learning environment where everyone can easily participate, regardless of age or physical ability.

There is a diverse range of people whose health and lives have been improved with the *Taoist Tai Chi arts*, and you can visit [www.taoist.org](http://www.taoist.org) to learn more of the rewards of participation. If you are thinking about trying out a unique form of relaxed exercise and quiet meditation, or have any questions, please do not hesitate to call or leave a message for Kevin or Pat at 902-962-3164.

If you are first interested in finding out what Taoist Tai Chi is about come along to the Wood Islands Welcome Centre, on any Tuesday evening. As all-volunteer instructors, focused on the health benefits, we invite you to experience any one of our classes for yourself.

### **Introduction to Pilates:**

Starting September 13<sup>th</sup> at 6:10 PM at St John's Church. Focus is Core Strengthening, Flexibility and Stability of the joints. Safe and effective for any level! Price is 55\$ for 7 weeks. Class is every Wednesday evening. Please contact Kathleen MacPhee, space is limited! **Pre-registration is required.**

- [kathleengmacphee@gmail.com](mailto:kathleengmacphee@gmail.com)
- 902-940-3044
- Revive Pilates on Facebook

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\* Steel prices recovered slightly. Call us regarding derelict vehicles, scrap metal and old machinery. Free drop off for white goods, etc, etc.

### **Point Prim Lighthouse**

2147 Point Prim Road, Belfast, PE C0A 1A0

[pointprimlighthouse@gmail.com](mailto:pointprimlighthouse@gmail.com)

[www.pointprimlighthouse.com](http://www.pointprimlighthouse.com)

FaceBook: Point Prim Lighthouse / 902-659-2768

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 For all ads, submissions and ideas, please use ONLY [belfastnewsletter@outlook.com](mailto:belfastnewsletter@outlook.com).  
 Community service announcements are included at no charge and should generally be limited to a maximum of a quarter page (~30 lines / 300 words). Larger community notices may be included if space permits.

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**DEADLINE:**  
 Deadline for the next newsletter is September 20<sup>th</sup>, 2017 at 6 pm for delivery around the 29<sup>th</sup>.  
 Email: [belfastnewsletter@outlook.com](mailto:belfastnewsletter@outlook.com)

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