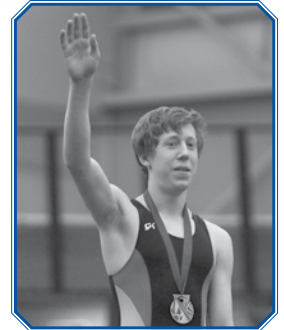


Congratulations to Local Canada Games Participants!

Bible Hill gymnast Jared Goad recently won a gold medal in the floor exercise at the Canada Games held in Halifax. It was Nova Scotia's first medal of the Games. Jared is a 17 year old Bible Hill resident in Grade 12 at CEC who trains at the Cobequid Spartan Gymnastics Club in Bible Hill. The Village would like to congratulate Jared on his achievement.



Congratulations are also sent out to all of our local athletes for their participation in the Canada Games. The level of commitment of these athletes should be recognized as being outstanding. All athletes have done their families and friends proud.

Message from the Chair

Last year was a busy construction year. We completed phase 3 of the water system and had completed by year end, the sewage pumping station upgrade. Also it was a very busy visitor year to our Village and surrounding area with cars shows, concerts and other major events, attracting some 35,000 visitors to Bible Hill. As we start a new year, your commission will be busy setting up its business plans for 2011-12. Presently your Commission is working on this years budget. We are hopeful that it will be a good news budget. Once we establish the budget, we will advise residents of what we expect to accomplish in 2011-12 at our annual general meeting and as well as through this newsletter.

On behalf of all Commissioners, committees, and staff, we look forward to serving you in the coming year.

Tom Burke, Chair

Bible Hill Volunteer Awards

This year's winners will be listed on the Bible Hill website. The winners will be contacted and given a personal invitation to our Awards ceremony. We would like to congratulate our nominees and invite the community to join our award winners at the Volunteer Awards Reception on Wednesday, April 20th from 4 – 6pm. Tickets will be available starting April 1st. For more information on Volunteer Awards, please contact the Village Office at **893-8083**.

Parks & Recreation Committee



The Village of Bible Hill Parks and Recreation Committee is an advisory committee to the Bible Hill Village Commission. The Parks and Recreation Committee address recreation, cultural and park development issues in Bible Hill. Projects include Safe Halloween, Holiday Tree Lighting and other festive events; Canada Day Celebration; trail expansion and beautification; sport field management and park and play area development.

The Parks and Recreation Committee meet the first Tuesday of every month. There are five positions available on this committee. All positions are for a two year term starting April 1st, 2011. The Bible Hill Village Commission will make the selection of all committee appointments. For further information or an application form phone the Village Office at **893-8083**.

Village of Bible Hill - 67 Pictou Road, Bible Hill, NS B2N 2R9

Phone: **893-8083** Fax: **897-0430**

Email: office@biblehill.ca Web: www.biblehill.ca

Fitness Fashion Bootcamp

The Village of Bible Hill has combined the concept of two popular television shows to offer the first ever Fitness Fashion Bootcamp. The 8 week program will begin on March 7th and will incorporate ideas from "The Last 10 Pounds Bootcamp" and "What Not to Wear". This program was designed for people who want to feel the thrill of weight loss and a fashion makeover. Many people find themselves trapped in a routine of poor health and out dated fashion and style. The goal of this program is to give people the knowledge and confidence necessary to transform their lifestyle so they may feel a renewed sense of self. All of the participants in this program will meet twice a week for two group workouts led by a personal trainer and one information session. Experts in various fields will lead the information sessions discussing topics relating to nutrition, motivation, goal setting, fashion, cosmetics, hair style and skin care. In addition to weight loss, participants will be given discounts to various local businesses to assist them in completing their total body transformation. Anyone interested in learning more about the program or registering please contact Village Office at **893-8083**. The cost of the program is \$85, register right away as space is limited.

Monday's on the MOVE

Mondays on the MOVE is a physical activity program for families with children 2-6 years old. It is held on Monday's from 9:30-11:00am at the Village Hall and is in partnership with Maggie's Place. A new session begins on March 21st. Come try something new while your child has fun in our children's physical activity program! Call Maggie's Place at **895-0200** to register. This program is funded by the Truro and Area Community Health Board and Nova Scotia Department of Health & Wellness.

Senior Social Dates

For those young at heart the upcoming Senior Social dates are:

Wednesday, **March 23rd** 4 - 6pm

Wednesday, **April 13th** 4 - 6pm

Wednesday, **May 18th** 4 - 6pm



Bible Hill Skating Oval

The Bible Hill Skating Oval is now open to the public. The Oval is located on the front yard of the Bible Hill Fire Hall. So grab the family and your skates and come enjoy Bible Hill in the winter! For any questions please contact the Village Office at **893-8083**.

March Break Camps

The Village of Bible Hill will be holding March Break Camps from **March 14- 18**. These camps will be open to kids aged 4 - 10. Cost of the week will be \$75 per child. All campers will have two trips, Friday special lunch, snacks and lots of fun. Due to the number of staff we will only be accepting 30 kids in this program so please register early before we are filled up. For more information on our camps please contact the Village Office or check our website www.biblehill.ca

Scrapbooking

Looking for a way to preserve personal and family special moments? Or do you enjoy being artistic? Well here is your chance to shine. Scrapbooking classes will be hosted in the Village Hall on Sunday's from 5-7pm beginning **March 6th 2011**. Cost \$15.00 per layout which will include a double 12" x12" page layout and all precut materials. To register for a class, please contact the Village Office at **893-8083**. Due to materials, participants must pre-register for this class.

Senior Fitness Classes

Senior Fitness is a low impact aerobics for males and females over 50 years of age. Senior Fitness Classes have already begun on Friday's from 1 - 2pm at the Village Hall for 8 weeks. Classes will be FREE to all and equipment will be provided. Please wear comfortable clothes and bring water. Instructor Laurie Gunn. For more information please contact the Village office at **893-8083**.

KidSport Funding

KidSport™ is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport. KidSport™ Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. For more information or to get an application please contact Chapter member Craig Burgess at **897-3181**. Next application deadline is May 1st.



Colchester East Hants

Hospice Society



Thursday Drop-Ins – March from 2 - 4 pm

Games and conversation, Bible Hill Village Hall

When a life-threatening illness and/or grief from the loss of a loved one feels like an isolating experience, please feel comfortable joining others for an afternoon of light-hearted games and storytelling. Call **893-3265** for more information.

Colchester SPCA



The 5th Annual Colchester SPCA Pet Photo Contest for the 2012 SPCA Calendar has started. It's time to send in your favourite pet pictures! Please write your pet's name, owner's name & full mailing address with phone # on the back of each photo. The cost for submission is \$5 per picture and the deadline for submissions is April 16th, 2011. If you have any questions, please contact the SPCA at 408 Industrial Avenue in Truro, by phone at **893-7968** or visit our website www.colchesterspca.ca.

Thank you from the animals of the Colchester SPCA!

Summer Employment in Bible Hill

The Village of Bible Hill will be hiring summer students again this year for work within the Village. There will be one park maintenance position available (May 2nd to August 26th). Deadline for applying is April 1st. Also this summer there will be 2 summer camp councillor positions and 1 office assistant/summer camp councillor position (June 27th to August 26th). The deadline to apply for the camp councillor and office assistant/camp councillor positions is May 1st. Please send your resume to the Village of Bible Hill (admin@biblehill.ca) or call the Village Office for any additional information.



Step into Spring

Tie up your shoelaces and take off that winter coat, Shubenacadie Sam has predicted an early spring and it's time to get ready to be active! The Village of Bible Hill is teaming up with the County of Colchester, the Town of Truro, and the Town of Stewiacke to host the fourth annual Step into Spring challenge: an 8 week simple and fun step program to boost your current physical activity level and motivate you to get moving with weekly draws of prizes every step of the way! Registration begins the first day of Spring (**March 20th**) and you can register at the Village Office, the County of Colchester building, or at the Douglas Street Recreation Centre. For your \$10 registration fee you will receive a Walkabout pedometer, a great reusable bag, a weekly walking log, and more. So great ready to get moving and Step into Spring! Challenge begins April 4th and ends **May 27th**.

Bike Club puts away the bikes for the winter

The Girls' Bike Club had a very active fall riding and developing trails off of the Eagle Crest walking trail. Eagle Crest begins at Warren Drive off of College Road, and is part of the Cobequid Trail in Bible Hill. The bike club would like to thank the Village of Bible Hill, The Bible Hill Cemetery Company, Garnet McLaughlin of Cobequid Trail Consulting, all staff at Hub Cycle as well as Sue Stevenson for their help and dedication to the club. We look forward to the snow melting so we can hit the trails again in the spring.

SAC Fun Days

The Bible Hill Safety Advisory Committee would like to thank everyone that attended the Family Fun Days on Saturday February 12th. It was a great day for families to spend time together. A big thank you goes out to all the volunteers along with Tim Horton's for their donation of hot chocolate and Scotburn for the milk products. The SAC would like to thank Mister J for his great magic show. The Village will be working on getting the mural together of the kids blocks and information about the location will be put on the website.

Yoga

Due to the huge success of this program we will be scheduling more classes at the Village Hall. Please watch the Village website and Facebook site.

Lawn Bowling

The sport of Lawn Bowling is beginning to take root in Colchester County. The Cobequid Lawn Bowls Steering Committee has been very active over the past 10 months, planning and preparing for the creation of a Lawn Bowls Club in the Truro area. The committee has been working hard, with a goal of late-summer to complete the project. In the meantime, the Agridome in Bible Hill has been the center of activity for lawn bowling. The committee has borrowed bowls and other equipment from two Metro clubs, and with the gracious generosity of the Agridome, has held instructions, practice and games over the past six weeks. To date, more than fifty people have shown an interest in the game and the list is growing. There are instructions or games every Tuesday at 9:30 am and 1:00 pm. Why not come out and give it a try? Lawn bowling is a lot of fun, for all ages. For more information, you can phone **893-6078** or **895-4102**. We would love to include you in this fun activity. WHY NOT GIVE IT A TRY!



So what if you called them... and they could not find you in time?



The reason the emergency responders may not get to you in time to help may be because they could not see the civic number on your house in the dark. If we cannot find you, we cannot help you!

Emergency responders, be it police, fire or ambulance strive to respond to emergency situations as quickly as possible. Many times civic numbers are not posted clearly and we may have difficulty finding the civic address. Take the test, drive down your street after dark and see if you can see your civic number from the street. The best way to post your civic number is with the

blue civic number sign. White numbers on a blue back ground, posted at least 4 feet from the ground within 15 feet of the roadside are good rules of thumb. Applications for civic number signs can be picked up at the Village Office.

Seconds can mean the difference between life and death in an emergency. Post your civic number and help us help you in your time of most need!

Dwane Mellish, Fire Chief
Bible Hill Fire Brigade

Fire Brigade Auction

On **Wednesday, May 4th** the Bible Hill Fire Brigade will be looking for your support with their annual fund raising auction.

It will be held at the fire hall on Pictou Road. The fire brigade is 100% volunteer based so we need the support of the community. If you have anything items (large or small items are both welcome) that you would like to donate (including homemade rolls, bread, cakes etc) please contact the Village Office at **893-8083**. We will arrange to have it picked up if needed. The doors open for viewing of items to be sold that night at 6 pm with the auction starting at 7 pm.

We hope to have a wonderful turnout that night and look forward to seeing you there.



911 Tips for Families

Emergencies happen very quickly and usually without warning. It is important that parents educate their children how to properly use 911.

1. Teach your child when to call 911. Use basic concepts like when an adult can't wake up, any fire that happens without an adult, or an intruder in the home. Kids remember the number down (it's only three digits after all), but they sometimes get confused with when to call. Encourage them to trust their instincts. If in doubt, call.
2. Teach your child to call from the house phone, not a cellular phone if possible. Once a call from a house phone is made, even if nothing is said, 911 operators will know the address to send emergency responders.
3. Tell your child not to hang up until told to do so. In most cases, 911 operators will keep callers on the line until responders arrive in order to get updates on the emergency.
4. Tell your child to listen to the questions carefully, and ask the 911 operator to repeat if necessary.
5. Stress to your child the absolute importance not to make things up. Kids may see the call-taker's questions as a sort of quiz, and feel they let someone down if they don't know the answer. That can lead to some creative answers. It's much better for them to just say they're not sure and move on the next question.
6. Have your child practice on an unplugged phone or cellular phone without a battery. They can dial 911 and you can be the call-taker. Ask them questions about the pretend incident. Do this kind of role-playing repeatedly. Kids like make-believe and repetition.

Stress to children that 911 is not a game and only to use if they believe a real emergency is happening. Not only will false 911 calls tie up police, fire fighters and ambulances when they are needed elsewhere but making false 911 calls are an offence under the 911 Act.

Cpl. Addie J. Maccallum
Community Action Team, Colchester County RCMP

