

LETTERS TO THE EDITOR

Give blood, save lives

The Editor

Approximately every minute of every day, someone in Canada needs blood. Even though one blood donation - in just one hour - can save up to three lives, the summer months remain a challenging time for blood collection.

With warm weather come vacation and family outings. We often forget the importance of blood donation when trips to the beach and barbecues at the cottage are top of mind.

Fifty-two per cent of Canadians say that they, or a family member, have needed blood or blood products for surgery or medical treatment.

Doctors Nova Scotia wants to remind people that the demand for blood remains the same during the summer months. Making an appointment to give blood is only the first step, honouring that appointment is what saves lives.

One in two Canadians is eligible to donate blood. If you're a first time donor you must be between the ages of 17 and 61. You must be a least 50 kg (110 lb) and in general good health and feeling well in order to donate. All types of blood are needed and you can give blood every 56 days. This summer doctors in the province encourage Nova Scotians to make a donation and give the gift of life.

There are blood donation clinics throughout Nova Scotia. To donate, call 1 888 2 DONATE (1-888-236-6283).

*Jane Brooks, MD, PhD, CCFP
President, Doctors Nova Scotia*

Women sail again at Yacht Club



Pat Woodford and Joan Sullivan readying their Seabird.

by Mona Anderson

The opening round of the Annual Bras d'Or Yacht Club Regatta was held on Saturday, July 31st, 2010. 24 women sailors took to the water to race in the first Women's Seabird competition. The Seabird is a small keel boat, and like its namesake, both graceful and spirited. 14 competitors, who recently completed the BYC Adult Learn To Sail program, with 7 experienced skippers to helm the boats, formed 7 teams. The competition was a series of races with the teams rotating

through 4 boats provided by Baddeck Marine. As 4 teams raced, the other competitors took turns manning the race committee boat. The result was a wonderful day full of sailing, fun, and laughter out in front of the beautiful Bras d'Or Yacht Club. The women competed for the McManus Cup, a long revered trophy from BYC dedicated to women sailors.

Special guests in the regatta were Pat Woodford and Joan Sullivan, (pictured above), readying their Seabird to enter the competition. Between these

two beautiful women are over 130 years of sailing experience. It was just like the good old days, said Mickey Woodford who was aboard the Race Committee boat, alongside Rear Commodore Tim Woodford.

Winners of the day were Kathy Anne Woodford (skipper) and her crew Tanya MacLean and Mary Jane Vonnegut. The event was such a grand success, the Women's Seabird Competition is already on the calendar as the opener for the 2011 BYC Regatta.

The new Alderwood is now complete,
the Grand Opening has taken place and
life has begun anew for residents and staff.



We are proud to have been a Major Contractor on this project!
Best of luck to everyone in your new facility.

Thanks to all of our subtrades
for their participation in the project!

Brian & Shelley Lund
Brilun Construction Limited