

# Wellness...on the minds, heart and feet of 'Along the Shore' residents!



Janice Faulkner, on behalf of the Community Health Board, presents Rayment Dibbon with a cheque to purchase Shuffleboard Equipment for the Economy Recreation Centre



The lack of snow cover this spring has made for exceptionally dry conditions and firefighters are already busy responding to grass fires in the area. On March 14th, the Great Village and District Fire Brigade was called to extinguish a grass fire along Hwy 4 in Glenholme. (Harrington Photo)

*By Luanne Schenkels*  
The Along the Shore Community Health Board is striving to support programs that may improve the health and quality of life of Along the Shore residents. These wellness programs include education, sport, nature and dance. All are welcome.

Colchester East Hants Health Authority is offering a 5 week program that offers a holistic approach to mental wellness. This program is currently searching for both participants and volunteer facilitators. This program will be offered locally in your community with locations and times decided by participants. If you are interested in this opportunity, please call Kathryn Fraser at 893 5900.

Additionally, many talented and committed community residents have obtained funding from the community health board to assist in a variety of program offerings in your community. You can participate in line dancing in Five Islands, badminton and shuffleboard at the Economy Recreation Center, rediscover tennis in Bass River, a summer nature discovery or a weight and stress reduction class in Portapique.

Improving health is an important goal and the community health board is pleased to support these programs. If you have questions or suggestions regarding these programs or community health board activities, please email the Along the Shore Community Health Board at AlongshoreCHB@hotmail.com or call 893 7311.

*Luanne Schenkels is Community Health Board Coordinator, CEHHA 902-893 7311*



Winter Carnival events were held during March 8th to the 12th at Chiganois Elementary. Tuesday was Wacky Hair Day, a very popular event with many students including (front l-r) Olivia MacDonald, Ruby Harrington, Mia Keizer; (back l-r) Hailey MacMillan, Kenleigh Barton and Matthew Madore. (Harrington Photo)

## My Favourite Pet

Jenah Spencer, Great Village, and her 3 year old pet Bearded Dragon named Heisenberg (named after Werner Heisenberg) will receive this month's \$20.00 gift certificate from Clarence's Farm Services and The Shoreline Journal.



**CLARENCE**  
FARM SERVICES LIMITED

**"Your Pet Nutrition Centre"**  
65 Industrial Ave, Truro  
Phone 895-6366

Reach out and claim yours.

TAX CUTS AT YOUR FINGERTIPS

**New**

### FIRST-TIME HOME BUYERS' TAX CREDIT

A non-refundable tax credit of up to **\$750**.

### PENSION INCOME SPLITTING

Split up to **50%** of eligible pension income with your spouse or common-law partner.

**New**

### HOME RENOVATION TAX CREDIT

A non-refundable tax credit of up to **\$1,350**.

### TRADESPERSON'S TOOLS EXPENSES

Deduct up to **\$500** from your net income.

### CHILDREN'S FITNESS TAX CREDIT

A non-refundable tax credit of up to **\$75/child**.

### PUBLIC TRANSIT TAX CREDIT

A non-refundable tax credit of **15%**.

It makes sense to file your returns electronically and on time.

**Find out what you can claim at:**

**canada.gc.ca/taxinfo**

**1 877-959-1-CRA**

Canada

Part of

CANADA'S ECONOMIC  
**ACTION PLAN**

