

OB 4-H Club Holds Successful Club Rally

By *Natalie Porter*

The Onslow Belmont Club Rally was held March 6th. There were many interesting speeches and demonstrations. Congratulations to all the eleven members in nine categories are moving on to County Rally. Those advancing are: 1st Sr. Speech, Taylor Masters; 1st Intermediate Speech, Ciara Congdon; 1st Jr. Speech, Emma Hill-Macmillan; 2nd Jr. Introducer, Sarah Kittilsen; 3rd Jr. Speech Thanker, Thomas Barnhill; 1st Sr. Single Demonstration, Michael Congdon; 1st Jr. Single Demonstration, Mary-

Emma Barnhill; 1st Sr. Double Demonstration, Alex Smith and Serena Del Mastro and 1st Jr. Double Demonstration, Abby Thompson and Lauren Sooksum.

Cloverbuds are not required to give a speech or demonstration and there is no cloverbud category at County Rally. But we had one eager cloverbud who wanted to give a speech anyway: 1st Cloverbud Speech Zachary Best

We also had a hostess competition. In order to compete in the host and hostess competition a member must be

older than 15 as of January 1st. When choosing the host and hostess the judges are looking for: past involvement and enthusiasm; community awareness; and ability to express one's self. The host and hostess competition includes an interview, an impromptu speech, and a sight reading. The winner from the club level will move on to the county level. Taylor Masters is the hostess winner from our club. We didn't have anyone interested in competing for host. At the end of the rally we had a delicious potluck supper.

This month we are highlighting the Foods project. In the 4-H Foods project, members learn about the food groups, nutrition, cooking techniques, and preparation of a variety of foods. Each year a different food group is chosen as the focus for the year.

This year the food group is Meat and Alternates. The food group changes on rotation basis. At Achievement Day members are required to have either a poster, report, experiment, gift item, or baked product that reflects the food group for the year and a recipe binder containing a minimum of six recipes that members have prepared in the current foods project year.

Junior members in this project are required to complete any six lessons and senior foods members will be required to complete any nine lessons that can include food education or preparation lessons as well as cooking lessons. For each lesson the required activity is the preparation of a food item. A food's member can continue to explore and grow in the Foods Project for any number of years.

Natalie Porter is club reporter for the Onslow-Belmont 4-H Club.



Pictured above are winners from the Onslow-Belmont 4-H Club Rally. Back Row (L-R): Emma Hill-Macmillan, Sarah Kittilsen, Ciara Congdon, Mary-Emma Barnhill, Michael Congdon, Alex Smith and, Serena Del Mastro. Front Row (L-R): Zachary Best, Abby Thompson, Lauren Sooksum and Thomas Barnhill. Missing, Taylor Masters. (Natalie Porter Photo)



It was a long line-up when it was pot luck time at the Onslow-Belmont 4-H Club Rally. (Natalie Porter Photo)



Food members from the club get to taste their own creation. (Natalie Porter Photo)



These Onslow Belmont 4-H Members enjoying their cooking. (Natalie Porter Photo)

Truro Presbytery to Meet April 14

By *Christine Urquhart*

Truro Presbytery will be holding their next meeting on Thursday April 14th at Hilden United Church in Hilden. The Order of the Day has to do with possibly changing the way we hire ministers - be it full time, half time or something in between. Visitors are welcome at Presbytery meetings but are not allowed to

vote. If you are interested in this presentation and wish to find out more, come to Presbytery as a visitor. Gathering starts at 4:30pm with supper at 5pm. Cost of supper is \$8 per person. If you just wish to be there for the Order of the Day you should arrive no later than 6pm.

Deadline for the May issue of **The Shoreline Journal** is April 19

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Burning restrictions came into force across the province on March 15 and continues until Oct. 15. Before burning, people need to check novascotia.ca/burnsafe to learn when burning brush and campfires is permitted. The burning restriction information on the BurnSafe map is also available, in a recorded message, by calling toll-free, 1-855-564-2876 (B-U-R-N). The map and phone message are both updated daily at 2 p.m. The map is colour-coded: red means burning is not allowed, yellow means it is allowed after 7 p.m. only, green means conditions are safe enough to allow brush burning on that day, in that county. While the restrictions are in place, burning domestic brush and campfires is not permitted any day between 8 a.m. and 2 p.m. Domestic brush refers to brush on properties of homeowners, woodlot owners, farmers and other non-industrial lands.

All babies born in the Maritime Provinces have access to newborn screening and are screened for a number of serious, but treatable disorders, including metabolic, endocrine, and blood disorders. On March 21, 2016, SCID was added to the screening panel. SCID is a disorder that leads to a deficiency or dysfunction of the baby's immune system. Babies with SCID are not able to fight off common infections, such as a cold, flu, or pneumonia so these infections can be life threatening. The Maritime Newborn Screening Program is the second in Canada to provide this screening. For more information about Newborn Screening, including information sheets on SCID, visit www.maritimewbornscreening.ca. Questions can be directed to the Maritime Newborn Screening Program, Clinical Coordinator at 902-470-7560.

Through the Nova Scotia Nominee Program's Skilled Worker stream, you can recruit an immigrant to work full-time at your Nova Scotia Business, or hire an international student who recently graduated from a Nova Scotia university. You can only hire foreign workers for positions that you have been unable to fill with permanent residents or Canadian citizens. Visit the **Nova Scotia Office of Immigration's website** to learn more about immigration streams and eligibility.

The Maritime Museum of the Atlantic launched the Franklin Exploration exhibit highlighting the story of the expedition, as well as the discovery of HMS Erebus. The exhibit was launched on March 23rd.

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