

Provincial Campsite Bookings Open in April

People planning a summer camping adventure can make reservations at Nova Scotia's provincial parks starting April 5. Most day-use and camping parks are scheduled to open Victoria Day weekend in May with others opening in June.

"For those who love spending time in the great outdoors, Nova Scotia's provincial parks are the perfect places for families and friends to come together to make memories that will last a lifetime," said Natural Resources and Renewables Minister Tory Rushton. "From camping near the Atlantic Ocean or one of the province's lakes, to other fun outdoor activities such as hiking, canoeing, paddling and so much more, Nova Scotia's beautiful parks and beaches offer something for everyone."

A PEDESTRIANS LAMENT

(look-out watch-out)

<i>Two drive and goes Across my toes</i>	<i>A boy on a bike Took a flying hike</i>
<i>Look-out watch-out</i>	<i>Look-out watch-out</i>
<i>A shattered knee By an s.u.v</i>	<i>Time to take cover Another distraught lover</i>
<i>Look-out watch-out</i>	<i>Look-out watch-out!</i>
<i>A lady turning right Wasn't to bright</i>	<i>God bless and thank-you</i>
<i>Look-out watch-out</i>	Thomas A. Marshall, (Ex-Navy)

A Prayer for Peace

(just love god)

<i>Where there is darkness One can still find light</i>	<i>Where there is a frown One can still find a smile</i>
<i>Where there is death One can still find life</i>	<i>Where there is god One can still find faith</i>
<i>Where there is hate One can still find love</i>	<i>Most of all though Where there is war</i>
<i>Where there is doubt One can still find hope</i>	<i>One can still find peace!</i>
<i>Where there is weakness One can still find strength</i>	<i>God bless and thank-you</i>
	Thomas A. Marshall, (Ex-Navy)

Misty eyed Mama

(don't break my heart again)

<i>You were a vision of beauty A sight to be seen All of my life Where had you been</i>	<i>I gave you my strength I gave you the hope So you could live on With life you could cope</i>
<i>Misty eyed mama don't break my heart again</i>	<i>Misty eyed mama don't break my heart again</i>
<i>Like an uncut diamond Your kindness just shone Only asking for love Before you were gone</i>	<i>Now that you know me And call me best friend You know that I'll be there Right till the end!</i>
<i>Misty eyed mama don't break my heart again</i>	<i>Misty eyed mama don't break my heart again</i>
<i>When you thought life was over Into your circle I came Like a horse of black beauty Yet one with no name</i>	<i>God bless and Thank-you</i>
<i>Misty eyed mama don't break my heart again</i>	Thomas A. Marshall, (Ex-Navy)
	A dedication to a lady that called me "best friend" Carolyn Jane Treanor (Stevenson) and All those women who have suffered violence!

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in the heart of Nova Scotia.

Over the next two days, we spent the time in Halifax and Lunenburg. My colleagues, and I had the opportunity to tour the HMCS submarine Windsor, the Maritime Forces Atlantic Headquarters, the Halifax-class Canadian Patrol Frigate HMCS Fredericton, Irving Shipbuilding Inc., a Canadian shipbuilder and in-service support provider and we visited the Port of Halifax to see the amazing work being done to unload the many ships which stop here to unload their cargo. Later, we toured the Bluenose II and local aerospace employer, Stelia.

As a Nova Scotian, I was incredibly proud to share and tour local landmarks that make Nova Scotia the best province in Canada.

The work did not stop there - the following week I had a full week of constituency meetings and events. I talked with people on a variety of issues: CPP (Canada Pension Plan), the excessive

cost of living and having an action plan on climate change. Further, we visited Dayle's Market in Amherst and toured the development projects happening in the Truro mall.

I also had the distinct privilege to listen to President Volodymyr Zelensky address Parliament with respect to the ongoing crisis in Ukraine. Russia's invasion of Ukraine is a serious violation of international law and our collective humanity.

As the House resumed sitting on March 21st, we had the Minister of Health, Jean-Yves Duclos and Minister of Mental Health and Addictions and Associate Minister of Health, Carolyn Bennett appear at Health Committee. We continued to ask tough questions and demand answers regarding a plan to end federal mandates.

As we continue to open, please reach out to my office if there are any meetings, events, or activities I can attend - please email: stephen.ellis@parl.gc.ca.

Dr Stephen Ellis is MP for Cumberland Colchester. He can be reached at: 902-895-2683, or E-mail: stephen.ellis@parl.gc.ca

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cancer rates of Firefighters and non firefighters. Additionally, Fire fighters who have a heart attack within 24 hours of working a fire will be covered under workplace insurance. It was also announced each volunteer Fire Brigade / Department will receive a one time payment of \$10,000 to cover losses in fund raising revenue as a result of Covid.

I wish to assure you, myself, as well as our government are very well aware of the challenges folks are facing as a result of increased cost of heating your home, transportation and feeding your family. This week we announced an additional \$150 to those that have received the home heating grant as well as one million two hundred thousand for food banks in Nova Scotia.

I am concerned there are many who's pride will not permit them to use a food bank! Please do not let that happen. People understand these are challenging times. It is not a hand out, it is Government, business and Volunteers willing and happily funding and operating these. Do not hesitate to take advantage.

Also be aware the food bank network has been given funding

to ensure they deliver to rural Nova Scotia; they deliver to specific communities or regions once per month and it is anonymous. The delivery vehicle is anonymous!!

I want to also remind, one final time, of the SENIORS CARE GRANT. It is a \$500 dollar FREE GRANT for those on a fixed income. There has not been the uptake on this that I would have expected. There may be a reason that some are reluctant to apply, if so, please call my office 902-641-2335 and Andrea or I will discuss with you.

The legislature is now in session and I will be spending the majority of my time in Halifax over the next 6 weeks. However Andrea, will be in touch with me daily and is available to help.

In closing - one political point. In the first two days in the house, the opposition has been hammering the government, on their opinion, our government is somehow too cozy with Nova Scotia Power and rate hikes.

On that I say, stay tuned!

Tom Taggart, MLA Colchester North can be reached at 902-641-2335 or tom.taggartmla@gmail.com

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We are also proud to announce that the province is calling on all RN students to apply for work now, prior to graduation. Nova Scotia Health is now accepting applications from final year RN students.

Truro's Lawton's location will now feature a walk-in clinic with a nurse practitioner in an effort to provide additional access to people without a primary-care provider. This pilot clinic will be evaluated on patient satisfaction, the ability to reduce the wait-list for a primary-care provider and the diversion of people with non-emergency issues from local emergency departments.

The Walk-In Clinic takes place upstairs in Suite 206 on Mondays, Wednesdays, and Fridays from 9:00 a.m. to 5:00 p.m. and Tuesdays and Thursdays from 12:00 p.m. to 8:00 p.m. They can be reached at (902) 896-0987 for more information.

The province's first mental health acute day hospital is scheduled to open in April. The hospital, which will be at the QEII Health Sciences Centre, will provide an additional point of care for local residents living with mental illness. Individuals in need of intensive treatment can attend the day hospital during the day and return home in the evening.

The day hospital will help to improve access to care for people experiencing intense psychiatric symptoms but who do not require 24-hour inpatient support. It will also help decrease the number of overnight hospital admissions, easing existing pressures on inpatient psychiatric units and within the broader healthcare system, without compromising patient care or clinical outcomes for people living with mental illness.

Premier Tim Houston has launched a recruitment campaign to bring more doctors home to Nova Scotia. Doctors who say they want to work in the province will be contacted by a recruitment specialist within 24 hours. Those who qualify could receive a conditional offer of employment within 10 business days. Friends and family members who know doctors who want to come home are encouraged to help spread the word.

The First Session of the Sixty-fourth General Assembly resumes on March 24th, 2022.

I remain deeply appreciative of the opportunity to be your MLA.

Dave Ritcey, MLA, Truro-Bible Hill-Millbrook-Salmon River can be reached at 902-897-0884 or by e-mail at mlaritcey@bellaliant.com

News from our Municipal Council - District 10

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member when the multi-colored monkey bars were installed back in the 80s and the day I fell off of those monkey bars which knocked the wind out of me, I won't mention exactly how many years ago that was.

What are you passionate about? What do you want to see more of in your community? What do you want to see less of in your

community? Who do you call when you need to find information? These are questions I would love to hear the answers to. Drop me an email: vlormond@colchester.ca or give me a call 902-890-1493. I work for you!! I care about what you need and want in your community. I honestly would love to hear from you.

Victoria Lomond is Colchester Municipal Councillor for District 10 and can be reached at: vlormond@colchester.ca or 902-890-1493



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