

People Heat Their Home With Firewood Because:

1. Firewood is Local

You create local jobs, strengthen your local community and reduce the environmental impact from transportation. You also have a product that is less vulnerable to global supply chain problems.

2. Firewood is Renewable

You are using a natural product that grows back and captures CO2 as it grows.

3. Firewood is Low emission

When you burn dry wood in a high efficiency stove, firewood is one of the lowest emission sources of heat available.

4. Firewood Usage Slows Climate Change

Heating with firewood is as close to CO2 neutral as you can get. By replacing other carbon based heating fuels that are accelerating climate change you can help the planet now.

5. Firewood is Reliable

Nothing beats firewood for reliable, on demand heat. Even if it's not your main source of heat it's an excellent backup for when you lose power, have your heat pump or furnace break or you accidentally run out of oil or propane.

6. Firewood is Cost Effective

Per unit of heat, dry hardwood firewood in a high efficiency stove gives you exceptional value. One cord of dry firewood produces the same heat as 801 litres of oil.* If furnace oil is selling for \$1.00/litre, that's \$801.00 to produce the same amount of heat as 1 cord of firewood, so oil can't compete on price. The real question is, how efficient is your wood stove and what value do you place on the extra time and effort firewood takes?

7. Firewood is Good for Your Body and Mind

Stacking and moving firewood is an activity for all ages. Stacking firewood is good exercise. You can move at your own speed and relax your mind while doing so. Knowing you have a pile of dry firewood places you in control of this important corner of your life. A well stacked woodpile says I am in control, I am secure, I am prepared.

8. Firewood is One of life's Simple Pleasures

For thousands of years a good fire has delighted us with warmth, security and wonder. It still has the power to comfort us, calm our mind and brings us back to the simple things of life in a way nothing else can.

Versions of this list have been around for decades. We took the time to update it and remind people that what was true 100 years ago is still true today. In fact, with properly installed and maintained high efficiency wood stoves and the need to address global warming the case for burning firewood only gets stronger.

Courtesy of Barrett Firewood
www.barrettfirewood.ca

* Calculations based on Natural Resources Canada "Heating With Oil" Table 2, page 44.



Captain Urquhart's Mill and Shipyard

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

Mattatall ~ Varner Funeral Home
Serving With Dignity, Respect & Understanding Since 1932

Our Commitment
~ People You Trust ~ Options You Want ~ Value You Deserve ~

55 Young St Truro **902-893-3177**
www.mattatallvarnerfh.com

The Shoreline Tid-Bits

Continued from page 7

New Recovery Centre Open in New Glasgow

Expanded addiction recovery supports are now available for people in Pictou County struggling with substance use and gambling addictions. A new recovery support centre opened Monday, February 14, in Aberdeen Hospital in New Glasgow. The centre expands on the withdrawal management services that had been based in the Town of Pictou, with space to offer both inpatient and day programs.

The centre is part of the Province's new recovery support model. It will provide on-site withdrawal support and link people to other levels of care based on their individual needs, such as opioid-use disorder treatment and community mental health and addictions programs.

On-site supports at the new centre include education, recovery and harm reduction, and individual and group recovery. Inpatient withdrawal management will be added in the coming months.

The centre is staffed by an interdisciplinary team, including nurse practitioners, physicians, nurses, social workers, peer support workers and administrative staff.

This is the second centre to open under the new recovery support model. The first opened in Dartmouth in January. In total, 10 recovery support centres will be set up across the province over the next two years. Five existing withdrawal management sites in Lunenburg, Middleton, Strait-Richmond, Sydney and Yarmouth will evolve to the recovery support model. New centres will also be set up in Truro, North Sydney and Halifax.

More information on recovery support centres is available at: <https://mha.nshealth.ca/en/services/recovery-support-centre>

continued on page 10



**Vantage Motors
Volkswagen**

16 Meadow Drive, Exit 14 off the 102 Highway
902-895-5383 • 1-800-898-7876
MONDAY TO FRIDAY 8AM - 6PM • SAT 9AM - 1PM

www.vantagemotors.com

**2017
Ford Fusion**
Roomy Sedan
Great Value. ONLY
\$16,999

**2018
Chevrolet**
Silverado 1500 4x4 LT
One-Owner
only 23,250 kms
\$42,999

**2015
Volkswagen
JETTA**
AUTOMATIC
Great Price!
\$10,999

**2020
Mitsubishi
RVR SEL**
Economical & Fun!
AWD SUV
\$26,900

FINANCING AVAILABLE

**Warfarin INR tests
done IN-STORE.**

Call for details!

Guardian

Bayside Pharmacy
6044 Highway #2
Bass River
Tel: 902-647-2552

Hours of Operation:
Monday 9:30-7
Tuesday 9:30-5
Wednesday 9:30-5
Thursday 9:30-5
Friday 9:30-5

We administer the Shingles Vaccine. Prevention is the best medicine!!

We offer FREE local delivery – just let us know if you can't make it in and we will bring your prescription to your door!

Our pharmacists perform minor ailment prescribing!

Thank you to all of our loyal customers!

Sincerely,
Todd MacKinnon, Pharmacist Owner