



Sinclair Awarded Snow Plowing

By Maurice Rees

Ian Sinclair Contracting has been awarded a snow plowing contract for Debert Airport for 2019. The company has performed the service for the province from 1994-2007; for CoRDA from 2008-2014, and since then for the municipality after CoRDA was disbanded.

Ian Sinclair provided a quote for snow plowing services at the Debert Airport for the Winter

of 2019 which includes \$2,300 for airport insurance, which has been consistent since 2016. It also includes a minimum guarantee of

\$8,000, which was also included in the contracts for 2016, 2017 and 2018. The hourly rates for plowing equipment as provided in the quote for 2019 have increased by 3% over last year, which staff has deemed reasonable.

A summary of historical costs for the snow removal contract is provided below: Winter Airport Contractor's Liability Insurance Plowing Services Total: 2014, \$7,500; 2015 \$19,449; 2016, Liability insurance, \$2,300 and \$7,800; 2017, Liability Insurance, \$2,300 and \$13,940; and 2018, Liability Insurance, \$2,300 plus \$7,299.

Have you tried to Quit Smoking?

By Chris Urquhart

If you have tried to quit smoking you need to ease into it! If you've tried quitting abruptly a few times and it hasn't worked for you, you might want to start the quit-smoking process by gradually cutting back on your smoking.

To cut back gradually: 1) Delay your first cigarette of the day; 2) Smoke only half of each cigarette; 3) Progressively lengthen the time between cigarettes; 4) Buy only one pack of cigarettes at a time; 5) Trade one smoking break a day for physical activity. Build on each success until you've entirely quit smoking.

Come "Quit Smoking Day", you need to survive!

Surviving quit day can be emotionally and physically challenging, especially if tobacco cravings strike.

Use these tips to help get through the day: 1) Don't smoke, not even just one; 2) Begin using nicotine replacement therapy if you've chosen that method; 3) Remind yourself of reasons to quit smoking; 4) Keep physically active; 5) Avoid situations and people that trigger cravings; 6) Attend a support group, counseling session or stop-smoking class; 7) Practice stress management and relaxation techniques and 8) Keep your hands busy by texting, writing, squeezing a ball or knitting.

Quitting smoking is hard but it's worth it in the end!



The Shoreline Journal



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Energy Savings of \$60,000 per year targeted

By Maurice Rees

A study by Nova Dynamics to identify energy savings at the Central Colchester Wastewater Treatment Facility (CCWWTF) indicates annual savings of \$60,000 by installing variable frequency drives on all blower motors. Energy consumption by these blowers represents approximately 40% of overall energy consumption for the facility. The County spends approximately \$500,000 annually on electrical costs at this facility.

The preliminary and detailed feasibility study, completed by Nova Dynamics Limited at a cost of \$18,500, identified a \$260,000 capital project for the installation of variable frequency drives on all blower motors. The proposed capital work would reduce energy consumption via the blowers by 30%, saving approximately \$60,000 per year. The project has a payback of 4.5 years.

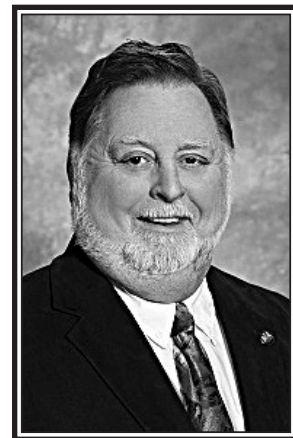
In October Efficiency Nova Scotia a willingness to consider funding the proposed energy project at the plant. They have offered to fund \$12,500 of the overall consulting fees of \$18,500 for the studies, and have also offered to fund \$51,122 of the overall capital upgrades project reducing the payback period to 4 years.

In discussion on the matter Councillor Masters indicated with a payback period of 4.5 years, it was a no-brainer, but reducing to 4 years was even better. Council committee approved staff request to proceed. Efficiency Nova Scotia's offer required council approval by December 31, 2018.

This proposed project is currently not included in Council's approved capital budget. Should the work proceed staff would review the proposed project with the Town of Truro and identify possible sources of funding. The Town of Truro would need to fund 50% of the proposed project, and would also benefit from the anticipated cost savings.

In another matter discussed at November 5th committee, with Councillor Geoff Stewart being selected as Deputy Mayor Colchester, his position on the internal Nomination Committee needed a replacement. The committee is mandated to include Mayor, Deputy Mayor, alternate chair and one other councillor.

During discussion at the November 15th council committee Councillor Lloyd Gibbs volunteered his services to become the fourth member. With no other volunteers coming forward, Councillor Gibbs was added to the committee.



Councillor Lloyd Gibbs

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Fed of Agriculture Annual General Meeting this week

Nova Scotia Federation of Agriculture will be hosting their 123rd Annual General Meeting at the Best Western Glengarry on Thursday November 29th and Friday November 30th, 2018. This two-day event will see farmers from across the province gather to discuss key topics in Nova Scotia agriculture, such as the labour gap, agricultural land, transportation and many others.

Andrew Campbell, the

Fresh Air Farmer will be delivering the keynote presentation - encouraging farmers to stand up for their industry. In collaboration with Farm Safety Nova Scotia, Dr. Andria Jones-Bitton will present on mental health in Canadian agriculture, and her research on the topic. Other presenters include Minister of Agriculture Keith Colwell, PC Party Leader Tim Houston, NDP Agriculture Critic Lenore Zann, and PC Agriculture Critic Alana Paon.

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Friday, November 30

6:00 pm - 8:00 pm
Tree Lighting Ceremony and Musical Entertainment

Saturday, December 1

10:00 am - 4:00 pm
Tree Viewing and Craft Sale

Sunday, December 2

11:00 am - 4:00 pm
Tree Viewing and Craft Sale



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