

Action Plan to Increase Physical Activity

Government has launched a five-year action plan to get Nova Scotians moving more and sitting less. Let's Get Moving Nova Scotia will help to create a more active, inclusive and healthier population across the province through education, improved access to funding and partnerships with the private and public sectors.

An Active Communities Fund is also being created to make it easier for communities to apply for physical activity funding by rolling some existing programs, such as After the Bell and Facility Access, into the new fund. This new grant program will open for applications next spring.

"We are ushering in a new era of active living that will focus on increasing physical activity in all aspects of life for Nova Scotians of all ages and abilities," said Communities, Culture and Heritage Minister Leo Glavine.

The action plan involves a co-ordinated approach to reach out to people in places where they spend most of their time, including where they live, work, study or play. Let's Get Moving Nova Scotia will address inactivity and sedentary behavior by building on existing networks, partners, initiatives and facilities that currently support physical activity.

The action plan will address gaps and enhance

existing investments by supporting current strategies and commitments.

Actions in year one include: supporting workplaces to be more physically active to help increase productivity and decrease absenteeism; introducing a before and after program for pre-primary; supporting municipalities and Mi'kmaw communities to address their unique needs through additional funding and training; addressing barriers and developing new opportunities by creating more welcoming and inclusive environments for under-represented groups

Partnerships will be developed with the Workers' Compensation Board (WCB) and the Nova Scotia Public Service Commission to promote a more physically active workplace to help improve productivity, employee engagement and reduce absenteeism.

The action plan is aligned with the federal Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving, the Canadian guiding document which was launched in May 2018.

Nova Scotia is the first jurisdiction to release an action plan in response to the Common Vision. More information about Let's Get Moving is available at Novascotia.ca/letsgetmoving.

I'm honoured to be critic for Lands and Forests

By **Tory Rushton**

October saw our party select a new leader. Tim Houston will lead our party and has assigned new critic roles to our Caucus. Recently I have been assigned the role as critic for Lands and Forestry. An exciting first duty, I had the privilege to attend the Boston Christmas Tree cutting in Oxford with Minister Iain Rankin and Deputy Premier Karen Casey. This is the first time the Tree has come from the Cumberland Area, but for the last 6 years, Cumberland has had a proud connection to the Boston Christmas Tree. Parrsboro native David MacFarlane has been driving the truck to deliver the tree to Boston and puts a Cumberland touch to this



Tory Rushton

Christmas Tradition.

I was honoured to take part in 3 different Remembrance Day services this year and speak at 2 Legion Banquets. November 11 is a very important day to me. It is the day I remember my Grandfather the most and

all the sacrifices his generation of people made to allow our Country to operate and exist in the manner it does. I look forward to seeing other areas next November 11th to see how they recognize their Veterans.

In recent weeks, I have been having conversations regarding the Aboiteau in Parrsboro. This is an important fixture to the community and many would like to see it back in working order. I would be interested in communicating with you if you have any input regarding the Aboiteau. With the bridge scheduled for replacement in the 5-year plan, now is the time to start the conversations.

With Christmas activities, tree lightings and parades starting this week, I hope to make it to as many events as

possible through Cumberland South and see as many of you that I can. My family and I hope you can have a Merry Christmas and an enjoyable Holiday Season and look forward to 2019.

I would like to remind everyone that our contact number is 1-833-597-8679 or email at toryrushtonmla@bellaliant.com Here's my weekly schedule:

Monday, Springhill/Oxford; Tuesday, River Hebert/Joggins and Advocate; Wednesday, Caucus day; Thursday, Collingwood/Westchester/Wentworth and Friday, Parrsboro/Brookdale and Areas.

Tory Rushton is MLA for Cumberland South.

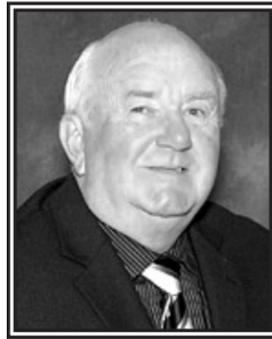
Share-the-Road Program discussed at Council

By **Don Fletcher**

We began council on November 14th at 5 pm in camera with 5 items covered. Public council began at 6 pm with a presentation on fire service dispatch and the need for a provincial overhaul of the current system and a backup plan. Fire services want the Nova Scotia Federation of Municipalities (NSFM) to make fire service dispatch a priority. The second presentation was on off-highway vehicles and the Share-the-Road program which suggested the many opportunities available for tourism. However to make it possible, provincial by-in is required for the share-the-shoulder of the road to get from trail to trail. Next, we dealt with 4 dangerous and unsightly with all approved for demolition.

Deputy Warden van Vulpen was successful in being re-elected to the position for another year. Congratulations Joe.

The first chapter of the Wheeler Report on hydraulic fracturing was discussed which covered an overview of the process, and focused primarily on the technical aspects. It is worth noting the process is continually changing and the report is four years old. It is like a good book. It leaves you wanting



Donald Fletcher

more!

A public meeting to approve a protected area for the Pugwash Groundwater Recharge Area is scheduled for Thursday December 6th from 5 to 7 pm at the Pugwash Village Hall. Mark your calendars!

A motion to approve 2nd reading to the amendments to the MPS/LUB was approved. The grants to organizations revised application was also approved with 1 change. We also approved participation in the federal partners for climate protection program.

The audit committee report which included three motions was approved including training for members; payment of the audit invoice and procurement process. A request for use of property agreement with the Parrsboro Shore Historical Society was discussed and at present there

are too many unknowns as to what will happen to the property. Staff will work with the society. We do understand the importance.

A couple of updates from the recent NSFM conference in Halifax. A motion to approve the structure of the proposed Cliffs of Fundy Aspiring Geopark as well as the structure of the proposed transition committee was approved. A motion to approve the memorandum of understanding regarding two stream recycling was approved with the addition of districts 11, 12 and 13.

After much discussion a salary scale adjustment was

approved. Four grants were approved with funding for some finished for the year. Information items included a support letter from Pugwash Village Commission for the multi-purpose center; letter from Hostelling International; progress report on the partnership framework between NSFM/DMA; upcoming AMANS training and events and Amherst court house accessibility.

Next council meeting is Wednesday, November 28. See you there! Question: did you participate in a Remembrance Day Service? Call your councillor

Donald Fletcher is Cumberland Municipal Councillor for District 10.



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