

# The Shoreline Tid-Bits

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## Fundy Female Leadership Network Seeks Nominations

The Fundy Female Leadership Network (FFLN) is seeking nominations from the community for the 2019 Community ACE Leadership Award. The award, which will celebrate a female who demonstrates leadership through action, confidence and empowerment in sport and recreation within the Fundy region, will be handed out at the second annual FFLN Celebration and Awards on Saturday, February 23 at the Rath Eastlink Community Centre. The event will once again be emceed by Farida Gabbani, Executive Director of the Marigold Cultural Centre and long-standing board member of the Truro Sport Heritage Society. In addition to the awards presentation, the event will include refreshments and networking opportunities as well as a keynote presentation by Sara-Lynne Knockwood of Sipekenatik First Nation. Knockwood was previously the Aboriginal sport and recreation coordinator in Nova Scotia for eight years and has been a standing member on the TriPartite Forum Sport & Recreation committee for the past fourteen years.

The FFLN Celebration and Awards, proudly supported by the Fundy office of Communities, Culture and Heritage, is free to the public and will run from 10 a.m. until 12 p.m. Saturday, February 23 at the Rath Eastlink Community Centre. Nominations for the 2019 Community ACE Leadership Award are open until noon on Monday, February 4. For more information on the FFLN Community ACE Leadership Awards or to RSVP for the event, visit [bit.ly/FFLN2019](http://bit.ly/FFLN2019) or email [cnicholsonpatriquin@sportnovascotia.ca](mailto:cnicholsonpatriquin@sportnovascotia.ca).

## Expanded Dental Care for Young Nova Scotians

All children ages 14 and younger will now be eligible for molar sealants and an annual fluoride treatment. Children at high risk for developing cavities will be eligible for a second annual fluoride treatment. Previously, only children with cavities were eligible for an annual fluoride treatment and only those with deep molar grooves were eligible for sealants. The expanded services are part of an agreement between the province and the Nova Scotia Dental Association, which is retroactive to April 1, 2018. The new agreement also increases the fees dentists earn on Nova Scotia's MSI dental programs, including the Children's Oral Health Program, by five per cent. These changes will cost \$921,000 a year. Last year, more than 56,000 children accessed the program.

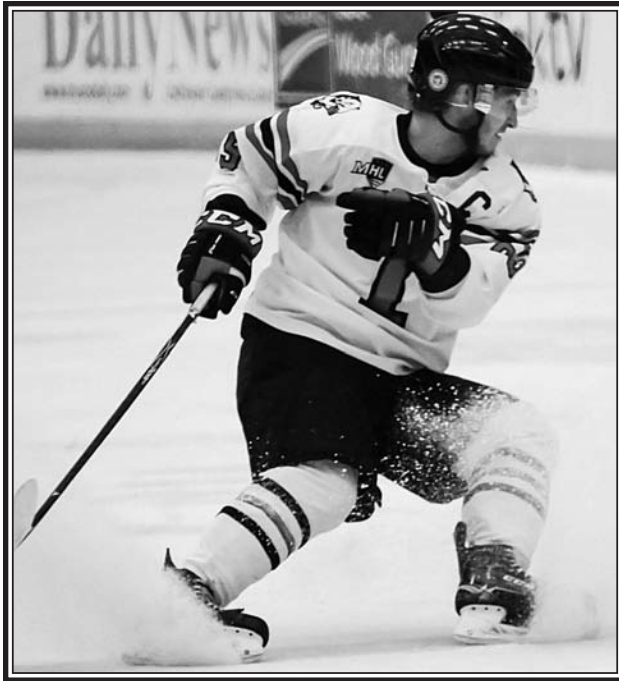
## Amendments Support Waste to Energy

Nova Scotia is allowing new solutions to reduce the amount of waste going into landfills by amending its solid waste regulations to allow thermal treatment facilities to accept banned materials, such as plastic, cardboard and newsprint, and use them to create energy. According to a waste audit done in 2017 by Divert Nova Scotia, 43 per cent of the garbage being sent to landfills is banned material that could have been composted or recycled. The changes also clarify that the province considers energy recovery as waste diversion. Recyclable materials will still be banned from landfills and waste-to-energy facilities will still need all required environmental assessment and industrial approvals. "Nova Scotians are national leaders in waste diversion, but there is still more we can do to keep waste out of our landfills," said Environment Minister Margaret Miller. Nova Scotians send an average of 404 kilograms of waste per person to landfills each year. The national average is 688 kilograms.

## Energy Efficiency Upgrades bring comfort

More homeowners are enjoying a warm, comfortable home and saving money on their heating bills by making energy efficiency upgrades. Under the program, low-income homeowners receive an energy assessment on their house. Recommended upgrades like draft-proofing, insulation and other efficiency work are then made at no cost to the owner. In 2017-18, almost 2,300 homeowners qualified to receive home energy efficiency upgrades. Two-thirds of HomeWarming participants use non-electric heat. They can expect to save an average of \$917 annually on their energy bills after upgrades. Government supports HomeWarming for homes with non-electric heat. Program funding for electrically heated homes is provided by Nova Scotia Power. Since the program began four years ago, 8,535 Nova Scotians have received efficiency upgrades to their homes through HomeWarming or will by the fiscal year ending March 31. Over 16,000 low-income Nova Scotians have had energy efficiency upgrades to their homes since 2007, when government began funding them through various programs. For more information on the program, visit: [www.homewarming.ca](http://www.homewarming.ca)

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Team Captain Dylan Burton and Bearcat players will welcome everyone to the free skate (part of Long John Festival activities) following the game on February 16. (Submitted)

## Provincial Volunteer Awards

By Maurice Rees

County of Colchester and Town of Truro are seeking nominations for the 2019 Provincial Volunteer Awards program. A winner will be nominated from each municipal unit.

Communities throughout Nova Scotia are being encouraged by the Provincial Volunteer Association to recognize and appreciate the many contributions of their volunteers. Provincial Volunteer Week 2019 will take place April 7-13.

Deadline for Nomination is March 15, 2019. The individual's/ groups volunteer commitment can be in any field, i.e. hospital service, schools, library board, coach, recreation, service clubs, etc.

Nomination forms are available from Colchester County Recreation Department and Town of Truro and much be received with all necessary documentation by 4:30 pm on March 15th. For more information, contact one of the following:

**Town of Truro** - Parks, Recreation & Culture 40 Douglas Street, Truro, NS, B2N 2E7 Phone: (902) 893-6093 Fax: (902) 893-6099 Email: [sjarvis@truro.ca](mailto:sjarvis@truro.ca)

**Municipality of Colchester** - Recreation Services 1 Church Street, Truro, NS, B2N 3Z5 Phone: (902) 897-3185 Fax: (902) 843-4065 Email: [recreation@colchester.ca](mailto:recreation@colchester.ca)

## Presbyterial UCW AGM February 19


By Chris Urquhart

Truro Presbyterial UCW are holding their Annual Meeting on Tuesday February 19th at St. Andrew's United Church in Truro. Registration is from 9:30 to 10 am.

The theme for the day is: "Looking Into Our Future With Hope". The first speaker of the day will be talking about "These Old Churches". The second speaker of the day will

be talking about "Regions" and the different boundaries which are now in effect since the closing of Presbytery.

In the afternoon, along with the Installation of Officers, will be a Memorial Service for all our UCW members that have passed away in 2018. Bring a bag lunch! Come out and join us for this fun and fact filled day.



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**Best of Luck 'Cats' on an Exciting Season!**

# T Truro Jr. A Bearcats UPCOMING SCHEDULE

## February 2019

DATE	VISITING	HOME
Sat. Feb 2	South Shore	Truro
Sat. Feb 8	Valley	Truro
Sun. Feb 10	Truro	Yarmouth
Fri. Feb 15	Summerside	Truro
Sat. Feb 16	South Shore	Truro
Mon. Feb 18	Truro	Amherst
Thu. Feb 21	Truro	South Shore
Fri. Feb 22	Truro	Yarmouth



Dillon Gallagher is pictured with BearCats Mascot "Long John". A Free Skate, as part of the Long John Festival, will be held immediately following the game on Saturday, February 16th. There is a chance to get pictures, autographs and skate with your favourite player. Those purchasing a ticket for the Friday, February 15 game, Truro vs South Shore, will receive FREE a ticket to Saturday's game, Truro vs Yarmouth. (Submitted)

## LUNCH SPECIALS

only **\$9.99**

Monday to Friday  
from 11AM - 3PM  
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**GOOD LUCK CATS!**

We are at the  
**Truro Farmer's Market**





Red Sunrise      Ginger Hammer      Hail to the Kale

Many delicious flavours.  
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