

Nova Scotia exports to China \$604-Million

Continuing to build the strong trading relationships the province has built in Asia will lead to increased investment opportunities and more jobs for Nova Scotians. Premier Stephen McNeil led a Nova Scotia delegation to

China and Japan from November 10-24, and participate in Atlantic Growth Strategy events with federal ministers and other Atlantic Canadian premiers.

"China is our fastest growing trading partner and we

want to strengthen our relationship and lend support to Nova Scotia businesses and educational institutions pursuing the Asian market," said Premier McNeil. "Our efforts in the region are generating positive results and we will continue to

look for opportunities so we can grow our economy and create more jobs for Nova Scotians."

In China, Premier McNeil met with the Governors of Shandong, Fujian and Guangdong provinces. He took part in the Canada-China Business Council Annual General Meeting and attend a tourism roundtable, education and university events and various business meetings.

The province will also celebrate the Nova Scotia art exhibit headed to China in the spring that will feature the works of Maud Lewis. This follows Nova Scotia's first cultural trade mission to China this past May. This is Premier McNeil's sixth mission to Asia. In the last decade, the value of Nova Scotia's annual exports to China has grown from \$54 million to \$604 million.

Other highlights of Nova Scotia's relationship with China include: in 2017 seafood exports reached \$386 million. This year's total is tracking higher, with exports up 22 per cent to \$344 million for the first eight months, compared to the same period last year; 15 schools in China offer the Nova Scotia high school curriculum to nearly 3,000 Chinese students each year; in



Graphic courtesy ForeignPolicy.com

had business meetings and met with Ian Burney, ambassador of Canada to Japan, to talk about trade and investment opportunities. In 2017, exports from Nova Scotia to Japan were valued around \$111 million, up from \$62 million in 2009. Seafood is the number one export with fruit and nut products coming in second.

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Increasing Francophone Population in Nova Scotia

A team from Nova Scotia attended an immigration recruitment event in France and Belgium from November 16-20 to meet with Francophones who are interested in living and working in the province. Lena Metlege Diab, Minister of Immigration and Minister of Acadian Affairs and Francophonie led the mission which

will also include staff from the Offices of Immigration and Acadian Affairs and Francophonie, one employer and economic development partners.

Organized by the Canadian Embassy in Paris, Destination Canada, is a recruitment event that targets bilingual Francophones who are interested in living and working in

Canada. Meetings with potential immigrants were held in Paris on Nov. 13-15, in Brussels on Nov. 17, in Liege and Namur, Belgium on Nov. 19 and in Lille, France on Nov. 20.

Employers and regional economic development partners attending the event include Le Petit Voilier, Conseil de développement économique de la Nouvelle-Écosse, Halifax Partnership, Cape Breton Partnership, West-

ern Regional Enterprise Network and Lunenburg County.

Immigration is making a positive difference across Nova Scotia. The Office of Immigration welcomed just under 10,000 new residents through the Provincial Nominee Program over the past two years and continues their work to help address labour gaps.

For more information:
<https://novascotiaimmigration.com>

Do You Have Heartburn?

By Chris Urquhart

Is your lifestyle causing heartburn? Heartburn can make your chest feel like it's on fire. Often time's heartburn is confused with having a heart attack! If you are at risk, get checked out.

Then, consider these lifestyle changes to prevent heartburn: 1. Lose excess weight. 2. Stop smoking. 3. Don't wear tight-fitting clothes. 4. Avoid heartburn triggers, such as alcohol, fatty foods, chocolate and mint. (What a dreadful suggestion at this time of year!) 5. Don't lie down soon after a meal. 6. Raise the head of your bed or use an extra pillow.

Heartburn is very uncomfortable and no one wants to feel that pain. Take care and prevent heartburn.



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Wishing you and
yours a happy,
healthy and safe
holiday season!

