



Dr Stephen Ellis, MP Cumberland-Colchester standing outside Mental Health and Addictions office. (Contributed)

Conservatives Will Bring Change

By Dr Stephen Ellis

Throughout heated debates dealing with decriminalizing opioid drug possession — then recriminalizing it — one important consideration has failed to gain the attention it deserves.

What has gone missing is the lack of safety considerations for citizens who can no longer use their downtowns, parks and other greenspaces because they have been taken over by the drug-addicted community.

“I recognize that we consider drug addiction to be a healthcare issue, but it is also a primary responsibility of government to enact public-safety legislation in light of drug-related threats to them.”

Further, an after-the-fact effect of Liberal opioid decriminalization, drug user-related violence has extended to hospitals, where personnel face daily threats from patients who are high on hard drugs.

“In Cumberland-Colchester, we are primarily made up of rural communities, but we are not immune. These violent conditions exist here, too,” Ellis said. “Healthcare workers’ safety must be lawfully guaranteed.”

The hardcore drugs at issue are opioids known as oxycodone, hydrocodone, morphine, and methadone. In addition, there is fentanyl, a synthetic opioid pain reliever. It is many times more powerful than other opioids and is intended for severe pain treatment. “They are all here and are visible in my hometown of Truro.”

Clearly then, some of the ideas put forth by the NDP/Liberals are not working, even in the aftermath of recriminalizing simple possession.

The Cumberland-Colchester MP believes that the Trudeau

government’s response to its drug possession experiment — following a national outcry to abandon it — is just another example of a tired and disorganized Liberal administration’s inability to create effective legislation.

“On the Conservative side, we have excellent program alternatives such as opioid addiction therapy,” which is a resource that supports the work of care providers such as physicians and nurse practitioners, who are authorized to prescribe medications to treat opioid-use disorder.

Secondly, is the process of bringing those with substance disorders into treatment programs and returning them home to a drug-free state.

Thirdly, is enabling the public’s return to safer downtowns, parks and other greenspaces.

Conservative Party Leader Pierre Poilievre’s position is, “When we form the next government, one of our first pieces of legislation will be The Safe Hospitals Act. It will be wide-ranging — from prosecuting anyone that uses a weapon in a hospital, assaults a healthcare professional, all the way to banning non-prescription hard drugs.”

“The act will ban hard drugs, put an end to taxpayer-funded opioids, with re-investment of that money into treatment and recovery, so that we can bring our loved ones drug-free.”

“The time for change is here, and the change will be enacted by a Conservative Party government,” Ellis said.

Dr Stephen Ellis is MP for Cumberland Colchester. He can be reached at: 902-895-2863, or E-mail: stephen.ellis@parl.gc.ca

Embracing Mindfulness With Mom’s Guide

By Dorothy Watson

In the chaos of motherhood, finding tranquility can feel elusive, but mindfulness offers a much-needed oasis of calm. Integrating mindfulness practices into your daily routine is essential for your mental well-being, which in turn allows you to be the best mother you can be. This guide, presented by The Shoreline Journal, provides practical strategies to infuse mindfulness into your daily life, reshaping how you experience the ups and downs of motherhood.

The Morning Ritual of Appreciation: Mornings are often busy times for moms. Whether you’re getting older kids off to school or taking care of the baby’s needs, the early part of the day can be hectic. In order to start things off right, begin your day with a morning ritual that sets a tone of gratitude. Imagine waking up and, before the day’s hustle begins, you take a moment to reflect on three aspects of your life that bring you joy. It could be the sound of your children’s laughter, the comfort of your home, or the aroma of your morning coffee. This is an easy way to set a positive intention for the rest of the day.

Harmonizing Body and Mind Through Movement: If you’re self-employed, you might feel the effects of stress even more acutely when trying to get things done with little ones in the house. In order to reduce feelings of stress or anxiety, try a mindful movement practice like yoga or tai chi. These aren’t just exercises; they’re paths to better wellness. Engaging in these activities does more than tone your body; they become meditative practices, focusing your mind and easing stress. The physical benefits are a bonus, but the true gift lies in the mental clarity and productivity boost you’ll experience.

If You Need More Space: If your family doesn’t have the space it needs to cultivate true inner peace and balance, maybe you need a larger home! Begin by searching your local rental listings for something within your budget. Don’t just check prices,

though; you should also check amenities and neighborhoods, tour the area, and really get a feel for what it would be like to live in this new location.

The Art of Truly Hearing: In your interactions with your children, your partner, or friends, try something revolutionary: active listening. Instead of formulating your next response or mentally ticking off your to-do list, listen with the intent to understand. This practice deepens your relationships and fosters a sense of connection. You’ll find that by truly hearing what your loved ones are saying, your interactions become richer, and misunderstandings diminish.

Keeping Your Home Clean: Keeping your home clean when you have children offers substantial benefits that extend beyond mere aesthetics. In addition to reducing the risk of infections and allergies, regular cleaning also helps organize toys and reduce clutter, which decreases the likelihood of accidents and injuries. Moreover, a tidy environment can promote mental well-being and focus, both for children and adults, making it easier for kids to engage in play and learning activities. Instilling cleanliness habits early on also teaches children responsibility and the importance of maintaining order in their living spaces, which are valuable life skills. You can also look online for expert cleaning tips and hacks to make the process easier.

The Mindful Meal: Now, envision yourself at mealtime. Instead of rushing through your food or multitasking, treat this as a time for mindfulness. Eat slowly, savor each bite, and appreciate the flavors and textures. This isn’t just about enjoying your meal; it’s a practice in mindfulness that aids digestion and helps you develop a healthier relationship with food. In these moments, you’re nurturing your body and your mind, setting an example of mindful eating for your children.

Unplugging for Serenity: In a digital world that constantly demands your attention, consider the liberation of unplugging. Set aside time each day where you discon-

nect from your devices. In these tech-free zones, you’ll find the mental space to be truly present with your children, to engage in self-reflection, or simply to enjoy the quiet. This practice reduces stress and allows you to reconnect with yourself and your family, free from digital distractions.

The Journey Within: Take a few minutes each day for body scan meditation. Lie down, close your eyes, and slowly bring your awareness to each part of your body, from your toes to your head. Notice any sensations, tension, or discomfort. This journey through your body isn’t just a relaxation technique; it’s a way to become attuned to your physical self, often neglected in the hustle of motherhood. This practice fosters a deep sense of relaxation and bodily awareness, essential for your well-being.

Breathing Exercises For Stress: Finally, incorporate focused breathing into your daily routine. Whether it’s for a few minutes in the morning, during a break in your day, or before bedtime, focus solely on your breath. Feel each inhalation and exhalation, and let your mind settle on this simple act. This practice is your anchor to the present moment, calming your mind and bringing a sense of peace amidst the chaos of daily life. This makes it a perfect exercise for busy moms.

Mindfulness for moms isn’t just about finding peace; it’s about transforming the way you experience motherhood. It’s about embracing each moment with grace, gratitude, and awareness. By incorporating these practices into your daily life, you’re not just surviving the journey of motherhood; you’re thriving in it. Remember, the path to mindfulness doesn’t require drastic changes; it’s about finding magic in the ordinary, every single day.

The Shoreline Journal proudly serves the Fundy Shore/Glooscap Trail from Truro to Parrsboro and further north to Advocate Harbour. We’d love to hear from you!

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Improvements to Secondary, Backyard Suite Incentive Program

Nova Scotians can now access more money to build a secondary or backyard suite and a wider range of family members are now eligible to live in them. The Province is offering forgivable loans of up to \$40,000 – up from \$25,000 – to people who want to create affordable secondary or backyard suites on their property.

The Province has expanded the list of those eligible to live in and build these units. Family members living with disabilities, grandchildren, siblings, aunts, uncles, nieces and nephews are now eligible to live in or build suites. Previously, only parents and step-

parents at least 65 years old and adult children and stepchildren of senior homeowners were eligible to live in the units, as well as anyone who was below the household income limits for the area.

This affordability stream of the program continues. Homeowners can charge a maximum of 80 per cent of average market rent and rent to anyone – family member or not – who is below the household income limit.

The changes to the program take effect immediately. Anyone who has already been approved can take advantage of the expanded loan amount and criteria.



Colchester Bike Week, June 1-9

By Paul Smith

(The following is the first of several parts presented elsewhere, in this issue, of an overview of activities in the Community Development Department since January 2024, which was presented to Council committee by Paul Smith, Director of Community Development on May 16. This section includes Smith’s analysis of Recreation Services.)

Recreation Services: Step into Spring Program is under way and will run until the end of May. Several people have signed up for the walking challenge which has been going on for several years. Colchester Bike week is set for June 1st to 9th with lots of planned activities during the week including coloring contests, bike rodeos, bike rides, safety tips, online challenges, etc. This event coincides with “June is Recreation month”.

Volunteers are the heart of our communities, and the Munic-

ipality of Colchester recognizes the hard work and dedication of the many volunteers that help make our communities thrive. Deserving volunteers are encouraged to be nominated which could be individuals, groups, youth, families and businesses. Applications are available online people are encouraged to submit nominees as the deadline of May 17 is fast approaching. The 19th Annual Cobequid Trail Run will be held on August 25.

Non-Profit Insurance Grants: The deadline for the non-profit insurance grants is due on or before October 25. We expect a good intake of the applications for this year. Start spreading the word. The Department is working closely with the arena group to assist with ice time. All arena’s have had a great year and anticipate another good year with new programs being organized at these facilities. Major projects planned for this summer include a floor replacement in North Shore and new Zamboni in Brookfield.

Parks and Trails: During the winter and spring months, field staff continued forest-related work at various sites, including ongoing windstorm cleanup and Hurricane Fiona clean-up efforts paused during the summer and fall as Recreation field staff attended to other projects and maintenance duties. Winter and spring improvements also included training courses, snow clearing from park and trailhead parking lots, and preparing for maintenance work and several improvement projects planned for the 2024 season.

Cobequid Trail: 530 m of fence has been replaced along the DalAC section of the Cobequid Trail. Approximately half was restored in late December 2023, and the remainder was completed in April 2024.

Stewiacke River Park: Plans are underway to replace the 22-m long, timber trail bridge at the park in 2024 and geotechnical work was completed late 2023. An application for provincial funding was submitted in February 2024. The proposed new structure will be constructed of steel and have enhanced accessibility features including increased width and improved handrails. Over the winter, repairs were completed on the seasonal floating dock structure which was damaged in the July 2023 rainstorm and removed for the remainder of the 2023 park season. It will be re-installed in early summer 2024.

Paul Smith is Director of Colchester Community Development Department

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