

Mental Challenges Support System Being Formed

By Valerie Hollingsworth

Twenty seven people attended an exploratory Meet & Greet on February 22nd for a new support system for people with mental challenges in the Truro area. Gatherings and events will be held at First United Church, Truro

There are several people involved in this initiative. In addition to myself, I am joined by Rev. Valerie Kingsbury, Spiritual Care Giver at the First United Church in Truro; Laurie Dobbs White; Addictions Education Consultant/ Shamanic Practitioner and Shelley Austin; Co Founder of Lead With The Heart

This support initiative is open to all people (all faiths or no faiths). It's about inspiring people to embrace who they are, to help them dig deep thru visual, spoken, written and the performing arts; to discover their unique gifts and also bring awareness that our present state of mind is not who we are; it's something that is happening to us. Our focus is on empowering and uplifting participants as they nurture their human

spirit and awaken their hearts.

This does not replace other mental wellness programs but will complement and strengthen our community's support systems throughout the area.

As we move forward, we welcome anyone who would like to contribute their expertise within the Arts to join this healing adventure of people helping each other blossom and bloom into their extraordinary Self.

During the February 22nd, initial meeting, we received valuable input and there was a lot of great conversation. It was about people helping people and participants brought to the group ways they could support each other; talents they had to offer; as well as their own personal needs.

Meetings and discussions will be held the 3rd Wednesday of every month providing a different program each meeting with a common thread of love, self care and support running within them all. On March 15th at 7pm there will be an open mic coffee house. This will give

people the opportunity to share their poetry, writings, songs, artwork, and a story, share a dance move, etc. We will kick this off with some Emotional Freedom Group Tapping and end it with a Circle.

On Saturday, April 8th we will be hosting a Mask Making Workshop; this will be from 1-5pm at the First United Church Hall. People will be required to preregister. In our quest to keep costs down for participants it will be a free will offering. Lead with Your Heart is sponsoring this workshop.

Our intention is to put together a list of community supports, as we understand there are a number of things going on that people aren't aware of. If you are interested in receiving information on upcoming gatherings, be put on our mailing list, get more information or to register for the workshop contact:

Laurie at 902 895-2786, or email laurie.dobbs82057@ns.sympati-co.ca

Valerie Hollingsworth is Energy Medicine Practitioner and Transformation Facilitator at Earthsong Wellness Services

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scheduled for February 28th (last evening) at Economy Rec Centre; Great Village Legion on March 6th and Bass River Fire Hall on March 21st. All meetings start at 7:00 pm and refreshments will be served.

After the community meetings are completed, details from the various discussion groups will be compiled into a working document for directors and new executive which will be held at a meeting to be held later this spring.



All the seats were filled and three tables were divided into six groups to discuss what is needed in West Colchester at a meeting held at the Peg, Masstown on February 22. (Rees Photo)



Annie Phillips, standing at the back of the table was the lead facilitator and had prepared several questions and format for an open house on February 22nd. Additional community meetings are planned for Economy area on February 28; Great Village, March 6th and Bass River Fire Hall on March 21st. (Rees Photo)

\$4-Million for Truro Heights Water Mains

By Maurice Rees

To extend new water main service to 224 properties in Truro Heights would on average cost \$18,000 per property for a total cost of \$4.095-Million according to a staff report information item presented to council committee on February 15h.

In November 2016 council directed staff to prepare cost estimates for extending water service to residents of Truro Heights. In its report staff proposed four phases of water system extension, which would affect 224 properties containing 186 homes, with a total cost estimate of \$4,095,000.

Deputy Mayor Bill Masters who represents the area, said that when the costs were known, property owners

would probably reject the idea. He said in Truro Heights there are probably only two or three who have complaints about volume and pressure of water. He added, everyone up there complains about "hard water", but that is an entirely different story. In order to proceed, public meetings with affected property owners would be required.

If borne totally by property and home owners, the cost would be \$18,000, which includes a lateral line to connect property to the water main. Staff estimated based on 48 cents per \$100 assessment, and an average assessment of \$150,000 based on simple accounting it would cost \$731.00 per year for 25 years.

If government programs or gas tax monies were used,

costs per property would be reduced, but applications for funding would need approval and then weighted against other municipal projects in its five year plans.

If the project proceeded residents would become customers of the Town of Truro. Meter charges, not including water usage would be in the range of \$100 and invoiced four times a year. Within the area there would be a requirement of 40 fire hydrants which would require payment of \$56,000 per year (\$1,400 per hydrant) for fire protection service.

Council accepted the information item, but asked staff to develop more details and report later.

No Changes to Pharmacare Program until 2019

There will be no change to the Nova Scotia's Seniors Pharmacare program in 2018-19. It was previously announced that the Seniors Pharmacare program won't change in 2017-18.

Reasons behind the no changes for the next two years, is the Atlantic Premiers

have agreed to explore new and innovative ways to work together, to make publicly funded drug plans stronger. In light of the possibility of a new Atlantic approach, planned consultations on Nova Scotia's Seniors Pharmacare program will wait for that collaborative work to

take place.

Nova Scotia, like other Atlantic Canadian provinces, has an aging population that relies on publicly funded drug plans to reduce its medication costs. The communique from the Council of Atlantic Premiers can be found here: www.cap-cpma.ca



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30 Duke Street, Truro, NS
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