

# PAGE BRIEFS

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**Changes to roadway** weight restrictions across the province will help make Nova Scotia's trucking industries more competitive. Many roads that do not have structures such as bridges or large culverts now have an increased weight limit up to 62,500 kilograms, based on truck configurations. Thousands of structures are being analyzed to determine their ability to sustain an increased weight. Forest Nova Scotia, the largest organization of forestry interests in the province, has identified these opportunities as a means to increase performance and productivity in the trucking industries. The industries' cost savings from these initiatives so far have totaled \$2.3 million. This initiative supports government's target of cutting red tape by \$25 million by the end of 2018.

**Changing the income** threshold from \$25,000 to \$35,000 will ensure 550 more children will be eligible to receive the maximum child care subsidy following changes to Nova Scotia's Child Care Subsidy Program announced on February 1<sup>st</sup>. Other changes include: increasing the subsidy for families who make \$35,000 to \$70,000, to support 675 more children and for the first time, part-day programs are eligible for the subsidy, to support an estimated 375 children. To learn more about the subsidy, including how to apply and eligibility criteria, can find more information at [www.ednet.ns.ca](http://www.ednet.ns.ca) or by calling toll-free 1-844-804-2084.

**Friday, March 16<sup>th</sup>** is the deadline for Nominations for Order of Nova Scotia. Each year, a group of individuals is recognized for their outstanding contributions to the province by receiving the Order of Nova Scotia. Past recipients have come from all walks of life, from all corners of the province. Since its creation in 2001, 93 recipients have been invested into the order, including nine posthumously. Nomination forms are available at Access Nova Scotia centres, Province House in Halifax, MLA and MP offices in Nova Scotia, municipal offices, and online at [www.novascotia.ca/orderofnovascotia](http://www.novascotia.ca/orderofnovascotia). For more information, contact the Protocol Office at 902-424-2467, [orderofnovascotia@novascotia.ca](mailto:orderofnovascotia@novascotia.ca) or visit [www.novascotia.ca/orderofnovascotia](http://www.novascotia.ca/orderofnovascotia)

**Cathy Montreuil** has been appointed deputy minister of Education and Early Childhood Development, and will assume the position on March 1. "Ms. Montreuil brings a wealth of experience having worked as an educator, assistant deputy minister, superintendent, school board director and as a member of an OECD working group representing the Council of Education Ministers," said Premier McNeil.

**Bernie Miller** has been appointed deputy minister of the Department of Business, a position he held in an acting capacity since Dec. 21. His appointment is effective immediately. "Bernie continues to demonstrate strong leadership and provides important advice around advancing the priorities of the province," said Premier McNeil. "I am pleased that he will apply his strong skill sets to the Department of Business in addition to his role as deputy minister of the Office of Strategy Management."

**Following the birth** of her child, the Honourable Karina Gould will take a leave of absence from her role as Minister of Democratic Institutions to go on parental leave. During her absence, the Honourable Scott Brison, MP for Kings-Hants, will serve as acting Minister of Democratic Institutions, in addition to his role as President of the Treasury Board. Andy Fillmore will continue to serve as Parliamentary Secretary to the Minister of Democratic Institutions.

**Nova Scotia spirit**, wine and craft producers are pleased with third quarter NSLC results for October to December 31, 2017. Sales of Nova Scotia spirits saw the greatest growth showing a sales increase of 59.5 per cent to \$2.0 million. Nova Scotia craft beer sales were up 48.6 per cent to \$3.2 million while Nova Scotia wine sales, using locally grown grapes, grew by 22.6 per cent to \$3.5 million. Ready-to-drink products, mostly ciders made with local apples, increased by 37.8 per cent, to \$1.0 million. Third quarter results were released by NSLC on February 20<sup>th</sup>.

**Natural Resources** Minister Margaret Miller has extended the time frame for the Independent Review of Forest Practices. The review, launched on Aug. 30, will be completed at the end of April. The review will provide recommendations to improve how Nova Scotia balances long-term environmental, social and economic interests in managing the province's forests. For information and updates on the Independent Review of Forest Practices review, visit [www.novascotia.ca/natr/forestry/Forest\\_Review](http://www.novascotia.ca/natr/forestry/Forest_Review)  
Forward your Briefs to: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)



## St. Patrick's Day Did you know?

Many people enjoy indulging in corned beef on St. Patrick's Day, but few may know exactly what they're eating. Corned beef is a way to prepare a cut of beef, typically the brisket. When making corned beef, the beef is cured in a brine solution. Corned beef gets its name because the meat used to prepare the dish is treated with large grained rock salt, which are also referred to as "corns" of salt. While corned beef is often linked to St. Patrick's Day and easy to find at restaurants come the month of March, a debate exists as to whether or not corned beef as it is known today can be linked to Ireland. In his book, "Salt: A World History," author Mark Kurlansky noted that a dish of salted beef was produced in Ireland during the Middle Ages. This dish might have been a precursor to today's corned beef. Others suggest the corned beef enjoyed during modern St. Patrick's Day celebrations is more closely connected to Irish immigrants who left home for the United States in the 19th and 20th centuries. Upon arriving in New York City during this time, many Irish immigrants purchased a salt-cured meat made from beef brisket from Jewish butchers. This meat ultimately became synonymous with St. Patrick's

Day, a day to celebrate St. Patrick, the patron saint of Ireland.

## Do You Drink Enough Water?

By Chris Urquhart

Do you drink enough water? Don't use thirst alone as a guide for when to drink. By the time you become thirsty, you may already be slightly dehydrated. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice.

If you're generally healthy, consider drinking a glass of water with each meal and between each meal, as well as before, during and after exercise. Check with your doctor if you are an older adult and take a diuretic for high blood pressure before increasing your water intake. You may be at risk of having too little sodium in your blood (hyponatremia).

Drinking water will also make you look younger! As a car needs oil to run smoothly so does the body need water to work well. Think of drinking water as "oiling your joints"! It also helps your complexion as it takes those "dry" looking wrinkles away. Yes, you should make water your drink of choice!



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The **Shoreline** Journal  
Deadline for the April issue of  
is March 20