



Sherry Martell, left, Executive Director of the Truro & Colchester Chamber of Commerce, presents a 12-month family pass for the Rath Eastlink Community Centre to staff members at Truro Toyota including, Jamie McNutt, Angela Doolan, Shauna Fredericks and Bonny Henderson. Truro Toyota was one of more than 60 local businesses to participate in a Workplace Wellness program hosted by the Chamber in partnership with other local organizations. (Contributed)

## New Members of the Chamber

*Continued from page 12*

apeutic interventions for a number of mental health issues.

Their focus is to help individuals heal, energize, and become aware of their inner strengths. We achieve this by providing a neutral, safe space, listening to your concerns, and customizing a treatment plan.

They promise to be there for you every step of your journey. Their goal is to help you grow from your struggles, heal from your pain, and move forward to where you want to be in your life.

Trinda Power, M.Sc., R.Psych. (NS), Registered Clinical Psychologist, Clinic Owner, 664 Prince Street, Suite 4

Truro, Nova Scotia 902) 843-4380, <https://powerpsychservices.ca/>

**Clean Heroes**

Clean Heroes is Owned and Operated by Andrew Ashford. Andrew is a former NFPA 1001 Level 2 Career Firefighter and an Advanced Care Paramedic. Andrew has worked in Emergency Services for 20 years. He is able to use this experience to integrate Clean Heroes' services into your department's Operational system.

Clean Heroes services all of Atlantic Canada. Their headquarters in Truro, Nova Scotia is central to all Atlantic Provinces. Because Truro is a

shipping Hub; Gear can be shipped to them quickly and cost-effectively for service. What makes them truly unique, though, is their mobile, fully self-contained unit. The Mobile Unit is able to perform Advanced Cleaning and Advanced Inspection, right on your property; eliminating the need to send your gear away.

Clean Heroes Inc., Andrew Ashford, 386 Industrial Ave, Truro Nova Scotia. Phone: (902) 843-2880; <https://cleanheroes.ca>

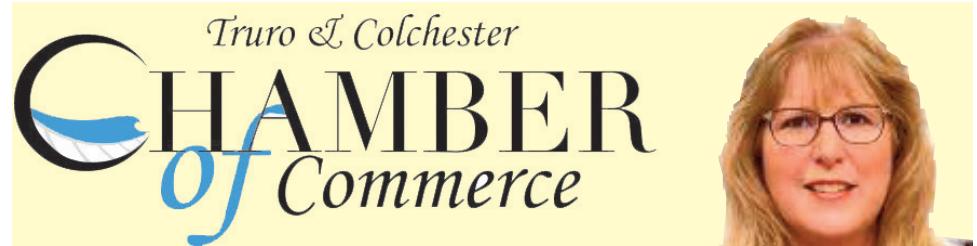
**DTM Contracting Ltd.**

DTM Contracting is a team of qualified construction professionals, including Red Seal Carpenters. They specialize in custom home builds and custom concrete throughout all of Nova Scotia.

Proudly catering to their customers and giving them 100% customer satisfaction through their high-quality, complete dedication, and undivided time.

They have 25+ years experience working with concrete, including within the agricultural space, and custom homes, including footings, foundations, roofs, siding, and everything in between!

Safety, Quality, Production, Dan Paul, Salmon River, NS, Phone: (902) 324-9386 Email: [dan@dtmcustom.com](mailto:dan@dtmcustom.com) [www.dtmcustom.com](http://www.dtmcustom.com)



## Partnerships and Networking Key to Business Growth

*By Sherry Martell*

As I launch into my first column on the pages of the Shoreline Journal, I would like to begin by thanking Maurice Reese and his team for providing the Truro & Colchester Chamber of Commerce with an opportunity to share about our organization with his readers.

For those who may not be familiar with our organization, I will share a bit about what we do here at the Chamber. The Chamber has been operating as a business association in the Truro area for about 132 years. During that time, the organization has evolved to meet local business needs. So, what does that mean? Our main reason for being established is to provide the business community with a collective voice on issues impacting business.

Some of the recent issues we have been an advocate for are business support during COVID-19, better infrastructure, a streamlined process for development in the region and improvements to childcare.

Along with ensuring the voice of business is heard by decision-makers at all levels of government, the Chamber creates opportunities for businesses to connect with each other. Even during the pandemic, we were hosting events, roundtables and workshops. Some were virtual and others were in-person as public health restrictions allowed. We also make one-on-one connections. If you are looking for

a product or service, we can recommend a member business that may have what you are searching for.

One other key activity the Chamber does is seek out projects and programs to support business. Recently, the Chamber launched a Workplace Health and Wellness Kit that is designed to support businesses of all sizes in creating a Workplace Health and Wellness program while making employee health a priority. There are many benefits of implementing a program, such as lowering health care costs, reducing absenteeism, increasing productivity, preventing or reducing injury, improving morale and loyalty and reducing disability-related or WCB claims.

Anyone interested in more information can download the kit from the Chamber's Website: [www.trurocolchesterchamber.com](http://www.trurocolchesterchamber.com).

We are very excited about our upcoming Annual General Meeting. This year we will be hosting it at 11 a.m. at the Royal Canadian Legion Branch 26 hall 42 Brunswick St., Truro. Following the official part of the meeting, there will be a luncheon with a special guest, local businessman Arnold Hagen, speaking about his ongoing project to modernize the Truro Mall. This event is open to members and future members. For more details on the AGM and reserving your seat, visit our website.

Despite the ongoing pandemic pressures in 2021, the



**Sherry Martell**

Chamber has continued with a full advocacy program and activities to benefit local businesses. We have already launched a new project with our partners, Downtown Truro Partnership and the Town of Truro, to bring a spectacular light show to Downtown Truro's Civic Square. The light show is projected on the Colchester East Hants Library building and restarts every 15 minutes. On March 4th, we will be giving away hot chocolate at the square, and there will be night markets. So, if you are a creator or maker that would like to be a vendor at this event, reach out to us for more details. The cost to rent a booth for the night is just \$25.

This month, we will also open nominations for our Annual Gala and Awards, to be held at the Best Western Glengarry on April 21st. This year's theme is Masquerade. We will present two prestigious awards during this event, Business Excellence and Business Person of the year. More details about this event and nominations can be found on our website.

We look forward to seeing you in 2022!

For more information about the Chamber and its activities and programs email us at [oa@tccchamber.ca](mailto:oa@tccchamber.ca), call 902-895-6328 or visit our website.

**Sherry Martell is executive director, Truro and Colchester Chamber of Commerce and can be reached at [ed@tccchamber.ca](mailto:ed@tccchamber.ca) or 902-895-6328.**

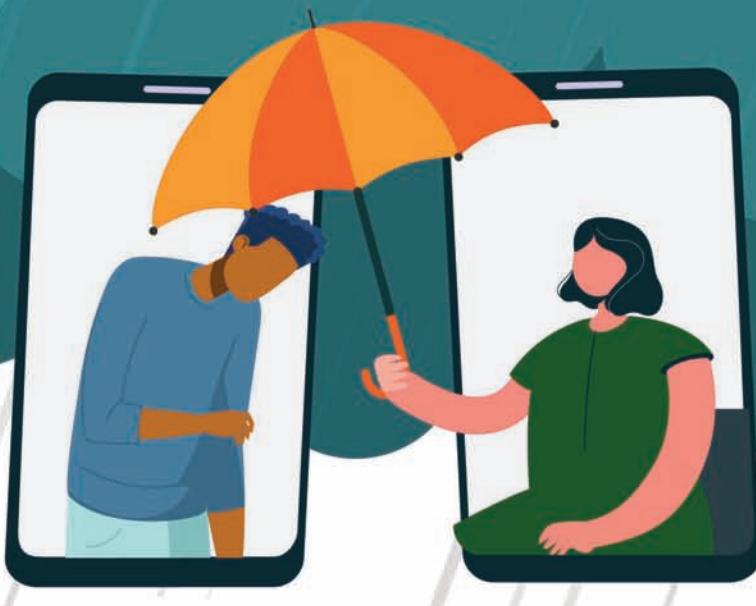
# It's OK for everyone to reach out and ask for help.

Know where to find support if you need it.

If you have questions or aren't sure where to go for mental health support, **211 Nova Scotia can help**. Dial 2-1-1 to get connected.

A Community Resource Navigator will walk you through your options and connect you directly with supports and services in Nova Scotia. **211** is available 24/7.

If you're experiencing a mental health crisis, phone **1-888-429-8167** (24/7)



Find mental health supports online at  
[NovaScotia.ca/MentalHealth](http://NovaScotia.ca/MentalHealth)

 NOVA SCOTIA