



Concrete block goes up on the arena side of the facility, facing MacClure's Mills Rd.

Central Nova Scotia Civic Centre GOES "GREEN"

By Heather Fraser

In today's world there are many environmental concerns that are at the forefront of local and national news; from pollution of the water we drink, to the way we dispose of our daily "waste". I'm pleased to say that our region continues to be pro-active with many of the environmental concerns of today. Our children are learning the importance of composting and recycling at a very young age in our school system, and at home with the new regulations for waste disposal.

The environment has also been a top priority for the Central Nova Scotia Civic Centre from the early stages of design and construction planning. The movement towards a "green" building is a responsible path that can have both environmental and financial benefits, particularly in regards to long term operating costs. The Project Steering Committee has made every effort to meet a LEED® SILVER Designation. Leadership in Energy & Environment Design (LEED®) is an internationally recognized green building certification system where a third-party will designate credits or points for implementing strategies to improve the overall performance in areas

such as energy savings, water efficiency and improved indoor environmental quality.

One of the many ways the Civic Centre will strive to meet this certification is with the concrete being used in the construction of the facility, as it is no ordinary concrete block - its better. A local business, Casey Concrete, is using recycled window glass to make the concrete blocks instead of sending the glass off to the landfill where it would typically end up. Casey Concrete has diverted 3000 tons of waste glass to be used. The new Centre will be the first facility to benefit from this product and because of the environmental advantages the project will receive LEED® points towards its goal of a SILVER Designation. When construction is complete, a total of 180,000 blocks will have been used for the new Centre.

Other initiatives that will be implemented at the centre are the use of bike racks to promote good health for the community and to promote green modes of transportation; all fixtures in the washrooms will be a low flow and will have automatic controls where possible and the landscaping design will also encourage low water use. A healthy working environment

will also be a priority by ensuring that select materials do not contain harmful chemicals and that there is an efficient balance of circulating fresh air and natural daylight entering the facility.

Planning for the new facility has also included strategies such as promoting healthy eating, physical activity, injury prevention, responsible alcohol use, no smoking regulations, baby friendly areas, as well as making the centre accessible to everyone in the community whether you may have a physical disability or economical restrictions.

The Central Nova Scotia Civic Centre which will be owned by the Town of Truro and the County of Colchester will be the first municipally owned LEED® building in Central Nova Scotia. It is envisioned that the Centre will be a local showcase for some of the most leading edge approaches of energy conservation, building technology and architectural design. It is sure to be a facility that our community and beyond can take great pride in for generations to come.

The community can also take much pride in the commitment and support shown to the Ignite the Spirit Campaign with volunteers continuing to work towards the campaign goal of \$5 million. Many individuals and businesses in the community and beyond have supported the project helping us to reach the \$4 million milestone, but it will take everyone's help to reach the finish line. I encourage you to make a donation - big or small, every dollar counts! For more information on ways to leave your legacy by supporting the Ignite the Spirit Campaign, please visit our website www.ignitethespirit.ca or phone the campaign office at 902-893-9706.

Heather Fraser is a Fund Raising/Public Relations Assistant Central CNSCC Project

Out and About with Ken

By Ken Kennedy

Sorry I missed writing last month but we had just arrived back from Orlando and I must have had a bad case of "jet lag." (My wife says I'm in jet lag mode most of the time!) We had 80°F weather but there were deadly tornados all around us. We were fortunate to arrive back in Halifax to a balmy 13°C/50°F afternoon.

We were happy to share a couple of weeks vacation with Greg, Cindy, Michael, and Sarah. The twins will be nine (9) on the 24th, a few days from now. Can you imagine? Of course we were glad to get back to Pam and Olivia (who just turned one.) Pam drives back and forth to Halifax to work and we were fortunate to find a baby-sitter just down the road from here.

Speaking of baby-sitters, a friend was walking home from here one night last week when she was struck by a hit-and-run car on Middle Road. "It came right at me," she said. It knocked her into the ditch and she is black and blue all down one side. She said she phoned the

RCMP but because she didn't get the license plate number they said there was nothing they could do. How are you supposed to get a license number when you're lying bruised and battered in a ditch!? I have had a few close calls as well.

I don't know what government was in power when they eliminated the front license plate, but let it be known, legislators, I will be finding out. How much of our money did they save by doing that - a few hundred thousand dollars, maybe, to be spent foolishly on something else. BRING BACK THE FRONT LICENSE PLATE.

I finally got over to the Debert UCC's chowder luncheon at the fire-hall yesterday. Hadn't been there for a few years. Funny thing - everyone seemed a few years older!

Velma and I have been busy with our nursing home visitation program, taking some courses, and working with the Angel Hearts Chapel to get it up and running. Grand opening is on May 5th at 3:00 pm and all are welcome to see the meta-

morphosis of what was once the old Gospel Hall.

The Great Village Legion is gearing up for our Spring brunch on April 29th. (Did you know some calendars are showing 31 days in April? Guess they didn't learn the old rhyme "30 days hath September, April, June, and November.") Also Branch 72 will be participating in the peacekeeper's parade in Bass River on May 27th. Don't forget, Legion members, our monthly meetings are held on the second (2nd) Wednesday of the month at 1900 hours. Bingos are held on Tuesday evenings at 6:30 and are doing well. It is our main fund-raiser for the branch. Betty MacNeil will kill me if I don't mention the Wheels to Meals luncheons on the first and third Tuesdays at noon sharp.

As I write this my thoughts and prayers are on the best pancake maker in Nova Scotia, Karen Cock of Double C Restaurant, who underwent a 12-hour surgery yesterday for a tumor on her upper vertebrae. Hang in there, Karen.

That's all for now. See you next time.

Glooscap Trail 4-H Members Deliver Easter Baskets To Seniors



Ian MacFarlane on his way to deliver goodies to local seniors at Easter. (Van den Hoek Photo)



Victoria Sheepwash and Emily Prescott looking over their handmade Easter cards for the seniors. (Van den Hoek Photo)

By Emily Prescott

Members of the Glooscap Trail 4-H club got together to make Easter packages for the local seniors as a way of giving back to our community. The members used 4-H project skills to make packages which consisted of handmade Easter cards, bouquets of pussy willows, and fresh homemade hot cross buns. Members hope the seniors enjoyed the surprise deliveries and they had a happy Easter.

In 4-H project meetings this month, the members will be practicing their judging skills for the upcoming county judging rally on May 22nd at the NSPE grounds in Bible

Hill. Next general meeting is May 1st, at the Bass River Community Hall, 7:00pm. All members are urged to attend.

Emily Prescott is Club reporter for the Glooscap Trail 4-H Club.



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Church & Recreation Centre Fundraiser

TIMMY'S COUNTRY PIZZA SALE

June 9, 2012 **Economy Recreation Centre**

PIZZA: 12 inch \$10.00
(Extra Cheese \$1.00)

- (1) **Pepperoni**
- (2) **Veggie** (tomato, mushroom, green pepper, onion)
- (3) **Ham & Pineapple**
- (4) **All Meat** (pepperoni, salami, hamburger)
- (5) **Timmy's Special** (pepperoni, salami, green pepper, onion, mushroom)

Pizza: **FREEZER READY** (must be pre-ordered by June 4th and picked up between 7 and 9 pm Friday evening June 8th or before noon on June 9th.)

Advanced orders may be placed with:
Ada 647-2773, Linda 647-2636, Carole 647-2022,
Lucia 647-2583, Shirley 647-2603,
Micheline 647-2985, or Tim 647-2750

Saturday June 9th - Economy Recreation Centre 647-2565
Eat-in or Take-out orders for Saturday, June 9th can be placed between 10 am to 3 pm (or while supplies last) on that day.
There will be a waiting time for Saturday orders.
Local delivery available.

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