

The Shoreline Journal Housing - 3 PAGE FEATURE

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Financial Assistance for Homeowners:

Parent Apartment Program

This program creates affordable housing options for senior family members by providing low interest loans for additions or renovations to existing single family homes.

The maximum loan available is \$25,000 and it must be repaid over a maximum of 10 years. The interest rate is estab-

lished at the time of approval. If a chattel mortgage is used to secure the loan, the repayment term is a maximum of six years.

Family Modest Housing Program

This program provides funds for lower and middle income families to help build or buy modest housing. A mort-

gage of up to \$70,000 is available. The loan must be paid back within 25 years.

Small Loans Assistance Program

This is a provincially funded program to improve housing conditions through providing low interest loans to qualified applicants. The maximum loan amount is \$20,000

and depending on the amount of the loan, you may be able to secure it with a promissory note or a registered mortgage. You must own and live in the home you want to renovate. You must have a good credit rating.

Conclusion:

If you are interested in getting more information on the repair programs offered by Housing Nova Scotia, please call them toll-free at 1-844-424-5110.

If you are interested in Public Housing and other Affordable Renting Programs, please contact Cobequid Housing Authority in Amherst toll-free at 1-800-934-2445 or Truro toll-free at 1-877-893-7235.

The Dog Days of Summer

By Chris Urquhart

The "dog days of summer" is a phrase used to describe the hot and humid days of summer. It can be traced back thousands of years to the days of the Roman Empire referring to the dates from July 03 through August 11, which is 20 days prior and 20 days after the star Sirius rises and falls in conjunction with the sun. Sirius was known as the "Dog Star", because it is the brightest star in the constellation Canis Major "Large Dog".

The dangerous heat and humidity of these "dog days" can be harmful to not only humans, but human's best friend and other animals as well. Here are a few things to keep in mind to help keep you pets safe during the "dog days" this summer. Pets, just like humans, are susceptible to heat illness - make sure to keep your animals hydrated! For dogs, "a good guidance is that a healthy dog should drink between 1/2 and one ounce of water per pound of body weight each day under normal conditions.

Of course, any pet will need more water on hot and humid days and your pet's age, hair type, level of activity, medical history and any history of a prior heat related illness may

dictate your pet needs more water than the average dog." When it comes to diet, reducing a pet's food intake on warmer days can help the pet cope with the heat, especially reducing the intake of grain based foods that cause a metabolic spike in body temperature.

A common misconception is giving your pet a buzz cut in the summer is a good idea, but that may not be best for your pet. A pet's coat acts as insulation, it keeps it warm in the winter and cool in the summer by blocking the heat of the sun from reaching the skin.

For example, the several layers of the dog's coat keep the heat out and air circulating. If you remove the natural cooling process the dog will have a harder time coping with the heat. Check with a veterinarian or professional groomer to find out what's best for your pet.

Hot asphalt or cement can easily burn an animal's paws, so try to minimize walking your pet during the hottest part of the day. Not sure how hot the asphalt is? Place the back of your hand on the asphalt - if it's too hot for you, it's too hot for them. Also, as mentioned before, animals can suffer from heat illness.

A few signs of heat illness in

pets are rapid or irregular heart rate, excessive drooling, lethargy, refusal to eat, or excessive panting. Panting is a normal cooling mechanism for a dog but a very bad sign for a cat. Be aware of excessive panting in dogs. If you notice any of these signs of heat illness, remove your pet from the heated environment and get it into a cooler environment.

Apply cool towels to the pets. Remove the towels, wring

out the warm water, re-wet and reapply. Provide plenty of cool fresh water for the pet but be careful not to chill the pet. Last but not least, never leave your pet alone in a parked car! The temperature inside a vehicle can rise very quickly and is just as dangerous for pets as it is for people. Rolling down the windows is not a safe alternative. Keep these things in mind and have a safe and fun-filled dog days of summer!

Brookfield Sidewalk Tender Awarded

By Maurice Rees

Basin Contracting has been awarded a \$98,543 contract to replace the existing concrete sidewalk on the west side of Pleasant Valley Road in Brookfield. The tender came in well below council's 2017/2018 budget estimates, which included \$225,000 for reconstruction of the sidewalk Highway 289 at Post Office. However, only a short section of the sidewalk at the post office was replaced during the summer of 2017, at a cost of \$6,600.

The draft capital budget for 2018/19 includes \$350,000 for the re-construction of the sidewalk

along Highway 289/Pleasant Valley Road. Council's March meeting authorized

April's committee meeting to award the tender.

Basin Contracting bid of \$98,543 beat out seven other bidders, which included: Cumberland Paving, \$115,918; Sackville Trenching, \$126,589; Ocean Contracting, \$135,630; SW Weeks Construction, \$140,125; Ian Sinclair Contracting, \$148,265; Dexter Construction, \$186,800 and GK Morse Trucking, \$208,475. All pricing excluded HST.

In addition to the tender value, other project costs will include materials testing and staff time (\$15,000) and rebated tax (\$4,223). A total of approximately \$5,000 has already been committed to the project for design fees and staff time to date.

PHOTO FEATURE

The 34th Truro Sport Heritage Awards were presented in a gala event held at the Best Western Glengarry. Host Bruce Rainnie, Executive Director of the Nova Scotia Sport Hall of Fame and former host of the CBC News emceed the event, Sunday, March 4th, 2018. (Photos by Sheryl Deuville)



Myles Johnson presented Diane Hayden with the Johnson Saunders Insurance Merit Award.

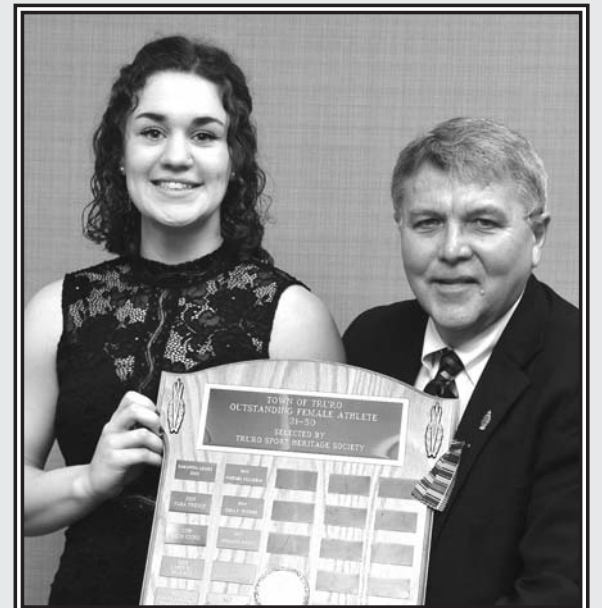
Special Merit Award - Diane "Dede" Hayden (nee Smith)

Born in New Brunswick in 1938, Dede moved to Truro in 1973 with her husband Richard and four children. Dede is no stranger to the sports/active lifestyle scene. She is a graduate of the first Physical Education class at the University of New Brunswick in 1960, where she captained the UNB women's basketball team. Dede graduated from Teachers College, and taught physical education in NB, and NS. She was also Athletic Director at Mt Allison University. Following her move to Truro, she worked for the NSTeachers College. She was a certified coach and referee for basketball and field hockey in an era dominated by men. Dede has always lived an active lifestyle playing basketball, broomball, curling, squash, and tennis through the years. She and her husband nurtured the love of sport in their four children, and saw all of them participate in Canadian University Basketball.

Today, she continues to model life-long learning through physical activity by playing tennis 4-5 times per week, and is frequently found in the stands as a fan supporting not only her own family, but many others in their athletic endeavours. The Truro Tennis Community is proud to nominate Dede for this special Merit award to recognize how Dede sets a great example for all regarding the important role that sports and recreation can play in our lives.

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Mayor Bill Mills presented Truro's 21-50 outstanding female athlete award to Thea MacLachlin.

Female Athlete of the Year - 21 to 50 years Thea McLachlin

A dual athlete, Thea McLachlin is recognised for her athletic gifts in volleyball and Olympic weightlifting. In volleyball, Thea is known as the strongest offensive force in the ACAA and holds many Athlete of the Week distinctions through her tenure at Dalhousie Agricultural Campus. In 2017 Thea was awarded both the 2017 DalAC Female Volleyball Player of the Year and the 2017 DalAC Female Athlete of the Year.

Thea's true athletic talent is demonstrated through her recent introduction into the sport of Olympic Weightlifting. After only six months of training, Thea has positioned herself as one of the strongest lifters in the province. She ranks as one of the Top 10 lifters in Nova Scotia and brought home a Provincial gold medal in the 75kg weight category. Despite limited exposure to the sport, Thea is approaching National qualifying numbers for 2018.




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