



Minor baseball registration took place recently at the Douglas Street Recreation Centre. The program features T-ball, Novice, Mosquito and Pee Wee divisions. Pictured is Aaron Manuel registering a child with the assistance of Scott MacGillvray, President of the Bible Hill - Truro Minor Ball Association. Aaron's youngest son, Avery looks on. (D Brown Photo)

Community Spirit Award Call for Submissions

Nova Scotians are being asked to show off their pride in their communities by submitting a nomination for the 2019 Lieutenant Governor's Community Spirit Award. The award, established by then Lt.-Gov. Mayann Francis in 2007, celebrates the power, strength and diversity of communities across Nova Scotia.

The award is administered by the Department of Communities, Culture and Heritage and up to four communities are honoured each year. Recipients are chosen by a selection committee

based on community applications that best fit the award's criteria. Communities that are selected promote citizen engagement, civic pride and have a positive outlook on the future.

The lieutenant governor will visit the winning communities to participate in the celebrations and present a hand-crafted crystal award. Last year's winning communities were: Cole Harbour, Glooscap First Nation, North Mountain Community and The Prospect Communities

The deadline to submit applications is midnight on

Tuesday, April 30. Applications can be found online at <https://cch.novascotia.ca/investing-in-our-future/community-spirit-award>

The Shoreline Journal

Budget Meetings Recommendations Approved

Recommendation of Council Committee Budget Meetings held on April 15 & 17, 2019 were brought to the monthly meeting on April 25th for approval included:

Recreation Services - Staff be directed to investigate a program for transporting groups from rural areas to various recreational activities and functions throughout the County and Council approves that a reserve be established for the municipally owned parks.

Building Inspection - Staff be directed to review fee schedules for Building and Fire Inspections.

Policing - An invitation be extended to the Truro Police Service to make a presentation to Council on providing policing services to Colchester County and Council approves writing a letter to the Department of Justice within 14 days requesting further details as it relates to staffing of the district offices inclusive of names and/or regimental numbers of all authorized positions as well as the status of each position. Another part of motion included: Based on the policing review of Cumberland County, Council give consideration to carrying out its own review for Colchester County.

Mowing of Ditch - Highway 289, Brookfield - Council approves staff continue trimming the grassed ditches along the sidewalk on Highway 289 in Brookfield twice per year.

Shoulder of the Road Pilot Project - The Mayor write a letter to the Nova Scotia Department of Transportation and Infrastructure Renewal in support of the Colchester Five Island ATV Club's request to have a section of the highway in Five Island included in the three year Off-Highway Vehicle Pilot Project.

Archaeology Program for 2019 - The archaeological program for 2019 concentrate on testing for the MacElmon roundabout, the gunite water tower lot and any work required by Public Works as part of the decommissioning of STP 2 and the Municipal Solicitor write a letter to Kelman Heritage regarding finalizing necessary reports form 2018 site work.

Community Engagement Strategy - Council adopts the Community Engagement Strategy as presented.

Spring Means Golfers

By Chris Urquhart

It is spring time! That, for many, means golf! Golfers: Tee up common sense. There's more to golf than your golf swing.

Use common sense to lower your risk of injury:

Warm up. Before you golf, walk or jog for a few minutes. Then try a few gentle stretches.

Start slowly. Work up to your desired level of activity.

Think overall fitness. Include aerobic activity, stretching and strength training in your fitness routine.

Lift your clubs carefully. Keep your back straight and

use the strength of your legs to lift your clubs and other heavy objects.

To keep your game on course, think prevention:

Strengthen your forearm muscles. Use light weights or squeeze a tennis ball.

Do some dynamic stretching (half swings) before you golf. Walk or jog for a few minutes to warm up your muscles first.

Fix your form. Ask an instructor to check your grip and swing technique.

Know when to rest. At the first sign of elbow pain, take a break.

Masstown Community News

By Chris Urquhart

Spring is here with lots of rain! At least our wells aren't going dry! The birds love this wet weather - they have no problems getting something to drink and they can take a bath whenever they wish. If you haven't done so already, get out your hummingbird feeder as they will be back very soon if they aren't back already.

The Masstown Community Association will hold a meeting on Tuesday April 30th, 7 pm, in the restaurant part of the Masstown Market. Everyone welcome. Masstown UCW will meet at the home of Gail Hines on Thursday May 2nd, 7 pm. All ladies welcome!

The Cobequid Men's Club, formally the DGM Men's Club, will hold their breakfast meeting on Saturday May 4th at 8 am at the Double C Restaurant. All men welcome.

(Please see Letter to Editor from Rev Ian Harrison, page 4). On Sunday, June 2, 2019, I will help make it stop by taking part in The Crohn's and Colitis Canada's Gutsy Walk Sydney. The walk is very important to me, which is why

I'm asking you to make a GUTSY donation. With your support, we can stop the pain, multiple surgeries and missed moments.

My goal is to raise \$250.00. Help make it STOP and make a donation today: Every dollar you donate counts towards Crohn's and Colitis Canada's most ambitious campaign yet. The make it stop. For life campaign will help raise \$100 million to invest in transformational research, education and advocacy. We want every child and adult living with Crohn's disease or ulcerative colitis to live life to the fullest, and ultimately, be cured.

Congratulations go out this month to Earl and Goldie Chisholm on their 65th Wedding Anniversary. Traveling this month are Bill and Shirley Leeming - they spent a week in Winnipeg visiting family. Condolences go out this month to Earl Chisholm and family on the death of his brother, Merle.

May you enjoy the flowers of spring without have allergies bother you!

Junior Angus Show & Field Day - June 15-16

By Maurice Rees

The annual Maritime Junior Angus Show & Field Day will be hosted by The Pictou County 4-H Council on June 15th and 16th. The show rotates through the three Maritime Provinces. This is Nova Scotia's turn and it will be held in Pictou at the 4-H buildings on the Pictou Exhibition Grounds in the new multi-purpose 4-H 'Legacy Building' which opened last August.

The Junior Angus Show and Field Day will be the first group, other than 4-H to use the new facility. The Nova Scotia Angus Association are handling the organizing/planning. Organizers anticipate they will have kids entered from Tatamagouche, possibly Great Village and many parts of Central NS, as well as PEI and NB. The cattle will move in on the Saturday



June 15th with a welcome reception that evening in the Legacy Building with 'dignitaries' from the national Angus office, local Angus officials and the local MLA. A

special aspect of the NS event is always to have the MLA confer the 'Order of Good Cheer' on the 'come from away' dignitaries. The current Canadian Pres is from NB and he was 'given' his membership in the Order in 2016 when the event was held in Pictou. So far there are 2 Albertans and possibly one BC person on this year's list. The rest of the evening is a fun auction and food and socializing.

Saturday morning the 16th will include the AGM of the Maritime Junior Angus Association; a fitting, clipping demo for the kids and a presentation on the World Angus Secretariat which just concluded in Uruguay. The all-important Angus cattle show will be held in the afternoon. A BBQ at lunch time will be provided by a local 4-H club.

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