



Scotia Pool has received \$50,000 for infrastructure repairs. Shown above are: Agriculture Minister Keith Colwell, Glenda Bower, Chair Scotia Pool and Deputy Premier Karen Casey. (Submitted)

The Shoreline Tid-Bits

Journal

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Manulife gets payroll rebate

Manulife Financial Corporation (Manulife), a leading global financial services company headquartered in Canada, is transforming its business to become a digital, customer-centric market leader. It has decided to expand its existing operation in Halifax, with the potential to create up to a maximum of 600 additional jobs in the province over the next five years. Based on the maximum growth forecast NSBI estimates the company could spend \$139,800,000 in salaries. It is also estimated the new employees would contribute provincial tax revenues of \$15,852,000 through their income and consumption taxes. As a result, the company would earn a payroll rebate up to \$9,877,500 over five years. Since first entering into a payroll rebate agreement with NSBI in 2014, Manulife has added 152 full-time equivalent jobs in Nova Scotia.

Provincial parks welcomed a record number of campers

The provincial park system saw 82,422 campsite nights booked, an increase of five per cent over last year. Bookings have gone up about 30 per cent since 2014. Improvements will be made to the park reservation system for the 2019 season to make it easier to book campsites. A record-breaking 6,500 reservations were made on opening day in 2018. All provincial parks are now closed for camping but people are encouraged to continue visiting parks to enjoy walking, cross-country skiing and similar activities. While parks are closed, regular park services and facilities are not available. Visitors must follow park rules, including keeping dogs on leashes. Visitors are reminded to use the pack-it-in, pack-it-out principle, and take their trash home with them. There are 20 provincial camping parks and more than 100 day-use parks in Nova Scotia.

Student opportunities in energy sector

Companies in Nova Scotia's energy sector will continue to provide opportunities for students and recent graduates with support from government through the Energy Training Program. Applications are now available for employers for the 2019 program, which connects young people to jobs through specialized training and work experience. Through the program, small- and medium-sized companies in the energy sector can apply for wage support to hire post-secondary students and recent graduates. The program provides eligible employers with 50 per cent of a student's salary, up to \$7.50 per hour, during a student's employment with the company. Work terms run from 12 to 17 weeks between April and August. The application deadline is Jan. 11. Since 2002 the Energy Training Program has funded 438 student placements at more than 100 companies. For more information on the Energy Training Program, visit <http://novascotia.ca/energytraining>.

HOME DECOR & MORE



Get Yard Ready for Winter

By Chris Urquhart

This is the time of year to make sure your yard is ready for winter. Don't leave out those lawn chairs, child's swimming pool, toys etc. Cut down the flowers that need to be cut back, leave others with seeds for the birds to snack on.

Tie down items which might blow around and cause damage. Pile leaves over your flower beds to protect the sleeping flowers so that they will bloom again come spring. Get your shovels out and put your garden tools away.

Make sure you have either salt, sand or kitty litter to spread on your steps and walkways to save you from slipping on the ice. Check the branches on your trees.

If they are too close to the wires, cut them back or have someone come and cut them for you. Better to lose a bit of your tree than your power in a snow storm!



Keeping Fit and Healthy at Home

By Chris Urquhart

Fitness tip: Get physical at home! Time spent at home doesn't have to be couch potato time. Fit more physical activity into your home life with these tips: 1. Wake up 30 minutes early. Use the extra time to walk on your treadmill or take a brisk walk through your neighborhood. 2. Gather a group. Ask friends or family to join you for a walk after dinner or on a Saturday morning. 3. Be active while watching TV. Use resistance bands or do push-ups or squats during your favorite show. 4. Involve the whole family. Ride your bikes. Take a trip to the pool. Have fun.

Vitamin C: An essential nutrient. Vitamin C is a water-soluble vitamin that supports normal growth and development, and helps your body absorb iron. Because your body doesn't produce or store vitamin C, it's important to include vitamin C in your diet. For most people, an orange or a cup of strawberries, chopped red pepper, or broc-

coli provides enough vitamin C for the day.

Have a cold? Common sense rules. There's no cure for the common cold, but you don't need to feel miserable while you're toughing it out. Drink plenty of fluids. Try chicken soup. Rest as much as you can. Use saline nasal spray to relieve stuffiness. Gargle with warm salt water to soothe a sore throat. Turn on a humidifier. To prevent spreading your cold to others, wash your hands often.

Blood pressure tip: Watch your weight. Blood pressure often increases as weight increases. In general, the more weight you lose, the lower your blood pressure. If you're overweight, losing even a small amount of weight can reduce your blood pressure. You may generally lower your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose. Work with your doctor to determine your target weight and the best way to achieve it.

Benefit for Brenda Whalen

By Wendy Cox

A warm and sunny day for the Brenda Whalen Benefit. Sunday October 21st. So many people came out to support Brenda, Joe and Natasha in Brenda's journey of beating lung cancer. The Bass River Fire Hall was full of love and generosity in support of this family.

A bake sale, merchandise

and cake auction were part of the day. Along with all afternoon music from our talented locals. Many prizes were donated by friends and businesses from Truro to Parsborro and as far away as Yellowknife.

A great day for all. The Whalen family say thank you from the bottom of their hearts. No words can express their gratitude.

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