

The Shoreline Journal Tid-Bits

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APPLY TO JOIN AN AGENCY, BOARD OR COMMISSION

Nova Scotians who want to contribute to strong communities are encouraged to apply to join an agency, board or commission. Applications are open for groups that provide advice and services in a variety of areas, including health care, education, environment, culture and professional self-regulating bodies.

"With over 180 ways to volunteer, joining an agency, board or commission is an excellent way to help unite communities while supporting what matters to you," said Pat Dunn, Minister responsible for the Voluntary Sector. "As a volunteer, you will make important contributions and impact the future of our province."

The application deadline for some opportunities is November 16. Applications for many other positions are accepted year-round.

In order to increase the diversity of the agencies, boards and commissions, applications are encouraged from youth, women, Mi'kmaq and other Indigenous people, African Nova Scotians and other racially visible people, persons with disabilities, Acadian Nova Scotians, immigrants and newcomers, and persons from the 2SLGBTIQ+ community.

To find out more and to apply, visit:
https://novascotia.ca/exec_council/abc/
 or call 902-424-4877 or 1-866-206-6844 (toll free)

AMENDMENTS TO FISHERIES AND COASTAL RESOURCES ACT

Changes to the Fisheries and Coastal Resources Act will increase the size of the Nova Scotia Aquaculture Review Board from three members to up to 10 to ensure the availability of board members for meetings and hearings.

The amendments also clarify: the implementation of a vice-chair position; reviews could be heard by a panel consisting of one or more board members, and decisions of the board is based on the majority.

Aquaculture in Nova Scotia had a market value of more than \$90 million and employed 881 Nova Scotians in 2020. More information on the Nova Scotia Aquaculture Review Board is available at: <https://arb.novascotia.ca/>

PREMIER HOUSTON ANNOUNCES OFFICE STAFF

Premier Tim Houston has announced his senior office staff: Nicole LaFosse Parker, Chief of Staff and General Counsel; Lisa Manninger, Deputy Chief of Staff and Director of Legislative Affairs; James Mitchener, Director of Operations; Michelle Stevens, Director of Communications, seconded from Communications Nova Scotia; Sam Foran, Director of Digital Media; Catherine Klimek, Press Secretary; Erin Norwood MacLeod, Associate Director of Legislative Affairs; Adam Smith, Associate Director of Operations and Tyler Cameron, Executive Assistant to the Premier.

Maggie's Place

Maggie's Place is a family resource centre offering programs, information, referrals and support to families with children age 0-6 and living in Colchester County. We also offer a home visiting program providing parenting support to families with children age 3-19.

We are a health and prevention model, meant to provide parents with the supports they need to create healthy families. We do our work in partnership with other agencies that are also working towards similar health outcomes for children, families and our community.

We receive funding from

United Way to offer outreach playgroups in the communities of Great Village, Bible Hill, Stewiacke and Debert. Staff visit these communities once a week from September to June and provide a safe space for children to play with toys, crafts, stories, songs and a healthy snack. During COVID-19, families are asked to call Maggie's Place to sign up for playgroups as numbers are limited.

If you would like to learn more about our programs or services, you can reach us at 902-895-0200 colchester@maggiesplace.ca or on Facebook.

United Way Campaign Underway

Truro's Annual United Way campaign is underway. Each year businesses, various agencies and residents step forward to make the annual campaign a success. It seems that each year the results are larger than previous years.

Dozens of local agencies receive the benefit of your donations, and with that support - your support - they are able to reach out to the people in their neighbourhoods, and supply much-needed resources to those in need. Read on to

hear from some of the agencies that United Way works with every day, right here in Colchester County.

In a number of adjoining articles we will present highlights of United Way Member Agencies including: Canadian Mental Health Association - Colchester East Hants Branch; Maggie's Place Family Resource Centre; Third Place Transition House; Truro Homeless Outreach Society (THOS) and Victoria Order of Nurses (VON).



Victoria Order of Nurses / VON

VON Colchester East Hants is proud to continue supporting our friends and neighbours in the community through our Frozen Favourites and Transportation programs during the COVID-19 pandemic.

Frozen Favourites are a frozen meal option for those who need extra support with mealtime (seniors, people

with disabilities, or busy households). The meals are convenient, nutritious, balanced and flexible based on dietary requirements, and are safely delivered to the client's doorstep by VON. Thanks to the generosity of our donors and support from United Way, VON is thrilled to be able to currently offer frozen meals for \$5 each.

VON's Transportation Program provides seniors and adults with disabilities transportation to essential medical appointments and errands, such as grocery shopping or pharmacy pick-ups.

To learn more about how you or a loved one can access VON Colchester East Hants' Community Support Services, phone 902-893-3803 or 1-866-540-2364, or visit us online at von.ca



Truro Homeless Outreach Society / THOS

The Truro Homeless Outreach Society (THOS), was established in 2014 as a registered non-profit with the mission of establishing a permanent emergency shelter in Truro NS. In 2017, thanks to generous community support and grants from the United Way of Colchester County, the "Hub House" homeless shelter opened its doors for the first time in a purpose built space.

This year-round, overnight shelter houses up to sixteen guests per-night and to date has accommodated over 500 individual guests, many who have successfully transitioned

into permanent housing. Hub House is primarily staffed by a dedicated pool of volunteers, with support from the two full-time paid staff positions funded by the United Way of Colchester County. These two paid staff meet with guests to develop housing plans and work with other community resources to build support networks and equip our clients with the life skills and connections they need, especially with respect to chronic cycles of homelessness. While the ultimate goal of THOS is housing security for everyone in our area, we know that only

through advocacy and community building will marginalized and isolated individuals be able to overcome the stigma they face and get connected with the supports they need in order to thrive.

We encourage you to reach out to learn about volunteer opportunities at volunteer@trurohomeless.ca

If you have any questions regarding the Truro Homeless Outreach Society, or wish to make a donation, you can reach our Board Chair, Krista McNair at contact.thos@trurohomeless.ca or through Facebook at Truro Homeless Outreach Society.

As a shelter that is not supported with core government funding, we are grateful for the support of our empathetic and generous community.

Canadian Mental Health Association COLCHESTER EAST HANTS BRANCH

The Colchester East Hants Branch of the Canadian Mental Health Association provides community-based mental health supports for individuals and those who care for them. These supports include a variety of programs and services, focused on social interaction, recreation and employment readiness. Our outreach programs serve ages 16 and up, and include Community Outreach and Housing Supports. Our Community Living Program includes an Independent Living Program and 2 Small Option Homes. Focused on increasing independence, we employ a "do with", not "for" approach that is flexible and meets the individual's needs. Staff are available for presentations and educational workshops designed to raise awareness of the impacts of mental illness, and improve mental health and well-being.

One important component of the support we provide is our "Food With

Thought" program. The United Way of Colchester provides funding for a part-time staff to prepare a nutritious lunch for those we support, and to teach the skills involved. This program is invaluable in bringing people comfort and connection. Prior to COVID-19, we provided a lunch 4 days a week, served in our dining room. Since COVID-19, we have provided take-out lunches with short visits in our parking lot, decreasing isolation and giving a reason to get outside and go for a walk. These homemade meals help with budgeting, nutrition and a reminder that someone cares about you. When you donate to the United Way, you support programs like ours that bring hope and caring to our community.

If you would like to learn more about our programs and services and how we can help you or someone you care about, please contact us at 859 Prince Street, Truro / (902) 895-4211 / www.ceh.cmha.ca

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