



Susan Henderson, Executive Director, Colchester East Hants Branch Canadian Mental Health Association, shows Colchester councillors a floor plan layout for the new mental health centre at the former Bargain House building at 856 Prince Street. The local association has arranged a \$2-Million conventional mortgage for purchase and renovations. Now a capital fundraising campaign is being organized. (Rees Photo)

Mental Health Offices to Get New Home

By Maurice Rees

The former Bargain House building at 856 Prince Street, which has been empty for nearly five years, will soon be the new home of the Colchester East Hants Branch of the Canadian Mental Health Association. Susan Henderson, Executive Director, outlined details to Colchester councillors and staff at a presentation meeting on September 12th.

Henderson said the plan is to bring all the services offered by the branch into one unit to make a "community of wellness". Currently the various services offered by the Colchester East Hants branch are housed in different locations. The services include: Community Outreach Program; Mental Health Recovery Support Group; The Club; Willow House and Independent Living Support Program.

The new facility will permit room for expansion and to increase services to the area. Other things include Soup Café, Food with thought and Youth Outreach Program.

Staff and Board of Directors have been able to develop a plan to purchase the building. The branch has been able to secure a traditional \$2-Million mortgage for purchase and renovations, but need to undertake a massive fund raising campaign to reduce the overall liability and

make the monthly payments more affordable.

The building will include: Soup Café, Friendship Club Kitchen, retail space, programming room, private counseling, training room, boardroom, staff room, green space and a large area at the back for future development.

The board of directors and staff have developed a comprehensive program offering several levels of contribution, which can be made in one installment or over 3-5 years. Starting off at the top building dedication is \$250,000. Several room dedication are available ranging from \$50,000 - \$100,000 for SOUP dining area, SOUP and Friendship Club Kitchen, Retail Area, Private Meeting Room, Independent Living Support Room, Youth Outreach Space, Community Connections Office, Boardroom, Training Room and Reception Area.

A major donor wall will be erected which will be erected, which in addition to the foregoing, other levels are available: Diamond, \$25,000 - \$49,999; Platinum, \$15,000 - \$24,999; Gold, \$5,000 - \$14,999; Silver, \$2,500 - \$4,999; Bronze, \$1,500-\$2,499 and Champion, \$1,000 - \$1,499.00.

Additional details about the project are available from the branch offices at 574 Prince Street, Truro, Ph: 902-895-4211.

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Guided Fall Hikes in Fundy Region

There are five guided hikes in the Fundy region as part of Hike Nova Scotia 2017 fall guided tours. Here is some brief information about the upcoming tours:

September 30: Beach Combing Kenomee Trail, Economy start at 10:00 AM; distance of 8 Km return with moderate conditions. Take Exit 12 on Hwy 104 (Masstown Market) to Hwy 2. Take Hwy 2 West to Economy. Turn left at Cove Rd. and follow it to the end of the road. A pink flag will mark the parking area. The hike will follow the coastline from Cove Rd. to Thomas Cove. Contact: Kenomee Trail Society, Alexia McLaughlin at lexmclaughlin7@gmail.com

October 15: Farnham Brook Trail, Bible Hill start at 1:30 PM. Must pre-register at brown@biblehill.ca or 902-893-8083. Distance 4 Km return. Easy Park at the end of Village Court off of Pictou Rd. Village of Bible Hill. Contact: Cody Brown brown@biblehill.ca www.biblehill.ca

October 22: Victoria Park, Truro start at 2:00 PM. Distance 10 Km return under moderate hiking conditions. Meet at the Bandshell in the Park 15 minutes prior to the hike (1:45pm). The park is located at 29 Park Rd., Truro (main park entrance). There will be an option to include Jacob's Ladder (a steep climb of more than 175 steps) for those who wish to do so. Contact: Truro 35+ Hiking and Social Group Darlene Redmond, darlene.redmond@gmail.com www.colchester.ca/victoria-park

November 4: Nine Mile River Trail, Lower Nine Mile River. Start at 9:45 AM. Distance 10 Km return with moderate conditions. Take Hwy 102 North to Exit 7, right onto Hwy 2 to Enfield, turn left by Home Hardware onto Old Enfield Rd. Go North 9 km on Old Enfield/Enfield Rd to the parking lot on the left. Bring a lunch and lots of water. Contact: Chebucto Hiking Club Colin Darlington, chebuctohiking@hotmail.com www.chc.chebucto.org

November 5: Dalhousie Agricultural Campus Trail, Bible Hill. Start at 7:00 PM. Must pre-register at brown@biblehill.ca or 902-893-8083. Distance 2 Km with easy terrain. This is a night hike (bring a flashlight). Park at the Bible Hill Recreation Park (64 Guest Dr.). Contact: Village of Bible Hill, Cody Brown, brown@biblehill.ca www.biblehill.ca

Applications Now Open for Agencies, Boards and Commissions

Nova Scotians from all parts of the province are needed to serve on the province's 155 agencies, boards and commissions. Applications are now being accepted through a new online application system. All Nova Scotia residents are eligible to apply for these volunteer positions.

Nova Scotians can apply to serve on a variety of agencies, boards and commissions, including library, hospital and police advisory boards, colleges and boards of self-regulating health professions, the Film Classification Board, the Legal Aid Commission, the Council on Mi'kmaq Education, and the Minimum Wage Review Committee.

Applicants are assessed on their skills and qualifications, taking the needs of the individual agency, board or commission into account. Applications will be considered for both current and upcoming vacancies. Typically, appointees are reimbursed for expenses, and, in some cases, paid a small stipend for their services.

The Government of Nova Scotia has an Employment Equity Policy. Applications from Aboriginal people, African Nova Scotians and other racially visible people, persons with

disabilities, women and members of other employment equity groups are welcomed. Applicants are encouraged to self-identify when applying for appointment.

To learn more, and to apply, visit novascotia.ca/abc or call 902-424-4877 or 1-866-206-6844. The application deadline for some opportunities is Oct. 31.



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