

# The Shoreline Tid-Bits

Journal

Continued from page 23

## Increasing diversity in forestry sector

The 2018 Canadian Council of Forest Ministers conference focused on increasing diversity in the forest sector, supporting Indigenous partnerships, and enhancing competitiveness and innovation in Canada's forest economy and bioeconomy. Forest ministers from across the country concluded discussions and renewed their vision for Canada's forests at their annual meeting on Sept. 7, in Halifax.

## Wheelchair users awarded \$1,000

Gail Gatchalian, chair of an independent board of inquiry, found the province, Department of Environment, discriminated against members of the public who use wheelchairs by not regulating and enforcing provisions of the Food and Safety Regulations relating to having accessible washrooms in restaurants with summer patios. Ms. Gatchalian ordered the province to interpret, administer and enforce the regulations as they appear. She also ordered that each complainant receive \$1,000 in general damages. The action against the Province of Nova Scotia by Warren Reed, Ben Marston, Paul Viennau, Jeremy MacDonald and Kelly McKenna.

## Entrepreneurs get break on incorporation

Nova Scotia's entrepreneurs will soon benefit from the lowest incorporation fees in the country. Changes to the Companies Act will help new Nova Scotia businesses in the start-up phase. The amendments will eliminate the annual registration fee in the first year of incorporation and reduce the incorporation fee. There are two fees a limited company must pay at start up - an incorporation fee and a registration fee. With the announcement, the incorporation fee for a limited company will go from \$336.40 to \$200. The annual \$118.35 registration fee will stay the same but will be waived in the first year of incorporation. The new fee schedule will come into effect January 2019. Changes to the service standard will come into effect immediately. There were more than three thousand new Nova Scotia companies incorporated in 2017-18.

## Wellness Fund Applications Due October 15

By Maurice Rees

The Along the Shore Community Health Board has new leaders. But that's not the important news. The urgency is Wellness Fund applications must be submitted by October 15th. Submit via email to Lynn Langille, Coordinator at: [lynn.langille2@ns.health.ca](mailto:lynn.langille2@ns.health.ca)

In the hopes of raising the community's awareness of the board, Co-chairs Doug and Wanda MacInnes are hoping to attract more volunteers to serve on the board to assist making it more effective. The MacInnes took over their new roles at the board's meeting on September 4th. Working with the MacInnes is Lynn Langille, CHB Coordinator. She can be reached at: 902-324-0621, or [lynn.langille2@nshealth.ca](mailto:lynn.langille2@nshealth.ca)

New volunteers are required. The board meets the first Monday of each month at Colchester Consolidated School, Bass River, at 6:00 pm. Mileage is paid to and from meetings along with any expenses occurred performing board duty's.

You may ask what are Community Health Boards?

Community Health Boards are groups of community volunteers who work together to improve health & wellness

where they live, work, play and learn. They focus on the many factors that affect health in the communities including income, education, food security and sense of belonging, among others.

To assist community groups help people in their area, the board receives and grants funding through

CHB Wellness Funds program. Wellness Funds are funding grants that are awarded to community groups to implement projects that address one or more of the CHB Community Health Plan priority areas and address the factors that influence the health of our communities.

Any not-for-profit community group or organization, who has been together for a minimum period of six months and has the ability to receive, manage and track funds can apply for wellness funds. This includes municipalities groups/ organizations associated with the provincial school board including local Parental Advisory Committees and Schools Plus.

Groups that can not apply are: individuals; for-profit groups / organizations, provincial and federal departments. These groups may be partners in the project as long as

the applicant is non-profit and community-led. Funds can not be used for operational purposes by the Nova Scotia Health Authority (NSHA) or CHB's.

Grants are made possible through annual funding to NSHA from the Department of Health and Wellness.

Applications must be submitted by October 15th. To apply fill out a Wellness Fund application, available for download from: <https://www.communityhealthboards.ns.ca/wellness-funds>

Applications can be submitted by email or by mail.

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You will find the Wellness Fund Application, FAQ, and CHB Community Health Plans and lots of editorial at: [www.communityhealthboards.ns.ca/wellnessfunds](http://www.communityhealthboards.ns.ca/wellnessfunds) You can also call Lynn Langille, Coordinator. She can be reached at: [lynn.langille2@nshealth.ca](mailto:lynn.langille2@nshealth.ca)

If you are interesting in becoming a volunteer member to the Along The Shore Community Health Board go to: [www.communityhealthboards.ns.ca/find-your-chb/](http://www.communityhealthboards.ns.ca/find-your-chb/) or contact Lynn Langille, Coordinator at: 902-324-0621, or [lynn.langille2@nshealth.ca](mailto:lynn.langille2@nshealth.ca)



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*Bass River United Baptist Church*  
5692, Hwy 2 - Bass River NS - B0M 1B0

Sunday Worship Service ..... 11 a.m.  
Bible Study - Mondays ..... 10 a.m.



Gospel Coffee House  
4th Saturday every month ... 7 p.m.

**Lic. Larry Tirrell - Pastor**  
Church: 902-647-2567 Home: 902-843-5941

Spread the news  
of your Community

The Deadline for the November issue of  
**Shoreline** Journal is October 23

## Fit More Fruit Into Diet

By Christine Urquhart

Fit more fruit into your diet. Getting in at least three servings of fruit a day is easier than you think. But if you're tired of the same old fruit options, try these two variations:

1. Blend it. In a blender, add 2 fresh or frozen bananas, 1/2 cup fresh or frozen blueberries and 1 cup low-fat vanilla

yogurt. Blend until smooth.

2. Grill it. Cut apples, pears or peaches into chunks; brush lightly with canola oil and sprinkle with cinnamon. Place on skewers or wrap in foil. Grill on low heat for 3 to 5 minutes.

Remember the old adage: An apple a day keeps the Doctor away!

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We're hiring full-time Continuing Care Assistants (CCA) in the Colchester region.

### Join us for a job fair

DATE: Saturday, October 20, 2018  
TIME: 9:00 a.m. - 4:00 p.m.  
LOCATION: Cedarstone Enhanced Care, 378 Young St., Truro

Offering a \$1,500 sign-on bonus\*

Please bring your resume and be prepared for a brief interview. For more information contact Wayne White at [wwhite@shannex.com](mailto:wwhite@shannex.com).

\*For one year return for service agreement.

## Are you operating a business in Colchester? Connect with us.

- > Having trouble attracting the right employees?
- > Interested in co-working space?
- > Need help navigating local business support services?
- > Thinking about starting a business?

> Connect with us to find solutions to your business challenges.

The Truro & Colchester Partnership for Economic Prosperity (TCPEP) is an organization dedicated to increasing business opportunities, attracting talent and increasing investment in the Colchester region. We are supported by the local business community (through the Truro & Colchester Chamber of Commerce), the Towns of Truro and Stewiacke, The Municipality of the County of Colchester, Millbrook First Nation and the Province of Nova Scotia.

**Truro & Colchester Partnership**  
for Economic Prosperity

Colchester | Millbrook | Stewiacke | Truro

✉ [info@tcpep.ca](mailto:info@tcpep.ca) ☎ 902-890-3120 🌐 [www.tcpep.ca](http://www.tcpep.ca)