

## Truro Bearcats 2018-19 in Review

Record: 24-21-2-3 (4th in Eastlink South)  
Playoffs: Lost in four games to Yarmouth in the Eastlink South semi-final  
Goals For: 135 (11th)  
Goals Against: 158 (5th)  
Powerplay: 15.9% (9th)  
Penalty Kill: 86.7% (2nd)

### Leading Scorers

Dylan Burton (18-17-35, not returning)  
Gavin Hart (16-15-31, not returning)  
Shaun Bily (14-17-31, not returning)

### Aiming Higher

The Bearcats backed into the playoffs last season to keep their streak alive, having never missed the MHL post-season since returning to the league in 1997-98, and are now hoping a core of players who were getting their first taste of Junior A action can take that next step. Truro made just five trades this off-season, and only one was within the league as Craig Ryan (1-5-6) was dealt to Pictou County.

### Tough decisions on the Blue line

Six defensemen from last season entered camp hoping to return to the Bearcats in 2019-20 flanked by a number of recent draft picks. Zach Welsh, who turns 16 on the first day of the MHL season, was a late cut from Cape Breton of the QMJHL and will join a strong group of returnees in Jack McGovern (3-12-15), Curtis Heffernan (8-14-22), Lauchie MacDonald (7-12-19), and Marc Aucoin (0-3-3). Truro is always known for its stellar defensive play and this season should be no different.

### But can they Score?

The Bearcats are far from the only team who need to see a boost in goal scoring, but last year marked the first time Truro ever finished with a negative goal differential. Getting Ben Higgins back after three seasons with the QMJHL's Halifax Mooseheads will certainly help, especially with G Blackmore (11-18-29) as his likely linemate. Other returnees include Carson Lanceleve (9-18-27), Caleb Hart (5-5-10), Cole Julian (5-8-13), and Luke MacMillan (1-5-6), but the biggest boost might come from those players acquired from outside the MHL.

Spencer Blackwell, Zak Yewchuk, and Bryan Laureigh made their presence known in camp and exhibition play.

### Goaltending Experience

Alec MacDonald appears set to finally take over as Truro's starter and there's no reason to believe he can't succeed in that role having posted a 2.82 GAA (7th best in the MHL) and .915 save percentage (5th best) last season. Sebastien Plamondon was acquired from Rayside-Balfour of the NOJHL to share duties in goal.

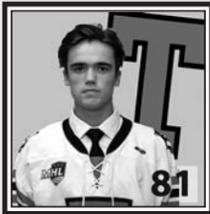
Credit James Faulkner, MHL News, www.themhl.ca



Ben Higgins



G Blackmore



Carson Lanceleve



Alec MacDonald

# Atlantic Vitality Expo – September 26-28

By Maurice Rees

The Atlantic Vitality Expo, which is replacing the former Senior's Expo, will be held at the RECC September 26-28 and is expected to draw an attendance of 5,000. Council at the committee meeting on August 8th was drawing a consensus of denying a request for \$2,000 through the Community Event Grant Policy until it learned the Town of Truro has approved a similar request.

The original thinking of councillors was they would pay their share loss through the ongoing annual financial guarantees to the RECC with Town of Truro on a yearly basis.

In its application RECC staff stated, The Atlantic Vitality Expo; "AVX" ignites a gathering in the heart of Atlantic Canada, bringing together wellness leaders and community members to inspire positive action that will shape the future of Atlantic Canada's Health. Both exhibitors and attendees will be motivated through a collaborative experience showcasing the latest innovations in the health and wellness marketplace.

"With much of today's awareness focusing solely on the rising costs of healthcare, many of us do not realize that the simple lifestyle choices that we make every day can be part of the solution for improved health and wellbeing. Sometimes we do not realize the value of our health until it is gone" Matt Moore, General Manager of the Rath Eastlink Community Centre stated.

"Our goal is to build a platform for improved wellness through the annual activation of the AVX. This is more than a marketing campaign, it is more than an expo, and this is our urgent call to action for residents and stakeholders alike! We as Atlantic Canadians have the highest scoring rates for obesity and sedentary lifestyles in the entire country and it is extremely important that we as leaders influence positive lifestyle change for our future generations", says Moore.



## AVX Schedule at a Glance

Here is a quick glance at the schedule for the Atlantic Vitality Expo to be held at the RECC on September 26-28th.

- Sept 26th at 7pm Keynote Dinner with Tim Maloney and Dr. Jonathon Fowles, tickets start at \$59.75+ taxes & fees and are available at the RECC box office or on [ticketpro.ca](http://ticketpro.ca)
- Sept 27th 9am -4pm collaborative expo featuring 200+ vendors, live demonstrations and workshops. FREE ADMISSION.
- Sept 27-29th Educational seminars, workshops, and excursions.

For more information on how to get involved, sponsor, volunteer or register a booth please visit <https://www.atlanticvitality-expo.ca/>

### WELCOME TIM MALONEY TO AVX GALA DINNER



Tim Maloney is a passionate and engaging performer whose lighthearted Musical comedy is guaranteed to delight audiences of all ages. Tim is a vibrant, multi-faceted entertainer with a colourful, comedic gift for mime, improv, song, dance and theatre. A consummate performer, Tim has been delivering smiles and laughter with his gifts since before he could ask for ice cream. Tim Maloney first made a name for himself at the age of 4 when he began singing and dancing with his family group "Shades of Harmony". His extraordinary talents create the perfect recipe for fun.

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### WELCOME DR. JONATHON FOWLERS TO AVX GALA DINNER



Dr. Jonathon Fowles, a professor and exercise physiologist at Acadia University. His work in the Centre of Lifestyle Studies examines the effects of exercise on health in athletes, the elderly and persons with chronic disease or disability. Dr. Fowles has spearheaded initiatives with many organizations such as the Diabetes Canada, the Canadian Society for Exercise Physiology, the Heart and Stroke Foundation and regional Health Authorities, to increase capacity for physical activity counseling by health care providers. Dr. Fowles is currently the Chair of the National Advisory Council for Exercise is Medicine Canada, a multi-disciplinary collective advocating for physical activity as key component for the prevention and treatment of chronic disease.

"Our Community. Our Health. Our Heart. We all know that health is defined as physical, mental and social well being. In collaboration, let's discover the balance between each of these pillars that will bring new meaning and independence to our lives."

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## ATLANTIC VITALITY EXPO.CA

Sept 26-28 | Rath Eastlink Community Centre | Truro, NS | [THERECC.CA](http://THERECC.CA)




Deadline for the November issue is October 22.

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