



EAST HANTS AND DISTRICTS CHAMBER OF COMMERCE

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Annual General Meeting

On March 10, Members and guests gathered at the Quality Inn in Goffs for our Chamber's Annual General Meeting and Dinner. Member and musician Bruce Noble, accompanied by Rick Edgett, entertained during the reception, and guest speaker for the evening was Neville Gilfoy, President and Publisher of Progress Media Group. Mr. Gilfoy spoke of the significance our geographical location here in East Hants and how the area has great potential to be a vital link in transportation both within the Atlantic region and across Canada.

Outgoing President, Stephen Pottie, gave an overview of 2009 and Treasurer Jill Doane presented the financial statements.

Elections were held, and your new Officers and Directors are listed on our

website as well as on page four of this newsletter.

The Chamber's new three-year Strategic Plan was also presented. A copy of the Plan as well as photos from the AGM can be viewed at www.ehcc.ca

The Chamber recognizes the support of our AGM sponsors:

- Halifax International Airport Authority
- Caldwell Roach Insurance
- Economic & Business Development, Municipality of East Hants
- McNeill's Shell
- Quality Inn

Thanks also go to Members who donated door prizes for the event: The Sweet Spot Chocolate Shop, Strides Health & Fitness Centre, Simply Financials, Prudential Plus Realty, Halifax International Airport Authority, and Jasmine's Hair & Esthetics.

President's Message

I want to express my personal appreciation to the East Hants and Districts Chamber of Commerce for my election as President for 2010. We have an opportunity to grow the Chamber over the next few years, and I will certainly do my part in assisting the growth.

On behalf of the membership I want to congratulate the members of the Board of Directors who were appointed at the AGM. They all have expressed a willingness to act on your behalf in 2010/11 to carry out our Strategic Plan and in your best interests.

To the membership, I want to get to know your needs and get to know the area businesses. Together, we can grow business in East Hants. Please contact me anytime to discuss any issues that impact on your Chamber. Communication and business development are two of our common goals in 2010, and with each member becoming more active in Chamber business, I strongly believe in a better future for our area.

Rick Ramsay

Chamber Calendar

Your new Board will be meeting in April to organize committees and start planning events and projects for the year... watch your inbox and our website for details!

www.ehcc.ca

What's Happening

Community Events

- **Hants East Rural High musical: "Back to the 80s"**
April 29, 30, and May 1
Doors open at 7 p.m. \$5 students, \$10 adults
Tickets available at Elmsdale or Shubenacadie Pharmasave
and at the school's main office.
- **2nd Annual Local Flavours Dinner**
Saturday, May 8 at 6 p.m.
Riverview United Church, Elmsdale \$25 per person
Call for tickets: 883-7402 RSVP by April 30
- **Canadian Blood Services Donor Clinic**
Monday, May 10
5 to 8 p.m. Enfield District Elementary School
Call for appointment: 1-888-2DONATE (1-888-236-6283)
- **Elmsdale Farmers' Market**
Opens for the season on Saturday, June 5
9 a.m. to 1 p.m.
New location: 224 Hwy. 214 Elmsdale
For information: www.elmsdalefarmersmarket.com
- **Canadian Cancer Society Relay for Life**
Friday, June 25 - 7 p.m. to 7 a.m.
Elmsdale/Enfield District Lions Club
For details call: 462-4725 or email: blair.ryan@ns.cancer.ca



Your new Chamber Officers & Directors

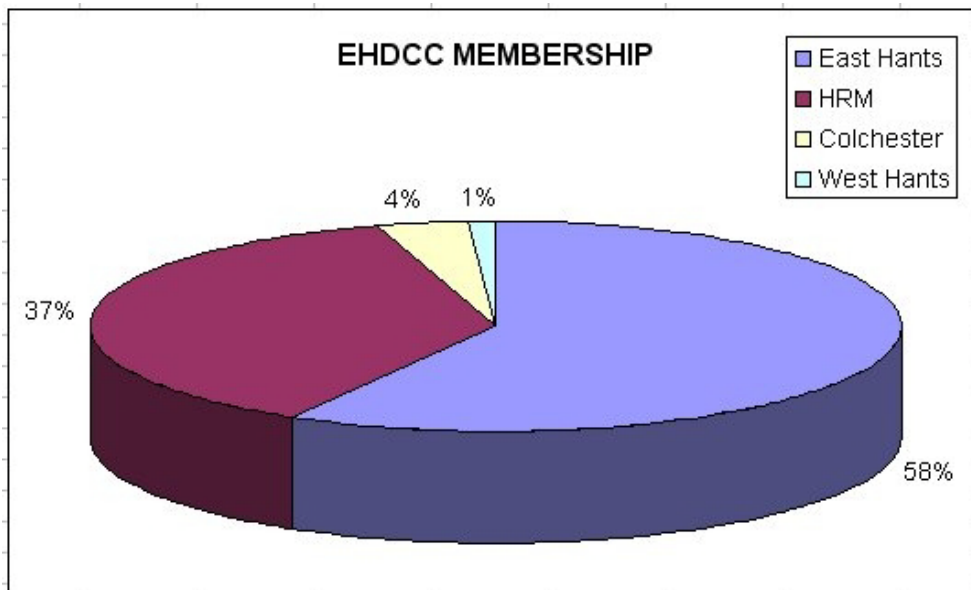
Front L to R: Liz Ingram-Chambers, Rick Ramsay (President), Steve Pottie (Past President), Jill Doane (Treasurer)

Back L to R: Sharon Prest (Secretary), Mike Allison (Vice President), Linda Wood, Greg McTiernan, Mike Tompkins, J.D. MacCulloch, Bill McBurney

Missing: Kevin Boutilier, Sherrie Clow, Pat Mills, Bruce Noble

(Photo by Athena Computer Solutions)

Membership Update



58 % of our Members are from Elmsdale, Enfield, Lantz, Nine Mile River/Belnan, Milford Station, and Shubenacadie

37% Halifax Regional Municipality

4% Truro and Stewiacke

1% Windsor and Newport Station

(as of April 1, 2010)

Welcome New Members!

Linda Wood Law

Linda Wood
Elmsdale

902-883-1067
www.lindawoodlaw.com

Amethyst Bay Realty Inc.

At Amethyst Bay Realty, our goal is simply this: to give you--our client-- excellent service, to address your needs and to ensure you find a fair solution to your real estate concerns. It is our mission to become your family REALTOR®, to be there every time you move. Amethyst Bay Realty, like the stone it's named for, has a strong association within Nova Scotia and is wholly Nova Scotian owned. We are proud of our heritage and prouder still to be able to offer our fellow Nova Scotians the service they deserve.

½ % off commissions for EHDCC Members!

Robin Primeau
Lower Sackville

902-252-3770
www.robinsnests.org

Miller Concepts

Miller Concepts was started in 1999. Their product lines include decorated switch plates, ceramic coasters and trivets, coffee mugs, mouse pads, license plates, magnetic car signs and many types of indoor and outdoor signage. Today the company has a broad customer base all over North America and also services many local companies with their sign and marketing products.

10% off retail sales for EHDCC Members!

Dave Miller
Shubenacadie

902-758-1247
www.millerconcepts.com

All Points Massage Therapy

Annis Downey
Halifax

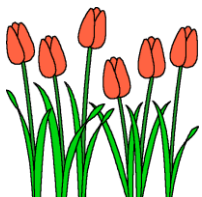
902-446-3170
www.allpointsmassage.ca

O'Brien's Faster Blaster Mobile Wash Ltd.

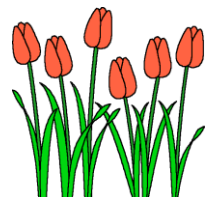
This Nova Scotian, family-owned business first began operations in 1997. Their Mobile Wash Trucks carry their own water and clean just about anything you can imagine, including: graffiti removal; all types of siding; deck cleaning; moss, mold and spider dropping removal; construction equipment; paint stripping and preparation; cars, trucks, and boats; concrete floor degreasing; store fronts; tar and gum removal; canopies and awnings. They use only environmentally safe products.

Aaron O'Brien
Dartmouth

902-462-3355
www.obriensfasterblaster.ca



“Small opportunities are often the beginning of great enterprises.”
— Demosthenes (*ancient Greek orator*)



Members' Corner



EHDC

EXECUTIVE:

President

Rick Ramsay

Vice President

Michael Allison

Treasurer

Jill Doane

Secretary

Sharon Prest

Past President

Stephen Pottie

DIRECTORS:

Kevin Boutilier

Sherrie Clow

Liz Ingram-Chambers

J.D. MacCulloch

Bill McBurney

Greg McTiernan

Pat Mills

Bruce Noble

Mike Tompkins

Linda Wood

“Health Is Wealth”

I am often contacted by financial companies wanting to help me increase my retirement savings by buying TSFAs, RRSPs, and other investment vehicles. They say have a retirement plan, save for the future and pay yourself first.

As I work in integrated or alternative health care, I quickly realized that the complete story was not being told. Just as we need to plan for the future with finances, we need to save for our health as well.

Few people realize that to save our health we need to make healthy choices about diet and lifestyle. Even fewer people know that is a skill and requires knowledge and practice. Knowledge can be found by seeking out integrated or alternative health care practitioners. These practitioners include: holistic nutritional consultants, acupuncturists, massage therapists, naturopaths, and chiropractors. Practice is demonstrated by spending time and effort doing what you have learned over and over again until it is natural or your first choice.

Those people that are choosing a healthy lifestyle like eating well, exercising, and managing their stress are living longer and having a better quality of life.

The people that aren't educated about health and aren't practicing healthy lifestyle choices may develop signs and symptoms of type 2 diabetes, high cholesterol, high blood pressure, irritable bowel concerns, etc. and will most likely earn disease. Their health will have been spent and will not allow them to reap the rewards of their wealth.

So be proactive. Pay yourself first in health, and gain the reward in your businesses and wealth. Enjoy your retirement.

Christina DeGeer, D.Ac., R.M.T., R.O.H.P.

902-883-3077

The Healing Zone Inc. and Kian Holistic Health Clinic

e-mail: thehealingzone@ns.aliantzinc.ca or kianhealth@yahoo.ca

Member-to Member Discounts

When shopping for goods and services, remember to check within our membership first! Look for these special discounts offered to East Hants and Districts Chamber of Commerce Members:

- **Added Touch Stairways & Rails**, Lantz 403-3350 – 10% discount
- **Amethyst Bay Realty Inc.**, Sackville 252-3770 – ½ % off commissions
- **Blue Bamboo Spa**, Nine Mile River 883-7092 – 10% off all products/services over \$10
- **Can-Do Painters**, Milford 758-5480 – 5% discount
- **Certainly Cinnamon Catering**, Halifax 423-2466 – 10% off food orders (*excludes alcohol*) at **The Wooden Door Bistro**, Quality Inn Halifax Airport
- **Harbour Health Clinic**, Musquodoboit Harbour 889-3067 – first appointment free
- **Maritime Digital PCS**, Bedford 453-9799 – 15% off all accessories
- **Miller Concepts**, Shubenacadie 758-1247 – 10% off retail sales
- **The Healing Zone**, Enfield 883-3077 – 15% discount

We welcome your comments and story ideas. E-mail us at info@ehcc.ca or call Tanya at 883-1010.