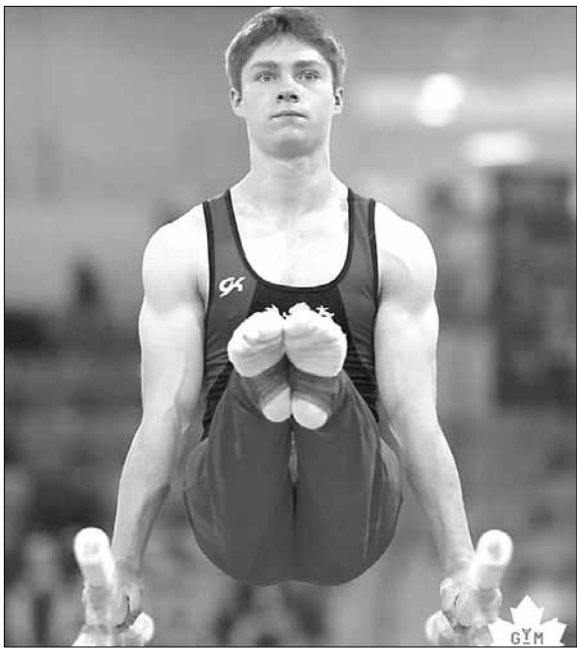
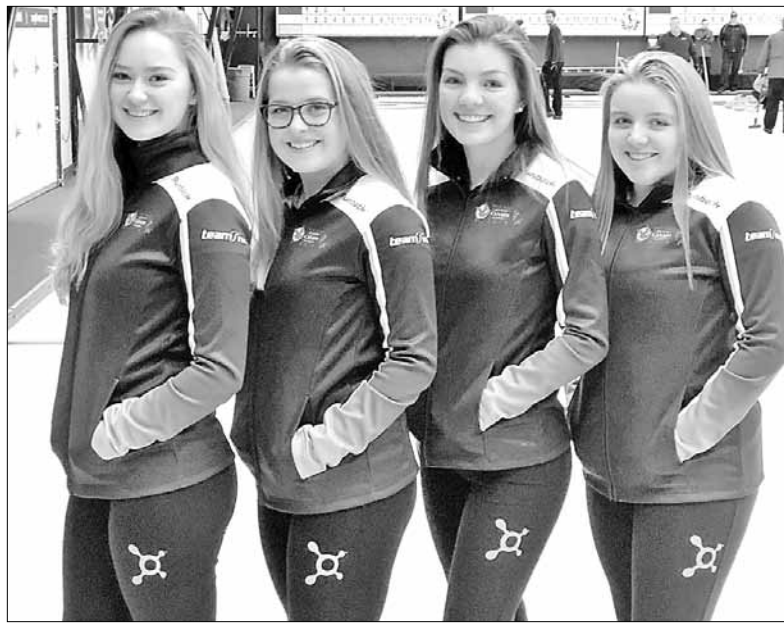


SPORTS



CONTRIBUTED PHOTO

Gymnast Vincent d'Entremont of Hebbville will represent Team Nova Scotia at the upcoming Canada Winter Games being held in Red Deer, Alberta.



CONTRIBUTED PHOTO

Taylor Stevens (second from the left) of Chester will represent the province at the upcoming Canada Winter Games in Red Deer, Alberta February 15 - March 3. She will be joined by skip Cally Moore (left) and to the right, second Cassidy Currie and lead Cate Fitzgerald.



CONTRIBUTED PHOTO

Snowboarder Kate MacKinnon will compete in the boardercross competition at the upcoming Canada Winter Games in Red Deer, Alberta February 15 to March 3.

Area Winter Games athletes ready for challenge

By KEVIN MCBAIN

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Recently, *LighthouseNOW*, featured a few athletes from the area who will represent the province at the 2019 Canada Winter Games in Red Deer, Alberta, February 16-23.

The event is Canada's largest multi-sport competition featuring 19 sports, over 150 events and more than 3,600 athletes, managers and coaches.

Hockey player Madison Beck, trampolinist Tia Wamboldt and cross-country skier Colin Ward have been featured in past issues. This week, in the final week before the games, we profile a curler, snowboarder and gymnast.

Curler Taylour Stevens of Chester will compete on the women's curling team.

"I'm very excited. We just had our team prep rally a couple of weekends ago and that was an exciting time," she said. "There were lot of people there and it all made it seem so real."

She will be player third with skip Cally Moore of Upper Tantallon; second Cassidy Currie of Lower Sackville and lead Cate Fitzgerald of Halifax.

The 18-year-old Forest Heights Community School graduate is in her first year of Business at St. Mary's University.

She said this is her first trip to the Winter Games, after coming close to the trip for the 2015 games, but ended up finishing second in the provincial playdowns.

This is her 10th year of curling and second year with her team-mates. They practise two nights a week and play games every Tuesday night at the Mayflower Curling Club in Halifax.

Curling runs in the family. Her dad (Chad) and grandfather (Dennis) recently won the provincial firefighters championship held in Bridgewater, January 31 - February 2. They will represent the province at the national championships being held next month in Kelowna, B.C.

Stevens also found great success recently. She and her

Chester team-mate, Graeme Weagle recently won the provincial mixed doubles championship held in Liverpool. Just this past weekend, she skipped her St. Mary's University women's team at the Atlantic University Sports championships in Newfoundland.

Curling will be featured in the second half of the schedule.

Snowboarder Kate MacKinnon will also make her first trip to the Canada Winter Games.

The 17-year-old spoke to *LighthouseNOW* from Ontario where she was in a NOR-Am (North American) boardercross competition last week where she finished in sixth place.

"I'm very excited to go and represent the province," she said.

MacKinnon is in Grade 12 at Kings-Edgehill.

She started on the hill at the age of three. She was snowboarding by age eight and joined the Martock speed team a few years ago before moving on to the provincial team in 2015.

She has had numerous accomplishments during her young career and in 2016 was named the Nova Scotia Snowboard Female Athlete

MacKinnon said that the school - sport balance is a tough one, but, "it keeps you busy. This month I think I'm home for a week. Things can get stressful, but it's good. It makes you work hard."

"A lot of my schoolwork is online, and the teachers are really supportive," she added.

Earning a spot on the team was based on points earned at competitions throughout the season.

The provincial team competes in about five competitions a year. This doesn't seem like much, but she notes that each competition is about a week long and they are able to get lots of snow time in.

At regular events throughout the season she competes against others from age 15 and up, which helps prepare her for the games where she will compete against athletes between the ages of 15-19.

At the games, they will have one two individual time qualifying runs, then qualify to go farther based on where you are in your heats.

Snowboarding events will be held during the first half

of the schedule.

Gymnast Vincent d'Entremont of Hebbville is 17 years of age and attends Grade 12 at Centre scolaire de la Rive-Sud.

He is no stranger to national competitions, having competed at five national gymnastics events, bringing home four medals. However, this will be his first trip to the Canada Winter Games.

"It's really exciting and cool to represent your province at the Canada Winter Games, the biggest multi-sport event in Canada," he said. "It's also really humbling. I've worked hard for this and it's been a long time coming."

He started in gymnastics when he was three years of age at the local Kippers club and continued his training there until he was about 10 years old. He then joined the Halifax Alta Gymnastics Club and he and his parents have travelled to the city about five times a week since then.

"Gymnastics is just an awesome sport. It's fun to be able to do flips and stuff," he said. "I love the rush. Even though the challenges are tough sometimes, when you do something really well...the feeling you get from completing it is just unbelievable."

One of his biggest accomplishments recently came when he completed a back-triple twist on the floor, which he never thought he could do, but landed it for the first time a few months ago.

D'Entremont said at the games everyone will compete in six disciplines: the floor, pommel horse, still rings, vault, parallel bars and high bar. The young gymnast said that his best event is the vault.

He says that the six-person team will be working on their consistency and making sure there aren't a lot of mistakes. The games are team-oriented, so d'Entremont noted that "we just want to do the best we can without taking too much risk, for the good of the team."

To earn a spot on the gymnastics team athletes competed at trials in November and the top three at the competition automatically made the team. He finished second. The other three on the team were chosen by Gymnastics Nova Scotia.

Gymnastics will be featured during the first half of the games.



MUNICIPALITY OF THE DISTRICT OF LUNENBURG

TENDERS

Sealed tenders will be received by the undersigned up to 2:00 p.m., local time, February 19, 2019 for the following:


#2018-05-018

ON-SITE SEWAGE DISPOSAL SYSTEM INSTALLATIONS FOR LAHAVE RIVER PROPERTIES – PROJECT GROUP 18

All tenders must be submitted in a sealed envelope clearly marked with the tender name and number. Specifications and/or particulars may be obtained from the undersigned. The Municipality of the District of Lunenburg reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any tenders which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

Maria Butts, Project Manager
Municipality of the District of Lunenburg
210 Aberdeen Rd.
Bridgewater, N.S. B4V 4G8
Tel: (902) 541-5300
Maria.Butts@modl.ca

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MUNICIPALITY OF THE DISTRICT OF LUNENBURG


NOTICE TO NON-PROFIT GROUPS

ANNUAL OPERATING AND MAJOR RECREATION CAPITAL GRANTS DEADLINE MARCH 1, 2019

The Municipality of the District of Lunenburg grants funds to community organizations from its annual operating budget. The amount will be set by Council at budget time. The deadline to submit an application is March 1, 2019.

To find out if your group is eligible and to download an application, please visit www.modl.ca or contact Trudy Payne, Director of Recreation Services, at trudy.payne@modl.ca or 902 541-1333.

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Order of Nova Scotia

The Order of Nova Scotia is the highest honour awarded by the province. Nova Scotians are urged to nominate individuals who have inspired them and enriched life in the province. Renominations are accepted and encouraged.

Deadline for nominations is
Friday, March 15

For more information and nomination forms:

Go to: novascotia.ca/orderofnovascotia
Email: orderofnovascotia@novascotia.ca
Call: 902-424-2467

NOVA SCOTIA
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