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FRONT PAGE BRIEFS August 2010

Veterans Memorial Park will be the location for a full service on August 8 for National Peacekeepers Day. 1st NS highlanders have been instrumental in organizing the planting of 7 red maple trees in memory of 7 northern NS soldiers killed in Afghanistan since 2002. All 7 families are in agreement with the initiative and will be present as part of the ceremony. Muster is slated to begin at 10AM at the Bass River Fire Hall; march to the gardens at 10:30 with the service starting at 11AM followed by a luncheon at the community hall.

The Parrsboro Band Association is conducting a raffle, to be drawn August 20th, to raise money to buy new blinds for the hall. Arlene Collins has donated a print "Maple Nell". Tickets can be purchased for \$2 or 3/5.00 at the following locations: Parrsboro Home Hardware, Tyson's Fine Minerals, Parrsboro and at Arlene Collins' studio in Diligent River.

Anne Murray will be at the Anne Murray Centre for an autograph session of her new autobiography *All of Me* on Saturday July 31, 2010. Copies of the book will be available for purchase in the Anne Murray Centre's Gift Shop. This summer marks the opening of a new and exciting exhibit at the Anne Murray Centre. The exhibit features the outfit worn by Murray as one of eight distinguished Canadian Olympic Flag Bearers in the Vancouver 2010 Winter Olympics Games Opening Ceremonies. Included in the exhibit is a collection of memorabilia from the Olympics. Murray has enjoyed an unparalleled career selling 54 million records and putting more than 30 pop, 50 country and 40 adult contemporary songs on the *Billboard* charts. She has also earned four Grammy Awards, 24 Juno Awards, three American Music Awards, and three CMA Awards.

Marshall Button, beloved New Brunswick writer and actor, will perform his down-to-earth and highly entertaining one-man show *Lucien* at Ship's Company Theatre, Parrsboro, July 28th through 30th.

Florence Adam's poem and Great Village & Area Notes are not available this month.

Correspondents, Freelance Writers and community group representatives are required for the Advocate Harbour, Port Greville, Parrsboro and Moose River areas. Duties involve submitting monthly articles and photographs for publication in the Shoreline Journal. Contact Maurice Rees via email: maurice@theshorelinejournal.com or call 902-647-2968.

Blueberry Festival activities will be held in several communities throughout Northeastern Nova Scotia during August and early September. Community groups participate in activities promoting the area's largest industry, which has developed markets around the world. To see a complete schedule of community events please check Page 7.

Karen Casey, MLA Colchester North is calling on Natural Resources Minister John MacDonell to solicit input from wood-lot owners before any more major decisions are made about the future of natural resources in Nova Scotia. MacDonell has received a recent report, *A Natural Balance: Working Toward Nova Scotia's Natural Resources Strategy*. Many wood-lot owners have commented on the report's recommendations and Casey is urging the minister to conduct further input sessions. She wants a meeting with MacDonell to discuss what she is hearing in the community.



This house in Onslow was well decorated for Canada Day. (Harrington Photo)

Colchester East Hants Health Centre

A public vote which generated over 2000 responses has determined the new name for the Colchester Regional Hospital Replacement Facility will be the Colchester East Hants Health Centre. The

selected name was preferred by nearly 54% (1083 of 2008 votes) of those responding.

In March, a Community Advisory Committee established to foster input and dialogue on a variety of issues

relating to the new facility launched the naming process which involved a public call for names that resulted in more than 50 submissions.

"We wanted to embrace a process that built on the

excitement and enthusiasm behind this vital project and what it will mean for those we serve," said John K. MacDonald, Board Chair of the Colchester East Hants Health Authority (CEHHA). "The new health centre has been made possible through the support of our communities so it was only fitting that our communities had the opportunity to identify names and vote for their favorite."

The names, reflecting things such as geography; historical figures/events; cultural themes and emotions were reviewed and scored by a subgroup of the Community Advisory Committee this May. This identified a short list which was opened up to a month long vote in mid June. Voters had the opportunity to vote on line, by phone or in person at ballot boxes located and facilities and events throughout the district. Other names considered by voters included: Central Nova Health Centre; Basinview Health Centre and Fundyview Health Centre.

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Scott Armstrong, Member of Parliament for Cumberland-Colchester-Musquodoboit Valley, welcome's Queen Elizabeth II upon her arrival in Nova Scotia. MP Armstrong and Tammy Stewart are seen here with the Queen and Prime Minister Steven Harper. (Submitted photo)

Hot Weather Healthy Tips

By **Chris Urquhart**

We need to be careful in hot weather. The Canadian Red Cross have the following key tips and reminders for us.

Some of the key tips and reminders from the Canadian Red Cross include:

Stay indoors, or in the shade, during the hottest part of the day from 10 a.m. to 3 p.m.

Postpone strenuous outdoor activity, or schedule it earlier in the morning or the evening.

Take frequent breaks if working, playing or exercising in the heat, and use the buddy system.

Dress in light, loose-fitting clothing and wear a wide-brimmed hat.

Drink plenty of cool fluids, but avoid caffeine and alcohol.

Check often on those vulnerable to heat, including the elderly, small children, the overweight, those with chronic medical conditions or limited mobility.

If you don't have air conditioning, spend the hottest times of the day some place that does - like a shopping centre.

Never leave children or pets alone in vehicles, and ensure pets' needs for water

and shade are met.

Prevent sunburn by limiting exposure and frequently applying SPF-15 or higher sunscreen.

Have an emergency kit stocked and handy in case of power outages.

Know whether any of your medications can impair the ability to regulate heat or perspiration.

Remember that heat waves increase smog in urban areas, which is an added risk for people with respiratory illnesses.

Be vigilant for, and know what to do, in case of two life-threatening conditions: heat cramps or heat stroke:

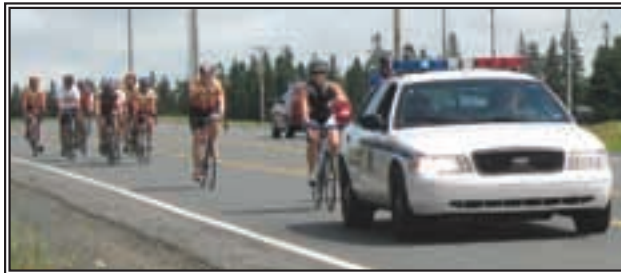
HEAT CRAMPS are muscle pains or spasms, usually in the legs or abdomen caused by high heat and humidity and a resulting loss of fluids and electrolytes. Signs of heat exhaustion include cool, moist, pale or flushed skin, heavy sweating, headache, nausea or dizziness, overall weakness, and exhaustion. Move the person to a cooler place, remove or loosen tight clothing and apply cool, wet cloths to the skin. If the person is conscious, have them slowly drink small amounts of cool water. If the person water, vomits or begins to lose consciousness, call 9-1-1.

HEAT EXHAUSTION can develop after several days of extremely hot weather and inadequate or unbalanced replacement of fluids and primarily affecting the elderly and those with high blood pressure. Symptoms can include profuse sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting or fainting. The skin may be cool and moist. Pulse rate will be fast and weak, and breathing will be fast and shallow. Untreated, it may progress to heat stroke.

HEAT STROKE (sunstroke) is life-threatening and occurs when the body is no longer able to cool itself. Signs can include hot, red skin that can be moist or dry; fainting, vomiting, and high body temperature. Call 9-1-1, move the person to a cooler place, remove or loosen tight clothing and apply cool, wet cloths to the skin. If available, apply ice or cold packs wrapped in cloth to key points like the neck, armpits, groin, wrists and ankles.

For additional tips on heat preparedness and other summer safety, check www.redcross.ca.

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The HeartLand Tour of cyclists road through our area as they completed an 87 km loop back to Truro. The HeartLand Tour is a public awareness initiative aimed at educating Nova Scotians about Cardiovascular Disease and how easy it is to prevent. Cyclists are being led by the RCMP cruiser through Glenholme, having passed through North River, Belmont and Debert and on their way via Masstown and Onslow to the celebrations in Victoria Park. (Harrington Photo)

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