At the Celebration of the 225th Anniversary of Truro Presbytery, the Presbytery Quilt made from quilt blocks created by the Pastoral Charges of the Presbytery was presented to Leslie Burrows (left) who represented the Clifton Pastoral Charge which placed the winning bid in the silent auction. Presenting the Quilt are the Rev. Meggin King, Presbytery Chair and the Rev.Jane Johnson, President of Maritime Conference. (MacQueen Photo)



At the reception following the 225th Anniversary Service of Truro Presbytery held at First United Church in Truro on October 23rd, 104 year old Merle Nelson, a long time member of First United Church was served Anniversary Cake by the Presebytery Chair, The Rev. Meggin King. (MacQueen Photo)

December 9TH BENEFIT EVENING FOR BRIAN ESAU



Brian Esau, of Debert, sustained an incomplete C5 spinal cord injury this past August. His days include many hours of physio and occupational therapy. Brian is shown here working on wheel chair skills at the NS Rehabilitation Centre in Halifax. A Coffee House fund raiser is planned for Dec. 9th at the Debert Fire Hall, beginning at 7PM. (Submitted Photo)

By Linda Harrington

We seldom think how quickly life's path can take an altered course, from normal day to day living, at any given moment. Especially when we are young, living life to the fullest, and these thoughts never even cross our mind. An interview with 20 year old Brian Esau gives insight into how in a blink of an eye, things can change. Life's path becomes an uphill battle to simply regain "normal".

Brian grew up on a blueberry farm in Debert. He attended Debert Elementary, followed by Central Colchester Junior High and graduated from Cobequid Educational Centre in 2009. He studied Engineering at NSAC until Dec. 2010 and most recently was enjoying working at the Home Hardware Distribution Centre throughout the summer months.

A member of the football team during his years at CEC, Brian was strong and athletic. Very much an outdoor person, he liked to spend all his free time either dirt biking, snowmobiling or hanging out with friends. Brian says, "I have always been a very social person," and then laughs, "I think the only time I am ever alone is when I'm sleeping."

Late this past summer, Brian's life changed. He sustained an incomplete C5 spinal cord injury on August 28th, 2011 as the result of a swimming accident. At twenty years of age, he was paralyzed from the chest down.

Following surgery on August 28th, Brian was admitted to the Intensive Care Unit in the Halifax Infirmary.

He was sustained on machines which helped him to breathe. He had a tracheotomy tube, was on a respirator, had a feeding tube, an IV, and had to take many different medications; including antibiotics for the preumonia

antibiotics for the pneumonia. Brian's first big step in recovery was coming off the respirator and breathing on his own. This coincided with being able to speak (in order to do so, a valve had to be placed on his tracheotomy tube). Brian also had a number of respiratory issues during his recovery; he suffered from pneumonia and had a collapsed lung, as well as frecoughing quent Overcoming pneumonia was another huge step.

Brian had to be medically stable before he could leave ICU and it was a monumental day when he was finally released from ICU on September 16th. Shortly afterwards he passed his eating test and was now able to eat real food. "It was an exciting day when I finally was able to eat real food," says Brian. "I had food from

Subway on Thursday followed by pizza on Friday." Thanks to the support of friends and family, he's happy to have been avoiding hospital food as much as possible.

The next steps in his progress included passing a liquid test, so he could drink fluids and having the tracheotomy tube removed for good. About a week after they took his trach out, on October 20th, he was transferred to rehab.

Not long after arriving in rehab, Brian received a power wheelchair, and some well-earned independence. This was another huge milestone, followed shortly by a manual wheelchair which Brian says he now prefers over the power one for additional exercise.

After nearly three months of hard work and determination, Brian is able to breathe on his own, eat real food, and has been gaining strength and more control in his arms and hands since beginning physiotherapy. He does not have full use of his fingers and thumbs, but he can now feed himself, use his new ipad, hold a phone to his ear, etc.

A support team of friends and family have been by Brian's side from day one, especially his parents Carl and Marion Esau and brother Travis, along with Lindsay Lewis, Elizabeth MacDonald, Carmen, Colette, and Patrick Wyllie, Monica Ward, Art & Laurel Hiebert, Jody Woolfit and Kathy Dean. "They have all been a huge support and I appreciate all they have done," says Brian. It was hard for him to name people as he didn't want to miss any of his friends, family, community members, or any of the over 470 facebook supporters.

There have been so many people who have paid visits, offered help, and sent constant encouragement and well wishes. Once Brian was allowed to have visitors, they haven't stopped. "I have had friends and family visit every single day of my recovery," he says with a smile. "I never liked to be alone before, and I still don't, so I am very happy to have these visitors. They make the days go by fast, so I don't need to fill my time with tv and movies."

There has been an extensive list of medical professionals who have been involved with Brian's care and who Brian would like to personally thank, "Dr. Oxner, my attending surgeon; Heather and Keith in ICU were awesome; Andrew Aucoin, a respiratory therapist at the HI and who continues to visit me in rehab; Derrick, who I met through physiotherapy and Elaine, occupational therapist at the Infirmary."

Today Brian's daily schedule in rehab includes many hours of physiotherapy, followed by occupational therapy (OT). The main focus for physio is gaining strength, control, balance, and mobility in his upper body. They also move his legs around so he can get used to being in different positions. The main focus for OT is doing normal, everyday motions. They practice eating, transfers (into cars, etc), and figure out details on things to come (wheelchair specs, necessary house modifications, etc.).

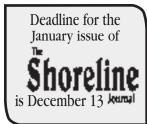
Brian has made one trip home since his accident, on Nov. 6th. "I didn't get out of the car, but it was nice to have a change of scenery and to pay someone else a visit for once," he says. "Driving will take some getting used to, as it has a different feel now. I hope to have a weekend visit on Nov. 26th- 27th and I am looking forward to being home for Christmas, as well."

There is a fund raiser planned for Brian on Dec. 9th. A Coffee House featuring musicians Tim Bowers, Kyle Miller and Dean Murphy will be held at the Debert Fire Hall beginning at 7PM. There will be ticket raffles, a 50/50 draw, along with desserts, tea, coffee and punch. "All proceeds will go towards equipment and costs associated with Brian's recovery," says Betty Jennings, one of the organizers. "Many people in the area had been asking how they could help Brian and a group of us decided a coffee house would be one event everyone could take part in. We have had some very nice items donated from area businesses for the raffles and the music and food should be awe-

Brian wished to thank the organizers of this event, "I know this is a lot of work and I could not be more grateful. I am truly amazed by the support I have received already, and I hope someday I am able to give back in some way." He would also like to thank area businesses who have already made donations and those who plan to take time out of their weekend to attend the event for him. "I just can't thank you enough," he says.

Brian would like to ensure that ALL of his friends, family, visitors, and well-wishers know he could never thank them enough. He feels the progress he continues to make is a result of that ongoing support and encouragement

Keep up your excellent progress



Londonderry Community Council News

By Sally Richard

Christmas is just around the corner. There is always so much to do and sometimes panic can set in. Too bad our wonderful Christian celebration has turned into commercial turmoil. It was certainly never meant to be that way. Our focus should be more on the celebration of the birth of our savior Jesus, a simple exchange of gifts and festive gatherings with family and friends. Although this would not please the big box stores, it would take us back to less stress and the true meaning of the season - peace.

Our Remembrance Day service was moved into the Community Centre because of the weather. In spite of the heavy rain and strong winds, a large crowd turned out to pay their respects to our military past and present. The rain and wind served as a stark reminder of the elements our military must endure. Twenty three wreaths were laid in memory of those who served their country. Dan Richard laid the wreath in memory of those who lost their lives in WWI for our community and John Jessome laid the wreath for WWII. Amanda Langille laid the Provincial wreath for Karen Casey MLA and Peggy Mattix laid the wreath in memory of those who lost their lives in industrial accidents. Thank you is expressed to Branch #72 and Branch #106 of the Royal Canadian Legion for conducting their legion service at our cenotaph.

Hunter's breakfasts are a hit again this year. This season has seen the largest attendance since its small beginning several years ago. The last breakfast will be held on Saturday, December 3, the last day of deer hunting season.

It was very disappointing to discover that three high powered rifle bullets were shot into our Community Centre recently. One bullet broke a window damaging the ceiling in the main hall before exiting through the adjacent wall. It is frightening to think of someone so irresponsible driving around with a deadly weapon. The incident is discouraging for the many

Bass River United Baptist Church
5692, Hwy 2 - Bass River NS - BOM 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

volunteers who work so hard and give freely of their time to provide a great community facility for all to enjoy. The good news is that no one was in the building at the time. The matter is being investigated by the RCMP.

Our condolences to the family of the late Ross Higgins. Ross passed away suddenly on November 17. He was the son of the late Austin and Louise Higgins of Folly Mountain. Marjorie Hayward is now a resident of the Mira Long Term Care Centre in Truro after a very lengthy stay in the hospital. She loves to have visitors. Helen Lane is a patient in the Truro hospital and is now in pallative. Helen Patriquin of Folly Mountain has moved to MacCaul Villa in Great Village. Her son Paul remains in their homestead.

The Community Council meetings are held on the first Thursday of the month at 7 pm. New members are always welcome. Card parties are held on Monday nights at 7 pm. A light lunch is served.

Contact Amanda Langille for hall rental inquiries at 668-2300.



