

REES' Pieces

You are in charge!

Often you are asked to do certain things, over which you have had little opportunity for input, or fail to understand why things are expected of you.

However, this time it is different.

You are in charge. It is your responsibility.

You, along with 960,000 Nova Scotians are being asked to take care of your health and to also ensure members of your family, and those within "your bubble" are protected as much as possible from becoming infected by CoVid-19.

Perhaps, other than being a good parent, and being a kind considerate family member, plus abiding by the "golden rule", nothing is as important as the responsibility that is being placed on your shoulders.

The expectations, perhaps irritating, are not that difficult to follow: wearing a mask; social distancing; avoiding large crowds and do not make unnecessary trips to public places or shopping trips. Yes, it is a pain, and at many times inconvenient, but you have to choose.

You must decide.

Either you observe the guidelines set out by our political leaders, and health care professionals to do our utmost to protect yourself, family and friends.

Or you can carry on with "devil may care" attitude and potentially suffer from a life-long burden you did not do what was recommended causing someone to die from CoVid-19, or become seriously ill as a "long hauler" suffering long term health problems.

As we now position ourselves to live in a world which will always have the threat of CoVid-19 lurking in the background, we must change many things in our lives.

Before you go ballistic and curse at the world, stop and think about these simple facts:

For those old enough to remember, polio was a serious problem in the 40's and early 50's;

Remember 50-60 years ago, as an elementary school student, there seemed to be an annual outbreak of red or German measles, or mumps. (Did you get them? As a youth, I suffered all three in the late 50's, as did my brothers, sisters, and most kids attending the one-room school).

Over time, science, medicine and improvements in living conditions, the annual number of cases is much lower, but the diseases still exist.

Here's something easier to understand. I can remember it quite well, also back in the 50's, which should make us "sit up and take notice". Compare Tuberculosis (TB) and CoVid-19 and we may better understand how we will live our lives in future.

Tuberculosis (TB) is an infectious disease usually caused by Mycobacterium tuberculosis (MTB) bacteria, which generally affects the lungs, but can also affect other parts of the body. Most infections show no symptoms, in which case it is known as latent tuberculosis. About 10% of latent infections progress to active disease which, if left untreated, kills about half of those affected. It was historically called consumption due to significant weight loss.

When tuberculosis was rampant, those afflicted were isolated from family and community spending considerable time in the sanatorium. I remember it well, because one of my aunts was afflicted. Her husband and children could only wave to her from the large lawn in front of the facility. This way of meeting exists today and the only way to visit family members at Senior Care facilities during these days of CoVid-19.

CoVid-19 is similar to tuberculosis (TB), because both are spread from one person to the next through the air when people who have active TB in their lungs cough, spit, speak, or sneeze. That's a reason why wearing masks is so important and studies suggest could reduce CoVid infections by up to 70%.

We don't hear much about TB these days. We are focused on CoVid-19 lamenting how it is changing life. Worldwide in 2018, there were more than 10 million cases of active TB which resulted in 1.5 million deaths. This made it the number one cause of death from an infectious disease until CoVid-19 came along.

Tuberculosis has been present in humans since ancient times. If you don't remember TB, simply spend some time with a grandparent, or an elder in your community.

THE RESPONSIBILITY IS YOURS and YOURS ALONE. You must choose.

Maurice

Letters to the editor

This is an open forum for your opinions and comments.

MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0 (902) 647-2968; Fax: 902-647-2194 Email: maurice@theshorelinejournal.com



Bass River - November 9 Letter

The following is the text of the letter received at the West Colchester Medical Health Clinic outlining details about procedures as a team of five doctors from the Truro area will continue to provide services following the retirements of Doctors Rowe and Ewing.

The five doctors, who each have individual private practices will provide services to the healthy centre as it transitions to a nurse practitioner and awaits arrival of a full time doctor who has been approved from the United Kingdom, but his arrival has been delayed as a result of CoVid-19 pandemic.

The doctors who signed the letter, outlining procedural requirement are: Doctors Ellis, Cook, Field, Webster and MacAulay.

Here is the body of the letter:

As such, patients will be offered phone or in-person (as needed) appointments with physicians in the Bass River clinic. Important points to note are as follows:

The physician group consists of Drs. Chris Cook, Steven Ellis, Andria MacAulay, Amanda

Webster and Deanna Field. The list of participating physicians may change over time.

The physician group aims to provide patient services in clinic 1 or 2 days per week, at least until the full-time Nurse Practitioner can be established in the clinic.

The specific days of the week for the "physician days" will vary from week to week.

These physicians are providing care for you on an interim basis. They are not taking you on as full-time patients in their practice. You will be patients of the Bass River clinic.

If you are booking an appointment, please call the Bass River Clinic. The Bass River Clinic will be arranging your appointments with the interim physician group. Please do not call the individual physicians' offices in Truro; those office cannot make any arrangements for you.

If you call for an appointment, you may be offered an appointment with any of the above listed physicians. Although you may see one physician on your first visit, your

second visit may be with another physician, depending on availability. Once a Nurse Practitioner is in place, you may be offered an appointment with him/her as an alternative.

The physician you see will try to address your concerns at your visit. However, bear in mind that you are totally new to this physician. Also bear in mind that the clinic is transitioning from paper-based charts to electronic-based medical charts. This is a lengthy process. As such, first visits may necessitate addressing the most pressing matters, and having you come back for another visit to address additional concerns.

Once the Nurse Practitioner joins the Bass River clinic, the physician group will gradually reduce it's services as needed. Once a permanent physician replacement has joined the Bass River clinic, the interim physician group will cease providing services to the Bass River clinic.

Please bring to your appointment the following:

Up to date health card. We will use a scanner for this card to create your new electronic medical record.

A complete and up to date list of medications.

A health summary sheet (medical issues, surgeries, allergies), if you have one.

We look forward to meeting you and providing the help that we can.

Signed by: Doctors Ellis, Cook, Field, Webster and MacAulay.

Council to Purchase Runway Sweeper

By Maurice Rees

The Municipality of Colchester, which previously did not own a runway sweeper for the Debert Airport has taken action to curtail contracting for one by issuing a public tender on October 7, 2020. By closing time on October 21, a total of 12 bids had been received.

Only two of the 12 bids were compliant with the tender. Because the broom will be attached to an existing loader, the specifications for the broom were critical and had to be met. The two compliant bids were submitted by CAT and MacFarlands Industrial. The lowest compliant bid was submitted by MacFarlands Industrial for \$33,800 excluding HST for the purchase of a runway sweeper.

Bid results are summarized as follows: All prices shown are the Company Bid Price, excluding HST: CAT, \$36,936; Creighton Rock Drill, \$29,950; Eastern Farm Machinery, \$13,712; MacFarlands Industrial, \$33,800; SNT Solutions, \$19,925; Saunders Equipment, \$22,600; S&S Supply Ltd, \$25,652; Strongco, \$25,600; Strongco, \$28,620

and three tenders from Wilson Equipment, \$23,925, \$26,500 and \$25,865.

Council's approved five-year capital budget includes \$40,000 in fiscal 2020/21 for the purchase of a new runway sweeper, to be funded via Special Capital. The cost of contracting the services is approximately \$2,000 for each time the runways are swept. Currently the runway is swept once per year but with increased activity at the airport, the sweeping should take place at least twice per year. The expected life of the sweeper is at least 20 years and it can also be used for County parking lots and roads.

The Nominating Committee which met on November 4, 2020, recommended to council the following appointments be made to various committees: Melani Lane as the citizen representative to the RECC Board for a four year term; Councillors Sandeson and Taggart to serve as representatives on the Carbon-Free Colchester Advisory Committee and Councillor Taggart to serve as the representative on the Northern Waste Solid Waste Commit-

tee for a two-year term.

At their meeting on October 29th Council granted authority for Council Committee to approve the recommendations of the Nominating Committee for the appointments to these three Committees.

Council Committee is recommending to Council the proposed changes to the Municipal Signage for Private Roads Policy, be approved as presented by Michelle Newell, Director of Public Works. The policy changes included: The Municipality will supply a sign to identify a Private Road, where the Private Road intersects a Public Road, provided the Private Road has a civic number issued by the Municipality for a structure located along said road. Private Roads that do not intersect a Public Road will not receive signs under this program. A standardized sign will be issued by the Municipality, for each qualifying location. Sign standards shall be determined by the Municipality. Requests for replacement signs can be directed to the Public Works office of the Municipality.

The Shoreline Journal

Here's where to find us:

BASS RIVER:
Bayside Pharmacy
Dominion Chair Factory Store

BIBLE HILL:
C.W. Fraser Pharmacy
MacQuarries Pharmacy
Kennedy's Deli - Ryland Ave

DEBERT:
Debert Mini-Mart

FIVE ISLANDS:
Masstown Market Five Islands

GLENHOLME:
Double "C" Truckstop

GREAT VILLAGE:
Wilson's Gas

MAITLAND:
Frieze & Roy General Store

MASSTOWN:
Masstown Market
MTM Retail Gas (Petro-Can)

MILLBROOK:
Super 8 Motel
Hampton Inn & Suites

NORTH RIVER:
Grant's Grocery

PARRSBORO:
CrossRoads Co-op
Ken's Grocery
Wright's Pharmasave

TRURO:
Atlantic Superstore
Best Western Glengarry
Holiday Inn
MacQuarrie's Pharmasave (Esplanade)
Rath Eastlink Comm Centre
Colchester East Hants Health Centre - Coffee Shop

NEWSPAPERS IN EDUCATION:
Each classroom at the following schools will receive a copy of the Shoreline Journal:
Bass River Consolidated;
Great Village Elementary; Debert Elementary; Chiganois Elementary; Central Colchester Junior High School; Parrsboro Elementary and Parrsboro Regional High School.

We are interested in placing the Shoreline Journal in additional locations. If you have a suggestion, or wish to have the Shoreline available from your store, please contact:
Maurice Rees, Publisher, 902-647-2968, or E-MAIL: maurice@theshorelinejournal.com

The Shoreline Journal (circ. 1650) is a monthly community newspaper serving communities along the Glooscap Trail from Truro to Parrsboro, Nova Scotia serving the communities of Belmont/Debert, Wentworth/Londonderry, Onslow/Masstown along the shore to Great Village, Bass River, Economy, Five Islands and Lower Five Islands. It is published on the last Wednesday of each month (earlier in December) with a deadline of the 20th of the month.

MAILING ADDRESS: The Shoreline Journal, P.O. Box 41, Bass River, Nova Scotia, B0M 1B0.

PHONE: 902-647-2968; Fax: 902-647-2194 Toll Free 1-800-406-1426; Cell: 902-890-9850 • E-MAIL: maurice@theshorelinejournal.com

EDITOR PUBLISHER: Maurice Rees • ADVERTISING: Maurice Rees • CIRCULATION: Maurice Rees

Canadian Publications Mail Products Agreement #40048924, ISSN #1209-9198

SUBSCRIPTION RATES:
LOCAL SUBSCRIPTIONS: B0M / B2N / B6L - \$23.00, PLUS HST = \$26.45 • OTHER PARTS OF NS: \$28.00 plus HST = \$32.20
ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.50 • USA SUBSCRIPTIONS: \$45.00
HST: #890564404RT001. Printed by Advocate Printing & Publishing Ltd, Pictou, Nova Scotia

All rights reserved. Material published in The Shoreline Journal may not be reproduced in any form without prior approval of the publisher. Material to be returned to sender must be accompanied by a self-addressed stamped envelope.

1996 Heritage Award recipient. Listed with Canadian Advertising Rates & Data (CARD) and Bowden's Media Monitoring Service.

We acknowledge the financial support of the Government of Canada. | Canadā

The publisher is not responsible for minor errors in ads, which do not lessen the value of the item(s). The publisher is not responsible for space beyond that portion of the advertisement containing the item(s) in error. Letters to the editor are subject to editing or rejection, must be signed by the author and contain a phone number.

Canadian Media Circulation Audit

NEWSPAPERS ATLANTIC TRUSTED | CONNECTED | TARGETED