

## Great Village Fire Brigade Steve Francis Memorial Award



Steve Francis Memorial Award for Buisness of the Year presented to the Masstown Market. Accepting the award from Chief Dave Lundie were Eric and Priscilla Jennings. This was the first year for this award.

By Kathy Simpson-Giles

The Steve Francis Memorial award is in memory of our radio operator of almost 15 years. Steve passed away about two years ago at the radio, while on duty with the department out on two separate fire calls.

It was suggested almost immediately that an award be dedicated in his memory, but it took a while to decide the most appropriate way to mark this.

Steve was a very community minded person and it was a given that you would see him participating in any function that the community had going. It really didn't matter about weather or anything else, Steve was always there, pitching in. The only thing that we often wondered (and we used to tease Steve about it) was how many times did he volunteer and how many was he "voluntold"? (Sorry Terry!)

For as long as I can remember, Steve was a fixture at Canada Day events in the Village, the Plant Sale, any Fire

Department function, and, as I was reminded earlier this evening, he was a Cub leader "back in the day" too, as well as a baseball coach, among many other tasks over the years.

It only seemed fitting, with the community spirit that he had, the award should go to someone in the community who consistently supported the Fire Department and our efforts. The award was donated by one of our members.

The Steve Francis Memorial award will remain for a year with the business chosen by the Department, and be back in time for the next year's banquet.

This year was a most difficult choice because of the overwhelming support that we have been given locally for many years, but after much deliberation, and careful thought, the Masstown Market was chosen. Eric and Priscilla Jennings were on hand to receive the award and again, our sincere thanks to them for their continuing support.



Great Village and District Fire Brigade Chief Dave Lundie received the Fire Officer of the Year Award.



Gordon Shipley received the Claude O'Brien Fellowship Award, and he also displays the trophy awarded to his son Brandon Shipley, for Junior Fire Fighter of the Year. Terry Francis received the Claude O'Brien Fellowship Award, also.



Trevor Spencer was presented with the Most Improved Firefighter Award by Chief Dave Lundie.

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## MOSQUITO PROTECTION No Method is Foolproof

By Chris Urquhart

Mosquitoes — and mosquito bites — are annoying. What's worse, mosquito bites sometimes transmit serious diseases, such as West Nile virus, malaria and dengue fever.

You're most likely to get mosquito bites at dawn or at dusk, when mosquitoes are most active. But, it's not always possible or desirable to stay indoors during those times. Fortunately, you can take steps to keep mosquitoes at bay.

However, no method is foolproof. If you do get bitten, the telltale signs and symptoms of mosquito bites — redness, swelling and itching — may not show up for up to two days after you've been bitten. A number of treatments, such as oral antihistamines and topical lotions, can ease the itch from mosquito bites.

Some people have a severe allergic reaction to bites. Rarely a serious reaction to mosquito bites might occur, which results in swelling in the throat, significant hives and wheezing. This life-threatening condition (anaphylaxis) requires immediate medical attention. There are some Mosquito-borne diseases.

Mosquitoes can transmit serious diseases such as West Nile virus, malaria, yellow fever and dengue fever. Signs and symptoms of a more serious infection may include: Fever, Severe headache, Neurological changes, such as one-sided muscle weakness, Body aches, Nausea, Vomiting, Swollen glands, Rash, Lethargy, Confusion, and Sensitivity to light.

When to see a doctor: If a mosquito bite seems to be associated with more serious signs and symptoms — such as fever, severe headache, body aches, nausea and vomiting — contact your doctor

Mosquitoes select their victims by evaluating scent, exhaled carbon dioxide and the chemicals in a person's sweat. A few factors may put you at greater risk of getting bitten. Although it's not clear why, mosquitoes are more likely to bite: Men, People with type O blood and Overweight people.

In addition, mosquitoes are attracted to heat. Wearing dark colors, which absorb heat, may attract mosquitoes.

Age can also affect symptom severity. Adults may become less sensitized to mosquito bites if bitten many times throughout life. This means adults are less likely to have strong reactions to mosquito bites. Children who haven't been bitten as much are at greater risk of experiencing symptoms from a mosquito bite.

Infected bites: If you scratch mosquito bites, any resulting sores could become infected.

Mosquito-borne diseases. Mosquitoes can act as reservoirs of diseases such as West Nile virus, malaria, yellow fever and dengue fever. The mosquito obtains a virus by biting an infected person or animal. Then, when biting you, the mosquito can transfer that virus to you through its saliva. West Nile is found in the United States. Other diseases such as malaria and dengue fever are far more common in tropical areas of the world. However, malaria and dengue fever are rare in the United States.

Severe allergic reaction (anaphylaxis). Although rare, a serious reaction to mosquito bites might occur, which can result in swelling in your throat, significant hives and wheezing. This requires immediate medical attention.

To prevent mosquito bites, take steps to reduce the mosquito population around your home. Using insect repellents and protective clothing also can help. Reducing mosquitoes around your home: Mosquitoes need stagnant or standing water to breed. Eliminate standing water, especially after rains, and you can reduce the mosquito population around your home and yard. To eliminate standing water: Unclog roof gutters. If possible, empty children's wading pools at least once a week, and preferably more often.

Change water in birdbaths at least weekly. You can also purchase devices to place in birdbaths that keep the water circulating so that mosquitoes won't lay eggs there.

Get rid of old tires in your yard, as they collect standing water. If you keep unused containers, such as flower pots, in your yard, empty them regularly or store them upside down so that they can't collect water. If you have a fire pit, drain any collected water regularly.

Other methods of controlling mosquitoes may be popular, but their effectiveness is unproved. These methods include: Electronic insect control systems, better known as bug zappers, Citronella-scented candles, Replacing outdoor lights with yellow bug lights.

Attracting birds and mammals that feed on mosquitoes, and Insect repellents. When used properly, repellents are safe for kids and adults alike. Keep in mind that repellents don't kill mosquitoes; they just make it harder for them to find you. That means even when a repellent is working, you may still see these annoying insects buzzing about.

Common insect repellents include: DEET. The pesticide DEET blocks a mosquito's ability to find people who've applied it. Apply repellent with up to a 35 percent concentration of DEET to your skin and clothing.

Choose the concentration based on the hours of protection you need — generally, the higher the concentration of DEET, the longer you are protected. A 10 percent concentration protects you for about two hours. Keep in mind that chemical repellents can be toxic, and use only the amount needed for the time you'll be outdoors.

Don't use DEET on the hands of young children or on infants younger than age 2 months. Picaridin, also called KBR 3023, offers protection that's comparable to DEET at similar concentrations. It also blocks a mosquito's ability to find people who've applied it. Picaridin is nearly odorless, which may make it a good alternative if you're sensitive to the smells of insect repellents.

Oil of lemon eucalyptus. This plant-based chemical may offer protection that's comparable to low concentrations of DEET. Don't use this product on children younger than 3 years. Others: Shorter acting repellents — such as citronella — may offer limited protection.

Check the labels of insect repellent products to see which chemicals or other ingredients they contain. And be sure to follow the product's application guidelines. When you come indoors, wash your skin and your children's skin with soap and water to remove any remaining repellent.

Protective clothing: What you wear can also help keep mosquitoes at bay. Keep these clothing tips in mind, particularly in areas that are heavily infested with mosquitoes:

Wear long-sleeved shirts. Wear socks. Wear long pants and consider tucking your pants into your socks. Wear light-colored clothing, since mosquitoes are more attracted to darker colors. Apply permethrin-containing mosquito repellent to your clothing, shoes, and camping gear and bed netting.

You can also buy clothing made with permethrin already in it. Wear a full-brimmed hat to protect your head and neck or a baseball cap with a fold-out flap to protect the back of your neck. And, when you're in an area with a significant mosquito population, consider wearing a mosquito net to cover your head and face. Cover an infant seat or stroller with mosquito netting for extra protection.

In addition to these steps, fix any holes you might have in your window or door screens.



Three generations of Congdon family firefighters. Christopher Congdon (right) received the Firefighter of the Year Award and he is joined by his grandfather, Kenny (centre) and father, Douglas (left).

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