



Bruce McAloney, closes the door to Glenholme General Store for one last time. McAloney announced in January the store would be closing March 31st. It is understood the store, which has been a fixture for many years will be used by the Leggett's for residential purposes. (Rees Photo)

## Before I Die ...

It's been 5 years since Sylvia Estey and Cindie Smith started 100 Women Who Care Truro, a project that has raised nearly \$200,000 for local non-profit organizations to date. They are both ready to start another adventure and this time they have chosen something that has great personal meaning as well as benefit for the community.

Inspired by Candy Chang, an innovator in public participation experiments, their latest project titled Before I Die aims to engage the community in a conversation about what makes life worth living. What are our dreams and aspirations?

To facilitate this conversation, they are constructing a giant blackboard on the Farmers Market lawn at the corner of Prince and Young Streets where they are asking the public to finish the sentence, "Before I die I want to \_\_\_\_\_." Beginning on Saturday, May 4th, anyone can pick up a piece of chalk and share what is important to them whether it is a career goal, mending a relationship, a personal achievement, or something funny to give us all a laugh.

But there is a deeper point to all of this. Both women believe that as a society we talk comfortably about every milestone in our lives except death.

Twenty-five years ago, Cindie's younger daughter Maggie died just before her 5th birthday. "I knew Maggie would die soon and I needed to talk about it. But I was afraid that I would be judged by raising the issue - that my need to talk about Maggie's coming death would indicate that I had given up or that I didn't want to parent a dying child any more. At that time, there was no Hospice Society, no palliative care unit at hospital, no safe place in which I could express my fears and wishes."

More recently Sylvia's life took an unexpected and tragic turn when her husband died of colon cancer. "Although he knew his diagnosis was terminal, Dave, like many others, thought he had

more time to discuss, to plan, to settle important matters. Although there was open dialogue about death with Dave, the conversation about his end-of-life was not completed and as a result some of their last precious hours were spent making crucial medical decisions at a highly emotional time."

What better way to begin conversations about end-of-life than to talk about what makes life worth living? They agree - we must normalize these discussions. During the past year, the Colchester East Hants Hospice Society has hosted a Death Café, Caregivers Nova Scotia has held several Advance Care Planning workshops, and more recently First United Church has hosted the event "A Date with Death" and all have been well attended. This clearly demonstrates that there is an appetite to talk about end-of-life in our community. The Before I Die project is attempting to further those efforts. Smith and Estey have also created a Facebook page, Before I Die Colchester, that will help initiate these discussions using a variety of resources from a brief meme, to thought-provoking articles, to toolkits for planning personal and medical care at end-of-life.

Other nation-wide campaigns have had success when encouraging communication about end-of-life and state that when we talk with our loved ones and document our wishes well in advance of a medical crisis, we are more likely to have: higher rates of satisfaction with health care; fewer medical interventions that will not increase the quality or length of life; families who are better prepared for the death of a loved one; our loved one experience a better quality of life and death, and in more practical terms, significant savings to the health care system.

Smith says, "As an individual and within the context of my work I have seen families shattered by unmet expectations during the death of a loved one. It is our hope that the Before I Die project will help members of our community make space in their lives for these essential discussions."

**NOTE: There are thousands of Before I Die walls all over the world. For more information please see**

<https://www.youtube.com/watch?v=uebxllrosiM&t=189s>

For further comment, please contact: Cindie Smith, 902-897-4555, [b4idcolchester@gmail.com](mailto:b4idcolchester@gmail.com)

## 4-H Weekend Planned for May 3 & 4

By Jessica Porter

Qualifying members from Onslow-Belmont participated at County Rally in Brookfield at the South Colchester Academy on April 6th, 2019. All of Onslow's members did a great job. Jillian Hill-MacMillan received third for intermediate speaker; Nathan Keeton was placed first for junior introducer; Jessica Porter won first for junior thanker; Doug and Thomas White scored third for their junior double demonstration, and Sarah Kittilsen brought home first for 4-H Ambassador. Everyone was happy to see Onslow represented well.

These members moved on to Regional Rally at the Oxford Regional Education Centre on the 13th of April, 2019, representing Colchester. Representing Central Region, there will be only two members from Onslow-



Belmont proceeded to 4-H Weekend, but Nathan Keeton also did well, getting second for junior introducer. Jessica Porter received first for junior thanker, and Sarah Kittilsen was one of two 4-H Ambassadors.

4-H Weekend is basically the Provincial Rally. It will be at the Dalhousie Agricultural Campus in Bible Hill from May 3rd to 4th. Members from all six regions across Nova Scotia will be compet-

ing there. The county woodsmen competitions will also be held then. Other provincial awards and competition winners will be presented at the 4-H Night in Nova Scotia at the Alumni Theatre on the 4th at 5:30 pm.

Judging day is coming up soon. It will be on the 22nd of May for most projects, and the 20th for dairy, beef and horse. Judging is necessary in 4-H in order to participate at County Exhibition. Onslow-Belmont will be having a club judging clinic to help prepare new members. It can be scary, but judging helps to develop good critical thinking skills for every-day life.

Our next general meeting will be on May 14th at the Lower Onslow Community Centre at 7 pm.

**Jessica Porter is reporter for the Onslow-Belmont 4-H Club**

## TIR says "NO" to Onslow Crosswalk

By Maurice Rees

In a memo, dated April 5th, to Robyn Homans, PEng., Area Manager, Colchester Deborah MacInnis, District Traffic Supervisor, Northern said that a crosswalk was not warranted on Trunk 2 at Tidal Bore Road in Central Onslow.

At council's meeting on February 28, 2019, Council received a request from Marianne Cullip, owner of Fundy Gemstone Townhouses, for a crosswalk in Onslow on Highway 2/4 at Tidal Bore Road. The request was accompanied by a petition signed by 16 area residents and was referred to staff for further investigation.

Since Highway 2/4 is owned by the Province,

staff forwarded the request for the crosswalk to the local office of Nova Scotia Transportation and Infrastructure Renewal (TIR) for consideration. Any crosswalk installation would need to be approved by the Province.

On March 28, 2019, a 7-hour traffic count was performed at the above noted location. During this period, 2 pedestrians were observed crossing Trunk 2. Frequent gaps in the vehicular traffic stream were available for pedestrians to safely cross Trunk 2 at Tidal Bore Road, therefore an artificial gap (crosswalk) is not warranted at this time.

## Code of Conduct Back on Agenda

By Maurice Rees

Colchester council appears hesitant or overworked or slow to adopt a Code of Conduct. A couple of years ago, the matter was a topic of great and immediate concern with plenty of discussion throughout the community; in all media and around council table. At the time council requested staff to work diligently to bring a proposal to

council.

Staff invested many hours and presented their suggestions to council, but the matter lost flavour, and died. On April 25th, Mayor Blair got the matter on the agenda again.

With a few comments, she added the Department of Municipal Affairs passed legislation instructing all councils to adopt a Code of Conduct within a certain period of

time. At the time council had indicated a preference to wait until a draft model, which was under consideration by Nova Scotia Federation of Municipalities (NSFM) was completed. NSFM still has not provided the promised outline.

Councillor Masters was quick to ask the matter be brought back to council. CAO, Rob Simonds, assured he would contact NSFM and get whatever was available.

## Accommodations provide income opportunity

By Maurice Rees

Overnight accommodations in Colchester and Cumberland Counties, particularly between Truro and Parrsboro are a rare commodity, except for an occasional bed and breakfast, and a few established retreats.

Tourists who travel along the shore marvel at the pristine beauty and are fascinated with the Bay of Fundy. Unfortunately, the area is not able to capitalize on the real economic benefits of tourism, because "tourist's must drive through" as there is limited overnight accommodations.

Cumberland and Colchester areas along the water could show a decade of significant tourism growth if the overnight accommodations problem could be solved. The province recently changed regulations on accommodations, which could remove the last structural barrier inhibiting growth of tourism in small rural areas.

Without the benefit of detailed research it is impossible to know: What the market is; How many tourists would stay along the shore; how it could be marketed; how much could individual families make during a tourism season - May to late October.

Because there is no statistical information, we must make some assumption, to try to determine potential benefits. Let's assume:

Overnight accommodations for a couple, including breakfast was priced \$70-\$100.

Perhaps some home owners may have one, two or three rooms.

One night revenue could be from \$70.00 up to \$210-\$300 for three rooms.

If there were guests for five nights per week, income could be \$350-\$500 for one room.

If there were two rooms - \$700-\$1,000; whereas a home offering 3 room for five nights could show revenue of \$1,030-\$1,500 per week.

Once a homeowner knows all the "Ins and outs", they have to make a decision and set their goal on how much income they might desire from one tourism season. Tourism season from mid-May to mid-October is basically 25 weeks. Using a base figure of \$500 per week for one room (five nights a week) revenue in one season could be \$10,000-\$12,500; up to \$25,000 for two rooms and perhaps as high as \$35,000.00 for one season.

The purpose of this article is not to paint a "rosy" picture, but to cause people to think. If four or five homeowners participated, it would be as start, but in order to make and impact and show growth, upwards of 40-50 participants would be required.

With the Cliffs of Fundy GeoPark anticipated for approval in early 2020, many more tourists are expected to visit the area. This could be an opportunity for families or senior couple to supplement their income.

As tourism grows, events drawing crowds as large as "Not Since Moses" will be more frequent. Overnight accommodations in existing residences is the most economical method to build the industry similar in size, appeal, and as famous as Peggy's Cove or Cabot Trail.

The purpose of this story is to cause people to think and work out their own analysis what \$10,000 or up to \$35,000 would mean to their family income. (As we are able to source data, we will share it in coming months)

**BILL CASEY**  
Member of Parliament

**Amherst Address:**  
5 Ratchford Street  
Amherst NS B4H 1X2  
902-667-8679

**Truro Address:**  
40 Inglis Place  
Truro NS B2N 4B4  
902-895-2863

**Email:** [bill.casey@parl.gc.ca](mailto:bill.casey@parl.gc.ca)