

# REES' Pieces

## WILL WE BENEFIT?

Nova Scotia is abuzz with news Halifax Shipyards won the \$25-Billion shipbuilding contract. According to main stream media many in Halifax are planning a rosy future. It seems some have already started spending the money they hope to make even though steel won't be cut until 2013.

I'm not trying to be negative, but to look at it with a more pragmatic view. Most of the benefits being touted so far are housing, automobile, and restaurant sales. That is fine for Halifax's urban core, which now accounts for over 40% of the provinces population.

What will it mean for rural Nova Scotia and towns, which are more than an hour's drive from Metro? Will experienced trades people leave Amherst, Yarmouth, New Glasgow and other areas on the lure of big money and constant work in the city?

Even before the announcement, negative forces were already at work in Truro. Two prominent icons have closed or will be closing their doors. Cavanagh's for many years was a source of strength for local farmers and produce growers, because they focused on buying local long before it started to be in vogue.

Margolians Ltd, the lure to shop downtown Truro is closing at the end of the year. Their closure is tatamount to the disappearance of the Eaton's Catalogue decades ago. Inglis Place will never be the same. For the sake of the other merchants it is hoped budding entrepreneurs and those past the budding stage will band together to revamp the Margolian property to have a strong, and if possible stronger retail lure.

Margolian's have carried many famous brand names. Some of those brands have increased market share via "factory outlets". Levi for one, has a factory outlet just outside Charlottetown. Conway, NH, in the centre of no-where has become famous for its proliferation of factory outlets.

Could Downtown Truro benefit from a redevelopment of the Margolian property with a series of factory outlets at street level and a combination of offices or condos on the upper floors? There is other retail space currently vacant on Prince Street and in the Esplanade.

Downtown merchants have about 6 to 9 months to do their brainstorming, work together and see properties redeveloped. No disrespect to the other fine merchants in the downtown core, but as a friend said to me about all there is left is MacQuarrie's and the Banks.

It's these problems which are devastating small town and rural Nova Scotia. Yarmouth has been facing similar devastation since the Yarmouth-Bar Harbour and Portland ferry service was curtailed when Dexter government axed the ferry subsidy.

However, rail service to Cape Breton has been stabilized with a new annual subsidy agreement. I have an interest in politics, you bet I do, but even without that, it's not hard to see political efforts at work where there is population density and a strong labour movement.

The resurrection of New Page's mill in Point Tupper will require another large financial commitment by taxpayers for the new owners. If not immediately, rest assured taxpayer money will be flowing like a swollen stream in a spring flood within five years to keep the doors open.

Cape Breton Regional Municipality is claiming by provincial regulations or guidelines, it has been under funded by over \$15-million and they want the money now, or they will go to court to get it.

I don't anticipate there is much money left for the Dexter government to pay serious attention to the ailments of rural and small town Nova Scotia. With its great appetite for government dollars, Halifax has swallowed up nearly \$50-million each from Province House and Ottawa for the new convention centre.

Halifax has committed \$20-million to a new stadium and is leaning on Ottawa and Dexter's NDP to lever another \$20-million each.

With 40+% of the population in HRM, I wonder if it's time for other members of the Union of Nova Scotia Municipalities (UMNS) either within their association or collectively as a rebel group to hold Province House's feet to the fire, asking for proportionate treatment for special projects to be spread around the province on a pro-rata basis. This would be for additional projects over and above highways, schools, and infrastructure.

Do the municipal politicians have the intestinal fortitude to mount such an offence? No bets, but time will tell. What do you think?

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

Letter to Editor  
Dear Maurice

Enclosed is my cheque to renew the Shoreline Journal for another year.

I do look forward for this interesting and informative paper each month.

Thanks for a job well done.

Vera M. Kaintz  
Coopersburg, PA

Letter to Editor  
Dear Maurice:

Enclosed please find a cheque for subscription renewal of the Shoreline Journal.

I always enjoy reading it to find out what's going on "down home".

Thank You  
Mildred Jaeger  
Woodbridge, ON.

Dear editor:

Check and track your blood pressure.

High blood pressure is common; in fact, almost 30 per cent of adults in Nova Scotia have high blood pressure. This number is higher, reaching close to 70 per cent in people with diabetes.

Higher rates can be found in older Canadians, persons with diabetes or kidney disease and persons of Aboriginal, African, Hispanic and South Asia descent. People who are overweight and those with a family history of high blood pressure are

also at risk for developing high blood pressure.

High blood pressure, if not well managed, can affect your brain, heart and kidneys. It can cause a stroke, heart attack or kidney failure. High blood pressure is often called "the silent killer" because most people do not experience any symptoms. The only way to know if you have high blood pressure is to have it checked by a health-care professional.

Doctors encourage you to know your numbers. You are the most important member of your health-care team. Adopting a healthy lifestyle built around physical activity and a healthy diet can help you manage your blood pressure. Managing stress, quitting smoking, limiting alcohol and losing weight also makes a difference.

As a doctor, I encourage you to know your numbers and have your blood pressure checked regularly. Talk to your doctor about the My Blood Pressure Card, a wallet card which allows you to track your numbers to share with and between your health-care providers.

For more information, visit [www.gov.ns.ca/bloodpressure](http://www.gov.ns.ca/bloodpressure).

Sincerely,  
John Chiasson, BSc, MD  
President, Doctors Nova Scotia  
[www.doctorsns.com](http://www.doctorsns.com)

Dear Editor:

October 12, 2011

Flu shot now available.

October is Influenza Immunization Awareness Month and Doctors Nova Scotia wants you to know the facts. Influenza, also known as the "flu", causes an average of 20,000 hospitalizations and results in approximately 4,000 deaths each year.

Doctors in the province are encouraging all Nova Scotians to get immunized. Again this year it will be even easier for Nova Scotians to get the protection they need against the flu. The seasonal flu vaccine will be free for anyone in the province who wants it. The vaccine will protect against three strains of the seasonal flu that are predicted to circulate this season, including H1N1.

Some of the symptoms of the flu include a fever and/or cough with one or more of the following symptoms: unusual tiredness, headaches, muscle or joint aches, and

sore throat. Combined with regular hand washing, the flu shot is the best way to protect yourself and others from the virus.

While all Nova Scotians are encouraged to be immunized, those at high risk of influenza-related complications and their caregivers remain the top priority for influenza immunization. Health-care providers, including physicians, should get the vaccine to protect their patients.

The seasonal flu vaccine will be available through physician offices, workplace clinics and public health clinics throughout the province.

Doctors Nova Scotia is committed to keeping you informed throughout the flu season. Please continue to be aware of flu prevention techniques and get immunized.

For more information, visit [www.gov.ns.ca/flu](http://www.gov.ns.ca/flu).

Sincerely,  
John Chiasson, BSc, MD  
President, Doctors Nova Scotia.

## Spread the news of your Community

Deadline for the December issue of  
**The Shoreline Journal** is November 22

VISIT OUR WEBSITE  
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## The Shoreline Journal

### Here's where to find us:

<b>BASS RIVER:</b> Bayside Pharmacy Dominion Chair Factory Store	<b>GREAT VILLAGE:</b> C. D. Smith's Rite-Stop Wilson's Gas
<b>BELMONT:</b> Belmont General Store	<b>MAITLAND:</b> Frieze & Roy General Store
<b>BIBLE HILL:</b> C.W. Fraser Pharmacy MacQuarries Pharmacy	<b>MASSTOWN:</b> Masstown Market
<b>DEBERT:</b> Barnhill's Superette Debert Mini-Mart	<b>NORTH RIVER:</b> Grant's Grocery
<b>ECONOMY:</b> Economy Country Store	<b>ONSLow:</b> Onslow Market
<b>FIVE ISLANDS:</b> Diane's Restaurant Ellis Video Masstown Market Five Islands Mo's Café	<b>PARRSBORO:</b> CrossRoads Co-op Ken's Grocery Wright's Pharmasave
<b>GLENHOLME:</b> Double "C" Truckstop Glenholme General Store	<b>TRURO:</b> Atlantic Superstore Cavanagh's Market Ltd. MacQuarrie's Pharmasave (Esplanade)

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](mailto:maurice@theshorelinejournal.com)

## THEATRE CLASSES in Masstown

Leana Todd, who grew up in Belmont, is returning with her family to the Truro area to offer some affordable and formidable theatre classes. Leana is a theatre graduate with an extensive background in working with youth in a creative and educational way.

This fall, Leana will be offering 3 sessions - two in Truro and one in Masstown. The Masstown classes are geared towards a younger crowd; youth ages 6-10 can gather every Wednesday

evening for an hour to have some fun, make new friends and create their own final performance for family and friends based on the whacky stories of Robert Munsch.

For more information and/or registration, please email Leana directly at [leana.todd@gmail.com](mailto:leana.todd@gmail.com). The first class is Wed Oct 26th at 630pm at the Masstown United Church. The session lasts 8 weeks with the final performance taking place on Dec 21st.

## HARRINGTON THANK YOU

Robina Harrington would like to thank everyone for their thoughtfulness during her recent stay in hospital and recovery at home. Special thanks to the kind nurses on 3-North and in ICU and to Doctor Slipp, McGibney and Jeffers.

**The Shoreline Journal** (circ. 1300) 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.

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

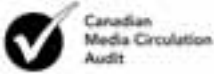
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**HST:** #890564404RT001. Printed by Advocate Printing & Publishing Ltd, Pictou, Nova Scotia

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