

Chantelle's 2nd Annual Cystic Fibrosis Pumpkin Blast was Held at Blake's Pumpkin Jungle in Masstown on Oct. 23RD & 24TH



Loads of pumpkins in ever size at Blake's Pumpkin Jungle and the giant teddy bear always makes a great photo background.



James MacKinnon had fun ride on the mechanical bull. One of the many fun activities at the fund raiser.



Bake table, pumpkin decorating, face painting, bbq, and so much more including these cute balloon creatures. A great day of family fun to raise money for a worthwhile cause.

Our Beacon Home (The Way Back Home)

*Through Ocean Gales
And Fog So Thick
Through Winter Storms
Our Crew Was Sick
Through Ice-Burg Flows
And Waves So High
You Were Always There
Our Ocean Eye
To Bring Us Home!*

*God Bless And Thank-You
Thomas A. Marshall (Ex-Navy)*

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Mental Health and Addictions Peer Support Line Launched

As of Wednesday, October 12, Nova Scotians with mild mental health or substance use concerns can call the provincial peer support line toll-free at 1-800-307-1686. Callers will speak directly with someone who can relate to their experience and is there to listen.

"Peer support plays a critical role in helping Nova Scotians overcome addiction and mental health challenges," said Brian Comer, Minister responsible for the Office of Addictions and Mental Health. "This line offers a safe space for Nova Scotians who are struggling. Being able to connect with someone who has been where you are and who can relate with empathy can really build confidence and hope."

Trained peer supporters will provide social and emotional support, reassurance, and encouragement to people who are feeling isolated, alone or anxious. Peer supporters can also provide information about more formal services and supports that might help.

The peer support line will be open Wednesday to Friday from 5 p.m. to 11 p.m. and Saturdays and Sundays from 11 a.m. to 11 p.m. In most cases, people can speak with somebody the same or next day.

Mental Health Innovations has been contracted to deliver

the service. For more information about the peer support line, visit: <https://www.supportyourpeople.com/peer-support-phone-service>

Tyler Simmonds a peer support worker said, "My own experience is what made me interested in providing peer support. Using my experiences to help others is fulfilling and healing and gives me purpose. There are many people who need somebody to listen to them. Struggling with mental health can be a lonely experience and, often, getting help can feel like a daunting task. It can be so encouraging to know that you can just dial a number and that someone is there to listen."

Another peer support worker, Jessica, said, "Recovery can be lonely, and sometimes just having a listening ear makes all the difference. I want folks to know recovery is possible, and we can be a stepping stone on their recovery journey. This service is unique because of the reach it's going to have. It makes talking to a peer supporter accessible to people who may not have that opportunity otherwise. Anyone can call us and know we will be there to listen."

Quick Facts: The peer support line is a confidential phone service for people 18 and older who are dealing

with mental health and substance use issues. Nova Scotians under the age of 18 should continue to reach out to the Kids Help phone at 1-800-668-6868. Text CONNECT to 686868, or visit <https://kidshelpphone.ca>

Anyone who is experiencing a mental health or addiction emergency should call the provincial mental health and addictions crisis line at 1-

888-429-8167 or 911. People looking for help with a mental health or addiction concern can also call the mental health intake line at 1-855-922-1122 and people do not have to be referred by a doctor or counsellor.

Additional Resource: Nova Scotia Health's mental health and addictions program:
<https://mha.nshealth.ca/en>

Scary Halloween Night

*On a dark and scary night
There was a loud bang tonight
And the little children
Ran with fright so scared tonight
And there's laughter in the air tonight
And it's a cold dark lonely
Scary Halloween night
And the moonlight is blue and bright
And it's a ghostly night
A cold breeze blowing all night
And there's an other loud
Bang tonight
And the little children are
Running with fright it's just
Skeletons and ghosts and ghouls
Tonight and the howling
Of the crazy werewolves tonight
And the dead
Zombie's walking through the
Streets on this cold dark lonely
Scary Halloween night.*

David P Carroll

A Walk in the Woods

Time for People to Enjoy the Woods and Watch for Hitch-hikers

By Donald Cameron, RPF

As you may have read weeks ago, there was a special public field day planned for the Leggate family woodlands in Five Mile River, East Hants for October 1st. Due to Fiona's arrival, the event was postponed two weeks to Saturday October 15th. The field day, for which the public is invited to attend at no charge, will spotlight the exemplary forest management work accomplished on James Leggate and Christina Miller's woodland, near Kennetcook.

There will be many interesting exhibits profiling many different aspects of woodland management, including treatments and activities by James and family on land that once was the largest clearcut in the province when they purchased it. There will also be active demonstrations of a portable sawmill, pre-commercial thinning, and small scale commercial thinning. Other participating exhibitors will cover protecting forest land, ecological forestry, woodland owner organizations, educational organizations, and the forestry industry.

The civic address for the Leggate woodlot entrance is 6079 Highway 236, Five Mile River, East Hants.

The ticks are more active now and more dangerous than you thought

Geneticks is the first private lab in Canada developed to provide accessible, quick and reliable service for identifying and testing ticks for tick-borne diseases. The objective behind this service is to provide rapid return service so that people that have been bitten by an infected tick, with Lyme Disease or other tick-borne illness, can seek appropriate medical care quickly.

Geneticks provides a free app for people to download on their phone so that they can register and be prepared to use it, if needed. For anyone that has found themselves looking at an ugly fully engorged tick in their bodies, this can be a serious and valuable service.

Looking at results from the 2021 Geneticks season, one sees some interesting and surprising figures and trends. For example, although Geneticks receives data from people all over Canada, a surprisingly high 10.3% of the tick data submitted, came from Nova Scotia. This reflects the relatively high occurrence of ticks, especially black-legged ticks, in Nova Scotia.

Not surprisingly, since dog ticks are not known to carry Lyme

disease, most of the ticks sent to Geneticks for analysis (81%) are black-legged ticks. Dog ticks made up 17%, and the lesser-known groundhog tick (which I have had the pleasure to find embedded in me) comprised the other 2%.

Another sobering fact is that of all the black-legged ticks submitted from northern Nova Scotia to Geneticks, approx. 30% were found to be infected with Borrelia, which is the bacteria that causes Lyme Disease and tick-borne relapsing fever.

With respect to who is encountering the ticks, 52% were adults, 30% - children and 18% - pets. The most common outdoor activity leading to tick contact was outdoor recreation - 74%, followed by yard and home work - 13.5%.

One of the most surprising results were the months when the black-legged ticks were found and submitted. We often assume that ticks are at their worst in spring an early summer, and then pick-up again in September before it gets cold. Based on all the Nova Scotia ticks submitted to Geneticks, only 4% were submitted in April and again in May, 14% in June, 9% in July, 2% in both August and September, 23% in October, and a remarkable 32% in November. Who knew? It makes one wonder how many late fall submissions are a result of hunting season.

In contrast, of the dog ticks submitted for analysis, 4% are in April, 24% in May, 20% in June, 44% in July, and 8% in August. That provides a significant contrast to the black-legged tick figures.

So, here we are in October, one of the most active times for black-legged ticks. If anything, the recent hurricane may have made them more active as they search for a warm body to provide them with a blood meal.

It is very important that all of us that spend time enjoying the outdoors - in the woods, fields, lawns, along the perimeter of properties, wherever, to check themselves carefully in hard-to-see spots each and every day.

Don Cameron, RPF works out of Truro Office of Nova Scotia Natural Resources and Renewables



Donald Cameron, RPF

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