



Lots of people in attendance for the kick off to the Wild Blueberry Harvest Festival at Civic Square on August 16th. (Submitted)

Folic Acid for February: Beating the Winter Blues

By Daniel Vanderlans

I own a Health Food Store. I'm Registered Counselling Therapist. I am athletic and eat clean. I'm spiritual. So how can I justify using psychiatric medication? Because I need them to feel good especially as the fall and winter blues approach! For me, its not black or white, all or nothing argument. I combine medication with nutrition. Take Folic Acid for example: Its natural state Folate is a B Vitamin- found in beans, lentils, peas, leafy greens, fruit, and eggs. A lack of folic acid has long been linked to depression.* Folic acid - when converted to L Methylfolate - helps to synthesize of serotonin and dopamine (our brain's feel good chemicals). The daily recommendation is of Folic Acid is 400 mcg. However, In my case my psychiatrist prescribes medication along with 15000 mcg of folic acid per day (almost

40 times the daily recommendation). Yet, the results of a randomized, controlled research study** and a study involving 554 persons with depression** make for a strong case: folate in high amounts may be effective in enhancing your medication and your mood. This means you may feel much better when taking much less psychiatric medication if you include folate in your regime. Folate in high doses is generally safe, easily tolerated by the body, and inexpensive. Even more, if you have a health plan that covers psychiatric medication it likely covers folic acid / folate as well! For me, it's literally a life saver as the fall / winter blues approach I feel less active! Indeed, nutrition is a huge piece of my 'feel good - do good puzzle.' It could be for you too! Remember that each person and situation is unique so talk to your doctor before starting new supple-

ments or making any medication change. Naturally, I hope this helps!

*Coppen, A. & Bolander-Gouaille, C. (2005) Treatment of depression: time to consider folic acid and vitamin B12. *Journal of Psychopharmacology*. 19(1), 59-65.

**Papakostas GI, Shelton RC, et al. (2012). L-methylfolate as adjunctive therapy for SSRI-resistant major depression: results of two randomized, double-blind, parallel-sequential trials. *American Journal of Psychiatry*. 169(12), 1267-74.

***Shelton, C.S, Manning, J.S, et al. (2013). Assessing Effects of L-Methylfolate in Depression Management: Results of a Real-World Patient Experience Trial. *Prim Care Companion for CNS Disorders*, 15(4)

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Buildings to be Demolished in Debert

By Maurice Rees

Colchester Council awarded three tenders during the June 27th council meeting. The tenders including: Harmony Road Sidewalk; demotion of Debert Buildings and Cassandra Court Paving, plus authority for August Committee to receive and approve 2018/19 Audited Statements.

The Harmony Road Sidewalk in Salmon River covered a distance of 430 metres. A total of five companies purchased tender documents, and five tenders were received. The low bidder was SW Weeks and their tender was deemed to be complete. Opening bid results, excluding HST, were: SW Weeks Construction, \$507,310; Basin Contracting, \$566,573; Atlantic Road Construction, \$638,790; Dexter Construction, \$713,000 and Brycon Construction, \$715,500. SW Weeks will start by July 29th and take eight weeks. Council approved SW Weeks bid submission.

Council's approved five-year capital budget includes \$550,000 for the construction of the sidewalk. Of this amount, 50% is to be funded by Gas Tax, and 50% is to be funded by the Active Transportation Area Rate. In addition to the tender value, other project costs will include materials testing (\$7,500), staff time (\$10,000), and rebated tax (\$21,743). A total of \$25,000 has already been committed to the project for staff time (\$15,000) and surveying (\$10,000) to date.

Total anticipated project commitment is \$571,553 plus contingencies. Staff recom-

mends that an internal contingency of \$50,000 be carried for the construction project.

"That Council approves the award of the tender for the construction of the Harmony Road Sidewalk from Shawndale Drive to Blainedale Drive to SW Weeks Construction for a total contract amount of \$307,310 excluding HST; and, an internal contingency of \$50,000 be approved, to be spent only on authority of the Director of Public Works.

Debert Buildings at 208 Dakota Road and 20 Messina Drive will no longer exist, with council awarding a tender for demolition. Demolition was supposed to occur last year, but when the work did not get completed, the project was pushed into the current fiscal year.

These buildings are no longer usable and have fallen into disrepair. Both have been tested and contain hazardous materials such as lead, asbestos and PCBs, therefore the demolition costs are high due to removal of hazardous materials.

A total of nine companies purchased the tender documents, and five tenders were received by the closing on June 11, 2019. Results, excluding HST, are summarized below: Asbestos Abatement, \$88,000; Verhagen Demolition, \$116,700; Dexter Construction, \$147,000; Capital Demolition, \$148,000 and Sackville Trenching, \$275,700.

Council's approved capital budget for fiscal 2018/19 included \$75,000 for the demolitions. In addition to the tender value, other project costs will include materials testing (\$5,000), staff time (\$5,000), and rebated tax (\$3,772). A total of \$2,500 has already been committed to the project for staff time to date. Total anticipated project commitment is \$104,272 plus contingencies. Staff recommends that an internal contingency of \$7,500 be carried for the construction project. During discussion prior to approval council asked and were assured all safety regulations regarding asbestos and hazardous material has been

included in the tender documents. Council approved the tender, although Councillors Cooper and Taggart voted NAY.

Dexter Construction were awarded the tender for the asphalt paving of Cassandra Court for Option #1 in the amount of \$49,000. The project was scheduled for 2020/21, but due to completion of other projects, Cassandra was moved into the current year. Cassandra Court measures 100 metres in length and is a cul-de-sac in Valley. Tender documents included two options: Option 1 - Removal of the existing asphalt, compaction of the sub-base, placement/compaction of base gravel and placement/compaction of new asphalt; Option 2 - Pulverize existing asphalt, placement/compaction of base gravel and placement/compaction of new asphalt.

A total of six companies purchased the tender documents, and five tenders were received by the closing on June 11, 2019. Since council chose Option #1, the Results, excluding HST, are summarized below: Dexter Construction, \$49,000; S.W. Weeks Construction, \$49,450; Will-Kare Paving, \$51,000; Atlantic Road Construction, \$51,000 and Basin Contracting, \$55,167. The low bidder was Dexter Construction and their tender was deemed to be complete.

Work will be completed before the end of July. Total costs to be funded by the Street Repaving Reserve.

In addition to the tender value, other project costs will include materials testing (\$2,500), staff time (\$2,500), and rebated tax (\$2,100). A total of \$5,000 has already been committed to the project for staff time. Total anticipated project commitment is \$61,100 plus contingencies. Staff recommends that an internal contingency of \$5,000 be carried for the construction project.

Council gave approval to August Committee to receive and approve the 2018/19 audited Financial Statements on motions by Deputy Mayor Steward and Councillor Pash.

Driveways Culverts Owners Responsibility

By Maurice Rees

Recently there has been confusion on who is required for maintenance of driveways culverts on county owned roads throughout Colchester. This has caused Michelle Newell, Director Public Works to provide an information item at the August 8th Committee meeting for council's review. Here is a the information contained in her advisory:

Any new driveway constructed on a County owned road requires a permit, which is issued by the Development Office and reviewed/approved by Public Works.

The standard wording included in a driveway permit is summarized below:

A driveway culvert must

be installed in the ditch at proper elevation and grade so that the flow of water is not restricted. Minimum culvert diameter for corrugated steel pipe shall be 500 mm, and for plastic or concrete pipe shall be 450 mm. The culvert must be installed only on the portion of the ditch that would come under the proposed driveway width. Proper end protection of the culvert must be provided to ensure structural stability and clear passageway to the run-off water. The culvert must be maintained clear of debris and sediment/soil for unrestricted water flows at all times. The width of a driveway shall not be less than 3.5 metres (11.5ft) and not more

than 9 metres (29.5 ft) measured at the street line. This permit does not allow filling-in of road-side ditches along the property.

Based on some recent calls to the Public Works office, it appears there is a need to clarify the responsibility for long term maintenance for driveway culverts.

The County's position has always been that private homeowners are responsible for maintaining, repairing and/or replacing their driveway culvert, if located along a County owned road.

Public Works staff will be modifying the wording in the standard Driveway Culvert Permit as well as the Standard Speci-

fications for Design and Construction of Municipal Services to clarify this requirement.

The following statement will be added to the standard driveway permit: *Maintenance, repair and replacement of the driveway culvert are the responsibility of the property owner.*



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