

PRESERVING OUR PAST - DEVELOPING OUR FUTURE

Improving Area Health Services Takes Many Hands

The Municipality of Digby has been involved in doctor recruiting for a number of years now. We have been setting aside funds to be used to provide incentives for those wishing to set up a practice in Digby. Last fall the Municipality and the Town had a booth at the Dalhousie Family Medicine Resident job fair held at the Digby Pines. The Municipality has already registered to have a booth at the same event being held in St. Andrews, NB in September.

In April, at the suggestion of Dr. Curtis from Weymouth, the Municipality purchased a booth at the Society of Rural Physicians of Canada's Rural and Remote Medicine conference held in Halifax. This conference is the largest conference in the country on rural and remote medicine where medical students, residents and practicing doctors are able to meet with representatives from communities

across the country, all of whom are looking for doctors and each trying to stand out.

The Digby area was well repre-



Martha Curtis is interviewed by the CBC about recruiting doctors to rural communities

sented at the conference, with the help of the Digby Area Charitable Health Foundation; Dr. Don Curtis and his wife Martha; Dr. Don Westby; Weymouth Pharmsave and the Weymouth Area Health Coalition. Special thanks to Kelli Janson who designed and created a great brochure highlighting the

services provided at the Digby General Hospital, the Digby and Area Health Services Centre, and the medical clinics in Weymouth, Bear River and Freeport.

"Community leaders from Digby and area have been working together with the Nova Scotia Health Authority and local health care professionals to discuss how we can improve access to primary health care services, develop local solutions to health care issues and to better share information with the community," said a representative from The Digby and Area Charitable Health Services Foundation.

The Digby and Area Charitable Health Services Foundation is hosting our 5th Annual Richard Ellis Memorial golf tournament at the Digby Pines on the 26th June this year.



Digby Tim Hortons' was one of many who supported the purchase of a new ultrasound unit for Digby General



Dr. Bourget and Dr. Chang discuss doctor work loads and retention



Members of the Digby & Area Charitable Health Services Foundation Neil Nichols and Kevin Ellis

Lyme Disease Know the Risks



Lyme disease is transferred to humans via a bite from a Black Legged Tick also known as a Deer Tick.

Characteristics of a Deer Tick is they have dark legs with a reddish brown lower body and a lighter brown shell behind the head.

Ticks like warm areas of the body, so first check under arms, toes, head and groin areas.

A Deer Tick would need to be harvesting blood for approximately 36 hours before the bacteria that causes Lyme Disease would be transferred. Repellants with deet

help deter ticks. Wearing long sleeves and socks over pant legs also help protect the body.

When removing a feeding tick, use tweezers and place the tweezers between the skin and the tick, then pull the tick off. This method should also remove the mouth portion of the tick from the skin.

If a crusty round rash forms after removing a tick consult a physician.

Go to: <https://www.yourdoctors.ca/blog/general/what-you-really-need-to-know-about-lyme-disease-in-nova-scotia> for more helpful information.

Fireworks and Pets

This summer there will be fireworks exploding high in the sky and many dogs and cats running to hide. The concussion from the explosion can set off a lot of anxiety and fear with pets. It is

important to allow your pet to hide and assure that you and they are all safe. Before the fireworks start, place your pet inside your home as far from the loud sounds as possible. In some cases pets have been known to run away and travel some distance to get away from the loud noise. Some dogs and cats can be traumatized for some time after the fireworks. Let your pet naturally recover and give them lots of positive attention.

Things to consider:

- * Place your dog or cat inside where there is a place for them to hide and feel safe.
- * Mask the sound of fireworks by turning on the TV or play music.



On the Trails

Thanks to the trail volunteers

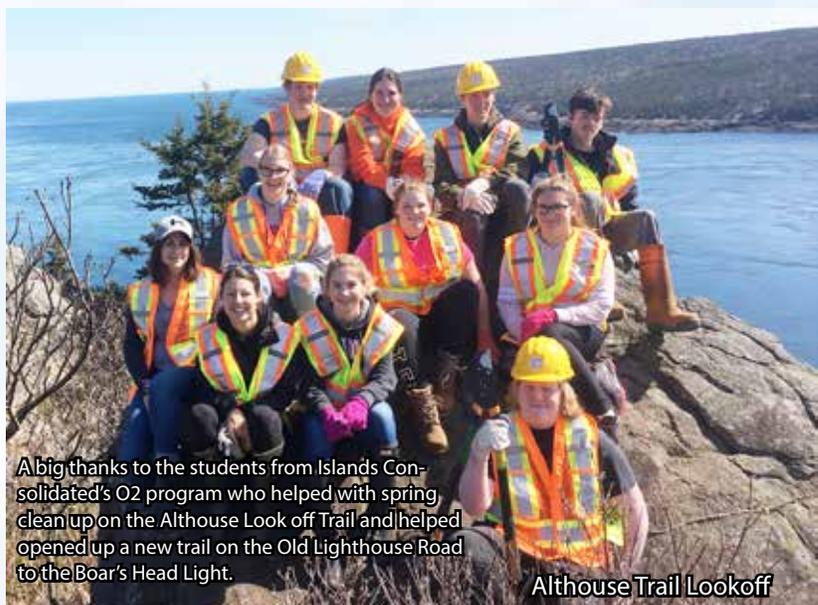
Volunteers are key to keeping our trails safe and welcoming. Students have worked at Boar's Head and Acacia Valley this spring helping with clean up and trail building projects. Members of the Digby County ATV Club repaired two washouts on the railbed and have more worked planned. Smiths Cove community members are planning a meeting to discuss summer trail work on the railbed there. The Van Tassel Lake Trails Association hosted a spring clean up and picnic on May 25 and has planned weekly volunteer nights for every Wednesday evening in June. (6-8 p.m., meet at the parking lot of the trails).

Stay tuned for more volunteer opportunities and contact the trail coordinator if you'd like to help with trail work or if you have ideas

about the work we need to do.

Our ultimate goal is to have community members take ownership and pride in our trails. Picking up trash and reporting unsafe or deteriorating conditions are a great help. Better of course is not littering in the first place and using the trails responsibly

and respectfully - sometimes, like during the wet weather we had in May, we have to give the trails a break, but normally the most important thing we can all do to support trails in the Digby area, is get out and use them. Have fun out there and share your photos with #digbyrocks!



A big thanks to the students from Islands Consolidated's O2 program who helped with spring clean up on the Althouse Look off Trail and helped opened up a new trail on the Old Lighthouse Road to the Boar's Head Light.

Althouse Trail Lookoff

The Digby Regional Emergency Management Organization

(Digby REMO)



EMO Volunteers conduct a table top exercise

By the time this is published Digby REMO will have conducted an intense table top exercise. This will have taken place on June 4th at the Town Emergency Coordination Center (ECC) based in the public works building in Digby.

The exercise is set up around a storm followed by a long-term power outage. It will look at the roles of the Digby REMO staff and their duties before, during and after the incident.

The scenario will be built up in the week before the incident followed by activation of the ECC. Staff will be presented with the facts and given frequent updates on the storm and power outage. They will then put into action the Digby REMO Emergency response plan.

The exercise will be conducted by the Provincial Planning Officer and Digby REMO Emergency measures coordinator. The staff involved will be trained members of the Digby REMO team from the Town and Municipality.

Health File

The Hub Helps Digby High School Students

A new youth health centre at Digby Regional High School – known as The Hub - is piloting a new model to help teenagers with mental health and health promotion.

The goal is to use a standard approach in providing supports and services and to better co-ordinate and connect students with resources already available to them.

Digby Regional High is the first school in the Tri-County area to have a youth health centre.

"We're in the early stages of opening The Hub and it's been an exciting time for the students to help give input on what they want this space to look like and be," said Erin Todd, Nova Scotia Health Authority's Youth Health Promoter at Digby Regional. "It's been really rewarding to see the students engaging with each other in this space and identifying things that will support and promote their health."



Erin Todd
Youth Health Promotor



70% OF PEOPLE GET JOBS WITH COMPANIES WHERE THEY HAVE A CONNECTION

I introduce skilled job seekers to Connectors- business leaders and professionals - in the field they want to work in. They meet for an informal conversation, build those connections, get answers to their questions ...and possibly find out about employment opportunities.

Connectors get to meet local skilled people who are looking to work here. They make a difference by helping talented people stay and work in our communities.

To find out if you qualify for the program or if you are interested in being a Connector go to www.westernren.ca/get-connected/ and contact me today



Brenda LaGrandeur

Manager, Western REN Connector Program
blagrander@westernren.ca
902-653-0369
Office located at 4075 Highway 308, Tusket

Program testimonial

"As a Connector, it was a joy to work with a newcomer to our area in connecting her with members of our community. These connections lead to a job placement with potential full-time employment, and ALL of us were able to share in her excitement as we witnessed the power of networking firsthand!"

Along the Coastline

* Warden MacAlpine was very pleased to attend the First Nation-Municipal Community Economic Development Initiative Forum. Paqtnkek Mi'kmaq Nation and the Municipality of the County of Antigonish brought Mi'kmaq and municipal leaders together as neighbours and partners for a forum aimed at supporting a cooperative approach to community economic development. The forum focused on relationship-building, as well as establishing priorities and opportunities for joint regional economic development.

* Deputy Warden Gregory and Councillor Ross attended the Nova Scotia Federation of Municipalities spring workshop held in Truro. At one of the sessions Rick Hansen, the founder of the Rick Hansen Foundation, spoke about creating a world without barriers for people with disabilities.

* Council and staff have been meeting weekly to review the proposed operating budget for 2019-20. It is expected that the budget will be approved at the regular meeting of Council on June 24th with no increases to the residential or commercial tax rate.

* The Municipality of Digby, in partnership with the Town of Digby, and the Town of Annapolis Royal were successful in receiving the Federation of Canadian Municipality's FCM's climate change staff grant of \$ 80,000 which will supplement the salary, for two years, of a new municipal employee who will work on initiatives to improve adaptation to local climate change impacts or reduce greenhouse gas (GHG) emissions.

* Councillors have been busy in their districts meeting with constituents and attending various committee meetings, functions and events.

Milestone Certificates

Council provides a certificate of recognition to groups and individuals for significant milestones or achievements.

To find out more go to:

www.digbydistrict.ca for details.

Or call 902-245-4777 or e-mail:

heritage@municipality.digby.ns.ca

Check us out on facebook:

municipality of digby



The Digby Area Tourism Association

is launching a new marketing Logo For details go to: digbyarea.ca



Summer Student Bus Pass

Only \$30

Purchase from the bus driver

Council Meetings

Committee of the Whole	June 10	5 pm
Council	June 24	6 pm
Committee of the Whole	July 8	5 pm
Council	July 22	6 pm

Directory of Municipal Services

Councillors

Warden Jimmy MacAlpine

902-245-4651 jmacalpine@municipality.digby.ns.ca

Deputy Warden Linda Gregory

902-245-2616 lgregory@municipality.digby.ns.ca

Matthew Ross

902-247-5555 mross@municipality.digby.ns.ca

George Manzer

902-837-4353 gmanzer@municipality.digby.ns.ca

David Tudor

902-308-9934 dtudor@municipality.digby.ns.ca

Municipal Offices

General Inquiries	902-245-4777
Building & Fire Inspector	902-245-6776
Airport	902-245-5885
Dog Control Officer	902-245-5885
REMO	902-245-6252
Heritage	902-245-4757
Renewable Energy/Climate Change	902-245-4767
Economic Development, Dan Harvey	902-847-1217
Trails Coordinator, Jonathan Riley	902-245-2861