

LETTERS TO THE EDITOR

MLA Reaching out for Keltic Lodge

The Editor
The following letter was sent recently directly addressing the conditions at Keltic Lodge in Ingonish Beach. New Castle Hotels and Resorts are the present operators and managers of Keltic Lodge.
Mr. Gerald Chase, President & COO
New Castle Hotels and Resorts
2 corporate Drive
Shelton, CT 06484

I write you today to express my concern about the operation of Keltic Lodge, Ingonish Beach, Nova Scotia. As a member of the Nova Scotia House of Assembly, representing the Constituency of Victoria-The Lakes, I recognize Keltic Lodge is both a major employer and revenue generator for the area, and want to see that continue, both for the well-being of your company and the tourism industry in Cape Breton. Tourists from around the world come to take in the rugged beauty of the Cape Breton Highlands, and the accommodations

the guests receive should live up to the majesty of the surroundings. Over the past number of months, concerned residents and tourists alike have brought to my attention the deteriorating quality of the food, service, and rooms at the Keltic Lodge. I fear if these conditions persist, it could hurt local tourism, putting jobs and the well being of the Lodge itself in jeopardy. It is my feeling that superior service and accommodation, coupled with the unrivaled beauty of th area would make an incredibly compelling business plan, and create a win-win scenario for both your company, and the residents and tourists in the area. Please advise on the actions you will take to remedy this unfortunate situation. If you have any questions or concerns, please do not hesitate to contact me.
Yours, sincerely,
Keith Bain, MLA
Victoria-The Lakes

Students can fight Identity Theft

The Editor
College students have enough to juggle when it comes to school, work and their social life and fighting fraud often doesn't make the list of priorities. Because students are so susceptible to identity theft, Better Business Bureau recommends that they take seven simple steps to protect themselves on campus. According to the Canadian Anti-Fraud Centre Annual Statistical Report, more than \$59,000,000 was lost to mass marketing fraud in 2009. Young adults aged 20-29 reported over \$1,559,000 in losses. "Identity thieves don't care if you're a struggling student and don't have a penny to your name; sometimes all they want is to exploit your clean credit record," said Don Mackinnon, president and CEO. "Young adults that establish good habits for monitoring and detecting fraud are laying a path that will help create a healthy financial road for the rest of their lives." BBB recommends that university/college-bound students take the following seven steps to fight identity theft on campus:
• School mailboxes are not always secure and can often be easily accessed in a dorm or apartment. To combat sticky fingers in the mailroom, have sensitive mail sent to a permanent address such as the parents' home or a PO Box.

- Important documents should be stored under lock and key—such as in a filing cabinet. This includes social insurance card, passport and bank and credit card statements. Shred any paper documents that have sensitive financial information rather than just tossing them out. Also shred any credit card offers that come in the mail.
 - Never loan your credit or debit card to anyone, even if they are a friend. Also just say no if your friend wants you to cosign for a loan or financing for items like a TV.
 - Make sure your computer has up-to-date antivirus and spyware software. Always install any updates and patches to your computer's operating system or browser software, which help keep your computer safe from any new advances by identity thieves online.
 - Always check your credit or debit card statements closely for any suspicious activity. The sooner you identify any potential fraud, the less you'll suffer in the long run.
 - When shopping on unfamiliar web sites, always check the company out first with BBB online. Also look for the BBB Accredited Business seal along with other trust seals; click on the seals to confirm that they are legitimate.
 - Check your credit report at least once a year.
- Better Business Bureau
of the Maritime Provinces*

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Mail to P.O. Box 629, Baddeck, Nova Scotia B0E 1B0

Meds turn up the volume on disease that whispers

The Editor
September is Ovarian Cancer Month and doctors in the province encourage all Nova Scotian women to become educated about the disease. In Canada, more than 2,600 women are diagnosed and 1,750 women die from this disease each year. Symptoms of ovarian cancer are generally non-specific and can be mistakenly attributed to other causes. It is important for women to pay close attention to their bodies so they can identify when something is out of the ordinary. Common symptoms of ovarian cancer include swelling or bloating of the abdomen, pelvic discomfort or heaviness, back or abdominal pain, fatigue, gas, nausea, indigestion, change in bowel habits, emptying your bladder frequently, menstrual irregularities and weight loss or weight gain. Currently screening tests cannot detect


ovarian cancer, but when discovered in its early stages – and treated – ovarian cancer survival rate can be as high as 90 per cent. A Pap smear does not detect ovarian cancer and the HPV vaccine helps prevent cervical cancer but not ovarian cancer. Developing effective screening techniques is an area of continued medical research. Doctors in Nova Scotia encourage women in the province to learn about ovarian cancer and the symptoms attributed to it. Since there is no effective screening test for ovarian cancer at this time, doctors recommend that women be attentive to their bodies and be aware of the signs and symptoms of ovarian cancer. For more information about ovarian cancer, visit www.ovariancanada.org or call 1-866-825-0788.
Jane Brooks, MD, PhD, CCFP
President, Doctors Nova Scotia

Chuck Thompson's "Along the Trail" "Yukon 2"



There has been such an overwhelming response to my Yukon article that I have decided to meet public demand and do another. Actually, one person mentioned it in the Co-op but that qualifies. In my mind I had visions of great expanses of rugged, frontier towns, where any towns existed. This was true to some extent but I also remember the plane banking (I only half rose out of my seat) and as we wobbled into the Whitehorse airport I squinted out the window and saw in big neon lights 'THE BRICK'. This was followed in quick succession by flashes of KFC, McDonald's, Burger King, etc. Frontier had taken on a whole new meaning. There was even a Wal-Mart and Canadian Tire and Thai, Vietnamese and Mexican restaurants dotted the downtown. It may be colder than a wife's shoulder on a forgotten birthday but it was not frontier! No matter, it just added to the charm of the place. Another thing I learnt from flying across the country is that I am a perfect flyer as long as the flying is perfect. Years ago, I would read the newspaper (when they gave you a newspaper) upside down, jam my head against the window, read the safety card, anything to take my mind off the fear of flying. Now, if it goes well, I go well. It is a partial victory intermixed by small bumps on each flight. On my sojourn to the North it was flawless to even the most neurotic of minds. The closest thing to fear was the approach to Edmonton. The good captain came on with the standard message "Ladies and gentlemen, we will be landing in Edmonton shortly, please..." Except we didn't. As the plane flew in at a low level, I allowed myself the luxury of looking out the window. Not far below were vast fields of yellow Canola, an endless patchwork of yellow and green. We were low enough to see a farmer on his John Deere working the canola. As far as the landing goes, nothing was happening. The expected landing was not happening. My internal GPS

told me we were circling. I was good with this until I looked out the window and saw the same farmer on the same John Deere. "The wheels won't go down, is there a mechanic on board." I fairly screamed this out until I realized everyone else was nonchalantly finishing up their stale cookie and miniature juices. As the seat belt was chafing my hips, I eased back down and took a deep breath as the wheels hit the Tarmac. Although they are vast distances apart there are many parallels between life in Cape Breton and the Yukon. Like Cape Breton the Yukon saw most of it's mines shut down overnight. In an instant, like it was here, a way of life was lost, possibly forever. I say possibly because with the soaring value of minerals and recent gold discoveries, mining is rising from the dead. So too, do industrial Cape Bretoners wait anxiously for the Donkin mine to bring back a way of life for a privileged few. Meanwhile both CB and the Yukon throw their hopes behind tourism, a dubious future at best. From the very beginning of the gold rush (which only lasted two years to three years), all goods and people were moved by stern-wheelers traversing the many large rivers in the Yukon. The day the road was finished to Dawson in 1955, thousands of people from captains to wood cutters were thrown out of work forever. Just as the Canso Causeway replaced the ferries and their crews, the stern-wheelers ended an era, never to return. Just imagine one day you are at the helm of the S.S. Klondike, a marvelous ship that was over three hundred feet long and only drew three feet of water, and the next day you and your ship are sitting on the river bank, your job and way of life gone forever. One day you have a prestigious job, an icon in your community and the next day you are in the bread line. A similar story has been told many times in the history of our small island. The other parallel I would draw is the tenacity of both peoples. Faced with huge odds against them both peoples plug on, determined to keep their communities and way of life alive. If grit is the determining factor we are both in good shape.
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