

LETTERS TO THE EDITOR

Beware: Telephone scam targeting Maritimes

The Editor

The Better Business Bureau of the Maritime Provinces (BBB) has been inundated with inquiries from Maritime consumers who have received a telephone call claiming that their computer contains a virus.

The caller informs the consumer that they work for Microsoft, Windows, Macintosh, Secure Data Centre, etc and have detected a virus on their computer. The caller then uses a number of different scenarios to scam the consumer: they may try to sell the consumer a "fix" for hundreds of dollars, they may ask for "remote access" to the computer so they can install software to fix the problem or they may refer the consumer to a website to download a "fix", which may end up being an actual virus.

The end result is these scammers want the consumers credit card number or they want access to the consumers' personal and/or financial information that may be stored on the computer.

The BBB suggests the following:

- Never give out your credit card number to any unknown person over the telephone.
- Never give remote access to your computer to any unknown person, no matter where they say they are calling from.
- If you suspect that there is a problem with your computer then take it to a local repair shop.
- Never agree to download anything from an unknown website.
- Make sure that all your firewalls are secure and that you have the latest versions of anti-spyware and anti-virus protection on your computer.
- If you have been scammed, contact your financial institution immediately for assistance.

If you have received a call of this nature, get as much information as you can and report it to the Canadian Anti-Fraud Center at 1-888-485-8501. *Better Business Bureau of the Maritime Provinces, Halifax, Nova Scotia*

Open letter from Board of Victoria Highland Civic Centre

The Editor

The following list chronicles the impressive investment government agencies have made in our arena. All levels of government are to be commended for their increasing support for sport and recreation. Many of these upgrades would have been impossible without ECBC, Victoria County and the Provincial Government.

Following are the upgrades that have taken place in the last 5 years:

2006: Drain around north & west wall	\$27,000.00
New siding & insulation	\$79,614.50
New emergency lighting	\$27,607.07
New hand rails	\$4,255.00
New doors	\$10,925.00
New washrooms & air locks	\$32,600.00
Zamboni	\$10,000.00
2007: 2 New compressors	\$68,000.00

2008: New brine pump & stand	\$10,100.00
2009: New chiller	\$49,750.00
New L-E ceiling	\$51,279.20
New lights	\$15,734.07
Paint inside rink	\$17,420.00
2010: New clock	\$7,700.00
New heat recovery	\$18,080.00
New alarm panel	\$1,773.27
New doors for plant room	\$1,464.48
New front doors	\$3,600.00

The Rink Board would like to continue this renovation by fundraising for a new set of boards and glass. Support YOUR arena any way you can! We are always looking for volunteers. Remember, a dollar spent on sport and recreation is a future health care dollar saved.

*Board of Directors,
Victoria Highland Civic Centre*

Letters to the Editor Policy

The Victoria Standard welcomes letters of interest to our readers. Letters published do not necessarily reflect the policies or beliefs of the staff of The Victoria Standard. All letters must bear the signature of the writer and include the writer's address and phone number for verification. Addresses and phone numbers will not be printed. The use of any letters submitted is at the discretion of the editor. The editor reserves the right to edit letters to meet space requirements, for clarity, or to avoid obscenity, libel or invasion of privacy.
Mail to P.O. Box 629, Baddeck, Nova Scotia B0E 1B0

Nova Scotia youth make extraordinary strides

The Editor

The Doctors Nova Scotia Youth Running for Fun program is celebrating its seventh anniversary. This year, more than 14,400 youth from 215 schools across the province took part in the program.

The doctors of the province would like to congratulate all the students in Cape Breton who participated in this year's Youth Running for Fun program. The region had 45 schools participate representing more than 3,300 youth who got active by running. Special recognition goes to Sydney River Elementary and Donkin Complex for participating for a seventh year. Most of these schools had students participate in the 2011 Doctors Nova Scotia Youth Run at the Cape Breton Fiddlers Run. This made for another very successful event with over 1,400 kids participating.

The Youth Running for Fun Program is offered free to schools around the province. It teaches youth the skills they need to make healthier lifestyle

choices as they age. Participants of the program are taught the basics of running, along with the importance of living a healthy and active lifestyle.

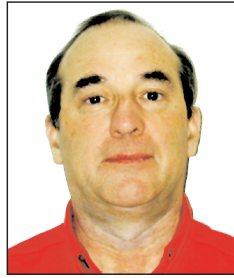
Doctors Nova Scotia would like to thank the volunteers who made the Youth Running for Fun program possible. The volunteers are the driving force behind the program, without them it wouldn't be as successful. Also thank you to our sponsors, the program wouldn't be able to grow each year without the support of our association partner the Canadian Medical Association, presenting partners Nova Scotia Department of Health and Wellness and RBC, and our patron partner TELUS Health Solutions.

The association encourages all those who took part in the program to stay active throughout the year and encourage friends and family to join in the fun.

For more information about the Doctors Nova Scotia Youth Running for Fun program, visit www.doctorsNS.com.
*Dr. John Chiasson, BSc, MD,
President, Doctors Nova Scotia*

Chuck Thompson's "Along the Trail"

Matapedia and beyond



Every year I, along with three other like-minded individuals, head to the Gaspé's Matapedia Valley to spend a few days fishing the beautiful Matapedia River. The river and the village that shares its name lie just across the bridge from Campbellton, New Brunswick. The good folks of New Brunswick call it the "bridge" while some of the Quebecers call it the "international bridge" which gives you some idea of the nationalistic pride that permeates the Gaspé Region.

The village of Matapedia has about 8 or 900 hundred souls in a community that straddles the Matapedia River itself. It is a quaint village that is much more European French than Atlantic Canadian. Often, as the day winds down, we end up in a large river canoe fishing just below another bridge that connects both sides of the village. As we sit there with the sun setting behind us, the villagers walk back and forth across the bridge. Young lovers hand in hand, bereted seniors on bikes, joggers, all sharing the common link and everyone in the village is linked to the river. The village came about in most part because it is a railway junction between the trains continuing on to Halifax and those splitting off to the Gaspé Coast. It may have been and still continues to be a railway village but it is the river that connects the people.

It is the river that draws us there.

Many evenings as we fished below the bridge some citizen would lean over the rail and holler down to us "Peche, la Peche", excitingly pointing out salmon lying below in the pool out of our view plane.

Be so lucky as to hook a fish and the bridge will quickly fill with residents of all ages eagerly cheering you on to success. More often than not the salmon wins and leaps to freedom, spitting the fly in disdain. The audience on the bridge

will share your pain in silence.

This same little village has ball fields, soccer fields, a ski-hill, the usual assortment of churches, service stations, and one take-out. "The best hamburger on the Gaspé" our talented guide Pierre D'amours assures us.

But the one thing, besides the river, that intrigues us most is the little grocery store that is the heart of the community. "The Epicerie Bujold" is a throwback to better times in small places but here it is vibrant and alive. No doubt it is, in part, a cultural and language connection but the good folks of Matapedia support their store. They have the option of driving 20 kms to the Sobeys and Superstore in Atholville but it is here they put down their hard earned dollars. They, in turn, are rewarded with fresh produce and fruit, a meat cutter and his wares, beer and wine, and the usual assortment of canned and boxed goods. Even in broken English the meat cutter's eyes light up when he sees us arrive as our designated camp cook is a pork fanatic. This year we lugged in some moose meat and store bought salmon and I'm sure the "pork Futures" market dropped.

Maybe it is nostalgia on my part but how nice it would be if our little communities could still support the community "Epicerie". Some still exist such as the Red and White in Margaree or the Smith Store in Orangedale but for the most part they are gone the way of the village post office, and the one room school.

What we have left, we must protect and support. If everyone keeps going to the big box stores in Sydney and beyond what will happen to our Fresh Marts and S.J. MacRae's, a small full-service station that employs nine people. Costco will fill your prescription for less than Stone's but where will you turn when an emergency need arises, be it a flat tire or empty heart pill case?

"Use it or lose it" applies just as well to local enterprise as it does to its more famous reference.

charlesthompson47@hotmail.com



The Victoria Standard

The Victoria Standard is published fortnightly by Bras d'Or Graphic Marketing Services.

Editor and General Manager: James Morrow

Copy/Design/Subscriptions: John Johnson

Advertising/Sales: Jim Ryan

PO Box 629, Baddeck, Cape Breton

Canada • Nova Scotia • B0E 1B0

902-295-1144 • Fax 902-295-1143

victoriastandard@ns.sympatico.ca

www.victoriastandard.ca

Copyright and/or property rights apply to all advertisements appearing in The Victoria Standard. Reproduction of advertisements, in whole or part, is not permitted. Copyright and/or property rights are available for purchase.

Mailed under Canadian Publications Sales Agreement #40011839