

LETTERS TO THE EDITOR

Moving time? Why have a moving day horror story?

The Editor

It's that time of year again when people start planning their moves whether it be across town or across the country. Planning a move can be a big challenge. Every year the Better Business Bureau hears countless stories about late movers, lost and damaged goods, over-billing, and disputes over the actual weight of goods compared to the estimate.

Consumers need to read the terms and conditions before moving day and not rely solely on price when deciding on a mover. Some consumers report about how costs increase halfway through the job. If the customer refuses to pay, their property is then held in storage until the bill is paid in full.

Last year your BBB received 14 complaints about moving companies making the industry rated number fifteenth overall in the number of complaints received. With almost 3000 inquiries, movers were the seventh most inquired about type of business in the Maritimes.

Start planning ahead several weeks before your targeted moving date. Here are some quick tips to help you with your move:

1. Shop around. Get at least three estimates and keep in mind that the lowest bid may not necessarily be the best ser-

vice when you consider insurance, training, experience, quality of vehicle, etc. No legitimate mover will offer to give you a firm price online or over the phone.

2. Get a written contract. Make sure you get a contract that spells out the specific terms: the dates and times of your move, holding charges, and over-weight penalties.

3. Ask about insurance. Find out how much insurance the mover has and what it covers. Ask for the insurer's name and policy number in case you need extra insurance to protect your possessions. Ask for a clearance letter from the mover stating that they have coverage. If they don't, you may end up paying for any employee injuries during the move.

4. Make a list and check it. Make an inventory of the goods to be moved. Personally supervise or have someone trusted with your inventory list watch the loading and unloading of the truck.

5. Report loss or damage. If damage or loss occurs, have the driver make a special note on the inventory and/or delivery receipt, then promptly notify the company in writing, keeping a copy for your own files.

6. If you pack you pay. Remember, if the moving company packs everything, they are responsible; if you pack things, you are on the hook for damages. If you

pack, place heavy items on the bottom, lighter ones on top and label boxes.

Before hiring a moving company, call 902-422-6581 or go to www.maritimeprovinces.bbb.org for a business review on the company. If your moving

company is not responsive to a complaint you have brought to its attention, consider filing a complaint with the BBB.

Better Business Bureau
of the Maritime Provinces

Making active transportation a priority

The Editor

Join doctors in a celebration of active living during the province's first Active Transportation Month this June.

Active transportation refers to "human-powered" travel, such as walking and bicycling, which can be incorporated into routine daily activities in an effort to increase physical activity in Nova Scotia. Active transportation is an important and effective way for Nova Scotians to reduce their rates of chronic diseases.

Currently Nova Scotia has one of the highest rates of obesity in Canada. With physical inactivity and an increasing rate of obesity overtaking smoking as the number one public health concern in the province, Doctors continue to make active transportation a priority for the association and communities across Nova Scotia.

With a rise in the number of chronic

illnesses in our province it's important that we all take the first steps towards a healthier more active life.

Doctors in communities across the province invite people of all ages to celebrate Active Transportation Month by incorporating physical activity into your daily routine either by biking or walking to work, school or the grocery store.

The whole family can adopt active transportation practices and hike, walk, cycle, and explore the province's trails and paths together.

Doctors in the province congratulate government for making active transportation a priority. No matter the activity, active transportation will help our province achieve healthier outcomes. For more information, visit www.doctorsns.com.

Jane Brooks, MD, PhD, CCFP
Past President, Doctors Nova Scotia

How are you planning to celebrate your graduation?

The Editor

It is prom and graduation season and the Nova Scotia RCMP would like to congratulate all graduates in the province on achieving this important milestone. As you enjoy this exciting time, the RCMP is encouraging youth to think about how you are planning to celebrate and stay safe.

Following are some Prom and Graduation Safety Tips:

- Avoid alcohol and unknown substances because your judgment will be impaired.
- Do not drink and drive. Impaired driving can result in serious injury or death.
- Wear your seatbelt. Seatbelts save lives.
- Do not talk on a cell phone, ping or text while driving. Your actions can potentially endanger you, your passengers or other

road users.

- Arrange transportation to and from the party to ensure you arrive home safely.
- Look out for your friends. Some of your friends could feel peer pressure to do something they do not want to.
- Discuss your plans for the evening with your parent or guardian. Let them know who you will be with after the prom or graduation party and provide them with contact information.
- Take along a cell phone in the event you need to contact someone in an emergency.
- If you are in an uncomfortable situation it is okay to call a parent or trusted adult and request a drive home. Your safety is their priority.

Nova Scotia RCMP

Letters to the Editor Policy

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Chuck Thompson's "Along the Trail" East Side Story



For the first time in 21 years the Great Middle River Duck Race was hosted by the Middle River Hospital Auxiliary. For some reason there are two hospital auxiliaries in Middle River but this was the undertaking of the "East Side" chapter.

A thousand tickets at \$5.00 each were printed and sold. Selling them is no small feat when you consider Middle River probably only has about 400 souls when everyone is home. There were so many people trying to sell so many tickets to the same people I began to refuse to come to the supper table. "Want to buy a duck ticket, more potatoes?" No, and no.

However, with the utmost credit to all those involved, every ticket got sold and there were even people showing up on the day of the race looking for tickets. It was beginning to look like the Kentucky Derby in plastic.

After twenty years there was not much corporate memory left and there was a lot of "What did they do last time?"

Under the watchful eye and skilled, yet, firm hand of President Sharon MacRae, the morning went almost flawlessly. I say almost because as the ducks raced (bobbed?) to the finish line, we found ourselves about a board short in the river and Peter Hill and Ian MacLean were quickly dispatched to fill the gap and redirect the wayward ducks. Both began to look like real ducks with broken wings as they dashed and splashed about keeping the little guys in bounds. Final figures showed they only missed two, no doubt one of them being mine.

Ms. MacRae stomped up and down the hill beside the river so many times, she began to remind me of General Bernard Montgomery of the British Expeditionary Forces at Normandy. Decisive, firm, and

hands on management. It probably wouldn't have worked any other way. Well done, Monty.

It had been decided (wisely) to shorten the race course from MacLennan's cross to MacLeod Brook. This allowed all the ducks to basically pass under Danny Neil's Bridge at the same time without many ducks being lost. Final tally was 3 ducks missing out of a squad of 1000.

Veterinarian Donnie Blackstone was given the task of releasing all the ducks at the same time and it went (swimmingly?). The little multi-coloured ducks raced down the brook and tumbled into Middle River at exactly 12.30.

For some reason I always inherit any job that requires a mouth so I was dispatched to the top of the bridge with a megaphone. As the ducks suddenly appeared around the high bank corner an air of excitement passed through the crowd. It looked like the final lap at NASCAR as all the ducks were tightly packed together. The ducks dashed through the fast water then slowed teasingly just short of the finish line as the current slackened.

With the first place duck being worth \$500.00, Jim Morrow had the dangerous job of deciding who the lucky winner was and also picking second and third place.

In the end, third place was Nick and Alison Valentine of Scott's Bay, Kings County, 2nd was Marlene MacLean, and first was Harold Bugden (Budden?) of Glace Bay.

Throughout the day people came and went, eating hot dogs, drinking pop (some diet next time please) and generally enjoying themselves. The whole exercise was a win-win. Money was raised for our wonderful hospital in Baddeck, and of equal importance, the community came together and had fun doing it.

The whole thing was, well, just ducky!

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