

*Nova Scotia
Bed and Breakfast
Association*



Explore Nova Scotia,
The Province for All Seasons™

NEWS - Quarterly Update – Mar 31, 2011,

Welcome to the first Quarterly Update for our Association.

At the November 2010 Fall Directors' meeting it was decided that we would produce a quarterly newsletter that will bring the NSBBA membership up to date on topics which involve the B&B sector.

It has been a quiet off season / winter with no particular concerns / issues needing attention.

Last fall NSBBA was well represented at the TIANS Tourism Summit with Ruth & myself (Suncatcher B&B), Larry & Anne McCormack (Tulips & Thistle B&B) along with Anne & Darcy McDonah (Belgravia B&B) participating in day to day events of the conference. Lorne & Janet Johanson (Alicion B&B) joined us at the Gala Awards Dinner.

I know many of our B&BS operators debate on the value of participating in this annual TIANS event. Over the years, we (Suncatcher B&B) have attended the TIANS Summit several times. Each time, we have gained both valuable experience and industry information relevant to us as a B&B. Additionally, we have made tourism industry contacts that have resulted in both lasting friendships and ongoing business awareness / referrals to our sector of the industry. TIANS annually has offered the Bed and Breakfast sector a reduced rate for the conference and I would encourage all B&BS to consider participating at least once in future Summits. Please be aware that all costs of attending the TIANS Summit are business claims.

It is again that time of the year when your Directors will have their Spring Directors' meeting. The meeting is scheduled for Sat April 16th. Please contact your Trail Director with any comments, requests or concerns that you may have. We are including a complete list of Trail Directors in this letter so that you will know who is (and how to contact) your area representative on the NSBBA board.

As in any association, we are also looking for volunteers for Trail Directors. The following Trails need a local representative: Glooscap Trail North, Evangeline Trail East . If you are interested in becoming proactive in your Association please contact any of the listed Directors to get information about the work involved and how to become a member of the Board.

Marketing Information

Currently we are awaiting the final production and delivery of our new Association decals. They will be distributed as soon as we receive them.

Our Website is currently undergoing an update giving it even more visibility and further enhancements.

The Association is also in the process of defining and procuring a new print- ready ad that we can use for the future printed advertisements that we procure in the Doers & Dreamers Guide and/or travel guides.

Upcoming Events

Spring Directors' Meeting
April 16th, 2011

Contact your Trail Director with any concerns that you wish to be voiced.

NSBBA Annual General Meeting
November 5th, 2011
Sydney NS

Plan on being there; more information to follow.

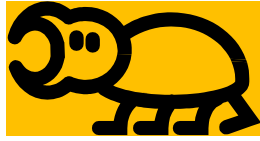
Submissions /Ideas

If you have suggestions or submissions for the Quarterly Update please send them to Gerry Mailloux (suncatcher@eastlink.ca). This is open to all NSBBA members.


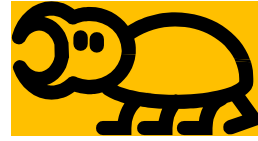
NSBBA Board of Directors 2011

NSBBA Board of Directors	Name	Appointed	Length of term	Phone	Email
President	Gerry Mailloux	Nov-09	3 yrs	(902) 893-7169	suncatcher@eastlink.ca
Vice President	Larry MacCormack	Nov-09	3 yrs	(902) 895-6141	tulipsthistle@tru.eastlink.ca

Treasurer	Lorne Johanson	Nov-09	3 yrs		
Secretary	Lorne Johanson	Nov-09	3 yrs		
Website / Marketing Committee Chair	Anne MacDonah	Nov-08	3 yrs	(902) 893- 7100	belgravia@eastlink.ca
Past President			3 yrs		
TIANS Liaison	Jennifer Falkenham	TIANS Appointed		800-948-4267	jennifer_falkenham@TIANS.org
Cape Breton East	Bev Gabriel	Nov-09	3 yrs	(902) 562- 8136	g.gabriel@ns.sympatico.ca
Cape Breton West	Anna Moore	Feb-11	3 yrs	(902) 224- 2974	highlandbreezebnb@yahoo.ca
Sunrise Trail East	Jim Hubley	Nov-09	3 yrs	(902) 735- 2225	jahubley@eastlink.ca
Sunrise Trail West	Jim Kerr	Nov-09	3 yrs	(902) 667- 7676	info@theregent.ca
Glooscap Trail South	Ann MacCormack	Nov-08	3 yrs	(902) 895- 6141	tulipsthistle@tru.eastlink.ca
Glooscap Trail North	Jim Kerr	Nov-09	3 yrs	(902) 667- 7676	info@theregent.ca
Evangeline Trail West	Bill Monk	Nov-09	3 yrs	(902) 532- 0379	monkb@ns.sympatico.ca
Evangeline Trail East	Bill Monk	Nov-10	3 yrs	(902) 532- 0379	monkb@ns.sympatico.ca
Marine Drive	Onorio Pirri	Nov-10	3 yrs	(902) 827- 4223	cpirri@eastlink.ca
Lighthouse West	Lorne Johanson	Nov-08	3 yrs	(902) 634- 9358	alicionwing@eastlink.ca
Lighthouse East	David Martin	Nov-08	3 yrs	(902) 228- 2041	centuryhouse@tallships.ca
Halifax Metro	Bob Juskow	Nov-09	3 yrs	(902) 435- 3515	bhjuskow@eastlink.ca




BED BUGS



As we all know the current hot topic has been the influx of bed bugs into North America. Obviously this is a subject near and dear to the hearts of all hospitality industry owners.

I have been gathering and receiving information on the subject over the last while and thought I would make it the subject of this news letter as we start up the new tourism season.



The following information is a copy of an email I received. Some of you may or may not have received it:

Bed bugs have been making a comeback in the last decade but in the past few years, the number of reports of infestations has increased 500%. Case in point, last month 85 athletes and coaches participating in the Canada Winter Games were evacuated from Wentworth, Nova Scotia due to a bed bug situation. Clearly, bed bugs are something all property owners wish to avoid and the best way to do that is to be informed. Take a quick [look at this video](#) by the University of Kentucky.

Here's what we will cover in this article:

- **Bed bug facts**
- **Prevention is the best course of action**
- **How to detect bed bugs**
- **How to get rid of them**
- **Commercial resources and tools for eradication**

Many myths surround bed bugs, not least of which is that bed bugs arrive when unsanitary conditions are present. This is completely false as bed bugs only feed on warm blooded animals and not on leftover food etc, so cleanliness has nothing to do with it.

Unfortunately they are easily spread since bed bugs are great hitch hikers and will attach themselves to things like clothing, suitcases and airplane seats. It is important to note that it is far easier to prevent bed bugs than it is to get rid of them after you've had an infestation.

Bed bug facts

- Bedbugs can be found in immaculately clean premises as well as unclean surroundings.
- They feed on warm blooded animals only
- They can live for up to 18 months without a food source
- They are not recognized as disease spreaders and are not regarded as a medical threat
- Bedbugs are blood sucking insects much like mosquitoes.
- The common bed bug is visible to the naked eye. Adult bed bugs are brown to reddish-brown, oval-shaped, flattened, and about 1/4 to 5/8 inch long. Their flat shape enables them to readily hide in cracks and crevices.

Prevention is the best course of action

as mentioned; it's easier to prevent bed bugs than it is to get rid of them. Easier said than done when you are a property owner and are not in control of your guests' luggage and what may have attached itself to their belongings. However, you can take a few precautions.

- Encase your pillows, mattresses and box springs. Bed bugs are usually found within a 5-15 foot radius of where its host sleeps and so the most likely hiding spot is in and around mattresses and bed linens. They quite often burrow into a mattress or hide under the cloth cover in the bottom of the box spring. If you encase the mattress and box spring, (along with pillows if it isn't too uncomfortable for the guest), you'll go a long way to reducing the favorite hiding spots bugs seek out.
- Move beds 6-12 inches away from the wall, bed bugs can't jump so when they climb the wall and fall off, if the bed is far enough away from the wall, they won't fall on the bed.
- Put the legs of the bed in glass jars or use climb up interceptors so they can't climb up bed legs and enter the bed
- Make sure bedding doesn't touch the floor so bugs can crawl up the bedding.

How to detect bed bugs

The first sign of a bed bug infestation are usually bites. They are small, red punctures that are itchy and can become infected if scratched excessively. Typically the bites are found in a linear pattern.

Other signs of bed bugs will be waste products. Quite often you will find dark spots on a mattress that is either blood, droppings, shed skins etc. Another way to detect them is to see them for yourself. They are most active just before dawn, so if you take a flashlight and check the sheets, mattress, box spring and bed frame carefully with a flash light, you may see the bugs themselves.

One way to get an idea if you have bugs present is to put two sided sticky tape around the fringe of the mattress to see if any bugs get caught.

Getting rid of the pesky critters

It is very difficult to completely rid your property of bed bugs on your own. In fact, if you have had more than one instance of infestation, it is highly recommended you have a commercial pest control service to help you.

If you want to try to get rid of the bugs yourself, here are some of the steps to take:

- Strip the bed and put all bedding in a tightly sealed garbage bag to prevent any bugs from escaping
- Move the bag to the washing machine and empty the contents directly into the washer. Immediately wash all bedding in the hottest cycle of the washing machine and dry at high heat. Bed bugs cannot withstand heat of 45 degrees Celsius or 120 degrees Fahrenheit. Be sure to retie the garbage bag after you've removed the bedding and dispose of it immediately so remaining bugs can't find their way back to your property.
- While the bedding is being washed, be sure to thoroughly vacuum the mattress, box spring, baseboards, night tables and floors to remove any shells, droppings, bugs or eggs. Dispose of the vacuum bag in the same manner as the garbage bags that held the bedding.
- It is recommended to steam clean your mattresses and any bedding that cannot be washed. Bed bugs can be resistant to chemicals but high steam can eradicate dust mites as well as bed bugs.
- A popular treatment is Diatomaceous Earth. It is 100% safe, chemical free, and all natural and can be found at some pet food stores. This can be sprayed into cracks and crevices to dehydrate the bugs and kill them.

- Make it harder for bed bugs to get onto the bed. These critters cannot fly or jump, so be sure to create as many barriers to accessing the bed as possible.
 - ~Place the bed 6-12 inches from the wall
 - ~Put the legs of the bed in glass jars or use climb up interceptors so they can't climb up bed legs and enter the bed
 - ~Make sure bedding doesn't touch the floor so bugs can crawl up the bedding
 - ~Put zippered mattress and box spring covers on beds so bugs cannot hide or lay eggs or even burrow into the mattress

Some tools you can use

- Steam Cleaners that can operate at high temperature heat can kill bed bugs. Anything 120 degrees or greater will kill a bed bug. Make sure when steaming to steam baseboards as they can nest during the day in walls or tight crevices. Use a steamer that can run an hour or more so you can efficiently do the entire room and surrounding rooms.
- New technology like UV-C Wands such as the Purelight UV Hand Wand is now available on the market. UV-C light will kill not only bed bugs but also dust mites. UV light wands are great for allergy sufferers as they kill many things that cause allergic reactions and also are great for eliminating odors.

Since the increase in bed bug infestations has reached alarming levels, innovative pest control professionals are experimenting with a variety of bed bug monitoring products, trying to determine which are most effective in different situations. So far, tests indicate that proactive use of some monitors has the potential to gain an advantage over the bugs. Some of the most favored products are:

[NightWatch](#) by BioSensory, Inc. uses heat and pheromone lures to attract and trap insects, attracting them with carbon dioxide.

[Bug Dome](#), developed by Silvanderson, a Swedish manufacturer, plugs into any wall outlet, using heat to lure pests into replaceable glue traps.

Also available from Silvanderson is BB Alert Active from MIDMOS, utilizes replaceable packages of a blood-mimicking chemical to entice insects into a glue trap.

[CDC 3000](#) by Cimex Science is a portable, electric monitoring and trapping device about the size of a briefcase. Imitating the presence of a human body, it lures bugs within a six-foot radius, trapping them on sealed slides, attracting them with carbon dioxide. Safe for use around children and pets, and it can be moved from room to room.

[Climbup Insect Interceptor](#) by Susan McKnight Inc. is an inexpensive, low-tech device that is placed under bed posts to monitor for a pest presence. Concentric plastic rings coated with slippery talc trap bugs as they climb toward or from a bed.

More resources and information

Excellent resource for what's new with the bedbug war and several interesting articles about bedbugs www.canada-bedbugs.com/

CNN video of unconventional means for detection and eradication of bed bugs
<http://cnn.com/video/?/video/world/2011/0216durgahee.uk.bed.bugs.cnn>

Documentary about bed bugs by the University of Kentucky
<http://www.youtube.com/watch?v=4qx751dNw7Q>

A Canadian website with more information about the bugs and what to do.
www.pestcontrolcanada.com/INSECTS/get_rid_of_bed_bugs.htm

Who to contact if you would like more information on professional services (by province)

New Brunswick

Excel Pest Control Ltd. Serving St. John, Moncton and Fredericton
www.pestcontrolcanada.com/new_brunswick_pest_control.htm

Braemar Pest Services manages all of Atlantic Canada.

In Nova Scotia:

Toll Free 1-800-561-2304

Halifax: (902) 443-8704

Dartmouth: (902) 461-8704

Bedford: (902) 835-2304

Truro: (902) 895-7095

New Glasgow: (902) 752-6025

Kentville: (902) 678-2304

Bridgewater: (902) 543-9146

In New Brunswick:

Toll Free: 1-800-561-1817

Bouctouche: (506) 743-5543

Fredericton: (506) 455-1817

Saint John: (506) 696-1817

Moncton: (506) 855-1817

Miramichi: (506) 773-1817
Sussex: (506) 433-3307
St. Stephen: (506) 466 2901
Woodstock: (506) 328-1817

I hope you found this article informative and relevant. I welcome any comments or feedback - even ideas on what you'd like to see just email me at Sheryle@atlanticcanadacottagesandhotels.com and I'll be sure to answer your email.

Have a great week!

Sheryle

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Further Information on protective covers that are available:

1. From Lorne Johanson, Alicion B&B, Lunenburg:

From a friend who owns a hotel in Vancouver so I asked him what they do there to protect against them. He said at first they threw out any infested mattress and box spring - a very costly affair. They now have all mattresses and box springs encased in a bug-proof cover. If there is any evidence of bugs now, they immediately call in pest control people. That may not be so easy for everyone.

Please see the following web-site for more useful information.

http://www.ecolab.com/Businesses/Pest/programs_bedbugs/toolkit/

2. From Jim Kerr, Regent B&B, Amherst:

I have been searching since our AGM as well and found a company in Toronto that sells the Bedbug-proof mattress covers. We ordered a Dust-mite proof cover (slightly different) for our daughter who is allergic. In fact we bought two Bed-bug certified mattress covers for our rooms - it was \$400 for the two. Jim Kerr (I've copied his email and website) Hi Jim, thank you for your recent order, I am processing it now, I notice that you are a B&B, the product we usually recommend for the hospitality industry is our RestGuard product, it has a 100% cotton outer cover on the sleep

surface and is 100% effective for bed bugs, and is Health Canada approved. The product you have ordered is primarily an allergy control product that will help control bed bugs, it is not commonly used in hospitality.

Chris Crowne

www.sleepclean.com

3. Ruth Mailloux, Suncatcher B&B, Truro:

Ruth indicated that she had seen an ad for these types of covers being at the Home Outfitters store in Bayers Lake for approximately \$175 ea plus tax.

4. Beverly Gabriel, Colby House B&B , Sydney:

Bev indicated that she had purchased covers on the Home Shopping Channel. When I researched them I found 2 types of covers both good against bed bugs and dust mites:

Item # 504-488 Home Suite Pro-TEX Mattress Encasement \$59.86

Item #634-056 Seasons Collection Allergen Mattress Encasement \$61.66

Sleep well and don't let the bedbugs bite.