

# BULLETIN

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EST. 1847

BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, SEPTEMBER 17, 2025



**HARVEST MOON FESTIVAL RETURNS**

*The annual music festival takes place Sept. 19 and 20*

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**LOCAL MAN ENJOYING NAVY**

*Corey Pickens is a chaplain with the Royal Canadian Navy*

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**MB UNITED TEAMS CAPTURE SILVER**

*U13 and senior men's team recently earned silver medals*

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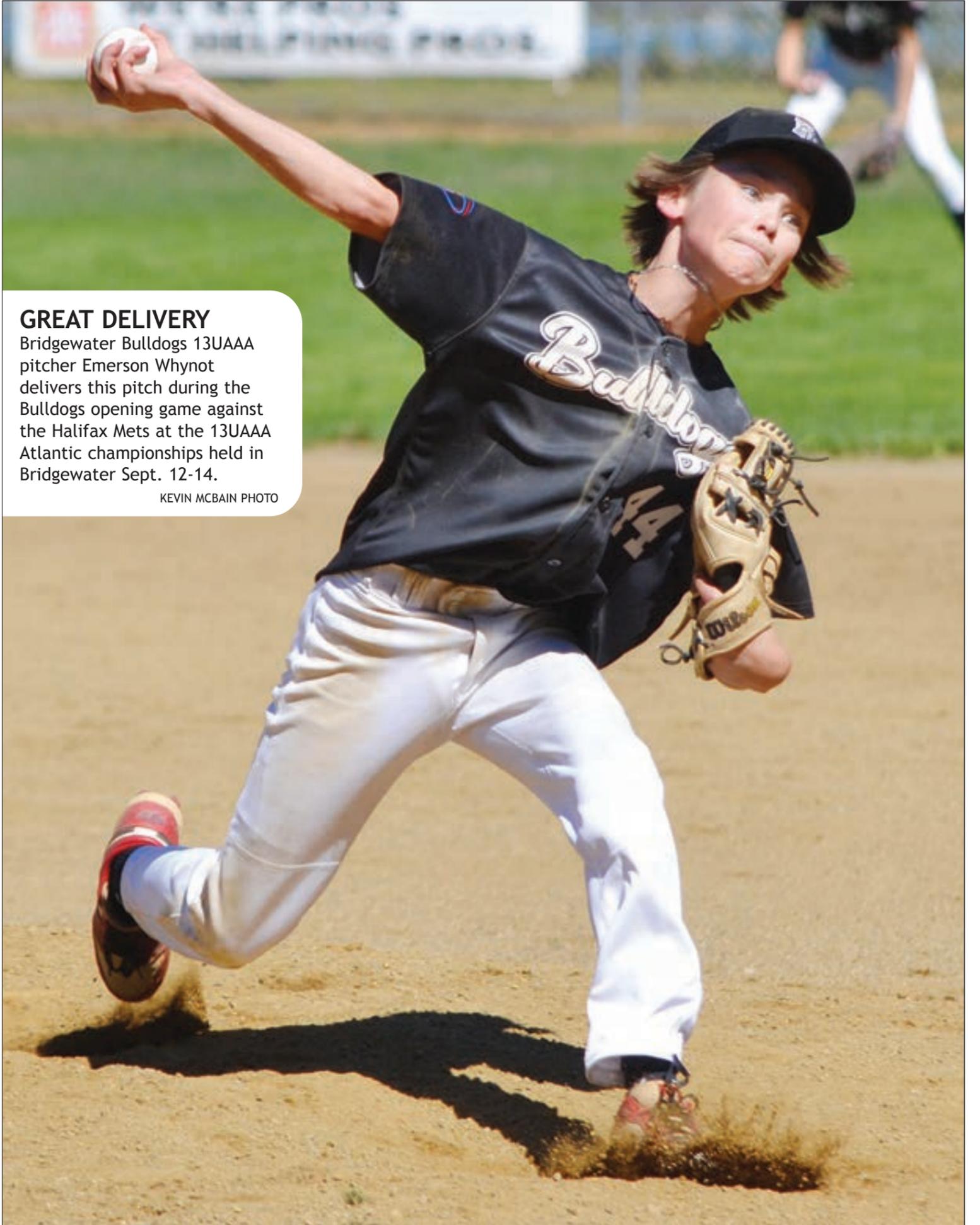
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**GREAT DELIVERY**

Bridgewater Bulldogs 13UAAA pitcher Emerson Whynot delivers this pitch during the Bulldogs opening game against the Halifax Mets at the 13UAAA Atlantic championships held in Bridgewater Sept. 12-14.

KEVIN MCBAIN PHOTO

**Proudly Locally Produced: Your South Shore Bulletin**

At the South Shore Bulletin, we're more than just a newspaper - we're your neighbors, your community, and your voice. Every issue is proudly crafted right here on the South Shore, reflecting the stories, issues, and events that matter most to YOU.

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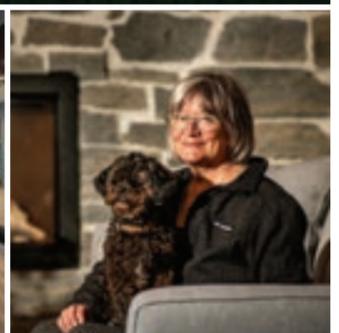
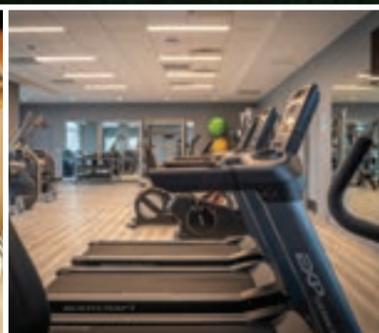
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# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 37 calls for service and Queens County firefighters answered 23 calls for service from Thursday, September 4 to Wednesday, September 10 – 24 of these calls were medicals.

During the week, Gunning Cove, Woods Harbour/Shag Harbour, Island & Barrington Passage, and Barrington/Port Latour joined the West Dalhousie response, totaling 77 departments overall.

### SEPTEMBER 4

**At 12:27 a.m.**, Liverpool firefighters responded to a residential fire alarm in Liverpool.

**At 5:02 a.m.**, Liverpool firefighters responded to a motor vehicle accident in East Port L'Hebert. West Queens and Port Medway also responded. Mill Village was on stand by for Port Medway.

**At 9:32 a.m.**, Chester firefighters responded to a commercial fire alarm in Chester.

### SEPTEMBER 5

**At 3:29 a.m.**, Liverpool firefighters responded to a tree on power lines on fire in Southwest Port Mouton.

**At 5:05 p.m.**, Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

**At 8:11 p.m.**, Liverpool firefighters responded to a motor vehicle accident in Port Mouton. Port Medway

and West Queens also responded. Mill Village was on stand by for Port Medway.

### SEPTEMBER 6

**At 12:58 a.m.**, Chester firefighters responded to a commercial fire alarm in Chester.

**At 11:15 a.m.**, Pleasantville firefighters responded to a motor vehicle accident in West LaHave.

**At 2:38 p.m.**, Chester firefighters responded to a commercial fire alarm in Chester. Chester Basin also responded.

**At 5:39 p.m.**, Blandford firefighters responded to a motor vehicle accident in Bayswater.

**At 6:16 p.m.**, New Ross firefighters responded to a motor vehicle accident in New Russell.

**At 8:29 p.m.**, Oakhill firefighters responded to a woods fire in Pine Grove. Blockhouse and Northfield also responded.

### SEPTEMBER 7

**At 2:17 a.m.**, Western Shore firefighters responded to a motor vehicle accident in Martins Point.

**At 5:22 p.m.**, Greenfield firefighters responded to a house fire in Labelle. North Queens and Liverpool also responded. Tri District was on stand by.

**At 9:21 p.m.**, Liverpool firefight-

ers responded to a tree on power lines on fire in Liverpool.

### SEPTEMBER 8

**At 1:24 a.m.**, Mahone Bay firefighters responded to a commercial fire alarm in Mahone Bay.

**At 1:49 a.m.**, Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

**At 5:00 a.m.**, Blockhouse firefighters responded to a tree on power lines on fire in Blockhouse. Oakhill also assisted.

**At 2:55 p.m.**, Bridgewater firefighters responded to a person trapped in Bridgewater.

**At 3:34 p.m.**, Blandford firefighters responded to a residential fire alarm in Blandford.

### SEPTEMBER 9

**At 8:49 a.m.**, Port Medway firefighters responded to a possible motor vehicle accident in Port Medway. Mill Village also responded.

**At 4:48 p.m.**, Liverpool firefighters responded to a possible motor vehicle accident in Milton.

### SEPTEMBER 10

No calls to report.

You may reach Evan Dahl by e-mail at [evandahl10@hotmail.com](mailto:evandahl10@hotmail.com) or via the Dahl Dispatch Facebook page.

## RCMP asking for the public's help

### ATTEMPTED ROBBERY

The Lunenburg District RCMP is requesting assistance from the public for help in identifying a man involved in a robbery in Cookville.

On Sept. 8, at approximately 9:08 p.m., RCMP officers responded to a report of a robbery at a business on Pine Grove Rd.

Through the investigation, RCMP officers learned that a man had attempted to exit the business with unpaid merchandise, setting off the door alarm. Bystanders attempted to stop the man which resulted in a physical struggle. The man then struck one of the bystanders, causing minor injuries before fleeing on foot.

At the time of the robbery, the man was wearing a white, blue and red plaid, button-up shirt, a black ball cap with a red and white design, blue jeans, and grey and white sneakers. Witnesses noted that he walked with a noticeable limp and used a walking cane which he left behind.



RCMP PHOTO

The Lunenburg District RCMP is looking for your help to find this man.

Anyone with information about the man, is asked to contact Lunenburg District RCMP at 902-634-8674. To remain anonymous, call Nova Scotia Crime Stoppers, toll-free, at 1-800-222-TIPS (8477), submit a secure web tip at [www.crimestoppers.ns.ca](http://www.crimestoppers.ns.ca) or use the P3 Tips app.

## Queens to close recycling facility

By ED HALVERSON

[Ed.halverson@southshorebulletin.ca](mailto:Ed.halverson@southshorebulletin.ca)

REGION OF QUEENS – The municipality has confirmed its Materials Recovery Facility (MRF) will permanently close at the end of November, a decision officials say stems directly from Nova Scotia's rollout of Extended Producer Responsibility (EPR) for recycling.

The MRF, located at the Queens Solid Waste Management Facility, will cease operations Nov. 28, with the official closure effective Dec. 1. Eight unionized employees will be affected.

"This isn't a decision council wanted to make," said Mayor Scott Christian. "But with Circular Materials taking over responsibility for packaging and paper waste, municipalities no longer need to process recyclables locally."

The EPR program shifts accountability from municipalities to the producers of packaging waste to large companies such as Amazon and Walmart. Municipal leaders describe the policy as an important environmental measure that discourages unnecessary packaging, though they acknowledge the change brings painful consequences for local workers.

Employees were informed as soon

as council finalized its decision, giving them several months of notice; well beyond what's legally required. The municipality is exploring opportunities to redeploy staff into other departments and is considering offering severance, despite no obligation under the collective agreement. Christian added the region will work with its MLA to seek provincial supports if layoffs cannot be avoided.

CAO Willa Thorpe emphasized that residents will see no disruption to curbside recycling or drop-off services. Queens has opted to maintain responsibility for blue bag collection through their contract with GE Environmental rather than handing it to Circular Materials, ensuring pickup schedules remain unchanged.

"Our residents will not see a difference at the curb," Thorpe said. "The change is behind the scenes - where the materials go after pickup."

Currently, recyclables collected by contracted haulers are delivered to the Queens facility, where they are sorted. After Dec. 1, the municipality will stop sorting and instead transfer material to new facilities designated by Circular Materials. Details on those transfer points are still being finalized.

Continued on page 4

**The South Shore Bulletin presents**

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**SOUTH SHORE BULLETIN**



# LOCAL



## Queens to close recycling facility

Continued from page 3

The future use of the MRF building itself remains undecided. Council will determine whether to repurpose it within solid waste operations or explore other uses. “Our immediate focus is on employees,” said Christian. “Decisions about the asset will come later.”

Municipalities across Nova Scotia are wrestling with the same transition. While many leaders support the principle of EPR, concerns remain about how smoothly Circular Materials can implement the new system.

“It’s a positive public policy shift,” Christian said. “But the logistics are still unfolding, and we’re reserving judgment on implementation until we see how it works in practice.”



## SOUTH SHORE BULLETIN

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## Council moves forward on sidewalk bylaw updates

By ED HALVERSON

ed.halverson@southshorebulletin.ca

MAHONE BAY – Council is pushing ahead with updates to its streets and sidewalks regulations, aiming to modernize existing rules and introduce new guidelines for seasonal retail operations.

At the same time, the council is grappling with questions surrounding a potential conflict of interest involving Deputy Mayor Colin Kingsmill on a recent heritage designation vote.

During the Sept. 9 council meeting, members received a staff report recommending changes to the current Streets and Sidewalks Bylaw and the creation of a separate seasonal retail bylaw.

Mayor Suzanne Lohnes-Croft said the changes are meant to “bring older bylaws up to today’s standards” and provide clear direction for businesses. “The current bylaw was often used for construction safety, like when scaffolding or ladders were set up, but even councillors didn’t realize patios were covered under it,” she explained.

Council directed staff to draft two separate documents: one updating the existing Streets and Sidewalks Bylaw and another creating a seasonal retail framework that would cover patios, restaurants, and shops. Public consultation will play a key role in shaping both bylaws, with the goal of finalizing them before the end of the year so businesses can plan for the 2026 summer season.



TOWN OF MAHONE BAY

Mahone Bay councillors, from L-R: Joseph Feeney, CAO Dylan Heide, Bryan Palfreyman, Rebecca Twanow, Deputy Mayor Colin Kingsmill, Mayor Suzanne Lohnes-Croft, Penny Carver, Kelly Wilson

“We know businesses begin planning in January, so we want these bylaws in place before then,” Lohnes-Croft said. “Council has made clear that community input is an important part of this process.”

The push follows community concerns after a senior fell near a patio, prompting multiple public submissions. That correspondence, along with new engagement sessions, will help guide staff recommendations before the bylaws return to council for debate and approval.

While the bylaw discussion was a focal point of the meeting, controversy arose when questions surfaced about Deputy Mayor Kingsmill’s participation in a heritage designation vote concerning

his own property. Under Nova Scotia’s conflict of interest legislation, councillors must declare conflicts, abstain from voting and leave the voting area when their personal interests are involved.

Lohnes-Croft acknowledged the situation created confusion. “It appeared innocent – he was attending virtually from Europe, and with delays on the feed, there was uncertainty about whether he voted,” she said. Initially, some councillors reported he had not cast a vote, but later it became clear he had.

The mayor said the municipal clerk has advised that council could revisit the matter at its next meeting to ensure proper procedure is followed. “No one’s trying to pull the wool over anyone’s eyes,” Lohnes-Croft said. “But perception matters, and we want to be transparent.”

The situation was complicated further when the town’s CAO Dylan Heide initially stated Kingsmill did not need to declare a conflict if he abstained. However, legislation indicates that abstention alone is not sufficient - members must formally declare conflicts and refrain from participation.

As council prepares to finalize its agenda for the next meeting, the heritage vote may be brought back for reconsideration. Lohnes-Croft stressed that public trust depends on accountability. “These things happen quickly in the chamber or on screen, but we want to make sure everything is done properly.”

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SOUTH SHORE BULLETIN



# Local business marks milestone, impact felt beyond South Shore

By JANET SILVER

**SOUTH SHORE** – This year marks a remarkable milestone for one of Lunenburg County's most influential businesses.

South Shore Ready Mix, founded in 1965 by Lloyd Bonang, is celebrating its 60th year of operations.

From its modest beginnings on the northern end of King Street on the LaHave River in Bridgewater to becoming the largest concrete business on the South Shore, the company has made a significant contribution to the growth of the whole region.

Bonang grew up in Lawrencetown on the Eastern Shore and, like his father and grandfather, began working early in the sand and gravel business.

Through a chance encounter following the completion of the land surveyor program at the Nova Scotia Land Survey Institute, now known as the Centre of Geographic Sciences (COGS), Bonang met an engineer while working in Amherst who convinced him of an opportunity to establish a concrete business in Bridgewater. Though that partnership dissolved before a shovel ever hit the ground, Bonang forged ahead.

Bonang says he bought the land for \$500 and with five employees (three drivers, a batcher and a loader), South Shore Ready Mix opened its doors.

In 1970, just five years after opening, South Shore Ready Mix landed its biggest project yet – supplying concrete for the building of a new Michelin tire plant in Bridgewater. This project secured this concrete business and led to economic growth for the town and its neighbouring communities.

When the tire plant officially opened in 1971, it quickly became one of the area's largest employers, where today the plant employs more than 1,100, with thousands more depending on its operations. By the time

construction for the tire plant was completed, Bonang says he had 16 trucks in operation.

The Michelin project also led to another critical development: improving the road between Halifax and Bridgewater to transport tires to market. Better road conditions between Halifax and Bridgewater were promised to Michelin if Bridgewater was chosen as the new tire production site.

South Shore Ready Mix was asked to help with the road project in partnership with Standard Paving. This

led to the opening of a second ready mix plant in Chester to supply concrete for the road construction closer to Halifax, creating more jobs and underscoring the company's growing importance to the local economy.

Over the years, South Shore Ready Mix has expanded its operations to include concrete products such as landscaping accessories, sand and gravel and other construction and road building materials.

*Continued on page 19*

## Harvest Moon Festival returns

### Joel Plaskett headliner for Saturday

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

**BRIDGEWATER** – The fourth annual Harvest Moon Music Festival is returning to Pijinuiskaq Park this Sept. 19 and 20 with a very talented line-up of artists.

The two days will feature five top-notch acts, and it is all free to attend.

"We're pretty proud of the line-up actually. We have some acts that people may be familiar with and some, maybe not as much," said Jonathan

Crouse, events co-ordinator for the Town of Bridgewater.

Friday night's performers include Lamplighters, a multi-instrumentalist duo starting at 6 p.m. followed by Cut, Split & Delivered, a well-known local band, at 7:15 p.m.

Saturday's performances include Steven Dicks and Danny Pink, "who always put on a good show" at 5 p.m., followed by ECMA-award winning Christina Martin at 6 p.m. Martin was raised on the East Coast, but has travelled throughout Canada, but

was also an Artist in Residence in Dachau, Germany and has played in festivals in the United Kingdom as well.

She is followed up by this year's headliner Joel Plaskett, starting at 7 p.m. Plaskett, who was born in Lunenburg, has several recordings and many awards under his belt for his work over the past several decades and is well-known for his many performances throughout the province.

*Continued on page 19*

## You Can Make a Difference

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The Government of Nova Scotia is committed to promoting diversity and equity through its agencies, boards and commissions. Applicants are encouraged to self-identify if they are from an underrepresented and underserved community when applying. This includes applicants who identify as: Indigenous, African Nova Scotians, other racially visible people, persons with disabilities, 2SLGBTQIA+, and other groups.

NOVA SCOTIA

# Bridgewater resident circumnavigates the globe with Royal Canadian Navy

By CAPT. CHRISTINE MACNEIL

Public Affairs Officer, HMCS *Ville de Québec*

THE GLOBE – Lieutenant (N) Corey Pickens has come a long way since settling in Bridgewater after university. Currently halfway around the world with the Royal Canadian Navy (RCN), his path to the Canadian Armed Forces (CAF) was a meandering one.

After teaching school for several years, “I felt the call to ministry and spent several years as a pastor in Maritime churches, and in Ontario. Returning to the Maritimes, I had several minister colleagues who had joined the military as Chaplains, and even though I was in my 50s, they strongly encouraged me to consider chaplaincy as a new career direction.”

After a great deal of soul searching, he applied and was accepted into the CAF. Then-Naval Cadet Pickens was sent to Saint-Jean-sur-Richelieu, Quebec, for his Basic Military Qualification course (more familiarly known as Boot Camp); upon completion, he was sent to the chaplain school at Canadian Forces Base (CFB) Borden. Once qualified, now-Lt. (Navy) Pickens was posted to Maritime Forces Atlantic to begin his sailing experience.

And sail he did! Since joining the chaplaincy, Lt.(N) Pickens has deployed on Operations NANOOK, REASSURANCE, and LASER, as well as a Great Lakes Deployment. He has sailed with His Majesty’s Canadian Ships (HMCS) *Charlottetown*, *Halifax*, *Ville de Québec*, and *Harry DeWolf*.

Asked about his most memorable experience, he says “Last year, I had the opportunity to sail with HMCS *Harry DeWolf* as we sailed through the Welland canal and toured Canada’s Great lakes. While with the Royal Canadian Air Force, I was assigned a tasking that took me to the North Pole in the depths of winter, to Canadian Forces Station ALERT. That was an amazing experience as well as the ‘coolest’.”

Lt.(N) Pickens will have plenty of opportunities for new memories, as he is now embarked on HMCS *Ville de Québec*, which set sail in April for a seven-month deployment that will see them circumnavigate the globe while conducting Operations (Op) AMARNA, REASSURANCE, and HORIZON, as well as sailing in the UK-led Carrier Strike Group in support of Op HIGHMAST.

“We’ve crossed the equator, and we’re going to circumnavigate the globe. Other amazing things on this deployment are the sunsets, and sunrises, and the sounds of the waves, the wind, and the rain. I have gained a new appreciation for the beauty of



CPL. BRENDAN GAMACHE PHOTO

Bridgewater’s Corey Pickens is enjoying his time as chaplain with the Royal Canadian Navy.

creation from different parts of the world. Also, an appreciation of the international cuisine we get to sample in each port.”

To his family at home, he says, “I appreciate my family supporting me, and my calling to serve our military members. I love the work I do and the opportunities the military has provided to train, serve and travel. So many Royal Canadian Navy sailors are from small towns, just like ours, all over Canada. We should be proud of the young men and

women who sign up for duty and step up to serve. They make me proud every day.”

Op REASSURANCE is the CAF’s largest overseas mission, contributing to NATO deterrence and defence measures in Central and Eastern Europe; Op AMARNA is Canada’s contribution to strengthening peace and security in the Middle East; and Op HORIZON is Canada’s forward-presence mission to the Indo-Pacific region to promote peace, stability, and the rules-based international order.

## Major housing proposal would bring 134 new units to Chester Hills

By ED HALVERSON

ed.halverson@southshorebulletin.ca

CHESTER - A significant residential development is being proposed for the Chester Hills neighbourhood, with Halyard Developments Ltd. seeking approval to build 134 units across three multi-unit buildings on Stanford Lake Road.

The plan, recently submitted to the Municipality of the District of Chester, represents one of the largest housing projects the area has seen in years.

According to documents presented to council Sept. 11, the project would be located on PID# 60140340, a parcel near Stanford Lake. The developer’s application outlines a mix of unit types aimed at addressing both current and anticipated housing needs in the region.

While full design details have not yet been released, the development is expected to include modern, energy-efficient construction and landscaped surroundings to integrate with the neighbourhood.

Municipal staff provided council with an infor-

mation report summarizing the proposal. Early discussions indicate that Halyard’s application will require careful review under the municipality’s planning policies and land use bylaw before the municipality would enter into a Development Agreement. Issues such as traffic impact, servicing, density, and compatibility with existing homes in Chester Hills are expected to be central to deliberations.

The timing of the proposal comes amid mounting concerns about housing shortages in Chester and across Nova Scotia. Rising real estate prices and limited rental options have put pressure on local families, seniors, and newcomers.

Public consultation is expected to play a key role as the proposal moves forward. Residents of the surrounding areas will be invited to comment on the development through the planning process. Concerns are likely to focus on traffic along Stanford Lake Road, potential strain on municipal services, and the character of the neighbourhood.

If approved, the 134-unit project would provide a major boost to the municipality’s housing supply and could attract new residents to the area. Halyard Developments has not yet confirmed a construction timeline but indicated in its covering letter that it hopes to begin site preparation in 2026, pending council approval.

The Chester Hills proposal will now proceed through a formal planning review, with municipal staff expected to bring back recommendations to council later this year. In the meantime, residents are encouraged to follow updates on the municipality’s website and participate in upcoming engagement opportunities.



**PUBLIC WORKS  
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THE MUNICIPALITY OF  
CHESTER

**DEPOT OPENING**

The Municipality of Chester is pleased to announce the opening of its Public Works Depot at 643 Highway 14, Windsor Road. Staff and offices will relocate by September 22.

Public Works Department  
902-275-1312 | publicworks@chester.ca



Lunenburg County  
**Home Support**

Lunenburg County Home  
Support Services Society

**Annual General Meeting**  
September 29, 2025, 2:45 pm  
197 Dufferin St. Suite 304, Bridgewater  
Call 902-543-1650 to RSVP

## This week in **SPORTS**

# United's dive into competitive soccer successful

## Teams earn two provincial silver medals

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

MAHONE BAY – The Mahone Bay United soccer program has grown exponentially since its start just a few years ago.

Players of all ages get to play for free, and the spirit of the game to just let them play for fun is infused through the coaching staff and organizational philosophy.

Over the last couple of years, the program has branched out, saw the want and is now offering competitive programs and this past summer a couple of teams captured provincial hardware.

In minor soccer, the group of U13s carried the United banner and earned a silver medal at the provincial competition in Kentville, as did the senior men's team that earned in Sydney Mines.

President of the Mahone Bay Youth Soccer Association, Leo Kilfoil, said that it has been a successful foray into the competitive world.

"I think sometimes competition naturally happens. Some of the things that we try to think about is how do we give them a competitive arena, but do it with the Mahone Bay attitude," he said.

"Yes, it's going to be more stressful and put you in competitive and tricky situations and we ask the players, if you're on the field and someone is playing overly aggressive, how do we manage that?"

He said the coaching staff is working on giving the players all the tools they need to succeed, but also some of the softer skills, about how to manage trials and the lows they experience, or he said as an example, if you see a team member who was just scored upon, how do you help boost their confidence again.

This summer, MBU had 220 players and 11 competitive teams ranging throughout the age divisions.

How did you and coaches manage the transition to competition?



Members of the U13 provincial silver medal team are shown here, starting in front from left to right: Zander Hawes, Landon McCarthy, Campbell Jordan, Tucker Haughn (Goalie), Elliot Merry, Liam Gallacher, Emery Butts, Noah Arsenault Lovell. Back row: John Van Laer (Assistant Coach), Chris Jordan (Assistant Coach), Connor Wheeler, Alistair Hendrixson, Finlay Rooney-Hercz, Declan Streeter, Richard Van Laer, Oliver Burwell, Noah Leonard, Harrison Jollymore, Maverick Laliberte Barss, Will Roberts and Tim Merry (Lead Coach).



BRONTE JAMES PHOTOS

Members of the provincial silver-medal winning senior men's team are shown here, starting in the front row, from left to right: Jonathan Whitaker, Fode Bangoura, Mitch Gregory, Nick Henschel, Michael Trim, Benjamin Cook and Brian Limoyo. Back row: Jack Blick, Jordan Rowter, Adam Fitzgerald, Aaron Mangle, Dylan Wells, Stephen Paterson and Keith Bowe.

Some of it was through the exposure, by simply doing it and seeing what happens. Sometimes we know how our players play, we have to see how teams play. What kind of challenges we face. One team may want to just kick the ball down the field. We play more of a control game, passing and creating opportunities.

If we are trying to build player confidence getting them to recognize what's an opportunity, put head down and dribble, head up, scan for an open player, make a good pass, move the ball quicker. That is something we put down as one of our main tenants,

creating that opportunity for moving the ball.

Competitive. When we moved from winter play where there is low stress, no strong competition, just for fun and skill building.

"Moving into the summer competitive league. We had players mostly looking to have fun, then players that are very competitive. Marrying up the two, he said was a bit of a challenge - How to strike the right balance of maybe a lineup and recognizing that sometimes we weren't able to play all our stronger players at the same time," he said.

Kilfoil added that this, although a challenge, was also a good thing, creating a more team dynamic.

"In many cases, it gave us a better outcome."

Do you have reasons for the growth?

"It is incredible. I think some of the growth is because we believe strongly in our programs and we put a lot of effort into making the games and practices fun and engaging and the players are excited to play," said Kilfoil.

"We really try to promote the spirit for the love of soccer and we look at our programs through the lens of how we can promote player creativity and give them some choice and options on the field. We do skills and drills, but we really try and do it in the spirit of fun, while having respect for players, coaches and officials."

### WHAT'S NEXT

This year, the program is taking a bit of a break this fall, but programming will return in November with the start of the United futsal league.

Kilfoil said this their third or fourth year with futsal and he added that it is very popular and describes it as having "all the skills with soccer without the contact."

United sponsor the league that sees teams participate from across the South Shore.

### BRIDGEWATER SENIOR CITIZENS CARD GROUP

The Bridgewater Senior Citizens Group met on September 10 for a game of Auction 45's.

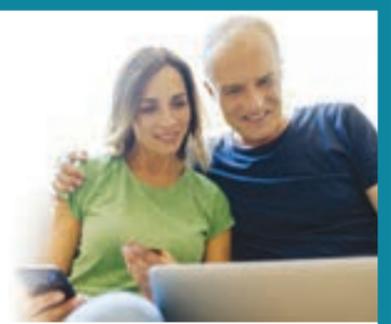
Winners were: Ladies' high, Florence Wagner, 1005; Men's high, Gary Aulenback, 945; Runners up, Donna Wentzell, 990 and Grace MacCarthy, 950. Winner of the 50/50 draw was Gary Aulenback. Winners of 30 X 60 bids were Carol Meade-Corkum and Gary Aulenback.

Card parties are held on Wednesday evenings at 7:00 in the Masonic Hall on Dominion Street. New members always welcome.

### GOLDEN YOUTH CARD CLUB CARD PARTY RESULTS

The Golden Youth Card Club met on September 11th for a game of Auction 45's. The winners were: Ladies high, Judy Johnson 905; Ladies second (tie) Mildred O'Hearn and Sheila MacDougall 870; Men's high, Russell Mosher 900; Men's second (tie) Chris Brown and Gordon O'Hearn 870; Low Score, Liz Godden 545. Lucky Tally Liz Godden. Travel Prize, Dave Rockwell; 50/50 Winners: Jim Hebb and Calvin Hiltz. Card parties are held every Thursday evening starting at 7pm at the Pleasantville Fire Hall. New members (over age 55) are welcome to attend. Light snack provided.

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# Just keep moving: *The importance of staying active as you age*

By ANNE WENTZELL

Engaging in any form of physical activity is essential at any age. Even more so as you age to maintain your strength, stamina, flexibility and cognitive abilities. Being physically active has many benefits including reduced anxiety, better sleep, heart and bone health, balance, and a reduced risk for depression, dementia and some cancers. It can also reduce feelings of loneliness and isolation when done with others.

Whether you decide to engage in physical activity on your own, or in a group, is a personal choice, although engaging with others proves to be more beneficial in building social relationships and self-confidence.

## SOME ENGAGING ACTIVITIES

Seniors can join walking clubs or hiking while enjoying the wondrous scenery surrounding them. There's always something intriguing to find along the way.

Perhaps try pickleball which is easy to learn, less stressful on your muscles and joints, played on a smaller court, and aids in boosting your endorphins, the body's "feel good" hormones that relieve pain and stress.

Golf is a low-intensity sport that you can do at your own pace and is an excellent social activity that allows exposure to sunlight (UV light) that helps ward off some bacteria and viruses.

Indoor swimming can be enjoyed year-round and is a great low-impact aerobic exercise that doesn't put added pressure on your hips, spine, or knees. This activity is a great option for those with knee osteoarthritis, mobility limitations, and chronic pain.

Attending self-defense classes helps older adults stay in shape and maintain their mental awareness, such as martial arts or Tai Chi, which are offered for all intensity levels.



Dance is an exceptional way to increase your activity level. This can be ballroom dancing, tango, waltz, or line dancing lessons. This is a great social activity option and stimulates your cognition as you partake in learning the steps to a dance.

Other options may include yoga, Pilates, or stretching exercises. Weight training will build strength and muscle mass since seniors lose muscle mass as they age, although this will take time. You could work with a trainer who has experience working with seniors. Strength training for this age group will also improve bone density.

It's a good idea to be exposed to nature while exercising, if you can, since it tends to increase your level of happiness, provides positive social interactions, and gives you a sense of meaningfulness in your life.

Remember that keeping your brain as sharp as possible is just as important as keeping your body in shape. Your body systems such as digestive, circulatory, and nervous systems are synchronized; they function in tandem with each other.

## RECREATIONAL ACTIVITIES

Spend a few hours a day gardening whether on your own or in a gardening club. This activity en-

tails some bending, reaching, and pulling which is a good moderate cardiovascular exercise.

Planting and growing a garden, even without a green thumb, you will feel a sense of achievement as you enjoy the fruits of your labour and benefit from the consuming of healthy fruits and vegetables. It can also promote a sense of relaxation.

Many seniors enjoy going on multigenerational cruises that are now becoming more popular when travelling with their kids and grandchildren. Some cruise lines offer senior discounts.

Engaging in online forums and chat rooms allows you to meet people from all around the world. But always maintain vigilance when doing so.

Crafting such as knitting, crocheting, painting, woodworking, or possibly scrap booking, keeps your mind active and allows your creative juices to flow. It may also lower your risk of developing mild cognitive impairment.

Also, consult with your physician before engaging in any form of physical activity. As the old adages say, 'you're only as old as you feel' and 'age is just a number'. We all want to live long lives in good health with a good quality of life. Engaging in some form of exercise for body and mind, may just enable that.

## Social Column

*Enjoy this "social media of yesteryear" excerpt from the Bridgewater Bulletin.*

---

**September 17, 1947**

---

### MILL ROAD

Miss Burdette Gates is employed at Mrs. Earl Meister's.

A number from here attended the funeral of the late Otis Meister held at New Ross Baptist Church on Friday. We extend our sympathy to the family.

School re-opened on Wednesday morning for the primary grades, Miss Frances Theriault, of Bridgewater, as teacher. The advanced dept. is still without a teacher.

Murray Amero, Doucetteville, is spending some time with relatives here.

Albert Guptilli, Avonport, is doing carpenter work at the home of Earl Meister.

Mr. and Mrs. Doren Corbin and son Barry, Fraxville, spent Sunday with Mrs. Corbin's parents, Mr. and Mrs. Ira Rafuse.

Stanley and Arch Hatt, New Ross, were visitors to Mill Road on Wednesday evening.

Congratulations to Mr. and Mrs. Webster Pye on the arrival of a daughter.

Mr. and Mrs. Harvey Leopold, Mrs. Herman Leopold and Lawrence Veinot were recent visitors of Mr. and Mrs. Robie Levy, Leville.

Miss Joyce Leopold has gone to Beech Hill to teach the school there.

Mr. and Mrs. Lawrence Veinot have purchased a coupe car.

Mr. Melville Gates was a business visitor to Hantsport on Monday.

Messrs. Laurie Schofield, Walter Servant and Eldredge Crossley, of the Dept. of Lands and Forests spent the week end at Mr. Crossley's home.

*Curious to see more?*  
Visit our Archives at [www.southshorebulletin.ca](http://www.southshorebulletin.ca)

# Plein air painting exhibition

SOUTH SHORE BULLETIN STAFF

LAHAVE – The historic LaHave Bakery Gallery will host an En Plein Air Painting Exhibition next month. The exhibition will take place from Oct. 2-5 and from 9 a.m. to 4 p.m. each day.

It will feature the works of 10 well-known artists from the Lunenburg County Plein Air Painters group and feature scenes from around the South Shore of Nova Scotia, captured in oil, acrylic, water-colour and gouache paintings.

Artists featured are: Tom Allan, Margo Bradley, Sharon Fox Cranston, Wesley Lowe, Lezlie Morgan, Wendy Muise, Micheal Peters, Sharon Wadsworth Smith, Charles Weiss and Ted Wilkins.



Sharon Wadsworth-Smith

Lunenburg, N.S.			
TIDE TABLE			
<b>Wednesday, September 17</b>		<b>Sunday, September 21</b>	
high 4.63 ft	5:43 AM	low 0.66 ft	2:54 AM
low 1.77 ft	12:02 PM	high 5.71 ft	8:42 AM
high 5.02 ft	5:47 PM	low 0.92 ft	3:17 PM
<b>Thursday, September 18</b>		<b>NEW MOON 4:54 PM</b>	
low 0.85 ft	12:36 AM	high 5.68 ft	8:57 PM
high 4.95 ft	6:44 AM	<b>Monday, September 22</b>	
low 1.54 ft	1:02 PM	low 0.75 ft	3:29 AM
high 5.28 ft	6:46 PM	high 5.74 ft	9:17 AM
<b>Friday, September 19</b>		low 0.82 ft 3:51 PM	
low 0.72 ft	1:29 AM	high 5.64 ft	9:37 PM
high 5.28 ft	7:28 AM	<b>Tuesday, September 23</b>	
low 1.31 ft	1:54 PM	low 0.98 ft	4:00 AM
high 5.48 ft	7:33 PM	high 5.71 ft	9:51 AM
<b>Saturday, September 20</b>		low 0.75 ft 4:23 PM	
low 0.62 ft	2:14 AM	high 5.51 ft	10:18 PM
high 5.51 ft	8:07 AM	<b>Wednesday, September 24</b>	
low 1.08 ft	2:38 PM	low 1.21 ft	4:29 AM
high 5.61 ft	8:16 PM	high 5.58 ft	10:25 AM
		low 0.79 ft	4:52 PM
		high 5.35 ft	10:57 PM

Level of accuracy may be affected by weather patterns and circumstances.



Charles Weiss

# Capturing Perkins House in paintings

## Series of paintings now for sale

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

LIVERPOOL – Capturing history in painting.

Liverpool artist Andre Haines recently completed a series of five paintings inside the rooms on the main level of the Perkins House Museum and they are now available for sale at \$500 each. They can be seen inside the home until it closes for the season Oct. 15.

After that, if any are still left, they will be inside the main museum to look at, and also for sale. All paintings are \$500 each, with all proceeds going to the Queens County Historical Society, who run the museum.

“It’s a good opportunity for us to have like an artist-in-residence here,” said Linda Rafuse, a member of the society. “We hope he stays for a long time because he is such a wonderful local artist and he has given us such a wonderful opportunity to promote the Perkins House in a unique way.”

“The whole idea was, we often see paintings of historical places done in the time for the people that lived there,” said Haines. “But how are we recording our history now. The chairs we put in. The colours. Who knows what chair went where? This is where we are now.”

Why this project? He said that it

benefited not only the Perkins House as a fundraiser, but for himself as well. He said over the past few years, especially through COVID-19, have been upsetting for lots of people, including himself and explained that he has had a hard time being around crowds. This project meant a change.

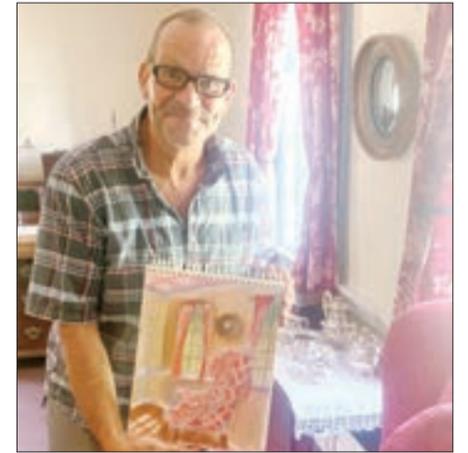
“I knew going into a place that was gentle and peaceful would be a good thing just for me. But I was so wrong, because I would see people coming through while I was working and the

silence or laughter, of the awe of the beauty of this place of Canadians.

“I could see they were feeling the same sense that I do in here and so I also try to inject that feeling into the paintings. That’s why coming into this environment was especially important for me at this time.”

Whenever he walks into the house, he feels like it’s home for him and further explained the intimate connection.

*Continued on page 20*



SOURCE: FACEBOOK/ANDREHAINES  
Artist Andre Haines with one of his five pieces that he painted of the inside of the Perkins House Museum.

### SPORT SHORTS

#### LUMBERJACKS WIN

The South Shore Jr. B Lumberjacks kicked off the 2025-2026 season with a 3-1 road win over the East Hants Penguins Sept. 12.

Owen MacDermid scored twice and Brennan Coleman added another to get the win.

The team is back on the road for the next three games: Sept. 20 against the Junior Miners; Sept. 21 against the Strait Pirates against the Capstone Colts Sept. 26.

Their home-opener is scheduled for Oct. 4 at 7 p.m.

#### PANTHERS WIN

The Park View Panthers are 2-0 after defeating Halifax West, 17-14, Sept. 14. This is their second straight win, after a 58-0 road win over Central Kings Sept. 7. The Panthers are back at home this Sunday, Sept. 21 at noon.

#### BULLDOGS FALL A BIT SHORT IN ATLANTICS

The 15U and 13U Bridgewater Bulldogs fell a bit short in their bid for Atlantic championships this past weekend.

The 15U team started off their tournament in Newfoundland with three straight losses, but finished

it off with a victory. They lost 6-1 to Miramichi in game one; 15-4 to the Eastern Express and 7-5 to St. John’s. Their one win came against the host, Paradise Phantoms, 5-4.

The 13U hosted this year’s tournament and finished with a record of one win and three losses. They started off with an extra innings, 6-5 loss to the Nova Scotia reps., the Halifax Mets; then it was a 11-3 loss to the Eastern Express; an 8-3 win over the St. John’s Capitals, and a 10-3 loss to the Sussex Royals, the eventual champions. Who defeated the Eastern Express 11-3 in Sunday’s final.

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# LIFESTYLES

## All about the American Woodcock

**JAMES HIRTLE**  
Bird Notes

I spoke with Sue Beaver Sept. 4 and was advised that she and Ron Hruschewy of Garden Lots had an American woodcock coming to their yard. I had heard one this year, but had not actually seen one, so when Sue phoned to let me know that the bird was back on Sept. 7, I went to see it.

The American woodcock nests from Manitoba to Ontario, in Quebec, New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland west to Minnesota, Iowa, Missouri, Arkansas, Texas and south to Louisiana, Mississippi, Atlanta, Georgia and Florida. They winter in Arkansas, Louisiana, Mississippi, Oklahoma, Missouri, Tennessee, Atlanta, South Carolina, North Carolina, Virginia, Texas and Florida.

The American woodcock is 26.25 to 28.75 cm long with a wingspread of 45 cm. Sexes are outwardly similar, but on average the females are larger. They are chunky with a short neck and legs and have a very long, tapered, flesh-colored bill.

In the female, the bill is usually 6.9 cm and in the male 6.2 cm. They are a dead leaf colour of variegated browns, black and gray above. They are rusty below. The tail is quite short. The head is large and across the rear of the crown there are three wide dark bands, separated by narrow rufous bands.

They have large dark eyes set far back and high in the head. The wings are rounded and have narrow vanes which produce a twittering whistle when the bird is startled into flight.

This species feeds mostly at dusk and early morning, but only sometimes during the day. Earthworms is the main food, but they also eat slugs, sow bugs, insects and their larvae, grasshoppers, ants, crane flies, snipe flies, horseflies and long-legged flies, cutworms, crickets, locusts, millipedes, centipedes, spiders, salamanders, frogs, small land snails and seeds of sedges, violets, alder, blackberries and weed and grass seeds.

Since the last column, birding has been up and down. On Sept. 2, I birded

LaHave to Rose Bay, Kingsburg Beach, Kingsburg and in the Harbour View Cemetery.

I had 40 species for the day. There were 31 species alone at the causeway



JAMES HIRTLE PHOTO

An American Woodcock spotted in Garden Lots Sept. 7.

to Conrad's Island and Sand Dollar Beach in Rose Bay. This is one of my favourite birding areas.

There were still fair numbers of shorebirds and nice groupings of warblers moving through on that day.

On Sept. 3, I ventured into Queens County. In all I had 37 species for the day, but if not for Lunenburg County my birding day would have been a bust. It was extremely quiet in Queens County where I went as far as Summerville Beach and back.

I did find one place in Liverpool that was somewhat exciting in numbers of birds around. On that day I saw the red knot that had been reported at Crescent Beach and found a solitary sandpiper in Broad Cove.

On Sept. 4, I birded LaHave to Centre, Back Harbour Lunenburg, Blue Rocks, Stonehurst, Heckman's Island and to Shoreline Drive. It was a quiet day with few birds and my day total was only 24 species. Sept. 5 was a quiet day and not worth mentioning.

Sept. 6, I made a day trip to Brier Island with my friend Dorothy Poole. The wood stork was still there and seen on Brier Island at 10:30 in the morning, but did not make an appearance while we were on the island. Activity was a lot more than when I had visited a few weeks before when going across country to Brier Island.

Major migration that I saw on that day was for common grackles, northern flickers and American kestrels. I also had a solitary sandpiper at Gulliver's Cove. My species count for the day was 37.

On Sept. 7, I birded LaHave to Oxner's Beach, Riverport, Bayport, First South, Corkum's Island, Mason's Beach, Back Harbour Lunenburg, Garden Lots, Shoreline Drive, Silver Point Road and into Bridgewater and

back home to LaHave.

I had 31 species for that day. I had a really nice group of migrants at Shoreline Drive and probably would have picked up several other species, but at that point it started to rain heavily so I did not take my usual walk there.

Sept. 8 was a good day birding. I went from LaHave to Indian Path, Lunenburg, Garden Lots, Shoreline Drive to Lunenburg and then to Bayport, Rose Bay and Oxner's Beach and back home.

I had 39 species for the day with highlights of lots of migrants at Shoreline Drive, which included a load of warblers, as well as two merlins, and a solitary sandpiper. I had a number of shorebirds at Sand Dollar Beach, with numbers of migrants along the Conrad's Island Road going out to the beach, and found black-bellied plovers at Oxner's Beach, which I had not seen for the day at other locations.

Susan Wile reported two whimbrels at Oxner's Beach and that friends of hers had two of these birds land on their lawn at an inland location. On Sept. 3, while working at a job, Lise Bell had a nice close-up view of a

northern waterthrush when it came to within a few feet of her. She also reported a barred owl at Bush Island.

Logan Moore saw a black-crowned night heron on Middle Island, Cape LaHave on Sept. 8. I'll write about Sept. 9 in the next column where I found a gull-billed tern at Cherry Hill Beach.

Birds of interest found in Cape Breton were American golden plover, pectoral sandpiper, a marbled godwit, Baird's sandpipers and a blue-gray gnatcatcher. Birds of note in Halifax Regional Municipality were blue-gray gnatcatcher, stilt sandpiper, Carolina wren and prairie warbler. Ervin Olsen discovered a hooded warbler at Cape Forchu.

On Sept. 4, Dominic Cormier sighted 15 red-tailed hawks and 30 broad-winged hawks at Horton Bluff. On Sept. 6 Danny Cameron discovered a little blue heron in Canso. Rick Whitman found two laughing gulls at Scots Bay.

On Sept. 8, Mark Dennis reported a Franklin's gull and a laughing gull at Daniel's Head on Cape Sable Island.

You may reach me at 902-693-2174 or email [jrhbirder@hotmail.com](mailto:jrhbirder@hotmail.com).

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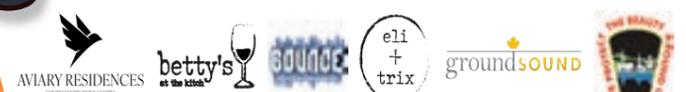
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# Very little.

LIFESTYLES

# SHAID Launches new 50/50 raffle

**ASHLEY KIPPERS**  
SHAID Tree Animal Shelter General Manager

SHAID Tree Animal Shelter is excited to announce the launch of its brand-new **50/50 raffle through Rafflebox**, with the first draw running from Sept. 8-29, 2025. This fun fundraiser gives community members a chance to win big – while making a life-changing difference for local animals in need.

Unlike many organizations, SHAID receives no government funding. Every dollar that keeps the shelter’s doors open comes from donations, fundraising events, and the generosity of the community. These funds allow SHAID to provide food, medical care, shelter, and love to hundreds of animals each year until they find their forever homes.

Fundraising is also what makes it possible to care for animals with more complex medical needs like Rustic, a kitten who came to SHAID requiring extensive treatment and ongoing care. For kittens like Rustic, it can take months of veterinary support, medication, and special diets

before they are stable and ready for adoption. Without community fundraising, providing this level of care simply wouldn’t be possible.

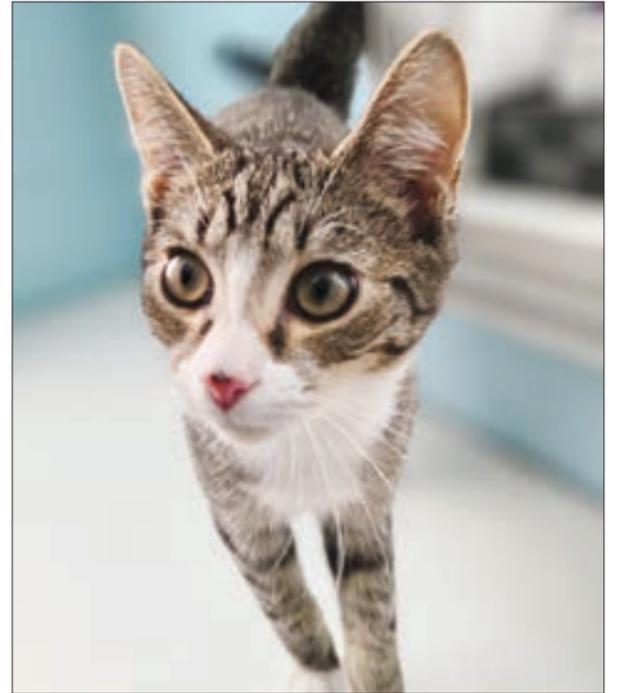
“Fundraising is what keeps our shelter running,” said Shelter Manager Ashley Kippers. “The 50/50 raffle is a wonderful way for the community to support SHAID while also having some fun and the chance to win half the jackpot.”

**Here’s how it works:** Tickets are purchased online through Rafflebox. Half of the money raised goes directly to SHAID, helping the shelter grow and serve more animals in need. The other half goes to one lucky winner, drawn at the end of the raffle.

It’s a win-win. Every ticket purchased supports the animals in SHAID’s care, providing them with food, veterinary treatment, and safe shelter, while also giving participants the exciting chance to take home a cash prize.

SHAID’s first 50/50 raffle will take place Sept. 8-29, 2025. To purchase tickets and support the animals, visit [www.SHAIDraffle.ca](http://www.SHAIDraffle.ca).

Because when you play, animals like Rustic win and so could you.



ASHLEY KIPPERS PHOTO

SHAID Tree Animal Shelter is launching a new way to support them, which allows you to win as well and it helps animals like Rustic, thrive.

**Wildfire Prevention and Mitigation Conference**  
 Saturday, October 25<sup>th</sup> 2025  
 9:00 to 16:00  
 Best Western Hotel and Convention Centre  
 527 Nova Scotia Trunk 10, Exit 12  
 Bridgewater, NS

A conference for private woodlot owners which aims to bring together experts from industry, government, and academia to help educate and inform the public on the risks of wildfire, and strategies for prevention and mitigation in relation to woodlot management.

Free to attend  
Coffee and lunch provided

To register email [info@westernwoodlotcoop.com](mailto:info@westernwoodlotcoop.com)  
Follow Western Woodlot Services Cooperative Ltd. on Facebook for more updates

A childhood favourite of mine, this is comfort food that is perfect for the cooler weather!  
Makes 4 servings.

**INGREDIENTS**

- 3-4 medium potatoes, peeled and diced
- 1 tbsp margarine
- 1 can creamed corn
- ½ can of condensed milk
- Salt and pepper to taste
- ½ cup diced cooked bacon (optional)
- 1 medium onion, chopped (optional)

**DIRECTIONS**

1. Peel and dice potatoes (and onion if adding) and add to the pot; cook in water until potatoes are tender. Drain water.
2. Add margarine, creamed corn, condensed milk, salt and pepper. Add bacon if preferred.
3. Return the pot to the stove and continue to cook on low heat, covered but stirring frequently, until hot and bubbly.
4. Remove from heat and serve. (Ideal with a slice of fresh homemade bread and butter!)

**Have a recipe you’d like to share?  
Send it in!**  
[info@southshorebulletin](mailto:info@southshorebulletin)  
 106-129 Aberdeen Rd,  
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## A simple thank you goes a long way

**SUSANNE BECK**  
*Reality Check*

Do you offer compliments? If so, is it rarely, only when someone has done something truly extraordinary? Or does giving compliments come easily to you?

Now, how about receiving compliments? Can you accept a compliment without embarrassment, shrugging it off, or protesting?

A sincere compliment is a wonderful element of communication that can satisfy important needs for both the giver and the receiver. Here, I’m thinking specifically of compliments related to actions.

For example, “Sally, you are so beautiful” is certainly complimentary. However, “Sally, you did an outstanding job on that project” is a little different in that it recognizes Sally’s accomplishment based on her skills and effort.

In other words, Sally may not have a choice as to whether she is beautiful, but she does have a choice as to whether she does an outstanding job. The compliment is recognition of her choice.

Recognition is, in fact, one of the important benefits of a compliment. Choice Theory asserts that we each have some level of need for what’s called power/recognition. We have a need to be recognized. We want to be heard and valued.

Have you ever felt devalued or unheard? Perhaps you were in a conversation where everyone ignored you, talked over you, or dismissed you as wrong or unimportant. Maybe you were even mocked. That doesn’t feel very good, does it? How do you react?

I suspect that you didn’t walk away with warm, loving feelings toward anyone in that conversation.

*Continued on page 13*

**NOTICE OF APPROVAL**  
 In the matter of the  
**Municipal Government Act**  
 and the Municipality of Chester

TAKE NOTICE THAT on September 11, 2025 Chester Municipal Council approved an Amending Development Agreement with Bear Lake Wind Ltd., Atlantic Star Forestry Ltd and Wagner Forest NS Ltd. to permit high capacity electrical generation facility use in the form of 1 wind turbine with maximum generating capacity of 8.5 megawatts and maximum height of 215 metres at PID 60408820, Highway 14. This facilitates a design change from the approved Development Agreement where there is 1 rather than 2 turbines, generating capacity reduction and height increase (from 207 m to 215 m).

This decision of Council can be appealed to the Nova Scotia Regulatory and Appeals Board (phone 1-902-424-1333 or 1-844-809-0010) by any aggrieved person, by the Provincial Director of Planning, or by the Council of an adjacent Municipality within fourteen (14) days after the date of the publication of this notice. **This Notice was posted to the Municipal Website on September 11, 2025, therefore, the Appeal period ends on September 25, 2025.**

For further information, call 902-275-2599.

P.M. Myra  
Municipal Clerk

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## LIFESTYLES

## Scheduling is leadership, not logistics

STEPHANIE MILLER VINCENT  
Business Moments

The service industry has a scheduling problem. But it's not what you think.

Walk into most restaurants, hotels, or retail spaces and you'll find managers treating schedules like accounting spreadsheets, cold, mechanical, focused solely on coverage and cost control. The human element? An inconvenience to be managed around.

This is exactly the kind of thinking I'm working to transform across Nova Scotia's service industry. Because when we treat people like interchangeable parts, we get exactly what we deserve: high turnover, disengaged teams and mediocre customer experiences.

I learned this lesson the hard way early in my career, working where the schedule was treated like sacred law. No exceptions. No flexibility. It didn't matter that someone had closed at midnight and was back at 8 a.m. It didn't matter that a parent desperately needed a shift change for a sick child. The answer was always the same: "That's the schedule. Deal with it."

One evening, an exhausted team member pulled me aside and whispered, "I'm not a machine, Stephanie." Those five words changed everything for me. She was absolutely right and that rigid scheduling system was treating her exactly like one.

That moment crystallized what I now teach business leaders across North America: scheduling is leadership, not logistics. Every time you create a schedule, you're making a statement about your values. You're showing your team whether you see them as whole human beings with lives outside work, or simply as labour costs to be optimized.

The businesses I work with that embrace human-first scheduling don't just see better retention, they see transformed customer experiences. When your team feels valued and supported, that energy flows directly

to your guests.

Here's how forward-thinking service leaders are doing it differently:

**Listen before you schedule.** Start every scheduling period by asking for availability, conflicts, and preferences. You won't accommodate every request, but the simple act of asking communicates respect and builds trust.

**Protect your people's energy.** Stop stacking shifts so tightly that team members arrive exhausted before they even clock in. A rested, energized employee creates memorable experiences. A burned-out one just gets through the shift.

**Build flexibility into your system.** The most successful operators I know have learned that a little scheduling flexibility prevents massive retention problems later. When life happens, and it always does, your response determines whether someone stays or starts job hunting.

What's worse, it may have had a carry-over effect, where you go home and belittle your children. You might even take out your frustration on the dog! We can't have that.

Contrast this with a conversation where your input is requested, where people listen carefully to what you say. They treat you with respect, and even if your comments are not ultimately acted upon, you know you've been heard. You might not think of that as a compliment, but it is positive recognition, isn't it?

How do you treat the children (or the dog) after a successful interaction like that? You might feel like a whole new satisfied person.

Thus, the compliment (or recognition, if you prefer) is one direct method that can build or improve many relationships. It says, "I hear

This is the kind of transformation the service industry desperately needs. We have to move beyond seeing our teams as costs to control and start seeing them as the creators of every customer experience we deliver.

Your schedule isn't just about who works when. It's about who you are as a leader, what you value as a business, and how you want your customers to feel when they walk through your doors.

The choice is yours: continue treating scheduling like paperwork or start using it as the leadership tool it's always been.

Stephanie is the Founder of SMillerVision and known as Your Hospitality Hero, transforming the service industry across Nova Scotia and beyond through human-first leadership. With more than 30 years of hands-on experience leading hospitality teams in restaurants, re-

sorts, and private clubs, she has built her career on one truth: exceptional customer experiences start with empowered, respected employees.

Through SMillerVision, Stephanie now channels her expertise into mentoring business owners, managers, and frontline teams across the service and tourism sector. Her signature programs, including HirePower, The Keep Factor, and Table Talk, give leaders practical tools to attract and retain talent, build vibrant workplace cultures, and turn micro-moments into lasting loyalty.

A sought-after speaker, columnist, and strategist, Stephanie brings both bold truth and compassionate counsel to every stage, boardroom, and coaching session. Her mission is clear: to restore heart to the service industry, elevate leadership standards, and ensure businesses thrive by putting people first. [stephanie@smillervision.com](mailto:stephanie@smillervision.com)

## A simple thank you goes a long way

Continued from page 12

you; I respect your view even if it's different from mine." It sets up the environment for more conversation, more exchange, and possibly for more learning and progress.

Maybe you feel silly giving a compliment. Maybe you think it'll be embarrassing for you (they wouldn't want to hear a compliment from little old me).

I urge you to take a chance. Give it a try. I'm not suggesting gushy compliments that have no basis in truth. Just sincere, honest commentary when someone does a good job, expresses a thoughtful opinion, or makes an extra effort.

Now, how about the art of receiving compliments? Yes, it could be considered an art, as there are people who find receiving a compliment awkward or even embarrassing. When someone recognizes your efforts, what do you say?

If you're complimented and you're

at a loss for words, here's a pair for you: "Thank you." That's it, that's all you need. No need to diminish the compliment or say that it's not necessary. Just thank you. You could smile too, if you want to make it really special.

On that note, I'll take this opportunity to say "Thank you" to the folks who read this column regularly and especially to those of you (you know who you are) who send comments. It's encouraging to know that I sometimes hit the mark with my topics and suggestions, and it's the recognition from you that lets me know it works!

How are your complimenting skills? Let me know at [choice@focusonclarity.com](mailto:choice@focusonclarity.com) or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~  
Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute

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IN THE MATTER OF: The *Companies Act*, R.S.N.S., 1989, C. 81, as amended;

AND:

IN THE MATTER OF: The Application of **BANANA ROOM DESIGN COMPANY LTD.** for leave to surrender its Certificate of Incorporation pursuant to Section 137 of the *Companies Act*,

NOTICE is hereby given that **BANANA ROOM DESIGN COMPANY LTD.** intends to apply to the Registrar of Joint Stock Companies for the Province of Nova Scotia for leave to Surrender its Certificate of Incorporation and for its dissolution consequent thereon, pursuant to the provisions of Section 137 of the *Companies Act* being Chapter 81 of the Revised Statutes of Nova Scotia, 1989, as amended.

**DATED** at Glen Margaret, Nova Scotia, this \_\_\_ day of August, 2025.

Lynn M. Henry  
Barrister & Solicitor  
25 Westhaver Road  
Glen Margaret, Nova Scotia  
Solicitor for  
**BANANA ROOM DESIGN COMPANY LTD.**

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Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, September 17, 1947.

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WEDNESDAY EVENING SEPTEMBER 17. Grid of TV channels (6-56) and programs (6:30-11:30) including Goldbergs, Ent. Tonight, and various news and entertainment shows.

THURSDAY EVENING SEPTEMBER 18. Grid of TV channels (6-56) and programs (6:30-11:30) including Goldbergs, Ent. Tonight, and various news and entertainment shows.

WEEKDAY DAYTIME. Grid of TV channels (6-56) and programs (7:30-6:00) including various news, morning shows, and entertainment programs.

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Channel Guide - A - Lunenburg Co. B - Queens Co. C - Caledonia/Cherry Hill D - St. Margaret's Bay E - New Ross

Channel Guide grid showing channel numbers (A-E) and program availability for various channels like GLOBAL, ITV, YTV, etc.

FRIDAY EVENING SEPTEMBER 19. Grid of TV channels (6-56) and programs (6:30-11:30) including Goldbergs, Ent. Tonight, and various news and entertainment shows.

SEPTEMBER 17 TO SEPTEMBER 23. Grid of TV channels (6-56) and programs (7:30-6:00) for the week of Sept 17-23, including various news, morning shows, and entertainment programs.

SATURDAY DAYTIME SEPTMBER 20. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME SEPTMBER 21. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING SEPTMBER 20. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING SEPTMBER 21. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, SEPTEMBER 17

EVENING

9:00 [WTVN] "How to Lose a Guy in 10 Days" (Romance,2003) Kate Hudson, Matthew McConaughey. A columnist (Kate Hudson) tries to make a man (Matthew McConaughey) dump her. (G)

THURSDAY, SEPTEMBER 18

EVENING

9:00 [CH] "Searching for Bobby Fischer" (Drama,1993) Joe Mantegna, Max Pomeranc. A boy (Max Pomeranc) becomes a world-class chess prodigy at age seven. (G)

1:00 [TBS] "Pineapple Express" (Comedy,2008) Seth Rogen, James Franco. A stoner (Seth Rogen) is the only witness to a murder committed by a drug lord and crooked cop. (13+)

[VSI] "Hyde Park on Hudson" (History,2012) Bill Murray, Laura Linney. British royals pay an unprecedented visit to President Franklin D. Roosevelt (Bill Murray) in 1939. (G)

FRIDAY, SEPTEMBER 19

EVENING

7:00 [ATV] "Avengers: Endgame" (Action,2019) Robert Downey Jr., Chris Evans. The heroes understand just how fragile reality is and the sacrifices that must be made to uphold it. (G)

8:00 [FAM] "Space Jam" (Children,1996) Wayne Knight. NBA star Michael Jordan helps the good Looney Tunes take on the bad Monstars in a basketball game. (G)

9:00 [ASN] "Harry Potter and the Chamber of Secrets" (Children,2002) Daniel Radcliffe, Rupert Grint. The young wizard and his best friends investigate a dark force that is terrorizing Hogwarts. (G)

[WTVN] "Mystery Island: House Rules" (Adventure,2025) Elizabeth Henstridge, Charlie Weber. The Island team meets their Mystery Mountain counterparts for a friendly murder game.

[TBS] "Bullet Train" (Action,2022) Brad Pitt, Joey King. An unlucky assassin battles lethal adversaries from around the globe on the world's fastest train. (13+)

10:00 [APTIN] "Cloudy With a Chance of Meatballs" (Animated,2009) Voices of Bill Hader, Anna Faris. An overabundance of food falls from the sky, overwhelming townspeople. (G)

10:40 [SHOW] "Interstellar" (Sci-Fi,2014) Matthew McConaughey, Anne Hathaway. With Earth becoming incapable of supporting life, explorers set out to find a new home for humanity. (G)

11:00 [WTVN] "Mystery Island: Play for Keeps" (Mystery,2025) Charlie Weber, Elizabeth Henstridge. Old feelings become complicated, tensions run high and allegations arise when a guest is found dead. (PG)

[FAM] "Space Jam" (Children,1996) Wayne Knight. NBA star Michael Jordan helps the good Looney Tunes take on the bad Monstars in a basketball game. (G)

11:35 [TBS] "21 Bridges" (Action,2019) Chadwick Boseman, Sienna Miller. An NYPD detective searches for two cop killers as authorities close all of Manhattan's 21 bridges. (14+)

1:00 [WTVN] "Wedding Planner Mystery" (Mystery,2014) Erica Durance, Andrew W. Walker. A wedding planner (Erica Durance) investigates a suspicious death and the kidnapping of a bride. (G)

[VSI] "Lost in Translation" (Comedy Drama,2003) Bill Murray, Scarlett Johansson. A middle-aged actor (Bill Murray) falls for a young woman (Scarlett Johansson) in Tokyo. (G)

[APTIN] "Cloudy With a Chance of Meatballs" (Animated,2009) Voices of Bill Hader, Anna Faris. An overabundance of food falls from the sky, overwhelming townspeople. (G)

1:50 [TBS] "The School of Rock" (Comedy,2003) Jack Black, Joan Cusack. Desperate for money, a guitarist poses as a teacher for students who play in a school band. (G)

SATURDAY, SEPTEMBER 20

EVENING

6:15 [STAR] "Richard Jewell" (Drama,2019) Paul Walter Hauser, Sam Rockwell. A security guard becomes the FBI's prime suspect when a bomb explodes during the 1996 Olympics. (PG)

6:30 [SHOW] "Interstellar" (Sci-Fi,2014) Matthew McConaughey, Anne Hathaway. With Earth becoming incapable of supporting life, explorers set out to find a new home for humanity. (G)

6:45 [CTVSCI-FI] "Mission: Impossible -- Dead Reckoning" (Action,2023) Tom Cruise, Hayley Atwell. Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity. (14+)

7:00 [ATV] "Top Gun: Maverick" (Action,2022) Tom Cruise, Miles Teller. Pete "Maverick" Mitchell trains a new generation of Navy fighter pilots for a dangerous mission.

[WTVN] "You're Bacon Me Crazy" (Romance,2020) Natalie Hall, Michael Rady. Cleo Morelli, an aspiring Portland chef, tries to win a food truck competition. (G)

7:30 [SLICE] "The Best of Me" (Romance,2014) Michelle Monaghan, James Marsden. A friend's funeral reunites former high-school sweethearts, who find that they are still in love. (G)

8:00 [FAM] "The School of Rock" (Comedy,2003) Jack Black, Joan Cusack. Desperate for money, a guitarist poses as a teacher for students who play in a school band. (G)

[APTIN] "Singing Back the Buffalo" (Documentary,2024) Indigenous-led buffalo return to the plains. Affects ecosystems and Indigenous communities. (G)

9:00 [CH] "Goosebumps" (Fantasy,2015) Jack Black, Dylan Minnette. Monsters from the "Goosebumps" books of author R.L. Stine (Jack Black) magically come to life. (G)

[WTVN] "The Groomsman Last Dance" (Romance,2024) Tyler Hynes, Jonathan Bennett. Jackson moves to Italy to be near his daughter. A chance meeting may lead to new love.

10:00 [CBC] "Riceboy Sleeps" (Comedy Drama,2022) Choi Seungyeon, Ethan Hwang. A Korean single mother raises her young son in Canada, determined to provide a better life for him.

[SLICE] "Silver Linings Playbook" (Romance,2012) Bradley Cooper, Jennifer Lawrence. A man intends to rebuild his life and reunite with his estranged wife. (14+)

[SHOW] "The Arrival" (Sci-Fi,1996) Charlie Sheen, Ron Silver. Scientists (Charlie Sheen, Lindsay Crouse) find extraterrestrials in Mexican village. (G)

[APTIN] "Paycheck" (Sci-Fi,2003) Ben Affleck, Aaron Eckhart. A technical wizard (Ben Affleck) learns that his memory has been erased. (G)

10:15 [CTVSCI-FI] "Mission: Impossible -- Fallout" (Action,2018) Tom Cruise, Henry Cavill. Ethan Hunt and the IMF team must prevent terrorists from detonating three nuclear devices. (13+)

11:00 [WTVN] "My Birthday Romance" (Romance,2020) Ali Cobrin, Jesse Hutch. Sparks fly between a single woman and a man who poses as her boyfriend for her 35th birthday party. (G)

[FAM] "The School of Rock" (Comedy,2003) Jack Black, Joan Cusack. Desperate for money, a guitarist poses as a teacher for students who play in a school band. (G)

11:30 [STAR] "Run This Town" (Thriller,2019) Ben Platt, Mena Massoud. A journalist and a political aide become entangled in a larger-than-life scandal. (G)

12:30 [ATV] "Pig" (Drama,2021) Nicolas Cage, Alex Wolff. A truffle hunter who lives in the wild returns to Portland to find the person who stole his pig. (13+)

[SLICE] "Ghosts of Girlfriends Past" (Romance,2009) Matthew McConaughey, Jennifer Garner. Spirits of jilted lovers take a cad on an odyssey examining his many failed relationships. (14+)

[SHOW] "2012" (Action,2009) John Cusack, Chiwetel Ejiofor. A man (John Cusack) tries to lead his family to safety, as the world collapses around them. (14+)

1:00 [CBC] "Islands" (Drama,2021) Yung Chang, Rogelio Balagtas. A middle-aged Filipino immigrant quits his job to look after his father when his mother dies.

[WTVN] "10 Truths About Love" (Romance,2022) Camilla Belle, Carly Street. A thriving romance columnist's editor hires a new writer, and sparks fly as the pair clash. (G)

[TBS] "Overboard" (Romance,2018) Eugenio Derbez, Anna Faris. A single, working-class mother of three convinces a wealthy amnesiac that they're married. (G)

[APTIN] "Paycheck" (Sci-Fi,2003) Ben Affleck, Aaron Eckhart. A technical wizard (Ben Affleck) learns that his memory has been erased. (G)

1:30 [CTVSCI-FI] "Mission: Impossible -- Dead Reckoning" (Action,2023) Tom Cruise, Hayley Atwell. Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity. (14+)

1:45 [STAR] "Richard Jewell" (Drama,2019) Paul Walter Hauser, Sam Rockwell. A security guard becomes the FBI's prime suspect when a bomb explodes during the 1996 Olympics. (PG)

SUNDAY, SEPTEMBER 21

EVENING

6:00 [SLICE] "All My Life" (Drama,2020) Jessica Rothe, Harry Shum Jr. A couple receive support and love while planning their wedding in the wake of devastating news. (G)

6:45 [CTVSCI-FI] "10 Cloverfield Lane" (Thriller,2016) John Goodman, Mary Elizabeth Winstead. A woman learns the horrifying truth about the outside world while living in an underground shelter. (14+)

7:00 [WTVN] "The Groomsman Last Dance" (Romance,2024) Tyler Hynes, Jonathan Bennett. Jackson moves to Italy to be near his daughter. A chance meeting may lead to new love.

7:30 [SHOW] "Total Recall" (Sci-Fi,2012) Colin Farrell, Kate Beckinsale. A factory worker becomes a hunted man after a procedure to convert dreams into memories goes awry. (14+)

8:00 [SLICE] "Dear John" (Romance,2010) Channing Tatum, Amanda Seyfried. Unexpected consequences await a soldier and his lover, who correspond through letters for years. (G)

[FAM] "Here Comes the Boom" (Comedy,2012) Kevin James, Salma Hayek. A biology teacher moonlights as a mixed martial arts fighter to raise money for his school. (G)

8:30 [STAR] "King Richard" (Drama,2021) Will Smith, Aunjanue Ellis. Richard Williams inspires his two daughters, Venus and Serena, to become tennis champions. (G)

9:00 [CTVSCI-FI] "Avengers: Infinity War" (Action,2018) Robert Downey Jr., Chris Hemsworth. Iron Man, Thor and the rest of the Avengers battle their most powerful enemy yet -- the evil Thanos. (G)

9:30 [TBS] "Wonka" (Comedy,2023) Timothée Chalamet, Calah Lane. Young chocolatier Willy Wonka manages to change the world, one delectable bite at a time. (G)

10:00 [SHOW] "Minority Report" (Sci-Fi,2002) Tom Cruise, Colin Farrell. A cop (Tom Cruise) tries to establish his innocence in a future crime. (14+)

[APTIN] "The Bourne Supremacy" (Action,2004) Matt Damon, Franka Potente. Ex-CIA agent Jason Bourne fights back when the CIA tries to kill him. (13+)

10:30 [SLICE] "Life as We Know It" (Romance,2010) Katherine Heigl, Josh Duhamel. Two people must learn to put aside their mutual dislike and raise their orphaned goddaughter. (G)

11:00 [WTVN] "Failure to Launch" (Romance,2006) Matthew McConaughey, Sarah Jessica Parker. The parents of a young man who still lives at home hire a beautiful woman to entice him to leave. (G)

[FAM] "Here Comes the Boom" (Comedy,2012) Kevin James, Salma Hayek. A biology teacher moonlights as a mixed martial arts fighter to raise money for his school. (G)

11:30 [STAR] "I, Tonya" (Drama,2017) Margot Robbie, Sebastian Stan. Scandal and controversy rocks the world of figure skater Tonya Harding in 1994. (14+)

12:00 [TBS] "Wonka" (Comedy,2023) Timothée Chalamet, Calah Lane. Young chocolatier Willy Wonka manages to change the world, one delectable bite at a time. (G)

[CTVSCI-FI] "War of the Worlds" (Sci-Fi,2005) Tom Cruise, Dakota Fanning. A man (Tom Cruise) and his children try to survive an alien invasion. (14+)

1:00 [ASN] "Aurora Teagarden Mysteries: A Lesson in Murder" (Mystery,2024) Skyler Samuels, Evan Roderick. A student from Aurora's true crime literature class is found murdered outside the diner. (8+)

[SLICE] "All My Life" (Drama,2020) Jessica Rothe, Harry Shum Jr. A couple receive support and love while planning their wedding in the wake of devastating news. (G)

[WTVN] "Love Amongst the Stars" (Romance,2021) Sara Canning, Patch May. An astronomy professor realizes that the new history professor may be the key to her research. (G)

[SHOW] "I Am Legend" (Sci-Fi,2007) Will Smith, Alice Braga. Vampires created by a man-made plague surround a lone survivor as he searches for a cure. (14+)

[APTIN] "The Bourne Supremacy" (Action,2004) Matt Damon, Franka Potente. Ex-CIA agent Jason Bourne fights back when the CIA tries to kill him. (13+)

1:30 [GLOBAL] "Waking Up to Danger" (Thriller,2021) Donna Benedicto, Erin Boyes. A young mother with memory loss becomes suspicious of her husband.

MONDAY, SEPTEMBER 22

EVENING

8:00 [FAM] "Minions" (Animated,2015) Voices of Sandra Bullock, Jon Hamm. A clever Minion hatches a plan to find his masterless brethren someone new to serve. (G)

10:00 [SHOW] "Night of the Sicario" (Action,2021) Natasha Henstridge, Costas Mandylor. A DEA agent must protect a federal witness's family from vicious cartel gunmen. (G)

11:00 [FAM] "Minions" (Animated,2015) Voices of Sandra Bullock, Jon Hamm. A clever Minion hatches a plan to find his masterless brethren someone new to serve. (G)

1:00 [VSI] "Fiddler on the Roof" (Musical,1971) Topol, Norma Crane. Poor Jewish milkman (Topol), wife (Norma Crane) and five daughters in czarist Russia. (G)

TUESDAY, SEPTEMBER 23

EVENING

9:00 [WTVN] "Labor Day" (Romance,2013) Kate Winslet, Josh Brolin. An escaped convict (Josh Brolin) enters the lives of a lonely divorcee (Kate Winslet) and her son. (G)

10:40 [SHOW] "Buddy Games" (Comedy,2019) Josh Duhamel, Olivia Munn. Six friends reunite for an insane competition filled with absurd physical and mental challenges. (13+)

1:00 [VSI] "Fiddler on the Roof" (Musical,1971) Topol, Norma Crane. Poor Jewish milkman (Topol), wife (Norma Crane) and five daughters in czarist Russia. (G)

MONDAY EVENING SEPTEMBER 22. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

TUESDAY EVENING SEPTEMBER 23. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

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### BREAKFASTS

Parkdale-Maplewood Community Centre Breakfast. Saturday, September 20, 7 a.m. to 10:30 a.m., \$12 for adults; \$6 for children; Kids under 5 eat free! 50/50 tickets are available in advance, or at the door! For more information - email parkdalemaplewoodcc@gmail.com

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**SANDRA BONNIE DEMONE**  
I still catch myself turning to tell you something, forgetting that you are gone. Then it hits me you're not there. That's the part I can't accept, no matter how much time goes by. I'll be missing you for the rest of my life. Carrying every word "I love you". Thank you for loving me with all your heart, even though you are no longer here. I miss you deeply, but I want to thank you for every hug, every moment we had. You'll always be my angel. Your love was my light, my strength.

Miss you so much,  
all my love,  
Jack xoxo

**HEBB:** In loving memory of a wonderful husband, father, grandfather, and great-grandfather, Arnold Hebb. You were someone we could talk to, that no one can replace. You were someone we could laugh with, till tears rolled down our face. You were someone we could turn to when we needed a helping hand, to advise and understand. You were someone we thought more of as each year came to an end. You were our dearest husband, father, grandfather, and great-grandfather. Also, our best friend. Thank you for the memories that are yours and ours alone, for they recall so many special memories that you and we have known. Always missed and loved by wife, Pauline; sons, Gary (Karen), and Byron; all of the grandchildren and great-grandchildren.

### DEATHS

**Baby Thomas, originally of India,** died peacefully at home in Lunenburg, on August 11, 2025. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Bennett, Captain Fredrick "Fred" Keith,** 81, of Lunenburg, passed away September 3, 2025 at Fishermen's Memorial Hospital, Lunenburg. Arrangements entrusted to Dana L. Sweeny Funeral Home.

**Boucher, Kim Lionel,** 70, of Lunenburg passed away on August 25, 2025 at home. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Conrad, Eric Keith,** 82, of Bridgewater (and formerly Lunenburg), passed away peacefully on August 25, 2025. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Creaser, Kathleen "Kay" Bernice,** of Lunenburg (formerly of Riverport) passed away peacefully among family on Saturday, September 6, 2025 at Harbour View Haven Nursing Home, Lunenburg. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Dominix, Holly Joy,** 61 Branch LaHave, Died Sept 7, 2025 South Shore Regional Hospital Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Hirtle, Annabelle Gertrude,** 101 New Germany, died September 8, 2025 Rosedale Home of Special Care, New Germany. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

### CELEBRATION OF LIFE

**Notice of Internment - James Ansel OLMSTEAD**  
A short graveside interment will be held on September 27, 2025, at 1 p.m., at the Port Wade Baptist Church. All are welcome and a light lunch will follow in the church hall. LOCATION: Port Wade Baptist Church, 1658 Granville Road, Port Wade (Close to Annapolis Royal). Please call us at 902-543-2863 if you plan to attend.

**Keddy, Kenneth Wayne "Big Foot",** 79, Bridgewater, died September 2, 2025 in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Keizer, Pauline Hazel,** 95, of Centre, passed away August 26, 2025 at home. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Mader, Mary "Judith",** 104 Barss Corner & Halifax, died September 4, 2025 Maple Stone Enhanced Care Facility in Halifax. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

**Medicraft, Rossie,** 92 Springfield, died September 7, 2025 South Shore Regional Hospital in Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

**Mosher, Jean,** 93 New Germany, died September 7, 2025 at Rosedale Home of Special Care of New Germany. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

**Nodding, Gordon Jr.,** age 93, of First Peninsula, passed away on, August 1, 2025 at the South Shore Regional Hospital. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Quinn, Betty Ann,** of Pentz, passed away on August 9, 2025. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Rafuse, Mildred Irene,** 85, Shoreham Village, Chester and formerly of Martin's River, passed away on September 7, 2025 at Shoreham Village. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Ritcey, Jean Louise,** 90 of Upper Northfield and formerly of Lunenburg, passed away on August 24, 2025 at Harbour View Haven, Lunenburg. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Sanford, John Ezra,** 81, of New Ross, passing away on September 2, 2025 at Fishermen's Memorial Hospital, Lunenburg. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Skinner, Mary Germaine (Boudreau),** passed away peacefully at the Mahone Bay Nursing Home on August 31, 2025. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Smith, Lydia Wallner,** 89, of Mahone Bay, passed away on August 15, 2025 at Fishermen's Memorial Hospital, Lunenburg. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Woodworth, M. Marie,** 100, Molega Lake, died September 6, 2025 in Shoreham Village, Chester. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Wright, Irene E. (Walker),** 85, of Lunenburg, passed away on August 6th, 2025 at Harbour View Haven. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

**Zwicker, Deborah "Debbie" Doreen (Oickle),** 66, of Mahone Bay, passed away on September 1, 2025 at the Victoria General Hospital, Halifax. Funeral arrangements are under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

### RELIGION DIRECTORY

**The 10 Commandments**

I am the Lord your God, you shall have no other gods but me  
You shall not make for yourselves an idol and worship it  
You shall not misuse the name of the Lord your God  
Remember the Sabbath day by keeping it holy  
Honour your father and your mother  
You shall not murder  
You shall not commit adultery  
You shall not steal  
You shall not give false testimony  
You shall not covet

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Reverend Neil McEwen; Minister of Pastoral Care and Outreach Ministry  
A Collaborative Ministry with West Side United Church; Pentz

10:30am Worship and Fellowship  
10:45am Sunday School (Ages 3-18)  
For Pastoral Care Concerns, please phone (902) 543-6854  
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### Anglican PARISHES OF PETITE RIVIERE & NEW DUBLIN

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**Sunday September 21st**  
**St. Matthew, Apostle and Evangelist - Rev. Oliver Osmond**  
9:00am St. Peters West LaHave  
Holy Communion  
11:00am St. Michaels Petite Riviere  
Holy Communion

"O worship the Lord in the beauty of holiness"

### OBITUARIES

**John Ezra Sanford**  
John Ezra Sanford, 84, of New Ross, passed away on September 2, 2025, at Fishermen's Memorial Hospital, Lunenburg. Born on November 12, 1940, he was a son of the late George and Nettie (Miller) Sanford. Funeral arrangements are entrusted to the Dana L. Sweeny Funeral Home, 11213, Hwy 3, Lunenburg. Interment on Thursday, September 11, 2025, at 3:00 pm in Elm Grove Cemetery, Kentville, NS.



# CLASSIFIEDS

P: 902.543.2457  
E-MAIL: info@southshorebulletin.ca

**SUBMISSION POLICY:**  
South Shore Bulletin is not responsible for errors or omissions for verbal or handwritten submissions.  
**ERRORS:** to ensure the best response to your ad, review it carefully and call 902-543-2457 if any changes are required. South Shore Bulletin will not be responsible for more than one incorrect insertion.  
**EDITING:** all ads are subject to the approval of South Shore Bulletin, which reserves the right to edit, reject or properly classify any ad.

**WORD ADS**  
 15 words or less, \$9.00\*.  
Additional words \$0.20\* each.

**BIRTHDAY ANNOUNCEMENTS**  
 1 col.: \$20.00\*; 2 col.: \$30.00\*.  
Includes one photo.  
Additional photo: \$20.00\*.

**BIRTH AND GRADUATION ANNOUNCEMENTS**  
 Photo with write-up, 75 words or less: \$25.00\*; additional photo: \$30.00\*; write-up only: \$15.65\*. Additional words \$0.20 each.

**ENGAGEMENT, WEDDING, AND ANNIVERSARY ANNOUNCEMENTS**  
 Photo with write-up, 75 words or less: \$45.65\*; additional photo: \$30.00\*; write-up only: \$15.65\*. Additional words \$0.20 each.

**CARDS OF THANKS AND MEMORIALS**  
 75 words or less: \$20.00\*. Additional words \$0.20 each.

**OBITUARIES**  
 75 words or less: \$15.65. Additional words \$0.20 each. With photo: add: \$20.00\*.

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 Call Diana Girvan for competitive rates on display classifieds: 902-930-4361.

**DEADLINES:**  
**THURSDAY AT 4 P.M.**  
PRIOR TO  
PUBLICATION DATE  
(Note: Holidays may affect deadlines)

\*Note: All classified ads must be pre-paid.  
All prices are +HST

## OBITUARIES

**Mildred Irene Rafuse**

It is with profound sadness that the family of Mildred Irene Rafuse, Shoreham Village, Chester and formerly of Martin's River, N.S., announce her passing on September 7, 2025, at Shoreham Village.

Born in West LaHave, she was a daughter of the late Moore and Doris Richard. Mildred is survived by her sons, Dale (Catherine) West LaHave, and Kenneth, Martin's River; grandchildren Alexander (Valerie) Dayspring, Gregory (Kathleen) Halifax, Emily, Martins River, and daughter in law, Lynette, Martin's River. She was predeceased by her loving husband of 66 years, Maynard (July 15, 2025), her youngest son, Robert, brothers Walter and Murray, and sister Judith.

Mildred was an avid volunteer in her community. She was a devoted member of the St. Martin's Anglican Church, the Martin's River Volunteer Fire Department Ladies Auxiliary, and a long-time fundraiser for many charities. She loved to play the guitar and sing her favorite country music with her close friends and was a huge Elvis Presley fan. One of the highlights of her life was travelling with her sister Judith, to visit Elvis's home in Graceland. She loved to sew, making many place mats and Christmas tree skirts, which are still in use by many on the South Shore. She was a dear friend of many, and when someone was sick or in need for anything she was there.

Mildred and Maynard loved to go camping, with three young boys in tow, to campgrounds all over the province. As the boys grew up and moved out, they parked their trailer on a lot in Sunnybrook, where they were a fixture for many years. Mildred and Maynard worked together; he ran his carpentry business, and she did the books. They enjoyed spending time with their friends, on fishing, boating and camping trips, and with their family over many dinners and swimming with her grandchildren. She will be greatly missed.

Mildred spent the last 5 years as a resident of North Queens and Shoreham Village Nursing Homes. The family would like to extend their great appreciation to the entire staff of both homes, for their unwavering care and compassion during this extended difficult time.

Funeral arrangements have been entrusted to Dana L Sweeny Funeral Home, 11213, Hwy 3, Lunenburg. Cremation has taken place. Memorial donations can be made to the Martin's River Volunteer Fire Department. A graveside service and a Celebration of Life for both Mildred and Maynard will be held on Saturday, September 20, at 11:00 am at the Saint Martin's Anglican Cemetery, 7548, Hwy 3, in Martin's River.

**Deborah "Debbie" Doreen Zwicker (Oickle)**

It is with broken hearts, the family of Deborah "Debbie" Doreen Zwicker (Oickle), 66, of Mahone Bay, announce her passing on Monday, September 1, 2025, at the Victoria General Hospital, Halifax with family close by her side.

Born in Lunenburg, April 21, 1959, she was the daughter of the late Maurice and Evangeline (Dorey) Oickle.

Debbie started her career working at the local fish plant in Riverport, from there, she went to National Sea. She also worked as a teaching assistant at the Mahone Bay School where her son, Michael attended. For a short period of time, she worked as a store clerk at Bill's Store in Mahone Bay before finishing her career at Amos Pewter in Mahone Bay with over 25 years with the company.

Debbie was a kind, loving, giving soul and left a lasting impression on everyone who had the pleasure of knowing her. But you also knew where you stood with her. She had a 'tell it like it is' attitude with no beating around the bush. She was honest and truthful and when she loved, she did it with all her heart. Her greatest joy and accomplishment in life, was her son, Michael, whom she loved and cherished with all her heart. Her world revolved around him and for him, she'd have done anything. She also loved dearly, her niece Joanne, whom she'd tell everyone, was like a daughter to her. If someone would ask her to go somewhere or do something with them, she'd always say, 'I have to see what the kids are doing first' before she'd commit to doing anything else. She was also very proud of her 'kids' accomplishments, both owning their own business and the life partners they chose. She loved very deeply. Her granddaughter, Lexi, made her beam with pride of all she accomplished from crocheting to playing musical instruments.

She was also well known for her famous fried chicken. It was a family favorite, and everyone wanted to try it. She loved to bake and cook for anyone who had an appetite. It gave her joy to fill your stomach. She also had a passion for sewing and making quilts. Numerous friends and family acquired a quilt made with love by her hands. Her love of animals was no secret as well, having many pets over the years - from cats, dogs, even birds. Her grand-fur kids, she loved to care for and play with, also making treats for them. She was loved by so many; the list is endless. The absence of her presence will be felt by so many people whose lives she touched.

Debbie is survived by her son, Michael (Jaylynn Wagner), Back Centre, niece, Joanne (David Walker) Conquerall Mills; sister, Crystalann (Paul) Barry, Maitland; granddaughter, Lexi, and former spouse, (father of Michael), Cliff Zwicker. Besides her parents, she was predeceased by sister, Maizie Selig and brother, Wayne.

Funeral arrangements are under the care of the Dana L. Sweeny Funeral Home, 11213 Hwy 332, Lunenburg. There will be no public service by request. A Celebration of Life will be held at a later date.

Memorial donations may be made to SHAID Animal Shelter.

**Local business marks milestone, impact felt beyond South Shore***Continued from page 5*

Dozens of employees are now employed at its operations in Bridgewater, Chester and the recently reopened ready-mix operations in Liverpool. As the business has grown, Bonang has worked with other community leaders to provide opportunities for other businesses to grow the local economy.

Bonang says his focus over the years for South Shore Ready Mix was "to get the right people... who are willing to work (and) give them a break."

Joe Westin, president and owner of Ready Mix credits Bonang for the longevity and importance of South Shore Ready Mix to the community. "(Bonang) ...is very approachable... a person that people want to help, he's friendly and collaborative."

Former Scotiabank manager Peter Bessey first met Bonang in 1993 after moving to the South Shore.

"(Bonang) took me under his wing and proceeded to educate me about all the terrific economic activity that was happening on the South Shore and strongly encouraged me to get actively involved in the community," Bessey recalls. "This meeting turned out to be the beginning of both a very close business relationship and a 32-year friendship."

Bessey says Bonang's influence has extended far beyond Lunenburg County. "(He) has been a leader, not only locally, but also regionally and nationally, in the evolution of the ready-mix industry. He is committed to corporate social responsibility as evidenced by his very substantial donations to recent initiatives such as the fundraising campaign for the South Shore Regional Hospital."

In May 2022, South Shore Ready Mix, through Bonang and his team, donated \$250,000 to the South Shore Hospital Redevelopment — a gift aimed at expanding health care capacity and, in his words, giving "our area an advantage." This was a welcomed gift as the health care needs for residents on the South Shore continue to grow.

Municipality of the District of Lunenburg's Mayor Elspeth McLean praised South Shore Ready Mix and Bonang for its positive influence on other businesses.

"Through Bonang's business, he has helped lay the physical foundations for housing and business growth throughout Lunenburg County," she says. "His experience working with hundreds of contractors, homeowners, and entrepreneurs has given him a rare and nuanced understanding of local opportunities and challenges."

South Shore Ready Mix continues to operate on the same site on King Street where it first opened its doors 60 years ago.

**Harvest Moon Festival returns***Continued from page 5*

This year's event is sponsored by Arby's Bridgewater and the Town of Bridgewater.

"It's just going to be a nice night at the park to catch some music," said Crouse. "Hopefully the weather co-operates. I don't want to scare the rain away, because we need it, but hopefully it works its way around those two nights."

He added that they are working on a contingency plan if rain does come our way.

He also wanted to add that this festival normally marks the end of the season for the Music on the Riverbank series that takes place every Tuesday at Pijuniskaq Park. But, because of the 55+ Games happening, they decided to keep the music rolling with John Dowe scheduled for Sept. 23.

The Harvest Moon Music Festival event coincides with the second annual Pijuniskaq Park Paddle Fest happening Sept. 20 and 21 and the 55+ Games happening throughout Lunenburg and Queens counties Sept. 20 and 24.

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**FREE SLEDGE HOCKEY TRY-IT SESSIONS**

Sept. 28 and Oct. 5, 4-6 p.m.  
Lunenburg County Lifestyle Centre

Open to anyone ages five to 105.  
Please bring helmets, gloves, elbow pads if you have them.  
Do have a small supply if needed

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Oct. 5 from 2-4 p.m.

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Facebook: **South Shore I.C.E. Storm**  
Check out their website: [southshoreicestorm.com](http://southshoreicestorm.com) and their Youtube channel.

## Capturing Perkins House in paintings

Continued from page 9

“I have a small connection to his house,” he said. “I owned a house, that was built just after this one, just two doors down from here. We ended up moving and my partner, who is a collector of Georgian furniture, sold it to the Nova Scotia Museum for here and they are on display. It’s almost like coming home. It’s really cool.”

He said that at first, he had the idea that he would just come in, set

up his easel in the corner and paint, but “I looked around and I’m thinking I can’t paint in here. It’s going to get everywhere. I’m a tidy painter, but I’m thinking it’s just not going to work.”

He then came up with the idea to do French pastel chalk drawings in the rooms, then go to his studio and paint from that reference.

In each room, he began to realize that it should be a story of a light-filled house, not a “stuffy museum filled house and in all the paintings, there’s light re-

flecting on the floors, on the ceilings, on the walls and on the furniture. It makes everything so beautiful and bright.”

After painting the rooms, he wanted to take on the challenge of painting the outside of the house and he had the challenge of making it alive. So, he saw Mary Dahr, who is an employee there spinning wool, so he painted her spinning on the front lawn and another employee Brett Working at the side of the house, so he incorporated him in there as well.

“So, we have our live people, and the house became suddenly alive.”

What’s next? “So, I’m hoping next year maybe they will invite me back and I will get to go upstairs and paint up there,” said Haines.

### ABOUT THE ARTIST

Haines has been painting for many years and is in the Nova Scotia Book of Contemporary Artists and has been honoured by the Nova Scotia Legislature for contributing a life of artist work to Nova Scotia.

He was born in Toronto and grew up in the Yarmouth area. He was an actor in television, film, theatre and musicals and designed and wrote for television and film.

He likes to work quickly.

“I like to think of my paintings as a song that I’m singing all at once. I do not like to go back, or re-fix. I like to paint it all in one go, especially when



Perkins House Museum models/workers Mary Dahr and Brett Wefer stand beside a painting they are part of.

“I’m working so deeply with paintings,” he said. “So, I’m not taking pictures and trying to reproduce anything. I’m trying to capture light and feeling and the response to my environment.”

He said most years he can do up to 300 paintings per year.

### THE NEXT PROJECT

Haines announced his and the museum’s next project – Christmas cards.

He said they are working on a series of collectible, hand-drawn, collectible Christmas cards.

“These will be a very limited edition – with just 30 sets (five in each set) being made and some singles will be available,” he said, adding that all proceeds will go to the historical society and he hopes this will happen each year.

# Business of the week

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2:00 P.M.

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GENERAL ADMISSION, \$25.00

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THE MUNICIPALITY OF CHESTER

THE MUNICIPALITY OF CHESTER

NOTICE OF AMENDMENT

TAKE NOTICE THAT on the 10th of July, 2025, Chester Municipal Council adopted amendments to the Municipality of Chester Municipal Planning Strategy (MPS).

These amendments were undertaken to comply with changes to Provincial Minimum Planning Standards, updated by the Provincial Government. These changes established maximum setbacks for large-scale wind turbines in all municipalities across the Province.

The amendments include:

1. Changes to MPS Policy A-28 as follows:
  - Replaced language dictating setback distances for Large-Scale Wind Turbines. New setbacks are as follows:
    - no less than four times the tower height from the nearest dwelling unit; OR,
    - the minimum distance to ensure the installation does not exceed ambient sound levels by more than 40 decibels, measured outside the dwelling; OR,
    - the minimum distances to ensure shadow flicker does not exceed 30 minutes per day or 30 hours per year.
    - There shall be no illumination other than as required by Transport Canada or other Provincial or Federal Legislation.

These amendments are now in effect. Copies of amendments are available from the Chester Municipal Office during normal office hours. For more information, call 902-275-2599.

P.M. Myra  
Municipal Clerk