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KEVIN MCBAIN PHOTOS

**REMEMBERING VIMY RIDGE**

The Royal Canadian Legion Branch 24 hosted a special ceremony April 9, at Veterans' Memorial Park, to remember the 108th anniversary of the Battle of Vimy Ridge. Grade 8 students from Bridgewater Junior High School were in attendance with students Ben Wile and Mason Feener laying a special wreath. Members of the public and members of the 14 Construction Engineering Squadron also attended. Legion President Dan Hennessey was the emcee, while branch chaplain, Rev Kim Curlett led the service in prayer and the singing of the national anthem and *God Save The King*.



**Property taxes will remain the same**

*Bridgewater town council passes the new budget*

By ED HALVERSON  
ed.halverson@southshorebulletin.ca

BRIDGEWATER – Tax rates for residential and commercial properties will not change for 2025/2026.

The budget that was passed by Bridgewater town council on March 31, keeps the town property tax rates the same as last year with residential owners paying \$1.85 per \$100 of assessment and commercial ratepayers holding at \$4.07 per \$100 of assessment.

Residents will see an increase of approximately \$1.95 million in spending over the previous year's budget for a total of almost \$34 million for the coming year. The capital budget includes \$16.9 million in new spending with \$28.9 million in carry-forward project expenses.

In previous consecutive years, council

had raised the rates by \$0.10 per \$100, something Mayor David Mitchell said was done to ensure predictability for taxpayers.

“By raising it by the amounts we did in the past, the goal was to not have all these little increases every year, a cent here, two cents there. So, it was supposed to create some stability,” said Mitchell. “We did that that last time, so we were determined to carry that through for another year, and we were able to do that and give some people, especially with all that’s going on, a little bit of a breather.”

Mitchell said town council and staff followed a similar strategy to develop the 2025/2026 budget as they have in previous years. The town hosted several meetings and engagement sessions to understand what residents were looking for. Staff then took that information and de-

veloped a budget plan which was debated in open council before being voted upon.

The 2025/2026 budget includes money for Bridgewater Fire and Police services, investments in recreation and in efforts to reduce energy poverty through the town’s award winning Energize Bridgewater initiative.

Road maintenance, paving and upgrades are always a focus as a core service the town needs to provide. But Mitchell is particularly excited about the work to replace underground wastewater infrastructure and resurfacing on Empire Street.

“That street has been beaten and battered for a long time and our bus goes down that street, there’s a lot of wear and tear on that and all the people’s vehicles, I’m excited about that one.”

*Continued on page 7*



**Hon. Susan Corkum-Greek**

MLA for Lunenburg

97 Kaulbach Street, Suite 201  
Lunenburg, NS, B0J 2C0

**902-634-8708**

susancorkumgreekmla@gmail.com



D8022

# NDP Candidate drops out of race for South Shore-St. Margaret's

By ED HALVERSON  
ed.halverson@southshorebulletin.ca

SOUTH SHORE - Brendan Mosher announced he will not run for the New Democratic Party (NDP) in the riding of South Shore-St. Margaret's.

In a statement published to his Facebook page on Tuesday April 8, the former provincial NDP said he wanted to clear the air around his reasons

for withdrawing.

"I originally started off with intentions on being your candidate, but after a long consideration and some last-minute delays, I have decided this wasn't the right time to make my run for the federal election," said Mosher.

Since the announcement, Elections Canada shows Hayden Henderson has entered the race as an independent,

however in an update to his Facebook post, Mosher says Henderson will be running on behalf of the NDP.

"Right now, he is listed as an independent due to the Elections Canada filing deadline, but Hayden is

running as a New Democrat and has our full support," said Mosher. "He's a strong voice for our values and a proud part of our team."

*Continued on page 19*

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CHRISTINA POTTIE PHOTO

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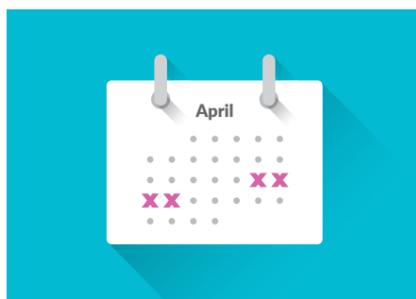
The Thomas H. Raddall Library was officially opened April 5 at its new location, 54 Harley Umphrey Drive in Liverpool. Shown here cutting the ribbon, from left to right, are Ashley Nunn-Smith (CEO South Shore Public Libraries), Dr. Thomas H. Raddall III, Hon. Kim Masland (MLA Queens), Scott Christian (Mayor, Region of Queens), Lynn Somers (Director, Nova Scotia Provincial Library), Patrick Hirtle (Board Chair, South Shore Public Libraries), David Trueman (Branch Co-ordinator, Thomas H. Raddall Library), Courtney Wentzell (Councillor RQM District 3 & SSPL Board Member).

FEDERAL ELECTION / MONDAY, APRIL 28

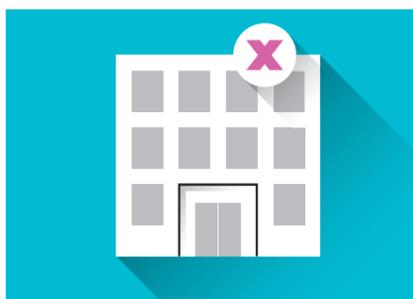
f i c x in #ItsOurVote

## There are ways you can vote early.

You can vote:



At your assigned advance polling station from Friday, April 18, to Monday, April 21, 9 a.m. to 9 p.m.



At any Elections Canada office until Tuesday, April 22, 6 p.m.



By mail - Apply by Tuesday, April 22, 6 p.m.

Check your voter information card or visit elections.ca for all the ways you can vote.



Visit elections.ca for the official information you need to vote  
1-800-463-6868 / elections.ca / TTY 1-800-361-8935



# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 52 calls for service and Queens County firefighters answered 14 calls for service from Thursday, April 3 to Wednesday, April 9 – 25 of these calls were medicals.

### APRIL 3

**At 9:57 a.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

**At 11:03 a.m.**, Hubbards firefighters responded to a residential fire alarm in Mill Cove.

**At 2:57 p.m.**, Greenfield firefighters responded to a brush fire in Labelle. North Queens also responded.

**At 3:35 p.m.**, Hubbards firefighters responded to a motor vehicle accident in the Simms Settlement area.

Black Point, Upper Tantallon and Hammonds Plains also responded.

### APRIL 4

**At 5:42 a.m.**, Liverpool firefighters responded to a residential fire alarm in White Point.

**At 6:57 a.m.**, Hubbards firefighters responded to assist Black Point at a vehicle fire in Ingramport. Upper Tantallon also responded.

**At 11:54 a.m.**, Pleasantville firefighters responded to a motor vehicle accident in Pleasantville.

**At 1:33 p.m.**, Hemford firefighters responded to assist police. Springfield also assisted.

**At 3:30 p.m.**, North Queens firefighters responded to a flooded basement.

**At 4:36 p.m.**, Northfield firefighters responded to a tree on power lines on fire in Upper Northfield.

**At 7:09 p.m.**, Mahone Bay firefighters responded to a suspicious odour in Mahone Bay.

**At 8:25 p.m.**, Liverpool firefighters responded to a motor vehicle accident in Brooklyn. Port Medway also responded. Mill Village was on stand by in Port Medway.

**At 10:20 p.m.**, Hemford firefighters responded to a possible house fire in Hemford. New Germany, Midville and North Queens also responded. Northfield was on stand by in New Germany.

### ON APRIL 5

**At 8:20 a.m.**, Cornwall firefighters responded to a chimney fire in Middle New Cornwall. Walden also responded.

**At 12:17 p.m.**, Liverpool firefighters responded to a possible motor vehicle accident in Liverpool.

**At 2:37 p.m.**, Bridgewater firefighters responded to a fire alarm in Bridgewater.

**At 5:50 p.m.**, Tri District firefighters responded to a brush fire in East Clifford. Hebbville also responded.

### APRIL 6

**No calls to report.**

### APRIL 7

**At 11:14 a.m.**, Northfield firefighters responded to a commercial fire alarm in Cookville. Bridgewater also responded.

**At 3:25 p.m.**, Blockhouse firefighters responded to a motor vehicle accident in Blockhouse. Oakhill also responded.

### APRIL 8

**At 10:30 a.m.**, Lunenburg firefighters responded to a motor vehicle accident in Northwest.

**At 11:00 a.m.**, Western Shore firefighters responded to a transformer fire in Gold River.

**At 7:35 p.m.**, Bridgewater firefighters responded to a possible propane leak in Bridgewater.

### ON APRIL 9

**At 7:17 a.m.**, Liverpool firefighters responded to a residential fire alarm in Brooklyn.

**At 9:31 a.m.**, Tri District firefighters responded to a motor vehicle accident in Baker Settlement. Hebbville also responded.

**At 11:38 a.m.**, Bridgewater firefighters responded to a house fire in Bridgewater. Northfield and Oakhill also responded.

**At 11:47 a.m.**, Bridgewater firefighters responded to an elevator rescue in Bridgewater. Hebbville also responded.

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

## Corrections...

There were a number of omissions on the front page of the April 9 edition of the South Shore Bulletin. The party represented by Jessica Fancy-Landry was omitted by mistake. She is the Liberal candidate for the South Shore – St. Margaret's riding. The party represented by Patrick Boyd

was also omitted. He is running for the People's Party of Canada. It was also reported that Brendan Mosher would be running for the NDP party. But he has since pulled out of the race.

The Bulletin apologizes for these omissions and errors and for any inconvenience that they may have caused.

# SOUTH SHORE BULLETIN

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## SOUTH SHORE BULLETIN

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### TO THE EDITOR

## Scallop farming proposal for Mahone Bay

The Editor,

Blue Lantern Shellfish is excited to propose a sustainable scallop farming operation in Mahone Bay and wants to invite the community to participate in the process.

We believe that scallop farming has the potential to positively impact society, the environment, and the economy. Our farm will be quiet and inconspicuous, promote marine biodiversity, boost the local maritime economy, and enhance food security by producing sustainable protein.

Several scallop farms are currently operating in Mahone Bay, with one established in the mid-'80s. Those farmers have done remarkable work, and we feel fortunate to have the opportunity to join this tradition.

Scallops grow well below the surface in lantern and pearl nets and on specialized ear-hanging lines. You can see photos of these items on our website. Scallops are filter feeders that help



clean the water and require no feed, supplements, or medication. They just sort of hang out and build up their highly desirable adductor muscles. It takes several years for a scallop to reach harvest size. It's not uncommon for a large, farmed scallop to be more than four years old.

As a former chef, I was thrilled to

discover this sustainable and delicious source of protein. Thanks to frequent biotoxin testing, farmed scallops can be sold live, and you can eat the entire animal. We're developing recipes that we'll eventually share on social media.

Continued on page 6

## Barking up the wrong tree

The Editor,

The Municipality of the District of Lunenburg has sent out a postcard to all houses in the municipality serving notice of meetings they will put in place to hear your concerns about the Planning Strategy and Land use Bylaw being proposed for this county.

On the top of Page 2 of the South Shore Bulletin, April 2, 2025, "MODL puts the brakes on". The truth is, there has been a bump in the road, and the public has found out, and these meetings are only part of the process of implementing these planning documents put forth by the Government of Canada and the Province of Nova Scotia.

Time for plan B.

They are listening, but the brakes are not on to a full stop. You need to stop this where it started, your govern-

ment. You are now talking to the wrong people. Contact your government, who has set the minimum planning requirement regulations for this document.

If this document is put in place, meeting only the minimum requirements, it becomes law. From then on it lives, it is law, only needing to be amended, the hard part is over. They only need to make changes from then on, as we see being addressed by public notice in the Bulletin by towns, municipalities and cities changing the planning documents all the time. MODL is not showing the zoning map that forms part of this law at any of the meeting that I have been at, only saying that it is big.

Ask to see it and what they have you zoned as, this map is what you will answer to, the other 300 and some pages

of the document are what they will use to enforce the map. Ask them, how did they zone your lot of 100 acres in size under one zone of R2 Agricultural when it has forest on it or R1 because you do not have substantial agricultural potential? But now you exceed their animal limits and what will be the tax changes because of the zoning.

Remember the province controls property valuation, and forestry but put a zoning map in place and what will you be taxed on. If you show on their zoning map as R1 and want to build a barn because you have a field, are you going to have to ask their permission, and be willing to pay for an amendment because you are changing the zoning map.

Continued on page 6

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SOUTH SHORE BULLETIN



# A journey through history and culture:

## FHCS - Europe's Mediterranean Coast 2025, exploring Italy, Monaco, France, and Spain

By EVE MOSSMAN  
FHCS Student Writer

CHESTER BASIN - Forest Heights Community School students travelled to Europe's Mediterranean Coast in March of 2025.

Over the course of an unforgettable week, we embarked on a whirlwind tour across four countries - Italy, Monaco, France, and Spain - immersing ourselves in the rich history, culture, and breathtaking landscapes of each destination. From the coastal charm of Cinque Terre to the bustling streets of Madrid, each stop offered a unique glimpse into the heart of Europe.

### EXPLORING ITALY'S COAST

Our adventure began in Italy with a visit to Cinque Terre on March 7. This picturesque region, known for its colourful cliffside villages, did not disappoint. Taking the train between three of the five villages, each offering its own charm and incredible views of the coast. With its narrow streets, fresh seafood, and vibrant atmosphere, Cinque Terre was the perfect introduction to our journey.

### FROM MONACO TO THE FRENCH RIVIERA

On March 8, we traveled to the glamorous principality of Monaco. Our visit included a stop at the Prince's Palace, followed by a visit to Monaco Cathedral. The famous Monte Carlo harbour provided stunning views of luxury yachts and renowned casinos.

After departing Monaco, we stopped at a Fragonard perfume factory to learn about the art of French fragrance-making before continuing into the French Riviera.

### NICE AND SAINT-PAUL DE VENCE

March 9 was dedicated to exploring Nice, beginning with a walking tour that took us through the historic Vieille Ville and along the iconic Promenade des Anglais. The optional excursion to Saint-Paul de Vence was a highlight for many, as this medieval hilltop village offered stunning views and an artistic legacy that inspired renowned painters like Marc Chagall and Henri Matisse.

### FROM THE FRENCH RIVIERA TO BARCELONA

March 10 was a long travel day as we journeyed from the French Riviera to Barcelona, a drive of about eight hours with a stop in Arles.

On March 11, we explored the heart of Barcelona with a guided tour. Highlights included the La Sagrada Família, the historic Gothic Quarter, and the scenic Montjuïc. A walk through the lively streets led us to the famous La Boqueria market, where we enjoyed a delicious lunch among the vibrant food stands.

That evening, those who opted for the Flamenco experience were treated to an unforgettable night of passionate dance and music, a true celebration of Spanish culture.



CONTRIBUTED PHOTO

Several students from Forest Heights Community School were given the chance to tour Monaco, France, Spain and Italy last month.

### MONTSERRAT AND MADRID

On March 12, an optional excursion took us to Montserrat, a dramatic mountain monastery known for housing the Black Virgin Mary.

The next day, March 13, we traveled by train to Madrid, where we took a walking tour to explore some of the city's most famous landmarks, including Puerta del Sol, Plaza Mayor, and Mercado de San Miguel. A visit to the Prado Museum offered a deep dive into exceptional Spanish art, featuring masterpieces by Goya, Velázquez, and El Greco.

### TOLEDO'S HISTORIC CULTURE

March 14 presented the opportunity for a half-day guided excursion to Toledo, the "City of Three Cultures." This historic city showcased a fascinating blend of Christian, Jewish, and Muslim influences, with highlights including its grand cathedral and the Church of Santo Tomé, home to one of El Greco's most famous paintings.

Back in Madrid, we concluded our journey with a guided tour of the Royal Palace, a stunning symbol of Spain's monarchy.

### TRAVELLERS' EXPERIENCES

The trip organizer, Devan Naugler, a teacher at Forest Heights Community School expressed his thoughts about the trip.

"It was awesome, I've been saying to everybody that if I could take an A team on any class trip, this was the AA team. The students were fantastic, so easy to manage and my rule of 'if you're not five minutes early, you're 10 minutes late' never came into effect at all. Everybody was on time. I enjoyed every aspect of the trip myself."

He also shared his favourite part of the trip. "Probably, Italy, going through all the old villages of Cinque Terre, and all the sights you see in the picture of the villages came to life.

Just being a part of that was amazing."

Katie Rae Antle, a Grade 12 student at FHCS shared her experience.

"I loved the trip. I thought it was very awesome to get to see all the different cultures that are all throughout the world, because we wouldn't normally get to see all the things that we

saw. We got to see all the famous landmarks, meet new people, and try new food. The tour guides were amazing and it just really puts into perspective how passionate people are about their culture. It was so culturally influenced and just super enjoyable."

*Continued on page 7*



### NOVA SCOTIA ENERGY BOARD NOTICE OF PUBLIC HEARING

**THE TOWN OF LUNENBURG, on behalf of its ELECTRIC UTILITY** has applied to the Board for approval of Amendments to its Schedule of Rates and Charges for the provision of electric supply and services to its customers and its Schedule of Rules and Regulations. This matter will be considered in a public hearing as follows:

**Hearing starts:** Tuesday, July 22, 2025  
10:00 AM  
(Continuing Wednesday, July 23, 2025, if necessary)

**Evening Session:** Tuesday, July 22, 2025  
7:00 PM

**Hearing Location:** Town of Lunenburg Council Chambers  
120 Townsend Street (Town Hall Back Entrance)  
Lunenburg, Nova Scotia

Depending on the circumstances, all or part of this public hearing may be held by GoToWebinar video conferencing.

**Board Hearings are open to the public and you may participate as follows:**

- You may speak at the hearing. You must notify the Board by **Monday, June 23, 2025**, of your request to speak.
- You may make written comments by sending a letter to the Clerk of the Board at P.O. Box 1692, Unit "M", Halifax, NS B3J 3S3, or by email at: board@novascotia.ca, or by fax at (902) 424-3919 by **Monday, June 23, 2025**.
- You may request formal standing as an Intervenor, subject to Board approval. This will allow you to present evidence or cross-examine witnesses. Your request must be received by the Board by **Monday, April 28, 2025**.

**Additional information about the matter is as follows:**

**The Utility is requesting an overall increase of 16.7% effective immediately upon approval, broken down as follows:**

Domestic	11.3%
Domestic Time of Day	9.6%
Small General	21.0%
General	21.0%
Large General	21.0%
Unmetered Loads	38.7%

A copy of the Application and any timetable applying to this matter may be viewed on the Board's website at <https://nserbt.ca/>, by clicking on "Matters & Evidence", "Go To Files & Documents", and in the "Go Directly to Matter" search box, enter Matter No. **M12179**.

**To assist the Board in using correct forms of address and pronouns in our hearings and decisions, we invite all parties, lawyers, and all other participants to share their pronouns and titles with the Board and each other if they are comfortable doing so. There is no requirement to provide this information.**

## Barking up the wrong tree

Continued from page 4

This all needs to be laid back in the lap of the government by you, if you do not want this zoning applied in this municipality. The statement made in the Bulletin by the mayor, April 2, 2025 is true “we’re just going to go and listen to what people are concerned about then “pausing the process” then proceed.

It clearly says, “to update municipal planning documents to get more feedback from residents” and “motion was passed for staff to prepare a second draft”. This document in any form lives in your life from the date it is past and has a far-reaching grip on the lives of the people of this municipality.

If you do not believe me and stop this document from the top in your government, I would then direct you to the last page of the Municipal Planning Strategy and ask someone living in the areas that now have what is being applied for here.

Find out how these people like asking “can I do this?” “And how many requests do I need to change zoning in my area?”. Look at the children being born when you answer any of these questions because they will live with what you allow today.

Do not stop at the meeting of the MODL, contact your MP, MLA, now before this zoning planning gains life, not just “put on the brakes”. You need to check what is driving the vehicle you are in before putting on the “brakes” and why you want it to stop.

Todd Hirtle  
New Germany, NS

# RCMP investigators release video in continuing effort to solve homicide of Donny Lohnes

SOUTH SHORE BULLETIN STAFF

PINE GROVE - The Southwest Nova RCMP Major Crime Unit (SWN MCU) is continuing its investigation into the homicide of Donny Lohnes and is appealing for anyone with information to come forward by releasing a video featuring his family.

On Oct. 25, 2020, 57-year-old Donald (Donny) Derrick Lohnes was attacked outside his home on Jippie Ave. in Pine Grove. Lohnes later died from injuries sustained during the attack. His death was ruled a homicide.

“We believe Donny was targeted by his attackers and that those responsible for his death thought he was involved in a dispute he wasn’t connected to,” says Cpl. Chris Marshall, SWN MCU. “Someone knows something; we hope that someone will come forward after seeing the pain Donny’s mom and brother are living with; we want to help bring them answers.”

To date, more than 125 people have been interviewed, four crime scenes and several electronic devices have been forensically examined, and other exhibits have been sent to the RCMP National Forensic Laboratory.

“In December 2024, we installed a sign outside the Cookville RCMP detachment appealing for information from the public,” says Cpl. Marshall.



“The sign generated new tips that brought us closer to finding out who’s responsible for Donny’s death. This video is another tool we’re using in an effort to solve his homicide.”

The case has been added to the Nova Scotia Reward for Major Unsolved Crimes Program, which offers up to \$150,000 for information leading to an arrest and conviction in certain cases. The provincial reward line is 1-888-710-9090.

Anyone with information about Lohnes’s death is asked to call the Southwest Nova RCMP Major Crime Unit at 902-365-3120. To remain anonymous, contact Nova Scotia Crime Stoppers 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.

Video link: <https://www.youtube.com/watch?v=QpkJhx2g-tQ>

## Scallop farming proposal for Mahone Bay

Continued from page 4

We’ve taken great care to be sensitive to the existing users of the waters we wish to farm.

Recreational users will find it easy to navigate around well-marked leases. If they accidentally cross into the farm, we’ve designed it to minimize or eliminate the possibility of entanglement.

Residents concerned about noise and views will find that our work will be unobtrusive. It will be conducted on small, quiet vessels with a minimum number of buoys visible on the water’s surface.

We continue to meet with fishermen and fisheries officials to refine our plans, minimize the impact of our operations, and find ways to sup-

port the marine ecosystem.

As we have developed this idea over the past several years, we have appreciated the support and encouragement from the community, though there is still work to be done. We want to ensure that everyone is well-informed about our proposed farm and has an opportunity to share their thoughts.

If you’re interested, we encourage you to visit our website, [bluelantern.ca](http://bluelantern.ca), where you can find an overview of our farm, learn about the approval process, fill out a public comment form, or upload a letter of concern or support.

We also invite you to drop in for coffee and conversation at the Mahone Bay Centre Kitchen on April 7th at 2 pm or April 19th at 10 am or 2 pm.

Finally, we invite you to attend our official public information meeting on May 1st at 6:30 pm at the Mahone Bay Centre Gymnasium.

My business partner, Chaz Thorne, grew up in Lunenburg around friends and neighbours who made their living in fisheries. I spent half my professional career as a chef and restaurateur in Indian Harbour, proudly promoting and serving local seafood. We care deeply about this region and want to get this right.

We look forward to collaborating with the Mahone Bay community to establish a farm in which we can all take pride.

Sincerely,  
L Paul MacInnis  
Blue Lantern Shellfish

**Municipality of the District of Lunenburg Planning Advisory Committee**

**Public Meeting Notice:**  
Thursday, April 24, 2025, at 7:00 p.m.

A meeting of the Municipality’s Planning Advisory Committee (PAC) is scheduled for Thursday, April 24, 2025, starting at 7:00 p.m. at 10 Allee Champlain Drive, Cookville. The purpose of this meeting is to discuss the following matters:

- (1) Osprey Village Secondary Planning Strategy and Land Use By-law Amendments
- (2) Eastwood Estates Cluster-Style Land-Lease Community Development Agreement Lot FE-1 MacCulloch Road
- (3) Any other planning matters

All PAC meetings are open to the public and the public are encouraged to attend.

For further information, please contact Jeff Merrill, Director of Planning & Development Services at 902-541-1340.



Lunenburg, N.S.

### TIDE TABLE

Wednesday, April 16		Sunday, April 20	
low	1.12 ft 5:02 AM	high	5.15 ft 1:09 AM
high	5.28 ft 11:22 AM	low	1.8 ft 8:19 AM
low	2.03 ft 5:00 PM	high	4.76 ft 2:03 PM
high	5.51 ft 11:16 PM	low	2.69 ft 8:35 PM
Thursday, April 17		Monday, April 21	
low	1.28 ft 5:38 AM	high	5.05 ft 2:00 AM
high	5.09 ft 11:57 AM	low	1.77 ft 9:21 AM
low	2.23 ft 5:35 PM	high	4.79 ft 3:07 PM
high	5.38 ft 11:50 PM	low	2.66 ft 9:47 PM
Friday, April 18		Tuesday, April 22	
low	1.51 ft 6:21 AM	high	5.02 ft 3:05 AM
high	4.92 ft 12:33 PM	low	1.61 ft 10:20 AM
low	2.43 ft 6:20 PM	high	5.02 ft 4:22 PM
high	5.38 ft 11:50 PM	low	2.46 ft 10:54 PM
Saturday, April 19		Wednesday, April 23	
high	5.25 ft 12:27 AM	high	5.09 ft 4:22 AM
low	1.71 ft 7:16 AM	low	1.41 ft 11:16 AM
high	4.79 ft 1:13 PM	high	5.41 ft 5:30 PM
low	2.62 ft 7:21 PM	low	2.1 ft 11:57 PM

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

**freshmart**  
Your Neighbourhood Grocer  
4988 Hwy. 10, New Germany 902-644-3272

**FRESH QUALITY MEATS & PRODUCE**

PRICES FROM THURS APRIL 17 TO WED APRIL 23, 2025

<b>FRESH IN STORE BAKED DINNER ROLLS</b>	<b>FRESH ATLANTIC SALMON FILLETS</b>	<b>BONELESS PORK LOIN ROAST/ STEAK CP</b>
<b>\$2<sup>99</sup></b> /DOZEN	<b>\$12<sup>99</sup></b> LB/ \$28.64kg	<b>\$4<sup>49</sup></b> LB/ \$9.90kg
<b>BONELESS CHICKEN BREAST/THIGH CP</b>	<b>STRIPOIN STEAK CP</b> CANADIAN BEEF	<b>602 BLUEBERRIES/ BLACKBERRIES/ RASPBERRIES</b> PRODUCTS OF MEXICO/MOROCCO/USA
<b>\$5<sup>99</sup></b> LB/ \$13.21kg	<b>\$11<sup>99</sup></b> LB/ \$26.43kg	<b>\$3<sup>99</sup></b>

# Lunenburg District RCMP responds to sudden deaths

SOUTH SHORE BULLETIN STAFF

LAKE PLEASANT - Lunenburg County District RCMP, along with the Nova Scotia Medical Examiner Service, is investigating the sudden deaths of two people.

On April 4, at approximately 1:10 p.m., RCMP officers responded to a report of a sudden death on a trail in Lake

Pleasant. Upon arrival at the scene, officers located an 84-year-old woman deceased. Shortly after, the remains of an 85-year-old man were found nearby.

At this time, the deaths are not believed to be suspicious. However, the investigation is ongoing with the assistance of Annapolis District RCMP, RCMP Digital Forensic Services and the Nova Scotia Medical Examiner Service.

## Property taxes will remain the same

Continued from page 1

The town is also investing \$11.1 million in wastewater infrastructure upgrades and another \$2.85 million in paving projects and some road re-aligning. A longer right-hand turning lane from north LaHave Street on the approach to Veterans Memorial Bridge will be created this summer to allow

better traffic flow at that intersection.

Bridgewater residents will be seeing their interim tax bills in the mail in April and those will be due May 30. Final tax bills will be mailed in August with payment due on Monday, September 29.

The complete budget is available on the Town of Bridgewater website at [www.bridgewater.ca/budget25](http://www.bridgewater.ca/budget25).

## A journey through history and culture

Continued from page 5

Her favourite highlight... "Montserrat was definitely one of my big favourites. It was so cool, when we walked into the Basilica and the choir was singing, it was almost like an out of body experience."

### ABOUT THE WRITER...

Eve is a student at Forest Heights Community School. When she is not travelling in Europe with her school, she likes to play soccer for SSU, go snowboarding, and do lots of reading. When she graduates in 2027, she hopes to attend Acadia University to study English.

### BRIDGEWATER SENIOR CITIZENS GROUP CARD PARTY RESULTS

The Bridgewater Senior Citizens Group met April 9 for a game of Auction 45s.

Winners were: ladies' high, Marjorie Croft, 995; men's high, (tied) Doyle Dorey and Ken Edwards, 935; runners up, Liz Godden, 965 and

Norma Joudrey, 960; 30x60, Dean Avery and Donna Wentzell; 50/50 winner, Wilma Dorey.

Card parties are held at the Masonic Hall, Dominion Street, on Wednesdays, 7:00 p.m. New members always welcome.

### THE GOLDEN YOUTH CARD CLUB CARD PARTY RESULTS

The Golden Youth Card Club met on April 10th for a game of auction 45s. The winners were: Ladies high Tied Wilma Dorey and Ethel Andrews, 1045; Ladies second, Liz Godden, 965; Men's high, Dave Rockwell, 960; Men's second, Calvin Hiltz, 935; Low Score, Shirley

Naugler, 535; Lucky tally, Spencer Bagley; Travel prize, Mary March; 50/50 winners Wilma Dorey and Spencer Bagley.

Card parties are held every Thursday starting at 7 pm. New members (over age 55) are welcome to attend. Light snack provided.



## BOWLING

Pajo's Bowling Alley League Stats

**Mens League, March 17:** H.S.: Scott Doucette 142; H.T.: Scott Doucette 384; T.H.: thrown together 1681

**Ladies League, March 25:** H.S.: Valerie Feener Jenni Birtles 122; H.T.: Valerie Feener Jenni Birtles 325; T.H.: G.night out 1848

**Lucky Strike League, March 28:** H.S.: Valerie Feener Angie Corkum 124; H.T.: Terri Anne 311; H.S.: Anthony Fraser 129; H.T.: Shaun D'Eon 354; T.H.: 8's R Great 1603

**Money League, April 3:** H.S.: Carolyn 108; H.T.: Carolyn 302; H.S.: Charlie 139; H.T.: Charlie 348; T.H.: you do 1515

**Mickey Mouse League, March 23:** H.S.: Alexis Lohnes 106; H.T.: Katie Lantz 300; H.S.: Nick Campbell 116; H.T.: Corey Lohnes 315; T.H.: Strik "four" ce 1489

**Canexcel League, March 26:** H.S.: Nancy 106; H.T.: Tiffany 296; H.S.: Doug 126; H.T.: Doug 352

**PYB Stats, March 15: Pee Wee.** G.S.: Aurora Colp 79; G.T.: Aurora Colp 203; B.S.: Dryden Ward 75; B.T.: Dryden Ward 188

**Bantam.** G.S.: Soraya Ward 76; G.T.: Soraya Ward 224

**Juniors.** B.S.: Owen Wentzell 93; B.T.: Owen Wentzell 243

# Community Events

April 16-22, 2025

## WEDNESDAY, APRIL 16

**Lunenburg County Film Series: Bergers (Shepherds)** at The Astor Theatre, 219 Main St., Liverpool at 4 & 7 PM.

**Bright & Lion Touch Rugby** at HB Studios Sports Centre, 543 Glen Allan Dr., Bridgewater from 8 to 9 PM.

## THURSDAY, APRIL 17

**Recreation and Social Program for Mature Adults** at HB Studios Sports Centre, 543 Glen Allan Dr., Bridgewater from 10 AM to 12 PM.

**Bridgewater Toast Master Club** at NSCC Lunenburg Campus, 75 High St., Bridgewater from 7 to 8:30 PM.

**Trivia with Michelle** at King Street Beer, 463 King St., Bridgewater from 7 to 9 PM.

**Wildfire Resilience: Protecting Your Home – Public Lecture** at 6 Prince St., Lunenburg at 7 PM.

## FRIDAY, APRIL 18

**Woof Pack's Easter Egg Hunt for Dogs** at Woof Pack K9 Lifestyle Centre, Conquerall Mills Rd. from 11 AM to 2 PM.

**Taco & Tequila Night** at King Street Beer, 463 King St., Bridgewater from 4 to 8 PM.

## FRIDAY, APRIL 18-20

**An Ikebana Exhibit: The Japanese Way of Arranging Flowers** at LaHave River Books, 3421 NS-331, LaHave, from 10 AM to 4 PM.

## SATURDAY, APRIL 19

**Blockhouse Farmers' Market** at South Shore Waldorf School, 64 School Rd., Blockhouse from 9 AM to 12 PM.

**Cut Flower Workshop** at Broad Cove Community Association, 7147 HWY 331 from 9:30 to 11:30 AM.

**SEARCH Room** at The Little Red Schoolhouse, 1017 Camperdown Rd. from 10 AM to 3 PM.

**Free Easter Egg Hunt** at The Astor Theatre, 219 Main St., Liverpool from 11 AM to 4 PM.

**Afternoon Tea** at Bluenose Lodge, 10 Falkland St., Lunenburg at 2 PM.

**Easter Fun Day** at 99 Aberdeen Rd., Bridgewater from 2 to 5 PM.

**Steve Skafte: This River was Once A Road** at 724 King St., Bridgewater from 2 to 4 PM.

**Welcome Suppers** at Holy Trinity Anglican Church Hall, 78 Alexandra Ave., Bridgewater from 5 to 6:30 PM.

**Easter Kiddie Disco** at Milton Memorial Hall, 168 Tupper St., Liverpool at 6 PM

**Ian Stewart – World Record Magician** at The Chester Playhouse, 22 Pleasant St., Chester from 7 to 9 PM.

**Charity Event / Beer Launch: Hockey Helps the Homeless Fundraiser – featuring Kevin Davison** at King Street Beer Company, 463 King St., Bridgewater at 7 PM.

**Safari Party** at New Germany Legion Branch 102, 44 Varner Rd., New Germany from 9 PM to 1 AM.

## SUNDAY, APRIL 20

**Gale Force's Disc Rebellion Trial** at HB Studios Sports Centre, 543 Glen Allan Drive, Bridgewater from 8:30 AM to 6 PM.

**Celtic Sunday Session** at Eli+Trix, 538 Main St., Mahone Bay from 2 to 4 PM.

**Afternoon Tea** at Bluenose Lodge, 10 Falkland St., Lunenburg at 4 PM.

## MONDAY, APRIL 21

**Bingo** at Milton Memorial Hall, 168 Tupper St., Liverpool at 7 PM.

## TUESDAY, APRIL 22

**Game Night** at Michelin Social & Athletic Club, Logan Rd., Bridgewater from 4 to 9 PM.

## EARLY DEADLINE

Due to the Easter holiday, South Shore Bulletin will be CLOSED on Good Friday, April 18 and Easter Monday, April 21.

The deadline for the April 23 edition of the South Shore Bulletin will be Thursday, April 17 at 10:00 am.

This includes classifieds, family album announcements, and display advertising.

**SOUTH SHORE BULLETIN**

129 Aberdeen Rd, Suite 106, Bridgewater, NS B4V 2S7  
P 902-543-2457 E-mail: [info@southshorebulletin.ca](mailto:info@southshorebulletin.ca)  
[www.southshorebulletin.ca](http://www.southshorebulletin.ca)

# Flying Fish Theatre brings story to life

By ERIN GIDNEY

LUNENBURG - Bluenose Lodge has done it again.

In partnership with Flying Fish Theatre, they were the hosts of *Sweet Ride*, based on a book by the same name.

*Sweet Ride* is the true story of a “grand adventure” taken by four young women in the summer of 1943. Ann Barry, the author of *Sweet Ride*, pulled the story from the pages of her mother’s journal as she and her three friends make the 400-mile trip on one speed bicycles to see Don Messer’s live radio broadcast in the CFCY studio in Charlottetown, Prince Edward Island.

Opening night of the dinner theatre was April 10 and they performed to a sold-out audience. Reid Campbell, who portrayed Gill Gallant, introduces the audience to the show, bringing life to the night’s performance through songs on his piano with accompaniment by Eilidh Campbell, who also played Trudy Doyle, on fiddle.

Teryn Barry, playing the roles of Trish Doyle and Ruby, joins in with powerful vocals as she tells the story of Ruby and her three friends, Ruth, Dot, and Nora, as they make the trek from their homes in Blockhouse, Nova Scotia, to Charlottetown, Prince Edward Island.

Laurel Darnell, playing Ruth in her later years, retells the story with fun little anecdotes as Teryn brings us along for the ride with the enthusiasm and determination women of that era embodied.

When asked why this book, this story, was chosen to adapt into a play, Darnell said, “We knew Ann Barry who wrote the book. We actually knew her parents. I had read Ann’s book when it first came out in 2017 and I just thought it was an amazing story, just an amazing story of local women doing something kind of extraordinary.”

The process of turning a book into a stage adap-



RHIANNON VISSER PHOTO

Eilidh Campbell, left, as Trudy Doyle and Teryn Barry as Trish Doyle during the opening act of the show.

tation was not an easy one. Going through several concepts; first as a one woman show, then a full fledge script. Playwrights Atlantic Resource Centre (PARC) even gave a two-day workshop with actors and a dramaturge and was how Darnell realized, “we wanted to do something different again, mainly because we realized the resources to do a show with seven people in the cast, including musicians, is very difficult and we’re just a self-producing company. We don’t have grants or funding behind us.”

Why did they choose the Bluenose Lodge as the place to debut their new play?

“Mark Trask at Bluenose Lodge, we’d done Rum Runner’s Ball with him, [...] he was so welcoming and so interested with theatre because he has the theatre background too, and he said ‘well, why don’t we try it here?’ He’s been so supportive from the get-go.”

When asked what they hoped the audience takes home from the show, Darnell said, “I hope it has a meaning for different age groups [...] And that endeavour of ‘I wanna do this but I don’t have the means to do it. How can I make this work?’”

Continued on page 9

# What’s coming to streaming this week

April 16-22, 2025

## NETFLIX

### April 16

The Diamond Heist (the U.K.) — Netflix Documentary

Life of the Party Project UFO (Poland) — Netflix Series

### April 17

Instanbul Encyclopedia (Turkey) — Netflix Series

Ransom Canyon — Netflix Series

Special Ops: Lioness: Season 1

### April 18

Deep Impact iHostage (Netherlands)

Oklahoma City Bombing: American Terror — Netflix Documentary

### April 19

Heavenly Ever After (South Korea) — Netflix Series

The Lego Batman Movie

WWE WrestleMania: 2025 — Netflix Live Event

### April 21

Eternal Sunshine of the Spotless Mind Pangolin: Kulu’s Journey — Netflix Documentary

### April 22

Schindler’s List

### April 23

A Tragedy Foretold: Flight 3054 (Brazil) — Netflix Documentary

Battle Camp (the U.K.) — Netflix Series

Bullet Train Explosion (Japan) — Netflix Film

Carlos Alcaraz: My Way (Spain) — Netflix Sports Series

## DISNEY+

### April 17

Alice’s Wonderland Bakery: Season 2

PJ Masks: Power Heroes: Season 1

Queens: All Episodes

The Secret Score (La Paritura Secreta) We Were the Lucky Ones (Three-Episode Premiere)

### April 19

Chief Detective 1958 (Premiere Episode)

### April 20

High Hopes (All Episodes)

### April 22

Tiger Tiger on the Rise

## CRAVE

### April 17

Le Purgatoire Des Intimes

### April 18

Django Unchained — Starz  
Inglorious Basterds — Starz

Tyler Perry’s A Madea Family Funeral — Starz

Leverage: Redemption: Season 3

Wolf Solemates Seeds Running On Empty The Marriage Pass

### April 19

Wild Kratts: Season Premiere

### April 20

The Rehearsal: Season Premiere

### April 21

Deadly Estate Deep (2017) — Starz

### April 22

Resident Orca

## AMAZON PRIME

### April 17

#1 Happy Family USA (Amazon Original)

Leverage: Redemption: Season 3 (Amazon Original)

### April 18

The Narrow Road To The Deep North (Amazon Original)

## Social Column

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

April 16, 1958

Mr. and Mrs. Harold Arenburg who recently moved into the Leslie Trethewey house, were tendered a pantry shower on Tuesday evening. A nice collection of useful gifts were received and both Mr. and Mrs. Arenburg expressed their appreciation for the thoughtfulness of their relatives and friends. Refreshments were served by the hostesses, Mrs. Henry Stockman, Mrs. Warren Stockman, Mrs. Wilfred Mailman and Miss Leona Joudrey.

An enjoyable evening was spent at the home of Mr. and Mrs. Guy Lohnes on Saturday when friends tendered their son Ted a surprised birthday and going away party. He was recently transferred from the staff of Bank of Montreal at Bridgewater, to the Sydney, C.B. branch. He was present with a suitable gift and many wishes in his new location.

On Wednesday evening a group of young folks spent a musical evening at the home of David Cleveland. Those from Bridgewater were Robert Weagle, Douglas Mansfield, Joan Crouse, Bertha Johnson, Robert Crouse, Upper LaHave, and Bruce Walters, with a tape recorder. They recorded some of the evening’s entertainment. Mrs. Cleveland served lunch.

Mr. Robert Corkum has successfully passed his exams at Vocational School and obtained his 3rd Engineers ticket. After spending a short vacation with his wife and family he has joined the Bowater ship the “Vineland” at Liverpool.



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

2024 Bwt No. 534307  
Supreme Court of Nova Scotia

Between:

**RICHARD HAROLD WELDON and HENDRENA MARION WELDON** Plaintiffs

and

**THE ATTORNEY GENERAL FOR THE PROVINCE OF NOVA SCOTIA, representing His Majesty the King in right of the Province of Nova Scotia** Defendant

In the captioned proceeding, Richard Harold Weldon and Hendrena Marion Weldon claim a certificate of title as owners in fee simple of the following lands:

ALL and singular that certain parcel or tract of land, situated, lying and being at Port Medway, Queens County, Nova Scotia, being designated property of Richard Harold Weldon & Hendrena Marion Weldon, and being more particularly shown on Plan of Survey No. 21,946-A, prepared by Berrigan Surveys Limited, Nova Scotia Land Surveyors, dated January 5, 2023, as PID No. 70169271, a full description to which is within the Notice of Action and Statement of Claim filed in this proceeding at the Bridgewater Courthouse, 141 High Street, Bridgewater, Nova Scotia.

A person who fears they may be adversely affected by such a certificate may contest the claim by making a motion in court to be joined as a defendant not later than the 30th day of June, 2025. The motion documents may be filed with the prothonotary at the Bridgewater Courthouse, 141 High Street, Bridgewater, Nova Scotia. Copies must be delivered to the undersigned and the other parties at the same time as they are filed.

Signed March 20, 2025.

Matthew J.D. Moir

D8277

# An aging population: Reaping the rewards of healthy living

By ANNE WENTZELL

Our age demographics are changing; a shift resulting in an aging population increasing more dramatically than in the past. Aging is a gift, one in which we should acknowledge the wisdom attained with the passing years and appreciate the process by trying to live the healthiest and happiest moments in time we possibly can.

In this country, there were over six million seniors in 2019, and that number is anticipated to grow by one quarter by 2040. Those aged 80 and older represent this growing share, with centenarians more than tripling between 2000 and 2023 according to StatsCan.

Adaptations need to be made to accommodate this aging population in terms of health and social care, transportation, housing, and urban planning; ensuring communities are progressively age-friendly.

### HOW IS AGING DEFINED?

Biologically speaking, ageing is the accumulation of both molecular and cellular changes in the

body over time, lending itself to changes physically, psychologically, and socially.

Although much is attributed to genetics, other variables can include personal characteristics such as age, ethnicity, sex, socioeconomic status, and our homes and communities in which we reside.

We decide if entropy wins or loses, depending on a number of factors. Choosing to live happy, healthy, and productive lives for as long as possible, is a common thread that binds us as humans.

As we age, we are at risk for a number of geriatric symptoms, which can include arthritis, hearing loss, diabetes, depression or dementia, for example. Keep in mind that there is no 'typical' older person; some seniors have both the physical and mental capacities that can be akin to that of some 30-year-olds, if they have declined capabilities from unhealthy lifestyle choices.

*Continued on page 19*

## Flying Fish Theatre brings story to life

*Continued from page 8*

The music, all original compositions by Campbell, are the kind that get stuck in your head for hours. Each song has a feeling of movement and embodies the genre of music of the time, leaving you wanting more as you hum along with Teryn's vocals.

For those interested in hearing the songs but unable to make it to a performance, they are all available to listen at [www.reidcampbell.ca/plays](http://www.reidcampbell.ca/plays). Recordings are with Campbell's vocals, except one, Road's End, with Callie, and worth a listen to anyone who enjoys upbeat, lively music.

The dinner theatre production will once again be presented April 24, 25, 26 and 27 beginning at 5:45 p.m.

Want to see more from events like this?

The *Rum Runners' Ball* will return to the Bluenose Lodge every Wednesday night this summer, from June 11 to Sept. 24. It tells the (almost) true stories of Lunenburg during Prohibition and promises a good laugh to any who come. Tickets are only \$115 and that includes a delicious meal. They can be purchased at [www.bluenoselodge.ca/events/rum-runners-ball.html](http://www.bluenoselodge.ca/events/rum-runners-ball.html).



### Physician Opportunity at Stonemont By The Shore

Stonemont Retirement Lifestyle community in Bridgewater, Nova Scotia seeks a dedicated Physician to provide medical care for our senior residents

#### ABOUT THE POSITION

Partner with our healthcare team to deliver comprehensive primary care in our warm, supportive retirement community. You will conduct resident assessments, manage medications, participate in care conferences, and collaborate with our interdisciplinary team to ensure excellent care for our seniors.

#### KEY RESPONSIBILITIES

- Perform comprehensive medical assessments upon admission and during regular visits
- Complete medication reviews and participate in Goals of Care conversations
- Collaborate with nursing staff in developing resident-centered care plans
- Provide timely response to clinical concerns and appropriate documentation
- Deliver compassionate end-of-life care when needed

#### QUALIFICATIONS

- Medical degree with license to practice in Nova Scotia
- Experience in geriatrics or seniors care preferred
- Strong communication skills and team-oriented approach
- Compassionate attitude toward senior care

#### WE OFFER

- Competitive compensation
- Flexible scheduling
- Supportive work environment on the beautiful South Shore
- Assistance from our dedicated nursing staff

Qualified physicians are invited to submit a resume and cover letter detailing relevant experience. Join Stonemont Retirement Lifestyle and make a meaningful difference in the lives of seniors in our Bridgewater community.

#### TO APPLY

To apply or for more information please contact Sue Savoie: 902-514-4996 | [sue@stonemont.ca](mailto:sue@stonemont.ca)



D8344

Experience THE EXCITEMENT

[SouthShorePlayers.ca](http://SouthShorePlayers.ca)

D8327

# LIFESTYLES



JAMES HIRTLE PHOTO

A Great Blue Heron caught on camera in Port Clyde on April 2, 2023.

## An update on avian flu from Bird Studies Canada

**JAMES HIRTLE**  
*Bird Notes*

I recently received a posting on Project Feeder Watch through Bird Studies Canada.

There is a post by Olivia Carvalho regarding the avian flu. This posting was received March 28 so it is up to date. She reminds us that Bird Studies Canada has an avian flu recommendations page. I know a lot of you are wondering if you should still be feeding birds with an increase of dead waterfowl being reported and confirmed cases of avian flu in waterfowl and domestic birds.

“Environment and Climate Change Canada recommend that if you keep domestic poultry, you should not feed wild birds. Otherwise, keeping feeders up is regarded as low risk. This is because songbirds have low rates of avian flu infection and are unlikely to pass infections at feeders.” They do recommend discontinuing feeding waterfowl as they are high risk.

John Robart reported a northern harrier and a killdeer at Blue Rocks. On April 2 Peter Churchill of Laconia had a male wood duck return. He has had a wood duck nest box there for 10 years and last year was the first time it was used and successful.

Peter hopes for the same this year, although a female hooded merganser was seen checking the nest box out. A great blue heron was seen in LaHave on April 3, but was not seen since, so it must have just been passing through.

A co-worker of mine, Dena Drysdale of Tangier, also saw and photographed a great blue heron. Lise Bell spotted one on April 9. We soon

should be seeing them on a regular basis. At the time of writing there were still no local reports of osprey. Other reports were trickling in from across the province though.

Rick Whitman found a piping plover and an Ipswich sparrow at Cherry Hill Beach on April 5. Kevin Lantz also found one at Upper Blue Rocks. On April 7, Kevin watched 20+ American tree swallows at Spectacle Lakes in Rhodes Corner. There are still large numbers of common loons along the coast that have not moved inland to lakes yet. I saw double-crested cormorants back on the LaHave River on April 9.

Logan Moore found a great egret at Tracadie on April 1. Angela MacDonald had one fly over her house on April 6. On April 1 Angie Millard reported a red-bellied woodpecker at Cape Forchu.

A lesser black-backed gull was seen by Jim Edsall at MacCormack’s Beach on April 3. April 4 produced a yellow-bellied sapsucker for Ray Wershler at the Hartlen Point Golf Course. On the same day, Logan Moore sighted 32 Bohemian waxwings at Pomquet.

Angie and Tony Millard discovered an eastern phoebe at Cape Forchu. Mark Dennis saw an American oystercatcher had returned to The Hawk on Cape Sable Island. On April 5, David Currie watched an American golden plover and two brant at Martinique Beach. As of April 7, Ronnie Van Dommelen reported that the common gull was still tending at the Micmac Mall Parking Lot in Dartmouth.

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



JEAN-BAPTISTE BENAVENT PHOTO



## NATIONAL PARA HOCKEY CHAMPIONSHIPS

May 15–18, 2025

at the Lunenburg County Lifestyle Centre  
Hosted by the South Shore I.C.E. Storm.

Seven provincial representative teams from across Canada.

Team Atlantic boasts five members of the local I.C.E. Storm including: Jiesheng Boutilier, Hadley Frittenburg, Jayden Poirier, Katie Lear and Logan Munden.

Two other players, Owen Hubley and Nolan Anthony, will be competing with Team Saskatchewan to fill out their roster.

For more information visit National Para Hockey Championship 2025 on Facebook.



ROBB TOWNS PHOTO

## Business of the week

NEED IT, WANT IT, FIND IT

**SPORTCHEK**

Monday to Friday: 10am to 8pm  
Saturday: 10am to 7pm; Sunday: 12pm to 5pm  
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Sportchek.ca

*south shore*  
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Saturday ..... 10am–7pm  
Sunday ..... 12pm–5pm

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[www.southshorecentre.com](http://www.southshorecentre.com)

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D8635

LIFESTYLES

# Can we resolve this dispute?

SUSANNE BECK  
Reality Check

Some of us like to solve problems.

In fact, we might even identify ourselves as problem-solvers, based on successful problem-solving incidents in our past! It's satisfying to be able to assess a situation, interact with the involved parties, and offer up suggestions for resolution, especially when those helpful suggestions are implemented and everybody goes away satisfied. Or at least, more satisfied than they were before we got involved.

Thus, it's ego-bruising to see what seems to be a straightforward dispute that stubbornly refuses to be resolved. Why isn't this working? Because we all know that if people were logical (like us) these disputes would be solvable.

Close relationships, such as marriage, family, etc. can be fertile ground for disputes. One of Dr. Glasser's areas of practice was marriage counselling. He used a specific method for this counselling, which he refers to as "structured reality therapy."

In his book, "Counseling with Choice Theory," he says that regardless of the specific marriage problem, he approached the counselling in the same way. He focused in on what was good for the marriage, rather than what was good for one or the other of the people involved.

That sounds like a pretty rigid approach, and we can understand where some people might see it as unsympathetic. After all, there's little discussion about how each party feels, or how miserable they are, or whose fault it is. Glasser doesn't even focus much on the specific problem that brought them to seek counselling.

"How could that possibly be effective?" you might ask. It's worth taking a look, because the general direction of this approach could be useful for many disputes, not just marriage.

For example, an opening question would go something like this: "Are you here because you want help for your marriage? Or are you here because you want a divorce, but you want to see me first, so you won't feel guilty about breaking up the marriage?"

Essentially, Glasser is defining the terms around the counselling; he is telling the participants that he is a "marriage" counsellor, not a "divorce" counsellor.

What's the big deal? Glasser is establishing whether both parties want to resolve the dispute. If either or both don't want it resolved, if they want the dispute to continue, then there's no point in carrying on with counselling.

You might ask; who would bother going to a counsellor if they don't want to resolve the dispute? Well, let's think about that.

Maybe I want the dispute to be resolved, but only if the resolution is in my favour. Maybe I want to be recognized as the good guy, while the other guy is clearly seen as the problem. Maybe I think I want a resolution, but only if the other person makes amends for the harm that I perceive has been done to me.

If we hear the word "but" creeping into the answer, that may be a clue that while we say we want to resolve the dispute, there are other things that we want more.

If we really want what is good for the relationship, then we may need to give something up. We may have to give up actions that make things worse, such as nagging, withdrawing, or complaining.

We may have to give up our resentment of things that have happened in the past. We may need to give up a grudge that we are so sure is deserved.

Continued on page 19

## CONTEST TIME! ALL AGES COLORING CONTEST!



### Enter to win a Spring-themed prize package

Open to Ages 1-100+ • Deadline for entries is April 17<sup>th</sup>

Winner will be chosen on April 22<sup>nd</sup>

Photo to be published in the April 30<sup>th</sup> edition.



Email a photo of your entry to [info@southshorebulletin.ca](mailto:info@southshorebulletin.ca) or drop it off at our office 129 Aberdeen Rd, Suite 106, Bridgewater, NS B4V 2S7



902-543-2457 • [www.southshorebulletin.ca](http://www.southshorebulletin.ca)



*Sustainable Scallop Farming in Mahone Bay*

**PUBLIC INFORMATION SESSION**

MAY 1, 2025 @ 6:30 PM  
at the Mahone Bay Centre Gymnasium

Visit our website to learn more, RSVP to the event, or share questions & concerns.



BLUELANTERN.CA

D8313

LIFESTYLES

# Is it that no one wants to work; or, maybe no one wants to work for you?

STEPHANIE MILLER VINCENT  
*Business Moments*

You've heard the phrase. You may have even said it out loud while staring at your half empty schedule or no-show interview: "No one wants to work anymore."

It's a tidy explanation for a tough situation. But let's be honest, it's not the full story.

Because the truth is, people do want to work. They just don't want to work in environments that feel unsafe, unstable, or unkind. They don't want to trade their well-being for a paycheque. And they're no longer willing to tolerate being undervalued, overworked, or unseen.

This shift didn't happen overnight.

It's the result of years, decades

even, of hospitality and service industry workers being expected to "suck it up," work through burnout, and "put the guest first" at any cost. During the pandemic, 40 per cent of our workforce left. Many of them were seasoned pros. Most didn't come back.

And those who did? They're looking for something better.

Not just more money (though let's not pretend that doesn't matter). They want clarity. Fairness. Communication. Respect. Purpose.

So, when I hear someone say, "No one wants to work," my first response is:

Have you taken a hard look at what you're asking people to say yes to?

Because here's the uncomfortable truth:

If people are coming in for interviews but not showing up for shifts...

If your best team members are slowly disengaging...

If you're re-hiring the same position every three months...

It might not be a worker problem. It might be a workplace problem.

This isn't meant to shame anyone. It's a wake-up call. One that business

owners and managers need to hear, especially as we gear up for another busy season.

Let's talk about "high standards" for a moment.

Every leader I know wants their business to run smoothly, and I'm all for excellence. Yet "high standards" must go both ways. If your expectations are sky high but you're not providing clear direction, timely feedback, or emotional safety, your standards aren't strong, they're brittle. And brittle systems crack under pressure.

Here's what I want you to know: People aren't afraid of hard work. They're afraid of being mistreated.

They're not lazy. They're just done being loyal to places that don't return the loyalty.

They're not ungrateful. They crave real leadership.

That leadership starts with reflection.

Ask yourself: Would you want to work for you?

Does your team feel safe bringing you a problem or do they stay silent to avoid blame?

Do your values show up on the wall, or in your daily actions?

Are your "open door" policies actually open?

Small business owners and managers are under enormous pressure right now. I see it every day in my work with SMillerVision clients. But the solution to your staffing crisis isn't in blaming "kids today" or posting a desperate ad. The solution is in building a culture people want to be part of.

When that happens, the right people find you and they stay.

They recommend their friends.

They treat your guests like gold because they've been treated like gold first.

So, before you declare no one wants to work, ask what your workplace is offering.

If you're not sure how it stacks up, that's where I come in.

*Stephanie is the Founder and Visionary of SMillerVision. She helps hospitality leaders and service driven businesses create consistent, respectful, high-retention workplaces. Ready to transform your team from stressed too strong? Visit [smillervision.com](http://smillervision.com) to start the conversation.*

What happens when you don't advertise?  
**Very little.**



## Do you own property in the District of Lunenburg?

Zoning regulations are being drafted that will affect you.

We are holding dozens of open houses across the entire District to talk to residents about land use regulations that make sense for our community.

Visit [engage.modl.ca/MODL2040](http://engage.modl.ca/MODL2040) to see a complete list of events, with more added all the time.

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 3pm to 5pm Municipal Services Building	4	5
6	7	8	9	10 3pm to 5pm Municipal Services Building	11 5pm to 9pm South Shore Expo, LCLC	12 9am to 5pm South Shore Expo, LCLC
13 Noon to 4pm South Shore Expo, LCLC	14 6pm to 8pm New Germany Legion	15	16	17	18	19
20	21	22	23	24 3pm to 5pm Municipal Services Building 6pm to 8pm Tri-District Fire Hall	25	26
27	28	29	30			



KEVIN MCBAIN PHOTO

Mahone Bay's Timeless Transformations has been reinvented into a Makers Market and Galleria.

# Mahone Bay business evolves into makers' market

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

MAHONE BAY – Timeless Transformations has gone through a transformation into a whimsical paradise.

The shop in Mahone Bay had a bit of a re-opening April 5 as more of a marketplace – a one stop shop – you may call it for anyone looking for any kind of whimsical painting, decoration, jewelry, cards, photos, woodworking and more...all done by South Shore makers.

Owner Lisa O'Neill said the re-opening went well for her and the 26 makers that have their work on display at the shop located at 249 Edgewater Street.

"We still have room for another four vendors in the shop. We want to make it look 'boutiquey.' I think it's going to be good," she said. "When you have 26 like-minded people together and everybody's sharing their post and everything it's great. It's not just one person talking about their work, there are 25 others talking about it as well."

Lisa and her husband Mike opened Timeless Transformations last March and used it mainly as a shop for her upcycled furniture and home decor and DIY workshops and Mike's wood working projects.

"While we did really well and we were happy with it, we had a lot of people coming in, other artists and creatives, and they really had no place to get their business off the ground," she said.

"They were selling on marketplace and that kind of thing, and it's just so expensive to have a place. Mike and I got talking and came up with an idea that if we created a space where all these like-minded people could come together, we could oversee their sales and let 100 per cent of the profit go back to them, just by creating a minimal rent cost per month."

She said they will continue to show their own work and opening it up to others helps them offset their costs and gets more people into the space, which they can call their own.

"They're all extremely excited about this and the big thing is, they don't have to worry about jaunting out to all these markets all the time. It's expensive and a lot of work. This is a nice fit for the community and it's been well received."

The shop is full of a variety of crafts and original paintings from various artists, a maker that does 'cat things', a jeweler, and so much more.

Artists come from all along the South Shore, from Barrington to Chester and currently, there is one vendor from Halifax and another from the Valley, displaying their wares.

She said the location of the shop, between Rebecca's Restaurant, Flipped Restyle Mercantile and the Seaside Snack Shack makes it a destination for everyone. She hopes that they can revive the Kedy's Landing shopping destination idea again.

"We've had lots of positive feedback from everyone. They have been so excited to support local, especially with everything going on," said O'Neill.

What do the vendors think?

One of the vendors is Donna Burgess, who owns The Peanut Gallery of Chester Basin.

She has been painting her whole life, but a little more seriously the past three years, because she has more time.

"I love colour. I love goats and rabbits and flowers and anything that's unusual. I try and put it altogether to create something different," she said. "Every piece is original. I don't duplicate. I just want people to have a bit of brightness and humour in their life."

About Timeless Transformations she said, "it's so great when artists can come together in a space that provides a little something for everybody. So, what I've noticed is that there's so many great artists being represented here and every single style is a little different. If someone comes for a visit and does some shopping, they're sure to find a gift for somebody and something for themselves."

Dan and April Comeau are the founders of Scotiacentric Designs.

April said they are making a number of products such as greeting cards, luggage tags and even 8x10 charts.

"Everything we do is made from nautical charts that belonged to my dad. He was a coast guard captain for most of his career but also had a stint in the navy and was also an entrepreneur," said April.

"We inherited his case of nautical charts after he passed away. Then my husband retired and decided to start a new project."

Dan takes the charts that cover Nova Scotia and adds a photo from the area, such as the pirate symbol with a chart of the Liverpool area.

Continued on page 19

**Those were the days**

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, April 16, 1958.

Walk in beauty...  
Walk in Stollers... the most comfortable, most flattering shoes you've ever worn... all with walking heels for enjoying every step of the way. Come in and see our wide choice of Stollers in smart, new styles and colours!

Stollers  
the comfortable shoe with the heel

Leaman's Shoe Store  
"Home of Quality Footwear"  
Bridgewater Nova Scotia

www.southshorebulletin.ca/Archives

## Easter Layered Jell-O Parfaits

If your Facebook algorithm is similar to mine, you've likely seen recent posts for these yummy-looking Jell-O treats (amidst videos for AI-generated kittens singing "Chicken Banana"). Tip: give yourself time to ensure layers set fully before adding the next. This can be done as a pie, but I found individual parfait dessert cups work nicely.

### INGREDIENTS

- 1½ cups graham wafer crumbs
- ¼ cup melted butter or margarine
- 3 boxes Jell-O, complimentary flavours (e.g., we used lemon, berry blue, and raspberry)
- 3 cups boiling water
- 3 cups cold water
- 1 pkg cream cheese, softened
- 1 L tub whipped topping
- Easter candy and/or decorations

### DIRECTIONS

#### CRUST:

Mix the graham wafer crumbs and melted butter. Add a layer to the bottom of each of your dessert dishes.

#### JELL-O LAYER:

1. In a medium bowl, dissolve the Jell-O in 1 cup of boiling water, stirring for until completely dissolved. Add 1 cup of cold water and stir. In a separate bowl, beat 1/3 of the softened cream cheese until smooth, then gradually add the slightly cooled Jell-O mixture, beating until well combined. Fold in ½ cup of the whipped topping until no white streaks remain.
2. Pour the mixture over the graham cracker crust. Refrigerate for 30 minutes or until the layer is partially set (it should be firm enough that the next layer won't break through).
3. Once ready to move to the next layer, repeat the Jell-O Layer process with the second colour. Gently pour the layer over first. To prevent breaking through the previous layer, pour the mixture over the back of a spoon held just above the surface, allowing it to flow gently onto the first layer. Refrigerate for another 30 minutes.
4. Repeat the process with the third layer once the second has set.
5. Refrigerate the dessert for at least 4 hours until all layers are completely set and firm.
6. Just before serving, top the pie with additional whipped cream, pastel sprinkles, and candy eggs for a festive Easter look.

Our South Shore Bulletin team taste-tested this recipe:

Kevin: If Easter was a recipe, this would be it. Very light and fun tasting.

Diana: Almost too fun to eat! A sweet treat the whole family will love

Natasha: Light and fluffy. I was pleasantly surprised it wasn't overpoweringly sweet.

Have a recipe you'd like to share? Send it in!

info@southshorebulletin  
106-129 Aberdeen Rd,  
Bridgewater, NS B4V 2S7

# PUZZLES & MORE

## The Weekly Crossword

by Margie E. Burke

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18				19				
20					21				22					
		23						24						
25	26			27				28						
29			30					31				32	33	34
35					36	37					38			
39				40						41				
			42					43	44			45		
	46	47						48				49		
50								51					52	53
54								55				56		
57								58				59		
60								61				62		

### ACROSS

- 1 Scenic outlook
- 6 Hoover and others
- 10 Palindromic title
- 14 Playwright Chekhov
- 15 Pronto
- 16 Central European river
- 17 Graphic symbols
- 18 Strangles
- 20 Generosity behind
- 22 Halloween items
- 23 Breaks down
- 25 \_\_\_ Baba
- 27 Sun follower?
- 28 Wolfish look
- 29 Frida's husband
- 31 Most contrite
- 35 Not to mention
- 36 Broods
- 38 Scrabble piece
- 39 Dave \_\_\_ Band
- 41 Sponsorship
- 42 Scale deduction
- 43 Hymn homophone
- 45 Initials at sea
- 46 Copyright violation
- 50 Metric volume units
- 51 Just too cute
- 54 Giving in abundance
- 56 To no \_\_\_
- 57 Protected, at sea
- 58 Advantage
- 59 Letter before epsilon
- 60 WV senator from 1959 to 2010
- 61 Insolence
- 62 Ethan or Woody

### DOWN

- 1 Colorado resort
- 2 Machu Picchu builder
- 3 Most turbulent, as weather
- 4 Neighbor of Fiji
- 5 Marin County's San \_\_\_\_\_
- 6 Nissan, way back when
- 7 White-faced
- 8 Calendar abbr.
- 9 Some gym helpers
- 10 Rock from outer space
- 11 Poe's middle name
- 12 Helps a hood
- 13 Something to clean up
- 19 A judge, e.g.
- 21 Airport near OAK
- 24 Blood flow blockage
- 25 "Bonanza" bro
- 26 Country singer McCann
- 30 Former voice of Aflac's mascot
- 31 Pension starter?
- 32 Bad thing to be
- 33 Like some pickings
- 34 Dick Tracy's gal
- 36 Passes away
- 37 Julia's "Wonder" co-star
- 40 Rabbits' relatives
- 41 Oil company that merged with Hess, once
- 43 Yard borders
- 44 "As I see it," online
- 46 Europe's "boot"
- 47 Defiant response
- 48 Turf claimers
- 49 Belly button
- 50 Meat loaf serving
- 52 \_\_\_-Brite (rhyming toy)
- 53 Zest
- 55 Wyo. neighbor

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## Sudoku

3	9	5						2
8			9	3		1	7	
	6	7			4		9	
4				5				
	2					7		
					6	2	4	9
9	8	6	5	2			1	4
5		4	8	6		9	2	7
			1	4				

Level: Beginner

## Puzzles & More Answers

### Crossword Solution

N	E	T	V	S	S	V	S	D	R	D	B	A	V	
L	E	A	V	E	O	D	E	E	E	L	V			
T	L	E	A	V	O	N	I	H	S	I	A	V	L	
E	L	E	A	V	O	D	E	S	E	R	E	L	S	
S	M	I	N	T	G	E	N	I	R	F	N	I		
S	H	M	I	H	E	R	T	A	V	I	V			
S	I	E	G	S	W	S	H	T	I	V				
S	L	E	S	T	O	S	O	S	T	A	V			
S	R	R	I	S	O	S	O	S	T	A	V			
S	L	E	R	N	O	M	A	L	L	I				
S	N	O	I	L	O	N	T	A	V	I	V			
S	F	U	N	O	C	T	A	V	I	V				
S	T	R	E	A	T	S	S	O	S	T	A	V		
S	L	E	S	T	O	S	O	S	T	A	V			
S	B	E	L	E	V	S	V	N	O	I	N	V		
S	M	A	V	O	D	E	S	E	R	E	L	S		

### Sudoku

2	7	3	1	4	9	6	8	5
5	1	4	6	3	9	8	7	2
6	8	9	2	7	3	5	1	4
7	5	8	3	1	6	2	4	9
4	3	9	7	5	2	8	6	1
1	6	7	2	8	4	5	9	3
8	4	2	6	3	5	1	7	9
3	9	5	6	7	1	4	8	2

## LOT OF BOOKS WORD SEARCH



E	G	P	E	M	R	M	U	L	T	U	A	A	R	X	E	D	N	I	K
V	L	F	C	B	A	L	F	B	P	U	X	F	C	R	X	P	L	P	G
N	O	A	N	B	C	V	D	R	A	C	P	A	U	K	O	N	E	B	V
W	S	P	E	E	V	R	E	S	E	R	N	W	Y	T	W	T	S	W	L
E	S	H	R	D	I	D	Y	H	H	A	X	K	M	N	E	X	I	V	E
N	A	L	E	G	B	E	X	R	M	J	C	B	O	P	S	A	D	D	U
E	R	H	F	R	R	S	O	L	F	L	K	I	M	L	B	I	B	X	E
R	Y	U	E	L	O	K	A	Y	G	O	T	M	D	S	W	I	J	T	I
X	T	R	R	D	W	H	Y	P	I	A	A	W	T	T	S	K	O	O	B
K	R	Y	K	E	S	H	T	I	L	N	L	R	K	H	N	C	S	O	S
W	S	P	V	N	E	F	C	U	L	E	A	P	V	O	O	A	B	T	E
J	H	T	E	C	R	C	G	A	C	M	I	W	U	W	N	I	D	R	E
Y	D	L	A	R	I	R	S	M	T	R	Y	W	R	H	C	I	G	R	E
X	I	A	N	C	I	T	Y	I	O	P	C	S	B	A	T	J	W	O	Y
U	C	N	A	C	K	O	A	G	R	V	E	H	T	S	A	Y	A	W	B
G	C	R	H	A	E	S	D	T	X	C	I	A	I	S	N	E	T	Y	Y
T	T	U	J	C	H	A	X	I	I	X	L	E	E	V	C	E	L	E	F
V	H	O	V	U	U	G	K	O	C	O	E	W	S	K	E	U	V	K	V
L	A	J	R	K	M	K	G	W	G	A	N	G	G	N	S	S	L	W	L
V	R	J	F	J	U	J	G	F	L	V	L	X	K	L	F	C	C	S	M

Find the words hidden vertically, horizontally, diagonally, and backwards.

### WORDS

ABSTRACT  
ALMANAC  
ARCHIVES  
AUTHOR  
BOOKS  
BROWSER

CARD  
CATALOG  
CIRCULATION  
CITATION  
COURSE  
DESK

EDITOR  
GLOSSARY  
INDEX  
JOURNAL  
KEYWORD  
LOAN

MOVIES  
PERIODICAL  
REFERENCE  
RENEW  
RESERVE  
STACKS

WEDNESDAY EVENING APRIL 16. Grid of TV programs from 6:30 to 11:30 PM across various channels.

DON'T FORGET Support your local food banks! This message brought to you by southshorebulletin.ca your local newspaper. Includes images of food cans.

What's on? www.tvpassport.com/southshore

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

Channel Guide table with columns for channels (GLOBAL, ITV, YTV, etc.) and rows for regions (A, B, C, D, E).

THURSDAY EVENING APRIL 17. Grid of TV programs from 6:30 to 11:30 PM across various channels.

FRIDAY EVENING APRIL 18. Grid of TV programs from 6:30 to 11:30 PM across various channels.

WEEKDAY DAYTIME APRIL 16 TO APRIL 22. Large grid of TV programs from 7:30 AM to 6:00 PM across various channels.

SATURDAY DAYTIME APRIL 19. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

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

SATURDAY EVENING APRIL 19. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

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



# SOUTH SHORE BULLETIN CLASSIFIEDS



ph: 902.543.2457

email: ads@southshorebulletin.ca

## JOBS • EVENTS • FOR SALE/RENT • NETWORK & MORE!

### FAMILY ALBUM

#### Happy 12th birthday my Brody!



From squishy ketchup kisses to talking about girls, I've loved you through first words to sharing sneakers. As long as I'm living, my baby you'll be warmest birthday wishes love Mom, Evan, Hudson and Maddy

#### Happy Birthday to Ivan Rodenhiser!

Bridgewater, who will be celebrating his 95th birthday on April 17th, 2025. Much love from his wife, Shirley, children David, Vicki Lynn, And Jo-Anne, 6 grandchildren and 3 great grandchildren! Best wishes for many more birthdays.



### 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

D1055

*A Place Where Everyone Belongs*

**BRIDGEWATER UNITED CHURCH**  
87 Hillcrest Street info@bridgewaterunited.ca (902) 543-4833

Reverend Kim Curlett; Minister of Worship and Small Group Ministry  
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  
Deep Spirituality, Bold Discipleship, Daring Justice  
[www.bridgewaterunited.ca](http://www.bridgewaterunited.ca)

### Anglican PARISHES OF PETITE RIVIERE & NEW DUBLIN

E-mail: oro@eastlink.ca Phone: (902) 634-8589 petiteparish.com

Thursday April 17th – Maundy Thursday – Rev. Oliver Osmond  
7:00pm St. Marys Crousetown Holy Communion

Friday April 18th – Good Friday – Rev. Oliver Osmond  
2:00pm St. James LaHave Stations of the Cross

Sunday April 20th – Easter Day – Rev. Oliver Osmond  
9:00am St. Johns West Dublin Holy Communion  
11:00am St. Marks Broad Cove Holy Communion

"O worship the Lord in the beauty of holiness"

### EMPLOYMENT

Student Employment Opportunity. Lahave Islands Marine Museum seeks applicants for three Guide/Interpreter positions. Two positions from May 30 - September 1; One position June 30 - September 1. 35 hours/week @ \$16.25. Send Resume and cover letter to limms@auracom.com

### BREAKFASTS

Riverport & District Firefighter's Auxiliary Breakfast. April 19, 7:30 to 11 a.m. Adults: \$12; kids (6-12): \$6; kids 5 and under: free. Last breakfast until September.

Sunday Brunch at the Mahone Bay Legion. April. 27, 2025. 9 a.m. to 12:30 p.m. \$13 Adult; \$7 children 6-12; Free for 5 & under. Complimentary Brunch for Veterans and Spouses.

### WANTED

## MOM'S BUY & SELL

Lunenburg's coolest eclectic shop

Downsizing or redecorating? We buy furniture, antiques & such...by piece or by lot.

9 King Street., Lunenburg Call Pam at 902-634-3595

D8167

Antiques Wanted. Settling an Estate, downsizing, have some older items you want to sell? Call me, I will buy 1 item or complete house lot. Judy Rhodenizer: 902-543-5194 or 902-521-2411.

### COMMUNITY

Sunny Valley Cemetery Clean-up Day Saturday April. 19, 2025 starting at 9:00 a.m. Rain date Saturday, April. 26, 2025.

### NOTICES

The family of Linwood Paul Veinot are having the burial and Celebration of Life, at Hemford cemetery and Fire Hall on Saturday, April 26, 2025, 1 p.m.

Obituaries can be found online at [southshorebulletin.ca](http://southshorebulletin.ca)

### SERVICES

## G.W. Tree Removal

STUMP GRINDING  
TOPPING • PRUNING

60 ft. Bucket Truck  
Wood Chipper  
Fully Insured,  
Safety Certified  
Free Estimates

Serving all Lunenburg and Queens Counties  
**GARRY WHYNOT**  
902-350-1229

D8146

### LP Renovations

Building and renovations, additions, window and door installations, decks, ceramic installations, flooring of all types, dry wall, painting, siding vinyl and wood. Garages and much more!  
Contact 902-521-4286

### MEETINGS

The Greater Petite Area Community Association (GPACA) invites you to their **ANNUAL GENERAL MEETING** on Sunday, April 27, 2025 from 2:00-4:00pm at Petite Riviere Elementary School, 123 Wentzell Rd, Petite Riviere, NS.

D8336

Annual Meeting, Sunny Valley Cemetery, Wednesday April 16, 2025, 7:00 pm Grace Lutheran Church, First South.

### FIREWOOD

Top quality firewood, cut, split and delivered. 100% hardwood. Phone 902-543-6150.

### COMMUNITY EVENTS

#### NEW GERMANY CRAFT SHOW PLANNING COMMITTEE PRESENTS

## MOTHER'S DAY Stroll and Shop

Saturday May 3rd, 2025  
10am - 3pm

New Germany Rural High School  
44 School Street

Many crafters & vendors  
Ample parking  
Food on site

D8334

Admission by donation goes 100% back into community programs  
For more info, contact us at: [newgermanycraftshow@gmail.com](mailto:newgermanycraftshow@gmail.com)

### CELEBRATION OF LIFE

#### Patricia "Patty" Annette Tanner

A memorial service to celebrate the life of Patricia "Patty" Annette Tanner, 83, of Bridgewater, will be held at St. John's Anglican Church, Lunenburg on Saturday, April 26, 2025, at 2:00 p.m. with a private family interment to follow at Upper Blue Rocks Cemetery, Blue Rocks. Rev. Dr. Dawna Wall officiating. Donations to the IWK Foundation or St. John's Anglican Church, Lunenburg or a charity of your choice would be greatly appreciated by the family. Please visit [personalcarecremations.ca](http://personalcarecremations.ca)

### MEMORIALS

**LEVY**

In loving memory of Husband, Karl, who left this world on April 19th, 2012.

All by myself  
I think of you.  
Think of the things  
We used to do.  
Think of the things  
We used to say.  
Think of each happy  
By-gone day.  
Sometimes I smile,  
Sometimes I sigh,  
And many of times  
I break down and cry.  
Missing you always, my love.

Wife, Bernice  
"Two love stories never have an ending."

D8322

### DEATHS

Blackwood, Trudy Marilyn, 74, Conquerall Bank, died April 4th, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Croft, Ronald Gordon, 84, Camperdown, died April 5th, 2025 at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R. A. Corkum Funeral Home, Wileville.

Crouse, Melvin Llewellyn, 84, Bridgewater, died April 6th, 2025 at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

Davis, James "Jim" Parker, 76, Bridgewater, died April 2nd, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

May, John Andrew, Middle Cornwall, died March 25th, 2025. Arrangements entrusted to Mahone Funeral Home Limited.

McNabb, Earl Keith, 82, Upper Cornwall, died April 7th, 2025 in Upper Cornwall. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

Norman, Marlyne Joy, 79, Dublin Shore, died April 4th, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Silver, Earle Douglas, 91, Upper Northfield, died April 8, 2025 at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

Simpson, William James "Jim", 75, Western Shore, died March 21st, 2025 in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Mahone Funeral Home Limited.

Uhlman, Gwendolyn Beryl, 95, Pleasant River, died March 30, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

Wegemer, Walter Willi, Bridgewater, died April 9th, 2025, in South Shore regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

## NDP Candidate drops out of race for South Shore-St.Margaret's

Continued from page 2

Henderson is listed on the federal NDP website as the Outreach Director for Canada's Young New Democrats (CYND), the youth arm of the national party. He does not show up in the NDP's list of candidates and is not listed in the South Shore – St. Margaret's NDP social media. It is unclear what, if any, connection Henderson has to the riding as he appears to be based in Ottawa.

Elections Canada has listed the official candidates for South Shore – St. Margaret's as:  
 Jessica Fancy-Landry – Liberal Party of Canada  
 Patrick Shea Boyd – People's Party of Canada  
 Mark Embrett – Green Party of Canada  
 Hayden Henderson – Independent  
 Rick Perkins – Conservative Party of Canada  
 Canadians will go to the polls to vote in the General Election on Monday, April 28.

## Can we resolve this dispute?

Continued from page 11

This may sound unfair!

That opening question is a key. Do both of you want to resolve the dispute? If so, it may be possible to do so. If not, what do you think? 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

### MEMORIAMS



**HANCOCK, Dorothea:** In loving memory of a mother, grandmother, Dorothea, who passed away April 13, 2024.  
 As time goes by without you  
 And days turn into years,  
 They hold so many memories  
 And a million silent tears.  
 To us you were so special  
 What more is there to say,  
 Except to wish with all our hearts  
 That you were here today  
 Forever loved, and never  
 forgotten, children,  
 spouses, and grandchildren.

**RICHARDSON:** In loving memory of my sister Carolee Elizabeth (Nee Woodworth), December 25, 1936 - April 13, 2024  
 To hear your voice,  
 And see your smile.  
 To sit with you and,  
 Talk a while.  
 Together in the same old way,  
 Would be our greatest wish today.  
 We hold you close within  
 our hearts.  
 Sadly missed and always  
 remembered by all the  
 family.



## An aging population: Reaping the rewards of healthy living

Continued from page 9

### GOOD HEALTH IS ESSENTIAL

Remaining and stabilizing healthy behaviours serve as a benefit for not only those that are older, but also their families that are granted the opportunity to share their lives, for as long as possible, together, while limiting care dependency.

Being granted additional years opens doors to opportunities such as the pursuit of a new career, a passion that has been placed on hold, or engaging in social activities that are personally valued.

### SOME CHECKS AND BALANCES

1. Try to maintain a healthy weight. Being over or underweight carry its own consequences. Try to make smart and healthy food choices. (food-guide.canada.ca/en/tips-for-healthy-eating/seniors/)
2. If possible, try to quit smoking. Smoking cessation will lead to enhanced breathing, an appreciation for food taste and smell, reduces the risk for heart disease, reduces the risk of having a stroke, saves money, reduces the risk of developing cancer. Keep in mind that secondhand smoke can be detrimental to others.
3. Try to get a good night's sleep by following a regular sleep schedule, falling asleep and waking up the same time every day. Avoid napping late in the day as this will keep you awake at night. Mindful meditation will also enhance sleep quality.
4. Limit or better yet, avoid alcohol which can

affect every body organ, the brain included. It can have adverse effects when taken with other medications such as opioids.

5. Exercise is important, whenever and wherever you can. Exercise promotes both emotional and mental wellbeing and should include a combination of aerobic activity, strength training and flexibility exercises. Yoga can be a good option.

6. See your physician regularly for health screenings that can detect chronic diseases earlier rather than later.

7. Find ways to reduce stress levels. Stress and anxiety can rewire your brain, negatively impacting memory, decision making and mood. Join a support group when dealing with bereavement. Stress levels may be lowered by having a pet to care for. But consider the physical and financial challenges if doing so.

8. Manage social isolation and accompanying feelings of loneliness by remaining socially active with family, friends and new-found acquaintances.

Both the World Health Organization (WHO) and other UN organizations have collaborated in improving the lives, globally, of older citizens, families, and their communities. This is being achieved through the UN's Decade of Healthy Aging (2021-2030). see: [www.who.int/initiatives/decade-of-healthy-ageing](http://www.who.int/initiatives/decade-of-healthy-ageing)

Senior years can be a blessing, filled with life experiences, both favourable and unfavourable. It is those experiences that enrich our lives as we take this personal journey called life.



KEVIN MCBAIN PHOTO

These are some of the 26 makers that have their wares on display at Timeless Transformations Makers Market and Galleria in Mahone Bay.

## Mahone Bay business evolves into makers' market

Continued from page 13

"It's kind of a retirement project and it has been fun. We've met a lot of people," she said, adding that she also keeps track of where the art is going... like luggage tags heading to Australia, something they encountered last year.

Painter Heather Henkel has an art studio in Rhodes Corner but loves this opportunity to gain more exposure for her work.

"My art is acrylic art on canvas and the backgrounds are mostly poured, then I do stylized art on

top," she explained. "It is a very stylized, whimsical, colourful style. It's a very happy kind of art. I'm at the stage of life where I'm content and I like to paint happy paintings with very bright colours."

Her studio is located on her home property and appreciates the opportunity that Timeless Transformations presents.

"I am so excited about this. Because I'm kind of off the beaten track, I don't get a lot of drop-in customers. This is a real cool opportunity for me and working with Lisa has been delightful. It's a win-win," she said.

## SOUTH SHORE BULLETIN

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# The Bridgewater Fire Department Band presents...*Flourish*

Program to take place in historic St. John's Church featuring Stadacona Band soloists

**SOUTH SHORE BULLETIN STAFF**

LUNENBURG - St John's Anglican Church will host *Flourish*, the spring concert of the Bridgewater Fire Department Band on Sunday, April 27 beginning at 3 p.m.

Members of the band have been preparing for this concert for several months under the batons of director of music Captain Wendell Eisener and associate conductor Petty Officer 2nd Class (PO2) Andrey Smirnov of the Stadacona Band of the Royal Canadian Navy.

"PO2 Smirnov's association with the band goes back several years. We had pieces that needed an expanded woodwind section, and Andrey was recommended to us as an excellent clarinetist," explained Eisener in a news release.

"We have a good working relationship with the Stadacona Band, and their leadership was very responsive to our request. When Andrey later developed an interest in conducting, because the opportunities to develop that skillset through the military are limited, he became the band's associate conductor in the fall of 2023. He's conducted a few pieces in previous concerts, but he has a lot more responsibility in this production, and we're delighted to be able to provide this learning opportunity for him, and we're grateful for the many talents he shares with us."

Smirnov's share of the program includes conducting Felix Mendelssohn's *Concert Piece for Clarinet and Bassoon*, which features two of his colleagues from the woodwind section of the Stadacona Band: PO2 Christian Navrátil and PO2 Edward Danilov.

Navrátil, CD, has served as the bassoonist for the Stadacona Band since October 2021. He holds a master's degree in classical interpretation from the Université de Montréal and has



Violinist Alsu Kamalievna, a featured soloist with The Stadacona Band of The Royal Canadian Navy, will join with the members of the Bridgewater Fire Department Band at their spring performance April 27.

performed with Symphony Nova Scotia and other orchestras in Quebec on both bassoon and contrabassoon.

His career has taken him on multiple national tours. Throughout his career, he has been deployed on numerous ceremonial and tattoo assignments across Canada and internationally, including France, Belgium, the Netherlands, Italy, and New Zealand. In addition to his performance duties, he also contributes as an arranger and serves as the Stadacona Band's drum major.

PO2 Edward Danilov is a clarinetist with the Stadacona Band of the Royal Canadian Navy. He previously was assigned to the Royale 22e Régiment Band in Québec City and the Royal Canadian Air Force Band in Winnipeg, before coming to Halifax.

He earned a master's degree in music performance from the Québec Conservatory of Music and has studied at Schnittke University in Mos-



CONTRIBUTED PHOTOS

Petty Officer 2nd Class Andrey Smirnov of the Stadacona Band of the Royal Canadian Navy will share the baton with BFD Director of Music Captain Wendell Eisener.

cow and at the Hochschule für Musik Franz Liszt in Weimar, Germany.

Throughout his service in the Canadian Armed Forces, Danilov has performed at many prestigious national and international events including the 70th anniversary of the Liberation of the Netherland, Public Duties for Her Majesty Queen Elizabeth II in London, playing at the D-Day 75th Anniversary at Juno Beach, and performing during the visit of His Majesty King Charles III (then the Prince of Wales) to St. John's, Newfoundland.

He participated in the Canada – New Zealand (CANZEX) exchange earlier this year and in August 2023, Danilov travelled with the BFD Band to England, France, and Holland and is eager to continue his collaboration with the BFD Band.

The concert also includes *Away with your Fairies*, Thomas Bergersen's arrangement of *The Kesh*, a traditional Irish jig. In it, Christian

Navrátil trades his bassoon for a tin whistle and is joined by violinist Alsu Kamalievna.

Originally from Russia, Kamalievna's musical journey began in Moscow's Kazan State Conservatory and performing in the Tatarstan National Symphony Orchestra, and other classical, jazz and baroque ensembles.

Since coming to Halifax, she has performed regularly with the Nova Scotia Youth Orchestra, and as a featured soloist with The Stadacona Band of The Royal Canadian Navy.

Since 2017, she has regularly performed as a substitute with Symphony Nova Scotia. She is also a violin and piano teacher.

Other music by Ralph Vaughn Williams, Peter Warlock, Aaron Copland, and Harry Belafonte rounds out what promises to be a musically satisfying and fun afternoon. The incomparable Dan Hennessey returns in his role as compère, and is sure to keep both conductors, the band, and the audience on their toes!

The Bridgewater Fire Department Band has been part of the civic and cultural life of Nova Scotia since 1868. Originally established as the Bridgewater Brass Band, it doubled from its inception as the Regimental Band of the 68th Infantry.

Re-organized in 1912 as the Bridgewater Citizens' Band, it came under the auspices of the Bridgewater Fire Department in 1952. The 30 members of the band come from all walks of life and represent a diversity of musical experience.

In 2023, the band completed a successful tour of France, Belgium, and Holland, and will travel to England in 2026 at the invitation of the West Yorkshire Fire and Rescue Service Band. Membership in the band is open to any capable musician, and there is no requirement to be a firefighter to join.

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