

BULLETIN

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BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, FEBRUARY 18, 2026



YOUTH GROUP BRINGS BLESSINGS

A youth group in Mahone Bay is blessing others

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LOBSTER CRAWL WINNERS

The winner of the 2026 Lobster Roll-Off competition for the Nova Scotia Lobster Crawl is Waves Seafood & Grill in Bridgewater. Shown here is Derick Dubblestyne and Natalie Nickerson of Waves, accepting the award from Stephanie Miller Vincent (centre), co-ordinator of the event. Finishing second was 27 South in Bridgewater and Capt. Kat's Lobster Shack in Barrington. The event was held at the Quarterdeck Resort Feb. 3. Right hand photo: Capt. Kat's Lobster Shack of Barrington was the big winner at the ninth annual Lobster Crawl's Chowder Chowdown Showdown held at the Black Loyalist Heritage Centre in Birchtown Feb. 8. Shown here are Suzy Atwood (Nova Scotia Lobster Crawl) with Capt. Kat's representatives Della Sears, Vicky Hopkins and Cavell Stoddard. The sold-out event featured eight South Shore restaurants. Capt. Kat's captured first place and the People's Choice award. Wave's restaurant from Bridgewater finished second and Mr. Fish from Shelburne finished in third place.

CALIN CHARLES MEDIA PHOTOS



THE BED CHASE

The quest is on for a bed in the Veterans' Unit

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Mahone Bay council responds to concerns with bylaw

By ED HALVERSON

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MAHONE BAY – A new proposed Seasonal Sales Area Bylaw is now on the table.

Council gave first reading to the bylaw at its Feb. 10 meeting, marking the next step in a process that began after last summer's well-publicized dispute over sidewalk space outside Eli + Trix restaurant on Main Street.

As previously reported, the summer of 2025 saw tensions rise when outdoor tables and merchandise displays extended into the public sidewalk. Concerns were raised about safe pedestrian access and fairness, while others defended the importance of outdoor space for small businesses during the crucial tourism season.

The proposed Seasonal Sales Area Bylaw is intended to fill that gap.

Under the draft bylaw, businesses wishing to operate seasonal outdoor sales areas would need to follow defined rules around location, size, and placement. The bylaw

sets standards to ensure sidewalks remain accessible and safe for pedestrians, while still allowing businesses to extend their presence outdoors during peak months.

The intent, according to council discussions, is to create consistency. Rather than handling requests or complaints on a case-by-case basis, the new bylaw would provide a framework that applies equally to all businesses. Clear guidelines would help prevent the kind of uncertainty and conflict that unfolded last year.

The draft also outlines an approval process, giving the town authority to issue permits and enforce conditions. That means seasonal outdoor sales would no longer operate in a grey area under broader street or traffic regulations, but under their own dedicated rules.

The Seasonal Sales Area Bylaw is part of a broader package of proposed updates to municipal regulations given first reading by council at the Feb. 10 meeting.

Council is also considering revisions to the Streets and Sidewalks Bylaw, the

Special Events Bylaw, and the Temporary Vending Bylaw.

Proposed changes to the Streets and Sidewalks Bylaw would clarify how public streets and sidewalks may be used, including issues related to obstructions and encroachments. Given that last summer's concerns centred on sidewalk access, those updates are closely tied to the new seasonal sales rules.

Amendments to the Special Events Bylaw are expected to ensure consistency and provide guidelines for the safety of Event Organizers and participants. Meanwhile, revisions to the Temporary Vending Bylaw would establish regulations on vending in the Town of Mahone Bay for small operations, such as mobile canteens, yard sales or busking.

The four bylaw reviews signal a broader effort by council to modernize how public spaces are regulated in Mahone Bay, particularly during the busy tourist season when competing demands are most visible.

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TRANSFORMING THE ECONOMY

SSEA hosts recent forum with experts

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\$2.50+HST

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D9102

Mahone Bay youth group puts together blessing bags

By KEVIN MCBAIN

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MAHONE BAY – A total of 60 ‘blessing bags’ will be distributed to those in need in the Halifax area thanks to the efforts of the youth group at Trinity United Church.

Members of the group recently put together a record 60 bags that are going to the Brunswick Street Mission in Halifax to be distributed to those in need.

Colleen Naomi, group leader, said that it is something the kids look forward to every year.

The youth group, run out of the Trinity United Church recently, made a record 60 blessing bags for those in need.

“They love doing this. This is something they look forward to doing. They find it neat to think about what each person might enjoy,” she said. “It feels real good and it also brings awareness to the youth – doing things to help others – and remembering we are fortunate to have what we have and that sharing is important.”

Packed in Ziploc bags, they are filled with warm winter accessories and nutritious snacks.

The supplies are provided by members of the congregation and the youth group.

“The idea is just a little way to make a difference. I know the lack of housing is such a big issue in Nova Scotia and we all wish we could fix it,” said Naomi. “But we do what we can and even though this is just a little thing, it makes a difference. We’ve heard from staff at the mission that it really puts a smile on the face of people when they receive a packed bag.”



COLLEEN NAOMI

Members of the Mahone Bay, Trinity United Church youth group, recently packed 60 ‘Blessing bags’ that are being distributed to those in need through the Brunswick Street Mission in Halifax.

The project’s beginnings can be traced back to 2012, when the church’s Sunday School program started it off. As numbers in the program dwindled, the youth program took over about five years ago.

The youth group consists of 12 youth, from grades 6 to 9, that come to the drop-in program that is held after school on Tuesdays for about an hour-and-a-half and consists of activities and a snack.

The Brunswick Street Mission has a breakfast program, food bank, outreach program and laundry facilities for those in need.

Mahone Bay council responds to concerns with bylaw

Continued from page 1

For business owners, the outcome could shape how they plan patios, displays and storefronts for summer 2026. For residents, it’s about maintaining accessible sidewalks and preserving the character of the downtown core.

Residents will have an opportunity to share their thoughts at a public meeting scheduled for 7 p.m. Feb. 24 at the Mahone Bay Fire Station. Council is encouraging community members to attend, learn more about the proposed changes and make their voices heard before the bylaws move forward.

Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, February 18, 1954.

www.southshorebulletin.ca/Archives

Town of Lunenburg council highlights Feb. 10

MAYOR ADDRESSES RECENT POWER OUTAGE

At the start of the meeting, the mayor, Jamie Myra, acknowledged the frustration many residents experienced during the recent power outage, particularly during winter conditions.

He also addressed reports that frontline utility workers restoring power were verbally harassed. While frustration with outages is understandable, abuse directed at workers in the field is not acceptable.

Utility crews are not responsible for corporate or infrastructure decisions and often work long hours in difficult conditions to restore service as quickly and safely as possible.

Council encouraged residents to continue to treat frontline workers with respect, especially during challenging circumstances.

COUNCIL APPROVES FIRST READING OF MARKETING LEVY BYLAW

Council approved first reading of the proposed Marketing Levy By-law.

The bylaw would establish a three per cent marketing levy on all short-term accommodations located within the Town of Lunenburg. This includes traditional hotels, inns, and short-term rentals listed on platforms such as Airbnb. The levy would be collected by operators at the time of booking and remitted to the town on a monthly basis.

Under provincial legislation, all short-term accommodations must be registered with the province. This registration system will assist the town in identifying operators who are required to collect and remit the levy.

If approved, funds collected through the levy may only be used for tourism promotion purposes authorized under provincial legislation. This can include activities such as marketing and advertising campaigns, visitor guides and digital promotion, supporting festivals and events that attract visitors, and contributions to tourism-focused organizations.

If adopted, the levy would take effect Jan. 1, 2027, providing operators time to prepare their systems.

Council will schedule a public hearing in the coming weeks to provide an opportunity for public input. Following the public hearing, Council will consider second reading. Approval of second reading would formally adopt the by-law.

The draft by-law can be found in the agenda package for this meeting.

COUNCIL APPROVES FIRST READING OF TOUR AND HORSE-DRAWN VEHICLE BYLAW

Council approved first reading of the proposed Tour and Horse-Drawn Vehicle By-law.

This bylaw would replace the town’s existing Hack and Trolley By-law and modernize the framework for licensing and regulating commercial tour vehicles and horse-drawn carriage operations in Lunenburg.

Council directed staff to review the current bylaw in 2025 following public concerns related to animal welfare during periods of extreme heat and dry weather. The updated draft strengthens animal welfare protections while also improving clarity, transparency, and enforceability.

The proposed bylaw also consolidates requirements that were previously spread across multiple documents and council resolutions into a single, modern document.

Council will schedule a public hearing in the coming weeks to provide an opportunity for public input. Following the public hearing, Council will consider second reading. Approval of second reading would formally adopt the by-law and repeal the existing Hack and Trolley By-law.

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Potato Rolls

INGREDIENTS

- 1 lb ground beef
- 1 med onion
- ¼ cup dry breadcrumbs
- 1 egg
- salt and pepper
- 8 potatoes
- 8 tbsp preferred grated cheese - mozzarella is good
- Milk
- Butter

PREPARATION

1. Boil and mash potatoes add milk and butter to preference.
2. Mix all other ingredients except cheese together.
3. Shape into meatballs.
4. Fry until done.
5. Roll meatballs and 1 tbsp grated cheese in potatoes.
6. Put in greased pan.
7. Dent each roll and fill each hollow with butter.
8. Bake at 350° for 20 minutes.
9. Broil 2 - 3 minutes till brown.

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

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

Dahl's dispatch

EVAN DAHL

Lunenburg County firefighters answered 60 calls for service and Queens County firefighters answered 17 calls for service from Thursday, February 5 to Wednesday, February 11 – 26 of these calls were medicals.

FEBRUARY 5

At 3:40 p.m., Hubbards firefighters responded to a possible structure fire in Hubbards. Chester and Black Point also responded.

At 7:50 p.m., Hubbards firefighters responded to a chimney fire in Hubbards.

FEBRUARY 6

At 5:43 a.m., Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

At 1:03 p.m., Lunenburg firefighters responded to a commercial fire alarm in Lunenburg.

At 5:15 p.m., Chester firefighters responded to a commercial fire alarm in Chester. Chester Basin, Western Shore, Hubbards and Lunenburg also responded.

At 10:38 p.m., Riverport firefighters responded to a fire alarm in Lower Rose Bay.

FEBRUARY 7

At 8:16 a.m., Lunenburg firefighters responded to a power line down in Lunenburg.

At 11:30 a.m., Northfield firefighters responded to structures on fire in New Canada. New Germany, Bridgewater, Midville and Oakhill also responded.

At 11:54 a.m., Oakhill firefighters responded to a motor vehicle accident in Oakhill. Blockhouse also responded.

At 12:06 p.m., Hebbs Cross firefighters responded to a carbon monoxide alarm in Hebbs Cross.

At 7:43 p.m., New Germany firefighters responded to a snowmobile on fire in Parkdale.

FEBRUARY 8

At 12:47 a.m., Bridgewater firefighters responded to a smoke condition in Bridgewater.

At 3:58 p.m., Bridgewater firefighters responded to a fire alarm in Bridgewater.

At 8:30 p.m., Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

FEBRUARY 9

At 1:18 a.m., Mill Village firefight-

ers responded to a carbon monoxide alarm in Mill Village. Port Medway also responded.

At 6:33 p.m., Cornwall firefighters responded to a chimney fire in Middle New Cornwall.

FEBRUARY 10

At 1:38 a.m., Riverport firefighters responded to a fire alarm in Upper Kingsburg.

At 10:05 a.m., Northfield firefighters responded to a motor vehicle accident in Cookville.

At 11:11 a.m., Riverport firefighters responded to a report of an illegal burn of tires in Lower LaHave.

At 1:55 p.m., Chester firefighters responded to a smoke sighting in Windsor Road. Chester Basin also responded.

At 2:00 p.m., Dayspring firefighters responded to a residential fire alarm in Middle LaHave.

At 2:26 p.m., Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

At 2:27 p.m., Blockhouse firefighters responded to a residential fire alarm in Blockhouse. Oakhill also responded.

At 4:41 p.m., Lunenburg firefighters responded to a chimney fire in Lunenburg.

At 5:37 p.m., Greenfield firefighters responded to a tree on power lines on fire in Buckfield. North Queens also responded.

At 9:12 p.m., Liverpool firefighters responded to a smoke sighting in Brooklyn.

FEBRUARY 11

At 10:50 a.m., Chester and Chester Basin firefighters responded to a motor vehicle accident in Chester Basin.

At 1:25 p.m., Liverpool firefighters responded to a motor vehicle accident in Brooklyn. Port Medway also responded. Mill Village was on stand by.

At 5:16 p.m., Greenfield firefighters responded to a motor vehicle accident in Buckfield. North Queens, Bridgewater and Tri District also responded.

At 6:41 p.m., Tri District firefighters responded to a power line fire in Upper Chelsea.

At 9:38 p.m., Hubbards firefighters responded to assist Black Point at a motor vehicle accident in Ingramport. Upper Tantallon also responded.

You may reach Evan Dahl by e-mail at evandahl10@hotmail.com or via the Dahl Dispatch Facebook page.

South Shore petitions take aim at dropped calls and foreign-owned news

By ED HALVERSON

ed.halverson@southshorebulletin.ca

SOUTH SHORE – Two petitions tabled in the House of Commons by South Shore - St. Margaret's MP Jessica Fancy are putting a spotlight on issues she says strike at the heart of rural equity and Canadian sovereignty: unreliable cell service and foreign ownership of media.

Both petitions originated in her riding. Both gathered significant public support. And both, Fancy says, are part of a larger push through the National Rural Caucus to ensure rural Canadians aren't left behind.

BARRINGTON CALLS FOR RELIABLE CELL SERVICE

The first petition, e-6913, was presented on February 3 and comes from the Municipality of Barrington. Initiated by Chris Frotten, it garnered 511 signatures, enough to require a formal government response within 30 days.

At its core, the petition calls on Ottawa to work with telecommunications providers to ensure residents, businesses and visitors in Barrington have access to reliable mobile service.

Fancy says the municipality has been trying for years to fix the problem.

"They've been leasing municipal land to service providers for towers, writing to provincial and federal counterparts, working with WREN to identify dead zones - they've done the work," she said. "But despite all of

those efforts, reliable cellular service remains largely unavailable in many areas."

The issue goes beyond inconvenience, she added. It's about safety.

"When people are leaving landlines behind and living in active dead zones, you potentially don't have life-saving 911 access," Fancy said. "This is a safety, communication, economic and social well-being issue."

She points to the disconnect between official coverage numbers and lived experience.

"You'll hear telecoms say Canada has 96 per cent coverage," she said. "But they're not looking at, does the frickin' thing work? We're talking about reliability."

Fancy argues that as companies invest in faster LTE and 5G networks in urban centres, rural coverage areas appear to be shrinking. Anyone who regularly drives Highway 103, she noted, knows calls are frequently dropped.

"It's not just about bandwidth so three people in a house can stream Netflix and play video games," she said. "At minimum, we need a couple bars on the 103."

As vice-chair of the National Rural Caucus, Fancy says rural connectivity is one of the caucus's three top priorities, alongside temporary foreign workers and local media. Meetings with Bell and Rogers executives are expected in the coming weeks.

"If the government could get con-

nectivity figured out, it would be one of the biggest political wins in history," she said. "The technology's there. It's about accountability and reinvestment in infrastructure."

PETITION TARGETS FOREIGN MEDIA OWNERSHIP

The second petition, e-6879, may have drawn even more attention.

Initiated by Upper Tantallon resident Melanie Mulrooney, it calls for a formal review of foreign ownership in Canadian media companies under the Investment Canada Act, stricter rules to prevent foreign entities from holding controlling interests, and man-

datory public disclosure of foreign ownership stakes.

The petition focuses in part on Post-media Network, which owns more than 130 print and digital news titles across Canada and is majority-owned, about 66 per cent, by U.S.-based hedge fund Chatham Asset Management.

"This is about news media and Canadian sovereignty," Fancy said. "Foreign ownership of media on the rise raises concerns about editorial independence, bias toward foreign interests and whether Canadian news reflects domestic priorities."

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SOUTH SHORE
BULLETIN



LOCAL



The Bed Chase

Submitted by Dan Hennessey

Loraine Reinhardt was an 18 old boy when he completed basic training in 1944 as a member of the North NS Highlanders. He was ready to step forward and join the war effort to do his part for peace in the world once again. The war came to an end before he joined the many Canadians who also wore the uniform and served during WW2.

Reinhardt returned to a normal hard-working way of life in Lunenburg County and up to his 90th birthday he still could be seen hauling lobster traps and living a peaceful life. His health would eventually catch up to him and in December 2025, while still living alone, was admitted to the South Shore Regional Hospital and later transferred to the Fishermen's Memorial Hospital.

On Jan. 7, 2026 Reinhardt turned 100 years old and his only wish when he blew out his candles was to spend the time he had left in the Veterans Unit of the Fishermen's Memorial Hospital, but that fight had only begun.

The hospital over the years had seen a decline in the number of veterans in need of the special unit and the number of available beds had been reduced to four. One of those beds is occupied by a veteran but the other beds were being utilized by non-veterans. This is an issue across Canada with veterans not having beds available for them when needed, so his family reached out to Reinhardt's Legion, Branch 24 in Bridgewater for assistance.

The Service Officer at Branch 24 is Comrade Susan Stark, herself a retired member of the CAF who knows the struggles that veterans face in trying to work through the system that is in place with Veterans Affairs Canada. The families of veterans are faced with a system that requires checks and balances before any veteran can clearly receive what they are eligible for with their service.

The system is also in need for a review of what the VAC recognizes as a veteran. Currently the cut off for any veteran being eligible for a designated "veteran bed" in a Long Term Care facility (LTC) ends with the Korean War. UN Peace-keeping missions, the Gulf War and Af-



CONTRIBUTED PHOTO

Veteran Loraine Reinhardt, who just turned 100, is staying at the Fishermen's Memorial Hospital. His last wish is to live out his last days in the Veterans Unit, however, currently there is no bed for him. They are currently being used by non-veterans. Shown here with Reinhardt is Dan Hennessey, Branch 24 president and Susan Stark, service officer for Branch 24.

ghanistan are currently not recognized.

Stark has been dealing with VAC along with Reinhardt's family living in the area after returning from Ontario to assist their loved one. The staff of the MP for South Shore-St Margaret's, Jessica Fancy-Landry, has also been dealing with VAC to attempt to get this situation rectified and get Reinhardt's move expedited. The phone calls, faxes and offers of help from all corners of the community to hopefully have VAC make that final decision to extend to

Reinhardt which he is more than eligible for, hopefully will happen soon.

The family is so appreciative of all the assistance they have been given and today when the President of Branch 24 and Service Officer visited Reinhardt in hospital to extend a belated happy birthday, he smiled and said that he will never be able to thank everyone for taking so much interest in his birthday wish and hopes that his final days will be in the Veterans Unit at Fishermen's Memorial Hospital.

SOUTH SHORE BULLETIN

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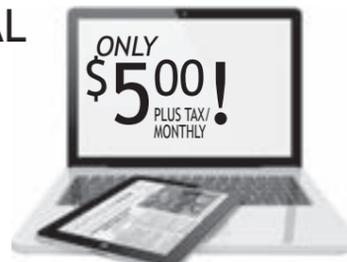
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SOUTH SHORE BULLETIN



What's Coming to Streaming

February 18-24

CRAVE

February 18
The Colony

February 19
Upside Down
Murder in Glitterball City (two-part documentary)

February 20
Judge Tyco Special: Touched By A Prince
Queer
The Silent Twins
A Good Day To Die Hard
Honk For Jesus, Save Your Souls
Mille Secrets, Mille Dangers
Honeybunch
Americana
Blink Twice
I Don't Understand You
Good Fortune
Breakfast for Champions

February 21
What It Feels Like For A Girl: Season 1

February 22
Love Ted Bundy

February 24
Caught On Dashcam: Season 3, Episode 1
The Voice: Season 29, Episode 1

DISNEY+

February 18
Armorsaurus
The Eighth Family FX's The Beauty (new episode)
Will Trent (Season 4, new episode)

February 19
Girl on the Run: The Hunt for America's Most Wanted Woman

February 20
Incas: The Rise and Fall (new episodes)
The Medalist (Season 2, new episode)

February 23
American Dad (Season 21, premiere episode)

Family Guy (Season 24, new episodes)
Paradise (Season 2, three-episode premiere)

NETFLIX

February 18
Being Gordon Ramsay (U.K.)
Sonic the Hedgehog 3

February 19
The Night Agent: Season 3
The Swedish Connection (Sweden)

February 20
Firebreak (Spain)
The Good Doctor: Seasons 1-5
Mad Max: Fury Road
Pavane (Korea)
Strip Law

February 24
Mamma Mia!
Mamma Mia! Here We Go Again
Taylor Tomlinson: Prodigal Daughter

PARAMOUNT+

February 18
School Spirits (Season 3, new episode)
Wild Boys: Strangers in Town

February 19
Canada Shore (new episode)
Star Trek: Starfleet Academy (new episode)

February 20
The Astronaut
Desert Dawn
Out of Death

February 24
The Lego Movie
The Lego Movie 2: The Second Part

PRIME VIDEO

February 20
Bugonia

February 22
Chicago Fire: seasons 1-4

Town of Lunenburg council highlights Feb. 10

Continued from page 2

COUNCIL APPROVES SPONSORSHIP FOR JENNIFER COLLINS CLASSIC

Council approved providing a diamond-level in-kind sponsorship for the Jennifer Collins Classic Hockey Tournament for the next three years (2026–2028). The Jennifer Collins Classic is a volunteer-run, community-based event that includes recreational hockey and golf tournaments and social events. The tournament was originally created to support Jennifer Collins following a life-altering injury and has since grown into a major community homecoming event. To date, the Classic has raised over \$570,000 for individuals and causes facing financial hardship in the Lunenburg area, with 100 per cent of proceeds returned to the local community. Council approved in-kind support that includes:

- Waiving non-prime time and weekend morning ice rental fees at the War Memorial Arena
- Waiving the Community Centre rental fee for the event dance
- Promoting the event through the town's communication channels.

The 2026 hockey tournament will take place March 26–29, with additional related events throughout the season.

COUNCIL APPROVES SPONSORSHIP FOR LUNENBURG COUNTY MUSIC FESTIVAL

Council approved a \$200 Platinum-level sponsorship for the Lunenburg County Music Festival. In 2025, more than 350 local youth participated, with the final gala concert drawing a full audience of families and community supporters.



MUNICIPALITY OF THE DISTRICT OF LUNENBURG
TAX SALE BY TENDER
TENDER # 2025-01-004
Tender Opening: Monday, March 2, 2026



PUBLIC NOTICE is hereby given in accordance with Sect. 142 of the Municipal Government Act of the Province of Nova Scotia that the lands and premises situated in the Municipality of the District of Lunenburg hereunder described shall be SOLD BY TENDER.

TERMS: SEALED TENDERS are to be submitted on the Municipality of the District of Lunenburg's Bid Form in a plain envelope marked "Municipality of The District of Lunenburg Tax Sale Property, Tender #2025-01-004", addressed to The Treasurer, 10 Allee Champlain Drive, Cookville, NS, B4V 9E4 no later than Monday, March 2, 2026, at 10:00 a.m.

Tender packages are available for viewing and download on the Municipal website at www.modl.ca/tax-sales.html

All tenders will be dated, and time stamped when received. In the event two tenders are received for the same amount, bidders will be contacted and given 24 hours to submit a final bid.

The successful bidder(s) will be notified on the date of the sale.
The successful bidder(s) will be given three (3) business days after awarding of Tender to pay amount in full or the Tender will be awarded to the next highest bidder(s). The decision of a successful bidder will be final.
Unsuccessful bid deposits will be available once the sale is complete. (minimum of three (3) business days)
Identification is required for pickup.

Tender Forms and Specifications must be obtained from the Municipal website at www.modl.ca/tax-sales.html. Addendums to the tender package will be issued when the tax sale listing changes and will be only available on the Municipal website. Bidders are responsible for checking the website. **Please note that a bid deposit is required for each property equal to the minimum bid in the form of a bank draft or certified cheque.** The bid deposit will be applied to purchase price if the bidder is successful; otherwise, it will be returned uncashed. Bid deposits will not be returned if the successful bidder does not follow through with the purchase.

Tenders must be sent by mail or can be dropped off at the above address Monday to Friday between the hours of 8:00 a.m. and 5:00 p.m. It is the responsibility of the bidder to ensure tenders submitted via mail are received by Monday, March 2nd, 2026, at 10:00 a.m. The tender opening is not open to the public.
Please note: faxed and electronic tenders are not acceptable and will not be considered. Any late or non-compliant bids will not be accepted.

For more information on properties listed, please go to www.pvsc.ca

Properties may be subject to HST charges, which will be collected from the successful bidder on top of the final bid price. The minimum bid includes certificate of sale fees and tax sale deed fees. *It is the responsibility of the successful bidder to record the deed with Land Registration. Properties may be removed from the tax sale process up to 10:00 a.m., March 2, 2026, if payment has been received by the Municipality.

LIST OF PROPERTIES TO BE SOLD:

<p>2. Assessment Account Number 00017183, 1189 NORTH RIVER RD NORTH RIVER, 1971 48X12, REDEEMABLE Assessed to SABEAN BRITTANY LEANNE Taxes, Interest and Expenses \$ 4,493.31</p> <p>3. Assessment Account Number 00190705, NO 325 HWY BAKERS SETTLEMENT, LAND, REDEEMABLE, HST APPLICABLE Assessed to BAKER RICHARD C Taxes, Interest and Expenses \$ 1,961.09</p> <p>5. Assessment Account Number 00305855, 568 MOUNT PLEASANT RD MOUNT PLEASANT, LAND DWELLING 54X14, REDEEMABLE. Assessed to KEDDY BRADFORD Taxes, Interest and Expenses \$ 3,264.40</p> <p>10. Assessment Account Number 00764612 LAPLAND, LAND, REDEEMABLE, HST APPLICABLE Assessed to CIESIELCYAK ANTON Taxes, Interest and Expenses \$ 2,151.29</p> <p>24. Assessment Account Number 01136631, MEDLEE LANE WEST CLIFFORD, LOT 10 WEST CLIFFORD, REDEEMABLE, HST APPLICABLE Assessed to BINDER PAUL K Taxes, Interest and Expenses \$ 2,968.32</p>	<p>51. Assessment Account Number 02590131, 38 CONQUERALL MILLS RD HEBBVILLE, LAND INDUSTRIAL, REDEEMABLE, HST APPLICABLE Assessed to WHITEHOUSE J GLENN Taxes, Interest and Expenses \$ 19,754.22</p> <p>64. Assessment Account Number 03634078, 120 CROFT AVE CRESCENT BEACH, LOT 11, DWELLING BUILDING, REDEEMABLE Assessed to OWENS ANDREW JOSEPH REP Taxes, Interest and Expenses \$ 6,840.60</p> <p>65. Assessment Account Number 03647013, 2104 HIGHWAY 208 HEMFORD, LAND BUILDING, REDEEMABLE, HST APPLICABLE Assessed to MOSHER SAMAIRA MANETTA SPINDLER SHAWN ALFRED Taxes, Interest and Expenses \$ 30,443.26</p> <p>99. Assessment Account Number 05393612, MOLEGA LAKE RD CHELSEA, LAND, REDEEMABLE, HST APPLICABLE Assessed to APOLLO VENTURE CAPITAL LTD. Taxes, Interest and Expenses \$ 2,708.32</p>	<p>111. Assessment Account Number 08154171, CROFT AVE CRESCENT BEACH, LOT 1 TO 3, REDEEMABLE, HST APPLICABLE Assessed to OWENS DOUGLAS B ET AL Taxes, Interest and Expenses \$ 2,503.95</p> <p>120. Assessment Account Number 08208743, EAGLE ROCK DR FRANEY CORNER, LOT 83, REDEEMABLE, HST APPLICABLE Assessed to FERGUSON PATRICK J YUMUL I LUMINDA TORRES Taxes, Interest and Expenses \$ 4,127.40</p> <p>123. Assessment Account Number 08218315, 320 CHARLES HILL RD FARMINGTON, LAND DWELLING, REDEEMABLE Assessed to ARSENAULT DARREN Taxes, Interest and Expenses \$ 4,218.94</p> <p>129. Assessment Account Number 08242240, BACK RD VOGLERS COVE, LOT 6 VOGLERS COVE, REDEEMABLE, HST APPLICABLE Assessed to LENETEN JAMES Taxes, Interest and Expenses \$ 2,464.99</p>	<p>140. Assessment Account Number 09873996, DEAN RD HEBBVILLE, LAND, REDEEMABLE, HST APPLICABLE Assessed to SMITH JAMES ROBERT SMITH BEVERLY ANN Taxes, Interest and Expenses \$ 3,773.59</p> <p>193. Assessment Account Number 10666708, CROFT AVE CRESCENT BEACH, LOT 2, REDEEMABLE, HST APPLICABLE Assessed to OWENS DOUGLAS B ET AL Taxes, Interest and Expenses \$ 2,174.68</p> <p>194. Assessment Account Number 10666724, CROFT AVE CRESCENT BEACH, LOT 8, REDEEMABLE, HST APPLICABLE Assessed to OWENS DOUGLAS B ET AL Taxes, Interest and Expenses \$ 2,185.23</p> <p>208. Assessment Account Number 10921058, NATHAN CROFT RD CAMPERDOWN, LOT 127, REDEEMABLE, HST APPLICABLE Assessed to BLANCO CRISTINA MARIE Taxes, Interest and Expenses \$ 6,092.39</p>
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The Municipality of the District of Lunenburg makes no representations or warranties to any purchaser regarding any property sold at tax sale, including but not limited to the environmental condition of any property, the fitness, geographical or environmental suitability of the land(s) offered for sale for any particular use and does not certify the "legal title", "legal description", "access" or "boundaries" and the lands offered for sale are BEING SOLD ON AN "AS IS" BASIS ONLY.

TAKE NOTICE that Tax Sales do not in all circumstances clear up defects in title. A tax deed conveys only the interest of the assessed owner, whatever that interest may be. If you are intending to clear up defects in the title of any subject property by way of a Tax Sale, you are advised to obtain a legal opinion as to whether or not this can be done.

PROPERTY TAXES: The purchaser will be responsible for all property taxes beginning the day of the sale.

The Treasurer has not made any determination as to whether a survey is or is not required.

Redemption of Tax Sale Property- Section 152(1) MGA
Land sold for non-payment of taxes may be redeemed by the owner, a person with a mortgage, lien or other charge on the land or a person having an interest in the land within six months after the date of the sale. At the time of the tax sale, if any taxes on lands are in arrears for more than six years, no right of redemption exists

A description of the properties may be viewed at www.modl.ca/tax-sales.html

Dated at Cookville, February 11, 2026
Elana Wentzell, Director of Finance
Municipality of the District of Lunenburg



CONTRIBUTED PHOTO

SCULPTURE CATEGORY WINNER!

Our own Charles Weiss was the winner of the 2026 People's Portrait Prize Exhibition held at the Chester Art Centre recently. The wooden sculpture, named Largemouth Bob, is an ode to Canadian sport fishing legend, Bob Izumi.

Social Column

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

February 18, 1954

New Germany

Mr. and Mrs. W. H. Cole entertained relatives and friends at the tea hour on Sunday, February 7, in honour of Mrs. Cole's parents, Mr. and Mrs. Harold Arenburg of Upper Northfield, who on that day were celebrating their 29th wedding anniversary.

Stanburne

The teachers and pupils held a Valentine party at the school house on Friday afternoon. Parents and friends were invited to attend. Due to the severe snow storm, there were not many present. The afternoon's fun started with a Valentine program of recitations, readings, etc., after which the prettily decorated box was opened and Valentines were distributed to all the children. A lunch was served, consisting of cookies and cake. Everyone left for home, having enjoyed the program very much.

Middle LaHave

Capt. Cecil Walters and daughters Dawn and Fay, also son Grant of Halifax, spent the week end at their home here. Also visiting at the same home on Sunday were, Miss Brenda Ritcey and Mrs. Arthur Himmelman of Bridgewater. They also visited with Mrs. Ernst Wilkie, who is confined to her home.

New Cumberland

The teach and pupils of the New Cumberland school held their Valentine Party in the school house on Friday, February 12th. Valentines were distributed from a prettily decorated box by Elizabeth Herman, Marjorie Herman, Joan Baker and Mildred Baker. Games were played. At the close a lunch was served. The pupils also received a treat of ice cream from their teacher, Mrs. LeGay.



Curious to see more?
Visit our Archives at www.southshorebulletin.ca

Community Events and Activities February 18 to 24

Have an event to share? Visit our website at
www.southshorebulletin.ca/community-events

WEDNESDAY, FEBRUARY 18

Badminton, Mahone Bay Centre, 45 School St, 7 p.m. Weekly.

Bright & Lion Touch Rugby, HB Studio Sports Centre, 543 Glen Allan Dr. Bridgewater, 8 p.m. Weekly.

Bring Your Own Book Club, Second Story Women's Centre, 18 Dufferin Street, Lunenburg, 6 p.m. Information: 902-640-3044 / info@secondstory.ca. Weekly until March 4.

Fitness Classes, Mahone Bay Centre, 45 School St, 9 a.m. Weekly.

Imagination Playground, HB Studio Sports Centre, 543 Glen Allan Dr, Bridgewater, 9:30 a.m. Weekly.

Ladies Gathering, Spill the Tea, 503 Main Street, Mahone Bay, 6:30 p.m. Weekly.

Lunenburg County Job Lab, 215 Dominion St, Bridgewater, 1 p.m. Weekly.

YMCA Youth Leader Program, 40 Water St, Liverpool, 2:30 p.m. Weekly.

Yoga Flow with Kim, April Williams Salon & Spa, 709 Main St, Liverpool, 10 a.m. Weekly.

THURSDAY, FEBRUARY 19

Bridgewater Toast Master Club, NSCC Lunenburg Campus, 75 High St, 6 p.m. Weekly.

Chase the Ace, Saltbox Brewery, 363 Main St, Mahone Bay, 7 p.m. Weekly.

Crafternoon, Hungry Traveler, 10117 Highway 3, Lunenburg, 1 p.m. Weekly.

Dan's Jam, Eli + Trix, 538 Main St, Mahone Bay, 5 p.m. Weekly.

Family Game Night, Mahone Bay Centre, 45 School St, 4:30 p.m. Weekly.

Free Lunchtime Skate, Chester Rink, 190 Pig Loop Road, 12:30 p.m. Weekly in February.

Mahjong Club, Mahone Bay Centre, 45 School St, 2 p.m. Weekly.

Spoon-Making Workshop, Ross Farm Museum, 4568 Highway 12, New Ross, 9:30 a.m.

Travel the World Trivia, Hungry Traveler, 10117 Highway 3, Lunenburg, 1 p.m. Weekly.

Trivia Night, King Street Beer, 463 King St, Bridgewater, 7 p.m. Weekly.

Wheelchair Basketball, Lunenburg Community Centre, 15 Green St. 5:30 p.m. Information: 902-530-4100. Weekly.

YMCA Free Drop-in Programs, 40 Water St, Liverpool, 2:30 p.m. Weekly.

Young at Heart Seniors Drop In, Mahone Bay Centre, 45 School St, 1 p.m. Weekly.

FRIDAY, FEBRUARY 20

Clickety Clack Knitters & Crafters, DesBrisay Museum, 130 Jubilee Rd, Bridgewater, 1 p.m. Information: 902-543-4033 Weekly.

Clothing Swap, St. Luke's Parish Hall, 10 Shore Club Rd, Hubbards, 8 a.m.

Free Friday Swims, LCLC, 135 North Park St, Bridgewater, 4:30 p.m.

Glow-Bowling, Bowl More Lanes, 240 Dufferin St, Bridgewater, 5 p.m. Information: 902-543-3324 Weekly.

Keep on Track, HB Studio Sports Centre, 543 Glen Allan Dr, Bridgewater, 10 p.m. Weekly.

Let's Show Love in Another Way - Music Program, Thrive 55+, St. Joseph's Roman Catholic Parish Centre, 115 Pleasant St, Bridgewater, 6:15 p.m. Weekly.



Scan me!

Music Bingo with Heidi, King Street Beer, 463 King St, Bridgewater, 7 p.m. Weekly.

Music Jam with Adam Oickle and Friends, Milton Memorial Hall, 168 Tupper St, 6:30 p.m.

Try Stick Curling, Lunenburg Curling Club, 13 Green St, 5:30 p.m.

SATURDAY, FEBRUARY 21

Blockhouse Farmer's Market, South Shore Waldorf School, 64 School Rd, Blockhouse, 9 a.m. Weekly until the end of March.

Happenstance Jam, Forties Community Centre, 1787 Forties Rd, New Ross., 7 p.m. SEE DETAILS IN OUR CLASSIFIEDS.

Lunenburg FC Junior Winter Soccer Camp, HB Studio Sports Centre, 543 Glen Allan Dr, Bridgewater, 8 p.m. Weekly.

Meditation Class, LCLC, 135 North Park St, Bridgewater, 10 a.m. Weekly.

Puppet Show and Woodland Luncheon, South Shore Waldorf School, 64 School Rd, Blockhouse, 11 a.m. Information: 902-624-0874 / admin@waldorfns.org.

Soup & Sandwich Luncheon, New Germany Lions, 4978 Hwy 10 (next to Freshmart), 12 p.m. Information: 902-521-6002 / tarr@ns.sympatico.ca.

Take the Roof off Winter, DesBrisay Museum, 130 Jubilee Rd, Bridgewater, 1 p.m.

Yoga Flow with Kim, April Williams Salon & Spa, 709 Main St, Liverpool, 10 a.m. Weekly.

SUNDAY, FEBRUARY 22

Badminton, Mahone Bay Centre, 45 School St, 11 a.m. Weekly.

February Concert Series, Mill Village Firehall, 39 Medway River Rd, 7 p.m.

MONDAY, FEBRUARY 23

Bingo, Milton Memorial Hall, 168 Tupper St, 5 p.m. Weekly.

Fitness Classes, Mahone Bay Centre, 45 School St, 9 a.m. Weekly.

Imagination Playground, HB Studio Sports Centre, 543 Glen Allan Dr, Bridgewater, 9:30 a.m. Weekly.

South Shore Chorale Rehearsal, St Joseph's Parish Hall, 123 Pleasant St, Bridgewater, 7 p.m. Weekly.

TUESDAY, FEBRUARY 24

Game Night at MSAC, Michelin Social & Athletic Club, 221 Logan Rd, Bridgewater, 4 p.m. Weekly.

Recreation and Social Program for Mature Adults, HB Studio Sports Centre, 543 Glen Allan Dr, Bridgewater, 10 a.m. Weekly.

How do we transform our economy?

Questions pertaining to this, posed at SSEA event

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

SOUTH SHORE – The South Shore Economic Alliance (SSEA) hosted their first ‘event’ Jan. 22 at the Best Western in Cookville.

Approximately 80 people representing a large area, from Chester to Shelburne attended the event that featured a question-and-answer period with authors Don Mills and David Campbell, who published the book, *Toward Prosperity: The Transformation of Atlantic Canada’s Economy*.

In the book, social scientist Don Mills and economist David Campbell (also co-hosts of the Insights podcast) examine, with the aid of numerous explanatory graphics and visuals, the economic transformation that is currently under way in Atlantic Canada and provide a blueprint for sustaining that momentum in the long term.

A number of questions were asked by SSEA member, Ashley Christian while a light lunch was served. This was followed by questions from those in attendance.

“We were happy to see such a good mix of sectors and obviously owners/senior management in the room,” said Rae Bonneville, SSEA chair.

Bonneville said that the key points that she took away from the event were:

“We need to be bold; push the province to say yes to some projects and dig deeper into other sectors such as agriculture and the ‘idea economy,’” she said.

“Our province is at a key point right now to make a real difference and be prosperous, but we need to seize it. Be bold and inventive and find ways to support each other – and find ways for the South Shore to have a louder voice. We also need to look outside of Nova Scotia and encourage exports – not just of goods, but also of service and expertise.”

Mills said one of the reasons that our economy lags a bit behind other areas, is that we have twice as many people living in rural parts of the province than anywhere else in the country which poses unique economic challenges.

“...a lot of smaller communities do not have the base to provide year-round employment. So, our dependence on seasonal work in our economic situation here is higher than almost anywhere else in the country. And, of course, having only part-time jobs, which seasonal jobs are, they don’t contribute to the economy in the same way as a full-time job. That’s a really important structural issue.”

He said the reason for the rural-urban split is because the province hasn’t urbanized at the same pace as the rest of the country.

Mills said that our population didn’t grow in the 1990s at the end of the baby-boomer period, where



KEVIN MCBAIN PHOTO

Emcee Ashley Christian (left), with guest speakers and authors Don Mills and David Campbell at the South Shore Economic Alliance’s event held at Cookville’s Best Western.

their next generation didn’t have as many kids and now we do not have birth rates that replace the population. However, in 2016-2017, the population began to grow because of immigration.

Another reason for slow economic growth is because “we’ve become overly dependent on government for everything,” adding that he is not trying to ‘slag’ the people that work in the public sector.

“But, proportionately, we have more people working for the public sector and fewer people working for the private sector in this region and if you want to grow the economy, and here’s the simple truth, prosperity comes from the private sector,” said Mills.

“...If our private sector is smaller than anywhere else in the country, we are doomed to be less successful economically.”

When asked about suggestions for people wanting to get into business, what would he suggest.

His answer...“do something you’re really passionate about. It doesn’t matter what it is.”

He continued by saying that he is a little concerned about the state of entrepreneurship in the region, stating that over 40 per cent of the entrepreneurs are over the age of 55 and many will transition out in the next decade.

“In Atlantic Canada, there are about 30,000 people in that same category, looking to exit their businesses, and there are not enough people behind them to buy those businesses. So, if you’re in the process of thinking about selling your business, you need to prepare for it. I did, for sure. The transition to new ownership is really not that easy.”

A positive thing, he said that immigrants are highly entrepreneurial and they are doing good things.

“And they work incredibly hard. One of the things they bring to our country, which we’ve kind of lost, is a willingness to work as hard as possible to be successful. That’s really encouraging,” he said.

Campbell, when asked about the

biggest structural barriers that rural entrepreneurs are facing, said there are multiple barriers. The first, access to capital, private capital and suggested the pockets of people who have money to invest need to be encouraged to invest locally.

“More generally, support for entrepreneurs, particularly those who are new to the region or new to the country, is critical,” he suggested.

Mills added that attitude is a big barrier – thinking small, when we should be thinking larger.

“You can not think of Bridgewater as a rural community. That’s the first mistake. It’s an urban centre. It draws from a wide area...the catchment area for businesses here is way beyond Bridgewater, so attitude matters. How do you define the opportunity for your business? It’s not about whether the community itself is rural or urban – it’s about the catchment area for that business.”

He also touched on subjects such as entrepreneurial communities and trade barriers for which Mills gives credit to Premier Tim Houston for his work in this area.

Provincially, Mills said that we have to stop saying no to everything.

“We say no to wind. We say no to agriculture. We say no to natural gas. We say no to uranium. We say no to

mining. Really? But we’re okay taking the money from mining companies in Western Canada that use all those resources to fund our lifestyle. Is that okay?”

“The Western provinces are fed up with this. They want us to be more self-reliant. I ask the question: why can’t we be a ‘have region.’”

He then suggested that we have been conditioned to feel that we can’t be successful here like they are in other parts of the country.

“We have to be able to take advantage of our opportunities,” and break out of the ‘have not’ mindset.

Some of the focus in the back-and-forth was taking advantage of our resources...

Campbell said that we should be able to have both – to have tourism and keep our province beautiful, but to also take advantage of our resources to use and to export.

It was noted that the GDP from natural resources over the last 10 years is down by 20 per cent, no other province has seen that level of decline, he added.

“So, there’s got to be a way to do it in an environmentally responsible way that protects what we want to protect, but not just saying no to everything,” he said. “At the end of the day, if we’re not using what we have for core resources to drive a strong economic base, it doesn’t bode well for our future here.

“We have to get past the ‘no’ to develop our resources.”

He gave the example of the mine in Guysborough, where at least \$700 million will be invested.

“What would \$700 million do for this region?”

Mills said that attitudes in the province, in Atlantic Canada have to change. We have to push ourselves to thinking we are a ‘have’ province, work things out ourselves and grow the private sector.

All attendees were given a copy of the book, *Toward Prosperity: The Transformation of Atlantic Canada’s Economy*.

COMMUNITY

Non-Profit & Volunteer Events & Fundraisers

WE’RE ALWAYS GLAD TO HELP SPREAD THE WORD ABOUT LOCAL EVENTS AND FUNDRAISERS WHENEVER WE CAN.

We’re a small, locally owned newspaper, and advertising is what keeps the paper going each week. It helps cover printing, delivery, and the work that goes into keeping local news and community updates in front of people.

We do have a couple of great options for non-profit groups:

1) Upcoming Events Listing (no charge):
We offer a basic non-profit listing on our Upcoming Events page. We keep it short (about 20 words) – the what / when / where plus a contact number (no pricing or extra details). Submit your event via form on our website: southshorebulletin.ca

2) Discounted Non-Profit Advertising:
If you’re looking for more visibility, we also offer a 25% discount advertising rate for non-profit groups, and we’re happy to work with almost any budget (even a small one) to get you the best reach possible.

Send us the event details and your deadline – and let us know whether you’d like the free Upcoming Events listing, an ad option, or a mix of both! We are happy to help!

PUT YOUR BUSINESS IN FRONT OF YOUR COMMUNITY.

Contact Diana at 902-930-4361 or diana.girvan@southshorebulletin.ca

LIFESTYLES

What happens behind the scenes when a pet is surrendered

A compassionate look at intake, assessments and care at SHAID

ASHLEY KIPPERS

SHAID Tree Animal Shelter General Manager

When a pet is surrendered to a shelter, it's rarely an easy decision. Many families face difficult circumstances, housing changes, illness, financial hardship, or life transitions that make it impossible to keep a beloved companion. At SHAID Animal Shelter, every surrendered pet is welcomed with compassion, patience and a commitment to ensuring they receive the care and support they need for their next chapter.

The process begins with a thorough intake. Staff gather as much information as possible about the animal's history, personality, medical needs, and daily routine. This helps the team understand each pet as an individual, rather than just another arrival. A health check is completed to identify any medical concerns, vaccinations are updated if needed, and pets are given time to decompress after the stress of transition.

Next comes behavioural observation and assessment. Rather than relying on a single moment or first impression, staff take time to get to know each animal gradually. Some pets are outgoing right away, while others need patience and a calm environment to



ASHLEY KIPPERS PHOTOS

Martin, Luther and King are looking for a new home.

feel safe. Enrichment, routine care, and gentle socialization help pets build confidence and adjust to shelter life.

Our last intake included three young black kittens Martin, Luther, and King, named in honour of Black History Month. At just five months old, these handsome boys arrived needing stability and reassurance. While black cats and kittens are sometimes overlooked in shelters, Martin, Luther, and King are affectionate, playful, and full of potential. With time, care, and positive experiences, they are learning to trust and thrive as they wait for their forever homes.

Behind the scenes, every surrendered pet receives daily care that goes far beyond food and shelter. Staff and volunteers provide enrichment, clean-

ing, medical monitoring, and emotional support. Each adoption match is made thoughtfully, with the goal of setting both the animal and the adopter up for long-term success. The journey

from surrender to adoption may look different for every pet, but the commitment remains the same: safety, dignity, and a chance at a brighter future.

Community support makes this work possible. SHAID's current 50/50 Rafflebox fundraiser runs until February 23, with tickets available online. Funds raised help cover medical care, daily supplies, and the ongoing support that surrendered animals rely on during their stay.

When a pet arrives at SHAID it marks the beginning of a new story, one built on compassion, second chances, and the hope of a loving home ahead.

A stress test for you

SUSANNE BECK

Reality Check

This is not a test. However, if you want a test, here are a few questions you might ask. On a scale from 1 to 10, how stressed are you? How do you know that you are stressed? Do you have any control over that whole mix of physical symptoms, feelings, thoughts and actions that can go along with being stressed?

Almost a decade ago, I had come across a popular TED talk by health psychologist Kelly McGonigal. It was called "How to Make Stress Your Friend," so you can understand why it was popular. Here we are, buzzing with anxieties and frustrations that we associate with stress, and it turns out that stress could be our friend! Who knew?

Stress sends us signals. In *A Choice Theory Psychology Guide to Stress*, Brian Lennon writes, "Recognize stress as an internal alarm, not as a disease or weakness." The stress signals serve a purpose by telling us that something is not OK. That's helpful, right? Our bodies let us know that something is wrong. We are put on alert, presumably so we can correct whatever is going on. It's an elegant system in a way, isn't it?

However, there are also those pesky unhelpful aspects to the physical stress response. I'm sure you know some of them: the pounding heart, the fast breathing. We perceive them as caused by stress and they are presumably bad for us.

The key takeaway from McGonigal's talk for me is her conclusion that how we think about our stress response makes a difference in how our bodies respond. She cites a Harvard study where participants were taught to re-think their stress response as being helpful rather than harmful. How?

Think of the pounding heart as the body preparing for action; we're getting ready to rise to a challenge. And that fast breathing; it just means we're

getting lots of oxygen to our brains. So, these responses help us to perform.

The study results indicated that thinking differently actually changed physical response. For example, when the participants thought of their stress as helpful, their hearts still pounded during the stressful situation. However, their blood vessels didn't constrict; they stayed relaxed.

Is that always true? Is it significant? Obviously, you'll get no medical information from me! Here's the observation that caught my attention, "...It actually looks a lot like what happens in moments of joy and courage."

We don't always view those physical signals negatively, do we? Let's say we're outside, taking a fast walk through a beautiful snowy parkland. Our hearts are pounding, but it's not worrisome. We are just taking action; we're exercising. And we're breathing faster than normal, getting lots of oxygen. Nothing unusual there. It's just our bodies adapting to the activity. We are, in a sense, stressing our body, but it's a positive activity.

We might not have control over our stress, the factors, or the people who contribute to it. But we do have some control over how we view that stress. That can certainly help our state of mind, and maybe, just maybe, also make a positive difference to our physical health.

So, the next time you say to yourself, "I'm so stressed," you could try a different thought, one like, "my body is building up my courage." Or, "my body is getting me ready to take meaningful action."

What do you think? Is it worth a try? If you'd like the link to watch the McGonigal TED talk for yourself, let me know at 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



WellTide Health

Opening Summer 2026 in Lunenburg County, NS

A new era of health and wellness is on its way to Lunenburg County. WellTide Health is a 45,000 sq. ft., two story building, located at 60 Nathan Cirillo Road in Cookville. It is designed to bring together a diverse range of health and wellness providers under one roof—supporting Nova Scotians in accessing the services they need at every stage of their wellness journey in one convenient, community-centered location.

Already 60% leased, tenants include the Municipality of the District of Lunenburg and Partners for Care, with more exciting announcements on the way! As a non-profit partner of Nova Scotia Health, Partners for Care is leading WellTide Health – bringing together valuable connections, services, and resources to tenants and the community.

Organizations interested in joining this collaborative, health-focused community can choose from leasing units ranging from 900 to 4,500 sq. ft. The site spans 4 acres and includes 100 parking spaces – providing convenience for both tenants and visitors.

For leasing opportunities, contact Alyssa Morrison
amorrison@pm-co.ca 902.877.7673

LIFESTYLES

The Red-necked Grebe

JAMES HIRTLE
Bird Notes

Eric Mills located a red-necked grebe on the Lunenburg waterfront Feb. 7. I was out birding with Barbara McLean on Feb. 9 and we had excellent views of this bird. The best in fact that I have ever had. The grebe was literally about one metre from me. I was as the top of a wharf looking down at it.

The red-necked grebe nests in watery marshes and marshy lakes from Alaska, Yukon, Ontario, Washington, Idaho, Montana, the Dakotas, Mississippi, Wisconsin, Quebec and New Hampshire and Oregon. They winter along both the Pacific and Atlantic coasts and in the Great Lakes.

The sexes are outwardly alike being 42.5 to 55 cm with a wingspread of 75 to 80 cm. In breeding plumage, the body is gray above,

white below, with the top of the head black. The cheeks are nearly white.

The neck is dark reddish and the bill is straight and black, yellowish at the base. Feather tufts on the head are fairly prominent. The eyes are dark brown. In the winter the sides of the head and throat are white and the neck and body greyish.

The red-necked grebe feeds on small fish such as sticklebacks, herring, pilchard, sculpins and minnows, lake shiners and eels. In the marshes and lakes they eat aquatic insects such as nymphs of dragonflies and damselflies, water boatmen, whirligig beetles, etc., and also land insects such as flies, wasps, ants, bees, beetles, etc., and crustaceans such as shrimps, prawns, crayfishes, and also mollusks, aquatic worms, tadpoles, salamander eggs and some vegetable matter.

Lise Bell spotted eight snow bunt-



JAMES HIRTLE PHOTO

A photo of the Red-necked Grebe found in Lunenburg Feb. 9.

ings, the first she has seen in a long time. On Feb. 5, after a long absence for the eastern towhee at First Peninsula, Emerson Fiske found it again, but further out on the peninsula.

Others tried to see it, but it was not seen again. While searching for the towhee, at the last reported location, Wayne Greene located a grey catbird. Several people did get to see this bird.

Just before Feb. 7 an eastern bluebird was sighted in Auburndale by Gerald Zwicker and Fallon Oram. It had been tending at bird feeders. This bird was present for about two or three days, but at the time of writing it had not returned. On Feb. 9, Robert Keereweer of Graves Island had a Canada Jay visit. This is the

first time his wife Sandi has seen this bird, so it was a life bird for her.

It has been a wonderful week for birdwatching. On Feb. 7, I met up with Nick DeForest and Morgan Deveau, and we birded Lunenburg, the Front Harbour Trail, Garden Lots, the Sawpit Park, First Peninsula, Blue Rocks and back to Lunenburg.

We saw 40 species of birds. Various people out birding that day saw large flocks of waxwings and American robins. We did see large groups of these birds with 250 Bohemian waxwings, 100 cedar waxwings and 103 American robins within Lunenburg.

Later, I had a group of 350 Bohemian waxwings, 100 cedar waxwings and 103 American robins at the outskirts of Lunenburg. We did see a dovekie at Blue Rocks. I put the word out and Wayne Greene, Natalie Barkhouse-Bishop and Darlene Pye came from Halifax to see it.

This is a bird that they had not found yet all winter and an hour later they were successful. Now purple sandpipers have been seen by many people at Blue Rocks. I kept looking for them, but have never seen that species there.

Continued on page 15

Sending someone home: A sign of a deeper problem

STEPHANIE MILLER VINCENT
Business Moments

We all say it.

"I had to send her home." "We sent him home sick."

It's standard business language. Responsible even. Safety first, right?

But stop and listen to what it sounds like.

THE LANGUAGE OF PUNISHMENT

Sending someone home is what happened when you got caught cheating on a test. When you mouthed off to the teacher. When you screwed up.

It's punishment language. Exile language.

And somehow, that's the phrase we reach for when we're trying to protect someone's health.

Maybe that should bother us more than it does.

Picture this, and I know you can because if you've been in customer service long enough, you've lived it in one version or another.

Saturday morning. Fully booked. No margin for error.

A key team member walks in clearly unwell. You can see it. They can feel it.

But they say, "I'm fine. You need me."

And they're not wrong. You do need them. The day needs them. The customers need them.

But they also need rest. Everyone knows that.

So, you make the call. You tell them to go home.

It's the right decision. The only decision.

So why does it feel like you're doing something to them instead of for them?

A CULTURE OF EROSION

Here's the uncomfortable part: When someone shows up sick and insists they're fine, that's not just about today.

That's about every shift before this one. Every time we were short and someone pushed through. Every time "we really need you" became the message that mattered more than "take care of yourself."

That's not dedication. That's conditioning. And this conditioning is taking a heavy toll, with studies showing that nearly three-quarters of customer service employees experience burnout.

And it doesn't happen by accident.

We built that. Not maliciously. Not intentionally. But consistently, over time, in a thousand small decisions that became culture.

Because let's be honest, in most customer-facing businesses, the customer has been positioned above the person delivering the service.

Not on paper. Not in the mission statement.

But in practice. In scheduling. In how we staff. In what gets said when someone asks for a day off or admits they're struggling.

The culture teaches people what's really expected. And what it's been teaching them is: your health is secondary. Rest is a luxury. The operation can't function without your sacrifice.

That's not resilience. That's erosion.

Yes, people get sick. And no, it's not always caused by overwork.

But here's what decades in customer service have taught most of us, whether we admit it or not:

Continued on page 15



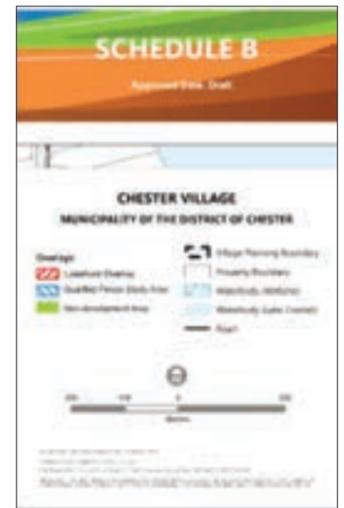
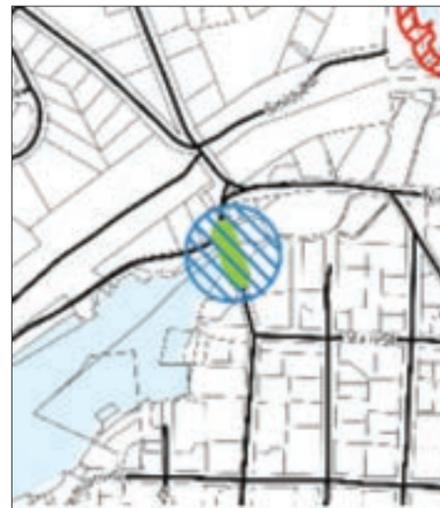
THE MUNICIPALITY OF
CHESTER

NOTICE OF APPROVAL

In the matter of the Municipal Government Act and the Municipality of Chester

TAKE NOTICE THAT on February 12, 2026, Chester Municipal Council approved amendments to the Village of Chester Land Use By-law. The purpose of the amendments is to better reflect the extent of the setback previously in place from 2007-2025 via Schedule "B". The amendments to the Village Land Use By-law are as follows (~~struckthrough text is removed and~~ underlined text is being added, revised Schedule "B"):

- ~~no structure shall be erected within 45 m of the centre of the bridge (-64.245309 longitude, 44.545602o latitude) as the area indicated on Schedule "B" as "non-development area", and;~~
- every *development permit* application for a *development* proposed to be located within 60 m of the centre of the bridge (-64.245309 longitude, 44.545602o latitude) as indicated on Schedule "B" as "qualified person study area", shall be accompanied by a certificate from a qualified professional, that the construction process, placement of any structures, and any resulting changes in stormwater or drainage resulting from construction will not damage or threaten the structural integrity of the bridge.



This decision of Council can be appealed to the Nova Scotia Regulatory and Appeals Board (phone 1-844-809-0010) by any aggrieved person, by the Provincial Director of Planning, or by the Council of an adjacent Municipality within fourteen (14) days after the date of the publication of this notice.

For further information, call 902-275-2599.

P.M. Myra
Municipal Clerk

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

THURSDAY EVENING FEBRUARY 19. Grid of TV programs from 6:30 to 11:30 PM across various channels.

WEEKDAY DAYTIME. Grid of TV programs from 7:30 AM to 6:00 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, ATV, CBC, etc.) and rows for regions (A, B, C, D, E).

FRIDAY EVENING FEBRUARY 20. Grid of TV programs from 6:30 to 11:30 PM across various channels.

FEBRUARY 18 TO FEBRUARY 24. Grid of TV programs from 7:30 AM to 6:00 PM across various channels.

SATURDAY DAYTIME FEBRUARY 21. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME FEBRUARY 22. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

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

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

MOVIES

WEDNESDAY, FEBRUARY 18

EVENING

9:00 [WTV] "The Twilight Saga: Eclipse" (Romance,2010) Kristen Stewart, Robert Pattinson. Bella must choose between Edward and Jacob, as a string of mysterious killings terrorizes Seattle. (G)
10:00 [SLICE] "Promising Young Woman" (Thriller,2020) Carey Mulligan, Laverne Cox. An unexpected encounter gives a wickedly smart woman a chance to right the wrongs from the past. (14+)
11:30 [WTV] "The Twilight Saga: Breaking Dawn Part 1" (Romance,2011) Kristen Stewart, Robert Pattinson. A chain of events set off by Edward and Bella's wedding brings a shocking development for Jacob. (G)
12:20 [SHOW] "Haywire" (Action,2011) Gina Carano, Michael Fassbender. A specialist (Gina Carano) in covert operations fights back after someone betrays her. (14+)

THURSDAY, FEBRUARY 19

EVENING

9:00 [SLICE] "Dreamgirls" (Musical,2006) Jamie Foxx, Beyoncé. After a manager gives them a shot at stardom, three singers learn about the high cost of fame. (G)
[CH] "The Truman Show" (Comedy Drama,1998) Jim Carrey, Laura Linney. A man's life is arranged for him, captured on hidden cameras and broadcast internationally. (G)
11:15 [SHOW] "Super 8" (Sci-Fi,2011) Kyle Chandler, Elle Fanning. Disappearances and other inexplicable events follow a devastating train crash in 1979 Ohio. (G)
12:30 [TBS] "The Tomorrow War" (Sci-Fi,2021) Chris Pratt, Yvonne Strahovski. Soldiers and civilians travel to the year 2051 to join a global war against a deadly alien species.
1:00 [VIS] "Big Fish" (Drama,2003) Ewan McGregor, Albert Finney. A young man (Billy Crudup) investigates his father's (Albert Finney) tall tales. (G)

FRIDAY, FEBRUARY 20

EVENING

8:00 [ATV] "Ainsley McGregor Mysteries: A Case for the Watchmaker" (Mystery,2026) Candace Cameron Bure, Aaron Ashmore. Ainsley McGregor is enjoying small-town routines until murder disrupts again.
9:00 [ASN] "The Hunger Games: Catching Fire" (Sci-Fi,2013) Jennifer Lawrence, Josh Hutcherson. As rebellion simmers, a cruel change in the Hunger Games may change Panem forever. (G)

[WTV] "The Love Club Moms: Tory" (Romance,2025) Ashley Newbrough, Hershel Blatt. Tory, a publishing powerhouse, gives up on dating and adopts a baby girl. (PG)
[SHOW] "Indiana Jones and the Raiders of the Lost Ark" (Adventure,1981) Harrison Ford, Karen Allen. Indiana Jones (Harrison Ford) braves snakes and Nazis to find the biblical ark of the covenant. (G)
[TBS] "The Tomorrow War" (Sci-Fi,2021) Chris Pratt, Yvonne Strahovski. Soldiers and civilians travel to the year 2051 to join a global war against a deadly alien species.

10:00 [APTN] "Slash/Back" (Action,2022) Tasiaana Shirley, Alexis Wolfe. Four teenage girls embark on a daring quest to save their sleepy hometown from an alien invasion. (13+)

11:00 [WTV] "The Love Club Moms: Jo" (Romance,2025) Rebecca Dalton, Ryan Bruce. A school principal's skills are put to the test when a student lands in her office for detention. (PG)

11:30 [SHOW] "Indiana Jones and the Temple of Doom" (Adventure,1984) Harrison Ford, Kate Capshaw. Jones (Harrison Ford), a singer (Kate Capshaw) and an orphan (Ke Huy Quan) look for missing stones. (G)

11:50 [TBS] "Skyscraper" (Action,2018) Dwayne Johnson, Neve Campbell. A former FBI agent must save his family from a blazing fire in the world's tallest building. (14+)

1:00 [WTV] "The Convenient Groom" (Romance,2016) Vanessa Marcil, David Sutcliffe. A marriage counselor is left hanging at the altar and searches for a quick replacement groom. (G)

[VIS] "Postcards From the Edge" (Comedy Drama,1990) Meryl Streep, Shirley MacLaine. Drug-detoxed actress (Meryl Streep) rebounds with boozing Hollywood mother (Shirley MacLaine). (14+)

[APTN] "Slash/Back" (Action,2022) Tasiaana Shirley, Alexis Wolfe. Four teenage girls embark on a daring quest to save their sleepy hometown from an alien invasion. (13+)

SATURDAY, FEBRUARY 21

EVENING

6:00 [STAR] "Dreamgirls" (Musical,2006) Jamie Foxx, Beyoncé. After a manager gives them a shot at stardom, three singers learn about the high cost of fame. (G)
7:00 [ATV] "Savvy Sheldon Feels Good as Hell" (Romance,2025) Amber Riley, Dorian Grey. A dashing contractor becomes the secret ingredient to heat up Savvy Sheldon's love life. (8+)

[WTV] "It Was Always You" (Romance,2021) Erin Krakow, Tyler Hynes. A woman's engagement plans get thrown into disarray when her fiancé's brother returns home. (G)

[SHOW] "Indiana Jones and the Last Crusade" (Adventure,1989) Harrison Ford, Sean Connery. Jones (Harrison Ford) and his father (Sean Connery) race Nazis to the Holy Grail. (G)

[TBS] "The Wedding Singer" (Romance,1998) Adam Sandler, Drew Barrymore. A wedding singer is left at the altar. He meets Julia and helps plan her wedding. (G)

[CTVSCI-FI] "The Hunger Games" (Sci-Fi,2012) Jennifer Lawrence, Josh Hutcherson. In a place once known as North America, youths fight to the death in a nationally televised contest. (14+)

7:30 [SLICE] "Anchorman 2: The Legend Continues" (Comedy,2013) Will Ferrell, Steve Carell. Ron Burgundy tries to stay classy when he and his team go to work at a 24-hour news channel. (G)

9:00 [WTV] "The Stars Between Us" (Romance,2026) Matt Long, Sarah Drew. Kim made a connection with a stranger during an eclipse event. Their paths may cross again.

[TBS] "Central Intelligence" (Action,2016) Dwayne Johnson, Kevin Hart. A CIA agent and his ex-classmate encounter shootouts, espionage and double-crosses while on a case. (G)

9:30 [CH] "Total Recall" (Sci-Fi,2012) Colin Farrell, Kate Beckinsale. A factory worker becomes a hunted man after a procedure to convert dreams into memories goes awry. (14+)

10:00 [SLICE] "Knocked Up" (Romance,2007) Seth Rogen, Katherine Heigl. A journalist's one-night stand with an irresponsible slacker has an unforeseen consequence. (13+)

[SHOW] "Indiana Jones and the Kingdom of the Crystal Skull" (Adventure,2008) Harrison Ford, Cate Blanchett. Indy (Harrison Ford) and a deadly Soviet agent vie for possession of a powerful artifact. (G)

[CTVSCI-FI] "The Hunger Games: Catching Fire" (Sci-Fi,2013) Jennifer Lawrence, Josh Hutcherson. As rebellion simmers, a cruel change in the Hunger Games may change Panem forever. (G)

[STAR] "The Color Purple" (Musical,2023) Fantasia Barré, Taraji P. Henson. A woman with many hardships finds extraordinary strength in the unbreakable bonds of sisterhood. (G)

[APTN] "The New Beachcombers" (Comedy Drama,2002) Jackson Davies, Dave Thomas. Based on the TV series. Friends try to save their favorite restaurant from demolition.

11:00 [WTV] "Romance in Style" (Romance,2022) Jaicy Elliot, Ben Hollingsworth. Ella's unique designs inspire publishing mogul Derek to include plus-sized fashion in his magazine. (G)

[TBS] "The Wedding Singer" (Romance,1998) Adam Sandler, Drew Barrymore. A wedding singer is left at the altar. He meets Julia and helps plan her wedding. (G)

12:30 [GLOBAL] "Dodgeball: A True Underdog Story" (Comedy,2004) Vince Vaughn, Christine Taylor. Dodgeball teams (Vince Vaughn, Christine Taylor, Ben Stiller) compete for \$50,000 in Las Vegas. (G)

[ATV] "Judah and the Black Messiah" (History,2021) Daniel Kaluuya, LaKeith Stanfield. William O'Neal infiltrates the Black Panther Party to gather intelligence on Chairman Fred Hampton. (14+)

1:00 [SLICE] "Instant Family" (Comedy Drama,2018) Mark Wahlberg, Rose Byrne. A couple learn the joys and frustrations of parenthood when they decide to adopt three siblings. (G)

[WTV] "Marrying Mr. Darcy" (Romance,2018) Cindy Busby, Ryan Paevy. Elizabeth and Donovan's trip to the altar is lively and unpredictable. (G)

[SHOW] "Lara Croft: Tomb Raider" (Adventure,2001) Angelina Jolie, Jon Voight. A globe-trotter (Angelina Jolie) battles otherworldly creatures for an artifact. (G)

[TBS] "Big Daddy" (Comedy,1999) Adam Sandler, Joey Lauren Adams. A goofy slacker gains custody of an impressionable five-year-old boy. (14+)

SUNDAY, FEBRUARY 22

EVENING

6:00 [SLICE] "Get Smart" (Comedy,2008) Steve Carell, Anne Hathaway. Agent Maxwell Smart brings enthusiasm and ineptitude to the battle against KAOS. (G)

[STAR] "Easter Sunday" (Comedy,2022) Jo Koy, Jimmy O. Yang. A man returns home to celebrate Easter with his riotous, bickering, eating, drinking, loving family. (G)

6:30 [CTVSCI-FI] "The Karate Kid III" (Drama,1989) Ralph Macchio, Pat Morita. Mr. Miyagi (Noriyuki "Pat" Morita) and student (Ralph Macchio) vs. toxic-waste dumper's thugs. (G)

7:00 [WTV] "The Stars Between Us" (Romance,2026) Matt Long, Sarah Drew. Kim made a connection with a stranger during an eclipse event. Their paths may cross again.

[TBS] "Central Intelligence" (Action,2016) Dwayne Johnson, Kevin Hart. A CIA agent and his ex-classmate encounter shootouts, espionage and double-crosses while on a case. (G)

8:00 [ATV] "007 Casino Royale" (Action,2006) Daniel Craig, Eva Green. James Bond (Daniel Craig) enters a high-stakes poker game with a man who finances terrorists. (13+)

[STAR] "Praise This" (Musical,2023) Chloe Bailey, Druski. A young woman with dreams of being a superstar joins an underdog Atlanta choir praise team.

8:30 [SLICE] "Central Intelligence" (Action,2016) Dwayne Johnson, Kevin Hart. A CIA agent and his ex-classmate encounter shootouts, espionage and double-crosses while on a case. (G)

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

9:00 [ASN] "Dune" (Sci-Fi,2021) Timothée Chalamet, Rebecca Ferguson. Malevolent forces explode into conflict over the most precious resource in the universe. (G)

[CTVSCI-FI] "The Karate Kid" (Drama,1984) Ralph Macchio, Pat Morita. Bullied teen (Ralph Macchio) learns karate from handyman Mr. Miyagi (Noriyuki "Pat" Morita). (G)

10:00 [USA] "Cowboys & Aliens" (Sci-Fi,2011) Daniel Craig, Harrison Ford. An amnesiac gunslinger is a frontier town's only hope against extraterrestrial invaders. (13+)

[APTN] "Escape Plan" (Action,2013) Sylvester Stallone, Arnold Schwarzenegger. A security expert and an inmate must break out of the world's toughest prison. (14+)

10:30 [STAR] "Dreamgirls" (Musical,2006) Jamie Foxx, Beyoncé. After a manager gives them a shot at stardom, three singers learn about the high cost of fame. (G)

11:00 [SLICE] "Yes Man" (Comedy,2008) Jim Carrey, Zoëy Deschanel. After a self-help seminar, a man brings about a change in his life by saying yes to everything. (G)

[WTV] "The Twilight Saga: Breaking Dawn Part 2" (Romance,2012) Kristen Stewart, Robert Pattinson. The Cullens seek help from allies all over the world to protect Renesmee from the Volturi. (G)

[SHOW] "G.I. Joe: The Rise of Cobra" (Action,2009) Channing Tatum, Dennis Quaid. The G.I. Joe team uses the latest technology in its battle against a mysterious organization. (13+)

11:45 [CTVSCI-FI] "Mortal Kombat" (Action,1995) Robin Shou, Linden Ashby. Smart Earthlings must win a martial-arts battle in another dimension or see their world enslaved. (14+)

12:00 [TBS] "Captain Marvel" (Action,2019) Brie Larson, Samuel L. Jackson. Captain Marvel gets caught in the middle of an intergalactic war between two extraterrestrial races. (G)

12:30 [USA] "Fifty Shades Freed" (Romance,2018) Dakota Johnson, Jamie Dornan. Sinister events threaten the bliss between billionaire Christian Grey and his new wife, Anastasia. (16+)

[GLOBAL] "The Alleged Abduction" (Drama,2019) Michelle Mylett, Jacob Blair. After suffering torment and abuse at the hands of her abductor, Elle is suddenly released.

1:00 [ASN] "Crossword Mysteries: Terminal Descent" (Romance,2021) Lacey Chabert, Brennan Elliott. Tess and Logan investigate the murder of an engineer who designed a supercomputer.

[SLICE] "Get Smart" (Comedy,2008) Steve Carell, Anne Hathaway. Agent Maxwell Smart brings enthusiasm and ineptitude to the battle against KAOS. (G)

[APTN] "Escape Plan" (Action,2013) Sylvester Stallone, Arnold Schwarzenegger. A security expert and an inmate must break out of the world's toughest prison. (14+)

MONDAY, FEBRUARY 23

EVENING

10:00 [SHOW] "Top Gun" (Action,1986) Tom Cruise, Kelly McGillis. For Pete Mitchell being accepted into an elite training school for pilots is a dream come true. (G)

12:30 [SHOW] "Parker" (Action,2013) Jason Statham, Jennifer Lopez. A thief hatches a plan to take revenge on the crew that double-crossed him and left him for dead. (14+)

TUESDAY, FEBRUARY 24

EVENING

8:00 [ATV] "Godzilla vs. Kong" (Sci-Fi,2021) Alexander Skarsgård, Millie Bobby Brown. Fearsome monsters Godzilla and Kong square off in an epic battle for the ages. (G)

9:00 [ASN] "Fallen Angels Murder Club: Heroes and Felons" (Mystery,2022) Toni Braxton, Kelly Hu. Members of a book club search for answers surrounding the mysterious death of one of their own.

[WTV] "Runaway Bride" (Romance,1999) Julia Roberts, Richard Gere. A reporter (Richard Gere) profiles a bride (Julia Roberts) who stood up three grooms. (G)

11:30 [WTV] "Pretty Woman" (Romance,1990) Richard Gere, Julia Roberts. A corporate raider (Richard Gere) hires a hooker (Julia Roberts) to act as a business escort. (14+)

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

TUESDAY EVENING FEBRUARY 24. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

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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

MEMORIAMs



In memory of our parents, Truman and Florence Fraser, who passed away February 22 and March 19, 2013.

Mom and Dad,
 Though time has passed,
 your love remains our guide.

We cherish the memories we shared and hold you close in our hearts today and always.

Lovingly remembered
 by your family
 xo



South Shore petitions take aim at dropped calls and foreign-owned news

Continued from page 3

The petition quickly gained traction after being amplified by a Canadian influencer with hundreds of thousands of followers. Between November and early February, it collected more than 17,000 signatures, far exceeding the 500 needed to be presented in the House.

“When I stood up to present it, you could hear the oohs and aahs in the chamber,” Fancy said. “Seventeen thousand signatures, it garnered a lot of attention.”

For Fancy, the issue ties directly into concerns about misinformation and threats to sovereignty.

“If 66 per cent of a major media network is U.S.-owned, what does that look like in the context of threats to our sovereignty?” she asked. “Protecting Canadian media from undue foreign interference is critical.”

She was quick to note that when presenting petitions, MPs must remain neutral in the House. But behind the scenes, she says she’s actively en-

couraging constituents and municipalities to use petitions as advocacy tools.

“It’s all part of that rural advocacy piece,” she said.

A BROADER RURAL STRATEGY

Both petitions align with work happening within the Rural Caucus, where Fancy says local media sustainability is also a priority. The caucus has been pushing for a 30 per cent rural carve-out of federal media funding programs, similar to moves seen in Quebec and Ontario.

“We need to help that industry thrive, I don’t even know if we can say survive right now,” she said of local media.

“Strong local journalism helps combat myths, disinformation and interference from larger conglomerates.”

For Fancy, the common thread in both petitions is equity.

“Whether it’s connectivity or who controls the news Canadians rely on, rural communities deserve fairness,” she said. “We’re beating our pots and pans in Ottawa to make sure those voices are heard.”

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Sunday February 22nd

First Sunday in Lent – Rev. Oliver Osmond

9:00am St. James LaHave BAS
 Holy Communion

11:00am St. Marks Broad Cove
 Holy Communion

"O worship the Lord in the beauty of holiness"

HOMES/RENT

2 - two-bedroom houses for rent near Bridgewater/Mahone Bay. Furnished. Leases vary. Call 902-543-7193/ 902-277-1013.

BREAKFASTS

Riverport & District Firefighter Auxiliary Breakfast. Saturday, February 21, 2026; 7:30 a.m. to 11 a.m. Adults: \$12, kids (6-12): \$6, kids (5 and under): free. Takeout available.

Sunday Brunch at the Mahone Bay Legion. February 22, 2026. 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

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.

Antiques Wanted. Seeking quality antiques, furniture, artwork, and collections. Full Estates welcome. webuyantiques@gmail.com

COMMUNITY

Happenstance Jam - Saturday, February 21, 7 p.m. to 9 p.m. - Forties Community Centre, 1787 Forties Road, New Ross. Come to play, sing, or listen. \$2 admittance

DEATHS

BEAZLEY, Wayne Gabriel, 82, of Bridgewater, died February 6, 2026 in South Shore Regional Hospital, Bridgewater. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

LANGILLE, James "Jimmy" Arthur, 80, of Dayspring, died February 2, 2026 at home. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

MARTIN, Edna "Goldie", 104, of Bridgewater, died February 1, 2026 in Ridgewood Assisted Living, Bridgewater. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

Myrden, David Keith - 58, Bridgewater, died February 5, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

RAFUSE-FORBES, Verna Marie, 73, of Bridgewater, died February 6, 2026 in South Shore Regional Hospital, Bridgewater. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

RHODENIZER, Vincent St. Clair, 76, of South Brookfield, formerly of Hebbville, died February 6, 2026 in Queen's General Hospital, Liverpool. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

RISSER, Reginald Keith, 79, Lunenburg, died February 6, 2026. Arrangements entrusted to Mahone Funeral Home.

Wilneff, Douglas Harris - 85, Bridgewater, died February 8, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

OBITUARIES

Cheryl Louise Dorey

March 19, 1956 - February 5, 2026

It is with heavy hearts that we announce the passing of Cheryl Dorey, 69, of Mahone Bay, Nova Scotia.

Cheryl lived a life defined by quiet independence and simple pleasures. She found great joy in the comfort of her home, often spent immersed in her favorite television shows, a challenging game of solitaire, or a stack of word search puzzles. Among her most cherished memories were the years she spent living in Maplewood, following the passing of her grandmother, a place that held a special corner of her heart. Those who knew her in her younger years will fondly recall her deep devotion to her beloved Siamese cat, a constant and adored companion.

Cheryl is survived by her mother, Wilma (Faulkenham) Dorey; her brother, Geoff Dorey; and nephews, Jason (Beth) Dorey, and Robert Morrison. She was predeceased by her father, Cecil Dorey; Older sister, Sharon Dorey; and niece, Sarah, in infancy.

The family extends sincere thanks to the staff at MacLeod Cares Mahone Bay Nursing Home and those who have offered support and kindness during this time.

In keeping with Cheryl's private nature, there will be no formal funeral service. For those wishing to honour her memory, donations may be made to the local animal shelter, SHAID.

Cremation has taken place under the direction of R.A. Corkum Funeral Home, Wileville.



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ERRORS: to ensure the best response to your ad, review it carefully and call 902-543-2457 if any changes are required. South Shore Bulletin will not be responsible for more than one incorrect insertion.

EDITING: all ads are subject to the approval of South Shore Bulletin, which reserves the right to edit, reject or properly classify any ad.

WORD ADS

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

BIRTHDAY ANNOUNCEMENTS

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

BIRTH AND GRADUATION ANNOUNCEMENTS

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Downtown Business Association hopes to continue to build on first year's advancements

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

BRIDGEWATER – The board of the Downtown Business Association has been together for just over a year, forming in December of 2024. Made up of local business owners, it's goal has to been to grow, and make stronger the downtown core of Bridgewater.

Sandy Whitmee, owner of South Shore Homestyle Nosh, is the committee chair, leading a group of 11 others. She, along with Donna Hatt, Economic Development Officer for the Town of Bridgewater, led the group of about 20 business representatives, went through an overview of what the association did in 2025 and what is ahead in 2026.

Whitmee said that it was a good evening, with lots of good networking and good ideas being brought forward. She explained why the association was formed.

"We wanted to bring more vibrancy to our downtown core and to help more shops stay open longer," she said, adding that a downtown filled with more shops and less vacancies would be ideal.

She said that the night was great with a wide range of representatives attending from the mayor to the small shop owner.

"There were a lot of great ideas, some that we have been doing and there were some new ideas, like the BID and different levies. Things of that nature that would be interesting to explore," she said, adding that she looks forward to a busier downtown this coming summer.

In the first hour, there was a review of some of the events the group was a part of, including: Christmas on King, South Shore home and travel show goodie bags, Discover Downtown Bridgewater Day; NSCC show your card and save event, Downtown Christmas countdown, Christmas on the LaHave and the NS 55+ Games.



KEVIN MCBAIN PHOTO

Members of the Downtown Bridgewater Association recently held a meeting to discuss the progress made since it formed in December 2024 and what business owners would like to see moving forward.

They were also involved in backing the town on the closure of Cedar Place, the downtown walkabout and feedback to the town, feedback on the Bridgewater Façade Improvement Grant and input on downtown parking.

In the second hour of the meeting, there were several questions asked, as attendees were put into small groups to brainstorm ideas. The first question was: What do we want our downtown to be? 2. Roles of the town and chamber of commerce; 3. Roles of the town and chamber of commerce; 4. Structure: beyond a committee; 5. Looking ahead: 2026 and beyond.

Some of the key points and suggestions from the floor included; having more cultural events downtown; have more communication between shop and building owners; more promotions; continue to promote more shops/fill vacancies; and leaning on the town and chamber for their support.

Whitmee is excited for what lies ahead for the group and hopes that through the committee's work, the downtown will once again see its potential and become a vibrant, healthy, robust area – the core of the town.

Sending someone home

Continued from page 9

Chronic overwork weakens people. Physically. Mentally. Emotionally.

When exhaustion becomes the baseline, illness isn't an outlier. It's inevitable.

A CALL FOR LEADERSHIP

True leadership doesn't begin at the moment someone walks in sick. It begins long before that.

It shows up in how schedules are built. In how often people are asked to "just push through." In whether rest is respected or quietly penalized.

And it shows up in how we respond when the system finally cracks.

So maybe we need to stop using language that frames care as a consequence.

Because sending someone home to recover isn't a punishment. It isn't just a safety protocol. Heck, we shouldn't even get to the point where we're sending them home, they should be able to let us know they're staying home, they won't be in.

It's a statement of values.

It says: You are not a machine. Your health matters. We'll figure it out.

And if we want to talk honestly about why fewer people are choosing service careers, why retention is a struggle, why labour shortages persist? It's worth noting that the customer service industry has one of the highest turnover rates, with some estimates as high as 45 per cent annually. The cost of this turnover is not insignificant, with estimates placing it between \$10,000-\$20,000 per employee.

We need to stop asking why people won't stay.

And start asking: Would you want to work for you?

Not on your best day. On your busiest one. When you're short-staffed and the pressure's on and someone admits they need help.

That's the leadership question worth answering. As a first step, managers should review their scheduling practices and consider conducting an anonymous survey to gauge employee well-being.

Because if the answer makes you uncomfortable, that's not the employee's problem.

That's ours.

Stephanie, of SMillerVision has been helping leaders create high-retention, high-performance cultures for decades. She believes that building a better workplace isn't just good for people, it's good for business and for the community. To join the movement of leaders creating workplaces worth staying for, explore Stephanie's speaking topics, programs, and resources at www.smillervision.com.

The Red-necked Grebe

Continued from page 9

While with the group from Halifax they saw seven purple sandpipers fly by and I was successful in finally seeing them at Blue Rocks. When out birding with Lise Bell a few days later I got to see them there again.

On Feb. 8, while out birding with Joe Holmes, we only saw 25 species, but we still spotted lots of birds. On this day Kevin Lantz sighted 25 common redpolls at Garden Lots.

On Feb. 9, I went birding with Barbara McLean. We birded Lunenburg, the Front Harbour Trail, Garden Lots, Blue Rocks, Stonehurst, First Peninsula and back to Lunenburg. We saw 36 species.

This was when we had the close-up looks of the red-necked grebe and saw 40 pine siskins at Garden Lots. The siskins I missed getting altogether last year and these were the first ones for me seeing this winter.

We saw the gadwalls on the Lunenburg waterfront and also a brown creeper at Garden Lots. Sizeable numbers of American robins were at Stonehurst.

On Feb. 10, when out birding with Lise Bell, we sighted 39 species of birds. I had reported the purple sandpipers in Blue Rocks and later in the day Ethan Sarty went to see them. I had been home and it was dark.

I was on the way back from the Petite Riviere General Store when Ethan phoned me. He had found a northern saw-whet owl feeding from the telephone poles and wires in Dayspring. I headed straight for there and was successful in seeing this bird. I had heard them calling, but it has been a long time since I've been actually able to set eyes on this species.

Over the past week I've seen six species of birds feeding on apples. Those were American robin, Bohemian waxwing, European starling, purple finch, cedar waxwing and hairy woodpecker. A Carolina wren has returned to Liverpool. This is the fourth winter for that species at the location where it is tending.

On Feb. 7 Darlene Pye reported a thick-billed murre at Herring Cove. Kathy O found a Lincoln's sparrow in Lower Onslo. The varied thrush was still continuing at Clam Harbour on Cape Sable Island on Feb. 8 at the feeders of Mike MacDonald.

A Carolina wren was still at Lower Sackville on this date. The yellow-throated warbler in Jeddore was still present. On Feb. 9 the tufted titmouse was observed in New Glasgow as still present. Mike MacDonald reported a red-bellied woodpecker at Hibernia Street in Yarmouth. Angela MacDonald sighted a glaucous gull in New Glasgow at the Canadian Tire parking lot on Feb. 10.

You may reach me at 902-693-2174 or email jrhbirder@hotmail.com.



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This competition will remain open until filled.

Although we thank all applicants, only those selected for an interview will be contacted.

OBITUARIES

The Remarkable Life of Goldie Edna Wynacht Martin

Goldie Edna was born in Bridgewater to William and Gertrude (Oickle) Tompkins on July 25, 1921. Her father, Billy, worked at the local Butcher Shop on King Street and for the town to keep the roads safe in the winter months. Her mother, Gertie, was a neighborhood midwife and had a "calling" to assist anyone in need. Goldie shared many memories about staying up by candlelight, watching over sick friends and family until dawn, then heading off to school. Goldie really cared about people; that was her divine purpose in life.



Goldie's siblings were Grace, Harold, Dean, Beatrice, and William Jr., all of whom are deceased.

The Tompkins branch of the family:

Grace and Gus - Nancy Draper (Bob) and David Murray (Monique)

Harold and Sally - Liz Durling (Luke), Donna Conrad (Paul), Louise Wentzell (Wayne), and Dianne Trupp (Fred)

Dean and Gertie raised her son Wayne (Donna)

William Jr. and Marjorie - Gavin and Patricia Purdy
Starting in the 1940's, Goldie's own family began to grow.

1942: Goldie gave birth to her son, Wayne, who was adopted into the Tompkins family by Dean (Gertie). It has been said that she gave birth to Wayne in Chester at the "Butter Box Baby" Home. The love and bravery to give him the best life possible were her remarkable gifts. That was Goldie, always giving. Wayne passed away in 2025 with his loving family present.

1943: Goldie married Dawson Wynacht. He was asked by his best friend to inform Goldie that he had been deployed and was unable to meet with her. As life would have it, Dawson proposed and married Goldie within two months of that meeting. This was shortly after the end of the Great Depression and at the height of World War II. Couples then had to get married immediately if they wished to secure a home life.

1944: Goldie gave birth to her second son, Donnie (Lynn), who predeceased her in 1966 due to a hunting accident.

1948: She moved to Copper Cliff, Ontario, with her husband, Dawson, so he could work at INCO and provide for his family.

1949: Goldie gave birth to her daughter, Linda (Fred). Linda currently lives in the US with Fred and her step-grandson Nick.

While in Copper Cliff, Goldie was committed to helping others. She was the President of the Ladies Auxiliary, Branch #224 of the Legion, and helped in the community, whenever needed: church, family, community, and friends.

The Wynacht branch of the family, nieces and nephews: Peter (Mariella), Judie Coady (Ken), Nancy, David, and Paul Langille (Mary)

After Dawson passed away in 1979, she met and married Gordon (Bud) Martin and eventually moved back to her hometown of Bridgewater.

1982: After her marriage to Bud, she became step-mother to five adult children:

Anne (deceased), John (Deb), Barb (Mike), Lynn (Frank), and Jamie, all from Ontario.

Back home in Bridgewater, she is survived by her daughter-in-law, Donna (Himmelman), grandson, Kim Tompkin (Sarah) and Hollee Lowe (Justin), and one great-great-grandson, Wyatt Tompkin. We cannot forget that she was also Grandma to her beloved grand puppy, Gizmo.

A special "adopted" daughter, Gwen Wamboldt, has been a blessing in Goldie's life, caring for her and Bud for over 22 years.

Goldie's fondest memories are being a true Nova Scotian; playing auction 45 since she could barely walk, getting fish from the dock and taking it right home to cook, and eating dulse, smoked mackerel, and blood pudding.

Thanks to the care staff at Ridgewood Assisted Living for providing support and love for the last ten years. They are considered her family as well.

A celebration of life will take place in the summer of 2026. Details will be updated when confirmed.

Arrangements have been entrusted to the R.A. Corkum Funeral Home, Wileville. Online condolences may be made by visiting www.corkumfuneralhome.ca

Goldie will be missed by all who knew her, and remembered for her laugh, her smile, and her love of life. She would love for her legacy to be remembered by offering a hug, a kind word of encouragement, or a simple gesture of kindness as we continue our journey.



KEVIN MCBAIN PHOTO

RCL APPRECIATION NIGHT

The South Shore Jr. B Lumberjacks hosted a Royal Canadian Legion Appreciation game Feb. 7 featuring a colour party, President Dan Hennessey, who served as emcee and puckdroppers Bob Henderson (left) and zone commander Darryl Cook. The Royal Canadian Legion is celebrating its 100th anniversary this year.

SPORTS SHORTS

MICHELIN TAKES OVER NAMING RIGHTS

Michelin North America has signed a five-year naming rights sponsorship commitment for Bridgewater's outdoor pool for the next five years at a rate of \$15,000 per year. They take over from the O'Regan's South Shore Subaru who have provided naming rights sponsorship since 2016 when O'Regan's Subaru, United Way Lunenburg County and the Bridgewater Barracudas came together with

a \$20,000 per year, five year-proposal to prevent the closure of the outdoor pool. That agreement included conferring Naming Rights for the pool to O'Regan's Subaru as the title sponsor with an \$10,000 annual contribution for 5 years. The agreement ended after the 2021 season. Since 2022, the Naming Rights have been secured on a year-to-year basis with O'Regan's Subaru. The 2025 Naming Rights contract expired on Sept. 30, 2025.

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TIDE TABLE

Wednesday, February 18		Sunday, February 22	
low	1.54 ft 2:39 AM	low	1.44 ft 5:44 AM
high	5.91 ft 8:32 AM	high	5.38 ft 11:18 AM
low	0.75 ft 2:54 PM	low	1.51 ft 5:40 PM
high	6.1 ft 9:06 PM	high	5.97 ft 11:42 PM
Thursday, February 19		Monday, February 23	
low	1.44 ft 3:19 AM	low	1.51 ft 6:47 AM
high	5.91 ft 9:10 AM	high	5.09 ft 12:09 PM
low	0.75 ft 3:29 PM	low	1.84 ft 6:44 PM
high	6.2 ft 9:42 PM		
Friday, February 20		Tuesday, February 24	
low	1.38 ft 4:02 AM	high	5.74 ft 12:30 AM
high	5.81 ft 9:51 AM	low	1.57 ft 7:56 AM
low	0.92 ft 4:07 PM	» FIRST QUARTER: 8:27 AM	
high	6.23 ft 10:19 PM	high	4.76 ft 1:08 PM
		low	2.13 ft 8:00 PM
Saturday, February 21		Wednesday, February 25	
low	1.38 ft 4:49 AM	high	5.45 ft 1:29 AM
high	5.61 ft 10:33 AM	low	1.51 ft 9:06 AM
low	1.15 ft 4:49 PM	high	4.53 ft 2:27 PM
high	6.17 ft 10:59 PM	low	2.26 ft 9:17 PM

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