



# BULLETIN

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BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, JANUARY 28, 2026



### HE WAS A GAME CHANGER

A tribute to mentor/coach James Dickens

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A Park View student writes about the Sudan War

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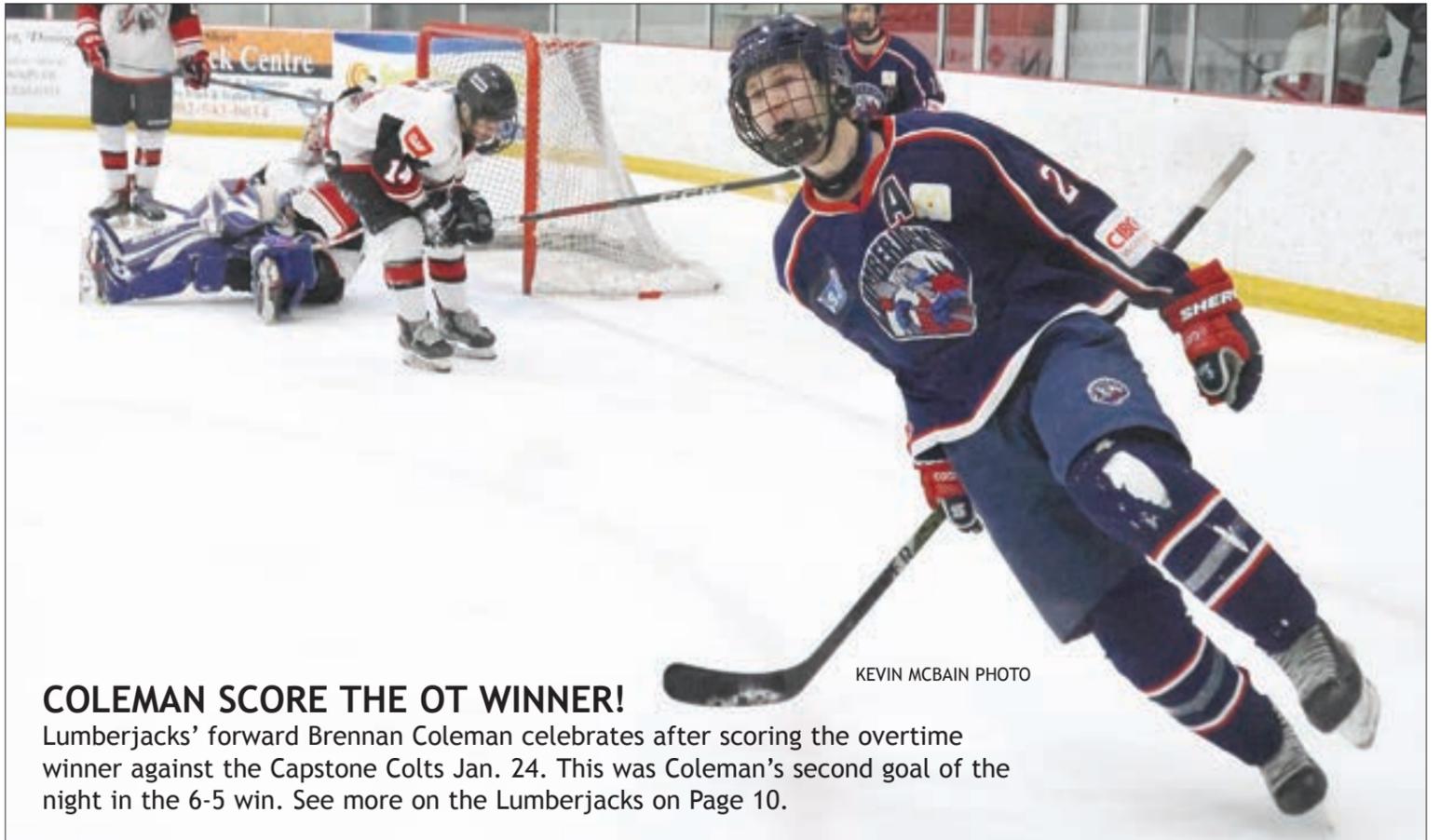
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KEVIN MCBAIN PHOTO

### COLEMAN SCORE THE OT WINNER!

Lumberjacks' forward Brennan Coleman celebrates after scoring the overtime winner against the Capstone Colts Jan. 24. This was Coleman's second goal of the night in the 6-5 win. See more on the Lumberjacks on Page 10.

## Five candidates, five perspectives in Mahone Bay council by-election

By ED HALVERSON  
ed.halverson@southshorebulletin.ca

### CATHIE SLAUGHENWHITE-NOWE: EXPERIENCE AND A WATCHFUL EYE ON SPENDING

Cathie Slaughenwhite-Nowe is no stranger to the council table. A resident of Mahone Bay for nearly 50 years, she previously served two terms on council and says her decision to run again is rooted in a long-standing love for the town.

"I love this town, and I want to see it prosper," she said. "I want to see it grow with young people and being able to afford to live in our community."

Slaughenwhite-Nowe describes her approach as one of stewardship, particular-

ly when it comes to municipal finances. While she credits the current council for its work, she believes the time has come for greater restraint.

"Our taxpayers are already stretched to the limit," she said. "I think we need to be giving them a bigger bang for their buck."

Rather than campaigning on a single issue, she emphasizes careful budgeting and prioritizing spending that delivers clear, practical benefits. She pointed to recent beautification work near town hall as

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## Hon. Susan Corkum-Greek

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# Fatal fire in Chester Grant

SOUTH SHORE BULLETIN STAFF

CHESTER GRANT - Lunenburg District RCMP responded to a fatal structure fire in Chester Grant on Jan. 20 at approximately 6:25 a.m.

RCMP officers, fire and EHS responded to a report of an active fire at a property on Balsam Dr. Upon arrival at the scene, first responders found a camper trailer fully engulfed in flames.

After the fire was extinguished, the remains of an adult were located at the scene.

Investigators from the Nova Scotia Office of the Fire Marshal and Nova Scotia Medical Examiner Service attended the property.

At this time, based on information and evidence gathered, criminality is not believed to be a factor. The investigation is ongoing with partner agencies.

# United Way of Lunenburg County marks milestone with 500th donated smartphone

By ED HALVERSON  
ed.halverson@southshorebulletin.ca

SOUTH SHORE – What started as a simple question about how people communicate has grown into a program that’s quietly changing lives across Lunenburg County.

United Way of Lunenburg County recently marked the distribution of its 500th refurbished smartphone, a milestone Executive Director Michael Graves says was never part of the original plan, but one he’s proud to celebrate.

The idea dates back to 2017, when Graves read a newspaper story about payphones disappearing across Nova Scotia. It got him thinking about the people who relied on them. “I thought, wait a minute, how are people supposed to communicate if they don’t have a phone?” he said in an interview.

Graves reached out to local community partners to see if access to smartphones would make a difference. The answer was a clear, yes. From there, the challenge became figuring out how to collect phones, refurbish them, and distribute them fairly

to people who needed them most.

That’s where Robert E. Brown Electronics came in. Owner Robert Brown, a former electronics technician with the Royal Canadian Navy, agreed to take on the task of repairing donated smartphones. Whether it’s replacing screens, swapping batteries, or salvaging parts from broken devices, Brown has helped make the program affordable and sustainable.

Phones are sourced through business donations, board connections, and occasional public drop-offs. Some came from large organizations, others from individuals cleaning out drawers. Each working phone is then made available to clients for about \$15, a price point Graves says helps ensure dignity while keeping the program accessible.

Since launching, the phones have gone to organizations like Harbour House, Second Story Women’s Centre, SchoolsPlus, Souls Harbour, the John Howard Society and for mental health and addictions. Souls Harbour remains one of the program’s biggest users.

*Continued on page 11*



**THE MUNICIPALITY OF CHESTER**  
**NOTICE OF PUBLIC HEARING**

**Village Land Use By-law Amendment: Old Stone Bridge Setbacks**

On Thursday, January 15, 2026, Chester Municipal Council gave notice of its intention to amend Section 4.21 of the Village of Chester Land Use By-law as follows:

- Revise the setbacks for the Old Stone Bridge on Victoria Street, with the intent to better replicate the extent of the previous setback (2007-2025)
- Revise “Schedule B” to align with Section 4.21

The proposed amendments are as follows (Underlined text shown is an addition while struck through text is to be removed):

**4.21 Old Stone Bridge Protections**

4.21.1 The Old Stone Bridge, located on Victoria Street, near the intersection with Walker Road is a Provincially Registered Heritage Property. The bridge span measures 60 m along the centreline of the roadway on the bridge, being 30 m north of a survey marker set on the side of the bridge and 30 m south of that survey marker. To protect the structural integrity of the bridge, a Heritage Overlay as shown on Schedule “B” is in effect and all proposed *development* is subject to the following:

- 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.

Revise Schedule “B” as shown in excerpts:



The PUBLIC HEARING is scheduled for **Thursday, February 12, 2026, beginning at 8:45 a.m.** in Council Chambers, 151 King Street, Chester.

Residents can give their opinions at the Public Hearing and can also send written comments to: Pamela Myra, Municipal Clerk, 151 King Street, PO Box 369, Chester, NS B0J 1J0

Comments must be received before 4:30 p.m. on Friday, February 6, 2026

Council may vote to approve or reject the proposed changes at the Public Hearing.

Copies of the proposed zoning changes are online at [www.chester.ca](http://www.chester.ca), and at the Community Development Department, 186 Central Street, Chester.

**Call us!** 902-275-2599 **Email us!** [planning@chester.ca](mailto:planning@chester.ca)

# BPS continue to search for armed robbery suspects

SOUTH SHORE BULLETIN STAFF

BRIDGEWATER – The Bridgewater Police Service (BPS) is investigating an armed robbery that occurred on the evening of Jan. 17 at approximately 10:30 p.m. at a business located on North Street.

Police responded to a report of a robbery and confirmed that the business had been robbed by two suspects, both of whom were armed with firearms. The suspects fled the scene with an undisclosed amount of cash. No injuries were reported.

The suspects fled the area prior to police arrival and remain outstanding. Investigators are asking anyone who may have witnessed the incident, observed suspicious activity in the area at the time, or who may have dashcam, doorbell, or surveillance footage from the area around 10.30 p.m. Jan. 17 to contact police.

Anyone with information is asked to contact Bridgewater Police Service at (902) 543-2464. Anonymous tips may also be submitted through Crime Stoppers at 1-800-222-8477 (TIPS) or online at [www.crimestoppers.ns.ca](http://www.crimestoppers.ns.ca).



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# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 86 calls for service and Queens County firefighters answered 25 calls for service from Thursday, January 15 to Monday, January 19 – 12 of these calls were medicals.

### JANUARY 15

**At 12:03 a.m.**, Bridgewater firefighters responded to a fire alarm in Bridgewater.

**At 2:55 a.m.**, Blandford firefighters responded to a fire alarm in Blandford.

**At 6:41 a.m.**, Northfield firefighters responded to a vehicle fire in Upper Northfield.

**At 10:45 a.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

**At 3:00 p.m.**, Greenfield firefighters responded to a motor vehicle accident in Greenfield.

**At 8:45 p.m.**, Chester firefighters responded to a brush fire in East River Point.

### JANUARY 16

**At 6:45 a.m.**, New Germany firefighters responded to a motor vehicle accident in Meisners Section. Springfield also responded.

**At 2:00 p.m.**, Petite Rivière firefighters responded to a tree on power lines on fire in Petite Rivière. Italy Cross also responded.

**At 2:06 p.m.**, Chester firefighters responded to a tree on power lines on fire in Chester.

**At 3:22 p.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

### JANUARY 17

**At 8:55 a.m.**, Riverport firefighters responded to a chimney fire in Bayport.

**At 11:27 a.m.**, Blockhouse firefighters responded to a vehicle fire in Blockhouse. Oakhill also responded.

**At 2:27 p.m.**, Liverpool firefighters responded to an atv accident in Milton.

**At 3:27 p.m.**, Petite Rivière firefighters responded to a motor vehicle accident in Petite Rivière. Italy Cross also responded.

**At 5:10 p.m.**, Port Medway firefighters responded to a brush fire in Port Medway. Mill Village also responded.

**At 7:22 p.m.**, Lunenburg firefighters responded to a smell of smoke in Lunenburg.

**At 10:57 p.m.**, Bridgewater firefighters responded to a fire alarm in Bridgewater.

### JANUARY 18

**At 8:27 a.m.**, Tri District firefighters responded to a motor vehicle accident in Wileville. Hebbville also responded.

**At 2:06 p.m.**, Bridgewater firefighters responded to a smell of smoke in Bridgewater.

**At 11:55 p.m.**, Pleasantville firefighters responded to a tree on power lines on fire in Lake Centre. Conquerall Bank and LaHave also responded.

### JANUARY 19

**At 12:45 a.m.**, 2:45 a.m., and 10:00 p.m., Liverpool firefighters responded to a tree on power lines on fire in Milton.

**At 12:51 a.m.**, Greenfield firefighters responded to a tree on power lines on fire in Buckfield.

**At 2:00 a.m.**, Lunenburg firefighters responded to a power pole fire in First South.

**At 2:58 a.m.**, Western Shore firefighters responded to a tree on power lines on fire in Western Shore.

**At 3:23 a.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

**At 3:08 a.m.**, 3:25 a.m., and 5:00 a.m., Chester firefighters responded to trees on power lines on fire in Chester and East Chester.

**At 5:21 a.m.**, Liverpool firefighters responded to a tree on power lines on fire in Hunts Point.

**At 6:08 a.m.**, Bridgewater firefighters responded to a tree on power lines on fire in Bridgewater.

**At 6:33 a.m.**, Western Shore firefighters responded to a possible electrical fire in Martins Point.

**At 6:36 a.m.**, New Ross firefighters responded to a tree on power lines on fire in Seffernville.

**At 7:00 a.m.**, Martins River firefighters responded to a power line down in Martins River. Western Shore also responded.

**At 7:18 a.m.**, Italy Cross firefighters responded to a motor vehicle accident in Italy Cross.

**At 7:20 a.m.**, Liverpool firefighters responded to a power line down in Port Mouton.

**At 7:26 a.m.**, Tri District firefighters responded to a tree on power lines on fire in West Clifford. Hebbville also responded.

**At 8:00 a.m.**, 1:00 p.m., and 4:10 p.m., Greenfield firefighters responded to commercial fire alarms in Greenfield.

**At 8:22 a.m.**, Port Medway firefighters responded to a tree down in the road in Port Medway.

**At 8:43 a.m.**, Mahone Bay firefighters responded to a tree on power lines on fire in Maders Cove.

**At 8:55 a.m.**, Chester Basin firefighters responded to a garage fire in Chester Grant. Chester, Western Shore and New Ross also responded. Blandford and Hubbards were on stand by in Chester. Blockhouse was on stand by in Chester Basin. Oakhill was on stand by for Blockhouse.

**At 9:09 a.m.**, Pleasantville firefighters responded to an investigation in West LaHave. LaHave and Conquerall Bank also responded.

**At 9:10 a.m.**, Chester firefighters responded to a commercial fire alarm in East Chester.

**At 9:30 a.m.**, Western Shore firefighters responded to a motor vehicle accident in Gold River.

**At 10:22 a.m.**, Liverpool firefighters responded to a transformer fire in South West Port Mouton.

**At 11:32 a.m.**, Bridgewater firefighters responded to an elevator rescue in Bridgewater.

**At 12:00 p.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

**At 12:45 p.m.**, North Queens firefighters responded to a tree on power lines on fire.

**At 12:50 p.m.**, New Germany firefighters responded to a fire alarm in New Germany.

**At 1:04 p.m.**, Hubbards firefighters responded to power lines sparking in Hubbards.

**At 1:40 p.m.**, Dayspring firefighters responded to a tree on power lines on fire in Dayspring, and at 6:37 p.m., in Rhodes Corner.

**At 1:50 p.m.**, and at 4:05 p.m., Western Shore firefighters responded to a tree on power lines on fire in Beech Hill.

**At 2:36 p.m.**, Hubbards firefighters responded to a tree on power lines on fire in Mill Cove.

**At 4:57 p.m.**, Bridgewater firefighters responded to a propane leak in Bridgewater.

**At 5:50 p.m.**, Conquerall Bank

firefighters responded to a house fire in Conquerall Mills. Pleasantville, Hebbville, LaHave, Bridgewater, Northfield and Tri District also responded. Greenfield was on stand by in Newcombville and Oakhill was on stand by in Bridgewater.

**At 6:22 p.m.**, Tri District firefighters responded to a carbon monoxide alarm in Chelsea.

**At the same time and at 7:30 p.m.**, Chester firefighters responded to a tree on power lines on fire in Windsor Road.

**At 6:40 p.m.**, Hebbs Cross firefighters responded to a house fire in Hebbs Cross. Italy Cross, Tri District and Liverpool also responded. Port Medway and Mill Village were on stand by.

**At 7:35 p.m.**, North Queens firefighters responded to a carbon monoxide alarm.

**At 7:44 p.m.**, Liverpool firefighters responded to a tree on power lines on fire in Liverpool.

**At 9:08 p.m.**, New Germany firefighters responded to a carbon monoxide alarm in Maplewood.

**At 10:55 p.m.**, Northfield firefighters responded to a fire alarm in Cookville.

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

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# He was a game changer

## Football coach/mentor succumbs to cancer, leaves legacy

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

SOUTH SHORE – If there was ever a man that personified the words ‘game changer’, James Dickens would be the guy.

Legendary college basketball coach, John Wooden, once said, “A good coach can change a game. A great coach can change a life.”

He not only taught the game of football with a passion, but he embraced this quote and changed many a life along the way, whether it was through the South Shore Seahawks minor football program, the Park View Panthers team or the Halifax Women’s Xplosion team.

Coach Dickens was born in Caledonia on June 28, 52 years ago, and his body succumbed to metastatic colorectal cancer on Dec. 22, 2025, after a three-and-a-half-year fight. A memorial was held Jan. 17 at the Michelin Social Club with hundreds of people attending to share memories and spend time with the family.

He was a 22-year military veteran and a volunteer firefighter for 18 years. He is survived by his wife of 28 years, Samantha, three children, Michaela, Christian and MacKenzie.

**SAMANTHA**

“He was an amazing guy. He really was. He went full bore at whatever he did. It was never-ending. There was always something and we never stopped. If he wanted to try something, we threw everything at it. We spent an entire summer learning how to play golf, and we did. Snowboarding – he was the best at it,” she said.

She recalls when they moved back to the area to get out of the city and closer to family after he retired from the military.

They did that and when their son, who had just started playing football, found out there was no football in Bridgewater. “He goes, yes there is. Let’s go. And the Seahawks program was founded. He was a safety in high school, so he did know his football.”

“I had a severe car accident, and I really wasn’t able to walk or talk, so my son and husband would carry me to center field and prop me up so I could take pictures,” she said.

Both Samantha and James coached the teams in the Seahawks program,



CONTRIBUTED PHOTO

Coach James Dickens

and said that his legacy with the program will continue.

“It’s going to be a bit different this year, but I’ll forge on and continue, because that’s what he would have wanted,” said Samantha. “The kids are what mattered most. There are too many kids that need it. Too many kids that came out of it who said ‘if it wasn’t for that extra push that coach gave us, they wouldn’t be here today, or they would have gone off the rails. There’s been too many kids that would have gone the wrong way. So, we have to keep it going.”

**THE FIGHT AGAINST CANCER**

On Oct. 28, 2022, Coach Dickens posted on Facebook, “So I have been trying to figure out the best way to tell everyone, and it’s been a bit of a struggle to get it all out, but people are starting to find out anyway, so here goes.

I have been diagnosed with Colon Cancer. I am awaiting the start of treatment and plan on going full force into that in the next few weeks (fingers crossed).”

He fought and battled through many, many treatments and through it all, “he never left the field. There were only a few days... chemo days that were rough. Other than that, he stayed on the field and never came off. There were days, even surgery days, that he would say, ‘I’m taking the field.’ And I would say no-no-no. You have to really think about this,” said Samantha.

“He would go anyway and afterwards - he would say ‘I should have stayed home.’ But he never thought of that. ‘I need to be there for the kids, and it didn’t matter. He forged on.”

Samantha would drive in to the hos-

pital in the city at 6 a.m., spend the day, then drive back to Bridgewater to run practises for over a month.

**GAME CHANGER AWARD**

The Canadian Football League (CFL) and Securian Canada in 2025, teamed up to launch the Game Changers contest – an initiative created to shine a spotlight on the community heroes who make the sport more accessible, inclusive and meaningful for youth of every background and ability.

One person would earn the opportunity of a lifetime – two round trip flights, accommodations and tickets to the 112th Grey Cup in Winnipeg.

There were 300 applications for the award from across Canada. Members of the Park View Panthers/Seahawks nominated Coach James for the award.

“That was a surprise. The players came to me on the field,” she said.

They knew James was in the hospital sick – he had landed in the hospital on Thanksgiving weekend after coaching three Seahawk games and ended up having surgery.

“They rounded me up and said, coach, we did something. I’m like, what are you doing. What’s the matter? ‘Well, we did something and we have to tell you about it.’ They got the goofiest grins on their faces, and they are telling me about this, and they got the biggest smiles, and they tell me about the award.”

They added that she couldn’t say anything, and they would tell him tomorrow via Facetime.

“I told him that the boys wanted to talk to you, and he said he wasn’t feeling the greatest, and I don’t want the boys to see me like this,” said Samantha. “I was like the boys want to see you, they are missing you at the field so you gotta do this.”

He relented.

“They literally just did a little video and told him about it and he just loses it. It was the most amazing thing in the world,” she said and added that this gave him that extra boost to continue on.

They had just taken a big chunk out of his bowel and were able to clear things up a bit, but the cancer had spread so much, they were unable to get it all, but they were able to get things fixed to make the rest of his time better.

Continued on page 6

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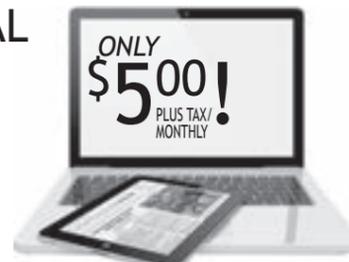
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# MP Jessica Fancy hails Canada-China deal as a win

By ED HALVERSON

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SOUTH SHORE – South Shore-St. Margaret's MP Jessica Fancy says the newly secured Canada-China trade deal is a "huge win" for Nova Scotia's seafood sector and especially for coastal communities where lobster and crab drive the local economy.

Speaking about the agreement announced last week by the prime minister's office, Fancy said the deal restores access to one of Canada's most important export markets after years of strained relations and punishing tariffs.

"For South Shore-St. Margaret's, it's absolutely massive," Fancy said. "Last year alone, Nova Scotia exported about \$500 million worth of lobster and roughly \$300 million worth of crab to China. That's nearly a billion dollars in seafood trade."

Under the deal, seafood tariffs that once reached as high as 25 per cent have been reduced to 15 per cent until March 1, with a planned move to zero tariffs afterward as the relationship is tested and rebuilt. Fancy said matching or beating the U.S. tariff rate of 16 per cent was a key goal during negotiations, and one Atlantic MPs pushed hard to achieve.

Fancy said MPs from fisheries-heavy regions, along with those



CONTRIBUTED PHOTO

MP Jessica Fancy

representing canola and auto-sector ridings, worked closely with the prime minister's office in the months leading up to the agreement. She described the effort as intense, co-ordinated, and persistent, crediting the Atlantic caucus for being especially vocal advocates.

While some critics have questioned why the deal is initially limited to one year, Fancy framed it as a necessary reset after a diplomatic falling-out. "You don't go from a dispute straight

back to being best friends," she said, comparing the situation to resolving conflict on a school playground. "This is about rebuilding trust and diversifying markets again."

The agreement also includes the import of up to 49,000 electric vehicles from China, a figure that has drawn concern in some quarters. Fancy noted that the number mirrors pre-dispute levels from two years ago and represents less than three per cent of Canada's annual new vehicle market.

She said the vehicles will include a mix of established manufacturers and newer entrants, with more than half expected to be priced below \$35,000 within five years.

Out west, the deal marks a major breakthrough for canola producers, who had been effectively shut out of the Chinese market by tariffs as high as 100 per cent. Fancy called the phased reduction from 100 per

cent to 15 per cent and eventually zero, a "huge win" and praised Saskatchewan Premier Scott Moe's involvement in the talks as a signal of growing provincial co-operation.

Fancy also addressed public concern over the prime minister's reference to a "new world order," saying the phrase has been widely misunderstood. She said it reflects a move toward broader alliances and diversified trade relationships, rather than a shift away from traditional partners.

For Fancy, the most meaningful response came not from Ottawa, but from home. She recalled receiving a standing ovation from local fishermen at a recent community event, a moment she said underscored the relief and renewed trust felt across the industry.

"That reaction said everything," she said. "It shows how much this deal matters here."

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



## MUNICIPALITY OF THE DISTRICT OF CHESTER



D9209

### Community Events

If you are a non-profit community group within the Municipality of the District of Chester and would like your event listed FREE-of-charge on this page, please submit a brief description of your event in writing to the Municipality of the District of Chester Recreation & Parks Department by any of the following methods: fax 902-275-3630; mail PO Box 369, Chester, NS B0J 1J0; or email recreation@chester.ca. Submission deadline is 12 noon on the second last Tuesday of each month. For more information call the Recreation Office at 902-275-3490.

**HERITAGE HANDWORK DROP-IN** at District 1 Community Centre, Blandford in the Lodge Room from 10:00 am to 4:00 pm, every 2nd and 4th Tuesday (none in December) of the month starting September 24. Bring your great ideas for: hooking, knitting, embroidery, quilting or any other portable handwork. You are welcome to bring your sewing machine. Get help from the more experienced members of our communities and share your expertise. Drop in for an hour or bring your lunch and stay for the day. Drop-in fee \$4. Coffee is free and available all day long but please bring your own mug. Please note that this is a nut free zone.

**FREE CLOTHING NEW TO YOU** at the Aeon Baptist Church (#57 Hwy 12, Chester Basin). First Tuesday of each month starting January 6, from 10:00 am to 2:00 pm and 6:00 to 8:00 pm and the third Wednesday of each month starting January 21, from 6:00 to 8:00 pm. Look for the sandwich board by the road. Donations welcome but not necessary. If you like to Frenchy shop, come see us and make a donation.

**CRIBBAGE** at the Hubbards Area Lions Club every Tuesday. Doors and canteen open at 6:00 pm. Crib starts at 7:00 pm. Admission \$7. For more info call 902-857-9845.

**BINGO** at the Hubbards Area Lions Club every Thursday. Doors and canteen open at 6:00 pm. Mini-Bingo starts 6:30 pm. Regular Bingo starts

7:00 pm. For more info call 902-857-9845.

**CRIB TOURNAMENT** at the Western Shore Legion the last Sunday of each month. Doors open 12:00 pm. Games start 1:00 pm. Cost \$20 per team. For more info call 902-627-2570.

**45'S CARD GAMES** at the Western Shore Legion every Monday at 7:00 pm. Cost \$7.50 per person. For more info call 902-627-2570.

**BINGO** at the Western Shore Legion every Saturday at 6:45 pm. For more info call 902-627-2570.

**OPEN MIC** at the Western Shore Legion the last Thursday of the month. For more info call 902-627-2570.

**DARTS** at the New Ross Legion on Mondays starting 7:30 pm. For more info call 902-689-2650.

**BINGO** at the New Ross Legion every 2nd Thursday starting January 8 at 6:45 pm. For more info call 902-689-2650.

**FRIDAY NIGHT LIVE** at the New Ross Legion starting 8:30 pm. For more info call 902-689-2650.

**AUCTION 45'S CARD GAMES** every Wednesday at the Little Red School (732 Canaan Road, Chester), starting 7:00 pm. Cost \$3 to play.

**OCEAN SWELLS 45'S CARD GAMES** every Wednesday & Friday, doors open at 6:30 pm and games start at 7:00 pm. For more info contact 902-228-2146 or 902-228-2373.

**TAOIST TAI CHI** the first Thursday every month starting 10:00 am at St. Stephen's Church Hall (54 Regent Street, Chester). For more info call 902-417-2682 or email: halifax@taoist.org.

**TWO COVES CAFÉ** every Thursday at St. Luke's Parish Hall (10 Shore Club Road, Hubbards) from 9:00 to 11:00 am. Free coffee, tea, and muffins. Wheelchair accessible. All are welcome.

**SATURDAY, JANUARY 31**

**Shore Riders ATV Club Fish & Chips Rally** starting at the Western Shore Legion (6572 Hwy 3, Western Shore). Registration from 8:00 to 10:30 am. Cost \$20. Must return before 5:00 pm to collect prizes! Legion breakfast from 7:00 to 10:00 am (while supplies last). Canteen is available on the trail. Cash Prizes – Luck of the Draw! Nova Scotia OHV Regulations apply – Tire Studs recommended. Special Rally Rates at Oak Island Resort & Conference Centre by calling 1-800-565-5075. For more info contact Billy Wentzell 902-521-1001 or Nancy Wentzell 902-521-1000 or Lisa Luksa 902-930-2135.

**THURSDAYS, FEBRUARY 5, 12, 19, 26**

**Free Lunchtime Skates** every Thursday in February at the Chester Rink (190 Pig Loop Road) from 12:30 to 1:30 pm. Bring your blades and glide through lunch for some good exercise for the body and mind. All skaters will be required to complete a waiver upon each visit. Bring skates, rink clothing, and helmet (mandatory). All Ages welcome and under 16 must be accompanied by an adult.

**FRIDAY, FEBRUARY 20**

**Lenten Soup Lunch** at St. Luke's Parish Hall (10 Shore Club Road, Hubbards) from 11:30 am to 1:00 pm. Enjoy choice of soup, biscuit/roll, dessert, tea/coffee. Admission by donation.

**FRIDAY, FEBRUARY 20**

**Clothing Swap** at St. Luke's Parish Hall (10 Shore Club Road, Hubbards) during our Lenten Soup Lunch. Accepting clothing February 19 from 8:00 am to 4:00 pm and the morning of February 20 at the Hall. Any clothing left after the swap will be donated to Mission Mart.

**FRIDAY, MARCH 13**

**Lenten Soup Lunch** at the Hubbards Area Lions Club (43 Lions Club Road, Fox Point) from 11:30 am to 1:00 pm. Enjoy choice of soup, biscuit/roll, dessert, tea/coffee. Admission by donation.

#### Municipality of Chester

### Winter Activities

**Purses with Purpose Pop-Up** – Sat. Feb. 21  
10 am to 2 pm, All ages Free, Chester Area Middle School Gym  
Register by Wed. Feb. 18

**Free Lunchtime Skates** – Thurs. Feb. 5, 12, 19 & 26  
12:30 to 1:30 pm, All ages Free, at Chester Rink. Drop In

**Love in the Forest Loop** – Fri. Feb. 13 to Mon. Feb. 16  
Self guided hike, any time, at Gold River Natural Area (1458 Beech Hill Road) and Haughn Estate & Natural Area (4952 Hwy 3). Family Drop In event.

**Graves Island Star-Gaze and Chili Supper** – Thurs. Feb. 19 - 6:30 to 8:00 pm, Ages 3+ \$10 pp,  
Register by Thurs. Feb. 12

**Gold River Snowshoe (or Hike)** – Sat. Feb. 28 from 9:30 am to 12:30 pm, Ages 8+ Free, Gold River  
Natural Area (1458 Beech Hill Rd). Register by Mon. Feb. 23

**Indoor Walking** – at FHCS, NRCS, Blandford Community Centre. Call for dates/times/cost.

~ To register or for more information, call Recreation & Parks at 902-275-3490. ~

#### Winter Equipment to Loan

- Snowshoes
- Trekking Skis
- Kick Sleds w/wo Dog Harness
- Hiking Poles
- Ice Grippers
- Kelly Kettles
- Trail Rider
- Igloo Making Tools



D9208

## He was a game changer

*Continued from page 4*

“He was like, alright let’s go, because if I can’t walk, I can’t go to the Grey Cup. He had two weeks to rest and get healed enough to be able to go. I’m also like the boys have to get you to their game next week.”

The Panthers were in the playoffs at that time, and he was able to make all of the playoff games, but would be in Winnipeg for their championship game, which they won.

“He was amped up to go to that.”

Although doubts arose from time to time. He and Samantha would go for a walk twice a day and he pushed and pushed.

She said the game was incredible and while they were on the turf at the end of the Grey Cup and the guys called, saying that they had won the championship for the second straight year. They announced this at the game.

“They took a video of us screaming. It was absolutely amazing.”

### IMPACT

Coach Dickens has impacted the lives of hundreds of football players and coaches alike over the years. The following are some thoughts from them.

### COACH JAMES BUTEAU, PARK VIEW

The two James’s met in 2016 when Buteau took up coaching the Atoms and assist with the Peewee team.

“I remember back then, he was kind of newer into football, but I saw that he really had the passion for it,” he said. “We would have a lot of meetings to talk about concepts and types of offenses and defenses and he just couldn’t get enough.”

Buteau was coaching at Bishop’s University during this time as well.

Not to long after that, several coaches had left the Seahawks’ program and Dickens was picking up a lot of the slack and the whole family got involved.

“It was a family effort, driven by him, to make sure the program stayed alive,” said Buteau, adding that he was doing everything from lining the field, acquiring equipment and making sure it was all certified, along with coaching.

“He did everything he had been doing and continued until a month before his passing. I remember a coach of mine from Park View saw him trying to do drills with the o-line. At this point, he was doing the Seahawks program and, even before the Panthers’ semifinal game, he called me to ask what we were going to do about lining the field. He made some phone calls and he and Sam made it happen by calling a bunch of people who came and did the lines in the early morning of the semifinal game.

“This was something he was concerning himself with on Nov. 10-11. And these were issues for him. Never once did he talk about himself, or never once did he say ‘I just can’t do it’. It was never a thing until he was gone really.”

Buteau said never mind that he and the footballers are going to miss his smile, his jokes, how he lit up everything and just him, as a human being.

“There’s a massive vacuum that has presented itself with his passing. It’s going to take a village and a lot of people to fill that, and I think people understand that, but just haven’t felt it yet,” said Buteau. “It’s going to be something, because when you deal with someone as selfless as he was, and they have a passion and put that much time into it, that wasn’t a one-person thing and he can’t be replaced by just one person.”

Buteau said that just before Dickens was hospitalized for the final time, members of the community at large, members of the local football teams gathered at the home of James and Samantha and sang Christmas carols and Dickens was able to go outside and listen.



FILE PHOTO

Coach James Dickens talks to a few of his Seahawks’ players.

“It was very emotional. I hope by doing this it showed just a bit about what he meant to all of us as a person and what he did for football in the community,” said Buteau.

### SHAWN MCINTYRE, ASSISTANT COACH AT ACADIA UNIVERSITY

“When I moved back to Halifax in 2016, I helped out with the Halifax Xplosion Women’s Football Club for a couple of years. One of the first coaches to welcome me was James Dickens. His wife played for the team and so he naturally was volunteering to help out.

“I realized then that they were commuting to/from Halifax for at least four hours each day, several times a week to make practices and games, and I was quickly made aware that they also helped to run a youth football organization in the South Shore - so I knew they were dedicated to football at least.

“James quickly became one of my favourite coaches to be around, and one of my close friends, as his humour was infectious, and his coaching style was one of passion, pure dedication to his players and love of the sport. I’ve been coaching football for over 20 years; now as an assistant coach at Acadia. For everything I shared with James about the Xs and Os of our sport, he taught me something about being a great coach, mentor, and person.

“James and Sam were the type of people who made you immediately feel like you were part of their family; and not in a figurative way - they literally treated you like family. They invited us to family gatherings, attended ours, and offered support in all things; football or otherwise. And the most impressive part of all - he treated countless people this way.

“The Dickens’ extended “family” stretched far and wide, to multiple communities like the football community, the local South Shore community, etc. Some examples:

- logging thousands of kilometres per week between their programs, their own three kids’ activities, and wherever else they were driving to.

- “Christmas dinner” with dozens of kids at their dinner table; whether they didn’t get to have a dinner or simply wanted another.

- Continued support of their “Kids” - attending provincial games, camps, university games, all to support South Shore kids who ‘graduated’ from their programs, but not from their support.

James did this, all while raising three amazing kids of their own. I coached a couple of his kids as youth football players, and we had their eldest daughter stay with us briefly while she was attending a school program in the city, and they’ve all inherited his heart and passion.

I’m sure you have heard of all of James’ accomplishments in his career/work life already, which was almost exclusively in public service; but it is so admirable to me to see someone do that in ALL things. We throw a word like ‘selfless’ around, but I haven’t met anyone who more exemplified that word than James. He had a positive effect on so many people, in so many ways - that his loss will be felt by more people than I can count. I loved that guy.”

### FORMER PLAYER, RYLAN MACUMBER

“I met Coach James through the South Shore Seahawks football program which he was extremely involved in. I would have been about 12 years old at the time and I have stayed in contact with him until his passing.

“Him and his wife Sam even came to one of my football games at Mount Allison University to watch me and a couple other Seahawk alumni play. James was always someone I could go to on the weekend and talk to, he gave me lots of advice during and after practices on how to improve my game and was such a kind and respected individual.”

### FORMER PLAYER, ELIAS MACPHEE

I met James when I was playing peewee football with the South Shore Seahawks program. He was our head coach at the time and, even at that young age, he always emphasized giving full effort and taking pride in what we were doing.

It was vividly clear how much he cared, not just about football but about us as kids and the people we were growing to be. He wanted us to work hard and achieve success both on and off the field. Thanks to the lessons he taught me, I am blessed to continue my football journey at the university level.

I was fortunate to be a part of the first team to win him a championship that year, and it was something that always came up whenever we spoke. It was something I know he was just as happy about as we were. I am very lucky to have had him in my football career and, more than that, a part of my life.

### FORMER PLAYER FISCHER GENGE

I first met coach James in my first year playing minor football for the South Shore Seahawks. I had never played football before, and I didn’t know what to expect. Coach James instantly made me, and a couple of my friends at the time, feel welcomed and comfortable no matter our size, skill level or anything else. All he cared about was giving us a chance to have fun playing football. Because of him and his way of coaching, I instantly fell in love with the game and continue to play at the college level today. James, over my time with the Seahawks, gave me so many memories on and off the field that I will never forget. For that, I will be forever thankful that I was able to get to know James as Coach and as a person.

### FORMER PLAYER CHASE CROUSE

I first met Coach James when I was only 11 years old. I had just moved from Alberta and didn’t know very many people at the time. Coach James made it extremely easy to feel comfortable and welcomed into the football program, and I instantly fell in love with the sport. He didn’t just teach me the game of football; he also taught me important life skills that I will hold on to for the rest of my life. I can confidently say that I wouldn’t be the man I am today without having Coach James in my life, and I will forever be grateful to have had such a great coach – and, more importantly, a great friend and role model.

# Coleman scores OT winner in big win over the Colts

*Forward picks up four points to lead team to victory*

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

BRIDGEWATER – The South Shore Jr. B Lumberjacks earned a 6-5 victory over the division-leading Capstone Colts Jan. 24 in what could be described as a “barn-burner.”

“It wasn’t boring for the fans that’s for sure. There was a lot of entertainment. There were some hits, a lot of scrums. It had everything in there. You had goals, all that stuff, good saves on both sides,” said Lumberjacks’ coach Joel Isenor.

“For coaches it’s one of those ones where it would have been nice to win in regulation to close out the third, but you don’t always get what you want.”

The Colts started out quickly with a goal from Camden McKenzie less than a minute into the game. But the home side stormed back with goals from Brandon Rideout (10:35); Cohen Westlake (8:00) and Owen MacDermid (5:09) to take a 3-1 lead.

Cody Garcin would get one back for the visitors with just over one minute left in the period.

In the second, Coleman would score at the 1:46 mark of the period to regain the two point lead for the Lumberjacks.

The Colts would not sit back in the third, with Connor Malana scoring early and Liam Andrews adding one more to tie it up at the 15:49 mark of the period.

Marcus Tench would get the lead back for the Lumberjacks at the 11:05 mark. But Malana would score his second of the night less than four minutes later and despite best efforts by both teams, the game would go into overtime.

Coleman would score the winner on a two-on-one break with Cohen Westlake to win the game at the 3:17 mark. Coleman came away with four points on the night – two goals and two assists to lead the Lumberjacks in scoring.

Isenor said that you have to respect the Caps each time you play them.

“They’re an exceptional team. They are the champs so you have to respect that. There are a lot of things they do very well, but you just have to contain it. You have to be physical and get the pucks deep and work them down low, where no one wants to play.”

“I liked our tempo. I liked our attitude. We had a little bit of jam which I always like. It was kind of like a playoff atmosphere in here and at the end of the day, winning in overtime is always fun,” he said.

The two teams are scheduled to meet one last



KEVIN MCBAIN PHOTOS

The Lumberjacks’ Cohen Westlake wires a shot over the shoulder of Capstone’s goaltender Zachary MacInnis during the Lumberjacks overtime win Jan. 24.

The ‘Jacks Brennan Coleman fights off a couple of checkers to push this puck over the line to score his first of two goals in Saturday’s overtime win.

time in regulation play, tonight, Jan. 28 at the Shearwater Arena. The season series is tied at two wins apiece.

The Lumberjacks will be back home Jan. 31 to take on the East Hants Penguins, then head out on the road to take on the Blazers (Feb. 2) and Oxen (Feb. 6).

With the win, the Lumberjacks improve their record to 18-4 for 36 points. The Caps remain in first with a record of 21-4 for 43 points and the Penguins are third with a record of 14-8.

#### NOTES:

The Jan. 31 game will be the ‘Pink in the Rink’ game with half of the proceeds from the 50/50 going to the 16th annual Gift from the Heart Radiothon, which is raising money to bring Breast MRI

technology to the South Shore Regional Hospital. A special opening puck drop will be held with breast cancer warriors as special guests.

## Social Column

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

January 28, 1964

Rev. and Mrs. George Mollins and children, Pamela, Peter and Paul, have left to take up residence at Tufts Cove, where Rev. Mollins will be minister in the Baptists Church. During the two years that Rev. Mollins was assistant minister of the Bridgewater United Church, he was actively interested in Youth Work, and Mrs. Mollins took an active interest in missionary work. They carry with them the best wishes of a host of friends, made while here.

Mrs. Sarah Barnes and Mr. Ben Constable, who have been visiting with their brother, Rev. Thomas and Mrs. Constable, have returned by plane to Toronto, Ont., enroute to their home in Winnipeg.

Misses Cecila Knox and Florence Wentzell also Mervin Knox. Shirlen Seamone, Brian Crouse and Warren Meisner were among the students of H.C.H.S., who motored by bus to Halifax on Monday to tape the Hi Society show which will be televised on Thursday, February 6th at 7:30 p.m.

Congratulations are extended to Mr. and Mrs. Richard Crouse on the birth of a baby daughter at the D.M. Hospital on Saturday, January 25th.

Michael Gaul, son of Francis Gaul, won a trip to the Russian Circus at Halifax. It was given in return for services Mike had rendered to his school during the first part of the year. We congratulate you, Michael.



Curious to see more?

Visit our Archives at [www.southshorebulletin.ca](http://www.southshorebulletin.ca)

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

-and-

IN THE MATTER OF: An Application of THOMAS KAULBACK HOLDINGS LIMITED for Leave to Surrender its Certificate of Incorporation.

NOTICE IS HEREBY GIVEN that THOMAS KAULBACK HOLDINGS LIMITED intends to make application to the Registrar of Joint Stocks Companies for leave to surrender its Certificate of Incorporation pursuant to Section 137 of the Companies Act (Nova Scotia).

DATED January 20, A.D., 2026.

J. Philip Leefe, KC  
Power, Leefe, Reddy & Rafuse  
84 Dufferin Street  
Bridgewater, Nova Scotia B4V 2G3  
Phone 902-543-7815  
Fax 902-543-3196  
Solicitor for Thomas Kaulback Holdings Limited

D9197



#### EMPLOYMENT OPPORTUNITY

The Municipality of Chester is seeking to fill the following full-time position:

**Community Readiness Coordinator** - The Community Readiness Coordinator (CRC) is responsible for the strategic oversight of local emergency management, fire services coordination, and corporate occupational health and safety (OHS). The position provides direct supervision of the Fire Services / OHS Coordinator, who is responsible for day-to-day implementation of OHS programming and fire services support. The CRC ensures that emergency, safety, and protective services work aligns with inter-municipal, regional, and legislative priorities.

For more information and a complete job description, please visit [www.chester.ca/employment](http://www.chester.ca/employment).

To apply for the position please send a cover letter, resume, and two professional references.

ATTN: Director of Human Resources  
Municipality of the District of Chester  
151 King Street, PO Box 369  
Chester NS B0J 1J0  
employment@chester.ca

This competition will remain open until filled.

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

D9223

# The Sudan Civil War

*How the Sudanese conflict is becoming one of the worst humanitarian crises in contemporary history*

The Park View Education Centre has revived their newspaper and it is named *The Panther's Paw*. The South Shore Bulletin has reached out to the students about publishing in the paper. This is the first, of I hope many, articles that we can publish from their efforts.

This first article is written by Grade 10 student Sylvie Martin. She has a passion for writing, dance, politics, global issues and literature.

By SYLVIE MARTIN  
PVEC

As of late 2023 and so forth, Sudan has been falling into a catastrophic reality of annihilation.

The army broke out into a rivalry against the RSF (Rapid Support Forces), as both wanted power. This conflict is still as present as ever and causing the country to be in need of serious aid.

Sudanese people are now experiencing famine and claims of genocide, specifically in the western region. Along with this, the city of El Fasher has now been captured under the surveillance of the RSF. This recent matter has caused immense fear for the city's residents in terms of what is to come and for what is already occurring. Statistics say that at least 400,000 people have died since the start of the war and 12 million have had to flee their homes.

So why are the RSF and the military committing "The world's largest humanitarian crisis"? (United Nations) In 2023, both opposing sides ruled Sudan together, but after a pro-democracy movement commenced, the sides turned against each other. Here are some important things to note: The RSF were originally a branch of Janjaweed (an Arab militia that had connections to the United Arab Emirates).

When the Janjaweed made its appearance in the 2000s, they had been accused of genocide and "ethnic cleansing" (Human Rights Watch, 2004) "against non-Arab and Black African groups in Darfur". The government has admitted to providing the Janjaweed with weaponry and resources at the time, which resulted in mass killings and sexual violence, such as rape, against the opposition.

By 2013, the Janjaweed was formally named



UNHCR

Thousands are still fleeing Sudan daily after one year of war.

the RSF. The military on the other hand is being supported by Egypt, as they "prefer a military-run government in its southern neighbour." (PBS News, 2025). The extent of supplies given to the Sudanese military from Egypt is unknown, but it can be assumed to be a significant amount.

This brings us to present day Sudan, where the RSF are being held liable for mass civilian murder, as well as immense amounts of sexual violence. These crimes are most predominately affecting women and young girls, with major targets on non-Arabs and ones in conflict zones.

These accounts of sexual violence are now being called a weapon of war. The military is also guilty of non-sexual violence, including airstrikes and bombardment.

So, how do we go up from here? The U.S. has recently brought together the UAE, Egypt and Saudi Arabia for a mediating group called the "Quad" in hopes of putting together a peace plan. This calls for three months of a humanitarian truce and then a nine-month political process.

On Nov. 5, the RSF has reportedly agreed to the Quad, but the Sudanese military have stated they will only agree when the RSF completely withdraws from civilian areas and give up their weapons. The U.S. is currently working to form a truce between the two sides, and it has apparently "failed", officials say.

Now the Trump administration is working to

get outside powers such as the United Arab Emirates and Egypt to stop providing inside support. Trump's team is saying "There is no better country for the job". The direct path from here is unknown, but it is encouraged not to lose hope.

**SOURCES:**

Articles

*Sudan war: A simple guide to what is happening The role outside powers are playing in Sudan's continued, brutal war | PBS News.*

*Janjaweed | Militia, Sudan, Meaning, & RSF | Britannica*

*Darfur Destroyed: Ethnic Cleansing by Government and Militia Forces in Western Sudan | HRW.*

**BRIDGEWATER SENIOR CITIZENS CARD GROUP RESULTS**

The Bridgewater Senior Citizens Group met on January 21 for a game of Auction 45's.

Winners were: Ladies' high, Wilma Dorey, 1055; Men's high, Neil Emeneau, 910; Runners up Ethel Andrews, 1040 and Shirley Banfield, 1010. Winner of the 50/50 draw was Ethel Andrews. Winners of 30 X 60 bids were Wilma Dorey, Melda Croft, Ken Edwards, Ethel Andrews (twice) and Gary Aulenback (twice).

Card parties are held on Wednesday afternoons at 1:30 in the Masonic Hall on Dominion Street. New members always welcome.

**GOLDEN YOUTH CLUB CARD PARTY RESULTS**

The Golden Youth Card Club met on January 22nd for a game of Auction 45's. The winners were: Ladies high, Marie Rafuse, 960; Ladies second, Phyllis Meisner, 945; Men's high, Dave Rockwell, 955; Men's second, Ken Edwards, 860; Low Score, Russell Mosher, 515; Lucky Tally, Linda Demond; Travel Prize, Wilma Dorey; 50/50 Winners: Jim Hebb and Neil Emeneau.

Card parties are held every Thursday afternoon at 1:30pm at the Pleasantville Fire Hall. New members (age 55+) are welcome to attend. Light lunch provided.



**Town of Mahone Bay**  
**2026 Special Municipal Election**

The Town of Mahone Bay Special Municipal Election will be held on Saturday, FEBRUARY 14, 2026.

The election will be entirely online or by phone using a unique PIN (Personal Identification Number). Electronic voting will be available from **8am on February 5th 2026** until the close of voting at **7pm on Election Day, February 14th 2026**.

For those who require assistance with electronic voting, you can visit Town Hall between the hours of 9am and 4pm on weekdays from February 5th to February 13th and on Election Day from 8am to 7pm.

<b>OFFICE</b> Councillor	<b>CANDIDATES</b> Kevin Boon Michelle Gryphon Bill Lewis Katherine McCarron Cathie Slaughenwhite-Nowe
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A Mobile Poll will be set up at Mahone Nursing Home, 198 Main St, Mahone Bay for residents only on Saturday, February 14, 2026.

**ASSISTED VOTING LOCATION:** Mahone Bay Town Hall, 493 Main Street

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**ADDITION TO THE LIST OF ELECTORS**

If you have not received a Voting PIN in the mail prior to the beginning of voting, or are not on the Town of Mahone Bay List of Electors, but are otherwise qualified to vote, you may contact Clare Blyth, Assistant Returning Officer, 493 Main Street, Mahone Bay, NS (902-521-2487). In order to be added to the list, you need to provide ID.

Dated at Mahone Bay, Nova Scotia this 21st day of January, 2026

Eric J. Levy, Returning Officer  
Town of Mahone Bay

D9221

## Those were the days

*Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, January 28, 1964.*



**Value-wise shoppers**  
**SHOP HERE!**

<p><b>OLD HOMESTEAD</b> <b>Strawberry Jam</b> 24 oz. bottle—Just — 59c</p>	<p><b>GRAVES</b> <b>BAKED BEANS</b> In Tomato Sauce 20 oz. tins — 5 for 95c</p>
<p><b>BARLEY FLOUR—5 lb. bag — 59c</b></p>	
<p><b>TANCOOK</b> <b>SAUERKRAUT</b> Only — 25c ctn.</p>	<p><b>COD</b> <b>FISH BITS</b> Only — 29c lb.</p>

Remember we pay PATRONAGE DIVIDENDS on all purchases to new members as well as old members. Please inquire for details.

SHOP AND SAVE TODAY AT  
**NEW GERMANY FRUIT CO. LTD.**  
GENERAL STORE — FLOUR & FEED  
PHONE 18 NEW GERMANY, N.S.

[www.southshorebulletin.ca/Archives](http://www.southshorebulletin.ca/Archives)

D9043



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# George Fletcher Invitational right around the corner

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

LIVERPOOL – The stage has been set for the third annual George Fletcher Memorial Tournament that will be held Feb. 13-16 with a full 18 teams competing in four age categories.

The U11 and U13 games will be played Feb. 13 and 14. The U15 games will happen Feb. 15 and 16 and the U18AA games will run Feb. 15 and 16 with one additional game played on the evening of Feb. 14.

All participating teams are guaranteed three games.

Teams competing include: U11 – Shelburne, Queens, West Hants, Clare/Digby. U13 – TASA, Shelburne, Halifax, Queens. U15 – Bedford, Queens, Yarmouth, Shelburne. U18AA – Cape Breton West, Chebucto, Pictou, Queens, Sackville, Truro.

The schedule and results can be found at: [georgefletcher.grayjayleagues.com](http://georgefletcher.grayjayleagues.com).

In the first two years of the tournament, it was run as an invitational event for just the U18AA teams. This year, tournament chair, Mallory Plummer, said they felt that it was “important to expand the tournament to include additional age divisions, allowing more of our minor hockey players the opportunity to participate in a tournament held in George’s honour.”

Plummer said the tournament was named in honour of Fletcher, because of his love for promoting and being a part of youth sports.

“George Fletcher was known for his kind heart, positive outlook, and genuine love for people. From a young age, he enjoyed an active life centered around family, sports, and friendships, which car-

ried through into adulthood,” said Plummer.

“He dedicated much of his life to supporting others – whether through his work as a teacher’s assistant at Liverpool Regional High School or through his many hours spent at the rink and ball field as a coach, official, and proud father. He truly loved being around people, connecting with the community, and cheering on the game he loved. George will always be remembered for his warm smile and the way he made everyone feel welcome.”

Plummer said the sport from the teams and the broader community has been “overwhelmingly positive. The tournament committee has been encouraged by the strong support from local sponsors, community members and minor hockey teams.

“All divisions filled quickly and waitlists are now in place for every division. This level of interest reflects the community’s enthusiasm for the event and its commitment to celebrating the game of hockey and George Fletcher’s legacy.”

Plummer encourages everyone to come down to the rink and get in on all the fun.



George Fletcher

## SPORTS SHORTS

- Sarah Mitton won her first indoor meet of the year – the Knights of Columbus indoor meet in Saskatoon, Saskatchewan Jan. 22-24. She threw a meet-best, 20.22 metres.

- The South Shore Jr. C Schooners won two

straight this past weekend, defeating the Spryfield Attack 6-3 Jan. 24 in their latest game. On Jan. 23, they defeated the Newport Titans 7-3. They are currently in sixth place with a record of 9-12-2-1 for 21 points. They will host East Hants Jan. 30 at 7:30 p.m.



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## Five candidates, five perspectives in Mahone Bay council by-election

Continued from page 1

an example of spending she questions.

"It's going to look lovely," she said, "but as far as the taxpayers are concerned, it's not going to make their power bill less or their water bill less."

### KATHERINE MCCARRON: POLICY, INFRASTRUCTURE, AND THE LONG VIEW

Katherine McCarron has lived in Mahone Bay for nine years and brings experience from working on town committees, including the land use bylaw review. She says that work opened her eyes to how much municipal policy shapes everyday life.

"Decisions made at a policy level affect the quality of life for people living in the town," she said. "Issues around land use or tax policies really affect how the town is organized and who lives here."

McCarron points to aging infrastructure as a top concern, particularly the town's water system. After drought conditions last summer, she says the issue has become impossible to ignore.

"The pipes leading from the lake to the water treatment plant are leaking," she said. "That's serious. It has to be addressed."

At the same time, she praises Mahone Bay's environmental leadership, citing renewable energy projects and shoreline protection efforts.

"I really applaud all those initiatives," she said, adding that she would like to see the town explore ideas such as car-sharing and better regional transit. "Let's coordinate Lunenburg, Mahone, Bridgewater finally got theirs," she said. "Let's get a loop that brings us from here to there."

### KEVIN BOON: LISTENING, BALANCE, AND BRINGING PEOPLE TOGETHER

Kevin Boon moved to Mahone Bay five years ago from Ontario and says he quickly connected with the town's character.

"I appreciate the small-town feel, the friendliness of people, and the fact that it's not over-commercialized," he said.

Boon has spent most of his career working as a consultant supporting small and medium-sized businesses, often on community-focused projects. Locally, he is active in cultural life, volunteering with the Shantymen vocal group and hosting the Saltbox Open Mic.

He says his decision to run came from conversations with residents who feel the town is facing several overlapping challenges.

"We're navigating affordability issues, infrastructure issues, and housing issues all at once," he said. "There's complexity to it."

Boon describes council's role as balancing long-term vision with day-to-day realities, particularly in a tourist town.

"It's about providing the conditions that allow our businesses to thrive," he said, "but also attracting other businesses that create meaningful work in the community."

Rather than presenting a fixed platform, Boon says his strength lies



Cathie  
Slaughenwhite-Nowe



Katherine  
McCarron



Kevin  
Boon



Michelle  
Gryphon



Bill  
Lewis

in collaboration. "I'm really good at bringing people together," he said. "Understanding complexity and helping steer groups toward decisions."

### MICHELLE GRYPHON: GIVING FAMILIES A VOICE

Michelle Gryphon is running as a parent of two young children who has chosen Mahone Bay as her family's "forever home." She says her motivation is simple: families and young people need a stronger voice on council.

"Young people and families are underrepresented on council, and representation matters," she said.

Gryphon also lives in a multi-generational household, with her mother and stepfather living with her, giving her perspective on both aging in place and the pressures facing working families.

"I have lots of single friends who are struggling with housing affordability," she said. "I just want to bring a new perspective to council."

While she has not served on municipal committees, Gryphon has years of experience organizing and hosting trivia events across the South Shore and has worked in the hospitality industry. She says those roles have helped her develop communication and organizational skills.

"I don't struggle with public speaking," she said with a laugh. "I'm used to hecklers."

Her priorities include accessible childcare, which she describes as a pressing gap in the community.

"I drive 100 kilometres a day to Chester for daycare," she said. "It's bonkers that we don't have childcare in Mahone Bay."

She also points to the need for affordable housing and more community amenities, from recreational spaces to a library and revived town celebrations.

### BILL LEWIS: FINANCE, ACCOUNTABILITY, AND PAYING BACK

Bill Lewis has lived in Mahone Bay for seven years and is making his second run for council. He holds an MBA in finance and spent much of his career in senior positions with IBM in the United States, often working overseas.

"If you're blessed with good fortune and good health, it's time to pay back," he said, explaining his motivation for running.

Lewis focuses heavily on affordability, which he links to financial management and transparency at the municipal level.

"If a community has an existential threat, it's usually not external," he said. "It's internal, and that threat is deficit spending."

He expresses concern about debt, borrowing, and what he sees as a lack

of clarity around municipal finances, including delays in audited financial statements and the amount of council business conducted in camera.

"There's very little transparency," he said. "It's difficult to understand what's going on if you're not on the inside."

Lewis argues that council has a fiduciary responsibility to residents, particularly retirees living on fixed in-

comes. "Those limited resources need to be allocated in a responsible manner," he said.

Residents will have an opportunity to engage with the people seeking to win a council seat at an all-candidates forum hosted by the Mahone Bay Tourism and Chamber of Commerce at the Mahone Bay Centre gym, on Wednesday, Feb. 4. Doors open at 6:45pm.

## Community Events: January 28 - February 3, 2025

### WEDNESDAY, JANUARY 28

**Imagination Playground** at HB Studios Sports Centre from 9:30 to 11:30 AM.

**Fitness Classes** at the Mahone Bay Centre, 45 School St., Mahone Bay from 9 to 10 AM.

**Yoga Flow with Kim** at April Williams Salon & Spa, 709 Main St., Liverpool from 10 to 11 AM.

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 7 to 8:30 PM.

**Bright & Lion Touch Rugby** at HB Studios Sports Centre from 8 to 9 PM.

### THURSDAY, JANUARY 29

**Young at Heart Seniors Drop In** at the Mahone Bay Centre, 45 School St., Mahone Bay from 1 to 4 PM.

**Crafternoon** at The Hungry Traveler, 10117 Lighthouse Rte., Lunenburg from 1 to 3 PM.

**Mahjong Club** at the Mahone Bay Centre, 45 School St., Mahone Bay from 2 to 4 PM.

**Free Drop-in Programs** at Liverpool YMCA Youth Centre, 40 Water St., Liverpool from 2:30 to 5 PM.

**Family Game Night** at the Mahone Bay Centre, 45 School St., Mahone Bay from 4:30 to 6:30 PM.

**Bridgewater Toast Master Club** at NSCC Lunenburg Campus, 75 High St., Bridgewater from 6 to 7 PM.

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

### FRIDAY, JANUARY 30

**Keep on Track** at HB Studios Sports Centre, 543 Glen Allan Dr., Bridgewater from 10 AM to 12 PM.

**Clickety Clack Knitters & Crafters** at DesBrisay Museum, Jubilee Rd., Bridgewater from 1 to 3 PM.

**Book Club for "The Spoon Stealer"** by Lesley Crewe at the Hungry Traveler, 10117 Lighthouse Rte., Lunenburg from 6:30 to 8 PM.

**Music Bingo with Heidi** at King Street Beer, 463 King St., Bridgewater from 7 PM.

### SATURDAY, JANUARY 31

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

**Yoga Flow with Kim** at April Williams Salon & Spa, 709 Main St., Liverpool from 10 to 11 AM.

**Craft Saturdays** at Mahone Bay Museum, Mahone Bay from 12 to 4 PM.

**Take the Roof Off Winter** at Woodland Gardens, 130 Jubilee Rd., Bridgewater from 1 to 4 PM.

**Jon Rains** at King Street Beer, 463 King St., Bridgewater from 7 to 9 PM.

**Lighthouse Route ROCKS** at Route 3 Cellar Taproom and Grill, 8 MacLeod St., Liverpool from 7:30 to 10:30 PM.

### SUNDAY, FEBRUARY 1

**Three Churches Foundation Soup-er Fundraiser** at Trinity United Church, 101 Edgewater 101 St., Mahone Bay from 10 AM to 1 PM.

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 11 AM to 12:30 PM.

**Ultimate Frisbee** at HB Studios Sports Centre, 543 Glen Allan Dr., Bridgewater from 11 AM to 12:30 PM.

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

### MONDAY, FEBRUARY 2

**Fitness Classes** at the Mahone Bay Centre, 45 School St., Mahone Bay from 9 to 10 AM.

**Imagination Playground** at HB Studios Sports Centre from 9:30 to 11:30 AM.

**Regular Meeting of Town Council** at Town Hall - Town of Bridgewater, Pleasant St. from 6 to 8 PM.

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 7 to 8:30 PM.

### TUESDAY, FEBRUARY 3

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

**YMCA Youth Leader Program** at 40 Water St., Liverpool at 2:30 PM.

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

# Shell-a-brate good times

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

SOUTH SHORE – Lobster mania is about to hit the South Shore as the calendar changes for the ninth annual Nova Scotia's Lobster Crawl with events for every age, every interest, happening along the South Shore as we prepare to celebrate Nova Scotia's beloved crustacean.

Dozens of events from darts to paint nights, makers markets, music, workshops, tours and overnight stay and play packages will be happening all month. New events will be listed each day.

The crawl is in its ninth year, sponsored by the South Shore Tourism Cooperative (SSTC). For detailed information, go to [www.lobstercrawl.ca](http://www.lobstercrawl.ca).

Stephanie Miller Vincent, co-ordinator of the SSTC, said, "The fact that this has gone on so long, speaks to the success. It continues to grow in numbers of businesses participating and number of events which of course more people are crawling the South Shore," she said.

"It's also great for South Shore Tourism because it always attracts new businesses to be members of the cooperative. It gives us, as an organization, new visibility every year which is cool when we're promoting year-round tourism on the South Shore."

Annual highlights include:

- The emergence of Lucy the Lobster at 8 a.m. Feb. 2 at the Cape Sable Island Causeway. Everyone is invited to head on down and enjoy the fun.
- The Lobster Roll-Off is another big

event, happening the day after, Feb. 3 at the Quarterdeck Resort. Tickets are on sale at [www.lobstercrawl.ca/tickets/](http://www.lobstercrawl.ca/tickets/). They will be available until Jan. 31 or until they are sold.

The event happens from 6 to 8:30 p.m. and there is nothing better than watching to see what cook comes up with the best creation and get a few samples along the way.

Nova Scotia's own Kilted Chef will emcee, give a few tips and keep the travel media judges on task. This year judges will be coming from Quebec, the Boston area and the U.K.

This year's contestants include: 27 South Restaurant; Bridgewater Local Public House, Capt. Kat's Lobster Shack (2025 winner), Grand Banker Bar & Grill, Osprey's Nest Public House (2025 People's Choice win-

ner), Route 3 Cellar Taproom & Grill, The Emerald Light, The Quarterdeck Resort (2025 2nd place winner, The River Pub, The Savary Plate Eatery and Pizzeria, Waves Seafood & Grill and White Point Beach Resort.

• The Lobster Chowder Chowdown Showdown has become a very popular event. This year it happens Feb. 8 at the Black Loyalist Heritage Centre. Just to prove how popular it is – it is sold out.

• The second annual 5K lobster crawl happens at the Lunenburg County Lifestyle Centre in Bridgewater. Will be held Feb. 28 and the crawl, run and walk route will take participants along the Centennial Trail to and from the LCLC.

*Continued on page 20*

## United Way of Lunenburg County marks milestone with 500th donated smartphone

*Continued from page 2*

Graves describes the phones as "lifelines." Without them, many people can't apply for jobs, book appointments, access online banking, or even be reached by support workers. In rural communities, where transportation can be limited and costly, a smartphone can replace multiple trips to town.

One story still stands out for Graves. After United Way provided a phone to a woman at Harbour House, he received an e-mail weeks later thanking him. She wrote that the phone helped her in ways she never imagined. "You have no idea who's on the other end of that line," Graves said. "And you have no idea how much it means."

The program didn't receive instant enthusiasm from everyone. Graves ad-

mits the local board was initially lukewarm. But over time, the impact became undeniable. Today, United Way also refurbishes and distributes laptops, about 100 so far, helping people search for work, build computer skills, and stay connected with family.

Hitting 500 phones is something

Graves once thought inconceivable. "None of us ever imagined that number," he said. "But here we are."

For those looking to donate old smartphones, Graves says the best way to connect is through United Way of Lunenburg County on Facebook or by reaching out directly.



**NOTICE OF APPROVAL**

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

TAKE NOTICE THAT on January 15, 2026 Chester Municipal Council approved a Development Agreement with ARW Developments Ltd. For Rum Runners Lane, Barkhouse Road located in Martins Point (PID 60664818) to build 11 single unit dwellings in addition to the existing 5 structures on the 24.6-acre lot.



This decision of Council can be appealed to the Nova Scotia Utility and Review Board (phone 1-902-424-4448) 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

D9205



## BOWLING

### Pajo's Bowling Alley League Stats

<p><b>Lucky Strikes League, Jan. 9:</b> H.S.: Cathy Swinemar 112; H.T.: Cathy Swinemar 307; H.S.: Mike Zinck 136; H.T.: Shawn D'Eon 381; T.H.T.: Splits and Giggles 1656</p> <p><b>Mickey Mouse League, Jan. 11:</b> Weather Cancellation</p> <p><b>Men's, Jan. 12:</b> Weather Cancellation</p> <p><b>Ladies, Jan. 13:</b> H.S.: TiTany Berringer 123; H.T.: TiTany Berringer 321; T.H.T.: Lil Rascals 1857; Bowling 300's: Kim Veinotte 316</p> <p><b>Canexcel, Jan. 14:</b> H.S.: Ariana Feener-Berringer 121; H.T.: Ariana Feener-Berringer 341;</p>	<p>H.S.: Mark Knickle 154; H.T.: Mark Knickle 378</p> <p><b>Money League, Jan. 15:</b> H.S.: Courtney Tremere 141; H.T.: Courtney Tremere 329; H.S.: Colton Whitman 141; H.T.: Colton Whitman 406; T.H.T.: Tuckin' FenPin 1529</p> <p><b>Youth League, Jan. 10: Bantam.</b> G.H.S.: Abby P 61</p> <p><b>Junior:</b> G.H.S. -Soraya W 100; G.H.T.: Soraya W 268; B.H.S.: John J 111; B.H.T.: John J 264</p> <p><b>Peewee.</b> B.H.S.: Hudson M 63; B.H.T.: Hudson M 169</p> <p><b>Bantam.</b> B.H.S.: Avery F 83; B.H.T.: Avery F 224</p>
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## PUBLIC INFORMATION MEETING

### Proposal to permit commercial uses at PID# 60738093 by way of amendments to the Village of Chester Secondary Planning Strategy and Land Use By-law

**What:** Public Information Meeting to provide information and solicit comments on proposed amendments to the Chester Village Secondary Planning Strategy (VSPS) and Village Land Use By-law (VLUB).

**When:** Wednesday February 4, 2026, beginning at 6:00 pm

**Where:** Council Chambers, 151 King Street, Chester

**What is it:** Council has directed Staff to undertake public participation as part of preparation of draft amendments to the VSPS and VLUB to permit non-institutional-related commercial land uses in addition to continued institutional uses at the former train station lands at 20/26 Smith Street in the Village of Chester (PID# 60738093) where commercial use would not be permitted otherwise in the Institutional Area and Institutional Zone.

**How can I have my say?**  
The meeting is designed to provide information on the proposed amendments and allow for comments, questions, and ideas to be shared. You may also contact Planning staff directly to ask questions or let us know your thoughts on the proposal.

Staff have been directed to prepare a report outlining the proposed amendments. The report will be considered by the Municipal Planning Advisory Committee to receive a recommendation. The report and recommendation will then be considered by Council before making a final decision following a Public Hearing.

Notices with the date, time and location of future meetings will be posted in a local newspaper, on our website, on Municipal Social Media and at the Municipal Office. Council Meetings are open to members of the public and are also streamed live on YouTube (<https://www.youtube.com/user/modcvideo>).

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# LIFESTYLES

## Birding near and far

**JAMES HIRTLE**

*Bird Notes*

On Jan. 17, Ethan Sarty and I set off for New Glasgow on a quest for the tufted titmouse.

We drove there and waited five-and-a-half-hours in the cold for the bird to appear, of which it did not. We did see 17 species of birds while waiting for the titmouse. Highlights were a ring-necked pheasant, a pileated woodpecker, 170 cedar waxwings and 70 bohemian waxwings.

I was unable to find a pileated woodpecker since Dec. 1 for my winter list and also for my 2026 year list, so I was happy to see one. The funny part about it is that on Jan. 18, I was sitting by the Tim Hortons in Bridgewater, up by Giant Tiger, when a pileated woodpecker flew by. I then saw another one in Pleasantville.

On the way home Jan. 17, Ethan and I stopped by Shubenacadie to see if the sandhill cranes were still around. We did not find them, but on the Shubenacadie River we saw 60 Canada Geese, 110 American black ducks, 200 mallards and 15 northern pintails. It was great to spot so many waterfowl in one location. Two ring-necked pheasants were also seen there.

We only had 27 species for the day. Ethan drove back up to New Glasgow the next day. He arrived at 09:00 and the titmouse was there. I'll now need to make another trip. Ethan, on Jan. 18, also got to see a glaucous gull at the Haliburton Gut.

Going back a few days to Jan. 15, I went birding to Lunenburg, Blue Rocks, Stonehurst, First Peninsula, back to Lunenburg and the Bay to Bay Trail, to Bayport, Rose Bay, Riverport and back to LaHave. I saw 33 species.

Highlights of that outing were lots of Iceland gulls on the Lunenburg waterfront, one yellow-rumped



JOSIE MUNRO PHOTO

A pileated woodpecker caught on camera in Bridgewater Jan. 18.

perched on the wires over the road in Bayport.

For you gardeners out there, I came across this while birding in Falmouth. I don't know the author, but liked it, and thought it would be nice to share this:

*The kiss of the sun for pardon  
The song of the birds for mirth  
One is nearer God's heart in a garden  
Then anywhere else on earth.*

This is from awhile back, but Madeline Boliver of Dayspring had a red-bellied woodpecker at her place on Nov. 28. As of Jan. 13, Jennifer James of Rose Bay still had a Baltimore oriole coming to her feeders.

On Jan. 14, Steven Morris spotted a northern pintail at Second Peninsula. Kevin Lantz had a pine warbler show up at his place at Front Centre. On Jan. 16 Lise Bell sighted a northern goshawk and an American kestrel at Bush Island.

On Jan. 17, Kevin Lantz spotted a Bohemian waxwing at Front Centre. On Jan. 18 Minga O'Brien reported a killdeer about an hour's walk from Green Bay but towards Broad Cove.

With the start of February, the Depths of Winter List will begin. This is a list of birds seen across Nova Scotia for the month of February.

On Jan. 14, Kelly Sue O'Connor spotted 120 common redpolls at Gilbert's Cove. On Jan. 16, Jake Walker reported a white-crowned sparrow and 12 brown-headed cowbirds at Torbrook Mines. As of Jan. 18, a Carolina wren continued to be seen in Lower Sackville. Steven Morris had a peregrine falcon at Hartlen's Point.

On Jan. 19, Yvan Sarlieve sighted two Eurasian wigeons at Rainbow Haven. Bertin d'Eon saw three black-bellied plovers on an unnamed island in Yarmouth County. Snowy owls continue to be seen in Yarmouth, Lockeport and at Hartlen Point.

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

## Multi-cat household harmony:

### *Reducing stress, resource guarding and littler box issues*

**ASHLEY KIPPERS**

*SHAID Tree Animal Shelter General Manager*

Sharing a home with more than one cat can be a wonderful experience. Many cats co-exist happily and form close bonds – but sometimes, challenges do arise. When they do, it's usually not because anyone is doing anything "wrong," but because cats have very specific needs around space, routine, and resources. The good news is that the most common issues can be managed with a few thoughtful strategies.

One of the most frequent sources of tension in multi-cat homes is competition for resources. Cats may guard food bowls, sleeping spots, or even people if they feel those resources are limited. A simple way to reduce this stress is to provide more than enough of everything. Ideally, each cat should have access to their own food and water stations, scratching posts, and resting areas spread throughout the home rather than clustered in one spot.

Litter box problems are another common concern. Even well-trained cats may start avoiding the box if they feel crowded or unsafe. The general guideline is one litter box per cat, plus one extra, placed in quiet, easily accessible locations. Keeping boxes clean and using a litter your cats prefer can also make a big difference.

Environmental enrichment plays an important role in harmony as well. Vertical spaces like cat



ASHLEY KIPPERS PHOTO

Taco is a shy, sensitive four-month-old tabby female cat looking for a new home.

trees, shelves, and window perches allow cats to share territory without constant face-to-face interaction. Regular playtime helps burn off stress and excess energy, while predictable routines can help cats feel secure in their environment.

If a new cat is being introduced, slow and gradual introductions are key. Scent swapping, separate spaces, and patience give cats time to adjust and reduce the likelihood of long-term conflict.

*Continued on page 19*

## Date Muffins

### INGREDIENTS

- 2 heaping tbsp butter
- 3/4 cup brown sugar
- 2 eggs
- pinch salt
- 1/2 tsp vanilla
- 1/2 tsp cinnamon
- 3/4 cup sour milk (1 tsp vinegar added to milk)
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 lb dates

### PREPARATION

1. Cream butter and sugar together.
2. Add well-beaten eggs.
3. Add salt, cinnamon, vanilla and dates (sour milk and soda)
4. Baking powder and flour.
5. Stir all ingredients until mixed. Do not overmix.
6. Bake at 350 ° for 20 - 30 min.

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

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

## LIFESTYLES

## Maybe I can...

**SUSANNE BECK**  
Reality Check

When many of us lost power during the recent snowstorm, our habitual routines were disrupted. While even I am not old enough to remember cozy gatherings around oil lamps in the pre-electricity days, I understand it was not all “bad old days.” But our expectations, what we consider essential to be satisfied, have certainly changed over the years, haven’t they?

However, we do have some control over whether we are satisfied or not. According to Choice Theory, we are constantly weighing what we want against what we perceive that we have. If they match nicely, then we are satisfied, at least to some degree. If not, well, then we’re not satisfied.

What wasn’t matching our expectations? In many cases, heat, lights, even human connections were disrupted without phones or internet. It all contributes to dissatisfaction; to a sense that things are out of control.

Is resiliency helpful in the face of dissatisfying situations? I would say yes. For example, consider what you do when you feel strong, powerful and in control. Now, what do you do when you feel anxious or miserable? Do you find it a little easier to muster “can-do” energy when you’re feeling capable and positive?

If so, then how might we increase our resiliency? Difficulty can be easier to handle if we can approach from the viewpoint that we have some control over what we do. We can do something, and it could have a positive effect on what happens.

Sometimes people are held back from taking any action because they believe it must be big, impactful, noticeable; the mindset of, “Go big or go home.” If that holds you back, then I suggest starting small.

Start with mindset. Try this, “Maybe I don’t have to look at this as a disaster. Maybe I can get a positive outcome, even if it’s not the one I originally wanted.”

Even less ambitious, “It’ll be different than usual but maybe I can still have a satisfying day.”

What can help us develop a “Maybe I can” mindset? It may be as simple as deciding that we can, and will, take control of our own attitude, regardless of the difficulty around us. It helps to know that progress is happening, the possibilities exist.

It’s easy to lose perspective if we are surrounded by negative messages. There are plenty of them, too. I’m sure you can easily find stories of bad things that people do, of looming disasters, fears of the future, and so on.

However, we can guard against that to some degree. For example, I deliberately seek out sources

of optimistic news. I’m not looking for Pollyanna feel-good fakery, but real stories of progress and optimism. They exist. There are new treatments for disease, new seeds that improve food production, and even extinct animals found not to be extinct after all, as just a few examples.

Just because progress doesn’t make the news doesn’t mean it’s not happening. And while much of it may not be relevant to us, it can help to contribute to a mindset that good things happen. Not just bad things. Good things.

We can’t control whether the power goes off. However, maybe we can control how we react to that and to the many other difficulties that pop up, one after another. And when we change to a mindset that sees possibilities, our reality also changes. How so?

Because from that mindset, we’re more inclined to say, “Maybe I can make that phone call. Maybe I can find that information. Maybe I can solve that problem.” And any of those “maybes,” turned into action, could lead to a different, better reality.

How do you work through difficult times? Let me know at [choice@focusonclarity.com](mailto:choice@focusonclarity.com) or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~

*Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute*

## Employee experience isn’t a soft idea

### It’s a revenue strategy

**STEPHANIE MILLER VINCENT**  
Business Moments

For years, employee experience has been filed under culture. Nice to have. Sure, it’s Important, but it’s not urgent and maybe even a buzz word.

That thinking is costing businesses way more than they realize.

When most leaders hear “employee experience,” they picture team lunches, appreciation posts, maybe the occasional staff survey. Those things aren’t bad but they’re missing the point. Employee experience isn’t really about perks, it’s about how work feels, day to day, when no one’s watching, when there’s no fluff, just fact.

That feeling shows up, clear as day on the profit and loss statement.

I’ve spent decades inside customer-facing businesses, and most importantly, inside the numbers. What I keep seeing is leaders chasing costs while completely ignoring the real conditions that create them.

Service inconsistency gets blamed on “this generation.” Waste gets blamed on forecasting. Turnover gets blamed on the labour market.

But underneath all of it? It’s the same leak.

When employees feel rushed, unseen, unsupported, or like they’re constantly fixing broken systems, they stop caring, in small ways at first. Things get a little sloppy, the communication gets shorter, and shortcuts start creeping in. This isn’t because people are lazy, but because they’re protecting their energy in an environment that isn’t protecting them back.

That’s when the rate of errors increases, when standards start slipping. That’s when customers feel the difference, even if they can’t quite put their finger on it.

Most leaders don’t connect these dots because employee experience has always been framed as

emotional, not operational. It’s been thought of as soft, not strategic. Mark my words, the businesses that are actually outperforming right now are the ones that understand what the rest are missing: *employee experience is how strategy gets executed.*

If your team doesn’t feel safe asking questions, errors multiply. If they don’t feel trusted, they stop thinking ahead. If they don’t feel respected, they stop offering discretionary effort and that’s the effort that separates “fine” from exceptional.

Here’s the part a lot of leaders miss: customers sense this long before owners do.

They feel it in slower service, uneven quality, a lack of warmth that no marketing campaign can fix. When that happens, leaders often double down on systems and cost controls which just tightens the very conditions that caused the

problem in the first place.

I’ve seen the loop and it’s an expensive one.

Retention isn’t usually about pay alone, either. People leave because the work environment erodes their sense of competence, dignity, or belonging. Replacing them costs far more than fixing the experience would but somehow the replacement cost gets accepted as inevitable, while the root cause just sits there, untouched and even ignored.

The businesses thriving right now aren’t spending wildly. They’re spending intentionally. They’re designing workplaces where expectations are clear, leadership is present, and people feel supported enough to actually care again.

That’s not soft. That’s smart.

*Continued on page 19*

IN THE MATTER OF: The Companies Act, Chapter 81, R.S.N.S., 1989 as amended  
-and-

IN THE MATTER OF: An Application of THOMAS KAULBACK TRUCKING LIMITED for Leave to Surrender its Certificate of Incorporation and Certificate of Name Change.

NOTICE IS HEREBY GIVEN that THOMAS KAULBACK TRUCKING LIMITED intends to make application to the Registrar of Joint Stocks Companies for leave to surrender its Certificate of Incorporation and Certificate of Name Change pursuant to Section 137 of the Companies Act (Nova Scotia).

DATED January 20, A.D., 2026.

J. Philip Leefe, KC  
Power, Leefe, Reddy & Rafuse  
84 Dufferin Street  
Bridgewater, Nova Scotia B4V 2G3  
Phone 902-543-7815  
Fax 902-543-3196  
Solicitor for Thomas Kaulback Trucking Limited

D9198

Lunenburg, N.S.

## TIDE TABLE

Wednesday, January 28		Sunday, February 1	
high	5.48 ft 3:02 AM	low	1.54 ft 1:44 AM
low	1.38 ft 10:26 AM	high	6.3 ft 7:23 AM
high	4.59 ft 4:07 PM	low	0.16 ft 2:16 PM
low	2.1 ft 10:32 PM	<b>Full Moon</b>	<b>6:09 PM</b>
Thursday, January 29		Monday, February 2	
high	5.54 ft 4:21 AM	low	1.38 ft 2:34 AM
low	1.05 ft 11:33 AM	high	6.43 ft 8:11 AM
high	4.89 ft 5:28 PM	low	0.1 ft 3:01 PM
low	1.97 ft 11:44 PM	high	6.17 ft 8:57 PM
Friday, January 30		Tuesday, February 3	
high	5.81 ft 5:31 AM	low	1.28 ft 3:22 AM
low	0.69 ft 12:34 PM	high	6.4 ft 8:58 AM
high	5.28 ft 6:31 PM	low	0.2 ft 3:43 PM
low	1.74 ft 12:48 AM	high	6.27 ft 9:39 PM
Saturday, January 31		Wednesday, February 4	
high	6.07 ft 6:30 AM	low	1.28 ft 4:08 AM
low	0.36 ft 1:27 PM	high	6.27 ft 9:43 AM
high	5.64 ft 7:24 PM	low	0.49 ft 4:25 PM
		high	6.23 ft 10:19 PM

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

# PUZZLES & MORE

## The Weekly Crossword

by Margie E. Burke

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21			22				
			23			24		25						
26	27	28					29		30				31	32
33				34				35						
36			37			38				39				
40				41	42				43	44		45		
46							47				48			
		49				50		51						
52	53						54		55			56	57	58
59					60			61						
62					63						64			
65					66						67			

### ACROSS

- 1 Comedy routine
- 5 Grouchy Muppet
- 10 Greenish-blue
- 14 Colombian crop
- 15 Woodworking tool
- 16 Stare flirtatiously
- 17 Out of the blue
- 19 Romances
- 20 Jon Hamm series
- 21 Adds to, in a way
- 23 Rush order?
- 25 Far from wordy
- 26 Crude dwellings
- 30 FBI folks
- 33 Young billy
- 34 Branch of dentistry
- 36 One to worship
- 38 Ewe's mate
- 39 Smoker's puff
- 40 Dependability
- 45 One of the Gershwins
- 46 Stereo knob
- 47 Ancient Italian
- 49 Bird feeder fill
- 51 Turbaned Punjabi
- 52 In bad shape
- 55 Band tour toter
- 59 It comes to mind
- 60 Breathing aid
- 62 Let off steam
- 63 Pull strings?
- 64 Sea eagle
- 65 A chip, maybe
- 66 That and that
- 67 Places for props

### DOWN

- 1 Pond crud
- 2 Hawaiian coffee
- 3 Tended to a sprain
- 4 IRS worker
- 5 Alfresco
- 6 Utah airport inits.
- 7 "Black Bag" actress
- 8 With regard to
- 9 Lucille Ball, e.g.
- 10 Charlie \_\_\_\_ of "Charlie's Angels"
- 11 Self-absorbed
- 12 Tissue additive
- 13 More or \_\_\_\_
- 18 Marinara alternative
- 22 Jason's ship
- 24 Dish in a lab
- 26 Hula or hoop follower
- 27 Playground quarry
- 28 Young person
- 29 Kind of oil
- 31 Bejeweled headwear
- 32 "Cosmos" creator
- 35 Strikes
- 37 Set free
- 41 Downwind
- 42 Canopy support
- 43 Ancient Greek ship
- 44 Territory of NW Canada
- 48 Humiliates
- 50 Extra sense
- 52 Prima donna
- 53 Tree of life locale
- 54 Newbie
- 56 Child's challenge
- 57 Say it \_\_\_\_ so
- 58 Barely gets by
- 61 Director Van Sant

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## Sudoku

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

Level: Advanced

## LOG CABIN

## WORD SEARCH

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

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

### WORDS

- |          |           |          |               |
|----------|-----------|----------|---------------|
| ANTLERS  | CHINKING  | LOFT     | RETREAT       |
| AXE      | FIREPLACE | LOGS     | ROCKING CHAIR |
| BEAR RUG | HEARTH    | MANTEL   | RUSTIC        |
| CABIN    | HOMESTEAD | NOTCHING | TIMBER        |
| CEDAR    | LANTERN   | PANTRY   | WOOD PILE     |
| CHIMNEY  | LODGE     | PORCH    | WOODSTOVE     |

## Puzzles & More Answers

### Crossword Solution

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

### Sudoku

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

WEDNESDAY EVENING JANUARY 28. Grid of TV channels (6-56) and programs (6:30-11:30) including Global, CTV News, News, America, How/Made, etc.

THURSDAY EVENING JANUARY 29. Grid of TV channels (6-56) and programs (6:30-11:30) including Global, CTV News, News, America, How/Made, etc.

WEEKDAY DAYTIME. Grid of TV channels (6-56) and programs (7:30-6:00) including Business, Morning, Various, Odd Squad, etc.

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

FRIDAY EVENING JANUARY 30. Grid of TV channels (6-56) and programs (6:30-11:30) including Global, CTV News, News, America, How/Made, etc.

JANUARY 28 TO FEBRUARY 3. Grid of TV channels (6-56) and programs (7:30-6:00) including Business, Morning, Various, Odd Squad, etc.

SATURDAY DAYTIME JANUARY 31. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME FEBRUARY 1. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING JANUARY 31. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING FEBRUARY 1. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, JANUARY 28

EVENING

9:00 (WTV) "Charlie's Angels: Full Throttle" (Action,2003) Cameron Diaz, Drew Barrymore. Private detectives (Cameron Diaz, Drew Barrymore, Lucy Liu) try to retrieve cryptic information. (G)
10:00 (SLICE) "Buddy Games" (Comedy,2019) Josh Duhamel, Olivia Munn. Six friends reunite for an insane competition filled with absurd physical and mental challenges. (13+)
11:30 (WTV) "Mad Money" (Comedy,2008) Diane Keaton, Queen Latifah. Three women conspire to steal currency that the Federal Reserve has earmarked for destruction. (G)
2:00 (WTV) "Charlie's Angels: Full Throttle" (Action,2003) Cameron Diaz, Drew Barrymore. Private detectives (Cameron Diaz, Drew Barrymore, Lucy Liu) try to retrieve cryptic information. (G)
2:55 (SHOW) "The Family" (Action,2013) Robert De Niro, Tommy Lee Jones. A mob family in the Witness Protection Program has trouble adjusting to a new home abroad. (14+)

(APTIN) "Cloudy With a Chance of Meatballs 2" (Animated,2013) Voices of Bill Hader, Anna Faris. Flint Lockwood learns that his most-famous invention is now creating animal/vegetable hybrids. (G)
11:00 (WTV) "The Reluctant Royal" (Romance,2025) Andrew Walker, Emilie de Ravin. Philadelphia mechanic Johnny's father is a duke. He's surprised by the duke and advisor Prudence.
11:20 (TBS) "Jurassic Park" (Adventure,1993) Sam Neill, Laura Dern. Scientists (Sam Neill, Laura Dern, Jeff Goldblum) visit a park of DNA-regenerated dinosaurs. (G)
12:30 (CH) "They Call Me Bruce?" (Comedy,1982) Johnny Yune, Ralph Mauro. Mobsters dupe Bruce Lee look-alike (Johnny Yune) for drug run.
1:00 (WTV) "Royal-ish" (Romance,2025) Nichole Bloom, Francesca Europa. Lacey is an amusement park princess who befriends eight-year-old Rose.
(SHOW) "Downsizing" (Sci-Fi,2017) Matt Damon, Christoph Waltz. A therapist joins a community of miniaturized people after undergoing a process to shrink himself. (14+)
(APTIN) "Cloudy With a Chance of Meatballs 2" (Animated,2013) Voices of Bill Hader, Anna Faris. Flint Lockwood learns that his most-famous invention is now creating animal/vegetable hybrids. (G)
2:40 (TBS) "Rampage" (Action,2018) Dwayne Johnson, Naomie Harris. Three gigantic, mutated beasts embark on a path of destruction when a genetic experiment goes wrong. (14+)

7:30 (SHOW) "The Arrival" (Sci-Fi,1996) Charlie Sheen, Ron Silver. Scientists (Charlie Sheen, Lindsay Crouse) find extraterrestrials in Mexican village. (G)
8:00 (SLICE) "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)
9:00 (CH) "Escape From Alcatraz" (Thriller,1979) Clint Eastwood, Patrick McGeehan. A hardened con with a history of prison breaks, is sent to serve the rest of his life sentence. (14+)
(WTV) "Missing the Boat" (Romance,2026) Emilie Ullerup, Kristoffer Polaha. Kelly and Parker miss their boat during a stop and are forced to team up to catch up. (G)
(TBS) "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)
10:00 (SLICE) "Whiskey Tango Foxtrot" (War,2016) Tina Fey, Margot Robbie. Cable news producer Kim Barker shakes up her routine by covering the war in Afghanistan. (14+)
(SHOW) "Bumblebee" (Action,2018) Hailee Steinfeld, John Cena. A teen revives Bumblebee the Autobot after finding him in a junkyard in a small beach town in 1987. (G)
(CVSCI-FI) "Atomic Blonde" (Action,2017) Charlize Theron, James McAvoy. A spy travels to Berlin to retrieve a priceless dossier and take down a ruthless espionage ring. (13+)
11:00 (WTV) "A Winter Getaway" (Romance,2021) Nazneen Contractor, Brooks Darnell. A man finds romance with a concierge after he's mistaken for a millionaire during a trip. (G)
11:30 (TBS) "The Lost World: Jurassic Park" (Adventure,1997) Jeff Goldblum, Julianne Moore. Ian Malcolm ventures onto a second island to save his girlfriend from becoming dinosaur bait. (13+)
12:30 (ATV) "The Green Knight" (Fantasy,2021) Dev Patel, Alicia Vikander. King Arthur's headstrong nephew embarks on a daring quest to confront a mysterious giant. (14+)
(SLICE) "Along Came Polly" (Romance,2004) Ben Stiller, Jennifer Aniston. A jilted bride-to-be finds solace with another woman after his wife cheats on him. (G)

(SHOW) "Transformers" (Action,2007) Shia LaBeouf, Tyrese Gibson. Two intergalactic races of robots crash land on Earth; the future of humankind hangs in balance. (G)
(CVSCI-FI) "Ambulance" (Action,2022) Jake Gyllenhaal, Yahya Abdul-Mateen II. Sibling thieves try to outrun Los Angeles cops after hijacking an ambulance to make their getaway.
1:00 (WTV) "The Journey Ahead" (Adventure,2022) Holly Robinson Peete, Kaylee Kaneshiro. An actress and a wilderness expert learn valuable life lessons during a cross-country road trip. (G)
(APTIN) "Fast & Furious" (Action,2009) Vin Diesel, Paul Walker. Fugitive Dom Toretto (Vin Diesel) and Brian O'Conner (Paul Walker) resume a feud in Los Angeles. (14+)
2:00 (CM) "M\*A\*S\*H" (Comedy,1970) Donald Sutherland, Elliott Gould. Hip Army surgeons (Donald Sutherland, Elliott Gould) make their own rules in Korea. (G)
2:30 (SLICE) "Whiskey Tango Foxtrot" (War,2016) Tina Fey, Margot Robbie. Cable news producer Kim Barker shakes up her routine by covering the war in Afghanistan. (14+)
(TBS) "Meg 2: The Trench" (Sci-Fi,2023) Jason Statham, Wu Jing. Members of a deep-dive research team fight for their lives against colossal, prehistoric sharks. (G)

9:00 (CVSCI-FI) "Knock at the Cabin" (Thriller,2023) Dave Bautista, Jonathan Groff. Four armed strangers force a family to make an unthinkable choice to avert the apocalypse.
10:00 (ASN) "The Color Purple" (Musical,2023) Fantasia Barrino, Taraji P. Henson. A woman with many hardships finds extraordinary strength in the unbreakable bonds of sisterhood. (G)
(SLICE) "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)
(USA) "Lucy" (Action,2014) Scarlett Johansson, Morgan Freeman. A drug mule's illicit cargo is absorbed into her system, giving her incredible powers. (14+)
(APTIN) "The Last Witch Hunter" (Fantasy,2015) Vin Diesel, Elijah Wood. The Witch Queen rises from the dead, seeking revenge against the immortal warrior who slayed her. (14+)
11:00 (CIV) "Real Steel" (Action,2011) Hugh Jackman, Evangeline Lilly. A boxing promoter and his son build a championship contender for the robot ring. (G)
(WTV) "Ella Enchanted" (Children,2004) Anne Hathaway, Hugh Dancy. A young woman (Anne Hathaway) tries to break her curse of obedience. (G)
11:30 (CVSCI-FI) "Twister" (Action,1996) Helen Hunt, Bill Paxton. Storm-chasers (Helen Hunt, Bill Paxton) follow tornadoes in Oklahoma. (G)
12:00 (USA) "Knocked Up" (Romance,2007) Seth Rogen, Katherine Heigl. A journalist's one-night stand with an irresponsible slacker has an unforeseen consequence. (13+)
12:30 (SLICE) "Footloose" (Drama,1984) Kevin Bacon, Lori Singer. Hip teen (Kevin Bacon) moves to corn town where pastor (John Lithgow) taboos dancing. (14+)
(SHOW) "Transformers: The Last Knight" (Action,2017) Mark Wahlberg, Anthony Hopkins. When Optimus Prime turns against mankind, Bumblebee leads the Autobots into a battle to save Earth. (14+)
(GLOBAL) "Jailbreak Lovers" (Drama,2022) Catherine Bell, Tom Stevens. Toby hatches a plan to break her lover out of prison, sparking a federal manhunt. (14+)
1:00 (ASN) "The Manny" (Thriller,2022) Michael Evans Behling, Ashton Ayres. A man stalks his way into the lives of busy social media influencer Lani and her son.
(WTV) "Never Rarely Sometimes Always" (Drama,2020) Ryan Eggold, Théodore Pellerin. Faced with an unintended pregnancy, a teen and her cousin travel across state lines to New York. (G)

(APTIN) "The Last Witch Hunter" (Fantasy,2015) Vin Diesel, Elijah Wood. The Witch Queen rises from the dead, seeking revenge against the immortal warrior who slayed her. (14+)
2:00 (CM) "M\*A\*S\*H" (Comedy,1970) Donald Sutherland, Elliott Gould. Hip Army surgeons (Donald Sutherland, Elliott Gould) make their own rules in Korea. (G)
(TBS) "Barbie" (Comedy,2023) Margot Robbie, Ryan Gosling. Barbie and Ken leave the world of Barbie Land to discover the joys and perils of the real world. (G)
(CVSCI-FI) "San Andreas" (Action,2015) Dwayne Johnson, Carla Gugino. A rescue pilot must save his family after a magnitude 9 earthquake devastates California. (13+)

MONDAY, FEBRUARY 2

EVENING

11:00 (SHOW) "Downsizing" (Sci-Fi,2017) Matt Damon, Christoph Waltz. A therapist joins a community of miniaturized people after undergoing a process to shrink himself. (14+)
2:00 (CM) "M\*A\*S\*H" (Comedy,1970) Donald Sutherland, Elliott Gould. Hip Army surgeons (Donald Sutherland, Elliott Gould) make their own rules in Korea. (G)

TUESDAY, FEBRUARY 3

EVENING

9:00 (ASN) "Ships in the Night: A Martha's Vineyard Mystery" (Mystery,2021) Jesse Metcalfe, Sarah Lind. Former Detective Jeff Jackson investigates a murder at an art gallery. (8+)
(WTV) "Couples Retreat" (Comedy,2009) Vince Vaughn, Jason Bateman. Four couples must participate in therapy sessions at a tropical resort. (G)
11:30 (WTV) "Dear John" (Romance,2010) Channing Tatum, Amanda Seyfried. Unexpected consequences await a soldier and his lover, who correspond through letters for years. (G)
2:00 (CM) "M\*A\*S\*H" (Comedy,1970) Donald Sutherland, Elliott Gould. Hip Army surgeons (Donald Sutherland, Elliott Gould) make their own rules in Korea. (G)
(WTV) "Couples Retreat" (Comedy,2009) Vince Vaughn, Jason Bateman. Four couples must participate in therapy sessions at a tropical resort. (G)
2:45 (SHOW) "Transformers: Dark of the Moon" (Action,2011) Shia LaBeouf, Josh Duhamel. Sam Witwicky once again joins the battle between Autobots and Decepticons. (G)

THURSDAY, JANUARY 29

EVENING

9:00 (CH) "The Perfect Score" (Comedy,2004) Erika Christensen, Chris Evans. Students (Erika Christensen, Chris Evans, Bryan Greenberg) try to steal the answers to their SATs. (G)
12:15 (SHOW) "Pursuit" (Action,2022) Emile Hirsch, John Cusack. A detective and a cop search for a ruthless hacker who's trying to save his wife from a drug cartel. (18+)
12:30 (TBS) "Shazam!" (Action,2019) Zachary Levi, Mark Strong. A 14-year-old transforms into the adult superhero Shazam and battles the evil Dr. Thaddeus Sivana. (G)

SATURDAY, JANUARY 31

EVENING

6:00 (CVSCI-FI) "Birds of Prey (and the Fantabulous Emancipation of One Harley Quinn)" (Action,2020) Margot Robbie, Rosie Perez. Harley Quinn, Huntress, Black Canary and Renee Montoya battle Gotham crime boss Black Mask. (14+)
6:15 (TBS) "Jurassic Park" (Adventure,1993) Sam Neill, Laura Dern. Scientists (Sam Neill, Laura Dern, Jeff Goldblum) visit a park of DNA-regenerated dinosaurs. (G)
7:00 (ATV) "Montana Mavericks" (Romance,2025) Katherine McNamara, Dennis Andres. A New York author meets a charming cowboy after inheriting her family's dilapidated Montana ranch. (8+)
(WTV) "Sailing Into Love" (Romance,2019) Leah Renee, Chris McNally. A teacher juggles her duties as bridesmaid to three friends, as well as teaching a summer class. (G)

FRIDAY, JANUARY 30

EVENING

9:00 (WTV) "The Royal We" (Romance,2025) Mallory Jansen, Charlie Carrick. As her older sister elopes with a non-royal, Princess Bea must honor an arranged marriage.
(TBS) "Godzilla x Kong: The New Empire" (Sci-Fi,2024) Rebecca Hall, Brian Tyree Henry. Godzilla and the almighty Kong face a colossal threat hidden deep within the planet. (C8)
10:00 (SHOW) "The Martian" (Sci-Fi,2015) Matt Damon, Jessica Chastain. Left behind by his crew, a stranded astronaut must find a way to survive on Mars. (G)

MONDAY EVENING FEBRUARY 2. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

TUESDAY EVENING FEBRUARY 3. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

# SOUTH SHORE BULLETIN CLASSIFIEDS



ph: 902.543.2457

email: ads@southshorebulletin.ca

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

### EMPLOYMENT

# We're Hiring!

## Local Journalism Initiative (L J I) Reporter

Serving Lunenburg and Queens counties  
(Must reside within 15 minutes of this area)

### This reporter will cover things like:

Municipal councils & local governance  
Rural healthcare & regional services  
Community events & human-interest stories

### We're looking for someone who's:

A strong writer and interviewer  
Independent & organized  
Licensed with access to a reliable vehicle  
Excited to build trust across our many small communities

### TO APPLY:

**E-mail** kevin.mcbain@southshorebulletin.ca.

Please attach the following:

- 1) Resume
- 2) 2 -3 writing samples/links
- 3) Short cover letter

**Application deadline:** Friday, February 27th.



129 Aberdeen Rd, Suite 106, Bridgewater, NS, B4V 2S7  
902-543-2457 info@southshorebulletin.ca

**SOUTHSHOREBULLETIN.CA**

### 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

#### Anglican PARISHES OF PETITE RIVIERE & NEW DUBLIN

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

#### Sunday February 1st

Septuagesima – Rev. Oliver Osmond

9:00am St. Michaels Petite Riviere

Holy Communion

11:00am St. James LaHave

Holy Communion

**"O worship the Lord in the beauty of holiness"**



### SERVICES OFFERED

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Baseboards, walls, kitchens, bathrooms and more...

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Shed, garage, and property clear-outs.

"Sometimes the help you need is just someone putting your place back in order."

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D9164

### COMMUNITY

Crib Tournament - Sunday, February 1, Forties Community Centre, 1787 Forties Road, New Ross. Doors open 12:00 noon. Registration at 12:30 p.m. and play starts at 1:00 p.m. Cost: \$20/team. Must be 19 years or older. Canteen available. Wheelchair accessible (ground level). For more info call 902-689-2147

### YARD SALES

The South Shore's best Flea Market is being held on Saturday, February 7th, from 9 a.m. to Noon at the Lunenburg Community Centre, 15 Green Street, Lunenburg. Admission is \$2. Tables are \$15 each. To book a table call 902-521-8140. Proceeds to support the Health Services Foundation of the South Shore.

### THANKS

The family of Paul Stanley Nauss acknowledges the many visits and phone calls made during Paul's illness and the condolences expressed through words, cards, memorial donations, etc. Many thanks to the wonderful staff at Dana Sweeny Funeral Home, Lunenburg and to Rev. Katherine Logan who conducted the funeral service. Your kindnesses during this sad time were much appreciated.

### TEAS

Soup Luncheon, Saturday, January 31; 11:00 a.m. to 1:00 p.m. at Trinity United, Rose Bay. Donation of food for the Lunenburg Food Bank or winter clothing, bedding for Soul's Harbour or a monetary contribution.

### HOMES/RENT

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

### 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.

### E-MAIL YOUR CLASSIFIED AD,

including text and picture(s), and pay over the phone with a credit card. info@southshorebulletin.ca

### MEMORIAMS

## In Memoriam

Jamie Almeda

In loving memory of our son, brother, grandson, and nephew. Born in Halifax at the Grace Maternity Hospital on June 3, 1968.

It has been six years Dear Jamie since you left us on January 29, 2020. Six very long years to be without you and to miss you each and every day.

We will always be so very proud of you Jamie for the kind, loving, generous, and caring person you are and for all your many accomplishments. You left us much too soon.



Although we go about our daily life  
And make no outward show  
What it meant to lose you  
No one will ever know

We think of you in silence  
And often speak your name  
But all we have are memories  
And your picture in a frame

Your resting place we visit  
And put flowers there with care  
But no one knows the heartache  
As we turn and leave you there

To think we could not say goodbye  
Will always bring regret  
But those that always loved you  
Never will forget

Sad are the hearts that loved you  
Sad are the tears that fall  
But living our lives without you  
Is the saddest part of all

In our hearts you will always stay  
Loved and remembered every day

Dad and Christine, Terri Lynn, Mark, Bob, uncles Abe and Ken.  
And your Mom and Nan who are with you.

D9176

# CLASSIFIEDS

P: 902.543.2457

E-MAIL: info@southshorebulletin.ca

#### SUBMISSION POLICY:

South Shore Bulletin is not responsible for errors or omissions for verbal or handwritten submissions.

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

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

#### WORD ADS

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

#### BIRTHDAY ANNOUNCEMENTS

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

#### BIRTH AND GRADUATION ANNOUNCEMENTS

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

#### ENGAGEMENT, WEDDING, AND ANNIVERSARY ANNOUNCEMENTS

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

#### CARDS OF THANKS AND MEMORIAMS

75 words or less: \$20.00\*. Additional words \$0.20 each.

#### OBITUARIES

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

#### DISPLAY CLASSIFIEDS

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

#### DEADLINES:

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

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

## OBITUARIES

**David Ross Conrad**

82, of Upper LaHave, passed away on January 12th, 2026, in South Shore Regional Hospital, Bridgewater. Born in Bridgewater, he was a son of the late Murray and Rita (Crouse) Conrad.

David was raised and lived in Upper LaHave, where he enjoyed sailing, (which he started as a young man), ice boating and motor boating. He had his own contractor and carpentry business, and that work became his life. He was self-made and self-taught in this vocation. He had a keen interest in forestry, milling and woodwork. David also took great pride in his house and property, where he loved to live and work on. Most evenings, he would relax by taking in the beauty and peace of the LaHave River.

David is survived by his children Matthew, Halifax, Christina, and her daughter Emma, Bridgewater, and Michael (Veronica Garber), Blockhouse and their children Ashley, and Laura; brother Robert (Margaret), Kanata, ON; first wife, Janet Oickle. He will also be deeply missed by his dog and sidekick, Charlie. Besides his parents, he was predeceased by his sister Katherine Young and second wife Sylvia.

Family would like to extend thanks to the doctors, nurse and staff at the South Shore Regional Hospital, and deep gratitude to the many neighbours who helped him over the years, especially his next door neighbours, the Bowles family.

Memorial service will be held at 11am on Saturday January 31st at R.A. Corkum Funeral Home, Wileville, Reverend Willis Ott officiating. Memorial donations may be made to SHAID, or the Dayspring and District Fire Department.

Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville. On-line condolences may be made by visiting [www.corkumfuneralhome.ca](http://www.corkumfuneralhome.ca)

**Multi-cat household harmony**

*Continued from page 12*

This is especially important for shy or sensitive cats like Taco, a four-month-old tabby female currently in SHAID's care. Taco is very shy and easily overwhelmed, but in a calm, quiet environment she has the potential to truly blossom.

A peaceful home, ideally one that understands how to manage feline stress, would give Taco the safety and confidence she needs to come out of her shell and show her sweet personality.

While many multi-cat households run smoothly, having tools to address challenges when they pop up can make life better for everyone, cats and humans alike.

Supporting shelters that help cats find the right homes and provide guidance along the way is also important. SHAID's Rafflebox 50/50 fundraiser runs until January 30th, and tickets can be purchased through our Facebook posts. Every ticket helps us continue caring for cats and supporting the community.

With understanding, flexibility, and a little extra preparation, multi-cat households can be peaceful, enriching spaces where every cat has what they need to thrive.

**Employee experience isn't a soft idea**

*Continued from page 13*

Employee experience isn't about making work comfortable. It's about making it functional, sustainable, and human, so the business can perform without bleeding energy, time, or margin.

If something in your operation feels like a people problem, it's worth asking a harder question:

Is this really about the people or is it about the experience we've designed for them?

You'll find where experience gets neglected, profit leaks. And where it's designed with intention, performance follows.

*Stephanie is the Founder of SMillerVision, a South Shore-based consultancy supporting locally owned, customer-facing businesses. With more than 30 years of experience in hospitality and service leadership, she helps owners and managers strengthen workplace culture, reduce staff turnover, and create environments where people feel valued and want to stay. She can be reached at [stephanie@smillervision.com](mailto:stephanie@smillervision.com).*

**Bren Vander Zwaag**

August 1, 1971 -  
January 1, 2026

It is with heavy hearts that we announce the passing of Bren Vander Zwaag, age 54, on January 1, 2026.

See full obituary at <https://www.online-tribute.com/BrenVanderZwaag>.

With heartfelt gratitude, we thank the compassionate caregivers who supported Bren in his final journey.

We extend our sincere thanks to the staff of the QEII Emergency department, the VG 7A unit, and the Palliative Care team for your expert and deeply humane care.

We are especially grateful to Dr. Maya Elsa Kovacs and Nurse Meagen Farmer. A profound thanks to Bren's family physician, Dr. Craig Ferguson of Bridgewater, for his lifelong dedication and partnership, along with great care from Dr. Hughie Fraser of Bridgewater. We also specially recognize Palliative Care Nurse Sandie on VG 7A, whose grace brought light to our most difficult moments.

**Juanita Elizabeth Conrad**

With thanks for a beautiful life and love among us, the family of Juanita Elizabeth Conrad, 86, of Harbour View Haven, Lunenburg, and formerly of Bridgewater, announce her passing on Friday, January 16, 2026, at South Shore Regional Hospital, Bridgewater.

Born in Middlewood, she was a daughter of Lloyd and Gladys (Rafuse) Stauenwhite.

Juanita loved her family and enjoyed many treasured times with them. Her warm smile and kind spirit endeared her to many. She was an excellent cook and was always willing to try new recipes, adding her own touch of ingredients to give that special taste. Her cakes, pies and cookies were enjoyed by so many.

Juanita also loved gardening and enjoyed the brightness of her many flowers which adorned her yard, covering as much space, if not more, than the grass present there. Generous with her time, she volunteered in the community. Juanita was a faithful member of St. Matthew's Lutheran Church, Rose Bay, enjoying her time as a Sunday School teacher during those years. She was also a founding member of the Riverport and District Fire Department Ladies Auxiliary and a member of Bridgewater Branch 24 Royal Canadian Legion, Ladies Auxiliary.

Juanita is survived by her children, Annette (William), Rose Bay, Tina (Bruce), Guelph, ON., Ross, Bridgewater, Sherman, Whynott's Settlement, David (Anne Louise), Riverport; grandchildren, Christopher, Nicolas, Tyler, Tiffany, Jessica, Tyson; great grandchildren, Derrick, Avery, Buckley and Kalix; brothers, Carmen (Ann), Hebbville, Kevin (Donna), Victoria, B.C., Vincent (Nancy), Lower LaHave; sisters-in-law, Brenda, Audrey, Doreen and several nieces, nephews and cousins.

Besides her parents, Juanita was predeceased by her husband, Edward; grandchildren, Jennifer, and Jeffrey; a sister, Sharon; brothers, Lewis, Malcolm, Wayne, Brian, Warren, Gary, Myles and infant son, Lewis.

Arrangements are entrusted to the Dana L. Sweeney Funeral Home, 11213, Hwy 3, Lunenburg and from where a visitation took place on Friday, January 23 from 6 pm - 8 pm. A service to celebrate Juanita's life was held at the Funeral Home on Saturday, January 24 at 11 am, Rev. Willis Ott officiated. Interment in Shepherd's Hill Cemetery in the Spring of 2026.

Memorial donations may be made to the Riverport and District Fire Department or to Shepherd's Hill Cemetery, Riverport.



**Bishop, Thomas Henry, 70**, of Nictaux, died January 16, 2026, in Nictaux. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Bond, Ronald Ivan, 76**, Bridgewater, died January 14, 2026, at Valley Hospice. Arrangements entrusted to R.A. Corkum Funeral Home.

**Boyd, Nikki "Nick" Bruce, 69**, of Halifax, died January 12, 2026, in Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Conrad, Bruce Michael, 75**, Bridgewater, died January 15, 2026, at South Shore Regional Hospital. Arrangements entrusted to Dana L. Sweeney Funeral Home.

**Conrad, David Ross, 82**, Upper LaHave, died January 12, 2026, at South Shore Regional Hospital Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home.

**Conrad, Juanita Elizabeth, 86**, Lunenburg, died January 16, 2026, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Dana L. Sweeney Funeral Home.

## DEATHS

**Maloney, Michael Edward, 85**, Bridgewater, died January 15, 2026. Arrangements entrusted to R.A. Corkum Funeral Home.

**Manzer, Hanna "Chance" Alexandra, 17**, died January 17, 2026, in hospital. Arrangements entrusted to Dana L. Sweeney Funeral Home.

**Rattray, Jean, 99**, of Halifax, died January 20, 2026, in Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Smith, Brenda "Bren" Evelyn, 67**, of Rhodes Corner, died January 19, 2026, in Rhodes Corner. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Tanner, Dana Paul, 65**, Fauxburg, died January 2, 2026, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Mahone Funeral Home.

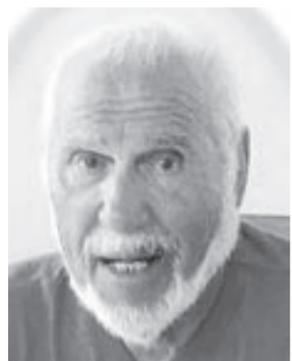


## MEMORIALS

In loving memory of Yvonne Ingram Liverpool, N.S. November 26, 1958 - January 27, 2015

It's been 11 years since you've left. Time flies by but it seems like yesterday. You will always be in our hearts, And never forgotten. You were always so good to me and our children.

Sadly missed by husband, Philip; Children, James, Kara, Katie, and Alex; Grandchildren, Charlie and Quinn.



In loving memory of our husband, father, grandfather, and great-grandfather, Abe Younis, who passed away 3 years ago on January 21, 2023. He will always be in our hearts, and never be forgotten.

Love, Gloria, Yama, and Tara.



**WENTZELL:** In loving memory of a dear husband, father, and grandfather, Ivan (Bubby) Wentzell, who passed away January 28, 2014.

God saw you were getting tired, And a cure was not to be, So, he put his arms around you, And whispered, "come with me". With tearful eyes we watched you, And saw you pass away. Although we loved you dearly, We could not make you stay. A golden heart stopped beating, Hard working hands at rest. God broke our hearts to prove to us, He only takes the best.

Lovingly remembered, and sadly missed by wife Betty, daughter April, son-in-law Richy, granddaughter Mya, grandson Cash.

## MEMORIALS

**Remembering Mike Zinck**

Time is a gift that I treasure every day. As the years pass "time" is even more precious and appreciated. On this second anniversary, of my dear friend, Mike Zinck's passing, I find myself thankful for all the time we did get to spend together. The laughter, the sharing, the adventures, the hugs, the day-to-day events and working together at the Dana L. Sweeney Funeral Home. No one, including myself, would have ever thought our time with Mike would be cut so short. Many still grieve, many remember and stories are regularly shared of how he touched their lives with such grace and kindness. His spirit was gentle, pure and truly a blessing to our world. I, along with so many, will continue to remember. I do believe that he would want us to spend our time wisely and live life to the best of our ability. He'd want us to treat others with respect and kindness and to treasure "time" with our family and friends.

I continue to support Mike's dream by helping at the Funeral Home, working with such a great team of dedicated and passionate people, Glenda, Tom, Karen, Donnie and Les, whose desire is to support grieving families. I want to thank John Demmings, Mike's husband, at this time, who has tirelessly carried the torch of Mike's legacy and continues to own and operate the Funeral Home with dedication and vision. Thank you to the many families who continue to come to the Dana L. Sweeney Funeral Home in their time of need, supporting Mike's dream, so that there will continue to be a place for people to come to, in the local community and surrounding areas, now and in the future.

The hands of time will continue to move, let us seize the gift, embrace it and be thankful for it. One of my favourite quotes is from Ralph Waldo Emerson:

**"I shall pass this way but once; any good, therefore, that I can do or any kindness I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."**

To these words I say, Amen (*let it be so*)

- Vivian Moores

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

**PUBLIC NOTICE / AVIS PUBLIC**  
**BELL MOBILITY - TELECOMMUNICATION TOWER /**  
**TOUR DE TÉLÉCOMMUNICATION**

Bell is committed to providing Canadian communities with high-speed wireless voice and data service. To improve this service, Bell is proposing to install a new 75-meter free-standing, selfsupport tower at 297 Highway 208, New Germany, Municipality of the District of Lunenburg. The new tower would replace the existing free-standing tower located approximately 570 meters southeast of the proposed site at 231 Highway 208, which would be dismantled upon construction of the new telecommunication tower. As part of the public consultation process required by Municipality of the District of Lunenburg *Antenna Siting Protocol (Telecommunications Towers)* and Bell's regulatory framework under the Radiocommunication Act, Bell invites the public to submit their comments on the proposed tower location by **February 28, 2026**. This tower fully complies with ISED guidelines, as defined in the Client Procedures Circular (CPC-2-0-03).

**TOWER LOCATION:** 297 Highway 208, New Germany, Municipality of the District of Lunenburg, NS

**COORDINATES:** Latitude: N44.54711°, Longitude: 64.74340° W

**PID#:** 60263811

**ANY PERSON MAY** comment by **February 28, 2026**, with respect to this matter.

**BELL CONTACT:** Erin Sauve, WSP Canada Inc., Agents for Bell Mobility Inc. 1 Spectacle Lake Drive, Dartmouth, Nova Scotia, B3B 1X7 Email: [ca-pcp@wsp.com](mailto:ca-pcp@wsp.com) Phone: (902) 536-0965

Bell s'engage à offrir aux collectivités canadiennes des services vocaux et de données sans fil à haute vitesse. Afin d'améliorer ce service, Bell propose d'installer une nouvelle tour autoportante de 75 mètres au 297, route 208, à New Germany, dans la Municipalité du district de Lunenburg. La nouvelle tour remplacera la tour autoportante existante située à environ 570 mètres au sud-est du site proposé, au 231, route 208, laquelle sera démantelée une fois la nouvelle tour de télécommunication construite. Dans le cadre du processus de consultation publique exigé par le Protocole d'implantation des antennes (Tours de télécommunication) de la Municipalité du district de Lunenburg et conformément au cadre réglementaire de Bell en vertu de la Loi sur la radiocommunication, Bell invite le public à soumettre ses commentaires sur l'emplacement proposé de la tour au plus tard le **28 février 2026**. Cette tour est entièrement conforme aux lignes directrices d'ISDE, telles que définies dans la Circulaire des procédures à l'intention des clients (CPC-2-0-03).

**EMPLACEMENT :** 297, route 208, New Germany, Municipalité du district de Lunenburg, NE

**COORDONNÉES :** Latitude: N44.54711°, Longitude: 64.74340° W

**PID# :** 60263811

**TOUTE PERSONNE PEUT** transmettre ses commentaires au plus tard le **28 février 2026**.

**CONTACT BELL :** Erin Sauve, WSP Canada Inc., Agents pour Bell Mobilité Inc. 1 Spectacle Lake Drive, Dartmouth, Nouvelle-Écosse, B3B 1X7 Courriel : [ca-pcp@wsp.com](mailto:ca-pcp@wsp.com) Téléphone : (902) 536-0965



FILE PHOTO

Dozens of people gather each year to check out to see what prognosticator Lucy the Lobster says about when spring will arrive.

**Shell-a-brate good times**

*Continued from page 11*

The fee is just \$10 and to register, go to: [www.route541.com](http://www.route541.com). All registration fees will support Alfie's IWK Hospital fundraiser and funds will be matched by Steele Auto Group.

Miller Vincent says that even though the crawl is getting more well known, literally across the planet, the month belongs to the locals.

"It is primarily a local event. It's folks that are exploring their own

communities, but then crawling a little further because there's a reason. Whether it's 'we want to go and try one of those 12 lobster rolls, or we want to try all 12 of them,'" said Miller Vincent, adding there are pockets of lobster lovers from Halifax, the Valley and other parts of Canada and the U.S.

She did say that there is a significant number of people coming from Halifax and the Valley as well. There are also others that attend events from other parts of Canada and the U.S.



Celebrate the one who knows your heart, honor a love that has stood the test of time, or send a message meant for only one pair of eyes – yet read by many.

In our **February 11th Edition** of the **South Shore Bulletin**, we invite you to share a love letter – a handful of words filled with devotion, gratitude, longing, or joy. A quiet I love you, a bold declaration, a memory that still glows.

**SUBMISSION DETAILS:**

- **Deadline:** Friday, February 6
- **\$15** for up to 30 words
- **\$10** to include a photo
- **Additional words:** \$0.20 each

\*\*\*HST applicable on all advertising\*\*\*



**This February, let love linger a little longer. Let it drift from the heart to the page, and from the page into forever.**



**DIANA GIRVAN**

MARKETING SOLUTIONS SPECIALIST  
 129 Aberdeen Rd, Suite 106, Bridgewater, NS, B4V 2S7  
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