

# BULLETIN

YOUR COMMUNITY • YOUR VOICE • YOUR NEWSPAPER

EST. 1847

BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, FEBRUARY 4, 2026



### CNOY JUST AROUND THE CORNER

Register for the annual fundraiser for Souls Harbour Rescue Mission

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### ALFIE RAISING \$\$ FOR THE IWK HEALTH CENTRE

Entrepreneur wants to give back to centre

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### LUMBERJACKS SPLIT GAMES LAST WEEK

The Jr. Lumberjacks win in shootout; lose at home to Penguins

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\$2.50+HST

Publication # 44111519

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KEVIN MCBAIN PHOTOS

### PINK IN THE RINK

Breast cancer survivors and warriors were honoured at centre ice at the Jan. 31 Pink in the Rink Jr. Lumberjacks game versus the East Hants Penguins in Bridgewater. From left to right, are April Robar Oickle, Stephanie Mailman Crouse, Sandra Johnston, Felicia Roy Fisher, Tanya Fancy, Natalie Herman, Julie Johnson, Natasha Wagg and Holly Templeman. Mailman-Crouse and Johnson were the official puck droppers.

## Gala raises \$73K for care society

By TRUDY JOHNSON

Community members gathered in a spectacular display of generosity and warmth on Jan. 24, 2026 for the South Shore Hospice Palliative Care Society's (SSHPCS) Starry Night Gala. With 200 guests in attendance, the event was more than just a fundraiser, it was a testament to the power of community engagement.

Sponsored by Anderssen Wealth Management TD and supported by num-

erous local businesses and individuals the event raised funds which will play a critical role in sustaining and expanding local hospice and palliative care services in Lunenburg and Queens Counties.

The heart of the evening centered on the powerful words of the evenings two guest speakers, both of whom have seen the impact of community support firsthand.

Tara Jaskowiak, the Program Co-ordinator for the SSHPCS Volunteer Visitation

Program spoke about the program which matches trained volunteers with patients and families facing illness or the final stages of life. The SSHPCA volunteers provide meaningful companionship and support for caregivers. Jaskowiak shared moving insights into the importance of companionship and the "quiet presence" that volunteers provide to patients and families.

Continued on page 3



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D9172



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D9102

# Campaigning for two open seats on Mahone Bay council has begun

By ED HALVERSON

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MAHONE BAY – Three of the five candidates vying for one of those seats attended a meeting held at Saltbox Brewing over lunchtime on Friday, Jan. 30. Kevin Boon, Katherine McCarron, and Michelle Gryphon met with about a dozen Mahone Bay residents.

The free-flowing conversations spanned several topics including: affordability, housing, development, short-term rentals, and maintaining infrastructure, as well as how to improve communications coming out of Town Hall.

Candidate Kevin Boone organized the event and hopes to co-ordinate others ahead of the Feb. 14th election.

Mahone Bay Tourism and Chamber of Commerce will host an all-candidates forum on Wednesday, Feb. 4 at the Mahone Bay Centre gym where candidates Bill Lewis and Cathie Slaughenwhite-Nowe are expected to join Gryphon, Boon, and McCarron.

The five candidates will answer questions selected by the Tourism and Chamber of Commerce from a list submitted by the public. Questions can be submitted in advance to michael@mahonebaychamber.com.

Doors open at 6:45 p.m. and the event gets underway at 7 p.m.



# LUCY PREDICTS AN EARLY SPRING

Lucy the Lobster emerged out of her spa location at Capt. Kat's Lobster Shack in Barrington Passage, early Feb. 2nd to give her prediction on whether there will be six more weeks of winter or not. She did not see her shadow, which means an early spring. The annual event kicks off the month-long Nova Scotia Lobster Crawl that celebrates this wonderful crustacean here on the South Shore with events for the young and old.

CALIN CHARLES/CALIN CHARLES MEDIA

## Correction

In the tribute to Coach James Dickens that appeared in the Feb. 28 edition of the *South Shore Bulletin*, it stated that he started the Seahawks football program. This is incorrect. It was Gary Linthorne and John Peters who started the program. The *South Shore Bulletin* apologizes for this error.

# Town of Lunenburg council highlights from Jan. 27

## COUNCIL SUPPORTS YOUNG CHEFS PILOT PROGRAM

Council received a presentation on the Young Chefs program, a volunteer-run, free cooking and nutrition initiative for children and youth. The program focuses on teaching basic cooking skills, healthy eating, and social connection through hands-on, and screen-free sessions.

Following the presentation, council agreed to support a short-term pilot by partnering with Town staff to allow the use of the Community Centre kitchen for trial sessions of the program.

## PROPERTY VALUATION SERVICES CORPORATION (PVSC) PRESENTATION

Council received a presentation from the Property Valuation Services Corporation (PVSC) on the 2026 Property Assessment Roll for the Town of Lunenburg. The presentation outlined PVSC's role in assessing property values across Nova Scotia, how assessments are determined based on market

conditions and property characteristics, the application of the Capped Assessment Program (CAP), and the process available to property owners who have questions or wish to appeal their assessment.

Good to Know Information:

- Property assessments are based on market value and are set by PVSC under provincial legislation, not by the Town.
- The Capped Assessment Program (CAP) limits annual increases to taxable residential assessments for eligible properties; the 2026 cap rate is 2.6%.
- An increase in assessment does not automatically result in the same increase in property taxes.
- Property owners with questions about their assessment are encouraged to contact PVSC directly at inquiry@pvsc.ca or 1-800-380-7775
- The deadline to appeal a 2026 assessment is February 12, 2026.

## Social Column

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

February 4, 1959

### First South

A nuptial shower was held at the home of Messrs. Ivan and Hilton Croft on Tuesday evening honoring their cousin, Donald Murray and his bride, Halifax. About 75 guests were present and they received many useful gifts for which they expressed their thanks. Delicious buffet lunch served.

### Maplewood-Parkdale

Thirty men with ten chain saws and axes pleasantly surprised Mr. Carl Spidle Saturday afternoon when they went to his woodlot to make up firewood, which was hauled to his home with tractors and trucks. Mr. Spidle met with a painful accident in December and has been unable to work. A bountiful supper was given to the men by Mrs. Spidle, assisted by Mrs. Willis Frank, Mrs. LeRoy Webber and Mrs. Oran Veinotte. Mr. Spidle is very grateful for this neighbourly deed.

### Broad Cove

Mrs. Clarke Teal entertained several young girls and boys on Friday evening in honor of their son Douglas who was sixteen on that day. The evening was spent in playing games and quizzes, also music was enjoyed, after which a lovely lunch was served by Douglas' mother. He received many lovely gifts.

### New Ross

Congratulations to Mr. And Mrs. Cecil MacDow on the arrival of a daughter at the Dawson Memorial Hospital on January 26.

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

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Lunenburg, N.S.			
TIDE TABLE		TIDE TABLE	
<b>Wednesday, February 4</b>		<b>Sunday, February 8</b>	
low 1.28 ft	4:08 AM	high 5.58 ft	12:12 AM
high 6.27 ft	9:43 AM	low 1.64 ft	7:16 AM
low 0.49 ft	4:25 PM	high 4.92 ft	12:39 PM
high 6.23 ft	10:19 PM	low 2.07 ft	7:13 PM
<b>Thursday, February 5</b>		<b>Monday, February 9</b>	
low 1.35 ft	4:55 AM	high 5.25 ft	12:53 AM
high 6.0 ft	10:27 AM	low 1.77 ft	8:04 AM
low 0.85 ft	5:06 PM	<b>THIRD QUARTER 8:43 AM</b>	
high 6.1 ft	10:57 PM	high 4.59 ft	1:31 PM
<b>Friday, February 6</b>		<b>Tuesday, February 10</b>	
low 1.44 ft	5:41 AM	high 4.95 ft	1:39 AM
high 5.68 ft	11:10 AM	low 1.84 ft	8:54 AM
low 1.28 ft	5:47 PM	high 4.36 ft	2:35 PM
high 5.87 ft	11:35 PM	low 2.56 ft	8:53 PM
<b>Saturday, February 7</b>		<b>Wednesday, February 11</b>	
low 1.54 ft	6:28 AM	high 4.79 ft	2:40 AM
high 5.32 ft	11:54 AM	low 1.87 ft	9:48 AM
low 1.71 ft	6:29 PM	high 4.3 ft	3:53 PM
		low 2.62 ft	9:50 PM

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

# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 65 calls for service and Queens County firefighters answered 34 calls for service from Tuesday, Jan. 20 to Wednesday, Jan. 28 – 37 of these calls were medicals.

### JANUARY 20

**At 2:00 a.m.**, Conquerall Bank firefighters responded to a carbon monoxide alarm in Conquerall Bank.

**At 6:30 a.m.**, Chester Basin firefighters responded to a structure fire in Chester Grant. Western Shore, Chester and Hubbards also responded. Martins River was on stand by.

**At 7:00 a.m.**, Chester firefighters responded to a commercial fire alarm in Chester.

**At 8:12 a.m.**, Lunenburg firefighters responded to a fire alarm in First South. Dayspring also responded.

**At 9:40 a.m.**, Martins River firefighters responded to a tree on power lines on fire in Martins River. Western Shore also responded.

**At 10:13 a.m.**, Dayspring firefighters responded to a carbon monoxide alarm in Rhodes Corner.

**At 10:27 a.m.**, Mahone Bay firefighters responded to a carbon monoxide alarm in Maders Cove.

**At 1:00 p.m.**, New Germany firefighters responded to a tree on power lines on fire in Elmwood.

**At 3:20 p.m.**, North Queens firefighters responded to a tree on power lines on fire.

**At 4:51 p.m.**, Northfield firefighters responded to an investigation in Upper Northfield.

**At 5:00 p.m.**, Mahone Bay fire-

fighters responded to a carbon monoxide alarm in Oakland, and at 5:30 p.m., to a tree on power lines on fire in Oakland.

**At 5:05 p.m.**, Western Shore firefighters responded to power lines sparking in Martins Point.

**At 5:58 p.m.**, Petite Rivière firefighters responded to a tree on power lines on fire in Crousetown.

**At 6:55 p.m.**, Liverpool firefighters responded to a grass fire in Port Mouton and at 10:50 p.m., to power lines on fire in Port Mouton.

**At 8:50 p.m.**, North Queens firefighters responded to a motor vehicle accident.

### JANUARY 21

**At 12:38 a.m.**, Northfield firefighters responded to a smoke condition in Lower Northfield.

**At 2:05 a.m.**, Greenfield firefighters responded to a commercial fire alarm in Greenfield.

**At 10:07 a.m.**, Port Medway firefighters responded to a flooded basement in Port Medway.

### JANUARY 22

**At 10:40 a.m.**, Riverport firefighters responded to a chimney fire in East LaHave.

**At 12:05 p.m.**, Bridgewater firefighters responded to a flooded basement in Bridgewater.

**At 5:26 p.m.**, New Ross firefighters responded to a commercial fire alarm in New Ross.

**At 6:32 p.m.**, New Ross firefighters responded to a chimney fire in the Forties.

**At 11:58 p.m.**, Chester firefighters responded to a vehicle fire in East River. Hubbards also responded.

### JANUARY 23

**At 12:55 p.m.**, Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

### JANUARY 24

**At 9:06 a.m.**, Hubbards firefighters responded to a power line fire in Fox Point.

**At 9:27 a.m.**, Northfield firefighters responded to a public assist in Cookville.

**At 12:27 p.m.**, Mill Village firefighters responded to a chimney fire in Charleston. Port Medway also responded.

**At 1:12 p.m.**, Northfield firefighters responded to a flood condition in Cookville.

**At 2:58 p.m.**, Chester firefighters responded to a chimney fire in Marriotts Cove.

**At 4:58 p.m.**, Hubbards firefighters responded to a chimney fire in Mill Cove.

**At 6:30 p.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

**At 6:34 p.m.**, Liverpool firefighters responded to a vehicle fire in Mount Pleasant.

**At 8:14 p.m.**, Bridgewater firefighters responded to a fire alarm in Bridgewater.

### JANUARY 25

**At 3:51 a.m.**, Lunenburg firefighters responded to a fire alarm in Fauxburg.

**At 9:17 a.m.**, Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

**At 1:15 p.m.**, Lunenburg firefighters responded to a motor vehicle accident in Fauxburg. Blockhouse also responded.

**At 2:06 p.m.**, Liverpool firefighters responded to a fire alarm in Brooklyn.

### JANUARY 26

**At 12:20 a.m.**, Chester firefighters responded to a residential fire alarm in Chester. Chester Basin also responded.

**At 1:54 p.m.**, Liverpool firefighters responded to a motor vehicle accident in Liverpool.

**At 5:00 p.m.**, Mill Village firefighters responded to a carbon monoxide alarm in Mill Village. Port Medway also responded.

**At 9:51 p.m.**, Greenfield firefighters responded to a commercial fire alarm in Greenfield. North Queens also responded.

### JANUARY 27

**At 7:50 a.m.**, Mahone Bay firefighters responded to a commercial fire alarm in Mahone Bay.

**At 12:00 p.m.**, Riverport firefighters responded to a deer ice rescue in Lower Rose Bay.

**At 6:14 p.m.**, Italy Cross firefighters responded to a power line down in Italy Cross.

**At 6:44 p.m.**, Lunenburg firefighters responded to a burst water pipe in Lunenburg.

**At 7:05 p.m.**, Liverpool firefighters responded to a residential fire alarm in Western Head.

### JANUARY 28

**At 8:46 p.m.**, Dayspring firefighters responded to an investigation call in Spectacle Lakes.

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

## Gala raises \$73K for South Shore Hospice Palliative Care Society

*Continued from page 1*

Dr. Eric Wainwright, a family physician at Bridgewater and Area Family Health and hospitalist at South Shore Regional Hospital is familiar with the value of palliative care having had experience in Australia.

As part of the physician coverage team at the newly opened beds at the hospice unit at Fishermen's Memorial Hospital, Dr. Wainwright spoke about the clinical and emotional significance of dedicated hospice beds and the importance of supporting patients in their end-of-life care. He described a hospice setting as a place of peace and connection.

Both speakers echoed a singular, poignant theme; while end-of-life is a difficult journey, enhanced support and compassionate care can transform the experience into one defined by dignity, connection, and peace.

Marlene Wheatley-Downe, vice chair of the SSHPCS Board and a member of the Gala organizing committee, said the Society could not have been more pleased. "The evening was a total success and a true celebration of our communities generosity. The funds raised will play an essential role in helping the Society continue its important work in bringing compassionate, accessible end-of-life care to the community."

The SSHPCS was established in 2019. It is a registered charity offering a variety of programs and services to residents in Lunenburg and Queens Counties. All programs and services are offered free of charge thanks to the generosity of community donors and the hard work of the many SSHPCS volunteers.

For more information on the South Shore Hospice Palliative Care Society please visit their website: <https://southshorehospice.ca>

## Search warrant executed

### SOUTH SHORE BULLETIN STAFF

CHESTER – Lunenburg District RCMP safely seized multiple firearms and removed explosives from a residence in Chester Basin during the execution of search warrants.

On January 21, RCMP Halifax Regional Detachment (RCMP HRD) received a report of a person who made threats related to possession and use of firearms. The information received indicated firearms were stored at a residence in Chester Basin.

Lunenburg District RCMP assumed lead of the investigation.

On January 23, officers from the Lunenburg District General Investigation Section, Southwest Nova RCMP Street Crime Enforcement Unit (SWN SCEU), Nova Scotia RCMP Explosives Disposal Unit (EDU) and general duty officers attended the home in Chester

Basin to execute a search warrant. During the search, officers seized nine firearms including two restricted firearms, ammunition and magazines, improvised incendiary devices (IIDs), and unassembled parts for the construction of IIDs.

A Chester Basin man was safely arrested at the Lunenburg District RCMP detachment in Chester. He was released by police pending an upcoming court appearance to face firearms-related charges.

The investigation is ongoing with assistance of the National Weapons Enforcement Support Team and Criminal Intelligence Service Nova Scotia. The collaboration between multiple RCMP teams and the involvement of officers with a variety of expertise and skills were an important part of the safe execution of these search warrants and seizure of dangerous items.



# LOCAL



## Coldest Night of the Year fundraiser a reality check Souls Harbour event takes place Feb. 28

By KEVIN MCBAIN

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BRIDGEWATER – The annual Souls Harbour Rescue Mission Coldest Night of the Year fundraising walk is scheduled to take place Feb. 28.

The money raised goes to support the many branches of Souls Harbour located throughout the province.

The event will kick-off with a check-in at 4 p.m. at the Bridgewater Legion. A few opening remarks are scheduled, followed by the send-off at 5 p.m.

A light meal will be served starting at 6 p.m.

The main route is two km long, but there is also a five km route available.

“It’s a lot of fun. It’s more like a party than just a walk. It’s a lot of fun,” said Madison Long, Bridgewater drop-in supervisor, who explains a bit about Souls Harbour and its mission.

“Souls Harbour’s primary purpose is to love people. All our services, the chapel time, the meal service, the free mart service, everything is done in the name of love, in the name of Jesus who is love,” she said.

“Whether you are a Christian or not, the Coldest Night of the Year is about reaching beyond ourselves to love other people and let them know that they matter. That is something everyone can do.”

The Bridgewater Centre serves meals each day during the week between noon and 3 p.m., and they serve between 60-100 people each day. They also have a free mart that is open to all, Monday, Wednesday and Friday between noon and 2 p.m.

They also have a women’s transitional home that officially opened last year.

Along with Bridgewater, they have several other locations with services including: nine drop-ins; seven free marts; one emergency co-ed shelter



in Truro; one 24-hour men’s shelter in Halifax; one women’s and children’s campus; two men’s recovery programs; two men’s transitional homes; one women’s transitional home; one thrift store; one AIM team and one care team.

CNOY is the largest single fundraiser of the year.

You can register as a team, or an individual, by going to cnoy.org and clicking on Bridgewater. More details are also available at that address.

Once you register online, you can use the online FundHub to email your friends and family a link to your personal fundraising page. There, they can give to you securely online by credit card or PayPal. Alternately, you can download a pledge form, print it out, and ask people face-to-face for support.

For those youth/children that raise a minimum of \$75, they will get a special CNOY toque. For those 18 and above, you must raise a minimum of \$150.

Organizers are also looking for volunteers to help out at the run as well

and you can volunteer through the website as well.

Last year’s event saw 123 registered walkers participate on 22 teams and \$28,300 was raised. It took place inside the H.B. Studios Sports Centre because of dicy road conditions. The year before it was postponed then canceled due to the inclement as weather.

The hope is for better weather in 2026.

Walks were held in three locations in 2025 – Halifax/Sackville, Bridgewater and Sydney. More than \$130,000 was raised and more than 500 people took part.

Why have it in the middle of winter?

“I think it makes people think more. When we’re uncomfortable, it helps us to reflect more on the struggles that people are going through. It can be a reminder that there are people that don’t have housing; they don’t have the funds to have that warm, safe place for themselves,” said Long.

“If we did this when it was warm, there would be no reflection of that.”

## SOUTH SHORE BULLETIN

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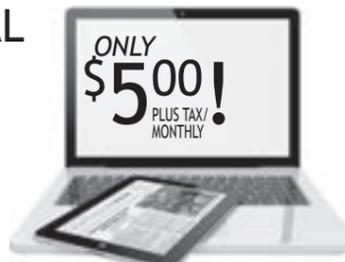
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SOUTH SHORE BULLETIN



# Young entrepreneur raising \$\$ for IWK

By KEVIN MCBAIN

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SOUTH SHORE – “I think the world would be an amazingly better place if like every one in five people gave like just \$10, not a lot of money and it adds up over time.” – Alfie Bourque.

Alfie, the young founder of Eddy’s Bites, treats for dogs, has a new project.

The 10-year-old is now fundraising for the IWK Foundation, as a way to give back.

The IWK Children’s Hospital has played a large role in Alfie’s life. He was born premature, weighing just 1.47 kilograms, intrauterine growth restricted and delivered six weeks early by emergency C-section.

The care that he and his family received was beyond their imagination.

“I’ve always wanted to find a way to give back to the IWK. They gave a lot to us and our family when he was born,” said Alfie’s mom, Miranda Wimbush.

“I’ve wanted to donate, kind of repay them,” added Alfie.

They have partnered with the second annual Lobster Crawl 5K event taking place Feb. 28 from the Lunenburg County Lifestyle Centre, hosted by Guardian Pharmacy and their partners.

The cost is \$10 to register for the event and all proceeds from this event will be matched by the Steele Auto Group and will go to the IWK Foundation.

The race is family and pet friendly and Alfie will be selling a special lobster edition of Eddy’s Bites, with money going towards travel to Ottawa this summer for yet, another fundraising event.

In 2025, the very first run, more than 100 runners and walkers of all ages – with strollers and dogs (on leash) – raised \$2,710 for local school breakfast programs.

Beginning at 10 a.m., the race will begin and end at the Lunenburg County Lifestyle Centre.

Should the trail/weather conditions impact safety, registered participants will be notified no less than 48 hours prior to the event. The rescheduled date will be March 28.

There will be beverages and snacks onsite, lobster-themed participant keepsakes and prizes.

To register, go to: [www.route541.com](http://www.route541.com), where there will be information on the event and links to Alfie’s fundraising pages.

The duo has also committed to compete at the Spartan Obstacle Course race in Ottawa this August to raise even more funds.

The Spartan Race is an obstacle course race that challenges participants’ strength, endurance and grit as the racers work their way through an obstacle course.

Alfie will be running the three kilometre race event. While mom tackles the 10 kilometre event.

The goal is to raise \$20,000 for the IWK, so they can continue to provide life-saving care to children and families.

“If you’re a kid, or even an adult and you want to donate...you don’t have to donate \$10,000 or \$20,000 you can just donate like \$10 of your birthday or Christmas money,” said Alfie.

The fundraising page link can be found at: [bit.ly/4qTiQt6](http://bit.ly/4qTiQt6).



CONTRIBUTED PHOTO

Young Alfie Bourque and mom, Miranda Wimbush, are fundraising for the IWK via a couple of projects.



## SCAN ME

### GOLDEN YOUTH CARD PARTY RESULTS

The Golden Youth Card Club met on January 29th for a game of Auction 45’s. The winners were: Ladies high, Judy Johnson 995; Ladies second, Wilma Dorey 980; Men’s high, Russell Mosher 885; Men’s second, Dean Avery 865; Low Score, Sandra Mosher 625; Lucky Tally, Dean Avery; Travel Prize, Jim Hebb; 50/50 Winners: Mary March and Dean Avery. 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.

### BRIDGEWATER SENIOR CITIZENS CARD GROUP

The Bridgewater Senior Citizens Group met on January 28 for a game of Auction 45’s.

Winners were: Ladies’ high, Liz Godden, 930; Men’s high, Ken Edwards, 970; Runners up, (tied) Phil Corkum and Gail Boyle, 900. Winner of the 50/50 draw was Gloria Cox. Winners of 30 X 60 bids were Gail Boyle, Una Corkum, Gloria Cox, Norma Joudrey, Neil Emenau, and Marie Rafuse (three times !)

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

## Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, February 4, 1959.



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

## Chili Con Carne

Recipe can be doubled and frozen.

### INGREDIENTS

- 3 tbsp oil
- 1 cup chopped onions
- 1 clove of crushed garlic
- 1/2 cup chopped green pepper
- 3 tbsp finely chopped chili pepper or hot red pepper
- 1 cup chopped celery
- 1-3 tsp of chili powder (to taste)
- 1 tsp tomato paste
- 1 lb ground beef
- 1 - 19 oz can of whole tomatoes
- 1 - 14 oz can of kidney beans
- 1 tsp salt
- 1/4 tsp pepper

### DIRECTIONS

1. Heat oil in large pot
2. Add next five ingredients (onions to celery)
3. Cook, stirring for five minutes
4. Add chili powder and tomato paste
5. Cook two minutes
6. Add ground beef and cook until browned
7. Add whole tomatoes and kidney beans and seasoning.
8. Stir until boiling
9. Reduce heat
10. Cover and simmer for 45 minutes to 1 hour, stirring occasionally

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

[info@southshorebulletin](mailto:info@southshorebulletin)  
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# Candy store taking storefront on the road

By ED HALVERSON

Ed.halverson@southshorebulletin.ca

BRIDGEWATER – When Mikka Kaulback unlocked the doors at Mikka’s Sweet Tooth for the first time, he was 14 years old, selling candy from the front of his family’s house just down the street from his school.

Six years later, the 20-year-old entrepreneur is closing the doors on his storefront at the South Shore Centre in Bridgewater, not because the business failed, but because he’s ready for something new.

The end of January marked the final days of Mikka’s Sweet Tooth’s physical location in the mall, where Kaulback has spent the past five years growing his once-tiny side hustle into a recognizable local brand. What started as a front-yard candy stand quickly snowballed, thanks to enthusiastic support from the community. After shutting down the home

operation, Kaulback opened a kiosk in the mall, eventually expanding into a full storefront about three years ago.

Along the way, he became an employer before most people his age finish high school. At its peak, Mikka’s Sweet Tooth provided income for up to 10 people, largely made up of family members and a handful of other employees.

“It started as something to do after school,” Kaulback said. “I never expected it to turn into a store, let alone something with employees.”

The decision to close the mall location wasn’t forced. Kaulback says he had the option to renew the lease for another five years but chose not to. After careful thought, he decided the long-term commitment of a fixed storefront didn’t match where he wants to take the business next.

“We loved being in the mall. The town has been amazing to us, and

the mall has been very good to us,” he said. “But a storefront really ties you down. I wanted to stay open to new challenges and explore other avenues.”

Those new avenues include taking Mikka’s Sweet Tooth on the road. Kaulback already operates a mobile trailer selling Dippin’ Dots and candy at exhibitions and events across Nova Scotia. A second, smaller trailer is in the works, allowing the business to attend even more community events and festivals.

He’s also expanding a growing network of pop-up candy displays inside convenience stores throughout the province. Currently, there are about seven locations, including spots in Truro, Middleton and New Germany, with plans to add more, especially closer to the South Shore.

An online component is also in development, though Kaulback says the website will mainly help customers

track where the trailers and pop-ups are located. Some house-made products, including freeze-dried candy, will continue to be sold online.

Kaulback doesn’t want people to mistake the closure for a setback and hopes other young entrepreneurs will be inspired by his story.

“The first couple years in business are always the hardest,” he said. “If you have an idea, go with it. Once you find your rhythm and understand your customers, that’s when things really start to grow.”

At just 20 years old, Kaulback already considers himself a jack-of-all-trades: marketer, accountant, cleaner, stocker and business owner rolled into one. It’s an education he says rivals anything a classroom could teach.

Mikka’s Sweet Tooth’s last day at the South Shore Centre was Saturday, Jan. 31. Customers can continue to follow the business online and on Facebook to see where it pops up next.

## What’s coming to streaming this week: February 4-10, 2026

### PRIME VIDEO

**February 4**  
New York Homicide (Season 3 premiere)  
The Voice (Season 27)

**February 5**  
Après le Déluge (Season 2)

**February 6**  
The Takedown: American Aryans

**February 7**  
Borderlands  
Castle (Seasons 1-8)  
Cult Killer  
Dominique  
The Hills (Seasons 4-6)  
17 Again  
Till  
We Are Zombies

**February 8**  
Origin: The Story of the Basketball Africa League

**February 10**  
Real Madrid: Como No Te Voy A Querer

**February 11th**  
50,000 First Dates: A True Story  
Your Monster

### NETFLIX

**February 4**  
Is it Cake? Valentines

**February 5**  
Cash Queens (France)  
The Lincoln Lawyer: Season 4  
Samuel: Season 1  
Unfamiliar (Denmark)

**February 6**  
Eagle Eye  
He’s Just Not That Into You  
Queen of Chess  
Salvador (Spain)  
Sex and the City: The Movie  
Sex and the City 2  
Yoh! Bestie (South Africa)

**February 8**  
BlacKkKlansman

**February 9**  
Matter of Time  
The Creature Cases: of Chapter 7

**February 10**  
ER: Seasons 1-14  
Motorvalley (Italy)  
This is I (Japan)

### DISNEY+

**February 4**  
FX’s The Beauty  
High Potential (Season 2, new episode)  
The Muppet Show  
Pole to Pole with Will Smith (new episode)  
We Call It Imagineering (all episodes)  
Will Trent (Season 4, new episode)

**February 5**  
Abbott Elementary (Season 5, new episode)

**February 6**  
Jackie Brown  
Marvel’s Iron Man and his Awesome Friends (new episodes)

Mickey Mouse Clubhouse (Season 1, new episode)  
Reservoir Dogs

**February 7**  
Engineering Europe (all episodes)  
The Medalist (Season 2, new episode)

**February 10**  
The Artful Dodger (Season 2, all episodes)  
Tell Me Lies (Season 3, new episode)  
Tell Me Lies: Official Podcast (new episode)

### CRAVE

**February 4**  
New York Homicide (Season 3 premiere)

The Voice (Season 27)

**February 5**  
Après le Déluge (Season 2)

**February 6**  
The Takedown: American Aryans (premiere)

**February 7**  
Borderlands  
Castle (Seasons 1-8)  
Cult Killer  
Dominique  
The Hills (Seasons 4-6)  
17 Again  
Till  
We Are Zombies

**February 8**  
Origin: The Story of the Basketball Africa League (premiere)



**CSC** Chester Fire Services Committee

## 2026 Annual General Meeting

**Tuesday, February 12, 2026 at 6:00 PM**

St. Stephen's Community Centre (54 Regent Street) or stream live on zoom.

All ratepayers within the Chester Volunteer Fire Department service area are warmly invited to attend!

Zoom link and AGM package available at [chesterfirecommittee.ca](http://chesterfirecommittee.ca)

**You can now visit the local South Shore Bulletin to get paper copies from Pictou and Strait area newspapers!**

# Jr. Lumberjacks go 1-1 last week

By KEVIN MCBAIN  
with files from Dan Boyd

BRIDGEWATER – The South Shore Jr. Lumberjacks went 1-1 last week.

The Lumberjacks earned a victory over the Capstone Colts in a shootout Jan. 28, followed by a 4-1 loss to the visiting East Hants Penguins during Pink in the Rink night.

Heading into this week, the Lumberjacks have just seven games remaining on the schedule: Monday, Feb. 2, they were scheduled to travel to take on the Sackville Blazers. Then Feb. 6 they will take to the road again to take on the Windsor Oxen, before taking on the Blazers at home Feb. 7. Then Feb. 10, they are on the road again to take on the Brookfield Elks.

At the Feb. 7th game, the Lumber-



KEVIN MCBAIN PHOTO

Jack Piper of the Jr. B Lumberjacks scored the lone goal for the home team in a 4-1 home loss Jan. 31 to the East Hants Penguins.

jacks will honour members of the Bridgewater Legion. The Royal Canadian Legion is celebrating its 100th anniversary this year.

## JAN. 31 - PENGUINS 4 VS LUMBERJACKS 1

Saturday's game marked the annual Pink in the Rink contest – with half of the proceeds from the 50-50 going to the South Shore Hospital Foundation's Gift from the Heart Radiothon.

Several breast cancer survivors and warriors were honoured at the beginning of the game and were at centre ice to drop the ceremonial puck.

## JAN. 31 - PENGUINS 4 VS LUMBERJACKS 1

The two teams were tied 0-0 after 20 minutes and after 40, it was 1-0 for the Penguins.

In the third, the visitors came out hard, scoring three straight goals early in the period.

Jack Piper scored the lone Lumber-

jacks goal with 5:31 remaining in the game to get his team on the board.

East Hants outshot the Lumberjacks 33-24 and are now 17-7-2 for 36 points. The Lumberjacks, heading into Monday night's game in Sackville had a 19-5-0 record, still hanging on to second place in the Fred Fox division.

## JAN. 28 - LUMBERJACKS 5 VS COLTS 4

Wednesday evening in a make-up game at C.F.B. Shearwater Forum, the Lumberjacks started strong staking themselves to a 4-0 lead after 20 minutes on goals from Jackson Spraggon, Evan Amirault, Brandon Rideout and Leo MacLean with the latter two being power-play goals.

However, never count the Colts out and they proved that by rallying from four goals down to tie the game at 4-4 after regulation time. The teams could not decide anything in the five-minute sudden-death overtime, forcing a shoot-out.

The shoot-out lasted almost seven rounds with the Colts scoring twice on their initial six shots and the Lumberjacks Jackson Spraggon netting the game winner on the Lumberjacks seventh shot.

South Shore outshot the Colts 43-35 and it was a game in which 130 penalty minutes were assessed including 76 in the second period.



KEVIN MCBAIN PHOTO

## BRIDGEWATER RINK CLAIMS U15 CHAMPIONSHIP

Bridgewater skip Henry Salzman delivers this rock during action at the 2026 U15 boys and girls championships held at the Bridgewater curling club Jan. 30 - Feb. 1. With Salzman in this photo, are sweepers Jakob Spry and Lennox Francis. Holding the broom was Brody Coughran. Salzman and team finished with a perfect record over three qualifying games, before defeating Team Berrigan from the Mayflower Curling Club and team Lachlan Okell, also of the Mayflower Club. On the girls' side, Karina Coughran of the Mayflower CC defeated Makayla Willsey of Berwick 5-0.

## SPORTS SHORTS

### RECORD ALERT!

Pleasantville's Zoe Mosher, now attending Villanova University, broke an Athletics Nova Scotia Indoor Track and Field Record for the U20, 3,000 m competition at the Penn Elite competition in Philadelphia on Jan. 24. She ran the

distance in just 9:18.12 - a personal best.

Also, earlier this month in Tallahassee, Florida at the World U20 Cross Country Championships, competing for Team Canada, she finished 47th in the U20, six kilometre race, finishing with a time of 22:11.



## BOWLING

Pajo's Bowling Alley League Stats

**Lucky Strikes League, Jan. 16:** H.S.: Michele Hue 127; H.T.: Michele Hue 309; H.S.: Doug Murphy 146; H.T.: Nick Foley 382; T.H.T.: Splits and Giggles 1681  
**Youth League, Jan. 17: Pee wee.** G.H.S.: Aurora M 71; G.H.T.: Aurora M 202; B.H.S.: Hudson M 50  
**Bantam.** G.H.S.: Abby P 57; B.H.S.: Dryden W 93; B.H.T.: Dryden W 250  
**Junior.** G.H.S.-Soraya W 93; G.H.T.: Soraya W 250; B.H.S.: Alex L 104; B.H.T.: Alex L 285

**Mickey Mouse League, Jan. 18:** Weather Cancellation  
**Men's, Jan. 19:** Weather Cancellation  
**Ladies, Jan. 20:** H.S.: Shirley Fraser 119; H.T.: Kim Veinotte 335; T.H.T.: Flintstones 1784  
**Canexcel, Jan. 21:** H.S.: Lisa Kaizer 125; H.T.: Lisa Kaizer 344; H.S.: Yama Younis 135; H.T.: Cory Carver 355  
**Money League, Jan. 22:** H.S.: Carol Weisner 137; H.T.: Carol Weisner 355; H.S.: Yama Younis 143; H.T.: Ryan Jensen 352; T.H.T.: Three Chicks and a Spare 1498

## NOTICE OF PUBLIC MEETING & AREA RATE VOTE REGION OF QUEENS MUNICIPALITY

NOTICE IS GIVEN to the Rate Payers of Tax Districts 5 & 6 (Brooklyn) concerning the renewal of two Community Area Rates:

- Brooklyn Recreation Committee:** Renewal of area rate at 4¢ per \$100 of assessment.
- Brooklyn Cemetery Committee:** Renewal of area rate at 1.5¢ per \$100 of assessment.

### PUBLIC INFORMATION MEETING

**DATE & TIME:** Wednesday, February 11, 2026 - 6:30 PM to 8:30 PM  
**LOCATION:** Brooklyn Community Hall, 3960 Nova Scotia Trunk 3, Brooklyn, NS

The applicants will be given an opportunity to present their request and answer questions from the public. The Councillor chairing the meeting will also be available to answer questions as they relate to the Municipality.

### VOTING DAY

**DATE & TIME:** Friday, February 13, 2026 - 8:00 AM to 8:00 PM

**LOCATION:** Brooklyn Community Hall, 3960 Nova Scotia Trunk 3, Brooklyn, NS

**VOTING ELIGIBILITY:** Voting is restricted to Rate Payers of Tax Districts 5 & 6.

- You must be an owner of taxable property within Tax District 5 or 6 (Brooklyn) and be eligible to vote in Municipal Elections.
- Please bring photo ID.
- No proxy voting is allowed.

**PLEASE NOTE:** Tax Districts are **not** the same as Electoral Districts in Region of Queens Municipality. These Area Rates are for Tax Districts 5 & 6 (Brooklyn) only. If you do not see these Area Rates on your tax bill, this notice does not apply to you.

For more information, please visit the RQM website at [www.regionofqueens.com](http://www.regionofqueens.com).

**Angela Green**  
Municipal Clerk



# LIFESTYLES

## Before the thaw:

### Why winter is the right time to spay and neuter

**ASHLEY KIPPERS**

SHAID Tree Animal Shelter General Manager

January has brought its share of storms, cold nights, and challenging conditions, but while winter still has a firm grip on us, breeding season is quietly approaching. Long before the snow fully melts, cats and dogs begin responding to lengthening days, and shelters start preparing for the inevitable surge of spring litters.

Spaying and neutering during the winter months is one of the most effective ways to prevent the spring kitten and puppy boom before it starts. Cats can become pregnant as young as four-to-five-months old, and unaltered animals can produce multiple litters in a year. Acting now, before warmer weather arrives, helps reduce the number of animals born into uncertain situations and eases the strain on shelters and rescue organizations.

Beyond preventing overpopulation, spay and neuter procedures offer significant health and behavioural benefits. Altered pets are less likely to roam during storms or mating season, engage in fights, or spray indoors. They also face reduced risks of certain cancers and infections, often lead-

ing to longer, healthier lives and fewer emergency veterinary visits.

At SHAID, the consequences of delayed spay and neuter are seen every year. Many cats arrive during or after winter already pregnant, having survived harsh conditions outdoors. Solstice, a beautiful five-year-old bi-colour spayed female, is one such survivor. She successfully raised her kittens as a stray, and all of her babies have since found loving homes. Now it's Solstice's turn. She is shy but gentle, allows petting, and would do best in a calm, patient home, especially with another friendly cat for companionship.

While winter storms continue to roll through, now is the ideal time to plan ahead. Spaying and neutering before breeding season begins...saves lives, reduces suffering, and helps shelters focus their resources on animals already in need.

Taking action now, during the quiet of winter, makes a lasting difference when spring finally arrives.



ASHLEY KIPPERS PHOTO

Solstice is looking for a new home.

## Closing our options

**SUSANNE BECK**

Reality Check

Having an abundance of choice can be a luxury in some situations. What food shall I eat? Where shall I go on vacation? Which friend will I spend time with today?

Having a myriad of choices in areas such as those does imply a life that is largely in control. While the choices are many, all of the options are pleasant. Even if I make the "wrong" choice, it will still have a pleasant outcome.

Yet as we know, there are times when we need to make choices that aren't as delightful as picking the most appetizing item from a buffet. Unfortunately, sometimes we need to make a choice when all the options are undesirable.

For example, will I pay this bill or that bill? Will I stay in this unpleasant work environment or take a chance on moving to a different one, realizing it could be no better, or even worse? Will I maintain this unsatisfying relationship, given the downsides of breaking it off and doing something differently?

Keeping our options open has benefits. When we wait to make a decision, we may be able to take advantage of a better option, if one happens to pop up. Whew! I'm glad I didn't choose last week, or I would have missed out.

There can be compelling reasons for keeping our options open. Much of the time, we are working with limited information. We don't know all our options; we don't know all the pros and cons. There's the possibility that we will choose poorly. Maybe it's better to put it off, till we know more.

However, keeping our options open has potential downsides too. When your friend says, "I'm going to lunch tomorrow, do you want to come?" what do you say? If your usual response is, "I'm keeping my options open," eventually, they may stop asking.

The downsides can go well beyond mildly annoying our friends. If you have a perception that you always have a lot on your mind, with unfinished business and decisions weighing on you, maybe it would be worthwhile to do a little self-check. Am I really keeping my options open? Or am I avoiding making commitments?

A commitment can be as simple as a product choice or as complicated as a long-term commitment to another person. Either way, once we've made a commitment, we can remove the choice from our minds. Clear out that uncertainty from our thoughts. It's done and we don't have to revisit the question.

As a trivial example, I have a longstanding habit that once I've bought something, I stop shopping.

Continued on page 15

**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) D9215

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## LIFESTYLES

## My eBird in review 2025

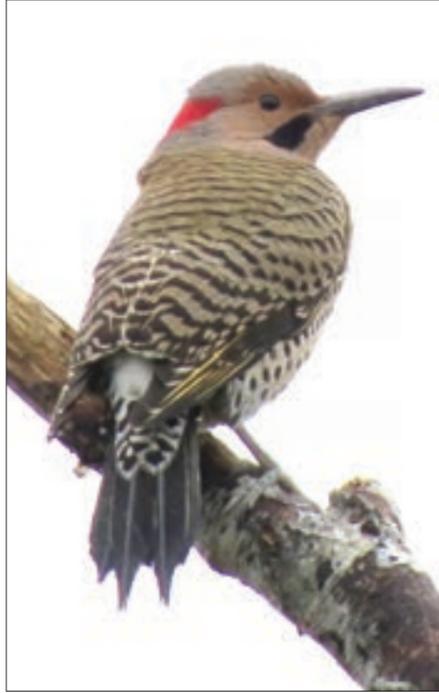
**JAMES HIRTLE**  
Bird Notes

The database, eBird, was launched in 2002 by the Cornell Lab of Ornithology at the Cornell University and the National Audubon Society. It gathers basic data on bird abundance and distribution at a variety of spatial and temporal scales.

As of May 12, 2021, there were over one billion bird observations recorded through this global database. In recent years, there have been over 100 million bird observations recorded each year. It is an online database of bird observations providing scientists and researchers and amateur naturalists with real-time data about bird distribution and abundance.

Originally restricted to sightings in the Western Hemisphere, the project expanded to include New Zealand in 2008 and in June 2010 it covered the whole world.

Every year my goal is to see 200 species for Nova Scotia. I have not been successful in that for quite a few years now. My eBird for 2025 says that I saw 197 species. Of these four were in Ontario, so I can only claim to have gotten 193 species in 2025 for Nova Scotia. I



JAMES HIRTLE PHOTO

A northern flicker spotted in Lunenburg on Jan. 15.

could have had the 200 easily, but 2025 was a hard year for me, preventing me often from going further afield or visiting a lot of places I normally would go outside of Lunenburg County.

So in review, some of my bigger misses were harlequin duck, spruce grouse, northern fulmar, great shear-



JAMES HIRTLE PHOTO

A broad-winged hawk spotted in Bayport on Jan. 15.

water, sooty shearwater, Leach's storm petrel, American bittern, great egret, little blue heron, black-crowned night heron, yellow-crowned night heron, northern goshawk, American coot, American oystercatcher, whimbrel, stilt sandpiper, red-necked phalarope, red phalarope, Pomarine jaeger, Para-

sitic jaeger, black-legged kittiwake, glaucous gull and Roseate tern.

Also, the yellow-billed cuckoo, great horned owl, snowy owl, short-eared owl, common nighthawk, black-backed woodpecker, olive-sided flycatcher, horned lark, winter wren, veery, Swainson's thrush, brown thrasher, Bohemian waxwing, Lapland longspur, Tennessee warbler, mourning warbler, bay-breasted warbler, yellow-breasted chat, eastern towhee, field sparrow, vesper sparrow, lark sparrow, Lincoln's sparrow, scarlet tanager, rose-breasted grosbeak, blue grosbeak, pine grosbeak, house finch, white-winged crossbill, common redpoll and pine siskin.

So, 2025 was probably one of my worst years ever for missing species that I see every year or most years. Forty-nine out of the species I listed I get every year.

Anyhow after getting side-tracked with the above, I saw four new species for my life list during 2025. They were wood stork, tropical kingbird, Townsend's warbler and the last barnacle goose, although I'm sure I've seen one of those sometime in the past.

*Continued on page 15*

## The empathy boundary: How to care without carrying the weight

**STEPHANIE MILLER VINCENT**  
Business Moments

A few years back, I worked with a manager who kept a mental tally of everyone's struggles. She knew whose kid was sick, who was caring for an aging parent, who was going through a breakup. She'd check in constantly, adjust workloads on the fly, and stay late to pick up slack when someone was having a rough week.

On paper, she was the kind of leader everyone wanted. In practice, she

was burning out fast.

Some leaders feel everything.

They notice when someone's off. They pick up on tension before it turns into a problem. They can tell when a team member is struggling, even if nothing's been said out loud.

At first, that feels like a gift. And in many ways, it is.

But over time, that same sensitivity can turn into exhaustion. Because somewhere along the way, empathy can quietly turn into emotional labour and there's an important difference

between caring and carrying.

Your team doesn't need you to be their saviour. They need you to be steady.

I've watched plenty of well-meaning leaders fall into the trap of trying to be everything for everyone, part manager, part therapist, part problem-solver. They take home their team's stress, their worries, their unfinished stories. Eventually, they start to feel worn down, even when they genuinely care about their people.

The manager I mentioned? She

eventually realized she wasn't helping anyone by running herself into the ground. Her team had started waiting for her to solve things instead of stepping up themselves. And she'd become so reactive that she'd lost sight of the bigger picture.

Here's the thing: being a human-first leader doesn't mean fixing people's lives. It means creating a workplace where people don't have to handle hard things alone.

*Continued on page 15*

COMMUNITY

**Non-Profit & Volunteer Events & Fundraisers**

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

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

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

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

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

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

PUT YOUR BUSINESS IN FRONT OF YOUR COMMUNITY.

Contact Diana at 902-930-4361 or [diana.hirtle@southshorebulletin.ca](mailto:diana.hirtle@southshorebulletin.ca)

EARLY DEADLINE

Due to the Heritage holiday, the South Shore Bulletin will be CLOSED on Monday, February 16.

The deadline for the February 18th edition is Thursday, February 12th at 10:00 a.m.

This includes classifieds, family album and display advertising.

**SOUTH SHORE BULLETIN**

A Division of MET Media Group Ltd.

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

# PUZZLES & MORE

## The Weekly Crossword

by Margie E. Burke

1	2	3	4		5	6	7	8		9	10	11	12	13
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### ACROSS

- 1 Fill-in worker
- 5 Chooses
- 9 Mentally quick
- 14 Summon, as a cab
- 15 Sure anagram
- 16 Comaneci of the balance beam
- 17 Links org.
- 18 Become frayed
- 19 Secluded valleys
- 20 Robust walker
- 22 Lift up
- 24 Ticket category
- 25 Cairo's river
- 26 Posed for a portrait
- 28 Stingy
- 33 Mr. Eastwood
- 35 Optional course
- 36 Therapeutic plant
- 37 Man-goat of myth
- 39 Nostril wrinkler
- 40 Pasta favorite
- 42 Sidewinder, e.g.
- 43 Do in, as a politician
- 46 Albanian money
- 47 Santa's reindeer, e.g.
- 48 Avian chatterbox
- 50 Queen consort since 2022
- 53 "Survivor" slogan word
- 56 Pizza topping
- 57 Sour-tasting
- 59 Sheep's genus
- 60 Toms and bucks
- 61 Translucent gem
- 62 Mild expletive
- 63 Lift in a gym
- 64 Be dependent
- 65 Sets as a price

### DOWN

- 1 Conclusion starter
- 2 NYC "river"
- 3 Seasonal movements
- 4 Tartan cloth
- 5 "Animal Farm" author
- 6 \_\_\_\_ Vallarta
- 7 Airport screening org.
- 8 In a calm way
- 9 Like a sleeping baby
- 10 Texas island city
- 11 "The very \_\_\_\_!"
- 12 Pocket particles
- 13 Soldier's stance, with "at"
- 21 Heating conduit
- 23 Long-term prisoner
- 26 La \_\_\_\_ opera house
- 27 Words before well or forgiven
- 29 Take hold
- 30 Powerful ocean surges
- 31 Conjure up
- 32 Former Yankee Jeter
- 34 Strips in a darkroom
- 37 Rope fiber
- 38 Cartoon artist
- 41 Futile
- 42 Splinter group
- 44 Ethically indifferent
- 45 How bowstrings are strung
- 49 Kapolei greeting
- 50 Casino freebie
- 51 Winglike
- 52 Runner's distance
- 54 Like some jokes
- 55 Head-shaker's sounds
- 58 "Tarzan" extra

## Sudoku

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

Level: Advanced

## BASKETBALL WORD SEARCH

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

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

### WORDS

- |           |            |         |               |
|-----------|------------|---------|---------------|
| ASSIST    | DEFENSE    | LAY-UP  | SUBSTITUTION  |
| BACKBOARD | DRIBBLE    | OFFENSE | THREE-POINTER |
| BASELINE  | DUNK       | PIVOT   | TIMEOUT       |
| CLOCK     | FOUL       | REBOUND | TIPOFF        |
| COURT     | FREE THROW | SCREEN  | TRAVELING     |
| CROSSOVER | JUMP SHOT  | SHOT    | TURNOVER      |

## Puzzles & More Answers

### Crossword Solution

P	R	E	S	S	P	R	E	S	S	P	R	E	S	S	P	R	E	S	S
M	A	L	K		O	P													
S	T	A	R		L	A	V	E											
C	A	M	I		L	L	A	V	E										
L	A	S	T																
M	A	V																	
L	E	R																	
S	N	A																	
K	E																		
R	O	R																	
O	D																		
L	E																		
C	L	O																	
S	A	V																	
L	E																		
S	T	R																	
S	G																		
A	V																		
I	L																		
A	V																		
L	E																		

### Sudoku

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

WEDNESDAY EVENING FEBRUARY 4. Grid showing TV channels (6-56) and programs (6:30-11:30) such as Global, CTV News, News, America, How/Made, etc.

THURSDAY EVENING FEBRUARY 5. Grid showing TV channels (6-56) and programs (6:30-11:30) such as Global, CTV News, News, America, How/Made, etc.

WEEKDAY DAYTIME. Grid showing TV channels (6-56) and programs (7:30-6:00) such as Global News Morning, Morning, Various, etc.

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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 with columns A-E and rows for various channels (GLOBAL, ITV, YTV, etc.) and their corresponding numbers.

FRIDAY EVENING FEBRUARY 6. Grid showing TV channels (6-56) and programs (6:30-11:30) such as Global, CTV News, News, America, How/Made, etc.

FEBRUARY 4 TO FEBRUARY 10. Grid showing TV channels (6-56) and programs (1:00-6:00) such as Carn Eats, My Reno, Fire Masters, etc.

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

SUNDAY DAYTIME FEBRUARY 8. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING FEBRUARY 7. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING FEBRUARY 8. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, FEBRUARY 4

EVENING

9:00 [SLICE] "Ghost" (Fantasy, 1990) Patrick Swayze, Demi Moore. Slain yuppie (Patrick Swayze) reaches his lover (Demi Moore) with psychic's (Whoopi Goldberg) help. (14+)
[WIN] "Blended" (Romance, 2014) Adam Sandler, Drew Barrymore. Two antagonistic single parents and their children are stuck sharing a suite together at a resort. (G)
11:30 [WIN] "The Best of Me" (Romance, 2014) Michelle Monaghan, James Marsden. A friend's funeral reunites former high-school sweethearts, who find that they are still in love. (G)
2:00 [WIN] "Blended" (Romance, 2014) Adam Sandler, Drew Barrymore. Two antagonistic single parents and their children are stuck sharing a suite together at a resort. (G)
2:20 [SHOW] "Transformers: Age of Extinction" (Action, 2014) Mark Wahlberg, Stanley Tucci. As humanity picks up the pieces after an epic battle, a shadowy group emerges to control history. (G)

THURSDAY, FEBRUARY 5

EVENING

9:00 [CH] "Win a Date With Tad Hamilton!" (Romance, 2004) Kate Bosworth, Topher Grace. A woman's (Kate Bosworth) friend (Topher Grace) and an actor (Josh Duhamel) vie for her affection. (G)
12:30 [TBS] "The Hangover" (Comedy, 2009) Bradley Cooper, Ed Helms. After a wild stag party, three groomsmen must find their missing pal before his wedding. (14+)
1:00 [VIS] "The Illusionist" (Mystery, 2006) Ed Norton, Paul Giamatti. A magician (Edward Norton) vies with the heir to the Austro-Hungarian Empire for a woman's love.

FRIDAY, FEBRUARY 6

EVENING

9:00 [ASN] "In the Heights" (Musical, 2021) Anthony Ramos, Melissa Barrera. A magnetic bodega owner hopes, imagines and sings about a better life in Washington Heights, N.Y. (G)
[WIN] "The Love Club: Nicole" (Romance, 2023) Brittany Bristow, Marcus Rosner. Recently engaged Nicole calls upon her friends when she has second thoughts about getting married. (G)
[SHOW] "Daddy's Home" (Comedy, 2015) Will Ferrell, Mark Wahlberg. An insecure man (Will Ferrell) competes with his stepchildren's freewheeling father (Mark Wahlberg). (G)

[TBS] "The Hangover" (Comedy, 2009) Bradley Cooper, Ed Helms. After a wild stag party, three groomsmen must find their missing pal before his wedding. (14+)
10:00 [APTN] "Stolen" (Action, 2012) Nicolas Cage, Danny Huston. A former thief must come up with \$10 million to save his kidnapped daughter. (14+)
11:00 [WIN] "The Love Club: Sydney" (Romance, 2023) Lily Gao, Jesse Huch. Sydney's new running buddy may help her discover that it's time to let go of an old flame. (G)
[SHOW] "Daddy's Home 2" (Comedy, 2017) Will Ferrell, Mark Wahlberg. Brad and Dusty's respective fathers show up to turn Christmastime upside down. (G)
11:15 [TBS] "The Hangover Part II" (Comedy, 2011) Bradley Cooper, Ed Helms. An adventure ensues when Phil, Stu, Alan and Doug head to Thailand for Stu's wedding. (13+)
12:30 [CH] "Enter the Game of Death" (Adventure, 1978) Bruce Lee, Cheung Lak. A Chinese fighter (Bruce Lee) recovers documents stolen by the Japanese. (18+)
1:00 [WIN] "Big Sky River" (Drama, 2022) Emmanuelle Vaugier, Kavan Smith. A woman returns to Parable, Mont., and meets a handsome neighbor who presents an unexpected twist. (G)
[VIS] "April in Paris" (Musical, 1952) Doris Day, Ray Bolger. U.S. diplomat (Ray Bolger) escorts chorus girl (Doris Day) to Paris. (G)
[APTN] "Stolen" (Action, 2012) Nicolas Cage, Danny Huston. A former thief must come up with \$10 million to save his kidnapped daughter. (14+)
1:30 [SHOW] "Anger Management" (Comedy, 2003) Adam Sandler, Jack Nicholson. A meek businessman (Adam Sandler) clashes with an aggressive therapist (Jack Nicholson). (G)
[TBS] "The Hangover Part III" (Comedy, 2013) Bradley Cooper, Ed Helms. Phil, Stu and Doug take Alan on a road trip to help him through a personal crisis. (14+)

SATURDAY, FEBRUARY 7

EVENING

6:30 [SLICE] "When Harry Met Sally..." (Romance, 1989) Billy Crystal, Meg Ryan. Harry and Sally are very good friends, but they fear sex would ruin the friendship. (14+)
[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)

7:00 [AVI] "Ordinary Girl in a Tiara" (Romance, 2025) Katharine King So, Kathryn Gallagher. Two women help each other with meeting challenges, being their best selves, and fulfilling dreams. (8+)
[WIN] "Return to Office" (Romance, 2025) Janet Parrish, Scott Michael Foster. Two coworkers known to each other only as Ms. Monday and Mr. Tuesday start sending friendly notes.
7:30 [SHOW] "Grown Ups 2" (Comedy, 2013) Adam Sandler, Kevin James. Lenny Feder moves his family back to his hometown and finds out that, sometimes, crazy follows you. (G)
8:00 [APTN] "Red Fever" (Documentary, 2024) Neil Diamond goes to North America to uncover why the world is fascinated with Native Americans.
8:30 [SLICE] "Book Club" (Romance, 2018) Diane Keaton, Jane Fonda. Four friends' lives turn upside down when their book club tackles the infamous "50 Shades of Grey." (G)
9:00 [CH] "Labor Day" (Romance, 2013) Kate Winslet, Josh Brolin. An escaped convict (Josh Brolin) enters the lives of a lonely divorcee (Kate Winslet) and her son. (G)
[TBS] "Jurassic World: Fallen Kingdom" (Adventure, 2018) Chris Pratt, Bryce Dallas Howard. Owen and Claire return to Isla Nublar to save the remaining dinosaurs from an erupting volcano. (14+)
10:00 [SHOW] "Anchorman: The Legend of Ron Burgundy" (Comedy, 2004) Will Ferrell, Christina Applegate. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman. (G)
[APTN] "The Snow Walker" (Adventure, 2003) Barry Pepper, Annabella Piugattuk. A plane crash strands a bush pilot (Barry Pepper) and an Inuit woman (Annabella Piugattuk). (G)
11:00 [SLICE] "Bridget Jones's Diary" (Romance, 2001) Renée Zellweger, Colin Firth. An outrageous British woman (Renée Zellweger) falls for two men (Colin Firth, Hugh Grant). (14+)
[WIN] "Love in Winterland" (Romance, 2020) Italia Ricci, Chad Michael Murray. Ally, a final contestant on a dating show, must face her high school sweetheart. (G)
11:45 [TBS] "Jurassic World: Fallen Kingdom" (Adventure, 2018) Chris Pratt, Bryce Dallas Howard. Owen and Claire return to Isla Nublar to save the remaining dinosaurs from an erupting volcano. (14+)

12:00 [SHOW] "Anchorman 2: The Legend Continues" (Comedy, 2013) Will Ferrell, Steve Carell. Ron Burgundy tries to stay classy when he and his team go to work at a 24-hour news channel. (G)
12:30 [GLOBAL] "Taken 2" (Action, 2012) Liam Neeson, Maggie Grace. Bryan Mills enlists his daughter's aid to free himself and his wife from a vengeful kidnapper.
[AVI] "Copshop" (Action, 2021) Gerard Butler, Frank Grillo. On the run from a lethal assassin, a con artist devises a scheme to hide out in a police station. (14+)
1:00 [SLICE] "He's Just Not That Into You" (Romance, 2009) Ben Affleck, Jennifer Aniston. Men and women try to navigate through the complexities of modern relationships. (14+)
[WIN] "The Wedding Veil Expectations" (Romance, 2023) Lacey Chabert, Kevin McGarry. Avery and Peter try to keep their romance alive while renovating an old house and juggling work. (G)
[APTN] "The Snow Walker" (Adventure, 2003) Barry Pepper, Annabella Piugattuk. A plane crash strands a bush pilot (Barry Pepper) and an Inuit woman (Annabella Piugattuk). (G)
2:30 [SHOW] "Grown Ups" (Comedy, 2010) Adam Sandler, Kevin James. Five friends learn that age and maturity do not, necessarily, coincide. (G)
[TBS] "Pacific Rim Uprising" (Sci-Fi, 2018) John Boyega, Scott Eastwood. A new generation of pilots unite to battle otherworldly monsters that want to destroy humanity. (G)

SUNDAY, FEBRUARY 8

EVENING

6:00 [SHOW] "Paul Blart: Mall Cop" (Comedy, 2009) Kevin James, Jayma Mays. A security guard, who longs to be a cop, tries to save the day as a gang puts the mall under siege. (G)
[TBS] "Father of the Bride" (Comedy, 1991) Steve Martin, Diane Keaton. A doting dad (Steve Martin) deals with his daughter's (Kimberly Williams) impending wedding. (G)
7:00 [SLICE] "The Lake House" (Romance, 2006) Keanu Reeves, Sandra Bullock. A doctor (Sandra Bullock) and a frustrated architect (Keanu Reeves) fall in love across time. (G)
[GLOBAL] "Men in Black: International" (Sci-Fi, 2019) Chris Hemsworth, Tessa Thompson. Agent H and Agent M use high-tech weaponry to battle aliens that can take the form of any human. (PG)
8:00 [SHOW] "Paul Blart: Mall Cop 2" (Comedy, 2015) Kevin James, Raini Rodriguez. Security guard Paul Blart (Kevin James) takes his daughter to Las Vegas and stumbles upon a heist. (G)

8:15 [TBS] "Father of the Bride Part II" (Comedy, 1995) Steve Martin, Diane Keaton. Dual pregnancies try havoc with an anxious family man (Steve Martin). (G)
9:00 [ASN] "King Richard" (Drama, 2021) Will Smith, Aunjanue Ellis-Taylor. Richard Williams inspires his two daughters, Venus and Serena, to become tennis champions. (G)
[SLICE] "The Time Traveler's Wife" (Romance, 2009) Rachel McAdams, Eric Bana. A time-traveler (Eric Bana) keeps moving in and out of the life of his true love (Rachel McAdams). (G)
[WIN] "Charlie St. Cloud" (Drama, 2010) Zac Efron, Amanda Crew. A young man (Zac Efron) has trouble letting go of the past in the wake of a terrible accident. (G)
10:00 [USA] "Bruce Almighty" (Comedy, 2003) Jim Carrey, Morgan Freeman. A whiny news reporter is given the chance to step into God's shoes. (G)
[SHOW] "21 Jump Street" (Comedy, 2012) Jonah Hill, Channing Tatum. Two cops working under cover at a high school must confront their teenage issues all over again. (14+)
[APTN] "Safe House" (Romance, 2021) Andrew Chapman, Deanna Little. A spirited contractor becomes a problem for an FBI analyst who's looking to get his job back.
10:30 [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)
11:00 [CITV] "Men in Black: International" (Sci-Fi, 2019) Chris Hemsworth, Tessa Thompson. Agent H and Agent M use high-tech weaponry to battle aliens that can take the form of any human. (PG)
[WIN] "Silver Linings Playbook" (Romance, 2012) Bradley Cooper, Jennifer Lawrence. A man intends to rebuild his life and reunite with his estranged wife. (14+)
11:30 [SLICE] "Just Like Heaven" (Romance, 2005) Reese Witherspoon, Mark Ruffalo. A depressed widower (Mark Ruffalo) falls for a ghostly doctor (Reese Witherspoon). (G)
12:30 [USA] "Evan Almighty" (Children, 2007) Steve Carell, Morgan Freeman. God (Morgan Freeman) commands a newly elected congressman (Steve Carell) to build an ark. (G)
[SHOW] "Paul Blart: Mall Cop" (Comedy, 2009) Kevin James, Jayma Mays. A security guard, who longs to be a cop, tries to save the day as a gang puts the mall under siege. (G)

[GLOBAL] "You're Bacon Me Crazy" (Romance, 2020) Natalie Hall, Michael Rady. Cleo Morelli, an aspiring Portland chef, tries to win a food truck competition. (G)
1:00 [TBS] "Father of the Bride" (Comedy, 1991) Steve Martin, Diane Keaton. A doting dad (Steve Martin) deals with his daughter's (Kimberly Williams) impending wedding. (G)
[APTN] "Safe House" (Romance, 2021) Andrew Chapman, Deanna Little. A spirited contractor becomes a problem for an FBI analyst who's looking to get his job back.
1:30 [SLICE] "The Lake House" (Romance, 2006) Keanu Reeves, Sandra Bullock. A doctor (Sandra Bullock) and a frustrated architect (Keanu Reeves) fall in love across time. (G)
[WIN] "Charlie St. Cloud" (Drama, 2010) Zac Efron, Amanda Crew. A young man (Zac Efron) has trouble letting go of the past in the wake of a terrible accident. (G)

MONDAY, FEBRUARY 9

EVENING

10:00 [SHOW] "Catch Me if You Can" (Comedy Drama, 2002) Leonardo DiCaprio, Tom Hanks. An FBI agent pursues a con man who changes identities and commits forgeries. (G)
1:00 [SHOW] "Red Eye" (Thriller, 2005) Rachel McAdams, Cillian Murphy. A plane passenger (Cillian Murphy) involves his seatmate (Rachel McAdams) in a deadly plot. (13+)

TUESDAY, FEBRUARY 10

EVENING

9:00 [ASN] "Poisoned in Paradise: A Martha's Vineyard Mystery" (Mystery, 2021) Jesse Metcalfe, Sarah Lind. A young waitress is poisoned after she asks ex-cop Jeff for help, who works to solve the case. (8+)
[WIN] "The Proposal" (Romance, 2009) Sandra Bullock, Ryan Reynolds. A woman pretends to be engaged to her assistant to avoid deportation to Canada. (G)
11:30 [WIN] "Life as We Know It" (Romance, 2010) Katherine Heigl, Josh Duhamel. Two people must learn to put aside their mutual dislike and raise their orphaned goddaughter. (G)
12:00 [CTVSCI-FI] "The Librarian: Adventure to King Solomon's Mines" (Adventure, 2006) Noah Wyle, Gabrielle Anwar. An adventurer (Noah Wyle) uses a map to search for King Solomon's mines. (G)
2:00 [WIN] "The Proposal" (Romance, 2009) Sandra Bullock, Ryan Reynolds. A woman pretends to be engaged to her assistant to avoid deportation to Canada. (G)

MONDAY EVENING FEBRUARY 9. Table with columns for time slots (6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) and corresponding programs like Global, CTV News, Milano, etc.

TUESDAY EVENING FEBRUARY 10. Table with columns for time slots (6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) and corresponding programs like Global, CTV News, Milano, etc.

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Please attach the following:  
1) Resume  
2) 2 -3 writing samples/links  
3) Short cover letter

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

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#### BREAKFASTS

Breakfast - Pinehurst Community Hall. Saturday, February 7, 7 a.m. To 11 a.m. Bacon, sausage, eggs, hash browns, homemade beans and jam, toast, beverages. Adults \$12, 5-12yr \$6, under 5 free. Takeouts 543-9190

#### 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.

#### 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

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

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**Sunday February 8th**  
Sexagesima – Rev. Oliver Osmond  
9:00am St. Johns West Dublin  
Holy Communion  
11:00am St. Marys Crousetown  
Holy Communion

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

#### 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.

#### SUPPERS

PANCAKE SUPPER by Knight of Columbus; Tuesday, February 17, 4:30 p.m. to 6 p.m. St. Joseph's Centre, 92 Queen Street, Bridgewater. \$10; 12 and under - \$5; immediate family \$30. Pancakes, sausage, dessert, live music.

#### HOMES/RENT

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

#### OBITUARIES

**Cecil G Publicover**  
1936 - 2026

End of life has come for Cecil G Publicover, Halifax, formally from West Dublin, Lunenburg County, on Saturday, January 24, 2026 at the QE2 Halifax infirmary. Memorial will be held at a later date. To offer condolences, please visit Dartmouth Funeral Home www.dartmouthfuneralhome.ca.

**Gladys Muriel (Lantz) Slauenwhite**

It is with great sadness that we announce the passing of Gladys Muriel (Lantz) Slauenwhite, of Stanburne, Lunenburg County, NS, on January 21, 2026, at the age of 98.

Muriel was born in New Germany, NS, on August 5, 1927. She was the daughter of Hurdie and Eva (Gates) Lantz and a sister to Dorothy, Ruth, Kenneth, Rhoda, and Audrey. She began housekeeping, which is where she met her future husband, Joseph Slauenwhite, and began caring for their home-stead. The pair were married in the summer of 1946 and soon started their family. Phillip was born in 1947, Wayne in 1948, Gloria in 1950, and Royce rounded out their family in 1958.

Muriel was always smart; she enjoyed discussing politics and the news and had a flair for fashion. She spent her time tending to her beautiful flower gardens, raising her children, and making sure everyone left her table with full bellies. She had a great love of family, especially when it came to spending time with her grandchildren: Jeanine (Rafael) Mekhaeel, Jonathan (Bev) Chiasson, Joseph (Jen) Chiasson, Alisha (TJ) Slauenwhite, Amanda (Maurice) Johnson, Anthony (Michelle) Slauenwhite, and Alex (Madison) Slauenwhite. She loved to spoil them when they came to visit her house, which always smelled like home-cooked meals. If one was truly lucky, they got to sample her specialty – homemade donuts.

She was a long-time member of the New Germany St. John's Anglican Church, where she loved participating while dressed in her Sunday finest. For those who knew her, she loved to hear and tell stories. She would be on the phone for hours with her sisters and friends, discussing past, current, and future events.

Her daughter, Gloria Chiasson, lost her battle with cancer in 1987 at the age of 37. This, combined with surviving cancer herself twice, fuelled her passion for her lifelong volunteer work with the Canadian Cancer Society.

While Muriel loved her grandchildren, it was her great-grandchildren she loved to speak about and spend time with. Mark and Mia Chiasson; Sophie and Olivia Johnson; Rose and Grace Mekhaeel; and Theo, Noah, and Ava Slauenwhite all felt loved by their Grammie. She told them repeatedly how precious, smart, beautiful, and loved they were, while sneaking candy to them.

Muriel was predeceased by many family members, including her husband, Joseph; daughter, Gloria; parents; and siblings Dorothy, Ruth, Kenneth, and Rhoda. She leaves behind many who loved and cared for her: children Phillip, Wayne, and Royce (Janet); son-in-law Edgar (Lorna) Chiasson; grandchildren and great-grandchildren; sister Audrey Fram; many nieces and nephews; and friends. She enjoyed countless conversations and laughter over the years.

A special thank you to everyone who supported her in staying at home for as long as she could, including daughter-in-law Janet; sons Wayne and Royce; VON; Home Care; and with special thanks to Rochelle Conrad, Julie Rafuse, and Tanya Parnell. Thank you to South Shore Regional Hospital and North Queens Nursing Home for the care and comfort you provided over the last few weeks.

A celebration of life and a small burial service will be scheduled at a later time. In lieu of flowers, please consider a donation to the Canadian Cancer Society, St. John's Anglican Church Cemetery Fund, or the New Germany Fire Department.



#### OBITUARIES

**Barbara Marie Eisener**  
89, Italy Cross, died January 27, 2026, in South Shore Regional Hospital, Bridgewater. Born in Camperdown, Lunenburg County, she was the youngest of the eight children of the late Fred and Jenny (Stewart) Naugler. She is survived by her sons Brian (Natasha) and Wendell, both of Italy Cross, three grandchildren, and two great-granddaughters. She was predeceased by her husband, Lorie Eisener, her six brothers and one sister. She worked at the original Dawson Memorial Hospital and the Metropolitan Store in Bridgewater before attending Bridgewater Commercial School. Following graduation with honours, she worked for Eisener's Wholesale Ltd. until its closing. She was a member of St Paul's Evangelical Lutheran Church, Bridgewater, where she volunteered with St Paul's Ladies' Aid and the Evangelical Lutheran Women. Barbara lived a life full of devotion to God and family.



Obituaries can be found online at southshorebulletin.ca

## SOUTH SHORE BULLETIN CLASSIFIEDS

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E-MAIL: info@southshorebulletin.ca

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South Shore Bulletin is not responsible for errors or omissions for verbal or handwritten submissions.  
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**WORD ADS**  
 15 words or less, \$9.00\*. Additional words \$0.20\* each.

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

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

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

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

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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**

## The empathy boundary

Continued from page 9

The difference looks like this:

A leader who carries says, "Tell me what's going on. I'll take care of it."

A leader with an empathy boundary says, "I'm here. Let's figure out what kind of support makes sense."

One creates dependence. The other builds confidence.

The healthiest workplaces I've been part of don't rely on heroic rescue moments. They rely on simple, steady systems: regular check-ins that happen whether things are going well or not, clear expectations about availability, opportunities for growth, and a culture where it's okay to say something's hard without putting it all on one person.

Those systems protect everyone's energy, not just the leader's.

When support is built into how you operate, people feel safer. When leaders model boundaries, others learn they're allowed to have them too. And when care is shared across a team, it doesn't rest on one tired set of shoulders.

### OBITUARIES

#### Lawrence Douglas Bruhm

95, of Cookville, Lunenburg County, died peacefully at the South Shore Regional Hospital on Tuesday, 27 January 2026. Born 26 August 1930 to William and Florence Bruhm, he was the fourth of six sons, and is predeceased by brothers James, Robert, Paul, George, and David, as well as numerous sisters- and brothers-in-law, nieces and nephews. He leaves behind his wife of 69 years, Helen; sons Bill (Cynthia) and Steven (Peter); grandsons Benjamin (Ashley) and Simon (Emily), and great-grandsons Brodie, Viktor, and Joseph, in whom he found great delight.

Arrangements are under the care and direction of Sweeney's Funeral Home, 35 York Street, Bridgewater. A funeral service was held on Saturday 31 January, at St Andrew's Lutheran Church, West Northfield, and interment will be at a later date. In lieu of flowers, memorial donations may be made to the St. Andrew's Lutheran Church, Maple Grove Cemetery, and South Shore Regional Hospital. For online condolences please visit [www.sweenyfuneralhome.com](http://www.sweenyfuneralhome.com).



### DEATHS

**Backman, Harris Ivan**, 85, of Bayswater, died January 26, 2026, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Baker, Janet M**, 61, Hebbville, died January 23, 2026, Fisherman's Memorial Hospital, Lunenburg. Arrangements entrusted to Sweeney's Funeral Home, Bridgewater.

**Barren, Carl**, 89, Bridgewater, died January 18, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeney's Funeral Home, Bridgewater.

**Benoit, Ryan Joseph**, 39, Halifax, died January 25, 2026, at the QEII, Halifax. Arrangements entrusted to R.A. Corkum Funeral Home.

**Bruhm, Lawrence D**, 95, Cookville, died January 27, 2026, South Shore Regional Hospital in Bridgewater. Arrangements entrusted to Sweeney's Funeral Home, Bridgewater.

**Dumelie, Claude Rene**, 83, of Lunenburg, died January 23, 2026, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Eisner, Barbara Marie**, 89, Italy Cross, died January 27, 2026, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home.

**Fry, Marylee**, 90, Bedford, died January 16, 2026, Halifax Infirmary, Halifax. Arrangements entrusted to Sweeney's Funeral Home, Bridgewater.

**Lohnes, Reginald H**, 90, Bridgewater, died January 24, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeney's Funeral Home, Bridgewater.

**Maloney, Michael Edward**, 85, of Bridgewater, died January 15, 2026, in South Shore Regional Hospital, Bridgewater. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

**Mosher, Percy Burton**, Lunenburg, died January 27, 2026, at Harbour View Haven, Lunenburg. Arrangements entrusted to Mahone Funeral Home.

**Slauenwhite, G. Muriel**, 98, Stanburne, died January 21, 2026, North Queens Nursing Home, Caledonia. Arrangements entrusted to Sweeney's Funeral Home, New Germany.

**Wagner, Isabel Dorothy**, 99, of Mahone Bay, died January 28, 2026, in Mahone Nursing Home. Arrangements are under the direction of the R.A. Corkum Funeral Home, Wileville.

Here's the hard truth: if you're the only thing holding your team together, the structure itself needs attention.

Empathy isn't about absorbing everyone's stress. It's about making room for it without letting it run the business.

So instead of jumping into personal rescue mode, ask yourself:

- Where can I be more consistent instead of more reactive?
- What can I turn into a team practice instead of a personal burden?
- Where am I truly available and where do I need to protect my own capacity?

I think about that manager often. She eventually

took advantage of the systems we'd put in place, weekly one-on-ones, peer support check-ins, clearer roles around who handled what. Her team didn't fall apart. They got stronger.

Leadership isn't meant to be martyrdom. Taking care of yourself is part of taking care of your people.

Your team doesn't need you to carry their weight. They need you clear-headed, present, and well enough to lead.

*Stephanie is the Founder and CEO of SMillerVision, helping leaders build strong teams and healthier workplace cultures that support long-term business success. A keynote speaker and employee retention expert, she brings 30 years of experience leading high-performing teams and delivers proven systems with real results. [stephanie@smillervision.com](mailto:stephanie@smillervision.com) / [www.smillervision.com](http://www.smillervision.com)*

## Closing our options

Continued from page 8

When I made the choice, it was the most appropriate one based on the information I had at the time. Realistically, it's likely that sticking to this rule means that there have been times when I have missed out on better deals or better choices that popped up later. I will never know.

What I do know is that I haven't spent time on angst looking back and regretting my choice later. Is that worth something? For me, yes. You, however, may have a different view of how to make satisfying choices.

Commitment, making a choice, shuts down the

options. When we decide, we tell ourselves that we will now work through the problem, stick with the plan, go with the choice we've made. The options are no longer open.

For some, keeping their options open works well. For others, having a life that's overflowing with unsettled questions can cause more distress than flexibility.

Do you like to keep your options open? How does that work for you? 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*

## My eBird in review 2025

Continued from page 9

I entered 2008 complete checklists. Over the year I counted 99,859 birds and had 365 days with checklists. I spent 645.1 hours of birding time. My longest streak for data entry was 365 days.

My biggest day with the most birds and the highest count for species was May 11. My top counted species was the European starling with 15,777. My most frequent species observed was the American herring gull which appeared on 870 checklists.

I submitted 7,193 photographs of 167 species. There are another 500 or so photos that I've not had time to attach yet mostly for the month of October. I travelled 2,780.9 kms as per the checklists entered in 2025. With time spent travelling to birding locations and on the road with my car it was actually 25,783 kms. I did birding with others, which is not included with this total. My checklists for 2025 included 219 locations.

On the bright side of 2026 and thus far with January not being over, I've seen 82 species, which is much higher at this time than any year since 2008. I don't have data prior to that. The way they originally told us to enter old data does not reflect statistics. So, I'll need to one day go back in and fix the data that I entered so that it will be useful.

This year, the Great Backyard Bird Count occurs from Feb. 13 to 16. With this count you can bird anywhere you like. Just make note of the time spent of which it has to be 15 minutes and record the birds seen and how many. This data can then be submitted through eBird. You can submit data from one day or each day that you do a count.

Chris Jones of Marriott's Cove observed a red-tailed hawk on the week of Jan. 5. The next day it looked very hungry and lethargic and was scrounging bread meant for the American crows. The next day the red-tailed hawk showed similar actions so Chris put out some hamburger patties of which the hawk ate.

Mary Ann Bell of Crousetown had a northern shrike crash into her window. This bird was rescued and released back into the wild. On Jan. 22 Kevin Lantz found a black-headed gull along Tannery Road in Lunenburg and he saw a dovekie off Mason's Beach.

On Jan. 24 Anne Mills of Rose Bay reported two evening grosbeaks at her feeders.

She says that she and Eric have not had any evening grosbeaks there in years. She had 15 of these birds on that day. I sighted the northern mockingbird at First Peninsula as still present.

On Jan. 25 Kevin Lantz found two chipping sparrows near Kissing Bridge Road by First Peninsula. On that day, I saw a savannah sparrow and two snow buntings at First Peninsula. There also were two gadwalls along Tannery Road in Lunenburg. It was great to see 44 American robins and 60 cedar waxwings at Fader's Cove on that day.

On Jan. 26 Ethan Sarty of Camperdown continued to have visits from a pine siskin. I had a male and female Barrow's goldeneye in front of where I live in LaHave. On Jan. 28, Eric Mills had a fox sparrow arrive in Rose Bay.

On Jan. 23 Steven Morris and his wife Kay of Halifax were sitting in their hot tub, which is overlooking their bird feeders. A barred owl flew in to watch for rodents under the feeders at about 20 feet away. It was a really cool experience for them both to watch this bird and to have such a close encounter.

After a very long absence the varied thrush returned to the feeders of Mike MacDonald along the Stoney Island Road on Jan. 26. The tufted titmouse is still continuing in New Glasgow. There is a Carolina wren in Lower Sackville. Angela MacDonald reports that a snow goose is still present in Port Bickerton. On Jan. 28 Jake Walker saw a field sparrow at the Port Pub parking lot in Port Williams.

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

# Concert raises more than \$16 K for Red Cross

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

LUNENBURG – The final totals are in – The Huron Carole concert event led by Tom Jackson with a mix of local and visiting artists – that took place at the St. John’s Anglican Church Nov. 30, 2025, raised a total of \$16,462.80 for the Canadian Red Cross.

This event was sold out.

“Musique Royale is absolutely thrilled after tallying everything... it is amazing to know these funds will go towards supporting the important work of the Red Cross,” said Janelle Lucyk of the host Musique Royale.

“We have so much admiration for Tom Jackson for dedicating his time every year to bring this event to different locations across Canada, a performance that touches many hearts Canada-wide and gathers Canadians to support a common cause through music.”

Jackson, founder of the Huron Carole concert series, through an e-mail to the Bulletin, said the joy that he saw in the room that night made it all worthwhile.



CONTRIBUTED PHOTO

The Huron Carole concert event, featuring Tom Jackson, that took place at St. John’s Anglican church last November, raised more than \$16,000 for the Canadian Red Cross.

“The show was a rallying point for the community, to celebrate the season, and to support the Red Cross and what they do in our communities. Awareness created about their Community Health Programs - health equipment and friendly calls - was one aspect. More importantly, what I witnessed was the joy in the

church. I could feel the light in the room right until the last person left the building.”

Alison Jackson, producer of the Huron Carole benefit concert series, noted, “The team at Musique Royale caught our vision quickly by agreeing to host The Huron Carole and take on varied logistics including ticketing, marketing, event management in support of the cause. Sylvie Proulx, acclaimed virtuoso guitarist, crafted an exceptional first segment introdu-

cing emerging talent and the finest of Nova Scotia alumni artists. We were beyond grateful - not only with the financial results - but the opportunity to liaise and meet so many like-minded philanthropists, musicians, fans and supporters.”

The Red Cross sent an e-mail to the Bulletin, thanking Musique Royale and Tom Jackson for their efforts.

“We appreciate the efforts of Musique Royale and Canadian Red Cross Ambassador Tom Jackson in raising funds through the Huron Carole concert in Lunenburg,” it said.

“This support makes a meaningful difference for our Community Health Programs in Nova Scotia, including the Red Cross Friendly Calls program, which helps reduce loneliness by connecting people with regular phone calls that offer social connection and emotional support.

### COMING UP

Musique Royale will again host many great performances in 2026, such as Ensemble Caprice for Telemann and the Baroque Nomads - March 8 and Symphony Nova Scotia led by Lionel Meunier, the internationally acclaimed director of the major Belgian early music vocal ensemble Vox Luminis - April 17).



CHARLES WEISS PHOTOS

### WINTER BEAUTY

These photos were taken at Rissers Beach recently during a windy, chilly day by Charles Weiss.



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 HIRTLE

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