

BULLETIN

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BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, MARCH 11, 2026



LIVERPOOL RALLIES AGAINST CUTS
Over 200 people gather to rally against scheduled budget cuts
PAGE 2



AFRICAN ASSOCIATION CELEBRATES
Group hosts first African Month celebration
PAGE 10



'JACKS TAKE 2-1 SERIES LEAD WITH OT WIN
The 'Jacks win game three in thrilling fashion
PAGE 7

Adult day and transit program also victims of cuts

By RICK CONRAD
Local Journalism Initiative Reporter
rickconradssb@gmail.com

LIVERPOOL - Support poured in last week for a much-loved program for seniors in Liverpool that is the victim of provincial budget cuts.

Families and caregivers in Queens County were reeling after the Queens Adult Day and Respite Program announced on Feb. 27 that it would close when its funding runs out in May.

The news was met with much shock and sadness, with many people appealing to Queens MLA Kim Masland, who is also the minister of natural resources and emergency management, to save the program.

Andrew MacVicar, the executive director of Queens Home for Special Care Society which runs Queens Manor and the program, posted on Facebook on Monday afternoon that he met with Masland about it.

"We had a very honest and productive conversation, and it is clear how much this program means to her," he said.

"I remain confident that, through ongoing collaboration and thoughtful problem-solving, we can find a path forward to keep this necessary health care program alive and well in Queens County."

MacVicar could not be reached for an interview.

On March 3, family doctors in Queens County sent a formal letter to the province opposing the cut.

"The Queens Adult Day and Respite Program is not a recreation club for seniors – it is essential health care for people living with dementia and other challenges associated with aging," according to a post on the program's Facebook page.

Region of Queens councillors supported Mayor Scott Christian's motion on Tuesday evening to write a letter of their own detailing the importance of the project and the impact its closure would have.

Continued on page 3



KEVIN MCBAIN PHOTO

REMEMBERING CPL. DAVIS

Sharon Davis, mother of Cpl. Paul Davis of the PPCLI, was surrounded with students from the Bridgewater Junior High School and members of the military and Bridgewater Legion, gathered March 2 at the memorial located behind the Bridgewater Junior High School for a short service. Tying the ribbon around the tree is student Max Comstock. Laying the wreath was Ella Rafuse. The memorial, of the former Bridgewater student, was unveiled in this location in 2014.



Hon. Susan Corkum-Greek

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People gather on the sidewalk outside Queens MLA Kim Masland's office on Wednesday as part of a protest against provincial government cuts to arts, culture and community groups.



Organizer Andre Haines speaks to people outside Perkins House Museum in Liverpool before a march to protest cuts to arts and culture funding.

'An unbelievable gutting': Hundreds rally against cuts in Liverpool

By RICK CONRAD

Local Journalism Initiative Reporter

LIVERPOOL – Artist Elizabeth Brown sells her popular wooden Santa and fishermen carvings to customers all over the world, from her home in Liverpool.

She and her partner Jeffrey Connolly took a break on Wednesday to stick up for the creative industry in their hometown.

They joined more than 200 people, who walked from Perkins House Museum to Queens MLA Kim Masland's constituency office on Main Street to protest the museum's closure and other provincial cuts to local arts and culture funding.

They carried signs with slogans like HeArt and Culture: Keep It Beating, and Do the Math, Protect the Arts.

"We don't directly get any funding because that's just not part of what we do," Brown said.

"But when I think about all the things we do besides our livelihood, they all involve the arts and cultural scene, all of our friends and musicians that rely on different kinds of grants, not to mention our own small town, with things like the Perkins House Museum, which we all grew up with.

"It just seems like such an unbeliev-



RICK CONRAD PHOTOS

People sign a petition outside the Astor Theatre in Liverpool, calling on the Nova Scotia government to reverse its budget cuts.

able gutting of this huge economic booster to our community."

The protest was one of many similar rallies happening in communities around Nova Scotia, as people begin to realize the impact of the Nova Scotia government's recent \$130 million in cuts to arts, cultural and community organizations.

The Tim Houston government says it's to deal with a \$1.2-billion deficit.

Perkins House was one of 12 Nova Scotia museums closed on Feb. 24. Other organizations like the Queens County Museum, the Astor Theatre and Queens County Transit also had their provincial funding cut by 20 per cent.

And the Queens Adult Day and Respite Program, a popular service for seniors and their families, announced that it would close when its funding runs out in May.

Visual artist Andre Haines helped organize the protest on Wednesday in Liverpool.

"We know that the arts, culture, heritage are cornerstones of modern living throughout history," he said.

It's the very foundations. And by cutting out arts and culture, it's another revenue stream gone. And worse than the revenue stream is the human cost."

Haines said the arts and culture sector employs about 14,000 people in Nova Scotia, generating about \$330 million in tax revenue.

And he said closing a cultural landmark like Perkins House, which was built in 1766 and was the oldest property in the Nova Scotia Museum system, is shortsighted.

"Would you tear down Peggys

Cove? Would you dare go and deface the National Gallery and demand that that shut down? It's not just the people who work here.

It's not just the interpreters. I was in here last summer painting. It's the young people who came through laughing and running up and down the stairs and exploring.

And it's their chance to explore a wonderful and different environment."

Organizers set up a table outside the Astor Theatre for people to sign petitions calling on the government to reverse the cuts.

Liverpool stained glass artist Scot Slessor was one of the people who delivered a petition to Masland's office.

"I'm out here because there's 13 pages of cuts that are really the result of these guys calling an unnecessary election, making promises to hope to secure a majority. The one per cent (cut) of HST and the (bridge) toll cuts equal what they're trying to drag out of people's pockets now. And young people, old people, academics, artists, museums, everybody's being affected.

It's just ridiculous.

"And our MLA says she didn't know about it. I'm sorry.

If she didn't, then there's something seriously wrong going on in Province House, because she should know. She's a cabinet minister."

Mary Dixon travelled from Bridgewater to participate in the protest. She said a vibrant arts and cultural sector can help bring communities together.

"These are community spaces where people gather and get together and share ideas and share a sense of belonging. And I think now more than ever, we need that."

Haines was unsure how many people signed the petition on Wednesday, but he said they can still have their voices heard.

"I'm just so pleased at the amount of people who came out to support arts, culture and everything, I certainly didn't expect that we'd flood the sidewalks. The important thing is that people can continue to sign. They can go online, find online petitions, they can contact their MLA's office."



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Booking: 902-523-4455 lcwheels.ca FB: LunenburgCountyWheels

D9324

Dahl's dispatch

EVAN DAHL

Lunenburg County firefighters answered 50 calls for service and Queens County firefighters answered eight calls for service from Thursday, Feb. 26 to Wednesday, March 4 – 25 of these calls were medicals.

FEBRUARY 26

At 8:40 a.m., LaHave firefighters responded to a smoke condition in West LaHave. Pleasantville also responded.

At 9:40 a.m., Blandford firefighters responded to a commercial fire alarm in Blandford.

At 8:08 p.m., LaHave firefighters responded to a chimney fire in Pentz. Pleasantville and Conquerall Bank also responded.

FEBRUARY 27

At 8:53 a.m., Pleasantville firefighters responded to a structure fire

in Pleasantville. Conquerall Bank, LaHave, Hebbville and Petite Rivière also responded.

At 1:30 p.m., Lunenburg firefighters responded to a commercial fire alarm in Lunenburg.

At 10:13 p.m., Pleasantville firefighters responded to a chimney fire in Lake Centre. Conquerall Bank and LaHave also responded.

FEBRUARY 28

At 7:20 a.m., New Germany firefighters responded to a residential fire alarm in Maplewood.

At 5:33 p.m., Hemford firefighters responded to an electrical fire in Simpsons Corner.

At 5:43 p.m., Riverport firefighters responded to a fire alarm in East LaHave.

At 9:47 p.m., Liverpool firefighters responded to a possible propane leak in Brooklyn.

MARCH 1

At 9:08 a.m., Bridgewater firefighters responded to a suspicious odour in Bridgewater.

At 11:30 p.m., Bridgewater firefighters responded to a fire alarm in Bridgewater.

MARCH 2

At 6:00 a.m., Mill Village firefighters responded to a transformer fire in Danesville.

At 7:16 a.m., Greenfield firefighters responded to a residential fire alarm in Buckfield.

At 8:33 p.m., Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

MARCH 3

At 7:45 a.m., Chester firefighters responded to a commercial fire alarm in Chester.

At 2:39 p.m., Lunenburg fire-

fighters responded to a chimney fire on Heckmans Island.

At 6:45 p.m., New Germany firefighters responded to a fire alarm in New Germany.

MARCH 4

At 6:33 a.m., Northfield firefighters responded to a carbon monoxide alarm in Branch LaHave.

At 11:47 a.m., Tri District firefighters responded to a motor vehicle accident in Wileville. Hebbville also responded.

At 1:05 p.m., and 6:30 p.m., Bridgewater firefighters responded to assist police in Bridgewater.

At 8:00 p.m., Northfield firefighters to a motor vehicle accident in Lower Branch.

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

Adult day and transit program also victims of cuts

Continued from page 1

The program was one of four adult day pilots funded by the Nova Scotia government with a grant of \$2 million announced in 2022. Up to 15 clients a day attend the program, for a total of about 35 seniors a week.

It offers participants a variety of activities and social interaction, while giving families and other personal caregivers a brief break.

Many people posted about how devastating it would be to lose the vital service the program provides for seniors and their families.

Masland posted on Facebook that she was "saddened and disappointed" when she found out about the funding cut.

She said she's spoken to Premier Tim Houston and Barbara Adams, Nova Scotia's minister of seniors and long-term care, to "discuss solutions".

"I have seen firsthand the joy this program brings, the smiles on the faces of seniors as they arrive in the morning and leave at the end of the day," she said in a post on Facebook.

"The socialization, the sense of belonging and the support provided are vital to their mental health and overall well-being. The staff's dedication, love and attention to our seniors is unmatched. ... This is weighing very heavy on my heart."

Masland could not be reached for an interview.

If the program does close, it will directly affect at least one other community group in Liverpool.

Queens County Transit, which had its provincial funding cut by 20 per cent as part of the budget, will also lose about \$50,000 a year if the day program closes.

Board member Paul Deveau

said in an interview that the service transports clients from all over Queens County to the program site in Liverpool. That's between \$4,000 and \$5,000 a month in revenue for the non-profit organization.

"Probably a good 15 per cent of our overall yearly revenue comes from this program," he said.

He said that on top of the cut of about \$30,000 from the Community Transportation Assistance Program, the service will struggle to plug the holes in its budget.

"Other than trying to get other funding from other sources, we cannot recoup that money that they're taking away," he said.

Board members held an emergency meeting last week to discuss how to deal with the cuts and loss of revenue.

"We might end up having to lower service a little bit, which means our drivers will be working less hours, so that's a possibility. Another possibility is we may end up having to increase fares."

Queens County Transit tries to keep its rates as low as possible, thanks to government funding and private donors. Deveau said the eight-year-old service did 11,500 trips last year.

These trips include medical appointments in Liverpool, Bridgewater or Halifax, which are subsidized by groups like the Queens General Hospital Foundation, or a \$10 return trip to the grocery store.

He said the board will be reaching out to Masland and other provincial and municipal officials to try to save their funding. "External funding and grants are the lifeblood for us. When it comes down to it, if we were to lose all our grants, then we would be shut down."

Police locate human remains of missing person

SOUTH SHORE BULLETIN STAFF

BRIDGEWATER – Bridgewater Police Service (BPS) investigators searching for Finn McDormand located their human remains March 4 in a secluded wooded area near Forest Hill Road.

BPS K9 and drone were deployed at multiple possible locations before,

the BPS K9 Team made the discovery.

At this point in the investigation, police are unable to provide additional information or speculate on the cause of death. BPS investigators have notified the Nova Scotia Medical Examiner Service as required in all suspicious deaths and will assist their service in the death investigation.

Cuts to Liverpool disability group will have 'massive' effect on clients, community

By RICK CONRAD

Local Journalism Initiative Reporter
rickconradssb@gmail.com

SOUTH SHORE – People who work with the disabled communities in Liverpool and Chester are scrambling to figure out how provincial budget cuts will affect their clients and the whole community.

Queens Association for Supported Living in Liverpool and Bonny Lea Farm in Chester found out last week that they are facing an almost 13 per cent cut to their overall funding.

The groups, which operate small options homes and day programs for people with intellectual and other disabilities, say they are facing an overall three per cent cut and a further 10 per cent cut to programs. Few other details were provided by government officials.

For QASL, that represents more than \$115,000. The Liverpool organization will also lose its \$50,000 home services grant.

Charlene Park, executive director of QASL and Penny Lane Enterprises, said the cuts are "massive" not only for the organization's 38 day-support clients, but also for the whole community.



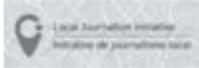
RICK CONRAD PHOTO

Susan Inglis with her daughter Rebecca Delaney at an event at Queens Place Emera Centre in Liverpool in October honouring Special Olympics athletes and coaches.

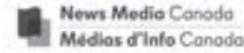
"That (\$50,000) grant allowed us to provide wages to participants for community-based employment," she said in an interview.

"A lot of it is based out of our Riverbank General Store (in Mill Village). And they do the seniors food program where seniors experiencing food insecurity in Queens County get pre-cooked meals that they can take home. So that's a double whammy to the seniors in our community. We host senior soup socials and coffee socials every month.

Continued on page 8



LOCAL



Coldest Night of the Year for Souls Harbour Rescue Mission in Bridgewater

Coldest Night of the Year event surpasses goal

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

BRIDGEWATER – More than 110 walkers took to the Bridgewater streets Feb. 28 to raise money for Souls Harbour in Bridgewater.

The weather was perfect (the last two years changes had to be made because of inclement weather) as participants walked the 2.5 km route to and from the Bridgewater Legion, while some chose to walk the route twice, before settling down to a light soup meal.

The goal for the event was \$25,000, but it was surpassed this year by more than a thousand dollars, with the final total for the day, \$26,383 coming in, but with much more to come in. The deadline to donate for this 'project' is March 31.

There were 21 teams taking part with the Bridgewater Baptist Church finished first with the largest team (18) and the most money raised (\$4,836).

Local Souls Harbour manager Rachel Burris said this was her first event since moving to Bridgewater and she thoroughly enjoyed be a part of it. She has been with the organization for the past seven years, working out of the Halifax area.

"It was a success. I'm very happy with it," she said, adding all of the money raised here, stays here.

Although the money will not go to any specific project, she said they have a number of ideas, such as renovating the storage sheds and possibly putting raised garden beds on their property to grow their own food.

Burris said that Souls Harbour means a lot to her.

"Honestly, Souls Harbour really saved my life. I was in a tough space mentally when I started to work for Souls and back then, I was working



with co-founder Michelle Porter, who recognized something in me and got me the help I needed at no cost and that got me back on my feet," she said.

She is thankful for the volunteers and for the many supporters that came out to the walk and raise money so they in turn can put the money into serving others.

SOUTH SHORE BULLETIN

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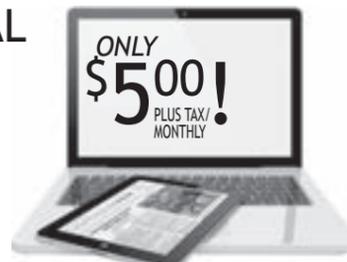
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SOUTH SHORE BULLETIN



RQM taxpayers will pay more - but how much is the question

Residents can still have their say

By RICK CONRAD

Local Journalism Initiative Reporter
rickconradssb@gmail.com

LIVERPOOL – Region of Queens councillors will take another crack at whittling down their \$35-million budget on Tuesday, as residents brace for significant property tax hikes.

Council spent the first meeting about their 2026/27 operational spending plan on March 2 looking for ways to avoid a 21 per cent tax increase, in the wake of continued local fallout from provincial budget cuts.

Finance Director Joanne Veinotte said that revenue has slowed significantly since the region lowered the tax rate in its 2022/23 budget, helped by a windfall in taxes during the Covid house-buying boom.

“What was happening was the costs were rising, but so were the revenues,” she told councillors.

“And now we’re in a situation where those things have caught up with one another.”

The region is projecting a \$965,497 surplus for 2025/26, which would be added to the municipality’s accumulated surplus of \$6.2 million.

Veinotte said the region will see about an extra \$1 million in 2026/27 from rising property assessments, but most of that will be eaten up in mandatory education, policing and staff cost increases.

“The million dollars gets eaten up pretty quick,” Veinotte said. “It doesn’t go far.”

To pay for everything that council wants to do in the coming year, staff said it would mean boosting the tax rate by 21.2 cents per \$100 of assessment.

That would be a 20.89 per cent increase for most tax districts, and a 16 per cent increase for residents in the old township of Liverpool.

If the tax rate rose that much, that would mean an extra \$671 a year in taxes for someone with a property assessed at \$300,000 outside Liverpool, or \$870 a year for a property in Liverpool.

But staff and councillors stressed that it’s very early in the process.

Each department director presented councillors with the significant budget changes within their own departments and plans for the coming year.

Councillors spent the almost six-hour meeting

BRIDGEWATER SENIOR CITIZENS CARD GROUP RESULTS

The Bridgewater Senior Citizens Group met on March 4 for a game of Auction 45’s.

Winners were: Ladies’ high, Shirley Banfield, 1085; Men’s high, Gary Aulenback, 930; Runners up, Wilma Dorey, 1030 and Gail Boyle, 1000. Winner of the 50/50 draw was Norma Joudrey. Winners of 30 X 60 bids were Judy Johnson, Phyllis Meisner, Gary Aulenback and John MacDougall.

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

THE GOLDEN YOUTH CARD CLUB GAME RESULTS

The Golden Youth Card Club met on March 5th for a game of Auction 45’s. The winners were: Ladies high, Gail Boyle 960; Ladies second, Eva Corkum 955; Men’s high, Ken Edwards 1020; Men’s second, Robby Wentzell 930; Low Score, Neil Emeneau 560; Lucky Tally, GailBoyle; Travel Prize, Dave Rockwell; 50/50 winners: Calvin Hiltz and Jim Hebb. 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.



RICK CONRAD PHOTO

Region of Queens Municipality councillors began discussing the municipality’s 2026/27 operating budget last week.

eliminating many of the new proposed staff positions, cutting back on planned improvements in equipment or infrastructure or redirecting money from existing budget reserves to pay for them.

If all positions were filled in the coming year, it would add an extra \$1.2 million to the operating budget. Councillors decided not to create several new positions, including a deputy municipal clerk and a community navigator, which would help welcome newcomers to the county.

District 6 Coun. Stewart Jenkins said he and his fellow councillors need to be wary of trying to fill all the holes created by the provincial cuts.

“I think this council needs to have a serious discussion of where we’re going to end filling in the void because we can start depleting resources rather quickly,” Stewart Jenkins said.

“So, I think we need to know where we’re going to stop and hold the line because we can’t help everybody. It would be nice if we could, but looking at a 21-cent (property tax rate) increase, I know we have a good surplus and everything, but those will go quicker than they’ll build up.”

Deputy Mayor Maddie Charlton asked staff for “widespread consideration for alternative funding” for items in the budget that aren’t annual expenses to mitigate any tax increases.

Still, council voted to extend the deadline for its \$175,000 Community Investment Fund, which provides grants to community organizations, to March 31 and to add another \$100,000 to it. The fund is already oversubscribed, with applications totalling \$195,000.

Mayor Scott Christian said after the meeting that despite the region’s best efforts, taxpayers will likely be paying more next year.

“It was clear to me that the message from council was that we need to reduce what has been proposed by the staff, and we need to whittle it down significantly, and land in a place where there’s a modest increase,” he said in an interview.

“I don’t see a world in which we can avoid some increase to the tax rate this year. But hopefully a

modest increase, with a responsible approach to using certain reserves.”

Queens began its budgeting process much earlier this year, and tried to involve more of the community.

It held a series of town hall meetings over the summer to ask residents about their priorities. People could also fill out an online survey about how they’d like council to spend money.

The region passed its \$54.3-million capital improvement plan in January, and plans weekly meetings on its operating budget until it is passed at the end of March.

Christian applauded staff and councillors for the more transparent budget approach this year.

“My sense is that as this evolves, you’re going to continue to see elements either pushed out to future years or alternative funding sources identified where we land in a spot that’s reasonable from a tax burden perspective,” he said.

“I expect that where we land won’t be anywhere near where we started with respect to an increase in taxes.”

The second scheduled budget meeting was set for March 10 at 9 a.m. Other scheduled meetings are set for March 17 at 10 a.m. and March 24 at 5:30 p.m. All meetings are at council chambers on White Point Road in Liverpool and are open to the public. They are also livestreamed on YouTube and Facebook.

Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, March 11, 1959.

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| <p>Wed.-Thurs., March 11-12 — EVENINGS ONLY 8:00 P.M. —</p> <p>“BIG COUNTRY” Friday-Saturday—March 13-14 EVE. 7-9 MATINEE SAT. 2:30</p> <p>The story of the day the whole West burst into flames!</p> <p>FROM HELL TO TEXAS</p> <p>OVERHAULING</p> <p>DON MURRAY DIANE VARS! CILL WILLS GENIS HOPPER</p> <p>ALSO “POLAR OUTPOST”</p> | <p>— AVON — BRIDGEWATER</p> <p>Monday-Tuesday-Wednesday MARCH 16-17-18 EVENINGS ONLY 7:00 AND 8:00</p> <p>ONE GAVE HER EVERYTHING A WOMAN COULD WANT... ONE TOOK EVERYTHING A WOMAN COULD GIVE!</p> <p>FRANK SINATRA TONY CURTIS NATALIE WOOD</p> <p>In THE BEST Years Kings Go Forth</p> <p>ALSO “BLUE WATER SPORTS”</p> |
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Community Events and Activities

March 11 to March 18

Have an event to share? Visit our website at
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WEDNESDAY, MARCH 11

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

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

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

Bridgewater Media: Navigating Everything, Bridgewater Baptist Church, 564 Glen Allan Dr, 7 p.m.

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

Lunenburg Anna Han Solo Piano Recital, LAMP Lunenburg Academy of Music Performance, 97 Kaulbach St 3rd Floor 7 p.m.

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

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

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

Shelburne Caregiver Support Group, Roseway Hospital, 1606 Lake Rd, 6:30 p.m.

THURSDAY, MARCH 12

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

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

Bridgewater Career Planning, Employment Solutions Society, 215 Dominion Street, Bridgewater, 1 p.m.

Liverpool YMCA Free Drop-in Programs, 40 Water St, 2:30 p.m. 7 p.m.

Liverpool Queens County Job Lab, 11 Henry Hensey Dr, Suite 7, 1 p.m.

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

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

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

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

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

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

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

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

FRIDAY, MARCH 13

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

Bridgewater Music Program, Thrive 55+, St. Joseph's Roman Catholic Parish Centre, 115 Pleasant St, 6:15 p.m.

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

Fox Point Lenten Soup Lunch, Hubbards Area Lions Club, 43 Lions Club Rd, 11:30 a.m.

Liverpool A Proper Privateer Panto, Astor Theatre, 219 Main St, 7:30 p.m.

Mahone Bay Tech & Devices Help, Mahone Bay Centre, 45 School St, 8:30 a.m. Information: 236-888-1183 andrew.mahone.bay@gmail.com.

SATURDAY, MARCH 14

Blockhouse Farmer's Market, South Shore Waldorf School, 64 School Rd until Mar 31, 9 a.m.

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

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

Mahone Bay South Shore Shop Modeller Guild, Mahone Bay Centre, 45 School St, 1 p.m.

Liverpool A Proper Privateer Panto, Astor Theatre, 219 Main St, 2:30 p.m.

Pleasantville St Patrick's Day Dance Party, Fire Hall, 1665 Highway 331, 8 p.m.

Upper LaHave Dayspring and District Fire Department Breakfast, 3177 Highway 3, 7:30 a.m. See our CLASSIFIED pages for more details.

SUNDAY, MARCH 15

Bridgewater Ultimate Frisbee, HB Studio Sports Centre, 543 Glen Allan Dr, 11 a.m.

Bridgewater Sensory-Friendly Family Swim, Lunenburg County Lifestyle Centre, 135 North Park St, 5 p.m.

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

Mill Village Easter Guided Pottery Workshop, Broad Cove Hall, 7147 NS-331, Mill Village 1 p.m.

Northwest Cove Athenaeum Society of Nova Scotia presents...Father Pat Cosgrove presents "Chalice", Ocean Swells Community Centre, 2726 Highway 329, 2:30 p.m.

MONDAY, MARCH 16

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

Bridgewater Mindful Monday, Bridgewater United Church, 87 Hillcrest St, 7 p.m.

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

Bridgewater Hybrid Workshop – Job Search Strategies, Employment Solutions Society, 215 Dominion Street, or online 1:30 p.m.

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

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

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

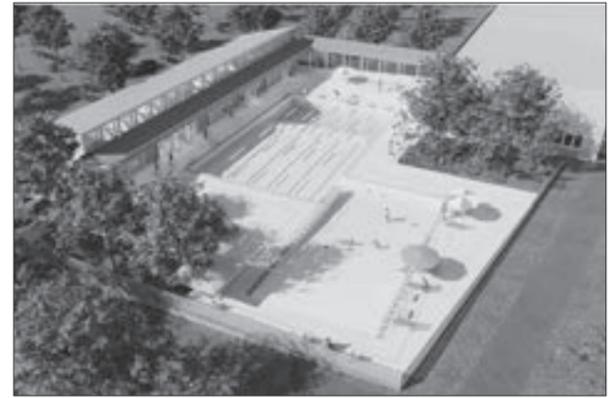
TUESDAY, MARCH 17

Bridgewater Creative Crew: 5 Weeks of Crafts for Youth, DesBrisay Museum. 130 Jubilee Rd, 4 p.m.

Bridgewater Hybrid Workshop – Resume, Employment Solutions Society, 215 Dominion Street, or online 1:30 p.m.

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

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



RICK CONRAD PHOTO

Work on the new \$8-million outdoor pool in Liverpool continues.

Queens looks at July 1 opening for new outdoor pool

By RICK CONRAD

Local Journalism Initiative Reporter

LIVERPOOL – Work on the \$8-million outdoor pool in Liverpool is swimming along, according to Region of Queens Mayor Scott Christian.

"The keys will be turned over to our staff in June," he said Thursday in an interview.

"So, we'll take possession in June, all the construction elements will be complete, with an expected opening for July 1."

The South Queens Outdoor Pool, which is being built right beside Queens Place Emera Centre, has a total budget of just under \$8.1 million.

It is a 25-metre, heated six-lane facility that replaces the Milton Centennial Pool and it will have concrete bleachers for onlookers to sit on.

Construction began in late 2024.

An anonymous donor committed \$3 million to the project, with the Nova Scotia government kicking in \$2.2 million. The region is picking up the remaining \$2.88-million tab through long-term borrowing and its accumulated surplus.

Getting the pool built may be the biggest hurdle, but it's not the only one. Staffing it properly will also be a challenge, as senior staff identified in a March 12, 2024 report to regional council.

Recreation Director Meaghan Roberts estimated then that it would cost about \$112,000 a year to keep the pool open and staffed from June 1 to Sept. 30.

Christian said the pool will likely be open only July, August and September this year. But the region is working out how to keep it open for the full season in future years.

The region has been advertising for lifeguards and other staff for a few months. Christian said they're going to subsidize the cost for people to get all necessary certifications as lifeguards and instructors.

Continued on page 7

Lumberjacks earn big, game three win in OT

By KEVIN MCBAIN
with files from Dan Boyd

BRIDGEWATER – The roof nearly came off the LCLC when more than 800 fans erupted when Brennan Coleman scored the overtime winner in game three of the Lumberjacks vs East Hants Penguins playoff series.

The goal came at the 2:40 mark of the first overtime frame and capped a 2-0 comeback victory. The win gave the Lumberjacks a 2-1 series lead in the best-of-seven playoff series heading into game four that was scheduled for Monday (March 9) in Lantz.

Game five will be played March 13 in Bridgewater and if necessary, game six is slated for March 14 in Lantz, followed by game seven March 15 back in Bridgewater.

Coleman, scoring his first goal in the series, describes the goal.

“We worked it from the corner with a d-to-d pass. Welshy hits it off the crossbar, then I just see it sitting there and I just smack it out of the air. You can’t have it any better. It was my first goal of the series so it just feels good to get on the board and hope there is more to come,” he said, adding the win.

“It felt great. We were down 2-0 and it all started with Cook, then we all joined in after him. It was a big group effort. We just kept going and never stopped.”

In game three, the Penguins had a 2-0 lead heading into the third, but goals from Will Cook and



KEVIN MCBAIN PHOTO

The ‘Jacks Brennan Coleman bats in the overtime, game three winner, March 7 in Bridgewater. The puck had just bounced off the iron behind the East Hants Penguins goaltender, as you can see the referee waving off the thought of a goal, but the puck bounced nicely into Coleman’s wheelhouse who showed nice hand-eye co-ordination to score the winner, his first of the series between the two teams.

Jack Piper, just 41 seconds apart tied things up. Lumberjacks’ goaltender Kegan Greencorn stopped 33 of 35 shots he faced.

The game three win also came after a 6-1 drubbing in Lantz the night before which included three power play markers. The Penguins scored two in the first, three in the second and one in the third. Nate Grafstein was the only goal scorer for the

Lumberjacks in the second period.

Greencorn stopped 25 of 29 shots in the first 31:35 of the game before giving way to back-up Jack Lowe who stopped 23 of 25 the rest of the way.

Coleman said that despite goals coming few and far between, “we’ve been playing hard. It’s going to come if we just keep pushing like this and playing like we can.”

Ready for some hockey?

14th annual Gary Wentzell tournament just around the corner

By BARRY WENTZELL

SOUTH SHORE – Hockey fans across the South Shore are gearing up for one of the most exciting events of the season — the annual Gary L. Wentzell March Break Hockey Tournament.

Each year, the tournament brings together young athletes, families, and communities to celebrate the game of hockey. This year will see 48 teams play 85 games throughout Bridgewater, Lunenburg and Liverpool arenas. Players aged seven to 13 will hit the ice, showcasing their skills, teamwork, and love for the game.

The tournament is named after Gary L Wentzell who was the “face of hockey” in Bridgewater for 50+ years as a volunteer, manager, coach, equipment manager, fundraiser, board member, etc. He was heavily involved with Bridgewater minor hockey and was instrumental in icing successful Intermediate and Sr hockey teams. Although Gary doesn’t get to the games as often as he did, we are hoping to see him at this year’s tournament.

While players prepare for puck drop, the tournament committee has been working hard behind the scenes to ensure another successful year. From

co-ordinating detailed game scheduling across multiple arenas, to securing local sponsorships and organizing exciting live auction items, the committee has dedicated many hours to allow the event to run smoothly.

Proceeds from the tournament go towards player and goalie development, purchasing on-ice equipment, youth referee development, etc. and helps ensure that young athletes have the opportunity to grow, compete, and build lifelong skills both on and off the ice.

The tournament begins March 16th with the U9 division and continues through the week with U11 and U13 divisions, wrapping up March 22. The tournament is about more than wins and losses. It’s about sportsmanship, teamwork, and community pride. It’s about early mornings at the rink, cheering in the stands, and young players creating memories that will last a lifetime.

As the puck drops this March Break, families, friends, and fans are encouraged to come out and support the next generation of South Shore hockey players.

For more details go to the tournament website: garywentzell.grayjayleagues.com.

Queens looks at July 1 opening for new outdoor pool

Continued from page 6

The region also has to hire staff for the North Queens Aquatic Centre in Caledonia.

So far, he said, they’ve had a good response.

“We’ll have to have a lot more bodies to be able to achieve services and programming at both pools and more than we would have traditionally had just because it’s a bigger complex (in Liverpool),” he said.

“So it’s going to be a work in progress to figure it out and probably with the first year, we won’t have as much programming as we will in subsequent years. The most challenging thing from a recruitment perspective as it relates to staff is outside of the summer months, because obviously a lot of the folks that we would employ as instructors and as lifeguards are students.

“And so the biggest barrier at this point is figuring out where we’re going to find the folks to work as lifeguards and program instructors outside of those summer months after the students go back to school.”

He said that while the facility will be ready to go as a community pool in July, the region will be partnering with the Queens Community Aquatic Society to raise money for additional equipment so the pool can host races and other events.

“We’re going to get to a point where we have a viable pool for a public pool. Now there are probably other elements that will be meaningful additions, for example, for a swim team to make it a competition pool. Those are the elements that we’re going to work alongside the aquatic society and do some community-based fundraising around.”

And it likely won’t be called the South Queens Outdoor Pool for long. Christian said the anonymous private donor also has naming rights.

He said he expects that new name will be known in the next few months, though he couldn’t say for sure.

“But it’s going to have to be named before the summer, won’t it?”

IN THE MATTER OF: The Nova Scotia Companies Act R.S.N.S. (1989), as amended

- and -

IN THE MATTER OF: The application of OCEAN MIST COTTAGES LIMITED for leave to surrender its Certificate of Incorporation and Certificate of Amalgamation

NOTICE is hereby given that OCEAN MIST COTTAGES LIMITED, a body corporate, incorporated under the laws of the Province of Nova Scotia, with registered office at 1 GULL ROCK ROAD, LOCKEPORT, NOVA SCOTIA, B0T 1L0, intends to apply to the Registrar of Joint Stock Companies for the Province of Nova Scotia for leave to surrender its Certificate of Incorporation and its Certificate of Amalgamation and for its dissolution, consequent thereon pursuant to the provisions of Section 137 of the Companies Act, being Chapter 81 of the revised Statutes of Nova Scotia, 1989, as amended.

DATED at Liverpool, Nova Scotia, on this 3rd day of March 2026.

Christopher R. M. Folk
FOLK LAW INC.
Solicitor for
OCEAN MIST COTTAGES LIMITED

D9311

Lunenburg, N.S.

TIDE TABLE

| Wednesday, March 11 | | Sunday, March 15 | |
|---------------------|----------|---------------------|----------|
| high 4.95 ft | 1:51 AM | low 2.46 ft | 12:11 AM |
| low 1.94 ft | 8:59 AM | high 5.12 ft | 6:18 AM |
| high 4.43 ft | 2:43 PM | low 1.64 ft | 12:45 PM |
| low 2.66 ft | 9:03 PM | high 5.12 ft | 7:03 PM |
| Thursday, March 12 | | Monday, March 16 | |
| high 4.76 ft | 2:45 AM | low 2.17 ft | 1:04 AM |
| low 2.03 ft | 9:58 AM | high 5.38 ft | 7:05 AM |
| high 4.3 ft | 3:55 PM | low 1.35 ft | 1:29 PM |
| low 2.72 ft | 10:07 PM | high 5.51 ft | 7:42 PM |
| Friday, March 13 | | Tuesday, March 17 | |
| high 4.69 ft | 4:00 AM | low 1.8 ft | 1:52 AM |
| low 2.03 ft | 10:58 AM | high 5.64 ft | 7:46 AM |
| high 4.43 ft | 5:16 PM | low 1.08 ft | 2:09 PM |
| low 2.62 ft | 11:10 PM | high 5.91 ft | 8:19 PM |
| Saturday, March 14 | | Wednesday, March 18 | |
| high 4.82 ft | 5:19 AM | low 1.48 ft | 2:35 AM |
| low 1.87 ft | 11:54 AM | high 5.81 ft | 8:27 AM |
| high 4.72 ft | 6:18 PM | low 0.89 ft | 2:47 PM |
| | | high 6.2 ft | 8:55 PM |
| | | low 10:23 PM | |

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

NEW MOON

YMCA teens start nursing home podcast series

By KEITH CORCORAN
Communications NS Health

LUNENBURG COUNTY – Young Lunenburg County YMCA podcasters are taking their microphones into the hallways of two Bridgewater nursing homes to spark conversations about residents' lived experiences.

The YMCA's youth leaders program secured a \$1,600 wellness fund grant from the Lunenburg County Community Health Board for "Intergenerational Conversations and Connections with Seniors Within a Nursing Home," the second season of its "Through the Generations" podcast.

Community health board wellness funds support non-profit groups working to improve health in their communities. Among other things, grants go toward programs that promote food security, housing, transportation and social participation. The goal is to reduce risks of poor health outcomes in Nova Scotia communities.

Starting last month, about 10 participants (aged 13-18) are spending Wednesday nights at Hillside Pines Home for Special Care and Shannex long-term-care facilities, recording free-flowing chats with older adults.

"Youth and seniors are often seen



CONTRIBUTED PHOTO

Photo of Lunenburg County YMCA youth pictured during one of their earlier podcast sessions.

as very different but our kids spotted similarities," said Kim Whitman-Mansfield, youth director and project manager for the YMCA's integrated youth services. "Both groups kind of feel society puts limits on them and this project lets them push past those labels together."

Two years ago, a pilot funded through earlier wellness fund support led to six podcast episodes featuring active seniors who could visit the YMCA's Bridgewater youth centre digs. When those same older adults later turned up for holiday parties to socialize, YMCA officials and young people knew they struck a chord and

wanted to capitalize on the new relationships.

"The youth wanted to bring the equipment to the residents instead of asking the residents to come to them," Whitman-Mansfield recalled.

The grant covers transportation, snacks that meet nursing-home dietary rules and a small honorarium for a local audio engineer who polishes final edits and handles uploads. The YMCA already owns portable recorders, microphones and editing software from earlier funding.

Program leaders expect to complete meet-and-greets and primary recordings this month. Each visit

will double as a podcast workshop: youth teach residents how to handle a microphone, and seniors teach youth how to listen actively, while both sides decide which stories make the cut. From there, interviews will be sliced into 20- 30-minute episodes under the "Through the Generations – Season 3" banner.

"We give the young people prompts but the best moments happen when the script disappears," Whitman-Mansfield said. "A teen will ask a senior what Bridgewater was like in the 1940s and suddenly you've got a war-era story that none of us saw coming."

The weekly visits help young people hone technical skills and both sides foster meaningful social interactions.

"It matters because community isn't real until every age group feels connected," Whitman-Mansfield said.

The YMCA plans to release at least six episodes this spring on major podcast platforms and the organization's website. If listener numbers mirror last season's, Whitman-Mansfield hopes to shop the model to other rural YMCAs and health boards.

"Give young people a little seed money and a big idea and they'll grow something nobody expects. And the seniors are cheering them on."

Cuts to Liverpool disability group will have 'massive' effect on clients, community

Continued from page 3

Again, all free and it provides wages to participants.

"It's a way where people with and without disabilities can come together and get to know each other. They celebrate birthdays and it's such a natural support in-community and again, it provides employment for people with disabilities. So the funding for all of those programs is completely cut."

The Nova Scotia government cut about \$130 million across most departments in its Feb. 23 budget, to deal with a \$1.2-billion deficit.

Bonny Lea's executive director Karen Lake said her organization has received

very few details about the cuts.

"It's very up in the air," she said in an interview.

"We're working on our own budgets for the next fiscal year, which starts April 1. It's challenging. We're being told we're not going to know specifics, probably till mid to late April."

Lake said that Bonny Lea is growing, planning to open two new group homes. So she said the cuts won't result in layoffs.

"But (staff) may change positions within our organization. Which does cause stress and anxiety and strain on the participants too in our program. They're wondering what's going on and families are concerned."

Lake said the cuts will have a big effect on their day programs, and their up to 45 participants, as well as their social enterprises which employ people with disabilities.

"Unfortunately, what's happening if you're decreasing the funding in our day program, where people are choosing to go and participate and enjoy socializing with their friends and leaving their homes during the day, if you're closing down the day programs, it means that we're going to need to open our homes more. So, financially, it just doesn't make any sense. But it's out of our hands."

Park said that QASL and other organizations like it around the province have made "vast changes" to their programming to respond to recommendations of the Human Rights Remedy.

And the initiatives that support their clients doing more in the community are vital to fulfilling those obligations.

"We're really going to feel the impact," she said.

Still, Park says QASL will continue to offer services to clients and the community.

"QASL will still be around," Park said. "We'll still be supporting people. It just might look a little different."

Liverpool resident Susan Inglis's daughter Rebecca Delaney attends a QASL social drop-in group in Liverpool and works at the coffee social at the Riverbank store one morning a week.

"I'm not sure when the grant for what Rebecca does runs out, but when it runs out, that will be it for her, so she was

very upset because she's formed a relationship with these seniors," Inglis said.

Delaney is also a multiple Special Olympics medallist. When she won gold at the Special Olympics World Winter Games in Italy last March, Inglis said the seniors from the coffee social were following her progress.

"She comes home and she tells me stories about the (seniors), and so she was devastated, and she started to cry and said, 'I'm not going to get to see them anymore'."

Inglis said she and other parents of QASL clients aren't sure how exactly the cuts will affect other programs.

But she said Delaney likely won't have access to the same external supports and activities.

And because she and her husband work full time, Inglis says she worries about how it will affect their daughter.

"So for her to be home all day every day by herself without anything to do, it's going to affect her mental health. It's going to create extra stress for me because I'm not knowing what she's doing all day at home by herself. She gets into a rut of being unhappy, not getting to see people as much as she was. You know, that will have an effect on all of us."

And Inglis says she worries about the effect of the cuts on other QASL clients and their families.

"Some of those participants, they may end up needing emergency placements in group homes or ending up in the hospital. It just doesn't make any sense to me."



KEVIN MCBAIN PHOTO

ECONOMIC OUTLOOK

About 90 business representatives attended the fourth annual Bridgewater and Area Chamber of Commerce Economic Outlook lobster crawl event at O'Regan's South Shore Hyundai Feb. 12. Andrew Mutch (shown here), president of Michelin Canada, was the keynote speaker of the evening. He followed Stephanie Miller Vincent, chair of the South Shore Nova Scotia Lobster Crawl and Connor Green, of Renewall Energy.

All good things must come to an end, a tail end that is

By Stephanie Miller Vincent
Chair, South Shore Tourism Association

SOUTH SHORE – For the entire month of February, lobster was everywhere, featured proudly on menus, debated passionately among friends, photographed before the first bite, and shared by visitors who travelled here winter simply because they had heard there was something special happening on Nova Scotia's South Shore.

And then, just like that, it was time for the tail end.

One of the highlights of this year's Lobster Crawl was the 2nd Annual Wild Blueberry Producers Association of Nova Scotia culinary contest, where local businesses were invited to showcase the versatility and unmistakable flavour of Nova Scotia wild blueberries. The entries reflected creativity, pride, and a willingness to take risks, pairing a deeply local ingredient in a savoury fashion, creating bold, unexpected ideas.

First place was awarded to Osprey's Nest Public House for their Smokey Blueberry Chipotle Chicken Wings. The dish balanced heat, sweetness, and smoke in a way that stopped people mid-conversation. It was familiar and surprising at the same time comfort food elevated by the unmistakable depth of wild blueberry.

Second place went to Hell Bay Brewing Company for their February Blues Mojito, a drink built on a thyme and cracked black pepper base with a delicate hint of Himalayan pink salt. Fresh lemon, thyme, and VanDyke's blueberry juice were muddled together and finished with a splash of carbonated water for effervescence. It was both refreshing and grounding, capturing the feeling of winter slowly giving way to spring.

Third place was awarded to The Savary Plate Eatery and Pizzeria for their Blueberry and Thyme Infused Focaccia Prosciutto and White Cheddar Sandwich. The focaccia carried subtle notes of blueberry and thyme, grounding the saltiness of the prosciutto and the richness of the white cheddar. It was thoughtful and layered, a reminder that wild blueberry belongs just as easily in savoury dishes as it does in desserts.

An honourable mention was awarded to Salty Dogs Barkery, a reminder that Lobster Crawl invites creativity in all forms and that celebration here extends beyond traditional kitchens.

While contests like these highlight exceptional dishes, they also reflect something deeper: a willingness among local businesses to collaborate with producers, to try something new, and to contribute to a shared story that benefits the entire region.

That shared story carried into the final weekend, where the Tail End Party at Shipwright Brewing Company in Lunenburg brought together partners, producers, and guests for one last gathering. Hosted in partnership with Taste of Nova Scotia, the event was



filled with lobster, oysters, seafood, cider, wine, spirits, and conversations that lingered long after glasses were empty.

Guests sampled offerings from South Shore Sea Salt, The Kiwi Café, Salt Shaker Deli, Kiss the Sea Oysters, Dory Mates, Bulwark Ciders, VanDyke Blueberries, Ironworks Distillery, Shipwright Brewing, a selection of Nova Scotia Loyal members and more, each one representing the care and effort behind Nova Scotia's food and beverage industry and all perfectly paired with tunes by Danny Banfield and a view of Lunenburg Harbour.

There was no rush to leave. People stayed, talked, and connected. Visitors asked questions about where ingredients came from. Producers shared stories of early mornings and hard seasons. Restaurant teams spoke about what it meant to see full dining rooms in February.

Because February matters.

For many businesses, winter is the hardest season. Lobster Crawl helps shift that reality, drawing people into our communities at a time when activity is typically slower. It creates reasons to visit, reasons to stay, and reasons to return.

More than that, it reminds us of something easy to forget in the day-to-day work of running a business: that what feels ordinary to us can feel extraordinary to someone seeing it for the first time.

As the final plates were cleared and the last guests stepped out into the sunshine in Lunenburg, one of them shellbrating her win of a new pair of boots presented by Baffin International, there was a shared understanding that this was not truly an ending.

It was a continuation.

The relationships built over the past month will carry forward. Visitors will return to the places they've visited. Businesses will build on what they learned. New ideas are already forming.

Lobster Crawl may have a Tail End, but its impact stretches far beyond a single event or a single month.

It strengthens our economy.

It strengthens our businesses.

And perhaps most importantly, it strengthens the pride we feel in the place we call home - www.lobster-crawl.ca.

Social Column

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

March 11, 1959

Cherry Hill

A number of children gathered at the home of Miss Cheryl Wamboldt on March 4th to help celebrate her sixth birthday. Games were played, after which, lunch was served by Cheryl's mother, Mrs. Lester Wamboldt and Mrs. Oliver Conrad.

New Ross

Mr. and Mrs. George Sanford, Mrs. Freda Murphy and Arlene of Halifax visited at their home here on Saturday. They were supper guests of Mr. and Mrs. Purdy Brown. Sunday guests at the same home were Mr. and Mrs. Lawson Brown and family of Melvern Square.

Hemford

The monthly meeting of the Women's Missionary Society met at the home of Mrs. Milton Snyder on Thursday afternoon, after the business session, an Easter program was enjoyed. The next meeting will be held at the home of Mrs. Oswald Zinck. At the close of this meeting refreshments were served and a social hour was spent.

Petite Riviere

Mrs. Enos Covey, who spent the winter months at the home of Mr. and Mrs. Nathan Nowe, Lake Centre, returned home on Sunday last. Her sister, Mrs. Edith Hirtle, who spent the winter at the home of Mr. and Mrs. Freeman Crouse returned home with her during the week.

Pleasantville

Mrs. Harold Hebb entertained ten guests a birthday party on Saturday in honour of her son Jimmy's tenth birthday. The children enjoyed the Susan treats and games and each guest was treated to balloons and a birthday hat. Mrs. Hebb served a delicious lunch at the close of the party.

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

IN THE MATTER OF: The Nova Scotia Companies Act
R.S.N.S. (1989), as amended

- and -

IN THE MATTER OF: The application of GERMAN
KIND OF BOARD AND LODGING
LIMITED for leave to surrender its
Certificate of Incorporation

NOTICE is hereby given that GERMAN KIND OF BOARD
AND LODGING LIMITED, a body corporate, incorporated
under the laws of the Province of Nova Scotia, with
registered office at 343 Main Street Liverpool Nova Scotia
B0T 1K0, Canada, intends to apply to the Registrar of Joint
Stock Companies for the Province of Nova Scotia for leave
to surrender its Certificate of Incorporation and for its
dissolution, consequent thereon pursuant to the provisions
of Section 137 of the Companies Act, being Chapter 81 of
the revised Statutes of Nova Scotia, 1989, as amended.

DATED at Liverpool, Nova Scotia, on this 4th day of March
2026.

Christopher R. M. Folk,
FOLK LAW INC.
Solicitor for
GERMAN KIND OF BOARD AND LODGING LIMITED

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------|
| freshmart Your Neighbourhood Grocer 4988 Hwy. 10, New Germany 902-644-3272 FRESH QUALITY MEATS & PRODUCE PRICES FROM THURS MAR 12 TO WED MAR 18, 2026 | | |
| NO NAME BUTTER 454GM \$5.49 EACH | OASIS JUICE 960 ML \$1.49 EACH | STRAWBERRIES 1LB \$2.99 EACH |
| CHRISTIES FAMILY SIZE CRACKERS HIT OF THE MONTH \$3.33 EACH | FARMER MARKET MUFFINS 570-600GM \$5.99 EACH | PC POP 2L \$1.49 EACH |
| JANES FROZEN CHICKEN 700GM \$6.99 EACH | CAVENDISH FRIES 800 GM \$2.99 EACH | PLANTERS MIX NUTS 340 GM \$3.99 EACH |

South Shore African Association

Did you know?

STORIES AND PHOTOS BY
KEVIN MCBAIN
 with **Martin Mbugua**
 for the South Shore Bulletin

BRIDGEWATER – The South Shore African Association hosted its first African History Month celebrations at the DesBrisay Museum Feb. 21.

This year’s theme was: Strength in Unity: Moving forward with purpose, prosperity, power and progress.

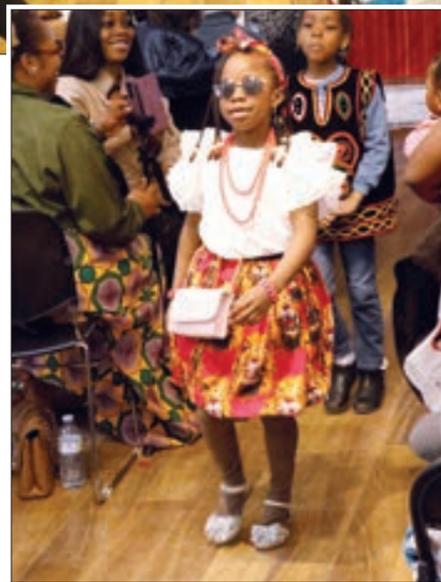
The afternoon consisted of music, storytelling, trivia, poetry, a fashion show and food. Emcee for the afternoon was Nosa Odiase, director of Public Relations and Communications for the South Shore African Association.

As mentioned, this was the first event hosted by the South Shore African Association that was formed in 2025. The president of the association is Martin Mbugua, who has lived on the South Shore for two years. He hails from the “beautiful slopes of Mount Kenya.” Vice-president is Ndidi Odiase who hails from the “giant of Africa, Nigeria.”

Mbugua said the organization was formed to “create a strong support network for Africans and people of African descent living in Bridgewater and the surrounding South Shore communities.”

Prior to the association being formed, he said many of them connected informally and several events were held, but “we felt it was important to create structure and leadership so we can grow in a strong and organized way. Our mission is to celebrate African heritage, support newcomers and build meaningful connections within the wider community.”

While there are no official numbers, he said their community has been steadily growing over the past few years, adding that there are over 100 members connected to the group so far, cutting across more than 12 African countries. He estimates there may be another 100 living in the area and this



number continues to grow as many newcomers choose the region as a place to “build their careers, raise families and contribute to the local economy.”

Why choose the South Shore?

“Many of us came because of work opportunities with companies like Michelin, health care facilities, engineering roles and other professional fields,” said Mbugua. “The South

Shore is so special to us. It offers peace, safety and a strong sense of community. Many families are drawn to the quality of life, access to nature, good schools and the welcoming atmosphere of a smaller town.”

He adds there are plenty of opportunities here as the region continues to grow as the town grows.

Most of the association members have been in the community, like Mbugua, have been here for about two

years. However, some have been here five years or more.

Mbugua said they have been treated well.

“We have experienced kindness, curiosity and genuine support from many members of the broader community. Events like our African History Month celebration show that people are eager to learn, connect and celebrate diversity together and that openness means a lot to us,” he said.





**MUNICIPALITY OF THE DISTRICT OF CHESTER
 TENTATIVE SCHEDULE OF MEETINGS FOR
 MARCH AND APRIL 2026**

| Date | Type of Meeting | Time |
|----------------|-----------------------------------|-----------|
| March 12, 2026 | No meeting on this date | - |
| March 19, 2026 | Council Policy & Strategy Session | 8:45 a.m. |
| March 26, 2026 | Council Meeting | 8:45 a.m. |
| April 2, 2026 | No meeting on this date | - |
| April 9, 2026 | Council Meeting | 8:45 a.m. |
| April 16, 2026 | Council Policy & Strategy Session | 8:45 a.m. |
| April 23, 2026 | Council Meeting | 8:45 a.m. |
| April 30, 2026 | No meeting on this date | - |

If you or your organization want to engage with Council through a scheduled presentation, please complete our online request form found at <https://portal.laserfiche.ca/p7156/forms/Auzhp> or contact the Municipal Clerk at least two weeks prior to the preferred meeting date. The deadline for receiving material to include in the agenda package is noon, one week prior to the meeting date.

Since Meetings are subject to change, please check the meeting calendar schedule at <https://chester.ca/events> or contact the Municipal Clerk at pmyra@chester.ca.

D9303

celebrates African Heritage Month

“Of course, like any other place, there are challenges, but the overall experience has been positive and encouraging.”

Members of the African community play a key role in many businesses in the area, working as engineers, doctors, nurses, accountants, managers, skilled trades, support workers and business owners.

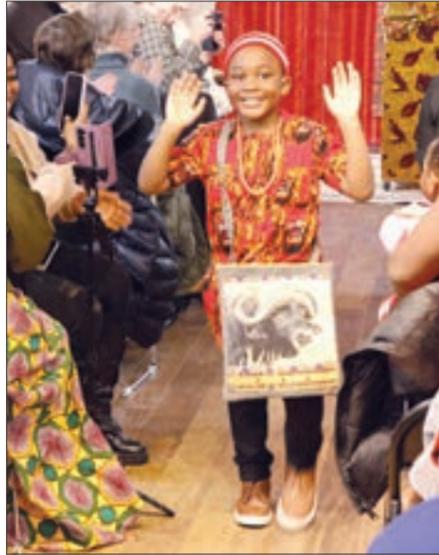
Mbugua says that he can't wait to see the group grow and as that happens, they want to host many more cultural gatherings, family events and

youth-focused activities.

He hopes that the organization will continue to grow and support new immigrants settling in the South Shore, create mentorship opportunities for youth, partner with schools and local organizations, host more cultural showcases featuring African food, fashion, art and history and encourage volunteerism and community involvement.

“We want to continue building bridges and contributing positively to the wider community.”

Mbugua would like to thank everyone for their support in putting on the African Heritage Month event including Alison Smith, councillor for the Municipality of the District of Lunenburg; Anne Fownes and Samirkumar Upadhyay of the South Shore Multicultural Association.



TOWN OF Mahone Bay

On February 26, 2026 Mahone Bay Town Council gave second reading to the Seasonal Sales Area Bylaw, amended Streets & Sidewalks Bylaw, amended Special Events Bylaw and amended Temporary Vending Bylaw

The new Seasonal Sales Area Bylaw is intended to regulate the installation and operation of seasonal sales areas on Town property.

The Streets and Sidewalks Bylaw regulates aspects of street and sidewalk use and maintenance.

The Special Events Bylaw provides regulations for event organizers of special events.

The Temporary Vending Bylaw establishes regulations on vending in the Town of Mahone Bay.

The bylaws are available for viewing on the Town's website at www.townofmahonebay.ca

D9316

Are you connected with someone buried at Hillside Cemetery?

Hillside Cemetery is the final resting place of several members of the community, estimated to be more than 230, who died while living at the Lunenburg Municipal Hospital (County Home), which was located on the site of the current Municipal Activity Recreation Complex (MARC) at 33 Leary Fraser Road, Dayspring, NS.

The Municipality of the District of Lunenburg wants to know if any family members or relatives of those buried at Hillside Cemetery are interested in a way to honour their loved one by name. Your interest will help us decide whether to move ahead with this potential memorial project.

Please contact Sandra Challis
sandra.challis@modl.ca or 902-541-1321
 by January 31st, 2027

D9230

LIFESTYLES

What to do if you find a cat

ASHLEY KIPPERS

SHAID Tree Animal Shelter General Manager

It's not uncommon to spot a cat wandering through a neighbourhood, especially during the colder months when animals may be searching for food or shelter. While it's natural to assume the cat is a stray, many outdoor cats do have homes. Taking a few simple steps can help ensure the cat is safely reunited with their family.

If you find a cat, start by taking a photo if you can. A clear picture will help when asking around the neighbourhood or posting online. Check with nearby neighbours to see if anyone recognizes the cat. Many lost pets are located just a few houses away from where they live.

Next, post the photo and details online. Local Facebook groups such as Nova Scotia Lost Cat Network, Meow Lunenburg County, and other community Facebook pages are excellent resources for spreading the word quickly. You can also contact local veterinary clinics and shelters to ask if anyone has reported a missing cat



ASHLEY KIPPERS PHOTOS

Andrina and Attina are looking for new homes.

matching the description.

If the cat appears friendly and you are able to safely contain them, you'll need a temporary plan for housing the cat while trying to locate an owner. A spare room, garage, basement, or large dog kennel can work well. At SHAID Animal Shelter, we also have kennels available to rent for a small fee if needed. If supplies such as food or litter are a concern, our community pet pantry may be able to help.

If you have the cat safely contained, a veterinarian or local shelter can scan for a microchip, which may help identify the owner quickly.

Sometimes, despite everyone's best efforts, an owner cannot be found. If five days pass without anyone claiming the cat, and you are unable to keep them, you can fill out the Cat Relinquishment Form on the SHAID website to request assistance with rehoming. Please note that SHAID schedules cat intake appointments approximately every three weeks, and there may be a waitlist.

For cats that are fearful or not approachable, a humane live trap may be needed. SHAID has traps available to rent. However, it is important not to set a trap without a plan for what to

do once the cat is caught, as you may need to contain the animal until the next available intake appointment.

If the cat appears injured or in urgent medical distress, please contact the SPCA immediately, as SHAID does not currently have a veterinarian on staff for emergency care.

While some cats are lost, others are truly homeless and waiting for a second chance. Right now at SHAID, two gentle young cats - Attina and Andrina, both 1.5 years old - are hoping to find patient homes where they can blossom. These shy girls enjoy quiet companionship and would likely benefit from living with another friendly cat. Andrina also carries signs of her difficult past, with frostbite damage to her ears and nose, but she remains a sweet and loving companion.

If you're looking for a way to support animals like Attina and Andrina, SHAID's Annual Online Auction is coming up soon. Featuring over \$10,000 worth of donated items, the auction begins March 9. You can browse and bid by visiting www.32auctions.com/SHAID.

Is "should" running your life?

SUSANNE BECK

Reality Check

I should wash the dog. And I should prepare that report; check on Harry, run those errands and go through the stack of mail on my desk. There are lots of activities that I really should do.

Do you have a collection of "shoulds?" Perhaps the "shoulds" in your life are demands from others: family, friends, workplace, community, even society as a whole. Or maybe they come primarily from inside your own head.

Either way, when we perceive that our life is full of "shoulds," it's understandable that we can feel trapped. Can we ever get free?

When a theory is named "Choice Theory," you might gather than it's offering the idea that we do have some choice. In fact, the subtitle of the book "Choice Theory" is, "A New Psychology of Personal Freedom." The possibility of freedom is appealing. According to Dr. Wm. Glasser, freedom is one of the basic human needs. While some people have a higher need for freedom than others, we all need some of it.

But Choice Theory isn't going to wash the dog or write that report for me, is it? So how can a theory help us be freer?

Among the Choice Theory concepts is the idea that our level of satisfaction is related to a balance. Now, often when people refer to balance, they are talking about work/life balance. This balance is different. Picture an old-fashioned balance scale. On one side is what we want and on the other side is what we have. Are they more or less equal? Or are they out of whack?

If you have a high need for freedom (that's what you want) but you have a lot of "shoulds" and demands on you (that's what you have) then your scale isn't going to be very well balanced, is it?

What can you do? Essentially, you have two choices. You could choose to change what you have or you could choose to change what you want. No guarantees that either change will be easy, but at least you have something to consider.

First, can you change what you have? That is, can you decrease the "shoulds" in your life? I suspect that few of us are completely immune from having any demands on us. But some of us accept demands, or even self-impose them, when they may not be necessary or truly appreciated.

For example, at home: "I should make that cheesecake from scratch be-

cause I have always done it that way." At work: "I should stay late because I think that's what my boss expects."

Does the reality of those "shoulds" line up with your perceptions? Careful questioning, of yourself and others, can help you find out.

Then there's the other side of the balance; the "what we want" side. Do you genuinely want to be free of all demands? Do you want a specific amount of "free" time? Do you just want to have a feeling that things are in control, even if the "shoulds" still exist? It can help to be clear, at least within ourselves, about what we really want.

We may not be able to get all that we want, but we can work to make progress in that direction. When we do, it can help with our perception that things are under control.

One suggestion would be to build a habit of setting aside a specific, regular time to work on those things we must do but don't want to. We could call it, "My Should Time." Hmm... that makes it more fun right away, doesn't it?

Do you have many "shoulds" in your life? How do you handle them? Let me know at choice@focusonclarity.com or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~

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

Home Improvement

SOUTH SHORE BULLETIN

BULLETIN

FIRST COME
FIRST SERVED
LIMITED SPACE

Publishes: Wednesday, March 25, 2026 | Deadline: Friday, March 20, 2026

Advertising in this edition puts your business directly in front of South Shore homeowners in a space they already trust.

To make it even better, we're offering 50% off regular ad rates for this edition. That means big exposure at a fraction of the cost - while showing the community you're invested right here at home.

We offer flexible ad options depending on your goals, whether you want a strong one-time push or something that continues beyond the special edition. I'm happy to walk you through what's available and help you choose something that makes sense for your business.

50% OFF RATES

(HST applies)

| | | |
|-----------------------------------|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Business card: \$58.50+tax | 1/8 page: \$137.25+tax | <p style="font-weight: bold; font-size: 1.2em;">DIANA HIRTLE</p> <p style="font-weight: bold;">MARKETING SOLUTIONS SPECIALIST</p> <p>129 Aberdeen Rd, Suite 106, Bridgewater, NS, B4V 2S7</p> <p>902-930-4361</p> <p>diana.hirtle@southshorebulletin.ca</p> |
| Double business card: \$85.50+tax | 1/4 page: \$243+tax | |
| | 1/2 page: \$411.50+tax | |
| | | |

D9828

LIFESTYLES

Winter birding project results

JAMES HIRTLE
Bird Notes

There are three winter birding projects that take place each year. They are the Christmas Bird Counts, Project Feederwatch and The Great Backyard Bird Count. Birdwatch Canada Winter 2026 Number 112 wrote an article on these projects and the results from the 2024/25 Season.

The Christmas Bird Count was the 125th season for such for Canada and included thousands of volunteers across 481 Circles and documented 284 species. The counts start on Dec. 14 and go to Jan. 5.

Overall, species numbers dipped slightly, but three new species to the all-time Christmas Bird Count list included a Steller's sea-eagle in Newfoundland, a ruby-throated hummingbird in Ontario and a Sage Thrasher in Saskatchewan.

Project Feederwatch has existed for almost four decades. This project starts in November and continues through April. Thousands of people across Canada participate in this project helping scientists monitor changes in population and distribution of birds. During the 2024/25 season only one species showed up in every region across Canada and that was the black-capped chickadee.

The top 10 species in Canada by the per cent of stations visited and in order of frequency were black-capped chickadee, dark-eyed junco, downy woodpecker, northern cardinal, blue jay, American goldfinch, white-breasted nuthatch, mourning dove, red-breasted nuthatch and hairy woodpecker.

In the Great Backyard Bird Count each province and territory reported checklists during the count through



JAMES HIRTLE PHOTO

A yellow-rumped warbler found in Chebogue Point on March 1.

Merlin and eBird. A total of 247 species were reported. This was the 28th count and an amazing 400 common ravens were seen in Yellowknife in the Northwest Territories. A large flock of 2,000 Iceland gulls were spotted during the count in St. Johns, Newfoundland and Labrador and a group of 742 snow buntings were seen near Flin Flon, Man.

The data from the three projects combined reflect findings from the 2024 State of Canada's Birds Report, which shows that many bird populations are declining. So, the main thing behind these projects, whether you join a local Christmas Bird Count, participate in Project Feederwatch or add your sightings for the Great Backyard Bird Count, you're helping tell the story about winter birds in Canada.

With the onset of March, I find that I really have a hard time to motivate myself to go out birding. It is a much slower time of the year.

On March 2, Tim Curnew, Ethan Sarty and I set off to Yarmouth to try and see some eastern bluebirds. When we set out the day was gorgeous and warm and at the time no forecast for a change to the weather in Yarmouth. When we reached Yarmouth the winds were very strong and the temperatures were frigid with snow flurries the whole time. We failed totally in finding the bluebirds and also a white-fronted goose that had been present. I did get to see a yellow-rumped warbler though.

Turkey Vultures were great to see as were a load of ring-necked pheasants. Oddly the pheasants were all males. After Yarmouth we went to Cape Sable Island hoping to find some target birds there. We did not have a lot of time but did spot black-bellied plovers and dunlin at Daniel's Head. Our species count for the day was low with only 24.

On Feb. 26 I sighted two Canada jays at Broad Cove. Audrey Fancy of East Dalhousie has two of these birds

coming to her feeders. A male and female Barrow's goldeneye were in front of the Post Office in LaHave on that day. On Feb. 28 Eric Mills sighted five gadwall and an American wigeon at Ritcey's Cove in Riverport.

I had four American pipits and three Savannah (Ipswich) sparrows at Cherry Hill Beach. The Ipswich had been split into a separate species from the Savannah sparrow, but they switched it back to a single species due to DNA analysis. The subspecies of the savannah (Ipswich) sparrow only nest on Sable Island. So, the birds that I saw at Cherry Hill Beach are migrants moving back through. I also found six red-winged blackbirds at Middlewood Feb. 28.

Around Lunenburg County things have been quiet. I did get the first report of a male American robin calling on territory. This is really early and likely it is an over wintering bird staking a claim to territory before the migrant robins come back. On March 3 Eric Mills sighted a northern saw-whet owl at his place in Rose Bay. On March 4 I spotted five sanderlings at Crescent Beach.

The tufted titmouse continues in New Glasgow. On Feb. 28 two killdeer showed up at Crystal Crescent Beach. Charles Sterns reported a rusty blackbird, a brown-headed cowbird and common grackle at Cook's Brook.

The varied thrush at the feeders of Mike MacDonald at Clam Point Cape Sable Island made it to March 1. On March 2 Mark Dennis discovered a chipping sparrow. Danny Cameron reported an eastern towhee in Digby. Rick Brown saw four eastern bluebirds were still Chebogue Point on March 3.

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

Why Monday starts on Sunday night

STEPHANIE MILLER VINCENT
Business Moments

There is a moment that happens in homes across the country every single week. It doesn't make the news. It doesn't show up in any quarterly report. But it may be the single most important indicator of whether your organization is truly healthy or quietly unraveling.

It happens on Sunday night.

Not in the office, not in a Slack channel but in a bedroom, or a kitchen, perhaps a car parked in a driveway. It happens when someone who works for you sits quietly, maybe folds a uniform, maybe stares at the ceiling, and asks themselves a question they may not even have words for: How is it going to feel to go back?

That moment, that private, un-

witnessed reckoning, is where your leadership is truly measured.

THE WEIGHT THAT SHOWS UP BEFORE MONDAY DOES

For more than 30 years, I've led teams in some of the most demanding environments in hospitality, dining rooms of thirty, casino resorts of thousands and Sunday nights weren't always entirely peaceful.

Sunday night was when the weight showed up, not in emails, not in phone calls but in feeling.

That weight was not anxiety about logistics. It was the felt sense of responsibility for people, for the emotional reality those people would carry into the coming week. What I discovered, over decades of leading and being led, is something most leadership books never say plainly:

People decide how they feel about

their job before they walk through the door.

They decide it in the quiet. In the ordinary rituals of getting ready to return. And that decision, that emotional rehearsal, is shaped almost entirely by the environment their leader created the week before.

THE DREAD THAT HAS NOTHING TO DO WITH THE WORK

What makes this insight particularly powerful is that it comes from someone who has lived it from both sides of the desk.

Continued on page 19



BOWLING

Pajo's Bowling Alley League Stats

Lucky Strikes League, Feb. 13: H.S.: Lisa Boehner 129; H.T.: Lisa Boehner 333; H.S.: Scott Doucette 137; H.T.: Bailey Mulock 364; T.H.T.: Split Heads 1594

Youth League, Feb. 14: Peewee. G.H.S.: Aurora C 72; B.H.S.: Max C 61

Bantam. G.H.S.: Abby P 54

Junior. G.H.S.: Soraya W 90; G.H.T.: Soraya W 254; B.H.S.: Owen W 95; B.H.T.: Owen W 269

Bantam. B.H.S.: Dryden W 82; B.H.T.: Ross M 235

Mickey Mouse League, Feb. 15: H.S.: Corey Lohnes 115; H.T.: Corey Lohnes 300;

H.S.: Sherry Oxner 106; H.T.: Sherry Oxner 293; T.H.T.: Hipsters Pinsters 1492

Men's, Feb. 16: H.S.: Yama Younis 167; H.T.: Yama Younis 378; T.H.T.: Bernie's Boys 1675

Ladies, Feb. 17: H.S.: Kim Veinotte 130; H.T.: Kim Veinotte 318; T.H.T.: Flintstones 1817; Bowling 300s : Paulette Conrad 302

Canexcel, Feb. 18: H.S.: Lisa Kaizer 139; H.T.: Lisa Kaizer 362; H.S.: Doug Murphy 131; H.T.: Cory Carver 346

Money League, Feb. 19: H.S.: Courtney Tremere 123; H.T.: Kim Veinotte 330; H.S.: Colton Whitman 161; H.T.: Shawn D'Eon 377; T.H.T.: You're Due 1519

PUZZLES & MORE

The Weekly Crossword by Margie E. Burke

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

ACROSS

- 1 Highlands miss
- 5 Mosey along
- 10 Take for a ride
- 14 Bart's teacher
- 15 Asia's ___ Peninsula
- 16 Kind of wolf
- 17 Midday hour
- 18 Not up to snuff
- 20 Desert mount
- 22 Like a new candle
- 23 Part of a flower
- 24 Text, for instance
- 26 Indian royal
- 28 Aniston rom-com, "Rumor ___ It..."
- 29 Luxurious resort
- 32 Bahamas island group
- 35 Bedtime drink
- 37 Comparable (to)
- 38 Figure of speech
- 40 Painter Magritte
- 41 Infatuated
- 43 Like old-time gasoline
- 45 Thanksgiving side
- 46 Aquatic shocker
- 47 Twosome
- 48 Mediocre
- 51 Anatomical cul-de-sac
- 55 Red Square figure
- 57 Posh city dwelling
- 59 Indiana city on the Ohio
- 61 Fingerboard ridge
- 62 DeSoto's "Emergency!" partner
- 63 Hubby's mom, for one
- 64 80s flick, "St. Elmo's ___"
- 65 Small bills
- 66 Pharaoh's land
- 67 Bratty talk

DOWN

- 1 Gives for a bit
- 2 Really love
- 3 Rapping Dogg
- 4 Country within Italy
- 5 Encircled by
- 6 Bahrain's capital
- 7 Play loudly
- 8 Nobility title
- 9 Storm center
- 10 Hurlled through the air
- 11 Joined
- 12 Virus prefix
- 13 It often has dashes
- 19 Put down
- 21 Get-up-and-go
- 25 In a wise way
- 27 Act nervous
- 30 Glazier's item
- 31 Made like
- 32 Pampered one?
- 33 Swedish furniture giant
- 34 Run poorly
- 35 Doze (off)
- 36 Compromises
- 39 Telling, as a story
- 42 Low double digits
- 44 Apiece
- 47 Turkey's wattle
- 49 Swings for Tarzan
- 50 "Holy smokes!"
- 52 Vatican tribunal
- 53 ___ manual
- 54 Distributes, with "out"
- 55 Toy with theme parks
- 56 Peters who played Dahmer
- 58 Pond denizen
- 60 Fight (for)

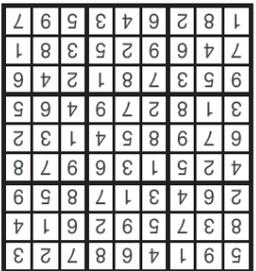
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Sudoku

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

Level: Advanced

Puzzles & More Answers

| Crossword Solution | Sudoku |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |

NUTRITION WORD SEARCH

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

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

WORDS

- | | | | |
|-----------------|--------------|----------------|----------------|
| AMINO ACIDS | CELLS | FIBER | METABOLISM |
| ANTIOXIDANTS | DIETARY | FORTIFICATION | MICRONUTRIENTS |
| BASAL | ELECTROLYTES | GLYCEMIC INDEX | PROBIOTICS |
| BIOAVAILABILITY | ENERGY | IRON | PROTEIN |
| CALORIES | ENRICHMENT | LIPIDS | SATIETY |
| CARBOHYDRATES | FATTY ACIDS | MACRONUTRIENTS | VITAMINS |

WEDNESDAY EVENING MARCH 11. Channel guide for Wednesday evening with columns for time slots (6:30-11:30) and various channels (6-56).

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

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

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

Channel Guide grid with columns A-E and rows for various channels including GLOBAL, ITV, YTV, CBC, PBS, ASN, ABC, NBC, PARM, A&E, CMT, CNN, HIST, CHCH, OWN, FAM, HGTV, CTV SCI FI, OUTD, ROGERS SPORTSNET, GOLF, TSN, E!, APTN, and VIS.

THURSDAY EVENING MARCH 12. Channel guide for Thursday evening with columns for time slots (6:30-11:30) and various channels (6-56).

FRIDAY EVENING MARCH 13. Channel guide for Friday evening with columns for time slots (6:30-11:30) and various channels (6-56).

WEEKDAY DAYTIME MARCH 11 TO MARCH 17. Large channel guide for weekday daytime with columns for time slots (7:30-6:00) and various channels (6-56).

SATURDAY DAYTIME MARCH 14. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME MARCH 15. Table with 20 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING MARCH 14. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING MARCH 15. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, MARCH 11

EVENING

9:00 [WTV] "EMMA." (Romance,2020) Anya Taylor-Joy, Johnny Flynn. Emma navigates her way through wrong matches, romantic missteps and the challenges of growing up. (G)
11:30 [WTV] "I Feel Pretty" (Comedy,2018) Amy Schumer, Michelle Williams. A woman who struggles with feelings of insecurity gains a renewed sense of self-confidence. (14+)

THURSDAY, MARCH 12

EVENING

9:00 [CH] "Men, Women & Children" (Drama,2014) Rosemarie DeWitt, Jennifer Garner. Teens and their parents try to navigate the significant life changes brought by the internet. (14+)
10:00 [SLICE] "Promising Young Woman" (Thriller,2020) Carey Mulligan, Laverne Cox. An unexpected encounter gives a wickedly smart woman a chance to right the wrongs from the past. (14+)
10:30 [SHOW] "The Expendables 3" (Action,2014) Sylvester Stallone, Jason Statham. Barney Ross (Sylvester Stallone) brings in new blood to fight an old associate. (13+)

FRIDAY, MARCH 13

EVENING

9:00 [ASN] "X-Men" (Action,2000) Hugh Jackman, Patrick Stewart. A team of superheroes (Hugh Jackman, Patrick Stewart) fights a potential tyrant (Ian McKellen). (G)
[TS] "Central Intelligence" (Action,2016) Dwayne Johnson, Kevin Hart. A CIA agent and his ex-classmate encounter shootouts, espionage and double-crosses while on a case. (G)

10:00 [SHOW] "John Wick" (Action,2014) Keanu Reeves, Michael Nyqvist. An ex-hitman (Keanu Reeves) comes out of retirement to hunt down the mobsters who ruined his life. (14+)
[APTN] "Cloudy With a Chance of Meatballs 2" (Animated,2013) Voices of Bill Hader, Anna Faris. Flint Lockwood learns that his most-famous invention is now creating animal/vegetable hybrids. (G)
11:00 [WTV] "The 27-Hour Day" (Romance,2021) Autumn Reeser, Andrew W. Walker. An entrepreneur develops a budding romance with a handsome man at a relaxing retreat. (G)
11:05 [TBS] "Skyscraper" (Action,2018) Dwayne Johnson, Neve Campbell. A former FBI agent must save his family from a blazing fire in the world's tallest building. (14+)
12:30 [CH] "The Fearless Hyena" (Adventure,1979) Jackie Chan, James Tien. An old master's grandson learns the style called emotional kung fu. (13+)

SATURDAY, MARCH 14

EVENING

6:15 [CTVSCI-FI] "Secret Headquarters" (Action,2022) Owen Wilson, Walker Scobell. A boy and his friends must help his superhero father save the planet from a villainous threat.
7:00 [WTV] "Betty's Bad Luck in Love" (Romance,2024) Laci J Mailey, Marco Grazzini. Cursed from childhood to fail at romance, Betty is tempted to try once more when she meets Alex. (G)

[SHOW] "Real Steel" (Action,2011) Hugh Jackman, Evangeline Lilly. A boxing promoter and his son build a championship contender for the robot ring. (G)
[TBS] "Central Intelligence" (Action,2016) Dwayne Johnson, Kevin Hart. A CIA agent and his ex-classmate encounter shootouts, espionage and double-crosses while on a case. (G)
[STAR] "My Big Fat Greek Wedding 2" (Romance,2016) Nia Vardalos, John Corbett. The Portokalos clan makes plans for a huge wedding after a shocking family secret comes to light. (G)
7:30 [SLICE] "Lara Croft: Tomb Raider" (Adventure,2001) Angelina Jolie, Jon Voight. A globe-trotter (Angelina Jolie) battles otherworldly creatures for an artifact. (G)
8:00 [ATV] "Paws in the City" (Romance,2025) Emerald Toubia, Carter Jenkins. Sparks fly between a woman and the owner of a dachshund diva whose bark is worse than her bite. (8+)
8:30 [CTVSCI-FI] "Spider-Man: No Way Home" (Action,2021) Tom Holland, Zendaya. The stakes become dangerous when Peter Parker discovers what it truly means to be Spider-Man. (G)
9:00 [WTV] "Romantic Friction" (Romance,2023) Julie Roy, Brandon Santana. Book-cover artist Lea pretends to be the elusive author of a hit romance novel. (G)
[TBS] "Big Daddy" (Comedy,1999) Adam Sandler, Joey Lauren Adams. A goofy slacker gains custody of an impressionable five-year-old boy. (14+)
10:00 [SLICE] "The Invisible Man" (Sci-Fi,1933) Claude Rains, Gloria Stuart. The serum that makes a scientist (Claude Rains) invisible has madness as a side effect. (G)
[SHOW] "John Wick 2" (Action,2017) Keanu Reeves, Common. Legendary hit man John Wick squares off against some of the world's deadliest killers in Rome. (13+)
11:00 [WTV] "Moriah's Lighthouse" (Romance,2022) Rachelle Lefevre, Luke Macfarlane. An American architect jeopardizes a woodworking artisan's plans to restore a French lighthouse. (G)
[TBS] "Billy Madison" (Comedy,1995) Adam Sandler, Darren McGavin. An adult goof-off goes back to elementary school in order to run his father's company. (G)
[APTN] "So Surreal: Behind the Masks" (Documentary,2024) Indigenous masks and their profound impact on one of the most iconic art movements of all time.

11:30 [CTVSCI-FI] "Sonic the Hedgehog 2" (Family,2022) James Marsden, Jim Carrey. Sonic teams up with Tails to find a mystical emerald that has the power to destroy civilizations. (G)
12:00 [STAR] "Magic Mike's Last Dance" (Comedy Drama,2023) Channing Tatum, Salma Hayek. Mike Lane finds himself in London trying to whip a hot new roster of talented dancers into shape. (14+)
12:30 [SLICE] "Red Eye" (Thriller,2005) Rachel McAdams, Cillian Murphy. A plane passenger (Cillian Murphy) involves his seatmate (Rachel McAdams) in a deadly plot. (13+)
1:00 [WTV] "The Wedding Cottage" (Romance,2023) Erin Krakow, Brendan Penny. A woman must convince an artist to renovate a rundown cottage for a couple's dream wedding. (G)
[SHOW] "Mortal Engines" (Sci-Fi,2018) Hera Hilmar, Robert Sheehan. A young woman must stop a giant predator city on wheels from devouring everything in its path. (8+)
[TBS] "Horrible Bosses 2" (Comedy,2014) Jason Bateman, Charlie Day. Nick, Dale and Kurt plot revenge on a shady investor who stole their new invention. (13+)
[APTN] "Monkey Beach" (Mystery,2020) Adam Beach, Nathaniel Arcand. A woman with supernatural abilities reflects on her life as she awaits news of her missing brother.
[SUNDAY, MARCH 15]
EVENING
6:00 [TBS] "Big Daddy" (Comedy,1999) Adam Sandler, Joey Lauren Adams. A goofy slacker gains custody of an impressionable five-year-old boy. (14+)
6:30 [SLICE] "Dear John" (Romance,2010) Channing Tatum, Amanda Seyfried. Unexpected consequences await a soldier and his lover, who correspond through letters for years. (G)
7:00 [WTV] "Romantic Friction" (Romance,2023) Julie Roy, Brandon Santana. Book-cover artist Lea pretends to be the elusive author of a hit romance novel. (G)
8:00 [TBS] "Horrible Bosses" (Comedy,2011) Jason Bateman, Charlie Day. Three oppressed workers devise a complex and seemingly foolproof plan to get rid of their employers. (14+)
8:30 [SHOW] "Star Trek Beyond" (Sci-Fi,2016) Chris Pine, Zachary Quinto. Stranded on a hostile planet, Kirk, Spock and the rest of the crew must battle a deadly alien race. (G)
[CTVSCI-FI] "Bumblebee" (Action,2018) Hailee Steinfeld, John Cena. A teen revives Bumblebee the Autobot after finding him in a junkyard in a small beach town in 1987. (G)

9:00 [SLICE] "Leap Year" (Romance,2010) Amy Adams, Matthew Goode. Fate intervenes when a woman (Amy Adams) travels to Ireland to propose to her boyfriend. (G)
[STAR] "Two Weeks Notice" (Romance,2002) Sandra Bullock, Hugh Grant. A millionaire (Hugh Grant) confronts his feelings for his lawyer (Sandra Bullock). (G)
10:00 [USA] "Unbroken" (History,2014) Jack O'Connell, Domhnall Gleeson. During World War II, Louie Zamperini survives for 47 days in a raft and is captured by the Japanese. (14+)
[TBS] "Horrible Bosses 2" (Comedy,2014) Jason Bateman, Charlie Day. Nick, Dale and Kurt plot revenge on a shady investor who stole their new invention. (13+)
[APTN] "Patriot Games" (Thriller,1992) Harrison Ford, Anne Archer. An ex-CIA analyst protects his family from IRA-fringe terrorists on his trail. (14+)
11:00 [WTV] "The Break-Up" (Romance,2006) Vince Vaughn, Jennifer Aniston. A couple (Vince Vaughn, Jennifer Aniston) end their relationship, but neither is willing to move. (G)
[CTVSCI-FI] "Transformers: Rise of the Beasts" (Action,2023) Anthony Ramos, Dominique Fishback. The Maximals, Predacons and Terrorcons join the battle on Earth between Autobots and Decepticons. (G)
11:30 [SLICE] "You've Got Mail" (Romance,1998) Tom Hanks, Meg Ryan. Kathleen and Joe begin an anonymous Internet romance, oblivious of each other's true identity. (G)
12:30 [SHOW] "Hancock" (Action,2008) Will Smith, Charlize Theron. With every feat, a scruffy superhero (Will Smith) inflicts collateral damage upon Los Angeles. (13+)
[TBS] "Horrible Bosses" (Comedy,2011) Jason Bateman, Charlie Day. Three oppressed workers devise a complex and seemingly foolproof plan to get rid of their employers. (14+)
1:00 [USA] "The Break-Up" (Romance,2006) Vince Vaughn, Jennifer Aniston. A couple (Vince Vaughn, Jennifer Aniston) end their relationship, but neither is willing to move. (G)
[STAR] "Taken" (Action,2008) Liam Neeson, Maggie Grace. A former spy uses his particular set of skills to save his kidnapped daughter. (14+)
[APTN] "Patriot Games" (Thriller,1992) Harrison Ford, Anne Archer. An ex-CIA analyst protects his family from IRA-fringe terrorists on his trail. (14+)

[WTV] "Blockers" (Comedy,2018) Leslie Mann, Ike Barinholtz. Three parents try to stop their daughters from losing their virginity on prom night. (14+)
[MONDAY, MARCH 16]
EVENING
10:00 [SHOW] "G.I. Joe: The Rise of Cobra" (Action,2009) Channing Tatum, Dennis Quaid. The G.I. Joe team uses the latest technology in its battle against a mysterious organization. (13+)
12:30 [SHOW] "Star Trek" (Sci-Fi,2009) Chris Pine, Zachary Quinto. Chronicles the early days of the starship Enterprise and her crew (Chris Pine, Zachary Quinto). (G)
1:00 [VIS] "Cold Mountain" (Drama,2003) Jude Law, Nicole Kidman. A Confederate soldier (Jude Law) tries to reach his sweetheart (Nicole Kidman). (14+)
[TUESDAY, MARCH 17]
EVENING
9:00 [WTV] "Leap Year" (Romance,2010) Amy Adams, Matthew Goode. Fate intervenes when a woman (Amy Adams) travels to Ireland to propose to her boyfriend. (G)
[GOLF] "Loopers: The Caddie's Long Walk" (Documentary,2019) Golfers and caddies form personal bonds and dynamic relationships on and off the course.
10:00 [SHOW] "G.I. Joe: Retaliation" (Action,2013) Dwayne Johnson, Bruce Willis. The G.I. Joe team faces threats from Cobra and from within the U.S. government. (13+)
10:45 [GOLF] "Loopers: The Caddie's Long Walk" (Documentary,2019) Golfers and caddies form personal bonds and dynamic relationships on and off the course.
11:30 [WTV] "Just Getting Started" (Comedy,2017) Morgan Freeman, Tommy Lee Jones. A resort manager teams up with a former military man when someone from his past tries to kill him. (G)
12:30 [SHOW] "Star Trek Into Darkness" (Sci-Fi,2013) Chris Pine, Zachary Quinto. An act of terrorism sends Kirk on a mission to capture a powerfully destructive force. (G)
1:00 [VIS] "Far and Away" (Drama,1992) Tom Cruise, Nicole Kidman. An Irish farmer (Tom Cruise) and a rich girl (Nicole Kidman) come to 1890s America. (G)
1:30 [WTV] "Leap Year" (Romance,2010) Amy Adams, Matthew Goode. Fate intervenes when a woman (Amy Adams) travels to Ireland to propose to her boyfriend. (G)

MONDAY EVENING MARCH 16. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

TUESDAY EVENING MARCH 17. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SOUTH SHORE BULLETIN CLASSIFIEDS



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FAMILY ALBUM



Family and friends would like to wish **Sylvia and Gerald Rhodenizer** (Conquerall Bank) a **"Happy 65th Anniversary"** and many more

EMPLOYMENT



Nova Scotia Health has an immediate opening for a **permanent, full-time Industrial Mechanic/Millwright** with our **WZ Maintenance & Operations team**. The position is based out of South Shore Regional Hospital. Journey person certification is required.

Please submit resumes to:
Neily.Holdright@nshealth.ca

Subject line should state:
Resume 211673
Industrial Mechanic/Millwright

D9298

Big Brothers Big Sisters of South Shore seeks Executive Director
Part time or full time option available.
Primary location: Based in Bridgewater on the South Shore of Nova Scotia.
Salary range: \$22 - \$25 per hour, commensurate with experience.
For more information, please contact traceymalcolm02@gmail.com

NOTICES

Your story matters! Are you living with multiple sclerosis, aged 18+, and in Canada? We need YOU - help us uncover how genes, environment, and life experiences shape health in MS. This will help develop strategies to reduce health inequity. Compensation is provided. Email msepidemiology@nshealth.ca for details.

RELIGION DIRECTORY

Anglican PARISHES OF PETITE RIVIERE & NEW DUBLIN

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

Sunday March 15th
Fourth Sunday in Lent – Rev. Oliver Osmond
9:00am St. Albans Voglers Cove
Holy Communion
11:00am St. James LaHave
Holy Communion

"O worship the Lord in the beauty of holiness"

The 10 Commandments

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

D1055

COMMUNITY

Happenstance Jam - Saturday, March 21, 6:30 p.m. to 9 p.m. - Forties Community Centre, 1787 Forties Road, New Ross. Come to play, sing or listen. \$2 admittance

BREAKFASTS

Dayspring and District Firefighter's Breakfast. Saturday, March 14, 2026; 7:30 a.m. to 11 a.m. Usual menu. Adults: \$12, children 6-12: \$6, under 5: free. Take-out available.

WANTED

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

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.

MEETINGS

Greater Petite Area Community Association. Annual General Meeting; Sunday, March 29, 2026, 2:00 p.m. to 3:00 p.m. Petite Riviere Elementary School.

HOMES/RENT

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

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D9830

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Health checks, companionship, meals, accompanying to appointments/errands, and other practical help.

Let's talk about how I can help. Call/text 613-762-2880, ask for Abbey.

Obituaries can be found online at southshorebulletin.ca

DEATHS

BRIAND, June Lillian, 94, of Harbour View Haven (formerly of Fauxburg) passed away on Thursday, March 5, 2026 at Harbour View Haven, Lunenburg. Arrangements are under the direction of the Dana L. Sweeny Funeral Home, 11213 Hwy 3, Lunenburg.

CROUSE, Carroll William, 86, Berwick, formerly of Cherryfield, Annapolis County, died March 1, 2026, Valley Regional Hospital, Kentville. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

DOREY, Cheryl Louise, 69, of Mahone Bay, died February 5, 2026, in Mahone Nursing Home, Mahone Bay. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

EISNOR, Michael Wayne, 66, Indian Point, died February 27, 2026. Arrangements entrusted to Mahone Funeral Home.

FALVEY, Margaret Ann (née Cunningham) BA, BSc (79), of Upper Kingsburg, Nova Scotia, passed away quietly surrounded by family on March 3, 2026. Arrangements are under the direction of the Dana L. Sweeny Funeral Home, 11213 Hwy 3, Lunenburg.

FRANK, Hartley Chipman, 99, Maplewood, died February 26, 2026. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

HEBB, Robert "Bob" Arnold, 95, Caledonia, formerly of Wileville, died February 25, 2026, died North Queens Nursing Home, Caledonia. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

IVANCIC, Dané, 89, of Barss Corner, died February 25, 2026, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

JEFFERSON, Peggy Lee, 68, of Hebbs Cross, died February 26, 2026. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

NAUGLER, Darrell Laurie, 71, New Elm, died February 27, 2026, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

OICKLE, Marjorie Catherine, 91, of Wileville, died February 19, 2026, in Hillside Pines, Home for Special Care, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

POWER, Mark Christopher, 67, Chester, died February 27, 2026. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.



SMITH, George William, 91, of Nineveh and New Germany, died February 24, 2026, in Queens Manor, Liverpool. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

SNYDER, Wayne, 84, Chelsea, died February 28, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

VEINOT, Ivan Maynard, 75, Scarsdale, died February 28, 2026, South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

WILE, Margaret Yvonne, 89, New Glasgow (formerly of Bridgewater and New Germany), died March 1, 2026, Aberdeen Hospital in New Glasgow. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.



CLASSIFIEDS

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E-MAIL: info@southshorebulletin.ca

SUBMISSION POLICY:

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

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

BIRTHDAY ANNOUNCEMENTS

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

BIRTH AND GRADUATION ANNOUNCEMENTS

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

ENGAGEMENT, WEDDING, AND ANNIVERSARY ANNOUNCEMENTS

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

CARDS OF THANKS AND MEMORIAMS

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

OBITUARIES

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

DISPLAY CLASSIFIEDS

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

DEADLINES:

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

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

MEMORIALS



Linda Aulenback
Death takes the body.
God takes the soul.
Our minds hold the
memories.
Our hearts keep the love.
Our faith lets us know,
We will meet again.
Always missed, husband,
Murray and family.



PORTER: in loving memory of our beautiful daughter, Michelle (Bolivar) Porter, who went to heaven March 6, 2016. A voice we would love to hear, a smile we will always remember of a daughter we loved so dear. To us, she was someone special, someone set apart. And her memory will live forever engraved within our hearts. Always loved, and so sadly missed by Mom and Dad, Lawrence and Carolyn Bolivar, and family.

OBITUARIES

Louis James Ogden

78, of West Dublin, Nova Scotia, passed away Friday 27th of February 2026, at Fishermen's Memorial Hospital Hospice Unit. Born in East Stroudsburg, PA on the 14th of June, 1947.

He was the beloved husband of Jennifer Ogden for 18+ years, a beautiful, kind, and loving person, and the love of her life. Louis is survived by his wife, Jennifer; sisters, Mary and Jane; brother, John; grandchildren, Skylar and Kylea; stepchildren, Michael and Ryan; step-grandchildren, Aiden and Brendan. To all the grandchildren, he was always "Grampy".

Louis was very easy going, had a great sense of humour, and a joy to be with. An excellent carpenter and in later years, enjoyed puttering in his shed making cutting boards. He loved to work in his garden and riding his garden tractor cutting grass. In his earlier years he enjoyed his adventures on his motorcycle.

He loved his cats, Abby and Lucinda. He will be very sadly missed by all who knew and loved him. Many thanks to everyone who helped with his care. Personal Care Cremations have looked after his cremation. In keeping with Louis' wishes, there will be no service.

Wayne Snyder

It is with great sadness that we announce the passing of Wayne Snyder of Chelsea, Nova Scotia in his 84th year on February 28, 2026, at the South Shore Regional Hospital after a hard-fought battle with cancer.

Pre-deceased by wife Audrey Snyder; parents, Mildred and David Snyder; brothers, Phillip Snyder and Len Snyder; and sisters, Melba Crocket and Margo Snyder. Survived by brothers Jim Snyder and Bill (Henriette) Snyder; and sister Cheryl Mansfield; stepsons Bryan (Wendy) Ferguson, Wayne (Tanja) Ferguson, and Dean (Penny) Ferguson; step grandchildren Shauna, Kelsey, Dave (Brittany), Mathew (Avril), Joseph (Carly) and Samantha; and several great grandchildren. He was a special uncle to his much-loved nieces and nephews.

Wayne was passionate about music, playing the drums, guitar and singing lead and backup vocals for various bands throughout his life. He and his bands Ramblin' Fever and Restless Wind were local favorites, playing at the Hank Snow Tribute, the Bridgewater Exhibition and at Legion and community dances in the South Shore area.

Special thanks to his amazing palliative care team and the staff of the Acute Care Unit at South Shore Regional Hospital, his neighbours Mildred, Eric and Clayton, and his 'angels' Patricia, Wendy and Anne.

Cremation has taken place. Private celebration of life and burial at Maple Grove Cemetery in Chelsea will take place at a later date. Donations in Wayne's memory may be made to the Canadian Cancer Society or the South Shore Hospice Palliative Care Society.

Arrangements entrusted to Sweeny's Funeral Home, Bridgewater, where online condolences may be left at www.sweenysfuneralhome.com

OBITUARIES

Mark Christopher Power

It is with great sadness that the family of Mark Christopher Power of Chester, Nova Scotia announce his passing on February 27, 2026, at the age of 67, after a brief but challenging battle with cancer. Mark was a devoted husband, father, grandfather, son and brother.

Mark was born on December 13, 1958 in Halifax, Nova Scotia, the 3rd of 4 sons to Kenneth James Power and Viola Evelyn Power (nee Keeping).

Mark spent his formative years growing up in Herring Cove surrounded by extended family and friends. Many summers were spent swimming at Ladders Lake for several hours a day or building go-karts and bicycle jumps to duplicate Evil Knievel's feats. Winters were spent playing both organized hockey and pick up hockey either on Power's Pond or back at the "pit" not far from the house.

Mark's love of sailing started in his teenage years when Granddad Power began building small wooden sailboats for his grandsons. Then most of his summer days were spent on the water with friends and relatives, where he honed his sailing skills and his knowledge of the sea.

After graduating high school, Mark attended Nova Scotia Vocational School and earned his Diploma in Industrial Instrumentation. He started his career at the Michelin Tire Manufacturing Plant in Bridgewater where he practiced his trade for 17 years. He had a brief stint at ECI Medical Manufacturing Plant in Bridgewater where surgical gloves were made. He then spent the final 20 years of his career with Facilitates Management at Dalhousie University maintaining the heating and ventilation systems throughout the campus. While working at Dalhousie University, Mark won the Stoker Award. This award was created by Facilities Management to recognize outstanding work in the areas of appreciation, innovation and safety. His career offered him the opportunity to travel on a regular basis to various locations in the United States for training and certifications which he enjoyed.

Mark met his wife Carolyn, a graduate of Dalhousie School of Nursing, in 1979, and they married in May 1983. For a few years Mark and Carolyn rented at several addresses in Halifax with Carolyn working at the Victoria General Hospital and Mark commuting daily to work in Bridgewater. They eventually bought a house and settled in Chester. It was here they started their family with Chris being born in November 1989 and Kelsey in June 1992. The next years were spent enjoying watching their children grow and supporting them in their activities. Mark was always present at Kelsey's dance recitals, he was a devoted and enthusiastic hockey dad to Chris, and he supported both when they played soccer.

In his adult life Mark continued his love for sailing and regularly raced out of Chester Yacht Club for many years. His passion for racing took him to the J24 Class Nationals twice and he completed the Marblehead to Halifax Ocean Race. Chester Race Week was a special part of the summer for Mark, where he enjoyed racing and helping to organize events. September's Rum Race was also an annual highlight.

When not on the water and being the very capable handyman that he was (the only one out his siblings), Mark enjoyed maintaining his property and gardening. He even took up bee keeping for a time. Leveraging both his technical skills and practical knowledge he was always willing to help relatives, friends and neighbors. Mark was President of the West Chester Community Homeowners Association for over 30 years.

Mark also had a passion for food. He was an excellent home chef and made phenomenal smoked salmon which was well loved by his family and friends.

Mark had recently (February 17th) become a grandfather with the arrival of a grandson. A precious gift he was able to experience before passing.

Mark is survived by his wife Carolyn; son Christopher (Breugh); daughter Kelsey (Nicolae); his grandson; his mother Viola; brothers Michael (Marion), Kevin (Lynn) and Laurie (Kim). He was predeceased by his father Kenneth; mother-in-law Gail Riley; father-in-law Jim Riley; and sister-in-law Marnie Riley.

Mark and the family would like to thank the doctors, nurses and staff at the Nova Scotia Health Authority, the VON, the South Shore Palliative Care Service and MAID, as well as all his neighbors and friends for their compassion and support throughout his illness.

As per Mark's wishes, a private family celebration of life will be held at a later date, so as to include the sea, which he loved so much. He also requested that any donations in his memory be made to the organizations listed above or to the Canadian Cancer Society.

Arrangements entrusted to Sweeny's Funeral Home, 35 York Street, Bridgewater, where online condolences may be left at www.sweenysfuneralhome.com.



Why Monday starts on Sunday night

Continued from page 13

I've been the leader whose team couldn't wait to walk in. I've rebuilt environments where people were already halfway out the door emotionally, even though they were still showing up physically. And I've been the leader lying awake on Sunday night myself, dreading Monday morning not because of the work, but because of the person I reported to.

This is the part that rarely gets discussed in conversations about workplace culture. We talk about retention strategies, compensation benchmarking, and employee engagement surveys.

We rarely talk about the tightness in someone's chest on a Sunday evening, or the tears that come as a building comes into view, or the low hum of dread that has nothing to do with the job description and everything to do with who is waiting on the other side of that door.

That dread is not a personal failing. It is a leadership signal and one that most organizations are not equipped, or willing, to read.

WHAT THE BEST WORKPLACES ACTUALLY DO

The difference between a team that dreads Monday and one that leans into it is rarely found in the perks package. It is not the free coffee, the flexible hours, or the branded swag. It is something far more fundamental: whether people feel seen, whether they feel safe, and whether they trust what they are walking back into.

Those three things, visibility, safety, and trust are not the byproducts of a good HR policy. They are the byproducts of consistent, intentional leadership behaviour. They are built in the conversations a leader chooses to have and the ones they avoid. In the effort they notice, and the effort they miss. In the clarity they offer, or the ambiguity they leave behind.

By the time your team walks through the door, the tone is already set.

The Monday morning experience is not created on Monday morning. It is created in the days and moments before, in the accumulated weight of how leadership has shown up or failed to.

A DIFFERENT KIND OF LEADERSHIP CONVERSATION

This column exists to change that. Not by adding more to a leader's plate, but by sharpening their vision, helping them see the moments that matter most, and the behaviours that build the kind of workplace people do not have to brace themselves for.

Each week, one leadership behaviour. Simple. Specific. Proven.

Because leadership, at its core, is not measured in intentions or org charts. It is measured in how people feel on a Sunday night when they think about coming back.

If you are a leader who wants to understand what the best workplaces do differently, the specific, human practices that transform that Sunday night feeling from dread to something closer to purpose, you're in the right place.

Monday starts on Sunday and you have more influence over that moment than you may realize.

If something in this week's column stayed with you, sit with it and ask yourself honestly what it means for the people returning to you.

Stephanie is a leadership veteran with over 30 years of experience building workplace cultures where people don't just show up, they show up with purpose. To explore and learn what the best places do differently, go directly to smillervision.com/what-the-best-places-do.

See you next week.

What happens when you don't advertise?

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KEVIN MCBAIN PHOTOS

BAGS WERE FLYING AT FIRST CORNOLE REGIONALS

Bridgewater’s first American Cornhole League (ACL) Canada Regional championship, hosted by the local Black Jack Baggers club, attracted 13 double teams and 26 singles on March 1 at the YMCA Lunenburg County gymnasium. Winning the doubles title was the local team of BJ Oickle and Kyle Zinck (shown here). Oickle also won the singles’ title in the Tier 1 division. Winning Tier 3 was Calvin Laffin and Derian Pye finished first in the Tier 4 division.





Spring Weight Restrictions & Waste Collection

Spring weight restrictions will go into effect in Lunenburg County on March 15, 2026.

Look for road restriction signs before putting your waste out for collection. Find information about restricted roads, visit <https://novascotia.ca/tran/trucking/springweight.asp>, or contact Department of Public Works at 1-844-696-7737 or by email at dpw-occ@novascotia.ca.

Waste Hotline 1-855-530-3324: find out where to put your waste at the roadside during restrictions.

If your road is restricted, place your waste at the nearest unrestricted, public road by 7:00 am on collection day.

D9315




WASTE COLLECTION ROUTE CHANGES

Curbside waste collection routes will change in the District of Lunenburg and Town of Bridgewater starting March 30, 2026.

Route changes are being made to improve efficiency.

Visit www.southshorewaste.ca to view new route maps online or call 902-543-2991 to confirm your collection day.



D9268

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DISCOVER THE UPDATED MUNICIPAL-WIDE

Land Use Plan for the District of Lunenburg

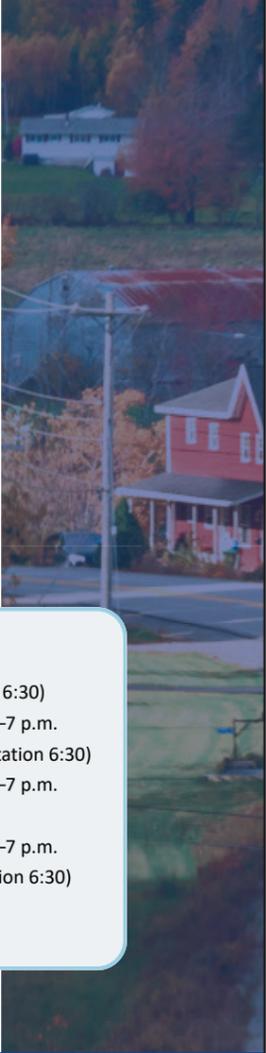
Work on the District of Lunenburg’s Municipal-Wide Land Use Planning project has progressed significantly over the past year. Residents shared their opinions, concerns, and ideas, helping Council to provide clear direction to planning staff. The updated second drafts are now ready for the community to review.

We invite you to explore the latest version of the drafts, view updated mapping, and speak directly with our planning team about how the plan may relate to your property and community.

The updated drafts will be introduced at a Council meeting on **March 10 at 6 p.m.** in the Municipal Council Chambers at 10 Allée Champlain Drive, Cookville. All are welcome to attend.

Open House Events

| | |
|-----------------|--------------------------------------------------------------------|
| March 12 | LaHave Fire Hall 6–8 p.m. (presentation 6:30) |
| March 18 | Municipal Services Building (Drop-in) 3–7 p.m. |
| March 19 | New Germany Legion 6–8 p.m. (presentation 6:30) |
| March 23 | Municipal Services Building (Drop-in) 3–7 p.m. |
| March 25 | Virtual Open House 1–2 p.m. |
| March 30 | Municipal Services Building (Drop-in) 3–7 p.m. |
| April 1 | Northfield Fire Hall 6–8 p.m. (presentation 6:30) |
| April 8 | Big Tancook Island Recreation Centre (Drop-in) 11:30 a.m.–1 p.m. |





VIEW THE UPDATED DRAFTS AND LEARN MORE:

engage.modl.ca/MODL2040



D9292



South Shore Regional Centre for Education

REQUEST FOR PRIVATE CONVEYANCE

From Private Firm or Individual

To provide transportation to and from school for the following:
From Upper Branch Rd, Upper Branch to Mahone Bay Alternate School, 45 School St, Mahone Bay.

Requirements:

- Non-smoking vehicle
- Clean drivers’ abstract
- Class 5 or 4 license (taxi driver) with \$2,000,000 liability insurance.
- Current Criminal Records check and child abuse registry complete
- Valid Motor Vehicle Inspection
- Current vehicle registration

Reimbursement:

- \$0.5932/kilometer (as per Provincial Travel Rate)
- \$17.00/hour

Please specify make and model of vehicle. The schedule will be finalized upon selection of the successful bidder.

Please forward bids to Patti White, Purchasing Officer, South Shore Regional Centre for Education, 69 Wentzell Drive, Bridgewater, NS B4V 0A2.

Deadline for receipt of bids will be up to **March 26, 2026, 2:00 p.m. local time.**

D9322