

**ANNUAL Christmas SALE**

See page 11 for details.

**SOUTH SHORE BULLETIN**



**NEW HEALTH CENTRE FOR OSPREY VILLAGE**  
 One-stop destination for health care to open in 2026  
**PAGE 5**

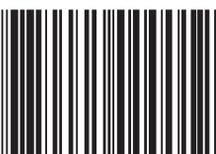


**REMEMBRANCE DAY CEREMONY IN BRIDGEWATER**  
 Hundreds of people attended this year's ceremony in Bridgewater  
**PAGE 7**

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Publication # 44111519

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### CHRISTMAS TREE FOR BOSTON

KEVIN MCBAIN PHOTOS

The Christmas tree for Boston was cut Nov. 12 in front of hundreds of people in Martins Brook. Top left: Holly Meuse performs a smudging ceremony; top right: Boston Mayor Michelle Wu with arborist Waddie Long; members of the NSCC Environmental Technologies program with Mayor Wu; Mayor Wu with emcee Katie Kelly; Claire and Ronald Feener look up at the tree for Boston before it comes down; and the tree gets loaded on the back of the truck to begin its trek for Boston. See more on Page 2.



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# The story that began 42 years ago

## Gift tree to Boston cut Nov. 12

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

MARTINS BROOK – It is truly a story that began about 42 years ago, with the planting of a sapling about 30 centimetres in height, in the front yard of Claire and Ronald Feener. The tree was given to Ronald by a neighbour.

Once it got large enough the tree was front and centre in their yard and was decorated each Christmas.

Fast forward to just a few weeks ago, when it was announced that the white spruce, now standing at 13.7 metres tall, was selected to be the ‘one’.

Nov. 12 was the day; hundreds of friends, neighbours, officials, tree cutters and students from Bluenose school gathered to watch the official cutting and loading of the tree.

With upbeat Christmas music playing in the background and media from Nova Scotia and Boston covering the event, the anticipation was high as everyone awaited the cutting down of the tree.

The event was hosted by Katie Kelly of CTV News and speeches were made

by several people, including MLA Susan Corkum-Greek and Boston Mayor Michelle Wu, who made the trip with her three young children and husband.

She is the first Boston mayor to attend the tree cutting and this is her first time visiting the province. Along with the tree cutting, she also took time to attend Halifax Remembrance Day service, explore the area and visit with the Halifax mayor and Premier Tim Houston.

Also attending was Bernadette Jordan, former area MP, who is serving as the Consul General of Canada in Boston.

Despite the political turmoil and the tensions that exist between our two countries, both Corkum-Greek and Wu said that now, more than ever, events like this showing unity must carry on.

“Arguably this is more important than ever. This represents a relationship between the people of Boston, who rallied to support the people of Halifax, following the explosion,” said Corkum-Greek, after the tree cutting.

“We have deep ties and those ties are between people and that’s what today is about. We will always have politics, we will always have issues

on the table that we will have to deal with, but I think this year, more than ever, it is super important to maintain this symbol of friendship and our camaraderie and the things that we do share.”

Wu also expressed her thanks.

“I am proud to be here to join you to affirm how important it is that we continue to celebrate our special bond of neighbourly care between Boston and Nova Scotia. Boston is a city that is nearly 400 years old and for all our history, we’ve been a community that always stands up for what’s right, one that always fights for our future,” said Wu.

“...And that also means to this day, Boston refuses to bow down to chaos and cruelty, even when it’s coming from our own federal government. So, I wanted to be here to say thank you for continuing this special tradition and I want to affirm how important this friendship is to the people of Boston, no matter what is happening at other levels of government.”

Claire Feener said that it is truly an honour to have their tree chosen to head to Boston. She said the tree selection was a bit of a joke amongst the family for about the past 10 years.

“Whenever anyone commented on its beauty, we would let them in on the joke. About three years ago, our loose conversation became real when our daughter, Ashley looked up the specifications. We quickly eyeballed it and we thought it might actually fit the criteria, so we submitted the tree

to the Department of Natural Resources and the rest is history,” she said.

“We are delighted to be able to donate this year’s tree, continue this important tradition and share the joy of the season with our neighbours to the south.”

Arborist Waddie Long, along with many students from the Environmental Technologies program at the NSCC Strait area campus, helped out at the event. Long actually cut the tree with some help from Mayor Wu.

The tree was a part of the Halifax Parade of Lights held Nov. 15, before it headed down to Boston.

### NOTES

- The Halifax Explosion, created when two ships collided, occurred on Dec. 6, 1917, was one of the largest man-made explosions prior to the atomic bomb, resulting in nearly 2,000 deaths and widespread devastation.

- Boston’s response was quick, sending doctors, nurses and supplies less than 12 hours after the explosion happened.

- Ronnie and Claire purchased their Martins Brook property in 1978 as newlyweds. They nominated the tree about three years ago, but sold the property, to downsize, about a year-and-a-half ago to new owners who consented to the tree donated.

- Holly Meuse from L’sitkuk First Nation performed the Honour Song and the smudging ceremony during the event.

- You can follow the tree along through social media channels leading up to the 84th annual tree lighting scheduled for Dec. 4 at 7 p.m. in Boston Common, said to be the oldest public park in the country. It was established in 1634 and spans 50 acres.

**PUBLIC INFORMATION MEETING**

**Amendments to Village Land Use By-law:  
Revise Setbacks Around Old Stone Bridge**

**What:** Public Information Meeting for proposed amendments to the Village Land Use By-law to revise the setback around the Old Stone Bridge on Victoria Street.

**When:** 6 p.m., Thursday, November 27, 2025

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

**What is it:** A request has been received asking to revise the setback for the Old Stone Bridge. The intent of the request is to realign the setback with the previous requirement which was replaced in the 2025 Village of Chester Land Use By-law. The application states that the effect of this change, which was not intended to increase the setback distance, had an undue impact on the development potential of a private parcel located near the Old Stone Bridge.

**How can I have my say? This meeting is a chance to hear about the proposal and to ask questions.**

After this meeting, Community Development staff will present the proposal to the Village Planning Advisory Committee for a recommendation. The file will then proceed to Council for 1st Reading. Finally, Council will hold a Public Hearing to receive feedback on the proposed amendment. Council will then vote on whether to accept or reject the amendment.

All Council and Committee meetings are open to the public. The dates are yet to be determined. Notices with the date, time and location of meetings will be posted in a local newspaper, on our website, and notices will be posted at the Municipal Office.

<p><b>Call us!</b> 902-275-2599</p>	<p><b>Write us!</b> Community Development Department, Box 369, 186 Central Street, Chester, NS B0J 1J0</p>	<p><b>Email us!</b> planning@chester.ca</p>
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D8969

**COASTAL REGULATIONS -  
PUBLIC ENGAGEMENT SESSIONS**

**Public Engagement Sessions:  
Coastal Regulations for Municipality of Chester**

**What:** Municipal Staff are hosting a series of three Public Engagement Sessions regarding potential regulations for structures at or near the coast.

**When:** Three sessions are scheduled in November and December. The content presented at each session will be the same. Anyone is welcome to attend one or more of the sessions:

- **November 13, 2025:** Western Shore—Western Shore Legion (6582 Highway 3, Western Shore)
- **November 24, 2025:** Village of Chester—Tuck Hall (54 Regent Street, Chester)
- **December 10, 2025:** Hubbards — Hubbards Area Lions Club (43 Lions Club Rd, Fox Point)

Each Session will run from 6:00pm – 8:00pm as an Open House (drop-in) format.

**What is it:** Staff will be available to provide information on coastal threats (sea level rise, erosion, flooding) and discuss potential regulations that could reduce/eliminate risks with development at or near the coast. Staff are seeking input and comments from the public on their concerns and thoughts, whether coastal regulations are needed for the Municipality and what level of regulation is appropriate.

After these meetings, staff will discuss the results/comments with the Municipal Planning Advisory Committee, Village Planning Advisory Committee and Council. Staff then expect further directions from Council. This could result in a second round of public meetings, or if Council feels there is consensus on the desired regulations, may ask staff to draft regulations and begin the formal adoption process (ending with a Public Hearing).

**Call us!** 902-275-2599

**Write us!** Community Development Department, Box 369,  
186 Central Street, Chester NS B0J 1J0

**Visit:**  
[www.engagechester.ca/coastal-regulations-for-the-municipality-of-chester](http://www.engagechester.ca/coastal-regulations-for-the-municipality-of-chester)

**Email us!** [planning@chester.ca](mailto:planning@chester.ca)

D8964

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D8964

# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 55 calls for service and Queens County firefighters answered 17 calls for service from Thursday, Nov. 6 to Wednesday, Nov. 12 – 33 of these calls were medicals.

### NOVEMBER 6

**At 9:25 a.m.**, Dayspring firefighters responded to a propane leak in Rhodes Corner.

**At 11:13 a.m.**, Chester Basin firefighters responded to a carbon monoxide alarm in Chester Basin.

**At 1:25 p.m.**, Bridgewater firefighters responded to a compost bin fire in Bridgewater. Northfield also responded.

**At 4:50 p.m.**, Hemford firefighters responded to a motor vehicle accident in Colpton.

**At 5:56 p.m.**, Blockhouse firefighters responded to a motor vehicle accident in Maitland.

**At 9:01 p.m.**, New Germany firefighters responded to a motor vehicle accident in Parkdale.

### NOVEMBER 7

**At 7:28 a.m.**, Chester Basin firefighters responded to a gas alarm in Chester Basin.

**At 12:05 p.m.**, New Germany firefighters responded to a fire alarm in New Germany.

**At 2:05 p.m.**, New Germany firefighters responded to a motor vehicle accident in New Germany.

**At 2:08 p.m.**, Chester Basin firefighters responded to a carbon monoxide alarm in Chester Basin.

**At 4:37 p.m.**, Midville firefighters responded to a possible motor vehicle accident in Upper Branch. Tri District also responded.

**At 5:06 p.m.**, Chester firefighters responded to a commercial fire alarm in Marriotts Cove.

**At 10:18 p.m.**, Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

### NOVEMBER 8

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

**At 2:16 p.m.**, Northfield firefight-

ers responded to a motor vehicle accident in Lower Branch.

### NOVEMBER 9

**At 6:15 p.m.**, Hemford firefighters responded to a motor vehicle accident in Simpsons Corner. New Germany also responded.

**At 6:36 p.m.**, Northfield firefighters responded to a debris fire in Lower Northfield.

**At 7:05 p.m.**, Conquerall Bank firefighters responded to a brush fire in Conquerall Mills. Pleasantville, LaHave and Hebbville also responded.

### NOVEMBER 10

**At 1:24 p.m.**, Mill Village firefighters responded to a commercial fire alarm in Mill Village. Port Medway also responded.

**At 4:47 p.m.**, Lunenburg firefighters responded to a residential fire alarm in Fauxburg. Dayspring also responded.

### NOVEMBER 11

**At 7:33 p.m.**, Western Shore fire-

fighters responded to a motor vehicle accident in Western Shore. Chester Basin also responded.

### NOVEMBER 12

**At 8:28 a.m.**, Greenfield firefighters responded to a commercial fire alarm in Greenfield.

**At 11:28 a.m.**, Northfield firefighters responded to a commercial fire alarm in Cookville. Bridgewater and Oakhill also responded.

**At 1:26 p.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

**At 4:21 p.m.**, Riverport firefighters responded to a smoke sighting in Riverport.

**At 5:36 p.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

**At 10:05 p.m.**, Liverpool firefighters responded to a residential fire alarm in Brooklyn.

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

## Sawpit wharf closed after structural assessment deems it unsafe

By ED HALVERSON

[ed.halverson@southshorebulletin.ca](mailto:ed.halverson@southshorebulletin.ca)

MODL - The Municipality of the District of Lunenburg (MODL) has closed the wharf at Sawpit Wharf Park after a recent inspection found the structure to be unsafe for public use.

The closure was announced in a public notice issued Nov. 6, advising residents not to use the wharf, though the park grounds and public boat launch remain open for use.

Located along Highway 332, Sawpit Wharf provides access to Back Harbour for a range of recreational watercraft. Its abrupt closure has prompted questions from local users, but MODL officials say the decision was unavoidable after legal and engineering re-



ED HALVERSON PHOTO

The Sawpit Wharf was closed earlier this month after a structural assessment

views raised safety concerns.

Deputy Mayor Chasidy Veinotte, who also represents the district where the wharf is located, addressed the issue in

a public statement on Facebook.

“Following advice from our solicitor, we can no longer allow access due to the results of the wharf assessment,” she said. Veinotte added that the municipality is “actively exploring options for a new structure to replace it,” noting that the original wharf had been built for commercial purposes—an outdated design for its modern use.

“Rebuilding the same structure wouldn’t make sense financially or functionally,” she said, emphasizing

that council is determined to ensure “something suitable is built” as they review alternatives.

A municipal spokesperson said more information will be released when a detailed report comes before council on November 25.

MODL is also calling for volunteers to serve on the Sawpit Wharf Advisory Park Committee, which will provide input on the management, policies, and future development of Sawpit Wharf Park.

## MODL looks to make digital connection with new app

### SOUTH SHORE BULLETIN STAFF

MODL - The Municipality of the District of Lunenburg has put itself in residents’ pockets with the launch of their new MODL app.

The MODL app was recently launched and provides up to the minute access to news, events, locations and other community information.

The app includes the most current information on local events, the latest municipal news and updates, recrea-

tion facilities and program offerings, council updates, tips on emergency preparedness, municipal services, as well as giving users the ability to explore local trails, parks and beaches and to receive emergency and service alerts.

It also allows citizens to stay up to date with timely notifications and to provide feedback about the app.

The new MODL app is available for free and can be downloaded from the App Store and Google Play.



## BOWLING

### Pajo's Bowling Alley League Stats

**Mickey Mouse League, Nov. 2:** H.S.: Devan Naugler 117; H.T.: Devan Naugler 341; H.S.: Tatum Lohnes 120; H.T.: Tatum Lohnes 318; T.H.T.: Only 9 1449

**Men's, Nov. 3:** H.S.: Scott Doucette 143; H.T.: Scott Doucette 369; H.T.S.: Only 9 571; H.T.T.: B-52's 1647

**Ladies, Nov. 4:** H.S.: Paulette Conrad 111; H.T.: Beulah Daurie 307; T.H.T.: Lil Rascals 1860; 300s: Mary Wentzell 302

**Canexcel, Nov. 5:** H.S.: Annette Patterson 121; H.T.: Tiffany Berringer 329; H.S.: Chad

Haughn 131; H.T.: Chris Heim 352

**Money League, Nov. 6:** H.S.: Kim Veinotte 116; H.T.: Courtney Tremere 329; H.S.: Colton Whitman 158; H.T.: Matt Tremere 374; T.H.T.: Three Chicks and a Spare 1515

**Youth League, Nov. 8: Peewee.** G.H.S.: Aurora M 74; G.H.T.: Aurora M 207; B.H.S.: Max M 63; B.H.S.: Max M 166

**Bantam.** G.H.S.: Olivia S 72; G.H.T.: Olivia S 188; B.H.S.: Dryden W 75; B.H.T.: Dryden W 195

**Junior.** G.H.S.: Soraya W 81; G.H.T.: Soraya W 214; B.H.S.: Alex L/Owen W 92; B.H.T.: Alex L 258



# LOCAL



## The South Shore Chorale presents... Joy! A celebration of the season in song

SOUTH SHORE BULLETIN STAFF

SOUTH SHORE – Get ready for an afternoon that will lift your spirits! The South Shore Chorale are thrilled to announce their upcoming concert, a vibrant celebration built around the universal theme of Joy!

Their musicians have curated a magnificent and truly diverse repertoire that spans centuries of musical brilliance. You'll experience the elegant, timeless, and uplifting mastery of J.S. Bach, whose work is the very foundation of musical artistry.

But the excitement doesn't stop there! They are incredibly proud to feature the fresh, captivating sounds of their own local talent, composer Fran Farrell, performing their innovative and inspiring works.

This is a musical journey from Baroque genius to modern local flair - a beautiful collision of old and new, all bound together by the language of happiness.

The group will be performing Dec. 6 at the St. James Anglican Church in Mahone Bay and Dec. 7 at the Bridgewater United Church. Start times for both locations are 2 p.m. Artist director is Amelia McMahon and pianist is Sharon Gow-Knickle.

Tickets are available online only and can be purchased through Ticketpro Atlantic.



## SOUTH SHORE BULLETIN

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### GOLDEN YOUTH CARD CLUB CARD PARTY RESULTS

The Golden Youth Card Club met on November 13th for a game of Auction 45's.

The winners were: Ladies high, Marie Rafuse 960; Ladies second, Liz Godden 950; Men's high, Weldon Naugler 1005; Men's second, John MacDougall 945; Low Score, Phyllis Meisner 655; Lucky Tally, Spencer Bagley; Travel Prize, Russell Mosher; 50/50 Winners: Gordon O'Hearn and Sandra Mosher.

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

### BRIDGEWATER SENIOR CITIZENS CARD GROUP RESULTS

The Bridgewater Senior Citizens Group met on November 12 for a game of Auction 45's.

Winners were: Ladies' high, Una Corkum, 1055; Men's high, Gary Aulenback, 890; Runners up, Gail Boyle, 985 and Marie Rafuse, 975. Winner of the 50/50 draw was Marie Rafuse. Winners of 30 X 60 bids were Una Corkum, Bernice Oickle, Gary Aulenback, Gail Boyle, Ethel Andrews, Eva Corkum, Wilma Dorey (twice) and Dean Avery (twice).

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

It's easy to subscribe by phone, mail or e-mail

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SOUTH SHORE BULLETIN



# WellTide Health Centre aims to bring community-driven care to Lunenburg County

By ED HALVERSON

ed.halverson@southshorebulletin.ca

OSPREY VILLAGE – A major new health and wellness hub rising in Osprey Village is promising to change the way residents of Lunenburg County access care.

The WellTide Health Centre, a 45,000-square-foot facility led by the non-profit Partners for Care, is being designed as a one-stop destination for a wide mix of health, wellness and community services all shaped by local needs.

Partners for Care CEO Nick Jennery, is only a few weeks into the job but didn't hide his enthusiasm for the project. "Well, you know what? That gets me all fired up," he said. "I am very passionate about, and excited about joining Partners for Care. What excites me is the proactive approach and the collaboration that we're doing in order to help enable a better health care experience."

Jennery stressed that Partners for Care isn't delivering health care directly. Instead, the organization is bringing providers together in one co-ordinated space. "We're enabling that to happen by building this 45,000-square-foot building," he explained. "If you walked in through the door, there will be a variety of supports and services available to you."

The tenant list isn't finalized, but Jennery said there has been strong interest. The goal is a blend of for-profit and non-profit providers that collectively fill gaps identified in the region. One of those gaps is women's health.

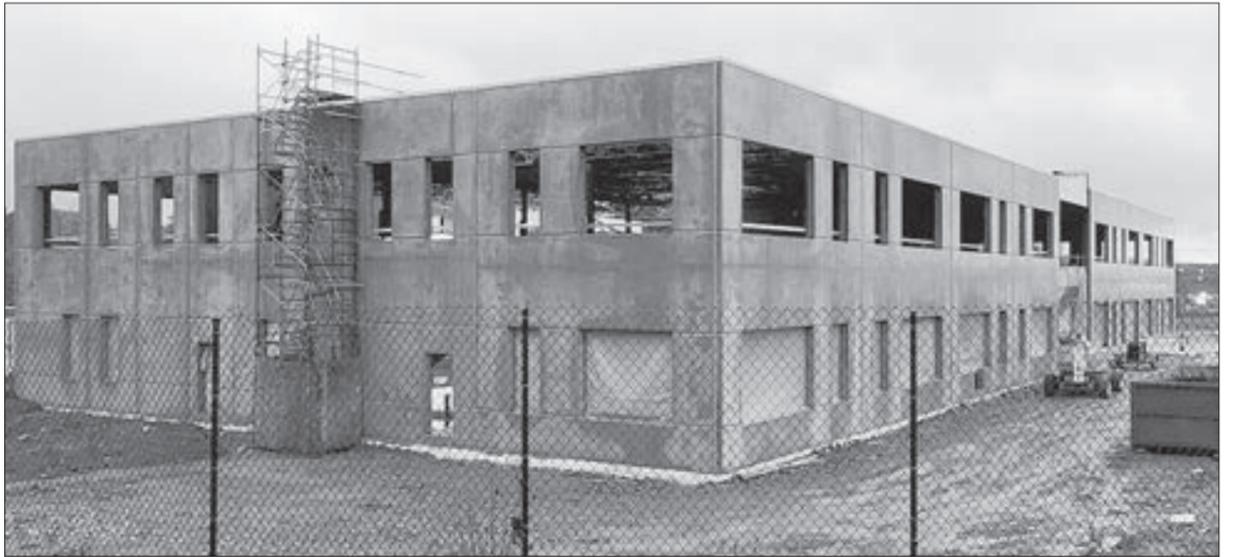
"There is no co-ordinated women's care program, certainly that I'm aware of in that county," he said. "So can we get the right service providers together to address that?"

The Municipality of the District of Lunenburg (MODL) has already signed on as a long-term tenant and approved a major community hub component. Council shifted its original plan away from including a farmers' market and instead focused on an event space, café, commercial kitchen, boardroom, programming space and offices.

The municipality's \$1.36-million fit-up cost remains the largest line in its three-year, \$3-million budget for the project.

Jennery noted that WellTide isn't meant to replace provincial infrastructure. "It is not a substitute for what Nova Scotia Health is doing," he said. "It's building out that infrastructure to create greater access, in a friendly, welcoming environment that is really tailored to the specific needs of the community."

A major feature will be an on-site health navigation service, something Jennery says is essential in communities where people may not have the tools or comfort to seek help from home. "Some people



KEVIN MCBAIN PHOTO

The new health centre in Osprey Village is expected to open in early 2026

may not want to make that call at home," he explained. "But to go to an actual space where there is a trained navigator to help you get the health care needs and services that you need, we think is something this community really needs."

The building itself comes with an estimated \$11-million construction cost. Funding is supported through provincial revenue linked to Partners for Care's parking and retail leasing operations, along with two investment partners RCS Construction

and Lindsay Construction who Jennery said were "critical to get this building off the ground."

WellTide is slated to open in early 2026, with a formal launch expected that fall as tenants complete their fit-ups. While Jennery sees potential to bring the model to other counties, he insists it won't be a copy-and-paste template. "This is not a cookie-cutter approach," he said. "At the end of the day, we want people in the community to say, 'You know what? That's our health care.'"

## Community Events

Nov 19-25, 2025

### WEDNESDAY, NOVEMBER 19

**Drop-In Job Lab at Nova Scotia Works, Bridgewater, 1 PM.** Information: 902-543-2479

### THURSDAY, NOVEMBER 20

**Hybrid Workshop - Resume at Nova Scotia Works, Bridgewater, 9:30 AM.** Information: 902-543-2479.

**Young at Heart Seniors' Drop In for 45s, Crib, Games, Coffee, and Chats! at Mahone Bay Centre, 45 School St, Abriel Rm (door in back), 1 to 4 PM.** Free!

**Drop-In Job Lab at Nova Scotia Works, Liverpool, 1 PM.** Information: 902-543-2479.

### SATURDAY, NOVEMBER 22

**Pancake Breakfast at Vogler's Cove Community Centre Hall, 8-11 AM.** See Classifieds for details!

**Christmas Themed Indoor Yard Sale at 4978 Highway 10, New Germany, next to Freshmart, 9 AM.**

**Holiday Signs & Sociables at King Street Beer, Bridgewater, 6 PM.** Information: 902-719-8043 / memorylanewoodworks@gmail.com.

### SUNDAY, NOVEMBER 23

**Concert Violin - Tianyou Ma at Lunenburg LAMP, 97 Kaulback St, 3rd Flr, 2:30 PM.** Information: 902-634-8667 / admin@lampns.ca.

### MONDAY, NOVEMBER 24

**Hybrid Workshop - Letter at Nova Scotia Works, Bridgewater, 2 PM.** Information: 902-543-2479.

### TUESDAY, NOVEMBER 25

**Hybrid Workshop - Career Planning at Nova Scotia Works, Bridgewater, 2 PM.** Information: 902-543-2479.

Lunenburg, N.S.

## TIDE TABLE

Wednesday, November 19		Sunday, November 23	
low	1.74 ft	1:23 AM	low 2.03 ft
high	5.61 ft	7:11 AM	high 5.32 ft
low	0.69 ft	1:52 PM	low 1.02 ft
high	5.28 ft	7:54 PM	high 5.05 ft
Thursday, November 20		Monday, November 24	
low	1.77 ft	1:55 AM	low 2.2 ft
high	5.58 ft	7:46 AM	high 5.22 ft
low	0.66 ft	2:23 PM	low 1.21 ft
high	5.28 ft	8:33 PM	high 4.99 ft
Friday, November 21		Tuesday, November 25	
low	1.84 ft	2:25 AM	low 2.36 ft
high	5.51 ft	8:23 AM	high 5.12 ft
low	0.72 ft	2:53 PM	low 1.35 ft
high	5.22 ft	9:11 PM	high 4.99 ft
Saturday, November 22		Wednesday, November 26	
low	1.94 ft	2:56 AM	low 2.46 ft
high	5.41 ft	9:01 AM	high 5.02 ft
low	0.85 ft	3:26 PM	low 1.44 ft
high	5.12 ft	9:49 PM	high 5.31 PM

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

## Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, November 19, 1958.

### Save D.P.S. Stamps

It pays to save D.P.S. Stamps. You can receive valuable premiums, all free when you shop at the Stores, Gas Stations, etc., where the D.P.S. signs are displayed.

Pictured above is Mrs. Paul Woods of Chester Basin, N. S., receiving a 1958 Model T. V. Set. In exchange for 10 books of D.P.S. Stamps from J. Koshetsky, Mgr. Dominion Promotion Sales, Saint John, N. B., branch.

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

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

# What's coming to streaming this week

## November 19-25

**CRAVE**

**November 19**  
La Vérité Sur La Fausse Avocate

**November 20**  
Canada's Drag Race: Season 6, Episode 1  
The 59Th CMAs

**DISNEY+**

**November 19**  
Disney Twisted-Wonderland: The Animation (New Episode)  
Dragon Ball Super Extreme Rescues  
Inside North Korea: Fire and Fury  
Inside North Korea: The Next Leader  
Murdaugh: Death in the Family (New Episode)  
Murdaugh: Death in the Family: Official Podcast (New Episode)  
Nazi Sunken Sub Parched  
Plastiki: 12,000 Bottle Boat

Preppers UK: Surviving Armageddon  
Remote Survival  
The Manipulated (New Episodes)  
Wandance (New Episode)

**November 20**  
Dancing with the Stars Official Podcast (New Episode)  
The Kardashians (Season 7, New Episode)

**November 21**  
Sebastian Maniscalco: It Ain't Right  
Seventeen: Our Chapter (New Episode)

**November 23**  
One-Punch Man (Season 3, New Episode)

**November 24**  
Bob's Burgers (Season 16, New Episode)  
Chris Hemsworth: A Road Trip to Remember  
The Simpsons (Season 37, New Episode)

Tracker (Season 3, New Episode)

**November 25**  
All's Fair (New Episode)  
Dancing with the Stars (Season 34, New Episode)

**PRIME VIDEO**

**November 19**  
The Mighty Nein

**November 21**  
Behind The Mask  
Project Assault  
Karaoké Club  
The Family Man: Season 3  
Lol: In Real Life  
The Golden Combi: Season 2  
31 Minutos: Calurosa Navidad  
Kathleen Madigan: The Family Thread  
NHL Coast to Coast

**NETFLIX**

**November 19**  
The Carman Family Deaths  
Champagne Problems  
Envious (Season 3)  
The Son of a Thousand Men

**November 20**  
A Man on the Inside (Season 2)  
Fifty Shades of Grey  
Fifty Shades Darker  
Fifty Shades Freed  
The Follies  
Jurassic World: Chaos Theory (Season 4)

**November 21**  
ONE SHOT with Ed Sheeran  
Train Dreams

**November 22**  
Perfect Glow

**November 24**  
River  
PMNH: Senators vs Kings

**November 25**  
Is It Cake? Holiday (Season 2, Netflix Series)

# Panthers earn second at 22nd annual Glen Murray Invitational

SOUTH SHORE BULLETIN STAFF

BRIDGEWATER – The J.L. Ilsley Judges defeated the Park View Panthers 5-1 Sunday, Nov. 16 to claim the 22nd Glen Murray High School Hockey Tournament held in Bridgewater on the weekend.

The lone goal from the Panthers came from Rylan Feener.

The Panthers went 2-1 in the round-robin, losing their opening game against the St. Paul's Crusaders, 5-1 to open up the tournament Nov. 14.

They came back with a vengeance, earning a 10-0 win over the Forest Heights Falcons that evening.

In their final round-robin game, on Saturday, they defeated the Halifax West Warriors by a score of 5-1 to clamp down second place in their division.

On Sunday morning, in the semifinals, they defeated the Par-en-Bas Sharks 3-2 to advance to the finals.

## SPORTS SHORTS

### PANTHERS WIN TITLE

The Park View Panthers are Division 2 football champions. The Panthers defeated the Horton Griffiths in a 28-24 comeback victory at St. Mary's University field Nov. 16.

### SOUTH SHORE I.C.E. STORM TOURNAMENT

The South Shore I.C.E. Storm sledge hockey team will host their third annual tournament this weekend at the Lunenburg County Lifestyle Centre. The Storm will host teams from P.E.I., New Brunswick and Cape Breton. The Storm will open the tournament Nov. 22 at 9 a.m. against P.E.I. They will also play at noon against Cape Breton and will close out the day against New Brunswick at 4:30 p.m. Sunday, the bronze medal game will be played at 8:30 a.m., followed by a junior exhibition game at 10:15 and finally the gold medal game at 11:30 a.m. There is no cost to attend.

This is the first of three tournaments for the season, with the others in Fredericton, Charlottetown and Sydney, Cape Breton in the new year.

2016 Hfx No. 456798  
SUPREME COURT OF NOVA SCOTIA

Between:  
**THE TORONTO-DOMINION BANK** PLAINTIFF  
and  
**VICTOR M. WAREHAM** DEFENDANT

**NOTICE OF SALE OF LAND UNDER EXECUTION**

**TO BE SOLD** at public auction by the Sheriff for the County of Queens pursuant to the Execution Order obtained by the Plaintiff against the Defendants on July 24th, 2024 and the Judgment recorded at the Land Registration Office for the County of Queens on January 18, 2017 as Document No. 110209625 and Document No. 119792621, and pursuant to the Sale of Land Under Execution Act, R.S.N.S. 1989, c. 409 unless before the time of sale the amount due to the Plaintiff on the Judgment and its costs is paid to it or its solicitor.

**ALL THE ESTATE**, right, title, interest, claim and property including any equitable and/or beneficial rights of the Defendant, **Victor M. Wareham**, at the time of the entering of the Plaintiff's Judgment, or at any time since, and of any person claiming or entitled by, from or under the Defendant of, in and to the following property known as 4274 Medway River Road, Greenfield, known as PID No. 70229752, Queens County, Nova Scotia:

**PROPERTY:**  
Location: Bangs Falls Designation of Parcel on Plan: Lot #2 Title of Plan: FINAL PLAN OF SUB-DIVISION SHOWING LANDS OF CYNTHIA DAWN GALLANT AND CLEVELAND D. FISHER & MARILYN FISHER LOT #2, Area 7.4 Acres, to be subdivided from lands of Cynthia Dawn Gallant & Cleveland D. Fisher, leaving a Remaining Area of 118 Acres, more or less. Registration County: Queens Registration Reference of Plan: 3771

The parcel originates with an approved plan of Subdivision that has been filed under the Registry Act or registered under the Land Registration Act at the Land Registration Office for the registration district of Queens as plan or document number 3771

A copy of the description of the aforementioned property is on file at the office of the Sheriff for the County of Queens and may be inspected during business hours.

**DATE OF SALE:** December 8, 2025  
**TIME OF SALE:** 10:00 am, local time  
**PLACE OF SALE:** 141 High Street, Bridgewater, Nova Scotia

**TERMS:** 10% deposit (payable by cash, certified cheque or solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

**Signed** October 30, 2025

Derek Atwood  
Sheriff in and for the County of Queens  
Province of Nova Scotia

Raul Rodriguez  
MCINNES COOPER  
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PO Box 730  
1300-1969 Upper Water Street  
Halifax, NS B3J 2V1  
Solicitors for the Plaintiff

D8961



Reproduced from Lunenburg County Cooks 25th Anniversary Edition.  
This century-old family recipe comes from my great-grandmother. It is the best ever and even better on the second day. Excellent accompanied with warm, fresh, home-baked country bread or with a French Baguette! Enjoy!  
- Francine Boucher, Newburne

**INGREDIENTS**

- 2 cups dried yellow peas soaked in water for 2 hours
- 8 cups water
- 1 onion, chopped
- 1-2 tbsp butter or margarine
- Ham bone
- Salt and pepper

**PREPARATION**

1. Brown the onions in melted butter or margarine in a heavy soup pot.
2. Add the rest of the ingredients.
3. Bring to boil, simmer covered for approximately 3 hours.

**Have a recipe you'd like to share?**  
**Send it in!**  
**info@southshorebulletin**  
**106-129 Aberdeen Rd,**  
**Bridgewater, NS B4V 2S7**

*Social Column*

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

**November 19, 1958**

**Donation For Springhill Disaster Fund**

A donation of \$15.00 was made to the Royal Bank of Canada, which was collected by the pupils of Oak Hill School.

Contributions were as follows:

\$5.00 – Mr. Jerry Schiazza.  
\$2.00 - Mrs. William Ernst.  
\$1.00 – Mr. William Fitch, Mrs. Keith Whynot, Mrs. Fred Wagner.  
50c – Mrs. Rosie Corkum, Mrs. Robert Wagner, Mrs. Murray Lawson, Mrs. Mae Henley.  
25c – Mrs. Avery Broome, Mrs. Wilfred Rodenhizer, Miss Ellen Velnot, Mrs. Harold Silver, Mrs. Alva Kelly.  
School collection - \$1.75.  
Total - \$15.00.

The teacher, Mrs. Adelia Meisner, and pupils would like to thank all those who contributed to this worthy cause.

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

# We Will Remember!

## Remembrance Day ceremonies held throughout the South Shore

STORY AND PHOTOS BY KEVIN MCBAIN  
kevin.mcbain@southshorebulletin.ca

BRIDGEWATER - At the going down of the sun and in the morning, we will remember them.

Hundreds of people gathered at Veterans' Memorial Park in Bridgewater, as many more hundreds gathered for Nov. 11 Remembrance Day ceremonies being held across the South Shore, the province of Nova Scotia and across the country.

The rain held off in Bridgewater and those in attendance on the South Shore were able to enjoy the outside services.

In Bridgewater, the event began with a march of Legion members, members of the police force, fire departments, veterans and those currently serving in navy, army and air force, hockey teams, members of various youth organizations, from the Bridgewater Legion Branch #24 to the Veterans' Memorial Park to begin the ceremony.

The event was hosted by Legion Branch #24 with speakers including President Dan Hennessey, Carolyn Bolivar Getson, along with branch chaplain Rev. Wendell Eisener.

A poem, *Into the Great Unknown*, was shared by MWO Mira-Kole Tanner.

Leading the songs was Sarah VanderWal, accompanied by the Bridgewater Fire Department Band. Bugler was Laura Allen and Piper was Rod McInnis. Young Chloe Dagley provided the sign language interpretation for a couple of songs as well.

A special reflection was given by special guest MLA Becky Druhan.

The event closed with members of the public being able to lay or pin their poppies at the cenotaph.



# Lumberjacks earn split; take over first place

By KEVIN MCBAIN  
with Dan Boyd

BRIDGEWATER – The South Shore Jr. B Lumberjacks are now in first place in the Fred Fox Division after a win and loss this past week.

Nov. 15, they earned a hard-fought 2-1 victory at home over the Antigonish Jr. Bulldogs and on Nov. 11 in the matinee to honour veterans, they dropped a 6-5 decision to the Windsor Oxen.

The Lumberjacks will be away this weekend, taking on the Brookfield Elks Nov. 22 at 4 p.m. Their next game, at home, will be Dec. 6 at 7 p.m. against the East Hants Penguins.

In Saturday's game, Leo MacLean put the Lumberjacks up 1-0 after the opening period and that was all the scoring until the third when Will Cook scored for the home team to take a 2-0 lead before Owen Forsythe tallied for the Bulldogs.

Antigonish kept coming at the Lumberjacks net the entire evening outshooting the South Shore 37-23 but Keegan Greencorn played excellent for the South Shore stopping 36 of the 37 shots he faced.

The Bulldogs played with an empty net for the final 1:32 of the contest in an attempt to tie the game but they failed. The Lumberjacks now stand at 12-2-0 for 24 points while the Penguins are second with 23 and the Colts who also won Saturday have 22 points.

Antigonish meanwhile stands at 7-6-1 for 15 points and three back of first place Eskasoni in the Sid Rowe Division.

Nov. 11- Windsor 6 Lumberjacks 5

The Windsor Oxen snapped their six-game losing streak while shocking the South Shore Lumberjacks 6-5 in Bridgewater Remembrance Day afternoon.

The Lumberjacks were out of the gates early and led 3-0 before the game was five minutes old on goals by Kyle MacIntyre, Nolan Wilkie and Owen MacDermid. Before the first period concluded, the Oxen showed they would be no pushovers as they scored twice.

Will Cook put South Shore back up by a pair in the second before the Oxen finally tied it at 4-4.

In the third, Cook gave the Lumberjacks a 5-4 lead before the Oxen scored twice to skate away with the win. The Lumberjacks outshot Windsor 43-30.

Huge offensive efforts were put forth by the Lumberjacks MacDermid and Cook. Both scored while MacDermid added three assists and Cook two assists. There were only three minor penalties called the entire 60 minutes.



KEVIN MCBAIN PHOTOS

A special puck drop was held to start of the game Nov. 11. Puck droppers from left to right: Cpl Brandon Richard, Sgt Adam Doggett both from the West NS Regiment and Major Mandy Landoldt from 14 Construction Engineering Squadron. Taking the face-off were Windsor Captain Kayden Kuryluk and Lumberjacks' captain, Leo MacLean.



Kyle MacIntyre, gives high fives to his team-mates after scoring in the Nov. 11 game.



Kyle MacIntyre celebrates with team-mate Owen MacDermid after scoring in the Nov. 11 game.



The Lumberjacks' Cohen Westlake skates away from a Windsor player.

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# The Medication Maze: older adults navigating it safely

By ANNE WENTZELL

Growing older is a blessing we should never take for granted. But sometimes aging comes with some ailments that have to be dealt with and this involves taking medications to suppress any symptoms of these medical conditions.

Canadian adults aged 65 and older consume 20-40 per cent of all prescription drugs and 25 per cent of over-the-counter (OTC) drugs and are more likely than younger people to take more than one medication at a time.

Most know that these medications are to be taken as prescribed, but sometimes they forget to take them, or they become confused about when or what is to be taken at a prescribed time. This can create some problems.

## HOW OLDER ADULTS MAY BECOME AFFECTED BY MEDICATIONS

With aging, older adults may become more sensitive to the effects of medications, especially when taking multiple medications, which may increase the risk of adverse effects. These adverse effects may be greatest when starting, increasing, or stopping a medication. If any adverse effects are felt, see your doctor immediately.

David U, President and CEO of the Institute for Safe Medication Practices (ISMP) Canada, says, "We encourage all patients, especially seniors, to keep a current medication list with them at all times and to communicate this list to all people involved in their care. This simple action can help providers make informed decisions about the patient's care and prevent errors from happening. Knowledge about the balance between potential benefits and harm from medications is also important, and we encourage individuals to ask their health care providers any questions about their medications."

## AVOID ALCOHOL

Most medications should not be taken with alcohol, even in small amounts. Medications may not be as effective and can cause slurring of speech, sleepiness, or falls. Additionally, the use of herbal



remedies, caffeine, nicotine, and marijuana can affect effectiveness.

## SIDE-EFFECTS

All medications have side-effects that may include constipation, dry mouth, or itchiness. More serious adverse side-effects may include confusion, delirium, or worsened depression. Again, see your doctor if you experience any of these symptoms.

Aside from the possible side-effects noted, watch for:

## SOME SIGNS TO WATCH FOR

- Changes in your mood.
- Following the start of a new medication, the onset of new medical symptoms, unfamiliar and distressing for you.
- Not participating in the activities you once enjoyed.
- Neglect of personal care.

## FOR SAFETY CONSIDERATIONS

- Take medications only as prescribed.
- If possible, get all prescriptions from the same doctor and filled at the same pharmacy every time.
- Don't share your medications with others.
- Only take medications for the purposes intended.
- Keep track by sorting your medications into a dosette (specialized pill container) or ask your pharmacist to place them in bubble packs.
- When using different doctors or pharmacists, tell them about all medications you're taking, including OTCs and herbal remedies.

- Ask your doctor about alternatives such as non-drug methods to help with relaxation, sleep, or counselling for help with grief.

- It's important to ask if you can stop any medications right away or ease off gradually.

Carry a list that includes your name, your medical conditions, allergies, and any previous drug reactions. You or your caregiver need to consult with healthcare providers and pharmacists to take an active role in monitoring which medications are being taken, when, and in what quantities to receive the full benefits.

To increase their quality of life while aging, it's important that people know how to take their medications appropriately and safely to avoid mishaps and possible emergency care.

## SOURCES:

<https://www.camh.ca/en/health-info/guides-and-publications/medication-use-in-older-adults>

<https://canadasafetycouncil.org/drug-safety-for-seniors/>

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Frid. Nov 28<sup>th</sup> from 4-8pm  
 Sat. Nov 29<sup>th</sup> from 10am-4pm

Showcasing a variety of vendors to find something for everyone, including the kids. There will also be freshly cut U-pick trees, fresh wreaths, and an ATM on site!

2104 HWY 325, Whynotts Settlement  
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Registration link for vendor application on our Facebook event page Or email [dynamicsuseventplanning24@gmail.com](mailto:dynamicsuseventplanning24@gmail.com) for more information.

D9012

**MUSIQUE ROYALE** Upcoming on the South Shore

**Buzz Brass!**  
 Friday Nov 21, 7 pm  
 St Andrew's Church, Lunenburg

**Alexander Dobson, baritone; Michael Rose, piano**  
 Saturday Nov 22, 11 am  
 Cecilia's Retreat, Mahone Bay

**The Huron Carole - Tom Jackson and guests**  
 Fundraiser for Canadian Red Cross  
 Sunday Nov 30, 4 pm  
 St John's Church, Lunenburg

**Cookie Concert: Sunreturn, A Medieval Christmas**  
 Saturday Dec 6, 2 pm  
 Lunenburg School of the Arts, Lunenburg

**BUY tickets now:** [musiqueroyale.com](http://musiqueroyale.com)

D9014

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D9015

# Discover the magic in Chester

Fun Christmas celebration events all weekend long

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

CHESTER – The village of Chester will be full of Christmas cheer on the weekend of Nov. 28-30 with so many things to do and see for all ages to enjoy.

Emily Petley-Jones has taken over the organizing of the event this year, and she said one of her goals was to streamline the events. She did just that, and most Saturday events will now be held on Pleasant Street this year, keeping everything in one area.

She also said that it is timed so that everyone should be able to go to everything and not have to choose.

“The more-is-more approach can leave young families and individuals who are looking to attend the event, kind of lost and not really knowing where to go,” she said. “My goal this year was to just try and streamline everything.”

The weekend kicks off Friday, Nov. 28 with the Christmas tree lighting at Chester Parade Square with entertainment, hot chocolate and cookie sale, and the arrival of Santa and Mrs. Claus by fire truck (the reindeer are resting for the big day). This all takes place between 5-7 p.m. New this year, there will be a vendor market for



people to browse and pick up some Christmas gifts.

In case of inclement weather, this event will be held at the fire hall.

**ALL WEEKEND**

*At Engel & Volkers*

Celebration of Trees - Stroll through the decorated trees, vote and bit to support the Lighthouse Food Bank – last year, more than \$6,500 was

raised; plus check out the gingerbread masterpieces and vote for your favourite.

*At the Chester Art Centre*

There will be a colouring contest – pick up your page and show off your creativity to win some great prizes.

There will also be a silent auction where you have a chance to bid on some fantastic creations done on 6x6 canvas. This will go all weekend long ending at a reception being held Sunday from 4-6 p.m. Last year more than \$15,000 was raised to support the arts centre.

*On Saturday, on Pleasant Street*

The Festive Family Fun Fair will run from 10 a.m. to 2 p.m. and will

include games, prizes, free hot chocolate, family photo ops, bouncy castle and food, of course.

Have you ever wanted to chase a gingerbread man? This is your chance. Starting at 10 a.m. from the Village Emporium you can try and catch the infamous gingerbread man.

At noon, the second annual three-on-three hockey tournament will take place on Pleasant Street. There will be tournaments for U7, U9, U11, U13 and U14+ (adult). Trophies are available to be won for each age division. Last year there were eight teams and this year, organizers are hoping for 20 teams this year.

There will also be a pet parade at 2 p.m.; and a Discover Art event at the Chester Art Centre from 10 a.m. to 2 p.m., where you can make your own festive bookmarks.

Beginning at 3 p.m. there will be Christmas classics shown at the Chester Playhouse

You can end the day with dinner and music by the Morgan Davis Trio at the Fo’c’sle Tavern from 6:30 to 9:30 p.m.

Sunday, the gingerbread house competition and the celebration of trees will be closing down this afternoon.

There will be a chance to do some wreath making at the Chester Train Station.

So many things to do and see in the Village of Chester.

For more information go to: [chestermerchants.com](http://chestermerchants.com) or on Facebook, Chester Village Christmas.

**A Community-wide Yuletide Celebration!**

Tree Lighting with Musical Guests  
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Check out the Program  
[festivalsofmahonebay.com](http://festivalsofmahonebay.com)

D9008

**It's that magical time of year again!**

We're inviting local businesses to take part in our annual

**LETTERS TO Santa**  
special edition

One of the most anticipated and heartwarming sections of the year.

**For just \$25**, your business can sponsor a business card-size ad alongside letters written by local children to Santa. These pages always receive high visibility and strong community engagement – it's a wonderful way to show your holiday spirit while supporting local families.

**Each sponsoring business will be entered into a draw for one free 1/8-page ad!**

Edition: Wednesday, December 17.  
 Deadline for ads: Friday, December 12, by 10 a.m.  
 Draw date: Monday, December 15.

Help make this year's Letters to Santa section extra special – your support brings smiles to local children and spreads festive cheer throughout the community!

**To reserve your spot, contact:**  
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 Marketing Solutions Specialist

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# LIFESTYLES

## Foster heroes wanted

### SHAID seeking loving homes

SHAID Animal Shelter is putting out a call to the community to expand its vital foster program, which serves as a critical bridge for dogs transitioning from their former life to their forever homes. The shelter emphasizes that not every dog arrives perfectly trained or confident, and fostering offers them the dedicated, home-based structure they need to truly thrive.

"We believe every dog deserves a chance to become their best self – but sometimes that takes a little extra help and a lot of love," says Shelter Manager, Ashley Kippers. "Our dogs come from all kinds of backgrounds. Some need to learn basic manners, build confidence, or simply remember how to relax in a safe setting. That's where our amazing foster families come in."

The program is simple: fosters open their homes temporarily, providing stability, structure, and patience.

In return, they offer the shelter invaluable insights into what kind of permanent family each dog will flourish with. SHAID provides all the necessary supplies, vet care, and ongoing support, ensuring the focus remains on the dog's well-being and growth.



CONTRIBUTED PHOTO

Shiloh has benefited from the SHAID's foster program and will be ready for an adoption very soon.

#### MEET SHILOH: A GENTLE SOUL WAITING FOR HER QUIET SANCTUARY

Among the dogs currently benefiting from the foster program is Shiloh, a beautiful two-year-old husky mix who is preparing to find her adoptive family very soon. Her foster parents have grown incredibly fond of her, describing her as a sweet-natured companion with a huge heart.

Shiloh's favorite things include human company,

she rarely strays far from her people, delicious treats (which she takes gently), and, most of all, her treasured "sniff-walks." She is crate-trained and sleeps well through the night.

However, like many dogs adjusting to a new life, Shiloh has some specific needs. She experiences separation anxiety, which can manifest as whining, barking, or chewing a blanket when left alone. Behaviour-wise, she can be a little shy or growly initially but quickly warms up, becoming playful and joyful once comfortable. She is also still learning her indoor manners and a few commands, though she has successfully mastered "sit."

Shiloh's ideal match is a calm, quiet environment without children or other dogs. She needs patient owners with prior training experience who can help her continue to build confidence and manage her anxiety. Her fosters stress that beneath her initial shyness is an incredibly sweet dog who loves relaxing by the fire and will offer a truly rewarding and affectionate companionship to the right home.

#### BE A LIFE COACH FOR PAWS

SHAID is looking for more "life coaches for paws" to join their roster. Whether it's helping a dog perfect their "sit," build confidence, or learn leash manners, every foster home makes a profound difference.

*Continued on page 19*

## Choosing direction

SUSANNE BECK  
Reality Check

Both good and bad events are happening all the time. Babies are born, but loved ones pass away. Financial situations rise or fall. Living arrangements change for the better or for the worse. Friends and family may draw closer together or they may fall apart.

Some of those events are under our control, but certainly not all of them. Does our perspective in-

fluence what happens in our lives?

One Choice Theory recommendation for a more satisfying life is summed up in the title of a book by Dr. Glasser, "Take Charge of Your Life." One way of dealing with an unsettling lack of control is to take charge. I'd put it like this: "It's not the event, but how we respond to the event, that makes the difference."

By now you may be thinking that choosing our response might help us feel better, but does it make any difference in what actually happens? Let's consider an example; you can decide.

Lois recognizes that her life has recently taken a turn for the better. Her chronic medical issues have diminished, her daughter will be travelling cross-country to spend time with her, and her well-

loved car is finally repaired at minimal expense.

Using Choice Theory terms, we could say that her needs for love, belonging, and fun are being satisfied through the upcoming visit by her daughter. Her survival need is being satisfied through her improved health. And her car repair has contributed to satisfying both her need for power and her need for freedom, as she can now come and go as she pleases. All in all, Lois is in a pretty good place.

Now, Lois has a setback. (You knew that was coming, didn't you?) Her daughter has to delay her visit for an unknown length of time. How will Lois respond?

While Lois has lots of specific options for how to respond, essentially they boil down to choosing from two directions. Lois can choose to take a positive perspective or a negative perspective.

For the negative perspective, Lois could interpret this as the start of a negative spiral. She could choose the mindset, "nothing ever comes through for me, it's all bad, etc." Realistically, to stick with this response, she would have to ignore the positives: her improved health and repaired car. But that's easy enough to do when we have adopted a negative perspective, isn't it?

If, in her unhappiness, Lois also falls back on what Glasser refers to as destructive habits, she'll also influence what happens next. Perhaps she criticizes her daughter for not making different arrangements or not having a backup plan. It's not difficult to find fault if we put our minds to it, is it?

What's the potential result? Lois's criticism could damage the relationship with her daughter. Few of us enjoy being criticized, so while the delay is unfortunate, now it will also reduce the joy when the visit finally does come to fruition.

The other direction would have Lois taking a positive perspective. She could view the delayed visit for what it is: unfortunate but unavoidable. She could choose to look at the extended pre-visit time as a way to increase her anticipation. She could prepare fun activities and reinforce her improving health through exercise or diet actions.

It is inevitable that our lives will involve a mixture of the happy and the unfortunate.

*Continued on page 19*

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## LIFESTYLES

## The Tropical Kingbird

**JAMES HIRTLE**  
Bird Notes

I had originally intended to write on the blue-gray gnatcatcher this time around, but hopefully that will be my focus bird in next week's column.

On Nov. 9, Emma Barrs discovered a tropical kingbird at the Harriet Irving Botanical Gardens in Wolfville. This was just a third record of this species for Nova Scotia.

The second record was about six years ago in Shelburne County. I wasn't sure whether I would be able to make a trip to see this bird or not. On Nov. 11, I spent some time with family laying a wreath for my uncle.

After that I intended to go to Wolfville, but I received a text from Barbara McLean of Lunenburg that a red-bellied woodpecker was back at her feeders. I had tried for this species a number of times without success this year, so off I went.

Sadly, I again failed to find this species. Barbara then reported northern gannets in close to shore at the entrance to Second Peninsula. I went there and obtained some great close-up photos.

Then it was off to Wolfville. Upon arrival at the location of the tropical kingbird, I saw quite a few birders who I knew and got to see the bird right away. While there I went to look for a white-eyed vireo that had been previously found by Natalie Barkhouse-Bishop back on Nov. 9. After directions as to where it was, I eventually did get to view the vireo, but it did not allow me to get any photos.

The tropical kingbird ranges from Arizona and Texas south through parts of Mexico, Central America and



JAMES HIRTLE PHOTO

A Tropical Kingbird spotted at Harriet Irving Botanical Gardens in Wolfville, Nov. 11.

south to Argentina. They winter irregularly. This bird is 20 to 23.75 cm long.

The tail is brown and deeply forked. The head is gray with a dark mask through the eyes. There is a concealed red crown patch, the back is olive green, and the throat is white, and there is a bright yellow belly.

The feeding habit of the tropical kingbird is that they largely eat insects caught as they fly. They sometimes will catch a number of insects in the bill before returning to a perch. They will often eat berries and rarely small frogs.

For the two weeks prior to my writing the column Eric Mills specifies that northern gannets have been all

along the South Shore. Craig Cook reported them at Ritcey Cove and also at the Riverport Wharf. He has talked to many about these birds being there and people do not remember seeing them so close to shore at that location before.

Kerry Jarvis saw six on Nov. 11 at Ritcey Cove. John Prentiss saw them at Front Harbour and Back Harbour in Lunenburg. I saw them for quite a few days in a row along the LaHave River at both LaHave and East LaHave. I had only ever seen them in the river before in July.

On Nov. 5 Glenn Rhodenizer saw two barn swallows at Second Peninsula. I had a red-throated loon at Kingsburg Beach. The ruddy duck was still at Kingsburg Pond on that date. On Nov. 7 Wilma Clancy found a male gadwall at Fort Point in LaHave.

Kevin Lantz spotted a red-bellied woodpecker at First South. On Nov. 11 Glenn Rhodenizer of Second Peninsula again saw two barn swallows. Eric Mills had eight red-necked grebes and a red-throated loon at Kingsburg Beach.

On Nov. 4 a yellow-throated warbler was reported at North Sydney. On Nov. 6 there was a western cattle egret in Baddeck. JD Bharvad saw 50 dunlin and some white-rumped sandpipers at Schooner Pond in Cape Breton.

Cathy and Allen Murrant located an eastern towhee at Ryan Street in Cape Breton. On Nov. 7 Ronnie d'Entremont found a vesper sparrow at the Chebogue Point Road. On Nov. 8 Rick Whitman spotted a snowy owl at the Guzzle at Grand Pre.

On Nov. 9 three barnacle geese were still present at the Fundy Dis-

covery Centre in Truro. JD Bharvad located two eastern towhees, three orange-crowned warblers and an American tree sparrow at Shore Road in Donkin. Cathy and Allen Murrant spotted a field sparrow there. David Currie reported an eastern towhee at Coburg Road in Halifax. A blue-headed vireo was also observed by various birders.

Rick Brown found a western cattle egret in Yarmouth. Robert Keereweer stated that Fairview Lawn Cemetery was very birdy on this day with a pine warbler, an orange-crowned warbler, a hermit thrush, a red-bellied woodpecker and a northern parula.

On Nov. 10 Kathleen MacAulay saw four barn swallows at Cape Forchu. Mike MacDonald located a Eurasian wigeon on the French Basin Trail. On Nov. 11 a different sharp-tailed sandpiper showed up at Hartlen Point.

Ray Wershler had a brant there. Liz Doull reported a ruddy duck at Bissett's Lake. Kyle d'Entremont posted two sandhill cranes at Milford. Kathleen MacAulay watched hundreds of black-legged kittiwakes passing by Cape Forchu. Angie Millard found a great egret at Chebogue Road.

Along the Harvest Moon Trail birders spotted two Nashville warblers, an orange-crowned warbler, a yellow-breasted chat, and a clay-coloured sparrow.

On Nov. 12 Mark Dennis noted that a cackling goose was still tending at the Tidal Bore Discovery Centre in Truro. Numbers of yellow-breasted chats are showing up. Pine grosbeaks were also reported at several locations across the province.

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

## When leaders stop talking, they start hearing

**STEPHANIE MILLER VINCENT**  
Business Moments

There's a moment in every leader's life when the noise quiets.

The room is full, ideas are flying around, decisions are waiting to be made but instead of stepping in, you decide to pause, to listen. It's in that pause, something shifts.

Early in my career, I believed leadership meant having all the answers. People would look at me, and I would immediately fill the silence. I would start to guide, to decide and to direct.

With time, I began to realize that my eagerness to lead from the front sometimes silenced the voices I needed to hear the most. I couldn't hear the voices of the ones doing the work, feeling the friction, and holding the insights and from my seat I couldn't see what they saw.

The best leaders don't listen to respond. They listen to understand. Two ears and one mouth, my mentor

reminded me, means listening twice as much as speaking.

That sounds simple, but it's not easy. It can be one of the hardest skills to master.

I learned this lesson in the most unexpected place. It was during a team huddle at the end of a long, chaotic night. Everyone was tired, we were still vibrating from the rush.

Everyone gathered and I asked what we'd done right and what could we have done better. Normally, I'd jump in quickly, filling the space with the solutions or pep talks. But that night, something in me said: wait, be quiet.

The silence stretched. It got uncomfortable. And then one of my newest and youngest servers spoke up. "Honestly," she said softly, "I didn't feel like anyone was listening to us tonight."

It hit me like a gut punch. She was right.

We'd been moving so fast, trying

to just get through the night, that no one had slowed down to connect. We'd focused on every task but not on people. Because of this, we'd missed what mattered most, the heartbeat of the team.

It made me wonder if we'd missed the heartbeat of the team, how had the guest felt? Did we miss an opportunity to connect with them too?

That conversation changed how I lead. I started asking more questions and speaking less. It was simple but it certainly wasn't easy. I began sitting beside, not across from, the people on my team. I learned that leadership isn't about being the loudest or the first voice in the room, it's about allowing space for others to be heard.

I learned that not always do leaders go first. I learned that being quiet can offer a space so that others feel safe to speak up. And I learned that the courage to listen, even when what we hear is hard, is courageous and where real connection starts.

When we listen like this, we stop managing and start leading.

We stop fixing and start understanding.

That's when work stops being just a paycheck and starts being a place where people feel seen, valued, and part of something bigger.

Listening won't make you a softer leader. It'll make you a stronger one. When people feel heard, they'll trust you enough to tell you the truth.

Stephanie Miller-Vincent is the Founder + Visionary of SMillerVision, a leadership and hospitality consulting company helping businesses build five-star teams through people-first strategy and emotionally intelligent leadership. As a Workplace Culture Strategist and Keynote Speaker, she helps organizations reduce turnover and achieve customer service excellence through proven systems that drive real results. Learn more at [www.smillervision.com](http://www.smillervision.com), connect with her at [stephanie@smillervision.com](mailto:stephanie@smillervision.com)



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Channel Guide grid showing channel numbers (A-E) for various stations like GLOBAL, ATV, CBC, PBS, etc.

THURSDAY EVENING NOVEMBER 20. Grid of TV channels and programs from 6:30 to 11:30 PM.

FRIDAY EVENING NOVEMBER 21. Grid of TV channels and programs from 6:30 to 11:30 PM.

WEEKDAY DAYTIME. Grid of TV channels and programs from 7:30 AM to 6:00 PM.

NOVEMBER 19 TO NOVEMBER 25. Grid of TV channels and programs from 1:00 PM to 6:00 PM.

SATURDAY DAYTIME NOVEMBER 22. Table with 21 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME NOVEMBER 23. Table with 21 columns (7:30-6:00) and 56 rows of program listings.

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

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

MOVIES

WEDNESDAY, NOVEMBER 19

EVENING

- 7:00 [WTVN] "Our Christmas Journey" (Romance,2021) Holly Robinson Peete, Lyriq Bent. A single mother and her teenage son come to a crossroad during Christmastime. (G)
9:00 [WTVN] "Three Wisest Men" (Drama,2025) Paul Campbell, Tyler Hynes. The Brenner boys put on the best Christmas ever to bring their family back together. [NBC] "Wicked" (Musical,2024) Cynthia Erivo, Ariana Grande. Young friends Elphaba and Glinda take very different paths in the fantastical Land of Oz. (G)
11:00 [WTVN] "Snowed Inn Christmas" (Romance,2017) Bethany Joy Lenz, Andrew Walker. Jenna and Kevin are drawn together when they join the fight to save the historic town inn. (G)
12:15 [SHOW] "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 [WTVN] "A Sugar & Spice Holiday" (Romance, 2020) Jacky Lai, Tzi Ma. Suzie, a rising young architect, returns to her small hometown in Maine for Christmas.

THURSDAY, NOVEMBER 20

EVENING

- 7:00 [WTVN] "#Xmas" (Drama,2022) Clare Bowen, Brant Daugherty. A woman enters a design contest with help from her best friend and her baby nephew. (G)
9:00 [WTVN] "Holiday Touchdown: A Chiefs Love Story" (Romance,2024) Hunter King, Tyler Hynes. Alana tries to win the Fan of the Year Award as a Christmas gift for her family. (G)
9:30 [CHI] "The Chumsclubber" (Comedy Drama,2005) Ralph Fiennes, Jamie Bell. An alienated teen (Jamie Bell) launches his own investigation into a classmate's kidnapping. (13+)
10:00 [USA] "Blackhat" (Thriller,2015) Chris Hemsworth, Tang Wei. A furloughed convict and his partners hunt a global cybercrime network.
11:00 [WTVN] "Tidings for the Season" (Drama,2025) B.J. Britt, Tamera Mowry-Housley. News anchor Adam is challenged by superfan Robbie to report good news at Christmas.
1:00 [WTVN] "Tiny Christmas" (Adventure,2017) Jonathan A. Rosenbaum, Lizzy Greene. Two kids have to navigate holiday hazards after an elf accidentally shrinks them down. (G)

- [USA] "Tower Heist" (Comedy,2011) Ben Stiller, Eddie Murphy. Employees at a luxury condominium plot revenge against the Wall Street swindler who defrauded them. (G)
[VIS] "Swept From the Sea" (Romance,1997) Vincent Perez, Rachel Weisz. An 1800s British servant (Rachel Weisz) loves a shipwrecked Russian (Vincent Perez).

FRIDAY, NOVEMBER 21

EVENING

- 7:00 [WTVN] "Christmas Wishes & Mistletoe Kisses" (Romance,2019) Jill Wagner, Matt Davis. An interior designer is hired to decorate the estate of a wealthy businessman. (G)
9:00 [ASN] "Star Wars: Episode III - Revenge of the Sith" (Sci-Fi,2005) Ewan McGregor, Natalie Portman. Anakin Skywalker (Hayden Christensen) joins the dark side and becomes Darth Vader. (G)
[BS] "National Lampoon's Christmas Vacation" (Comedy,1989) Chevy Chase, Beverly D'Angelo. The Griswolds (Chevy Chase, Beverly D'Angelo) spend the holiday in a garish way. (G)
10:00 [SLICE] "The Family" (Action,2013) Robert De Niro, Tommy Lee Jones. A mob family in the Witness Protection Program has trouble adjusting to a new home abroad. (14+)
[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)
[APTN] "Uproar" (Comedy Drama,2023) Julian Dennison, Minnie Driver. A 17-year-old is forced to stand up for himself, his family and his future.
11:00 [WTVN] "Trivia at St. Nick's" (Comedy,2024) Brant Daugherty, Tammin Sursok. Locals compete in a Christmas bar trivia tournament at the end of the semester. (G)
[BS] "Elf" (Children,2003) Will Ferrell, James Caan. A man (Will Ferrell) leaves Santa's workshop to search for his family. (G)

SATURDAY, NOVEMBER 22

EVENING

- 6:00 [STAR] "Scrooged" (Comedy,1988) Bill Murray, Karen Allen. A ruthless TV-network chief meets the ghosts of Christmases past, present and yet to come. (G)
6:30 [SLICE] "Marley & Me" (Comedy Drama,2008) Owen Wilson, Jennifer Aniston. A couple's new puppy grows up to become an incorrigible handful. (G)
7:00 [AVI] "Jungle Cruise" (Adventure,2021) Dwayne Johnson, Emily Blunt. A skipper guides a researcher down the Amazon to find a tree that has the power to heal. (G)

- [WTVN] "'Tis the Season to Be Irish" (Romance,2024) Fiona Gubelmann, Rosemary Henderson. Rose tries to flip a house in Ireland but is blocked by Sean, a handsome local. (G)
[BS] "Elf" (Children,2003) Will Ferrell, James Caan. A man (Will Ferrell) leaves Santa's workshop to search for his family. (G)
[CTVSCI-FI] "Independence Day" (Sci-Fi,1996) Will Smith, Bill Pullman. A select group of survivors make a last ditch stand against an alien invasion. (13+)

- 7:30 [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)

- 9:00 [PBS] "Miss Fisher and the Crypt of Tears" (Adventure,2020) Essie Davis, Miriam Margolyes. Detective Phryne Fisher investigates an ancient tomb that holds a terrible curse. [SLICE] "Dear John" (Romance,2010) Channing Tatum, Amanda Seyfried. Unexpected consequences await a soldier and his lover, who correspond through letters for years. (G)

- [CHI] "Christmas List" (Romance,2016) Alicia Witt, Gabriel Hogan. Isabel tries to complete a bucket list of traditions, but a new romance turns her life upside down. (G)
[WTVN] "Holiday Touchdown: A Bills Love Story" (Romance,2025) Holland Roden, Matthew Daddario. Sparks fly between two Buffalo Bills fans as they try to learn the identity of a holiday gift giver.

- [TBS] "Bruce Almighty" (Comedy,2003) Jim Carrey, Morgan Freeman. A whiny news reporter is given the chance to step into God's shoes. (G)

- 10:00 [SHOW] "Valerian and the City of a Thousand Planets" (Sci-Fi,2017) Dane DeHaan, Cara Delevingne. Two special operatives travel to an intergalactic city where a dark force threatens the universe. (G)
[CTVSCI-FI] "Independence Day: Resurgence" (Sci-Fi,2016) Liam Hemsworth, Jeff Goldblum. The nations of Earth use recovered extraterrestrial technology to battle a powerful alien invasion. (G)

- [STAR] "Eurotrip" (Comedy,2004) Scott Mechlowicz, Michelle Trachtenberg. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal. (14+)
[APTN] "The Snow Walker" (Adventure,2003) Barry Pepper, Annabella Piugattuk. A plane crash strands a bush pilot (Barry Pepper) and an Inuit woman (Annabella Piugattuk). (G)

- 10:00 [SHOW] "The Christmas Quest" (Action,2024) Lacey Chabert, Kristoffer Polaha. An archeologist and her ex-husband are sent to Iceland at Christmastime. (G)
[BS] "Evan Almighty" (Children,2007) Steve Carell, Morgan Freeman. God (Morgan Freeman) commands a newly elected congressman (Steve Carell) to build an ark. (G)

- 11:30 [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)

- 12:30 [AVI] "Christmas Keepsake" (Romance,2023) Jillian Murray, Daniel Lissing. A father bonds with his daughter while tracking down the original owner of a Christmas time capsule. (PG)
[CTVSCI-FI] "The Perfect Storm" (Thriller,2000) George Clooney, Mark Wahlberg. The crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (G)

- 6:00 [CTVSCI-FI] "San Andreas" (Action,2015) Dwayne Johnson, Carla Gugino. A rescue pilot must save his family after a magnitude 9 earthquake devastates California. (13+)

- 6:30 [SLICE] "Letters to Juliet" (Drama,2010) Amanda Seyfried, Vanessa Redgrave. A young woman (Amanda Seyfried) helps the author of an old love letter find her long-lost beau. (G)

- 7:00 [WTVN] "Holiday Touchdown: A Bills Love Story" (Romance,2025) Holland Roden, Matthew Daddario. Sparks fly between two Buffalo Bills fans as they try to learn the identity of a holiday gift giver.

- 7:30 [STAR] "The Lost City" (Adventure,2022) Sandra Bullock, Channing Tatum. A cover model travels to an exotic jungle to rescue an adventure novelist from a shady billionaire. (G)

- 8:00 [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+)

- 8:30 [CTVSCI-FI] "The Day After Tomorrow" (Action,2004) Dennis Quaid, Jake Gyllenhaal. A climatologist tries to locate his son after global warming leads to worldwide natural disasters. (G)

- 9:00 [SLICE] "The Best of Me" (Romance,2021) Michelle Monaghan, James Marsden. A friend's funeral reunites former high-school sweethearts, who find that they are still in love. (G)

SUNDAY, NOVEMBER 23

EVENING

- 6:00 [CTVSCI-FI] "San Andreas" (Action,2015) Dwayne Johnson, Carla Gugino. A rescue pilot must save his family after a magnitude 9 earthquake devastates California. (13+)

- [WTVN] "Melt My Heart This Christmas" (Romance,2025) Laura Vandervoort, Stephen Huszar. Passionate glassblower Holly secretly displays her own art under a pseudonym at a Christmas Fair.

- 9:30 [STAR] "Shanghai Noon" (Comedy,2000) Jackie Chan, Owen Wilson. A robber (Owen Wilson) and a Chinese Imperial Guardsman (Jackie Chan) rescue a princess (Lucy Liu). (G)

- 9:35 [ASN] "Zootopia" (Animated,2016) Voices of Ginnifer Goodwin, Jason Bateman. Police rabbit Judy Hopps works with a wily fox to solve a mystery in the metropolis of Zootopia. (G)

- [ABC] "Zootopia" (Animated,2016) Voices of Ginnifer Goodwin, Jason Bateman. Police rabbit Judy Hopps works with a wily fox to solve a mystery in the metropolis of Zootopia. (G)

- 9:40 [PBS] "The Great Escaper on Masterpiece" (Comedy Drama,2023) Michael Caine, Glenda Jackson. In 1914, a World War II veteran sneaks out of his care home to attend a D-Day anniversary.

- 10:00 [USA] "Out of Sight" (Crime Story,1998) George Clooney, Jennifer Lopez. A federal marshal (Jennifer Lopez) and a robber (George Clooney) fall for each other. (14+)

- [APTN] "Fast & Furious" (Action,2009) Vin Diesel, Paul Walker. Fugitive Dom Toretto (Vin Diesel) and Brian O'Conner (Paul Walker) resume a feud in Los Angeles. (14+)

- 10:30 [SHOW] "Terminator Salvation" (Sci-Fi,2009) Christian Bale, Sam Worthington. John Connor (Christian Bale) and the survivors of Judgment Day fight back against Skynet's machines. (14+)

- 11:00 [WTVN] "Jingle Bell Run" (Comedy,2024) Ashley Williams, Andrew Walker. Avery is paired with retired hockey star Wes to compete in a holiday race across America. (G)

- [CTVSCI-FI] "Twister" (Action,1996) Helen Hunt, Bill Paxton. Storm-chasers (Helen Hunt, Bill Paxton) follow tornadoes in Oklahoma. (G)

- 11:30 [SLICE] "The Photograph" (Romance,2020) Issa Rae, LaKeith Stanfield. A woman finds romance with a rising journalist while delving into her late mother's early life.

- 12:00 [STAR] "City Slickers" (Comedy,1991) Billy Crystal, Daniel Stern, Bruno Kirby. Three vacationing men (Billy Crystal, Daniel Stern, Bruno Kirby) go on a dude-ranch cattle drive. (G)

- 12:30 [TBS] "Fred Claus" (Comedy,2007) Vince Vaughn, Paul Giamatti. Santa Claus bails his brother, Fred, out of trouble and puts him to work in his factory. (G)
[GLOBAL] "My Christmas Family Tree" (Romance,2021) Aimee Teegarden, Andrew Walker. A woman meets relatives for the first time after discovering her family tree during the holidays. (G)

MONDAY, NOVEMBER 24

EVENING

- 7:00 [WTVN] "Melt My Heart This Christmas" (Romance,2025) Laura Vandervoort, Stephen Huszar. Passionate glassblower Holly secretly displays her own art under a pseudonym at a Christmas Fair.

- 11:00 [PBS] "Bring Them Home" (Documentary,2025) The Blackfoot Confederacy looks to bring wild buffalo back to the Blackfeet Reservation. [WTVN] "The Most Colorful Time of the Year" (Drama,2022) Katrina Bowden, Christopher Russell. A colorblind elementary school teacher meets an optometrist who helps bring color into his life. (G)

- 1:00 [WTVN] "Christmas with the Singhs" (Romance,2024) Anuja Joshi, Benjamin Hollingsworth. Asha Singh and Jake O'Brien's relationship is tested when their families' traditions clash. (G)

- [VIS] "Marie Antoinette" (History,2006) Kirsten Dunst, Jason Schwartzman. The teenage Austrian princess Kirsten Dunst becomes queen of France before losing her head. (G)

- [TUESDAY, NOVEMBER 25] [WTVN] "The Holiday Sitter" (Romance,2022) Jonathan Bennett, George Krissa. Sparks fly between a bachelor and a handsome neighbor as he babysits his niece and nephew. (G)

- 9:00 [ASN] "Candy Cane Lane" (Comedy,2023) Eddie Murphy, Tracee Ellis Ross. A mischievous elf casts a magic spell that brings the 12 Days of Christmas to life. (G)

- 11:00 [WTVN] "A Dream of Christmas" (Drama,2016) Nikki DeLoach, Andrew Walker. When her wish to be single again is magically granted, a woman tries to find her husband once more. (G)

- 11:10 [SHOW] "Super 8" (Sci-Fi,2011) Kyle Chandler, Elle Fanning. Disappearances and other inexplicable events follow a devastating train crash in 1979 Ohio. (G)

- 1:00 [WTVN] "The 5-Year Christmas Party" (Romance,2024) Katie Findlay, Jordan Fisher. Two recent college grads find themselves drawn together year after year while working. [VIS] "Diana" (Docu-Drama,2013) Naomi Watts, Naveen Andrews. In her last two years, Princess Diana campaigns against land mines and has an affair with a surgeon. (G)

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

TUESDAY EVENING NOVEMBER 25. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

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

### RELIGION DIRECTORY

#### The 10 Commandments

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

D1055

### COMMUNITY EVENTS



Fishermen's Memorial Hospital Auxiliary will host a

#### PANTRY & BAKE SALE

to raise money for our hospital

Saturday, November 29<sup>th</sup> from 10:30 am - 2:30 pm  
at Central United Church Hall  
283 Lincoln Street

We would appreciate your support with any donation of Baked Goods, Jams, Jellies, Preserves or cash/cheques (tax receipt for donations of \$20 or more)

Donations may be delivered to the hall on Saturday only, from 8:00 - 10:00 a.m.



D9003

### MEMORIALS

Getson- In loving memory of our parents; Evelyn Marion Getson who passed away November 25, 2018, and Capt. Ralph Stephen Getson who passed away on September 1, 2021. Deep are the memories. Precious they stay. No passing of time. Can take them away. Lovingly remembered by children Susan, Ralph, and Stephen.

### CELEBRATION OF LIFE

There will be a Celebration Of Life for Patricia Gladman at the Riverport Community Centre on November 29 from 1:00 p.m. to 4:00 p.m. For those that knew Pat, please come and I'm sorry if I've missed you with the invite.

### OBITUARIES

#### Annabelle (Amabelle) Hirtle

Age 101, of Rosedale Home for Special Care, passed away on September 8, 2025. Annabelle was born on December 28, 1923, in Pleasantville to Wallace and Gertrude Oakes. Annabelle was a strong and kind person. She treated everyone with kindness and never said anything negative about anyone. Annabelle lived most of her married life in Dayspring raising her family. As her family grew into adults, her home became a meeting place for all of us to catch up on family news! You always felt loved and safe in her home, and the meals were fantastic. Topics of conversation were very interesting to say the least. Annabelle lived to see her children become senior citizens, and her grandchildren and great-grandchildren become adults.

Annabelle enjoyed doing crossword puzzles and watching TV, especially Wheel of Fortune and Jeopardy! When she was younger, she liked to garden, knit, and crochet. She made many quilts for herself and her family.

In April of 2022, Annabelle went to live at Rosedale Home for Special Care in New Germany. She adjusted to the change, and the staff were friendly and kind, taking good care of her. Left to mourn are Annabelle's children: Bruce Hirtle (Dayspring), Linda James (Kenneth)(Martin's Point), Brian Hirtle (Anne) (Lunenburg), Gary Hirtle (Carol) (Dayspring); Grandchildren: Michelle Zwicker (Middleton), Gina Schmeisser (Dean) (LaHave), Krista Hirtle (Dayspring), Corey Hirtle (Jaclyn) (Garden Lots), Valerie Pierce (Andy) (Northfield), Jason Hirtle (Lunenburg), Dawn Tanner (Dennis) (Center); Great-grandchildren: Nicolas Schmeisser, Nathan Schmeisser, Tyler Schmeisser, Mallory Zwicker, Zaida Pierce, Landon Pierce, Dominique Green (Joey), Jared Hanhams, Keegan Tanner, Myla Backman, Madison Zwicker; Great-great-grandchildren: Reina Hanhams, Merideth Green.

Annabelle was the last surviving member of her family. She was predeceased by her husband Warren, her parents Wallace and Gertrude Oakes, son Billy, brothers Everette, Norman, and Carl and Arnold (in infancy); son-in-law Frank James; daughters-in-law Juanita Hirtle and Elizabeth Hirtle.

Cremation has taken place, and a private family interment has been held at Maple Leaf Cemetery, Conquerall Bank.

#### Kelvin Kenneth Ogilvie 1942-2025

Senator; distinguished scientist, teacher, researcher, and university administrator, of Bigelow Cove, Kings County, passed away quietly and surrounded by family on July 15, 2025, at the age of 82. He was the son of the late Carl and Mabel (Wile) Ogilvie. He is survived by his beloved wife, Roleen (Lockheart), of 61 years; daughter, Kristine Pick (Leroy), New Minas, NS; son, Kevin Alexander (Caitlyn), Gales Ferry, CT(USA); 5 wonderful grandchildren, and two great-granddaughters. He is also survived by his sisters Patricia (Dean) Corkum, Walbrook and Marilyn (Bernie) Thompson, Grand Valley, On. He was pre-deceased by his brother William. For more info on his many accomplishments please refer to Whites Family Funeral Home, Kentville, website July 15, 2025, or The Annapolis Valley Register, July 18, 2025.

Obituaries can be found online at southshorebulletin.ca

*A Place Where Everyone Belongs*

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

Reverend Kim Curlett; Minister of Worship and Small Group Ministry  
 Reverend Neil McEwen; Minister of Pastoral Care and Outreach Ministry  
 A Collaborative Ministry with West Side United Church; Pentz

10:30am Worship and Fellowship  
 10:45am Sunday School (Ages 3-18)  
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 www.bridgewaterunited.ca

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**Sunday November 23rd**  
**Sunday Next Before Advent – Rev. Oliver Osmond**  
 9:00am St. Albans Vogler Cove  
 Holy Communion  
 11:00am St. Peters West LaHave  
 Holy Communion

"O worship the Lord in the beauty of holiness"

### FOR SALE

Minimizing Sale. 902-935-2059: NEW: single 4" mattress folding bed metal \$135; Large dog cage \$50; 4 Auto frame wheel covers 17" \$50. USED: Green upholstered wood rocking chair & matching rocking stool. \$150; Pure Teak Table \$100, 30"x20"x20"high; electric food dehydrator, 8 racks, used once, \$55; Quilt stand 2 levels, wood \$40; 2 wheels/tires good tread fit Nissen focus \$75; LECLERC table loom and wool winder \$100; ANTIQUE (early 1900s) Spinning wheel - offers when seen.

### DANCES

New Year's Eve dance! Conquerall Mills Community Hall. Buffet meal starting at 8 p.m. Dance from 9 p.m. to 1 a.m. Music by Rockin' Sounds. Tickets: call Emily at 902-543-2154.

### APTS.

One bedroom, ground level, apartment for rent. Available November 15. No Dogs. 902-527-8129.

### BREAKFASTS

PANCAKE BREAKFAST, Saturday, November 22, Voglers Cove Community Hall. 8am - 11am. Homemade pancakes, bacon, sausage, eggs, homemade baked beans, toast, and beverages. \$12, Ages 6-12: \$6, Ages 5 and under: Free.

Sunday Brunch at the Mahone Bay Legion. November 30, 2025. 9 a.m. to 12:30 p.m. \$13 Adult; \$7 children 6-12; Free for 5 & under. Complimentary Brunch for Veterans and Spouses. Please note there will be no Brunch in December.

Festive Holiday Market! Saturday, November 29, 10 a.m. to 2 p.m. Great artisans. Limited supply of "Trinity" oven-ready lasagnas (sizes: family \$30; individual \$10). Soup Luncheon: chicken mulligatawny or hamburger soup, roll, tea/coffee, cookie. Eat in/Take-out, \$15. Baked goods and much more! Trinity United Church, 101 Edgewater Street, Mahone Bay.

### HOMES/RENT

Furnished 2-bedroom houses near Bridgewater or Mahone Bay. Call 902-543-7193 or 902-277-1013. Rentals vary.

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

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### WANTED

Buying old books, sports card, comics, toys, fishing lures and reels. 902-527-3195.

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.



## CLASSIFIEDS

P: 902.543.2457

E-MAIL: info@southshorebulletin.ca

#### SUBMISSION POLICY:

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

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

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

#### WORD ADS

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

#### BIRTHDAY ANNOUNCEMENTS

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

#### BIRTH AND GRADUATION ANNOUNCEMENTS

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

#### ENGAGEMENT, WEDDING, AND ANNIVERSARY ANNOUNCEMENTS

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

#### CARDS OF THANKS AND MEMORIALS

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

#### OBITUARIES

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

#### DISPLAY CLASSIFIEDS

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

#### DEADLINES:

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

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

## Choosing direction

Continued from page 12

When setbacks strike, it's easy to become irritated, and take a perspective that "everything is piling on." Setbacks can throw us off track, and often, we have so many possible responses that we can get confused.

If so, here's a suggestion to try. When we struggle with many choices, simplify. Ask yourself which direction each choice takes you: is it toward the positive perspective or the negative perspective? Then decide, which do I want to choose? Let me know what you choose at [choice@focusonclarity.com](mailto:choice@focusonclarity.com) or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~

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

### DEATHS

**Adams, Gordon, 75,** Fauxburg, died October 16, 2025, in Lunenburg. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Baker, Vera Marie, 92,** Pleasantville, died September 26, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Bell, Jacqueline, 80,** Halifax, died October 12, 2025, in Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Butcher, Susan, 80,** Bridgewater, died November 11, 2025, in Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Cook, Paula, 61,** Dayspring, died October 22, 2025, in Dayspring. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Cuming, Robert, 81,** Bridgewater, died October 23, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Dares, David Stanley, 83,** Back Centre, died November 9, 2025, at home. Arrangements entrusted to Dana L. Sweeny Funeral Home.

**Demone, Brian, 79,** Lunenburg, died October 7, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Dorey, Donald Reid, 75,** Martin's River, died November 8, 2025. Arrangements entrusted to Mahone Funeral Home.

**Edmonds, Clinton, 86,** Seabright, died November 1, 2025, in Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Falkenham, Peter Van, 76,** Lunenburg, died November 5, 2025. Arrangements entrusted to Dana L Sweeny Funeral Home.

**Hatt, Linda Marie, 78,** Chester Basin, died September 27, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Henley, Madeline Sharon, 81,** Chelsea, died September 22, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Lonergan, Marilyn Joyce, 69,** Windsor, died September 21, 2025, at Valley Regional Hospital. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Mackay Donald Ashby, 78,** Bridgewater, died November 4, 2025, at Ryan Hall in Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Mosher, Glenn, 74,** Blockhouse, died November 1, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Naugler, Wanda Glenora, 71,** Hebbville, died September 27, 2025, in the QEII V.G. Site, Halifax. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Oickle, Eric Roy, 86,** Bridgewater, died November 5, 2025, Hillside Pines Home for Special Care in Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Page, Carole, 79,** Upper LaHave, died October 30, 2025, in Upper LaHave. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Pelley, Anne, 85,** Mahone Bay, died October 30, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Rafuse, Micheal, Wayne, 60,** South Brookfield, died October 26, 2025, South Shore Regional Hospital in Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Slauenwhite, Brian, 75,** Hebb's Cross, died October 27, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Snair, Mary, 74,** Queensland, died October 9, 2025, in Queensland. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Veinotte, Evangeline, 95,** Deans Corner, died October 24, 2025, in Kentville. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Veinotte, Joan, 80,** Lunenburg, died November 2, 2025. Arrangements entrusted to Personal Care Cremations & Memorial Services.

## Foster heroes wanted

"Let's be honest – our dogs aren't perfect. They jump. They pull. They sometimes think 'sit' means 'spin in circles and bark for snacks,'" the shelter notes. "But they've got huge hearts and a ton of potential. We provide the support; you provide the home, patience, and love. Together, we can help every dog become the best version of themselves."

Interested parties in fostering or adoption are encouraged to learn more and apply today. Visit [www.shaidanimalshelter.com](http://www.shaidanimalshelter.com) to learn more about

the foster program or to view dogs like Shiloh who are ready for adoption.

### Upcoming Fundraising Events for SHAID:

- Tim Hortons Smile Cookie Week: Nov. 17-23. Buy a cookie to support the animals.
- Rafflebox 50/50: Now until November 24. Get tickets at [www.rafflebox.ca/raffle/shaid2](http://www.rafflebox.ca/raffle/shaid2).
- The Nightmare Before Christmas Canine Event: November 29th, 11 a.m. to 3 p.m. at Woof Pack K9 Lifestyle Center. A festive, dog-friendly day with games, vendors, and a costume contest. Contact SHAID for details.

### OBITUARIES

#### Eric Roy Garnet Oickle

86, of Bridgewater, passed peacefully in his sleep on November 5, 2025, at Hillside Pines Home for Special Care, Bridgewater. Born in Bridgewater on August 28, 1939, he was a son of Victor and E. Geraldine (Joudrey) Oickle.

Eric grew up with a love of nature and the outdoors that guided many of his pursuits. A Gold Cord Boy Scout, he represented Canada at the World Scout Jamboree in England where he performed for Queen Elizabeth II. Also a gifted athlete, he excelled in numerous sports and was named Athlete of the Year when he graduated from Bridgewater High School in 1957.

Eric was an avid life-long learner. After working with the Bank of Montreal for four years, he had earned enough to pursue a post-secondary education. He attended the University of New Brunswick, where he received degrees in Physical Education and Arts while playing hockey, badminton and archery for the UNB Reds. In 1963, while recovering in hospital from knee surgery, he fell in love with his nurse Mary Brennan, whom he married in 1964. Shortly after, they had three children, Vicki, Patti and Scott.

Eric's career in education began in the Annapolis Valley as the first physical education teacher at Wolfville High School. He later served as a guidance counsellor at West Kings District High School and as the director of guidance and teacher at Lunenburg Regional Vocational School in his hometown of Bridgewater. He earned his Master of Education from Saint Mary's University in 1989.

Eric retired early in 1990 to dedicate his time and energy to helping young people achieve their dreams of higher education. He began a rewarding second career with University Scholarships of Canada, through which he supported countless students in realizing their academic potential.

In his later years, Eric found great joy in time spent with family, especially his grandchildren, Lauren, Chloe, Connor, Emma and Griffin. His love of the outdoors and sports endured, as did his close friendships with classmates of the BHS Class of '57. Eric will be remembered for his kindness, humour and devotion to family, friends, students and the community.

Eric will be lovingly remembered by his wife Mary; daughters, Victoria (Simon) Roberts, Washington, DC, and Patti (Mike) Conklin, Bridgewater; son, Scott Oickle, Halifax; grandchildren, Lauren Fraser, Halifax, Chloe Conklin, Ottawa, Ont., Connor Conklin, Halifax, Emma Roberts, Halifax, and Griffin Ozmon-Roberts, Halifax; sister, Koreen Whalen, Bridgewater; sister-in-law, Marilyn Oickle, Bridgewater; as well as many nieces and nephews. Besides his parents, Eric was predeceased by his brother, Douglas Oickle; and brother-in-law Bill Whalen.

A celebration of Eric's life will be held on December 29, 2025 at 11 am at Sweeny's Funeral Home, 35 York Street, Bridgewater. A private family interment will take place in Brookside Cemetery following the service. All arrangements have been entrusted to Sweeny's Funeral Home. The family would like to express their gratitude to Earth Angels and Hillside Pines for all of the excellent care and support.

Donations in Eric's memory may be made to the Alzheimer's Society.

Online condolences may be left at [www.sweenysfuneralhome.com](http://www.sweenysfuneralhome.com).

#### Shirley Slauenwhite February 25, 1937 - September 12, 2025

Shirley Marguerite Slauenwhite, 88, of Wileville, Lunenburg County, passed away peacefully on September 12, 2025, at home with family by her side.

Born in Liverpool, she was the daughter of the late Lester and Agatha (MacDonald) Jennings.

Shirley was employed for many years at the Dawson Memorial Hospital, and South Shore Regional Hospital until retirement. She loved dancing, playing cards, sports of all kinds, especially hockey and baseball. Most of all, she loved being with family, especially grandkids and great-grandkids.

She is survived by Diane (Robbie) of Wileville, Tine (Mike) of Bridgewater, Lillian (Paul) Fynes of Hebbville; 7 grandchildren, 13 great-grandkids, sister Paula (Tony) Zinck of Bridgewater, Rosely (Michael) Ward of Hebb's Cross, and many nieces and nephews.

She was predeceased by her loving husband, Donald Slauenwhite, of 54 years; sons Dougie and John; sisters Norma, Charlotte, Marion and brother Maynard.

Thank you VON, Palliative Care, and Doctor Riding for home visits, Rev. Ott, Corkum's Funeral Home; and a special thanks to friends and family who called, sent cards, and flowers.

Thank you from Diane, Tina, and families.



### OBITUARIES

#### Harold (Harry) E. Rhyno

Passed away in the early hours of Monday, November 10th, 2025, at the age of 82, at South Shore Regional Hospital, Bridgewater.

Born in Halifax June 3rd, 1943, to Ellen Eileen Dorey and Harold C. Rhyno. Harold was raised in the Queensland/Hubbards area of Nova Scotia and attended Shatford Memorial School.

He joined the Royal Canadian Air Force shortly after leaving high school. While in the RCAF he obtained technical school accreditation both through the military and through LaSalle University in Chicago. While in the RCAF he became known as "Harry".

By end of 1965 he took his honourable discharge from the RCAF. He accepted a position as a Technical Service Representative with Kelvinator of Canada and eventually moved back to Nova Scotia with his wife Sharon, and two children Kevin and Ellen. Jobs were scarce in those days, unable to find meaningful employment, he started Harry Rhyno Refrigeration Company Limited in 1975, which remains in business today, owned and operated by son Jayme and daughter Ellen.

Harry joined the Masonic Order in 1972 in Westmount Lodge 671, Hamilton, Ontario. Harry considered it a great privilege to be part of the Masonic Order where he established life-long friendships. Harry said that joining the Shriners & Masons was one of the most pivotal decisions that shaped his values and beliefs.

Harry enjoyed his time in nature, with some of his happiest times being a Boy Scout Leader for the Riverport Pack, spending time in parks, hiking in the forest or spending time on his deck reading a book and taking in the tranquility.

Harry found great purpose in giving back to the community. He was truly fulfilled when volunteering for many organizations throughout his life like Scouting Canada, The Salvation Army, Canadian Red Cross, and his local church to name a few.

He loved to laugh, tell stories, travel, play cards (Auction Forty Fives), waltz & jive with his wife, and listen to music by Elvis Presley, Johnny Cash & CCR. He was always ready with a joke and a mischievous smile. His warm hugs comforted those who were fortunate enough to receive them.

His family was at the heart of everything he did. He will be remembered for his resiliency, strength, commitment to life-long learning, and dedication to working hard to provide wonderful experiences and opportunities for his family. He was a true provider in every sense.

Harry is survived by his sweetheart (wife) of 50 years Sharon; son Kevin and wife René Dippenaar; son Jayme and fiancée Sydney Chapman; daughter Ellen; and daughter Amanda and partner Jon Collins. Granddaughters Sydney Ellen Rhyno, Journey Rhyno, Cove Chapman, Jada Roy and grandson, Gage Chapman. Sisters Shirley Hoben, Patricia Corkum and half-sister Helen MacLean.

Harry was predeceased by his father Harold C. Rhyno; Mother Ellen Rhyno; father-in-law Lloyd Naugler; brother Kenneth Rhyno, and half-brother Harold MacDonald.

In accordance with Harry's wishes, there will be no public service. A private service was held for close family. Arrangements entrusted to Personal Care Cremations & Memorial Services.

In lieu of flowers, memorial donations are encouraged to the Shriners.



Call for members for a 3-year term on:

### Sawpit Wharf Advisory Committee

What the Committee does: Provides input on the operation, policies, and by-laws relating to the Sawpit Wharf facility.

For more information, or to receive an application form, please:

Call the Recreation Department on 902-541-1343, email [recreation@modl.ca](mailto:recreation@modl.ca) or visit [www.modl.ca/sawpit-wharf](http://www.modl.ca/sawpit-wharf)

Applications accepted until  
Friday, November 28th, 2025



KEVIN MCBAIN PHOTOS





### Winter Hours of Operation

Winter hours of operation will be in effect at the waste site, 908 Mullock Road, Whycott's Settlement from December 6, 2025 to March 28, 2026.

Hours of operation will be:  
 Monday to Friday 8:00 am - 4:30 pm  
 Saturdays 8:00 am - 12:00 pm

Questions? Call (902) 543-2991 or visit [www.communityrecycling.ca](http://www.communityrecycling.ca).

**Green Cart Reminder - Items not permitted in your green cart:**

- Plastic bags and plastic-type compostable and biodegradable bags
- Paper coffee cups and take out packaging lined with plastic (soup bowls, chili cups)
- Waxy drink cups

Line your kitchen bin and green cart with newspaper, cracker boxes, cardboard or paper leaf bags.




D9002

### EXTRAVAGANZA 2025

Hundreds of people packed into the Park View cafeteria to hear the golden sounds of Seaside A Capella who recently won the championship at the Irish Association of Barbershop Singing (IABS) competition in Ireland. Along with the chorus, others such as Patricia Watson, the glitzy chics, McKinnon dancers, Dan Jaworski, Kaleidoscope and Quinz Jam shared their musical and singing expertise. The event served as a fundraiser, an awareness afternoon and giving all a chance to share about their trip to Ireland.



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Address \_\_\_\_\_

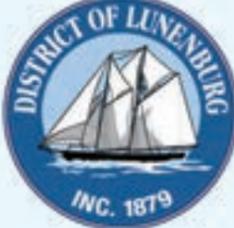
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Phone Number \_\_\_\_\_

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**Offer code: XELF25**

D8882



# The District of Lunenburg App

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D8995