

SOUTH SHORE

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BULLETIN

YOUR COMMUNITY • YOUR VOICE • YOUR NEWSPAPER

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BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, DECEMBER 24, 2025



Merry Christmas

from the staff at the South Shore Bulletin

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A publication of
SOUTHSHOREBULLETIN.CA



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D9102

Christmas is for love

Christmas is for love. It is for joy, for giving and sharing, for laughter, for reuniting with family and friends, for tinsel and brightly covered packages.

But, mostly Christmas is for love. I had not believed this until a small elf-like pupil with wide-eyed innocence and soft rosy cheeks gave me a wondrous gift one Christmas.

Mark was an 11-year-old orphan who lived with his aunt, a bitter, middle aged woman greatly annoyed with the burden of caring for her dead sister's son.

She never failed to remind young Mark, if it hadn't been for her generosity, he would be a vagrant, homeless waif.

Still, with all the scolding and chilliness at home, he was a sweet and gentle child.

I had not noticed Mark particularly until he began staying after class each day [at the risk of arousing his aunt's anger so I learned later] to help me straighten up the room.

We did this quietly and comfortably, not speaking much, but enjoying the solitude of that hour of the day.

When we did talk, Mark spoke mostly of his mother. Though he was quite young when she died, he remembered a kind, gentle, loving woman who always spent time with him.

As Christmas drew near however, Mark failed to stay after school each day. I looked forward to his coming and when the days passed and he continued to scamper hurriedly from the room after class, I stopped him one afternoon and asked him why he no

longer helped me in the room.

I told him how I had missed him, and his large brown eyes lit up eagerly as he replied,

'Did you really miss me?' I explained how he had been my best helper, 'I was making you a surprise,' he whispered confidentially. 'It's for Christmas.'

With that, he became embarrassed and dashed from the room. He didn't stay after school anymore after that.

Finally came the last school day before Christmas. Mark crept slowly into the room late that afternoon with his hands concealing something behind his back.

'I have your present,' he said timidly when I looked up.

'I hope you like it.' He held out his hands, and there lying in his small palms was a tiny wooden box.

'It's beautiful, Mark. Is there something in it?' I

asked opening the top to look inside.

'Oh you can't see what's in it,' he replied, 'and you can't touch it, or taste it or feel it, but mother always said it makes you feel good all the time, warm on cold nights and safe when you're all alone.'

I gazed into the empty box.

'What is it, Mark' I asked gently, 'that will make me feel so good?'

'It's love,' he whispered softly, 'and mother always said it's best when you give it away.'

He turned and quietly left the room. So now I keep a small box made of wood on the piano in my living room and only smile as inquiring friends raise quizzical eyebrows when I explain to them there is love in it.

Yes, Christmas is for joy, mirth, and wondrous gifts. But mostly, Christmas is for love.



Congratulations!

Jonah C.

was our winner for the Letters to Santa gift draw. He is celebrating his first Christmas this year!

Merry Christmas to Jonah and his family, as well as all of our participants for this year's promotion.

We hope Santa finds you all!

IN THE MATTER OF: The Nova Scotia Companies Act R.S.N.S. (1989), as amended
- and -
IN THE MATTER OF: The application of POINT STREET PROPERTIES INC. for leave to surrender its Certificate of Incorporation

NOTICE is hereby given that POINT STREET PROPERTIES INC., a body corporate, incorporated under the laws of the Province of Nova Scotia, with registered office at 171 Main Street, Liverpool NS BOT IK0, intends to apply to the Registrar of Joint Stock Companies for the Province of Nova Scotia for leave to surrender its Certificate of Incorporation and for its dissolution, consequent thereon pursuant to the provisions of Section 137 of the Companies Act, being Chapter 81 of the revised Statutes of Nova Scotia, 1989, as amended.

DATED at Liverpool, Nova Scotia, on this 18th day of December 2025

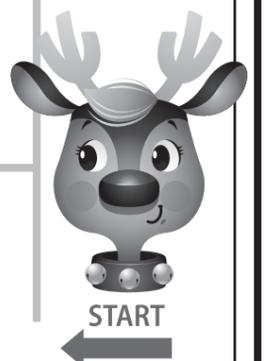
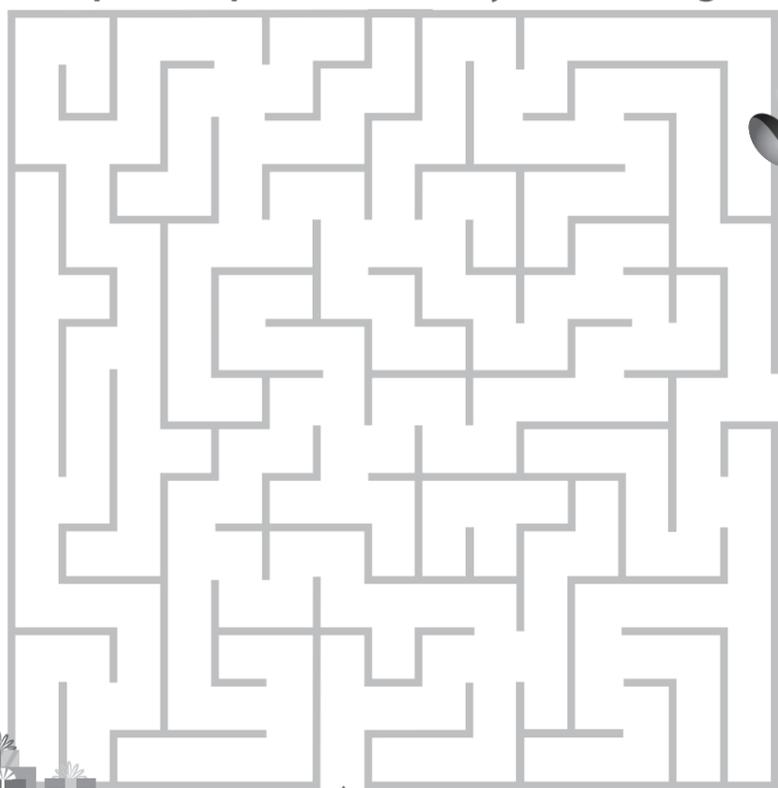
Christopher R. M. Folk,
FOLK LAW INC.
Solicitor for
POINT STREET PROPERTIES INC.

D9135



MAZE FUN

Help Rudolph Find His Way to the Sleigh!



Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, December 24, 1969.



The Christmas Tree's Wish

In a quiet forest blanketed with snow, a young pine tree named Pip stood among the towering giants. As Christmas approached, Pip watched sadly as families came to choose the perfect tree for their homes, always passing him by.

"I wish I could bring joy to a family this Christmas," Pip sighed, his branches drooping.

On Christmas Eve, a little girl named Lily and her father ventured into the

forest. They had searched everywhere for a tree but couldn't find one that felt right.

"Look, Papa!" Lily exclaimed, pointing at Pip. "This little tree is perfect!"

Pip's branches quivered with excitement as Lily and her father carefully cut him down and brought him home. They decorated him with twinkling lights, shimmering ornaments, and a beautiful star on top.

As Lily placed the final ornament,

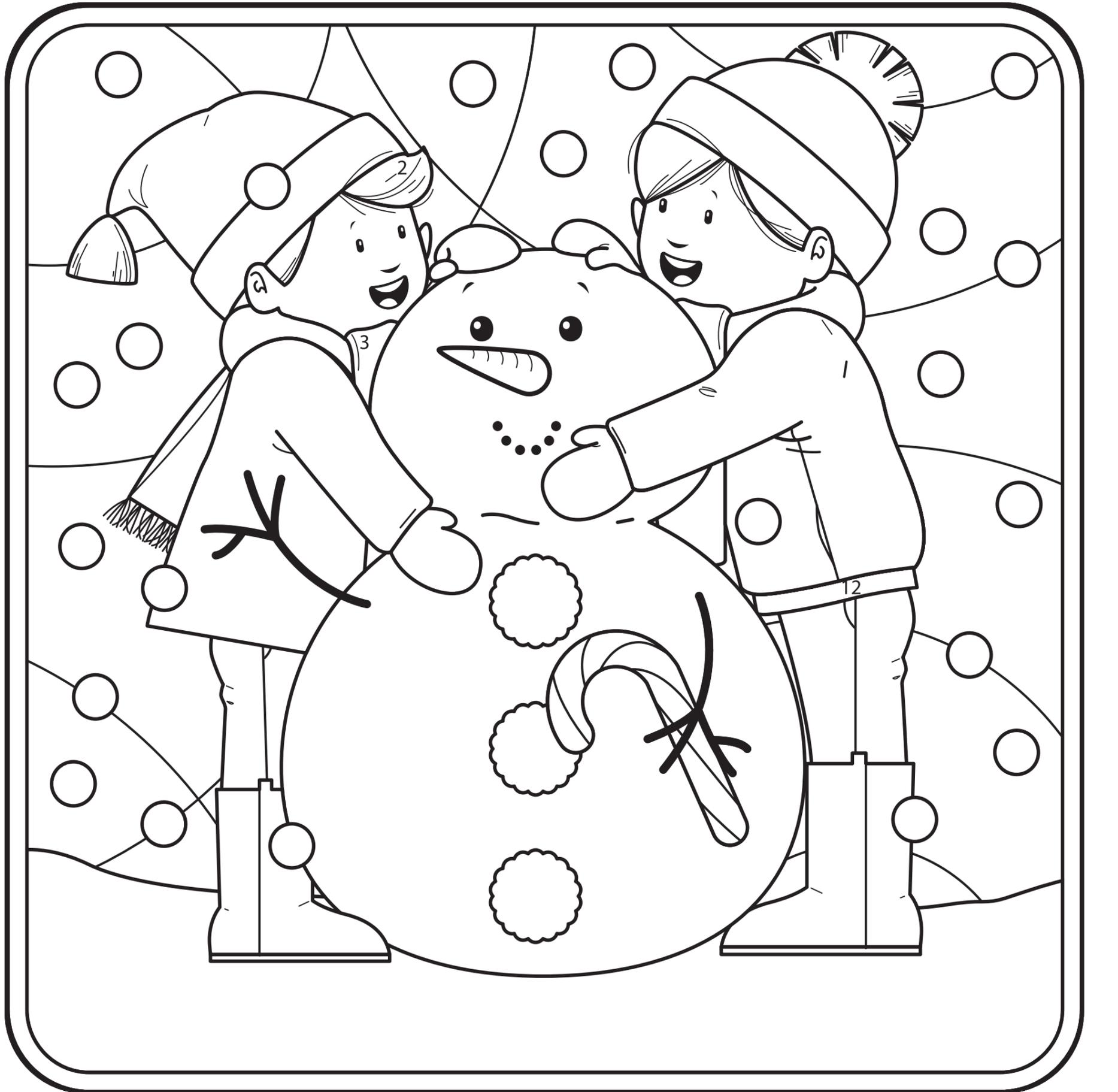
something magical happened. Pip felt a warm glow spreading through his branches, and to his amazement, he could move and speak!

"Thank you for choosing me," Pip said softly.

Lily gasped in wonder. "You can talk!" Pip explained how he had wished to bring joy to a family, and now his wish had come true. Together, Lily and Pip spent the night sharing stories and singing carols.

On Christmas morning, Lily's parents were amazed to find their daughter conversing with the tree. Pip's magic had brought the family closer, filling their home with laughter and love.

From that day on, Pip remained a cherished part of their family. Each Christmas, his magic would return, reminding them all of the true spirit of the season - love, kindness, and the power of wishes made from the heart.





LOCAL



A piece of history

Submitted by Bette Veinot

Ruby Wilson (1922-2003) wrote this Christmas story as she remembered it happening to her at the young age of eight years in the 1930s in Hebbville:

CHRISTMAS TO REMEMBER

Several days before Christmas it started to snow and it snowed and it snowed.

On the day before Christmas, we were snowed in. My dad owned a fleet of trucks, all in the back yard, snow all around and over them. As all the neighbours gathered to clear the highway, work stopped - leaning on their shovels, a deep conversation - was being held.

We, as children, were excited about all the snow and activities taking place, until we heard "Our Christmas turkey is in town, we have no presents, we have no groceries, we have got to get to town."

It wasn't long before one of the trucks was shoveled out and about 10-12 men armed with shovels, headed out for town. The children were made stay at home. It still snowed.

About 4:30 that afternoon, everyone arrived home laden with Christmas dinner and gifts. The story goes that one man known as Uncle Fred was too tired to carry his Christmas load, so he dragged it thru the snow in his canvas bag, up the hill to his house.



The snow stopped but the trail was still there. We were told it was left by Santa, but we knew it was Uncle Fred's turkey. Many stories were told at Christmas dinner tables in that little village of Hebbville. Some were never told!

This original story was printed by her years after it happened. That piece of Christmas notepaper is still a special keepsake for her daughter, Bette.

Many knew Ruby as the co-founder of the Wee Wisdom Nursery School.

Christmas traditions at the Bulletin

Kevin: I remember for so many years, growing up as a child, I would be the first one up on Christmas morning...ready to go... so I would wake up my siblings and my parents so that we could get the Christmas unwrapping started.

Unfortunately, as a farm kid, to my chagrin I would have to wait until my father finished the chores like milking the cows, feeding the pigs and chickens. Then he would have to eat breakfast, then we could get started - and I think he took a lot longer to do the chores on that day. I'm sure of it.

Katherine: The Story of Santa
When my children were little, my sister, Crystal, sent them a beautifully illustrated book called The Story of Santa. It is quite a long book, so for the twelve evenings before Christmas, we would read one section at a time. The book included the Night Before Christmas, so we timed it so that would

be read on Christmas Eve, with a section read on Christmas Day when the Elves, Santa, and Mrs. Clause enjoyed their Christmas meal. The children are all grown up now and live all over the country. The book is falling apart from so much love and reading. I would love to find a copy for each of the children and their children, but sadly, this beautiful book is no longer in print. Still, the memories live on with hot chocolate, candy canes, and love.

Natasha: My favourite part of Christmas is decorating the tree.

Many of my ornaments are more than just ornaments, they transport me... The little plastic Santa my grandmother gave me before my family moved away. The ornaments from Amos Pewter my aunt sent to my family when we were away. The plastic red and gold oh-so-eighties ornaments my dad bought that my mom and I did not like at all... but I treasure their

remnants now. The plethora of miniature Victorian fans my mom made during one of her crafting phases - far too many for my tree, but I fit them all on anyways. And the few remaining glass ornaments I have left from both maternal and paternal grandparents. I hold each one and think about the hands that have held them, the years that have passed in a blink of an eye. So many lives, so many moments. And by holding each of the ornaments, I feel as though I have touched each of those lives and moments one more time, ever so lightly, ever so briefly.

Diana: My family gathers (approximately 25 of us) Christmas Eve for a feast of homemade pizzas, donairs, and chowders. We play games and sing Christmas carols with the help of some talented musicians (uncle and cousins on guitar, Papa with the accordion). After everyone heads home, we watch Jeff Dunham's Christmas Special (2008 version), and settle in with some MOM-mosa's

SOUTH SHORE BULLETIN

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How some popular holiday traditions got their start

Will you be baking gingerbread or hanging stockings by the fireplace this holiday season? Perhaps you'll be lighting the menorah or playing a game of dreidl? The holidays are steeped in tradition, some of which are older than celebrants may realize.

Individuals gather during the holidays and participate in various traditions that have withstood the test of time. Most people engage in these traditions or recognize symbols automatically, but it can be interesting to learn how these traditions came to be.

CHRISTMAS CAROLING

The British traditions of wassailing and mumming and the Slavic tradition of koliada were some of the precursors to more modern caroling. People would go door-to-door and recite poetry or sing with the hope of bringing about good fortune or influencing a future harvest, according to Rutgers University. Carolers spread hope and good tidings through song during a time of year when sunlight was limited.

CHRISTMAS TREES

Pagans once displayed evergreen branches as a reminder that spring would come again, while Romans placed them around temples to honor Saturn, the god of agriculture. Eventually the evergreen was used in conjunction with Christian Christmas celebra-

tions. In the sixteenth century, German Christians put trees inside their homes as symbols of everlasting life.

SANTA CLAUS

Children who celebrate Christmas eagerly await the arrival of a jolly sort who goes by the name of Santa Claus. His origin story stretches back to the third century, when Saint Nicholas became the patron saint of children. Saint Nicholas was a monk in what is modern-day Turkey. It is said that he traveled helping the poor and the sick. History.com says he is believed to have saved three impoverished sisters from slavery by providing them with a dowry so they could be married, and he also provided gifts to children.

MENORAH

The menorah is a multibranch candelabra used in Jewish religious rituals. The menorah is first mentioned in the book of Exodus when the design of the lamp was revealed to Moses by God on Mount Sinai. Many menorahs are seven-branched, but during Chanukah, an eight-branched menorah is used. The Chanukah menorah is modeled after the Tabernacle menorah that corresponds to the eight-day festival. It was used to celebrate the rededication of the Second Temple. The available oil supply was supposed to light the menorah for just one day, but the candles actually burned for eight.

MISTLETOE

Kissing under the mistletoe is a holiday season tradition that can lead to some red faces when couples are caught beneath the plant. Norse mythology paved the way for kissing under the mistletoe. Legend has it the gods used mistletoe to resurrect Odin's son, Baldur, from the dead. Baldur's mother, Frigg, the goddess of love, made the plant a symbol of love and vowed to kiss anyone who passed under it. Mistletoe blooms under cold conditions, which is how it became associated with the holiday season.

YULE LOG

Yule logs were once part of winter solstice celebrations to bring good luck and fortune, but America is where a yule log really caught on as a holiday tradition. In 1966, the WPIX television station in New York City aired a continuous loop of a fireplace burning for three hours with holiday songs playing. It became an annual tradition, says History.com. Some people even serve a cake that looks like a yule log. The Bûche de Noël is a traditional Christmas cake that is especially popular in France.

BRIDGEWATER SENIOR CITIZENS CARD GROUP RESULTS

The Bridgewater Senior Citizens Group met on December 17 for a game of Auction 45's.

Winners were: Ladies' high, Florence Wagner, 1035; Men's high, Chris Brown, 930; Runners up, Ethel Andrews, 940 and Eva Corkum, 925. Winner of the 50/50 draw was Phyllis Meisner. Winners of 30 X 60 bids were Wilma Dorey, Donna Wentzell and Carol Meade-Corkum. Winners of a special door prize were Wilma Dorey and Gary Aulenback.

Card parties are held on Wednesday afternoons at 1:30 in the Masonic Hall on Dominion Street. New members always welcome. After the holidays, card parties resume on January 7th.

GOLDEN YOUTH CARD CLUB CARD PARTY RESULTS

The Golden Youth Card Club met on December 18th for a game of Auction 45's. The winners were: Ladies high (tie), Phyllis Meisner and Gail Boyle 930; Ladies second, Mildred O'Hearn 925; Men's high, Dean Avery 975; Men's second, Rodger Demond 935; Low Score, Chris Brown 635; Lucky Tally, Weldon Naugler; Travel Prize, Mildred O'Hearn; 50/50 Winners: Calvin Hiltz and Mary March. Card parties will resume January 8th and are held every Thursday afternoon at 1:30pm at the Pleasantville Fire Hall. New members (age 55+) are welcome to attend. Light lunch provided.

WINTERTIME WORD SEARCH

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

WORDS

- BOARD
- BUNDLED
- CHILLY
- COAT
- DOWNHILL
- DRIFT
- FLUFFY
- FLURRIES
- FROSTBITE
- FROSTY
- GUSTS
- HOCKEY
- ICE
- MITTENS
- SCARF
- SHOVEL
- SKATING
- SKIING
- SLED
- SNOW
- TUBE
- WARMTH
- WINTER
- WONDERLAND

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

Dahl's dispatch

EVAN DAHL

Lunenburg County firefighters answered 55 calls for service and Queens County firefighters answered 24 calls for service from Thursday, Dec. 11 to Wednesday, Dec. 17 – 30 of these calls were medicals.

DECEMBER 11

At 10:44 a.m., Chester firefighters responded to a commercial fire alarm in Chester.

At 1:35 p.m., Liverpool firefighters responded to a commercial fire alarm in Milton.

At 4:42 p.m., New Germany firefighters responded to a possible woods fire in Stanburne. Hemford also responded.

DECEMBER 12

At 6:22 a.m., New Germany firefighters responded to a residential fire alarm in Franey Corner.

At 12:48 p.m., Liverpool firefighters responded to a tree on power lines on fire in Brooklyn.

At 1:38 p.m., Hubbards firefighters responded to assist Black Point at a motor vehicle accident in Hubbards. Upper Tantallon also responded.

At 7:00 p.m., Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

At 9:32 p.m., Northfield firefighters responded to a motor vehicle accident in Branch LaHave.

DECEMBER 13

At 6:48 a.m., Cornwall firefighters responded to a motor vehicle accident in Middle New Cornwall.

At 7:09 p.m., Lunenburg firefighters responded

to a motor vehicle accident in Deans Corner.

At 8:32 p.m., Liverpool firefighters responded to a suspicious odour in Liverpool.

DECEMBER 14

At 9:13 a.m., Oakhill firefighters responded to a motor vehicle accident in Oakhill. Blockhouse also responded.

At 9:16 a.m., Port Medway firefighters responded to a motor vehicle accident in Port Medway. Mill Village also responded.

At 9:30 a.m., Blockhouse firefighters responded to a motor vehicle accident in Blockhouse.

At 5:18 p.m., North Queens firefighters responded to a house fire. Greenfield, Liverpool, Hemford and New Germany also responded. Tri District was on stand by for Greenfield, Port Medway in Liverpool and Mill Village in Port Medway.

At 5:55 p.m., Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

At 6:37 p.m., Petite Rivière firefighters responded to a motor vehicle accident in Crousetown.

At 6:55 p.m., Blockhouse firefighters responded to a motor vehicle accident in Maitland. Oakhill also responded.

At 6:57 p.m., Mahone Bay firefighters responded to a motor vehicle accident in Mahone Bay.

At 7:43 p.m., Hebbleville firefighters responded to a power pole fire in Hebbleville.

At 10:13 p.m., Hebbs Cross firefighters responded to a chimney fire in Hebbs Cross.

DECEMBER 15

At 1:01 p.m., Hubbards firefighters responded to a motor vehicle accident in Mill Cove.

At 1:57 p.m., Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

DECEMBER 16

At 12:00 p.m., Dayspring firefighters responded to a structure fire in Dayspring. Lunenburg, Bridgewater, Riverport and Oakhill also responded. Hebbleville was on stand by in Bridgewater.

At 3:09 p.m., North Queens firefighters responded to a fire alarm.

At 3:29 p.m., Greenfield firefighters responded to a commercial fire alarm in Greenfield.

At 4:22 p.m., Lunenburg firefighters responded to a gas alarm in Lunenburg.

DECEMBER 17

At 5:57 a.m., Chester firefighters responded to a motor vehicle accident at Windsor Road. Chester Basin also responded.

At 6:07 a.m., Italy Cross firefighters responded to power lines on fire in Italy Cross.

At 6:17 p.m., Martins River firefighters responded to a motor vehicle accident in Martins River. Western Shore and Mahone Bay also responded.

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

Social Column

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

December 24, 1969

West Northfield

Mr. Barry Oickle, student at Forest Ranger School, Fredericton, graduated on Friday. Barry stood second in his class and received the prize for Surveying. Congratulations. Barry arrived home late on Friday to spend some time with his parents Mr. and Mrs. LeRoy Oickle and David.

Rhodes Corner

After the regular meeting of Woodbine Rebekah Lodge No. 53 on Friday evening, December 19th, a Christmas party was held. Games and contests were played, prizes going to the winners. A delicious lunch was served by the members. Each member and guest received a gift from a gaily lit tree. A sing-song of Christmas carols were sung with Mrs. Mary Schmeisser at the piano.

Cherryfield Road

Mr. and Mrs. Arthur Crouse of Springfield visited Mr. and Mrs. Howard Burgoyne, Tuesday afternoon. The Crouse's had just returned from a holiday spent in Florida. They also visited Mrs. Crouse's two sisters for several days in Mass., on their return.

Farmville

Several from this place attended the Hospital Chorus Christmas Concert on Monday evening at Bridgewater and also the Christmas programme held at Blockhouse on Saturday evening.

Upper LaHave

The Ladies Auxiliary of the Dayspring and District Fire Dept. held their monthly meeting in the fire hall on Monday evening with the President, Mrs. Paul Naugler presiding. Dates were set for a number of card parties to be held after Christmas. Final plans were also made for catering to the Centre Dewing Class. It was made a motion that we give a donation to the Firemen toward the new building, whenever it was needed. It was then moved the meeting adjourn.



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

What's coming to streaming this week: December 24-30, 2025

NETFLIX

December 24

Goodbye June (U.K.)
Madagascar

Tom Segura: Teacher

December 25

Christmas Gameday: Cowboys vs Commanders

Christmas Gameday:
Lions vs Vikings

Stranger Things 5: Vol 2

The Visit

Us

December 26

Cover-Up

December 29

Members Only: Palm Beach

December 30

Evil Influencer: The Jodi Hildebrandt Story

Ricky Gervais:
Mortality (U.K.)

DISNEY+

December 24

Are You Sure?! (S2, New Episodes)

Made in Korea (Two-Episode Premiere)

Percy Jackson and the Olympians (S2, New Episode)

Percy Jackson and the Olympians:
Official Podcast (New Episode)

Wandance (New Episode)

December 25

Disney Parks Magical Christmas Day Parade

December 26

Baymax & Mochi (Shorts)

Cat's Eye (New Episode)
Disney Tsum Tsum (S1-4)

I AM BOXER (New Episode)

Jaguar vs. Croc

Operation Orangutan

The End of an Era (New Episodes)

December 28

One-Punch Man (S3, New Episode)

December 29

Bob's Burgers (S16, New Episode)

The Simpsons (S37, New Episode)

CRAVE

December 24

The Green Dinosaur

Paw Patrol: The Movie

Paw Patrol: The Mighty Movie

It Feeds
Cocaine bear

December 25

Shoresey: Season 5, Episodes 1-2

December 26

Menteuse
Tomb Raider
Grimsburg: Seasons 1-2
Much Presents K-OS

December 27

Cocomelon JJ's Animal Time 1, Part 2

December 28

Outback Opal Hunters: Seasons 3-4

December 29

Air (2023)

December 30

Bride Hard

PRIME VIDEO

December 27

The Secret Life of Pets 2

December 29

Prime Monday Night

Hockey: Oilers vs. Jets

The Man Who Got Carter

The Life of Chuck



BOWLING

Pajo's Bowling Alley League Stats

Lucky Strikes League, Dec. 5: H.S. Courtney Tremere 129; H.T.: Courtney Tremere 344; H.S. Scott Doucette 134; H.T.: Scott Doucette 388; H.T.T.: Splits & Giggles 1641

Mickey Mouse League, Dec. 7: H.S. Devan Naugler/Chris Heim 110; H.T.: Devan Naugler 298; H.S. Katie Lantz 108; H.T.: Terriann Carver 298; H.T.T.: Deadwood 1439

Men's, Dec. 8: H.S. Scott Doucette/Mark Knickle 131; H.T.: Scott Doucette 362; H.T.S.

Bernie's Boys 601; H.T.T.: All or Nothing 1651

Ladies, Dec. 9: H.S. Kim Veinotte 106; H.T.: Kim Veinotte 296; H.T.S. Happy Sevens 615; H.T.T.: Happy Sevens 1800

Canexcel, Dec. 10: H.S. Ariana Feener-Berringer 128; H.T.: Ariana Feener-Berringer 308; H.S. Yama Younis 137; H.T.: Shawn Mulock 360

Money League, Dec. 11: H.S. Val Feener 122; H.T.: Courtney Tremere 350; H.S. Shawn D'Eon 126; H.T.: Colton Whitman 344; H.T.T.: Three Chicks and a Spare 1511

LIFESTYLES

Gifts and presence

SUSANNE BECK
Reality Check

It's that time of year when many of us focus on presents. Ads surround us promoting the message: this is a time to buy.

Granted, getting and giving packages wrapped in festive paper and glittery ribbons does add a certain joy to the season. And, as many have said, "It's the thought that counts." The knowledge that someone cares for us, expressed in this tangible way, has value.

I'm going to suggest a wonderful gift that we can give to ourselves or someone else. It's easy to find and inexpensive. It's a present that encourages being present. Now you might be wondering, "What does that even mean?"

We often have thoughts, conversations, and influences that pull us away from the present. We start ruminating about the past or fretting about the future.

For some, thinking of the past brings up old hurts, injustices, and losses. However, the past can also be the source of happy memories: good times with people we love, triumphs at work, victories in sports, or how we overcame fears or barriers.

The future can also pull us away from the present. Sometimes, it's in the form of anticipation of de-

lights to come. Other times, the future appears as frightful visions of bad things that could happen; events largely out of our control. We can't do anything about them but worry. That's not very satisfying.

Do you find that you spend significant time in the past or the future rather than in the present? If so, I'm going to suggest that it's more satisfying to focus on the good times rather than the miseries.

But what if you can't remember any good times in the past? Or foresee any positive events in the future? Look closely. Even the tiniest good event or connection can be cheering. However, if positive, satisfying things keep getting crowded out by the nasty stuff, then here's my gift suggestion.

Write them down. Keep a journal. Notebooks are cheap and readily available, but a notebook that you have filled with your own reminders of satisfactions in your life can be surprisingly valuable.

What would you write? Include positive accomplishments, the good relationships, the fun you've had or are having. Then, when you notice that you are headed down a spiral of dissatisfaction, take a look. See if it makes a difference in how you see the present.

If you want to give yourself a present that could help you take more effective control over your life,

my suggestion is a notebook.

Like most tools, however, you'll need to use it if it's to be effective. But it's not all that difficult to choose to develop a new habit. Set aside a few specific minutes each day, or each week, or even each month if that's what you want, and decide to write.

Choose to write notes about the future that you find hopeful, that inspire positive feelings when you read them. Choose to write memories of the past that bring you warmth and satisfaction.

The notebook is my simple tool of choice for gaining perspective. It can help us sort out the positive from the negative. It can remind us that we have things to be grateful for, despite any losses, fears, or angers.

If you choose to give a notebook as a gift for someone else, then you might include a note to tell them why you have made that choice. Including a copy of this article would be one way to take care of that.

Do you keep a journal or notebook of any kind? How does that work for you? Let me know at choice@focusonclarity.com or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~
Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute

STEPHANIE MILLER VINCENT
Business Moments

Most days, nothing is technically wrong. The doors open on time. The work gets done. Customers come and go. When asked how things are, the answer is almost always, fine. On the surface, that sounds like success. Yet "fine" is rarely a compliment.

"Fine" is what people say when they've learned not to expect more.

I see it when team members answer without making eye contact and when a workplace hits its numbers but has lost its energy.

THE SILENCE THAT SPEAKS VOLUMES

The trouble with "fine" is that it doesn't ring any alarms. There's no complaint to respond to and no crisis to manage. The absence of noise is mistaken for the presence of health.

A manager boasts about having "no turnover problems." Everyone knows their role. The operation runs smoothly. Yet during a busy afternoon, the kind of connection that happens when people are engaged is absent. The team moves through tasks with lifeless efficiency, like dancers who've memorized choreography but forgotten why they loved to dance.

When I asked a long-term employee what she'd change if she could, she paused. "It doesn't really matter what I think," she said, not bitterly, but matter of factly. "Things are the way they are." That's what "fine" sounds like when you listen closely.

THE EDUCATION OF LOWERED EXPECTATIONS

People learn how much effort is worth giving. They adjust to what's rewarded and what's ignored. If ideas go nowhere, people stop offering them. If

feedback isn't welcomed, people keep it to themselves. If attention is given only when something breaks, people quietly lower their expectations and call it "fine."

This happens gradually, almost invisibly. A new hire arrives with enthusiasm and suggestions. The first few go unacknowledged, one gets a polite nod but no follow up, the next is met with "that's not how we do things here." Within months, that same person has learned the real rules: do your job, don't make waves, collect your pay. They become "fine" employees, reliable, predictable, and increasingly invisible.

WHAT ATTENTION REALLY MEANS

This isn't about micromanagement. It's about attention.

Attention is a leadership responsibility. It's the willingness to look past surface answers and notice small shifts before they become big problems. Culture doesn't erode loudly. It fades politely.

Real attention means asking the second question. When someone says "fine," it means observing whether their body language matches their words. It's noticing when the energy in a room has changed, even if you can't immediately say why. Who used to speak up but has gone quiet?

What if you started ending weekly check-ins with, "What's one thing that was harder this week than it needed to be?" Not "what's wrong," but an invitation to notice friction before it becomes a failure. What if you gave permission to be honest?

Continued on page 8

The cost of being 'fine'

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Lunenburg, N.S.			
TIDE TABLE			
Wednesday, December 24		Sunday, December 28	
low 2.23 ft	4:41 AM	high 5.64 ft	1:30 AM
high 5.41 ft	10:31 AM	low 1.97 ft	8:38 AM
low 1.12 ft	5:04 PM	high 4.76 ft	1:43 PM
high 5.45 ft	11:19 PM	low 1.51 ft	8:30 PM
Thursday, December 25		Monday, December 29	
low 2.3 ft	5:35 AM	high 5.68 ft	2:28 AM
high 5.32 ft	11:10 AM	low 1.67 ft	9:39 AM
low 1.21 ft	5:49 PM	high 4.66 ft	2:57 PM
high 5.54 ft	11:58 PM	low 1.61 ft	9:31 PM
Friday, December 26		Tuesday, December 30	
low 2.26 ft	6:36 AM	high 5.77 ft	3:33 AM
high 5.15 ft	11:53 AM	low 1.31 ft	10:40 AM
low 1.31 ft	6:39 PM	high 4.72 ft	4:17 PM
high 5.61 ft	12:41 AM	low 1.64 ft	10:35 PM
Saturday, December 27		Wednesday, December 31	
low 2.17 ft	7:38 AM	high 5.91 ft	4:39 AM
high 4.95 ft	12:43 PM	low 0.95 ft	11:41 AM
First Quarter		high 4.99 ft	
low 1.41 ft	7:33 PM	low 1.71 ft	11:46 PM

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

LIFESTYLES

Traveling for the holidays?

How to prepare your pets (or your pet-sitter)

ASHLEY KIPPERS

SHAID Tree Animal Shelter General Manager

The holiday season often brings packed calendars, family visits, and travel plans. While you're preparing suitcases and gifts, it's just as important to make a plan for your pets. A little preparation goes a long way in keeping them safe, comfortable, and stress-free while you're away.

IF YOUR PET IS TRAVELING WITH YOU

Not all pets enjoy travel, but for those who do:

- Schedule a vet check ahead of time, especially for long trips.
- Ensure proper identification: Microchips, ID tags, and updated contact information are essential.
- Pack a pet travel kit with food, medications, litter, favorite toys, and familiar bedding.
- Use a secure carrier or harness to prevent injury during car rides.
- Stick to routine as much as possible once you arrive at your destination.

IF YOUR PET IS STAYING HOME

Many pets are the happiest remaining in familiar surroundings.

Choosing a pet-sitter:

- Use someone your pet already knows, or schedule meet-and-greets in advance.
- Make sure the sitter understands your pet's personality, routines, and any medical needs.
- Have a plan with a neighbour if back up is needed if the pet sitter is unable to access your house due to bad roads.

What to leave behind:

- Written feeding instructions and schedules
 - Medication details and vet contact information
 - Emergency contacts
 - Notes about behaviour, hiding spots, and stress triggers
 - Plenty of food, litter, and enrichment toys
- For cats especially, calm and consistency are key.



ASHLEY KIPPERS PHOTOS

Frye (left) and Merrell (right), both six months old, are looking for a new home.

CONSIDER BOARDING?

If boarding is the best option:

- Book early — spaces fill quickly during the holidays.
- Ask about vaccination requirements.
- Tour the facility and ask about quiet spaces for shy or sensitive pets.
- Bring familiar items to help reduce stress.

QUIET HEARTS WAITING FOR A HOME

Some pets need time, patience, and a peaceful environment to truly shine — and three young sisters at SHAID are hoping for just that.

Frye, a six-month-old long-haired female, is gentle and shy at first. She would thrive in a calm home and would benefit from having a friendly

feline companion to help build her confidence.

Merrell, also six months old, is feeling overwhelmed in the shelter and needs a very quiet, understanding home where she can settle in at her own pace. With time and gentle care, she has the potential to gain confidence and feel safe.

Kamik, a six-month-old dilute tortoiseshell, is shy but friendly once she feels secure. In a low-stress environment with patient adopters, she has the potential to blossom into a loving companion.

These sisters may not be quick to greet, but with patience and kindness, they offer deeply rewarding bonds to the right homes.

For more information on adoption or pet care resources, contact SHAID Animal Shelter.

The cost of being 'fine'

Continued from page 7

THE HIDDEN LEDGER

The cost of being "fine" doesn't show up all at once. It appears in disengagement, in missed opportunities, in people doing only what's required instead of what they're capable of. By the time you realize something's wrong, the damage is often already done.

There's innovation that didn't happen because people stopped suggesting improvements. The talented employee who cited "better opportunities," when what they really meant was, someone else finally asked what I thought.

These losses don't appear on quarterly reports. A business operating at "fine" might be performing at sixty or seventy percent of its potential, but because there's no crisis, the gap remains invisible.

Business owners weather downturns, competitive pressures and staffing challenges. But what should keep them up at night isn't any of those things. It's wondering what they're not seeing, what

everyone has learned not to tell them.

THE PATH FORWARD

If everything feels "fine," it might be worth asking, when was the last time you really looked?

Not a glance during a walkthrough. Not the numbers on a dashboard. But really looked at faces, at engagement, at whether people lean in or hold back, at whether you're building something together or just maintaining what already exists.

The antidote to "fine" isn't perfection. It's presence. Start with curiosity instead of assumption. Ask open questions and wait through the silence. Notice who you haven't heard from lately. Look for what's missing, not for what's wrong. And when you receive honest input, demonstrate through action that it mattered.

"Fine" is a comfortable place to stop looking. But it's a dangerous place to stop leading.

The cost of "fine" is measured in un-lived potential. And unlike most business expenses, you can't reclaim it once it's gone.

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

Region of Queens Municipality is seeking 3-5 citizen volunteers to serve on a short-term Citizen Advisory Committee on Council Remuneration.

This Committee will review Administrative Policy 27 - Respecting Remuneration for Mayor and Councillors and will provide advisory recommendations to Council regarding potential updates to the policy, including remuneration levels.

We are looking for community members with experience in one or more of the following:

- Governance
- Legislation or regulatory compliance
- Public policy
- Finance
- Public Administration

For more information on this important Committee and how to apply, please visit our webpage at www.regionofqueens.com/committees



LIFESTYLES



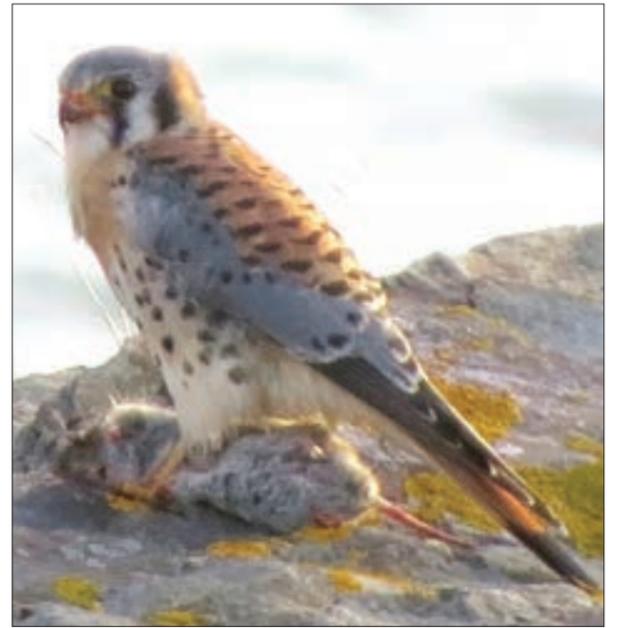
JAMES HIRTLE PHOTO

A northern mockingbird found at First Peninsula Dec. 17.



JAMES HIRTLE PHOTO

An eastern phoebe caught on camera in Bridgewater Dec. 6.



JAMES HIRTLE PHOTO

An American Kestrel found at Fader's Cove Dec. 17.

The Barrington Christmas Bird Count

JAMES HIRTLE
Bird Notes

The Barrington Christmas Bird Count was held on Dec. 14 this year.

My route that I run for this count goes from Upper Woods Harbour back through to Bear Point. I set off early on the day of the count with roads bad enough that I was considering not making the trip. I was to meet Dorothy Poole at the Liverpool Carpool at 6:30, but arrived a half hour late due to road conditions.

Dorothy decided that she was not going to go with me. I called Logan Moore, the co-ordinator for the count to access conditions on Cape Sable Island. He informed me that the roads were clear and that he did not expect much snow before the afternoon. So, I continued on.

Not far beyond Liverpool the roads were mostly good the rest of the way. I was to meet Ethan Sarty and Sidney O'Connor at the Barrington Passage Tim Hortons for 08:00. I called ahead and let them know I would be a half hour late.

We met up and proceeded to Upper Woods Harbour. We ended up finding 31 species over the route, which is great considering that there were heavy winds and snow for the whole day. The snow did not accumulate on the roads though, which was good.

Right away we found four yellow-rumped warblers and later, an additional three. Four American robins were another highlight. Further along the route I discovered a great blue heron. The next good bird was a dovekie.

This was a new species for both Ethan and Sidney. A red-winged blackbird was a good winter bird to see. The next good find was an orange-crowned warbler. I do not often see black guillemots sitting up on floating wharfs, so seeing several of them along the route doing this was a treat for me.

I made it back home before the snowstorm hit

so that was a plus. After the storm, I must admit that I was not highly motivated to go out birding the next day. I did all of my birding that day at my feeders at home.

On Dec. 9 I saw two gadwalls, a male and a female at First South. On Dec. 10 Lise Bell spotted the northern mockingbird that was continuing at First Peninsula. On that day I had three dunlins and a black-bellied plover at Crescent Beach. The day after there were four dunlin present.

Lise Bell saw a northern harrier at Bush Island. On Dec. 10 I briefly saw one of the three orange-crowned warblers that Kevin Lantz had seen the day before at the Front Harbour Trail in Lunenburg. Lots of Bonaparte's gulls are still continuing at First Peninsula. On Dec. 11 Kevin Lantz sighted three gadwalls and 12 green-winged teal at the Back Oler Farm Marsh in Garden Lots.

On Dec. 13 Barbara McLean and I saw an American kestrel at Mason's Beach. I was joined by Carrie Ann Thomas and Marc DeVries and we all saw a ruby-crowned kinglet.

Barbara left us and I continued with Carrie Ann and Marc to First South to show them the 92 greater scaup that were there. While they were photographing the scaup, Carrie Ann located a savannah sparrow. A hard bird to find during the winter here and a species that I sometimes do not get for my winter list.

We continued on to Bridgewater to the home of Joe Holmes and we were successful in seeing the clay-coloured sparrow there. The eastern phoebe that I had thought had left the area made a brief appearance.

On Dec. 14 Joe had the clay-coloured sparrow, the eastern phoebe and a Baltimore oriole. Kevin Lantz reported three green-winged teal at Corkum's Island as well as one gadwall in that area. He had one lesser scaup at First South.

At his home 12 evening grosbeaks appeared. One day he had a red-bellied woodpecker. One of

these birds continues at Charlene MacDonald's feeder in First South and another at the feeder of Barbara McLean. Barbara also has a pine warbler coming to her feeder. On Dec. 14 she had eight common grackles.

On Dec. 9 Gerry Lunn reported an ovenbird and a swamp sparrow at Black Duck Cove in Canso. On Dec. 11 Kathleen MacAulay had a modest flight of black-legged kittiwakes and alcids along with two Manx shearwaters, while doing a sea watch at Cape Forchu.

On Dec. 14 Natalie Barkhouse-Bishop spotted a cackling goose on the Hartlen Point Golf Course. Tony Millard sighted a snowy owl in Yarmouth. Logan Moore reported a lesser yellowlegs at Daniel's Head Beach on Cape Sable Island. Phil Taylor had two snow geese at the Guzzle in the Valley on Dec. 15.

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

Cherry Surprises

INGREDIENTS

- 1/2 cup soft butter
- 1 tsp orange juice
- 1 1/2 cups fine coconut
- 2 dozen cherries halved
- 1 cup graham cracker crumbs
- 1 3/4 cup icing sugar

DIRECTIONS

1. Cream butter.
2. Add sugar and juice.
3. Add coconut.
4. Wrap around cherry.
5. Roll in crumbs.
6. Set on waxed paper.
7. Store in a covered container in a cool place.

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

info@southshorebulletin
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WEDNESDAY EVENING DECEMBER 24. Table with columns for time slots (6:30-11:30) and program details including titles, hosts, and networks.

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

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

Channel Guide table with columns for channels (GLOBAL, ITV, YTV, etc.) and rows for regions (A, B, C, D, E).

THURSDAY EVENING DECEMBER 25. Table with columns for time slots (6:30-11:30) and program details.

FRIDAY EVENING DECEMBER 26. Table with columns for time slots (6:30-11:30) and program details.

WEEKDAY DAYTIME DECEMBER 24 TO DECEMBER 30. Large table with columns for time slots (7:30-6:00) and program details for the week.

SATURDAY DAYTIME DECEMBER 27. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME DECEMBER 28. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING DECEMBER 27. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING DECEMBER 28. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, DECEMBER 24

EVENING

6:45 [CTVSCI-FI] "Percy Jackson: Sea of Monsters" (Children,2013) Logan Lerman, Brandon T. Jackson. To save Camp Half-Blood, Percy and his demigod friends must retrieve the Golden Fleece. (G)
7:00 [SLICE] "Daddy's Home" (Comedy,2015) Will Ferrell, Mark Wahlberg. An insecure man (Will Ferrell) competes with his stepchildren's freewheeling father (Mark Wahlberg). (G)
7:30 [CBC] "White Christmas" (Musical,1954) Bing Crosby, Danny Kaye. Ex-army buddies find love and success with a sister act just in time for Christmas. (G)
8:00 [AIV] "Home Alone" (Children,1990) Macaulay Culkin, Joe Pesci. A left-behind boy (Macaulay Culkin) battles two burglars (Joe Pesci, Daniel Stern) in the house. (G)
[APTIN] "A Beachcombers' Christmas" (Comedy,2004) Dave Thomas, Jackson Davies. The new owner of Molly's Reach organizes a celebrity hockey game as a fundraiser.
9:00 [ASW] "A Christmas Carol" (Fantasy,1951) Alastair Sim, Kathleen Harrison. Miser Ebenezer Scrooge (Alastair Sim) meets the ghosts of Christmases past, present and yet to come. (G)
[SLICE] "Daddy's Home 2" (Comedy,2017) Will Ferrell, Mark Wahlberg. Brad and Dusty's respective fathers show up to turn Christmastime upside down. (G)
[SHOW] "The Bourne Identity" (Action,2002) Matt Damon, Franka Potente. An amnesiac assassin is himself marked for death by his CIA superiors following a failed hit. (14+)
[TBS] "A Christmas Story" (Children,1983) Peter Billingsley, Darren McGavin. A boy (Peter Billingsley) tries to convince his parents to get him a BB gun. (G)
[CTVSCI-FI] "Dune" (Sci-Fi,2021) Timothee Chalamet, Rebecca Ferguson. Malevolent forces explode into conflict over the most precious resource in the universe. (G)
[ABC] "Home Alone" (Children,1990) Macaulay Culkin, Joe Pesci. A left-behind boy (Macaulay Culkin) battles two burglars (Joe Pesci, Daniel Stern) in the house. (G)
[NBC] "It's a Wonderful Life" (Comedy Drama,1946) James Stewart, Donna Reed. A guardian angel strengthens a man (James Stewart) ruined by a miser (Lionel Barrymore). (G)

10:00 [CH] "A Bad Moms Christmas" (Comedy,2017) Mila Kunis, Kristen Bell. Three overburdened moms try to make Christmas perfect for their families and their visiting mothers. (14+)
[APTIN] "The New Beachcombers" (Comedy Drama,2002) Jackson Davies, Dave Thomas. Based on the TV series. Friends try to save their favorite restaurant from demolition.

THURSDAY, DECEMBER 25

EVENING

7:00 [SLICE] "The Twilight Saga: Eclipse" (Romance,2010) Kristen Stewart, Robert Pattinson. Bella must choose between Edward and Jacob, as a string of mysterious killings terrorizes Seattle. (G)
[TBS] "A Christmas Story" (Children,1983) Peter Billingsley, Darren McGavin. A boy (Peter Billingsley) tries to convince his parents to get him a BB gun. (G)
7:15 [CTVSCI-FI] "Star Wars: The Last Jedi" (Sci-Fi,2017) Mark Hamill, Carrie Fisher. Luke Skywalker comes to a crossroad when he meets a woman who wants to learn the ways of the Jedi. (G)
7:30 [SHOW] "American Made" (Adventure,2017) Tom Cruise, Donnell Gleeson. Pilot Barry Seal transports contraband for the CIA and the Medellin cartel in the 1980s. (14+)
8:00 [CBC] "Dr. Seuss' How the Grinch Stole Christmas" (Children,2000) Jim Carrey, Jeffrey Tambor. A curmudgeon (Jim Carrey) hates the Christmas-loving Whos of Whoville. (G)
[APTIN] "Finality of Dusk" (Drama,2023) Ishkode and Niife join forces to prove that the ultimate survivors have always had to fight.
9:00 [CH] "Love the Coopers" (Comedy Drama,2015) Alan Arkin, John Goodman. Four generations of extended family gather for an annual Christmas Eve celebration. (G)
[TBS] "A Christmas Story Christmas" (Family,2022) Peter Billingsley, Erin Hayes. Ralphie returns to his childhood home in Indiana to give his kids a magical Christmas. (G)
9:30 [SLICE] "Twilight" (Romance,2008) Kristen Stewart, Robert Pattinson. A high-school student is caught up in an unorthodox romance with a vampire. (G)
10:00 [SHOW] "Top Gun" (Action,1986) Tom Cruise, Kelly McGillis. For Pete Mitchell being accepted into an elite training school for pilots is a dream come true. (G)

[APTIN] "The Beehive" (Drama,2023) Todd Hann, Tina Georgieva. A girl, her brother and father are forced to face a pandemic alien invasion.

FRIDAY, DECEMBER 26

EVENING

6:00 [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)
6:45 [CTVSCI-FI] "Star Wars: Episode V - The Empire Strikes Back" (Sci-Fi,1980) Mark Hamill, Harrison Ford. Luke Skywalker (Mark Hamill), Han Solo (Harrison Ford) and Princess Leia face Darth Vader's wrath. (G)
7:30 [SLICE] "The Twilight Saga: Breaking Dawn Part 2" (Romance,2012) Kristen Stewart, Robert Pattinson. The Cullens seek help from allies all over the world to protect Renesmee from the Volturi. (G)
9:00 [WTV] "A Grand Ole Opry Christmas" (Drama,2025) Nikki DeLoach, Sharon Lawrence. A magical twist of fate sends a woman back in time to discover love and hope.
[SHOW] "Star Trek Into Darkness" (Sci-Fi,2013) Chris Pine, Zachary Quinto. An act of terrorism sends Kirk on a mission to capture a powerfully destructive force. (G)
[TBS] "Captain America: The Winter Soldier" (Action,2014) Chris Evans, Scarlett Johansson. Captain America, the Black Widow and the Falcon face an unexpected enemy. (G)
9:30 [CTVSCI-FI] "Star Wars: Episode VI - Return of the Jedi" (Sci-Fi,1983) Mark Hamill, Harrison Ford. Jedi knight Luke Skywalker tries to identify Darth Vader's identity. (G)
10:00 [APTIN] "Searching for Sugar Man" (Documentary,2011) Stephen 'Sugar' Segerman, Dennis Coffey. Two South African fans try to shed light on the fate of a failed musician from Detroit. (G)

SATURDAY, DECEMBER 27

EVENING

6:00 [SLICE] "Lucy" (Action,2014) Scarlett Johansson, Morgan Freeman. A drug mule's illicit cargo is absorbed into her system, giving her incredible powers. (14+)
6:15 [TBS] "Captain America: The Winter Soldier" (Action,2014) Chris Evans, Scarlett Johansson. Captain America, the Black Widow and the Falcon face an unexpected enemy. (G)
6:30 [CTVSCI-FI] "Transformers: Rise of the Beasts" (Action,2023) Anthony Ramos, Dominique Fishback. The Maximals, Predacons and Terrorcons join the battle on Earth between Autobots and Decepticons. (G)

7:00 [WTV] "Christmas at the Catnip Cafe" (Romance,2025) Erin Cahill, Paul Campbell. Sparks fly between a marketing executive and a veterinarian as they help stray cats find homes.
[SHOW] "Fast Five" (Action,2011) Vin Diesel, Paul Walker. Brian O'Conner and Dom Toretto join forces to confront a corrupt businessman who wants them dead. (G)
8:00 [SLICE] "Taken" (Action,2008) Liam Neeson, Maggie Grace. A former spy uses his particular set of skills to save his kidnapped daughter. (14+)
[APTIN] "Once Were Brothers: Robbie Robertson and The Band" (2019) The story of a band that became one of the most influential groups of its era. (G)
9:00 [CH] "Just Go With It" (Romance,2011) Adam Sandler, Jennifer Aniston. A doctor (Adam Sandler) asks his loyal assistant for help in winning the woman of his dreams. (G)
[WTV] "Tidings for the Season" (Drama,2025) B.J. Britt, Tamera Mowry. News anchor Adam is challenged by superfan Robbie to report good news at Christmas.
[TBS] "Captain America: Civil War" (Action,2016) Chris Evans, Robert Downey Jr. A feud between Captain America (Chris Evans) and Iron Man leaves the Avengers in turmoil. (G)
9:15 [CTVSCI-FI] "Transformers: Dark of the Moon" (Action,2011) Shia La Beouf, Josh Duhamel. Sam Witwicky once again joins the battle between Autobots and Decepticons. (G)
10:00 [SLICE] "Taken 2" (Action,2012) Liam Neeson, Maggie Grace. Bryan Mills enlists his daughter's aid to free himself and his wife from a vengeful kidnapper. (14+)
[SHOW] "Fast & Furious Presents: Hobbs & Shaw" (Action,2019) Dwayne Johnson, Jason Statham. A lawman and an operative battle a cybernetically enhanced soldier who possesses a lethal pathogen. (G)
[APTIN] "Source Code" (Thriller,2011) Jake Gyllenhaal, Michelle Monaghan. A pilot (Jake Gyllenhaal) awakes in the body of a commuter who died in a train explosion. (G)

SUNDAY, DECEMBER 28

EVENING

7:00 [WTV] "Christmas Above the Clouds" (Romance,2025) Tyler Hynes, Erin Krakow. Three spirits journey Ella through her life to rediscover her Christmas spirit.
[SHOW] "The Fate of the Furious" (Action,2017) Vin Diesel, Dwayne Johnson. Members of the crew spring into action when a mysterious woman forces Dom to betray them all. (G)

[CTVSCI-FI] "Avengers: Endgame" (Action,2019) Robert Downey Jr., Chris Evans. The heroes understand just how fragile reality is and the sacrifices that must be made to uphold it. (G)
8:00 [SLICE] "Salt" (Action,2010) Angelina Jolie, Liev Schreiber. A CIA agent goes on the run after a defector accuses her of being a Russian spy. (G)
9:00 [ASW] "Elemental" (Animated,2023) Voices of Leah Lewis, Mamoudou Athie. A fiery young woman and a go-with-the-flow guy discover something elemental. (G)
[CH] "Bridget Jones's Diary" (Romance,2001) Renée Zellweger, Colin Firth. An outrageous British woman (Renée Zellweger) falls for two men (Colin Firth, Hugh Grant). (14+)
[WTV] "A Suite Holiday Romance" (Drama,2025) Jessy Schram, Dominic Sherwood. Sparks fly between a writer and a British tourist as they spend Christmas week in New York City.

10:00 [SLICE] "Nobody" (Action,2021) Bob Odenkirk, Connie Nielsen. In a barrage of fists and gunfire, an enraged man must save his family from a dangerous adversary. (14+)
[SHOW] "F9: The Fast Saga" (Action,2021) Vin Diesel, Michelle Rodriguez. Dom and his crew battle a skilled assassin and driver, who is his forsaken brother.
[APTIN] "Everest" (Adventure,2015) Jason Clarke, Josh Brolin. Climbers from two expeditions fight for survival during a fierce blizzard on Mount Everest. (G)
[ABC] "Elemental" (Animated,2023) Voices of Leah Lewis, Mamoudou Athie. A fiery young woman and a go-with-the-flow guy discover something elemental. (G)

MONDAY, DECEMBER 29

EVENING

6:30 [SLICE] "Definitely, Maybe" (Drama,2008) Ryan Reynolds, Isla Fisher. A man (Ryan Reynolds) on the cusp of divorce tells his young daughter how he met her mother. (G)
7:00 [WTV] "Private Princess Christmas" (Drama,2024) Ali Skovbye, Derek Klena. After failing in her duties, Princess Violet is sent to an American leadership training program. (G)
8:00 [CBC] "The Perfect Christmas Date" (Romance,2024) Emily Alatalo, Andrew Bushell. Marie swaps diaries with a stranger. The holidays helps her find the right diary, and the right man.
[SHOW] "Indiana Jones and the Raiders of the Lost Ark" (Adventure,1981) Harrison Ford, Karen Allen. Indiana Jones (Harrison Ford) braves snakes and Nazis to find the biblical ark of the covenant. (G)

[CTVSCI-FI] "Ghost Rider: Spirit of Vengeance" (Action,2011) Nicolas Cage, Idris Elba. A secret sect hires Johnny Blaze (Nicolas Cage) to save a boy from Satan (Ciarán Hinds). (14+)
9:00 [SLICE] "Charlie St. Cloud" (Drama,2010) Zac Efron, Amanda Crew. A young man (Zac Efron) has trouble letting go of the past in the wake of a terrible accident. (G)
[WTV] "A Royal Montana Christmas" (Romance,2025) Fiona Gubelmann, Warren Christie. Overwhelmed by her royal duties, Princess Victoria visits Big Sky Country for Christmas.

10:00 [CTVSCI-FI] "Blade" (Horror,1998) Wesley Snipes, Stephen Dorff. A half-vampire, half-mortal man becomes a protector of the mortal race, while slaying evil vampires. (18+)

TUESDAY, DECEMBER 30

EVENING

6:00 [SHOW] "Indiana Jones and the Kingdom of the Crystal Skull" (Adventure,2008) Harrison Ford, Cate Blanchett. Indy (Harrison Ford) and a deadly Soviet agent vie for possession of a powerful artifact. (G)
7:00 [SLICE] "The Mortal Instruments: City of Bones" (Fantasy,2013) Lily Collins, Jamie Campbell Bower. A teen learns she is descended from a line of half-angel warriors who protect the world from evil. (13+)
[WTV] "Three Wise Men and a Baby" (Comedy,2022) Paul Campbell, Tyler Hynes. Three brothers are forced to work together to care for a baby throughout the holidays. (G)
[CTVSCI-FI] "Guardians of the Galaxy Vol. 2" (Sci-Fi,2017) Chris Pratt, Zoë Saldana. The team unravels the mystery of Peter Quill's true parentage in the outer reaches of the galaxy. (G)
8:00 [AIV] "Shang-Chi and the Legend of the Ten Rings" (Action,2021) Simu Liu, Awkwafina. Martial-arts master Shang-Chi gets drawn into the web of the mysterious Ten Rings organization.
[CBC] "Five Star Christmas" (Romance,2020) Bethany Joy Lenz, Victor Webster. A woman plots to get a five-star review for her father's bed and breakfast from a travel critic. (G)
9:00 [WTV] "Three Wisest Men and a Boy" (Comedy,2024) Paul Campbell, Tyler Hynes. The Brenner brothers put on a holiday pageant for Thomas, while trying to cope with life's issues. (G)
10:00 [CTVSCI-FI] "Guardians of the Galaxy Vol. 3" (Sci-Fi,2023) Chris Pratt, Zoë Saldana. Peter Quill must rally his team to defend the universe and protect one of their own. (G)

MONDAY EVENING DECEMBER 29. Table with 11 columns (6:30-11:30) and 56 rows of programming details including channel, time, title, and description.

TUESDAY EVENING DECEMBER 30. Table with 11 columns (6:30-11:30) and 56 rows of programming details including channel, time, title, and description.

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MEMORIALS



LOHNES: In loving memory of Keith Gerald Lohnes, who left us on December 24, 2017. It broke our hearts to lose you, But you did not go alone. For a big part of us went with you, The day God called you home.

Always remembered, and forever loved by wife, Flora "Mama", Merilene, Heather, Goldie, and Terry

OBITUARIES

Donna Mariem Zwicker

With shattered hearts and a profound sense of loss, the family of Donna Mariem Zwicker, age 77, of Western Shore, announce her peaceful passing on Saturday, December 13, 2025, at home, surrounded by the love of her family.

Born in Mersea, Ontario, Donna was a daughter of the late George and Wilhelmina (Betts) Knopp.

Donna met the love of her life, Doug, at a drive-in canteen in Leamington while he was working in Ontario. They made a date for the very next night and Mom said, "that was it; it was love at first sight." She followed him to Nova Scotia, where they built a life together with many ups and downs, but always love.

From the very beginning, Mom showed her strength and caring nature, raising four children while Dad worked away fishing and in construction, often gone for weeks at a time. When their youngest child was five, Mom began working outside the home, cleaning for family members before joining Lunenburg County Home Care, Shoreham Village, and Heart to Heart. She was also a longtime member of the Ladies Auxiliary at the Western Shore Legion - Harding Branch 144.

Small but mighty, Mom truly could do it all. She was an accomplished cook and baker, and there was no project she wouldn't tackle - painting, wallpapering, home renovations (only she knows how many layers of paint and wallpaper were on the walls), restoring the interiors of the many cars Dad brought home (once even a bus), and tending to her beloved flower gardens. Her love of gardening was well known; she could name every flower in her garden and happily share how to care for each one.

Always crafty and artistic, Mom shared her love of tole painting with many people. She held painting classes for adults and children alike, either at her home or the craft store she ran for a couple of years. The homes of her children, family, and friends showcase her pieces and they remain treasured items.

Donna leaves behind her loving husband of 60 years, Wiloughby Douglas; daughters Pamela (Billy) Myra, Barbie Zwicker, and Gail Hamm, all of Western Shore; and son Douglas Zwicker, of Martins River. She was a proud grandmother to Alex (Mallary) Myra, Samantha (Corey) Mackay, Charlie (Kelsey) Zwicker, Beth (Wayne) Myra-Gale, Sydney (Alex) Zwicker, Miguel (Kirsten) Teixeira, Zachary Hamm, and Andre Teixeira; and cherished great-grandmother to Max Myra, Harry Myra, and Harlow Mackay.

She is also survived by her sister Barbara Thibideau of Essex, Ontario; sister-in-law Sharon Lohnes; and many loved nieces and nephews throughout Nova Scotia, Ontario, Manitoba, and British Columbia.

In addition to her parents, Donna was predeceased by her brother Neal Knopp; sister Beverly Deck; sisters-in-law Esther Wylie and June Dorey; brothers-in-law Charlie Zwicker, Paul Zwicker, Roy Lohnes, Clarence Dorey, and Phil Wylie; and her lifelong friend Gladys Parsons who she went on annual blueberry picking trips with to the Valley.

The family extends heartfelt gratitude to Palliative Care and the VON nurses for their compassion and exceptional care. Mom would also want us to thank the friends and relatives who offered well wishes, calls, food, and love. A special thank-you to sister-in-law Sharon for her visits and delicious custard when Mom's appetite was so small; to Susan for her visits, treats, and always making Mom laugh; and to Sheryl for her sweet treats.

Mom wrote in her notebooks every day, noting who visited, quotes, what she had done that day, and other little things that meant something to her. We often added little notes for her when we were caring for her. One comment we found she had written in her book was "Good night to all. Especially to the ones who love me. God bless all." It was an honour to care for Mom as she once cared for us. We were blessed to have her and will miss her forever.

A family Celebration of Life will be held in the spring of 2026 when we can make Mom's garden bloom for her again, with a funeral service to take place at a later date. Arrangements are entrusted to Personal Care Cremations & Memorial Services, Hubbards, NS.

Donations in her memory may be made to the South Shore Hospice Palliative Care Society (PO Box 159, Bridgewater, NS, B4V 1V9), Victorian Order of Nurses (1924 Northwest Road, Blockhouse, NS, B0J 1E0), or to the charity of your choice and would be greatly appreciated by the family.

Obituaries can be found online at southshorebulletin.ca

OBITUARIES

Joseph Hanrahan

January 12, 1957 - December 15, 2025

With deep love and sorrow, we share that Joseph "Joe" Hanrahan of Lunenburg passed away at home on December 15, 2025, at the age of 68.

Born in Little Bay, Marystown, Nfld., he was the son of the late Philip & Mary Ann (Kelly) Hanrahan. He is survived by two sons, Jason (Julia), Dartmouth; Matthew (Stephanie), Beaver Bank; grandchildren Jordan, Jesse, Jade, Declan, Benjamin & Oakland; high school sweetheart and partner Daphne Falkenham & her children, Ali (Cody) and Mitchell; and brother, Tom (June) Hanrahan, Pleasantville. He was predeceased by his wife of 26 years and mother of his children, Paula (Parsons) Hanrahan, and sister Bridget in infancy.

Joe grew up with salt air in his lungs and the sea in his soul. His life was spent by the ocean, earning respect for his kindness, steadfastness, and dependability. His career included time aboard foreign vessels as a Fisheries Observer, where he delivered training and took pride in creating its official manual. In later years, Joe continued his commitment to the maritime world through his work with Fisheries and Aquaculture, always striving to support fishermen and freshwater hobbyists. His home, Lunenburg, Nova Scotia, held a special place in his heart.

A man of simple pleasures and loyal friendships, Joe loved a good game of pool, a rum shared among friends, potatoes in all forms, and appreciating nature. He loved being a grandfather. He measured life in stories told at kitchen tables, in the camaraderie of game nights, and in gazing at constellations from the deck. He leaves behind extended family & many dear friends from harbours near and far.

The family will celebrate Joe's life in the new year, where stories will be shared, and his favourite songs will be played. To honour Joe's memory, please consider supporting a maritime or coastal charity close to your heart. Until we meet again, Joe. We will miss you beyond words.



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11:00am St. Albans Voglers Cove

Holy Communion

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New provincial campaign helps youth spot the warning signs of gender-based violence

By ED HALVERSON

ed.halverson@southshorebulletin.ca

NOVA SCOTIA – The Nova Scotia government is launching a new youth-focused awareness campaign aimed at helping young people recognize the early warning signs of gender-based violence, especially when abuse isn't physical and can be harder to spot.

The campaign, which launched Dec. 15, is geared toward youth aged 12 to 20 and focuses on behaviours that are often mistaken for "normal" relationship issues or even signs of love. Things like jealousy, manipulation, pressure, and control can all be red flags, according to the province.

"When the harm isn't physical, we may not recognize it as abuse, but gender-based violence takes many forms," said Leah Martin, Minister responsible for the Advisory Council on the Status of Women. "We want young people to be able to name these behaviours for what they are, trust their instincts and know that they deserve healthy, respectful relationships."

The campaign includes a new website, stopgbv.ca, which outlines warning signs of unhealthy relationships and connects youth and those supporting them, to help and resources. Red flags highlighted include sudden changes in mood, isolation from friends, secrecy around relationships, unexplained injuries, and partners who make all the decisions.

It also addresses digital red flags, such as a partner demanding passwords, constantly checking messages or social media, becoming angry over delayed responses, or using technology to intimidate or spread rumours.

The province says the campaign will be promoted where youth already spend time, including social

media platforms, gaming apps, and streaming services like Spotify. Posters and signage will also appear in schools, libraries, and other public spaces.

Kimm Kent, director and co-founder of Peer Outreach Support Services & Education (POSSE) in Windsor, says the focus on non-physical abuse is long overdue.

"Youth are especially vulnerable to intimate partner violence as they develop their identity, independence and desire for connection," Kent said. "Too often, coercive and controlling behaviours are confused as 'love.'"

The campaign is funded through the National Action Plan to End Gender-Based Violence and comes as the province reports more than 3,000 incidents of intimate partner violence in 2024, with women making up nearly 80 per cent of victims. The 2025-26 provincial budget includes \$100 million across departments to address gender-based and intimate partner violence.

LOCAL SUPPORT IN BRIDGEWATER AND AREA

If you or someone you know needs help, confidential support is available locally:

- **Harbour House Transition House** (Bridgewater)

24-hour crisis line: **1-855-742-4433**

Offers emergency shelter, outreach, and support for women and children.

- **211 Nova Scotia**

Call or text **211** to connect with local gender-based violence and social supports.

- **Kids Help Phone** (youth support)

Call **1-800-668-6868** or text **CONNECT** to **686868** (24/7).

- **Emergency:** If someone is in immediate danger, call 911.

The province is encouraging youth, families, educators, and community members to learn the signs, start conversations early, and help ensure young people know they're not alone and that help is available.

Druhan urges province to shield ratepayers after Nova Scotia Power cyber breach

By ED HALVERSON

ed.halverson@southshorebulletin.ca

PROVINCE – Lunenburg West MLA Becky Druhan is warning that residents could end up paying for the Nova Scotia Power cybersecurity breach if the provincial government doesn't step in with clear policy direction.

Druhan recently sent a detailed letter to Premier Tim Houston, who also serves as Minister of Energy, outlining concerns that range from the exposure of personal information to billing errors and the financial risks tied to a newly filed class action lawsuit against the utility.

"One of the worries with this situation is that [the costs] will flow back to ratepayers," Druhan said in an interview. "So, what I'm encouraging the government to do is make sure they take the time and give good consideration to whether there are alternative compensation options that would mitigate that."

At the heart of Druhan's concerns is the unique position Nova Scotia Power occupies as a regulated monopoly. While she emphasized that class actions "play an important role in resolving disputes," she noted that litigation involving a monopoly utility can have unintended consequences.

"The costs that can be incurred... they have to go somewhere," she said. "And the worry... is that they'll flow back to ratepayers."

Druhan stressed she is not advocating for any specific outcome, but wants assurance that government is actively exploring all available options. She pointed to other compensation models, such as workers' compensation systems or government-established compensation regimes, as examples of alternatives that have been used in other contexts.

"You have the most flexibility when you're working through something yourself or with other parties," she said, adding that court-ordered outcomes can often be "more restrictive" than negotiated solutions.

Beyond the legal implications, Druhan said she's hearing from constituents who are concerned about the security of their personal information and billing problems.

"We've heard from many constituents," she said. "They are frustrated by the fact that their private information has been disclosed, and fearful of the implications of that. And more and more, we're



CONTRIBUTED PHOTO

Lunenburg West MLA Becky Druhan is concerned that taxpayers will be on the hook.

hearing from people who are having disturbing anomalies in billing."

Those issues include high estimated bills and, in some cases, customers being charged multiple times for base rates.

While the Nova Scotia Energy Board is already investigating billing and consumer protection issues, Druhan said government still has a parallel responsibility to act through policy, legislation and oversight, without interfering with the board's independence.

"Nothing that I'm calling for should be taken to undermine that," she said. "But having said that, there is an accountability on the Premier, as the Minister of Energy, to ensure that the board does have the tools available."

Druhan also raised broader questions about regulatory readiness as the province pushes ahead with energy expansion and new technologies.

"We need to diversify our grid. We need an expansion of our energy system," she said. "But we also need an assurance that the complexity that gets added... our government is prepared and competent to regulate."

She's urging the province to take a transparent, collaborative approach to any legislative changes, including sharing proposals publicly and seeking expert and community input ahead of the next sitting of the legislature.

DEATHS

Arnold, Wayne Russell, 76, Chester, died December 1, 2025, at Shoreham Village, Chester. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Cockell, Gordon Arthur, 80, Bayswater, died December 11, 2025, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Dexter, Devan Michael, 31, Spectacle Lakes, died November 31, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Feener, Claire Jolene, 69, Crouse's Settlement, died December 13, 2025, at Halifax Infirmary Hospital. Arrangements entrusted to Dana L. Sweeny Funeral Home.

Frost, Florence "Betty" Elizabeth, 81, Bridgewater, died December 18, 2025, in Shoreham Village, Chester. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Hanrahan, Joseph "Joe", 68, Lunenburg, died December 15, 2025, at home. Arrangements entrusted to Dana L. Sweeny Funeral Home.

Hirtle, Leon Ray, 89, Bridgewater, died December 13, 2025, in Ridgewood Assisted Living, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Hustof, Frances Teresa, 75, Springfield, died December 17, 2025, in Springfield. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

May, Chesley James, 80, Bridgewater, died December 17, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Meisner, Stephen Harold, 70, Chester, died December 13, 2025, in Shoreham Village, Chester. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Miller, Susan Janice, 76, Beech Hill, died December 13, 2025, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Smith, Dr. Eric Leslie, 80, Halifax, died December 9, 2025, at Moody Hall Shannex, Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Zinck, James "Jim" David, 87, Bridgewater, died December 14, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

Zwicker, Donna Mariem, 77, Western Shore, died December 13, 2025, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Queens Santas for Seniors spreads holiday cheer to more than 300 local seniors

By ED HALVERSON

ed.halverson@southshorebulletin.ca

QUEENS COUNTY – For the seventh year in a row, Queens County residents have stepped up to make the holidays a little brighter for local seniors, thanks to the Santas for Seniors program co-ordinated by Kendra Shot.

Shot, who has run the program since its beginnings, says this year went “smoother than any other year,” a welcome change as demand continues to grow.

“Everybody’s been adopted,” Shot said. “We have 303 seniors this year, a lot of familiar names, but a lot of new names too.”

The program works entirely through Shot’s Facebook page. Anyone in Queens County can nominate a low-income senior, often without the senior even knowing they’ve been put forward. In fact, Shot estimates about 95 per cent of recipients are unaware they’re receiving anything until a card arrives in the mail.

Once nominated, seniors are matched with donors who purchase a holiday card and include a gift card inside. There’s no set dollar amount, donors give what they can, and the cards are dropped off at collection points in Liverpool and Greenfield before being mailed out.

“We address them and pop them in the mail,” Shot said, noting the cards are expected to be sent out in time for seniors to use them before Christmas.

While donors can choose where the gift cards come from, the overwhelming majority reflect basic needs rather than luxuries.

“I can tell you 90 per cent of the cards they asked for were groceries,” Shot said. “That really speaks to the situation a lot of people are in this year.”

Shot says rising food and heating costs are hitting seniors particularly hard, and many rely on the cards to buy Christmas meals or cover essential groceries. Fuel cards show up occasionally, which are especially popular with men, but food remains the top priority.

The program’s numbers have fluctuated over the years, peaking at more than 400 seniors before the pandemic. When COVID-19 hit, Santas for Seniors shifted from gift bags to gift cards, which remains the format today. Shot says averaging 200 to 300 seniors a year still represents a major community effort.

“They wouldn’t have this without the community,” she said.

Although the program can be stressful to manage alongside work and everyday life, Shot says she has no plans to step away. With help from friends who assist with addressing cards, the whole operation stays personal by distributing handwritten envelopes.

“I don’t see myself giving it up,” she said. “It’s worthy for me to do it.”

For Shot, the reward is simple.

“It makes my Christmas,” she said. “Christmas time for us is giving back to everybody – and I love it.”

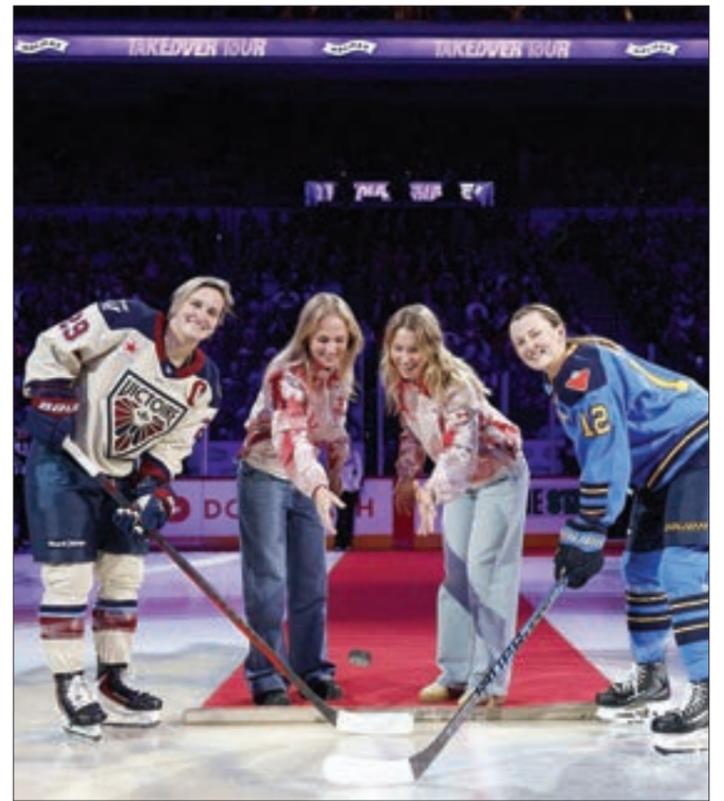


PHOTO COURTESY OF THE PWHL

CHESTER SAILORS PERFORM PWHL PUCK DROP

Olympian sailors Antonia and Georgia Lewin-Lafrance of Chester performed the ceremonial puck drop at the first Professional Women’s Hockey League game in Halifax Dec. 17. The sold-out (10,438) game was played between the Montreal Victoire and the Toronto Sceptres with Montreal earning a 2-1 shootout victory. Taking the face-off for Montreal was captain, Marie-Philip Poulin and for Toronto, Allie Munro. Halifax will host a second game on the 22-stop PWHL’s Takeover Tour, Jan. 11 when Boston takes on Ottawa. The eight-team league is expanding next season by four teams and Halifax is rolling out the red carpet hoping to be one of those four.

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D9104