

IN THIS ISSUE

Comment.....A12	Lifestyles.....B2
Religion.....A13	What's On.....B3
Sports.....A14	Arts.....B6
Business.....B1	Classifieds.....B9



FLASHBACK

*A look at 2013
in photos*
Page A4



SPORTS STARS

Brennan Bailey and others shone in 2013
page A14

THE LUNENBURG COUNTY
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Bulletin
NOVA SCOTIA, CANADA ■ WEDNESDAY, JANUARY 1, 2014

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Multi-million dollar makeover

Province approves renovations for Park View

By **STACEY COLWELL**
scolwell@southshorenov.ca

BRIDGEWATER — Park View Education Centre has received the green light from the province for a four-year, \$13 million renovation project.

“This is very exciting for us as this school is at a point in its life time where it needs substantial renovations to update the building for current and future student needs,” said South Shore Regional School Board superintendent Geoff Cainen in a December 23 press release.

“This major renovation will extend the building life for 20 years, and allow for future student and curriculum programming. As curriculum changes, so must our buildings to accommodate new requirements.”

Last school year, the board announced it was applying to the provincial government for approximately \$8 million worth of capital upgrades for Park View in 2013-14.

A report said the facility was built in 1978 and required upgrades in “almost every area,” such as electrical, washrooms and locker rooms.

Last week, a spokeswoman for the Department of Education said Park View will receive approximately \$13 million over four years for the renovations.

“Design and tendering will determine the final cost,” said Michelle Lucas.

The provincial announcement came as part of a nearly \$100 million capital education plan for 2014-15 which included building 10 new schools and renovating and improving 18 others.

“Schools across the province need funding for capital expenses,” said South Shore Regional School Board chairwoman Jennifer Naugler.

“Maintaining our buildings is costly and support from the province for large projects such as this renovation is crucial.”



ROBERT HIRTLE PHOTO

Cst. Elliott VanDusen of Chester RCMP presents Mary and Sam Lamey with Mr. Lameys’ wedding ring and a bottle of 1999 vintage Montbeliard Pear wine from the Lunenburg County Winery, cherished items stolen from their home in early December which they never thought they would see again.

Home for the holidays

Cherished stolen items returned to victims of theft

By **ROBERT HIRTLE**
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CHESTER — Sometimes in life the best gift a person can receive is getting back something that was taken away from you, especially if you never expected to see it again.

That is especially true at Christmas time, when often, perhaps due to the magic of the season, miracles of this nature often seem to occur.

Chester residents Sam and Mary Lamey found that out first hand during a remarkable month of December which started out in disbelief and frustration when their home was broken into, robbed and vandalized,

and culminated two days before Christmas in a happy ending.

“We were in Maine on vacation and it happened while we were away,” Mr. Lamey recalled. “We got notified by our neighbours who were looking after the house. They went in on Wednesday and everything was fine, and then they went in the following Thursday and they found the place in a mess, trashed, and everything gone through.”

The Lameys were in a restaurant December 5 when they received an e-mail from their neighbour asking them to call them right away.

See *THEFT*, A3

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AND THE WINNER IS ...

Marilyn Morash, centre, was the lucky winner in the Lunenburg Board of Trades 2013 Christmas Wish List draw. A total of 16 Lunenburg merchants donated prizes for the contest, which was drawn for December 18. Joining Ms Morash with some of her bounty are Lunenburg Board of Trade President Mike Smith and Lynn Misner, chairwoman of the Board's Retail Committee.



ROBERT HIRTLE PHOTO

Sexual assaults earn prison term

Man repeatedly molested best friend as she slept

By LISA BROWN

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COUNTY — A Lunenburg County man is now in prison for repeatedly sexually assaulting his best friend as she slept next to her fiancé who happened to be his brother.

"It was the most egregious violation of a friendship, quite frankly, that I have ever seen or heard of," Judge Gregory Lenehan said in sentencing the 30 year old December 20 in Bridgewater provincial court.

"This is just beyond anything that I could have imagined."

The court heard that the crimes went on for nearly two years, between January 2009 and November 2010. The man and woman had been good friends for nearly a decade, but he secretly desired more from their relationship, even when she started dating and then living with his brother.

Crown attorney Sharon Goodwin said they would often binge drink or take drugs together. When the woman would go to bed, leaving her friend to sleep over at her house, he would sneak into her room and perform sexual acts, at least some of which he videotaped with his cellphone.

In November 2010, the woman awoke one night feeling like someone was touching her. She saw her friend lying on the floor on her side of the bed doing something with his cellphone. When he saw that she was awake, he left the house.

A few months later, the woman was using a laptop her friend had left at her home when she discovered a series of videos dating back to early 2009.

Those videos revealed him doing intimate things to her while she slept — digitally penetrating her, sucking on her breasts and masturbating next to her face.

Calling it a terrible breach of trust, Ms Goodwin asked the court to consider a two-year prison term.

"[She] was entitled to assume that she could go to bed in her family home without having these egregious sexual acts performed upon her while she was unconscious or sleeping," the Crown attorney said.

Defence lawyer Alan Ferrier said it was a very difficult case for all involved and his client is extremely remorseful.

He told the judge his client considered the woman his best friend and secretly loved her romantically, but was too shy to do anything about it for fear of being rejected and ruining their friendship.

"It's not an excuse. In fact, it's what makes the case even sadder, that this friendship which was so near and dear to him has been destroyed and lost," Mr. Ferrier said.

"It's a tragedy for everybody."

The man also apologized in court, saying he regretted breaking the trust of their friendship.

"I'm extremely sorry for what I've done," he said. "I'm sorry for the stress it's caused on my family and I don't think I'll be able to forgive myself ever for the actions I did."

Mr. Ferrier asked the court to consider a sentence of 90 days in jail to be served on weekends so his client could continue working.

Judge Lenehan rejected that outright, saying that would be "in no way proportionate to the gravity of the offence."

He read from a victim impact statement filed with the court in which the woman said she can't sleep, suffers nightmares and doesn't feel safe in her home or anywhere else. For some time, she slept fully clothed and her relationship with her fiancé was destroyed by what his brother had done to her.

"I still ask myself how could I let this happen. I blame myself, even though I know I shouldn't," she wrote.

"I'm afraid that I will never feel normal again."

While the man claimed he felt he was pleasing her with his actions, Judge Lenehan said it was clear it was all about his own sexual gratification. He also rejected the man's claims that he was too drunk or stoned to remember what he was doing, saying it took coordination to sneak into the woman's room, remove bedding and do what he did while also videotaping it all with his phone.

"[He] went into a bedroom where his brother was in the bed with this woman, a very risky situation should his brother have arisen at any time that [he] was sexually molesting [his friend.] One can only imagine how many times [he] would have been bounced off the wall or gone out through a window," the judge said.

"But that risk didn't deter him. That risk was something that he was prepared to accept."

In the end, Judge Lenehan concluded a federal sentence was needed to give the man the time required to get needed treatment.

"I am concerned, sir, that you have deep-rooted issues," he said.

He added that it might also give the victim a sense of security she deserves and send a message to others.

"People need to understand that you cannot go into somebody's bedroom while they're sleeping and use them as your sexual toy. It shows a complete lack of respect for that individual, for her autonomy, for her dignity," Judge Lenehan said.

He sentenced the man to serve two years in prison recommending he get immediate and ongoing counselling. That will be followed by two years on probation with continued counselling and no alcohol, drugs or weapons.

The man is banned from having firearms for 10 years, must submit a DNA sample to the national data bank and must maintain registration with the national sex offender registry for 20 years.

"You have destroyed your own life. You have destroyed [the victim's] life, her children's lives, your brother's life. You need help and I'm hoping this sentence will allow you to get that help immediately," Judge Lenehan said.

WHAT'S ON-LINE!

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Teen warned to behave or face custody

By LISA BROWN

lbrown@southshorenov.ca

COUNTY — A teen with a bad habit of taking things that don't belong to him got a last chance to turn himself around just before Christmas.

The 17 year old received six months of deferred custody December 20 when he was sentenced on three counts of theft and four counts of breaching court orders.

He was caught stealing tablets from Canadian Tire in late November, then taking personal care items from Sobeys on December 5 and blu-ray movies from Wal-Mart on December 11.

That was just two days after he was released from custody.

He was, by that point, on three probation orders as well as a court undertaking which included house arrest.

He told his legal aid lawyer he was trying to obtain Christmas gifts for his family.

"You dug yourself into a pretty deep hole," Judge Gregory Lenehan told the teen. "You've got to get out of the habit of taking what doesn't belong to you."

Although the Crown suggested time in custody, the judge instead gave the teen "one last chance" to prove himself after he'd spent 10 days in the youth centre.

While on the deferred custody order, the 17 year old must stay out of trouble and clear of drugs, weapons and anyone with a criminal record. He was ordered to stay away from the three stores and to maintain an 8 p.m. curfew unless with a parent.

"You understand that if you mess up on this deferred custody and supervision, the provincial director immediately will scoop you and put you back in Waterville," Judge Lenehan said.

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Cherished stolen items returned to victims of theft

THEFT from A1

"It was an ominous kind of e-mail. You knew it was not good news," he said.

That was the second time the Lamey home had been broken into this year. Back in July, someone entered the house when Mr. Lamey was away sailing and Mrs. Lamey was at work.

That time they entered through a window and took a piggy bank full of Loonies and Toonies, which Mrs. Lamey said amounted to a considerable amount of money.

On that occasion, nothing else was touched.

With the most recent incident, however, the perpetrators went much further, taking with them a number of items that were of great sentimental value to the couple and which could never be replaced.

One of those was Mr. Lamey's wedding band, something he has worn for 37 years and had rarely taken off his finger.

Engraved with his and Mrs. Lamey's initials as well as their wedding date, the ring matches its twin which he presented to his wife as they exchanged vows back in 1976.

"Earlier this year the skin under my ring finger was breaking out, so I took it off to give it a break, and it was just one of those things that I never got around to putting it back on again," Mr. Lamey explained.

Also taken was a unique bottle of Montbeliard Pear wine made at the Lunenburg County Winery and dating back to 1999.

The bottle was given to the couple by Michael Baker, Mr. Lamey's partner in the law firm of Hennigar, Wells, Lamey and Baker, after being re-elected as MLA for Lunenburg in 1999. He later went on to serve in several cabinet positions with the provincial government, including Minister of Justice, before dying of cancer in 2009.

"When they formed the government they must have had a limited edition run of wine and we got one," Mr. Lamey said. "We always thought we would drink it on some special occasion, but the special occasion never came. Then Mike got sick so we just thought we would keep it indefinitely just as a memento of Mike."

Other things stolen in the break included some "not so special" bottles of alcohol and a fruit cake which Mrs. Lamey had made to honour a family tradition, which the thieves removed from the tin in which it was stored and oddly took the cake, leaving the container behind.

While those items were less significant, the ring and the bottle of wine have great sentimental value to the couple and they were both quite certain they would never see either of them again.

Fortunately, they were wrong.

On December 14, RCMP arrested two

teenagers in connection with over 40 break-ins that had occurred in the Chester area dating back to early in the fall, including that in the Lamey home. A third teen was also later charged.

They will appear back in court in late January facing multiple counts of break and enter, possession of stolen property and possession of marijuana.

Remarkably, part of the stolen property which they had not yet been able to fence, included a certain wedding ring and a 1999 vintage bottle of wine.

Cst. Elliott VanDusen of Chester RCMP said that once the police found the bottle of wine in their search of a Highway 3 residence, they suspected the ring might not be too far behind.

"Because it was found and because I knew of its sentimental value to Sam, a call was made," Cst VanDusen said. "It couldn't be any more unique, there is no other ring like that in the world."

Ironically, that call, from Cpl. Jamie Vacon, came to the Lameys on the day of the arrest, right in the middle of the law firm's annual Christmas party.

The ring and the wine was later returned to the Lameys at the Chester RCMP detachment on December 23.

"I would have to say I was ecstatic," Mrs. Lamey said. "When someone breaks into your house, you adjust to it in your own way, but one of the things that you say is 'I'm never going to see that again,' and these are two very special things to us."

Cst. VanDusen said that perpetrators of break and enters usually choose to steal articles that can be moved easily such as jewellery, electronics, sports memorabilia and items "that can be pawned of very quick."

"So we were actually very fortunate to get anything back really. Especially jewellery, like gold and stuff can be melted down really quick," he said.

Mrs. Lamey said that since the break in, the couple have had an alarm system installed in their home and they will be more vigilant in future when it comes to protecting their home.

She also attended court during the three teens' first appearance on the charges and plans to follow their trials through to a conclusion.

"I wanted to put a face to the people, and you know, that's what the whole community wants to know. They want to put a face to these people," she said.

Cst. VanDusen said that for the police it is nice to see how their work affects the community and that at least on this occasion it paid off.

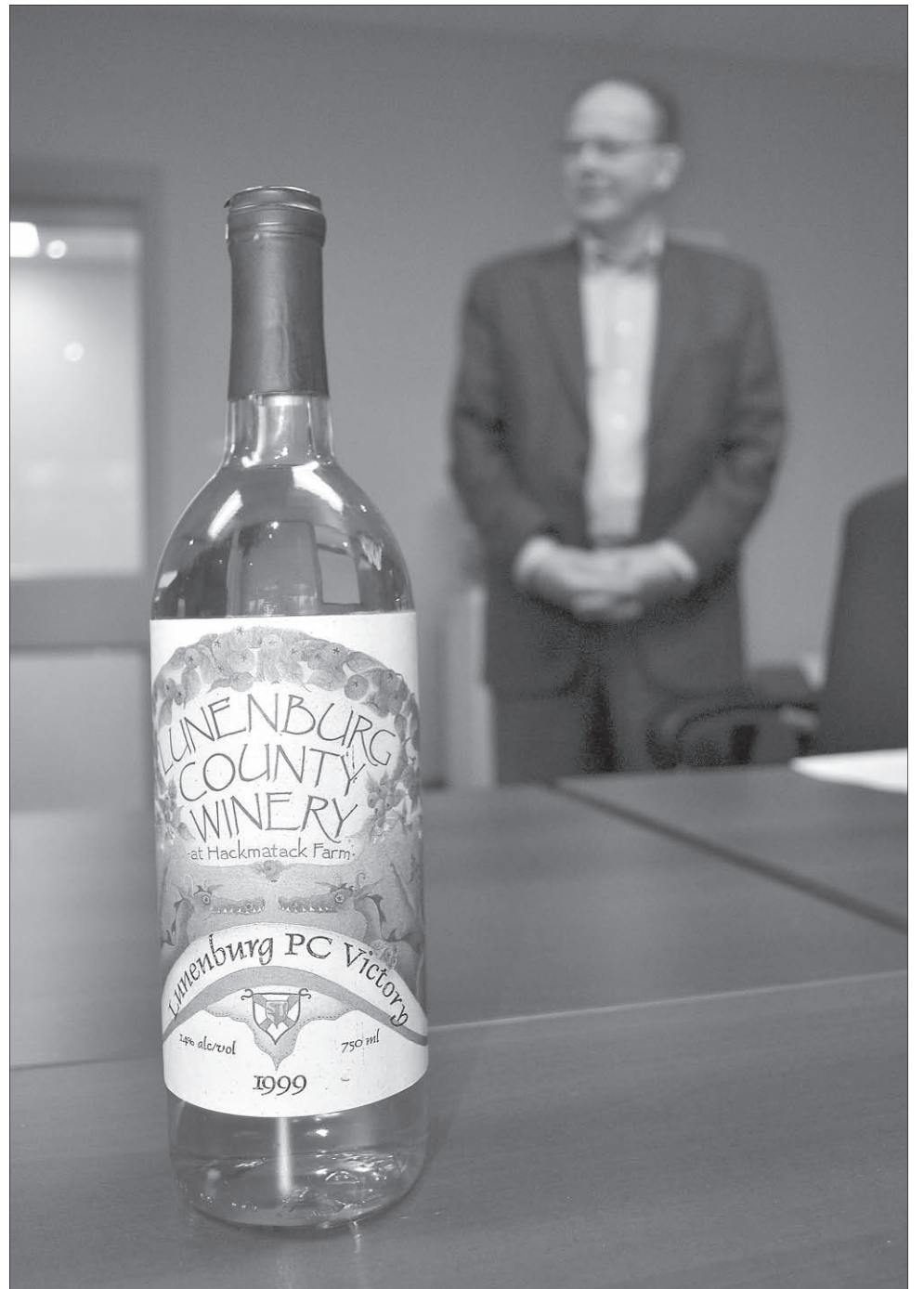
He cautioned, however that people must be careful to take steps to protect their property from thieves.

"Theft is usually a crime of opportunity, so you want to take away those opportunities as much as you can," he said.



ROBERT HIRTLE PHOTOS

Sam Lamey was much relieved when RCMP returned this distinctive wedding band which matches that of his wife Mary.



Celebrating a "Lunenburg PC Victory," this bottle of Montbeliard Pear wine from the Lunenburg winery was a cherished gift to the Lameys from Michael Baker on his election as MLA for Lunenburg in 1999. Mr. Baker, who was a law partner of Mr. Lamey, served several provincial cabinet positions before dying of cancer in 2009.

Painkiller addict put on probation

Man stole from family, friends to support habit

By **LISA BROWN**

lbrown@southshorenov.ca

COUNTY — A young man with no prior record who wracked up a string of crimes while trying to support a prescription drug habit will spend two years on probation.

The Crown was asking for more jail time when Jared Thomas Gordon Keeping was sentenced in Bridgewater provincial court December 20.

Instead, Judge Gregory Lenehan sentenced the 23 year old to the 86 days he'd served since his last arrest and sent him back into the community.

"Mr. Keeping, it's vitally important that you stay clean. Otherwise, Burnside could become painfully fa-

miliar to you," the judge said.

Between August 2012 and September of this year, Mr. Keeping stole medication that was meant for his father, charged nearly \$2,500 to his grandmother's credit card, cheated a friend out of \$500 in bail money and took his roommate's car without his permission.

He also stole from a Bridgewater grocery store, failed to attend court, damaged a house by driving the roommate's car into it, stole gas from a Hebbville service station and got caught with a prohibited sawed-off shotgun in the back of the same car.

After he was arrested in September, he couldn't get out of jail because no one would provide a surety for him.

In court December 20, legal aid lawyer Josh Nodel-

man said "things simply spiralled out of control" for his client after he became addicted to prescription painkillers in his early 20s.

"It's a bunch of stupid stuff that a junkie does in the throes of addiction," Mr. Nodelman said. "Mr. Keeping is essentially one of the many faces of the scourge of prescription pill abuse in Lunenburg County."

While on probation, Judge Lenehan ordered Mr. Keeping to stay clear of alcohol, drugs, weapons and anyone with a criminal record. He must pay nearly \$2,000 in restitution still owing and is banned from having firearms for five years.

Mr. Keeping must also submit a DNA sample to the national criminal data bank.



KEITH CORCORAN PHOTO

IDLE NO MORE

As the national Idle No More movement picked up momentum, local demonstrators rallied at the entrance to the building housing MP Gerald Keddy's Bridgewater office on January 11.

The year 2013 in photos

A look back at the news and events that impacted Lunenburg County over the past 12 months

- Fires.
- Major weather events.
- Protests.
- Political upheaval.
- Crime.
- Human tragedies.
- Controversy.
- Community celebrations.

These are the things that shaped the lives of the people in Lunenburg County over the past 12 months.

Join us as Lighthouse Media Group reporters take a photographic look back over the year 2013.



PAULA LEVY PHOTO

SCHOOL LOCKDOWN

Scared and panicked parents waited for their children at the Nova Scotia Community College (NSCC) on the afternoon of January 21 after learning that two Bridgewater schools were on lockdown after a distraught man armed with an assault rifle was reported in a nearby home. Here, parent Linda Kaizer grabs her son Daniel after seeing him get off the school bus at NSCC.



PAULA LEVY PHOTO

PHASED-OUT

Retailers, banks and Canadians said goodbye to the penny, which was officially phased out on February 4.



KEITH CORCORAN PHOTO

POLICE PROBE FIRE

Fire crews aim hose lines and steady streams of water on fire in a vacant house in Broad Cove on February 1.



STACEY COLWELL PHOTO

DIGGING OUT

Residents on Bridgewater's York Street, like in other places, were left to dig out from a major snowstorm on February 10. More than 50 centimetres of snow fell on some parts of the province.



KEITH CORCORAN PHOTO

ONE BILLION RISING

Demonstrators holding signs printed with anti-violence messages marched across Bridgewater's Old Bridge from the library to the mall on February 14 as part of a global empowerment and solidarity event seeking to end violence against women and girls.

The year 2013 in photos



KEITH CORCORAN PHOTO

LATE WINTER WALLOP

Members of the Tri-district fire rescue dealt with a fuel spill from this overturned oil truck after a late winter storm on March 1 hit the region.



NEW WINDOW

Fabian Sattler of Sattler Stained Glass Studio in West LaHave puts the finishing touches on the installation of the Revelation window at St. John's Evangelical Lutheran Church in Mahone Bay on March 14.

ROBERT HIRTLE PHOTOS



MAN KILLED

Ricky Turner of the New Ross volunteer fire department kept close watch as the air ambulance Life-Flight took off from a field in Aldersville following a motorcycle crash April 27 on Highway 12. A New Ross man was killed in the mishap.

KEITH CORCORAN PHOTO



KEITH CORCORAN PHOTO

SAY NO TO DUMP

Protesters rallied against a proposed waste processing and transfer facility prior to a Municipality of Lunenburg committee meeting on May 23 at the Oakhill fire hall. The committee rejected the proposal from a Halifax-based company. The matter is now before the Nova Scotia Utility and Review Board.

STACEY COLWELL PHOTO



DOG RESCUE

Bridgewater firefighters Arden Weagle (front left), Kirk Wentzell (right) and Craig Sinclair (back left), with assistance from Gordie West, rescued an injured dog from down an embankment off the Centennial Trail on June 3. People reported hearing dogs barking in the area that morning and, on closer look that afternoon, found two dogs near the riverbank. One of the animals could get up the bank but the other couldn't stand and needed help.

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NEW YEAR'S DAY LEVEES IN THE TOWN OF LUNENBURG

2014

You are cordially invited to attend New Year's Day Levees in Lunenburg on Wednesday, January 1, 2014. New residents to the area are especially welcome as these are excellent opportunities to meet and greet your fellow neighbours, get to know them a little better and exchange best wishes for the New Year.

The levee schedule is as follows :

12:00 p.m. - Hosted by the Town of Lunenburg, districts #1 and #2 Fire Commission and the Lunenburg Fire Department at the Lunenburg and District Fire Hall, 25 Medway Street.

1:00 p.m. - Hosted by the Royal Canadian Legion Branch #23 at the Legion Club Room, Duke Street.

In the event of inclement weather, the levees will be held on Thursday, January 2, 2014 at the same times and places. Announcements in this regard will be made on CKBW.

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Fri., January 3 low 2.3 ft. 3:42 a.m. high 8.5 ft. 9:27 a.m. low 1.0 ft. 4:20 p.m. high 7.9 ft. 10:12 p.m.	Sat., January 4 low 2.3 ft. 4:47 a.m. high 8.2 ft. 10:23 a.m. low 1.0 ft. 5:16 p.m. high 7.9 ft. 11:06 p.m.
Sun., January 5 low 2.0 ft. 5:52 a.m. high 7.5 ft. 11:20 a.m. low 1.0 ft. 6:13 p.m.	Mon., January 6 high 7.5 ft. 12:01 a.m. low 2.0 ft. 6:55 a.m. high 6.9 ft. 12:19 p.m. low 1.3 ft. 7:10 p.m.
Tues., January 7 high 7.2 ft. 12:56 a.m. low 2.0 ft. 7:59 a.m. high 6.6 ft. 1:21 p.m. low 1.6 ft. 8:11 p.m.	Wed., January 8 high 6.9 ft. 1:56 a.m. low 2.0 ft. 9:03 a.m. high 5.9 ft. 2:27 p.m. low 2.0 ft. 9:14 p.m.

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

11 YEARS

David James Leblanc, the man who lured a teen boy to a Chelsea cabin with the promise of a job, then chained and repeatedly sexually assaulted him for more than a week in the fall of 2012 was sentenced to 11 years in prison when he appeared in Bridgewater Supreme Court on June 14. Crown attorney Lloyd Tancock responded to questions from reporters just minutes after the sentence was handed down.



LISA BROWN PHOTO

CLOSED FOR GOOD

Gold River-Western Shore Elementary was cleaned out in June and much of its contents were moved to Chester District Elementary School as the facility was permanently closed at the end of the 2012-13 school year.



STACEY COLWELL PHOTO

The year 2013 in photos



HIGHWAY CLOSED DOWN

The scene looking easterly from the Highway 103 overpass at Exit 12 in Cookville. First responders, including paramedics and volunteer firefighters from Northfield district, Bridgewater and Oakhill were dispatched to the scene around 3 p.m. on July 17. One driver was taken by air ambulance to a Halifax hospital following the two-vehicle crash.

KEITH CORCORAN PHOTO



KEITH CORCORAN PHOTO

DEADLY CRASH

RCMP Cst. Dave Sullivan analyzed a July 20 crash in Hubbards that claimed two lives.



KEITH CORCORAN PHOTO

FIREFIT CHALLENGE

Men, women, volunteer and professional firefighters tackled the intense, physically demanding job-related skill testing events offered by the Atlantic and Maritime regional Scott FireFit challenge held July 20 and 21 in Bridgewater. Doing the victim rescue "dummy drag," Bridgewater firefighter Steve Freeman strained to make it to the finish line during the team event.



STACEY COLWELL PHOTO

DOES HE BITE?

Adriana Stetson got a kick out of trying to pet an ox during her visit to the South Shore Exhibition when thousands of visitors flocked to Bridgewater for the annual event late in July.



ROBERT HIRTLE PHOTO

PIE IN THE FACE

When Chester Municipal Warden Allen Webber volunteered to take a pie in the face to help support an August 11 fundraiser for St. Peter's Lutheran Church, he had no idea it would be his partner, Cathy Swinimer, who would be doing the deed. Alden Armstrong was the successful bidder in the auction held to determine who would pie the warden, but he did so with the stipulation that Ms Swinimer do the dirty work.

Were you at the Chart Our Own Course event and are wondering ... now what?

Did you miss the event but want to participate in the planning?

Join the journey as we chart our next steps

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(storm date: Saturday, January 11 9am - noon)

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2014 CHRISTMAS TREE COLLECTION

Natural Christmas Trees will be collected on the following dates for residents of the Municipality of Lunenburg and the Towns of Bridgewater and Mahone Bay:

Municipality of Lunenburg	January 13 - 24 (on regular collection day)
Town of Bridgewater	January 6 - 10 (on regular collection day)
Town of Mahone Bay	January 6

Please remove all decorations and ensure it is curbside by 7:00 am in the municipality and 8:00 am in the towns. Trees cannot be collected at any other time. For more information visit www.communityrecycling.ca or phone (902) 543-2991.

Suzanne Lohnes-Croft
 MLA, Lunenburg

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LISA BROWN PHOTO

WATERFRONT FIRE

Fire crews blasted water as smoke poured from the century-old building that caught fire on the Lunenburg waterfront on September 27. The Fire Marshall's Office determined the blaze was an accident, most likely caused by an electrical problem. The building, located behind the Foodland grocery store, was owned by Scotia Trawler for many years.

The year 2013 in photos



PAULA LEVY PHOTO

'SPORTSCENTRE' LIVE

Rod Smith and Kate Beirness anchored the sports news program live from Bridgewater on August 18 when about 2,000 people packed Shipyards Landing to witness TSN's "SportsCentre" broadcast during the Kraft Celebration Tour. A highlight of the broadcast was when Seahawks players were brought on camera for the final segment of the show.



KEITH CORCORAN PHOTO

RED OCTOBER

Newly-elected Lunenburg West MLA Mark Furey received a high-five from a youngster as he and his supporters took in the election returns at his Bridgewater campaign office. Riding the Liberal wave on October 8, Mr. Furey and Suzanne Lohnes-Croft in the Lunenburg riding were elected while voters in Chester-St. Margarets returned incumbent NDP MLA Denise Petersen-Rafuse to the legislature. Mr. Furey was later appointed to the provincial cabinet as the Minister of Service Nova Scotia and Municipal Relations.



GUILTY OF FIRST-DEGREE MURDER

Tina Eisnor's mother and sister, Janet Illingworth and Trina Wentzell, embrace outside the Bridgewater courtroom September 19 just moments after Wayne Paul Eisnor was found guilty of first-degree murder for her 2010 shooting. He is now serving a life sentence with no chance of parole for 25 years.

LISA BROWN PHOTO

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Dialysis unit announced for Bridgewater

By PAULA LEVY
plevy@southshorenova.ca

BRIDGEWATER — South Shore Regional Hospital will be getting a new dialysis unit.

The announcement of the nine dialysis chairs in Bridgewater is part of a \$5 million investment in 2014-15 to expand dialysis services in the province.

Department of Health spokesman Tony Kiritsis said there are many details left to be worked out before details of the plan for Bridgewater are revealed.

“Until the tendering process takes place many details such as cost, construction start and completion dates

and other logistical details have yet to be determined,” said Mr. Kiritsis.

In a news release before Christmas, Health Minister Leo Glavine said the new units will cut travel time to dialysis centres in the province.

“Many Nova Scotians are travelling to receive dialysis and we continue to look at ways to make it more accessible,” said Mr. Glavine.

The province also announced that the Capital District Health Authority will be building a new 12-seat dialysis unit at the Halifax Infirmary. In addition to South Shore Health, new dialysis sites will be created in Kentville

and Dartmouth.

Mr. Glavine added that the capital plan also includes \$20 million to continue planning, building and repairing medical facilities including Bridgewater.

“We need to make improvements to our aging facilities to address the growing needs of patients,” said Mr. Glavine.

The plan also includes more than \$8 million for information technology projects, including developing a permanent adverse event reporting system. Other capital investments include \$18 million to replace medical equipment and \$5.6 million for ambulances.

Bridgewater authorizes proposal concerning plastic bag-related research

By KEITH CORCORAN
kcorcoran@southshorenova.ca

BRIDGEWATER — Town council here will try and sign up Halifax university students participating in a Management Without Borders course to conduct research concerning plastic bags.

Civic politicians passed a motion directing staff to submit a proposal to Dalhousie University. Council will review the draft document before it's sent.

Since it'll be late 2014 before the next contingent of Management Without Borders students arrive at class, Bridgewater's potential prohibition on plastic bags may be many months away.

This summer council passed a motion directing staff to research and prepare a report and recommendation pertaining to a plastic bag ban or bylaw with a goal to approve a policy to take effect next year. The ultimate goal would be a so-called bring-your-own-bag bylaw or ban on plastic bags.

If a ban went into effect, Bridgewater would be the first town in Nova Scotia to institute the ban.

The town's strategic initiative co-ordinator has said Dalhousie University administrators believe research related to a potential plastic bag bylaw would be

a good fit for the Management Without Borders program.

Management Without Borders students study social, economic, ecological, political and technological forces shaping 21st century leadership in the public, private and non-profit sectors. The students' Bridgewater work could include preparing a report on stakeholder responses and a best practices approach to plastic bag regulations.

Councillor Andrew Tanner has led the charge on the plastic bag ban issue.

A prohibition would reduce environmental and litter impacts associated with the production, use and disposal of single-use bags by motivating shoppers to carry reusable bags, Councillor Tanner has said.

Public opinion research shows most Canadians would favour a ban in their own communities.

Plastic bags have been known to plug pumps, intakes, air cooling lines and other municipal water services infrastructure.

Liquor stores and some grocery stores have stopped offering plastic bags.

Manitoba and Alberta carried through their own bans in 2007 and 2010, respectively.

Farming can be 'sexy,' Department of Agriculture official says

By KEITH CORCORAN
kcorcoran@southshorenova.ca

COUNTY — The pursuit of raising livestock and growing crops can be sensual, exciting and a money-maker, an official with the province's Department of Agriculture suggests.

It's Brian MacCulloch's top three reasons to start a farm. Firstly, it's fun, a typical reaction the agricultural resource co-ordinator said he gets from Lunenburg County folks.

“This is a fun place to farm and not only fun, but it's a safe place, it's a good place,” he told a recent meeting of Municipality of Lunenburg councillors.

He referred to a specific berry crop, direct-to-consumer sales, and other facets when he talked about the second reason. “Some people farm because it's sexy,” Mr. MacCulloch explained. “Your farmers' markets, they're the cool thing to do. Haskap is sexy, growing grapes and running a winery or a brewery is a sexy thing.”

Lastly, he said, many farms are profitable.

His presentation talked about how the number of farms, such as small farms, are on the rise in Lunenburg County. The numbers suggest more females are farming, as are more seniors.

Mr. MacCulloch talked about crops, including spikes in Christmas trees and low-bush blueberries, in addition to livestock and other aspects involving farming.

“You have good arable and that is available; lots of undeveloped and vacant Class 3 [soil]. Class 3 is very farmable land,” Mr. MacCulloch said.

He urged the Municipality of Lunenburg to be more aggressive and not wait



KEITH CORCORAN PHOTO

Brian MacCulloch
Agricultural resource co-ordinator

for farmers to arrive. “People are looking for places to farm and live,” he told councillors. “You can take advantage of that.”

He added, “You don't sell Lunenburg County as a good place to farm, you sell it as a good place to live where you can farm.”



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Lunenburg County YMCA youth Tessa Vachon speaks to a recent meeting of Bridgewater Town Council.



KEITH CORCORAN PHOTO

YMCA youth relish Alberta exchange experience

By **KEITH CORCORAN**
kcorcoran@southshorenova.ca

BRIDGEWATER — While they came from distinct provinces and walks of life, local participants of a youth exchange involving YMCA's from Lunenburg County and Alberta suggest both sides had much in common in what was an enjoyable experience.

"I think the biggest thing we took away from the exchange was learning that although we came from different cultures we really weren't that different," Emma Sutherland, one of the participating youth, said during a recent YMCA presentation to Bridgewater Town Council.

"For the most part we liked the same music, we knew all the same bands and celebrities ... and we liked the same food. We had mutual interests."

A contingent of YMCA youth from Driftpile Cree First Nation led off the exchange with their multi-day visit to Lunenburg County this summer. Lunenburg County YMCA youth, roughly 20 of

them, reciprocated later with their excursion to northern Alberta. Both hosts and guests followed busy schedules.

Not only did they learn about a new culture, some of the local youth had never been to that part of Canada before, Ms Sutherland said.

Another local YMCA youth, Tessa Vachon, indicated it was an adjustment.

"Some of their names were so different that we had to ask them how to pronounce them when we first met," she told councillors.

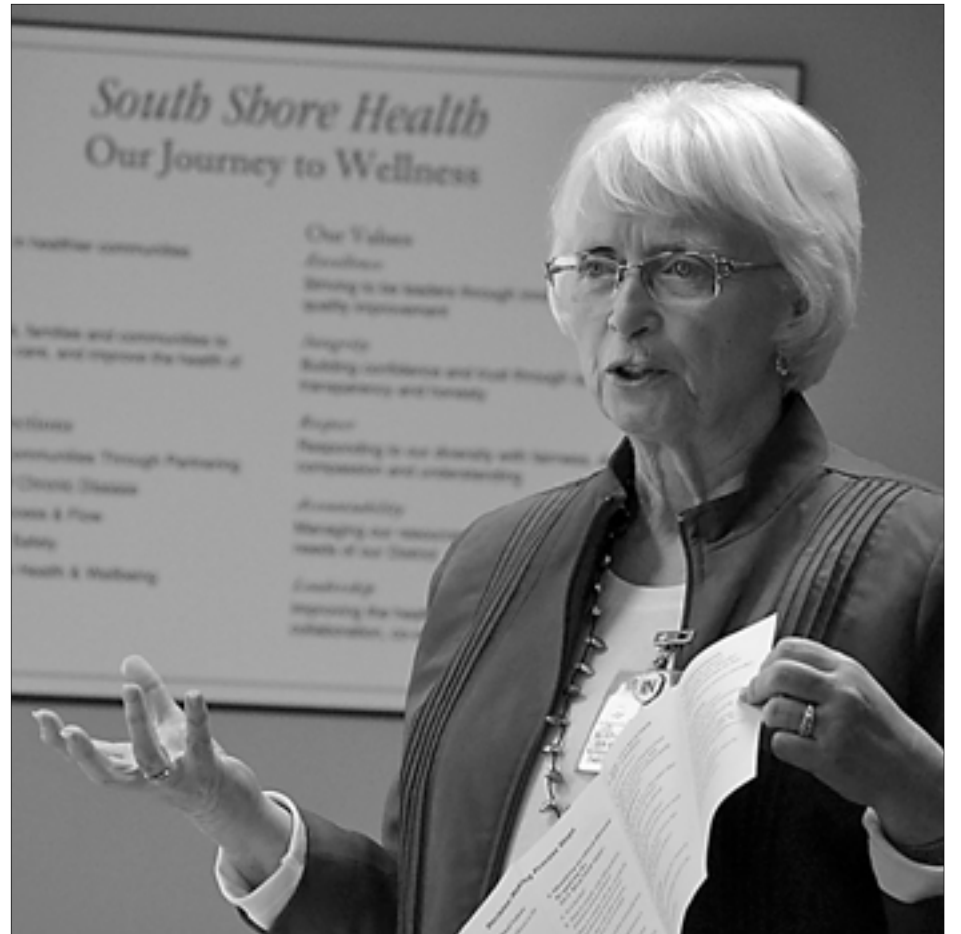
Despite some underlying anxiety about how well they'd get along or be liked, she added, everyone ended up having a lot of fun.

The goals were for each group to learn more about each other and their customs and to distribute that experience to their peers through presentations, pictures, videos and stories.

YMCA Youth Exchanges Canada, through funding from Ottawa, hosts exchanges for youth across Canada.

"I think the biggest thing we took away from the exchange was learning that although we came from different cultures we really weren't that different."

Emma Sutherland
Lunenburg County YMCA



STACEY COLWELL PHOTO

DECISION-MAKING ETHICS

Angela Clifton recently made a presentation to South Shore Health's board of directors regarding its ethics decision-making model, which involves a committee that helps personnel, patients and families explore options for their difficult ethical questions and dilemmas related to health care.

Bridgewater passes updated solid waste legislation

By **KEITH CORCORAN**
kcorcoran@southshorenova.ca

BRIDGEWATER — Town council here passed the final reading of updated solid waste legislation that addresses administrative fines and curbside bag limits amongst other rules outlined in the separation, storage, placement, collection and transportation of discarded materials.

The bylaw is designed to promote compliance and incorporate better enforcement and education, among other things. Bridgewater's original bylaw was established in 1994, but officials believed it didn't do a good enough job addressing the requirements of waste separation.

Other Region 6 Solid Waste Management member municipalities in Lunenburg County — the Municipality of

Lunenburg, Town of Mahone Bay and Municipality of Chester — are expected to pass similar rules.

Region 6 promotes proper waste sorting and diversion in 13 municipalities from Shelburne to West Hants through education and other outreach programs.

Bylaw violations can carry at least a \$200 fine. If the ticket isn't paid, jail time of up to 30 days can be expected. Depending on whether or not there's compliance, fine values and jail time can escalate.

Other sanctions are also possible. The penalty for illegal dumping, for example, carries a fine of at least \$1,000. Jail time of up to 90 days can occur if the ticket isn't paid.

Bridgewater also passed a policy statement establishing an enforcement procedure that supports education as a first step before prosecution.


LOCAL BUSINESS DEMONSTRATES THE MEANING OF CHRISTMAS WITH A LITTLE "HOMETOWN" HELP.



In its seventeenth year collecting Christmas turkeys for less-fortunate families in Lunenburg County, Bridgewater Hometown Sears, their many generous customers and other local businesses, joined forces to help feed over 135 less-than-fortunate local families. A big 'Thank You' on behalf of Christmas Daddies, the Salvation Army and all of the turkey recipients and especially the children, for continuing to support this worthy campaign. Thanks for sharing the Spirit of Christmas.

Pictured left to right, Kaylen Bruce (ScotiaBank Bridgewater), Jean Lees (Bridgewater Hometown Sears) and Megan Hebb (ScotiaBank Bridgewater).

PAID PHOTO



Lunenburg West Liberal Association

ANNUAL GENERAL MEETING

The Annual General Meeting of the Lunenburg West Liberal Association will be held at the Bridgewater Curling Club, 90 Dominion Street, on **Wednesday, January 15th**, Registration 6:30 to 7:00 pm (storm date, if needed will be Wednesday, January 22nd).

New and renewal memberships may be purchased during registration.

Guest Speaker: Hon. Mark Furey,
Minister of Service Nova Scotia and Municipal Relations.

Light refreshments will be served.
Everyone welcome.

COMMENT



What will the New Year bring?

As we turn the calendar and wonder at the mystery of yet another New Year, we understand that many challenges and opportunities await us in the next 12 months. We don't have a crystal ball, but if we did, there are many initiatives that we'd like to see come to fruition in 2014.

For starters, with the Yarmouth to Maine ferry service being reestablished and relaunching in May, we hope to see the tourism industry along the South Shore find a way to capitalize on this renewed economic opportunity. The past few years have been tough for tourism in the region, but with the new ferry we hope the industry will rebound and breath new life into the economy of southwest Nova Scotia.

We're also hoping that in 2014, the refurbished Bluenose II will finally set sail. After years of continued controversy it's vital that this once-proud vessel get back in the water and live up to its full potential. The famous schooner is important to all Nova Scotians, but it is an especially important part of Lunenburg's heritage and a vital part of the town's tourism industry. Besides, the legacy of the original schooner deserves better than the current political pawn the re-built vessel has become.

Looking ahead to the next 12 months, we also hope to see the complete opening of the Lunenburg County Lifestyle Centre so that the facility can live up to its full potential. Local residents have been waiting for many years for this facility and governments have invested millions of dollars into making it a reality. Now the dream is almost fulfilled with the arena having been opened this fall and the new library opening this month. While there is no of-

ficial word on the opening of the last major component, the aquatic centre, we anticipate that facility will be ready soon and the entire facility will become a major asset to the community.

We are really excited about the steps being taken toward reinvigorating Bridgewater's downtown. We understand this is a long-term project that will cost large sums of money, but at least there is a plan afoot to revitalize the area. As we know, many small towns in rural Canada are struggling to survive and while many of the plans being discussed could be years away from fruition, the on-going dialogue provides hope for future prosperity and encourages us to look forward with renewed hope.

Speaking of revitalization, we look forward to the new tenants coming to Bridgewater Mall. In recent years, we've seen one tenant after the other leave the mall and when Zellers closed last spring, it left a major void in the commercial sector, but as the New Year begins, renovation is underway and several new tenants have been announced, all of which is good news for the community.

Last year, Nova Scotians went to the polls and elected a new Liberal government. Next up will be a federal election and with scandals plaguing the Harper Conservatives, we can't help but wonder if we will also see a changing of the guard at the federal level. With that, in the coming months, we should anticipate candidates emerging for the next federal election as each of the parties gear up for October 19, 2015, unless Harper calls a snap election, but don't count on it. Locally, right now, the big question on everyone's mind is will Gerald Keddy seek another term in office?

Stay tuned as the political heat is about to ramp up.

Provincially, there are lots of issues on the table and as the new Liberal government grapples with a major budget crisis we should anticipate lots of upheaval and political wrangling. We should also expect the highly contentious school review process to be back in the news as the Department of Education looks for public input to make it less confrontational and more inclusive. Although it doesn't seem likely, for the coming year at least, we would like to see funding announced for a new school to replace Pentz and Petite, as per the school board's request.

On the municipal level, we would encourage all councils in Lunenburg County to continue working toward improved co-operation and more shared services. In this day of shrinking population but rising costs and taxpayer expectations, it is now more vital than ever that municipal governments move forward together.

On the economic front, we would hope that local retailers continue to do business amid a changing marketplace that sees increased competition from the big box outlets in Metro and from on-line shopping, both of which create a major challenge for the rural marketplace. However, it behooves all of us to support our community shops and stores, as they are vital to the survival of the region's economy and culture.

On a more personal note, we hope everyone has a healthy, prosperous and happy New Year.

— Vernon Oickle

The dawn of a new day

As most of my regular readers will know, I am fascinated with superstitions and old wives' tales.

Not so much because I consider myself to be a superstitious person (although I don't walk under ladders, I avoid black cats and cringe at the thought of breaking a mirror), but because I consider such folklore to be part of our Maritime traditions and heritage.

These superstitious are actually a throwback to earlier generations. They remind us of a time when life seemed simpler and the people looked to the heavens and to the land for clues about their environment, and they studied other natural things such as the behaviour of birds, animals and plants for signs that might help them understand more about the world in which they eked out a mostly meager existence.

Often times, because they had no modern science or medicine to explain certain phenomena they arrived at their own conclusions and accepted natural explanations for things they could not understand. So then, as we turn the calendar to 2014, I thought it would be fun and perhaps even educational to pass along a few of the superstitions I've heard over the years about New Years. As you're planning your celebrations then, remember these little oddities and plan accordingly.

• It is tradition to fling open all the doors on your house at the stroke of midnight on New Year's Eve to let the old year out and to welcome in the New Year.

• How you start the year is how you will end it, so you must ensure that you are wearing new clothes and looking your best, have paid off all your debts and are with

your partner to ensure that you are still with them at the next New Year.

• The first person you kiss after midnight on New Year's Eve will be true to you for the next 12 months.

• To ensure that you will have food throughout the coming year, make sure your cupboards are not empty when the New Year arrives.

• If the first person to enter your house after midnight on New Year's Eve has dark hair, then your household will be blessed with good luck for the next year. However, if that person has blonde or red hair, then bad luck will follow you throughout the year.

• It is considered to be bad luck if you leave the house on New Years Day before someone else first enters.

• The first person in your house in the New Year should always come bearing gifts or there will be tragedy in that house.

• It is bad luck for anything to leave your house, not even the garbage, during the first day of the New Year.

• It is good luck to eat cabbage for dinner on the first day of the New Year.

• If you do laundry on the first day of the New Year then it is said you are washing away the life of someone in your household and there will surely be a death in your home within the next 12 months.

• It is good luck to wear a new piece of clothing on the first day of the New Year.

• Do not lend or borrow money on New Year's Day as you will be broke for the remainder of the year.

• If you cry on the first day of the New Year, then it is said you will shed many

tears throughout the year.

• To break something made of glass on New Year's Day means your heart will break by the end of the New Year.

• Babies born on January 1 are said to always have good luck.

• It is good luck to dance in the open air and especially around a tree on New Year's Day.

• In some homes, on New Years Eve, dishes of fresh fruit are set out as an "offering" and as a means to invite good luck into the home throughout the year.

• It is a good thing to make loud noises on New Year's Eve as it is said that will scare away the evil spirits from entering your home in the next year.

• It is said that the direction the wind is blowing during sunrise on the morning of the New Year will tell you about the coming year. If the wind is blowing from the south, it means fine weather and prosperous times lay ahead while wind from the north foretells bad weather. An easterly wind suggests lots of bad weather in the New Year and wind from west foretells your cupboards will be full throughout the year, but there will be a death in the family or someone you know. No wind means joy and prosperity throughout the year. It also means there will be no major storms during the coming year.

• It is also said that you can ensure yourself good fortune by drinking the last drop from the bottle on New Years Eve.

• And finally, the granddaddy of all New Year's superstitions — making resolutions. It has been a long held belief that the first day of the New Year should be one of reflection and thinking about the past year and resolving to improve oneself in the coming year.

May you all have a happy, healthy and prosperous New Year.

E-mail me: editorial@southshorenova.ca



VERNON OICKLE
Editor's Diary

The Lunenburg County Progress Bulletin was created through the merger of the Bridgewater Bulletin (est. 1887) and Lunenburg Progress Enterprise (est. 1876) in May 2011 and is a locally owned independent newspaper published every Wednesday by Lighthouse Media Group.



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ISSN # 1925-6086

TO THE EDITOR

Let's get educated before the next federal election

Most of us growing up in Canada have taken our electoral and parliamentary systems for granted. We elected men and women and entrusted them to do what was right — to safeguard, to reform, to show the way for a just and fair society. We did not always agree or understand, but felt that somehow we were in safe hands.

The last few years have shown that this may be no longer true. There are warning signs of the fragility of our democracy.

Could we have a forum for discussion through this local paper? We have expertise among the readership to help us become knowledgeable before the next federal election.

Might I suggest exploring Canadian governance — our parliamentary system — the history and role

of the Senate and the House of Commons? What are provincial and federal jurisdictions? How were transfer payments to work? What is the role of the unions in our society? How do we address inequality in pay and poverty?

What policies do we want in place regarding universal health care, the environment, sustainable development?

A column a week starting soon could make a difference. Any takers?

MARY WRIGHT
Bridgewater

Editor's note: We would welcome such an exchange and encourage our readers to participate in such discussions through our letters to the editor pages.

LETTER POLICY

We welcome your contributions. Legal responsibility requires that all letters be signed and include your full civic/postal address and telephone number. Letters to the editor do not include Thank Yous or poetry, available as classified ads. Letters may be mailed or brought to our offices. They may also be sent by

voice mail, by fax or by e-mail. For details on how to submit letters, see the **How to Reach Us** box on Page A2.

Written submissions should be clearly written or typed double-spaced on one side of paper. Letters may be edited for space or appropriateness.

Don't skip your health appointment

I recently went to the Miramachi hospital in New Brunswick to visit a patient. I noted a poster in the window of a clinic which stated that patients who did not show up for their scheduled appointment cost the health system money. In the previous month, 19 patients had not shown up while there was a six-week wait to get in the clinic.

This same scenario happens in every clinic or scheduled service in Nova Scotia. Further, some patients when called for their scheduled service or operation say the time is not convenient as they are going on vacation, it's Christmas time, etc.

Yes, the system is working to improve wait times and there are system problems to be fixed, but individuals have a responsibility as well. They also have taken an appointment time away from an individual who would be quite willing to have their procedure done.

I believe fully in the public health system but perhaps we should start thinking about charging a fee to those individuals who cause a wasting of funds unnecessarily.

KEVIN MCNAMARA
Gold River

Religion Directory

Services for January 5 2014

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Healing Services - 3rd Sundays 3 p.m.
(Feb, Apr., June, Aug, Oct., Dec.)
Sunday School and Confirmation Classes - 9:30 am *(Sept. to June)*
Bible Study - Wednesday 7 pm *(Sept. to June)*
Choir Practice - Thursday 6:30 pm *(Sept. to June)*




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Office 688-2926; Minister's Residence: 688-1580
email: lahavenewdublinpc@ns.sympatico.ca www.lahavenewdublin.org

SUNDAY, JANUARY 5
2nd Sunday After Christmas
The Blessings of Christmas are continually celebrated
10:30 am - Worship and Sunday School
May the Blessings of God be among you in 2014.





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stpaulsbwr@eastlink.ca

SUNDAY, JANUARY 5, 2014

8:45 a.m. Contemporary Service & Sunday School
11:00 a.m. Traditional Service
Everyone Welcome

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Pastor Paul Jensen — Organist: David G. Zwicker

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Sunday, January 5
Second Sunday After Christmas
- Rev. Oliver Osmond

9:00 a.m. St. Alban's, Vogler's Cove Holy Communion
11:00 a.m. St. John's, West Dublin Holy Communion

All services according to the Book of Common Prayer
"O worship the Lord in the beauty of holiness"

Bridgewater United Church
Corner of Hillcrest & Dominion Sts.
www.bridgewaterunited.ca

Wed., Jan. 1, 2014 - New Years Day - Church Office Closed

SUNDAY, JANUARY 5, 2014
EPIPHANY SUNDAY
11:00 a.m. Worship - "The Wesleyan Covenanting Service: Are you ready?"

Minister: Rev. Eleanor L. Scarlett
Organist and Choir Director: Wendy Fraser
Church Office open weekday mornings, 9:30 am - 1:00 pm



The Pentecostal Assemblies of Canada
EMMANUEL PENTECOSTAL TABERNACLE Pastor: Rev. Fred Carr 354-4828
Hirtle Rd., Middlewood 2:30 p.m. Worship

CALVARY TEMPLE (P.A.O.C.)

510 Main St., Mahone Bay 624-8253

Sunday, January 5, 2014

11:00 a.m. - Worship Service
11:15 a.m. - Sunday School for Boys & Girls
Guest Speaker - Terry Williams
7:00 a.m. - Hymn Sing


ALL WELCOME!



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624-9287
Trinity United
10:50 am
St. Paul's, Blue Rocks
9:30 am



Zion Evangelical Lutheran Church
Corner of Cornwallis and Fox Street, Lunenburg
Rev. Willis Ott, Interim Pastor

THURSDAY, JANUARY 2
6:00 p.m. Worship Service at Harbour View Haven
7:00 p.m. Finance and Property Meeting


SUNDAY, JANUARY 5 - Service of Holy Communion with Rev. Ott
Food Bank Collection Sunday ~ No Sunday School
Annual Reports are due
Worship & Music Meeting Jan. 7th at 10 a.m.
Jan. 9 - 7:00 p.m. Council Meeting
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Sunday Services
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Holy Eucharist BCP service
10:00 a.m.
Holy Eucharist BAS or BCP



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St. John's Anglican Church LUNENBURG

Archdeacon Michael H. Mitchell, Parish Office: 634-4994 www.stjohnslunenburg.org

SUNDAY, JANUARY 5
EPIPHANY OF THE LORD

8:30 a.m. - Holy Eucharist

10:30 a.m. - Service. Holy Eucharist with Baptisms
Sunday School Classes at the Parish Hall



St. Andrew's Presbyterian Church
Old Town Lunenburg

Team Ministry with
the Rev. Dr. Laurence and Marion Mawhinney

Epiphany Sunday, January 5, 2014
11:00 a.m. Morning Worship
(Sunday School resumes on January 12th)
Sermon Topic: "The Wisdom of Star Power"
Visitors are welcome.

This week in **SPORTS**

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Allison Chandler represented Nova Scotia in both golf and tennis at the Canada Games.



CAPE BRETON POST PHOTO

Besides dominating at the Nova Scotia School Athletic Federation level, Tobias Wolter medalled at the Canadian youth track and field championships and earned a trip to the world youth championships.



STACEY COLWELL PHOTO

Sports stars shone in 2013

By **STACEY COLWELL**
scolwell@southshorenov.ca

From standing on the podium at the Canada Games, to winning national titles, participating in world games, being named provincial player of the year or turning pro, Lunenburg County athletes shone in 2013.

Twenty of the brightest stars, in no particular order, included:

- **Alex Duckworth:** A Kingsburg native and 2014 Olympic snowboard hopeful, she was nominated as Nova Scotia's female athlete of the year and placed sixth overall during a recent World Cup event in Finland.

- **Tobias Wolter:** The Conquerall Mills native medalled at the Canadian youth track and field championships and represented his country at the world youth championships.

- **Alex Mann:** A defenceman from Lunenburg who plays hockey for Milton Academy outside Boston, he represented Team Atlantic at the world under-17 hockey challenge last January.

- **Rebecca Weagle:** Another Lunenburg native, she was named top goalie at the Canadian midget AAA female national hockey championships and currently plays for Saint Marys University.

- **Zack Zinck:** He was named Baseball Nova Scotia's minor league player of the year after allowing only 23 hits and seven earned runs while striking out 90 in 52 Bantam AAA innings with the Bridgewater Bulldogs and pitching at the nationals with the provincial team.

ter Bulldogs and pitching at the nationals with the provincial team.

- **Matt Taylor:** Former Canada Games athlete from West LaHave attends the Royal Military College and represented his country last summer at the world university games with the rugby sevens team.

- **Brennan Bailey:** The Lunenburg native and South Shore Mustangs' all-time leading scorer among defencemen raised the Memorial Cup last spring as a member of the Halifax Mooseheads national championship team.

- **Mattias Wolter:** This Conquerall Mills track star capped his junior season at the University of Louisville by earning All-American honours in the 3,000-metre steeplechase, and later won a gold medal at the Canada Games.

- **Jenna Martin:** A 2012 Olympian from Bridgewater, she was the lone Nova Scotian to earn a spot on Team Canada for the 2013 world track and field championships.

- **Shyanne Mossman:** Won a bronze medal at the national biathlon championships. The Riverport resident is a prospective member of the 2015 Nova Scotia Canada Games team.

- **Jesse Drennan:** A Lunenburg decathlete who won gold at the Canada Games and was an All-Canadian for the University of Windsor.

See **NEXT PAGE**



DAVID CHAN PHOTO

Brennan Bailey won a Memorial Cup with the Halifax Mooseheads.

SPORTS



STACEY COLWELL PHOTO

HOLIDAY HOOP FEST

The Park View Education Centre boys basketball team defeated Trimble 68-55 in the championship game of the Panthers' annual holiday hoop fest tournament on December 21. Pictured is Ozzie Damiani.



BALINT VAKASSY PHOTO

Dave Waters competed at the para-canoe world championships.



D. SHEEHAN PHOTO

Gaolie Ben Meisner turned pro with the Utah Grizzlies.

HOCKEY STATS

Maritime Junior A Eastlink Division

Team	GP	W	L	OTL	SOL	PTS	GF	GA	PIMS	PP%	PK%
Weeks Crushers	30	22	4	0	4	48	130	75	457	21.9	81.1
Truro Bearcats	29	19	8	0	2	40	119	76	487	27.1	82.5
Yarmouth Jr. A Mariners	29	19	9	1	0	39	107	100	709	14.5	78.8
Amherst Ramblers	29	18	10	0	1	37	112	89	675	19.3	85.3
Valley Jr. A Wildcats	32	13	15	3	1	30	89	104	615	21.1	79.8
CIBC Wood Gundy Lumberjacks	33	2	26	3	2	9	71	170	785	13.4	71.6

Nova Scotia Major Midget

Team	GP	W	L	T	SOL	OTL	GF	GA	PTS
Cole Harbour Pro Hockey Life Wolfpack	24	21	2	0	1	0	119	56	43
Halifax McDonalds Major Midget	25	20	4	0	1	0	103	62	41
Newbridge Academy Gladiators	26	17	6	0	2	1	107	68	37
Valley Wildcats	28	14	9	0	2	3	110	95	33
CHARLIE'S PIZZA South Shore Mustangs	25	10	15	0	0	0	71	90	20
Cape Breton West Islanders	25	7	16	0	2	0	65	93	16
Weeks Major Midgets	27	7	19	0	1	0	69	124	15
Cape Breton Tradesmen	22	4	16	0	0	2	66	132	10

Nova Scotia Major Bantam

Team	GP	W	L	T	GF	GA	PTS
Bubba Rays	23	20	3	0	117	45	40
Bedford Barons	23	18	3	2	99	43	38
Western Hurricanes	23	15	3	5	94	39	35
Breton Sport Cougars	21	16	3	2	82	41	34
Dartmouth Whalers	23	13	7	3	73	48	29
Nova Jr. X Men	22	13	7	2	95	68	28
ACCEL Hawks	24	7	13	4	58	67	18
Scotsburn Crushers	23	7	15	1	52	112	15
Pro Hockey Life Harbour Storm	24	6	15	3	70	102	15
Newbridge Senators	23	5	16	2	66	119	12
Truro Bearcats	23	2	17	4	39	93	8
Kings Mutual	22	0	20	2	32	100	2

Standings December 27, 2013.

SUBMISSIONS

All sports submissions must include, if applicable: the sport, the competitors' names, league name, team names and level or division played. Also include the date and location of the game or competition. Any submissions that do not include the proper information or that are illegible cannot be published.

The deadline for submissions is 10 a.m. Monday. Contact Lighthouse Media Group sports by e-mail at editorial@southshorenov.ca, by fax at 543-2228 or by phone at 543-2457.

Sports stars shone in 2013

From PREVIOUS PAGE

- **Jacob and Graeme Chaplin-Saunders:** These Chester brothers won the Nathan Cowan Memorial Award as the top developing sailors in the country. The duo hopes to represent Canada at the 2016 Olympics.
- **Rachael McIntosh:** The Bridgewater track star won a gold medal at the Canada Games, reached the podium at the senior nationals and placed top-10 at the world university games.
- **Ryan Nowe:** He won the Atlantic junior golf title, represented his province at the Canada Games and shot a career-best 65 to help Park View Education Centre win the Nova Scotia School Athletic Federation provincial championship.
- **Allison Chandler:** This Chester resident was both the indoor and outdoor Atlantic tennis champion for her age group, won the Nova Scotia junior golf title and represented her province in both sports at the Canada Games.
- **Ben Meisner:** A New Germany native

- who posted a league-leading .923 save percentage in his final NCAA season as the starting goaltender for American International College in 2012-13 and is currently playing pro with the East Coast Hockey League's Utah Grizzlies.
- **Claire McNally:** The Hebbville resident won a pair of bronze medals in para-swimming at the Canada Games.
- **Fletch Selig:** Last summer, the Bridgewater native was named top male swimmer at the provincial championships and won gold in the pentathlon at the Canadian surf lifesaving championships.
- **Dave Waters:** This Fox Point resident represented Canada for a third consecutive year at the para-canoe world championships.
- **Keith Getson:** A top Quebec Major Junior Hockey League prospect, this Bridgewater native and former Baseball Nova Scotia minor league player of the year set Nova Scotia Major Midget Hockey League records with 50 goals and 81 points in just 29 games with the Western Hurricanes in 2012-13.

Professional Directory ...

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Picture perfect



MICHELLE WILE PHOTO

This backyard visitor was captured before the holidays in Dayspring. Send your Picture Perfect images to editorial@southshorenov.ca. Include where and when the photo was taken, the names of anyone in the photo and who took the photo.

Ross Farm nearing fundraising goal for learning centre

By PAULA LEVY
 plevy@southshorenov.ca

NEW ROSS — The Ross Farm Museum is inching closer to its \$3.6 million fundraising goal to build the Ross Farm Museum Learning Centre.

The learning centre will be built on the site of the current museum entrance and gift shop and will have the appearance of a big barn. It will consist of public space, including a foyer, programming rooms, washrooms, meeting rooms, an open-hearth room, a commercial kitchen, a gift shop, an office for the local historical society, research space and climate controlled storage for artifacts.

The building's upper level will house administrative space, a staff kitchen, a first-aid room and space for the production and storage of period costumes.

In a release, museum director Lisa Wolfe said the local and capital campaigns have together reach \$1.014 million of the combined \$1.5 million it needs. ACOA and the province have each committed \$1 million, the Municipality of Chester, \$100,000 leaving about \$486,000 left to raise.

The local campaign was tasked with raising \$100,000. That committee began its work in September and has raised \$74,991 to date.

"We are three-quarters of the way to our goal. We need to finish off the campaign in early January so keep those donations coming," she said.

Its capital campaign, which is tasked with raising \$1.4 million, has raised \$939,265 to date.

"It is looking very good to be digging in the early spring 2014," added Ms Wolfe.

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BUSINESS

Home-based business now stands on its own

By **PAULA LEVY**
plevy@southshorenova.ca

After being let go from her two previous jobs, Kate Cocks took it as a sign that she was getting the push she needed to set out on her own. Although she has always wanted to be her own boss, Ms Cocks really had no idea what that would mean.

"I always had in my mind that I wanted to work for myself, but I never knew what it was that I wanted to do, really," she said. The dream was always on the back burner because Ms Cocks had two children and a mortgage, and the thought of giving up a secure paycheque was frightening.

"As often is the case, life gives you the nudge that you need in order to end up doing what you're supposed to be doing and I got fired," she said about the secure paycheque. Luckily she found another job, but lost that one too.

"Finally, I realized that I'm not listening. Opportunity is knocking and I'm not listening," said Ms Cocks. At the same time Jo-Ann's market in Mahone Bay was about to open for the season. She approached Jo-Ann and asked if she would like to carry baked goods in the market.

An order was placed for a dozen blueberry muffins.

"I went home and thought, 'I'd better figure out how to make those really big muffins.' I took her in a dozen muffins. They sold really well," said Ms Cocks. That dozen muffins grew to a two dozen order and before long, the order was expanding to other baked goods.

Eventually, Ms Cocks was supplying Jo-Ann's Market with scones, oatcakes, cookies, cheesecakes and squares.

"When I started back then, there was no internet ... so I used to go to the library and borrow cookbooks ... and cooking magazines," said Ms Cocks. "There was a lot of searching, a lot of reading, a lot of experimentation to come up with the various recipes that I'm actually still using to this day."

While she perfected her recipes, Ms Cocks continued to supply Jo-Ann's market and happily worked out of her own home. She had one domestic oven and one fridge but managed to meet the orders.

"After the first year of working with Jo-Ann I said it was time to stop looking for a job and get serious," said Ms Cocks. She expanded the kitchen in her home to accommodate a second used domestic oven, a larger refrigerator and a commercial mixer.

The next thing she knew, someone asked if Ms Cocks could cater a wedding lunch. She responded, "Yes." Al-

though she had never catered before, she thought, "How hard could it be?"

That first event had 19 guests and when she was asked to cater for 50 people, she simply responded again with a yes.

"All of the things that came along, I always said yes," said Ms Cocks. And, as her business expanded, she needed more space and before she knew it, she had also taken over the dining room in her house. She was finding herself so overwhelmed she also needed to hire a couple of staff to help.

Eventually, Ms Cocks also needed to invest in commercial ovens to keep up the pace.

Since Ms Cocks had been operating the business out of her Martins River home, she was finding that the home-based business was beginning to take its toll.

"Running a business in your home gets to be difficult because there is no downtime and there is no place to go to get away from work because you are living at work," she said. "For 13 or 14 years

I was living at work and that gets very hard."

She feels that fate was again giving her a nudge when Jo-Ann decided she was no longer outsourcing baked goods.

"I had anticipated that this would happen. It seemed

like a natural evolution for her and it was something that she wanted to do. I was perhaps already thinking about having a retail location of my own," said Ms Cocks.

She started looking for a place to open and she found her current location on Lincoln Street in Lunenburg. Not only was she going to have a place where she could go to work every morning, but she could also get into retail and open a cafe to sell coffee, light lunches and sweets.

"Just moving here to this space in Lunenburg, I've got my home back. I get up in the morning and I go to work and then I leave work and I go home. And that to me was really invaluable. I don't think I could have kept on going the way I was much longer."

Ms Cocks has been able to evolve and grow her business because she has never been afraid of change, risk and she always said yes to customer requests.

"I'm ignorant enough that I'm not afraid of risk," she laughed. "I think if you educate yourself about all the possibilities and everything that could happen and could go wrong, you'd probably never do anything."

From a basket of a dozen blueberry muffins baked in the kitchen in her home, Ms Cocks grew a catering business that now has its own home — Kate's Sweet Indulgence Catering and Cafe.



PAULA LEVY PHOTO

Kate Cocks started with a dozen blueberry muffins and today she owns Kate's Sweet Indulgence Catering and Cafe in Lunenburg.



Seaside Shanty up for sale

By **PAULA LEVY**
plevy@southshorenova.ca

The Seaside Shanty restaurant is now for sale. After owning the restaurant for eight years Jillian McKenzie said it was time to focus on family.

"I've got a four year old that starts school next season so that means she's down to July and August and those are my two busiest months. I won't have any time for her. I think I just had to make the choice to focus on the family stuff," said Ms McKenzie.

The decision to sell did not come easy. Ms McKenzie said over the past eight years she has put a lot of work into the restaurant to continually build business.

"It's sad. It's probably one of the most difficult decisions I've ever had to make. But I've done what I set out to do to bring the restaurant back to a successful business," said Ms McKenzie, noting the 2013 season was the best the restaurant has seen since she became its owner.

When the Nova Scotia native bought the restaurant that's been in Chester Basin for over 20 years, it did not have hands-on owners for 12 years. She said the restaurant really needed a hands-on

owner.

At the time of purchase, Ms McKenzie was living and working in Vancouver. When she visited her Annapolis Valley family, the restaurant was up for sell.

"I've always wanted to be, not necessarily in the restaurant business, but the hospitality business. I always wanted to try my hand at that. Being an accountant, you're stuck to a desk but I always loved people," said Ms McKenzie.

She bought the iconic restaurant that is known for its seafood-focused menu, especially its seafood chowder. She said the success is in no small part due to a new chef that was hired a couple of years ago along with their welcoming staff and picture-perfect view.

Ms McKenzie said she is hopeful the restaurant will sell before its next season in May. She said she's already had a lot of interest but she has yet to set a price. If the business is not sold privately by the end of January, she plans to list it.

"I am going to be selective in who I sell it to. I've put a lot of work into it. ... I'm hoping that whoever buys it, will try and keep it the way it is. ... That's what people like," she added.



South Shore Opportunities cbdc noticed...

45% of Canadian consumers made an effort to buy local in the past year. 87% said they believed it was more environmentally responsible and 97% said they did it because it supports the local economy.

The Board of Directors and staff wish you a moment of peaceful reflection during the holiday and joy and inspiration in the coming year.

From the
idea
forward

LIFESTYLE & LEISURE

Going way back in a time machine

I've never been a Dr. Who fan, but my brother was, so I've witnessed many episodes on our television when I was a kid. Don't get me wrong; the idea of time travel appealed to me. I was fascinated with astronomy and was a dedicated watcher of "Voyagers," the one-hour show starring the late Jon-Erik Hexum. Hexum and his sidekick used a pocket-watch style time machine to travel through time and "fix" history.

As a genealogist, I wish I had a pocket watch that could deliver me to the past. I could visit my ancestors and interview them, getting the facts that elude me because no records exist for them. It would sort out mysteries that have stumped me for decades. I'd sneak along my camera and take pictures of them and their communities. I'd have the best genealogy in the world.

More recently there have been times I wished I could travel to the not too distance past to recapture or re-examine records I've found on the internet that are no longer available. Everyone keeps saying, "When it's on the web, it's there forever."

But this simply isn't true for some things that are deleted and lost to time.

That is unless it spent enough time on the web to leave a footprint.

Shortly after I tried and failed to locate Lost at Sea, that wonderful web site that had extensive information on sailors from Atlantic Canada who were lost at sea or miraculously saved, I discovered something wonderful — a time machine for the internet.

Officially it's known as the Wayback Machine (http://web.archive.org), a web site that archives the internet. The only thing you need to know to rediscover an old site is the old web address.

In the case of Lost at Sea I had

the old address as www.lostatsea.ca. If you enter this address in the Wayback Machine, it takes you to August 21, 2013, where it states the time machine saved a snapshot of this web site 257 times since June 5, 2001. From the calendar it appears the Lost at Sea web site operated between mid-2001 and late 2006. The most activity occurred in 2005.

To visit this site in its past state, click on a year and then choose a date from the full-year calendar which appears below. In the case of many web sites, the best option might be to choose the most recent snapshot, just before the site went defunct. Usually this was when it held the most information.

After choosing a date from the calendar, you'll find yourself back in time, surfing the old web site as if it was still functioning. In most cases the images and links are just as they were. The only difference is the web address in the browser and the addition of the Wayback Machine power bar that allows you to choose other dates if the one you've selected doesn't contain what you remember.

Webpages within the Wayback Machine can be linked too, just like any other internet page.

The Wayback Machine does not take a snapshot of actual web site updates, so updates may have occurred and been deleted without being captured. For more information about using the Wayback Machine, including how it captures web sites and why it can't capture all web sites, check out the FAQ page.

Diane Lynn Tibert is a freelance writer based in Central Nova Scotia. For more genealogical stories, visit her Roots to the Past blog (https://rootstothePast.wordpress.com). Submit a query. It's free! 1787 Highway 2, Milford, Hants County, Nova Scotia, B0N 1Y0; or e-mail tibert@live.com.



DIANE LYNN TIBERT Roots to the Past

Great backyard bird count

Mark on your calendars the date for the 2014 Great Backyard Bird Count, which will be held from February 14 to 17.

This is where you can count the birds that you see from the comforts of your home or wherever you might be. If you take a walk down the road or in the park you can count for that location. Make note of the habitat and count the birds that you see by species and number.

If at home, and you see three black-capped chickadees in the morning and four in the afternoon, you count four only. Also, make a note of the time that you spent counting. A minimum of 15 minutes is required. If you have a computer go to http://www.birdsource.org/gbbc and this is where you can enter your data. If not, give me a call with the information that you have gathered and I will enter it for you.

As I mentioned in a previous column, there has been the largest influx of snowy owls in history to Nova Scotia. These owls continue to be seen and reported. Snowy owls are typically found in the Arctic and rarely are seen south of the Great Lakes. They've come down to the eastern United States in greater numbers than at any time in the last 50 years. A friend in Florida has advised me that they have even reached there and reports have come in from as far away as Bermuda.

An interesting story that I read, posted by Hans Toom, has a lesson surrounding it. The setting is a community named Mount Hanley, but this could very well happen anywhere.

It was unusual balmy weather and a woman decided that she would put the Christmas turkey outside on the front porch overnight to thaw. After all what could go wrong? Well the next morning three-quarters of the turkey was gone, in the belly of a contented bald eagle.

Brenda Hebb of Hebbville was pleased to have an American wigeon. A friend at work, named Bernie told me about how a number of American robins are flying through a hole in her barn every evening and are taking refuge in a hay bale there. These robins then fly out in the morning. An interesting event that happened

to me a number of weeks ago was seeing thousands of crows in the sky by the Cineplex Theatre in Bridgewater. These American crows are gathering across the street from the theatre and fly at dusk to an unknown location to their winter roost. They must have been late going or something scared them as it was after dark and when I looked up, not far above my head, the sky was black with crows. It was like a scene out of the Alfred Hitchcock movie "The Birds."

At Rhodes Corner, Mandy Eisenhauer reported a pileated woodpecker calling and hammering away behind her house. Mandy also has had a few purple finches, a red-breasted nuthatch and the occasional evening grosbeak. Allan Tobacco has had a nice assortment of birds this year as compared to last year at Western Shore. He now has three pairs of northern cardinals visiting his backyard.

Helen Forrest also has a male northern cardinal still tending at her feeder in Clearland, but the Baltimore oriole has not been seen since the last major storm, so it might not have survived. David Walmark saw a northern harrier at Conrads Island in Lower Rose Bay.

When Steven Hiltz was out and about, he spotted 20 American robins at Second Peninsula. An amazing 315 of these birds were found during the White Point Christmas Bird Count. Steven also saw an American woodcock, which flew across the road at Northwest. At Maders Cove, Jean Spidle watched a red-tailed hawk. This is the first time she has noticed one of these hawks there.

From Mahone Bay, American tree sparrows, were joined by white-throated sparrows and song sparrows at the yard of Joyce Allen. Joyce also has a pair of northern cardinals coming daily and a pair of purple finches. A northern flicker also arrived. Barrows goldeneyes, comprised of two males and a female, were a nice find by me at Middle LaHave. The LaHave River is nicely iced over, but there are still some open areas close to the road, where ducks are now gathering, and the different species can be easily observed.

Reach me at jrhbirder@hotmail.com or phone 530-2101.



JAMES HIRTLE Bird Notes

Crossword Puzzle By Walter Feener

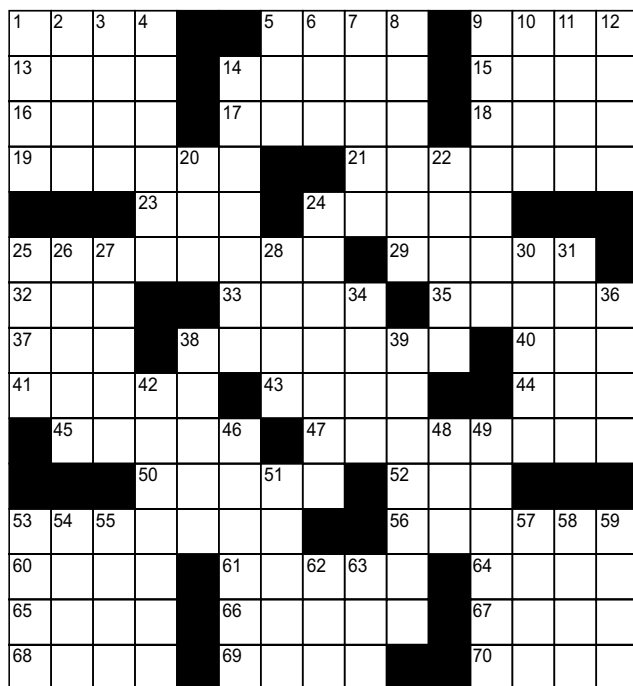
ACROSS

- 1. Two-by-four to which drywall is nailed
5. Protection (var.)
9. Morally reprehensible
13. Become smaller
14. Put in the ground to grow
15. March 15th in the ancient Roman calendar
16. Flower with sword-shaped leaves
17. Yellowish fossil resin
18. Trickle through slowly
19. Extraterrestrial object
21. Pig-like animal
23. Deep track made by a wheel
24. Look at with curiosity
25. Limit access to
29. Unit of fineness for gold
32. Little rascal
33. College grad
35. Dieter's lunch
37. Rowing need
38. Minor mistakes
40. A strong emotion
41. Secure with ropes
43. Uruguayan monetary unit
44. Acknowledge applause
45. Outcast
47. Savage behaviour
50. Immediately available
52. Automobile
53. Cut short
56. Typeface with letters slanting to the right

- 60. Math subject
61. Powerful industrialist
64. Destruction by burning
65. Word used in swearing
66. Expiate
67. Walked heavily
68. Become acquainted
69. Clarified butter used in Indian cooking
70. In your right mind

DOWN

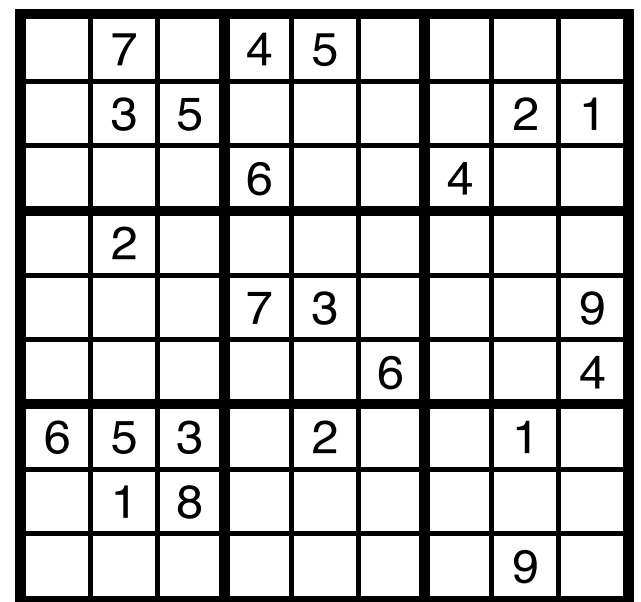
- 1. Enjoy the pool
2. Weight of an empty vehicle
3. Part of ICU
4. Leave in the lurch
5. Horror film street
6. Talk too much
7. All thumbs
8. Run naked in a public place
9. Internal organs collectively
10. Approximate calculation
11. Look suggestively
12. Catch sight of
14. Favouring unfairly
20. Belonging to us
22. Showing no sensitivity
24. Overwhelm with amazement
25. Very funny happening
26. Modern messages
27. Buying frenzy
28. Movie excerpt
30. Suspect's excuse



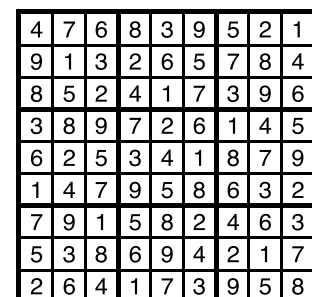
- 31. Card from a fortune-telling pack
34. Reflect in silence
36. Like morning grass
38. Drive dangerously
39. Of pigs
42. Positioned vertically
46. Motley assortment of things
48. Feedbag morsel
49. Makes by hand
51. Termination of life
53. Unit of matter
54. Scottish hillside
55. Religious ceremony
57. Maltese monetary unit
58. Its atomic number is 26
59. Give over
62. Fish eggs
63. Hour after noon

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



Solution to Last week's Sudoku



Solution to Last week's Crossword



Look for my first book of crosswords, O Canada Crosswords #11, available in bookstores now! Follow me on Twitter@WalterDFeener

WEDNESDAY EVENING JANUARY 1. Table with columns for time slots (6:30-11:30) and program titles such as National, News, Rick Mercer, Wild K., etc.

OREGANS PERMA-SHINE. Check out our FULL LINE of Perma-shine Services! Exterior Package \$119.95 \$139.95, VIP Package \$149.95 \$189.95, Interior Package \$119.95 \$139.95. 189 NORTH STREET, BRIDGEWATER (902) 543-7168 www.oregans.com or toll free 1-800-OREGANS

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, ATV, CBC, PBS, etc.) and their corresponding channel numbers (A, B, C, D, E).

THURSDAY EVENING JANUARY 2. Table with columns for time slots (6:30-11:30) and program titles such as National, News, Rick Mercer, Wild K., etc.

FRIDAY EVENING JANUARY 3. Table with columns for time slots (6:30-11:30) and program titles such as National, News, Rick Mercer, Wild K., etc.

WEEKDAY DAYTIME JANUARY 1 TO JANUARY 7. Large table with columns for time slots (7:30-6:00) and program titles such as Movie, J. Arden, Arthur, Wild Kratts, etc.

SATURDAY DAYTIME JANUARY 4. Table with columns for time slots (7:30-6:00) and program titles. Includes shows like 'In a Name?', 'Real Fish', 'Fish Can.', 'Marilyn Denis Show', 'Sick Kids Foundation', etc.

SUNDAY DAYTIME JANUARY 5. Table with columns for time slots (7:30-6:00) and program titles. Includes shows like 'Tube Tales', 'Happened', 'W. Vision', 'Fishful', 'Context', etc.

SATURDAY EVENING JANUARY 4. Table with columns for time slots (6:30-11:30) and program titles. Includes shows like 'National', '16x9', 'Perfect Storms', 'Metal Shifters', etc.

SUNDAY EVENING JANUARY 5. Table with columns for time slots (6:30-11:30) and program titles. Includes shows like 'National', 'Border', 'The Good Wife', 'Simpsons', etc.

MOVIES

WEDNESDAY 01/01

Evening

8:00 ATN "The Hunters" (Adventure,2013) Alexa Vega, Robbie Amell. A family of architects travel the globe in search of mythical artifacts. (14+)
8:30 "Mr. Hockey: The Gordie Howe Story" (Biography,2012) Take a look at the life of Canadian hockey legend Gordie Howe. (14+)
9:00 "Friends With Benefits" (Comedy,2011) Justin Timberlake, Mila Kunis. Two friends learn that having sex does complicate their friendship. (18+)
9:30 "Forever 16" (Fantasy,2013) Andrea Roth, Tiera Skovbye. A sixteen-year-old vampire is blackmailed by a police officer who knows her secret. (PG)
10:00 "In God's Country" (Drama,2007) Kelly Rowan, Richard Burgi. A woman escapes a polygamist community to save her teenage daughter from the same fate. (14+)
10:30 "Avalanche Sharks" (Sci-Fi,2013) Kate Nauta, Emily Addison. After an avalanche, a ski resort hears of missing people and creatures under the snow. (14+)
11:00 "Taking Lives" (Thriller,2004) Angelina Jolie, Ethan Hawke. An FBI profiler tracks a serial killer who takes on the identity of each new victim. (18+)
11:30 "Dodgeball: A True Underdog Story" (Comedy,2004) Ben Stiller, Vince Vaughn. Less-than-average athletes enter a dodgeball competition to save their local gym. (14+)
12:00 "The Proposal" (Comedy,2009) Ryan Reynolds, Sandra Bullock. A pushy woman forces her assistant to marry her in order to avoid deportation to Canada. (14+)
12:30 "The Vow" (Drama,2012) Rachel McAdams, Channing Tatum. After a car accident, a woman wakes up with severe memory loss. (14+)
1:00 "Transformers" (Action,2007) Shia LeBeouf, Megan Fox. Two alien robot tribes battling for supremacy come to Earth seeking an energy source. (14+)
1:30 "Horrible Bosses" (Comedy,2011) Jason Bateman, Charlie Day. Three friends plan to kill their bosses after realizing that quitting isn't an option. (14+)
2:00 "The Watcher" (Thriller,2000) Keanu Reeves, Marisa Tomei. A detective realizes that the killer she was tracking has followed her to another city. (14+)

THURSDAY 01/02

Evening

8:40 "The Lost World: Jurassic Park" (Adventure,1997) Jeff Goldblum, Julianne Moore. A research group travels to an island inhabited by dinosaurs to study their behaviour. (14+)
9:00 "She Drives Me Crazy" (Drama,2007) James Berlingieri, Melinda Clarke. Two estranged sisters take a road trip to their high school reunion. (PG)
9:30 "The Phantom of the Opera" (Musical,2004) Gerard Butler, Emmy Rossum. A disfigured composer terrorizes an opera house and falls in love with a chorus girl. (14+)
10:00 "Collision Earth" (Sci-Fi,2012) Diane Farr, Kirk Acevedo. A solar flare knocks Mercury out of its orbit and onto a collision course with Earth. (14+)
10:30 "Music and Lyrics" (Romance,2007) Hugh Grant, Zak Orth. A popular singer from the past has the chance to become famous again by a new age singer. (PG)
11:00 "March of the Penguins" (Documentary, 2005) Voices of Morgan Freeman. In early winter, Emperor penguins leave the ocean to travel to their breeding ground. (G)
11:30 "Austin Powers: International Man of Mystery" (Comedy,1997) Elizabeth Hurley, Mike Myers. A '60s secret agent is brought out of cryofreeze to take on his nemesis in the '90s. (14+)
12:00 "Bad Teacher" (Comedy,2011) Cameron Diaz, Jason Segal. An unconventional educator teaches her class and herself a unique type of lesson. (14+)
12:30 "Columbo: The Conspirators" (Mystery, 1978) Bernard Behrens, Peter Falk. An Irish poet hides a devious scheme of murder behind his charming verses. (14+)
1:00 "Her Majesty" (Drama,2001) Sally Andrews, Anne Sheridan. In 1953, a woman in New Zealand convinces Queen Elizabeth to visit her small town. (PG)
1:30 "Jurassic Park III" (Sci-Fi,2001) Sam Neill, William H. Macy. A wealthy couple trick a scientist into visiting an island populated by dinosaurs. (14+)
1:45 "March of the Penguins" (Documentary, 2005) Voices of Morgan Freeman. In early winter, Emperor penguins leave the ocean to travel to their breeding ground. (G)
2:00 "The Sweetest Thing" (Comedy,2002) Cameron Diaz, Christina Applegate. A single woman and her friends set out on a road trip to find a man she met at a club. (14+)

FRIDAY 01/03

Evening

8:00 "Transformers Prime Beast Hunters"

Predacons Rising"

(Animated,2013)
SHOW "Screamers: The Hunting" (Horror,2009) Gina Holden, Jana Pallaske. After arriving on Sirius 6-B, a rescue team discovers the looming threat of 'screamers.' (14+)
9:00 "After the Sunset" (Crime Story,2004) Pierce Brosnan, Salma Hayek. Two thieves find their plans for retirement foiled by a gangster and a vengeful agent. (14+)
10:00 "Grease" (Musical,1978) John Travolta, Olivia Newton-John. A leather-jacketed boy and a goody-two-shoes girl fall in and out of love in the 1950s. (PG)
10:30 "Superman/Batman: Apocalypse" (Animated) (PG)
11:00 "The Bourne Supremacy" (Suspense,2004) Franka Potente, Matt Damon. A former assassin from a top secret project is framed for a botched CIA operation. (PG)
11:30 "The Player" (Drama,1992) Whoopi Goldberg, Tim Robbins. An ambitious studio executive starts receiving death threats and is driven to murder. (14+)
12:00 "Vacation With Derek" (Family,2010) Ashley Leggat, Michael Seater. Derek and Casey take a family trip to visit their grandmother on her lake front lodge. (G)
12:30 "The Girl With the Dragon Tattoo" (Crime Story,2011) Daniel Craig, Rooney Mara. A disgraced writer and a hacker are hired to solve an old murder and family mystery. (18+)
1:00 "The Good Witch's Charm" (Family,2012) Catherine Bell, Chris Potter. Cassie needs all the help she can get, magical or not, to balance the demands of life. (14+)
1:30 "Grease" (Musical, 1978) John Travolta, Olivia Newton-John. A leather-jacketed boy and a goody-two-shoes girl fall in and out of love in the 1950s. (PG)
1:45 "Superman/Batman: Apocalypse" (Animated) (PG)
2:00 "Catwoman" (Action,2004) Benjamin Bratt, Halle Berry. An artist acquires the characteristics of a cat and walks the line between good and evil. (14+)
2:15 "Police Academy 2: Their First Assignment" (Comedy,1985) Bubba Smith, Steve Guttenberg. A group of police graduates try to save the good name of their captain. (PG)
2:30 "Some Like It Hot" (Comedy,1959) Jack Lemmon, Marilyn Monroe. Two musicians on the run from gangsters masquerade as members of an all-girl band. (PG)

SATURDAY 01/04

Evening

8:00 "The Good"

"Times Are Killing Me" (Drama,2008) Kelly Rowan, Kelly Graves. A lawyer goes into rehab where she befriends people who help her solve an important case. (18+)
8:30 "The Mummy" (Adventure,1999) Brendan Fraser, Rachel Weisz. Adventurers inadvertently resurrect a malevolent force with unspeakable power. (14+)
9:00 "Metal Shifters" (Sci-Fi,2010) Kavan Smith, Nicole De Boer. A satellite falls from space and brings with it an alien microbe. (14+)
9:30 "Over the Hedge" (Animated,2006) Bruce Willis, Wanda Sykes. A mismatched group of forest animals defend their home from becoming a suburb. (14+)
10:00 "The Blue Butterfly" (Adventure,2004) Pascale Bussières, William Hurt. A terminally ill boy and his mother travel to a jungle in search of an elusive butterfly. (14+)
10:30 "Goodnight for Justice: Measure of a Man" (Western,2012) Luke Perry, Cameron Bright. Circuit judge John Goodnight reunites with old flame Callie Bluepointe. (14+)
11:00 "Ace Ventura: Pet Detective" (Comedy,1994) Courteney Cox, Jim Carrey. An unconventional pet detective is hired to find the Miami Dolphins' missing mascot. (14+)
11:30 "The Tourist" (Action,2010) Angelina Jolie, Johnny Depp. A woman chooses an American tourist to use as a decoy for the police and the mob. (14+)
12:00 "The Dark Knight" (Action,2008) Christian Bale, Heath Ledger. Batman battles a madman known as the Joker who causes terror and mayhem for fun. (14+)
12:30 "Evan Almighty" (Comedy,2007) Morgan Freeman, Steve Carell. God approaches a congressman and asks him to build an ark to prepare for a flood. (14+)
1:00 "Immortals" (Action,2011) Mickey Rourke, Henry Cavill. A mortal, chosen by Zeus, is sent to stop King Hyperion's quest to find a weapon. (14+)
1:30 "The Snow Walker" (Adventure,2003) Barry Pepper, Annabella Puiggattuk. A pilot and his passenger struggle for survival after crashing in the Arctic tundra. (18+)
1:45 "Thor" (Action, 2011) Anthony Hopkins, Chris Hemsworth. Thor is sent to live on Earth where he becomes one of the greatest defenders of humans. (PG)
2:00 "The Last Mimzy" (Family,2007) Chris O'Neil, Rhiannon Leigh Wryn. When two children discover a strange box of toys, they are transformed into geniuses. (14+)
2:15 "Metal Shifters" (Sci-Fi,2010) Kavan Smith, Nicole De Boer. A satellite falls from space and brings with it an alien microbe. (14+)
2:30 "The Expend-

ables" (Action,2010) Eric Roberts, Jet Li. Mercenaries travel to South America to overthrow a dictator. (18+)
12:30 "The Brothers Grimm" (Adventure,2005) Heath Ledger, Matt Damon. Two traveling conmen are put to the test when they enter a magical but cursed forest. (PG)
1:00 "The Mummy Returns" (Adventure,2001) Brendan Fraser, Rachel Weisz. A 3,000-year-old mummy is resurrected and resumes its evil quest for immortality. (14+)
1:30 "Kill Bill Vol. 2" (Action,2004) David Carradine, Uma Thurman. An assassin continues her quest for vengeance against her former boss and his associates. (18+)
1:45 "Batman Begins" (Action,2005) Christian Bale, Michael Caine. After studying with a ninja leader, a young Bruce Wayne returns to Gotham to fight crime. (14+)
2:00 "MacGruber" (Action,2010) Will Forte, Kristen Wiig. A former special op agent is called into action to prevent a terror attack on Washington. (18+)
2:15 "Fried Green Tomatoes" (Comedy/Drama,1991) Jessica Tandy, Kathy Bates. An unhappy Southern wife befriends an elderly woman and becomes captivated by her tales. (14+)
2:30 "Sinbad: Legend of the Seven Seas" (Animated, 2003) Voices of Brad Pitt, Catherine Zeta-Jones. A pirate falls in love with his childhood friend's fiancé while trying to save his life. (14+)

SUNDAY 01/05

Evening

8:00 "Salt" (Action,2010) Angelina Jolie, Liev Schreiber. A CIA agent, accused of being a Russian spy, goes on the run to protect her husband. (14+)
9:00 "The Edge of the Garden" (Drama,2010) Rob Estes, Sarah Manninen. A man tries to rewrite history in order to save a woman who was murdered years earlier. (PG)
10:00 "March of the Penguins" (Documentary, 2005) Voices of Morgan Freeman. In early winter, Emperor penguins leave the ocean to travel to their breeding ground. (G)
10:30 "The Stepford Wives" (Comedy/Drama,2004) Matthew Broderick, Nicole Kidman. A former executive uncovers the dark secret behind the seemingly perfect town of Stepford. (PG)
11:00 "Robin Hood: Men in Tights" (Comedy,1993) Cary Elwes, Richard Lewis. Robin Hood battles the sheriff of Nottingham and a tyrannical prince. (14+)
11:30 "In Her Shoes" (Drama,2005) Cameron Diaz, Toni Collette. Two estranged sisters bond after

meeting the grandmother they never knew existed. (14+)
1:00 "The Mothman Prophecies" (Thriller,2002) Laura Linney, Richard Gere. A reporter is drawn to a West Virginia town to investigate a series of strange events. (14+)
1:30 "My Best Friend's Wedding" (Comedy,1997) Dermot Mulroney, Julia Roberts. A woman tries to break up her best friend's wedding so she can marry him herself. (14+)
2:00 "The Vow" (Drama, 2012) Rachel McAdams, Channing Tatum. After a car accident, a woman wakes up with severe memory loss. (14+)
2:15 "Double Teamed" (Drama,2002) Annie McElwain, Mackenzie Phillips. Twin sisters with divergent personalities share a love for the game of basketball. (G)
2:30 "March of the Penguins" (Documentary, 2005) Voices of Morgan Freeman. In early winter, Emperor penguins leave the ocean to travel to their breeding ground. (G)

MONDAY 01/06

Evening

9:00 "Source Code" (Mystery,2011) Jake Gyllenhaal, Michelle Monaghan. A soldier awakens to find himself tasked with finding the bomber of a commuter train. (14+)
9:30 "Chupacabra vs. the Alamo" (Horror,2013) Nicole Muñoz, Julia Benson. A DEA agent teams up with outlaw gangsters to battle a horde of chupacabras. (14+)
10:00 "A Serious Man" (Comedy/Drama,2009) Richard Kind, Michael Stuhlbarg. A professor's wife leaves him when he is unable to get his brother to leave their home. (18+)
10:30 "2 fois une femme" (Drama,2010) Évelyne Rompré, Marc Béland. Un groupe clandestin permet à une femme de refaire sa vie sous une nouvelle identité. (14+)
11:00 "Wildflower" (Drama,1991) Susan Blakely, Beau Bridges. Two children help ease an abused and partially deaf girl back into society. (14+)

TUESDAY 01/07

Evening

9:00 "Infected" (Sci-Fi,2008) Glenda Braganza, Donny Falsetti. An unlikely accomplice helps news reporters in their efforts to prevent an alien invasion. (14+)
10:00 "Bollywood Hollywood" (Comedy,2002) Rahul Khanna, Lisa Ray. A man hires an escort to pose as his fiancée when his family interferes in his love life. (14+)
11:00 "Rich in Love" (Drama,1993) Albert Finney, Jill Clayburgh. A young high school student's life is upended when her mother abandons the family. (14+)

Table with columns for MONDAY EVENING and JANUARY 6, listing programs from 6:30 to 11:30 PM.

Table with columns for TUESDAY EVENING and JANUARY 7, listing programs from 6:30 to 11:30 PM.

CULTURE, CUISINE & COMMUNITY

Local amateur gastronome to compete for 'Masterchef Canada' title

By **ROBERT HIRTLE**
rhirtle@southshorenov.ca

A LaHave resident is one of 50 amateur chefs in the country who have been selected to compete for the title of Masterchef Canada for 2014.

Trevor Jessome, a member of the Royal Canadian Air Force who has been overseas numerous times, will vie for the honour on the CTV network television show which begins airing January 20.

According to the CTV web site, Masterchef is now produced in over 40 countries and watched in over 200 territories world-wide.

The Canadian version will keep with other formats and see contestants facing individual and team cooking challenges that will result in one, or more, cooks being eliminated each week.

Mr. Jessome is described on the web site as a self-taught chef "who feels his food is elegant and artistic."

"At home, he and his wife host dinner parties as often as they can — and almost everyone leaves wondering when Trevor will open a restaurant."

His signature dish is pan broiled boneless leg of lamb in herb crust with ribbons of yellow zucchini, and red onion, cherry tomato and kale pesto gnocchi.



MAKING MERRY

The trio of Clas Larsson on saxophone, Tim Worthington on bass and Jordi Comstock on drums provided some festive sounds for shoppers at the final Lunenburg Farmers' Market of 2013 which was held at the Lunenburg community centre December 19.

ROBERT HIRTLE PHOTO

'It's All About Her' to benefit breast cancer

By **ROBERT HIRTLE**
rhirtle@southshorenov.ca

BRIDGEWATER — An evening of music and song has been planned to bring people together to support physical, mental and emotional health for women and raise funds to support the fight against breast cancer.

"It's All About Her" will be held at the Best Western Bridgewater Hotel and Suites January 11 beginning at 7 p.m.

The evening will feature the talents of singer-songwriters Irish Mythen, Laura Smith and Dana Beeler, as well as a pre-show zumba exercise demonstration and silent auction.

Organizer Gary Lohnes says he has long been in awe of the courage and strength shown by women in times of dire distress.

"Career women, stay-at-home moms, mothers and sisters alike," he explains. "These attributes have inspired me to want to acknowledge the mental, physical and emotional strengths of women and at the same time raise money to help them overcome

one of the terrible diseases that women face, breast cancer."

Mr. Lohnes says his goal for the show was to bring together a selection of musicians that would showcase many of the amazing qualities women possess.

"Seeing Irish Mythen play at the Kempt Shore Festival, I thought the life and fire in her music was perfect and I knew then I needed her to be part of this event," Mr. Lohnes recalls. "I never dreamed of having a Canadian icon on the bill, but after a chance encounter with Laura Smith she instantly supported the cause and made herself available."

Mr. Lohnes also felt that the passion and feeling found in the music of Ms Beeler "was perfect to round out the evening."

"I am confident you will agree that the performers that have been assembled will more than adequately showcase the power and emotion of the female spirit."

For a complete schedule of events as well as a list of items up for bid in the silent auction, visit <http://www.itsallaboutther.ca>.

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Trivia Resumes
Wed., Jan. 8th

THE EMPORIUM at Old Mader's Wharf

Folk Harbour hosts pair of concerts

By **ROBERT HIRTLE**
rhirtle@southshorenov.ca

The Lunenburg Folk Harbour Society will ring in the New Year in fine style with a pair of concerts that will surely help take away those winter blahs.

The fun begins January 18 with a Celtic Circle featuring the talents of Cassie Ann and Maggie MacDonald, Anna Ludlow and Dékota McNamara.

The MacDonalds, who are no strangers to Folk Harbour audiences through their performances with Finnan Haddie, stay true to their Celtic roots in their fiddle and keyboard repertoire which is coupled with some impressive step-dancing.

A native of Antigonish, Ms Ludlow is also well known in Lunenburg, playing in a style which she calls Mainland Maritime Fiddle Fusion.

She has shared the stage with the likes of such

noted performers as The Beach Boys, Blue Rodeo and Ron Hynes and also performed at the Vancouver Winter Olympics, on Parliament Hill in Ottawa and at Dollywood in Tennessee.

Mr. McNamara is an up-and-coming East Coast musician who intricately mixes blues, country and Celtic music, moving effortlessly between acoustic and electric guitar, banjo, mandolin and dobro.

Celtic Circle will take place at the Pearl Theatre in Lunenburg starting at 7:30 p.m.

The month's second concert event will be held January 25 at Lunenburg's historic Boscawen Inn when Folk Harbour will present an Intimate Evening With Suzie Vinnick.

A six-time Canadian Maple Blues Award winner and Juno Award nominee, Ms Vinnick has three critically-acclaimed folk-roots albums to her credit.

Her first solo album, "Me 'n Mabel," is a collection of 14 songs ranging from her own compositions to her personal arrangement of Hoyt Axton's classic hit "Never Been to Spain."

For more information on Folk Harbour's January concert line-up visit <http://www.folkharbour.com> or call 1-888-311-9090.

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CULTURE, CUISINE & COMMUNITY

Recipes for resolution

You've probably made your New Year's resolutions already (unless "make resolutions in a timely manner next year" is on the list!) but there are a few simple guidelines for eating that you might like to add to guarantee a happier, healthier 2014.

1. Eat more food grown right here in Nova Scotia. To find it, visit a farmers' market, a farm market, or ask for it at your grocery store.

2. Take some time on the weekends (not every weekend, but some of them) to cook ahead for the week. You'll end up eating more nutritious home-cooked food and almost certainly save money.

3. Eat more fruits and vegetables. One of the best ways to do this is to plan entrees with vegetables as the main ingredients and a bit of meat as flavouring, rather than the other way around. Examples include a pepper, carrot and onion stir fry flavoured by spicy ground beef, or a celery and potato stew with some crumbled bacon.

4. Grow a little something of your very own. If you've never gardened before, you can start with some herbs in a pot in the windowsill. If you already grow some of your own food, try adding a new vegetable this year.

5. Try a few exciting new foods and cooking methods. Life is short and the world is large. There's more to explore in food than you'll ever get to. Don't know where to get started? Keep your eye on this column — I'll introduce some ideas throughout the year.

If you need some inspiration to kick-start your healthy eating in the meantime, then these two flavourful veggie soups will please your tongue and fill your tummy.

Spinach Curry Soup
Ingredients

- 2 tablespoons butter
- 1 onion, finely minced
- 1 1/2 teaspoons salt
- 6 cloves garlic, pressed or minced
- 1 heaping tablespoon curry powder
- 3 cups chicken or vegetable broth
- 1 pound spinach leaves, washed, dried, and chopped
- 1 cup coconut milk (either regular or light)

Directions

Heat the butter in a large saucepan on medium. Add minced onions and salt and sauté until the onions are translucent. Add the garlic, ginger, coriander, turmeric and cayenne and sauté for another two minutes.

Stir in the stock and spinach and bring to a boil. Reduce heat slightly and simmer for 10 minutes or until spinach is thoroughly cooked but still a bright shade of green. Remove from heat and blend, either with an immersion blender or remove to a stand blender and then return to a clean pan. Simmer the purée



ELISABETH BAILEY
Betty's Bite



Pictured are vegetables prepared for the borscht.

another couple of minutes, blend in coconut milk and serve.

Vegetable Borscht

This is a light, fresh version of what was once a heavy winter dish. The delightful assortment of vegetables are all available from Nova Scotia producers in the winter.

Ingredients

- 8 cups chicken or vegetable broth
- 1 onion, finely chopped
- 6 large beets, peeled and chopped
- 4 large carrots, peeled and chopped
- 2 cups finely chopped cabbage
- 2 tablespoons lemon juice
- 1/4 cup minced fresh dill or parsley
- Salt and pepper to taste

• Plain Greek yogurt to taste (optional)

Directions

Combine broth, onion, beets, carrots and cabbage in a stock pot. Bring to a simmer over medium low heat and cook 30 minutes. Add cabbage and lemon juice and simmer until cabbage is tender, about 15 minutes. Add minced herbs, salt, and pepper. Stir in yogurt and serve immediately.

Elisabeth Bailey lives in Lunenburg where she works as a writer, educator, and community organizer. Her books include 'A Taste of the Maritimes' and 'Maritime Fresh'. When she is not cooking, gardening, or writing professionally, she's cooking, gardening, and writing for fun.

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STACEY COLWELL PHOTO

LEARNING TO SLEDGE

Nick Yorston, front, and Andrew Caines participated in a "learn to sledge" charity event hosted by the Charlie's Pizza South Shore Mustangs hockey club on December 21 at the Lunenburg County Lifestyle Centre.

Landowner anticipates legal action if municipality develops public properties off private roads

By KEITH CORCORAN
kcorcoran@southshorenov.ca

COUNTY — A Maplewood landowner may not be alone in seeking legal action if the Municipality of Lunenburg pursues developing public properties off private roads.

"I'll take this right to court," Larry Hagell told southshorenov.ca and the Lunenburg County Progress Bulletin in a recent interview. "The other road associations have already gone to lawyers about this because they don't want it; because of the private road issue."

Mr. Hagell is a Gilberts Lane resident, in the area where one of the so-called public open space properties is located. The municipally-owned land, less than a hectare in size, is situated at the corner of Birch Hill Road and Gilberts Lane. The property in question is in the Sherbrooke Lake area but isn't a waterfront lot.

Mr. Hagell showed southshorenov.ca and the Lunenburg County Progress Bulletin documents he claims backs up the purpose of such open space properties, of which there are dozens scattered throughout the municipality.

"Even though the reality of the law says it's municipal property and I understand that," Mr. Hagell said, "but the approach on it and intended use is something else."

He'd never heard of the establishment of a public park off private roads within a subdivision. He believes developing the Birch Hill Road lot could impede the lifestyle private road landowners are used to enjoying and doubts such a feature could be adequately controlled.

"Why are we going through all of this when basically the municipality should put in a proper park on Sherbrooke Lake for the public to use," Mr.

Hagell said.

There's an ongoing debate concerning dozens of publicly-owned properties located off private roads that were acquired via the subdivision bylaw. Arguably, the underlying issue is differing opinions on intent and a lack of specific legalese that would clear up any misunderstandings. The municipality plans to establish a divestiture policy in 2014, which some politicians think will clarify the issue.

One councillor has said the lots were put in the municipality's name "in trust" for use in the subdivisions.

Some councillors believe public open space lands in the municipality's control mean they're open for anyone to frequent. There are private road landowners and road maintenance organizations that don't support use of such roads to get to those properties.

Recently, Blue Rocks area Councillor Errol Knickle wanted, but failed, in an attempt to get an independent fact-finder appointed to delve into matters of the subdivision bylaw, public open space properties and any associated deals between the municipality and land developers.

Dayspring area Councillor Frank Fawson at one time put forward a motion, later reneging on it, that, if passed, would have announced the municipality's intentions to sell the public open space lands off private roads.

Councillor Terry Dorey, whose constituency includes the Sherbrooke Lake area, had also failed in an attempt to have his colleagues investigate the possibilities of developing three municipal open space properties, including the Birch Hill Road lot in Maplewood, with the intent of providing public access to the lake. None of the properties actually front Sherbrooke Lake.

"I'll take this right to court."

Larry Hagell
Maplewood resident

School board sets lofty goals in draft strategic plan

By STACEY COLWELL
scolwell@southshorenov.ca

COUNTY — The South Shore Regional School Board's new draft strategic plan contains some lofty goals for the next four years, including 10 per cent gains in provincial math and literacy assessments.

"It's very difficult, actually, to move some of these numbers forward, and I'll be honest with you, I'll be jumping for joy if we can make those 10 per cent gains. Those are really significant numbers," said superintendent Geoff Cainen during a recent meeting.

"However, a goal or an outcome should push you. You shouldn't be comfortable in thinking well one or two per cent we can cruise for a year or two and make it. That's not good enough."

Regardless, he cautioned none of the measures in the draft report were set in stone and that they could change.

The plan also included outcomes

such as:

- Teachers to indicate a significant improvement in their instructional practices as indicated through surveys and minutes of collaborative learning teams.

- Self-identified African Nova Scotian and first nations students to show increased achievement levels.

- An increased number of students meeting or exceeding provincial reading benchmarks.

- Students from Grades 7 through 12 to show they are intellectually engaged in their learning at a rate 10 per cent above the national average.

In addition, the report had major goals to remove barriers for a safe and healthy environment, and to promote and strengthen partnerships and community engagement.

Mr. Cainen said staff and elected board members expect to solicit public feedback before finalizing the long-range strategic plan.

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- 3) How many teams are coming from across Canada for the 2014 Juniors? _____



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Tuesday afternoon Acoustic Music Jams, Chester Basin Legion, 2 p.m., starting January 7 - April.

BREAKFASTS

Breakfast, Hebbs Cross Fire Department, Homemade baked beans, eggs, hash browns, bacon, sausage, toast, tea, coffee, juice. January 11, 7-11 a.m. Price \$7, children \$3.

Breakfast, Pinehurst Hall, Saturday, January 4, 7-11 a.m. Proceeds for the hall.

Country Breakfast. January 4, 7:30-10:30 a.m., Chester Basin Fire Hall. Various menu selections.

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Thursday, Dec. 26th **NEW YEAR'S EVE BINGO** Thursday, Dec. 31st Starting at 7 pm

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Please personally deliver, e-mail or mail your résumé and cover letter by Thursday January 9th to:

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We offer competitive salaries, subsidized housing, paid vacation travel, and relocation assistance.

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Director, Facilities and Ancillary Services - Reference # NLC-1390
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Required Qualifications: The successful candidate must possess:

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- A Bachelor's degree in Civil or Mechanical Engineering (preferably P.Eng), or
- A technical certificate in a relevant discipline.
- A minimum of 8 years experience in progressively responsible positions in facility operations management, including supervision of employees is required.
- A combination of equivalent education and experience may be considered.

The preferred candidate will also possess excellent computer skills with specific experience in Excel, Microsoft Word and computerized facilities software packages (AutoCAD preferred), as well as developed technical and interpersonal skills and ability to maintain good rapport with internal and external customer groups.

For more details on this unique employment opportunity visit us online at: www.northernlakescollege.ca click on join our team then career opportunities.

Please submit a resume quoting the reference number NLC-1390 to: Northern Lakes College, Human Resource Services, 1201 Main Street SE, Slave Lake, Alberta T0G 2A3. Fax: 780 849-5881 or email: resumes@northernlakescollege.ca

Closing date: December 20, 2013

Northern Lakes College thanks all applicants for their interest in employment; however, only those candidates selected for interviews will be contacted.

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The Company:

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The position reports to the Engineering Manager.

The Candidate:

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EMPLOYMENT



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Maintenance Coordinator

We are looking for a versatile and experienced maintenance coordinator. You will be responsible for coordination of our construction and maintenance projects. A key responsibility is inventory management and ensuring that we have adequate inventory at all times to support our projects. You will also be involved in bidding tenders, providing estimates for plumbing and heating work, renovations or new construction and sales support.

Oil Burner Mechanics (OBM)

We are looking for versatile and experienced Journeyman OBM's to work under the direction of the maintenance manager to perform work in order to maintain and repair commercial and residential buildings in the communities of Arviat and Rankin Inlet. Travel will be required to other communities as well.

Automotive Mechanic

EPLS has immediate openings for Journeyman Automotive Mechanics in Arviat and Rankin Inlet, Nunavut. The incumbent will be required to have in-depth knowledge of current technology and be able to develop an equipment maintenance program for our customers and company.

We offer a competitive salary and benefits package including housing for the above noted positions. Rotation positions are available for the OBM and Automotive Mechanic.

Please forward resume and cover letter to: Ryan St. John, Vice-President, Eskimo Point Lumber E-mail: ryan@eskimopointlumber.com Website: www.eskimopointlumber.com

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We thank all applicants. Only candidates selected for an interview will be contacted.

MAINTENANCE SUPERVISOR

Kenney & Ross Limited is a Marine Extraction Plant located on the South Shore, NS and manufactures food grade Fish Gelatin and Collagen. Applications are being accepted for an immediate opening for a Maintenance Supervisor with an electrical background and mechanical skills.



In this position, you will be reporting directly to the Vice President. Emphasis will be placed on supervising and directing a core group of maintenance personnel and providing assistance with routine maintenance and/or new equipment installations. This position may require call-in duties that occur after hours or weekends. Salary will be commensurate with qualifications and experience.

The ideal candidate requires the following qualifications:

- Possess an Industrial Electrical License.
- Possess excellent supervisory and organizational skills.
- Excellent communication and interpersonal skills
- Experience leading a multidiscipline team of tradesmen.
- Experience with preventative maintenance techniques
- Knowledge of electrical control and instrumentation equipment.
- Familiarity with purchasing.
- Several years of experience in a manufacturing or process environment in the food industry would be an asset.

Kenney & Ross Limited offers a challenging career with a benefit package including Group RRSP, potential profit sharing, Health and Life Insurance.

Interested applicants are invited to submit a resume to: jcrook@krltd.ca or **Kenney & Ross Limited**, 6493 Shore Road, Port Saxon, NS, B0T 1W0.

No phone calls please. All applications must be received by **January 17, 2014**.

We thank all those who apply, however, only those selected for an interview will be contacted.

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Parish Administrator Holy Trinity Anglican Church in Bridgewater (Parish of Bridgewater and the Conqueralls) is seeking a person to fill the position of part-time Parish Administrator (25 to 30 hours per week). The Applicant must have college/ university/ community college training including accounting/ administrative and receptionist skills. Knowledge in Microsoft Word and Simply Accounting would be an asset. Work requires a high degree of confidentiality and direct responsibility to the Rector. A job description is available at the office. Resumes may be e-mailed to htbac@eastlink.ca, or faxed to 543-0106, or mailed/ dropped off to 78 Alexandra Avenue, Bridgewater, NS B4V 1H1 on, or before, January 10, 2014. Salary will be commensurate with education and experience.

FAMILY ALBUM



Happy 6th Birthday Sofia Grace Lausanne Love, Mommy & Daddy XOXO

MEMORIAMS



DOREY: In memory of a loving son and brother, Richard Charles Dorey, who passed away December 30, 2006. Look around your garden, Lord For an angel with a smile, It won't be hard to find him He must stand out a mile. Call his name softly And when he looks your way, Tell him that we love him And miss him every day. Forever loved, missed and forever in our hearts, Mom, Jeanette; sisters, Lou-ann and Crystal.

DON'T FORGET



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MEMORIAMS

BOLIVAR: In loving memory of Pop (Purdy) and Mom (Mabel); brothers, Maurice, Ralph; sisters, Edna, Mildred, Thelma, Flora, Lydia; also my nieces and nephews. Some very special people Who can never be replaced, Their memory in our daily lives Can never be erased. Lord, place a kiss upon their cheeks And tell them who it's from, Then put your arms around them In a never ending hug. They gave us many things in life Treasures great and small, But most of all they gave us love. The greatest gift of all. Always loved and never forgotten, Wilton.



LAKE: Loretta Lake, December 27, 2008. It's hard to believe it has been five years. I wish I could see you one more time, Come walking through the door But I know that is impossible I will hear your voice no more. I know you can feel my tears And you don't want me to cry Yet my heart is broken Because I can't understand Why someone so precious had to die I pray God will give me strength And some how get me through As I struggle with this heartache That came when we lost you. We love and miss you so much. Love, Pete and family.

VEINOT: In loving memory of a dear husband, Norman, who passed away January 7, 2006. Wishing today as we've wished before That God could have spared you many years more, In our hearts your memory is kept To love, cherish and never forget. Always remembered by wife, Vivian and families.

DOREY: Richard Charles Dorey. In loving memory of our husband, father, son-in-law and brother-in-law, who passed away on December 30, 2006. I feel a warmth around me Like your presence is so near, And I close my eyes to visualize Your face when you were here. I endure the times we spent together And they are locked inside our hearts, For as long as we have those memories We will never be apart. Even though we cannot speak no more Our voice is always there, Because every night before we sleep We have you in our prayers. Greatly missed and never forgotten, love Samantha, Adain, Don and Nadine and Adam.

OBITUARIES

Clifton Kenneth Hiltz

Hiltz, Clifton Kenneth – Age 90, passed away peacefully on Sunday, December 22, 2013, at the South Shore Regional Hospital. Born in the Forties on July 7, 1923, he was the son of the late Percy and Alice (Veino) Hiltz. Cliff served in the Second World War in Normandy, after coming home he went to Ontario to work in the factories. He later was a cook for Department of Lands and Forest. Cliff's favourite past times were wood-working and building clocks.

Left with fond and loving memories are his wife of 60 years, Marguerite (Turner); brothers, Maurice (Gladys), of Ontario, Melbourne (Shirley) and Max (Elsie), both of the Forties; sisters, Roxie Cote, of Kentville and Ada Jollymore of New Ross; also by several nieces and nephews. Predeceased by his parents and a brother Amos.

Visitation for Cliff was held Friday, December 27, 2013, at the St. Augustine Church in the Forties, the service immediately followed visitation, with Rev Judi Phillips officiating. Donations in Cliff's honor may be made to the St. Augustine's Church, the Forties or the New Ross Volunteer Fire Department. On-line condolences may be made by visiting <http://www.serenityfuneralhome.ca>. Arrangements have been entrusted to Serenity Lindsay Funeral Home, New Ross Chapel (4935 Hwy 12) 689-2961.

Barbara Pearl Veinot

VEINOT, Barbara Pearl, 74, Hebbville, passed away in Halifax on December 23, 2013. Born in Camperdown, she was a daughter of the late Harvey and Ruby (Hirtle) Fancy.

Barbara was employed with Michelin Tire, Bridgewater, retiring with more than 25 years service. Barbara always enjoyed being outside working around her yard and gardens until she was given a diagnoses of being legally blind. She was a very dedicated and hardworking mother raising her children alone.

Barbara is survived by daughters, Wanda (Lee Arenburg) Veinot, Hebb Cross; Sherry (Winston) Murphy, Thorburn, Pictou Co.; sons, Kendall Veinot, Chester; Larry (Valerie) Veinot, Weymouth, Digby Co.; Blaine Veinot, LaHave Manor, Bridgewater; Sister, Zelda (Peter) Gow, Pine Grove, Brothers, Donald Fancy, Lapland; Keith (Carolyn) Fancy, Camperdown; Rodger (Sally) Fancy, Baker Settlement; five grandchildren; three great-grandchildren; six nieces and nephews. Besides her parents she was predeceased a daughter, Bonnie Sue; and sister, Melda.

Visitation was held Friday, December 27 in Sweeny's Funeral Home; Bridgewater from 7 to 9 p.m., funeral service was at 11 a.m. Saturday, December 28 also at Sweeny's Funeral Home, Bridgewater. Burial will follow in the Lone Pine Cemetery, Lapland. Rev. James Haughn officiating. Memorial donations may be made in Barbara's memory to the Heart and Stroke Foundation of Nova Scotia, or to the LaHave Manor, Dayspring. On-line condolences may be made by visiting <http://www.sweenyfuneralhome.com>.

Mona Marie (Gladwin) Tidman

In acknowledging a full and wonderful life, the family of Mona Marie (Gladwin) Tidman, 98, of Bridgewater, announces her passing on Saturday, December 21, 2013, at the Mahone Nursing Home, Mahone Bay.

Born in Riverport, she was the daughter of the late Capt. Lemuel James and Alice Maude (Heckman) Ritcey. In 1941, she married Charles Gladwin in Halifax and then lived on several military bases across Canada before returning to Nova Scotia in 1968.

Active for many years in Bridgewater, Mona was a member of the United Church, Curling Club, Golf Course, I.O.D.E., Firemen's Band, Garden Club, Drama Club and the Choral Society.

After the passing of her husband Charles, she met and married Roy Tidman in 1990 and moved to Saanich Peninsula on Vancouver Island. Mona returned to Nova Scotia in 2009 after 20 wonderful years in BC.

Throughout her life, our mom was a positive and resilient woman - an example for us all.

Mona is survived by her daughters, Lynn Margot Gladwin-Rafuse, Chester, Alice Marie (David) Patrick, Lunenburg, Jayne Winnifred Gladwin (Gerry Joudrey), Oakland; son, Dr. Charles Joseph "Joe" Gladwin, Bridgewater; grandchildren, Fred, Krista, Ben, Megan, Katelyn, Johanna, Sarah and Lisa; and 10 great grandchildren; brother, Capt. Cecil Ritcey, Riverport; her BC family - Roy's six children; and many nieces and nephews. She was predeceased by her husbands, Charles Henry Gladwin and Alfred Roy Tidman; sisters, Evelyn Ritcey, Rita Ritcey and Melba Flemming; and brother, Maxwell Ritcey.

Funeral Arrangements are under the direction of the Dana L. Sweeny Funeral Home, 11213 Hwy. 3, Lunenburg. A service to celebrate Mona's life will be held 2 p.m. Friday, January 3, 2014, at the chapel of Bridgewater United Church, Bridgewater, Rev. Robert Zinck, officiating. Interment will be in the Brookside Cemetery, Bridgewater. In lieu of flowers memorial donations may be made to Bridgewater United Church. <http://www.sweenyfuneralhome.ca>.

Marguerite Mae Naugler



Marguerite Mae Naugler, formerly of Italy Cross, passed away suddenly December 19, 2013, in Hillside Pines Home for Special Care.

Born in Conquerall Mills, she was a daughter of the late William and Ida (Cross) Fitch.

She is survived by her sons, Ramon (Anne) Veinotte and Weldon (Shirley) Naugler; daughter, Jeannine (Chris) Strong; devoted sister, Edith (Jim) Clattenburg; brother, Lloyd Fitch; nine grandchildren and four great-grandchildren; sisters-in-law, Barbara Eisener and Ruth Naugler. She was predeceased by her husband, Murray; brother, Arthur; sisters, Mildred and Jean; and five siblings in infancy.

Funeral service was held December 23, 2013, at 1:30 p.m., in Christ Lutheran Church, Camperdown, Rev. Catharine House officiating. Interment in Christ Lutheran Cemetery, Camperdown. In lieu of flowers, memorial donations may be made to the Canadian Cancer Society, Heart and Stroke Foundation or Christ Lutheran Church.

Card of Thanks

The family wish to thank Rev. Catharine House for her comforting words; the ladies auxiliary of Italy Cross, Middlewood & District Fire Department for hosting the reception following the funeral; the pallbearers; the phone calls, flowers, cards, donations and food given to the family. A special thanks to Hillside Pines for the excellent care given to our singer, Marguerite.

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STACEY COLWELL PHOTO

CLOSING TIME

Jacob and Nolan Lohnes borrowed books from Bridgewater's King Street library during its last day of operation on December 21. Its replacement, the Margaret Hennigar Public Library, is scheduled to open at the Lunenburg County Lifestyle Centre on January 2.

Landowner gets six more months to deal with First South property

By KEITH CORCORAN
kcorcoran@southshorenov.ca

COUNTY — Peter Lowry has six more months to deal with auto parts and other materials on his First South property that the Municipality of Lunenburg has deemed unsightly.

Civic politicians recently passed a motion extending the deadline of a municipal order on Mr. Lowry to remove materials in question from his one-hectare-size Highway 332 property. Council's motion offered extra time for him to either remove the items or provide acceptable concealment.

The municipal order called for the disposal of "two derelict vans," automobile components and other "junk."

Some, but not all, of the items in question were cleaned up, municipal building official, Michael Bevis indicated during a recent informal meeting of Municipality of Lunenburg councillors where Mr. Lowry's hearing was dealt with. Mr. Lowry appealed the order.

The materials are not junk but "recyclable steel and aluminum commodities," Mr. Lowry told the hearing. His goal is to dispatch the material as circumstances permit, not store them.

The building official viewed circumstances differently. "He says it's a commodity-driven process. In my opinion it's a bunch of junk. It's old car parts, period. That's the way I look at it," Mr. Bevis explained.

"You're talking legal here with lawyers and that. I don't want to go there at all."

Peter Lowry
First South property owner

The vehicles serve a storage purpose, Mr. Lowry added. "I consider these two vehicles as a mobile woodshed which contain my firewood that I drive and park at the rear of my home each heating season."

The municipality received a complaint in April 2010 about Mr. Lowry's property. An order was issued about three months later after an inspection.

"The order expired resulting in the file being forwarded for legal action," a report to council explained. "Due to unforeseen circumstances charges did not go forward."

The new order was issued in November 2013 after an inspection in October 2013.

Mr. Lowry agreed to co-operate with Mr. Bevis to make things work.

"This is my hobby, not my business," Mr. Lowry told the council meeting. "You're talking legal here with lawyers and that. I don't want to go there at all."

Council's motion to uphold the order was defeated.

In a separate file, the municipality issued a demolition order concerning an unsightly and dangerous property off Cove Road in Conquerall Bank.

An "old house" was ordered demolished "and the demolition debris must be totally removed from the property," said a report to council explained. The municipality would "undertake the work necessary to clean up the property and the costs associated with the same shall be placed as a first lien on the property" if the matter wasn't dealt with within the allotted time of the order.

Burst water pipe results in \$14,500 in repairs

By KEITH CORCORAN
kcorcoran@southshorenov.ca

PINE GROVE — The cost is a five-figure sum to fix the mess inside the main building of a Pine Grove golf club caused by a burst water pipe.

The repair estimate is \$14,500, Tammy Wilson, the Municipality of Lunenburg's chief administrator, said in a recent e-mail to southshorenov.ca and the Lunenburg County Progress Bulletin.

Restoration and insurance officials were surveying the damage in the days following the December 15 occurrence at the Harold Whynot Road building. Commenting after the incident, Ms Wilson anticipated repairs would happen over several days.

A cold snap in Lunenburg County at the time was a factor in the failure of a third floor water pipe near a bathroom. It's believed the running water impacted the building's alarm system, prompting a response from the fire department, which discovered water pouring into the building and flowing down through light fixtures.

The municipality, seeking a commercial real estate brokerage service to assist in the sale of the property, assumed control of the golf property in 2011 after the society operating the golf course defaulted on its mortgage payments.

On-line property records show Osprey Ridge is about 83 hectares in size and assessed at \$2.26 million. The golf course has hosted a provincial amateur and a pair of national tournaments in the last several years.

Ask the Hearing Expert

with Stephanie MacLeod, Clinical and Dispensing Audiologist

Q: Is there a relationship between hearing loss and dementia?

A: More research is required but initial findings at Johns Hopkins University School of Medicine suggest three theories:

1. Hearing impaired people tend to isolate themselves and this social isolation is a leading risk factor for dementia.
2. Hearing impaired people strain to decode sound causing a cognitive overload which, over time, may leave them vulnerable to dementia.
3. The nature of the link between hearing loss and dementia shown in the research is unknown but a common pathological mechanism may underlie both.

Even though more research is needed when considering this intriguing question, my recommendation is to have your hearing tested periodically by a qualified audiologist and treat hearing loss early.

Call us today to book your complimentary hearing screening and ask about our special discounts for CAA and Legion Members!



Stephanie MacLeod, B.A. Psych, M.Sc. Aud (C)

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