LIGHTHOUSENOW ROGRESS BULLETIN

WEDNESDAY, FEBRUARY 23, 2022

BRIDGEWATER, NOVA SCOTIA, CANADA

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shining a light on the progress of our south shore

146th Year • No. 08

Bridgewater Police Service to have its first electric-powered patrol vehicle

Tesla unit to arrive in April or May

By KEITH CORCORAN

keith.corcoran@lighthousenow.ca

▶@LHNOWnews

Municipal law enforcement in Bridgewater will soon have its first electric-powered police vehicle. Mayor David Mitchell said it's a first for Atlantic Canada.

The police department intends to buy a Tesla Model 3 dual motor all-wheel drive at a cost of about \$72,000. In a written report to town council, police chief Scott Feener said there may be grants from other levels of government available to help offset the expense. With gasoline-fuelled police vehicles lasting about three years before requiring replacement, Feener told council he anticipates the electric car will need less maintenance and last at least five years.

The hope is the new marked unit will be for a new traffic enforcement position. If the position does not make it into the 2022-23 budget, then the car will roll with regular patrol members. The Bridgewater board of police commissioners, the department's civilian governance body, sanctioned the purchase in an effort to give such a vehicle a try. During a Feb. 14 council meeting, civic politicians showed their love by agreeing to the pre-budget approval and authorized a sole source purchase.

"I think our goal is to use it for the traffic position Monday to Friday during the days and then park it, charge it and then it would be used for part of the night shift," Feener said, indicating it would be evaluated on

Mitchell said other police departments with electric vehicles are saving \$5,000 a year, and the vehicle's use extends beyond gas-powered units. "Over the course of its life, it actually costs less than a gasoline car," the mayor told council.

Feener said current models of electric vehicles in the market were reviewed and Tesla's option possessed adequate battery life to support the emergency equipment and other policing gear within the vehicle. Also, Tesla

See ELECTRIC CAR on page 3

COOL ART



Brooklyn sculptor Rob Milner gets down to the fine details while carving a two-metre, ceremonial Olympic torch out of ice in Dartmouth earlier this month. He and his partner Chandana Kabila of Port Williams were representing Nova Scotia in the national Winterlude Ice Carving competition. Teams competed across Canada, creating works of art based on the Olympic and Paralympic spirit.

MODL looks to rewrite planning regulations around Cookville community

More than 1,000 residents expected to call Osprey Village home in the next five years

By GAYLE WILSON

gayle.wilson@lighthousenow.ca **>** @wilsonLHNOWnews

The Municipality of the District of Lunenburg (MODL) is working to change planning regulations related to land it owns at Osprey Village in Cookville in order to facilitate an expected influx of more than 1,000 residents and 200 jobs there in the next five years.

Developers are lining up to build high-density housing and commercial projects in the area, according to municipal planners.

"We're getting a lot of development applications right now. You should see my desk. There's a pile of applications for development. And we're not talking about a single detached dwelling, we're talking about multi-units. Like hundreds of units, " Byung Jun Kang, a planner with MODL told *LighthouseNOW*.

"It's crazy. I've never seen this level of development, since, like 1971, when Michelin got built here,"

And it's not just Osprey Village, according to Kang. Hebbville and Dayspring are seeing a lot of development interest as well.

Since 2020, Osprey Village approved development applications for housing with 160 units, while approval of a further 288 units are pending, and more is expected in the next three years.

See OSPREY VILLAGE on page 5

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New chair TBA Page 3



ASTOR DEBUT Syliboy and band Page 6



DIVISION BOUND Bridgewater's O'Toole

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"At some certain

threshold, X hundreds

of thousands of

dollars, we can benefit

from third party

project manager to

assist the staff."

Joseph Feeney

Councillor

Town of Mahone Bay

Town hall cost fuss leading to policy change concerning capital project planning, building

Mahone Bay plans inclusion of project management

By KEITH CORCORAN keith.corcoran@lighthousenow.ca **★**@LHNOWnews

Mahone Bay is expected to add project management capacity when it comes to the planning and building of future capital projects. Civic politicians requested

the policy recommendation from staff after a lengthy discussion in recent weeks touching on lessons learned from the Main Street town hall's renovations that went nearly three-times over the anticipated cost.

Commenting during the council meeting, Deputy Mayor Francis Kangata said it will lead to better decisionmaking. He said he is not laying blame but it appeared positions were being taken without full consideration of any potential future consequences. "My experience is we rush to make decisions," Kangata said. "And we don't make the best decisions sometimes."

He referred to the town hall project as a "very expensive Band-Aid" with little consideration about what choices may lie ahead in terms of future working spaces and parking aspects. "It never made

sense to me why we, as a council, we would want to put that kind of money into the building."

In February 2021, Mahone Bay awarded an Annapolis County company, Mid-Valley Construction, a \$135,000 tender to renovate all three floors, including a refresh of the council chambers, offices and washroom facilities. The procurement noted the work would deal with

> "accessibility issues, increase energy efficiency, improve staff and public safety."

> However, costs began to escalate as workers tackled matters that had to be dealt with which went beyond the original job. There were additional repairs to the electrical wiring and to address water damage, and more money was added to the cost to cover accessibility upgrades to the second

> The project is finished and none of councillors disputed the quality of the work nor the end result. Coun. Kelly Wilson, who during an earlier meeting considered calling for a special com-

> > There are 6,700 publicly funded

CCA positions in Nova Scotia,

Most CCAs have expired collec-

tive agreements (October 31,

2020) with an expired annual

salary range between \$36,529 and

\$39,443; the new salary range will

be between \$44,660 and \$48,419

· The government has committed to

hiring 1,400 additional CCAs

The wage increase brings Nova

Scotia to about \$25 per hour at

the top of the scale for CCAs in

The government is investing close

to \$57 million to support people

working in continuing care, hire

more staff, and open more beds

more quickly for seniors waiting

the publicly-funded system

for long-term care

most in continuing care

mittee to review procedures surrounding the renovation, wanted to know how to best manage the process that drove the decision making.

He commended the management of the project but things "went off the rails" with changes to the original scope of work and budget. "I think it was a total disaster, frankly. Whomever did this was not paying attention, in my opinion," Wilson said.

Earlier in the discussion, which lasted close to an hour, Coun. Joseph Feeney said construction of the new fire station is an example of a project where council is able to deliberate well and make clear choices. "At some certain threshold, X hundreds of thousands of dollars, we can benefit from third party project manager to assist the staff," he said.

In a previous report to council, town chief administrator Dylan Heide said staff should have added and known the extent of building repairs in the procurement. Heide said the "numerous" changes to Mid-Valley Construction's deal were evidence of staff's "failure in the project management."

"Though the results of the project are impressive, it should be acknowledged that the town council might have taken a different course of action with respect to the renovations, had the full cost of the work been understood ahead of the work commencing in 2021," Heide's report said.

In a subsequent council meeting, civic politicians agreed to finish the process of registering the town hall as a municipal heritage property.

CCAs welcome government-announced pay boost

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Publicly-funded Continuing Care Assistants (CCAs) in Queens County are among those in the province welcoming the Nova Scotia government's recent announcement that it would be significantly boosting their salaries.

Premier Tim Houston announced Feb. 9 a funding boost of \$65 million for unionized and non-unionized CCAs at all levels in the publicly-funded sector. Wages increased about 23 per cent with the boost that was effective Feb. 10.

In doing so, the government is looking to increase the number of people working in the field by about 1,400.

Melanie Jackson is the president of the Canadian Union of Public Employees (CUPE) Local #2997, representing the North Queens Nursing Home. She told *LighthouseNOW* low wages have been an ongoing struggle, and described the announcement as "welcome news."

"I think everyone is pleased, of course, as anyone would be," she said. "It was a long time coming. We've worked a long time without this kind of increase,"

CUPE representatives were unprepared for the announcement which came just as they were getting ready to negotiate a new contract with the province.

"To say that they stepped outside of collective bargaining for a wage adjustment was pretty surprising," "It is unprecedented."

She maintained the wage will go a long way toward recruiting people and drawing workers back into the

sector. Many CCAs no longer work in the field, having taken jobs in other sectors because of difficult work conditions and staff short-

"The biggest increase in people leaving was in the last few years at my facility. A lot of people who have worked there for a lot of years decided to get out of it to go into acute care, home care or another facility, because they are hoping for a change of pace and a change in workload," said Jack-

She reported that on the day shift at the nursing home where she works, six CCAs are scheduled to work covering three units, which equates to about two staff members for 14 or 15

people, along with an RN and an LPN. However, often the staff component is half that.

Jackson is hopeful the increase in wages will attract more workers, and in turn help with the quality

said Nan McFadgen, president of CUPE in Nova Scotia. of care for the residents and quality of working conditions for the employees.

> CUPE is the largest union representing the long-term care sector, representing 49 nursing homes and 4,000

> > members and approximately 500 workers in the community servi-

McFadgen says thanks to the wage adjustment, their focus will shift a bit when it comes to sitting down with the province which she says may happen in the next couple of months. There will be more of a focus on the people who weren't included in the wage increase, such as janitors, environmental workers and laundry care workers. "Long-term care is more than just about the CCAs. People need to eat, laundry needs to be done, rooms need to be cleaned," she said. "Some are still making \$16-something an hour."

During the Feb. 9 announce-

ment, it was noted that the increased government investment would bring the top annual salary of a CCA to \$48,419, and for most full-time CCAs the pay boost would increase the average salary by close to \$9,000 a year.

It's OK for everyone to reach out and ask for help.

Know where to find support if you need it.

If you have questions or aren't sure where to go for mental health support, 211 Nova Scotia can help. Dial 2-1-1 to get connected.

A Community Resource Navigator will walk you through your options and connect you directly with supports and services in Nova Scotia. 211 is available 24/7.

If you're experiencing a mental health crisis, phone 1-888-429-8167 (24/7)



Find mental health supports online at NovaScotia.ca/MentalHealth



Local firm wants civic governments to urge feds to continue ghost gear program

"Most of the gear

we pulled up has

been down there a

long time and it's in

rough shape."

Zack Green

Operator

Titan Maritime

By KEITH CORCORAN keith.corcoran@lighthousenow.ca **★**@LHNOWnews

A Martins River company wants local municipalities to show Ottawa that civic governments support the federal program dealing with scooping up abandoned, lost and discarded fishing equipment from the ocean.

Titan Maritime, which takes on marine salvage, survey work and environmental response work, made a presentation to municipal councils requesting local governments write letters encouraging continuance of the ghost gear fund. Company representatives Michael Ernst and Zack Green also asked civic leaders to motivate their citizens to conduct shoreline clean-ups, recycle the found items when possible and to champion responsible disposal through coordinated efforts.

Green said his company secured "leftover" funds from the federal government fund to remove ghost gear. With the help of insight from local fishers, potential sites were identified and 35 tonnes of

material was collected over a 40-day period, he recently told town councillors in Bridgewater. "There is so much gear out there," Green said. "When we were pulling up this old gear, we're pulling up lots

of lobsters and so many fish caught in the nets."

Fisheries and Oceans Canada tasked the Lunenburg County-based environmental stewardship charity Coastal Action with carrying out local ghost gear mitigation in 2020-21 and 2021-22. Coastal Action secured \$226,778 and \$205,521 in federal contributions in each year to carry out

the work. In a previous interview with LighthouseNOW, the Mahone Bay charity said bait bags, ropes and hundreds of kilograms of dragger cable were among marine items retrieved.

"As far as the traps, anything that comes up that we bring up that is usable, or if it has a tag on it to say whose it is, it gets

returned to its owner if it's in good shape; that's part of the program," Green told council. "But most of the gear we pulled up has been down there a long time and it's in rough shape."

Fisheries and Oceans Canada (DFO) said ghost gear is estimated to make up to 70 per cent of all macro-plastics in the world's ocean by weight and has a direct impact on harvestable fish stocks and marine ecosystems.

In a House of Commons question period note provided to DFO minister Joyce Murray, available online, the de-

partment said more than 664 tonnes of lost or discarded fishing gear has been retrieved from Canadian waters since the initiation of the ghost gear fund in July 2020. "Ghost fishing gear can cause large-scale damage to marine ecosystems through habitat disturbance and causes direct harm to the welfare and conservation of marine animals via entanglement and/or ingestion," the note said.

However, there are instances where gear is accidentally lost and no one is at fault. "This is not an exercise on laying blame on anybody," Ernst explained to council. "It is a problem that has been created and the ghost gear fund is one way of trying to solve that problem."

The question period note, dated November 2021, indicated the program led to testing of "smart buoy technology in multiple locations in Nova Scotia" and created "economic opportunities for coastal communities."

With the encouragement of civic politicians, Green and Ernst hope Lunenburg County residents make a point of picking-up and recycling litter that they find when visiting coastal communities. "Removal of shoreline litter can contribute significantly to protecting marine life, and keeping our oceans clean," said written documentation provided to council by Titan Maritime. "It is common knowledge that municipal government is the level most responsive to its residents."

Bridgewater Police Service to have its first electric-powered patrol vehicle



SOURCE: TOWN OF BRIDGEWATER

A rendering of how the new electricpowered Bridgewater Police Service vehicle will look.

ELECTRIC CAR from page 1

had the only electric vehicle available for immediate purchase that had police specific equipment available for it.

In an email to LighthouseNOW, Mitchell said the new vehicle will also have a light bar that can be powered by solar

The mayor indicated a charging station will be installed at the Exhibition Drive police station, which will cost up to \$2,000. He said the town will apply for grants available to help cover the cost. "In anticipation of this not being our last electric vehicle as well as the federal government's mandate that all vehicles sold by 2035 be electric vehicles, we will obviously be adding that infrastructure for more and more vehicles as time goes on," Mitchell said.

Tesla is expected to open a dealership in Halifax County this year. Mitchell anticipates that if there are any mechanical to work on all types of electric vehicles," issues, Tesla can address many of them remotely. "Some local dealers who do have staff trained or who will be trained

he added.

The new vehicle is expected to arrive in late April or early May.

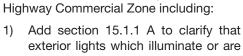


THE MUNICIPALITY OF CHESTER

NOTICE OF PUBLIC HEARING

In the matter of the Municipal Government Act and the Municipality of the District of Chester

TAKE NOTICE THAT on Thursday, January 27, 2022 Chester Municipal Council gave 1st Reading to draft amendments to the Chester Village Secondary Planning Strategy and Land Use By-law. The amendments will permit and regulate the use of Illuminated Signs within the





- directed at signs are not considered "illuminated signs" as defined. Add Section 15.1.2 xiv) to exempt small Open signs of 0.6m2 or less from
- requiring a Development Permit.
- Add text to Section 15.1.3 x) to exclude illuminated signs as defined.
- Remove Section 15.1.6 which included requirements for signs abutting a residential lot.
- Add text to Section 15.2.1 to increase the size of a ground sign in the Highway Commercial Zone. Increasing the permitted maximum height for ground signs in the Highway Commercial Zone. Add requirements for large ground signs to require a landscaped area be created to lessen the impact of the sign installation.
- Add Section 15.2.9 to introduce regulations and limits for illuminated signs including setbacks from property lines, brightness of signs and requirements to mitigate light spill over from neighbouring properties.
- Added text to amend the existing definition of an illuminated sign.

An ONLINE PUBLIC HEARING is scheduled to be held Tuesday March 1, 2022, beginning at 6:30 p.m. via Zoom.

Residents can give their opinions at the Public Hearing by pre-registering to receive a link to join the meeting. Requests to join the meeting or written comments to be read at the hearing should be submitted to: Pamela Myra (pmyra@chester.ca), Municipal Clerk, 151 King Street, PO Box 369, Chester, NS B0J 1J0

Pre-registration requests and written comments must be received before 4:00 p.m. on Thursday, February 24, 2022.

Council may vote to approve or reject the proposed amendments following the Public Hearing.

Copies of the proposed amendments are available upon request. Please contact the Community Development Department, located at 186 Central Street, Chester.

> Call us! 902-275-2599

Email us! planning@chester.ca

Privateer Days board chair stepping down

BV KEVIN MCBAIN

Local Journalism Initiative Reporter

The Privateer Days Commission board will have a new chair following its annual meeting scheduled for Feb. 24 via Zoom.

Current chair Terrena Parnell, who

has been at the head of the board for the past two years, says she doesn't have enough time to give to the board that she would like.

"I've always believed that if you can't give 100 per cent to something that means you can't do it right, and if you can't do it right it's not worth taking it away from somebody else," she said in an interview with All being well in terms of LighthouseNOW. "I just health regulations, this can't give it the time that it deserves."

Parnell is also the presi-

dent of Queens County Minor Hockey Association and helps put together the annual Liverpool Fire Department Christmas parade.

She said there has been an offer from

someone on the board to take over as chair, and currently they are looking to fill the roles of secretary and vendor

COVID-19 health regulations permitting, Privateer Days will take place June

> The annual festival has been waylaid by the pandemic since 2019. "I know the last two years everyone has supported us in the decisions we've made as far as not holding it, but it's definitely a disappointment," said Parnell.

> Members of the board had been looking forward to introducing new and bringing back different activities to make the festival more family-friendly.

> It's hoped the new board will carry on with some

of the ideas, such as carnival rides, revamping how the entertainment is presented, re-introducing the street dance and Karaoke night, and adding a baby changing station.

FILE PHOTO

year's Privateer Days will

be held June 24-26.





LOCAL





North Queens students share a little love with nursing home residents on Valentine's Day

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Students at North Queens Community School crossed the inter-generational bridge recently, preparing Valentine's Day packages for residents and staff at North Queens Nursing Home.

The project included students in two elementary classes (Grades 2-3 and Grades 4-5) as well as students in Grades 7 through 12.

According to teacher Julie Ramey, the idea was sparked by a social media post encouraging people to reach out to their local nursing home to write letters.

"Once the idea was discussed with the Grade 9 Citizenship class, we reached out to North Queens Nursing Home to talk numbers and logistics. The project evolved from there," Ramey told LighthouseNOW in an email.

She said the school's students have done



Wyatt Hubley, a Grade 12 student at North Queens High School, was one of the many students who put together personalized Valentine's Day packages for residents and staff at North Queens Nursing Home.

projects with the nursing home in the past, but this was the first time featuring a Valentine's Day project.

The packages included personalized Valentine envelopes for each resident, letters, artwork, teddy bears and Valentine's

"This project was important because in this time of COVID-19, happiness can be hard to find," Miley Huss, a Grade 9 student commented via email. "Cards, letters and treats always cheer people up. It felt good to know that they would wake up that day and see that other people are thinking of them."

Gracie Countway, also in Grade 9, said, "the Valentine's Project felt good because we knew we were making the day better for some elderly people. We know that not being able to get out and to see family is hard. Their family members could not visit because of COVID-19. That day is supposed to be about being happy and showing affection for people. It made sense to send our thoughts."

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Editor

Gayle Wilson

Journalist Keith Corcoran

Local Journalism **Initiative Reporter** Kevin McBain

Marketing Advisor Michele White

Publisher

Fred Fiander

Editor-in-Chief Crystal Murray

Senior Editor Trevor J. Adams

Contributing Editor Janet Whitman

RQM BRIEFS

By KEVIN MCBAIN

Local Journalism Initiative Reporter

HVAC INSPECTION

Region of Queens Municipality's (RQM's) council membes agreed at their Feb. 8 meeting to spend \$10,750 plus HST to investigate the Heating Ventilation Air Conditioning (HVAC) system at the Liverpool Business Development Centre on Harley Umphrey Drive.

The facility was constructed in 2002 and utilizes a rooftop HVAC for its needs.

According to council documents, the unit has required numerous repairs over and above what is considered normal maintenance. Adam Grant, RQM Director of Engineering and Public Works, said that the unit has been increasingly "unpredictable" in recent years. Last summer it was shut down for maintenance for about four weeks.

The existing unit is quickly approaching its end of serviceable life, parts are becoming difficult and near impossible to acquire. Grant indicated that to replace the unit would be in the six figures.

The contract was awarded to Dumac Energy Limited of Halifax, who indicated it would be best to conduct a mechanical investigation of the unit and facility to assess the state of existing equipment and recommendations going forward.

The item is an unbudgeted expense and funding for it will be drawn from the regular call centre's maintenance budget.

TIPPING FEES GOING UP

Council also approved an increase of 1.6 per cent for commercial and residential

tipping fees at the Queens Solid Waste Management Facility. The region holds multiple contracts for the disposal of various solid waste items.

Contained in the agreement are mechanisms for annual fee increases, and each year the rolling 10-year average of the Consumer Price Index is used. The increase in 2021 was 1.64 per cent.

The change in rates is effective April 1 each vear.

The rate increase means that the disposal of residential and commercial mixed (unsorted) construction and demolition material will now be \$66.66 per tonne. Previously, it was \$65.61 per tonne.

RQM residents only pay tipping fees for mixed construction and demolition material and contaminated soil.

his case goes before a Bridgewater provin-

cial court judge in April. The Bridgewater

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BRIEFCASE

By KEITH CORCORAN keith.corcoran@lighthousenow.ca **★**@LHNOWnews

COMPACT CAR STRIKES UTILITY POLE IN MIDDLEWOOD

A driver from Queens County escaped serious injury after his compact car crossed the centre line of Highway 103 and struck a utility pole near Exit 16 and went into the ditch. The operator of the Chevrolet Cobalt, a Liverpool man, 25, will not face any charges and the investigation is concluded, Nova Scotia RCMP Cpl. Chris Marshall told *LighthouseNOW* in an email. No cause of the crash could be determined, Marshall indicated. First responders were summoned to Middlewood just after 12:30 a.m., Feb. 12, after learning of the single vehicle

crash on the major South Shore highway, near where Hirtle Road and Camperdown School Road intersect. Paramedics, RCMP and Italy Cross-Middlewood and district volunteer firefighters were among crews sent to the scene.

ANNAPOLIS COUNTY MAN FACES DANGER-**OUS DRIVING CHARGE FOLLOWING UPPER BRANCH CRASH**

RCMP say the driver of a Ford F150 involved in a two-vehicle crash in Lunenburg County is facing one count of dangerous driving connected to the Feb. 13 incident. The truck and a Volkswagen Golf were travelling in the same direction when the collision occurred. The sole occupant of the truck, an Annapolis County man, 21, faces one count of dangerous driving and

woman driving the Golf and her male passenger from Italy Cross, both 18 years of age, were taken to hospital by ambulance as a precaution, according to Cpl. Chris Marshall, a spokesman for the province's Mounties. Information about their condition was unavailable. RCMP, paramedics and volunteer firefighters from Midville district were dispatched after 4 p.m., Feb. 13, to Upper Branch where they learned a crash involving two autos took place on Upper Branch Road near the Seamone Road intersection. Public safety radio communications indicated one vehicle left the scene before help arrived. Police said the suspect was not arrested at the scene but at a home

in another county.

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BUSINESS

MODL looks to rewrite planning regulations around Cookville community

OSPREY VILLAGE from page 1

MODL anticipates Osprey Village will become one of the largest communities in the municipality, according to a news release it issued last month, promoting a virtual public information session on Bylaw 020E (Osprey Village Plan Review 2022 held on Feb. 3. MODL's council is conducting a review of the Osprey Village Planning area to accommodate the recent demand for high-density development.

"This review intends to promote affordable and attainable housing, as well as to foster economic development in Osprey Village by Exit 12. We hope residents will attend this virtual public information session on February 3 to learn more and add their comments," MODL's mayor, Carolyn Bolivar-Getson, said in the release.

However, there was relatively little public input during the event, which was live-streamed, on a stormy night, and later posted on MODL's Facebook page. John Joudrey was one of the questioners and asked, "Will the cost of water to these lots be covered by the lot owners?"

The current Osprey Village Land Use By-law was adopted in 2006. Under the bylaw all the major developments in the area have to be approved individually, as was the Municipal Service Building (2019) and the Stonemont Retirement Lifestyle Community (2020) underway.

Future proposed projects, including a 198-unit residential and 10,000-sq. ft commercial development by FH Development Group, as well as a future community hub, would have to be approved by the council on a case-bycase basis. This could see development projects delayed by four to six months, hence planning staff are recommending "substantial changes," according to the release.

Jeff Merrill, MODL's director of planning and development service, monitored the public information event while Kang gave a Power Point presentation. The municipality's senior planner, Darren Shupe, was also on hand, as was Crystal Fuller, a planning consultant contracted by FH Development Group of Lower Sackville.

During Kang's presentation, he explained that the goal is to reduce unnecessary requirements and red tape to move developments along quickly. He also discussed various challenges and proposed solutions concerning a number of issues. Regarding fire protection, he said, issues that need to be addressed are water flows, building heights in relation to available fire-fighting equipment and access for emergency vehicles.

Concerning water and sewer, he said some of the lots don't have central water access and the Cookville wastewater capacity is limited.

On the environment front, Kang indicated that the main concern may be sulphide-bearing material, or acid rock drainage. He noted it's been encountered in development in the area before, and it's a potential danger for fish should it enter the nearby LaHave River.

Staff are recommending an erosion and sedimentation plan, that all development must follow sulphidebearing material disposal, and identification of wetland and watercourses around the proposed development.

Transportation and access in and around the area was also discussed. Kang reported that on average there are 8,370 vehicles travelling on Highway 10 toward Bridgewater every day. Once the road meets up with Exit 12 coming off Highway 103, that number increses to



Community Recycling Centre

Spring Weight Restrictions & Waste Collection

Spring weight restrictions will go into effect on February 27, 2022 at 11:59 pm.

Look for road restriction signs before putting your waste out for collection. Find information about restricted roads, visit www.novascotia.ca/tran/trucking/ springweight.asp, or call Department of Transportation and Infrastructure Renewal at (902) 543-4121.

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

Waste Hotline 1-855-530-3324: get details about where to put your waste during restrictions.

about 11.000 vehicles. Planners will be considering controllers such as cross walks, traffic lights, speed limits, as well as parking

MODL also is looking to the results of its Community Goals Survey conducted between January and March of last year as an indicator of what residents want to see in terms of housing in the area. Respondents in that indicated that the top three types of housing the community needed were affordable rentals, seniors' independent and seniors' assisted

Councillor Kacy DeLong

Lunenburg, N.S.

TIDE

5.81 ft

1.67 ft

4.92 ft

1.97 ft

5.58 ft

1.64 ft

4.66 ft

2.17 ft

5.38 ft

1.51 ft

4.59 ft

2.23 ft

5.38 ft

1.25 ft

4.82 ft 2.1 ft

5.58 ft

0.92 ft

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1.84 ft

5.91 ft

0.56 ft

5.68 ft

1.54 ft

6.2 ft

0.3 ft

6.04 ft

1.31 ft

6.37 ft

0.2 ft

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Monday, February 28

Tuesday, March 1

Wednesday, March 2

Level of accuracy may be

affected by weather patterns

12:20 AM

6:01 AM

12:56 PM

6:55 PM

1:17 AM

6:55 AM

1:46 PM

7:42 PM

2:08 AM

7:44 AM

2:30 PM

8:26 PM

Thursday, February 24

Friday, February 25

Saturday, February 26

high

high

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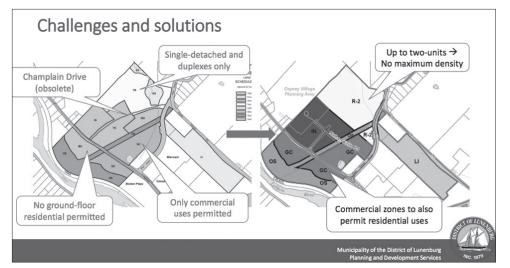
from District 8 submitted the comment: "Multi age housing is something that contributes to strong communities. It would be incredible to have student/senior joint housing in our community! ... maybe even containing a davcare facility."

For its operative definition of affordable housing, MODL is looking to one used by the Canada Mortgage and Housing Corporation (CMHC). The federal agency deems housing affordable if it occupies 30 per cent or less of the dweller's salary, or is at a rate of at least 10 per cent less than the area market average.

Kang told LighthouseNOW staff currently are determining what the market average is in the municipality.

"We're actually, literally calling all the apartment owners in our municipality to basically calculate the average rent right now, and then we'll use that number as a benchmark."

However, he conceded there was still a large element



SCREENSHOT, MODL

A screenshot of a MODL Power Point presentation at a virtual public information session on the planning review underway for Osprey Village.

of subjectivity in the term affordability, and that rents are "skyrocketing" in the area.

While the municipality is "basically following federal guidelines," MODL is encouraging questions and comments regarding what should be deemed affordable accommodation, and how many units this might involve in an overall plan.

"That's the kind of thing that I would love to hear, not just [at the public session] but throughout this whole planning process," Kang said.

Moving forward, MODL's planning advisory committee is expected to meet to discuss the issue on Feb. 24. Council will give First Reading to a new planning bylaw on Mar. 8, and there will be a public hearing on the issue April 5. Second Reading is expected to take place on

For any questions or comments, residents are encouraged to contact the municipality by going to https:// engage.modl.ca/osprey-village-2022 on the internet.



If you're over 65, we may be able to help you take care of those household chores.

For more information visit novascotia.ca/seniorscaregrant or call 1-800-670-4357. Applications close May 31, 2022.





ARTS ENTERTAINMENT

Alan and the Thundermakers soon to make their Astor debut

Multimedia event on stage March 5

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Nova Scotia Mi'kmaw artist, writer and musician Alan Syliboy is coming to Liverpool's historic Astor Theatre for the first time.

Syliboy and his band, The Thundermakers, along with special guest Morgan Toney, will be on the stage March 5. It'll be the first concert at the Astor since early December, when COVID-19 regulations caused the venue to shut its doors.

Hailing from the Millbrook First Nations community, Syliboy has travelled throughout the world sharing his talents, including as a representative of Canada's then Department of External Affairs (now Global Affairs Canada) to take part in a trade mission to Japan.

He considers his band "an art project," and says that along with music and singing the audience on March 5 will hear the spoken word, see a lot of visuals, paintings, animations and short films. "All that will be part of the performance," he told LighthouseNOW.

Jean Robinson-Dexter, general manager of the Astor Theatre, described the performers as "an eclectic group of musicians that will bring lots of great talent to the stage." She indicated they will be performing Mi'kmaw music, as well as "other music that will have a bit of a rock edge to it."



Mi'kmaw artist Alan Syliboy uses petroglyphs as the basis of his works. He features a drum daily on Twitter with his artwork and the meaning behind it.

Underpinning all of Syliboy's work is his goal to educate people about the Mi'kmaw culture.

"I consider culture as medicine, because our culture has been forcibly taken away from us and this is a part of rebuilding our culture and rebuilding ourselves," he said in an interview with LighthouseNOW. "I think what we do has a lot of benefits to ourselves, and to everyone in the world. I think knowledge is a positive thing."

Along with newer songs, the band performs traditional music, and uses the spoken word as a way of teaching and storytelling.

Like many musicians, Syliboy and his band were impacted by health regulations amid the pandemic which left numerous performance dates cancelled or rescheduled. They're looking forward to ramping things up again starting with their date in Liverpool, he said.

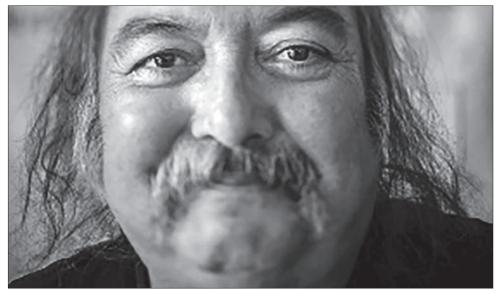
As well as Syliboy, who is a percussionist and storyteller, the band includes his son, Evan Syliboy, on lead guitar. Other membres are Hubert Francis, lead vocalist; Lukas Pearce, bassist, sound designer and video mapping projectionist; Matt Gallant, drummer; Joanne Hatfield, vocalist, guitarist, flute, piano and percussion. Aaron Prosper is on vocals, percussion and is the group leader.

The band has been together, for the most part, for about two-and-a-half years. Syliboy previously had been the band Lone Cloud for about 10 years. The group won an ECMA award in 2013, but parted ways after that.

The Thundermakers often welcome a special guest, and in Liverpool it will be Toney, a young Mi'kmaw songwriter, fiddler and singer from Wagmatcook First Nation who has taken the music scene by storm.

Toney and Alan Syliboy and The Thundermakers joined forces recently to record an eight-song album called Signal Fire. Toney is up for multiple ECMA awards, as announced last week, including the Indigenous Artist of the Year (as is Syliboy), Rising Star Recording of the Year and Inspirational Recording of the Year.

Meanwhile, as a bonus, Syliboy has agreed to have his artwork shown in the Town Hall Arts & Cultural Centre for the month of March. "We're really excited about that," said Robinson-Dexter.



CONTRIBUTED PHOTO

Mi'kmaw artist, storyteller and writer Alan Syliboy and his band the Thundermakers are making their Astor Theatre debut March 5.



Syliboy studied under artist Shirley Bear, a renowned First Nations artist from New Brunswick and a member of the Order of Canada. He also attended the Nova Scotia College of Art and Design (NSCAD).

His artwork is based on petroglyphs or rock carvings.

"Petroglyphs are really what I use for inspiration. They weren't really known by anyone in the early 70s. Even Mi'kmaw people didn't really know too much about them at that time," he said. "Shirley Bear and I started using the petroglyphs in our work. We had a direction and that was to bring petroglyphs back to our culture, and, like I said, we're trying to rebuild the culture that helps us with who we are and our identity."

Some of Syliboy's work includes being a lead artist of a group sculpture for the 2010 Olympics held in Vancouver. He also created a limited edition Butterfly gold coin for the Canadian Mint in 1999. In 2002 he was presented with the Queen's Golden Jubilee Medal. He has also had art installed in the Halifax Commons, Antigonish Library and at the Halifax Stanfield Airport.

Additionally, the multi-talented Syliboy has several children's books written and illustrated by himself in both Mi'kmaq and English.

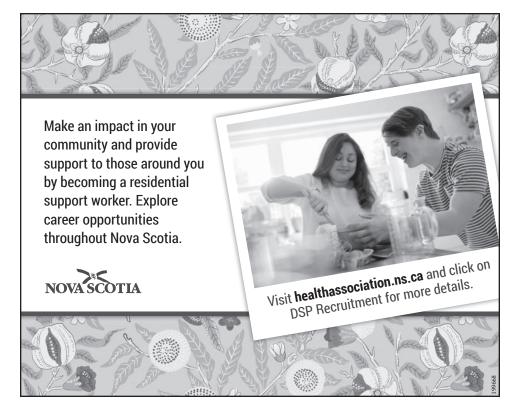
"I think you have to start with the young if you want to change the world," he told LighthouseNOW, adding "with these books they are reading the Mi'kmaw language. They become aware at an early

> point, and I think that is the way to change society as a whole."

> Meanwhile, the artist has a large following on Twitter, where he posts a daily traditional drum featuring his artwork along with background informa-

> He says he's pleased that the amount of followers has increased "tremendously," as people are learning more about the Mi'kmaw culture through every post, as he intended.

Tickets to the March 5 performance are on sale now at the box office and online through the Astor Theatre website. The theatre will be open to 120 audience members in a physicallydistanced atmosphere.





LIFESTYLES

Congregation members prepare to sell Liverpool's Zion United Church

By KEVIN MCBAIN

Local Journalism Initiative Reporter

A shrinking congregation led to the decision to sell Liverpool's historical Zion United Church last October, and it's now about to hit the real estate market.

"We had a dwindling population because of age, and we frankly, haven't been able to draw the younger families in to maintain the membership and the offering," Ray Baker, chair of the church's closure working group, told *LighthouseNOW*.

The group is expecting to get the building and property assessed soon, while work is underway to migrate the cemetary behind the building, which was built in 1866.

When this is complete, formal approval of the sale must go to the United Church Region 15 out of Halifax — who will assess the information at its next monthly meeting on March 15.

Meanwhile, according to Baker, at least two offers to buy the church have come in, including one from the world-

renowned organist, Xaver Varnus, who lives in Brooklyn and owns a historical church that he's converted into a music centre there.

Baker said the decision to sell did not come easy, but it was one that needed to be made.

The expenses included \$1,000 on heating oil in the winter months, and monthly expenses of \$600 for insurance, as well as phone, water, electricity, phone and sal-

ary costs. "Quickly you're up to \$5,000 or more a month before we can do anything we would like to do in the community," lamented Baker.

COVID-19 health regulations have added to the challenges.

"It sped the process up for sure. We couldn't hold services the way they were for a long time," said Baker. "I think, if anything, it just emphasized the fact we couldn't maintain the building as we used to."

He suggested many people may have seen the writing on the wall and decided to attend other churches that may offer more stability.

The church held weekly meetings up until June 2021. Rev. Carol Smith, who had been the minister for five years retired. Meetings were held just twice a month during the fall and through to mid-December, when COVID-19 regulations once again closed things up.

On paper, the church had about 100 members, but by the time December came around, they were down to about 20 to 25 members coming out to services.

MEMORIES

The current Zion United Church

building was built in 1866 and

location.

was the third church built in that

The first church was a Methodist

chapel built in 1793. The second

The cemetery that exists behind

ing on this site was completed.

the church may have been in exis-

tence since the first church build-

The earliest burial recorded there

is from 1794. Community leaders

such as Col. Simeon Perkins and

Robert Barry and their families

are among those buried there.

Municipal heritage designation

etery and the land.

applies to the building, the cem-

church was built in 1863, but

burned down in 1865.

Baker, who relocated to Liverpool nine years ago, recalls bringing his granddaughters to Sunday School, "campouts in the sanctuary and accompanying the

girls as they sang in church."

Rev. Carol Smith served as minister of the church for five years before retiring in June 2021.

"It's tough for active members and for the community because the church is a sacred place even for those that haven't been active in the church. They've come out for various rituals and celebrations," she said.

The church held several events for the community, including workshops and special services for times to remember and reflect on, such as after the mass shooting in Nova Scotia.

Many members tried to keep the church running, she said, giving her hope

for the future, despite the impending sale. "I feel like this is more of a pause than an ending. I love the people there very much. The congregation is very dear to my heart and I have the best hopes for them individually and as a group."

Marjorie Powell, who moved to the area from England, has been a member of the church for 40 years.

"It is very sad, but we knew it was coming. I feel like I've been grieving for a long time," she offered. "I could see this coming for quite a while and by the time we actually made the decision to close it was like a relief."

As a member of the closure working group, which is cleaning up the facility and sorting through items, she's finding the memories surfacing more and more.

"It's difficult. We found big wreaths that we used to hang up at Christmas. We held wonderful Christmas and Christmas Eve services over the years. It's sad to see those go by the wayside. It's tough for me and the working group."

One of the things about churches is that they don't like to throw things away, just in case they may need it.

Tucked in a box, they also found hymn books dating back about 60 years, and six King James Version Bibles that dated back to the 1800s.

THE FUTURE

A meeting was held Feb. 12 to bring members up to speed concerning developments and discuss what members would like to do going forward.

"We are discussing with the Milton Christian Church about transferring our congregation to theirs. For the immediate future we would remain the Zion congregation, however," said Baker.

Other suggestions included renting a local facility to hold services, or amalgamating with other churches as well.

CHURCH BUILDING SUITORS

Meanwhile, interest in the building is starting to come in. Varnus is one of two current inquirers. He's the owner of Varnus Hall, a former church in Brook-



SOURCE: FACEBOOK/ZUC

The 156-vear-old Zion United Church located on Main Street in Liverpool is up for sale.

lyn that Varnus purchased less than two years ago and where he has since installed a large pipe organ and renovated to include an entertainment area and bedroom space.

Varnus had been asked for suggestions on what could be done with the Liverpool church's organ.

He told *LighthouseNOW* he was thinking about buying the organ, but "I realized that the organ belonged to the church and it would be a crime to separate the two." It occurred to him it would be easier for him to move his organ to the Zion United Church rather than the other way around.

Moreover, buying the other church would solve a lot of issues such as parking and the number of people that can be accommodated in the sanctuary, since the Liverpool church has chairs instead of the immovable pews in Varnus Hall.

He made his intention known officially on Feb. 16 that he would like to purchase the church, a day before leaving for a fiveweek tour of Europe.

RELIGION DIRECTORY

Upcoming Services

St. Andrew's Presbyterian Church **Old Town Lunenburg**

Minister - The Rev. Thomas Summers Rev. Dr. "Sandy" P. A . McDonald - Interim Moderator David Findlay - Organist / Choir Director

Sunday Service at 11:00 AM

All health restrictions and protocols to be followed.

www.standrewslunenburg.ca

Central United Church

Cumberland St., Lunenburg Sunday, February 27 Service at 10:30

Enough of Snow & Wind & Rain?!... ...It's Warm and Welcoming at Central Please bring a mask & celebrate with us COVID-19 Protocols will be observed

Rev. Vivien Moores, Guest Minister

John Scott, Minister of Music

ANGLICAN PARISHES OF PETITE RIVIERE & NEW DUBLIN

Rev. Oliver Osmond

Sunday February 27th - Quinquagesima 09:00am St. Albans Voglers Cove Holy Communion

> 11:00am St. James LaHave Holy Communion

Wednesday March 2nd- Ash Wednesday-10:00am St. Johns West Dublin Holy Communion

"O worship the Lord in the beauty of holiness"

St. Joseph's Catholic Church

St. Norbert's Catholic Church

121 York St., Lunenburg, NS 123 Pleasant St., Bridgewater, NS

Churches of the Parish Saint John the Apostle

Our churches are open at a reduced capacity

All are welcome. First come, first in (no registration required). Parishioners MUST wear masks. Weekly Mass available online.

www.saintja.ca office@saintja.ca (902) 543-2184



Contact Natasha Shea at 902 543 2457 or email info@lighthousenow.ca to add your church to this directory



10:30am - On-Site Worship and Sunday School Limited Space Pre-Registration, Proof of Double Vaccination and Masks are Required

> Phone the Church Office by Thursday of each week, to register for On-Site Worship!

Visit our website at www.bridgewaterunited.ca, to be directed to our Online Worship on our YouTube channel

LIFESTYLES

Bridgewater pitcher suits-up for Oklahoma State University Cowboys

Evan O'Toole joins Division I school this fall

By KEITH CORCORAN

keith.corcoran@lighthousenow.ca **୬** @LHNOWnews

While starting pitcher Evan O'Toole of Bridgewater suits up for another spring season on the diamond with the Iowa Western Community College Reivers, he is taking his mound talents this fall to Oklahoma State University (OSU) where he'll compete with the Division I Cowboys.

The last high-level pitching action for O'Toole, 20, came in the Northwoods summer collegiate league in 2021, where the six-foot-four, 200 -pound right-hander displayed some dominance but had hiccups with command. He logged 19 innings with the Minnesota-based

Rochester Honkers, striking out 21 batters, but issued 16 walks and had an earned run average (ERA) of 4.74.

O'Toole enjoyed his time there, saying it helped him develop mental and physical conditioning. He also wanted to rest a bit before returning to school.

As well, he worked in the offseason on improving his mobility and flexibility as he looks to capitalize on a stellar 2021 tilt with the

Reivers, where he garnered second-team Division I All-American honours from the North Carolina-based National Junior College Athletic Association. That year with the Reivers, O'Toole compiled 55 innings in 11 games, allowing just 39 hits, walking 17, fanned 51 batters and posting a 1.31 ERA. He also posted an undefeated win-loss record.

Speaking to LighthouseNOW in recent weeks,

O'Toole said he met with OSU officials following a tournament-style event in Nebraska. The Cowboys liked what they saw in him and he was encouraged with what he saw in the university's culture and the extensive backgrounds of the baseball coaching staff. OSU baseball is led by Josh Holliday who has coached a number of players who have gone on to play Major League Baseball (MLB). Holliday's brother, Matt, is on staff. He played 15 years in the MLB and was a seven-time all-star. Six-time MLB gold-glover Robin Ventura, who also had a 16-year tenure in the big leagues is also with OSU.

"They have a ton of experience," O'Toole told LighthouseNOW. "If I want to get to that level I think it's great to surround yourself with people who got

"It's great to surround

yourself with people

who got there and

learn their ways."

Evan O'Toole

Pitcher

Iowa Western Community College

there and learn their ways."

He was bypassed in the last MLB amateur draft but he is using the experience as motivation. He will be available to teams again this year. O'Toole's best pitch is a 91-to-95miles per hour sinker, but he boats a four-seam fastball that lights up the radar gun at 93-to-95 m.p.h. His pitch repertoire rounds out with a change-up and slider. Scouts encouraged him to work on improving his breaking ball.

"Obviously, I would have loved to have been drafted," he said. "But this will make me prove myself more, puts a chip on my shoulder going into the season. I can only control what I can control."

The commitment to OSU is a minimum of two years. He's enrolling in their exercise sports science program. He said he looks forward to earning his spot on the Cowboy's roster.



SOURCE: IOWA WESTERN COMMUNITY COLLEGE REIVERS Evan O'Toole, 20, of Bridgewater, currently a pitcher for Iowa Western Community College, plans to take the mound for the Oklahoma State Cowboys. He joins the

O'Toole's early amateur baseball was spent on mounds on the Main Street of the South Shore before additional competitive opportunities arose in the Halifax area and, later, at Alberta's Vauxhall Academy of Baseball.

TOWN OF LUNENBURG HERITAGE RECOGNITION AWARDS

The Town of Lunenburg's Council and Heritage Advisory Committee is pleased to recognize property owners and developers for a "job well done" in outstanding restoration and/or rehabilitation work as well-designed infill developments that contribute positively to the streetscape.

The Heritage Advisory Committee will accept nominations that meet one or more of the following categories:

- preserving or restoring the original character of a build-
- rehabilitating a building, including successfully integrating modern elements that contribute positively to the design of the original structure;
- successfully blending an addition and/or adaptive reuse of a building that contributes positively to the design of the original structure;
- new infill developments that successfully blend into and contribute positively to the streetscape; and
- the long term preservation stewardship of a building.

The Program applies to all works throughout the Town of Lunenburg, whether it is a small or large development project.

The deadline for nominations is March 28, 2022. Further information on the Town's Heritage Recognition Awards Program may be obtained at https://townoflunenburg.ca/ heritage-recognition-awards.html

Nominations should include photos (before and after if available). For more information, please contact:

Arthur MacDonald, Heritage Manager, Town of Lunenburg, 119 Cumberland Street PO Box 129, Lunenburg, Nova Scotia Canada B0.12C0 Email: heritage@townoflunenburg.ca

www.explorelunenburg.ca

Visit **lighthousenow.ca** for the latest in local news.

The SHAID path to a forever home

Animals in Distress

school in the fall.

By KELLY INGLIS

HAID Tree Animal Shelter has cared for thousands of homeless and/or unwanted pets since its humble beginnings back in 1986. We strive to provide the best care with the resources we have — and to find loving homes for them all.

With our feline friends, it's not uncommon to have a waiting list, as we revolve on an intake cycle to keep disease and infection under control. We can take in an average of 20 to 30 cats into our quarantine room every two to three weeks. While the cats are in there, we have

them tested for feline leukemia and fiv, spayed or neutered, vaccinated, micro chipped, vet checked, and treated for worms and fleas and any other parasites they may have. Once all cats finish the quarantine period, they are moved out to

our cat rooms, where they become available for adoption (currently online, due to COVID restrictions) to approved families.

We now do two types of dog adoptions: in-house and assisted. In-house dogs are temperament assessed, vet checked, spayed or neutered, vaccinated, micro chipped, and treated for parasites. They are posted online as available with a very comprehensive application that requires personal and vet references – which allows us to seek out the best potential homes for each particular dog, depending on his specific needs.

We invite the two top applicants to each meet the dog, and the dog gets to pick his new family out of the two he meets. Assisted adoptions are where the original family cares for their dog and provides all the information and resources they can on their dog to us, and we simply help make the connections to find the new forever family. (This is used specifically when a dog suffers from extreme separation anxiety, dog aggression, or in sadder cases such as when a person is

> forced to re-home due to moving into a long term care home.)

We ask people needing to re-home their pet to please call us and make arrangements in advance. We can be reached daily from 8 a.m. to 3 p.m. at (902) 543-4849 or by emailing

info@shaidanimalshelter.com. Check out adoptable pets on our Facebook page (@ SHAIDanimalshelter) and under the adoptions tab on our website www.shaidanimalshelter.com. As always, a big thank you to our amazing community for your con-

tinued support! Kelly Inglis, is the manager of SHAID Tree Animal Shelter in Whynotts Settlement, outside of Bridgewater.



Hon. Susan Corkum-Greek MLA for Lunenburg

97 Kaulbach Street, Suite 201 Lunenburg, NS, BOJ 2CO

By appointment in New Germany

902-634-8708

susancorkumgreekmla@gmail.com





LIFESTYLES



An American robin in Lunenburg, an over wintering bird that moves around and looks for food.

Avian flu and what to do

JAMES

HIRTLE

Bird Notes

want to talk about what you should do with backyard feeders in regard to the recent outbreak of Avian Influenza (AI). The information that I'm conveying comes from the Nova Scotia Bird Society Facebook Page.

The type of AI that exists in Nova Scotia is the highly pathogenic H5N1 (HPAI H5N1). There is a low risk of infection of

HPAI H5N1 in passerines in the wild. That means that bird feeders are a low risk for infection. Even though they are low risk we still need to be vigilant as these viruses can mu-

HPAI H5N1 has been found in about 100 species of wild birds in the Western Hemisphere — in geese, ducks, gulls, raptors, terns and other waterfowl, as well as owls.

To date there has been one confirmed case of H5N1 in wild birds within Nova Scotia. All other reports are based on assumption not science.

The Department of Natural Resources, DNR, is not recommending that people remove feeders unless the feeders attract gulls, waterfowl, pheasants, or pigeons, or if the feeders are near a domestic bird farm, or there are dead birds at your feeder. Newfoundland has been dealing with H5N1 for some time and St. John's has ordered people to stop feeding ducks. There is a very low risk of H5N1 spreading to humans. People are being reminded to take the usual hygiene pre-

More birds die in February and March then any other time of the year. Food is scarce in the natural environment during these times of the year. The scarcity in the natural environment might not be a problem if we never had feeders up. But if you do have a feeder up now, some sparrows and finches and other backyard birds may be relying on it as a food source to survive the cold.

The Nova Scotia Bird Society says that they are seeing a lot of photos of dead birds. This is not unusual with the top causes of bird mortality being cat predation, window strikes, pesticides and habitat loss. DNR are asking people to report dead birds as a precaution. Birds will be tested and they will share information immediately.

To minimize the risk of transmission of AI, do not handle or feed any wild bird by hand. Backyard bird feeders and baths should be cleaned regularly using a weak solution of domestic bleach (10% sodium hypochlorite). Ensure they are well rinsed and dried before re-use.

NOTE: If you care for poultry, make all reasonable attempts to prevent contact between wild birds and poultry, including removing outdoor sources

of food, water and shelter that attract wild birds.

The Lunenburg Christmas Bird Count took place on January 2. The tally was 92 species and 7,299 birds. New species for the count were the American woodcock, winter wren and marsh wren. There were matching low counts of one for the great horned owl, long-eared owl, north-

> ern saw-whet owl, red-bellied woodpecker, black-backed woodpecker, Barrow's goldeneye, dickcissel and savannah sparrow. There was a low of four bald eagles with a previous low of five.

Common raven was low with 25 when the previous low was 31. Purple finch was low with one and a previous low of two. High counts included double-crested cormorant with six and a previous high of five and bufflehead with 434 and a

previous high of 397.

Charles Berry of Bridgewater let me know that up until recently things have been slow at his feeders. On a usual day he has six black-capped chickadees, six dark-eyed juncos, four blue jays, two song sparrows, 12 American goldfinches, a pair of northern cardinals and 15 to 30 mourning doves. After the ice and snow storm, his goldfinch count went up to over 50. On Feb. 14, 12 purple finches arrived and the American goldfinch count went to more than 75.

Dorothy Poole reported a red-throated loon at Port Medway. On Feb. 5, Craig Oakes of Branch LaHave spotted seven American robins in the trees behind his garage. These would be over wintering birds that are moving around and looking for food. On Feb. 14, Bob Thexton of Second Peninsula had 35 American robins visiting his holly bushes.

On February 7, Eva Dares, who has feeders out at Bayport, reported seven northern cardinals. There were five males and two females. Steven Hilz saw 250 European starlings in his neighbour's field in Back Centre on February

I've been seeing groups of between 300 and 500 of these birds over the winter. On Feb. 14, Stephen Joudrey of Whynotts Settlement was pleased to see an evening grosbeak. He also had a male and female northern cardinal on that day.

White-breasted nuthatches have been calling on territory for about two weeks now and black-capped chickadees have just started their "fee bee" call. The male that has the loudest of these calls is the one who establishes territory.

On Feb. 6, Ervin Olsen saw a yellowrumped warbler at Cape Forchu. At the same location on Feb. 11, he saw two fox sparrows who were collecting nesting

You may reach James Hirtle at (902) 693-2174 or email jrhbirder@hotmail.com

Understanding opinions often better than trying to change them

o you base your opinions on facts? Science? Data? Common sense? Of course you do. So do I. So, how can it be that we have different opinions about important things?

It's easy enough to accept that we have different opinions about music,

food, or who makes the best pickup trucks. That's individual taste. It's OK if I have fries instead of the sushi that my friend enjoys. He might consider me unsophisticated (probably correctly) but we aren't going to fight about it. To each his own.

However, some differences cause real suffering in relationships. Prepandemic, we might not have thought of discussing even strongly held beliefs. It went without saying that anyone with "com-

mon sense" agrees with us, or so we thought.

But we've learned that it doesn't always go without saying. Beliefs about safety, freedom, responsible behaviour, the roles and limits of governments, media and businesses affect how we act and how we get along.

Dr. William Glasser's Choice Theory suggests that while all of us have the same set of basic needs, different people have different levels of those needs. Further, some of those needs can cause conflict, even within us. For example, Lynn has a high need for security (safety) and a relatively low need for freedom. If Lynn isn't confident about being able to satisfy that safety need, then Lynn will have a different opinion of a policy than Kim, who has a high need for freedom and a relatively low need for safety (or is confident of being able to satisfy that need).

Disputes about something that's obviously right to you but seem clearly wrong to another can wreck a relationship, whether it's a family member, friend, co-worker, etc. If that's your situation, you can choose how to proceed.

One choice is to avoid the conflict, and this can be an effective option! We will not agree on everything, ever. If the relationship matters very much, and if the dispute is about something that's largely theoretical, avoidance may be an effective choice.

> However, avoidance isn't always the answer. If you choose to engage, then here's a consideration. We reach our opinions in various ways. How can somebody reach an opinion that's opposite of yours? If you want to know, ask them. My favourite, "Help me understand how you came to this..." is one way to encourage a conversa-

You won't learn much through an argument, though, so consider this information-gathering. If

you start with the idea you are going to change their mind, you'll likely be disappointed. You may even end up with a more damaged relationship than if you hadn't talked at all. So if you feel the urge to say, "But, but ..." practice holding it in.

Your goal is to learn about the other person, not to convince them, no matter how wrong they are sure to be. You will learn something. You will learn what their influences are, who they respect. You may learn something about their needs — whether they are most driven by survival/safety, freedom, belonging, etc. If the relationship is important, then it may be worth really getting to know the person. That starts with conversation.

Do your opinions conflict with those of people you care about? How do you handle it? Let me know at choices@ focusonclarity.com or by mail c/o Progress Bulletin.

To your choices!

~ Susanne ~

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





Visit **lighthousenow.ca** for the latest in local news.



How to educate your kids about bullying

It's important to teach your children about bullying. Here are three tips for starting the conversation at home.

TEACH THEM TO IDENTIFY IT

Bullying can take many different forms. Ensure your children understand that mistreating someone is wrong and can have serious consequences at home, school and in their community. If your children learn



about bullying, they'll be able to identify the behaviour and understand if it's happening to them or someone else.

TALK ABOUT IT OPENLY AND OFTEN

The more you talk to your children about bullying, the more likely they'll tell you if they see or experience the behaviour in action. For example, if your children witness bullying on a TV show, use it as an opportunity to discuss what bullying is and why it's wrong.

BE A GOOD ROLE MODEL

Children will imitate the behaviour you model.
Show your kids how to treat people with kindness and respect by doing so yourself. In addition, be sure to speak up if others are being mistreated and demonstrate empathy for those who are different.

It's never too early to start teaching your children about how to be kind and speak out against bullying.



A look at the long-ter

Bullying continues to be a major problem in Canadian schools, workplaces, homes and digital spaces. That's why on Pink Shirt Day, which takes place on February 23, people across the country are encouraged to raise awareness about the issue and take a stand against bullying.

It's a common misconception that bullying is a normal part of growing up. However, nothing could be further from the truth. Childhood bullying isn't only traumatic in the short term, it can also have detrimental long-term effects.

LIFELONG CONSEQUENCES

Research shows that the impact of childhood bullying can last well into adulthood. In fact, people who were

bullied as children tend to have poorer physical health and are at an increased risk of developing mental health conditions such as depression, anxiety and post-traumatic













m effects of bullying

stress disorder (PTSD). Bullying can also lead to social withdrawal, poor employment outcomes and self-esteem issues.

If you were bullied as a child and are still impacted by the experience, it's important to acknowledge what happened to you and make healing a priority. Consider talking to a therapist or counsellor about your experience.

And if you have children, remember that early intervention is the key to preventing long-lasting ill effects.



The legal consequences of cyberbullying

Cyberbullying is more than just hurtful. In fact, many types of online harassment are considered illegal and can lead to criminal prosecution.

For starters, as of March 2015, the Criminal Code of Canada specifically states that anyone convicted of distributing intimate images without consent could face serious legal consequences, including:

- Going to prison for up to five years
- Having their computer, phone or other devices seized
- Paying the victim's costs to have the image removed from the internet

Furthermore, it's possible for bullying to cross the line into

media

criminal conduct. Cyberbullying might lead to breaking the law if it involves criminal harassment, making threats, extortion or defamatory libel, among other things.

HOW TO REPORT CYBERBULLYING

If you or someone you know is the victim of cyberbullying, it's important to know that you can report:

- Criminal offences to the local police
- Cyberbullying to social media sites or apps

- Online offences to cybertip.
- Offensive text messages and phone calls to your telephone service provider

When it comes to your own online behaviour, remember to be kind online. Only post comments you'd say to someone in person, and get permission before publicly sharing content that features other people or their work.





STOPS

STOPS Greg Anthony's Matt Swinimer 902-529-0460 Josh Anthony 902-521-3851



TOWN OF **BRIDGEWATER**

902-543-2274

Winter Equipment Loan Pro**gram** — Equipment available: Snowshoes; Nordic walking poles; Sleds and sliding carpets; Snow for building tools. Book by calling 902-543-2274 or email recreation@ bridgewater.ca

Snowman Building Contest

- Email us a picture of your snowman, snow creature or snow creation by March 31. Winners will be contacted in early April. Email pictures to: recreation@bridgewater.ca

Bus Trip to Ski Martock — Ski Martock boasts seven trails including a terrain park, riglet park, beginner bowl, quad chairlift, T-bar lift and a Magic Carpet. All ages welcome (18 and under require an adult). Meet at Walmart, March 12. 8 a.m.-5 p.m. Register online under MODL programs.

Fun and fitness for over 50 Low to medium intensity fitness designed to prevent

injury while increasing muscular strength and range of movement. Michelin Social and Athletic Club. Mondays, Wednesday, Fridays, 9:30-10:30 a.m.

Volunteer Awards — Do you know an outstanding volunteer? Nomination forms are online at www.bridgewater.ca/volunteer. Enter your nomination by Friday, March 18. Awards will be presented in April during National Volunteer Week

TOWN OF **LUNENBURG**

902-634-4006

Pickleball — Sundays 12-2 p.m.; Mondays 11:30 a.m.-1:30 p.m.; Tuesdays 9-11:30 a.m. and 7-9 p.m.; Fridays 1:30-4 p.m. Lunenburg Community Centre.

Pickleball — Female only, recreational - Tuesdays 12:30-2:30 p.m. Lunenburg Community Centre.

Badminton — Wednesdays 7-9 p.m. Lunenburg Community Centre.

Walkin' in the Morn-

ing — Mondays, Tuesdays, Wednesdays and Fridays, 8-9 a.m. Lunenburg Community Centre. Free.

Lunenburg Weight Room — Ages 13+.

Lunenburg Arena Public

Skating — Public Skating: Mondays, Wednesdays and Fridays, 3-4:30 p.m.; Adult Skate: Mondays, Wednesdays and Fridays, 11:15 a.m.-12:45 p.m.; Family Skating: Sundays 6:15-7:30 p.m.; Parents & Tots (free admission): Tuesdays 10:30-11:30 a.m.

Lunenburg Arena Drop-In Hockey — Hockey Shoot Around: Tuesdays, 1:30-2:30 p.m.; 50+ Hockey: Fridays, 1-2:30 p.m.; Women's Hockey: Fridays, 7-8 p.m.

LUNENBURG CO. LIFESTYLE CENTRE

902-530-4100

LCLC Yoga — Mondays 8-9:15 a.m., 10-11:15 a.m., 7-8:15 p.m.; Tuesdays 6:30-8 p.m.; Wednesdays 8-9:15 a.m., 10-11:15 a.m.; Thursdays 7-8 p.m.; Fridays 8-9:15 a.m., 10-11:15 a.m.

LCLC/YMCA Aqua Fitness Classes — Tuesdays 12-12:45 p.m.; Wednesdays 7-7:45 p.m.; Thursdays 12-12:45 p.m.

LCLC/YMCA General Toning - Mondays 5:30-6:15 p.m.

DISTRICT OF **LUNENBURG** RECREATION

902-541-1343

Build-A-Lobster — It seems that there is a shortage of lobsters, and we need your help to replenish the supply by building your own lobsters. It does not matter how you create them (drawing, snow lobsters, stick lobsters, etc.). Submit your lobsters to recreation@modl.ca, to have a chance of winning prizes! February 1-February 28.

Take the Roof off Winter -Saturdays, February 5-March 5, 10 a.m.-3 p.m. MARC, Dayspring.

Snowshoe Hike — Saturday, February 27, 114 p.m. Indian Path Common, Indian Path.

Time4Art Youth Classes — Mondays, February 28-April

4 (excluding March 14). 5:30-6:30 p.m. Hebbville Fire Hall, Hebbville.

Mahone Bay Fun and Fitness (55+) — Tuesdays and Thursdays in March, 10-10:45 a.m.

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Mahone Bay Legion, Mahone

Snowshoe/Hike — Sunday. March 6, 1-3 p.m. Dynamite Trail, Martins River.

Summer Employment -

Deadlines: Manager Positions (13-17 weeks) March 11; Program Leaders (14-17 weeks) April 1; Program Leaders (8-9 weeks) May 2.

MUNICIPALITY OF **CHESTER**

902-275-3490

Lunchtime Skate — Chester Rink, Feb. 24.

Animal Tracks and Signs -FHCS, Feb. 26.

Gentle Nia — FHCS, starting Feb. 27.

Step Aerobics Session 2 Chester Legion, starting March 5.

Card Lake Owl Prowl Session 1 - Card Lake Provincial Park, March 9.

Essentrics Wednesdays Session 2 — Chester Brass Band Hall, starting March 9.

Social Justice Book Club online via Zoom, March 9.

Essentrics Fridays Session 2 — Chester Brass Band Hall, starting March 11.

MUNICIPALITY OF **QUEENS**

902-354-5741

Outdoor Skating — Hunts Lake, South Brookfield. "Free Skates" on Sundays, 3-5 p.m.; Pick-up Ice Hockey on Sundays, 5-7 p.m. Weather permitting. I

Pickleball — Greenfield Recreation Centre. Mondays, Wednesdays and Fridays, 10:30 a.m.-12 noon and 3:30-5:30 p.m.; Thursdays, 7-9 p.m.

Friends Meet and Move -Greenfield Recreation Centre.

Mondays, Wednesdays, and Fridays, 11 a.m.-12 noon.

Cardio and Strength -

Greenfield Recreation Centre. Mondays and Tuesdays, 9-10

Zumba — Greenfield Recreation Centre. Tuesdays, 6:30-7:30 p.m.

Indoor Walking Track -Queens Place, Monday to Friday, 6 a.m.-8 p.m., Saturday and Sunday, 9 a.m.-4 p.m.

Walk Leader Virtual Training — Live virtual training sessions on Wednesday,

February 16, 1-4 p.m. Gotta Dance (ages three to

teen) — Plan A Dance Centre at Queens Place Emera Centre. Alternating Saturdays, next class is February 26. 10:30-11:30 a.m. Creative

Movement, Junior Dance: 11:30 a.m.-1 p.m., Intermediate Dance: 1-2:30 p.m.

The Liverpool Curling Club

- Recreational mornings, doubles and stick curling, league and fun nights, Junior Curling program for ages five to 18.

Public Skating — Queens Place Emera Centre. Adult Noon Hour Skates: Mondays, Wednesdays, and Fridays, 12-1 p.m.; Parent and Tot Skates: Tuesdays and Thursdays, 1:15-2:15 p.m.; free Parent and Tot and Family Skates: Fridays, 10:45 a.m. and 5 p.m. respectively.

40+ Hockey — Queens Place Emera Centre. Tuesdays and Fridays, 3:45 p.m.

HB STUDIOS SPORTS CENTRE

902-543-5348

Moccasin Making With Bridgett Morgan — Feb. 26-April 2, 10 a.m.-12 p.m. Register by emailing: ourconfidencecoach@gmail.com

Imagination Playground

 Preschool and caregiver playtime, 10 a.m.-12 p.m. Preregistration required.

Drop-in Golf — Call 902-543-5348 to book your one-hour

Walking Track - Making Moving Affordable! — Monday to Friday, 8 a.m. to 9 p.m. Weekend hours available at www.hbssc.ca

Wellness Wednesdays —

Sponsored by the Town of Bridgewater: walk for free every Wednesday. Drop-ins welcome.

Join the Wisdom Keepers **KM Walking Club** — In partnership with NS Department of Communities, Culture and Heritage; keep track of your KMs; certificates and prizse at all levels.

February's Walking Challenge: "Conversation Heart **Bingo"** — Find another walker that relates to the posted conversation hearts, fill that block to receive a ballot for the draw at the end of the month for a 30-day walking pass.

WHAT'S NEW @ THE LIBRARY?

Here are a few highlights of what's happening at South Shore Public Libraries this week – all programs are conducted according to NS Health guidelines. Visit southshorepubliclibraries.ca or call your local library to see what else is available! Programs may be postponed at short notice – please call your local library before attending.

Lego Competition - Show off your Lego skills! Using your own Lego or Lego-compatible bricks, build your own creation (no kits!) and maybe win a prize! Age categories are 4-6, 7-9, and 10-14. Call 902-543-9222 for more information on size limits and how to enter. Margaret Hennigar Public Library, Feb. 26, 11 a.m.-4 p.m.

Anime Club - Do you prefer to read your books from back to front? Do your favourite TV characters have names like Goku, Todoroki, or Nezuko? Join us on Discord to discuss all things Manga and Anime! Registration required, email charity@ssplibraries.ca for more info. Online, Feb. 26, 3 p.m.

Needle Felting - Join us for needle-felting where supplies and beginner instruction are provided. Enjoy the bright colours and rich textures and learn how to sculpt a little creature or landscape. Drop in anytime between 10:30 and 12 and enjoy! Lunenburg Library, March 1, 10:30 a.m.

Raddall Reading Club - For those who like to read and discuss books with a group of open-minded people. This month they're debating, challenging and talking about *All the Light We Cannot See* by Anthony Doerr. New members always welcome! Thomas H. Raddall Library, March 3, 6 p.m.

South Shore Public Libraries — Read. Discover. Learn. Share.



For the week of February 25-March 3, 2022

FRIDAY - February 25

12:30-1:30pm Mill Village - Fire Hall

Port Mouton - Coastal Queens Place 2-3:30pm

SATURDAY - February 26

Caledonia - NSLC parking lot 10am-12pm

TUESDAY - March 1

New Ross - New Ross Lions' Community Park 11am-1pm 1:45-2:15pm Barss Corner - Mader's General Store New Germany - Rosedale New Horizons Club, 3-5:30pm 4978 Route 10

WEDNESDAY - March 2

1-4:30pm Chester - Chester Legion

5:30-6:45pm Chester - corner of Highway 3 & Valley Rd. Chester Basin - Chester Basin Legion 7-8pm

THURSDAY - March 3

10:30am-7pm Mahone Bay - Three Churches Parking Lot Closed 12:30-1pm & 4:30-5:30pm

BOWLING

Pajo's Bowling Alley League Stats

Men's League, Jan 24: H.S.: Yama Younis, 126. H.T.: Together, 1,717.

341. T.H.T.: Dolls With Balls, 1,810. 300's Crystal Myra, 316.

Canexel League, Jan 26: H.S. Ladies: Jade Nauss, 123. H.T. Ladies: Jade Nauss, 313. H.S. Men: Yama Younis, 134. H.T.: Matt Tremere, 345. T.H.: Four does and a buck, 1,476.

Money League, Jan 20: H.S.: Darryl, 133. H.T.: Darryl, 354, H.S. Heather, 126. Shaun Dion, 343. T.H. Thrown H.T.: Courtney, 319. T.H.S.: I Don't Know, 1,501

Ladies League, Feb 1: H.S.: Mickey Mouse, Feb 6: H.S. Mary Fogg Val Feener, 128. H.T.: Val Feener, and Pat Joudrey, 105. H.T.: Karla Forsyth, 289. H.S.: Scott Doucette, 119. H.T.: Scott Doucette, 342. T.H.: Hands Off My Balls

Lucky League, Jan 28: H.S.: Joy Veinot, 114. H.T.: Val Feener, 320. H.S.: Charlie McCann, 131. H.T. Darryl Conrad, 355. T.H.: It's Darryl's Fault, 1,587.



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PUZZLES & MORE

Crossword puzzle

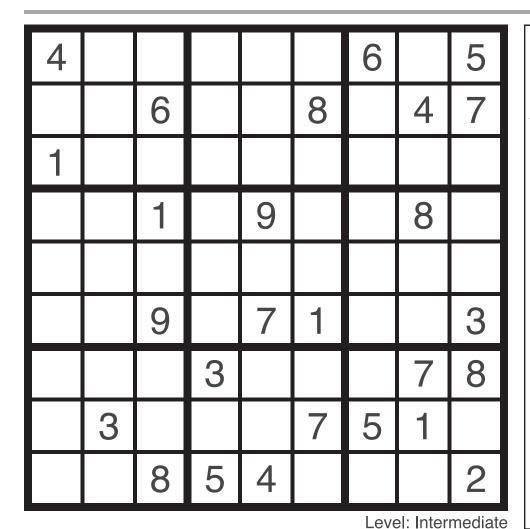
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ACROSS

- 1. Face shape
- 5. Tease
- 9. Duo
- 12. Line
- 13. Adept
- 14. Word of inquiry
- 15. Bleaters
- 16. Dampness
- 18. Whisk
- 20. Employed
- 21. Canyon sounds
- 24. Wordplay
- 26. Plain-spoken
- 27. Color again
- 31. Hair knot
- 32. Eye drops
- 34. Dove call
- 35. Section
- 37. Doglike mammal 39. Auction buy
- 40. Composed
- 41. Graceful bird
- 44. Peeved
- 46. Dali's boards
- 48. Etna output
- 52. Become sick
- 53. Pub offerings 54. Hid the gray
- 55. Hog enclosure
- 56. Printer's term
- 57. Garden starter

DOWN

- 1. Colliery find
- 2. Pledge
- 3. Chimpanzee
- 4. Instruction
- 5. Actor Dean 6. A woodwind
- 7. Ballet ____
- 8. Stags
- 9. Therefore
- 10. Deteriorated
- 11. Unpaid
- 17. Albacore
- 19. More damp
- 21. Diminishes
- 22. Hint
- 23. Suspended
- 25. Outcome
- 27. Lab animal
- 28. Sorbets
- 29. Naught
- 30. Frog's relative
- 33. Name 36. Horsehair
- 38. Produces
- 40. Outdated
- 41. Baths
- 42. Tarry
- 43. Supporter
- 45. Movie spool
- 47. Small child
- 49. Mariner's ves
- 50. 22nd letter
- 51. Say further



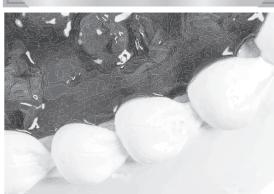
Guess Who?

I am an actress born in California on February 22, 1975. I started acting as a baby, starring in a dog food commercial. I am remembered for starring in a movie about an alien. I also have appeared opposite Adam Sandler and alongside fellow "angels."

> **Drew Barrymore** :srowsnA

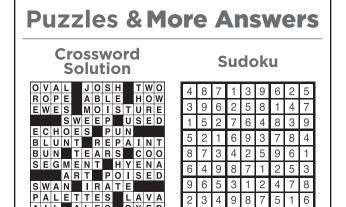
⊙** △శ * ~ ● ° ° ° * ° × ° * + ≈ * ▲ ° * ° * № ↑ ↑ △ Ω å A B C D E F G H i J K L M N O P Q R S T U V W X Y Z Determine the code to reveal the answer! Solve the code to discover words related to weddings. Answers: A. bride B. groom Each number corresponds to a letter (Hint: 8 = E) 21 16 10 11 8 Clue: Woman on wedding day B. 17 16 13 13 22 Clue: Man on wedding day C. celebrate D. 6 8 14 8 21 16 3 25 Clue: Acknowledge a happy day

7 13 26 15 Clue: Promises



Can you guess what the bigger picture is?

PNSMEK: CHEKKK-LOBBED CAKE



7 1 8 5 4 6 3 9

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to weddings.

QBTEUOU

Answer: Bouquet

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_ '										FEBRU	
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23	Titans!	Titans!	DCSuper	Drama	ScbyDoo	Jellystone!	Craig	1	Superman	Justice Lg.	Justice: Ou
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	WBZ News	WBZ News	News	Wheel	Jeopardy!	Celebrity B	ig Brother	The Amazir	ng Race	Good Sam	"Truce"
33	6:00 CSI	CSI: Crime	Scene	CSI: Crime	Scene "Bull"	Blue Blood	S	Station Elev	ven	CSI: Crime	Scene
34	6:00 Pimple	Dr. Pimple	Popper	Dr. Pimple	Popper	Dr. Pimple	Popper	Dr. Pimple	Popper	Stuck	
35	6Hwy Hell	Highway Th	ru Hell	Heavy Reso	ue: 401	Moonshine	rs	MasterDisti	ller	BlindFrogR	anch
36		Boston 25 I	News at 6	ET	TMZ	I Can See Y	our Voice	Next Level	Chef	Boston 25	News
37		NCIS "Some	ething Blue"	NCIS "Rend	ezvous"	FBI "Pilot"		Batwoman		NCIS "Voice	s"
38	6H.Wives	Queens	Queens	Housewive	s NJ	House Mian	ni	★★ "Father	Figures" ('17	7) Owen Wils	on.
39	BigBang	Modern	Modern	Friends	Friends	Friends	Friends	BigBang	BigBang	BigBang	Crossing
	Miraculous	Ninja Warri	or Junior	Baketopia	Lockdown	Crime Scen		Dwight	Dark?	FamMat	FamMatters
44		BigBang	BigBang	BigBang	BigBang	All Elite Wr	estling: Dyn	amite		Go-Big Sho	W
46	6Fix2Fab	Fixer to Fal		Rock Solid	Builds	100 Day Dre	eam Home	Fixer to Fal	oulous	100 Day Dr	eam Home
47	6Element.	Ghost Whis	perer	Star Trek: \	/oyager	Legends of	Tomorrow	Resident A	lien	Astrid and	Lilly "A-borg"
49			etest Heart"				Jokers	Jokers	Jokers	Jokers	Imp. Jokers
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1	THURSE	AY EVE	ENING							FEBRU	ARY 24
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6	News	ET	ET Canada	Bull "Caliba	n"	FBI: Most V	Vanted (R)	Ghosts	Abbott	News	:35 ET Can.
8	6:00 News	Call Me Kat	Sheldon	Big Sky "Tru	ust Issues"	Station 19		Grey's Ana	tomy	News	News
11	6:00 News	CorrieSt	Feud	Coroner "De	egargoony"	The Fifth Es	state	News: The	National	CBC News	Reflections
4	News	PBS NewsH	lour	Boston	Steves'	Old House	Ask House	Independer	nt Lens	•	Canvas
7	6:00 Ships	CTV News A	Atlantic	BigBang	eTalk	Mad About	Mad About	Rookie Blu	е	Criminal Mi	nd "Rule 34"
9	6:00 News	News	News	News	Chronicle	Station 19		Grey's Ana	tomy	Big Sky "Tr	ust Issues"
12	6:00 News	News	NBC News	News	Access H.	Law & Orde	er (SP)	:05 Law & O	rder: S.V.U.	Crime	
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20	Нарру Д.	Evening Ne	ws	Story	Access H.	★★★ "Ar	nerican Hustl	e" ('13) Amy	Adams, Chri	stian Bale.	
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22	Danger F	Koral	PatShow	"Ozzy" ('17)	Dani Rovira,	Guillermo Ro	omero.	H.Danger	H.Danger	Made Up	Carn. Eats
23	Titans!	Titans!	DCSuper	Drama	ScbyDoo	T & J NY	Looney	Batman	Superman	Justice Lg.	Justice: Out
28		Law & Orde	r: S.V.U.	Mom	Mom	★★ "Miss C	Congeniality"	('00) Michael	Caine, Sand	lra Bullock.	The Unicorn
29	6:00 Power a	nd Politics		CBC Run A	Nichols	Canada Tor	night	News: The	National	News: The	National
	WBZ News		News	Wheel	Jeopardy!	Sheldon	U.S. of Al	Ghosts	B Positive	Bull "Caliba	n"
33			D. "This City"	Chicago P.I	Ö.	Chicago P.I	D. "Sacrifice"	Chicago P.	D.	Chicago P.I	D.
34	6:00 1000-lb	Stuck		Stuck		Dr. Pimple	Popper	Dr. Pimple	Popper	1000-lb Bes	t Friends
35	6Hwy Hell	Highway Th	ru Hell	Heavy Reso	ue: 401	Mega Zoo		BattleBots	"Flip the Scri	pt"	
36	6:00 News	Boston 25 N	lews at 6	ET	TMZ	Joe Million	aire	Call Me Kat	Pivoting	Boston 25 I	News at 10
37	6:00 NCIS	NCIS "Escap	oed"	NCIS "Single	ed Out"	FBI "Crossfi	re"	Legacies		FBI: Most V	Vanted
38	6:00 Million	Queens	Queens	Million Listi	ng "A Swedis	sh Soiree"	Blind Date	Million Doll	ar List	Below Deck	Yacht (R)
39	BigBang	Modern	Modern	Friends	Friends	Friends	Friends	BigBang	BigBang	BigBang	BigBang
43	Miraculous	Ninja Warrio	or Junior	Crime Scen	e Kitchen	Holly	Holly	Dwight	Dark?	FamMat	FamMatters
44	Sheldon	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	Go-Big Sho	w	Full Frontal	Go-Big
46	6RocSolid	Rock Solid	Builds	Rock Solid	Builds	CheapOld	CheapOld	Flip or Flop	Flip or Flop	Rock Solid	Builds
47	6Element.	Ghost Whis	perer	Star Trek: D	S Nine	Star Trek: D	S Nine	Star Trek: [Discovery	Raised by V	Volves "King"
49	Movie	"The College	Admissions	Scandal" ('1	9)	Jokers	Jokers	Jokers	Jokers	Jokers	Imp. Jokers
50	6:00 Tim & F	riends (L)			L Was./N.Y. I					Sportsnet C	
		Golf Centra			nda Classic I				urse Palm Be	each Garden	s, Fla. (R)
53	Interrupt	SportsCentre		Basketball	NCAA Templ	le at Memphi	s (L)	Basketball	NCAA Gonza	aga at San Fi	rancisco (L)
				Criminal Mi	nds	Criminal Mi	nds	Gossip Girl		:20 The Sex	Lives
		News	Nation	The Nature	of Things	Life Below	Zero Cda	The Wild O	nes	Wentworth	"The Abyss"
56	6Waltons	Parenthood		Murder, She	Wrote	"Columbo: N	lo Time to Di	e" ('92) Peter	Falk.	Bramwell (F	R)
		Tamron Hal	(R)	lyanla, Fix I	/ly Life	LoveHunts	/ille	Family or F	iancé	Ready to Lo	ove



DON'T FORGET

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

	Α	В	C	D	Ε	
GLOBAL	6	6	6	6	7	
ATV	8	9	5	9	9	
CBC	11	3	3	11	11	
PBS	4	2	13	4	6	
ASN	7	7	4	7	4	
ABC	9	27	7	31	17	
NBC	12	5	9	12	12	
PARMT	14	17	17	14		
A&E	16	15	20	16		
CMT	17	32	22			
CNN	18	14	19	18		
HIST	19	38		46		
CHCH	20		10	23	16	

	Α	В	C	D	Ε	
ITV	21		16	62	18	
YTV	22	28		70		
TOON	23	44		44		
W	28	22		22		
NEWS	29	29		29	10	
CBS	32	11	11	32	13	
CTV DRAMA	33	20		37		
TLC	34	45		21		
DISC	35	19	23	38		
FOX	36	21	21	24	15	
SHOW	37	33		39		
SLICE	38	34		40		
CTV COMEDY	39	53		49		

	Α	В	C	D	E
OWN	99			99	
FAM	43	43		43	
HGTV	46	47		34	
CTV SCI FI		47	48		47
OUTD	49	52		48	
ROGERS SPORTSNET	50	50		52	
GOLF	52			54	
TSN	53	26	2	57	
@!	54			53	
APTN	55	56			
VIS	56	31		123	

	FRIDAY	EVENIN	IG							FEBRU	ARY 25
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	ET	ET Canada	Crime Beat		The Blackli	st	Security	Security	News	:35 ET Can.
8	6:00 News	eTalk	BigBang	Blue Blood	"Allegiance"	Shark Tank		Magnum P.	ĺ.	News	News
11	6:00 News	CorrieSt	CorrieSt	mark.p	Arctic Vets	The Nature	of Things	News: The	National	CBC News	Exhibit.
4	News	PBS Newsh	our	Politics	Basic B.	Stories (R)	Open Stu	Amer. Mast	ers "Miles Da	avis: Birth of	the Cool" (R)
7	6:00 Ships	CTV News /	Atlantic	BigBang	eTalk	★★ "The W	edding Planr	ner" ('01) Jen	nifer Lopez.		Corner Gas
		News	News	News	Chronicle	Shark Tank		20/20			
12		News	NBC News	News	Access H.	The Blackli	st	The Endgar	ne	Dateline NE	BC
14	Awkward	Awkward	Awkward	Awkward	Awkward	Caraoke	Caraoke	Caraoke	Caraoke	Caraoke	Caraoke
16	6ColdCase	Cold Case I	iles	Cold Case F	iles	Cold Case I	Files	Cold Case I	Files	SerialKiller	SerialKiller
17	Queens	3's Comp.	3's Comp.	Frasier	Frasier	The Office	The Office	Frogger		Queens	Queens
18	6Sit.Room	The Situation	n Room	Erin Burnet	t OutFront	Anderson (Cooper 360	CNN Tonigl	ht	Don Lemor	Tonight
19	6UnXplain	The UnXpla	ined	Ancient Alie	ens	Ancient Ali	ens	The Proof	The Proof	Ancient Ali	ens
		Evening Ne	ws	Story	Access H.	ER "Vanishi	ng Act"	20/20			
		Young & Re			News	Global New		ET Canada		Crime Beat	
		★★ "Free B	irds" ('13) Wo	oody Harrelso				oody Harrels		Made Up	Carn. Eats
	Titans!			Drama	ScbyDoo	Gumball	Animaniac	"Batman: Ha	arley Quinn" ((Ani, '17)	:45 Regular
28		Law & Orde	r: S.V.U.	Mom	Mom	"One Summ		ah Drew, San		"North to Ho	me" ('22)
29	6:00 Power a	d Politics		CBC Run A		Canada Tor	5	News: The		News: The	
		d Politics NBZ News News		Wheel	Jeopardy!	Undercove	r Boss	Magnum P.	l.		s "Allegiance"
33		Bones		Bones		Bones		Bones		Bones	
						,		Love: Time's	Up"	90 Day Fiar	
		Highway He		Heavy Reso	ue: 401		aws "Watch t	he Throne"		Farmtruck :	and AZN
		Boston 25 N	News at 6	ET	TMZ	WWE Smac	- ()			Boston 25	
37		NCIS		NCIS "Witch		FBI "Family		★★★ "Jura	,	'15) Chris Pra	
				Below Deck	()	Million Doll		Housewive		Married at I	
	BigBang		Modern		Sheldon	Goldberg	1		BigBang	Go-Big Sho	
	Miraculous	•			r the Hedge"	` '	Lockdown	_	Dark?		ext Door" ('10)
				•	BobBrg		• (7) Ben Afflec			"Aquaman"
		Property Br		•			Bahamas			Island Life	·
		Ghost Whis	•	Resident Al		Star Trek: E		Star Trek: E		Resident A	
49				" ('18) Becca		Jokers	Jokers	Jokers	Jokers		Imp. Jokers
50	6:00 Tim & F			Hockey NHI			na (L)			Sportsnet (Central
52		Golf Centra	()	0	ard Classic C			Golf The Ho		. ,	
53		SportsCent		,	L Osh./King.		()		SportsCent		
-		Criminal Mi		Criminal Mi				Criminal Mi		Criminal Mi	
00		News	APTN	Relations	,	Michif	Unsettled		٠,	ate Bosworth	
		Parenthood		Murder, She			1	Gaither Gos		Sing	People-Sing
99	6:00 Oprah	Tamron Hal	I (R)	lyanla, Fix I	/ly Life	LoveHunts	ville	Oprah Winf	rey Show	Oprah Winf	rey Show (R)

٧	VEEKD <i>A</i>	Y DAY	TIME																FEB	RUARY	23 TO N	IARCH 1
	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
6	6:00 Global I			Global New		The Mornin		Property Br			Ray Show					Wed Chefs/		Young & Re		Drew Barry		News
8	7Morning	Morning	Morning	Morning	Morning	Live	•	Marilyn Der		The View		Dr. Phil		The Social		The Good D	Dish	Ellen DeGe		CTV News		News
11	Various	Various	Various	Various	Various	Various	Various	Heartland		CBC News I	Network	Escape to t	he Country	Feud	Kim's	Murdoch M	ysteries	Call the Mic	dwife	Great Cana	ıdian	CBC News
4	Arthur	Molly	Wild Kratts	Hero Ele	Alma	C.George	D.Tiger	Donkey	Elinor W	Sesame St.	Pinka-Peter	Dinosaur T.	Clifford	Sesame St.	Donkey	D.Tiger	Let's Go	Nature Cat	Wild Kratts	Alma	C.George	Ask House
7	7:00 CTV Mo	rning Live A	tlantic	Paid	Paid	Ellen DeGe	neres	The Good D	Dish	Various	Cash Cab	Marilyn Der	nis Show	'Til Death	Bold & B.	The Social	•	Dr. Phil		Mad About	Mad About	Ships
9	7:00 News	Good Morn	ing America			Live		Tamron Hal	I	The View		News	25 Words	You Need t	o Know	General Ho	spital	Ellen DeGe	neres	News	News	NewsCenter
12	7:00 News	Today				Today III		Today - Hoo	da - Jenna	News	HUBToday	Access Dai	ly	Days of Ou	r Lives	The Rachae	Ray Show	Kelly Clarks	son	NBC Bosto	n News	News
14	7Bar Res.	Bar Rescue)	Bar Rescue		Bar Rescue	9	Bar Rescue)	Bar Rescue		Bar Rescue)	Bar Rescue)	Various	Various	Various	Various	Various	Various	Various
			1		Park. Wars	Park. Wars	Park. Wars			Various	Various		Various	Various	Various	Various	Various	Various	Various	Various	Various	Various
17	Creek	Zoe Busiek	: Wild Card	Degrassi	Degrassi	Creek	Creek	Zoe Busiek				Creek	Creek	3's Comp.	3's Comp.	Frasier	1		The Office	Various	Queens	Queens
	7:00 News	New Day		New Day		CNNHarlov		CNNHarlow		At This Hou		Inside Polit	ics	CNN Ana C	abrera	CNN Came	rota	CNN Came	rota	The Lead		Various
	7:00 Various		hat?	Yukon Gold		Timber/Thu	Rust Valley	Various		Rust Valley		Various	Security	Various		Various		Various		Various		Various
20	7:00 Morning	Live						I Love Lucy	MakeRoom		Three Sons			Taxi	Benson	Soap	D. Women	Maude	That Girl	Laverne	Mork&M.	D. Van Dyke
21	Various	Global New	s Morning	Global New	s Morning					The Morning		Property Br	rothers	The Rachae	el Ray Show	Various		Days of Ou	r Lives	Wed Chefs	/The Talk	DBarrymore
22		Squirrel	Sponge		Loud	Various	Various	NumbCh.		:05 Unicorn!	,	Sponge	Various	Various	Various	Various		Various	Sponge	Sponge	Loud	Casa.
23	Hotel Trans	ScbyDoo	Various		Various	CupckDin	Various	B-Psycho	, , ,		Various	Various	Various	:15 Transyl	:40 Wishfar		Various	Various	Pokémon	Various	Various	Various
28	Movies			Movies				Good Witch		Movies				Mom	Mom	Law & Orde	er: S.V.U.	Law & Orde	er: S.V.U.	Law & Orde		SVU
29	7:00 CBC M								Network With						Network Wi					CBC Run A		PwrPoli
32		CBS Mornii	ngs	L		Drew Barry	more	Let's Make		The Price Is			Young & Re	estless	Bold & B.	Wed UEFA/	The Talk	1	IEFA/ Dr. Phil		Judy	WBZ News
33	Movies			Various		Movies				Flashpoint		Movies	L			Flashpoint	I	Various	T	Various	I	Various
34	7:00 Various		Wed Cheap		Wed Cheap			Various		Various		Various	Various	Various	Various		1	Various	Mon L & A	Various	Mon L & A	Various
35	7:00 Mayday			Highway Th		Bones/Fri I		Bones/Fri H		CSI: NY		CSI: NY		Bones/Fri H	lomicide H.	Bones/Fri H		CSI: NY		CSI: NY		Thru Hell
36	1			s at 7:00 a.m			lorningNews	Boston Moi	rning News			Wendy Will	iams	The Real		ET	TMZ	TMZ Live!		The Good I	Dish	News
	1	Reign		Private Eyes		Movies	h	h 1:4/0	4 11	Lost Girl		Reign	lo v	Private Eye		NCIS	a	NCIS	10	FBI		NCIS
38	Say Yes	Love It or L			Various	Various	Various	LoveList/ S			Various		Say Yes	Love It or L		Property Bi		Queens	Queens	Various	Unicorn	Various
39	Corner Gas				Cash Cab	Modern	Modern		Corner Gas			Laughs		Cash Cab	Cash Cab		Corner Gas		Various	Various	Various	BigBang
43		Various	Various		:40 Cat Noir	Various	Various	Various 2 Broke G.				Various	Tue GetOut		Malory	Holly		Various	Various	Various	Various	Miraculous
77	G. Lopez	G. Lopez	G. Lopez Backyard		G. Lopez	2 Broke G.					Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends Various	Friends	Friends Various	Friends	Various
46	Backyard	Various		Various	Backyard	Various	Backyard	1			Backyard	Various	Fri Bargain	Earth: FC/F	Fri Bargain		Fri Bargain		Fri Bargain		Fri Bargain	Various
47	Cash Cab	St. Wars	St. Wars		Various	Various Paid	2 Broke G.	2 Broke G.	•	Various 2 Broke G.	2 Proke C	Various	2 Proke C	2 Broke G.				Various		Elementary Movies		Elementary
			1										1	1	z Broke G.	wovies	Variana	Poker WPT		Poker WPT		Tim & F.
50		Sportsnet (Sportsnet C Golf C./ Gol		Sportsnet (Various		Sportsnet C Feherty		Sportsnet C Golf Today		Various	Tu Hockey	Thu Fri Gol	Dro gama	Various	Various Mon Tue Go			Wed Golf C		Golf H/L
52		SC With Ja		SC With Jay		SC With Ja	,	SC With Jav		SC With Jay			key C.H.L. /	1	rre-game	Just In		NBA Today	,	NFL Live	entrai	Horn
53	Cash Cab	Various	Various	MasterChef		Cash Cab	Cash Cab	Various	•		Various	The Daily P		Holmes on	Homos	MasterChef			Cash Cab	TMZ Live!		eTalk
54	Various	Various	Various		Various	Various	Various	Various			First Talk	Various	Various	Various	Various	Various	Various	Various	Tue Ready	Various	Various	Various
55	David Jer.	Bible	Youngren	Daily Mass		Life Today		Enjoy-Life		Super.	Various	Daily Mass		Tribal Trail		Heartland	various	Quantum L		Little Hous		The Waltons
56		Various			Say Yes	Various	Various	Various				Various	Various	Tamron Ha		Home	Home	Wed Fear N		Wed Black		Oprah W.
99	various	various	various	oay res	oay res	various	various	various	various	various	various	various	various	I amron Ha	II	потте	потте	wed rear N	iouiyania	wed black	Love/Delle	opran w.

Donut C	Y DAY		CA									Lig	nthouse	ENOW Pr	ogress E	Bulletin, v	/veanesc	aay,Febr	uary 25,	2022	Page 1
Donut C		TIME																		FEBRU	ARY 26
	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
M 11 V	Catch	FishCan.	Paid	Fishful	Paid	Paid	BigRigW	Paid	SaveReno	Ent. Tonigh	t	★ "Abducted	d: The Mary S	Stauffer Story		Bucket List	Bucket List	Backyard	Backyard	Carn. Eats	News
7:00 Marilyn Y	our Mornir	g Weekend	Paid	Paid	Paid	Paid	It Is Written	MoneyTalk	Mary	Mad About	★★★ "The	Proposal" ('09	9) Sandra Bu	ıllock.	Seinf.	Seinf.	Seinf.	Seinf.	BigBang	BigBang	News
Various D	Oot/ Force	Dino	True (R)	Force	GaryFort	Express	PJMasks	SuperAg	Knight	Molly	LoveDogs	LoveDogs	BeingBlack	(Halifax21 (R)	Alpine Skii	ng FIS	Freestyle S	kiing FIS	Alpine Ski	ing FIS	Skiing
Let's Go Al	Alma	Xavier	Hero Ele	Pinka-Peter	Nature Cat	Molly	Wild K. (R)	Meals	Wisdom	Rick Steves	' Heart of Ita	lv (R)		Mary Berry-	Comforts "F	Paris" (R)	America'sT	estKitchen (R)	Italy Made	With Love (
Canada's Wor		Paid	Paid	Paid	Paid	Paid		Paid	Paid	Paid		Corner Gas				Corner Gas				,	
7:00 News G	GMA Saturd	ay	NewsCenter	r Five	GMA Satur	day	Wildlife	Oh Baby!	Heroes	Enterprise	News	Home, Life	Raw Travel	Paid	To Be Anno	ounced	Hockey NH	L N.Y. R./Pit	Site: PPG F	aints Arena (I	_)
7:00 News Sa	Saturday To	day		News	House	Kids	Earth Od	Wild Child	Roots Less	One Team	Paid	Paid	Gymnastics	s Winter Cup			Golf The Ho				,
Auction A	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
	0/50 Flip		Zombie Hou	ise Flipping	Zombie Ho	use Flipping	Zombie Hou	se Flipping	Zombie Hou	se Flipping	50/50 Flip		Neighbor	Neighbor	Neighbor	"Black Water	r" ('18) Dolph	Lundgren, J	ean-Claude	Van Damme.	Movie
	oe Busiek	"Spooked"	Paid	Paid	Paid	Paid	Zoe Busiek	"Spooked"	Degrassi	Degrassi	Creek	Creek	The Office	The Office	The Office	The Office	Frasier	Frasier	Frasier	Frasier	The Office
	New Day We		New Day W		Smerconisl	h	CNN Paul S		CNN Whitfie		CNN Whitfie	1	CNN Whitfie		CNN Whitfi	1	CNN Acosta	a	CNN Acos	ta	CNN Acos
	Rust Valley	"The Secret"	Paid	Paid	Salvage Kir	ngs	Rust Valley	"The Secret"	Rust Valley	Restorers	Pawn Stars		Forged in F	ire	Forged in F	ire	Pawn Stars	i	American	Pickers	A. Pickers
Story D	Or. Ho (R)	Dr. Ho (R)	Dr. Ho (R)	Money	Dr. Ho (R)	Dr. Ho (R)	Dr. Ho (R)	30Min	Dr. Ho (R)	Op. Smile	Dr. Ho (R)	Dr. Ho (R)	"Hoodlum E	mpire" ('52) B	rian Donlevy	1.	Hockey OJI	HL Geo./Oak	. Site: Sixtee	n Mile Sports	Complex (L
	Paid	Paid	Paid	Fishful	Global New	s Morning					FishCan.	Catch	Paid	Paid	Disability	Ent. Tonight				Stauffer Story	
	Squirrel	Cloudy	Sponge	Sponge	It's Pony	TrollsTopia	Middle	Loud	Casa.	Koral	★★ "Free B	irds" ('13) Wo	ody Harrelso		Squirrel		Sponge	Sponge	Sponge	Sponge	Dragons 9
Hotel Trans So	ScbyDoo	Drama	Titans!	Titans!	T & J NÝ	Looney	"Lego Scook	y-Doo! Blow	out Beach	B-Psycho	Pokémon	Beyblade	Ninjago	Dino Fury	Drama			Victor	Titans!	Titans!	Drama
7:00 ★★ "Perfe		15)	"The Weddir	ng Veil Unveil	ed" ('22) Aut	umn Reeser.	★ "Cooking	With Love" ('	18) Brett Dalt	•		Ingredient" ("		ill.	★★ "Perfec	t Match" ('15)	Danica McK	ellar.	"The Wedd	ing Veil Unvei	led" ('22)
7:00 CBC North									,		Live coverage	e of the day's	top stories a	and breaking i	news from a	cross Canada	and the worl	d.	CBC News		CBC News
	NBZ This M		WBZ This M			day Morning						NCAA Ok. St				NCAA Kentud			Basketball	NCAA UCLA	/Ore. St.
7Neighbor Fe			Bones		Bones		Bones		Bones		Bones		Bones		Chicago Fi	re	Chicago Fir	re	Chicago F	re	The Close
Couponing Co	Couponing	Couponing	Couponing	Couponing	Think You	Are	Think You A	\re	Think You A	\re	Unexpected	1	Unexpected	d	Unexpected	d	Unexpected	d	Unexpecte	d	1000-lb BF
7:00 Mayday M	Mayday		Mayday		Mayday		Mayday		Mayday		North Wood	ds Law	North Wood	ds Law	North Woo	ds Law	North Wood	ds Law	North Woo	ds Law	Woods La
OutSpace Pe	Pets	News	Boston 25 V	Veekend Mo	rning News		Weekend M	arketplace			Paid	Tip-Off	Basketball	NCAA Butler	at Marquette	(L)	Hoops Ex	Basketball	NCAA Setor	n Hall at Xavie	er (L)
7:00 Mary *	★★ "The Ca	Illing" ('14) G	il Bellows, Su	ısan Sarando	n.	★★★ "Jura	ssic World" ("	15) Bryce Da	llas Howard,	Chris Pratt.	•	★★ "Jurass	ic World: Fall	len Kingdom"	('18) Bryce [Dallas Howard	I, Chris Pratt.	. ★★★ "Jura	ssic Park" ('	93) Laura Der	n, Sam Neill
	Backyard	Nite Eats	Paid	VGH	VGH	Dr. Ho	Housewives	s-Durban	★★ "Valenti	ne's Day" (C	omedy,'10) Ji	ulia Roberts,	Jamie Foxx,	Kathy Bates.	★★★ "Into	erable Cruelty	/" ('03) Georg	ge Clooney.	★★ "Valen	tine's Day" ('1	0)
Corner Gas Co	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Friends	Friends	Friends	Friends	Friends		C Ruin E	Sheldon	Goldberg	Home Ec.	BigBang	BigBang	BigBang	BigBang	BigBang
Van Dango S	Spongo (R)	Trolls: Beat	Trolls: Beat	Miraculous	Miraculous	Spirit R	Van Dango	Boss Baby	★★★ "Over	the Hedge"	('06)	Lockdown	Crime Scen	ne "Premiere"					TheBurea	Backyard	
7:00 Go-Big G				1	1	Amer. Dad	Amer. Dad	Amer. Dad	Friends	Friends	` '					ustice" ('16) H		•			
7:00 Love It Lo	ove It or Li		Love It or Li		Rock Solid		Love It or Li				Mexico Life					Mexico Life				, ,	
★★ "Clash of t			orthington.	:45 ★★ "Wra	th of the Tita	ns" ('11)										ns" ('10) Sam				of the Titans	
St. Wars St	St. Wars	St. Wars	SnowTrax	Fish TV (R)	Snowmobi	Paid	Paid	2 Broke G.	2 Broke G.	2 Broke G.	2 Broke G.	2 Broke G.	2 Broke G.	2 Broke G.	★★ "Love a	at First Dance'	" ('18) Becca	Tobin.	"Gourmet D	etective: Eat,	Drink & Be.
	Sportsnet C	entral	Sportsnet C	entral	Month	Soccer DFL	Wolfsburg vs	M'Gladbach	1	Sportsnet C	entral	Hockey NHI	L Edm./Fla. S	Site: FLA Live	Arena (L)		Hockey NH	L N.Y. R./Pit	Site: PPG F	aints Arena (I	_)
7:00 Central S	olf The Ho	nda Classic I	GA Site: PG	A National Cl	hampion Cou	urse (R)	Golf Cologu	ard Classic C	HAMPS (R)		Golf Cent. F	re-game (L)	Golf The Ho	onda Classic F	PGA (L)		Golf Cologu	ard Classic (CHAMPS (L)	,	,
		'e (R)	SportsCent	re (R)	SportsCent	re (R)	Tennis Qata	r Open WTA	(L)			• , ,		Caesars Aren	. ,	SC Plays	Golf The Ho	nda Classic	PGA (L)		
4:00 Golf G	SportsCentr	. ,		. ,	TMZ		Ranch Rule	s .	Celebrity W	heel	Supermarke	et Sweep	Joe Milliona	aire	Bridezillas	<u> </u>	Bridezillas		Bridezillas		Bridezillas
4:00 Golf G	SportsCentr Forensic Fa	ctor	Forensic Fa	ictor	I IVIZ											T					
4:00 Golf G 7SportsC Sp 7Forensic Fo	orensic Fa	ctor :40 Canot			LittleJ	Garderie	Dream	Coyote's	Archaeol	Get Your	Australia Ro	emastered	Archaeol	Archaeol	Archaeol	Archaeol	★★ "Blue C	(202) (rush"	ate Bosworth	١.	Indigenou
4:00 Golf G 7SportsC Sp 7Forensic Forensic Foren	orensic Fa	:40 Canot		:35 Теерее		Garderie Daily Mass		Coyote's Gurbani	Archaeol Sanjha Pun		Australia Ro Quran S.		Archaeol Sue Thoma			Archaeol ered "Time to		, ,			Indigenous ad" ('59)
4:00 Golf G 7SportsC SI 7Forensic Fo Anaana's :15	orensic Fa 15 Louis Refl. Islam	:40 Canot Youngren	Tshaka Daily Mass	:35 Теерее	LittleJ	1	Hinduism		Sanjha Pun	ab		Dharkan		s: F.B.Eye		ered "Time to		Eric Mabius.		lole in the Hea	Ŭ

7:30 6 Disaste	Paid	Paid	9:00 Paid	9:30	10:00	10:30	11:00	44.00	Minima	40.00			1	1	1	1	1	1		1	1
6 Disaste	Paid eTalk (R)	Paid				10.30	1 11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
o zMornin	,	Tomorrow	i uiu	Paid	J.Osteen	Paid			West Block		ET Canada		★★ "Pearl i				Island of B		48 Hours		News
8 / WOTTH	CorrieSt	Tomorrow	Cash Cab	Cash Cab	Jade Fever	Tribal Trail	KeyDavid	Mass	Question Pe	eriod	G.Garage	G.Garage	★★★ "The	Lego Movie 2	2: The Secon	nd Part" ('19) C	Chris Pratt.	Seinf.	Goldberg	BigBang	News
11 Express		CorrieSt	CorrieSt	CorrieSt	CorrieSt	CorrieSt	Land & Sea	Standing	Rosemary E	Barton Live	"The Advent	ture Club" ('1	7) Sam Ashe	Arnold.	The Nature	of Things	★★ "Shaun	the Sheep: T	he Movie" ("	15)	Calls Heart
4 Alma	Jet Go!	Donkey	C.George	Nature Cat	SciGirls (R)	Cyberch.	Odd Squad	Open Stu	From Sea to	Shining Sea	a	Suze Orma	n's Ultimate	Retirement (Guide (R)	Mary Berry-	Comforts "F	Paris" (R)	End Dieting	Forever! (R)
7 Canada	s Worst Driv	er Paid	Paid	Paid	Cinema	MoneyTalk	eTalk (R)	Church	Paid	Paid	Question Po	eriod	W5		Mad About	Goldberg	Golf The Ho	onda Classic F	GA (L)		ŕ
9 7:00 New	GMA/Su	nday	NewsCente	r Five	This Week		NewsCenter	Five	On Record	Matter/Fact	CityLine	Countdown	Basketball	NBA Phi./N.Y	'. Site: Madis	son Square Ga	arden (L)	Basketball I	NBA Utah Ja	zz at Phoenix	x Suns (L)
12 7:00 New	Boston '	Veekend	Sunday Too	lay	NBC10 New	/S	News	Meet the Pro	ess	Chef	Pre-race	Auto Racin	g Grand Prix	of St. Petersh	ourg IndyCa	r PGA Tour	Golf The Ho	onda Classic I	PGA (L)		
14 Ink Mas	er Ink Mast	er Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master		Ink Master		Ink Master	•	Ink Master		Ink Master	•	Ink Master		Ink Master		Ink Master
16 Potter	Hoarder	5	Hoarders		Hoarders		Hoarders		Hoarders		ByndBrth	Queens	Queens	Queens	Queens	Queens	Queens	Queens	Queens	Queens	The First 48
17 Creek	Zoe Bus	iek "Sand Trap"		Paid	Paid	Paid	Zoe Busiek	"Sand Trap"	Degrassi	Degrassi	Creek	Creek			Man Plan	Man Plan	Queens	Queens	Queens	Queens	Man Plan
18 7:00 New		Weekend	InsidePlitics	sPhillip	State of the		Fareed Zaka	ria GPS	Reliable So	urces	State of the	Union (R)	Fareed Zak	aria GPS (R)	CNN Whitfi	eld	CNN Whitfi	eld	CNN Acost	a	CNN Acosta
19 7:00 Pick	ers Rust Va	ley Restorers	Paid	Paid	American P		American Pi		Great Esca		BLK: An Or	<u> </u>	Forged in F		Forged in I		Pawn Stars		American F		A. Pickers
20 Nightlin		. ,		Dr. Ho (R)		٠,	Op. Smile	Investor	Dr. Ho (R)	,	Dr. Ho (R)	٠,			★★ "I Walk	Alone" ('48) I			,	ains on Sund	, , ,
21 :35 Off A	ir Paid	Ent. Tonigh	t (R)	Disaster	Global New	s Morning					West Block			Reality	Employ			Weekend (R)	Carn. Eats	Masters of	Flip
22 Numb C		Cloudy	Sponge	Sponge	Loud	Loud		TrollsTopia			★★ "The Sr	, ,	Hank Azaria.		Barbie			Sponge	Sponge	Sponge	Casa.
20	ans ScbyDo		Titans!	Titans!	WeBears	Drama			The Power of	(-)	Bakugan:	,	Ninjago	Transfrm	U	anda 3" ('16) 、			Titans!	Titans!	Drama
	as Always Yo	, ,		: Pairing" ('22	2) Nazneen C	ontractor.	"My Birthday		'20) Ali Cobrii				('21) Joanna		"Welcome t	o Mama's" ('22	2) Melanie S	crofano.		, ,) Erin Krakow.
20		ork With John N					Rosemary B						th Michael Se						Cross Cou		RBartonLive
32 7:00 New			WBZ This N		CBS Sunda	<u>. </u>		Face the Na		•			ecticut at Geo	. ,		NCAA Illinois		()			d (College Park)
00	Chicago		Chicago Fir	-	CSI: Crime		CSI: Crime "		CSI: Crime				CSI: Crime		CSI: Crime		CSI: Crime		CSI: Crime		CSI: Crime
<u> </u>	gs Four We		1	L&A		L&A			D & A		My 600-lb L		My 600-lb L		My 600-lb l		90 Day Fiar		90 Day Fiar		90 Day F
35 7M.Plan	<u> </u>		Mighty Plan		Mighty Plan	ies "NOAA"	Mighty Plan		Mighty Plan		Lone Star L	-	Lone Star L	-	Lone Star I		Lone Star L		Lone Star L	-	L. Star Law
36 DIY Sci	Life 2.0	Hot Topics	1			11 (140) 1	MEAndAA A A					Paid		urnament of (()	RaceDay	Auto Racing			` '
0.		. ,			ents: City of E	, ,	,		★★★ "Jura:	,	,	,		FBI "Fostere		FBI: Interna		NCIS: Hawa		NCIS: LA "	
30		da Weekend	1	VGH		1	ET Canada \	()			, , ,	,	· · · · · ·		,	Dillon, Owen		★★ "17 Aga			
00		Gas Corner Gas	1	1			Van Dango					Friends King Midge"		Friends Lockdown	Friends	Friends	Friends FamMat	Friends Add Magic	Friends	Friends Holly	Friends Movie
		(R) Trolls: Beat	1	1										1	Ninja warr				l .	,	
44 7Wipeou					Amer. Dad Making it H	1	Amer. Dad				Friends Home Inspe		Like Heaven	()	Home Insp			Anne Hathawa			BigBang Home Town
70	Face/ Off" ('		Making it H		2: The Secon		Property Broké ★★★ "Poké		Home Inspe				Home Insperin James, Jos			★★ "Ready	Home Insp		Home Town		
47 6:00 × ×		•		Paid	SnowTrax	(/			,	,		()	,			etective: Eat,					
40	ral Sportsn		Sportsnet C	1			RB Leipzig a			Sportsnet C		1	Hockey NH				DITIK AND DE	Hockey NHI		,	arice,2020)
		lassic PGA (R)	oportanet C	ciili ai		ard Classic C	1 0	L VI L DOCHU	··· (L)				Golf The Ho			ciia (L)	Golf Cologu	ard Classic C		orilloagu	
52 7Sports			SportsCent	re (R)	SportsCent		SportsCentr	'e (R)	SportsCent			• , ,	Soccer MLS		. ,	City SC (L)	ū	onda Classic C	()		
54 7:00 Brid		"Hidden Figures		٠,		. ,	I Food" ('97)	٠,		()			Club" ('93) Fra			, ()		"Hidden Figur	- ()	aii P. Henson	1
55 :50 Louis		ce Tshaka	:05 Teepee		School								The Nature		Life Below			ble 25th Year	, ,	,	
00					1		,	_												(/	,
99 Say Yes			,				Bucket List				Family or F	<u> </u>	Ready to Lo		Oprah Win		Family or F	1	Ready to Lo		Fix My Life
56 P. Popo	f In Touch	Ministries	Daily Mass	M. Youssef	Creflo	Faytene	Copeland	Facts	Refl. Islam	Hour of Pov	ver	Prophetic	Truth	ProphUSA	Faith Live	Food/Life	Achieve	M. Youssef	Youngren	KeyDavid	Arise!

5	SATURD	AY EVE	NING							FEBRU.	ARY 26
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	ET Canada \	Weekend	Reality	Security	Private Eyes	"The Six"	Ransom "T	he Fawn"	News	News
8	6:00 News	W5		"Crossword I	Mysteries: Ri	ddle Me Dead	l" ('21)	Last Stop	Last Stop	News	News
11	6:00 Skiing	CBC News	Hockey	Hockey NHL	_Toronto vs	Detroit Site: L	ittle Caesars	Arena (L)	•	Hockey NH	L Min./Cgy.
4	5MadeLove	QuizShow	II Volo (R)			Great Perfor	mances		R.Steves	Masterpiec	e Classic
7	4:00 Golf	CTV News A	tlantic	Mary	Like a Chef	Forensic Fac		Rookie Blu		W5 "Mykola	"
9	4Hockey	News	News	News	Chronicle	Count			Mil. Site: Fise	erv Forum (L)	
14		News	NBC News	Paid	1st Look	Law & Order	(R)	Dateline NE	3C (R)	Saturday N	ight Live (R)
14	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
	6:00 ★★★ "D		()			**** "Ha	cksaw Ridge	e" ('16) Sam '	Worthington,	Andrew Garl	field.
17	The Office		The Office	Frasier	Frasier	Frasier	Frasier		The Office	The Office	The Office
18	6:00 CNN	CNN Brown		CNN Brown		CNN Brown		Stanley Tu	cci "Rome"	Stanley Tu	cci
19	6:00 Pickers	Secret of Ci	vil War (R)	Black Patric	ots Civil (R)	Great Escap	es	BLK: Origin	ı (P)	Black Liber	rators (R)
20	OJ Today	Evening Nev	WS	Story	Weather	Cold Case		Dateline NE	3C (R)	Murder for	Hire
1	Bucket List	,		,		Global News		ET Canada	Weekend	Reality	Private
22	Warped! (R)	★★ "The Sn	nurfs" ('11) H	ank Azaria.		★★ "The Sm	nurfs" ('11) H	lank Azaria.		Made Up	Carn. Eats
23	Titans!	Titans!	Animaniac	"Kung Fu Pa	ında 3" ('16) .					Angelina Joli	e, Jack Black.
28	Movie	"As Luck Wo	uld Have It"	('21) Joanna	Garcia.	"Welcome to	Mama's" ('2	2) Melanie S	crofano.	"The Secret	
29	Being BI	News		The Fifth Es	state (R)	The Nature of	of Things	News	Being Bl	The Nature	of Things
32	5Basket.	WBZ News	News	Wheel		The Equalize	er	S.W.A.T. "L	ocal Heroes"	48 Hours	
00		The Closer		The Closer		The Closer		The Closer	"The Life"	The Closer	
34	6:00 1000-lb	1000-lb Bes	t Friends	1000-lb Bes		Addiction			Addiction	Stuck	
35	6WdsLaw	North Wood		North Wood		Street Outla			"Cali vs. NOI	_A"	
36	•	Ent. Tonight				NE/Por Site:		٠,		Justice	Justice
01			,	, ,	ıllas Howard,				sic World: Fal		" ('18)
00	5:00 ★★ "Val	,	('10)			y" ('03) Georg	e Clooney.	*** "Fath	ers and Dau	ghters" ('16)	
	•					Friends		BigBang		BigBang	BigBang
70	6:00 "Over the	ŭ		Ninja Warrio		Crime Scene			,	` '	
7.7	5:00 ★★★ "A					7) Ben Affleck	-			nder Woman"	` '
46	Mexico Life					Rock Solid E		Home Insp		Home Town	
47			,	. ,	,	m Dafoe, Jaso	n Momoa.	★★ "Joker"	('19) Robert	De Niro, Joa	quin Phoenix.
49	Movie	"Gourmet De	,	Drink and Be			Jokers	Jokers	Jokers	Jokers	Imp. Jokers
50	4Hockey	NHLBound	Hockey	Hockey NHI	L Mtl./Ott. Sit	e: Canadian T	ire Centre (l	L)		Hockey NH	L Min./Cgy.
52		Golf Central	` '			PGA Site: PG				each Garden	s, Fla. (R)
00		SportsCenti		Game Day		NBA Tor./Atl.		arm Arena (L)	Basketball	NCAA (L)
54	6:00 Bride	Ranch Rule	_	Celebrity W	heel	Supermarke		Joe Million		Bridezillas	
				Gespe'ge	Merchants	Yukon	Wild Game	"The Incredi	ble 25th Yea	r of Mitzi Bea	ırclaw" ('19)
56		Endeavour '				Sardari		Waqt 4 U	Gurbani	Aikam	
aa	6:00 Family	Ready to Lo	ve	Oprah Winfi	rey Show	Family or Fig	ancé	Ready to Lo	ove	Oprah Wint	rey Show (R)

allill	y or France	INEA	uy to Love	l	Opian winney	Silow	allilly of Fla	lice	Ready to Lo	ve	FIX WIY LITE
											4 537 65
٤	SUNDAY	EVENI	NG							FEBRU	ARY 27
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	S.W.A.T.		60 Minut		The Equal		NCIS: Los	Angeles	News	West Block
8	6:00 News	BigBang	BigBang	The Roo	kie "Long Shot"	Celebrity \	Vheel (SP)	Supermark	et Sweep	News	News
11	6CallHear	AllCreature	sGreat	Sherlock	"A Study in Pin	k"		News: The	National	News	:35 Exhibit.
4	QuizShow	R.Steves	I Miss Dowr	nton Abbe	e y! (R)	80 Days: L	Inpacking	All Creatur	es Great (R)		Made-Love
7	4:00 Golf	CTV News /	Atlantic	l .	as Corner Gas			Supermark		Shark Tank	
		News	News	l .	Home Videos		Idol "Audition:	s" (SP) Katy	Perry.	The Rookie	"Long Shot"
		News	NBC News	America'	's Got Talent: E	xtreme (R)		The Endga	me (R)	Law & Orde	er (R)
		Ink Master		Ink Mast	er	Ink Master		Ink Master		Ink Master	
	6:00 First 48	The First 48	3	The First	48	The First 4	8	The First 4		The First 4	3 "Last Shift"
			Man Plan	Nbhood	Nbhood	Nbhood	Nbhood	P Brewster		:10 Activity	,
		CNN Brown		CNN Bro		CNN Brow		CNN Speci		Anthony B	
19	6:00 Pickers	American P	ickers		•	Forged in		Beyond Oa		Beyond Oa	k Island
20		Evening Ne		Soundbr	•		Marshals" ('98		e Jones, Wes		
21	Island of Br	•	48 Hours			Global Nev		S.W.A.T.		60 Minutes	
22			2" (Animated	. ,		The Hardy		ReBoot	Star Falls	Max	Stanley
23			Animaniac	l .	, ,		Batman	Batman		Drama	Drama I.
20			Pairing" ('22				Happens" ('09	,	,		Movie
	6:00 Rosema	•	` '		Estate (R)	CBC News		News: The		News: The	National (R)
			WBZ News					NCIS: Los		S.W.A.T.	
				l .		CSI: Crime		Killing Eve		Claws	
			i cé "Time's U	,		,	ncé "Back to			Unexpecte	t
	6Star Law				()	Aussie Go		Naked and		Naked and	
	4:30 Auto Ra				s Call Me Kat			BobBrg	, , ,	Boston 25	
5	NCIS "Sangr			st World:	Jurassic Park" (,			:45 A.P. Bio		,
•	4 "17 Again"		Nbhood	Unicorn	Unicorn	Housewive	es-Salt Lake	Housewive	s-Salt Lake	Nbhood	Nbhood
		Friends	Friends	Friends	Friends	Friends	Friends	Modern	Modern	Modern	Modern
.0			the Secre			Game of T		"Tad the Lo	st Explorer &		
				BigBang	, ,	SAG Awar				Snowpierc	
-10	HomeTown			Home To		House	H.Hunt	Home Tow		Home Insp	
•••		•			9) :45 ★★★ "Pi			. , ,	•	, ,	er One" ('18)
Ť			/inter" (Roma			St. Wars		St. Wars	St. Wars	St. Wars	St. Wars
9		,			vide Arena (L)				ı. Site: Honda		
UZ		Golf Centra			Honda Classic I				ourse Palm Be		,
		SportsCent		l .	2 Basketball I			()		To Be Ann	
		•					ory: Amazing	, ,			Got Her Gr
	Reel Insight		Retro	The Wild		Life Below			ext Three Da	, , ,	
9	Tomorrow	•	Door Hope					Prophetic	Today	J.Osteen	J.Prince
Τ۰۰	6:00 lyanla	lyanla, Fix I	ly Life	Oprah W	infrey Show	Oprah Wir	frey Show	Family or F	iancé	Ready to L	ove

MOVIES

WEDNESDAY 02/23

Evening

5:00 **QLN** "The Sweetest Heart" (Romance,2018)

Julie Gonzalo, Chris

McNally. A woman is able to save her cupcake business with the help of a handsome banker. (G)

banker. (G)

OLN "The Sweetest
Heart" (Romance,2018)
Julie Gonzalo, Chris
McNally. A woman is able
to save her cupcake business
with the help of a handsome
banker. (G)

banker. (G) 10:00 **SITCE** "Father Figures" (Comedy,2017) *Owen Wilson, Ed Helms*. Two brothers learn a shocking truth about their long-lost father, and set out to find him. (14+)

THURSDAY 02/24

Evening

5:00 OIN "The College Admissions Scandal" (Drama,2019) Penelope Ann Miller, Mia Kirshner. Two mothers will stop at nothing to get their teenagers into the

best colleges. (PG)

(OIN) "The College
Admissions Scandal"
(Drama,2019) Penelope Ann
Miller, Mia Kirshner. Two
mothers will stop at nothing
to get their teenagers into the
best colleges. (PG)

2:00 El "American Hustle" (Drama,2013) Christian Bale, Amy Adams. A brilliant comman and his partner and girlfriend are forced into working for the FBI. (14+)

"Miss Congeniality" (Comedy,2000) Sandra Bullock, Michael Caine.
A tomboy FBI agent goes undercover in a beauty pageant to prevent a terrorist bombing. (PG)

"ISION" "Columbo:

VISION "Columbo: No Time to Die" (Mystery,1992) Peter Falk, Susan Damante. Columbo investigates the disappearance of his nephew's successful and attractive new wife. (PG)

FRIDAY 02/25

Evening

Dance" (Romance 2018)
Becca Tobin, Niall Matter.
A dance teacher falls for her student, the groom of a high society wedding. (G)

DO OLN "Love at First
Dance" (Romance, 2018)
Becca Tobin, Niall Matter.
A dance teacher falls for her
student, the groom of a high
society wedding. (G)
OU FAIL "Over the Hedge"

Of Communication (Animated, 2006) Bruce Willis, Wanda Sykes. A mismatched group of forest animals defend their home from becoming a suburb. (PG)

2:00 A "The Wedding Planner" (Romance,2001) Jennifer Lopez, Matthew McConaughey. A workaholic wedding planner falls for the engaged doctor whose wedding she is

organizing. (PG)

"One Summer"
(Romance, 2021) Sam Page,
Sarah Drew. A man takes
his children to his late wife's
hometown hoping to heal
and become closer. (G)

"IES" "Justice League"

(Action,2017) Gal Gadot, Ben Affleck. Batman and Wonder Woman recruit a team of superheroes to defend the Earth from invasion. (PG)

10:00 TOON "Batman: Harley Quinn" (Animated,2017) As Batman and Harley Quinn hit the road in order to locate Poison Ivy. (14+) SHOW "Jurassic World"

(Adventure,2015) Chris Pratt, Bryce Dallas Howard. When a hybrid dinosaur in a theme park escapes, it's up to the park staff to contain her. (14+)

APTN "Blue Crush"
(Adventure,2002) Kate
Bosworth, Matthew Davis. A
surfer girl falls for a football
player while preparing for an

important competition. (PG)

11:00 "North to Home"
(Drama,2022) Lyndsy
Fonseca, Kimberley Sustad.
Sisters are reunited for
a birthday celebration in
Alaska. (G)

FAID "The Spy Next Door"

(Action 2010) Jackie Chan, Amber Valletta. A retired CIA spy takes on the job of watching his girlfriend's three children. (PG) 11:30 TBS "Aquaman"

(Action,2018) Jason Momoa, Amber Heard. A man learns that he is the half-human, half-Atlantean heir to an undersea kingdom. (PG)

Quinn" (Animated,2017) As Batman and Harley Quinn hit the road in order to locate Poison Ivy. (14+) SHOW "Jurassic World: Fallen Kingdom"

Fallen Kingdom" (Action,2018) Chris Pratt, Bryce Dallas Howard. A rescue operation is mounted to save dinosaurs from a pending volcanic eruption. (14+)

SATURDAY 02/26

Evening

5:00 The Wedding Veil
Unveiled" (Romance,2022)
Autumn Reeser, Paolo
Bernardini. A woman
travels to Italy to research a
wedding veil that brings love
to its owners. (G)

(Comedy,2010) Kathy Bates, Julia Roberts. A group of friends attempt to navigate the perils and pitfalls of Valentine's Day. (14+)

(Action, 2018) Jason Momoa, Amber Heard. A man learns that he is the half-human, half-Atlantean heir to an undersea kingdom. (PG) CTVSCFFI "Wrath of the Titans" (Action, 2011) Sam

CTVScI-FI "Wrath of the Titans" (Action,2011) Sam Worthington, Liam Neeson. When the ancient Titans are unleashed, Perseus braves the

underworld to stop them. (PG)

"Gourmet Detective:
Eat, Drink and Be Buried"
(Mystery,2017) Dylan Neal,
Brooke Burns. Henry and
Maggie must figure out who
the culprit is when someone
is accidentally killed. (PG)

"ISION" A Hole in the
Head" (Comedy,1959)
Frank Sinatra, Eddie

Hodges. A man attempts to

raise enough money to save his hotel and retain custody of his son. (G)
6:00 (A&E "Den of Thieves" (Action,2018) Gerard Butler, Jordan Bridges. An elite cop tries to stop a group of bank

robbers before it can rob the Federal Reserve. (18+)

FAID "Over the Hedge"
(Animated,2006) Bruce Willis, Wanda Sykes. A mismatched group of forest animals defend their home from becoming a suburb. (PG)

suburb. (PG)

"As Luck Would Have It" (Romance,2021) Joanna Garcia, Allen Leech. A woman travels to Ireland to acquire land that is perfect for a resort. (G)

(Adventure,2015) Chris Pratt, Bryce Dallas Howard. When a hybrid dinosaur in a theme park escapes, it's up to the park staff to contain her. (14+)

(Action, 2018) Jason Momoa, Amber Heard. A man learns that he is the half-human, half-Atlantean heir to an undersea kingdom. (PG)

GIN "Gourmet Detective: Eat, Drink and Be Buried" (Mystery 2017) Dylan Neal, Brooke Burns. Henry and Maggie must figure out who the culprit is when someone is accidentally killed. (PG)

Mysteries: Riddle Me
Dead" (Mystery,2021) Lacey
Chabert, Brennan Elliott. A
woman is invited to be on a
popular game show where
the host is unexpectedly
murdered. (PG)

8:00

murdered. (PG)
T00N "Kung Fu Panda 3"
(Animated,2016) Jack Black,
Angelina Jolie. Po must
teach Kung Fu to a small
village of pandas to defeat a
supernatural villain. (PG)

SIJCE "Intolerable Cruelty" (Comedy, 2003)

George Clooney, Catherine Zeta-Jones. A divorce lawyer meets his match when he falls for the gold-digger he defeated in court. (14+)

TBS "Justice League"

(Action, 2017) Gal Gadot, Ben Affleck. Batman and Wonder Woman recruit a team of superheroes to defend the Earth from invasion. (PG)

M&E "Hacksaw Ridge"
(Biography,2016) Andrew
Garfield, Sam Worthington.
Army medic Desmond Doss
enlists in WWII, but refuses
to carry a weapon into
battle. (14+)

battle. (14+) "Welcome to Mama's" (Romance, 2022) Melanie Scrofano, Daniel Di Tomasso. A manager teams up with a chef in order to relau nch an Italian restaurant. (G)

10:00 TOON "Kung Fu Panda 3"
(Animated,2016) Jack Black,
Angelina Jolie. Po must
teach Kung Fu to a small
village of pandas to defeat a
supernatural villain. (PG)
SHOW "Jurassic World:

Fallen Kingdom"
(Action,2018) Chris Pratt,
Bryce Dallas Howard. A
rescue operation is mounted to
save dinosaurs from a pending
volcanic eruption. (14+)

Daughters" (Drama, 2016)
Russell Crowe, Amanda
Seyfried. A woman, unable
to forge connections after the
absence of her father, falls
for a man. (18+)

TAIL "The Spy Next Door"

for a man. (18+)

FAID "The Spy Next Door"
(Action,2010) Jackie Chan,
Amber Valletta. A retired
CIA spy takes on the job
of watching his girlfriend's
three children. (PG)

CTVSCI-FF "Joker"

(Drama, 2019) Joaquin
Phoenix, Robert De Niro. A
troubled comedian in Gotham
City descends into a life of
unhinged criminality. (18+)
APIN "The Incredible

APIN "The Incredible 25th Year of Mitzi Bearclaw" (Comedy,2019) Gary Farmer, Roseanne Supernault. An indigenous woman returns home to help her father care for her ailing mother (PG)

mother. (PG)

10:30 TES "Wonder Woman"
(Action, 2017) Gal Gadot,
Chris Pine. A warrior
princess leaves her home
with a crashed pilot to help
end the First World War. (PG)

11:00 **W** "The Secret Ingredient" (Romance,2020) Erin Cahill, Brendan Penny. A smalltown baker is surprised with an invite to compete in a

baking show. (G)
12:30 SICE "Valentine's Day"
(Comedy,2010) Kathy Bates,
Julia Roberts. A group of
friends attempt to navigate
the perils and pitfalls of
Valentine's Day. (14+)
CIVSCI-FI "Face/ Off"
(Action,1997) John Travolta,

(Action,1997) John Travolta, Nicolas Cage. A member of an FBI antiterrorist team trades faces with a convicted criminal. (14+)

criminal. (14+)
1:00 SHOW "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+)

SUNDAY 02/27

Evening

5:00 El "It Always Rains on Sunday" (Drama, 1947) John McCallum, Susan Shaw. An escaped felon seeks refuge in the east end of London with a former girlfriend (PG)

girlfriend. (PG)
"It Was Always You"
(Romance,2021) Erin
Krakow, Tyler Hynes.
A woman's engagement
plans fall to pieces when
her fiancé's brother returns
home. (G)

"Hearts of Winter"
(Romance,2020) An interior designer brings new life to

the house of a widower and his daughter. (G)

6:00 FAIL "Tad the Lost Explorer and the Secret of King Midas" (Animated,2017) Michelle Jenner, Adriana Ugarte.

Explorer and the Secret of King Midas" (Animated,2017) Michelle Jenner, Adriana Ugarte. Tad must save Sara after a millionaire kidnaps her in order to obtain Midas' necklace. (PG)

necklace. (PG)

OCTVSci-Fi "The Lego Movie 2: The Second Part" (Animated,2019) Chris Pratt, Elizabeth Banks.
Lego man Emmet travels across the galaxy to save his girlfriend and planet from invaders. (G)

"The Perfect Pairing"
(Romance,2022) Nazneen
Contractor, Brennan
Elliott. While visiting a
winery, a food and wine
critic hits her head and
loses her memory. (G)
"Hearts of Winter"
(Romance,2020) An interior

(Romance,2020) An interior designer brings new life to the house of a widower and his daughter. (G)

30 SHOW "The Lost World: Jurassic Park" (Adventure,1997) Jeff Goldblum, Julianne Moore. A research group travels

World: Jurassic Park"
(Adventure,1997) Jeff
Goldblum, Julianne Moore
A research group travels
to an island inhabited by
dinosaurs to study their
behaviour. (14+)
45 CTVSCFFI "Pokémon

45 CTVSci-Fi "Pokémon Detective Pikachu"
(Action/Comedy,2019) Ryan Reynolds, Justice Smith. A young man meets a talking Pikachu who wants to

become a detective. (PG)

13 "U.S. Marshals"
(Action,1998) Wesley Snipes,
Tommy Lee Jones. A framed
covert C.I.A. agent becomes
a fugitive on the run from a
U.S. Marshal. (14+)

"Love Happens"
(Romance,2009) Jennifer
Aniston, Aaron Eckhart. A
widowed, self-help guru
falls in love with a woman
who attends one of his
seminars. (14+)
STAR "Song & Story:

STARD "Song & Story: Amazing Grace" (Drama,2021) Bresha Webb, Getenesh Berhe. Two women running small businesses in Atlanta discover that their stories are connected. (14+)

10:00 FAM "Tad the Lost Explorer and the Secret of King Midas" (Animated,2017) Michelle Jenner, Adriana Ugarte. Tad must save Sara after a millionaire kidnaps her in order to obtain Midas' necklace. (PG)

necklace. (PG)

(APTN) "The Next Three
Days" (Drama,2010) Russell
Crowe, Elizabeth Banks.

A man decides to break his
wife out of jail when he
can't find the evidence to
free her (14+)

free her. (14+)
11:00 **CTVSCI-FI** "Ready Player One" (Action, 2018) *Tye Sheridan, Lettita Wright*. An idealistic young man battles an evil corporation for control of a virtual world. (PG)

Got Her Groove Back"
(Drama, 1998) Angela
Bassett, Taye Diggs. A
successful stockbroker
begins a love affair with

a younger man while on

vacation. (14+)
11:30 "Love Happens"
(Romance,2009) Jennifer
Aniston, Aaron Eckhart. A
widowed, self-help guru
falls in love with a woman
who attends one of his
seminars. (14+)

12:00 TBS "Joe Dirt"
(Comedy,2001) David Spade,
Dennis Miller. A man who
was abandoned as a child sets
out on a quest to locate his
birth parents. (14+)

12:20 SHOW "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+)

12:30 **Global** "No One Would Tell" (Drama,2018) Shannen Doherty, Matreya Scarrwener. A mother is thrilled when her daughter dates a popular teen; finds out he has dark side. (14+)

MONDAY 02/28

Evening

5:00 OIN "Once Upon a Prince" (Romance,2018)

Megan Park, Jonathan

Keltz. Sparks fly when a woman meets a mysterious man at her parents store in small-town Georgia. (G)

7:00 OIN "Once Upon a
Prince" (Romance,2018)
Megan Park, Jonathan
Keltz. Sparks fly when a
woman meets a mysterious
man at her parents store in
small-town Georgia. (G)

9:00 El "Ocean's Eleven"

(Crime Story, 2001) George
Clooney, Brad Pitt. A gang of
thieves devise a plan to rob an
underground vault that serves

three casinos. (14+)

"Phantom Thread"
(Drama, 2017) Daniel DayLewis, Vicky Krieps. A famous
London dressmaker falls in
love with a young woman,
disrupting his life. (18+)

TUESDAY 03/01

Evening

5:00 OLN "Hailey Dean Mysteries: A Marriage Made for Murder" (Mystery,2018) Kellie Martin, Chad Lowe. Hailey need to find a way to bring a killer to justice. (PG)

:00 OIN "Hailey Dean Mysteries: A Marriage Made for Murder" (Mystery,2018) Kellie Martin, Chad Lowe. Hailey need to find a way to bring a killer to justice (PC)

killer to justice. (PG)

"Wedding Crashers"
(Comedy,2005) Owen
Wilson, Vince Vaughn. Two
womanizers sneak into
weddings to take advantage
of the romantic tinge in the
air. (14+)

"Blended"
(Comedy,2014) Adam
Sandler, Drew Barrymore.
After an awful blind date,
two single parents find
themselves stuck together at
a resort. (14+)

February 28
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PappyD. Evening News Story Access H. *** "Ocean's Eleven" ("01) Brad Pitt, George Clooney. Club 54 (R)
21 6:00 Drew Young & Restless News News Global News ET Canada ET NCIS: Hawai'i "Broken" 22 Danger F Danger F Warped! ** "Journey to the Center of the Earth" ('08) H.Danger H.Danger Made Up Carn. Eats 23 Titans! Titans! Dino Fury Drama ScbyDoo TigSeek Fungies Batman Superman Justice Lg. Justice: Out 28 6:00 SVU Law & Order: S.V.U. Mom Mom ** "Phantom Thread" ('17) Vicky Krieps, Daniel Day-Lewis. 29 6:00 Power and Politics CBC Run A Nichols Canada Tonight News: The National 32 WBZ News Chicago Fire Chicago Fire Chicago Fire Chicago Fire Chicago Fire Chicago Fire Chicago Med ET Canada ET FBI: Most Wanted 21 6:00 Drew Young & Restless News News News News News News News N
21 6:00 Drew Young & Restless News News Global News ET Canada ET NCIS: Hawal'i "Broken" 22 Danger F Danger F Warped! ** "Journey to the Center of the Earth" ('08) H.Danger H.Danger Made Up Carn. Eats 23 Titans! Titans! Dino Fury Drama ScbyDoo TigSeek Fungies Batman Superman Justice Lg. Justice: Out 28 6:00 SVU Law & Order: S.V.U. Mom Mom ** "Phantom Thread" ('17) Vicky Krieps, Daniel Day-Lewis. 29 6:00 Power and Politics CBC Run A Nichols Canada Tonight News: The National 32 WBZ News WBZ News WBZ News News Wheel Jeopardy! Nbhood Bob Hearts NCIS "The Helpers" NCIS: Hawai'i "Broken" 33 6Chi.Fire Chicago Fire Chicago Fire Chicago Fire Chicago Fire Chicago Med Chicago Med Chicago Med 21 6:00 Drew Young & Restless News News News News News News News N
23 Titans! Titans! Dino Fury Drama ScbyDoo TigSeek Fungies Batman Superman Justice Lg. Justice: Out 23 Color Drama ScbyDoo TigSeek Fungies Batman Superman Justice Lg. Justice: Out 23 Titans! Titans! Dino Fury Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac WeBears Batman Superman Justice Lg. Phantoms Drama ScbyDoo Animaniac Proposition Drama ScbyDoo Animaniac Proposition Drama ScbyDoo Animaniac Proposition
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36 6:00 News Boston 25 News at 6 ET TMZ 9-1-1: Lone Star The Cleaning Lady Boston 25 News 36 6:00 News Boston 25 News at 6 ET TMZ The Resident (R) State of the Union Address (L) News
37 6:00 NCIS NCIS "Once a Hero" NCIS "Twisted Sister" All American Bel-Air "Yamacraw" 05 Wolfe Babou Ceesay.
38 Nbhood Queens Queens Housewives-Salt Lake Below Deck Yacht (R) Below Deck Yacht (R) Below Deck Yacht (R) Housewives NJ House Miami
39 BigBang Modern Modern BigBang BigBang BigBang BigBang BigBang BigBang BigBang BigBang BigBang Wipeout
43 Miraculous Take Note Take Note Ruby and the Well Backyard GetOut Take Note Ruby and the Well Backyard GetOut Take Note Ruby and the Well FamMatter
44 Sheldon Sheldon Sheldon BigBang BigBang BigBang BigBang BigBang BigBang BigBang Wipeout Wipeout
46 stove List Love It or List It Property Brothers: F Dream H. Dream H. One Week One Week
47 Element. Star Trek (R) Star
49 Movie + "Once Upon a Prince" ('18) Megan Park. American Idol "Auditions" Katy Perry. American Idol "Hailey Dean Mysteries: A Marriage Made for M The Bachelor (R)
50 6:00 Tim & Friends (L) Hometown Hockey NHL Tor./Was. Site: Capital One Arena (L) SN Central 50 6:00 Tim & Friends (L) Hockey NHL Edm./Pha. Site: Wells Fargo Center (L) SN Central Sportsnet Central
52 Golf Central (L) School School Academy Golf The Honda Classic PGA Site: PGA National Champion Course (R) 52 Golf Central (L) School The CUT Learn Golf's Greatest Rounds Golf NCAA
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55 First Talk News Nouvelles Policier Chuck et la Orignal & Reserve Chuck et la Mohawks Mohawks Mohawks Si First Talk News Face Marmalad Chuck and Easy Eats Quest Total Control (R) Riverdale Si Si Si Si Si Si Si S



How to make your online portfolio stand out

Online portfolios have become essential in many industries. Whether you're a fashion designer, photographer, writer or other creative, here are a few guidelines to ensure your portfolio attracts the right kind of attention.

Instead of trying to showcase all the work you've

talents. This way you're more likely to impress

done, select a few samples that best exemplify your

Don't display your pieces as if they were a directory

SELECT YOUR BEST WORK

potential clients.

TELL A STORY



or index, especially if you work in the visual arts. Instead, depict the process behind your work and include a biography that describes your background.

EMPLOY SEO STRATEGIES

If you want visitors to easily find your portfolio online, apply the principles of search engine optimization. Additionally, consider adding a blog so you can interact with users and rank even higher in search results.

Finally, decide whether your portfolio will be used as a reference tool in job searches or to showcase your work to clients, and adapt it accordingly.

How to minimize job-interview stress

Job interviews can be stressful. However, simply changing the way you think about them can help calm your nerves.

Think of the interview process as a discussion between equals. If you believe the employer has a lot to offer, know that you do too. Consequently, you shouldn't be shy about showcasing your skills and talents.

Furthermore, stop perceiving job interviews as interrogations. Doing this will only make you feel inferior, undermine your confidence, increase

your stress and prevent you from being yourself. Instead, think of the exchange as two potential business partners getting to know each other.

3 golden rules for future entrepreneurs

Do you want to start a business? If so, here are three principles to help increase your chances of success.

1. HAVE REALISTIC EXPECTATIONS

It's important to understand that you may not immediately make a profit. In fact, it can take years to build a reputation and establish a market share. Being patient is key.

MERLYN CORKUM'S

AUTO BODY & TOWING LTD

LOCAL 24/7 TOWING COMPANY LOOKING FOR F/T

EXPERIENCED FLAT DECK TOW TRUCK

OPERATOR. DRIVERS ABSTRACT, AIR BRAKE

LICENSE REQUIRED, SHORT & LONG DISTANCE

CALLS, ABLE TO DRIVE IN ALL WEATHER CONDITIONS RESPONSIBLY, MUST BE 25

OR OLDER, 5 YEARS DRIVING EXPERIENCE

WITH COMMERCIAL TRUCKS, FLEXIBLE WITH

WORKING HOURS, JOB INCLUDES PROVIDING ROADSIDE ASSISTANCE TO OUR CUSTOMERS, BOOSTS, UNLOCK AND TIRE SERVICES, WINCHING ETC. RESPONSIBLE FOR ANY RELEVANT PAPERWORK FOR TOWING SERVICES, HAVING EXPERIENCE IN AUTO MECHANIC AND AUTO BODY WOULD BE CONSIDERED AN ASSET. OTHER DUTIES TO BE PERFORMED WHEN

NECESSARY AT SHOP INSIDE OR OUTSIDE,

MUST ARRIVE ON TIME DAILY FOR WORK WITH POSITIVE ATTITUDE, REFRENCES REQUIRED, WAGES WILL BE DISCUSSED, PROOF OF COVID

2. TAKE CARE OF YOURSELF

It's not uncommon to hear stories of entrepreneurs who work 60, 70 or even 80 hours a week. Although commendable, remember that your mental and physical well-being are crucial assets. If getting your business off the ground compromises your health or personal relationships, it's probably not worth it.

3. LEARN HOW TO FAIL

No entrepreneur is perfect, and making mistakes is an essential part of the learning process. Slips and blunders develop character and allow you to improve your business. Learn from your mistakes rather than letting them hold you back.

For help launching your business, contact an entrepreneurial support service in your area.



Larinda's Landing is looking for a dependable, energetic, well organized, responsible person with excellent communication and computer skills and great attention to detail to ensure their guests are having an experience that exceeds all expectations

Job Position(s): Two seasonal Guest Services Agent position(s) from May to October 2022

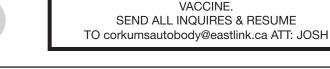
Full Time (1): Hours Tues through Sat (5 days) 9 am-5 pm Part Time (1): Hours Fri, Sat, Sun (3 days) 11 am-7 pm (1 flex day)

JOB QUALIFICATIONS

- 1-3 years related experience in a customer or quest services role. • Excellent customer-service and guest-focused mindset and a talent
- for solving problems effectively and independently. · Strong work ethic. Someone who demonstrates personal integrity,
- honesty, and respectful behaviour.
- Strong time management skills.
- · Highly organized with excellent attention to detail.
- · Excellent written (email) and verbal communication skills
- · Strong computer skills and accurate record keeping essential. · Ability to communicate effectively and to work as part of a team.
- · Enthusiasm, energy, and willingness to go the extra mile to ensure a top-notch guest experience.
- Maintain a positive, optimistic, and success-oriented attitude and a professional appearance
- Bilingual in English and French an asset.

Qualified interested applicants are invited to submit resumes via email to info@larindaslanding.com. We thank all those who apply, however, only those selected for interviews will be contacted.

Application deadline is March 28, 2022.





MICHELIN BRIDGEWATER IS SEEKING PRODUCTION OPERATORS TO JOIN OUR TEAM

In 2021, Michelin North America (Canada) Inc. will celebrate 50 years of manufacturing excellence in Nova Scotia. Employing over 3600 employees at our three facilities, Michelin is seeking Production Operators to join our team at the Bridgewater plant.

Production Operators Are Responsible for Following all safety procedures and work methods while maintaining productivity and quality levels. Actively participating as a member of a high-performance team. Meeting all daily customer and business expectations. Applicants must be capable of working 12-hour shifts, including night shifts and weekends. Able to work in a team or autonomously (with little supervision). Able to perform repetitive tasks in a manufacturing environment. Successful candidates demonstrate a dedication to working safely, strong communication skills, the ability to solve problems to maintain production flow and an ability to learn and to teach others.

Michelin is recognized as an employer of choice by the people who work here and has been recognized by Forbes as one of Canada's Best Employers in 2020. Employees stay at Michelin because they have careers with a purpose at a company with a purpose. In fact, more than 97 percent of Michelin employees say they choose to move forward together with our company each year.

Michelin North America (Canada) Inc. offers competitive compensation and benefits. Michelin Bridgewater recently increased the starting rate to \$22.32/ plus shift premiums. Michelin offers comprehensive training programs, opportunities for advancement and a workplace that values and demonstrates its commitment to diversity. Apply now and start your own mobility journey with Michelin today!

To apply: Careers.Michelin.ca



Camp Kadimah is hiring Kitchen Staff this summer. Apply now!

Amazing work experience, good pay, fun environment.

Camp Kadimah, a 79-year old summer camp located in Barss Corner, just 10 minutes from New Germany, is hiring kitchen staff for its summer, 2022 season.

We offer a high energy, fast-paced environment within a friendly atmosphere

• Employment Dates: Week of June 26 to August 21, 2022 • Work Hours: Both Part-Time and Full-Time jobs available

You may apply for one or both positions outlined below:

General Kitchen Staff: Support the head cook by preparing food as instructed for meals and snacks

- Bakers needed!
- · Wash and stack dishes
- General cleaning of dining hall and guest cabins
- Replenish serving plates and salad bars during meals · Other duties as assigned

Inventory Control:

- Responsible for receiving and verifying all food orders
- · Shelving and stocking all food
- · Support kitchen staff with food prep, cleaning as needed

To apply, please send your resume to Head Cook - Anne Joudrey, annejoudrey@icloud.com

Please use the Subject Line: Camp Kadimah 2022 Kitchen Staff application

LIGHTHOUSENOW.CA

CLASSIFIEDS

ph: **902.543.2457** fax: **902.543.2228**

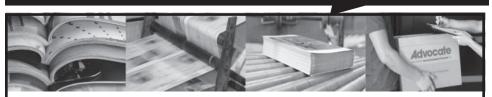
toll free: 888.543.2457

email: ads@lighthousenow.ca

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





Mail Coordinator Pictou, NS

Advocate Printing & Publishing is hiring a **Mail Coordinator**. This position is based in our Pictou office, reporting to the Manager of Shipping and Receiving, the successful candidate will be responsible for daily handling of mailing services, mailing lists, and collaborating with shipping and receiving and production teams, customers, and regulatory agents.

Qualifications:

- Previous experience in distribution preferred
- Understanding of computer programs such as Microsoft Office
- Forklift Experience
- Knowledge of Canada Post procedures and requirements considered an asset

Requirements:

- All new hires are required to be fully vaccinated against COVID19, as per Advocate's Vaccination Policy.
- Excellent attention to detail with strong customer service and communication skills
- Ability to prioritize workload
- Strong multi-tasking skills and ability to adapt in a fast-paced environment

Key Responsibilities:

- Establish and maintain customer distribution plans
- Order supplies required for mail processes, Canada Post shipments, and general inventory supplies
- Sort and distribute inter-department mail
- Provide technical support information relating to Canada Post standards and specifications for acceptable mail items and processing requirements
- Adhere to customer distribution instructions
- Co-ordinate multiple shipment orders and mailing using Canada Post approved software
- Assist in daily shipping duties as required

Send your resume in confidence to: careers@advocateprinting.com

Advocate

Advocate Printing & Publishing Company

1995

FAMILY ALBUM





EMERY CLYDE DURLING Look who's 92!!! February 22. Born in Springfield, 1930.

He went to work at age 13, working in the woods learning to yard logs with horses. He was hurt badly in a tree accident in 1961. He didn't let that keep him down; he continued to work for Bowaters, learning to operate the loader. He moved on to the construction industry, operating several different machines, travelling Cape Breton and Newfoundland and retired in 1990 as a dozer operator (Komatsu) for Acadian Construction.

He never has an idle day, finding something to do in his garage; driving his ever faithful GMC truck and four-wheeling in the woods; still does some of his own fire-wood. He is a Dad like no other and we are extremely proud of him.

Wishing him the best of birthdays!!!! From his daughters: Brenda and Janet.

FIREWOOD

8 ft hardwood firewood, delivered to Bridgewater and New Germany areas. 902-685-2231.

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

FOR SALE

Three-piece queen bedroom suite, light oak, mirrors, lights, plugin for phone. Lots of storage space with hidden compartments. Canadian made. Immaculate. No mattress. Pick up only. 902-624-8043.

MEETINGS

Stamp Collectors: South Shore Stamp Club meets monthly (except July and August) at 2 p.m. on the fourth Saturday at 42 Elm Street, Bridgewater. We welcome new or seasoned collectors to visit us and see what we have to offer. Two-hour meetings have speakers, auctions, trading, information and fun. To learn more come to a meeting or call Lloyd at 902-523-3355 or email stampguy48@hotmail.com.



Pre-Press Graphic Designer

Advocate Printing & Publishing Company Pictou. NS

Advocate Print & Publishing is searching for a passionate individual to join our team as a **Pre-Press Graphic Designer**.

Based in our Pictou office, this position adds value by maintaining customer satisfaction while creating, developing, and enhancing graphic design and layouts, in addition to cost effectively processing electronic, commercial print, signage and trade show products through to production.

As a member of our team, you will be offered a competitive compensation package including an opportunity to participate in our generous benefit programs.

Responsibilities and Requirements:

The successful candidate, while reporting to the Team Lead, will support Advocate Print & Publishing by effectively collaborating with pre-media, creative design, customer service representatives, production, and sales teams, in all related areas listed below:

- Develop and create the visual assets
- Design product mock-ups, templates, and production files
- Work collaboratively with team members to organize, produce, and deliver the final product to pre-press for printing
- Production of related online material and posting of digital assets
- All new hires are required to be fully vaccinated against COVID19, as per Advocate's Vaccination Policy

Skill & Attributes:

- Post secondary education in related field or equivalent experience
- Excellent organizational and project management skills with the ability to prioritize multiple projects with competing deadlines
- Strong attention to detail and operational workflow dynamics to effectively track and analyze the status of projects to ultimately see them to successful completion
- Excellent communication skills
- Highly motivated with a high level of initiative to work independently and in support of department goals and business objectives
- Commitment to continuous process improvement initiatives and ability to solve problems creatively
- Strong analytical computer skills in PC and Mac environments (Office 365 and Adobe CS)
- Strong knowledge of printing and publishing prepress processes
- Understanding of Newspaper production and processes considered an asset

Additional Assets:

- Two to three years experience in pre-press print production
- Experience working in client management

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NOTICES



MUNICIPALITY OF THE DISTRICT OF LUNENBURG POLICE ADVISORY BOARD CITIZEN APPOINTMENT OPPORTUNITY

The Municipality of the District of Lunenburg is seeking citizens, resident of the Municipality, to become a member of the Police Advisory Board and assist Council in working with the Royal Canadian Mounted Police to develop a vision on how policing services are to be delivered to the citizens of the Municipality.

The Police Advisory Board is established under the Authority of the Nova Scotia Police Act and consists of three (3) elected Municipal Council representatives, three (3) citizen appointments and one (1) member appointed by the Minister of Justice.

There is one (1) vacancy for a 3-year term appointment.

Letters of application will be received from residents of the Municipality by the undersigned until **4:00 p.m. on Friday, March 11th, 2022**. Letters of application should include a brief biography of the individual and information on skills or assets that will be useful to the Board. Applicants must supply three professional and/or volunteer related references and a criminal background check.

Alex Dumaresq, Deputy Chief Administrative Officer Municipality of the District of Lunenburg 10 Allée Champlain Drive Cookville NS B4V 9E4 Email: Sandra.Challis@MODL.ca

199748

YOUR HOROSCOPE

LEO - Jul 23/Aug 23

VIRGO – Aug 24/Sept 22

sources

Leo, this week you are

invited to enjoy yourself.

Feel free to live life as

much as you can for as

long as you can. Plan a re-

treat with a special some-

Try to be as efficient as

possible to save time and

money in the days ahead,

Virgo. See where you can

streamline things and find

ways to conserve your re-

ARIES - Mar 21/Apr 20

A sense of adventure compels you to travel to a new destination, Aries. You may have something in mind or you can throw a dart at the map and enjoy the trip.

TAURUS – Apr 21/May 21

lationships seem a little more intense than normal, Taurus. Everyone is a little keyed up and the extra energy is on display in daily interactions.

Don't be surprised if re-

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an Estate, downsizing, have

some older items you want

to sell? Call me, I will buy 1

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Judy Rhodenizer: 902-543-

MEMORIAMS

HARRIS: In memory of Chris-

topher Harris, who passed

away 16 years ago, Febru-

Calm and peaceful he is

Sweetest rest that follows

We who loved him sadly

But trust in God to meet

Love Mom and Dad (Phyllis

and Jim); sister Valerie and

SCHNARE: In loving memory of Francis Wilfred

Schnare, who passed away

FRASER: In memory of our

passed away February 22 and March 19, 2013.

Your memories a treasure

You are loved and missed

Truman

Fraser,

parents,

Florence

Mom and Dad

beyond measure.

By your family.

Forever in our hearts.

It's hard to believe

No words are needed,

February 24, 2007.

years have passed.

I will never forget.

Love, Vivian.

5194 or 902-521-2411.

ary 19, 2007.

sleeping;

miss him,

Allan.

To lease or purchase: 5 to 25 acre Christmas tree land. Lunenburg or Queens County. 902-685-3858.

FLEA MARKETS

South Shore's best Flea Market is being held on Saturday, March 5 from 9 a.iii. Lunenburg 21 a.m. to noon at the Community Green St. Admission is are \$10 each. To book a table call 902-521-8140. Proceeds to support the Rotary Club of Lunenburg community projects. Proof of vaccination and masks required.

DEATHS

BERG, Joan Anne - 79, Bridgewater, died Wednesday, February 9, 2022, at South Shore Regional Hospital, Bridgewater, Funeral arrangements under the direction of the Dana L. Sweeny Funeral Home, Lunenburg.

COYLE, George Lester "Les" - 80, Dayspring, died February 9, 2022, at South Shore Regional Hospital, Bridgewater. Funeral arrangements under the direction of Sweeny's Funeral Home, Bridgewater.

KAIZER, Kevin Milton - 53, Bridgewater, died February 13, 2022, at South Shore Regional Hospital, Bridgewater. Funeral arrangements under the direction of Sweeny's ineral Home. Bridgewater. LOHNES, Clayton Margeson

- 82, Middle Lahave, died Friday, February 11, 2022, at Ryan Hall, Bridgewater. Funeral arrangements under the direction of the Dana L. Sweeny Funeral Home,

Lunenburg. SEABOYER, Marlene Faye 87, LaHave, died February 14, 2022, at South Shore Regional Hospital, Bridgewater. Funeral arrangements under the direction of Sweeny's Funeral Home, Bridgewater. WALTERS, Linda Harriett - 69, Branch LaHave, died Sunday, February 13, 2022, at QEII Health Sciences

Centre, Halifax. Funeral arrangements under the direction of the Dana. L. Sweeny Funeral Home, Lunenburg. WELSH, William Ralph - 78, Hebbville, died Sunday, February 13, 2022, at home. Funeral arrangements were under the direction of the Dana L. Sweeny Funeral

Home, Lunenburg.

GEMINI - May 22/Jun 21

People could play important roles in your life right now, Gemini. Partnerships are especially fortuitous. After all, two minds are better than one for problem-solving. CANCER - Jun 22/Jul 22

Cancer, there's much productivity this week as you find yourself thrust into yet another project. Once you sail through it, things will calm down.

LIBRA - Sept 23/Oct 23

Libra, this may be a busy week for you, so take a few moments each morning to center yourself and focus your energy before you dive in to your list of

SCORPIO – Oct 24/Nov 22

Money has been on your mind for some time, Scorpio. Figure out ways that you can increase your income — if only temporarily. Once you catch up on bills, you can relax.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you will likely be deep in your feelings this week, exploring many different emotions. It can be tiring, so find some activities to give your brain a break.

CAPRICORN - Dec 22/Jan 20

Life may seem surreal this week as your subconscious seems to be guiding many of your decisions, Capricorn. Go with the flow for the time being.

AQUARIUS – Jan 21/Feb 18

It is a good idea to connect with your friends while you can, Aquarius. You may not have an opportunity for some time, so reach out and make a plan to get together.

PISCES – Feb 19/Mar 20

Pisces, certain personal goals may need your attention at this time. Rearrange your priorities for the next few days.

OBITUARIES

Lindsay Berman Eisener The family of Lindsay Berman

Eisener announce his passing on January 22, 2022, at home in Barss Corner. Born on March 11, 1961, he was the second son of Jacqueline Anne (Langille) Eisener and the late Eldred Berman Eisener.

Lindsay lived hard, worked hard and played even harder. He had a great sense of humour and was a friend to all. There were lots of adventures over the years some of which took him all

across Canada. He knew true friends were the ones who would have his back till their nose bled.

Lindsay was a member of the Barss Corner Baptist Church where he attended Sunday School, Tyros and Youth Group. From a young boy he was a fun-loving lad. Performing numerous times at the community variety shows with Uncle Oakley, 'Linseed Evergreen' was victorious over 'Oakleaf Clodhopper'. He was like a fish in the water having at a young age placed first in a swim competition across Lake William. Antics of him teaming Jingles (Uncle Oakley's bull, yes indeed it was a bull), boasting to his siblings that he could 'lift that' (but he couldn't), falling out of the hayloft (no, he was not pushed), swimming across Feindel Lake, climbing to the top of the barn roof, to being run over by a wagon load of rocks (after jumping off the tractor), these are just some of many childhood escapades.

Lindsay enjoyed sports and for years loved playing hockey for the Springfield Ice Kings.

Although numerous health issues plagued him throughout his life it didn't prevent him from enjoying his passions; fishing, hunting, and landscaping. He enjoyed the companionship of animals as well and just being outdoors. Lindsay boasted a work ethic that was second to none. He always enjoyed going to work whether it be carpentry, in the Christmas tree lots or yardwork. His interest in woodworking developed from time spent working beside his grampie Ira. Once disable it became his biggest regret not being able to work any longer. He took great pride in doing yardwork for a number of neighbors and actually preferred to maintain the grounds at home himself. He had his way of doing things. And while holding down a full-time job numerous folks marveled as they watched him deconstruct the old BC Rec Center (formerly the BC United Church) literally piece by piece. In particular, his grandfather Ira Langille was in

Lindsay had a wonderful rapport with children and thoroughly enjoyed a close relationship with his younger siblings, nieces, and nephews. He had a caring nature and was a great example of kindness. Whenever one of us needed help and he was able, he was there to lend a hand. He had a tendency to turn up in the most unexpected places. He never thought he would ever have so much time on his hands and would have given anything to be working in a garden somewhere. His toils have now come to an end.

Surviving are his mother Jackie, Barss Corner; brothers Duane (Kathy), New Germany, Royden (Tina), Stanburne, Wesley (Nadine), Kingston, Aaron, Saskatchewan, Nathan, and Roy Tufts, both at home; sisters, Crystal (Stanley) Leary, Simpson's Corner, Tanya (Stephen) Spellman, Halifax, Barb (Jim) Conrad, Upper LaHave; special friend Patty Hamm, Western Shore; 19 nieces and nephews (very special nephew Dustin); aunt Marlene Tidd; numerous cousins, one particular near and dear Trudy (Jodrey) Rigby.

He was pre-deceased by his father Eldred and infant

brother Sheldon.

The family would like to extend heartfelt thanks and appreciation to Jennifer Riis NP for her attentive care and compassion. Also, thanks to Paula Saile, Dr. Caldeira and the Palliative Care team for their care and support. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville, where on-line condolences may be made by visiting www.corkumfuneralhome.ca

OBITUARIES



Reid Avery Selvyn Hiltz It is with great sadness that the family of Reid Avery Selvyn Hiltz, 88, of Maitland,

passed away on Friday, January 14, 2022, at Fishermen's Memorial Hospital, Lunenburg. Born in Farmville, he was the only son of the late Welsford and Eva (Aulenback) Hiltz of Mahone Bay.

Reid was a truck driver from the age of seventeen. He worked for several companies over the years; Thomas Scott & Sons of

Barrington, Donnie Hirtle, Harry Harnish, Ross MacDonald and Tommy Kaulback. The last eleven years were with NS Power under Harold Cherry. He loved music and was a very accomplished bass player, and played for anyone who needed a good player. Reid loved his Collie dogs, of which he had many over the years, all rescues.

Reid is survived by his partner of 52 years, Elva DeBruin; sons, Cameron (Lisa) ON, Carl, ON; daughters, Pamela, Liverpool, Shelly (Barry) Caron, Sherwood Park, AB; Elva's sons, Tom, Jim; sister, Laverne (Christopher) Andrews, Seabright; 13 grandchildren, 8 great grandchildren and his border collie, Shiloh, his devoted furry baby. Reid will also be missed by his special nephew Kevin Swinnamer, close friends, Harold Cherry, Frank Eisnor and Peter Barry.

Besides his parents, he was predeceased by his son Edward and sister Ernestine Swinnamer.

Funeral arrangements are under the direction of the

Dana L. Sweeny Funeral Home, 11213 Highway 3, Lunenburg. A graveside memorial service will be held in Farmville Cemetery at a later date.

In lieu of flowers memorial donations may be made to the SHAID Tree Animal Shelter or St. Stephens Lutheran Church, Farmville.

www.sweenyfuneralhome.ca



George Lester "Les" Coyle

Age 80, concluded a great life lived at home Bridgewater, February 2022, with his devoted wife and best friend of almost 40 years, Linda, at his side. Throughout the course of his recent illness, Les faced each challenge with the easygoing optimism and pragmatism that endeared him to so many in his large circle of friends and extended family.

Born in Saint John, NB January 6, 1942, Les was the youngest of three children, and was predeceased by his father George Aloysius Coyle, mother Evelyn Regina (Creamer) Coyle Reicker, and sister Doreen Evelyn Coyle Hanson.

In addition to his wife Linda Coyle, Les is survived by two daughters, Leslie Coyle, and Anne (Greg) Melanson; sister Helen (Coyle) Bodo; and nephews John (Ruth) Jennings, David Jennings, Stephen Jennings (Denise Snow), and Michael Freigy. He also leaves his beloved grandsons Ian Melanson and Jack Melanson, of whom he was immensely proud, and whose photographs grace virtually every corner of his home.

Les joined the RCMP as an 18-year-old and served as a police officer for 23 years, before deciding that it was time for an entirely new adventure. He purchased a defunct beverage room and reincarnated it into a pub that he successfully ran as owner/ operator for two decades. Lifelong friendships and great stories of misadventure were acquired during both of his careers.

In Les' world, no problem was too large, no question too complex, and, endearingly, the answer was often, "well let's just have a beer and discuss it." Many of the world's most confounding problems were thusly resolved in the company of buddies, with whom he generously shared his startling wisdom and sly wit.

Until his recent illness, Les taught the master class on how to get every moment out of the life you live. He loved boating and spent time out on the water with his friends in the sunshine, playing cribbage and sharing laughs. Woodworking brought him joy and he spent endless hours in his workshop creating treasures. He loved his family and friends, and relished hosting them over dinner feasts (and never said "no" to either gravy or to pie). His faith was strong and he unselfishly devoted himself to his church community and those within it. The list of things Les truly cared about was small, but it included big things: family, friends, faith, food, and fun.

Being a member of the RCMP Veterans Association, Royal Canadian Legion Branch #24, and St. Joseph's Parish community brought Les great happiness, and to the members of these communities, the family wishes to sav "thank vou."

Special thanks to Dr. Megan Gillis, Dr. Michael Biddulph, Dr. David Wilson, Dr. Helmut Hollenhorst, and Les' long time friend and "partner-in-crime" Jim Harvey, for their devotion to his care in the last few months.

Funeral arrangements were under the care and direction of Sweeny's Funeral Home, Bridgewater. A funeral mass celebrating Les' life was held on Saturday, February 19 at 11 a.m. at St. Joseph's Parish, Bridgewater. Family members will be notified of burial, which will happen at a later date. Legion friends will be notified at an upcoming memorial celebration. Flowers from family only please; friends are invited to consider in memorium donations in lieu of flowers, to either Souls Harbour, Bridgewater, or Salvation Army...two causes Les supported, that were close to his heart. Thanks from all of us, Les. Your memory is a blessing. On-line condolences may be made by visiting www.sweenysfuneralhome.com

Stresses of pandemic, staffing shortages pressures prosecutors

Briefing book details concerns of Crown lawyers

By KEITH CORCORAN
keith.corcoran@lighthousenow.ca

• @LHNOWnews

Local Crown prosecutors are dealing with pressures associated with the COVID-19 pandemic, a case countdown clock set by a higher court and a lack of clerical staff to keep up with demands.

The combination of stressors are documented in briefing material provided to the new Nova Scotia justice minister, Brad Johns, and backed-up by an association representing interests of the lawyers.

"The workload of Crown Attorneys continues to increase and Crown Attorneys are feeling the pressure," sinceretired N.S. Public Prosecution Service (PPS) director, Martin Herschorn, said in briefing records provided to Johns. "While case numbers do not seem to be rising significantly, legal complexity is rising along with the need to address matters adjourned due to the pandemic. While the PPS tries to allow equal time for preparation and for court, that is not always possible. Crowns Attorneys do not always have the appropriate amount of time for preparation before they go to court."

The records, dated September 2021 and available online, spoke of senior prosecutors "experiencing burnout" and others "feeling overwhelmed" with medical leaves and early retirements resulting.

Under the "COVID response and workload pressure" subhead, Herschorn underlined issues surrounding shortages of support workers to help the lawyers. "The pandemic has also underscored the need for the justice system to modernize," he noted. "Technology has a central role to play in this modernization."

Bridgewater's senior Crown prosecutor, Leigh-Ann Bryson, declined to comment on the local impacts, referring comment to the Nova Scotia Crown Attorneys' Association (NSCAA). "I think the issue, right now, is basically resources across the board," Dan Rideout, the NSCAA's vice-president, told LighthouseNOW in recent weeks. "That would include the (number of) Crown and support staff to assist with the overwhelming workload." At the time of this writing, Bridgewater's Crown office had two full-time staff.

Retired senior Bridgewater Crown lawyer, Lloyd Tancock, said there was never adequate amounts of support staffing at the local PPS office. Tancock, whose career came to a close in 2016, said he was able to help his cause over the years by being able to create court documentation quickly thanks to his personally fast typing speeds.

For its part, the N.S. Department of Justice, in briefing records provided to the same minister and obtained by *LighthouseNOW*, said backlogs, delays and

safety "are areas of significant focus." It noted the pandemic "is an unprecedented situation for everyone."

Speaking to *LighthouseNOW* after reviewing the PPS briefing material, Tancock said he recognizes the frustration, while he noted some issues are not new, such as technology and modernization. Using electronic methods for sharing disclosure records was a test project he and then-Bridgewater police chief Brent Crowhurst were working on years ago. "It's got to be because resources are not being applied to it," Tancock said.

The same year Tancock retired was the landmark Supreme Court of Canada (SCC) decision that set timeline thresholds on cases in provincial and supreme courts in terms of the length of time between the filing of charges and a trial date. SCC guidance indicates 18 months for matters in provincial court and 30 months for cases in supreme court.

Tancock said some, but not many, prosecutions were lost due to extreme delay. He sympathizes with Crowns who are now dealing with pandemic-related complications.

"The Public Prosecution Service is going to do its (best) not to be the cause of these delays," he said.

In ministerial briefing notes, N.S. justice officials anticipates continued cooperation and consultation with the judiciary, which deals with scheduling court matters.

LighthouseNOW reached out to a handful of local defence lawyers for their perspectives but the two who replied declined to comment.





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