

# LIGHTHOUSENOW PROGRESS BULLETIN

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**  
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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 that basis.

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



SOURCE: FACEBOOK/ROB MILNER

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**  
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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," he added.

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.

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

*Mahone Bay plans inclusion of project management*

By **KEITH CORCORAN**  
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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 decision-making. 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 floor.

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 committee 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.

**"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

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

## 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," she said.

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,"

said Nan McFadgen, president of CUPE in Nova Scotia. "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 shortages.

"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 Jackson.

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

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 services sector.

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 announcement, 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.

- There are 6,700 publicly funded CCA positions in Nova Scotia, most in continuing care
- Most CCAs have expired collective 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 publicly-funded system
- 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 for long-term care

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

By KEITH CORCORAN  
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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 “left-over” 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 department 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 conserva-

tion 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.”

“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

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



SOURCE: TOWN OF BRIDGEWATER

A rendering of how the new electric-powered 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 energy.

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 an-

icipates that if there are any mechanical issues, Tesla can address many of them remotely. “Some local dealers who do have staff trained or who will be trained

to work on all types of electric vehicles,” he added.

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

## Privateer Days board chair stepping down

By 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 *LighthouseNOW*. “I just can’t give it the time that it deserves.”

Parnell is also the president 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 director.

COVID-19 health regulations permitting, Privateer Days will take place June 24-26.

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, re-vamping how the entertainment is presented, re-introducing the street dance and Karaoke night, and adding a baby changing station.



FILE PHOTO

All being well in terms of health regulations, this year’s Privateer Days will be held June 24-26.



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 Highway Commercial Zone including:



- 1) Add section 15.1.1 A to clarify that exterior lights which illuminate or are directed at signs are not considered “illuminated signs” as defined.
- 2) Add Section 15.1.2 xiv) to exempt small Open signs of 0.6m<sup>2</sup> or less from requiring a Development Permit.
- 3) Add text to Section 15.1.3 x) to exclude illuminated signs as defined.
- 4) Remove Section 15.1.6 which included requirements for signs abutting a residential lot.
- 5) 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.
- 6) 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.
- 7) 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.

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planning@chester.ca



# 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



CONTRIBUTED PHOTO

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 Day socks.

"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."

### RQM BRIEFS

By KEVIN MCBAIN

Local Journalism Initiative Reporter

#### HVAC INSPECTION

Region of Queens Municipality's (RQM's) council members 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 year.

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.

### BRIEFCASE

By KEITH CORCORAN

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#### 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 DANGEROUS 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

his case goes before a Bridgewater provincial court judge in April. The Bridgewater 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.

### LIGHTHOUSENOW PROGRESS BULLETIN

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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-by-case 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 sulphide-bearing 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 increases to

about 11,000 vehicles. Planners will be considering controllers such as cross walks, traffic lights, speed limits, as well as parking spaces.

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 living.

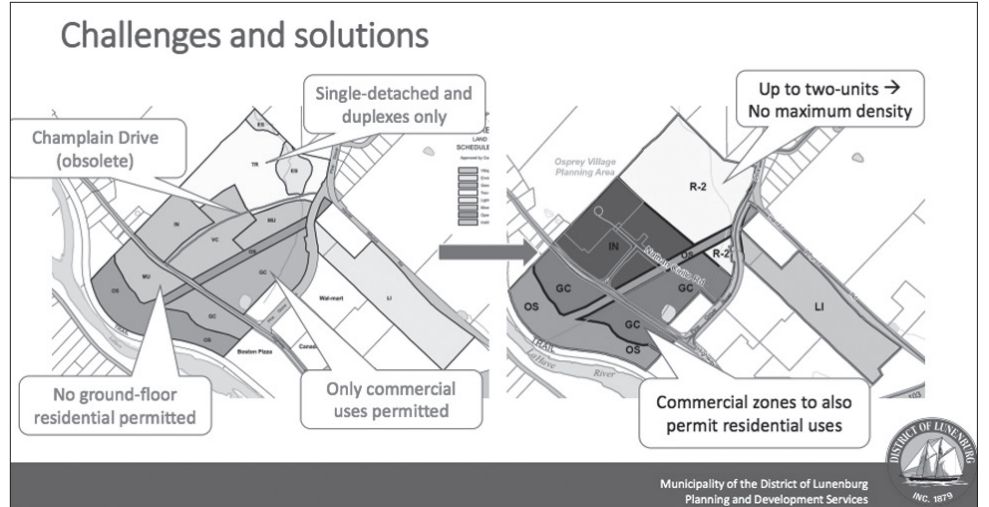
Councillor Kacy DeLong from District 8 submitted the comment: "Multi age housing is something that contributes to strong communities. It would be incredible to have student/senior joint housing in our community! ... maybe even containing a daycare facility."

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 April 5.

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.

**Lunenburg, N.S.**

## TIDE TABLE

Wednesday, February 23			
high	5.81 ft	12:17 AM	
low	1.67 ft	7:30 AM	
high	4.92 ft	12:45 PM	
low	1.97 ft	7:27 PM	
Thursday, February 24			
high	5.58 ft	1:09 AM	
low	1.64 ft	8:38 AM	
high	4.66 ft	1:52 PM	
low	2.17 ft	8:42 PM	
Friday, February 25			
high	5.38 ft	2:16 AM	
low	1.51 ft	9:48 AM	
high	4.59 ft	3:21 PM	
low	2.23 ft	10:00 PM	
Saturday, February 26			
high	5.38 ft	3:39 AM	
low	1.25 ft	10:57 AM	
high	4.82 ft	4:53 PM	
low	2.1 ft	11:14 PM	
Sunday, February 27			
high	5.58 ft	4:58 AM	
low	0.92 ft	12:00 PM	
high	5.25 ft	6:02 PM	
Monday, February 28			
low	1.84 ft	12:20 AM	
high	5.91 ft	6:01 AM	
low	0.56 ft	12:56 PM	
high	5.68 ft	6:55 PM	
Tuesday, March 1			
low	1.54 ft	1:17 AM	
high	6.2 ft	6:55 AM	
low	0.3 ft	1:46 PM	
high	6.04 ft	7:42 PM	
Wednesday, March 2			
low	1.31 ft	2:08 AM	
high	6.37 ft	7:44 AM	
low	0.2 ft	2:30 PM	
high	6.3 ft	8:26 PM	

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



**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](https://novascotia.ca/seniorscaregrant) or call 1-800-670-4357. Applications close May 31, 2022.





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**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](https://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.

199712

# 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."

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 members 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'kmaw 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 information.

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 physically-distanced atmosphere.



SOURCE: TWITTER/ALAN SYLIBOY

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.

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<p><b>FARMERS MARKET</b> <b>NAVEL ORANGES</b> PRODUCT OF SPAIN 3LB</p> <p><b>\$3.99</b></p>	<p><b>YELLOW PEACHES OR NECTARINES</b> PRODUCT OF CHILE</p> <p><b>\$2.49</b> LB/ \$5.49kg</p>	<p><b>SNAP OR SNOW PEAS</b> PRODUCT OF CHINA 200G</p> <p><b>\$2.99</b></p>
<p><b>CHICKEN DRUMSTICKS/ THIGH CP</b></p> <p><b>\$3.29</b> LB/ \$7.25kg</p>	<p><b>PORK LOIN BONELESS CENTER CUT ROAST OR CHOPS CP</b></p> <p><b>\$3.99</b> LB/ \$8.80kg</p>	

199080

# 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 cemetery 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 salary 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

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-year-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 five-week 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](http://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

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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  
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or email [info@lighthousenow.ca](mailto:info@lighthousenow.ca)  
to add your church to this directory

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*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](http://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  
@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 off-season 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,

**"It's great to surround yourself with people who got there and learn their ways."**

**Evan O'Toole**  
Pitcher  
Iowa Western Community College

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 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-95-miles 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 school in the fall.

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 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 building;
- 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  
B0J 2C0  
Email: [heritage@townoflunenburg.ca](mailto:heritage@townoflunenburg.ca)  
[www.explorelunenburg.ca](http://www.explorelunenburg.ca)

199619

## The SHAID path to a forever home

By **KELLY INGLIS**

**S**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 applica-



tion 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](mailto:info@shaidanimalshelter.com).

Check out adoptable pets on our Facebook page (@SHAIDanimalshelter) and under the adoptions tab on our website [www.shaidanimalshelter.com](http://www.shaidanimalshelter.com). As always, a big thank you to our amazing community for your continued 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  
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## LIFESTYLES



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

JAMES HIRTLE, PHOTO

## Avian flu and what to do

I 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 mutate.

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 precautions.

More birds die in February and March than 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, northern saw-whet owl, red-bellied woodpecker, black-backed woodpecker, Barrow's golden-eye, 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 overwintering 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 10.

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 yellow-rumped warbler at Cape Forchu. At the same location on Feb. 11, he saw two fox sparrows who were collecting nesting material.

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



**JAMES HIRTLE**  
Bird Notes

## Understanding opinions often better than trying to change them

Do 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. Pre-pandemic, we might not have thought of discussing even strongly held beliefs. It went without saying that anyone with "common 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 conversation.

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](mailto: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.



**SUSANNE BECK**

# Indian Garden

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## 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-term

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



# SHIRT

## AY Standing together TO STOP BULLYING



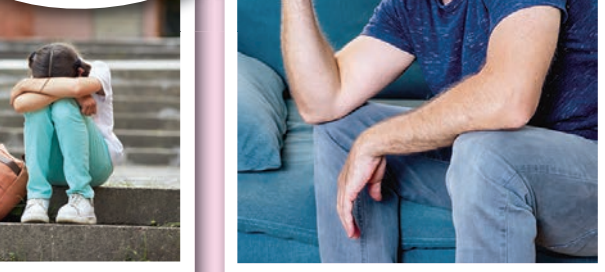
### Long term effects of bullying

Post-traumatic 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 impact of childhood bullying can last well into adulthood.*



### 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

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.ca](http://cybertip.ca)
- 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.





# PUZZLES & MORE

## Crossword puzzle

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

### 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
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 yes
50. 22nd letter
51. Say further

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

Level: Intermediate

## 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."

Answers: Drew Barrymore

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to weddings. Each number corresponds to a letter. (Hint: 8 = E)

- A. 21 16 10 11 8  
Clue: Woman on wedding day
- B. 17 16 13 13 22  
Clue: Man on wedding day
- C. 6 8 14 8 21 16 3 25 8  
Clue: Acknowledge a happy day
- D. 7 13 26 15  
Clue: Promises

Answers: A. bride B. groom C. celebrate D. vows

## Puzzles & More Answers

### Crossword Solution

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

### Sudoku

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

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to weddings.

Q B T E U O U

--	--	--	--	--	--	--	--

Answer: Bouquet

## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHERRY-TOPPED CAKE

WEDNESDAY EVENING FEBRUARY 23. Table with columns for time slots (6:30-11:30) and program titles.

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

What's on?

www.tvpassport.com/southshore

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

Channel Guide table with columns for channels (GLOBAL, ATV, CBC, etc.) and rows for different regions (A-E).

THURSDAY EVENING FEBRUARY 24. Table with columns for time slots (6:30-11:30) and program titles.

FRIDAY EVENING FEBRUARY 25. Table with columns for time slots (6:30-11:30) and program titles.

WEEKDAY DAYTIME FEBRUARY 23 TO MARCH 1. Large table with columns for time slots (7:30-6:00) and program titles.

SATURDAY DAYTIME FEBRUARY 26. Table with 24 columns (7:30-6:00) and 50 rows of program listings.

SUNDAY DAYTIME FEBRUARY 27. Table with 24 columns (7:30-6:00) and 50 rows of program listings.

SATURDAY EVENING FEBRUARY 26. Table with 11 columns (6:30-11:30) and 50 rows of program listings.

SUNDAY EVENING FEBRUARY 27. Table with 11 columns (6:30-11:30) and 50 rows of program listings.

MOVIES

WEDNESDAY 02/23

Evening

5:00 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)
7:00 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)
10:00 SLICE "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 OLN "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)
7:00 OLN "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)
9:00 E "American Hustle" (Drama,2013) Christian Bale, Amy Adams. A brilliant conman and his partner and girlfriend are forced into working for the FBI. (14+)
W "Miss Congeniality" (Comedy,2000) Sandra Bullock, Michael Caine. A tomboy FBI agent goes undercover in a beauty pageant to prevent a terrorist bombing. (PG)
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

5:00 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)
7:00 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)
8:00 FAM "Over the Hedge" (Animated,2006) Bruce Willis, Wanda Sykes. A mismatched group of forest animals defend their home from becoming a suburb. (PG)
9:00 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)
W "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)
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)
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 W "North to Home" (Drama,2022) Lyndsy Fonseca, Kimberley Sustad. Sisters are reunited for a birthday celebration in Alaska. (G)
FAM "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)
1:00 TOON "Batman: Harley Quinn" (Animated,2017) As Batman and Harley Quinn hit the road in order to locate Poison Ivy. (14+)
SHOW "Jurassic World: 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 W "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)
SLICE "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+)
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)
GTVSci-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)
OLN "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)
VISION "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+)
FAM "Over the Hedge" (Animated,2006) Bruce Willis, Wanda Sykes. A mismatched group of forest animals defend their home from becoming a suburb. (PG)
7:00 W "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)
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+)
GTVSci-Fi "Aquaman" (Action,2018) Jason Momoa, Amber Heard. A man learns that he is the half-human, half-Atlantean heir to an undersea kingdom. (PG)
OLN "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)
8:00 ATV "Crossword 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)
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)
SLICE "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)
9:00 A&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+)
W "Welcome to Mama's" (Romance,2022) Melanie Scrofano, Daniel Di Tomasso. A manager teams up with a chef in order to relaunch 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+)
SLICE "Fathers and Daughters" (Drama,2016) Russell Crowe, Amanda Seyfried. A woman, unable to forge connections after the absence of her father, falls for a man. (18+)
FAM "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)
GTVSci-Fi "Joker" (Drama,2019) Joaquin Phoenix, Robert De Niro. A troubled comedian in Gotham City descends into a life of unhinged criminality. (18+)
APTN "The Incredible 25th Year of Mitzzi Bearclaw" (Comedy,2019) Gary Farmer, Roseanne Supernault. An indigenous woman returns home to help her father care for her ailing mother. (PG)
10:30 TBS "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 small-town baker is surprised with an invite to compete in a baking show. (G)
12:30 SLICE "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+)
GTVSci-Fi "Face/Off" (Action,1997) John Travolta, Nicolas Cage. A member of an FBI antiterrorist team trades faces with a convicted 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 E "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)
W "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)
OLN "Hearts of Winter" (Romance,2020) An interior designer brings new life to

the house of a widower and his daughter. (G)
6:00 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)
6:30 GTVSci-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)
7:00 W "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)
OLN "Hearts of Winter" (Romance,2020) An interior designer brings new life to the house of a widower and his daughter. (G)
7:30 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+)
8:45 GTVSci-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)
9:00 E "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+)
W "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: 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)
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+)
11:00 GTVSci-Fi "Ready Player One" (Action,2018) Tye Sheridan, Letitia Wright. An idealistic young man battles an evil corporation for control of a virtual world. (PG)
STAR "How Stella 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 W "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 OLN "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 OLN "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 E "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+)
W "Phantom Thread" (Drama,2017) Daniel Day-Lewis, 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)
7:00 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)
9:00 E "Wedding Crashers" (Comedy,2005) Owen Wilson, Vince Vaughn. Two womanizers sneak into weddings to take advantage of the romantic tinge in the air. (14+)
W "Blended" (Comedy,2014) Adam Sandler, Drew Barrymore. After an awful blind date, two single parents find themselves stuck together at a resort. (14+)

MONDAY EVENING FEBRUARY 28. Table with columns for time slots (6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) and corresponding news and entertainment programs.

TUESDAY EVENING MARCH 1. Table with columns for time slots (6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30) and corresponding news and entertainment programs.



199375

LIGHTHOUSENOW  
PROGRESS BULLETIN

**JOB FAIR MARKET**

**EMPLOYMENT OPPORTUNITIES**

## 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.



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.

### SELECT YOUR BEST WORK

Instead of trying to showcase all the work you've done, select a few samples that best exemplify your talents. This way you're more likely to impress potential clients.

### TELL A STORY

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

## 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.

### 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.

**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, REFERENCES REQUIRED, WAGES WILL BE DISCUSSED, PROOF OF COVID VACCINE.  
SEND ALL INQUIRES & RESUME TO corkumsautobody@eastlink.ca ATT: JOSH

199584

**LARINDA'S LANDING**  
OCEANFRONT COTTAGES

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 guest 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.**

199677

**MICHELIN**

**LOOKING TO MOVE  
YOUR CAREER FORWARD?**

EXPLORE OPPORTUNITIES WITH US!  
VISIT [CAREERS.MICHELIN.CA](https://careers.michelin.ca) TO LEARN MORE

**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](https://careers.michelin.ca)**

199469

**CAMP  
KADIMAH**  
BARSS CORNER, NOVA SCOTIA  
EST. 1943

**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](mailto:annejoudrey@icloud.com)

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

199831

ph: 902.543.2457

fax: 902.543.2228

toll free: 888.543.2457

email: ads@lighthouseNOW.ca

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## Employment OPPORTUNITY



### 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

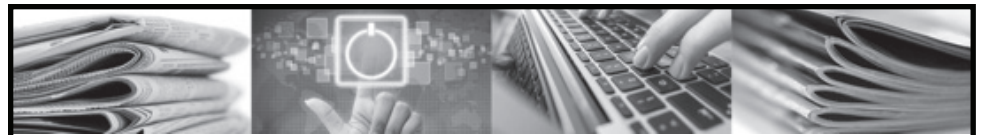
Send your resume in confidence to: [careers@advocateprinting.com](mailto:careers@advocateprinting.com)

All applications will be accepted however only those being considered will be contacted.

**Advocate**

Advocate Printing & Publishing Company

199562



### 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

Send your resume in confidence to: [careers@advocateprinting.com](mailto:careers@advocateprinting.com)

**Advocate**

www.advocateprinting.com  
Advocate Printing & Publishing Company

199402

**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 firewood. 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.

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**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.

**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](mailto:Sandra.Challis@MODL.ca)

199748



# 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,” since-retired 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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- No Phone calls please.** Kindly email your resume and we will contact you to schedule an interview.  
**Email: [apply@globalempire.com](mailto:apply@globalempire.com)**
- Walk-In's Welcome** - Please bring resume with you for immediate on-site interview between 9am and 6pm Monday to Friday, and Saturday from 10am to 4pm.



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