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SPECIAL OLYMPIAN OF THE YEAR



CONTRIBUTED PHOTO

Athlete Ben Theriau of Hunt's Point was the recent winner of the Athletics Nova Scotia Special Olympian of the Year for his dedication to sport. See story Page 22.

Hospital auxiliary pledges \$1 million toward Bridgewater site expansion, modernization

Glen Allan Drive hospital benefits from charity's donation

By KEITH CORCORAN
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Supporters of the redevelopment project involving Bridgewater's hospital have another million reasons to smile.

The hospital's auxiliary, which fundraises for the Glen Allan Drive site, announced it's earmarked \$1 million toward the multi-year, multi-million dollar refresh of the 30-plus-year-old building.

"It's important we support the hospital and good health in the community, that's our purpose," auxiliary president Alison Reynolds told *LighthouseNOW* in a phone interview. "This new addition is going to benefit the community unbelievably."

The hospital is into a seven-year, \$113-million modernization, which includes expansion and renovation of the emergency department, endoscopy and day surgery units and physical plant as well as the addition of a dialysis unit. The addition of a MRI scanner will also be part of the project.

The end result will be a 30 per cent expansion of the hospital and an emergency department triple its original

See DONATION on page 2

Universal condemnation of Russian invasion of Ukraine

By JAKE BOUDROT

Reaction from around the world and across the region to Russia's invasion of Ukraine has been swift and clear.

On Feb. 24 Russian military units started moving toward the major centres of Ukraine and were met by civilian and military forces, kicking off the first combat of this magnitude in Central Europe since the Second World War.

On that day, Rick Perkins, the MP for South Shore-St. Margaret's, shared a prepared statement on Facebook from Canada's chief of the defence staff, General Wayne Eyre.

In the statement, Message to the Defence Team regarding the Invasion of Ukraine, Eyre said that for many Canadians "Russia's unprovoked invasion of Ukraine represents the return of history. The return

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Universal condemnation of Russian invasion of Ukraine

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of a time of struggle and great power competition: when larger nations employed force to conquer their neighbours, redrawing borders in the hopes of regaining a past glory that was never truly theirs. This attack is an attack against the international rules based order, with changes to the geopolitical situation that will reverberate for years to come.”

Central Nova MP Sean Fraser, Minister of Immigration Refugees and Citizenship for Canada, posted his thoughts on Facebook Feb. 25.

“Vladimir Putin’s war of aggression against Ukraine violates the territorial integrity of a sovereign nation, undermines the right to self-determination of the Ukrainian people, and represents an assault on the very idea of democracy itself,” he wrote. “My heart goes out to those who have lost loved ones or that have been impacted as a result of this heinous and unprovoked act of aggression.”

Noting that more than one million Canadians claim Ukrainian heritage, Fraser said this makes Canada home to the largest diaspora outside of Ukraine and Russia.

“Canada and Ukraine have long had close ties, and generations of Ukrainian immigrants, many of whom were forced to flee war and persecution, have helped build this country,” he wrote. “Just as we have before, we need to support Ukraine and its people in every way that we can.”

Fraser said the government has enacted “strict economic sanctions” against Russian banks and oligarchs, and restricted “nearly all exports to Russia.”

“The courage Ukrainians are displaying in the face of such immense danger is inspiring. But, Ukraine cannot be left to stand alone,” Fraser wrote. “We’re also taking additional measures to sup-

port Ukrainians and make it easier and faster for Canadian citizens, permanent residents, and their family members to come home to Canada. We know there are many Ukrainians in Canada who can’t go home right now, and we’re making it easier for them to stay safely in Canada.”

He said the Canadian government has granted loans to Ukraine, delivered lethal and non-lethal military aid, deployed the Canadian Armed Forces to provide training, and is making humanitarian aid available.

“In this hour of darkness in Europe, we stand with Ukraine, its people, and the right of its people to choose who governs them,” he posted. “Canada will continue to offer its unwavering support to our allies in Ukraine.”

Also last week, Premier Tim Houston announced the province is donating \$100,000 to the Canada-Ukraine Foundation to provide humanitarian aid and support to the people of Ukraine.

“Nova Scotians were shocked and horrified by Russia’s unprovoked attack on Ukraine, which endangers the lives of people and flies in the face of international law,” said Premier Tim Houston on Feb. 25. “When I spoke yesterday to Andre Mereshuk, President of the Nova Scotia Branch of the Ukrainian Canadian Congress, he said a financial contribution is a way we could help. I am pleased to make this contribution to support the people of Ukraine and for Nova Scotia’s Ukrainian community in their time of need.”

The province said the donation will provide support for humanitarian purposes, including medical aid, emergency shelter and food.

In addition to monetary support, and in response to measures taken by the federal government, the province announced it will also expedite immigration applications for Ukrainians.

Noting there are more than 9,000

people of Ukrainian heritage in Nova Scotia, Province House will fly the Ukrainian flag as a show of solidarity and support.

On Feb. 27, Bridgewater’s mayor, David Mitchell, commented on Facebook that while the images and videos of the previous week “are heartbreaking,” he noted, “we see so many examples of the incredible human spirit. The courage and the humanity of people in Ukraine is incredible. People helping strangers to find safety, standing in defiance to tyranny, and not just against the approaching soldiers but those in Russia opposing their own government’s actions.”

Syrian refugee and Antigonish business owner Tareq Hadhad survived the Syrian Civil War a decade ago.

“War is inhumane but it’s time to prove the power of our humane actions,”

he posted to Facebook on the same day as Mitchell. “Urging my Canadian government to speed up the process of welcoming Ukrainian refugees here. Supporting those fleeing painful wars is a moral responsibility and our (Canadian) communities are ready to offer help.”

Nova Scotians who wish to donate to the Ukraine Humanitarian Crisis Appeal can visit the Canadian Red Cross website at: <https://www.redcross.ca/> or call toll free 1-800-418-1111. For additional resources, look for the Canada-Ukraine Foundation at: <https://www.cufoundation.ca> and the Ukrainian Canadian Congress at: <https://www.ucc.ca/>.

A St. FX graduate and native of Arichat, Jake Boudrot has been the editor of Advocate’s newspaper The Port Hawkesbury Reporter since 2001. He currently lives on Isle Madame.



FACEBOOK PHOTO, SEAN FRASER
Sean Fraser, Canada’s minister of immigration refugees and citizenship, at a recent announcement in Nova Scotia.



SOURCE: FACEBOOK/HELP FOR UKRAINE

DONATIONS FOR UKRAINE

Volunteer Suzanne Joudrey sorts supplies out on the weekend destined for overseas to help residents of Ukraine. Joudrey, along with many other volunteers, helped sort supplies during a campaign sponsored by St. Paul’s Evangelical Lutheran Church in Bridgewater on the weekend. The supplies were shipped March 7 to Halifax as part of a large relief effort. Another drive will be held this weekend. For more information check out the Facebook site, Help for Ukraine – Bridgewater Area.

Hospital auxiliary pledges \$1 million toward Bridgewater site expansion, modernization

DONATION from page 1

size. Reynolds said the reduced travel time for locals going to other parts of the province for dialysis or a MRI will be a huge benefit.

South Shore Regional Hospital has 85 inpatient beds, including medical, surgical, intensive care, obstetrics and mental health units.

Reynolds explained that the auxiliary’s \$1 million commitment was made pos-

sible by putting away \$250,000 in donations each year over the last few years after learning the expansion work was on the horizon. The volunteer-led group runs The Daisy, a used clothing outlet selling donated merchandise and collects proceeds from the Shoreline Gallery located in the main corridor of the hospital, and a gift shop. The 90-member charity also conducts other fundraising activities.

Reynolds said much of the \$1 million was raised before the COVID-19 pandemic disrupted operations of the gift shop and The Daisy, which are responsible for raising \$350,000 combined per year for the auxiliary.

“I have to say it’s a community supported effort, really, and the community deserves the credit,” Reynolds said. “We’re all very proud of what we did and very grateful to the community who keep us going.”

The auxiliary’s \$1 million matches the same pledge put forward earlier this year by the families of David Himmelman and Tim O’Regan. They are the co-chairs of the Health Services Foundation of the South Shore’s fundraising program for the redevelopment project. The foundation is a charity that helps fundraise for the Bridgewater hospital and Fishermen’s Memorial Hospital in Lunen-



KEITH CORCORAN, PHOTO

The entrance to The Daisy, near Bridgewater’s South Shore Regional Hospital on Glen Allan Drive.

burg. O’Regan and Himmelman donated \$500,000 each and said they recognized the importance of the effort to the region and wanted to donate personal financial aid to ensure it is successful.

In a prepared statement provided to LighthouseNOW by the foundation, Nick Saunders, chairman of the foundation’s board, said the auxiliary’s pledge will support the establishment of four dialysis treatment areas and a day surgery department expansion.

“We count the auxiliary as a close member of the hospital family, and its early investment will help us build momentum for the fundraising efforts that will follow,” Saunders said.

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South Shore library chief has resigned, search on for replacement

Troy Myers, on leave due to sexual misconduct allegations, quit in December

By KEITH CORCORAN
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With the year-end resignation of Troy Myers, the search is on for a new chief executive/chief librarian to lead South Shore Public Libraries, which is responsible for four locations in Lunenburg and Queens counties.

Following an emergency meeting last summer, the local library board announced Myers would be on paid leave from his \$107,000-a-year job following accusations of sexual misconduct that went public in late August around the time of the federal election campaign. Myers was to be the Conservative candidate in his home riding of Dartmouth-Cole Harbour.

Lauren Skabar, who unsuccessfully ran for the Cumberland North seat in the last Nova Scotia provincial election on the behalf of the New Democrats, detailed an untested and unproven allegation against Myers in a series of social media posts on Aug. 29. Skabar said she was touched inappropriately in 2019 during a time they attended a library conference. As of Mar. 3, Skabar's posts were still publicly visible online. She did not respond to messages sent by *LighthouseNOW* to her social media accounts requesting comment.

Myers quit as a political candidate, however in a statement posted online at the time he vowed to "rigorously defend" his reputation and his family's good name. He called the allegations false and defamatory.

In a Feb. 28 phone interview, Myers told *LighthouseNOW* his retirement was his choice, capping a 30-year career in the library business. He repeated that the allegations levelled against him are "false" and he's not ruling out pursuing the matter in court.

"I struggle with the stress of it, still," he said. "There is still, in my opinion, an opportunity for legal action, which I'm looking into. But at the same time it's a long road and you kind of have to decide, do you want to turn a corner or do you want to keep

"I just decided at the end of 2021, it was time to retire and move on and look for new challenges or be happily retired."

Troy Myers
Former chief librarian
South Shore Public Libraries

worrying about these things?"

He plans to take some time before deciding his next move. What was alleged is "not true," he added, "and it would help if we could get to the truth. But at the same time, in a litigation process, that's a lot of time and financial risk and you only have so much time on your hands."

Myers said he had eyed a future exit from the library business for a while but he hoped for a different timeline. "I just decided at the end of 2021 it was time to retire and move on and look for new challenges or be happily retired."

Meanwhile, the library board is recruiting to replace Myers. Jeff Mercer, who is deputy chief librarian, became acting chief executive, a role he assumed when Myers pursued elected office.

Board chairman Patrick Hirtle said the processes involving Myers and his leave remain confidential and whatever work the board may have been dealing with in private concerning the matter stopped when he quit.

"Mr. Myers resigned before any further decisions were required by the board," Hirtle told *LighthouseNOW* by phone.

"The accusations that were made were of great concern to the board and I think we as a group were conscious of taking the opportunity to look at our poli-



FILE PHOTO

Troy Myers

cies," Hirtle added. "We want to have an environment where our staff and our library patrons feel comfortable to come in, do their business, and use library services, and if that comfort isn't there we want to make sure our process is sort of a buffer approach to make sure that any concerns or complaints are responded to in a timely fashion and responded to accordingly."

South Shore Public Libraries is setting its sights now on a 50th anniversary celebration this year. Hirtle said a subcommittee of the board is working on planning a series of events and activities to mark the golden birthday.

Town firefighters acquire battery-operated vehicle extrication tools

New gear offers flexibility, options when dealing with modern autos

By KEITH CORCORAN
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Volunteer firefighters in Bridgewater are acquiring battery-operated vehicle extrication tools to aid their work in freeing occupants of auto crashes.

The spreader, cutter, ram combination tool, along with batteries, chargers, miscellaneous adapters and a suite of provisional items, will cost \$69,410. Safety Source Fire of Dartmouth secured the recent procurement. The cost was over the 2021-22 budgeted amount of \$52,000 but the fire department is using funds it manages to make up the difference.

The town's deputy fire chief, Andy

Wentzell, said the new gear better equips the department to handle modern vehicle enhancements. Wentzell, addressing a recent meeting of town council, said passenger vehicles are manufactured "stronger" and at least one automaker, he said, wants to eliminate serious injuries or death resulting from collisions involving its units. "That's quite a mandate," Wentzell said.

The fire department's new tools would allow personnel to move with the equipment beyond the 30-metre limitations they have now with current gear.

"Currently, the Bridgewater fire department has corded tools," the deputy chief said. While they could add an extension cord, it would diminish the tool's hydraulic pressure capacity, he said.

"Currently, the Bridgewater fire department has corded tools."

Andy Wentzell
Deputy chief
Bridgewater volunteer fire department

The department has two sets of tools and one will be kept for back-up purposes. There are occasions when two sets of tools are used when multiple vehicles are involved in a crash. Wentzell said the surplus set will be sold. He said the new battery-operated items have a lifetime warranty and the gear is known to have a useful life lasting years.

As a side note, Bridgewater is considering secure software options to allow for electronic bids on public tenders. The current rules only allow for sealed hard copy submissions to ensure bids stay confidential until they are opened. Wentzell said "a courier issue" led to an out-of-province submission arriving a day after the tender closed.

Coun. Wayne Thorburne, a former town fire chief, suggested during the council meeting the procurement policy change to allow for electronic bids. The town's chief administrator, Tammy Crowder, said the secure computer software option is in the upcoming budget. She said the complications associated with the COVID-19 pandemic amplified the issue.



MORE RECORD BREAKING

Brooklyn's Sarah Mitton competed in California's Long Beach Open on March 5. She came up with a throw of 18.85m to win the event. The throw is a meet record and the top outdoor throw in the world so far in 2022. The phenom is preparing to compete in the World Athletics Indoor Championships taking place in Serbia March 18-20.

FILE PHOTO

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LOCAL



Total loss to garage and contents in Pleasantfield fire

By KEVIN MCBAIN
Local Journalism Initiative Reporter

Fire quickly tore through a fully stocked garage in Pleasantfield last month.

Greenfield Fire Chief Moyal Conrad said they were dispatched at about 11 a.m. Feb. 10 to the location that was on the edge of his fire district.

"Myself and my deputy chief were the first ones there and the fire was fully involved," he told *LighthouseNOW*, adding it took about 20 minutes to get there partly because of the icy and rough road conditions at the time.

North Queens and Liverpool fire departments also attended the scene with about 30 firefighters in total.

Conrad reported that they ran about three attack hoses and used about 54,000 litres of water on the fire before it was extinguished. There were no injuries, but the garage and its contents were a total loss.

Conrad noted that the building which he estimated to be about 7.3 metres wide by 9.8 m long was insured, including the contents which included an old tractor and numerous tools.

He added there was also a portable hunting shack on the property which was dam-



CONTRIBUTED PHOTO

Greenfield, North Queens and Liverpool fire departments attended the fire in Pleasantfield Feb. 10.

aged by fire and water.

The firefighters were on the scene for about 90 minutes.

BRIEFCASE

By KEITH CORCORAN
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GUNS, JEWELLERY, TOOLS MISSING IN LAKE CENTRE

RCMP wants the public's help trying to solve a suspected break-in into a seasonal home in Lunenburg County. Authorities believe the incident happened at the New Cumberland Road property sometime between Jan. 20 and Feb. 23. The call went to law enforcement during the noon hour on Feb. 25 with RCMP issuing a statement about it on Mar. 1. "During the break-in, two unrestricted firearms, tools and jewelry were stolen," police said. Cpl. Chris Marshall, a spokesman for the province's RCMP, said the firearms were long guns and a "jewellery box" containing various types of jewellery were taken. He didn't know if they were rings, necklaces and/or bracelets. The dollar value of the missing items is under \$3,000, the officer told *LighthouseNOW*. The home was rummaged through but, Marshall said, there didn't appear to be evidence of forced-entry. Anyone with information is asked to contact Lunenburg district RCMP or Crime Stoppers.

DRIVER TICKETED IN VEHICLE VERSUS PEDESTRIAN CRASH

A Bridgewater woman in her 30s sustained injuries police described as minor after she was struck by a car near the intersection of Hillcrest and Dufferin streets on the town's west side. The Bridgewater Police Service told *LighthouseNOW* a man in

his 60s driving a Chrysler 300 was ticketed under traffic laws for failing to yield to a pedestrian in a crosswalk. Deputy police chief Danny MacPhee said the woman was taken to hospital by ambulance. Paramedics, police and volunteer firefighters were dispatched to the incident just before 5:30 p.m. Feb. 24. There were temporary restrictions on motor vehicle traffic in the area while emergency crews worked the scene and police investigated.

NO CHARGES RESULTING FROM CRASH INVOLVING PEDESTRIAN IN LUNENBURG

RCMP say no charges will be filed resulting from a collision in Lunenburg where a 69-year-old man sustained life-threatening injuries. "The file has been concluded as there was insufficient evidence to lay charges in this case," Cpl. Chris Marshall, a spokesman for the province's Mounties, told *LighthouseNOW* in an email. The pedestrian was walking along Victoria Road when he was struck by a sport utility vehicle driven by a 60-year-old woman. In a news release, the RCMP said both the driver and pedestrian are Lunenburg County residents. The man was taken to hospital by ambulance. Emergency crews were summoned to the incident around 7 a.m. Feb. 18. "Anyone who may have been in the area of Victoria Road between 6:30 and 7:30 a.m. on Feb. 18 or anyone with information in relation to this collision" is asked to contact Lunenburg district RCMP or Crime Stoppers, police said in the release.

CHESTER'S SHOREHAM VILLAGE CENTRE STAGE FOR FEDERAL LONG-TERM CARE PROMISE

Government officials used Chester's Shoreham Village as the backdrop to announce a multi-million dollar commitment through Ottawa's long-term care fund to help places like Shoreham bolster infection prevention controls. Nova Scotia is getting \$27 million from the federal program, officials announced Feb. 24 during the Lunenburg County news conference. Shoreham's president and chief executive, Janet Simm, said the extra support was a welcomed addition. "Some of the supports that were put in place that benefited Shoreham directly included additional temporary staffing, provincial coordination and distribution of PPE (personal protective equipment) and investments in our physical environment," Simm told *LighthouseNOW* in an email.

PIPE BURST IN BRIDGEWATER APARTMENT COMPLEX

First responders were sent to a St. Phillips Street apartment building in Bridgewater in late February to deal with problems with piping inside the multi-unit complex. Public safety radio communications indicated dispatch told volunteer firefighters it fielded several calls suggesting a pipe or pipes failed near a water tank and created a flood condition. There were no reports of any injuries. The amount of damage caused and a dollar value associated to it was not immediately available.

THE COURT REPORT

By KEITH CORCORAN
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Out-of-court process finishes in Western Shore area dangerous driving case

A dangerous driving case originating in Lunenburg County that led to a local man getting a medal of bravery concluded recently in Bridgewater provincial court.

Judge Cathy Benton agreed with Crown prosecutor Jodi Mailman's recommendation to withdraw the single count against **Rachelle Marie Dulong**, 38, of Middle Sackville. The charge was dropped in mid-February after Dulong completed the out-of-court restorative justice process, a procedure that began in September 2020. Dulong's defence lawyer entered a not guilty plea in May 2018 but trial dates were moved on multiple occasions to allow time

for assessments. The matter was recommended for restorative justice in May 2020 before acceptance four months later. In a news release from RCMP at the time, police said a quick-moving Volkswagen Tiguan went off the road November 3, 2017 in Gold River and ended up in the water. The Tiguan was travelling 130 kilometres an hour in a 70 km/h zone on Highway 3, and law

See *COURT REPORT* on page 22

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Crown drops fraud allegations against Bridgewater police constable

Two counts facing Troy Vanderlinden dropped

By KEITH CORCORAN

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Happy to see the prosecution drop the fraud charges against him, Bridgewater Police Services (BPS) Const. Troy Vanderlinden weighs whether or not a future in uniform with the municipal force is in the cards.

An officer with the town department since May 2010, according to an annual report published by the force, Vanderlinden was still on leave from BPS in early March when *LighthouseNOW* spoke to him by phone.

"I don't know how much I can tell you, man," he said. "My lawyer put out a statement for me."

Dartmouth defence lawyer Brian Bailey told *LighthouseNOW* the Vanderlinden family and his client "are pleased the Crown decided to withdraw the charges and would like to get on with their lives."

As a result of an investigation that started in March 2021, the province's independent police oversight agency, Serious Incident Response Team (SIRT), filed charges in October alleging an officer reported "an injury as having occurred during his hours of employment when

it did not." The officer was accused of defrauding the town and the province's Workers Compensation Board of more than \$5,000 each between July 15, 2019 and July 21, 2021.

During a late February appearance in Bridgewater provincial court, Crown lawyer Rick Miller told the judge and Bailey the prosecution would not be proceeding on the allegations, resulting in the charges being dropped.

Bailey told *LighthouseNOW* there were discussions between he and the Crown after the charges were filed and ultimately the prosecution found there was no realistic prospect of conviction. "After I met with my client and reviewed the disclosure, I was reasonably confident that we would be successful if the matter went to trial," Bailey commented in a phone interview.

SIRT's director Felix Cacchione referred *LighthouseNOW* to Miller for comment. Miller did not respond to an emailed request for an interview.

Bridgewater's chief administrator,

Tammy Crowder, referred *LighthouseNOW* to SIRT to comment on the court case and declined to get into employment details concerning Vanderlinden, citing it as a personnel matter. "The police chief is going to be reviewing the matter and, I guess, decide what he'll do, if anything (but) there's really no comment I can make at this point," she told *LighthouseNOW* in a phone conversation.

Bridgewater's deputy police chief, Danny MacPhee, said Vanderlinden was still an employee as of March 1 but is on leave. MacPhee declined to say if it's a paid or unpaid absence. "This is a personnel matter now that we're at the very start of (and) we can't get into any open personnel matters

until they're concluded," MacPhee said in a phone interview. "I think somewhere down the road we'll be able to give more details."

Meanwhile, *LighthouseNOW* asked Vanderlinden, 40, of Wileville, Lunenburg County, if he'll be a uniformed BPS officer again. "Good question," he replied

during a March 1 phone interview. "I haven't heard from the chief or deputy chief since November. I'm still waiting for them to conclude their business on their end and I'm sure they'll contact me and go from there."

Does he want to return? "If they get back to me and they offer me a position, I'll cross that bridge when I get to it."

In the interim, he said, "I'm glad the charges have been withdrawn and everything seems to be concluded."

SEPARATE, UNRELATED CASE

This leaves one other case navigating the Bridgewater provincial court system that involves a town officer. An allegation against Asif Jamil Khan, 36, of South Greenwood, Kings County, is slated for trial in September. A member of the force since November 2014, he pleaded not guilty in November.

SIRT alleges an officer uttered a death threat to a female via text message Sept. 10 while off-duty in Bridgewater. Cacchione, previously told *LighthouseNOW* the allegation is in the context of a domestic disagreement. The single count of uttering threats has not been tested in court and the officer is presumed innocent.

"I'm glad the charges have been withdrawn and everything seems to be concluded."

Troy Vanderlinden
 Const.
 Bridgewater Police Service

RQM BRIEFS

By KEVIN MCBAIN

Local Tourism Initiative Reporter

MPS AND LUB

The First Reading of the Region of Queens Municipality Municipal Planning Strategy and Land Use Bylaw, which has been in the works since 2018, was conducted and passed by the municipal council Feb. 22.

The strategy is to be reviewed every eight years, according to the Municipal Government Act. The current version was updated in July 2009.

The process was expected to take 18 months, however COVID-19 restrictions hampered the efforts of getting things done quicker.

An in-person public hearing is now set for March 22 at 1 p.m. at the Liverpool Fire Hall, and a virtual public hearing will be held March 23 at 6:30 p.m. via Zoom. Pre-registration for the virtual hearing will be required and can be done by contacting the Planning and Development Department.

Written submissions in regard to concerns will also be accepted at the RQM administration office up until two days before the meetings.

RQM Mayor Darlene Norman stressed that public meetings are not for information purposes.

"These sessions are for people who have read and understand the documents to come and express their opinions and have them made known



to the council," Norman emphasized in an interview with *LighthouseNOW*. "The purpose for council at these public hearings is to listen to the public and to hear the addresses they make. Council will then debate at a later council meeting."

The documents can be found online at queensplan.com at the regionofqueens.com or a paper copy can be picked up at the Region of Queens administration office for a fee of \$25.

At the time of writing, no

dates had been set for a second hearing or adoption of the new documents.

The document has been a long time coming. Early in 2018, a Request for Proposals to conduct reviews of the MPS and LUB was sent out. Uplands Consulting was the successful bidder and that summer hosted several public engagement sessions to determine what's important in Queens for residents, what is valued in the region and what would the residents like to see happen in the future.

TAX EXEMPTIONS

Each year, members of the RQM council review properties that are included under the Region's Tax Exemption Bylaw No. 14 for possible additions and de-

letions. The First Reading of the bylaw including a list of groups and buildings that are on the tax exemption list, was conducted Feb. 22.

This year, two deletions were made from the list including the Zetland Lodge No.9, which sold its property to a private individual. And the Trustees of Prince of Wales has also been removed, as the building which it partially occupies is owned by a private company and not eligible for exemption.

A total of 67 non-profit organizations and their properties are on this year's roll for which \$220,000 in tax dollars are forgiven.

A Second Reading of the bylaw and the list will be held March 22.

Lunenburg, N.S.

TIDE TABLE

Wednesday, March 9

high	5.35 ft	12:17 AM
low	1.67 ft	7:20 AM
high	4.82 ft	12:54 PM
low	2.4 ft	7:24 PM

Thursday, March 10

high	5.02 ft	12:59 AM
low	1.84 ft	8:12 AM
high	4.53 ft	1:49 PM
low	2.59 ft	8:19 PM

Friday, March 11

high	4.79 ft	1:53 AM
low	1.94 ft	9:06 AM
high	4.36 ft	3:00 PM
low	2.66 ft	9:17 PM

Saturday, March 12

high	4.66 ft	3:05 AM
low	1.97 ft	10:03 AM
high	4.43 ft	4:19 PM
low	2.62 ft	10:17 PM

Sunday, March 13

high	4.79 ft	5:22 AM
low	1.87 ft	11:59 AM
high	4.66 ft	6:21 PM

Monday, March 14

low	2.46 ft	12:15 AM
high	5.05 ft	6:22 AM
low	1.67 ft	12:50 PM
high	4.99 ft	7:08 PM

Tuesday, March 15

low	2.23 ft	1:06 AM
high	5.35 ft	7:10 AM
low	1.44 ft	1:34 PM
high	5.32 ft	7:47 PM

Wednesday, March 16

low	1.94 ft	1:52 AM
high	5.58 ft	7:50 AM
low	1.21 ft	2:13 PM
high	5.68 ft	8:23 PM

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



MUNICIPALITY OF THE DISTRICT OF LUNENBURG Sawpit Wharf Tender Dock Float Permit Application Deadline

The Municipality of the District of Lunenburg is now accepting applications for those interested in a dock spot at the tender floating dock located at the Sawpit Wharf Park in Garden Lots, Lunenburg County.

Applications can be found on the Municipality's website at www.modl.ca or picked up at the Municipal Office located at 10 Allée Champlain Drive, Cookville.

Deadline for applications is Wednesday, April 7, 2022 at 4:00pm.

Applications can be mailed to:

Attn: Kristy Kaizer, Administrative and Customer Service Assistant

10 Allée Champlain Drive, Cookville, NS B4V 9E4

Or email to kristy.kaizer@modl.ca

For further information please call the Recreation Department at (902) 541-1343.

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198082

Commission hears of trauma, confusion in early hours of mass shooting

By JANET WHITMAN

Warning: the following story contains disturbing details

The first full week of public hearings investigating April 2020's shooting and arson rampage offered a vivid picture of the trauma inflicted on residents of Portapique and the first RCMP officers on the scene.

Four nine-to-11-aged children hiding out in a basement after their parents were shot and killed called 911, describing the mayhem around them and providing the operator with chilling details, including the identity of the killer and that he was disguised as a Mountie and driving a fake RCMP cruiser.

In the confusion, with gunshots and blasts from fires popping off around them — and fears they, too, were targets — RCMP officers failed to capture the perpetrator before he escaped the heavily wooded community on a little-used back road and continued his 13-hour massacre.

He killed 13 of his neighbours in less than an hour, with officers on the scene for at least a third of that time. He went on to kill nine more in surrounding communities before being shot dead by a Mountie who spotted him at a gas station north of Halifax.

Lawyers for the families of the 22 people killed, including a pregnant woman, argued last week that those first responders should be called as witnesses for live testimony during the public hearings to fill in gaps and provide clarity on inconsistencies.

The RCMP and a police union countered that the officers could be re-traumatized by testifying. For the first responders, the scene they found was a reminder of training they received after five RCMP officers were killed by a shooter in Moncton. Staying in a police vehicle would make them easy targets so they proceeded on foot.

The provincially- and federally-funded Mass Casualty Commission is planning to call some senior RCMP officers to testify. Most of the 18 officers who responded on April 18 and 19, 2020 have been interviewed by members of the commission.

But those first on the scene are not on the witness list for the public hearings because of the commission's commitment to work in ways that minimize harm, including the potential for re-traumatization.

Michael Scott, a lawyer representing most of the families, told the commission that the families "are extremely frustrated at the prospect of having to justify seeking facts in a fact-finding process."

Arguments on both sides of the debate are scheduled to continue this week.

Lawyers for the families also are insisting that the perpetrator's common-law spouse, Lisa Banfield, needs to be called to the witness stand.

The gunman began his rampage by attacking his partner of 19 years. She escaped his mock police cruiser and hid out in the woods for hours in freezing temperatures, according to an interview she gave to RCMP officers.

Lawyers for the families argue Banfield's account is incomplete, and they want an opportunity to question her to shed light on the timeline of events and what might have sparked the rampage.

Banfield's lawyer has said she won't testify until a criminal case against her is resolved. She's accused of providing ammunition for her partner.

The public hearings at the Halifax Convention Centre are expected to last into the fall. The independent public inquiry, led by retired judge Michael MacDonald, is scheduled to conclude in November with a list of recommendations aimed at preventing a similar tragedy in the future.

Janet Whitman is the contributing editor and a staff reporter at Advocate Media.

RQM BRIEFS

By KEVIN MCBAIN

Local Journalism Initiative Reporter

RQM SURPLUS LANDS

Region of Queens Municipality (RQM) staff have been asked to look into different options in a provincial review to study the number and boundaries of polling districts in the municipality.

The Municipal Government Act of Nova Scotia requires municipalities to conduct a study of the number and boundaries of polling districts in their municipality every eight years, taking into consideration such issues as fairness, demographics, community council style, geography and size of districts, with input from the communities.

The exercise is held to determine if there are too many, or too few elected officials in each municipality.

"Council approved that staff be directed to examine three options to present to the province as to what our boundaries could look like if we had six, seven or eight councillors," said RQM Mayor Darlene Norman of the Feb. 22 council meeting. Currently, the region's

council has seven councillors and a mayor for a total of eight members.

Work on the project is expected to be completed by June. Public consultations will follow. A final draft will be presented to the Utilities and Review Board in the fall.

"We are looking for what is best for the citizens of Queens County in terms of governance," said Norman.

Currently, RQM consists of 8,900 electors divided into seven districts with an average of about 1,273 citizens in each one.

RQM SELLING SURPLUS LANDS

Motions from the in-camera session of the Feb. 22 RQM council meeting related to surplus lands that the region is trying to rid itself of.

"The region owns a lot of lands and some of it is surplus in the point of view that these are little pieces stuck willy-nilly in strange places," said Norman.

One of the pieces of land was being leased to resident Kenny Vienot who lives there in a mobile home. He had asked the council if he could purchase the land.

"We don't need to be owners of the land that people

have their homes on," said Norman.

He was able to buy the land for \$3,000.

Another six pieces of land will be advertised and sold at fair market value, 25 cents per square foot.

Norman said the lots are scattered throughout RQM and they "are large enough lots that you could put a home on them."

"This is a beginning of a process. Council agreed a long time ago that we need to be looking at all our surplus lands," said the mayor.

She added that neither staff nor council has any idea why the municipality owns the pieces of land, and there is no record of the region purchasing them so the decision was made to sell them off.

DIAT

Paula Mercer and Tim Mossman have been appointed to the RQM Diversity and Inclusion Action Team (DIAT).

Council made the decision during a discussion period prior to its Feb. 22 council meeting. The team is comprised of representatives from the community. Mercer is an outreach worker with SchoolsPlus in Queens County, while Mercer is a former associate vice-president of the student experience at Mount Saint Vincent University.

Currently, the team has eight members led by DIAT coordinator Eric Levy.



FILE PHOTO

RQM Mayor Darlene Norman

RELIGION DIRECTORY

Upcoming Services

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Old Town Lunenburg
Minister - The Rev. Thomas Summers
Rev. Dr. "Sandy" P. A. McDonald - Interim Moderator
David Findlay - Organist / Choir Director
Sunday Service at 11:00 AM
All health restrictions and protocols to be followed.
www.standrewslunenburg.ca

Central United Church
Cumberland St., Lunenburg
Sunday, March 13 at 10:30
Service and Sunday School
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Judas: The "Kiss" That Tells!
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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E-mail: oro@eastlink.ca Phone: (902) 634-8589 www.prnd.ca
Rev. Oliver Osmond
Sunday March 13th – Second Sunday in Lent
09:00am St. Marys Crousetown
Holy Communion
11:00am St. Peters West LaHave
Holy Communion
"O worship the Lord in the beauty of holiness"

St. Joseph's Catholic Church **St. Norbert's Catholic Church**
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or email info@lighthouseNOW.ca
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Visit our website at www.bridgewaterunited.ca, to be directed to our Online Worship on our YouTube channel

BUSINESS

Middle Sackville developer proposes massive housing project for Bridgewater's west side

Finished project would see nearly 900 units

By **KEITH CORCORAN**
keith.corcoran@lighthouse.ca
@LHNOWnews

Middle Sackville firm Marchand Developments says it's capitalizing on increased interest in housing outside of metro Halifax and hopes the greater Bridgewater area is as enthused about its plans for the west side of town as is the company.

"There is a lot of demand for people looking (for housing) who want to be there," company president Jeff Marchand said of Bridgewater, a place where he took to the ice with the Junior "A" Lumberjacks between 2008 and 2010. If the surname rings familiar, it's worth noting his brother is Boston Bruins star Brad Marchand.

"Developing can be a positive thing," Marchand told *LighthouseNOW* in a telephone interview. "This is a project we're excited about and we want it to be something the community is excited about."

In May 2021, Marchand Developments acquired 15 hectares of undeveloped land, of which most of the frontage is along Jubilee Road and Exhibition Drive, for \$950,000. The site is mostly field and forest land.

"We have super low vacancies and there's a demand for apartments outside of Halifax and more affordable rents in beautiful areas like Bridgewater and Truro and what not," Marchand said.

In Bridgewater, his company proposes construction of nine multi-unit buildings of at least five storeys in height and containing 70 to 114 units each. The planned work also includes establishment of nine townhouse buildings. The total project is for nearly 900 housing units.

"We know we need more housing, we know we need more housing options," Bridgewater's mayor, David Mitchell, said during a Feb. 28 council meeting where council was briefed by planning staff about Marchand's development agreement application. "We'll see where this goes."

A public meeting concerning the proposal is slated for Mar. 9. Town engineering and planning officials are reviewing the details of Marchand's application before



SOURCE: GOOGLE MAPS

The area circled shows a portion of the area where Marchand Developments proposes to construct 18 buildings.

civic politicians get a chance to decide if it will pass the next part of the process before possible approval.

Information provided to the town shows the project would be built in three phases with five buildings going up during the first step of the work.

"The development plan indicates two new public streets; one would connect the intersection of Jubilee Road and Olympiad Avenue to the end of Westmount Heights, and the other would extend from that proposed street to the end of the privately owned property adjacent to Micmac Avenue," town planner Mackenzie Childs indicated in a written report to council. "This street would have a temporary turning easement at the end, as the connection to Micmac Avenue doesn't exist at this time." No construction timelines were provided. Childs said

that aspect would be discussed during the development agreement process.

However, Marchand told *LighthouseNOW* it will be years before the entire scope of work is completed. He suggested it could be three to four years for the first phase, alone. He declined to put a dollar value on the overall project.

"We want to build it as quickly as the market will absorb the units," he said. "If we build one or two buildings and they fill very quickly and there's more demand, then we'll keep building and bring in some partners to help us go as fast a pace as we can."

As for affordable housing options, Marchand is non-committal. "It's certainly something that we'll be seriously considering," he said.

RQM council seeks solution to traffic snarls at intersection



SOURCE: GOOGLE MAPS

The intersection at Bristol Avenue and Highway 8 is one of concern.

By **KEVIN MCBAIN**
Local Journalism Initiative Reporter

Region of Queens Councillor Maddie Charlton is calling for a study into the traffic situation at the intersection of Liverpool's Bristol Avenue and Highway 8, which is monitored by lights.

"I often see near misses there every day," she told council members at their meeting Feb. 22, explaining that drivers often stop in the middle of the intersection as they wait to get into the Tim Hortons drive-thru, and people have to swerve around them to get past.

"It's insane how many cars will block that traffic light. It's a constant problem. Is there something we can do?" she asked at council, adding that we are hoping that the population in the region will grow and that the problem is just going to get worse. She asked if a traffic study could be performed at the intersection.

RQM's chief administrative officer (CAO) Chris Mc-

Neill said studies are expensive and would not solve the issue. He added that the problem has existed for years and there have been several attempts to resolve the issue, but to no avail.

See **TRAFFIC** on page 22

LOCAL BUSINESS
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MLA for Lunenburg
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Lunenburg, NS, B0J 2C0
By appointment in New Germany
902-634-8708
suscorkumgreekmla@gmail.com



MUNICIPALITY OF THE DISTRICT OF CHESTER
Joint Meeting of the Municipal and Village Planning Advisory Committees

A joint meeting of the Municipal Planning Advisory Committee and Village Planning Advisory Committee will be held on Wednesday, March 16, 2022 beginning at 6:00 p.m.

Agenda items include:

- a) Amendments to the Municipal Planning Strategy to add policy outlining the process of engagement with neighboring municipalities related to the approval of Development Agreements, amendments to the Municipal Planning Strategy, Land Use By-law or Subdivision By-law.
- b) Any other planning matters.

This meeting will be held at Chester Municipal Council Chambers, 151 King Street, Chester.

Members of the public are welcome to attend, as Committee meetings are open to the public while also complying with current Public Health measures.

For more information call 902-275-2599 or email: planning@chester.ca

P.M. Myra
Municipal Clerk

ARTS & ENTERTAINMENT

R&B singer Reeny Smith returns to the Astor stage



SOURCE: FACEBOOK/REENY SMITH

North Preston's Reeny Smith performed at the Matt Andersen Christmas show held at the Astor last December.

By KEVIN MCBAIN
Local Journalism Initiative Reporter

East Coast Music Award winner Reeny Smith will take over the Astor Theatre stage March 19.

Local theatre-goers were introduced to Smith last December, during a two-song set at the Matt Andersen Christmas show. For the Liverpool theatre's general manager, Jean Robinson-Dexter, that was a game-changer.

"I would say that she blew the roof off the Astor that night. She, her sister and cousin sang *How Great Thou Art* and I had chills," said Robinson-Dexter. "After they were done, everyone rose as one to give them a standing ovation. It was amazing. I think it will be a fabulous night of uplifting and inspirational music that folks will be talking about for a long time."

Smith, 27, will be bringing with her a full band and her "Gals" — her sister and cousin. The artist said attendees can expect "a lot of soul and a lot of fun."

"We've been singing together since we were kids. The three of us create something magical," she said in an interview with *LighthouseNOW*. "We're all looking to have a good time and to just share joy with everybody."

They will be merging some of the "old school with the new school," sharing some classics and some of Smith's own, newer songs.

Hailing from North Preston, Smith comes from a family of singers and performers on "all sides."

Her father and brother who share the same name, Wallace Smith, are former members of The Gospel Heirs, one of Canada's premier gospel bands. Her father is also the director of the Hallelujah Praise choir and the leader and founder of The Sanctified Brothers for which both perform. Her uncles are members of the Carson Downe Blues Band.

Growing up she was influenced by singing and playing piano in church choirs.

"Singing was what we did as a family, and over time for myself, personally, I struggled to find out whether music was a passion of mine or it was just kind of inherited. Eventually, it led into me doing performances at school and in various communities, and I developed that love for music over time."

She performed in musicals at her high school, Cole Harbour District High School, and went on to attend St. Francis Xavier University in Antigonish, where she studied voice for two years.

Her repertoire includes musical theatre, jazz and flamenco music.

"I've always been a person who wanted to try new things, never wanting people to box me in. I always want to be evolving," she said. "I tried many different styles just to expand who I am as a vocalist. It's been super beneficial for me to create my own sound."

However, it was church music that

helped launch her career.

"Whether it's a secular song or a hymn, I just bring that same spirit into everything that I do," she said. "It helps bring emotion to my music and, for me, it's all about emotion; that's how you connect with people."

She started co-writing songs and learning from other writers. She went on to write for other musicians, and the movie and television industry.

Her music was featured on CBC's *Diggstown* and has been included in such films as *Love By Accident* and in the TV series *Workin' Moms*. She was also the voice and producer of her own rendition of *What a Wonderful World* for Tourism Nova Scotia's ad campaign.

"It's definitely been an unexpected journey, but you know I'm learning to appreciate it. And to develop that passion that I have for performing with my writing has been a cool experience thus far," said Smith.

Her music has been discovered by a number of artists from Japan and Taiwan who now are recording her music.

"The amount of Asian artists who have actually recorded my songs is crazy," said Smith. "That's a market I honestly

never really paid attention to and they found me through the internet. That's the coolest thing."

Closer to home, she has earned several awards including the East Coast Music Awards' (ECMA's) R&B/Soul Recording of the Year and the ECMA Bucky Adams

Memorial Award. She won three Music Nova Scotia's African Canadian Artist of the Year awards and the Best R&B Artist award in *The Coast* newspaper's Best of Halifax awards twice.

She's also a recipient of the prestigious Portia White Award for Excellence in Vocal Performance, along with a scholarship from the Nova Scotia Talent Trust.

"I'm just happy that people appreciate and respect the music I put out. I just hope that people are happy with what I'm producing and it makes them feel good," said Smith.

She has two albums under her belt, *I am Reeny* (2015) and *WWIII: Strength. Courage. Love* (2018).

While her musical talent has taken her all over the world, Smith says intimate venues such as the Astor Theatre are her favourite places in which to perform.

"I feel like people are there to listen and take in the music. When you get with bigger crowds, sometimes everything can get lost in translation," she said. "I like to be able to have the attention on the music and intimate crowds make that so much easier, and it makes you want to perform better because everyone's going to be zoned in and focused on what you're doing," said Smith.

Tickets are on sale at the Astor Theatre box office or on Ticketpro for the show which originally was scheduled for January.

"I've always been a person who wanted to try new things, never wanting people to box me in."

Reeny Smith
Musical artist



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ARTS & ENTERTAINMENT

World renowned classical guitarist Tariq Harb to appear in Lunenburg

By GAYLE WILSON

gayle.wilson@lighthouseNOW.ca

@wilsonLHNOWnews

Touted as Canada's next classical guitar superstar, the Jordanian Canadian Tariq Harb will be performing in Lunenburg March 18 as part of a 12-day concert tour of the Atlantic provinces with Debut Atlantic.

"Debut Atlantic is thrilled to be back to in-person performances and presenting high-calibre artists to audiences across Nova Scotia," the classical music organization noted in a news release March 1.

The Jordan Times praised his playing, indicating it demonstrates "not just his flawless technique but also his refined taste and a great, innate sense for truly beautiful interpretation," the release notes.

Harb has performed in a number of the world's most prestigious music venues, including the Concertgebouw in Amsterdam, the Cairo Opera House and Carnegie Hall in New York.

He's also a published composer. His most recent composition, *Spirit*, which is a suite in five movements, will be fea-

tured during his Debut Atlantic tour.

Harb will begin his tour in Antigonish on March 12th, appearing with the Antigonish Performing Arts Series at 7:30 p.m. He then travels to Lunenburg on March 18th, where he will perform with Musique Royale at the Central United Church at 5:00 p.m.

On March 19th, Harb will appear at the Acadia Performing Arts Series in Wolfville for a performance at 4:00 p.m. and 7:30 p.m. He ends the Nova Scotia leg of his tour in Pictou, where he will appear at the deCoste Performing Arts Centre on March 24th at 7:30 p.m.

In addition to concert engagements, Harb will be working with young students through the Debut Goes to School — 2021/22 Digital Program. This season, Debut Goes to School offers students throughout Atlantic Canada virtual access to outstanding classical and world musicians. The program provides students the opportunity to participate in live, interactive learning sessions and other events for various age groups and levels of ability.

Founded in 1979 and based in Halifax, Debut Atlantic aims to develop young artists and establish new initiatives that



SUBMITTED PHOTO

Also a published composer, classical guitarist Tariq Harb will be performing his most recent composition, *Spirit*, during his Debut Atlantic tour.

enhance the cultural life of Atlantic Canada. Celebrating 42 years, the organization has featured over 400 art-

ists, gracing the stages of venues from Happy Valley-Goose Bay, Newfoundland and Labrador to Yarmouth, Nova Scotia.

Former senator pens autobiography

Donald Oliver shares his struggles, accomplishments and thoughts on tolerance

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Retired senator-turned-author, Donald Oliver wants people to know what it was like for a Black man living in Nova Scotia in the 1940s and 1950s.

"I wanted to write about it and tell about some of the barriers we faced and how it was so unfair compared to white people," Oliver, who is 83, told *LighthouseNOW* in an interview.

The former senator has been an advocate for African Nova Scotians for much of his life, and his efforts culminated in the release late last year of his autobiography, *A Matter of Equality: The Life's Work of Senator Don Oliver*. The book shares his struggles, accomplishments and his thoughts on some of the steps he took in an effort to make Canada a more tolerant country.

"The key is that if you can accept difference, you can be more creative and innovative, and you're going to have a better company, a better organization, a better municipality — whatever your group is it's going to be better and you're going to rise to the top because of your diversity. Diversity wins," he said.

Oliver grew up in Wolfville and now lives on a small farm in Pleasant River, which straddles Queens and Lunenburg counties. He has had a distinguished career as a member of the Senate of Canada, retiring in 2013 after 22 years of service. Before that he worked as a lawyer and teacher.

In 1990, Oliver became the first Black Canadian to be appointed to the Senate. In 2008, he put forward a motion to proclaim February as Black History Month in 2008. The motion was passed unanimously and

the month has been recognized annually ever since.

His biography is not his first foray into writing. He wrote one other book, which was released in 1996: *Men Can Cook Too*.

For his biography, once he laid out a theme and, having had some experience as a young reporter with the *Halifax Chronicle Herald*, the book progressed well.

"I spent more time thinking about it and laying out what should be in it and what shouldn't. Once that thinking was done, the writing was fairly easy," he said. "I wrote it in five months, working morning, noon and night."

Nimbus Publishing of Halifax published the book and it was released in October 2021. According to Oliver, sales have been brisk.

Along with the book, he continues to share his stories with university, youth and other groups through Zoom. He was busy during Black History Month, now called African Heritage Month, giving 20 or more speeches, including one on Feb. 28 to the alumni from his alma mater, Acadia University in Wolfville.

Oliver maintains that people have been moved by the messages he was trying to make about Black History Month and the importance as to why people should try to understand more deeply what Black people have gone through and why they are like they are today. "Once you take away the colour you will find we have an awful lot in common and I invite people to look at what we have in common."

He suggests people in the province are starting to become more tolerant, not only of African Nova Scotians but of other groups as well. He said the change could be attributed in large part to the

George Floyd incident and the Black Lives Matter Movement.

"People said that enough is enough. This is not the way to treat another human being and we have to stand up and start doing something about this," he said.

Oliver has been named to the Order of Canada and Order of Nova Scotia. He's earned five university honorary degrees and several Queen's medals — all for his work to make Canada a more tolerant place, according to Oliver.

Another proud moment came recently when he found out that, because of his political service, a new project bears his name — the Senator Donald Oliver parliamentary internship program.

Oliver said he will continue to advocate for the Black community for as long as he can. His efforts have not slowed down, either, despite battling a potentially fatal disease.

In 2015, Oliver was diagnosed with cardiac Amyloidosis, a rare heart dis-

ease that produces congestive heart failure. During his initial diagnosis, Oliver says, he was given six months to live. However, he attended the Mayo Clinic in Minnesota where he was put on an experimental drug, along with several other people around the world. There he was advised he had another year or so to live.

The disease has taken its toll, however, leaving him with coughing bouts, and he struggles with polyneuropathy, which affects the nerves and makes it hard for him to walk, write or type.

Despite his health setbacks, Oliver continues to take things in stride.

"I'm still alive and I'm still ticking. I'm very positive," he said. "I was surprised when they told me they were going to establish the internship program, but I was very happy. Those things keep me happy because people are wanting to acknowledge that I've done good things. That's what warms my heart and keeps me going."



SOURCE: DONOLIVER.CA

Retired senator Donald Oliver remains committed to advocating for the African Nova Scotian community.

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LIFESTYLES

Team Canada pulls out of Special Olympics World Winter Games in Russia

Decision affects three area snowshoers

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Three athletes in the area, who have been training hard as members of Team Canada for the Special Olympics World Winter Games that were scheduled for Kazan, Russia, have now learned they will not be competing there.

Team Canada announced March 2 it would not be attending because of the current conflict between Russia and Ukraine.

Colby Oickle, Michael Moreau of Liverpool and Emily Latta of Oakhill, members of the Lunenburg/Queens Special Olympics organization, were preparing to compete in the event in snowshoeing.

“It was a good decision for them to pull us out. They are looking for a new location and we just have to wait to see what their decision is going to be,” Oickle commented to *LighthouseNOW*.

Though he said the event could be moved to an alternate location, he noted it may also be cancelled outright. No

timeline for this decision was given. For now, the athletes are waiting for the information, while continuing to train.

Originally, the event was scheduled to take place in Russia in 2022, but because of COVID-19 that was postponed to 2023.

Athletes were chosen for Team Canada based on the results from the February 2020 national championships that were held in Thunder Bay, Ont.

The winter and summer games are normally held every four years. The next Winter Games is scheduled for Turin,



FILE PHOTO

Athletes Colby Oickle, Emily Latta and Michael Moreau were scheduled to attend the World Special Olympic Games as members of Team Canada in Russia in January 2023. Team Canada announced it would not be attend the games due to the current Russia-Ukraine conflict.

Italy in 2025. The Summer Games are slated for Berlin, Germany in June 2023.

Getting along amid change

Change. Does it seem to you that we’ve been experiencing constant change? Both the viral disease and responses to the threat of that disease have brought changes that affect millions of people.

Into this ever-changing environment now comes what? More change, of course. At the moment, the direction of change is toward loosening restrictions and enabling more freedom of choice. Some people are happy about that direction; others are apprehensive. Therefore, the opportunities for conflict that we’ve had over recent years are not likely come to an end. How can people have such differing views of a situation?

People get information from different sources and are influenced by different people. Dr. William Glasser says that all we can give to another person is information; however, the information that you receive may be very different from the information that I receive. That alone would lead us to draw different conclusions about what is right, safe and reasonable.

An added complication is that we see reality through our individual filters. Even if you and I are exposed to the same information, we could still come

away with quite different interpretations.

A popular phrase from the 60s was “Never trust anyone over 30.” Even those many decades ago, some people trusted authority. Plenty of others didn’t. That’s not new. Currently, some people trust that authorities are looking out for all of us. Others don’t have that trust. Show the same information to those two groups; do you think they will draw different conclusions? It’s possible, isn’t it?

A final point concerns different levels of basic needs. One person may have a high need for safety that far outweighs the need for freedom. For another, freedom is paramount and safety a minor consideration.

Given all these differences, it’s no wonder that people hold different, sometimes passionate, beliefs about what’s “right.”

Discussion of different opinions can be helpful in the appropriate setting. Robust discussions prevent groupthink. When people are free to air concerns and opinions, to talk through them with goodwill, there is a chance for truth to ultimately emerge. However, when large numbers of people become sensitized, even believing that what one wears — or doesn’t wear — is a political statement, then opportunities for non-constructive

conflict increase.

What, if anything, can we do to lessen those conflicts when more change is afoot? It bears remembering that we do not know what is going on in another person’s life. We don’t know their fears, hopes, constraints, health, skills and so on.

Dr. Bob Wubbolding, a well-known author in the Choice Theory community, wrote a short document about dealing with the virus, *How to Deal with Isolation and Re-Entry; Practical Ideas.* In it he focused on family relationships. However, his ideas can apply to any relationship.

He suggests that we reduce three toxic behaviours: A, B, C. That is, reduce

“Arguing” with each other, “Blaming” each other, and “Criticizing” each other. Consider what you are about to say. Ask yourself, “Will this help relationships or damage them?”

A robust discussion doesn’t have to be an argument. If we keep the help/damage question in mind as we navigate change, we may be able to communicate more effectively.

If you’d like to read Dr. Wubbolding’s article, let me know at choices@focusonclarity.com or by mail c/o Progress Bulletin.

To your choices!

~ Susanne ~

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



SUSANNE BECK

Tick season is 365 days a year on the South Shore

By KELLY INGLIS

I remember when I was a child growing up in the Annapolis Valley when there were ticks on the south side of the Annapolis River, but not on the north side. We only ever saw them in the spring-time, and it was common knowledge that once the summer heat came around the ticks would be gone until the following spring. It always struck me as odd, and I wondered if, somehow, they would ever cross one of the bridges to get to the other side.

Times have certainly changed since the 1990s. We’ve seen a dramatic increase in the tick population and in the number of invasive species. Ticks used to be just a nuisance, but now they are a major health threat to humans and animals alike.

The south shore of Nova Scotia is now a major hot spot for ticks carrying Lyme disease, which is a bacterial infection transmitted to humans and animals by a bite from an infected black-legged tick. They are not just around in the spring and fall anymore; in the last number of years we have seen ticks on any given day of the year.

We have to protect ourselves and our furry friends from this disease. That includes daily tick checks on ourselves

before bed, and a good rub and brush for our furry companions. There are also topical and oral preventatives for dogs and cats, and a Lyme vaccination available for dogs. Talk to your veterinarian on what would work best for your furry friends, and don’t forget to do your own research as well. This is so important for your health, and the health of your cherished pets.

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



2021-2025 Strategic Plan Review Hearing

Mahone Bay Town Council is conducting an annual review of their 2021-2025 Strategic Plan. As part of their review, Council would like your comments on the Strategic Plan.

The Strategic Plan and the ongoing progress report are available on the Town’s website at www.townofmahonebay.ca.

Comments to the review process can be submitted by email, mail, or by using the drop box beside the front door of Town Hall. There will also be a hearing on March 24, 2022 at 6:30pm for the purpose of receiving comments from the public on the Strategic Plan before Council conducts their review.

If you would like to make a submission to this review hearing, or if you have any other questions about this process, please contact Town Hall staff to make arrangements either by phoning (902) 624-8327 during business hours, or by emailing clerk@townofmahonebay.ca.

LIFESTYLES



JAMES HIRTLE, PHOTO

The main food of American robins is earthworms.

Snow greets American robins

Over the past number of weeks I've been getting lots of reports of American robins. Since the latest snow storm I've been seeing American robins everywhere that I go. Numbers range from one to groups of 20.

Those birds that I've seen along the shoreline seem to be getting a good amount of food. Those birds inland that are searching for food in open areas of ground seem to be having a hard time finding anything. On March 1, Jamie Huskins reported a group of 200 American robins at the Lunenburg County Lifestyle Centre in Bridgewater.

The American robin nests from the tree line in North America south to California, in the Gulf Coast, in Georgia and to Mexico. They winter regularly from Canada and the United States south to Baja, California, the Gulf Coast, Florida and to Guatemala. During the nesting season American robins can produce one to four broods.

The American robin is the state bird of Connecticut, Michigan and Wisconsin.

The bird is 22.5 centimetres to 27.5 centimetres long with a wingspread of 35.6 cm to 41.25 cm long. The male in breeding plumage is gray above but variable, with the head, wings and tail almost black. The outer tail feathers are tipped with white. The breast ranges from light brown to a rich dark brick red, and is usually darker in the male. The female is duller and paler. The immature has a speckled breast.

The main food of American robins is earthworms. The birds also eat beetles, weevils, grasshoppers, cicadas, ants, termites, cutworms and other caterpillars, as well as butterflies. They'll also eat bayberries, grapes, juneberries, mistletoe berries, pokeberries, china berries and other types

of berries. From personal observations, I can report they also consume arthropods in the seaweed along the shoreline as well as spiders in the rocks.

On Feb. 20, I discovered a common gull at Broad Cove. This bird was once called a mew gull. About a year ago it was split into two species, the common gull and the short-billed gull. This species nests from Europe and the British Isles and in Siberia. In North America it is found from Alaska south along the coast to British Columbia into Saskatchewan and the Mackenzie, westward into Alberta and in the Yukon. The birds winter along the Pacific coast from Alaska south along the coast to California.



JAMES HIRTLE
Bird Notes

On Feb. 26, I was pleased to see an American pipit at Apple Cove in Cherry Hill. I also got to see a cedar waxwing there. On Feb. 21, Nancy Veinot was excited when one of the members of a hiking group that she

was with spotted an American goldfinch on Ruby's Trail at New Ross. Since snow has set in American goldfinch numbers have really increased at feeders with groups of 20 to 50 birds.

On Feb. 24 in Riverport, Lynne Barkhouse photographed an immature bald eagle that perched low in the trees about three metres above her. It was a third-year bird starting to show fourth-year plumage. I've noticed a larger number of immature bald eagles recently along the LaHave River. Tom Marrie sent me a photo of a snow bunting that he took at Bayswater Beach on Feb. 26. These birds are not easy to come by in Lunenburg County this winter, but it is always a treat to see them.

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

NUTRITION



Eat well to live well!

March is Nutrition Month
Ingredients for a Healthier Tomorrow

3 tips for healthy eating

This Nutrition Month, Dietitians of Canada invites you to discover the power of eating a healthy diet. The theme for this year's event is Ingredients for a Healthier Tomorrow, which aims to help raise awareness about foods that can improve your health. Here are three tips for healthy eating.

1. EAT FRESH PRODUCE

Regularly eating fruits and vegetables can reduce your risk of diabetes, heart disease, stroke and cancer. Try to add vegetables to every meal and snack on fresh fruits.

2. LIMIT YOUR INTAKE OF FATS

According to the World Health Organization (WHO), your fat intake should be less than 30 per cent of your total caloric intake. This can help reduce the risk of certain diseases and prevent excessive weight gain. To decrease your intake of this nutrient, choose low-fat dairy products, limit the amount of fried foods you eat and replace butter with oil.

3. CONSUME LESS SALT

Limiting your salt intake to less than five grams per day can reduce your risk of high blood pressure, stroke and heart disease. Be particularly mindful about sodium in condiments and packaged snack foods.

Do you want to change your eating habits? If so, reach out to a dietitian in your area.



MARCH 16, 2022

This year marks the thirteenth anniversary of celebrating Dietitians Day in Canada. The event shines a spotlight on the profession and is a reminder that dietitians are a trusted choice for reliable, life-changing food and nutrition advice.

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LIFESTYLES

I hit that pothole — again!

I do quite a bit of driving in my weekly commute, and much of that is highway driving. I can usually avoid potholes during daytime since I'm watching closely for them. However, for two weeks in a row I've hit the same darn pothole, while driving on the highway in the dark.

POTHOLE ONE — FAST AND HARD

That highway hole was a doozy. I drive a small Japanese car, so when I hit it, the car felt like it had blown the front tire. I know what a blown tire feels like, since I did that last year, when I hit the curb while turning into our downtown Halifax office. That time it was my fault, because the car was new to me and it has a different turning radius than my old car, so I misjudged the turn.

My safety tip for driving in a short length of a flooded street, for those of us who don't drive four-by-fours, is this: avoid it if you can and turn around. However, if you have to drive through, drive as slowly as possible. If you drive slowly and don't stir up the water too much, your car probably won't stall.

If you are lucky, the water will not reach your ignition or spark plug wires, which are generally near the top of your engine and don't like getting wet.



JAMES GOLEMIEC

Keeping it safe

Water in your tailpipe will also stall your car, so if water doesn't block your tailpipe for too long, you should be OK. There may be a deep pothole hiding under that puddle, so keep that in mind. I'm glad that I followed my own advice this time.

TIPS FOR NAVAGATING POTHOLES

Never hit your brakes before you encounter the pothole, since this will cause your front end to dive down, possibly causing more damage. Try to slow down as much as possible right up to the pothole. Hold the steering wheel tightly, since the pothole may cause your tire to pull, especially if the tire blows. Be wary of any puddle since it can hide a deep and wide pothole. Maintain correct tire pressure in your tires. Inspect your tire and wheel for damage after you hit a pothole and re-

POTHOLE TWO — UNDERWATER BUT MUCH SLOWER

Recently, I hit another deep pothole, but that time it was in town and I was driving at about five kilometres an hour. I was driving through a flooded area and there were cars in front and in back of me, so I had no choice but to keep driving. There was an SUV in front of me and that made it through, so I drove very slowly and followed it into the puddle (more like a stream). The pothole was hidden in the deep puddle.



FILE PHOTO

Inspect your tire and wheel for damage after you hit a pothole and re-check your tire pressure.

check your tire pressure. Leave lots of room between you and the car in front of you, to increase the time you have to react when you see a pothole. Pay attention to whether your car is pulling in one direction after hitting a pothole. This may mean that you've damaged your suspension or steering. Slow down when driving at night, to increase the time you have to react when you see a pothole.

Meanwhile, after hitting that same pothole for the second time in two weeks, I made a note of where I was on the highway, by noticing the next little green sign I passed with the kilometre number. The signs are located at each kilometre on the one hundred series

Nova Scotia highways. Then I found the email address for reporting highway potholes in the province. I did get an email back right away, to acknowledge my report, which was good.

In Nova Scotia, you can report highway potholes at: tir-occ@novascotia.ca or DPW-OCC@novascotia.ca

Luckily, my pothole adventures didn't cause any damage to my car and spring is just a few weeks away.

James Golemiec is a Canadian Registered Safety Professional with over eleven years' experience coordinating and managing complex safety systems at manufacturing facilities and performing inspections on project job sites across Canada.

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South Shore Public Libraries

Mobile Branch Schedule

For the week of March 11-17, 2022

<p>FRIDAY - March 11</p> <p>10-10:45am Broad Cove - Community Hall</p> <p>11am-12:30pm Petite Riviere - Fire Hall</p> <p>2-3pm Pentz - Westside United Church</p>	<p>3-5:30pm New Germany - Rosedale New Horizons Club, 4978 Route 10</p>
<p>SATURDAY - March 12</p> <p>10am-12pm Caledonia - NSLC parking lot</p> <p>12:30-1:15pm Pleasant River - Community Hall</p>	<p>WEDNESDAY - March 16</p> <p>1-4:30pm Chester - Chester Legion</p> <p>5:30-6:45pm Chester - corner of Highway 3 & Valley Rd.</p> <p>7-8pm Chester Basin - Chester Basin Legion</p>
<p>TUESDAY - March 15</p> <p>11am-1pm New Ross - New Ross Lions' Community Park</p> <p>1:45- 2:15pm Barss Corner - Mader's General Store</p>	<p>THURSDAY - March 17</p> <p>10:30am-7pm Mahone Bay - Three Churches Parking Lot</p> <p>Closed 12-1pm & 4:30-5:30pm</p>

MUSIQUE ROYALE

Friday March 18 at 7:30 pm
Tariq Harb, classical guitar
Central United Church, Lunenburg

Friday March 25 at 7:30 pm
Symphony Nova Scotia Opening Spotlight with Holly! Beethoven's 7th Symphony
Central United Church, Lunenburg

Wednesday April 6 at 7 pm
Ensemble Caprice Bach's Easter & Ascension Oratorios
Zion Lutheran Church, Lunenburg

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IN YOUR COMMUNITY

TOWN OF BRIDGEWATER 902-543-2274

Community Directory - Volunteer committees or organizations in the South Shore may contact recreation@bridgewater.ca...

Volunteer Awards - Do you know an outstanding volunteer? Nomination forms are online at www.bridgewater.ca/volunteer...

Winter Equipment Loan Program - Equipment available: Snowshoes; Nordic walking poles; Sleds and sliding carpets...

Bus Trip to Ski Martock - Ski Martock boasts seven trails including a terrain park, riglet park, beginner bowl, quad chairlift, T-bar lift and a Magic Carpet...

Brookside Cemetery Christmas Wreath/Arrangement Removal - If there are arrangements you wish to re-use in the future, please pick them up...

Walkin' in the Morning - Mondays, Tuesdays, Wednesdays and Fridays, 8-9 a.m. Lunenburg Community Centre. Free.

Lunenburg Weight Room - Ages 13+.

Lunenburg Arena Public Skating - Public Skating: Mondays, Wednesdays and Fridays, 3-4:30 p.m.; Adult Skate: Mondays, Wednesdays and Fridays, 11:15 a.m.-12:45 p.m...

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

Volunteer Awards Deadline - March 24.

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

LUNENBURG CO. LIFESTYLE CENTRE 902-530-4100

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

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

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

MUNICIPALITY OF QUEENS 902-354-5741

Masks and proof of double vaccination required when entering all facilities.

Pickleball - West Queens Recreation Center: Tuesdays and Thursdays, 10 a.m.-12 noon; North Queens Community School: Wednesdays, 7-9 p.m.

Liverpool Recreational Volleyball - South Queens Middle School. Thursdays 6:30-8:30 p.m.

Community Volleyball - North Queens Community

School. Tuesdays, 7-9 p.m.

Ball Hockey - North Queens Community School. Thursdays, 7 p.m. Adults and children (Grades 7 and up) welcome.

Basketball - JC Wickwire Academy. Grades Primary to two are skills only on Sundays, 11 a.m.-12 noon. Under 10 sessions are Wednesdays, 5:45-7:15 p.m. and Sundays, 9-11 a.m. Under 12 are on Mondays, 6:30-8 p.m. and Tuesdays, 6:30-8 p.m.

Badminton - Liverpool Regional High School. Tuesday, 6-8 p.m. Information: Cosby's Garden Centre, 902-354-2133.

Gotta Dance (ages three to teen) - Plan A Dance Centre at Queens Place Emera Centre. Alternating Saturdays. Information: planadancecentre@gmail.com.

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

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

The Liverpool Curling Club - Recreational mornings, doubles and stick curling, league and fun nights and the very popular Junior Curling program for ages five to 18.

Queens County Blades - Sundays, 3:45-4:30 p.m.

Liverpool Lady Cougars - Sundays, 6:15-7:15 p.m.

Contact Queens Place at 354-4422 for more information.

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

Moms/Babies Walking Group - Pine Grove Park, Fridays, 11 a.m. Meet at the Irving on Bristol Avenue, weather permitting.

MUNICIPALITY OF CHESTER 902-275-3490

Essentrics Mondays Session 2 - Chester Brass Band Hall, starting March 14.

Discovery Essentrics Session 2 - Chester Brass Band Hall, starting March 14.

Essentrics Fridays Session 2 - Chester Brass Band Hall, starting March 18.

Slow Flow Yoga Session 2 - St. Stephen's Church Hall, Chester, starting March 23.

Card Lake Owl Prowl Session 2 - Card Lake Provincial Park, March 23.

HB STUDIOS SPORTS CENTRE 902-543-5348

Facility / Walking Track Hours: Mondays-Fridays: 8 a.m.-9 p.m.; Saturdays: 10

WHAT'S NEW @ THE LIBRARY?

These are just a few of the activities happening during March Break at South Shore Public Libraries - visit southshorepubliclibraries.ca or call your local library to see what else is available!

3D Watercolour Flower Art - Spring is on the way! Create a beautiful and colourful 3D flower to brighten your day. Ages 4+; drop in! Margaret Hennigar Public Library, March 11, 11 a.m. and 2 p.m.

East Coast Kitchen Party with Steve Dicks & Danny Pink - Drawing inspiration from many great Maritime performers, Steve (on guitar) and Danny (on mandolin) will play ballads, traditional jigs 'n reels, a cappella songs, sea chanties, modern rock/folk, and cute little salt water-inspired originals!

Monster Making with Marsha - Design your own little monster, and then choose from a plethora of patterns, funky fabrics, beautiful buttons and thrifty thread to bring your creature to life! Ages 8+; registration required, call 902-634-8008.

Slime time! Have fun getting your hands sticky making slime! Dress appropriately - this can get messy! Ages 6+; registration required, call 902-354-5270.

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

TOWN OF LUNENBURG 902-634-4006

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

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

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



BOWLING

Pajo's Bowling Alley League Stats

Men's League, Feb 21: H.S.: Scott Doucette, 141. H.T.: MScott Doucette, 377. T.H. Bottom of the Barrel, 1,697. Ladies League, Feb 22: H.S.: Carol Weisner, 138. H.T.: Carol Weisner, 333. T.H.T.: Sexy incredible mamas, 1,827. 300's: Paulette Conrad, 303. Valerie Feener, 313. Crystal Myra, 321. Canexel League, Feb 16: H.S. Ladies: Lisa Boehner, 124. H.T. Ladies: Val Feener and Lisa Boehner, 310. H.S. Men: Doug Murphy, 131. H.T.: Doug Murphy, 361. T.H.: B4 Balls, 1,529. Feb 9: Val Feener, 114. Val Feener, 305. Charlie McCann, 135. Cory Carver, 321. Bobs Bunch, 1,432. Money League, Feb 3: H.S.: Darryl, 136. H.T.: Matt, 331. H.S. Danielle, 131. H.T.: Lisa, 342. T.H.S.: You're Do, 1,491. Feb, 10: Yama, 130. Yama, 363. Tosha, 12. Tosha, 312. You're Due, 1,465. Atlantic Youth Bowling, Feb 19: Pee Wee: B.S., Nicholas Blanchard, 86. B.T., Nicholas Blanchard, 232. Bantam: G.S., Arianna Feener Berringer, 94. G.T., Ella Nodding, 255. H.S., Owen Hublely, 106. B.T., Owen Hublely, 266. Junior: H.S., Zoe Haughn, 126. H.T., Zoe Haughn, 326. H.S., Marcus MacIsaac, 95. H.T., Marcus McIsaac, 252.



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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			

ACROSS

- Aerosol spray
- Tricky
- Marble slice
- At a standstill
- Stick for billiards
- Wear down
- Sports group
- Exit's opposite
- Packing down
- VIII
- Eden dweller
- Mentally healthy
- Pushy
- Broom's relative
- Hurried
- Litter's littlest
- Title
- Folder
- "You ___ Sixteen"
- Grass-covered ground
- Moved slowly
- Heroic poem
- Rightful
- Shaving need
- Got slimmer
- Oversight
- Dam
- Clamors
- In fashion
- Unzip
- Brink
- Tissue layer
- Disarray

DOWN

- Catcher's catcher
- What's the big ___?
- Close with force
- Violent storm
- View
- Breathing organ
- Nonetheless
- Blot
- Undies
- Building curve
- Garden produce
- Gather in
- Climbing plant
- Tearful moan
- Half of a bikini
- "___ Day Will Come"
- Sniffing's partner
- Wet dirt
- Swiss peak
- High-wire precaution
- Physician, briefly
- Liberation
- Knights' titles
- Mug
- Sheriff's helpers
- Fine
- Went by carriage
- In a group of
- Hammer or chisel
- Ready to be picked
- ___ out (barely makes)
- Comfortable rooms
- Little devil

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

Level: Advanced

Guess Who?

I am an actor born in New York on March 6, 1946. Although I had a famous role on a popular TV series, I am best known for my work as a tough-as-nails Karate sensei, a role I recently reprised in a Netflix reboot.

Answers: Martin Kove

CRYPTO FUN

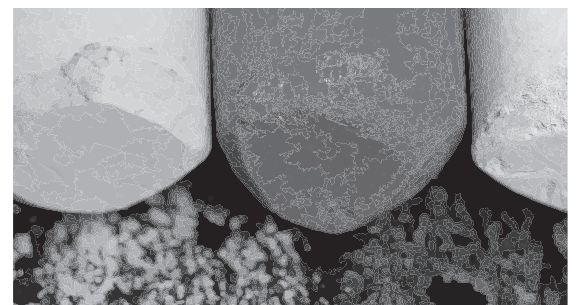
Determine the code to reveal the answer!

Solve the code to discover words related to hearing impairment. Each number corresponds to a letter. (Hint: 5 = E)

- 5 13 23
Clue: Listening body part
- 8 5 13 23 3 6 17
Clue: Ability to process sound
- 15 3 26 14 5 6
Clue: Give attention to sound
- 26 21 2 6 12
Clue: Noise

Answers: A. ear B. hearing C. listen D. sound

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHALK

Puzzles & More Answers

Crossword Solution

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

Sudoku

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to hearing.

EDFA

--	--	--	--

Answer: Deaf

PUZZLES & MORE

Turkey Sloppy Joes



Sweet yet savory ground meat served on a bun is a comfort food classic that has been a staple for restaurants and home cooks for decades.

Sloppy Joes are beloved sandwiches that feature meat paired with a lip-smacking, tomato-based sauce. Some attribute the original Sloppy Joe to a cafe in Sioux City, Iowa, where in 1930 a cook named Joe added tomato sauce to his “loose meat” sandwich. Others say the sandwich evolved from sandwiches that were introduced by Floyd Angell, the founder of the Maid Right Restaurants, in 1926. Others attribute the recipe to a bar and cafe in Havana, Cuba, called “Sloppy Joe’s.”

Though the origin story is debatable, most people agree that the sandwiches are delectable. Sloppy Joes are called by many different names in various parts of the country, including yum yums, steamers and slushburgers. While it’s traditional to make them with ground beef, any other meat can be substituted, including ground turkey for a leaner take. Try this recipe for “Turkey Sloppy Joes for a Crowd” from “Taste of Home

Healthy Cooking Cookbook” (RDA Enthusiast Brands, LLC) by the Taste of Home Kitchen.

Turkey Sloppy Joes for a Crowd 16 servings

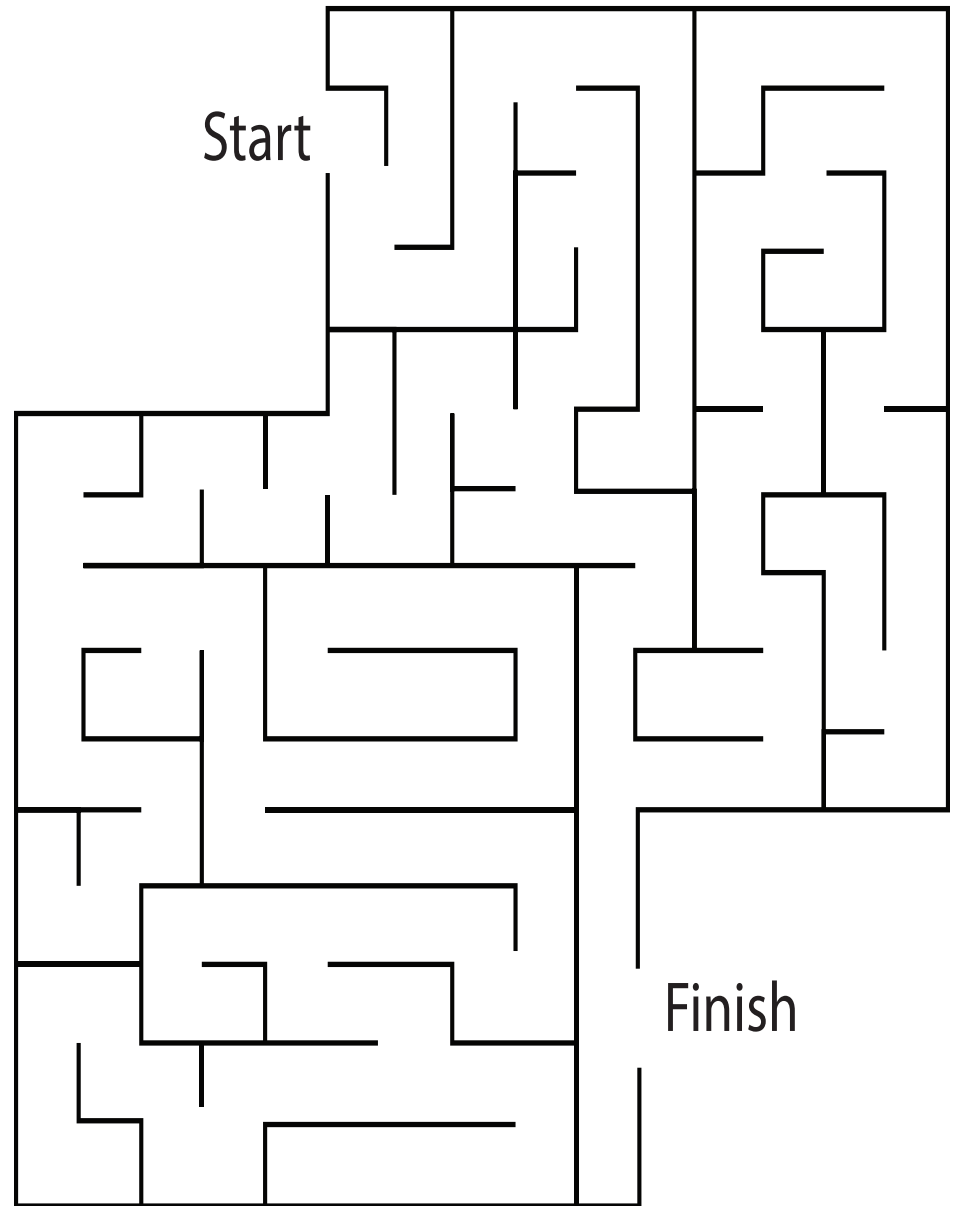
- 3 pounds lean ground turkey
- 3 medium green peppers, chopped
- 3 medium onions, finely chopped
- 2 1/4 cups ketchup
- 3/4 cup water
- 3 tablespoons white vinegar
- 3 tablespoons spicy brown mustard
- 1 jalapeño pepper, seeded and chopped
- 1/2 teaspoon pepper
- 16 whole wheat hamburger buns, split

In a Dutch oven coated with cooking spray, cook the turkey, green peppers and onions over medium heat until the meat is no longer pink and the vegetables are tender; drain.

Stir in the ketchup, water, vinegar, mustard, jalapeño, and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes, stirring occasionally. Serve on buns.

Amazing Maze

Find your way through the center of the maze.



SO VERY SWEET

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

WORD SEARCH WORD LIST

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

- | | |
|--------------|------------|
| BROWN | HONEY |
| CANDY | ICING |
| CANE | MOLASSES |
| CARAMEL | PLANTATION |
| CARBOHYDRATE | POWDER |
| COOKIES | REFINED |
| CRYSTAL | SUCROSE |
| CUBE | SUGAR |
| GLUCOSE | SYRUP |
| GOLDEN | WHITE |



WEDNESDAY EVENING MARCH 9. Table with columns for time slots (6:30-11:30) and program titles. Includes shows like News, eTalk, Wonder, Big Brother Canada, Survivor, Masked Singer, Domino Masters, etc.

DON'T FORGET Support your local food banks! This message brought to you by lighthouseNOW.ca your local newspaper. Includes images of food cans like Apples, Beans, Tomatoes, Carrots, Spinach, Broccoli.

What's on?

www.tvpassport.com/southshore

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

Channel Guide table with columns for channels (GLOBAL, ATV, CBC, PBS, ASN, ABC, NBC, PARMT, A&E, CMT, CNN, HIST, CHCH) and rows for regions (A, B, C, D, E).

THURSDAY EVENING MARCH 10. Table with columns for time slots (6:30-11:30) and program titles. Includes shows like News, ET, ET Canada, Bull 'Safe Space', Big Brother Canada, U.S. of AI, Ghosts, etc.

FRIDAY EVENING MARCH 11. Table with columns for time slots (6:30-11:30) and program titles. Includes shows like News, ET, ET Canada, The Thing About Pam, Bull Michael Weatherly, BLK: An Origin Story, etc.

WEEKDAY DAYTIME MARCH 9 TO MARCH 15. Large table with columns for time slots (7:30-6:00) and program titles. Includes shows like Global News Morning, Morning, Various, Arthur, CTV Morning Live Atlantic, Good Morning America, etc.

SATURDAY DAYTIME MARCH 12. Table with 24 columns (7:30-6:00) and 59 rows of program listings.

SUNDAY DAYTIME MARCH 13. Table with 24 columns (7:30-6:00) and 59 rows of program listings.

SATURDAY EVENING MARCH 12. Table with 12 columns (6:30-11:30) and 59 rows of program listings.

SUNDAY EVENING MARCH 13. Table with 12 columns (6:30-11:30) and 59 rows of program listings.

MOVIES

WEDNESDAY 03/09

Evening

5:00 **OUTD** "All Summer Long" (Romance,2019) Autumn Reeser, Brennan Elliott. A woman's dream job of captaining a dining cruise comes true, with a catch. (G)

THURSDAY 03/10

Evening

7:00 **OUTD** "Falling for You" (Romance,2018) Taylor Cole, Tyler Hynes. A local radio host is hosting a bachelor bake-off to raise money to save the station. (G)

FRIDAY 03/11

Evening

7:00 **OUTD** "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)

a parallel Earth helps the Justice League to fight their counterparts. (PG) **SHOW** "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)

5:15 **CTVSci-Fi** "Hancock" (Action,2008) Will Smith, Charlize Theron. An alcoholic superhero has a chance encounter with a public relations person. (14+)

SATURDAY 03/12

Evening

5:00 **CH** "Patterns" (Drama,1956) Ed Begley, Van Heflin. A ruthless CEO brings a young man into his firm as a replacement for an ailing executive. (PG)

6:00 **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+)

SUNDAY 03/13

Evening

5:00 **CH** "Pursued" (Drama,1947) Robert Mitchum, Teresa Wright. A man is tormented by missing childhood memories and his family's death. (PG)

6:00 **STAR** "Ocean's 8" (Action,2018) Sandra Bullock, Cate Blanchett. Ex-con Debbie Ocean puts together a crack team to pull off the heist of the century. (14+)

to stop Apocalypse from destroying the world. (PG) **TBS** "Crazy Rich Asians" (Comedy,2018) Constance Wu, Henry Golding. During a trip to Asia, a woman learns that her boyfriend's family is incredibly rich. (PG)

MONDAY 03/14

Evening

7:00 **OUTD** "Yes, I Do" (Romance,2018) Jen Lilley, Marcus Rosner. A woman has to prove that she wants to marry her fiancé after leaving him at the altar. (G)

TUESDAY 03/15

Evening

7:00 **FAM** "Monsters vs. Aliens" (Animated,2009) Voices of Reese Witherspoon, Seth Rogen. A woman is turned into a giant monster and becomes part of a secret government team. (PG)

MONDAY EVENING MARCH 14. Table with columns for time slots (6:30-11:30) and program titles like News, ET Canada, NCIS, etc.

TUESDAY EVENING MARCH 15. Table with columns for time slots (6:30-11:30) and program titles like News, ET Canada, FBI, etc.

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Employment OPPORTUNITY



Journalist Advocate Media Inc. Job Location: Pictou County, NS

The Advocate, a division of Advocate Print & Publishing, is searching for an enthusiastic, energetic, and outgoing Journalist with the ability to report the latest news both in print and through online media channels. As a Journalist your reporting will be noticed while you work with an award-winning editorial team.

Based in our downtown Pictou office, the successful candidate will make a difference by contributing engaging content, while representing the company within the community, and collaborating with other editorial, sales and production teams.

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

Attributes and Responsibilities:

- Excellent interpersonal and communication skills.
- Strong team player.
- Ability to manage multiple deadlines while ensuring excellence and quality standards are met.
- Passionate about Atlantic Canada and current affairs.
- Superior organizational skills.
- Must be a detail-oriented self-starter with the ability to work independently and as a team player.
- Committed to positive business results.
- Excellent research, photography and writing skills.
- Able to demonstrate skill set with a portfolio of published articles or newscasts.
- Creative thinker with goal-oriented attitude to achieve results personally and through others.
- Must be inquisitive, have adept writing skills with the ability to absorb information quickly.
- Able to attend events and report on them, execute assignments from editor, and generate story ideas as needed.

Requirements:

- Bachelor's degree in journalism or equivalent reporting experience.
- Up-to-date knowledge of Canadian Press Style and its reporting practices.
- Must travel occasionally.
- Must possess own transportation and maintain a valid driver's license.
- All new hires are required to be fully vaccinated against COVID19, as per Advocate's Vaccination Policy.

Additional Assets:


- Internship experience in the field and the newsroom.


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



www.advocateprinting.com
Advocate Printing & Publishing Company

200347





Graphic Designer

Job Location: Halifax

Advocate Creative Group, a division of Advocate Media Inc., is looking for a passionate individual to join our team as a graphic designer. The primary responsibility of this position will be producing visual communication solutions, including brand development, strategy, visual storytelling, and design.

If you love working collaboratively with a creative team on a wide variety of products, you will make an excellent addition to our team. We will offer a competitive compensation package including the opportunity to participate in our generous benefit programs.

We will count on you to

- Produce high-quality design solutions across a range of marketing materials, including brand development, POS, collateral, publication, advertising, promotions, social media, and digital design
- Creatively contribute to branding and campaign initiatives and their development across multiple channels
- Adapt to the different design styles and aesthetics required to meet the needs of our diverse industry portfolio
- Manage graphic designs from conception to delivery
- Actively participate in meetings as required, contributing thoughtful expertise and feedback in a positive and constructive manner
- Mentor developing designers and their creative thought process

What you need to succeed

- You think creatively, conceptualize your ideas, and design solutions to satisfy the client's goals and objectives
- You have a collaborative mindset, ability to take direction, working both independently and as a team member
- You possess excellent communication skills that assist in the conversion of ideas into solutions
- You have a keen grasp on contemporary graphic design and typography, are very familiar with current trends, and can apply this knowledge to your work
- You have the organizational, time and project management skills that deliver the creative goal


What it takes technically

- A graphic design degree or diploma from a post-secondary institution
- A minimum of 4-5 years of experience in print and digital media
- Proficient in PC and Mac environments with advanced experience in Office 365 and Adobe CS
- Basic knowledge of Google and other social media analytics (asset)
- UI/Visual design experience creating user flows, wireframes, prototypes, mockups, and style guides (asset)

Requirements


- New hires are required to be fully vaccinated against COVID-19, per Advocate's Vaccination Policy.

To apply for this position please email your resume to: careers@advocateprinting.com



Advocate Printing & Publishing Company

200303



**VILLAGE OF CHESTER
EXPRESSION OF INTEREST
TO SERVE ON AUDIT COMMITTEE**

The Village of Chester is seeking expressions of interest from individuals to serve as a member on the Audit Committee

Audit Committee's mandate is to oversee all audit matters and receive the annual audit report, thereby, assisting the Commission in meeting its responsibilities by ensuring the adequacy and effectiveness of financial reporting and internal controls as per Section 44 of the Municipal Government Act.

If you are a resident of the Village and possess a financial background, accounting designation and/or experience in financial reporting and auditing, the Village invites you to submit a letter of interest on or **before March 31st, 2022**. The letter of interest should include a resume outlining relevant education and experience.

The Audit Committee is required to meet a minimum of twice in each fiscal year.

Direct inquiries and letter of interest regarding Audit Committee to:
Dennis Egyedy, Clerk/Treasurer
27 Pleasant Street, PO Box 620, Chester, Nova Scotia, B0J 1J0
Email: dennis.egyedy@villageofchesters.ca

200286

WANTED TO BUY

Any type of rifle
(22 lever action or commemorative rifles.)
902-354-5659

199005

MOM'S BUY & SELL

Lunenburg's coolest eclectic shop

Downsizing or redecorating? We buy furniture, antiques & such...by piece or by lot.

229 Lincoln St., Lunenburg Call Pam at **902-634-3595**

ANTIQUES WANTED. Settling an Estate, downsizing, have some older items you want to sell? Call me, I will buy 1 item or complete house lot. Judy Rhodenizer: 902-543-5194 or 902-521-2411.

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

FIREWOOD

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

MEETINGS

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

SUPPERS

If you want to drink, that's your business; if you want to stop, we can help. Just call AA 902-521-8114.

SUPPERS

St Patricks Supper. Forties Community Centre, New Ross. Sunday, March 13, serving 4-6 p.m. Corned beef and cabbage, carrots and boiled potatoes, dessert, tea/coffee. Adults: \$15; under 12: \$7; under 5: \$3. Eat-in or take-out. Hall: 902-689-2000. Fully accessible. COVID-19 protocols apply.

Employment OPPORTUNITY



Production Assistant Job Location: Stellarton, NS (on-site)

Eastern Sign Print, a division of Advocate Printing & Publishing, is recruiting a full-time **Production Assistant** at our Stellarton location. The ideal candidate will be someone who enjoys working within a team environment and who possesses skills and qualities that make a difference.

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

Job Responsibilities

- Provide production assistance for job orders as required
- Enter job order information into job order system as required
- As trained, operate Wide Format UV Printer, roll-to-roll printers, laminators, summa cutter, CNC cutting table and other signage equipment
- Assist the Operator to perform cutting, taping and grommet for signage products as required
- Perform and complete packaging and shipping requirements within deadlines
- Attend installation of products on client sites as required
- Assist operator when completing preventative and regular maintenance of all equipment; flushing, cleaning print heads, running operational testing and other maintenance duties as required
- Prior to production must ensure quality of all products meets customer specifications
- Safely transport production supplies by operating fork-lifts and pallet jacks as required
- Participate in department meetings to identify and improve production and delivery of products
- Must learn and comply with all safety training
- Must wear personal protective equipment
- Must report and help prevent all safety incidents no matter how minor
- Must ensure safety of self and help co-workers
- Must complete maintenance and other duties as required

Qualifications and Requirements

- Completion of community college program and/or equivalent working experience
- Production experience working with signage production is ideal but not required
- Good computer skills working with MS Office
- Excellent attention to detail and can work with technical signage specifications
- Must work varied shifts, and extended hours
- Must work within health and safety requirements and wear personal protective equipment
- Must wear steel toed safety shoes
- Ability to accurately read measurements and use measuring tools
- Excellent interpersonal, customer service and communication skills
- Very good team player with the ability to multi-task
- Excellent organizational and time management skills
- Willing to learn and retain new processes, procedures and technical information
- Must be able to work independently and as part of a team
- Very good communication and interpersonal skills
- Strong organizational skills as well as a high degree of attention to technical details
- Ability to safely lift up to 50 pounds and work standing on production floors
- «All employees are required to be fully vaccinated against COVID19, as per Advocate's Vaccination Policy

Interested applicants can send resume in confidence to:
careers@advocateprinting.com



Advocate Printing & Publishing Company

200352



Social Media & Digital Marketing Coordinator Job Location: Halifax or Northern Nova Scotia

Atlantic Canada's leading magazine publisher, Advocate Media Inc. and Metro Guide Publishing, is seeking an experienced and talented individual to join our growing team. The **Social Media & Digital Marketing Coordinator** will work on a variety of projects to promote Advocate Printing and Publishing and its affiliated companies, with a focus on their media products and input on additional properties as required. In addition to managing social media accounts, the Marketing Coordinator will assist the team with copywriting, website updates, graphic design, media initiatives, analytics, presentations, and other duties as assigned.

We are looking for a candidate with a strong work ethic, a passion for marketing, and shared vision for engaging content, diversity in voice and driving results.

The marketing coordinator would ideally be located in Halifax or Northern Nova Scotia, with the means and ability to travel through the region.

Core Accountabilities

- Manage and/or assist on multiple social media channels and varied voices.
- Assist our editorial and creative team through digital specific content creation
- Coordinate and execute several content calendars across various social media channels for more than ten brands: keeping them active and dynamic, providing content that aligns with their core audience and direct other staff members on how to do so effectively
- Analyze and report on social media tactics
- Assist with website maintenance
- Work with our teams, to write copy and assemble content for multiple newsletters
- Collaborate on design of ads and marketing material for community-related events
- Perform competitive analyses and reporting
- Compliment and collaborate with overall marketing, advertising, editorial and creative teams

Skills

- Excellent oral and written communication skills
- Excellent organizational, multitasking and time-management skills
- Ability to shift priorities as required
- Resourceful, detail-oriented, and solutions-driven
- Ability to work independently and as a part of a larger team
- Aptitude for measuring success by numbers, ability analyze and concisely share insights
- Proficiency in Microsoft Office (PowerPoint, Word, Excel)
- Proficiency in Adobe Creative Cloud (InDesign, Photoshop, Acrobat)

Knowledge & Work Experience

- Experience developing and managing commercial social media an asset
- Relevant education (Marketing, Advertising, Communications, or Public Relations) an asset
- Previous experience working in social content development an asset

Key Personal Characteristics & Interests

- Positive attitude & eagerness to learn
- Team-oriented approach
- Ability & willingness to take initiative
- Familiarity/interest in the media and/or print industry

All employees are required to be fully vaccinated against COVID19, as per Advocate's Vaccination Policy. To apply for this position please email your resume to:
careers@advocateprinting.com

The Advocate Group of Companies is committed to building and fostering a diverse, fair, and inclusive workplace which values diversity and encourages respect and dignity for all beliefs and ideas.



Advocate Printing & Publishing Company

200354

THANKS

We, the family of the late Margaret McKean, would like to thank everyone for the phone calls, cards and donations in memory of our Mom. Thank you so much for your compassion at our difficult time.
Sandra Walters and family;
Brian McKean and family.

VARIETY SHOWS

Country Music Show. North River Community Centre. March 13, 1 p.m. Jams starting Friday, March 18. Proof of vaccination required and masks to be worn. For info call: 902-644-2612.

FOR SALE

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

ROOMS for RENT

341 Grimm Rd. \$600 per month, plus security deposit. Includes use of all amenities. 902-521-0029.

MEMORIALS



PORTER: In loving memory of our beautiful daughter, Michelle (Bolivar) Porter, who went to Heaven on March 6, 2016. Years fly by like autumn leaves, But heartache and tears remain. All we have left are precious memories Of you, for today, for tomorrow, And until our lives are through. Forever in our thoughts. Always loved and so sadly missed by Mom and Dad, Lawrence and Carolyn Bolivar and family.

MEMORIALS

In memory of all of our loved ones: Dad, Owen Arenburg, love son Eric and Mildred Arenburg; sister Winnie (Mailman) Heim, husband Chester Heim; sister Doris (Mailman) Whynot, husband Eddie Whynot; our Dad and Mom, Ralph and Tracy Mailman; sister-in-law Freda (Mansfield) Mailman; sister-in-law Yvonne (Mailman) Mailman. Love sister Mildred and Eric Arenburg, sister Paulette and Foster Monk; brother Richard and Donna Mailman; brother Walter Mailman and family; brother Tony and Valerie Mailman; brother-in-law Donald Mailman.

DREW-VEINOT: In memory of our little great-granddaughter, Hailey Ashley Drew-Veinot, who was stillborn on March 5, 2010. Like a beautiful butterfly, You spread your wings and far too early You silently flew away from us. Donna and Allister Daniels



Don't forget Support your local food banks!

DEATHS

JOUDREY, Mona M. - 91, Blockhouse, died February 25, 2022, in Fishermens Memorial Hospital, Lunenburg. Funeral arrangements under the direction of Mahone Funeral Home Limited.
LOHNES, Judy Gertrude - 64, Upper Northfield, died February 24, 2022, at home, Upper Northfield. Funeral arrangements under the direction of Sweeny's Funeral Home, Bridgewater.
VEINOT, Gary Robert - 73, West Northfield, died February 25, 2022, at Harbour View Haven Nursing Home, Lunenburg. Funeral arrangements under the direction of Sweeny's Funeral Home, Bridgewater.
WADE, Raymond Patrick Nicholas - 83, Barss Corner, died February 23, 2022, at South Shore Regional Hospital, Bridgewater. Funeral arrangements under the direction of Sweeny's Funeral Home, New Germany.

OBITUARIES

OBITUARY - Donald Bruce Ellis, 1947-2022, Whitehorse, Yukon, passed away February 20, 2022, leaving his "True Love, Carol", Whitehorse, with friends, relatives across Canada.

OBITUARIES



Randolph Victor Bruhm
Age 80, born March 4, 1941; passed away February 20, 2022, peacefully at home with wife Barbara of 60 years by his side.
Randolph resided on the Bruhm Road, West Northfield, with his wife and four children: Murray (Melinda), Annette (Rickey), Angela (Narty), and Loretta (Neil). Randolph was proud of all his children and grandchildren Tyler (Chassidy), Cody (Jillian), Michaela (Alex), Gabrielle, and great-grandchildren Carly, Axel, and Jameson.
Randolph was predeceased by his youngest grandson Tristan; his parents Angus and Alma; three brothers and eight sisters.
He is survived by sisters Shirley and Ola.
Randolph worked at several local sawmills, Coca-Cola Company, and his last 27 years of work was with the Department of Transportation. Once retired, he loved to take his grandchildren on day trips to Peggy's Cove, Keji, and New Ross Farm.
Donations may be made in lieu of flowers to the VON and Maple Grove Cemetery in West Northfield.
Card of Thanks

The family would like to thank: the VON; Lunenburg County Home Support; doctors and nurses at SSRH; the paramedics from Lunenburg, the Valley, and Yarmouth who helped in so many ways. Thanks for the cards, phone calls, flowers, food and all who dropped in for a chat.

Obituaries can be found online at **lighthouseNOW.ca**

RQM council seeks solution to traffic snarls at intersection

TRAFFIC from page 7

He pointed out to the council members that the Tim Hortons restaurant only owns the land that it is situated on, the small parking lot and the drive-thru. This limits their ability to make a lot of changes. However, Sobeys is the one that owns the land that the parking lot is on.

After some discussion among the council members, everyone agreed it's an issue that needs to be fixed before an accident occurs.

Mayor Darlene Norman suggested the first step is to approach the two businesses involved with the hope that something can be done on their part to help resolve the issue. She was willing to approach them, as the mayor, to see if they could come up with a plan.

Norman added that the issue has become exacerbated because the nearby McDonald's restaurant is temporarily closed.

The mayor also said she approached the RCMP to see if it could do something about the problem, but was told there is nothing that its members can do under the Motor Vehicle Act.

S/Sgt. Daniel Archibald of the Queens RCMP acknowledged to *LighthouseNOW* in an email there is a sign at the intersection, but he said it is not one that is enforceable by the RCMP.

"The sign that is currently affixed to that intersection stating, 'No stopping anytime on a green light' is a Region of Queens sign and not enforceable under the Motor Vehicle Act," he explained. "Other than eliminating the entrance and making the intersection a three-way, or somehow having Tim Hortons configure their drive-thru in an alternative layout, the problem will remain," said Archibald.

In response to a question of what happens in the case of an emergency, Archibald said, "although that would be an annoyance," since there are multiple

lanes with two-way traffic an emergency vehicle, with "lights and sirens engaged with a cautionary approach most likely" would get through the intersection.

While he said there could be summary offence tickets issued in these cases, "tickets are just not a viable long-term fix."

Rather, he advised against stopping in the intersection while attempting to enter the drive-thru at Tim Hortons. "Either proceed straight through the intersection and enter the parking lot at the next entrance, or do not attempt to enter the drive thru at that time."

Norman concluded the simplest remedy is for people to not be so rude.

"It is up to people to be polite and respectful and do not deliberately block the intersection. It's only a cup of coffee and a donut," she told *LighthouseNOW*. "You could make someone late for their work, or make them lose their job. It's plain and simply rude."

OBITUARIES

Mona May Joudrey

Age 91, of Blockhouse, passed away peacefully at the Fisherman's Memorial Hospital, Lunenburg on February 25, 2022, with her family by her side.

Mona was born February 22, 1931, in Blockhouse and lived there her entire life. She was the daughter of Lancelot and Sarah (Demone) Aulenback and was predeceased by her husband, Lynwood Joudrey and siblings, Lester Aulenback, Paul Aulenback, Donald Aulenback and Pauline Hirtle.

Mona was a devoted wife and loving mother, proud of the home and family they built together. Over the years, she worked at many jobs outside the home, but it was at home where she really was most satisfied. She enjoyed cooking and baking some of the best food we ever tasted. She loved plants and gardening. Her beautiful rock garden was a pride and joy to her and was a landmark in Blockhouse. Mona also loved the cabin they built on Mush-a-Mush Lake and spent many summers there with friends and family. She enjoyed camping and fishing trips with the family and, for some reason, always seemed to catch the biggest fish. She loved nature and all the beauty it provided. Birds and the crows were among some of her favorites and feeding and watching them was an enjoyable pastime. She enjoyed country music, especially gospel, and going to the music concerts and jams. Mona volunteered as a long-time member of the Blockhouse Ladies Auxiliary and was a lifelong member of St. John's Lutheran Church in Mahone Bay. She had a strong faith in God and was a strong believer in the power of prayer. She always felt blessed for all the things she had in life, especially her family. She will be missed by many, as we are deeply missing her already.

Mona is survived by her sister, Verna Knickle; daughter, Rhonda Joudrey of Dartmouth; son, Errol Joudrey (Patricia) of Blockhouse along with five grandchildren, Tania (Martin) Beranger, John Martin, Chris Martin, Colleen (Joudrey) Tanner, Reena (Joudrey) Wentzell and six great-grandchildren, Spencer Martin, Ben Martin, Jack Martin, Nathan Tanner, Allison Tanner, and Claire Wentzell.

A funeral service was held 2 p.m., Thursday, March 3, 2022, at St. John's Lutheran Church, 89 Edgewater Street, Mahone Bay. Rev. Brooklynn Lane officiated. Memorial donations may be made to St. John's Lutheran Church, Mahone Bay or Victorian Order of Nurses, Lunenburg County Branch. Arrangements entrusted to the care of Mahone Funeral Home, P.O. Box 200, 32 Parish St., Mahone Bay, NS B0J 2E0 (902-624-8241). Online condolences may be sent to the family by visiting: www.mahonefuneral.ca

Raymond Patrick Nichols Wade

Age 83, Barss Corner, Lunenburg Co., passed away on Wednesday, February 23, 2022, at South Shore Regional Hospital, Bridgewater. Born in Moncton, he was a son of the late John and Elodie "Mary" (Gagnon) Wade.

Raymond was a member of St. Joseph's Roman Catholic Church, Bridgewater. He was employed by the C.E. Chiat & Company for his entire career as a salesman, traveling much of the Maritimes. He enjoyed being in nature, fishing and working in the flowers and vegetable gardens.

Raymond is survived by daughter, Michelle Wade, Oshawa; sons, Brent, Toronto; Daniel (Marlene), Bedford; Mark (Janice), Newburne; sisters, Sharon (Keith) Allan, Dartmouth; June Cleveland, Somerset; Diane (Ron) Schwehr, Barrie, ON; Carroll Coffin, QC; brother, Robert "Bobby", Winnipeg; many grandchildren, several great-grandchildren; many nieces and nephews.

Besides his parents, he was predeceased by his wife, Maureen Ann (Feetham) Wade; son, Ross; sister, Gail Cary; brothers, Frank and Allan.

No visitation at the funeral home by request. Funeral mass to celebrate Raymond's life will be held 10 a.m., Saturday, March 12, 2022, in St. Joseph's Roman Catholic Church, 115 Pleasant Street, Bridgewater with Father Jim O'Connor, officiating. Interment will take place at a later date in Barss Corner Community Cemetery, Barss Corner. Family flowers only, donations may be made to the Canadian Cancer Society, Heart and Stroke Foundation of Nova Scotia or charity of choice. Arrangements entrusted to Sweeny's Funeral Home, 4895 Highway 10, New Germany where online condolences may be made by visiting www.sweenysfuneralhome.com.

THE COURT REPORT

COURT REPORT from page 4

enforcement were going to attempt a traffic stop but the vehicle was out-of-sight, the Mounties said. Police were later flagged down by people advising a vehicle went off the road and into the water. Four people, including a police officer, "entered the waist-high water as the partially submerged vehicle appeared to be sinking," RCMP said in the statement. An adult female — the lone occupant — was removed from a vehicle discovered about 20 metres from shore. Paramedics assessed the woman and transported her by ambulance to hospital. For his efforts during the rescue, Paul Rowe of the Chester Basin area was honoured with a Nova Scotia Medal of Bravery in 2018. Rowe heard a noise while at home watching television and looked outside to see the vehicle in the water across from his property. He ran to the scene and entered the water to help the driver, said the award citation, which available on the Nova Scotia government website. "Rowe saw a child car seat in the back and so immediately returned to the vehicle after helping the driver to shore. He searched the now submerged vehicle for a possible child and confirmed there were no other occupants," said the description. "Without any consideration for his personal safety Mr. Rowe, who had recently been diagnosed with heart problems, selflessly helped the driver of the vehicle that was sinking in the cold ocean water."

Local transport truck driver faces impaired driving charges

The RCMP say a Lunenburg County transport truck driver registered blood alcohol reading more than three times the legal limit after a big rig was seen swerving on a Cape Breton County highway. In a news release, the Mounties said a Bridgewater man, 33, is accused of impaired driving and driving over the legal

limit of 80 milligrams of alcohol in 100 millilitres of blood. The driver was also ticketed under traffic laws for failing to perform a pre-trip inspection, operating a B-train on a highway other than a B-train route and failing to possess daily driving logs. B-trains are a combination of a tractor and two trailers. RCMP conducted a traffic stop on a tractor trailer Feb. 26 after a caller witnessed the vehicle swerving just after 1 p.m. on Highway 4 in Howie Centre. "While speaking with the driver (the RCMP) observed that he was displaying signs of impairment," RCMP said. "The man was arrested and transported to North Sydney where he provided breath samples that were more than three times over the legal limit." Cpl. Chris Marshall, a spokesman for the Mounties, told *LighthouseNOW* the driver was the sole occupant of the vehicle. Marshall was unable to confirm what kind of freight the tractor trailer was hauling. RCMP said the case concerning **Jatinder Singh Johal** will be in front of a judge in provincial court in Sydney next month.

Admits to sexual interference involving two minors

A 23-year-old man, who admitted to sexual interference involving two individuals under the age of 16 can serve his 90-day jail sentence intermittently and will be on probation for three years. **Jessie James Banks**, of Lunenburg County, committed the offence in Lunenburg County between 2018 and 2019. Banks pleaded guilty in November 2019 and was sentenced in mid-February in Bridgewater provincial court. Banks must register as a sex offender for 10 years and cannot frequent places where children can reasonably be expected to be present for the same amount of time. He also had to submit a DNA sample to the national databank and is subject to a five-year firearms prohibition.

Hunt's Point athlete earns provincial award

Ben Theriau awarded for dedication

By KEVIN MCBAIN

Local Journalism Initiative Reporter

Athlete Ben Theriau of Hunt's Point is a recent winner of the Athletics Nova Scotia award for athlete of the year for his dedication to sport.

On Feb. 23, Athletics NS held a virtual awards presentation, a first for the association, celebrating athletes' accomplishments in 2021.

"I was shocked. I didn't even know it was coming," the 22-year-old commented about his award recently in an interview.

Among the many award winners were multiple provincial record-holders, school provincial champions, top-ranked athletes, Special Olympics and Para Athletes of the Year, Masters athletes, coaches, officials and volunteers.

Theriau has been a part of the Lunenburg/Queens Special Olympics program for approximately eight years. Coach Betty Ann Dauray has been actively involved in his local training efforts.

"Ben is very dedicated to his sports," she said. Theriau trains every Friday night at the Canada Games

Centre with his coach, Peter McCormick, who nominated him. "Ben attends all his practices and he is a great all-around athlete," said Dauray.

She said he is also doing some coaching with other Special Olympics athletes, and "I think somewhere down the line he may become a coach."

Dauray noted that Theriau is well known in the community. He's assisted with the Liverpool Privateers hockey team and works with the local food bank.

A keen hockey player, he currently plays goaltender for the Liverpool women's ice hockey team.

He's no stranger to competition, having competed and won several awards at the provincial and national level. In 2019, he took to the world stage as part of Team Canada in Dubai.

Theriau says enjoys being a part of the Special Olympics program. "You're not left out and you're always included in everything."

Although COVID-19 has cancelled or postponed numerous competitions, plans are to get back to events starting with the provincial championships being held in July at St. Francis Xavier University in Antigonish.

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LIGHTHOUSENOW
PROGRESS BULLETIN

JOB FAIR MARKET

EMPLOYMENT OPPORTUNITIES

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.

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

Explore the hidden job market

If you applied for several jobs that were posted online and weren't successful, you might want to consider exploring the hidden job market. Here's what you should know.

WHY TARGET THIS MARKET?

If you apply for a job that hasn't been advertised, you may be one of the few candidates in the running. This can improve your chances of landing the position.

WHAT'S THE HIDDEN JOB MARKET?

Not all employers immediately turn to online recruitment services to fill their needs. In fact, many jobs never get posted online, and there are companies that don't have the time or resources to advertise jobs to the public. Additionally, many employers rely on recommendations from their staff to find the perfect candidate.

HOW DO YOU FIND JOBS?

Leverage your connections by making calls, sending emails and submitting your application package to various employers.

Keep in mind, you may have to step out of your comfort zone to find an unadvertised position.

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.

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.

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.

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.

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

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

Employment Opportunity Data Collection Technician

The Town of Mahone Bay has an immediate opening for a **Data Collection Technician** for a current student or recent graduate.

The **Data Collection Technician** is accountable to the Climate and Energy Program Manager and is responsible for identifying and collecting GPS data on Town-owned natural assets and cemetery sites as part of the Town's Natural Asset and Cemetery Mapping Project.

This position is responsible for collecting, analyzing and reporting data using GIS/GPS equipment, and maintaining well organized data and records. The ideal candidate will possess or be working toward a technical degree in GIS/GPS or have previous experience working with GIS equipment. This position will require someone who is able to walk/stand for long periods of time and is a licensed driver with access to a reliable vehicle. Candidates with a strong knowledge of Mahone Bay's neighbourhoods will be considered favourably.

Resume and cover letter will be accepted until **March 11, 2022 at 4:00pm** and can be submitted by email to climate@townofmahonebay.ca (subject line to include **Data Collection Technician** in all emails).

A full job description is available at www.townofmahonebay.ca. Only those selected for an interview will be contacted.

200143

SUMMER EMPLOYMENT DEADLINES

We are looking for strong, creative leaders with energy, motivation, and communication skills to deliver our summer recreation programs in a fun, safe and inclusive environment. Our summer programming spans across the District of Lunenburg encompassing all ages and abilities. Reliable transportation is required to travel to different locations daily. We welcome applications from all who feel their knowledge and skill sets align with the goals of our department.

March 11, 2022 (Manager Positions, 13 to 17 weeks)
April 1, 2022 (Program Leaders, 14 to 17 weeks)
May 2, 2022 (Program Leaders, 8 to 9 weeks)

Mail or drop off your resume to:
 Tissy Bolivar, Program Coordinator
 10 Allée Champlain Drive
 Cookville, NS B4V 9E4
tissy.bolivar@modl.ca

200129

Camp Kadimah is hiring Kitchen Staff this summer. Apply now!
 Amazing work experience, good pay, fun environment.

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

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

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

You may apply for one or both positions outlined below:

General Kitchen Staff:

- Support the head cook by preparing food as instructed for meals and snacks
- Bakers needed!
- Wash and stack dishes
- General cleaning of dining hall and guest cabins
- Replenish serving plates and salad bars during meals
- Other duties as assigned

Inventory Control:

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

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

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

199831

Job descriptions are available on the Municipal website: www.modl.ca

Renowned organist hoping to buy historic Liverpool church

BY KEVIN MCBAIN

Local Journalism Initiative Reporter

Although the price tag has yet to be put on Liverpool's historic Zion United Church, it's already begun to attract interest from potential buyers, including the famed organist, Xaver Varnus.

Hungarian-born Varnus, who is now the owner of a former church that has been transformed into a music centre in Brooklyn, Queens, officially made known his interest in buying the Liverpool church Feb. 16, a day prior to leaving on a five-week tour of Europe. A day later he listed his Brooklyn property for sale for \$320,000.

Varnus moved to Nova Scotia from Ontario after buying the former Pilgrim United Church in Brooklyn in the fall of 2020. He had been hoping for a spot where he could host concerts and deemed the small, rural church near the ocean a perfect location.

He renovated part of the church into Victoria-themed living quarters and, since the building did not have its own pipe organ, the organist purchased one from a church that was closing in Truro. To move it from its northerly home to the South Shore, Varnus hired Colin Walsh of Acadia Pipe Organs for transport and installation.

When it was decided to sell the Zion United Church, members of the church tasked with readying it for the real estate market contacted Varnus hoping he could help find a new home for their pipe organ. He visited the church with the initial thought of buying the organ and moving it to his home in Varnus Hall.



FILE PHOTO

Xaver Varnus is looking to sell Varnus Hall located in Brooklyn and buy Liverpool's Zion United Church.

"I realized that the organ belonged to the church and it would be a crime to separate the two," he told *LighthouseNOW* recently. It occurred to him it would be easier to buy the property and move his 24-stop, 3,000-pipe Casavant organ to the Zion United Church rather than bring the Liverpool church's organ to Varnus Hall.

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, which he named his Brooklyn property.

However, the initial move of his pipe organ was far from an arrangement made in heaven. The owner of Acadia Pipe Organs, Colin Walsh, took Varnus to small claims court in Halifax. Walsh claimed his company went above and beyond completing the work according to the contract, including disassembling, moving and reassembling the organ in its new home, while Varnus argued the work was incomplete. Varnus withheld \$15,200 until he was satisfied with the work, for

which Acadia Pipe Organs was charging \$28,000.

Darrel Pink, small claims court adjudicator, rendered his decision on Jan. 23. In the decision, Pink said "the contract did not contain any specific terms regarding standards for the work," and Varnus was ordered to pay the outstanding amount plus court fees.

The decision has hit a sour note with Varnus. Although he has since paid the amount, he told *LighthouseNOW* in an email from Europe that he will appeal the decision.

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\$14/HOUR - URGENT HIRING - FULL TIME VARIOUS SHIFTS AVAILABLE!

JOB DESCRIPTION

Are you gratified when you are able to help others? Are you looking for a unique opportunity to give your career a new direction? If yes is your answer to these questions, then we would love to have you join our team!

As an Inbound Customer Service Call Centre Representative, you will be answering incoming calls that are Customer Service related. Ability to handle large call volumes and adhere to posted schedules.

- This person must be comfortable with technology, be internet savvy and have above average problem-solving skills.
- Successful candidate will be flexible to work a variety of shifts, which include alternating Saturdays. Flexibility is a must and requirement.
- Previous call centre or relevant experience preferred.
- Must possess a high school diploma and excellent command of the English language (both written and verbal)

WE OFFER

- Guaranteed Salary
- Full Health Benefits Plan
- Unlimited Earning Potential.
- Cash Bonuses, perks, etc.
- Management Opportunities
- Contests, Parties & Prizes
- A Fun Work Environment
- No Drama or head games
- Great Atmosphere
- Trips and Rewards
- Best Boss in the world

TO APPLY

- **No Phone calls please.** Kindly email your resume and we will contact you to schedule an interview.
Email: 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.



GLOBAL EMPIRE CORPORATION

198909

WALK-IN AND GET HIRED ON THE SPOT
54 HARLEY UMPHREY DRIVE, LIVERPOOL, NOVA SCOTIA