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shining a light on the progress of our south shore

146th Year • No. 10



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

Glen Allan Drive hospital benefits from charity's donation

By KEITH CORCORAN

keith.corcoran@lighthousenow.ca

**★**@LHNOWnews

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.

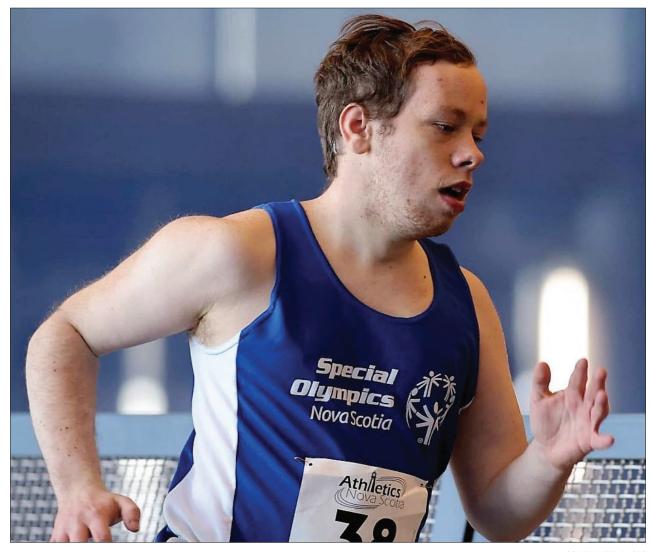
"It's important we support the hospital and good health in the community, that's our purpose," auxiliary president Alison Reynolds told LighthouseNOW in a phone interview. "This new addition is going to benefit the community unbelievably."

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

# SPECIAL OLYMPIAN OF THE YEAR



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.

# 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

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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Sean Fraser, Canada's minister

of immigration refugees and

citizenship, at a recent an-

nouncement in Nova Scotia.

# Universal condemnation of Russian invasion of Ukraine

UKRAINE from page 1

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 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

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,"

people of Ukrainian heritage in Nova 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.



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 possible 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.



# South Shore library chief has resigned, search on for replacement

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

**BV KEITH CORCORAN** keith.corcoran@lighthousenow.ca **y** @NewsmanKeith

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

"I just decided at

the end of 2021.

tire and move on

and look for new

challenges or be

happily retired."

**Troy Myers** 

Former chief librarian

South Shore Public Libraries

summer, the local library board announced Myers would be on paid leave from his \$107,000-a-year job following accusations it was time to reof 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 prov-

incial 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 allega-

tions 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 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-



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 keith.corcoran@lighthousenow.ca **★**@NewsmanKeith

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 differ-

The town's deputy fire chief, Andy

Wentzell, said the new gear better equips the department to handle modern vehicle enhancements. Wentzell, ad-

dressing 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.

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.

Bridgewater fire department has corded tools." **Andy Wentzell** 

"Currently, the

Deputy chief Bridgewater volunteer fire department



# **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





# 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.

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# **BRIEFCASE**

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

#### **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 Lighthouse-NOW. 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 lifethreatening 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 Lighthouse-NOW 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 Lighthouse-*NOW* 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

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

#### ■ 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.

tion 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

Judge Cathy Benton agreed with Crown for assessments. The matter was recomprosecutor Jodi Mailman's recommendamended 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

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# Crown drops fraud allegations against Bridgewater police constable

# Two counts facing Troy Vanderlinden dropped

"I'm glad the

charges have been

withdrawn and

everything seems

to be concluded."

**Troy Vanderlinden** 

Const.

**Bridgewater Police Service** 

By KEITH CORCORAN

keith.corcoran@lighthousenow.ca **★**@NewsmanKeith

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 pro-

ceeding on the allegations, resulting in the charges being dropped.

Bailey told Lighthouse-NOW 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 Lighthouse-NOW 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 Lighthouse-

NOW in a phone conversa-

Bridgewater's deputy police chief, Danny Mac-Phee, 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 in-

Lunenburg, N.S.

TIDE

TABLE

Wednesday, March 9

Thursday, March 10

Friday, March 11

12:17 AM

7:20 AM

12:54 PM

7:24 PM

12:59 AM

8:12 AM

1:49 PM

8:19 PM

1:53 AM

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# **ROM 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

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

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

Applications can be found on the Municipality's

website at www.modl.ca or picked up at the Mu-

Deadline for applications is Wednesday, April 7,

Attn: Kristy Kaizer, Administrative and Customer

10 Allée Champlain Drive, Cookville, NS B4V 9E4

For further information please call the Recreation

nicipal Office located at 10 Allée Champlain Drive,

County.

2022 at 4:00pm.

Service Assistant

Applications can be mailed to:

Or email to kristy.kaizer@modl.ca

Department at (902) 541-1343.

MUNICIPALITY OF THE

DISTRICT OF LUNENBURG

Sawpit Wharf Tender Dock Float

**Permit Application Deadline** 

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 deletions. 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 for-

A Second Reading of the bylaw and the list will be held

#### March 22. Your Neighbourhood Grocer 4988 Hwy. 10, New Germany 902-644-3272 **FRESH QUALITY MEATS & PRODUCE** PRICES FROM THURS MARCH 10 TO WED MARCH 16, 2022 **FRESH** FRESH PORK **STRIPLOIN** LEAN **TENDERLOIN** STEAK CUT FROM CANADA **GROUND** ''AAA' BEEF **BEEF CARROTS &** LARSEN **SUNRISE WIENERS** LARGE WHOLE **ONIONS BOLOGNA** PRODUCT OF CANADA

#### 1.94 ft 9:06 AM high 4.36 ft 3:00 PM 2.66 ft 9:17 PM Saturday, March 12 4.66 ft 3:05 AM 10:03 AM low 1.97 ft 4·19 PM high 4.43 ft 2.62 ft 10:17 PM high 4.79 ft 5:22 AM low 1.87 ft 11:59 AM 6:21 PM high 4.66 ft Monday, March 14 12:15 AM 2.46 ft high 5.05 ft 6:22 AM 12:50 PM low 1.67 ft 4.99 ft high 7:08 PM Tuesday, March 15 low 1:06 AM 2.23 ft 5.35 ft high 7:10 AM 1.44 ft 1:34 PM high 5.32 ft 7:47 PM Wednesday, March 16 1.94 ft 1:52 AM high 5.58 ft 7:50 AM 1.21 ft 2:13 PM low high 5.68 ft 8:23 PM Level of accuracy may be

affected by weather patterns

and circumstances.

# 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 toquestion 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.

# **ROM 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 RQM Mayor Darlene province as to what our boundaries could Norman 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

FILE PHOTO



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.

# RELIGION DIRECTORY

# **Upcoming Services**

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

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

Sunday Service at 11:00 AM

All health restrictions and protocols to be followed.

www.standrewslunenburg.ca

# Central United Church

Cumberland St., Lunenburg Sunday, March 13 at 10:30 Service and Sunday School

The Second Sunday in Lent 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

# ANGLICAN PARISHES OF PETITE RIVIERE & NEW DUBLIN

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** 

123 Pleasant St., Bridgewater, NS 121 York St., Lunenburg, NS **Churches of the Parish** Saint John the Apostle

# Our churches are open at a reduced capacity

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

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



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

# a Place Where Everyone Belongs BRIDGEWATER UNITED CHURCH

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

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

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

# **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@lighthousenow.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



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 noncommittal. "It's certainly something that we'll be seriously considering," he said.

# RQM council seeks solution to traffic snarls at intersection



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

LOCAL BUSINESS

**Contact Michele** 

ADVERTISING SPECIALS

902-818-2904 | mwhite@metroguide.ca

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 ouncil 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



# **MUNICIPALITY OF THE DISTRICT OF CHESTER**

**Joint Meeting of the Municipal** CHESTER 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

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



Hon. Susan Corkum-Greek MLA for Lunenburg

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

By appointment in New Germany

902-634-8708

susancorkumgreekmla@gmail.com



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 twosong 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

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 fatheris 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,"

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

"'ve always been

a person who wanted

to try new things,

never wanting people

to box me in."

**Reeny Smith** 

Musical artist

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 Janu-

Visit lighthousenow.ca for the latest in local news.

# **ARTS & ENTERTAINMENT**

# World renowned classical guitarist Tariq Harb to appear in Lunenburg

By GAYLE WILSON gayle.wilson@lighthousenow.ca **y** @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 featured 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



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

enhance the cultural life of Atlantic ists, gracing the stages of venues from Canada. Celebrating 42 years, the organization has featured over 400 art-

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 Lighthouse-NOW 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 lawver 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 pro-

"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,

the alumni from his alma mater, Acadia University in Wolfville.

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 ease that produces congestive heart fail-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 honourary 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.

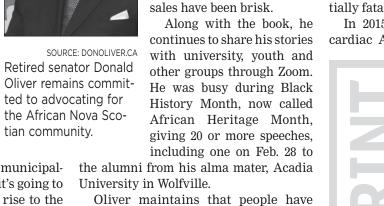
In 2015, Oliver was diagnosed with cardiac Amyloidosis, a rare heart dis-

ure. 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



been moved by the messages he was 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



# **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,



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 are slated for Berlin, Germany in June 2023.

# Getting along amid change

hange. 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 dif-

ferent 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 interpreta-

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 pas-

sionate, 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

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

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 rela-

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 Bul-

To your choices!

~ Susanne ~

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

# Tick season is 365 days a year on the South Shore

By KELLY INGLIS

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 blacklegged 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

nt 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.





SUSANNE

**BECK** 

# 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 <u>clerk@townofmahonebay.ca</u>.

# LIFESTYLES



JAMES HIRTLE PHOTO

The main food of American robins is earthworms.

# **Snow greets American robins**

**JAMES** 

Bird Notes

ver 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 Wiscon-

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

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.

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.



# March is Nutrition Month Ingredients for a Healthier Tomorrow

# 3 tips for healthy eating

This Nutrition Month, Dietitians of 2. LIMIT YOUR INTAKE OF FATS 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.



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.



# LIFESTYLES

# I hit that pothole — again!

**JAMES** 

**GOLEMIEC** 

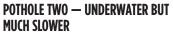
Keeping it safe

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.



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.

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.

> 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.



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-



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.

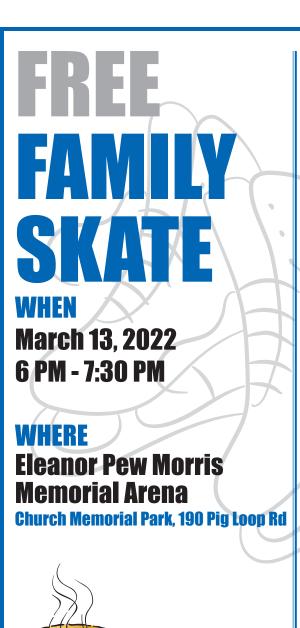
Meanwhile, after hitting that same pothole for the second time in two weeks, I made a note of where I was on the highway, by noticing the next little green sign I passed with the kilometre number. The signs are located at each kilometre on the one hundred series

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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Mobile Branch Schedule





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# TOWN OF **BRIDGEWATER** 902-543-2274

Community Directory — Volunteer committees or organizations in the South Shore may contact recreation@ bridgewater.ca to be added to the Town of Bridgewater directory at no charge. View the full directory at www.

bridgewater.ca.

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

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

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

Brookside Cemetery Christmas Wreath/Arrangement Removal — If there are arrangements you wish to re-use in the future, please pick them up. All must be removed by March 31. Questions? 902-543-2774 or email kayla.byrne@bridgewater.ca

TOWN OF

**LUNENBURG** 

902-634-4006

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

**Pickleball** — Female only,

12:30-2:30 p.m. Lunenburg

**Badminton** — Wednesdays

7-9 p.m. Lunenburg Commu-

recreational - Tuesdays

Community Centre.

nity Centre.

Centre.

Pickleball — Sundays 12-2

#### Walkin' in the Morn-

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

**Lunenburg Weight Room** — Ages 13+.

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

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

# DISTRICT OF LUNENBURG RECREATION

902-541-1343

Time4Art Youth Classes

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

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

**Chair Yoga** — Online via ZOOM, Tuesdays at 10 a.m.

**Vinyasa Yoga** — Online via ZOOM. Saturdays at 9:30 a.m.

# **Equipment Loan Program**

 Snowshoes, cross-country skis, and more. www.modl.ca/ equipment-loan

# IN YOUR COMMUNITY

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

Men's League, Feb 21:

H.T.: MScott Doucette, 377. T.H.

Ladies League, Feb 22: H.S.:

Carol Weisner, 138. H.T.: Carol

Bottom of the Barrel, 1,697.

Weisner, 333. T.H.T.: Sexy incredible ma-

mas, 1,827. 300's: Paulette Conrad, 303.

Canexel League, Feb 16: H.S. Ladies:

Lisa Boehner, 124. H.T. Ladies: Val Feen-

er and Lisa Boehner, 310. H.S. Men: Doug

Murphy, 131. H.T.: Doug Murphy, 361.

Feb 9: Val Feener, 114. Val Feener, 305.

Charlie McCann, 135. Cory Carver, 321.

T.H.: B4 Balls, 1,529.

Bobs Bunch, 1,432.

**CALL TODAY!** 

Bridgewater 902-543-3458

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Valerie Feener, 313. Crystal Myra, 321.

**BOWLING** 

Pajo's Bowling Alley League Stats

H.S.: Scott Doucette, 141. 136. H.T.: Matt, 331. H.S. Danielle, 131.

Hubley, 266

312. You're Due, 1,465.

Feb.10:

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.

Money League, Feb 3: H.S.: Darryl,

H.T.: Lisa, 342. T.H.S.: You're Do, 1,491.

Atlantic Youth Bowling, Feb 19:

B.T., Nicholas Blanchard, 232.

95. H.T., Marcus McIsaac, 252.

Yama, 130. Yama, 363. Tosha, 12. Tosha,

Pee Wee: B.S., Nicholas Blanchard, 86.

**Bantam:** G.S., Arianna Feener Berringer, 94. G.T., Ella Nodding, 255.

H.S., Owen Hubley, 106. B.T., Owen

Junior: H.S., Zoe Haughn, 126. H.T.,

Zoe Haughn, 326. H.S., Marcus MacIsaac,

Hon. Becky Druhan

Constituency Office: 373 King Street, Bridgewater

Mailing Address: 100 High Street, Box 286

Bridgewater, NS B4V 2S7

902-530-5449

BeckyDruhan.MLA@eastlink.ca

MLA for Lunenburg West

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 a.m.-6 p.m.; Sundays: 11 a.m.-7:30 p.m.

Movie Night — March 19, 3 p.m.: "Spirit Untamed"; 6 p.m.: "Jungle Cruise". Bring a blanket to make your tarp more comfortable! Pre-registration required.

#### **Imagination Playground**

 Preschool and caregiver playtime. Wednesdays, 10 a.m.-12 p.m. Pre-registration required.

**Drop-in Golf** — Call 902-543-5348 to book your one-hour time slot.

**Birthday Parties** — Come have your birthday fun with us. Many options available.

**Wellness Wednesdays** — In partnership with the Town of Bridgewater. Walk for free every Wednesday until the end of March.

KM Walking Club — In partnership with NS Department of Communities, Culture and Heritage. Keep track of your KMs; certificates and prizes at all levels.

March Walking Challenge is "Spot the Leprechauns" — Find all three leprechauns, receive a ballot for the draw at the end of the month for a 30-day walking pass!

# 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! All programs are conducted according to NS Health guidelines.

**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! Margaret Hennigar Public Library, March 16, 11 a.m. Thomas H. Raddall Library, March 16, 2 p.m.

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. Lunenburg Library, March 17, 2-4 p.m.

**Slime time!** Have fun getting your hands sticky making slime! Dress appropriately – this can get messy! Ages 6+; registration required, call 902-354-5270. Thomas H. Raddall Library, March 18, 2 p.m.

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



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# **PUZZLES & MORE**

# **Crossword puzzle**

г.	Т-	Т-	Τ.	_	_	Т-		_		Т-	T	т
1	2	3	4		5	6	7		8	9	10	11
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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

- 1. Aerosol spray
- 5. Tricky
- 8. Marble slice
- 12. At a standstill
- 13. Stick for billiards
- 14. Wear down
- 15. Sports group
- 16. Exit's opposite
- 18. Packing down
- 20. VIII
- 21. Eden dweller
- 22. Mentally healthy
- 23. Pushy
- 26. Broom's relative
- 27. Hurried
- 30. Litter's littlest
- 31. Title
- 32. Folder
- 33. "You \_ Sixteen"
- 34. Grass-covered ground
- 35. Moved slowly
- 36. Heroic poem
- 38. Rightful
- 39. Shaving need
- 41. Got slimmer 45. Oversight
- 47. Dam
- 48. Clamors
- 49. In fashion
- 50. Unzip 51. Brink
- 52. Tissue layer
- 53. Disarray

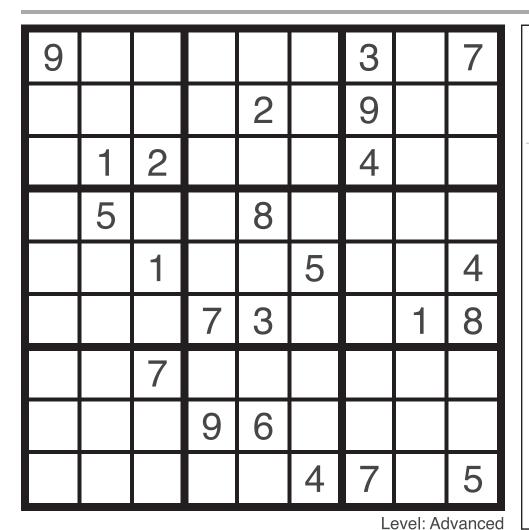
#### **DOWN**

- 1. Catcher's catcher
- 2. What's the big\_
- 3. Close with force
- 4. Violent storm
- 5. View
- Breathing organ 6.
- 7. Nonetheless
- 8. Blot
- 9. Undies
- 10. Building curve
- 11. Garden produce
- 17. Gather in
- 19. Climbing plant
- 22. Tearful moan
- 23. Half of a bikini
- 24. " \_\_\_ Day Will Come"
- 25. Sniffling's partner
- 26. Wet dirt
- 28. Swiss peak
- 29. High-wire precaution
- 31. Physician, briefly
- 32. Liberation
- 34. Knights' titles
- 35. Mug
- 37. Sheriff's helpers
- 38. Fine 39. Went by carriage
- 40. In a group of
- 41. Hammer or chisel
- 42. Ready to be picked
- 43. \_\_\_\_ out (barely makes)
- 44. Comfortable rooms

\* • × \* + ≈ \* ▲ ( \* ~ \* × 5 ⊃ Ω 6

B. hearing C. listen

46. Little devil



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.

> Martin Kove :saamsuy

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z Determine the code to reveal the answer!

> Solve the code to discover words related to hearing impairment. Each number corresponds to a letter.

5 13 23

Clue: Listening body part

8 5 13 23 3 6 17

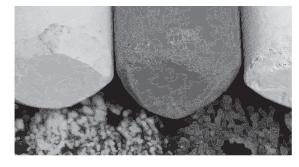
Clue: Ability to process sound

15 3 26 14 5 6

Clue: Give attention to sound

26 21 2 6 12 Clue: Noise

# PICTUR



Can you guess what the bigger picture is?

YNRMEK: CHYTK

# Crossword Sudoku Solution 7 5 6 4 8 1 2 9 8 3 1 2 9 5 6 7 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

**Puzzles & More Answers** 

# WORD SCRAMBLE Rearrange the letters to spell

something pertaining to hearing.

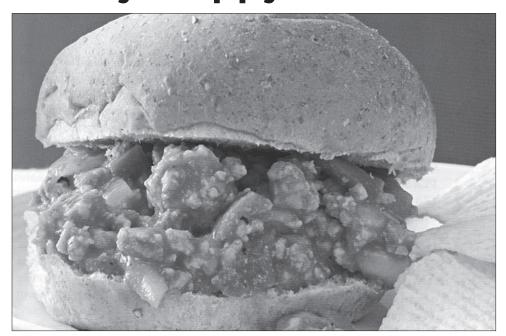
EDFA



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 lipsmacking, 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

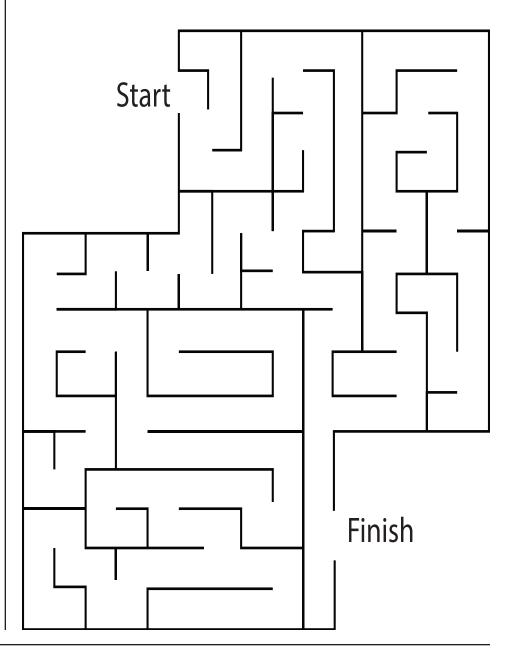
- 3 pounds lean ground turkey
- 3 medium green peppers, chopped 3 medium onions, finely chopped
- 2 1/4 cups ketchup
- 3/4 cup water
- 3 tablespoons white vinegar
- 3 tablespoons spicy brown mustard
- 1 jalapeño pepper, seeded and chopped 1/2 teaspoon pepper
- 16 whole wheat hamburger buns, split

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

T X P X I Q R O L U M D Е I M P G A O R UAHBUDTF K W Y W M R O N E K U  $\mathbf{Y}$ E A H P X L T  $\mathbf{C}$  $\mathbf{B}$ M Y P Α В R D U L L Ι U  $\mathbf{Y}$ O V O R  $\mathbf{G}$ Ε D H WK M D W C A  $\mathbf{X}$ R W H N F L Ε D

DLOGX

Ι

E

# 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



99 6:00 Oprah Tamron Hall (R)

Iyanla, Fix My Life

١	WEDNE:	SDAY E	VENING	ì						M.	ARCH 9
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6		See Your V	oice (SF)	Big Brother	Canada			ollercoaster"	( /	News	:35 ET Can.
8	6:00 News	eTalk	Wonder	B Positive	Pivoting	Masked Sin	ger (SP)	Domino Ma	sters	News	News
11	6:00 News	CorrieSt	Feud	Still Stand.	RunBurbs	Pretty Hard	Cases	News: The	National	CBC News	Land&Sea
4		PBS Newsh		Boston	Nature "Am	erican Horses	s" (R)	Ed Slott's F	Retirement F	reedom! (R)	
7	6:00 Ships	CTV News /	Atlantic	BigBang	eTalk	Goldberg	Goldberg	Kung Fu (S	P)	Criminal Mi	inds "Luke"
9		News	News	News	Chronicle	Goldberg	Wonder	Conners	Home Ec.	A Million Li	ttle Things
12		News	NBC News	News	Access H.	Chicago Me	ed	Chicago Fir	e	Chicago P.	D. "Gone"
14	6:00 Warrior	Deadliest W	/arrior	Deadliest W	arrior	Deadliest "h	KGB vs. CIA"	Deadliest W	/arrior	Deadliest V	Varrior
16				Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Neighbor	Neighbor
17	Queens	3's Comp.	3's Comp.	Frasier	Frasier	The Office	The Office	Queens	Queens	Queens	Queens
18	6The Lead	The Situation	on Room	Erin Burnet	t OutFront	Anderson C	Cooper 360	CNN Tonig	ht	Don Lemor	Tonight
19	6:00 Forged	Forged in F	ire	Forged in F	ire	Forged in F	ire	Forged in F	ire	Pawn Stars	
		Evening Ne		Story	Access H.	Rookie Blue	е	Cold Case '	'Daniela"	Condor	
		Young & Re	estless	News	News	Global New	S	Big Brother		See Your V	oice (SF)
22	Danger F	Warped! (R)	Danger F	★★★ "Cora	aline" ('09) Da	akota Fanning	g.	H.Danger	H.Danger	Und.High	Carn. Eats
23	Titans!	Titans!	DCSuper	Drama	ScbyDoo	Jellystone!	Craig	Batman	Superman	Justice Lg.	Phantoms
	6:00 SVU	Law & Orde	er: S.V.U.	Mom	Mom	Bull "Excess	sive Force"	NCIS: LA "[	Decoy"	A Million Li	
29	6:00 Power a	nd Politics		CBC Run A	Nichols	Canada Tor	night	News: The	National	News: The	National
			News	Wheel	Jeopardy!	Survivor "F	eels Like a R	ollercoaster"	(SP)	Good Sam	
33		CSI: Crime		CSI: Crime	Scene	Blue Bloods	s	Station Elev	ven	CSI: Crime	"For Warrick
34	6:00 Pimple	Dr. Pimple	Popper	Dr. Pimple	Popper	Dr. Pimple I	Popper	Dr. Pimple	Popper	Dr. Mercy	
35	6Hwy Hell	Highway Th	ru Hell	Heavy Reso	ue: 401	Moonshine	rs	MasterDisti	ller	BlindFrogR	lanch
		Boston 25 I	News at 6	ET	TMZ	Masked Sin	ger (SP)	Domino Ma	sters (P)	Boston 25	News
37		NCIS "Leap	of Faith"	NCIS "Chim	era"	FBI		NCIS "Dark	Secrets"	NCIS "Fami	ly Ties"
38		Queens	Queens	Housewive	s NJ	House Mian	ni	The Real Ho	ousewives	Million Doll	ar List
		Modern	Modern	Friends	Friends	Friends	Friends	BigBang	BigBang	BigBang	Crossing
43	Miraculous	Ninja Warri	or Junior	Baketopia	Lockdown	Crime Scen	e Kitchen	Dwight	Dark?	FamMat	FamMatters
			BigBang	BigBang	BigBang	All Elite Wr	estling: Dyn	amite		Go-Big Sho	w
46	6Fix2Fab	Fixer to Fal	oulous	Rock Solid	Builds	100 Day Dre	eam Home	Fixer to Fal	oulous	100 Day Dr	eam Home
47	6Element.	Ghost Whis	sperer	Star Trek: \	/oyager	Star Trek: V	/oyager	Superman	& Lois	Astrid and	Lilly "Lips"
49	Movie	★★ "All Sur	mmer Long" (	(19) Autumn	Reeser.	The Bachel	or			The Bachel	or (R)
					Hockey	Hockey NH	L Was./Edm.	Site: Rogers	Place (L)		SN Central
52	6Golf H/L	Players Cha	ampionship	Live from the	ne PLAYERS	5	Players Cha	ampionship	Live from the	ne PLAYERS	3
		SportsCent	re	Basketball	ACC Tournar	ment NCAA (	L)	Score.	Basketball	ACC Tourna	ment NCAA
54		Botched		Botched		Botched		Botched		Botched	
	First Talk	News	Retro	Red Earth	Other Side	Spirit Ta	Skindige	7th Gen (R)	Tribal	Tribal	
56	6Waltons	Parenthood	i	Murder, Sh	e Wrote	Rosemary 8	& Thyme	New Tricks		Doc Martin	
20	c.oo Onrah	Tomron Ho	II (D)	lyania Eivi	My Life	LovoHunter	ماان	Couples	Couples	Eamily or E	ionoó

Family or Fiancé

Couples Couples

Ī	THURSE	AY EVE	ENING							MA	RCH 10
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	ET	ET Canada	Bull "Safe S	pace"	Big Brother	Canada	U.S. of Al	Ghosts	News	:35 ET Can.
8	6:00 News	Call Me Kat	Sheldon	Big Sky "Do	No Harm"	Station 19		Grey's Anat	omy	News	News
11	6:00 News	CorrieSt	Feud	Coroner "Tr	ue Crime"	The Fifth Es	tate	News: The I	National	CBC News	Reflections
4	News	PBS NewsH	lour	Boston	Country Po	p Legends (I	My Music) (R	2)	ABBA Fore	ver: A Celeb	ration (R)
7	6:00 Ships	CTV News A	Atlantic	BigBang	eTalk	Mad About	Mad About	Rookie Blue	9	Criminal Mi	nds
9	6:00 News	News	News	News	Chronicle	Station 19		Grey's Anat		Big Sky "Do	No Harm"
12	6:00 News	News	NBC News	News	Seat Table	Law & Orde	r	Law & Orde	r: S.V.U.	Crime "Take	eover"
14	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
16	6:00 First 48	The First 48	"Predator"	The First 48	}	The First 48		The First 48	}	:05 Nightwat	ch
17	Queens	3's Comp.	3's Comp.	Frasier	Frasier	The Office	The Office	Queens	Queens	Queens	Queens
18	6The Lead	The Situation	n Room	Erin Burnet	t OutFront	Anderson C	ooper 360	CNN Tonigh	nt	Don Lemon	Tonight
19	6:00 Pickers	Counting Co	ars	Forged in F	ire	Rust Valley		Rust Valley		Swamp Ped	
20	HappyD.	Evening Ne	ws	Story	Access H.	Weather	**** "Si	ver Linings P	laybook" ('12	2) Bradley Co	oper.
21	6:00 Drew	Young & Re	stless	News	News	Global New	S	ET Canada	ET	Bull "Safe S	pace"
22	Danger F	Koral	PatShow	*** "Hop"	' ('11) Russe	Brand.		H.Danger	H.Danger	Und.High	Carn. Eats
23	Titans!	Titans!	DCSuper	Drama	ScbyDoo	T & J NY	Looney	Batman	Superman	Justice Lg.	Phantoms
28	6:00 SVU	Law & Orde	r: S.V.U.	Mom	Mom	★★ "Two W	eeks Notice"	('02) Hugh (	Frant, Sandra	Bullock.	The Unicorn
29	6:00 Power a	nd Politics		CBC Run A	Nichols	Canada Tor	ight	News: The I	National	News: The	National
32	WBZ News	WBZ News	News	Wheel	Jeopardy!	Sheldon	U.S. of Al	B Pos (SF)	Ghosts (R)	Bull "Safe S	pace"
33	6Chicago	Chicago P.I	Ò.	Chicago P.I	Ò.	Walker	•	Chicago P.I	D. "Infection"	Chicago P.I	D.
34	6:00 Darcey	Unexpected		Unexpected		Dr. Pimple F	opper	Dr. Pimple I	Popper	1000-lb Bes	t Friends
35	6Hwy Hell	Highway Th	ru Hell	Heavy Resc	ue: 401	Mega Zoo		BattleBots '	'To The Victo	or, Go the Sp	oils"
36	6:00 News	Boston 25 N	lews at 6	ET	TMZ	Joe Milliona	ire (SF)	Call Me Kat	Pivoting	Boston 25 I	News at 10
37	6:00 NCIS	NCIS		NCIS "Lost a	and Found"	FBI "Identity	Crisis"	Legacies		FBI: Most V	/anted
38	6:00 Million	Queens	Queens	Real House	wives (R)	Million Dolla	ar List	Million Doll	ar List	Below Deck	Yacht (R)
39	BigBang	Modern	Modern	Friends	Friends	Friends	Friends	BigBang	BigBang	BigBang	Full Frontal
43	Miraculous	Ninja Warrio	or Junior	Crime Scen	e Kitchen	Take Note	Take Note	Ruby and th	ne Well	FamMat	FamMatters
44	Sheldon	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	Go-Big Sho	w (SF)	Full Frontal	Go-Big
46	6RocSolid	Rock Solid	Builds	Rock Solid	Builds	Flip or Flop	Flip or Flop	Fix My Flip	•	Rock Solid	Builds
47	6Element.	<b>Ghost Whis</b>	perer "Fury"	Star Trek: D	S Nine	Picard Patri	ck Stewart.	Star Trek: D	iscovery	Raised by V	Volves
49	Movie	★★ "Falling	for You" ('18	) Taylor Cole	١.	Jokers	Jokers	Jokers	Jokers	Jokers	Imp. Jokers
50	6:00 Tim & F	riends (L)	Hockey	Hockey NHI	L Chi./Bos. S	ite: TD Garde	en (L)	•	NHL's Best	Sportsnet C	Central
	1:00 Golf	Live from th	e PLAYERS	(L)		Golf The Pla	yers Champ	ionship PGA	Site: TPC Sa	awgrass (R)	
53	Interrupt			Hockey NHI	L Sea./Ott. S	ite: Canadian	Tire Centre	(L)	SportsC	Curling Brie	er (L)
54	TMZ	Criminal Mi	nds	Criminal Mi	nds	Criminal Mi	nds "Luke"	Gossip Girl	•	:20 The Sex	Lives
55	First Talk	News	Nation	The Nature	of Things	Life Below 2	Zero Cda	The Wild Or	nes	Wentworth	"Legacy"
56	6Waltons	Parenthood		Murder, She	Wrote	★★ "Colum	bo: It's All in	the Game" ('S	93)	Bramwell "	Theo" (R)
99	6:00 Oprah	Tamron Hal	(R)	lyanla, Fix N	/ly Life	LoveHuntsv	rille	Family or Fi	iancé	Ready to Lo	ove



# **DON'T FORGET** Support your local food banks!

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# www.tvpassport.com/southshore

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

	Α	В	C	D	Е		Α	В	C	D	Ε
GLOBAL	6	6	6	6	7	ITV	21		16	62	18
ATV	8	9	5	9	9	YTV	22	28		70	
CBC	11	3	3	11	11	TOON	23	44		44	
PBS	4	2	13	4	6	W	28	22		22	
ASN	7	7	4	7	4	NEWS	29	29		29	10
ABC	9	27	7	31	17	CBS	32	11	11	32	13
NBC	12	5	9	12	12	CTV DRAMA	33	20		37	
PARMT	14	17	17	14		TLC	34	45		21	
A&E	16	15	20	16		DISC	35	19	23	38	
CMT	17	32	22			FOX	36	21	21	24	15
CNN	18	14	19	18		SHOW	37	33		39	
HIST	19	38		46		SLICE	38	34		40	
СНСН	20		10	23	16	CTV COMEDY	39	53		49	

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

F	RIDAY	<b>EVENIN</b>	IG							MAI	RCH 11
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	ET	ET Canada	The Thing A	About Pam	Bull Michae	Weatherly.	BLK: An Or	igin Story	News	:35 ET Can.
	6:00 News	eTalk	BigBang	Blue Blood	s "Guilt"	Shark Tank		Magnum P.	l.	News	News
11	6:00 News	CorrieSt	CorrieSt	mark.p	Arctic Vets	The Nature	of Things	News: The	National	CBC News	Exhibit.
4	News	PBS NewsH	our	Politics	Great Perfo	rmances		•	Burt Bacha	rach (R)	
7	6:00 Ships	CTV News A	Atlantic	BigBang	eTalk	★★★ "Blue	Streak" ('99)	) Martin Lawr	ence.	Corner Gas	Corner Gas
		News	News	News	Chronicle	Shark Tank		20/20			
12	6:00 News	News	NBC News	News	Access H.	Paralympic		Dateline NE	BC	The Thing /	
	6:00 Gone	Gone		Gone		Gone		Gone			otten Women
		The First 48		The First 48	3	The First 48		Cold Case I	Files	SerialKiller	SerialKiller
17		3's Comp.		Frasier	Frasier	The Office		Frogger		Queens	Queens
18	6Sit.Room	The Situatio	n Room	Erin Burnet	t OutFront	Anderson (	Cooper 360	CNN Specia	al Report	Don Lemon	Tonight
		The UnXpla	ined	Ancient Ali	ens	Ancient Ali	ens	The Proof	The Proof	Ancient Ali	ens
20	HappyD.	Evening Nev	WS	Story	Access H.	ER "Stuck o	n You"	20/20			
21	6:00 Drew	Young & Re	stless	News	News	Global New	'S	ET Canada	ET	The Thing /	About Pam
	Danger F	★★ "The Sn	nurfs" ('11) H	lank Azaria.		★★ "The Si	murfs" ('11) F	lank Azaria.		Und.High	Carn. Eats
23	Titans!	Titans!	DCSuper	Drama	ScbyDoo	Gumball	Animaniac	"Justice Lea	gue: Crisis o	n Two Ear	:45 Regular
28	6:00 SVU	Law & Orde	r: S.V.U.	Mom	Mom	★ "Flower S	Shop Mystery	: Mum's the V	Vord" ('16)	"Flower Sho	p Mystery:
29	6:00 Power a	nd Politics		CBC Run A	Nichols	Canada Toi	night	News: The	National	News: The	National
32	WBZ News	WBZ News	News	Wheel	Jeopardy!	Undercove	r Boss	Magnum P.	l.	Blue Blood	s "Guilt"
33	6:00 Bones	Bones		Bones		Bones		Bones		Bones	
34		90 Day Fian		90 Day Fian	ıcé	90 Day Fiar	ncé "More to	Love: Head (	Games"	90 Day F	Single Life
		Highway Th	ru Hell	Heavy Reso	ue: 401	Street Outla	aws "Chase t	he Race"		Street Outla	aws
36		Boston 25 N		ET	TMZ	WWE Smac	kDown (L)			Boston 25	News
37	6:00 NCIS	NCIS "Tribes	5"	NCIS "Stake	out"	FBI "Partne	rs in Crime"	<b>★★★</b> "Wor	ıder Woman"	('17) Gal Ga	dot.
38	6F. Karma	Queens	Queens	Below Deck	Yacht (R)	Top Chef		Housewive	s-Durban	Married at I	irst Sight
39	BigBang	Modern	Modern	BigBang	Sheldon	Goldberg	Home Ec.	BigBang	BigBang	Go-Big Sho	W
		Ninja Warrio		Ruby and tl				nily" ('91) Anj	elica Huston.		
	Friends	Amer. Dad	Amer. Dad	Amer. Dad	Amer. Dad	★★★ "Cen	tral Intelligen	( )		★★ "Rush I	, ,
46	Bahamas	Bahamas	Bahamas	Bahamas	Bahamas	Bargain	Bahamas	Bargain	Med. Life	Island Life	LogCabin
47	6Element.	<b>Ghost Whis</b>	perer	Superman 8	& Lois	Star Trek: E	nterprise	Star Trek: E	nterprise	Superman	& Lois
70	Movie	★★ "Love at	t First Dance	( )		Jokers	Jokers	Jokers	Jokers	Jokers	Imp. Jokers
	6:00 Tim & F		Hockey		Month			Basketball			
		Live from th	e PLAYERS	5 (L)		Golf The Pla	ayers Champ	ionship PGA			
53	Interrupt	SportsCentr	re	Hockey QM	JHL Shaw./\	/ict. (L)			Basketball	ACC Tourna	ment NCAA
54	TMZ	Criminal Mir	nds	Criminal Mi	nd "Ashley"	Criminal Mi	nds	Criminal Mi	nds	Criminal Mi	nds
	First Talk	News	APTN	Relations	Friday	Indigenous	Day Live!		,	13) Steve Ca	irell.
	6Waltons	Parenthood		Murder, Sho		Romance	Hit Parade	Gaither Gos		Sing	People-Sing
00	6:00 Oprah	Tamron Hall	(R)	lyanla, Fix I	My Life	LoveHunts	ville	Oprah Winf	rey Show	Oprah Winf	rey Show

W	EEKD <i>A</i>	Y DAY	TIME																	MARCH	9 TO M	ARCH 15
	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
6 6	:00 Global I	News Mornir	ng .	Global Nev	s Morning	The Mornir	ng Show	Property B	rothers	The Rachae	l Ray Show	Carn. Eats	ET Canada	Days of Ou	r Lives	Wed Chefs/	The Talk	Young & Re	estless	Drew Barry		News
8 7	Morning	Morning	Morning	Morning	Morning	Live		Marilyn Dei	nis Show	The View		Dr. Phil		The Social		The Good D	)ish	Ellen DeGe	neres	CTV News	Atlantic	News
11 V	/arious	Various	Various	Various	Various	Various	Various	Heartland		CBC News I	Network	Escape to t	he Country	Feud	Kim's	Various		Mon Tue Ca	allMidwife	Mon Tue Fo	ood Fight	CBC News
4 F	Arthur	Molly	Wild Kratts	Hero Ele	Alma	C.George	D.Tiger	Donkey	Elinor W	Sesame St.	Pinka-Peter	Dinosaur T.	Clifford	Sesame St.	Donkey	D.Tiger	Let's Go	Nature Cat	Wild Kratts	Alma	C.George	Ask House
7 7	:00 CTV Mo	rning Live A	Atlantic	Paid	Paid	Ellen DeGe	eneres	The Good [	Dish	Various	Cash Cab	Marilyn Der	is Show	'Til Death	Bold & B.	The Social	•	Dr. Phil		Mad About	Mad About	Ships
9 7	:00 News	Good Morn	ing America			Live		Tamron Ha	ll	The View		News	25 Words	You Need to	o Know	General Hos	spital	Ellen DeGe	neres	News	News	NewsCenter
12 <sup>7</sup>	:00 News	Today				Today III		Today - Ho	da - Jenna	News	HUBToday	Access Dai	у	Days of Ou	r Lives	The Rachae	Ray Show	Kelly Clarks	son	NBC Bosto	n News	News
14 <sup>7</sup>	Bar Res.	Bar Rescue	)	Bar Rescue	9	Bar Rescu	е	Bar Rescue	)	Bar Rescue		Bar Rescue		Bar Rescue	)	Various	Auction	Various	Auction	Various	Auction	Various
16 E	Enjoy-Life	Park. Wars	Park. Wars	Park. Wars	Park. Wars	Park. Wars	Park. Wars	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various
17 C	Creek	Zoe Busiek	: Wild Card	Degrassi	Degrassi	Creek	Creek	Zoe Busiek	: Wild Card	Degrassi	Degrassi	Creek	Creek	3's Comp.	3's Comp.	Frasier	Frasier	The Office	The Office	Various	Queens	Queens
18 <sup>7</sup>	:00 News	New Day		New Day		CNNHarlov	vSciutto	CNNHarlow	/Sciutto	At This Hou	ir	Inside Polit	cs	CNN Ana C	abrera	CNN Camer	rota	CNN Came	rota	The Lead		Various
19 <sup>7'</sup>	B.Timber	Weird or W	hat?	Yukon Gol	d	Timber Kin	igs	Big Timber		Rust Valley	Restorers	Border	Border	Forged/ Jud	dges	Various		Various		Various		Various
20 7	:00 Morning	Live						I Love Lucy	MakeRoom	A. Griffith	Three Sons	Bonanza		Taxi	Benson	Soap	D. Women	Maude	That Girl	Laverne	Mork&M.	D. Van Dyke
21 V	/arious	Global New	s Morning	Global Nev	s Morning					The Morning	g Show	Property Br	others	The Rachae	el Ray Show	Various	ET Can.	Days of Ou	r Lives	Wed Chefs	The Talk	DBarrymore
22 N	Numb Ch.	Squirrel	Sponge	Various	Loud	Various	Various	NumbCh.	Various	Various	Cloudy	Sponge	Various	Various	Various	Nerds	Various	Various	Various	Sponge	Various	Various
23 F	Hotel Trans	ScbyDoo	Various	Various	Various	Various	Various	Various	:40 Transyl	Drama	Various	Various	Various	Various	Various	Various	Various	Various	Pokémon	Various	Various	Various
28 N	Movies			Movies				Good Witch	1	Movies				Mom	Mom	Law & Orde	er: S.V.U.	Law & Orde	er: S.V.U.	Law & Orde	er: S.V.U.	SVU
29 7	:00 CBC Mc	orning Live						CBC News	Network With	h Suhana Me	harchand			CBC News	Network Wi	th Aarti Pole				CBC Run A	Nichols	PwrPoli
32 7	:00 News	CBS Mornii	ngs			Drew Barry	/more	Various	Wed Judy	The Price Is	Right	WBZ News	Young & Re	estless	Bold & B.	Wed UEFA/	The Talk	W Soccer U	EFA/ Dr. Phi	Judy	Judy	WBZ News
33 7	:00 Movie			Flashpoint		Movie				Flashpoint		Movie				Flashpoint		Various		Various		Various
34 V	/arious	Various	Various	Various	Fri Addict.	Various		Various		Various			Fri D & A	Various	Fri L & A	Various		Various		Various		Various
35 7	:00 Mayday	Highway Th	ru Hell	Highway Tl	hru Hell	Bones/Fri I	Homicide H.	Bones/Fri H	lomicide H.	CSI: NY		CSI: NY		Bones/Fri H	lomicide H.	Bones/Fri H	lomicide H.	CSI: NY		CSI: NY		Thru Hell
36 <sup>7</sup>	:00 News	Boston 25 I	Morning New	rs at 7:00 a.r	n.	Boston25N	NorningNews	Boston Mo			Minute	Wendy Will	ams	The Real		ET	TMZ	TMZ Live!		The Good I	Dish	News
37 7	:00 Limits	Reign		Private Eye	s	Movies				Lost Girl		Reign		Private Eye	s	NCIS		NCIS		FBI		NCIS
38 8	Say Yes	Love It or L	ist It	Various	Various	Various	Various	Stalker File	S	Various	Face to	Various		Love It or L	ist It	Property Br	others	Queens	Queens	Various	BlindDat	Various
39 C	Corner Gas	Laughs	JFL: Gags	Cash Cab	Cash Cab	Modern	Modern	Corner Gas	Corner Gas	Just for Lau	ighs	Laughs	JFL: Gags	Cash Cab	Cash Cab	Corner Gas	Corner Gas	Various	Various	Various	Various	BigBang
43 F	FamMat	Various	BossBaby	Miraculous	Miraculous	Various	Various	:10 Trolls	Various		BossBaby	Wed Thu Fri	NinjaJr.	Various	Various	Various	Magic	Various	FamMat	Various	Various	Various
44 (	G. Lopez	G. Lopez	G. Lopez	G. Lopez	G. Lopez	2 Broke G.	2 Broke G.	2 Broke G.	2 Broke G.		Various		Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Various
	Backyard	Various	Backyard	Various	Backyard	Various	Backyard	Various	Backyard		Backyard	Various		Various		Various	Bahamas	Various	Bahamas	Various	Bahamas	Various
•••	Cash Cab	Earth: FC/F		Killjoys / Fr	i Sanctuary	,		l .	ri Sanctuary	Killjoys / Fri						Killjoys / Fri	i Sanctuary	Wynonna/F	ri Sanctuary	Elementary		Elementary
	St. Wars	St. Wars	St. Wars	Paid	Various	Paid				2 Broke G.		2 Broke G.		2 Broke G.	2 Broke G.	Movies				Movies		
F0 7	0 ( )	Sportsnet 0		Sportsnet (		Sportsnet (		Sportsnet (		Sportsnet C	entral	Sportsnet C		Various				Various				Tim & F.
-						14/ 17/ 5	ri Dlavore Ch	Tue Golf As	sianTour	_		Thu Fri Golf	PGA / Mon	Tue Golf Tod	lay	Mon Tue Go	olf Today			Mon Tue G	olf Central	Various
-	:00 Central :00 Various		PlayersC.	Golf PGA/	Golf	Wed Thu Fi	ii riayeis cii.										D 1 (					
52 7:	:00 Various			Golf PGA/ GSC With Ja		SC With Ja		1st Take/ S	C Jay	Fri Mon Tue	SC Jay	Various	Various	Fri Basket./	Tue Golf H/ L	Various	Basket.	Various	Basket.	Mon NFL L	Various	Horn
52 7: 53 7:	:00 Various	Various		1	y Onrait			l .	C Jay eTalk		SC Jay Various	Various The Daily P		Fri Basket. / Holmes on		Various MasterChef		Various Cash Cab	Basket. Cash Cab	Mon NFL L TMZ Live!	Various	Horn eTalk
52 7: 53 7: 54 C	:00 Various :00 SC Jay	Various SC With Ja	y Onrait	SC With Ja	y Onrait	SC With Ja	y Onrait	1st Take/ S	,	Various	,									1 -	Various Various	
52 7: 53 7: 54 C 55 V	7:00 Various 7:00 SC Jay Cash Cab Various	Various SC With Ja Various	y Onrait Various	SC With Ja MasterChe	y Onrait f Canada Various	SC With Ja Cash Cab	Cash Cab Various	1st Take/ S Various	eTalk Various	Various	Various	The Daily P	ор	Holmes on	Homes Various	MasterChef	Canada	Cash Cab	Cash Cab Tue Ready	TMZ Live!	Various	eTalk

age it	Ligitari	00001101			,	3,														I HOUSE	
SATUR	DAY DA	YTIME																		MA	RCH 12
7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:0
Donut	Catch	FishCan.		Fishful	Paid		BigRigW	Paid		Ent. Tonigh			re a Killer in I					Rock Solid		Carn. Eats	
	yn Your Morn	ing Weekend	Paid	Paid	Paid	Paid	It Is Written	MoneyTalk	Mary	Mad About	"Romy and	Michele's Hig	h School Reu	inion" ('97)	Seinf.	Seinf.	Seinf.	Seinf.	BigBang	BigBang	News
1 7:00 Beijin	ng 2022 Winter	Paralympic (	Games				PJMasks	SuperAg	Knight	Molly	LoveDogs	LoveDogs	Alpine Skiii	ng FIS	Freestyle S	kiing FIS	Speed Skat	ing ISU	Paralympic	: (L)	
Let's Go		Xavier		Pinka-Peter	Nature Cat	Molly	Wild K. (R)	Meals	AgingBack	wards (R)	Rick Steves	' The Hol (R)	)		Slavery by	Another Nan	1e (R)		Country Po	p Legends (	(My Music
Worst Dr	river "Hard" (R)	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	T Stock	Corner Gas	Golf The Pla	ayers Champ	ionship <b>PGA</b>	Round 3 Site	: TPC Sawgr	ass Ponte Ve	dra Beach, F	la. (L)	
7:00 News	GMA Satur	day	NewsCente	r Five	GMA Sature	day	Wildlife	Oh Baby!	Heroes	Enterprise	News	Raw Travel	Chronicle:	40 Years (R)	Red Carpet	Red Carpet	Hockey NH	L Pha./Car. S	ite: PNC Are	na (L)	
7:00 News	Saturday T	oday	News	News	News	House	Earth Od	Wild Child	Roots Less	One Team	Paralympic		Golf The Pla	ayers Champ	ionship PGA	Round 3 Site	: TPC Sawgr	ass Ponte Ve	dra Beach, F	la. (L)	
4 Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
Info-Doc.	. Zombie Ho	use Flipping	Zombie Hou	use Flipping	Zombie Ho	ise Flippin	Zombie Hou	use Flipping	Zombie Hou	ise Flipping	FlippingDo	wnSout (P)	Deep Fried	Deep Fried	Neighbor	"Black Wate	r" ('18) Dolph	Lundgren, J	ean-Claude \	/an Damme.	Movie
7 Creek	Zoe Busiel	c: Wild Card	Paid	Paid	Paid	Paid	Zoe Busiek	: Wild Card	Degrassi	Degrassi	Creek	Creek	The Office	The Office	The Office	The Office	Frasier	Frasier	Frasier	Frasier	The Off
7:00 News			New Day W	eekend	Smerconisl	1	CNN Paul S	Sanchez	CNN Whitfie	eld	CNN Whitfi	eld	CNN Whitfi		CNN Whitfie	eld	CNN Acost		CNN Acost		CNN Ac
₁S.Kings	Rust Valley	/ Restorers	Paid	Paid	Salvage Kir	ngs	Rust Valley	Restorers	Rust Valley		Pawn Stars		Forged in F	ire	Forged in F	ire	Pawn Stars		American F		A. Pick
0 Story	Dr. Ho (R)	Dr. Ho (R)	Dr. Ho (R)	Money	Dr. Ho (R)	Dr. Ho (R)	Dr. Ho (R)	30Min	Dr. Ho (R)	Op. Smile	Dr. Ho (R)	Dr. Ho (R)	Story	Nightline		ght Train to M	٠,			atterns" ('56)	
7:05 <b>THall</b>	Paid	Paid	Paid	Fishful	Global New	s Morning					FishCan.	Catch	Paid	Paid	Disability	Ent. Tonigh		★★ "Is The	re a Killer in l	My Family?"	('20)
Numb Ch		Loud	Sponge	Sponge	,	PatShow	Middle	Loud	•	Koral		murfs" ('11) F			Squirrel	TrollsTopia	Sponge	Sponge	Sponge	Sponge	Dragon
	ans ScbyDoo	Drama	Titans!	Titans!	T & J NY	Looney		s Go! See Spa				QuadDrive	, , ,	,	Drama	ScbyDoo	WeBears	Victor	Titans!	Titans!	Drama
	er the Autumn N			) Mama's" ('2	,			e Air" ('15) Ali:				. , ,	r Hynes, Lace	,		utumn Moon	` '			o Mama's" ('2	,
9 7:00 CBC I	Northcott Live						a and the wo	orld.				, ,	s top stories a				and the worl		CBC News		CBC Ne
2 News	WBZ This		WBZ This N	lorning	CBS Saturo	lay Morning			Lucky Dog	Innovation	College B-E	Ball (L)	Basketball	Big Ten Tour		( )		Basketball	J		/
	or Fear Thy N		Bones		Bones		Bones		Bones		Bones		Bones		Chicago Fir		Chicago Fi		Chicago Fi		The Clo
- 1	ity Half-Ton K	iller? (R)	My 600-lb L	ife	My 600-lb L		,	.ife "Lupe's S	, ( )		Dr. Pimple		Dr. Pimple		Dr. Pimple I		Dr. Pimple	- ' '	1000-lb Bes		1000-lb
<u> </u>	lay Mayday	1	Mayday		Mayday		, ,	eadly Detail"	Mayday "De	adly Detour"			North Wood		North Wood		North Wood		North Woo		Woods
6 OutSpace			Boston 25 V				Weekend M				Paid	Paid	Paid	Paid				Soccer MLS			
,	ife's Secret Life	. ,			<u> </u>	. , .			-				) Chris Pine,		s, Gal Gadot.	★★★ "Man	,	. , .			
,	d Backyard			Paid	Paid		Top Chef (R	<u>,                                      </u>		,	,	, ,	ane, Leonardo		Ia			Be My Neighl	( )		"Titanic
-	Gas Corner Ga							Friends	1			1	BigBang	Sheldon				BigBang			BigBan
Create (R)	R) FamMat	Trolls: Beat	Trolls: Beat	Miraculous	Miraculous	World (R)	LEGOMarv	LEGOMarv	<b>★★★</b> "The	Addams Fan	nily" ('91) Anje	elica Huston.	Backyard	Create (R)	Miraculous 1	Norld (R)		Miraculous			
	. 0 5: 0:										!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!			(145)		0: "					sv Ridlev
•	ig Go-Big Sh		1	Amer. Dad				Friends			l .		ce Awakens"	` '	, , ,		:55 ★ "Star V			. ,	, ,
7:00 Love	It Love It or I	_ist It	Love It or L	ist It	Rock Solid	Builds	Love It or L	ist It	T.Luxury	T.Luxury	T.Luxury	T.Luxury	T.Luxury	T.Luxury	T.Luxury	T.Luxury	Tiny House	Tiny House	Tiny House	Tiny House	e Tiny Ho
7:00 Love 7:35 ★★ "S	It Love It or I	List It (2) Freddie Pri	Love It or Linze Jr.	ist It ★★ "Scoob	Rock Solid y-Doo 2: Mor	Builds sters Unleas	Love It or L ned" ('04)	ist It :25 ★★ "Han	T.Luxury ncock" ('08) W	T.Luxury /ill Smith.	T.Luxury :20 ★★ "Sco	T.Luxury oby-Doo" ('0	T.Luxury 2) Freddie Pri	T.Luxury inze Jr.	T.Luxury :15 ★★ "Sco	T.Luxury oby-Doo 2: M	Tiny House lonsters Unle	Tiny House eashed" ('04)	Tiny House :15 ★★ "Har	Tiny House ncock" ('08) V	e Tiny Ho Will Smith
7:00 Love 7:35 ★★ "S 9 St. Wars	Love It or I Scooby-Doo" ('C St. Wars	List It (2) Freddie Pri St. Wars	Love It or Li nze Jr. SnowTrax	ist It  ★★ "Scoob  Fish TV (R)	Rock Solid y-Doo 2: Mor Snowmobi	Builds sters Unleas Paid	Love It or L ned" ('04) Paid	ist It :25 ★★ "Han 2 Broke G.	T.Luxury ncock" ('08) W 2 Broke G.	T.Luxury /ill Smith. 2 Broke G.	T.Luxury :20 ★★ "Scc 2 Broke G.	T.Luxury oby-Doo" ('0: 2 Broke G.	T.Luxury 2) Freddie Pri 2 Broke G.	T.Luxury inze Jr. 2 Broke G.	T.Luxury :15 ★★ "Sco	T.Luxury oby-Doo 2: N t First Dance	Tiny House lonsters Unle " ('18) Becca	Tiny House eashed" ('04) Tobin.	Tiny House :15 ★★ "Hai ★ "The Art	Tiny House ncock" ('08) V of Us" ('17) T	e Tiny Ho Will Smith
7:00 Love   7:00	It Love It or I Scooby-Doo" ('O St. Wars	List It (2) Freddie Pri St. Wars Central	Love It or Linze Jr.	ist It  ★★ "Scoob  Fish TV (R)	Rock Solid y-Doo 2: Mor Snowmobi Month	Builds sters Unleas Paid Soccer DFL	Love It or L hed" ('04) Paid Bayern Mun	ist It :25 ★★ "Han	T.Luxury ncock" ('08) W 2 Broke G.	T.Luxury /ill Smith.	T.Luxury :20 ★★ "Scc 2 Broke G.	T.Luxury oby-Doo" ('0' 2 Broke G. Hockey NH	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash.	T.Luxury inze Jr.  2 Broke G. Site: Bridges	T.Luxury  :15 ★★ "Sco  ★★ "Love a	T.Luxury oby-Doo 2: N t First Dance	Tiny House lonsters Unle " ('18) Becca Hockey NH	Tiny House eashed" ('04) Tobin. L Pha./Car. S	Tiny House :15 ★★ "Har ★ "The Art ite: PNC Are	Tiny House ncock" ('08) V of Us" ('17) T na (L)	Vill Smith
7:00 Love   7:35 ★★ "S 9 St. Wars 7:00 Centra 7:00 Live 1	It Love It or I Scooby-Doo" ('0 St. Wars ral Sportsnet from the PLAY	List It  2) Freddie Pri  St. Wars Central 'ERS (R)	Love It or Linze Jr. SnowTrax Sportsnet C	ist It  ** "Scoob" Fish TV (R)  Central	Rock Solid y-Doo 2: Mor Snowmobi Month Live from th	Builds esters Unleas Paid Soccer DFL ne PLAYERS	Love It or L ned" ('04) Paid Bayern Mun (L)	ist It :25 ★★ "Han 2 Broke G. ich at Hoffenl	T.Luxury ncock" ('08) W 2 Broke G. heim (L)	T.Luxury /ill Smith. 2 Broke G. Sportsnet C	T.Luxury :20 ★★ "Scc 2 Broke G. Central	T.Luxury oby-Doo" ('0' 2 Broke G. Hockey NH	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash. P. Lessons	T.Luxury inze Jr.  2 Broke G. Site: Bridges P. Lessons	T.Luxury  :15 ** "Sco  ** "Love a  tone Arena (I  Feherty	T.Luxury oby-Doo 2: N t First Dance	Tiny House lonsters Unle " ('18) Becca Hockey NH Academy	Tiny House eashed" ('04) Tobin. L Pha./Car. S Academy	Tiny House :15 ★★ "Har  ★ "The Art ite: PNC Are Academy	Tiny House ncock" ('08) V of Us" ('17) T ena (L) Academy	Vill Smith
7:00 Love   7:35 ★★ "S 8 St. Wars 7:00 Centra 7:00 Live f 7:57 75 75 75 75 75 75 75 75 75 75 75 75 7	It Love It or I Scooby-Doo" ('C St. Wars ral Sportsnet from the PLAY C SportsCen	List It  2  Freddie Pri  St. Wars  Central  ERS (R)  tre (R)	Love It or Linze Jr. SnowTrax Sportsnet C	ist It  ** "Scoob" Fish TV (R)  Central  re (R)	Rock Solid y-Doo 2: Mor Snowmobi Month Live from tl SportsCent	Builds esters Unleas Paid Soccer DFL ne PLAYERS	Love It or L ned" ('04) Paid Bayern Mun (L) SportsCent	ist It :25 ★★ "Han 2 Broke G. ich at Hoffenl tre (R)	T.Luxury ncock" ('08) W 2 Broke G. heim (L) SportsCent	T.Luxury /ill Smith. 2 Broke G. Sportsnet C	T.Luxury  :20 ** "Scc 2 Broke G.  Central  SC (R)	T.Luxury oby-Doo" ('0') 2 Broke G. Hockey NH	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash. P. Lessons MLSTSN	T.Luxury inze Jr.  2 Broke G. Site: Bridges P. Lessons	T.Luxury  :15 ★★ "Sco  ★★ "Love a  tone Arena (I  Feherty  Toronto FC	T.Luxury oby-Doo 2: N t First Dance	Tiny House lonsters Unle " ('18) Becca Hockey NH Academy Crew (L)	Tiny House eashed" ('04) Tobin. L Pha./Car. S Academy Motoring	Tiny House  :15 ** "Hai  * "The Art ite: PNC Are  Academy  Pre-race	Tiny House ncock" ('08) V of Us" ('17) T ana (L) Academy Auto Racin	e Tiny He Will Smith Taylor Co Acade  Acade
7:00 Love   7:35 ★★ "S St. Wars 7:00 Centra 7:00 Live f 7:00 Tentra 7:00 Centra 7:00 Live f 7:00 Live f 7:00 Live f	It Love It or I Scooby-Doo" ('0 St. Wars ral Sportsnet from the PLAY SportsCen C Forensic F	List It  2  Freddie Pri   St. Wars  Central  Tens (R)  tre (R)  actor	Love It or Linze Jr. SnowTrax Sportsnet C SportsCenti	ist It  ** "Scoob" Fish TV (R)  Central  re (R) actor	Rock Solid y-Doo 2: Mor Snowmobi Month Live from tl SportsCent TMZ	Builds isters Unleas Paid Soccer DFL ne PLAYERS re (R)	Love It or L ned" ('04) Paid Bayern Mun (L) SportsCent Mental Sam	ist It :25 ★★ "Han 2 Broke G. iich at Hoffenl tre (R)	T.Luxury ncock" ('08) W 2 Broke G. heim (L)  SportsCent Domino Ma	T.Luxury /ill Smith. 2 Broke G. Sportsnet C re (R) sters	T.Luxury :20 ★★ "Scc 2 Broke G. Central  SC (R) America's (	T.Luxury coby-Doo" ('0) 2 Broke G. Hockey NH SC (R) Got Talent: E	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash. P. Lessons MLSTSN extreme	T.Luxury inze Jr.  2 Broke G. Site: Bridges P. Lessons Soccer MLS	T.Luxury  :15 ★★ "Sco  ★★ "Love a  stone Arena (I  Feherty  Toronto FC  The Masked	T.Luxury oby-Doo 2: N t First Dance  ) at Columbus I Singer	Tiny House lonsters Unle " ('18) Becca Hockey NH Academy Crew (L) Joe Millions	Tiny House eashed" ('04) Tobin. L Pha./Car. S Academy Motoring	Tiny House :15 ★★ "Har  ★ "The Art ite: PNC Are  Academy  Pre-race  Mental San	P Tiny House ncock" ('08) V of Us" ('17) T na (L) Academy Auto Racin nurai (R)	E Tiny Ho Will Smith Taylor Col Acader To NASC Domine
7:00 Love   7:05 ★★ "S 9 St. Wars 0 7:00 Centra 0 7:00 Live   0 7:00 Live   0 7:00 Tension 0 7:00 Anaana's	It Love It or I Scooby-Doo" ('0 St. Wars ral Sportsnet from the PLAY SportsCen C Forensic F s: :15 Louis	ist It  2) Freddie Pri  St. Wars  Central  TERS (R)  tre (R)  actor  :40 Canot	Love It or Linze Jr. SnowTrax Sportsnet C SportsCenti Forensic Fa Tshaka	ist It  ** "Scoob Fish TV (R)  Central  re (R) actor  35 Teepee	Rock Solid y-Doo 2: Mor Snowmobi Month Live from tl SportsCent TMZ LittleJ	Builds Isters Unleas Paid Soccer DFL The PLAYERS re (R)	Love It or L ned" ('04)  Paid  Bayern Mun (L)  SportsCent  Mental Sam  Dream	ist It  25 ★★ "Han  2 Broke G. iich at Hoffenl  ire (R) iurai  Coyote's	T.Luxury acock" ('08) W 2 Broke G. heim (L) SportsCent Domino Ma Archaeol	T.Luxury /ill Smith.  2 Broke G. Sportsnet C  re (R) sters Get Your	T.Luxury  :20 ** "Scc 2 Broke G. Central  SC (R) America's ( Australia R	T.Luxury loby-Doo" ('0.  2 Broke G. Hockey NH  SC (R) Got Talent: Eemastered	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash. P. Lessons MLSTSN extreme Archaeol	T.Luxury inze Jr.  2 Broke G. Site: Bridges P. Lessons Soccer MLS	T.Luxury  1.15 ★★ "Sco  ★★ "Love a  tone Arena (I  Feherty  Toronto FC  The Masked  Archaeol	T.Luxury oby-Doo 2: N t First Dance -) at Columbus I Singer Archaeol	Tiny House lonsters Unle " ('18) Becca Hockey NH Academy Crew (L)  Joe Million:	Tiny House eashed" ('04) Tobin. L Pha./Car. S Academy Motoring aire	Tiny House  15 ★★ "Hai  ★ "The Art  ite: PNC Are  Academy  Pre-race  Mental San  13) Steve Ca	Priny House ncock" ('08) V of Us" ('17) T ana (L) Academy Auto Racin nurai (R)	E Tiny Ho Will Smith Faylor Col Acader ng NASC Domino
7:00 Love   7:35 ★★ "S 9 St. Wars 0 7:00 Centra 2 7:00 Live   7 7SportsC 4 7Forensic 5 Anaana's 6 7:00 BLC	It Love It or I Scooby-Doo" ('0 St. Wars ral Sportsnet from the PLAY SportsCen C Forensic F s: :15 Louis	ist It  2  Freddie Pri   St. Wars  Central  (FERS (R)    tre (R)    actor    40 Canot    Youngren	Love It or Linze Jr. SnowTrax Sportsnet C SportsCent Forensic Fa Tshaka Daily Mass	ist It  ** "Scoob Fish TV (R)  Central  re (R) actor  35 Teepee	Rock Solid y-Doo 2: Mor Snowmobi Month Live from tl SportsCent TMZ	Builds isters Unleas Paid Soccer DFL ne PLAYERS re (R)	Love It or L ned" ('04)  Paid  Bayern Mun (L)  SportsCent  Mental Sam  Dream	ist It :25 ★★ "Han 2 Broke G. iich at Hoffenl tre (R)	T.Luxury ncock" ('08) W 2 Broke G. heim (L)  SportsCent Domino Ma	T.Luxury  Till Smith.  Broke G.  Sportsnet C  Tre (R)  Sters  Get Your  jab	T.Luxury  :20 ** "Scc 2 Broke G. Central  SC (R) America's ( Australia R	T.Luxury oby-Doo" ('0) 2 Broke G. Hockey NH  SC (R) Got Talent: Eemastered Dharkan	T.Luxury 2) Freddie Pri 2 Broke G. L St.L./Nash. P. Lessons MLSTSN extreme	T.Luxury inze Jr.  2 Broke G. Site: Bridges P. Lessons Soccer MLS  Archaeol s "The Heist"	T.Luxury  1.15 ★★ "Sco  ★★ "Love a  tone Arena (I  Feherty  Toronto FC  The Masked  Archaeol	T.Luxury oby-Doo 2: M t First Dance -) at Columbus I Singer  Archaeol Mysteries: Re	Tiny House lonsters Unle " ('18) Becca Hockey NH Academy Crew (L)  Joe Million:	Tiny House asshed" ('04) Tobin. L Pha./Car. S Academy Motoring aire cable Me 2" ('	Tiny House  15 ★★ "Hai  ★ "The Art  ite: PNC Are  Academy  Pre-race  Mental San  13) Steve Ca	Piny House ncock" ('08) \u00bb of Us" ('17) T ana (L) Academy Auto Racin nurai (R) arell.	E Tiny Ho Will Smith Faylor Cole Acaden ng NASCA Domino

SUNDAY	Y DAYTI	ME																		MA	RCH 13
7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
6 Disaster	Paid	Paid	Paid	Paid	J.Osteen	Paid	Paid	Paid	West Block	Reality	ET Canada	Weekend (R)	★★ "Hidde	n Jewel" (Dra	ma,2021)	*	Island of B	ryan	48 Hours		News
8 7Morning	eTalk (R)	Tomorrow	Cash Cab	Cash Cab	Jade Fever	Tribal Trail	KeyDavid	Mass	Question P	eriod	G.Garage	G.Garage	★★ "Men i	n Black II" ('02	) Will Smith.		Seinf.	Seinf.	BigBang	BigBang	News
11 7:00 Beijing	g 2022 Winter	Paralympic	Games "Clo	sing Ceremon	y"	•	CorrieSt	CorrieSt	CorrieSt	CorrieSt	CorrieSt	CorrieSt	Paralympic	Para Ice Hoo	key		"Leap!" ('16	) Dane DeHaa	an, Elle Fani	ning.	Calls Heart
4 Alma	Jet Go!	Donkey	C.George	Nature Cat	SciGirls (R)	Cyberch.	Odd Squad	Stories	Easy Yoga:	Strength (R)	Country Po	p Legends (I			An Evening					Retirement	Guide (R)
7 Canada's \	Worst Driver	Paid	Paid	Paid	Cinema	MoneyTalk	eTalk (R)	Church	Paid	Paid	Question P	eriod	Golf The Pl	layers Champi	ionship <b>PGA</b>	Final Round	Site: TPC Sa	wgrass Ponte	Vedra Bea	ch, Fla. (L)	
9 7:00 News	GMA/Sunda	ıy	NewsCent	er Five	This Week		NewsCenter	Five	On Record	Matter/Fact	CityLine			NBA N.Y./Bro		,	· /	Basketball			
12 7:00 News	Boston Wee	ekend	Sunday To	day	NBC10 Nev	/S	News	Meet the Pro	ess	Chef	Paralympic	;	Golf The Pl	layers Champi	ionship <b>PGA</b>	Final Round	Site: TPC Sa	wgrass Ponte	Vedra Bea	ch, Fla. (L)	
14 7Bar Res.	Bar Rescue		Bar Rescu		Bar Rescue	- 5	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescu	е	Bar Rescue	)	Bar Rescu	)	Bar Rescu	е	Bar Rescue
16 Potter	Flipping Ve		Flipping V	•	Flipping Do						Storage W.	Storage W.	Queens	Queens	Queens	Queens	Queens	Queens	The First 4	8	The First 48
17 Creek	Zoe Busiek		Paid		Paid		Zoe Busiek:		Degrassi	Degrassi	Creek	Creek	Man Plan	Man Plan		Man Plan	Queens	Queens	Queens	Queens	Man Plan
18 7:00 News	New Day W		InsidePliti		State of the		Fareed Zaka		Reliable So		State of the	( )		caria GPS (R)	CNN Whitfi	eld	CNN Whitfi		CNN Acos	ta	CNN Acosta
19 7:00 Pickers	Rust Valley		Paid		American F		American P	ickers	Great Esca		BLK: An O	<u> </u>	Forged in I		Forged in F		Pawn Stars		American		A. Pickers
20 Nightline	Story	( /	Sherbino	. ,	Dr. Ho (R)	, ,	Op. Smile	Investor	Dr. Ho (R)	KeyDavid	Dr. Ho (R)	` '	Story		★★ "Pit Sto	p" ('69) Briar	,			( )	obert Mitchum.
21 :35 Off Air	_	Ent. Tonigh	<b>t</b> (R)		Global New						West Block	1	J.Osteen	Reality	Employ		,	) ★★ "Hidder	n Jewel" (Dra	ama,2021)	
22 Numb Ch.			Sponge	-1- 3-	Loud	1	★★ "Escape		. ,			) Justin Timbe			Barbie	TrollsTopia		Sponge	Sponge	Sponge	Rugrats
23 Hotel Tran			Titans!		WeBears		★★★ "Cloud	. ,				QuadDrive	, ,			,	nance of Mea	( /	Titans!	Titans!	Drama
28 7:00 "The 27	, ,	,		Love" ('22) Cor	ey Cott, Sta	,	"The Baker's	( )	loise Mumfor	d.		t Wedding Ma	, ,		"Feeling Bu	tterflies" ('22)	Kayla Walla	ce.		ur Day" ('21)	
29 7:00 CBC N							Rosemary E				1	Network Witl								ntry Check	RBartonLive
32 7:00 News	WBZ This N		WBZ This		CBS Sunda	<del>,                                    </del>		Face the Na			College B-I	( )		A-10 Tournar			٠,		0		( )
33 7Chi.Fire	Chicago Fir		Chicago F		CSI: Crime		CSI: Crime S		CSI: Crime			"Fallen Idols"				•	CSI: Crime		CSI: Crime		CSI: Crime
34 7Say Yes	Say Yes to				Four Wedd		Four Weddi		Four Weddi		90 Day Dia		90 Day Dia		90 Day Dia		90 Day Fia		90 Day Fia		90 Day F
35 7M.Planes	,			ps "Europa 2"	,		Mighty Crui		Mighty Crui		Lone Star L		Lone Star I	-	Lone Star L		Lone Star I		Lone Star		L. Star Law
36 DIY Sci				Weekend Mo			Fox News S		Paid	Paid	Paid			orld Champion		,	RaceDay			gage 500 NA	( )
37 Mary Kills			,	,		5 ( .	) Adrian Holn	, -			1 71	e" ('16) Michae				FBI "Under		FBI: Interna		NCIS: Haw	,
38 First Dates			Paid		Paid		ET Canada	( )		, ,	. ,			Congeniality" (	, ,			Ŭ		med and Fabi	. ,
39 Corner Ga											Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
43 7:00 Ruby	FamMat			Miraculous		( )				,	( )	ijelica Huston.			Miraculous	( )	Miraculous	i	Miraculous		TheBurea
44 7Wipeout	Wipeout			Amer. Dad				Friends				th the Zohan"	( )		·	" ('18) Jerem	,	D 21.1	BigBang	BigBang	BigBang
46 7Mas.Flip	Masters of		Masters of		Build it For		Building Off		Building Of		Building O		Building O		Building Of		Rock Solid		Rock Solid		RockSolid
47 6:45 ★★ "G	, ,	,		ority Report" (	,					( )	,	o, Eric Bana,				` '	chary Quinto,			, ,	'99) Tim Allen.
49 St. Wars			Paid		SnowTrax	1	\ /			er Leverkuser		2 Broke G.						,		Day: A Gourm	
50 7:00 Central			Sportsnet		Sportsnet (			Soccer DFL	Noin at baye	er Leverkuser	1 (L)	Sportsnet C		Sportsnet C		Month	NHL's Best				
52 7:00 Live fro		. ,	lc			he PLAYERS	\ /	re (D)	CmautaC	we (D)	Aug Dul	Faathall Cal	Feherty	romontlo	Feherty	Doribas O-	Academy	Academy	Academy	Academy	Feherty (R)
53 7SportsC	SportsCent Botched	ie (K)	SportsCen		SportsCent Botched	ie (K)	SportsCenti	e (R) ★★ "Ocean'	SportsCent	, ,	Aus. Rules	Football Gold			1			n Wells Tenni		uiaii vveiis, Ca	,
54 7Botched		Tohokona	Botched			LittleJ	_		. ,		Yukon	Wild Game		Sleeping" ('9				vity" ('13) San			"Ocean's 8" Other Side
55 :50 Louis	:10 Science		:05 Teepee		School		,		Pixels	Native Hour of Pov				ProphUSA	Life Below			nds" ('20) Gre M. Youssef	· ,	KovDovi-	
56 P. Popoff	In Touch Mi		Say Yes	M. Youssef		Faytene Bucket List					ver  Family or F		Truth Ready to L		Oprah Win		Achieve Family or F		Ready to L	,	Arise! Fix My Life
99 Say Yes	Jay 165	Jay 165	ody res	Ducket List	DUCKEL LIS	Ducket List	Ducket LIST	Ducket LIST	ouper oour	Juliuay	i allilly of F	ianice	neauy 10 L	.076	Opian Will	iiey Silow	allily of F	ianice	neauy 10 L	.076	I IX IVIY LITE

E	SATURD	AY EVE	ENING							MAI	RCH 12
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6	News	ET Canada	Weekend	Reality	Border	Private Eye	s	Ransom Lu	ke Roberts.	News	News
8	6:00 News	W5		★★★ "Triur	mph: Rock &	Roll Machine	e" (Doc,'21)	Last Stop	Last Stop	News	News
11	5:00 Beijing	CBC News	Hockey	Hockey NH	L Seattle vs N	Montreal Site	: Bell Centre	(L)		Hockey NH	L T.B./Edm.
4	5Country	QuizShow	Magic Mom	ents: The Bo	est of '50s Po	op (My Musi	c) (R)	Joe Bonam	assa: Brit. (F	(3	B Joel
7	2:00 Golf	CTV News A	Atlantic	Mary	Like a Chef	Forensic Fa	actor	Rookie Blu	е	W5	
9	4Hockey	News	News	News	Chronicle	Count	Basketball	NBA Mil./G.S	S. Site: Chase	Center (L)	
12	2:00 Golf	News	NBC News	Paid	1st Look	Paralympic		Dateline NE	3C (R)	Saturday N	ight Live
14	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction
16	6:00 ★★★★	"Hacksaw Ri	dge" ('16) Ar	ndrew Garfiel	d.	★★ "The M	agnificent Se	ven" ('16) Ch	ris Pratt, Der	nzel Washing	ton.
17	The Office	The Office	The Office	Frasier	Frasier	Frasier	Frasier	The Office	The Office	The Office	The Office
18	6:00 CNN	CNN Brown	•	CNN Brown	i	CNN Brown	ì	Roadrunne	r: A Film Ab	out Anthony	Bourdain (
	6:00 Pickers	FoodThatBu	uiltAmerica	Great Esca	pes	BLK: An O	rigin Story	BLK: An O	rigin Story	Greatest M	ysteries
20	5 "Patterns"	Evening Ne	ws	Story	Weather	Cold Case '	'Daniela"	Dateline NE	BC (R)	Murder for	Hire
21	Bucket List	<b>Bucket List</b>	Rock Solid	Builds	News	Global New	'S	ET Canada	Weekend	Reality	Private
22	Warped! (R)	"Trolls" ('16)	Justin Timbe	erlake, Anna	Kendrick.	"Trolls" ('16)	Justin Timbe	erlake, Anna	Kendrick.	Und.High	Carn. Eats
3	Titans!	Titans!	Animaniac	★★★ "Clou	dy With a Ch	ance of Mea	tballs" ('09)	★★★ "Bum	blebee" ('18)	Hailee Stein	feld.
28	Movie	"The Perfect	Wedding Ma	atch" ('21) Je	nna Michno.	"Feeling But	terflies" ('22)	Kayla Walla	ce.	"Winter in V	ail" ('20)
		News	At Issue	The Fifth Es	state (R)	The Nature	of Things	News	mark.p	The Nature	of Things
32	4:30 Basket.	Basketball !	MWC Tourna	ment NCAA	(L)	Nbhood	Bob Hearts	48 Hours		48 Hours	
33	6:00 Closer	The Closer		The Closer		The Closer		The Closer	"War Zone"	The Closer	"Layover"
34	6:00 <b>1000-lb</b>	1000-lb Bes	t Friends	1000-lb Bes	t Friends	My 600-lb L	.ife "Paul's Jo	ourney" (R)		My 600-lb L	.ife
35	6WdsLaw	North Wood	ls Law	North Wood	ds Law	Scrap King	s	StreetOutla	wsGirl	StreetOutla	wsGirl
		Pre-game	Basketball	Big East Tou	rnament NCA	A (L)	Post-game	Basketball	Pac-12 Tourr	nament NCA	<b>A</b> (L)
37	★★ "Batmar	n v Supermai	n: Dawn of J	ustice" ('16) H	Henry Cavill,	Gal Gadot, B	en Affleck.	★★ "Suicid	e Squad" ('16	) Will Smith.	
38	6:00 ★★★ "]	Titanic" (Dran	na,1997) Kat	e Winslet, Bil	ly Zane, Leor	nardo DiCap	rio.	★ "By the S	ea" ('15) Brad	d Pitt, Angelii	na Jolie.
39	BigBang	Friends	Friends	Friends	Friends	Friends	Friends	BigBang	BigBang	BigBang	BigBang
	Add Magic	★★★ "The.	Addams Fan	nily" ('91) Anj	elica Huston.	★★ "Addan	ns Family Val	ues" ('93)		Canterville	"Summer" (F
14	Movie	Wipeout		BobBrg	BobBrg	BobBrg	Amer. Dad	Amer. Dad	Amer. Dad	Amer. Dad	Amer. Dad
46	Tiny House	Build it Fon	ward	Tiny House	Tiny House	Rock Solid	Builds	Home Insp	ector Joe	Home Town	1
	Movie	:15 ★★★ "S	hazam!" (Ac	tion,2019) Ma	ark Strong, As	sher Angel, Z	achary Levi.	★★★ "Dea	dpool 2" ('18)	Ryan Reyno	olds.
49	Movie	★ "The Art o	of Us" ('17) S	teve Lund, Ta	aylor Cole.	Jokers	Jokers	Jokers	Jokers	Jokers	Imp. Jokei
50	4Hockey	NHL's Best	Hockey	Hockey NH	L Seattle vs N	Montreal Site	: Bell Centre	(L)		Hockey NH	L T.B./Edm.
	Academy	Live from th	e PLAYERS	G (L)		Live from t	ne PLAYERS	(R)			
	5:30 Auto Ra	cing NASCA	R	SC Plays	Why We Lo	ve (R)	Curling Brie	r Site: Enma	x Centre Leth	nbridge, Alta.	(L)
	6DominoM.			xtreme (R)		The Masker	d Singer (R)	Joe Million	aire	Botched	
	6:00 Health	News	Retro	Gespe'ge	Merchants	Yukon	Wild Game	"Parallel Mir	nds" ('20) Gre	g Bryk.	
		Endeavour	"Ride" (R)			Sardari		Waqt 4 U	Gurbani	Aikam	
		Ready to Lo		Oprah Winf	Ch	Family or F	!1	Ready to L		Oprah Winf	Ol

	SUNDAY	' EVENI	NG							MAI	RCH 13
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6		<b>S.W.A.T.</b> "S		60 Minutes	0.00	The Equaliz		NCIS: Los		News	West Block
	6:00 News	BigBang	BigBang	The Rookie		Joe Milliona		Weakest Li		News	News
•		AllCreature		Sherlock "T	he Great Gai	me"		News: The	( )	News	:35 Exhibit.
4	QuizShow	AgingBack	wards (R)	Josh Groba	n: Harmony	(R)	Great Perfo	rmances "Co	oncert for Ge	orge" (R)	Perform.
7		CTV News /		Corner Gas	Corner Gas	Wipeout "Be	etting Battle"	Supermark	et Sweep	Shark Tank	
9	4Basket.	News	News	Funniest Ho	me Videos	American Ic	dol "Auditions	s" Katy Perry		The Rookie	"Real Crime"
12	2:00 Golf	ĀŪ₩NBC	NBC News	AGT Extrem	ne .	The Courtsl	hip	Weakest Li	nk (SP)	Transplant	"Jasmine"
14	6Bar Res.	Bar Rescue		Bar Rescue	"Gutterball"	Bar Rescue		Bar Rescue	)	Bar Rescue	
16	6:00 First 48	The First 48	}	The First 48		The First 48	}	The First 48	3	The First 48	B "Bad Love"
17		Man Plan	Man Plan	Nbhood	Nbhood	Nbhood	Nbhood	P Brewster	P Brewster	:05 Activity	:40 Activity
18	6:00 CNN	CNN Brown		CNN Brown		CNN Brown		Stanley Tud	cci "Venice"	Nomad Car	Iton McCoy
19	6:00 Pickers	American P	ickers	Rust Valley	Restorers	Forged in F	ire	Beyond Oa	k Island	The Curse	of Oak Island
20		Evening Ne	ws	Soundbreak	ring	★★ "The Me	echanic" ('11	) Jason Stath	nam.	Weather	Club 54 (R)
21	Island of Br	yan	48 Hours		News	Global New	s	<b>S.W.A.T.</b> "S	hort Fuse"	60 Minutes	
		★★ "The Se	ecret Life of F	ets" ('16) Lou	is C.K	The Hardy E	Boys	6teen (R)	6teen (R)	Max	Stanley
23		Titans!	Animaniac	T & J NY	Jellystone!	Phantoms	Batman	Batman	Superman	Drama	Drama I.
28	Movie	"Butlers in L	ove" ('22) Co	rey Cott, Stac	cey Farber.	Charmed		Outlander "	Allegiance"	•	Movie
29	6:00 Rosema	ry Barton L	ive (R)	The Fifth Es	tate (R)	CBC News	Network	News: The	National	News: The	National (R)
32	4:30 Basket.	Selection S	how (L)	60 Minutes		The Equaliz	er	NCIS: Los A	Angeles	<b>S.W.A.T.</b> "S	hort Fuse"
33	6:00 CSI	CSI: Crime	Scene	CSI: Crime	Scene	Killing Eve		CSI: Crime	Scene	Claws	
34	690 Day F	90 Day Fian	i <b>cé</b> "Head Ga	mes" (R)		90 Day Fian	cé "There's I	No Fear in Lo	ove"	Unexpected	1
35		Lone Star L		AussieGold	Hunter (R)	Aussie Gold	d Hunters	Naked and	Afraid		
	4:30 Auto Ra		۱R	Simpsons	Call Me Kat	Simpsons	North	BobBrg	FamilyGuy	Boston 25 I	News at 10
37	NCIS: Los A	ngeles	NCIS		★★ "Justice	League" ('1	7) Ben Afflec	k, Gal Gadot		True Story	with Ed
38		Nbhood	Nbhood	Unicorn	Unicorn	Housewives	s-Salt Lake	Kandi & Th	e Gang	Nbhood	Nbhood
39		Friends	Friends	Friends	Friends	Friends	Friends	Modern	Modern	Modern	Modern
		★★ "Addan	ns Family Val	ues" ('93)		★★ "Despic	able Me 2" ('	13) Steve Ca	arell.	Canterville	"Autumn" (R)
44				27th Annual		ice Awards				Wipeout	
46		Rock Solid		Rock Solid			House	Home Town		Home Inspe	
47	5:15 "Galaxy	Quest"	:25 ★★★ "S	tar Trek" ('09)	) Zachary Qu	into, Chris Pi	ne.	:05★★★ "S	tar Trek Beyo	ond" ('16) Ch	ris Pine.
49				et Detective N	//ystery"	St. Wars	St. Wars	St. Wars	St. Wars	St. Wars	St. Wars
	5:00 Hockey			NHL's Best	Month	Hockey NHI	L Cgy./Col. S	ite: Ball Aren	na (L)		SN Central
52	6:00 Feherty	Live from th	ne PLAYERS	(L)		Live from th					
53	3:00 Tennis E	BNP Paribas	Open Men's	and Women's	s Early Roun	d Site: Indian	Wells Tenni	s Garden Ind	lian Wells, Ca	alif. (L)	
	6:00 ★★ "Oce			:15 ★★ "Whi					★★★ "Grav		ndra Bullock.
55	First Contac	t Canada	APTN	The Wild Or	nes	Life Below 2			d of Dreams"	('89) Kevin C	ostner.
56	Tomorrow		Door Hope		•	David Jer.		Prophetic	Word For	J.Osteen	J.Prince
00	6:00 lyanla	Iyanla, Fix I	My Life	Oprah Winfi	rey Show	Oprah Winf	rey Show	Ladies Who	List	Ready to Lo	ove

# **MOVIES**

# WEDNESDAY 03/09

# **Evening**

**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)

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**

**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) WIN "Two Weeks Notice" (Comedy,2002) Sandra Bullock, Hugh Grant. A tycoon and a lawyer can't get along, until they find they can't live without each other. (PG)

**VIS** "Columbo: It's All in the Game" (Mystery,1993) Peter Falk, Faye Dunaway. Columbo begins to fall for the prime suspect in the investigation of a playboy's murder. (PG)

**CH** "Silver Linings Playbook" (Drama,2012) Bradley Cooper, Jennifer Lawrence. A former teacher moves back in with his parents after spending time in a mental hospital. (14+)

#### FRIDAY 03/11

#### **Evening**

**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)

ASN "Blue Streak"
(Comedy,1999) Martin Lawrence, Luke Wilson. A convict out on parole must impersonate a detective in rder to get his loot back. (PG)

WIN "Flower Shop Mystery: Mum's the Word" (Mystery,2016) Brennan Elliot, Brooke Shields. Abby Knight is the proud owner of a flower shop, but this take a turn for the worse. (G)

The Addams

Family" (Comedy,1991) Anjelica Huston, Raul Julia. A greedy lawyer tries to plunder the family's fortune by planting an impostor in the home. (PG)

TBS "Central Intelligence" (Comedy,2016) Dwayne Johnson, Kevin Hart. A CIA agent who used to be bullied recruits his high school friend

to help save the world. (14+) 10:00 **TOON** "Justice League: Crisis on Two Earths' (Animated 2010) Voices of William Baldwin, Mark Harmon. Lex Luthor from

MONDAY EVENING

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) APTN "Despicable Me 2" (Animated,2013) Steve Carell, Kristen Wiig. Gru is recruited by the Anti-Villain League to stop a super

criminal. (PG) 11:00 WIN "Flower Shop Mystery: Snipped in the Bud" (Mystery,2016) Brooke

Shields, Brennan Elliott, A florist becomes the prime suspect in a murder after delivering a bouquet. (G) TBS "Rush Hour 3" (Action,2007) Chris Tucker, Jackie Chan. Two mismatched detectives travel to Paris to infiltrate

an international crime

syndicate. (14+) **TOON** "Justice League: Crisis on Two Earths" (Animated,2010) Voices of William Baldwin, Mark *Harmon*. Lex Luthor from a parallel Earth helps the Justice League to fight their

counterparts. (PG)
WIN "Flower Shop Mystery: Dearly Depotted" (Mystery,2016) Brooke Shields, Brennan Elliot. Abby Knight is having a week to be reckoned with. (G)

SHOW "Man of Steel"

(Action,2013) Henry Cavill, Amy Adams. An alien raised as a human confronts members of his race who have come to claim Earth. (14+)
APTN "6 Days" (Action,2017) Jamie Bell,

Mark Strong. The incredible true story of the daring rescue of hostages held at the Iranian Embassy. (18+)

VIS "Murder, She Wrote: A Story to Die For" (Mystery, 2000) Angela Lansbury, Richard Crenna. At a book convention, detective Jessica Fletcher

finds herself investigating a

# SATURDAY 03/12

murder, (PG)

# **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)

WIN "Welcome to

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

OUTD "The Art of Us" (Drama,2017) Taylor Cole, Steve Lund. A woman seeking a position at an art college turns to an unknown

WIS "A Bone to Pick: An Aurora Teagarden Mystery' (Mystery,2015) Candace Cameron Bure, Lexa Doig. When a librarian inherits a house, she discovers a human skull in one of the window seats. (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+) 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+)

Titanic"

(Drama,1997) Leonardo DiCaprio, Kate Winslet. Two social opposites meet and fall in love while on Titanic's

maiden voyage. (14+) **SHOW** "Batman v Superman: Dawn of Justice" (Action,2016) Ben Affleck, Henry Cavill. Criminal mastermind Lex Luthor manipulates Batman into a pre-emptive battle with Superman. (14+)
WIN "The Perfect

Wedding Match" (Romance,2021) Jenna Michno, Tyler Cortad. A programmer for a matchmaking app uses the app to find a date for her ster's wedding. (PG) FAM "The Addams Family" (Comedy,1991) Anjelica Huston, Raul Julia. A greedy lawyer tries to plunder the family's fortune by planting an impostor in the home. (PG)

**OUTD** "The Art of Us" (Drama,2017) Taylor Cole, Steve Lund. A woman seeking a position at an art college turns to an unknown

CTVSci-Fi "Shazam!" (Action,2019) Zachary Levi, 7:15 Mark Strong. A boy has the power to turn into a grown-

up superhero. (14+)

ATV "Triumph: Rock & Roll Machine" (Documentary,2021) Learn the story behind the rock-trio Triumph, who split at the height of their fame. (14+) TOON "Cloudy With a

Chance of Meatballs" (Animated, 2009) Bill Hader. Anna Faris. An inventor accidentally launches a foodmaking machine into the

atmosphere. (PG) **A&E** "The Magnificent 9:00 Seven" (Western, 2016) Denzel Washington, Chris Pratt. Seven gunslingers are hired to defend a town from a deadly industrialist and his

WIN "Feeling Butterflies" (Romance, 2022) Kayla Wallace, Kevin McĞarry. A woman's butterfly business sends monarchs to a party, where she meets a single father. (G)
FAM "Addams Family

Values" (Comedy,1993) Anjelica Huston, Raul Julia. The Addams family tries to save Uncle Fester from his new, gold-digging love

interest. (PG)
10:00 TOON "Bumblebee" (Action, 2018) Hailee Steinfeld, John Cena. A young woman teams up with Bumblebee, a Transformer on the run from his enemies. (13+) **SHOW** "Suicide Squad"

(Action, 2016) Will Smith,

MARCH 14

Margot Robbie. A government official sends a team of supervillains to fight a new and powerful threat. (14+)

"By the Sea' (Drama,2015) Angelina Jolie, Brad Pitt. A former dancer and her husband, an American writer, travel together. (18+)
CTVSci-Fi "Deadpool

2" (Action,2018) Ryan Reynolds, Josh Brolin. Deadpool assembles a new team of mutants called X-Force to protect the life of a child. (18+)

APTN "Parallel Minds" (Sci-Fi,2020) Greg Bryk, Tommie-Amber Pirie. The creator of a revolutionary contact lens is murdered

before the release. (18+) 11:00 **WIN** "Winter in Vail" (Romance 2020) Lacey Chabert, Tyler Hynes. A woman inherits a house in Vail, where she meets a man and gets a much-needed

12:30 **TOON** "Bumblebee" (Action,2018) Hailee Steinfeld, John Cena. A young woman teams up with Bumblebee, a Transformer on the run from

his enemies. (13+)

THE "By the Sea"
(Drama,2015) Angelina Jolie, Brad Pitt. A former dancer and her husband, an American writer, travel

together. (18+) CTVSci-Fi "Shazam!" (Action, 2019) Zachary Levi, Mark Strong. A boy has the power to turn into a grown-

up superhero. (14+)

A&E "The Magnificent 1:00 Seven" (Western,2016) Denzel Washington, Chris Pratt. Seven gunslingers are hired to defend a town from a deadly industrialist and his

> "Love on the Air" (Romance,2015) Alison Sweeney, Íonathan Scarfe A radio host gets dumped by her boyfriend on-air. she need to regain her

confidence. (G)

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

# **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)

**WIN** "The 27-Hour Day" (Romance, 2021) Autumn Reeser, Andrew Walker. An entrepreneur takes a break from her wellness empire for some much-needed rest. (G)

**OUTD** "Roux the Day: A Gourmet Detective Mystery" (Mystery,2020) Dylan Neal, Brooke Burns. Secrets hidden within a treasured recipe book have dire consequences for all who own it. (PG)

CTVSci-Fi "Galaxy Quest"

(Comedy,1999) Tim Allen,

**TUESDAY EVENING** 

Sigourney Weaver. Sci-fi actors are unwittingly recruited by an alien race to help fight off their enemy. (PG)

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

"Butlers in Love" (Romance,2022) Stacey Farber, Corey Cott. A man and woman train to become royal butlers in a prestigious

academy. (G)

FAM "Addams Family Values" (Comedy,1993) Anjelica Huston, Raul Julia. The Addams family tries to save Uncle Fester from his new, gold-digging love interest. (PG)

**OUTD** "Roux the Day: A Gourmet Detective Mystery" (Mystery,2020) Dylan Neal, Brooke Burns. Secrets hidden within a treasured recipe book have dire consequences for all

who own it. (PG)
CTVSci-Fi "Star Trek" (Sci-Fi,2009) Chris Pine, Zachary Quinto. A Romulan travels through time for vengeance against Spock for the death of his planet. (PG)

STAR "While You Were

**Sleeping"** (Comedy,1995) Sandra Bullock, Peter Gallagher. A woman pretends to be a comatose man's fiancé, but soon falls in love with his brother. (PG)

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

CH "The Mechanic" (Action,2011) Jason Statham, Ben Foster. An elite hit man teaches his trade to the son of one of his previous victims. (18+) FAM "Despicable Me 2" (Animated, 2013) Steve Carell, Kristen Wiig. Gru is recruited by the Anti-Villain League to stop a super criminal. (PG)

10:00 APTN "Field of Dreams" (Drama, 1989) Kevin Costner, James Earl Jones. After hearing voices, a farmer constructs a mystical baseball diamond in his

cornfield. (PG)
10:05 (CTVSci-Fi) "Star Trek Beyond" (Action,2016) Chris Pine, Zachary Quinto. The USS Enterprise is attacked by a mysterious new foe, and Kirk must rescue his crew. (13+)

10:30 STAR "Gravity" (Thriller,2013) Šandra Bullock, George Clooney. Two astronauts struggle to survive after disaster strikes, leaving

them alone in space. (PG)
11:30 **WTN** "Fifty Shades Freed" (Drama,2018) Dakota Johnson, Jamie Dornan. A fledgling young marriage is threatened by jealously and a man who's

out for revenge. (18+) 12:00 SHOW "X-Men: Apocalypse" (Action,2016) Jennifer Lawrence, Michael Fassbender. Professor X helps Raven lead the X-Men 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 **QUID** "Yes, I Do" (Romance, 2018) Jen Lilley. Marcus Rosner. A woman has to prove that she wants to marry her fiance after leaving him at the altar. (G) **TOON** "Scooby-Doo!

Return to Zombie Island" (Animated,2019) Scooby-Doo and his gang win an all-inclusive holiday and embark on a trip of a lifetime. (PG)

CH "Ocean's Thirteen" (Comedy,2007) George Clooney, Brad Pitt. Danny Ocean and his team plan to bankrupt one of Vegas' most powerful businessmen. (14+) WIN "Our Brand

Is Crisis" (Comedy/ Drama,2015) Sandra Bullock, Billy Bob Thornton. A campaign strategist must overcome all odds to help an unlikeable presidential candidate. (18+)

FAM "Coraline" (Fantasy,2009) Dakota Fanning, Teri Hatcher. A young girl enters a parallel life and has to find a way to return to her true world. (PG)

# **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)

OUTD "Flip That Romance" (Romance,2019) Julie Gonzalo, Tyler Hynes. Rival house-flippers find themselves in a renovation face-off doing two sides of a duplex. (G)

8:00 TOON "Scooby-Doo! WrestleMania Mystery" (Children,2014) Matthew Lillard, Frank Welker. When a ghostly bear appears at WrestleMania, the gang must solve the mystery. (C8+)

CH "The Bucket List"

9:00 (Adventure, 2007) Jack Nicholson, Morgan Freeman. Two men leave their deathbeds to take a road trip and do things they have always wanted. (14+) WIN "Leap Year" (Comedy,2010) Amy Adams,

Matthew Goode. A woman plans an elaborate scheme to propose to her boyfriend on February 29th. (PG) FAM "How to Train Your **Dragon"** (Adventure,2010)

Jay Baruchel, Gerard Butler. A young Viking forms a friendship with a dragon that he initially attempted to slay. (PG) MARCH 15

6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
6 News	Nbhood ET Canada NCIS: Hawai'i "Monster"				NCIS Mark Harmon.		News	:35 ET Can.	6	News	ET	ET Canada	The Thing	About Pam	FBI "Gone E	Baby Gone"	FBI: Interna	tional	News	:35 ET Can.		
8 6:00 News	eTalk	Bob Hearts	Transplant	"Locked"	9-1-1: Lone	Star	The Cleanir	ng Lady (SF)	News	News	8	6:00 News	eTalk	BigBang	Transplant		Pivoting	B Pos (SF)	This Is Us		News	News
11 6:00 News	CorrieSt	Feud	Murdoch M	ysteries	The Porter		News: The	National	CBC News	Standing	11	1 6:00 News	CorrieSt	Feud	22 Minutes	SonCritch	WorkMom	TallBoyz	News: The I	National	CBC News	Interrupt (R)
4 News			Boston		Antiques Roadshow		Antiques Roadshow		Independent Lens		4	News	PBS NewsHour		Boston	Steves'			American Experience		Frontline	
7 6:00 Ships			BigBang		Ghost Whisperer		AmericanHomecoming				7	6:00 Ships	CTV News A	Atlantic	BigBang	eTalk			Rookie Blue	)	Ghost Whis	
9 6:00 News			News		The Bachelor				The Good Doctor		9		News News		News	Chronicle	The Bachelor (SF)				Abbott Abbott	
12 6:00 News	News NBC News News		News	Access H.	America's Got Talent: I				The Endgame			2 6:00 News		NBC News	News		YoungRoc	Mayor (SP)			The Thing I	
14 Contract			Catch a Contractor		Catch a Contractor		Catch a Contractor		Catch a Contractor		14	7	Ink Master:		Ink Master:		Ink Master:		Ink Master "	- ( )	Ink Master:	
16 6:00 First 48					Secrets of Playboy				Chippendales (P)		16	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Deep Fried	Deep Fried
17 Queens	3's Comp.	3's Comp.	Frasier		The Office		Queens	Queens	Queens	Queens	17	7 Queens	3's Comp.	3's Comp.	Frasier	Frasier	The Office		Queens	Queens	Queens	Queens
18 6The Lead	The Situation	on Room	Erin Burnet	tt OutFront	Anderson C	ooper 360	Cuomo Prir	ne Time	Don Lemon	Tonight	18	6The Lead	The Situation	on Room	Erin Burne	t OutFront	Anderson C	Cooper 360	Cuomo Prin	ne Time	Don Lemor	n Tonight
19 6:00 Pickers	s American Pickers Beyon		Beyond Oa	k Island	Curse of Oak Island				AdamEats AdamEats		19	6:00 Pickers	Pawn Stars "Gold Rush"						1		FoodThatBuiltAmerica	
20 HappyD.	D. Evening News		Story	Access H.	H. ★★ "Ocean's Thirteen"		('07) Brad Pitt, George Clo		, , ,		20	HappyD.	Evening Ne	:WS	Story	Access H.	★★★ "The	Bucket List" (	('07) Jack Nic	holson.	Weather	Club 54 (R)
21 6:00 Drew	Young & Re	estless	News	News	Global News	S	ET Canada	Nbhood	NCIS: Hawa	ii'i "Monster"	21	6:00 Drew	Young & Re	estless	News	News	Global New	s	ET Canada	ET	The Thing I	About Pam
22 Sponge	Danger F	Warped!	★★★ "Des	picable Me" (	10) Steve Ca	rell.	H.Danger	H.Danger	Und.High	Carn. Eats				1 /	★★ "Despi	cable Me 2" (	'13) Steve Ca	arell.	H.Danger	H.Danger	Und.High	Carn. Eats
23 Titans!	Titans!	DCSuper	"Scooby-Do	o! Return to 2	Zombie Isl	:45 Drama	Batman	Superman	Justice Lg.	Phantoms	23	Titans!	Titans!	DCSuper	"Scooby-Do	o! WrestleMa	ania Mystery"	:45 Drama	Batman	Superman	Justice Lg.	Phantoms
28 6:00 SVU	Law & Orde	er: S.V.U.	Mom	Mom	"Our Brand Is	s Crisis" ('15	) Billy Bob Th	nornton, Sand	Ira Bullock.	The Unicorn	28	6:00 SVU	Law & Orde	er: S.V.U.	Mom	Mom	★★ "Leap \	/ear" ('10) Ma	atthew Goode	, Amy Adam	S.	The Unicorn
29 6:00 Power and Politics			CBC Run A	Nichols	Canada Ton	ight	News: The National		News: The National		29	29 6:00 Power and Politics		CBC Run A	Nichols	Canada Tonight		News: The National News		News: The	National	
32 WBZ News	32 WBZ News WBZ News News		Wheel	Jeopardy!			NCIS "Thick as Thieves"				32	WBZ News	ws WBZ News News		Wheel					FBI: Most Wanted		
33 6Chi.Fire				hicago Fire Chicago Fire					Chicago Fire		33	6Chic.Med	ed Chicago Med "Guilty"		Chicago Med "Us" Ch		Chicago Me	Chicago Med "Hearts" Chicago I				
34 6:00 Single	90 Day: The Single Life		90 Day: The	e Single Life	le Life 90Day Single Life "Sing		le and Ready to Mingle"		:05 1000-lb Best Friends		34	4 6Johnston	7 Little Johnstons		7 Little Johnstons		7 Little Johnstons				Doubling Down	
35 6Hwy Hell	Highway Hell "Deadlift"		Heavy Reso	cue: 401	Lone Star Law				Heavy Rescue: 401		35	6Hwy Hell	Highway Thru Hell		Heavy Rescue: 401		Gold Rush		Gold Rush		Gold Rush: White Water	
36 6:00 News	Boston 25 I	News at 6	ET	TMZ	9-1-1: Lone	Star	The Cleanir	ng Lady (SF)	Boston 25 N	lews	36	6:00 News	Boston 25 N	News at 6	ET	TMZ	The Reside	nt	The Masked	Singer	Boston 25	News at 10
37 6:00 NCIS	NCIS "Interr	nal Affairs"	NCIS "In the	e Zone"	All America	n	Bel-Air "PA	to LA"	:05 Wolfe Ba	bou Ceesay.	37	7 6:00 NCIS	NCIS "Abou	t Face"	NCIS "Judg	ement Day"	FBI "Scorch	ed Earth"	Naomi		NCIS	
38 Mom	Queens	Queens	Housewive	s-Salt Lake	Below Deck	Yacht (R)	Below Deck	(Yacht	:15 Housewiv	ves NJ		8 Mom	Queens	Queens	Below Decl	Yacht (R)	Housewive	s NJ	Housewives	i NJ	House Miar	mi
39 BigBang	Modern	Modern	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	HeadClas	39	BigBang	Modern	Modern	Sheldon	Sheldon	Sheldon	Sheldon	BigBang	BigBang	Wipeout	
43 Take Note	Take Note  Take Note  Ruby and the Well		★★★ "Coraline" ('09) Dakota Fanning.			g.	Canterville "Winter" (R)			43 Add Magic ★★★ "Monsters vs. Alien		( )		★★★ "How to Train You		ur Dragon" ('10)		Canterville "Spring" (R)				
44 Sheldon	Sheldon	Sheldon	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	Amer. Dad	Enough	44	4 Sheldon	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	Wipeout		BigBang	BigBang
46 6:00 House	Vacation Ho	ouse Rules	Vacation H	ouse Rules	Tough Love		Vacation Ho	ouse	Rock the BI	ock	46	6 FarmFace	Farmhouse	Facelift	Vacation H	ouse (R)	Dream H.	Dream H.	Farmhouse	Facelift	One Week	One Week
47 6Element.	<b>Ghost Whis</b>	perer	Star Trek		Star Trek		Picard Patri	ck Stewart.	Star Trek: D	iscovery	47	<sub>7</sub> 6Element.	<b>Ghost Whis</b>	perer	Star Trek: I	lext Gen.	Superman	& Lois	Star Trek: N	ext Gen.	Star Trek: N	Next Gen.
49 5"Yes, I Do" "Yes, I Do" ('18) Marcus Ro			osner, Jen Lilley. American Idol			•		American Idol (R)		49	49 Movie ★ "Flip That Romance"		t Romance" (	19) Julie Gonzalo. The Bachelor			The Bachelor (R)					
50 6:00 Tim & Friends (L)			Hometown Hockey NHL Arizona vs Ottawa Site:			Canadian Tire Centre (L)		Basket.		50	50 6:00 Tim & Friends (L) Hockey		Hockey	Hockey NHL N.Y. I./Was. Site: Capital One Are		l One Arena	a (L) Hockey NHL		. Boston vs Chicago			
52 Masters Golf Central (R)			School	Academy	emy Golf The Players Championship PGA S			Site: TPC Sa	Sawgrass (R)		52	52 School Golf Central (R)					Golf Films "Jack: Prime" Golf Films					
53 Interrupt	53 Interrupt SportsCentre			Count Basketball NBA Den./Ph			ni. Site: Wells	Fargo Cente	r (L) Basket.		53	53 3:00 Tennis BNP Paribas Open ATP		ourth Round Site: Indian V		Nells Tennis Garden India		an Wells, Calif. (L)				
54 TMZ	Escape to t	he Country	Escape to t	he Country	Escape to the	ne Country	Escape to t	he Country	To the Cour	ntry "Essex"			Botched		Botched		Botched		Botched		Hacks	:45 Spencer
55 First Talk	News	Nouvelles	Policier	Chuck el la	Orignal &	Réserve	Réserve	Chuck el la	Mohawks	Mohawks	-	-	News	Face	Marmalad	Chuck and	Easy Eats	Quest	Total Contro	ol (R)	Riverdale	
56 6Waltons	Parenthood	İ	Murder, Sh	e Wrote	Sister Bonif	ace "Scoop"	Gardeners	Gardens	theZoomer		56	6 6Waltons	Parenthood	İ	Murder, Sh	e Wrote	The Royal		Born and B	ed	All Creature	es Great
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# **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 pow bires are required to be fully vascinated against COVID10, as no
- 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* 



Advocate Printing & Publishing Company

200347



# 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

27 Pleasant Street, PO Box 620, Chester, Nova Scotia, B0J 1J0 Email: dennis.egyedy@villageofchesterns.ca

20028





# 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 keep grass on contemporary graphic design and typography, are very
- 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
- $\bullet \ Basic \ knowledge \ of \ Google \ and \ other \ social \ media \ analytics \ (asset)$
- 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** 

Advocate Printing & Publishing Company

2003

# WANTED

# **WANTED TO BUY**

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

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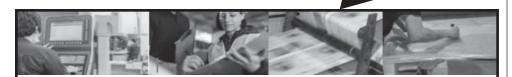
# **MEETINGS**

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.





# **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
- 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

# **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 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.

# **MEMORIAMS**



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.

# **MEMORIAMS**

In memory of all of our loved ones: Dad, Owen Arenburg, love son Eric and Mildred Arenburg; Winnie sister (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; sisterin-law Yvonne (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; brotherin-law Donald Mailman.

DREW-VEINOT: In memory little granddaughter, Hailey Ashley Drew-Veinot, who was stillborn on March 5,

Like a beautiful butterfly, You spread your wings and far too early You silently flew away from

Donna and Allister Daniels



Don't forget Support your local food banks!

# **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

- 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
- 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)
- 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

# **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 Bridgewater. Hospital, 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 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), Murray Angela (Narty), and Loretta (Neil). Randolph was proud of all his children and grandchildren Tyler (Chassidy), Cody (Jillian), Michaela Gabrielle, and

grandchildren Carly, Axel, and Jameson. Randolph was predeceased by his youngest grandson Tristan; his parents Angus and Álma; three borthers 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 Transportion. 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

> 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 temporar-

#### **OBITUARIES**

Mona May Joudrey

Age 91, of Blockhouse, passed away peacefully at Fisherman's Memorial Lunenburg Hospital, 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 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 BOJ 2EO (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" (Gagnoń) 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.

Řaymond is survived by daughter, Michelle Wade, Oshawa; sons, Brent, Toronto; Daniel (Marlene), 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.

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

The mayor also said she approached the RCMP to lanes with two-way traffic an emergency vehicle, with "lights and sirens engaged with a cautionary approach most likely" would get through the intersec-

> 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."

#### 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 the 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 were 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

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 Daury 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 Daury.

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."

Daury 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.

# How to minimize job-interview stress

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

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.



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,

Application deadline is March 28, 2022



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

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

# **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.

#### 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.

# 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.

#### **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.

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

# 2. TAKE CARE OF YOURSELF

1. HAVE REALISTIC EXPECTATIONS

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

# 3. LEARN HOW TO FAIL

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

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



**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



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

# 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 *Lighthouse-NOW* 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.

# CALL CENTRE NOW HIRING!

100 CALL CENTRE REPS REQUIRED IN LIVERPOOL, NOVA SCOTIA

# \$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 gamesGreat 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.



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