



**FORMER CEO  
SUES AQUALITAS**

*Myrna L. Gillis is suing Aqualitas, the company that she founded*

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**FORMER RCMP OFFICER  
TURNS WRITER**

*William 'Bill' Kelly just writing his second book about his adventures*

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**CHASING HER  
OLYMPIC DREAM**

*A New Germany graduate is sliding her way to making the Olympic team*

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# Seniors' advocates pan decision to close Mahone Bay BMO branch

By ED HALVERSON  
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MAHONE BAY – The planned closure of the Bank of Montreal (BMO) branch in Mahone Bay is drawing criticism from seniors' advocates and residents who say the move reflects a widening gap between corporate banking decisions and rural realities on Nova Scotia's South Shore.

BMO has confirmed the Mahone Bay branch will close on June 19, 2026, with customers redirected to its Bridgewater location, roughly 15 kilometres away. The move follows the closure of BMO's

Lunenburg branch in 2017, after which customers were told to bank in Mahone Bay.

For Bill VanGorder, past chair and spokesperson for the Nova Scotia chapter of the Canadian Association for Retired Persons (CARP), the pattern is troubling. "We're hearing regularly from our members," he said. "They're very concerned that banks are shutting down all across the province."

CARP represents nearly 9,000 members in Nova Scotia, many of whom still rely on in-person banking. VanGorder said seniors remain one of the most consistent groups using physical branches.



ED HALVERSON PHOTO

The BMO branch in Mahone Bay is expected to close this June drawing the ire of many, including the Nova Scotia Chapter of the Canadian Association for Retired Persons.

"Seniors are the ones that are still using the banks, going in person," he said. "They're not doing online deposits or using machines. They want to work with the tellers."

Mahone Bay's demographics amplify the concern. More than half the population is over the age of 60, with about 41 per cent aged 65 or older. VanGorder questioned why banks would withdraw from communities where seniors form a large share of the customer base.

"With the amount of business they were getting from seniors, we question why they would be closing these branches down," he said.

Transportation is the central issue. VanGorder noted that while seniors may manage within a small town, traveling between communities is another matter entirely.

"One of the biggest problems seniors have is transportation," he said. "Going from one town to the other, especially in bad weather, is just not possible."

# Second Mahone Bay councillor resigns

By ED HALVERSON  
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MAHONE BAY - Council is looking for another councillor following another unexpected resignation.

Councillor Rebecca Twanow has stepped down from Mahone Bay Town council, becoming the second councillor to resign within a matter of months. Mayor Suzanne Lohnes-Croft said she received notice from former councillor Twanow late Tuesday afternoon, followed by a formal resignation letter on the morning of Wednesday, Jan. 7.

The reason for stepping aside, she said,

was straightforward. "Family time. Her business being very busy. Basically, life got in the way," Lohnes-Croft explained.

While not common, the mayor said the resignation highlights just how demanding municipal politics can be.

Attempts were made to contact Twanow for the story, but there was no response before deadline.

"People see the work of a councillor, but very few people attend council meetings or see what actually goes on," she said. "They don't realize the depth and the amount of time it takes to do the job properly".

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# Former Aqualitas executive sues former employer

By ED HALVERSON

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LIVERPOOL – A former executive and founding director of Liverpool-based Aqualitas Inc. has launched a lawsuit against the Nova Scotia cannabis company, claiming it failed to repay hundreds of thousands of dollars in loans and stopped paying for legal services without explanation.

Myrna L. Gillis, K.C., and her company, Myrna L. Gillis Legal Services Inc., filed the claim in the Supreme Court of Nova Scotia, alleging breach of contract, unfair treatment, and bad-faith conduct by Aqualitas following its sale to Ontario-based Cannaray Limited.

According to court documents, Gillis was a founding director of Aqualitas and served as its chief executive officer until March 2024. She also held a minority ownership stake in the company. Over the years, she says she personally loaned Aqualitas money during times when it needed cash to continue operating.

The lawsuit centres on two promissory notes issued to Gillis: one for \$650,000 in December 2021 and another for \$200,000 in May 2023. Both loans carried 12 per cent annual interest. Together, they are referred to in the claim as the “MG Notes.”

In February 2024, Aqualitas agreed to sell all of its shares to Cannaray through a court-approved arrangement. As part of that deal, Gillis and another founding director, Mike O’Keefe, were granted third-ranking security for their loans. A repayment schedule included in the



Myrna L. Gillis

agreement called for monthly payments toward both sets of loans.

The claim says all required lender approvals were obtained and that Aqualitas initially made payments as agreed. However, payments were temporarily paused from November 2024 to April 2025 by mutual agreement. The lawsuit alleges payments were supposed to resume in May

2025 but never did.

Gillis claims Aqualitas continued paying other secured creditors, including O’Keefe, but stopped paying her loans altogether. The statement of claim alleges company management was directed by Cannaray representatives not to pay the MG Notes.

In addition to the loans, Gillis’s legal services company had an independent contractor agreement with Aqualitas to provide legal and executive services. The lawsuit says those payments also stopped in November 2024, even though Gillis continued working to avoid regulatory issues for the company.

As of Dec. 17, 2025, the claim states that about \$789,000 in principal and interest remains unpaid on the loans. An additional \$42,000 is allegedly owed for legal services, with interest continuing to accrue.

Gillis argues the company’s actions amount to a breach of contract and a violation of its duty to act honestly and in good faith. She is seeking repayment of the loans, damages, legal costs, and punitive damages.

None of the allegations have been proven in court. Aqualitas has not yet filed a statement of defence.

## Seniors’ advocates pan decision to close Mahone Bay BMO branch

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BMO has pointed to digital and virtual banking as alternatives, but VanGorder said those options fail to reflect how many seniors actually use technology.

“We often hear that surveys show seniors use the internet,” he said. “They use it for e-mail, usually set up by a younger relative. But they’re not online users in the same way. They don’t trust online banking, especially for their finances.”

That lack of trust, he said, creates real stress. “The bottom line is it creates a real problem for them,” VanGorder said. “And if we want to keep seniors in their communities, removing essential services works against that.”

He warned the long-term impact could be severe. “What would happen if all the seniors in a community decided they had to move to Halifax because they can’t get services here?” he asked. “It would decimate the community.”

VanGorder also questioned whether decisions affecting rural Nova Scotia are being made far from the communities involved.

“We wonder if decisions are being made in Ontario,” he said. “They don’t understand the rural nature of our communities or the realities seniors face.”

CARP is calling for stronger government oversight of banks, arguing that limited competition leaves communities with few options.

“There are only a few banks,” VanGorder said. “Somebody has to hold them to account and make sure they do what’s right for communities and their customers.”

While confirming the closure date and outlining alternative service options, BMO has declined to address specific questions about how or why the Mahone Bay branch was selected for closure. In a written response, the bank said it “continuously assess[es]” its branch network to adapt to changing consumer preferences, describing the decision as “carefully considered,” but offered no details about that assessment.

Follow-up questions asking how Mahone Bay customers were consulted, what criteria were used to justify closing a rural branch, and whether local staff would be retained after the closure went unanswered. Instead, BMO reiterated information about mobile, telephone, and virtual banking services, as well as online tutorials for digital banking.

## Salmon Soufflé

**INGREDIENTS**

- 1 half-pound can of salmon
- 2 tbsp flour
- 2 tbsp butter
- 1/2 tsp salt
- 1 cup liquid (canned salmon liquid plus milk to make up volume)
- 3 eggs, separated
- 1/2 cup miracle whip

**PREPARATION**

1. Drain and flake the salmon saving the liquid.
2. Melt butter
3. Blend in flour and seasoning.
4. Add liquid gradually and cook until thickened stirring constantly.
5. Beat the egg yolks until light in colour.
6. Remove sauce from heat and stir in mayonnaise and egg yolks.
7. Add salmon.
8. Beat egg whites until stiff but not dry.
9. Fold the cooled sauce into beaten egg whites gently but thoroughly.
10. Pour into ungreased 1 1/2 quart casserole.
11. Place casserole in shallow pan of hot water and oven poach at 350° for 45 minutes or until set and lightly browned.
12. Serve immediately. Delicious with spinach or asparagus and oven roasted potatoes.

Have a recipe you'd like to share?  
Send it in!

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## Social Column

*Enjoy this “social media of yesteryear”  
excerpt from the Bridgewater Bulletin.*

January 14, 1970

### Bridgewater

Mrs. Olive Hogan, Bridgewater and Mrs. Mark Cleveland, Blandford will be leaving Halifax on January 15th, for Montreal where they will join a Caribbean sea-air cruise tour and then on to New York to the Roosevelt Hotel for a pre-cruise party and dinner. The following morning, they will board the Empress of Canada to visit ports to and from Venezuela, South America, arriving back in New York on January 29th.

### Chester

This will be a very busy year for Clarke Lodge, Chester as in November the Lodge will begin celebrations of its 100th birthday. Plans are already being made by the committee which is headed by Judge Clifford Leavy, a member of Clarke Lodge and a Past Grand Master.

### LaHave

Mrs. Mary Wagner, who is spending the winter months in Bridgewater was a dinner guest of Mrs. Warren Norman on Sunday. In the afternoon, she attended the church service and annual business meeting in St. Peter’s church, West LaHave and was a supper guest at the home of Mr. and Mrs. Cecil Wagner.

### New Germany

Mr. Blake Robar spent Christmas with his siter, Dorothy (Mrs. Walter Cleveland) and Mr. Cleveland at Whitman, Mass., also with Stanley Robar and Mrs. Laura Contoni for the first time in over forty years that they were together at Christmas. He went by plane from the international airport at Kelly Lake. A very big surprise for the family.



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# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 96 calls for service and Queens County firefighters answered 25 calls for service from Thursday, Dec. 25 to Saturday, Jan. 3 – 45 of these calls were medicals.

### DECEMBER 25

At 1:05 a.m., Blockhouse firefighters responded to a possible motor vehicle accident in Blockhouse. Oakhill also responded.

At 1:21 p.m., Chester firefighters responded to a motor vehicle accident in East Chester. Chester Basin also responded.

At 2:06 p.m., Lunenburg firefighters responded to a motor vehicle accident on Heckmans Island.

At 10:56 p.m., Chester firefighters responded to a residential fire alarm in Chester.

### DECEMBER 26

At 11:33 a.m., Greenfield firefighters responded to a motor vehicle accident in Labelle. North Queens also responded.

At 1:50 p.m., Tri District firefighters responded to a smoke sighting in Newcombville. Hebbville also responded.

At 4:56 p.m., Northfield firefighters responded to a chimney fire in Wentzells Lake.

At 7:08 p.m., Chester firefighters responded to a motor vehicle accident in Sherwood. Southwest Hants and Windsor also responded.

### DECEMBER 27

At 8:57 a.m., Riverport firefighters responded to an ice rescue for a deer in Kingsburg.

At 10:50 a.m., Liverpool firefighters responded to a smoke sighting in White Point.

### DECEMBER 28

At 1:20 p.m., New Ross firefighters responded to a possible chimney fire in New Ross.

At 1:34 p.m., Lunenburg firefighters responded to a public assist in Lunenburg.

At 4:12 p.m., Pleasantville firefighters responded to a motor vehicle accident in Pleasantville.

At 4:38 p.m., Lunenburg firefighters responded to a smoke sighting in Lilydale.

At 6:20 p.m., Conquerall Bank firefighters responded to a possible motor vehicle accident in Conquerall Bank.

At 10:32 p.m., Greenfield firefighters responded to a motor vehicle accident in Buckfield. North Queens also responded.

### DECEMBER 29

At 11:40 a.m., Riverport firefight-

ers responded to a smoke sighting in Bayport.

At 12:23 p.m., Hemford firefighters responded to a motor vehicle accident in Simpsons Corner.

At 1:49 p.m., North Queens firefighters responded to a chimney fire. New Germany aerial also responded.

At 2:15 p.m., Liverpool firefighters responded to a motor vehicle accident in Brooklyn. Port Medway also responded. Mill Village was on stand by in Port Medway.

At 2:32 p.m., Tri District firefighters responded to a motor vehicle accident in Newcombville. Hebbville also responded.

At 3:17 p.m., New Germany firefighters responded to a tree on power lines on fire in Watford.

At 3:33 p.m., Bridgewater firefighters responded to a fire alarm in Bridgewater.

At 3:57 p.m., Oakhill firefighters responded to a motor vehicle accident in Pine Grove. Blockhouse also responded.

At 5:08 p.m., Hubbards firefighters responded to a motor vehicle accident in Simms Settlement.

At 5:21 p.m., Northfield firefighters responded to an elevator rescue in Cookville.

At 5:51 p.m., Northfield firefighters responded to a motor vehicle accident in Cookville. Bridgewater also responded.

At 6:10 p.m., North Queens fire-

fighters responded to a tree on power lines on fire.

At 8:45 p.m., Chester firefighters responded to a carbon monoxide alarm in Chester.

### DECEMBER 30

At 9:50 a.m., Hemford firefighters responded to a motor vehicle accident in Hemford.

At 12:40 p.m., New Ross firefighters responded to a chimney fire in the Forties.

At 4:30 p.m., Hemford firefighters responded to a motor vehicle accident in Simpsons Corner.

### DECEMBER 31

At 10:11 a.m., Hubbards firefighters responded to a motor vehicle accident in Simms Settlement. Chester Basin and Black Point also responded.

At 10:20 a.m., Blandford firefighters responded to a motor vehicle accident in Bayswater.

At 4:54 p.m., Western Shore firefighters responded to a possible motor vehicle accident in Beech Hill.

### JANUARY 1

At 1:08 a.m., Hebbville firefighters responded to a motor vehicle accident in Conquerall Mills. Tri District and Bridgewater also responded.

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## Second Mahone Bay councillor resigns

*Continued from page 1*

Mahone Bay now finds itself with two vacant council seats at the same time, following the resignation of former deputy mayor Colin Kingsmill in November. Rather than holding two separate votes, the town has decided to combine them into a single by-election.

“There will be one election, but we’ve extended the nomination date,” Lohnes-Croft said, noting the town sought legal advice because of how unusual the situation is. The nomination period is now open until Jan. 20, with voting scheduled for Feb. 14. One ballot will be used, and the two candidates receiving the most votes will take the seats.

So far, only one person has officially put their name forward, but the mayor hopes having two open seats may encourage more interest.

In the meantime, the remaining councillors are operating short-handed, and responsibilities are being shared four ways instead of six. Lohnes-Croft said that timing adds pressure, as the town moves into budget season.

“January and February are heavy months,” she said. “Nobody can be sick. Budget prep is coming, and it requires everyone”.

Whoever is elected will be jumping straight into the town budget session, some of the most important

decisions council makes in the year. Lohnes-Croft acknowledged the steep learning curve, especially for first-time councillors.

“Politics is always baptism by fire,” she said. “No two days are the same”.

To help, the town plans to offer the newly elected councillors training sessions, along with time for council to meet informally and build working relationships. Lohnes-Croft said Mahone Bay typically does not rush its budget, leaving some room for new councillors to get oriented before final decisions are made.

Replacing councillors mid-term with a by-election comes with a financial cost. Lohnes-Croft said her own by-election cost about \$18,000, and the town expects this vote to be similar. Combining the two vacancies into one election will help avoid significantly higher costs.

The mayor encouraged potential candidates to ask questions and learn what the role really involves.

“People think it’s one or two meetings a month,” she said. “It’s a lot more than that. There’s a lot of reading and prep time.”

Lohnes-Croft says talking to sitting or past councillors will give potential candidates a clear view of the responsibilities and commitment involved with public office. She says anyone thinking about putting their name forward should contact town hall.



KEVIN MCBAIN PHOTO

## FOOD HUB OFFICIALLY OPENS

The Lunenburg Community Food Hub is officially opened. Karen Simpson, secretary-treasurer of We Feed Lunenburg (WFL) and Lunenburg MLA Susan Corkum-Greek officially cut the ribbon during a ceremony held Jan. 10 at the site with about 100 people in attendance. The food hub, a project of WFL, is currently open Monday and Friday from 3 to 5:30 p.m. and Saturday from noon to 3 p.m. - more volunteers are needed to be able to remain open longer hours. The 24/7 pantry will continue to run as per usual.



# LOCAL



## Former RCMP officer completes second book

By KEVIN MCBAIN

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PROVINCE – William ‘Bill’ Kelly, a retired RCMP officer and former Bridgewater resident, is on a mission. He has been around the world and wants to share his experiences.

His first of six books, *More Than a Badge*, published in April 2025, lays the foundation for the rest. “It tells about my career in the RCMP, growing up in Grand Pré, moving to Kentville and being a teenager in Bridgewater. My father was with the IGA at that time and that’s when my brother, Peter, joined the RCMP,” he said. “When I was working at Harold’s, my brother asked what I wanted to do in life. I was 18. He encouraged me to join the RCMP and a year after I graduated high school, I joined up.”

Kelly was with the RCMP for 33 years, 27 of them in New Brunswick, and his final six years in Antigonish, where his daughter married a local, and now resides with his grandchildren. Another daughter is a massage therapist in Chester, and his brother Peter is retired in Bridgewater. His mother lived in Bridgewater since the 1960s and now resides in Lunenburg in the veterans’ ward. His dad died in 1971 while Kelly was in training.

“I always looked at my dad as my hero. He was always respectful and never harsh,” he said. “He would say ‘the customer is always right, unless they give you a reason otherwise.’ I kept that motto in my head.”

He said this first book is ‘raw’. He didn’t get an editor to read it but wrote it from the heart. “The first book is not well written. I am just doing it in layman’s terms. Every mistake in there, I own,” he said. “But the next book is going to be different. You won’t know that it’s the same author. I put a lot of work into it. It’s very factual and I put my words in as if I am talking to someone that is walking beside me.” Book number two, *Crossing the Front Line: War Watching in Ukraine*, will be published by the end of January 2026.

“This book is not political – it is



CONTRIBUTED PHOTO

Former Bridgewater resident and 33-year RCMP veteran, William Kelly promotes his first book, *More Than a Badge*.

human. It tells the story of Ukrainian families, ordinary citizens, and those struggling to save their homeland and preserve their democracy. It also recounts my three tours from 2014 to 2018 as part of the OSCE Special Monitoring Mission – working to observe honestly and report truthfully from the ground level on both sides of the contact line,” said Kelly, on a social media post.

“For every physical book sold, I will donate \$5 CAD – and for every eBook sold, \$2 CAD – to a voluntary humanitarian group in Kharkiv, Ukraine (locations or group may change in time), who are actively supporting citizens affected by the ongoing conflict. Having personally served in Kharkiv during

Ukrainian elections, I came to know the area, its streets, and most importantly, its people. Their spirit and resilience have stayed with me ever since.”

In total, Kelly went on 17 overseas missions, four while he was with the RCMP and 13 others after he retired. His jobs included United Nations security officer, investigator, trainer, and war monitor and elections observer. He has survived cerebral malaria and dengue fever. He has met people such as the Pope John Paul II, Jimmy Carter and Brian Mulroney.

Book three will focus on his first mission in Namibia, monitoring the local police during an election period, and about Haiti, where they were trying to establish a new police force. In both locations, there had been trouble with corruption in the past. “We were there to weed out the ‘bad ones’ and oversee the election. I was a commander of a police station in West Africa and oversaw 30 some internationals, overseeing 200 police officers.” This was his first mission with the RCMP, and he was among 100 members who went over for five-and-a-half months.

“I was hooked. I felt bad for taking money for the mission, because I had so much fun. But the next trip, where I went to Haiti made up for it. That one I earned every penny,” he said.

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## SOUTH SHORE BULLETIN

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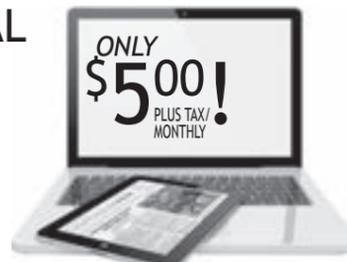
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SOUTH SHORE BULLETIN



## Southwest Nova District RCMP executes search warrant, seizes drugs and cash

SOUTH SHORE BULLETIN STAFF

NEW RUSSELL – Southwest Nova District RCMP Street Crime Enforcement Unit (SCEU) seized items including cocaine, unstamped tobacco, and cash during the execution of a search warrant in New Russell.

On Jan. 6, Southwest Nova District RCMP SCEU, assisted by the Lunenburg District RCMP and the Nova Scotia RCMP South Shore Traffic Services, executed a search warrant at a residence on New Russell Rd. in relation to a drug trafficking investigation.

During the search, officers located and seized cocaine in both powdered and crack form (over 4 kg total), hydromorphone capsules, a quantity of cash, unstamped tobacco products (approximately 27,000

cigarettes), and drug paraphernalia including packaging materials.

Three people were arrested during the execution of the search warrant. One man was later released on conditions pending a future court appearance at Bridgewater Provincial Court to face charges related to Possession for the Purpose of Trafficking and the *Excise Act*. The two other people were released without charges.

The investigation is ongoing.

Anyone with information about illicit drugs or other criminal activity in Lunenburg County is encouraged to contact Lunenburg County District RCMP at 902-527-5555. To remain anonymous, call Nova Scotia Crime Stoppers, toll-free, at 1-800-222-TIPS (8477), submit a secure web tip at [www.crimestoppers.ns.ca](http://www.crimestoppers.ns.ca), or use the P3 Tips app.

## Queens County man facing multiple charges, including personating a police officer

SOUTH SHORE BULLETIN STAFF

COOKVILLE – A Queens County man is facing charges after incidents of personating a police officer and theft of a truck.

On Dec. 26, 2025, at approximately 9:20 p.m., a man approached an RCMP officer outside Cookville RCMP detachment. The man indicated he was an RCMP sergeant who had just been transferred to the detachment from another province. He then attempted to enter the detachment.

The man arrived at the detachment in a black Dodge Ram and was dressed in civilian attire. When the officer asked the man for RCMP identification, he advised he didn't have any.

The officer quickly confirmed that no RCMP personnel had recently transferred into the detachment nor was anyone, outside of the officers on shift, expected to attend the detachment on that

day; the officer safely arrested the man.

Lunenburg District RCMP has charged Christopher Allan MacLeod, 43 of Liverpool, with Personating a Peace Officer and Breach of Recognition. He appeared in Bridgewater Provincial Court on Dec. 29 and was released on conditions.

On Jan. 1, at approximately 11:45 a.m., Queens District RCMP responded to a report of a stolen truck. Officers learned that an individual had entered a garage on Devonshire Rd. in West Caledonia and taken a dump truck. While officers were on their way to the property the truck had been taken from, they observed the vehicle on Hwy. 3 in Liverpool.

Officers conducted a traffic stop and safely arrested the driver, who was identified as Christopher MacLeod. The investigation indicates MacLeod

*Continued on page 6*

## Community Events

January 14-20, 2025

### WEDNESDAY, JANUARY 14

**Imagination Playground** at HB Studios Sports Centre from 9:30 to 11:30 AM.

**Fitness Classes** at the Mahone Bay Centre, 45 School St., Mahone Bay from 9 to 10 AM.

**Yoga Flow with Kim** at April Williams Salon & Spa, 709 Main St., Liverpool from 10 to 11 AM.

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 7 to 8:30 PM.

**Bright & Lion Touch Rugby** at HB Studios Sports Centre from 8 to 9 PM.

### THURSDAY, JANUARY 15

**Recreation and Social Program for Mature Adults** at HB Studios Sports Centre, 543 Glen Allan Dr., Bridgewater from 10 AM to 12 PM.

**Crafternoon** at The Hungry Traveler, 10117 Lighthouse Rt., Lunenburg from 1 to 3 PM.

**Mahjong Club** at the Mahone Bay Centre, 45 School St., Mahone Bay from 2 to 4 PM.

**Free Drop-in Programs** at Liverpool YMCA Youth Centre, 40 Water St., Liverpool from 2:30 to 5 PM.

**Family Game Night** at the Mahone Bay Centre, 45 School St., Mahone Bay from 4:30 to 6:30 PM.

**Bridgewater Toast Master Club** at NSCC Lunenburg Campus, 75 High St., Bridgewater from 6 to 7 PM.

**Chase the Ace** at Mahone Bay Centre at 7:00 PM

**Trivia with Michelle** at King Street Beer, 463 King St., Bridgewater from 7 to 9 PM.

### FRIDAY, JANUARY 16

**Clickety Clack Knitters & Crafters** at DesBrisay Museum, Jubilee Rd., Bridgewater from 1 to 3 PM.

**Try Stick Curling** at Lunenburg Curling Club, 13 Green St., Lunenburg from 5:30 to 7 PM.

### SATURDAY, JANUARY 17

**Yoga Flow with Kim** at April Williams Salon & Spa, 709 Main St., Liverpool from 10 to 11 AM.

**Craft Saturdays** at Mahone Bay Museum, Mahone Bay from 12 to 4 PM.

**Big Stage Open Mic** at The Astor Theatre, 219 Main St., Liverpool from 7:30 to 9 PM.

### SUNDAY, JANUARY 18

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 11 AM to 12:30 PM.

**Celtic Sunday Session** at Eli+Trix, 538 Main St., Mahone Bay from 2 to 4 PM.

### MONDAY, JANUARY 19

**Fitness Classes** at the Mahone Bay Centre, 45 School St., Mahone Bay from 9 to 10 AM.

**Imagination Playground** at HB Studios Sports Centre from 9:30 to 11:30 AM.

**Badminton** at the Mahone Bay Centre, 45 School St., Mahone Bay from 7 to 8:30 PM.

**South Shore Chorale Rehearsal** at St. Joseph's Parish Hall, Bridgewater from 7 to 9 PM.

### TUESDAY, JANUARY 20

**YMCA Youth Leader Program** at 40 Water St., Liverpool at 2:30 PM.

**Game Night** at Michelin Social & Athletic Club, Logan Rd., Bridgewater from 4 to 9 PM.

## Dahl's dispatch

*Continued from page 3*

At 10:46 a.m., Hebbville firefighters responded to a motor vehicle accident in Hebbville. Tri District also responded.

At 12:05 p.m., Blockhouse firefighters responded to a motor vehicle accident in Blockhouse. Oakhill also responded.

At 12:26 p.m., New Ross firefighters responded to a motor vehicle accident in Aaldersville.

At 12:37 p.m., Blockhouse firefighters responded to a motor vehicle accident in Blockhouse. Oakhill also responded.

At 12:40 p.m., Blandford firefighters responded to a motor vehicle accident in Bayswater.

At 1:23 p.m., Greenfield firefighters responded to a commercial fire alarm in Greenfield.

At 4:34 p.m., Lunenburg firefighters responded to a fire alarm in Lunenburg.

At 6:34 p.m., Hubbards firefighters responded to assist at a house fire in Upper Tantallon. Black Point, Seabright, Hammonds Plains, Lakeside, Dartmouth, Bedford, Shad Bay, Middle Sackville and Upper Sackville also responded.

At 8:14 p.m., Midville firefighters responded to a motor vehicle accident in Midville Branch.

### JANUARY 2

At 10:37 a.m., Western Shore firefighters responded to a fire alarm in Beech Hill.

At 2:52 p.m., Hubbards firefighters responded to assist Lakeside at a garage fire in Timberlea. Black Point, Hammonds Plains, Upper Tantallon, Bedford and Spryfield also responded.

At 3:56 p.m., Blockhouse firefighters responded to a motor vehicle accident in Blockhouse. Oakhill also responded.

At 4:16 p.m., LaHave firefighters responded to a motor vehicle accident in Mount Pleasant.

### JANUARY 3

At 6:12 a.m., Bridgewater firefighters responded to a fire alarm in Bridgewater.

At 10:02 a.m., Italy Cross firefighters responded to a motor vehicle accident in Italy Cross.

At 12:34 p.m., Liverpool firefighters responded to a commercial fire alarm in Brooklyn.

At 12:42 p.m., Liverpool firefighters responded to a flooded basement in Port Mouton.

At 2:05 p.m., Chester firefighters responded to a motor vehicle accident in East River.

At 2:28 p.m., Bridgewater firefighters responded to a flooded basement in Bridgewater.

At 4:55 p.m., Mahone Bay firefighters responded to a motor vehicle accident in Clearland.

At 5:49 p.m., Bridgewater firefighters responded to a smoke condition in Bridgewater.

At 7:55 p.m., Hubbards firefighters responded to assist Upper Tantallon at a structure fire in Timberlea. Black Point, Hammonds Plains, Seabright, Lakeside, Hatchet Lake, Bedford, Spryfield, Middle Sackville, Herring Cove and Halifax also responded.

*You may reach Evan Dahl by e-mail at [evandahl10@hotmail.com](mailto:evandahl10@hotmail.com) or via the Dahl Dispatch Facebook page.*



## BOWLING

Pajo's Bowling Alley League Stats

**Mickey Mouse League, Dec. 28:** H.S.: Donnie Wamboldt 106; H.T.: Donnie Wamboldt 294; H.S.: Tatum Lohnes 112; H.T.: Tatum Lohnes 307; H.T.T.: Minions 1419

## Queens County man facing multiple charges, including personating a police officer

Continued from page 5

entered the garage on Dec. 31 and stayed overnight before taking the truck.

Queens District RCMP has charged MacLeod with Break and Enter with Intent, Theft of Motor Vehicle, Possession of Property Obtained by Crime and Fail to Comply with Order (two counts).

MacLeod appeared in Bridgewater Provincial Court on Jan. 2 and was remanded into custody. He appeared again on Jan. 7 and was ordered held until his next appearance on Feb. 4.

The Nova Scotia RCMP reminds anyone with concerns about the identity of a police officer they're interacting with to ask the officer for identification or contact their local detachment's non-emergency line to determine if there is a police officer at their location. Call 911 in an emergency.

## Former RCMP officer completes second book

Continued from page 4

"Each one was a different type of work yet rewarding. I got to be in the culture of each place, and I really enjoyed it."

Three more books are also in the works, focusing on additional missions abroad. Kelly said that writing the books was a journey in itself, one that he thoroughly enjoyed.

"The only reason I started this was for my family, to show them this is what I did. My goal with the books is to break even. I think the books will do well based on how it is written, and the theme of the whole thing in all of the books is about service, humanity and purpose," he said.

For more information on Kelly or to keep up to date with his books, you can check out his website at missionjunkie.ca or on Facebook at missionjunkie.ca.

His books can be found at several locations along the South Shore.

# Youth dies from dog attack

SOUTH SHORE BULLETIN STAFF

WELSH TOWN – A youth has died following a dog attack that occurred Jan. 3 at about 5:12 p.m. in the 100 block of Upper Sandy Cove Rd. in Welsh town, Shelburne County.

EHS LifeFlight transported the youth to Halifax with life-threatening injuries, and he later died in hospital.

According to several news sources, Drew Nickerson was 13 years of age and in Grade 8.

RCMP officers have learned that the youth, was riding a bicycle past a property in the area when he was attacked by three large-breed dogs.

The dogs involved in the attack were euthanized by a veterinarian. The breeds of the dogs, although initially not reported, were two Cane Corsos and a Rottweiler.

"This is an extremely distressing and tragic incident for everyone involved," says S/Sgt. Mark Macpherson, Detachment Commander, Shelburne District RCMP, in a release. "Our thoughts are with the youth's loved ones as they process their

heartbreaking loss."

In the days since the attack, investigators have been actively gathering and analyzing video footage, conducting door-to-door canvassing in the immediate and surrounding areas, and interviewing several people about the dogs' day-to-day movements.

"Our team is working through several investigative steps to fully understand what happened and to determine the circumstances surrounding the attack," says S/Sgt. Macpherson. "Community members have been very supportive of our work, and the dog owners have been co-operative throughout."

Anyone who has information and has not yet spoken with police is asked to contact the Shelburne District RCMP at 902-875-2490.

The ongoing investigation is being assisted by the Nova Scotia Medical Examiner Service.

According to a CTV report, a friend, Patricia Harris has launched a GoFundMe page to help Nickerson's mother, Dawn. More than \$124,000 had been raised as of 2 p.m. last Thursday.

## What's coming to streaming this week: January 14-20, 2026

### CRAVE

**January 14**  
Hyena Road

**January 15**  
Gangster Squad

**January 16**  
Bridesmaids  
Girls Trip  
Hostile Takeover  
Ocean's 8  
Presumed Innocent  
Project Runway Canada (Season 1, Episode 10)

**January 17**  
Self Driver  
Spider-Man: No Way Home  
A Star is Born  
28 Weeks Later  
A Thousand Cuts

**January 17**  
Mr. Peabody & Sherman

**January 18**  
A Knight of the Seven Kingdoms (series premiere)

**January 21**  
Génération Burnout

**January 16**  
9-1-1 (Season 9, new episode)

9-1-1: Nashville (new episode)  
Cat's Eye (new episode)  
I Am Boxer (new episode)  
Marvel's Spidey and his Amazing Friends (Season 4, new episode)

**January 17**  
Phineas and Ferb (Season 5, new episodes)

**January 18**  
Playdate with Winnie the Pooh (Shorts) (Season 3, ten-episode premiere)

**January 19**  
Hoops, Hopes & Dreams

**January 20**  
Tell Me Lies (Season 3, new episode)

### NETFLIX

**January 15**  
Agatha Christie's Seven Dials (GB)  
Love Through a Prism (JP)  
To Love, To Lose (TR)  
The Upshaws: Part 7

### January 16

Can This Love Be Translated? (KR)  
Dodgeball: A True Underdog Story  
No Tail to Tell (KR)  
The Rip

**January 19**  
Monday Night Raw: 2026

**January 20**  
Just a Dash (Seasons 1-3)

Star Search  
WWE: Unreal: Season 2

### PARAMOUNT+

**January 14**  
Harlan Coben's Final Twist

**January 15**  
Star Trek: Starfleet Academy (series premiere)

**January 16**  
Fall

**January 20**  
Get Hard  
Prisoners  
Snooki & JWoww (Seasons 1-4)

### PRIME VIDEO

**January 15**  
All Things Valentine  
Death On The Nile (2022)

**January 16**  
Battlestar Galactica (Seasons 1-4)  
Lol: Qui Rira Le Dernier? (Season 4)  
NHL Coast to Coast  
Peppa Pig: Festival of Fun

**January 17**  
Him

**January 19**  
Prime Monday Night Hockey: Wild vs. Maple Leafs  
American Hustle  
Splitsville

Patriots Day  
The Way Back  
The Babadook  
Safety Not Guaranteed  
The Dressmaker  
Midnight Sun  
iUp  
Disaster Movie

**January 20**  
PWHL: Toronto Sceptres vs. Seattle Torrent  
PWHL: Ottawa Charge vs. New York Sirens

## Those were the days

Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, January 14, 1970.

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### NOTICE

Journal of Community Economic Development Nova Scotia Limited hereby gives notice pursuant to the provisions of Section 137 of the Companies Act (Nova Scotia) that it intends to make an application to the Nova Scotia Registrar of Joint Stock Companies for leave to surrender its Certificate of Incorporation.

DATED at Lunenburg, NS, January 8, 2026.

Kathryne Kril-Atkins  
bluerabbits@gmail.com

D9166

## HEBBVILLE VILLAGE COMMISSION MEETINGS

January 21st and January 28th, 2026.  
Hebville Fire Department 7 p.m. to 9 p.m.  
Check: Village Facebook Page for Info.

D9151

# On the fast track

## New Germany high school graduate has Olympic dreams

By: JANET E. SILVER  
for the South Shore Bulletin

UPPER NORTHFIELD – When the winter Olympics kick off on Feb. 6 in Italy, Canadians across the country will tune in, and one viewer will be paying closer attention than most. From Mount Allison University in New Brunswick, 18-year-old Ella Gibson will be watching with a dream of one day representing Canada on the Olympic ice track.

Last year, the New Germany Rural High graduate was balancing soccer, basketball, track, gymnastics and club soccer while excelling in academics. Now at university, she's chasing a new kind of achievement – one measured in split seconds and triple-digit speeds.

Next month, Gibson will travel to the Whistler Sliding Centre in Whistler, B.C., for further training and testing before competing for a spot on the National Skeleton team in March.

Skeleton racing is an Olympic sport where athletes lie face down, headfirst, reaching triple-digit speeds as they race down a 1,500 metre (1.5 km) ice surface. There are no brakes on the sled, which is steered by minor shoulder and leg manipulations.

Her journey into skeleton racing began in her final months of high school at the RBC Training Ground in Halifax. Her dad encouraged her to attend the training ground where athletes between the ages of 14 and 25 are tested for speed, strength, and endurance to see if they have Olympic potential. She excelled and was invited to Lake Placid last August to try skeleton racing.

"I fully fell in love with it," Ella said. "And it wasn't even just the sport. The people in the organization are some of the nicest I've ever met. When you leave team sports, you don't expect that team morale, but everyone was so welcoming and just wanted you to learn as fast as you could."

In October, Gibson travelled to Calgary and the following month to Whistler, the home of the fastest skeleton track in the world.

"Whistler is built to go really, really fast," she explains. "The less you steer, the faster you're going to go. It's just tiny adjustments from mistakes further up the hill. It's about being comfortable on the sled and letting it take you."

Ella says sports and competition are in her genes. Her mom and grandmother played competitive



CONTRIBUTED PHOTOS

Upper Northfield's Ella Gibson, 18, has found her sport, skeleton racing. One day she hopes to represent Canada at the Olympics.

sports, her dad was on the national gymnastics team, his father was on the national wrestling team, and her mother's father played in the CFL.

Competing and playing sports has always been "a natural thing," which she says she wanted to do. While most of her sports were team-based, it was her training in gymnastics and its inner core strength and mental training that propelled her so quickly in skeleton.

The first run down the ice track in Whistler starts further down the track, where competitors reach a speed of about 80km/h.

"Then we moved up to corner six going into seven, and there I think my fastest (was) 112.98 km/hr. They moved me up to corner three on my last day, I think I went 117 km/hr," Gibson said. At corner six, she led the pack and being able to race from corner three means she can compete at any of the other 15 tracks in the world.

The crucial part of skeleton racing is the start, how quickly the athlete can sprint, hop on the sled and set the course. Top racing speeds down the track can exceed 145 km/hr.

Gibson admits that she is a bit scared each time she goes up the ice track, but she has learned to breathe through it and stick to her routine.

"It really is a mental game...I hold my helmet; I have this very strict ritual because I feel that if you keep it the same every time, it's just your body getting back into the mode to go down. I put my mouth guard in my mouth, and I just take three

deep breaths...after that, I'm ready (and I) say a little prayer."

The key for Gibson for every race is visualization.

"When we're waiting in line...I (visualize) I go over every corner. What is the worst-case scenario? What is the best-case scenario? And what I plan on doing if it's a messy situation. So, I feel like I never go down feeling unprepared...visualization in sports has been something I swear by...it's about getting your body ready to do what you're going to do, regardless of what others or surrounding aspects of the environment are going to do."

Gibson says her parents are "big on visualization," not just in sports but in life; it's something they passed along to all three of their children. She says it's about being prepared for what situations could come and really thinking through what the best-case scenario may be.

At Mount Allison, she is enrolled in the Philosophy, Politics and Economics program. Her long-term goal is international relations – perhaps even the United Nations.

"I haven't really decided what my goal is in skeleton," she admits. "It's important to me to finish my education. You can't do this at 60. So, I want to get on some circuits, maybe Asia, stay with the team because I love the people, and see where that goes." Where it goes, she hopes, is the Olympics.

"I would love to go to the Olympics. That would be super cool. But that's like step 10. We're on step one."

### BRIDGEWATER SENIOR CITIZENS CARD GROUP RESULTS

The Bridgewater Senior Citizens Group met on January 7 for a game of Auction 45's.

Winners were: Ladies' high, Wilma Dorey, 960; Men's high, Dean Avery, 905; Runners up, Norma Joudrey, 905 and Gloria Cox, 875. Winner of the 50/50 draw was Melda Croft. Winner of a 30 X 60 bid was Dean Avery.

Card parties are held on Wednesday afternoons at 1:30 in the Masonic Hall on Dominion Street. New members always welcome.

### GOLDEN YOUTH CARD PARTY RESULTS

The Golden Youth Card Club met on January 8th for a game of Auction 45's. The winners were: Ladies high, Marie Rafuse 1000; Ladies second, Sadra Mosher 955; Men's high, Dean Avery 980; Men's second (tie), Ken Edwards and Dave Rockwell 855; Low Score, Norma Joudrey 605; Lucky Tally, Chris Brown; Travel Prize, Gloria Cox; 50/50 Winners: Judy Johnson and Norma Joudrey. Card parties are held every Thursday afternoon at 1:30pm at the Pleas-antville Fire Hall. New members (age 55+) are welcome to attend. Light lunch provided.

| Lunenburg, N.S.  |         |          |                       |         |         |
|--|---------|----------|-----------------------|---------|---------|
| TIDE TABLE   |         |          |                       |         |         |
| Wednesday, January 14  |         |          | Sunday, January 18    |         |         |
| high   | 5.02 ft | 4:38 AM  | low                   | 1.97 ft | 1:40 AM |
| low  | 1.51 ft | 11:28 AM | high                  | 5.68 ft | 7:41 AM |
| high   | 4.63 ft | 5:38 PM  | low                   | 0.95 ft | 2:13 PM |
| low  | 2.4 ft  | 11:29 PM | high                  | 5.38 ft | 8:24 PM |
| Thursday, January 15   |         |          | Monday, January 19    |         |         |
| high   | 5.15 ft | 5:31 AM  | low                   | 1.87 ft | 2:18 AM |
| low  | 1.38 ft | 12:15 PM | high                  | 5.77 ft | 8:19 AM |
| high   | 4.82 ft | 6:25 PM  | low                   | 0.85 ft | 2:47 PM |
| Friday, January 16   |         |          | New Moon 3:51 PM      |         |         |
| low  | 2.26 ft | 12:17 AM | high                  | 5.54 ft | 9:00 PM |
| high   | 5.35 ft | 6:18 AM  | Tuesday, January 20   |         |         |
| low  | 1.21 ft | 12:58 PM | low                   | 1.84 ft | 2:56 AM |
| high   | 4.99 ft | 7:07 PM  | high                  | 5.81 ft | 8:55 AM |
| Saturday, January 17   |         |          | low 0.82 ft 3:21 PM   |         |         |
| low  | 2.13 ft | 1:01 AM  | high                  | 5.68 ft | 9:35 PM |
| high   | 5.54 ft | 7:01 AM  | Wednesday, January 21 |         |         |
| low  | 1.08 ft | 1:37 PM  | low                   | 1.84 ft | 3:36 AM |
| high   | 5.18 ft | 7:46 PM  | high                  | 5.74 ft | 9:31 AM |
| Level of accuracy may be affected by weather patterns and circumstances. |         |          |                       |         |         |

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D9165

# LIFESTYLES

## SHAID's Barn Buddy Program: giving feral cats a second chance

**ASHLEY KIPPERS**

SHAID Tree Animal Shelter General Manager

Not every cat dreams of a couch, a sunny window, or human companionship – and that's okay. At SHAID, our Barn Buddy Program ensures that feral and semi-feral cats are given a safe, humane alternative when life indoors simply isn't right for them.

As part of SHAID's no-kill mandate, the Barn Buddy Program protects the lives of cats who prefer to live outdoors while still receiving the care and respect they deserve. These cats thrive in environments such as barns, sheds, garages, greenhouses, storage buildings and warehouses – places where there's a rodent population to manage and, most importantly, reliable shelter, food and water.

### THESE ARE NOT TYPICAL HOUSE CATS

Barn Buddies are feral cats – domestic cats who were never socialized to people. They generally avoid human contact and are happiest when allowed to live independently. While they pose no danger unless cornered or provoked, they are not suited for life as pets and should not be expected to become affectionate companions.



ASHLEY KIPPERS PHOTO

Shark is looking for a new 'barn home'

All cats in the program are spayed or neutered, vaccinated, and possibly ear-tipped, the universal sign that a feral cat has been sterilized. Adopters must commit to a two-to-four-week acclimation period, during which the cat is safely confined in their long-term dwelling so they can adjust to their new surroundings. Once settled, Barn Buddies can roam freely—but they still require ongoing access to food and fresh water, as they cannot survive on rodent control alone.

One cat currently seeking a barn home is Shark, a six-year-old spayed brown tabby with a story that perfectly illustrates the importance of this program. Shark arrived at SHAID very pregnant and already caring for a litter of six kittens. While in foster care, she went on to give birth to seven more kittens, all of whom are now thriving and have found their forever homes.

Shark, however, has made her feelings very clear: life with people is not for her. She does not want to be a

house cat and she would be happiest living independently in a barn or similar setting where she can simply be a cat on her own terms. A barn home would give Shark the peaceful, respectful life she deserves – while offering natural rodent control in return.

### HOW TO BECOME A BARN BUDDY ADOPTER

There is no adoption fee for Barn Buddies, though donations are greatly appreciated. Each cat's medical care costs a minimum \$200 and in Shark's case far more and donations go directly toward spay/neuter services and ongoing feral cat welfare programs help us care for future feral cats.

If you live on the South Shore and can provide a safe barn home, you can apply through the Barn Buddy form on our website. Approved applicants are added to a waitlist and contacted as cats become available.

### SUPPORT THE PROGRAM

Can't adopt Shark but looking for another way to help? The SHAID Raffle is back! Tickets can be purchased at [www.shaidraffle.com](http://www.shaidraffle.com) starting Jan 14th, with proceeds supporting critical shelter programs – including care for our Barn Buddies.

## The interview you do before they leave

**STEPHANIE MILLER VINCENT**

Business Moments

Last week I wrote about the problem with most exit interviews being that you get the polite version "better opportunity," "schedule didn't work," "time for a change" when a team member leaves and because of that nothing changes.

It's not because people won't tell the truth.

It's because you asked too late, in a setting that didn't feel safe.

And in customer-facing businesses, that delay is expensive. Turnover isn't a single event, it's a slow leak that shows up as colder greetings, loose standards, fewer suggestions, shorter-tenured hires, and leaders constantly starting over.

So, this week, let's talk about the move that stops the leak before it be-

comes another resignation:

### STAY INTERVIEWS

Stay interviews tell you why your best people are still there, what's working, what's fragile, and what might push them out if you keep ignoring it.

And here's the part leaders underestimate: Stay interviews aren't an HR tool. They're a retention strategy and a guest experience strategy.

Because the moment your people stop feeling seen, your customers feel it next.

### WHAT MAKES STAY INTERVIEWS WORK (AND WHAT MAKES THEM USELESS)

A stay interview fails when it feels like:

- a performance review in disguise
- a trap ("tell me what's wrong so I can label you negative")
- a complaint box that leads nowhere

A stay interview works when it feels like:

- an act of leadership
- a protected conversation
- a signal that you're paying attention before people quit

The truth is: the best leaders don't guess. They look for patterns knowing that patterns are fixable.

If you want maximum honesty, neutrality matters. A truly independent third party can remove the "burning bridges" fear and protect confidentiality properly so that the results are derived not from the "we promise," but real theme-based reporting.

If you choose to do this internally, you can still get some powerful insight if you run it with care and follow-through.

### CHOOSE SIX PEOPLE TO INTERVIEW. (IF YOU'RE A SMALL TEAM, START WITH THREE, ONE FROM EACH CATEGORY)

- two high performers
- two steady reliable team members
- two newer employees

Ask them each three questions:

1. What makes you proud to work here?
2. What makes your job harder than it needs to be?
3. If you were the owner for a day, what would you fix first?

Do one brave thing with what you learn:

- protect what's working
- fix what's breaking trust
- stop what's quietly draining your people

Continued on page 15

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## LIFESTYLES

## More Christmas bird count highlights

**JAMES HIRTLE**  
Bird Notes

Lise Bell has the final tally for the Broad Cove Christmas Bird Count, which occurred on Dec. 28 – a total of 65 birds were seen on the count day.

It was a tough day of birding with strong winds and still water being frozen. I covered two routes. The first was Broad Cove with a team of six. Our best bird on the route would have been two grey jays, which is a species now hard to find.

We had 32 species with nothing rare or unexpected. Two brown creepers were a treat for the team. On that day there were lots of dark-eyed juncos on the move and all teams in the field had large counts for them.

In the afternoon, my second route started in Crousetown and went into Italy Cross and crossed over into Middlewood and then to the Somerset Road. Dorothy Poole joined me for the afternoon. My team from the morning had gone home.

It was really tough to find birds and probably my worst year on this route. I would say evening grosbeaks would be the most exciting find on this route



JAMES HIRTLE PHOTO

A Northern Cardinal spotted in Lunenburg Jan. 3.

with lots of them showing up this year. A ruffed grouse high up in a tree would be another highlight.

Another inland team of Paul Demone and Ethan Sarty found an eastern phoebe in Italy Cross by the old fire department. Ethan's grandmother, who lives within the count circle, had a Baltimore oriole coming to her feeders on the count day.

As mentioned above lots of evening grosbeaks have shown up and Ethan Sarty of Bridgewater reported around 50 coming to his feeders. On Dec. 28 Dorothy Poole and I made a short detour into Bridgewater, for me to



JAMES HIRTLE PHOTO

A Black Guillemot spotted in Lunenburg Jan. 4.

get gas, and we made a brief run to the feeders of Joe Holmes to see the clay-coloured sparrow that he had there. The last day that Joe saw this bird was Dec. 31. At the time, Stephen Joudrey of Wynott's Settlement had a Baltimore oriole coming to his feeders.

The Lunenburg Christmas Bird Count took place Jan. 3. I do not have all the data from it yet and still have five teams to send their information to me. I anticipate, from what I know was seen on the count day, that our numbers will be close to 80 species.



JAMES HIRTLE PHOTO

A Red-Bellied Woodpecker spotted in Lunenburg Jan. 3.

A detailed analysis will follow in a future column, once I've sent the data through to Audubon. Probably the best bird that I know about was an eastern towhee found at Upper First Peninsula by Chris Pepper and Kate Steele. Ethan Sarty and I got to see this bird the day after the count. My team got to see a red-bellied woodpecker, and an orange-crowned warbler as highlights and I can say that we had more birds than I remember seeing in the past across my route of New Town Lunenburg.

*Continued on page 15*

## The positive power of doing something

**SUSANNE BECK**  
Reality Check

Any time is a good time to assess how things are going, and the dawning of the new year can add an extra little motivational kick. Thus, I'd recently suggested that now is a great time to take stock; to do an inventory, so to speak.

Let's say you took that suggestion and ran with it. If so, then you have a written inventory of what's in your life that's valuable to you. Your list might include the people you know, where you live, what you are able to do, what you have and perhaps even what your values are, such as what you know to be true. This is your inventory.

Choice Theory suggests that our actions can drive our thinking, and ultimately our actions can even direct our feelings. How is that helpful? It means that when we are feeling dissatisfied in some way, taking some kind of action can help.

I suspect that you have already experienced this yourself. For example, let's say you received a piece of bad news. You're now feeling down, so you take a walk. Or you play some music. Or you clean up the yard, play with the dog, or maybe even finish that unpleasant household chore you've been putting off. Somehow, you feel better.

Interestingly, this positive effect on our feelings can take hold, at least temporarily, even when the action we take isn't directly related to the cause. That is, cleaning out the basement had nothing to do with changing the bad news we've been given, and yet, somehow, it helped.

Now take another look at that personal inventory list that we made. Let's evaluate it, like how we'd evaluate a business or household inventory. Look at what we have and ask: "Is what I have what I actually need?" "Am I low on some items?" "Do I have too much of something else?" "Are there areas where I have exactly what I want?"

What do you see? It may depend, to a degree, on how you look. That is, if you look at your inventory with an underlying question of, "Where am I lacking?" you'll probably find something. I suspect that most of us would.

If you get stuck looking at all the items you don't have, then I'll encourage you to look with a different question in mind. Try this, "Where do I have an over-abundance of god stuff?" You may find that you do have areas of your inventory that fit that category!

Whether you decide that your inventory is in great shape, moderate shape, or "needs some work," here's an experiment you might like to try.

Choose one thing from your list where you have what you need, or even an overabundance of what you need. Then do something, even a very small thing, to express your gratitude for it. For example, perhaps you have the reassurance that comes with hav-

ing a reliable friend. Call them and say thank you. Maybe you are grateful for a skill you have. Make something with it and give it to someone who'd appreciate it. Perhaps you're grateful for where you live. Take a few minutes and do a task on it that you've been putting off.

Similarly, choose one thing from your list where you see that you have a lack. Think of a small task that you can do toward improving that situation. Then do it. This can be a very small thing, but choose something that leads you in the direction of addressing the missing piece.

I suggested this as an experiment. An experiment is not complete until you assess, "Did my action make a difference?" You can let me know at [choice@focusonclarity.com](mailto:choice@focusonclarity.com) or by mail c/o South Shore Bulletin.

To your choices! ~ Susanne ~  
*Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute*

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WEDNESDAY EVENING JANUARY 14. Grid of TV channels (6-11:30) and programs including Global, CTV News, News, America, How/Made, etc.

THURSDAY EVENING JANUARY 15. Grid of TV channels (6-11:30) and programs including Global, CTV News, News, America, How/Made, etc.

WEEKDAY DAYTIME. Grid of TV channels (7:30-6:00) and programs including Global News Morning, Morning, Various, etc.

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

What's on? www.tvpassport.com/southshore

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

Channel Guide grid showing channel numbers (A-E) for various networks like GLOBAL, ITV, YTV, CBC, etc.

FRIDAY EVENING JANUARY 16. Grid of TV channels (6-11:30) and programs including Global, CTV News, News, America, How/Made, etc.

JANUARY 14 TO JANUARY 20. Grid of TV channels (1:00-6:00) and programs including Carn Eats, My Reno, Fire Masters, etc.

SATURDAY DAYTIME JANUARY 17. Table with 21 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME JANUARY 18. Table with 21 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING JANUARY 17. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

SUNDAY EVENING JANUARY 18. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

MOVIES

WEDNESDAY, JANUARY 14

EVENING

9:00 [SLICE] "The Bourne Legacy" (Action,2012) Jeremy Renner, Rachel Weisz. A specially enhanced government agent (Jeremy Renner) goes on the run when his life may be forfeit. (14+)

[TBS] "Big Daddy" (Comedy,1999) Adam Sandler, Joey Lauren Adams. A goofy slacker gains custody of an impressionable five-year-old boy. (14+)

[CTVSCI-FI] "The Martian" (Sci-Fi,2015) Matt Damon, Jessica Chastain. Left behind by his crew, a stranded astronaut must find a way to survive on Mars. (G)

1:00 [WIN] "The Magic of Lemon Drops" (Romance,2024) Lyndsy Fonseca, Ian Harding. Lolly gets to experience what her life would have been like if she had made different choices. (G)

9:00 [STAR] "Clueless" (Comedy,1995) Alicia Silverstone, Stacey Dash. A Beverly Hills teen (Alicia Silverstone) strives to make a difference. (G)

[SLICE] "Father of the Bride" (Comedy,1991) Steve Martin, Diane Keaton. A doting dad (Steve Martin) deals with his daughter's (Kimberly Williams) impending wedding. (G)

THURSDAY, JANUARY 15

EVENING

9:00 [CH] "Election" (Comedy,1999) Matthew Broderick, Reese Witherspoon. A high school teacher meets his match in an over-achieving student politician. (14+)

[SHOW] "Mission: Impossible - Fallout" (Action,2018) Tom Cruise, Henry Cavill. Ethan Hunt and the IMF team must prevent terrorists from detonating three nuclear devices. (13+)

[CTVSCI-FI] "Interstellar" (Sci-Fi,2014) Matthew McConaughey, Anne Hathaway. With Earth becoming incapable of supporting life, explorers set out to find a new home for humanity. (G)

SUNDAY, JANUARY 18

EVENING

6:00 [SLICE] "Father of the Bride" (Comedy,1991) Steve Martin, Diane Keaton. A doting dad (Steve Martin) deals with his daughter's (Kimberly Williams) impending wedding. (G)

11:00 [CTV] "Sweet Home Alabama" (Romance,2002) Reese Witherspoon, Josh Lucas. Separated from her husband, an engaged New York fashion designer confronts him about a divorce. (G)

MONDAY, JANUARY 19

EVENING

9:00 [ASN] "True Justice: Family Ties" (Mystery,2024) Katherine McNamara, Markian Tarasiuk. A law school student and her friends set out to prove her brother is innocent of murder. (PG)

FRIDAY, JANUARY 16

EVENING

9:00 [ASN] "The Social Network" (Drama,2010) Jesse Eisenberg, Andrew Garfield. Legal and personal complications follow the founding of popular website Facebook. (14+)

SATURDAY, JANUARY 17

EVENING

6:00 [SLICE] "The Break-Up" (Romance,2006) Vince Vaughn, Jennifer Aniston. A couple (Vince Vaughn, Jennifer Aniston) end their relationship, but neither is willing to move. (G)

12:30 [SHOW] "Mission: Impossible - Ghost Protocol" (Action,2011) Tom Cruise, Jeremy Renner. After the IMF is shut down, Ethan Hunt and his team must clear the organization of wrongdoing. (13+)

MONDAY EVENING JANUARY 19. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

TUESDAY EVENING JANUARY 20. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

# SOUTH SHORE BULLETIN CLASSIFIEDS



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**BREAKFASTS**

Parkdale-Maplewood Community Centre - First breakfast of the new year! Saturday, January 17, 2026; 7:30 a.m. to 10:30 a.m. \$12 for adults; \$6 for children; Kids under 5 eat free! 50/50 tickets are available in advance, or at the door! For more information - email parkdalemaplewoodcc@gmail.com

**BREAKFASTS**

Riverport & District Fire-fighter Auxiliary Breakfast. Saturday, January 17, 2026; 7:30 a.m. to 11 a.m. Adults: \$12, kids (6-12): \$6, kids (5 and under): free. Takeout available.

**THANKS**

To unknown Lunenburg Man who returned a valuable item on Christmas Eve, Please call 902-527-0680 for a proper thank you.

**WANTED**

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

Obituaries can be found online at southshorebulletin.ca

**RELIGION DIRECTORY**

**The 10 Commandments**

I am the Lord your God, you shall have no other gods but me  
 You shall not make for yourselves an idol and worship it  
 You shall not misuse the name of the Lord your God  
 Remember the Sabbath day by keeping it holy  
 Honour your father and your mother  
 You shall not murder  
 You shall not commit adultery  
 You shall not steal  
 You shall not give false testimony  
 You shall not covet

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**Second Sunday after Epiphany – Rev. Oliver Osmond**  
 9:00am St. Marks Broad Cove  
 Holy Communion  
 11:00am St. Johns West Dublin  
 Holy Communion

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**MEMORIAMs**

In loving memory of Marina Snook  
 You will never be forgotten and live in our hearts forever.  
 Sadly missed by Clayton, Eddie, Julie, Helen, Josh and Jenna.

In loving memory of Lillian and Silas Strowbridge  
 Those who touch our lives stay in our hearts forever.  
 Dearly missed by nephew Clayton.



**SELIG:** In loving memory of Wilfred. A loving husband, father, grandfather, and great-grandfather, who passed away January 16, 2016.  
 It's been 10 years since you went away  
 Time is just flying by we have to say  
 It doesn't get any easier it never does  
 The influence you still have creates a buzz  
 You are talked about often about this & that  
 We wish you were here to have a lively chat  
 Until we meet again at the pearly gates  
 We'll continue to remember you always as Mates  
 We carry on ourselves one day at a time  
 Remembering you every day becomes so sublime.  
 Love: wife, Arlene & all the family xoxo

**DEATHS**

**Brodie, Judy**, 85, Boutiliers Point, died December 23, 2025, in Halifax. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Brown, William "Ralph"**, 72, Pine Grove, died December 17, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Burris, Graham**, 63, Deep Cove, died January 7, 2026, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Conrad, Jean Leila**, 90, Bridgewater, died December 31, 2025, at Shoreham Village, Chester. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Croft, Charles Duncan Lamont**, 70, West LaHave, died December 29, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Drysdale, Douglas**, 79, Lower LaHave, died January 2, 2026, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Dunn, Virginia Beatrice**, 91, River John, Pictou County, formerly of Bridgewater, Lunenburg County, died December 25, 2025 in Aberdeen Hospital, New Glasgow. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Emino,Ciz, Anne Louise**, 72, Branch LaHave, died December 31, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Ernst, Claude Llewellyn**, 90, Blockhouse, died December 14, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Kaiser, Shelby K.**, 34, Bridgewater, died December 18, 2025. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Fraser, Kristine Elizabeth**, 52, Bridgewater, died December 21, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Grant, John David "Dave"**, 80, Mill Village. died December 29, 2025 in Mill Village. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Guest, Patricia**, 95, The Lodge, died December 24, 2025, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Hatt, Barbara Ann**, 92, Western Shore, died January 3, 2026. Arrangements entrusted to Mahone Funeral Home.

**Heisler, John**, 77, Canaan, died December 20, 2025, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Larder, Ronald William**, 69, Bridgewater, died December 4, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Macdonald, Mary Louise**, 77, Cookville, died December 23, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Mader, Gordon**, 89, Dartmouth, died December 21, 2025, in Dartmouth. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Mccarthy, Juanita Mahalia**, 59, Newcombville, died December 20, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**McCoy, Deborah**, 63, Bridgewater, died December 21, 2025, in Bridgewater. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Retieffe, Laverne**, 78, died January 5, 2026. Arrangements entrusted to Mahone Funeral Home.

**Robar, Joye Dianne**, 50, East Dalhousie, died December 18, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Rogers, Catherine Lucille**, 81, Conquerall Bank, died December 30, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Sabean, Stewart Lawrence**, 86, Cookville, died December 22, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Silver, David Henry**, 85, Hemford, died December 17, 2025, at home. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Stryde, Gail Jeannette**, 66, Maitland, died December 30, 2025, in Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Veinot, Lawrence Melvin**, 89, Bridgewater, died December 7, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.

**Wood Catherine**, 61, Springfield, died January 3, 2026, at home. Arrangements entrusted to Personal Care Cremations & Memorial Services.

**Zwicker, Nanette Elsie**, 91, died December 14, 2025, in South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home, Wileville.



# CLASSIFIEDS

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 15 words or less, \$9.00\*. Additional words \$0.20\* each.

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 1 col.: \$20.00\*; 2 col.: \$30.00\*. Includes one photo. Additional photo: \$20.00\*.

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 75 words or less: \$15.65. Additional words \$0.20 each. With photo: add: \$20.00\*.

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**THURSDAY AT 4 P.M. PRIOR TO PUBLICATION DATE**  
 (Note: Holidays may affect deadlines)

\*Note: All classified ads must be pre-paid. All prices are +HST

## OBITUARIES

**Barbara Ann Hatt**

Age 92, of Western Shore, Lunenburg County, passed away peacefully on Saturday, January 3, 2026.

Born in Chester, Nova Scotia, on September 30, 1933, Barbara was the only daughter of Ralph and Amy Wilson.

Barbara began her career with the Bank of Nova Scotia, first in Halifax on Hollis Street and later in Chester, before moving to Western Shore, where she made her home. There, she worked at the Oak Island Inn, where she was responsible for payroll, and later held a part time position at the Western Shore Post Office. In 1991, she began working at the Mahone Bay Post Office, where she remained until her retirement after 25 years of service.

Barbara was a member of St. Mark's Anglican Church in Martins Point and served as treasurer for the Sunday school and cemetery for several years. In her younger years, she enjoyed gardening and spending time on the ocean. Anyone who knew Barbara would remember that she always had many cats at her home. She was also a regular volunteer at church suppers and a supporter of the Western Shore Fire Department.

Barbara is survived by her daughter, Valerie Saulnier of Western Shore; her grandson, Brent Saulnier (Jane) of Calgary, Alberta; and her granddaughter, Bianca Saulnier (Perry) of Dartmouth.

Besides her parents, Barbara was predeceased by her husband, Murray Hatt, and her cousin and dear friend, Doris Wilson.

The family would like to thank the staff of Unit 3B at the Mahone Bay Nursing Home for the care and support shown to Barbara. Many of you became like family to us.

A graveside service was held Thursday, January 8, 2026, at Western Shore Cemetery, Western Shore.

Memorial donations may be made to the Mahone Nursing Home Residence Society or SHAID Tree Animal Shelter.

Arrangements entrusted to the care of Mahone Funeral Home, P.O. Box 200, 32 Parish St., Mahone Bay, NS B0J 2E0 (902-624-8241). Online condolences may be sent to the family visiting: [www.mahonefuneral.ca](http://www.mahonefuneral.ca)



## The interview you do before they leave

Continued from page 8

And then tell your team what you heard, without defensiveness. That moment alone can shift everything. (That's the whole play. Don't overcomplicate it.)

### HOW TO START USING THIS AS A LEADERSHIP RHYTHM (NOT A ONE-TIME "INITIATIVE")

If you want this to actually reduce turnover, turn it into a cadence:

- Week 1: conversations (20 minutes each)
- Week 2: sort what you heard into three buckets: Protect / Fix / Stop
- Week 3: communicate back to the team:
  - what you heard (themes, not names, never names)
  - what you're doing now
  - what you're parking (with a timeline)
  - what you're not changing (and why)
- Week 4: execute one visible change that removes friction/restores trust

Then repeat monthly or quarterly.

Remember the real magic isn't in collecting feedback.

It's in proving you heard it.

That's where trust returns. That's where people re-engage. That's where your guest experience gets its spark back.

One warning (because this is where leaders blow it).

Do not ask these questions if you're not willing to hear answers you don't like.

Defensiveness teaches your team a dangerous lesson: "Don't tell the truth here."

Curiosity teaches them a different one: "You matter enough to be listened to and protected."

And that changes retention faster than any perk or poster ever will.

If you want the quick "Things to Do This Week" checklist in a clean, printable format, message me and I'll send it.

*Stephanie is the Founder of SMillerVision. She helps customer-facing businesses strengthen employee experience, reduce costly turnover, and build teams that deliver consistently exceptional service. For the checklist or to book a consultation, connect with Stephanie through email at [stephanie@smillervision.com](mailto:stephanie@smillervision.com) or by leaving a message at 902-350-1481.*

## More Christmas bird count highlights

Continued from page 9

We had 97 black-capped chickadees and that does not include those that we saw at feeder watch locations, which I did not include with my tally. So, the total tally of black-capped chickadees within my route was 113. My team also saw common grackles and red-winged blackbirds, which are often hard birds to find over the winter.

Barbara McLean and Marc deVries and Carrie Ann Thomas continue to have a red-bellied woodpecker tending at their feeder locations. On count day Marc deVries and Carrie Ann Thomas had a Baltimore oriole and a pine warbler. At their feeder station they have had as many as a dozen northern cardinals.

I know that four species of owls were recorded. My team in Blue Rocks always see grey jays. This year they found none, but two were found at the Mader's Cove route. Steven Morris reported a rough-legged hawk, which was also spotted by Fulton Lavender and Dottie Welsh.

The northern mockingbird at First Peninsula was still around on the day of the count, but I've not seen it since Jan. 4. A yellow-breasted chat can be reported as within count week. The day before the count I was birding near Barbara McLeans. I had a sparrow sneaking along a hedge edge and I started phishing to try and get an ID on this sparrow. It turned out to be a song sparrow, but I heard another bird calling, of which I did not recognize the call. It was coming from behind me, but I could not see it.

The bird continued to call, but it had flown and was now in front of me. I turned Merlin on and it instantly picked up that the bird calling was a yellow-breasted chat. I listened to the sound bite for this bird and it matched exactly what I was hearing. I never did get to see the chat, but can still count it.

Lots of people are seeing American robins. This species every year, once they get a lot of snow in Newfoundland, pushes these birds to Nova Scotia. Some years on the Lunenburg Christmas Bird Count we get between 200-500 American robins.

I think based on what I see so far, from the data that I do have from this count, that numbers of American robins will be considerably less. On Jan. 1 Robert Keereweer spotted a dovekie at Baywater

Beach. I saw one of these birds off Blue Rocks on Jan. 5.

On Jan. 2 a Townsend's warbler showed up at Cherry Hill as discovered by Miguel A. Morales. I saw a female Barrow's goldeneye, near my house in LaHave on this date. Jonny Myra of Western Shore has 40 mourning doves coming to his feeders as well as 12 evening grosbeaks. David and Mary Walmark of Kingsburg had four evening grosbeaks show up at their feeders. Their daughter, Maggie was visiting and all three of them saw a northern harrier. An American kestrel is tending in Lilydale near the four-way intersection.

Kevin Lantz had a red-bellied woodpecker visit at his place in Front Centre. I recently saw 370 greater scaup at Bayport. I'm not sure of where the winter roost is in Bridgewater for American crows this year, but I counted 400 of these birds one night on the way to the roost.

A tufted titmouse showed up in Antigonish and was found by Ken McKenna on a Christmas Bird Count. This is only a second record for Nova Scotia and the first photo documented record for this species.

On Dec. 31 an Audubons yellow-rumped warbler was found at Rainbow Haven. On Jan. 3 Ken located a redhead at the Antigonish Sewage Lagoons. Michele Haire had a Carolina wren arrive in Lower Sackville. Angela MacDonald reported a snow goose at Port Bickerton. Mark Dennis had two fox sparrows at his feeders in Clam Point, Cape Sable Island.

On Jan. 4 a red-shouldered hawk was photographed along the Chance Harbour Road by Ronnie Van Dommelen. Logan Moore had a red knot at Daniel's Head Beach on Cape Sable Island and a ruby-crowned kinglet at Stoney Island Beach. Jason Dain posted that a red-shouldered hawk is continuing at Baldwin's Nursery.

On Jan. 6 a varied thrush was continuing at the feeders of Mike MacDonald who lives along the Stony Island Road on Cape Sable Island. Rick Brown had a hermit thrush on the rail trail in Yarmouth. Alix d'Entremont spotted a winter wren in Hebron. Rick Brown reported 100 common redpolls at Bunker's Island. On Jan. 7 Jake Chute spotted a red-shouldered hawk at Victoria Beach.

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

**Dora Ann May (Dorey) Jones**

Born January 21, in Elmwood Nova Scotia, she was a loving wife to David, loving mother to Martin, Trevor and Cheryl, and passed away peacefully on December 21, 2025. Dora was an amazing wife, mother, and person, and had a kind heart for everyone. She was a doting grandmother to Jason (wife Belle), Alexander (wife Samantha), Melissa, and Meaghan, as well as great-grandmother to Riley, Abby, Katie, Aubrey, Malcolm and Olivia. Her humour, joy and stubbornness will be greatly missed and remembered fondly. May she find peace with our father and brother who passed before her. We all love you.

Interment will be held in the summer of 2026, in Elmwood Nova Scotia, date and time to be announced.

Donations in Dora's memory may be made to the Canadian Cancer Society or a charity of choice.

Arrangements entrusted to Sweeny's Funeral Home, New Germany, where online condolences may be left at [www.sweenysfuneralhome.com](http://www.sweenysfuneralhome.com)

**Paul Stanley Nauss**

With loving memories of a life well lived, the family of Paul Stanley Nauss of Hammonds Plains, announce his passing on Wednesday, January 7, 2026, at the Halifax Infirmary.

Paul was born in Bridgewater on April 9, 1951, and grew up in Riverport, the son of the late Stanley and Madge (Myra) Nauss.

He was a member of Trinity United Church, Rose Bay where he faithfully served on the Board of Session and as Pastoral Charge Treasurer for 32 years. Paul was an adherent of Bedford United Church where he also served on the Refugee Committee and was treasurer of Beacon House.

As a financial advisor, Paul worked for many years with Ramey Investments, Dartmouth and then Assante Wealth Management.

Both Paul and Joan enjoyed Ballroom dancing and loved serving on the Executive of the Corté Dance Club. Other leisure activities included camping, gardening and travelling.

He is survived by his wife, Joan Craig-Nauss; sister Joan Nauss, Riverport; stepsons, Alexander "Sandy" (Amy) Romans, Hammonds Plains, Joshua (Sarah) Romans, Brookside; grandchildren, Payton and Riley and mother-in-law, Eva Craig, Bedford.

Funeral arrangements were entrusted to the Dana L. Sweeny Funeral Home, 11213 Hwy 3, Lunenburg. A service to celebrate Paul's life was held on Tuesday, January 13, 2026, at 11:00 am from Trinity United Church, Rose Bay, Rev. Katie Logan officiated. Interment in Oakridge Memorial Gardens on the Old Sackville Road.

Suggested donations are appreciated for Trinity United Church, Rose Bay or Beacon House, Lower Sackville.



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# Jr. Lumberjacks pull off big trade

By KEVIN MCBAIN

kevin.mcbain@southshorebulletin.ca

BRIDGEWATER – The South Shore Jr. B Lumberjacks pulled off a massive trade on the weekend.

Following Saturday's game, the Lumberjacks traded Owen Cleary (19 GP, 3 G, 4 A) and Ethan MacVicar (5 GP, 0 G, 1A), along with a waiver pick #3, and a one-time use of waiver pick in 2026.

Coming to the Lumberjacks are Jack Piper (12 GP, 3 G, 5 A), Jackson Spraggon (15 GP, 4 G, 6 A), defenceman Nathan Grafstein (14 GP, 3 G, 7 A) and a waiver draft pick number nine from the Brookfield Elks. All three are from Ontario.

"You always want to make your team better no matter what. Cleary and MacVicar are fan favourites. We love them. It was probably one of the hardest trades we've had to make, because there is a bit of a sentimental feel for the kids involved," said Lumberjacks' Coach Joel Isenor.

"Because they are just good people in general and all the fans and players love them, that's why it was hard, but saying that, it's kind of a business."

Cleary and MacVicar are both in their final year of junior eligibility.

Isenor said they had practice Sunday and the new guys fit in nicely.

"There was a presence there when they came in. They're eager. They were asking questions and they were pushing our veterans which is good to see," said Isenor. "It's an exciting time right now, but it's still unfortunate we had to let two good people go."

Spraggon was the captain for the Elks. He stands 6'0" tall and weighs 195 pounds. Jackson is pursuing a business degree at Dalhousie.

"We tried to acquire him last year, but I give him props. We were allowed to talk to him and he wanted to stay and see it out," said Isenor. "This time the opportunity rose again and when you have a chance to get a guy with his type of pedigree in the league and his leadership, you can't pass up, so we're happy to have him."



KEVIN MCBAIN PHOTO

South Shore Lumberjack forward, Nate Pearson, puts this puck past a sprawling Sackville goaltender in the Lumberjacks' 7-4 victory over the Sackville Blazers Jan. 10.

Piper was also on the 'want' list last season. He has been an assistant captain for the past two seasons. He stands 5'11" tall and weighs in at 180 pounds. He is currently pursuing an Engineering degree at Dalhousie University.

"He is a skilled right winger with tons of potential and tons of skill. I just think he needs to have a fresh start. Numbers weren't the greatest for him. But you look at his career. He's played in the CC in junior A which is a very good Jr. A league at 17 and 18 years old," said Isenor.

"Hopefully, we are going to channel some excitement out of him and see what he can do in the second half, and we are beyond happy to have him."

Grafstein, a left-handed defenceman stands 6'3" tall and weighs in at 195 pounds. He has played with the Elks over the past two years and is studying chemical engineering at Dalhousie.

"He's a big left-shot defenceman who is going to fit right in. He's going to play with Crotty and that's going to give us an excellent top four, and they will be hard to play against," said Isenor.

The coach says that he likes the look of the line-up, with a strong three scoring lines and a hard digging fourth line that Isenor said he would put up against any of their oppositions' top lines.

Right now, with the additions, the forward lines are looking like this: Cohen Westlake, Will Cook and Brennan Coleman; Marcus Tench, Kyle MacIntyre and Owen MacDermid; Brandon Rideout, Jackson Spraggon and Jack Piper; Landen Garber, Evan Amirault, Nolan Wilkie with Drew Muise as a fourth, fourth liner.

### SIGNING

Jaxson Welsh has signed on with the Lumberjacks. The Halifax resident is 5'11" tall and weighs in at 185 pounds. He has been in the lineup over the past couple of weeks on defence.

"He came out to a couple of practices and it was kind of like an open tryout with us. He was playing Jr. C in Spryfield and our defensive coach loves him. We AP'ed him for a bit and it was just time for a decision. He's a gritty, hard-nosed defenceman that not a lot of players will want to go against."

### SATURDAY WIN!

The Lumberjacks hosted the Sackville Blazers Jan. 10 and came away with a 7-4 win.

After the Blazers got on the board first in the first period, the Lumberjacks stormed back with two late goals in the first and two more in the second, to take a commanding 4-1 lead.

The Blazers added one more with 3:30 left in the period, but the Lumberjacks stormed back to scored two more to make it 6-2.

In the third, the Blazers would open the period scoring to make it 6-3, but again the Lumberjacks made it 7-3. The Blazers would score one more to make the final 7-4.

Scoring for the Lumberjacks were Tench (2), Coleman, Amirault, Pearson, Rideout and MacDermid.

Kegan Greencorn stopped 23 of 30 shots, while Jack Lowe came in late in the game and stopped three of four shots he faced. The Lumberjacks fired 44 shots at the opposition net in this one.

"I liked the bounce back in the kids. When we got scored on. We didn't panic and then we came back and scored within a minute or two. I like that urgency. I like the kids' competitiveness in that game," said Isenor. "We had some good talks about the first half and what we accomplished. It's now done and we got to start a new half here and start on the right note. I give props to all the players, they all played well."

### STANDINGS

The Lumberjacks are second in the Fred Fox Division with 15 wins and four losses for 30 points in 21 games played. They are six points back of the first-place Capstone Colts (21-18-3) who have played two more games. They are just two points ahead of the third-place Eagles who have a record of 14-7 with 21 games played.

### OOPS

In the Jan. 4th edition, we attributed Captain Brennan Coleman as giving quotes in the Lumberjacks story, when in fact it was Captain Leo MacLean. The *South Shore Bulletin* apologizes for this error.



**MUNICIPALITY OF THE DISTRICT OF CHESTER**  
NOTICE REGARDING BY-LAW AMENDMENT

Take Notice that on Thursday, November 27, 2025, Chester Municipal Council conducted First Reading for an amendment of the following By-Law:

| By-Law                             | Amendment   |
|------------------------------------|---|
| By-Law 157 – Marketing Levy By-Law | • To amend the Marketing Levy By-Law No. 157 to delay the effective date of the By-Law to January 1, 2027 instead of January 1, 2026 to allow time for the Province to explore options for a single, Provincial point of contact for the collection and remittance of marketing levies. |

And Further Take notice that the proposed By-Law will proceed to Second and Final Reading at a Council Meeting to be held on Thursday, January 29, 2025 at Council which begins at 8:45 a.m. in Council Chambers, 151 King Street, Chester, NS. Anyone wishing to make a submission to Council is asked to contact the Municipal Clerk (pmyra@chester.ca or PO Box 369, Chester, NS B0J 1J0).

Take notice that copies of the proposed By-Law may be reviewed between the hours of 8:30 a.m. and 4:30 p.m. at the Administration Office of the Municipality of the District of Chester, 151 King Street, Chester or on the Municipality's website at [www.chester.ca](http://www.chester.ca) or by contacting the undersigned at (902) 275-4109 or via email at [pmyra@chester.ca](mailto:pmyra@chester.ca).

Pamela M. Myra  
Municipal Clerk
Chester, NS  
January 2026

## MODL Grant Information Sessions

**Calling all local Community Groups & Non-profit organizations**



Come and join us for the opportunity to hear what grant funding opportunities MODL, Provincial Department Communities, Culture, Tourism and Heritage – Communities, Sport and Recreation Division and Sport Nova Scotia offers – how the grants work, what they can be used for, how to apply and to ask any questions you may have.

- Tuesday January 20th (snow date January 21st)
- **Either** 2:00 – 4:00 p.m. or 6:00 – 8:00 p.m.
- Location: Best Western Plus Bridgewater Hotel, 527 Highway 10, Cookville NS B4V 7P4
- Registration not necessary, but appreciated: [sandra.challis@modl.ca](mailto:sandra.challis@modl.ca) or 902-541-1321

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### Grant Application Deadlines:

MODL grants funds to non-profits community organizations from its operating budget, the amount will be set by Council at budget time.

The deadline to apply for **Annual Operating Grants, Major Recreation Capital Grants and Whynotts Wind Benefit Fund is MARCH 1ST.**

Forms are available on our website: [www.modl.ca/grants](http://www.modl.ca/grants)