



# BULLETIN

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EST. 1847

BRIDGEWATER, NOVA SCOTIA, CANADA

WEDNESDAY, JANUARY 7, 2026



### TOP STORIES OF THE YEAR

Check out our look back at some of the top stories of 2024  
**PAGE 2**



### TWO PLAYERS CARDED BY TEAM CANADA

Two members of the local para hockey team were carded by the national team  
**PAGE 7**



### WHAT BIRDS DID JAMES FIND MOST RECENTLY

Check out the birds he found during this year's White Point Christmas Bird Count  
**PAGE 8**

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## Former Milton resident, premier, earns Order of Nova Scotia

SOUTH SHORE BULLETIN STAFF

PROVINCE – A former premier and Milton resident was recently named as one of five recipients of the Lieutenant-Governor's 2025 Order of Nova Scotia.

The Order of Nova Scotia is the highest honour in the province, recognizing people in many fields of endeavour who have distinguished themselves and made lasting contributions to the province.

Darrell Dexter, born in 1957 in Halifax, but raised in Milton, is a Canadian lawyer, journalist and former naval officer who served as the 27th premier of Nova Scotia from 2009-2013. He served as NDP party leader from 2001 to 2013 and was the first NDP government in Atlantic Canada from 2009-2013.

He now resides in Molega Lake.

#### OTHER AWARD RECIPIENTS INCLUDED:

- John George (Jack) Flemming, Halifax – philanthropist and entrepreneur; recognized for his contributions to local charities and professional associations



SOURCE: FACEBOOK/UNIVERSITY OF KING'S COLLEGE  
Former premier of Nova Scotia and Milton-raised Darrell Dexter, will receive the 2025 Order of Nova Scotia.

- Rankin MacSween, Ironville, Cape Breton Regional Municipality – business and community leader who transformed a small volunteer initiative into a nationally recognized model of social enterprise

- Joel Plaskett, Dartmouth – celebrated artist, songwriter, producer, mentor and philanthropist

- Carolyn G. Thomas, East Preston – educator, human rights and community advocate; recognized for her contributions to education, government and community development.

An investiture ceremony will be held at Government House in Halifax in the spring, when Lt-Gov. Savage will present the new members with their insignia and appointment scroll.

#### NOTES:

• 132 members have been invested into the Order of Nova Scotia since it was established in June 2001

• appointments to the order are made by the lieutenant-governor on the recommendation of an independent advisory council

## Province announces highway projects for 2026-27

By ED HALVERSON

ed.halverson@southshorebulletin.ca

SOUTH SHORE – Nova Scotians are in for another busy construction season in 2026, and people in Queens and Lunenburg Counties will feel it, from major highway upgrades to small but meaningful roadside fixes.

The province is planning to spend an estimated \$465 million this year on its highway and infrastructure plan and while

that covers the whole province, several well-watched projects are coming right here to the South Shore.

#### BIG STRETCHES AND BIG BUCKS IN LUNENBURG

Anyone driving the stretch of Highway 103 between Exit 6 and Exit 8 will have noticed crews in action already. That's because twinning this section, turning it from a two-lane road into a safer divided highway is one of the priorities of the

2026 work list in Lunenburg County. It's a multi-year project that's expected to keep moving through the season, with heavy machinery, paving, and grading visible to commuters and locals alike.

Another Lunenburg-area project is the continuing upgrades to the Tancook Ferry infrastructure that keeps the link to Tancook Island more reliable.

Continued on page 5



Hon. Susan Corkum-Greek  
MLA for Lunenburg

97 Kaulbach Street, Suite 201  
Lunenburg, NS, B0J 2C0

902-634-8708  
susancorkumgreekmla@gmail.com



D9102

# Top stories of the year

There is no shortage of controversial, exciting and feature-type stories that we cover in Lunenburg and Queens counties, each week.

Here are some of the highlights from 2025:

## JANUARY

- Queens Place Emera Centre was the host of the 16- team mixed doubles playdowns for the chance to represent Canada at the Milano-Cortino Olympic Winter Games. Alberta's Jocelyn Peterman and Brett Gallant won the event.
- A strike by the Region of Queens Municipality workers (IBEW Local 1928) lasted six days.
- The first South Shore Hospice Palliative Care Society was dubbed a huge success, raising about \$50,000.

## FEBRUARY

- The Region of Queens hired Dan McDougall as their new interim CAO taking over from Cody Joudry.
- Mahone Bay and Riverport joined the newly formed Maritime Municipal Electric Utility Alliance.
- More than \$167,000 was raised at the 15th annual Gift from the Heart Radiothon. This brings the total to more than \$2 million raised over the past 15 years. The 2024 funds were to go to paying for the MOLLI technology.

## MARCH

- It was announced that Lunenburg County would host the provincial 55+ Winter Games in September attracting more than 700 competitors.
- Police were investigating an Intimate Partner Violence death in Bridgewater.
- South Shore Special Olympians Rebecca Delaney and Jillian Young earned gold medals from the World Winter Games in Turin, Italy.
- Sarah Mitton, successfully defended her title at the World Athletics Indoor Championships held in Nanjing, China. Her best throw was 20.48 metres.

## APRIL

- The South Shore Jr. B Lumberjacks lost game seven to the Capstone Colts in the Fred Fox Division finals.

- Town of Bridgewater released its budget and tax rates remained the same.
- MODL also held the line on their tax rate.
- Small World Learning Centre announced an expansion increasing their capacity by 86 spaces.
- Liberal Jessica Fancy-Landry was elected to represent South Shore – St. Margaret's earning 54.9 per cent of the vote, defeating incumbent Rick Perkins who captured 41.1 per cent of the vote.

## MAY

- The Region of Queens hired Willa Thorpe as their new Chief Administrative Officer.
- The South Shore I.C.E. Storm para hockey team hosted the national para hockey championships with seven teams competing.
- Construction on a new, modular housing project for health care workers began on Glen Allan Drive.

## JUNE

- Local soccer player, Sarah Taylor, joins the Halifax Tides FC.
- Lunenburg opened a time capsule that was buried in February 2000. The opening was part of the town's 272nd birthday celebration.

## JULY

- The Town of Lunenburg announced they hired Paul Nopper as their new Chief Administrative Officer.
- It was announced that outdoor pickleball courts would be built at the MARC in Dayspring with a partnership between MODL and the South Shore Pickleball club.
- The L.E. Elliott Lumber sawmill burned to the ground.
- The removal of a new cafe sidewalk in Mahone Bay caused quite a stir after the death of a Barbara Minard, who fell near the patio.
- The Park View Panthers' track and field squad consisting of about 70

athletes dominated at the provincial track and field meet.

- A floating cottage made some waves in Mahone Bay as the owner said he was being bullied by his neighbours
- We Feed Lunenburg broke ground on a new facility.

## AUGUST

- Soul's Harbour hosted an open house to show off their new kitchen and temporary housing and Free Mart space.
- Forest spaces were locked down by the Province of Nova Scotia due to extreme drought conditions. Cost of getting caught - \$25,000.
- More than 120 boats competed in the Atlantic Yacht Sales Chester Race Week.
- About 800 swimmers competed at the Summer Swimming Provincial Championships held in Lunenburg.
- Sarah Mitton had her gold medal taken away from her at the Wanda Diamond League championships held in Zurich. She was awarded the medal but, after a protest, a review was called. The review showed that she stepped out of the ring on her second throw – a 20.67m toss that was the farthest in the competition.

## SEPTEMBER

- Town of Bridgewater Mayor David Mitchell made it public that he wanted the drop-in centre, leased by the province and run by the John Howard Society, to be moved out of downtown Bridgewater. The mayor stated that since it opened in the spring of 2024, police calls in the area have spiked.

## OCTOBER

- More than 800 athletes competed at the 55+ Provincial Games held in Lunenburg and Queens counties.
- The HB Studios Fieldhouse Society launched their "Be hip and buy a square" campaign to help raise money for new turf.
- The South Shore Exhibition grounds played host to the 45th annual provincial 4-H show.

• Bridgewater ball player Parker MacKenzie was named the Nova Scotia Minor Baseball Player of the Year.

- Athletes Rebecca Delaney, Jillian Young and Coach Susan Inglis were inducted on the Wall of Fame at Queens Place Emera Centre.
- The new track and field complex featuring a turf soccer field and rubber track, located at the Liverpool Regional High School was officially opened.
- Town of Bridgewater Mayor David Mitchell was elected president of the Nova Scotia Federation of Municipalities.

## NOVEMBER

- A tree located at the former home of Ronald and Claire Feener in Martins Brook was selected to be Nova Scotia's tree for Boston. The tree was cut down Nov. 12 in an official ceremony that featured Mayor Michelle Wu of Boston, the first Boston mayor to come to a tree cutting ceremony.
- Lunenburg West MLA Becky Druhan announced she was leaving the PC caucus to sit as an independent.
- Mahone Bay Deputy Mayor Colin Kingsmill resigned.

## DECEMBER

- Bluenose II Captain Phil Watson was the recipient of the 2025 Alastair and Frances Campbell Award at the Tourism Industry Awards Nova Scotia held in Halifax. The award recognizes outstanding contributions and long-term commitment to tourism in the province.
- The new MRI was lowered into the MRI suite at the South Shore Regional Hospital.
- South Shore Open Doors Association announced that they were buying 82 affordable Bridgewater homes in hopes of keeping them affordable.
- Pleasantville's Zoe Mosher was named to Team Canada that will compete in January at the World Athletics Cross Country Championships held in Florida.

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902-930-4361 • diana.girvan@southshorebulletin.ca  
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## BOWLING

Pajo's Bowling Alley League Stats

- Lucky Strikes League, Dec. 12:** H.S.: Courtney Tremere 117; H.T.: Courtney Tremere 318; H.S.: Mike Zinck 141; H.T.: Shawn D'Eon 365; H.T.T.: We Still Suck 1633
- Mickey Mouse League, Dec. 14:** Weather cancellation
- Men's, Dec. 15:** H.S.: Scott Doucette 133; H.T.: Scott Doucette 344; H.T.S.: H.Fives 576; H.T.T.: Bernie's Boys 1656
- Ladies, Dec. 16:** H.S.: Ariana Feener-Berringer 120; H.T.: Ariana Feener-Berringer 303; H.T.T.: Heather's Angels 1789
- Canexcel, Dec. 17:** H.S.: Ariana Feener-Berringer 122; H.T.: Val Feener 314; H.S.: Matt Tremere 153; H.T.: Cory Carver 378
- Money League, Dec. 18:** H.S.: Courtney Tremere 117; H.T.: Courtney Tremere 320; H.S.: Jared Gates 125; H.T.: Yama Younis 374; T.H.T.: Red Rockets 1514

- Lucky Strikes League, Dec. 19:** H.S.: Lisa Bochner 123; H.T.: Lisa Bochner 318; H.S.: Bailey Mulock 147; H.T.: Shawn D'Eon 369; H.T.T.: Split Heads 1627
- Mickey Mouse League, Dec. 21:** H.S.: Nick Campbell 115; H.T.: Corey Lohnes 324; H.S.: Tatum Lohnes 116; H.T.: Tatum Lohnes 310; H.T.T.: Gutter Pigs 1445
- Men's, Dec. 22:** H.S.: Matt Tremere 134; H.T.: Matt Tremere 376; H.T.S.: Blue Balls/Thrown Together 568; H.T.T.: Bottom of the Barrel 1669
- Ladies, Dec. 23:** Busy wrapping presents, cooking and popping Advil.
- Canexcel, Dec. 24:** Making cookies for Santa Claus while hitting the egg nog hard.
- Money League, Dec. 25:** Mulling over New Year's resolution never to eat again while having 4th helping of turkey.

# Dahl's dispatch

## EVAN DAHL

Lunenburg County firefighters answered 93 calls for service and Queens County firefighters answered 22 calls for service from Thursday, Dec. 18 to Wednesday, Dec. 24 – 29 of these calls were medicals.

### DECEMBER 18

**At 12:27 a.m.**, Liverpool firefighters responded to a possible motor vehicle accident in Mersey Point.

**At 7:52 a.m.**, Northfield firefighters responded to a ditch fire in Pinehurst.

**At 8:18 a.m.**, Petite Rivière firefighters responded to a motor vehicle accident in Crousetown.

**At 4:11 p.m.**, Dayspring firefighters responded to a fire alarm in Dayspring.

**At 5:11 p.m.**, Lunenburg firefighters responded to a vehicle fire in Centre.

**At 5:20 p.m.**, Chester Basin firefighters responded to an unknown fire in Chester Basin.

### DECEMBER 19

**At 12:15 a.m.**, Chester firefighters responded to a chimney fire in Windsor Road. Chester Basin, Western Shore, Southwest Hants and Windsor also responded.

**At 11:29 a.m.**, Hubbards fire-

fighters responded to assist Black Point at a garage fire in Boutilliers Point. Upper Tantallon, Hammonds Plains, Lakeside and Bedford also responded.

**At 11:40 a.m.**, Bridgewater firefighters responded to a motor vehicle accident in Bridgewater.

**At 3:12 p.m.**, Blockhouse firefighters responded to a chimney fire in Blockhouse. Oakhill also responded.

**At 5:10 p.m.**, Martins River firefighters responded to a chimney fire in Martins River. Western Shore also assisted.

**At 7:50 p.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

**At 8:21 p.m.**, Greenfield firefighters responded to a tree on power lines on fire in Labelle. North Queens also responded.

**At 8:30 p.m.**, New Germany firefighters responded to a power line on fire in Pinehurst.

**At 9:10 p.m.**, Tri District firefighters responded to a tree on power lines on fire in Chelsea. Hebbville also responded.

**At 9:32 p.m.**, New Germany firefighters responded to a tree on power lines on fire in Elmwood.

**At 9:38 p.m.**, New Germany firefighters responded to a transformer fire in New Germany.

**At 9:47 p.m.**, Lunenburg fire-

fighters responded to a transformer fire on Hermans Island.

**At 10:22 p.m.**, North Queens firefighters responded to power lines down.

**At 10:33 p.m.**, Northfield firefighters responded to a tree down in the road in Wentzells Lake.

**At 10:36 p.m.**, Tri District firefighters responded to a possible structure fire in Baker Settlement. Hebbville also responded.

**At 10:37 p.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

**At 10:43 p.m.**, United Communities firefighters responded to a transformer fire in Broad Cove.

**At 10:58 p.m.**, Tri District firefighters responded to a tree down in the road in Chelsea.

**At 10:58 p.m.**, Western Shore firefighters responded to a tree on a house in Martins Point.

**At 11:07 p.m.**, Hebbs Cross firefighters responded to a tree on power lines on fire in Conquerall Mills.

**At 11:45 p.m.**, LaHave firefighters responded to a tree on power lines on fire in Crescent Beach. Pleasantville and Conquerall Bank also responded.

### DECEMBER 20

**At 12:02 a.m.**, Hubbards firefighters responded to assist Upper Tantallon at a possible structure fire

in Head of St. Margaret's Bay. Black Point, Seabright, Hammonds Plains and Bedford also responded.

**At 6:46 a.m.**, Liverpool firefighters responded to a commercial fire alarm in Liverpool.

**At 12:02 p.m.**, Chester firefighters responded to a tree on power lines on fire in Marriotts Cove.

**At 12:23 p.m.**, New Germany firefighters responded to a tree on power lines on fire in Union Square.

**At 4:20 p.m.**, Liverpool firefighters responded to a commercial fire alarm in Milton.

**At 6:36 p.m.**, Bridgewater firefighters responded to a fire alarm in Bridgewater.

**At 10:43 p.m.**, North Queens firefighters responded to a chimney fire.

### DECEMBER 21

**At 8:42 a.m.**, Bridgewater firefighters responded to a commercial fire alarm in Bridgewater.

**At 10:00 a.m.**, New Germany firefighters responded to a tree on power lines on fire in Union Square.

**At 12:17 p.m.**, Oakhill firefighters responded to a tree on power lines on fire in Oakhill.

**At 4:02 p.m.**, Lunenburg firefighters responded to a fire alarm in Lunenburg.

*Continued on page 15*

SOUTH SHORE

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# BULLETIN

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# LOCAL



## TO THE EDITOR

# Can democracy become the heart of the story

*The Editor,*

Democracy, fragile, under threat globally as well as in Canada, needs to move to the heart of our story. The role of the media is to get straight to the heart of a story. Democracy becomes more fragile without the support of the media.

Media, the main means of communication, whether it is broadcast, publishing or social media, has an important role in telling the story.

The pillars of democracy; legislative, executive, judicial, and the media have been weakened by those who view democracy as a hindrance to their own agenda and survival.

The acceptance of mis/disinformation by the public has been accelerated by an atmosphere of ensuring that both sides of a story are to be treated equally in importance. We see examples from the media when covering vaccines, climate change or the protection of minority rights.

Education is the antidote to mis/disinformation. Introducing young people to how nations are governed is a daunting task especially during times of stability. Elections Canada has, in the past, played a role in providing schools with material for debates at election



times. We know that those who vote at a young age continue to engage and vote regularly.

The "fourth estate", the media, has a responsibility to get to the heart of telling the story of the Canadian Constitution and the Charter of Rights

and Freedoms.

There are political voices who would like control of all media and the power to choose who is allowed to speak with and for them.

*Mary E. Wright,  
Bridgewater*

## A Christmas miracle

A lady from Bridgewater stopped into our office on New Year's Eve and shared a story with us.

Her son had been working in Lunenburg a couple of weeks before Christmas and he had lost his wallet.

Ten days later, on Christmas Eve at about 7 p.m. someone knocked on the door of the family home in Bridgewater and her son answered the door. The gentleman who was knocking said he would have come earlier, but he had to work.

A couple of days prior, the man was out walking his dog who stopped to ruffle through some leaves and he soon came out with a wallet.

The son, who answered the door came in and was jumping up and down and forgot to get the man's name.

Included in this week's edition of the paper is an advertisement looking for this man from Lunenburg so they can offer thanks. If you know who this is, please give her a call.



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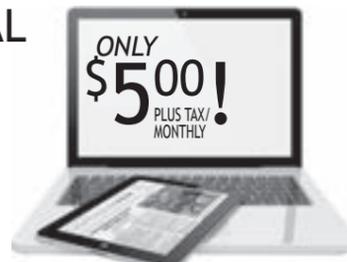
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## SOUTH SHORE BULLETIN

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Editor/Publisher: Kevin McBain  
kevin.mc Bain@southshorebulletin.ca

Reporter: Ed Halverson  
ed.halverson@southshorebulletin.ca

Marketing Advisor: Diana Girvan  
diana.girvan@southshorebulletin.ca

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## SOUTH SHORE BULLETIN



# Community Events

January 7-13, 2025

## WEDNESDAY, JANUARY 7

**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 8

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

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

## FRIDAY, JANUARY 9

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

**Music Bingo** at King Street Beer Company, 463 King St., Bridgewater from 6 to 8 PM.

## SATURDAY, JANUARY 10

**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.

## SUNDAY, JANUARY 11

**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 12

**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.

**Regular Meeting of Town Council** at Town Hall, Town of Bridgewater from 6 to 8 PM.

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

**Community Basketball** at Liverpool High School from 7:30 to 9:30 PM.

## TUESDAY, JANUARY 13

**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.

# Province announces highway projects for 2026-27

Continued from page 1

The official 2026-27 plan also lists smaller, local improvements that might not make the headlines but make people's everyday drives better. For example, trunk roads in Lunenburg are scheduled for repaving, a few kilometres here and there to smooth out wear and tear on key community connectors.

While the plan doesn't break out every dollar by county in a big, neat table, projects like Highway 103 twinning and Tancook ferry work typically make up a significant chunk of the provincial spending allocated in the region. In broad terms, the province has earmarked hundreds of millions for major projects and planned investments province-wide, from asphalt resurfacing to bridge maintenance, which means a meaningful portion flows through work here on the South Shore too.

### BRIDGES:

Four bridges in Lunenburg County were earmarked for work including the Mossman Road #2 bridge; the Cherryfield bridge; the Veinot bridge and the LaHave Island bridge.

### QUEENS COUNTY: SHORELINES AND SMOOTH ROADS

Queens County isn't getting a highway twinning project this year, but there's still good news on the infrastructure front: Shore Road is slated for shoreline protection work. This kind of project might not be the flashiest construction site, but it matters if you live along that route as it's protecting the road from erosion and future storm damage, so residents don't end up with washed-out pavement or closed sections down the road.

Smaller local road improvements and resurfacing are also on the docket in Queens. These repaving jobs may only be a few kilometres long, but for people who use these roads every day, whether school buses, delivery trucks, or just weekend drivers, fresh pavement and repaired shoulders can make a big difference in comfort and safety.

Come spring and summer of 2026, drivers in Queens and Lunenburg should expect the usual mix of orange cones, occasional lane shifts, and the sound of graders and pavers across the region. When heading out, be sure to build in a little additional time and some extra patience as crews work to make the roads safer for everyone.

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## 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.

## Easy Egg Quiche

**INGREDIENTS**

- ½ package bacon
- 2 green onions
- 4 eggs
- 1 cup milk
- ½ tsp baking powder
- Pinch paprika
- Pinch garlic powder

**PREPARATION**

1. Sauté bacon and green onions.
2. In a bowl mix eggs, milk, baking powder, paprika, garlic powder.
3. Line greased loaf pan with bread.
4. Cover with bacon and onions.
5. Pour liquid over.
6. Bake 350 degrees for 15 - 20 minutes.

**Have a recipe you'd like to share?**  
**Send it in!**  
**info@southshorebulletin**  
**106-129 Aberdeen Rd,**  
**Bridgewater, NS B4V 2S7**

Lunenburg, N.S.

## TIDE TABLE

<b>Wednesday, January 7</b>		<b>Sunday, January 11</b>	
low 1.61 ft	5:27 AM	high 5.32 ft	1:47 AM
high 5.97 ft	10:50 AM	low 1.74 ft	8:59 AM
low 0.62 ft	5:46 PM	high 4.56 ft	2:20 PM
high 5.94 ft	11:33 PM	low 2.1 ft	8:57 PM
<b>Thursday, January 8</b>		<b>Monday, January 12</b>	
low 1.67 ft	6:23 AM	high 5.12 ft	2:40 AM
high 5.61 ft	11:37 AM	low 1.67 ft	9:48 AM
low 1.02 ft	6:35 PM	high 4.43 ft	3:32 PM
		low 2.3 ft	9:45 PM
<b>Friday, January 9</b>		<b>Tuesday, January 13</b>	
high 5.74 ft	12:16 AM	high 5.02 ft	3:39 AM
low 1.74 ft	7:18 AM	low 1.61 ft	10:38 AM
high 5.22 ft	12:26 PM	high 4.46 ft	4:41 PM
low 1.41 ft	7:23 PM	low 2.4 ft	10:37 PM
<b>Saturday, January 10</b>		<b>Wednesday, January 14</b>	
high 5.54 ft	1:00 AM	high 5.02 ft	4:38 AM
low 1.74 ft	8:10 AM	low 1.51 ft	11:28 AM
<b>Third Quarter Moon</b>		high 4.63 ft	5:38 PM
high 4.86 ft	1:19 PM	low 2.4 ft	11:29 PM
low 1.77 ft	8:10 PM		

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

What happens when you don't advertise?

# Very little.

# Muscle medicine: The importance of strength training with aging

As much as we may like to, we can't halt the aging process. However, scientists are investigating how the body ages. It's possible that someday we may learn how to at least slow its progression. But for now, living a healthy lifestyle is important, and part of that lifestyle involves regular exercise.

This includes ways to increase your muscle mass, which decreases after the age of 50. There are 600 muscles in your body that consist of skeletal, smooth, and cardiac muscle. Muscle loss can be reversible by engaging in strength exercises that help rebuild the muscular system, essential for movement.

Having too little muscle and more fat can result in arthritis, diabetes, high blood cholesterol and blood pressure, lower back pain, and some cancers.

Many studies have revealed that even a brief program of resistance exercise for about 40-60 minutes a session, two or three days a week, can aid in rebuilding muscle tissue in those aged 50 to 90. After only three to four months, you can gain three to four pounds of muscle.

## BENEFITS OF RESISTANCE EXERCISE

Engaging in these exercises recharges your metabolism impacting the metabolic rate by increasing energy both during an exercise session and muscle recovery, three days after each workout.

As you age, you may tend to accumulate fat, even with the same eating patterns. Strength training can result in a three-to-four-pound decrease in fat weight.

You can reduce your resting blood pressure, if you have hypertension, a major risk factor for cardiovascular disease. Strength training can reduce blood pressure following two months of standard strength training.

Blood lipids (blood fats) include cholesterol and triglycerides that affect heart health. Strength training can increase the HDL (good) cholesterol and



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decrease LDL (bad) cholesterol.

For those with issues with cardiovascular health, strength training can improve physical performance, enable a speedy recovery from a cardiovascular event, and enhances your self-confidence.

After several weeks of strength training can lower the risk of developing type 2 diabetes, with significant improvements in insulin sensitivity and controlling the glycemic index (GI), the measure of how quickly food can make your blood sugar (glucose) rise.

Your muscle loss is associated with bone loss. Strength training increases your muscle mass and bone mass after several months of resistance exercise, a productive manner for developing a strong and injury-resistant musculoskeletal system.

Those with lower-back pain, can reduce the physical discomfort by strengthening these muscles through resistance exercises. It's also beneficial for

those with arthritis and fibromyalgia.

Mental health is enhanced with improvements in depression, fatigue, tension, and your sense of overall mood. It can also reverse the signs of physical frailty, allowing the elderly to regain strength, fitness, and physical abilities, enabling you to sit less frequently in a wheelchair, if doing so, walk more, and perhaps bicycle or swim.

Strength training may combat some cancers and is tolerated by adult cancer patients providing a number of benefits like reduced fatigue, improved body composition, and enriched physical function. For those recovering from breast cancer, there is more shoulder mobility.

To find out more visit: <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>

## What's coming to streaming this week

January 7-13, 2026

### Social Column

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

January 7, 1959

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#### Dalhousie East

Mrs. H. L. Gaul is at Ottawa with her daughter, Mrs. (Dr.) Ray Daigle. Their son, Ted, wife and two children met her in Ottawa for a family Christmas gathering. Mr. Gaul and John were Christmas guests of Mr. and Mrs. James Gaul.

#### New Ross

Mr. and Mrs. Paul Veinott and family of Forties, Ted Boylan of Bridgewater, ABCR1 Ross Boylan, of the HMCS Thunderbird; Mr. and Mrs. Don Reeves and Kim were Christmas day guests of their parents, Mr. and Mrs. Clary Boylan.

#### Rose Bay

Rev. Donald J. Himmelman of the Northfield Lutheran Parish and his mother, Mrs. William Himmelman were New Year's Day dinner guests at the home of Mr. and Mrs. Albert Conrad. At the supper hour the party were guests at the home of Mr. and Mrs. Lewis Conrad and family, Lunenburg.

#### Petite Riviere

Bishop Co-adjutor Rt. Rev. W. W. Davis, Halifax, who conducted Christmas services in Petite Riviere Parish was an overnight guest at the home of Mrs. Howard Bell. Mrs. Howard Bell motored to Halifax on Christmas day where she visited the next two days with her husband, son George and family. Mr. Howard Bell, three-year-old son of Capt. And Mrs. Douglas Bell was the centre of attention of the press when the "Arctic Sealer" docked at Miami, Florida, with 25,000 Christmas trees. John's biggest worry, "would Santa find him on board the ship".

Curious to see more? Visit our Archives at [www.southshorebulletin.ca](http://www.southshorebulletin.ca)

<p><b>NETFLIX</b></p> <p><b>January 7</b>                  Marcello Hernández: American Boy — Netflix Comedy Special                  Unlocked: A Jail Experiment: Season 2 — Netflix Series</p> <p><b>January 8</b>                  His &amp; Hers — Netflix Series                  Love Is Blind: Germany: Season 2 (DE) — Netflix Series</p> <p><b>January 9</b>                  Alpha Males: Season 4 (ES) — Netflix Series                  People We Meet on Vacation — Netflix Film                  The Threesome</p> <p><b>January 12</b>                  Monday Night Raw: 2026 — Netflix Live Event (weekly event)</p> <p><b>January 13</b>                  The Boyfriend: Season 2 (JP) — Netflix Series</p>	<p>Made in Korea (new episode)                  Percy Jackson and the Olympians (Season 2, new episode)                  Percy Jackson and the Olympians: Official Podcast (new episode)                  Will Trent (Season 4, premiere)</p> <p><b>January 8</b>                  Abbott Elementary (Season 5, new episode)</p> <p><b>January 9</b>                  9-1-1 (Season 9, new episode)                  9-1-1: Nashville (new episode)                  A Thousand Blows (Season 2, all episodes)                  Cat's Eye (New Episode)                  I Am Boxer (new episode)                  Mickey Mouse Clubhouse+ (Season 1, new episode)                  The Tale of Silyan Theme Song Takeover (Season 5, all episodes)</p> <p><b>January 10</b>                  Marvel's Spidey and his Amazing Friends (Season 4, new episodes)</p>	<p><b>January 13</b>                  Tell Me Lies (Season 3, two-episode premiere)</p> <p><b>CRAVE</b></p> <p><b>January 7</b>                  Sicario: Day of Soldado</p> <p><b>January 8</b>                  ER (Seasons 11-15)                  Lake Placid — Starz                  The Pitt (Season 2 premiere)                  The Traitors U.S. (Season 4 premiere, three episodes)</p> <p><b>January 9</b>                  Alien — Starz                  Aliens — Starz                  Alone UK (Season 1)                  Alone: Frozen (Season 1)                  Alone: The Beast (Season 1)                  American — Starz                  Dark Winds (Season 3)                  Jumani: The Next Level — Starz                  The Maze Runner                  The Maze Runner: The Scorch Trials                  The Maze Runner: The Death Cure                  The Nun — Starz                  Spinal Tap II: The End Continues                  Trespass                  The Unholy Trinity                  Vengeance</p> <p><b>January 10</b>                  Monsters vs. Aliens</p> <p><b>January 11</b>                  Industry (Season 4 premiere)</p> <p><b>January 12</b>                  Wick is Pain (Canadian title)</p> <p><b>PRIME VIDEO</b></p> <p><b>January 7</b>                  Beast Games (Season 2) [Amazon Original]                  Leverage: Redemption (Season 2)</p> <p><b>January 10</b>                  Downton Abbey: The Grand Finale (Exclusive Content)</p> <p><b>January 11</b>                  Cult Justice (Season 1)                  The Night Manager (Season 2) [Amazon Original]</p> <p><b>January 12</b>                  Prime Monday Night Hockey: Vancouver Canucks vs. Montreal Canadiens (Live Content)</p> <p><b>January 13</b>                  PWHL: Ottawa Charge vs. Montreal Victoire</p>
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# Para players carded by national team

By KEVIN MCBAIN

kevin.mcbain@southshoreicestorm.ca

BRIDGEWATER – Two members of the South Shore I.C.E. Storm were ‘development-carded’ by the national para hockey team this past summer.

Jiesheng Boutilier, 17, of Pine Grove and Logan Munden, 16, of Fall River have been participating in regular camps with the national squad and have now been tagged or carded by the club.

What does that mean? That means they are receiving financial assistance on a monthly basis through the Athlete Assistance Program that provides direct financial support to Canadian high-performance athletes to help with living and training expenses, tuitions and other costs associated with training.

It also shows a commitment by Team Canada to the athlete and signals another step towards being a part of the national team.

This is Boutilier’s ninth season of playing para hockey with the local team and four years playing with Team Atlantic, which is a combined team of players from Newfoundland



KEVIN MCBAIN PHOTOS

South Shore I.C.E. Storm para hockey players, Jiesheng Boutilier and Logan Munden have recently been ‘development-carded’ by Team Canada.

and Labrador, Nova Scotia, New Brunswick and P.E.I. who compete at a national tournament each year.

This year also marks his third year being a part of the Team Canada next gen or development team. He has attended training camps and competed in exhibition games during this time.

Being carded means that they are being paid on a monthly stipend, meant to motivate the players to “work harder in the gym” and show

a commitment, on both sides, to the program.

“It’s something I never thought would happen. Didn’t know it existed until a few years ago,” he said.

Players are expected to eat healthy, go to the gym and get in as much ice time as possible between camps.

Camps can be in Ontario or in Calgary and on non-paralympic years there may be three to four camps, while this year is a paralympic year, so far there has been just one.

This year’s paralympics will take place March 7-15 in Italy.

Boutilier says the best part of playing sledge hockey is the physicality of the game.

“A lot of people don’t think that a disabled sport can be physical, but it can be as intense as any other sport,” he said.

Munden, who is from Fall River but attends practises and tournaments with the I.C.E. Storm also loves the physical aspect of the game.

“I love the physicality, the big hits and scoring goals.”

He said that since being carded, he has put more of a focus on hockey, working out and eating healthier.

“I’m so excited. I never knew I would be carded as quick as I was and with Hockey Canada.”

Adam Janssen, manager of hockey operations for the national para hockey team, said in an e-mail that these two players have shown incredible growth in the past few years.

“The two gentlemen that have been development carded have been part of our development group for a few years, and despite their relatively young age, have showed continual improvement in advancing their game,” he said.

“At the latest selection camp we had, it’s clear that these two players can play a big role for us in the coming years and warranted some investment to start that process of enhancing their high-performance habits.”

The next big event for Boutilier and Munden is the Canada vs U.S.A. development series that takes place in April in Montreal.

The South Shore I.C.E. Storm practices almost every Sunday afternoon where you can meet Boutilier and Munden, who are on the path to making the national team. You can also come out and try the sport yourself... who knows where it will take you?

## Lumberjacks drop first game of 2026

By KEVIN MCBAIN

with files from DAN BOYD

BRIDGEWATER – The South Shore Jr. B Lumberjacks dropped their first game of 2026, a 4-2 loss at home Jan. 3 against the Eskasoni Jr. Eagles who sit on top of the Sid Rowe division with a 14-7 record.

The Lumberjacks now have a record of 15-4 and remain six points behind the 18-3 Capstone Colts with two games in hand.

The next game for the Lumberjacks is Jan. 9 at 7 p.m. when the 8-12 Sackville Blazers come to town.

The Lumberjacks had a long Christmas break, with their last game a 4-3 road loss against the Capstone Colts Dec. 12.

“It was our first game back and we were trying to get our legs back under us,” said Brennan Coleman. “I thought we had some good spots in the game, some lulls as well. I’m not mad at the effort. I think we can build off this game and work towards winning the next one.”

He said that despite the rush for the playoffs in this ‘second half’ they are just going to take things one game at a time and build off the positives going into the next game.

“We want to win as many games as we can down the stretch to put us in a good position to go on a deep playoff run,” said Coleman.

In their latest game, a rare after-



South Shore Lumberjack Owen Cleary fires a backhand five-hole on the Eagles’ goaltender in the third period of the Lumberjacks’ 4-2 loss Jan. 9 at home.

noon tilt, Coleman opened the scoring his 13th of the season, for the home side with just 55 seconds remaining in the opening frame.

In the second, the Eagles came back with two late goals to make it 2-1 heading into the third frame.

In the final period, the Eagles would score at the 9:19 mark of the period to make it 3-1, before Owen Cleary (his third of the season) brought the Lumberjacks to within one at the 5:35 mark. Despite several close calls by the Lumberjacks, the Eagles’ defence and goaltender stood tall and Marcelus Francis would score his third of the night on an empty net to close out the scoring.

Lumberjacks’ goaltender Kegan Greencorn stopped 30 of 33 shots he faced, while Andrew Burke on the other side stopped 20 of 22 shots.

## SPORTS SHORTS

• **Lunenburg’s Logan Taylor** had a stellar college season with Boston College. Although his team did not make the playoffs, he has been recognized as one of the top offensive linemen in the country. Most recently he was invited to compete at the 2026 East-West All-Star Shrine Bowl that takes place Jan. 27 at the Ford Centre at The Star in Frisco – home of the Dallas Cowboys. A team captain, he had earlier been named to the Associated Press All-ACC second team. Taylor also just completed his master’s degree.

• **The Park View Senior Varsity Boys basketball team** will host the 2026 Panther New Year’s Classic Jan. 9-11. Team competing include Hants

East, Woodlawn, Barrington, North Kings, Cobequid and West Kings. The Panthers will open the tournament Jan. 9 at 2 p.m. against Hants East. They will also play Barrington Saturday at 12:20 p.m. and North Kings at 3:40 p.m. Playoff Sunday begins at 9 a.m. with a consolation game followed by the bronze medal game at 10:40 a.m. and the championship game at 12:20 p.m.

• **In soccer news, Lindsay Van Kessel** was named the assistant coach with the U14 boys provincial team; Park View soccer players Rebecca McDow and Jada Buchanan have committed to play for Acadia University; and Jane Van Kessel has also committed to play for St. FX.



### PUBLIC PARTICIPATION MEETING FOR PROPOSED AMENDMENTS TO LAND USE BY-LAW

Bridgewater Town Council is considering an amendment to the Land Use By-law to transition 267 properties from the R1 to R2 Zone.

A Public Meeting will be held at **6:00 p.m. on January 14, 2026 in room C112 at the NSCC (75 High St, Bridgewater). Registration is required by January 13.** To register, contact the Community Development Department at 902-541-4371 or [sondra.brehaut@bridgewater.ca](mailto:sondra.brehaut@bridgewater.ca).

For more information about the proposed amendments, contact Planner, Evan Ferguson at 902-530-4081 or [evan.ferguson@bridgewater.ca](mailto:evan.ferguson@bridgewater.ca) or visit [www.bridgewater.ca/DA](http://www.bridgewater.ca/DA) for more information.

# LIFESTYLES

## The White Point Christmas Bird Count

JAMES HIRTLE

Bird Notes

I had to move the date for the White Point Christmas Bird Count from Dec. 20 to the 21 due to predicted high winds. It turned out that the winds were very high on the day of the count ranging from 29 to 59 kms mostly from the southwest. Temperatures were between four and nine Celsius.

I had three teams in the field with six people. We spent a total of 21.5 party hours with driving of 141.8 kms and eight party hours with walking 14.7 km.

We had 58 species with 2,371 individual birds. Count week birds (birds seen three days before and after the count, but not on count day) were: gray catbird, dovekie, lesser black-backed gull, double-crested cormorant and harlequin duck.

Two new species were added to the count this year, which were Eurasian wigeon and field sparrow. Other highlights were two snow geese, 43 ring-necked ducks, red-throated loons, purple sandpipers, two ruby-crowned kinglets and 33 yellow-rumped warblers.

Low counts were for great cormorant, which met the all-time low of one, ring-billed gull where we had two with the low of one, bald eagle where we had three with the all-time low of one, ruffed grouse where we met the low of one.

For woodpeckers: hairy woodpecker, downy woodpecker and northern flicker, we had two of each with the all-time low of each for one, common raven with only three with the all-time low of one.

We only had one dark-eyed junco which met the previous low, red-necked grebe met the all-time low of one. A northern harrier was only the second time we have had this species on the count.

High counts were for black-headed gull where we met the high of six,



JAMES HIRTLE PHOTO

A grey catbird found in Brooklyn Dec. 23.

red-throated loon where we met the high of three, gadwall where we met the high of five and American goldfinch where we met the high of 185.

Misses for birds we usually get would have been green-winged teal, common goldeneye, hooded merganser, great blue heron, belted kingfisher, Bohemian waxwing, orange-crowned warbler, pine warbler, American tree sparrow and evening grosbeak.

Brian and Janice Kenefick had a snowy owl fly over in Riverport. Craig Cook saw a broad-winged hawk in Bayport. Joe Holmes still had the clay-coloured sparrow at the time of writing and he also has been getting infrequent visits from a Baltimore oriole.

Stephen Joudrey of Whynott's Settlement also had a Baltimore oriole. Kevin Lantz reported a common redpoll at Mason's Beach. Lise Bell found a barred owl in Green Bay. Another barred owl was found by Paul Demone along the Crouse's Settlement Road.

Ethan Sarty sighted two belted kingfishers and Lise Bell had one. Joe Holmes of Bridgewater had an American tree sparrow arrive. Andrew Hirtle reports regular visits by a pileated woodpecker in First South.

On Dec. 18 Wilma Clancy located an eastern phoebe at Fort Point in La-Have. She also had an orange-crowned warbler on that day. I saw a palm war-

bler there. On Dec. 23, while birding with Marc DeVries and Carrie Ann Thomas at Brooklyn, we found a grey catbird.

On Dec. 24 I had 80 cedar waxwings and 40 American robins at First Peninsula. The northern mockingbird was still present on that day. There are lots of cedar waxwings around. Although reported in other parts of the province, I've yet to see a Bohemian waxwing.

On Dec. 21 David McCorquodale found a Forster's tern in Florence at Big Pond in Cape Breton. On Dec. 22 a marbled godwit arrived at East Ragged Islands, but it did not hang around. On Dec. 23 Ken McKenna located a redhead at Pomquet Pond at Monk's Head.

Jason Dain discovered a palm warbler at Blanche Beach on Dec. 24. Logan LaLonde found a northern parula on Brier Island by the Joshua

Slocum Monument. Ellis d'Entremont had an eastern phoebe in West Pubnico.

On Dec. 27 a snow goose was reported by Angela MacDonald at Port Bickerton. JD Bharvad found a glaucous gull at East Dover on Dec. 28. Apparently, this gull has returned to the same area now for years over the winter.

Tom Kavannah of Canso had an American woodcock in his yard as well as a Cooper's Hawk. A greater white-fronted goose showed up in the town of Yarmouth. On Dec. 29 a varied thrush showed up at Mike MacDonalds at his place along the Stoney Island Road on Cape Sable Island. A little gull continues at Boat Harbour. A snowy owl was reported in Cape Breton.

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

## The question you're not asking (and it's costing you)

STEPHANIE MILLER VINCENT  
Business Moments

A leader recently told me, "We do exit interviews."

Then they paused.

"But no one ever says anything."

I didn't need to ask what their turnover looked like. I could feel it in the sentence.

Most exit interviews aren't designed to get the truth. They're designed to complete a process.

And in customer-facing businesses like restaurants, hotels, retail, salons, construction, law offices and more, that's not just a people problem.

That's a brand problem.

When your team is unstable, the experience is unstable. And your customers notice before you do.

### EXIT INTERVIEWS ARE USEFUL, IF THEY'RE ACTUALLY SAFE

Exit interviews can be valuable. They can reveal patterns like:

- a manager behaviour that's driving people out
- scheduling practices that are quietly breaking trust
- training gaps that leave new hires overwhelmed
- "favourites" culture that turns good people into ghosts

But here's the part leaders don't love hearing:

If exit interviews are conducted by someone who works inside the organization, yes, even HR, you are almost always getting the polite version.

Not because HR isn't capable, because the power dynamic is real.

When the interviewer is on payroll, the person leaving still worries about references, reputation, "burning bridges", and awkwardness with people they may run into in the community.

So, what do they say?

They say things like "they're leaving for a better opportunity, the schedule didn't work, it's time for a change."

And then leadership changes, nothing.

The smartest businesses hire a neutral third party

When you bring in a truly independent interviewer, someone who doesn't work there, doesn't report to leadership, and isn't tied into internal relationships, two things happen fast.

People stop performing and the truth shows up.

Not drama. Not gossip. Patterns.

And patterns are fixable.

A neutral third party can also do something internal teams often can't do well: protect confidentiality properly. Not "we promise we won't tell." Real confidentiality, where names and identifying details are removed, and only themes are reported back.

That's what makes the information usable and safe.

### STAY INTERVIEWS ARE EVEN MORE VALUABLE THAN EXIT INTERVIEWS

Exit interviews tell you why someone left.

Continued on page 9



You can now visit the local South Shore Bulletin to get paper copies from Pictou and Strait area newspapers!

## LIFESTYLES

## Welcoming the new year with purpose: Crumpet's Closet officially opens

**ASHLEY KIPPERS**

SHAID Tree Animal Shelter General Manager

A new year brings fresh beginnings, reflection, and renewed commitment to caring for one another — values that are deeply woven into the work of SHAID Animal Shelter. As we step into the year ahead, SHAID is proud to share an exciting milestone for both the shelter and the wider community: Crumpet's Closet, our onsite thrift store, is now officially open to the public.

Named in loving memory of Crumpet, SHAID's beloved mascot, Crumpet's Closet is more than a thrift store — it is a meaningful extension of the shelter's mission. Stocked with gently used pet-related items such as beds, carriers, toys, bowls, and supplies, the shop offers affordable options for pet owners while directly supporting animals in need.

Every purchase made at Crumpet's Closet helps fund daily shelter operations — from food and litter to veterinary care and enrichment. For the community, the store provides a welcoming, low-cost way to access pet supplies, making responsible pet ownership more attainable during a time when many households are feeling financial strain. For the environment, it gives pet items a second life, keeping usable goods out of landfills and reducing waste.

Community support has already been heartening, with visitors stopping in to shop, donate, and share stories of Crumpet and the animals they've loved. Donations of gently used pet-related items are always appreciated, as they allow the store to continue growing and serving both people and pets.

Crumpet's Closet is open during regular shelter hours: Tuesday to Saturday, 11 a.m. to 3 p.m.

### A NEW CHAPTER FOR SOLSTICE

As the community embraces new beginnings, one very special cat is hoping for a fresh start of her own.

Solstice is a beautiful five-year-old bi-coloured spayed female who knows the meaning of resilience. Once a stray, she successfully raised her final litter of kittens, all of whom have since found loving homes through SHAID. Now that her job as a mother is done, it's finally Solstice's turn to be cared for.

Solstice is a shy, gentle soul who allows petting



ASHLEY KIPPERS PHOTOS

Crumpet's Closet, SHAID's onsite thrift store, is now open.



Solstice, a beautiful five-year-old bi-coloured spayed female, is looking for a new home.

and shows her trust quietly. She would flourish in a calm, patient home where she can settle in at her own pace. The presence of another friendly cat could help her feel more secure as she adjusts to indoor life and learns that she is safe and loved.

Crumpet's Closet and cats like Solstice represent what SHAID is all about — compassion, second chances, and community coming together to make a difference. As the year begins, whether you shop, donate, or open your heart to adoption, your support helps turn fresh starts into lasting futures.

## Taking stock of our inventory

**SUSANNE BECK**

Reality Check

From time to time, many businesses take inventory. They look at the company valuables, such as equipment, raw materials, product that's ready to be sold, and they record what they have. Is it what they expected? Are there important things missing? Are they over-stocked in some ways?

Many of us look at the dawning of a new year as a time to consider a fresh perspective, make new starts (i.e. go to the gym) and assess how we want to progress. One activity that could be helpful at this point is to take stock; essentially take an inventory of the valuables in our lives.

In Choice Theory language, we could refer to this activity as self-evaluation. We evaluate our situation ourselves, without looking to someone else to tell us whether it's good or bad. This is information that we figure out for ourselves, for our own use.

But taking stock of life isn't quite as straightforward as going to the storeroom and counting boxes of raw materials. Many of the valuables in our lives

are not tangible; they are not visible at all. Thus, it's even more important to take stock from time to time, lest we lose sight of that which we cannot see.

What might we include in our stock-taking? If you have trouble getting started, here are some questions to ask yourself. Some people like to write down their answers (I recommend it) but different people find different things helpful. Do what works for you, but be honest with your answers. Here are some of my suggested questions.

Continued on page 15



## The question you're not asking (and it's costing you)

Continued from page 8

Stay interviews tell you why your best people are still there.

And that is pure gold.

Because the goal isn't to become excellent at understanding the past.

The goal is to keep the people who make your business work.

Stay interviews help you identify:

- what your team values most (and what would push them out)
- what your strongest employees need next
- what's working that you should protect fiercely
- what's quietly draining morale

Most businesses wait until someone resigns to start asking questions.

That's like waiting until you're in an accident to check whether your brakes work.

Proactive is cheaper. Reactive is expensive.

The cost of turnover isn't just recruiting and training.

It's also overtime and burnout for the people who stay, service mistakes and inconsistency, more complaints, refunds, comps, a drop in repeat customers, and a shift in culture that makes it harder to attract great people.

Turnover isn't a single event. It's a slow leak.

And in customer-facing businesses, slow leaks show up in your guest experience like this:

- the greeting isn't warm anymore
- standards get looser
- the "good ones" stop making suggestions
- new hires don't last long enough to get great
- leaders feel like they're constantly starting over

When you run stay interviews while people are still on the team, you catch issues early, before they become resignations, before they become reputational damage.

### THE BEST LEADERS DON'T GUESS

If you've been losing good people, you don't need another motivational poster.

You need clarity. You need themes. You need patterns.

And you need a plan you can act on immediately, before your next resignation becomes your next service problem.

If you'd like a simple, practical way to start right away, I've created a "Things to Do This Week" checklist. Send me a message and I'll share it with you. And if you want to go deeper, especially if you're losing good people and the customer experience is feeling it, we can book a consultation to discuss independent exit and stay interviews and what a proactive plan would look like for your business.

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. To book a consultation, connect with Stephanie through email at [stephanie@smillervision.com](mailto:stephanie@smillervision.com).

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# PUZZLES & MORE

## The Weekly Crossword

by Margie E. Burke

1	2	3	4	5		6	7	8	9		10	11	12	13
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### ACROSS

- 1 Type of saw
- 6 Reunion attendee
- 10 Genghis or Kublai
- 14 Dote on
- 15 Ill-mannered
- 16 Fancy trim
- 17 Scrabble pieces
- 18 Kind of triangle
- 20 Cry of triumph
- 21 Camper's need
- 23 Proof of pedigree
- 24 Vermont city
- 26 Sword handle
- 27 Some British nobles
- 28 Learn by \_\_\_\_\_
- 32 Swagger
- 34 Bond flick, "No \_\_\_ to Die"
- 36 Butcher's stock
- 37 "... now \_\_\_ the future"
- 38 Went a-courting
- 39 Athletic shoe brand
- 40 Bergman's role in "Casablanca"
- 41 Cozy lodgings
- 42 1998 film, "\_\_\_ of the State"
- 43 Lower in quality
- 45 Finn's creator
- 47 Mining finds
- 48 Posh properties
- 51 Tribal healer
- 54 Mexican peninsula
- 55 Pension alternative
- 56 Fined, maybe
- 58 Meadow sound
- 60 "If it \_\_\_ broke"
- 61 Musical mark
- 62 Starbucks serving
- 63 Spanish three

- 64 PRNDL pick
- 65 Cultural values

### DOWN

- 1 Mythical goatman
- 2 Nice goodbye?
- 3 Shoring up
- 4 Before, in poems
- 5 Turn off and on again, say
- 6 Noses' places?
- 7 Fall shade
- 8 "Without further \_\_\_\_\_"
- 9 Couldn't stand
- 10 Taking issue?
- 11 Alan of 60's TV
- 12 Tennis whiz
- 13 Capone nemesis
- 19 Storm preceder
- 22 Photo blow-up: Abbr.
- 25 Some coin-op establishments
- 26 1800s settler
- 29 New septuagenarian's birthday
- 30 "\_\_\_ to please!"
- 31 Legal delay
- 32 Auction cry
- 33 Lauper hit, "\_\_\_ Colors"
- 35 Charged bit
- 38 Adding lanes, say
- 42 Fit for consumption
- 44 Asia's dried-up "sea"
- 46 N.Y.C. financial daily
- 49 Poetic Muse
- 50 Fills up
- 51 Squabble
- 52 Will-reading attendee
- 53 Heche or Hathaway
- 54 Early release
- 57 Ballet-loving Muppet
- 59 Long. counterpart

## Sudoku

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

Level: Intermediate

## SHOPPING WORD SEARCH

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

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

### WORDS

- |          |           |             |            |
|----------|-----------|-------------|------------|
| aisle    | CASHIER   | INVENTORY   | RECEIPT    |
| BAG      | CHECKOUT  | MALL        | REFUND     |
| BARCODE  | CLEARANCE | MERCHANDISE | RETAIL     |
| BOUTIQUE | COUPON    | ONLINE      | SALE       |
| BUDGET   | DELIVERY  | PRICE       | SHOPPER    |
| CART     | DISCOUNT  | PURCHASE    | STOREFRONT |

## Puzzles & More Answers

### Crossword Solution

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

### Sudoku

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

WEDNESDAY EVENING JANUARY 7. Grid of TV channels and programs from 6:30 to 11:30 PM.

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 stations like GLOBAL, ATN, CBC, etc.

THURSDAY EVENING JANUARY 8. Grid of TV channels and programs from 6:30 to 11:30 PM.

FRIDAY EVENING JANUARY 9. Grid of TV channels and programs from 6:30 to 11:30 PM.

WEEKDAY DAYTIME JANUARY 7 TO JANUARY 13. Large grid of TV channels and programs from 7:30 AM to 6:00 PM.

SATURDAY DAYTIME JANUARY 10. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

SUNDAY DAYTIME JANUARY 11. Table with 24 columns (7:30-6:00) and 56 rows of program listings.

SATURDAY EVENING JANUARY 10. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

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

MOVIES

WEDNESDAY, JANUARY 7

EVENING

9:00 [WTV] "Just Go With It" (Romance,2011) Adam Sandler, Jennifer Aniston. A doctor (Adam Sandler) asks his loyal assistant for help in winning the woman of his dreams. (G)

[WTV] "A Whitewater Romance" (Romance,2024) Cindy Busby, Benjamin Hollingsworth. A woman makes an unlikely connection with a competitor during an exclusive business retreat. (G)

[CTVSCI-FI] "Zombieland" (Comedy,2009) Woody Harrelson, Jesse Eisenberg. Survivors (Woody Harrelson, Jesse Eisenberg) of an apocalypse join forces against zombies. (14+)

[ATV] "Taken" (Action,2008) Liam Neeson, Maggie Grace. A former spy uses his particular set of skills to save his kidnapped daughter. (14+)

[ASN] "That Thing You Do!" (Comedy Drama,1996) Tom Everett Scott, Liv Tyler. Small-time rockers (Tom Everett Scott, Johnathon Schaech) hit it big with a catchy single. (G)

[ASN] "Aurora Teagarden Mysteries: Honey-murder" (Mystery,2021) Candace Cameron Bure, Marilu Henner. Danger knocks on the doorstep when Aurora and Nick discover a body while on a pre-honey-moon getaway. (8+)

THURSDAY, JANUARY 8

EVENING

9:00 [CH] "The First Wives Club" (Comedy,1996) Goldie Hawn, Bette Midler. Dumped for younger women, college pals (Goldie Hawn, Bette Midler, Diane Keaton) seek revenge. (G)

[WTV] "Chasing Waterfalls" (Romance,2021) Cindy Busby, Christopher Russell. A photographer falls for a handsome guide after traveling to a lodge to find mythical waterfalls. (G)

[WTV] "Caribbean Summer" (Romance,2022) Heather Hemmens, Ser Darius Blain. A news producer discovers fun and romance while vacationing in the Caribbean. (G)

[WTV] "Love Takes Flight" (Romance,2019) Nikki DeLoach, Jeff Hephner. A hospital director re-examines her rigid lifestyle when a free-wheeling EMS pilot enters her life. (G)

[ASN] "The Best Man Holiday" (Comedy Drama,2013) Morris Chestnut, Taye Diggs. Long-forgotten rivalries and romances reignite when college friends have a Christmas reunion. (14+)

[CTVSCI-FI] "The Green Knight" (Fantasy,2021) Dev Patel, Alicia Vikander. King Arthur's headstrong nephew embarks on a daring quest to confront a mysterious giant. (14+)

FRIDAY, JANUARY 9

EVENING

9:00 [ASN] "Mechanic: Resurrection" (Action,2016) Jason Statham, Jessica Alba. A master assassin must kill three targets to save the woman he loves from an old enemy. (14+)

SATURDAY, JANUARY 10

EVENING

6:00 [SLICE] "Josie and the Pussycats" (Comedy,2001) Rachael Leigh Cook, Tara Reid. In a plot to take over the world, a music mogul tries to use the band to brainwash America's youth. (G)

[WTV] "When Love Springs" (Romance,2023) Dwayne Johnson, Aldis Hodge. Black Adam's unique form of justice is challenged by modern-day heroes who form the Justice Society. (G)

[STAR] "21 Jump Street" (Comedy,2012) Jonah Hill, Channing Tatum. Two cops working under cover at a high school must confront their teenage issues all over again. (14+)

[CTVSCI-FI] "The Princess Bride" (Children,1987) Cary Elwes, Robin Wright. A pirate (Cary Elwes) rescues his beloved (Robin Wright) from a dreadful prince. (G)

[CTVSCI-FI] "The Northman" (Adventure,2022) Alexander Skarsgård, Nicole Kidman. A young Viking prince is on a quest to avenge his father's murder. (13+)

MONDAY EVENING JANUARY 12. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

TUESDAY EVENING JANUARY 13. Table with 11 columns (6:30-11:30) and 56 rows of program listings.

# SOUTH SHORE BULLETIN CLASSIFIEDS



ph: 902.543.2457

email: ads@southshorebulletin.ca

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

### 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

D1055

### Anglican PARISHES OF PETITE RIVIERE & NEW DUBLIN

E-mail: oro@eastlink.ca Phone: (902) 634-8589 petiteparish.com

#### Sunday January 11th

#### First Sunday after Epiphany – Rev. Oliver Osmond

9:00am St. James LaHave BAS  
Holy Communion

11:00am St. Michaels Petite Riviere  
Holy Communion

"O worship the Lord in the beauty of holiness"

### 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.

### MEMORIALS



PITTMAN: In loving memory for my beloved husband, Pat. You were taken suddenly January 9, 2020. I hide my tears when I say your name, But the pain in my heart is still the same. Although I smile and seem carefree, There is no one who misses you more than me. Forever loved, never forgotten, Your wife, Marlene

Obituaries can be found online at southshorebulletin.ca

### PERSONALS

Outgoing senior lady looking for non-smoking/drinking, well-groomed gentleman. Enjoy drives, gardening, and playing piano. 902-521-8433

### HOMES/RENT

2 - two-bedroom houses for rent near Bridgewater/Mahone Bay. Furnished. Leases vary. Call 902-543-7103/ 902-277-1013.

### THANKS

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

### OBITUARIES

#### Margaret Elizabeth Frier

Age 89, of Bridgewater, Lunenburg Co., passed away on Saturday, December 27, 2025, in South Shore Regional Hospital, Bridgewater. Born December 25, 1936, in Tata-magouche, she was a daughter of the late Linton and Ella McBurnie.

Margaret was a homecare worker for many years, helping and assisting many patients in their home. Her passions were gardening, dancing, cooking and baking and was most famous for her pies.

Surviving are her children, Brenda Prosser (David Murphy), Red Deer, AB.; Laura (Wayne) Bolivar, Baker Settlement; Danny Chambers, Tatamagouche; Allan (Mary Lou) Chambers, Dartmouth; grandchildren, Chris (Lisa), Carrie (Tony), Joey (Charmane), Shawn (Lisa), Tissy (Brian), Tina (Wayne), Chad (Misty), Nicole, Tyler and Adam; and many great grandchildren, several great-great grandchildren and several nieces and nephews.

Besides her parents, she was predeceased by her former husbands, Clarence Chambers; her partner, Donald Poole; and a son in infancy.

There will be no visitation at the funeral home by request. Memorial service was held 1 p.m., Monday, January 5, 2026, in Sweeny's Funeral Home, 35 York Street, Bridgewater. Rev. Willis Ott officiating. A reception followed in the funeral home. Burial will take place at a later date. Family flowers only please, donations may be made to the Canadian Cancer Society or South Shore Regional Hospital Foundation.

The family wish to thank the staff of South Shore Regional Hospital, 3rd floor nursing staff, the Lunenburg County VON, Homecare workers, and Dr.'s Heather Robertson and Gregory Thibodeau.

Arrangements entrusted to Sweeny's Funeral Home, Bridgewater where on-line condolences may be made by visiting www.sweenysfuneralhome.com.



### OBITUARIES

#### Lulu "Lou" Belle Rice

Age 83, of Chester, formally of Bridgewater. It is with saddened hearts we announce the passing of our beloved "Lou" on December 27, 2025, in Shoreham Village, Chester, N.S. She was a daughter of the late, Ira and Lillian (Carver) Forrest.

Lou volunteered her time at numerous organizations over the years, where she made many lasting friendships. She was a devoted wife of 50 years, and a loving, caring mother, grandmother and great-grandmother.

Lou is survived by her daughter, Charlene (Wayne) Rice-Phillips; grandson, Jesse MacSwain (Jenna Cormier); great-grandson, Luke MacSwain; son, Linwood (Julie) Rice; grandson, Evan Rice (Mickelty Croft); brother, Ronald (Velda) Forrest; sister-in-law, Rosalind Rice; brother-in-law, Stanley Canning; and several nieces and nephews.

Besides her parents, Lou is predeceased by her husband, Vincent Rice; sister, Joan Canning; and brothers, Jordan and Howard Forrest.

Cremation and arrangements have taken place, with no visitation. In lieu of flowers, donations may be made to Shoreham Village Nursing Home, Chester, N.S., in memory of Lou. A Memorial Service for Lou will be held in the Kempt Community Hall, 11783 Hwy 8, Kempt, Caledonia, Queens Co., N.S., at 1pm, January 10, 2026, with Pastor Percy Lake officiating the service. Refreshments to follow in the hall. A family burial will follow.

Arrangements entrusted to C.F. Sweeny's Funeral Home, 35 York St., Bridgewater, N.S., where online memorial donations and messages of condolences may be made by visiting www.sweenysfuneralhome.com.



### DEATHS

**Boehner, Marie**, 95, Chester formerly of Bridgewater, died December 16, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Brown, William (Ralph)**, 72, Bridgewater, died December 17, 2025 at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to R.A. Corkum Funeral Home.

**Chestney, Beryl Ruth**, 90, Mahone Bay, died December 24, 2025 at Mahone Bay Nursing Home. Arrangements entrusted to Mahone Funeral Home.

**Demone, Arnold LeRoy "Junior"**, 84, New Germany, died December 25, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

**Dickens, James Nelson Charles**, 52, Springfield, died December 22, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

**Frier, Margaret Elizabeth**, 89, Bridgewater, died December 27, 2025, at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Sweeny's Funeral Home, Bridgewater.

**Hiltz, Colleen Bertha (Barkhouse)**, 75, Martins Point, died December 23, 2025 at South Shore Regional Hospital. Arrangements entrusted to Mahone Funeral Home.

**Jones, Dora Anne May**, 88, Halifax, died December 21, 2025, at the Victoria General Hospital Halifax. Arrangements entrusted to Sweeny's Funeral Home, New Germany.

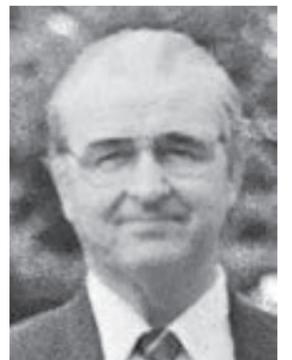
**McCarthy, Juanita Mahalia**, 59, Newcombville, died December 20, 2025, in hospital. Arrangements entrusted to R.A. Corkum Funeral Home.

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

**Sabeen, Stewart Lawrence**, 86, Cookville, died December 22, 2025. Arrangements entrusted to R.A. Corkum Funeral Home.

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

**Spidle, Thelma "Rosalie"**, 93, died December 21, 2025 at South Shore Regional Hospital, Bridgewater. Arrangements entrusted to Mahone Funeral Home.



#### Leon Ray Hirtle

Age 89, of Bridgewater, Lunenburg Co., passed away Saturday, December 13, 2025, at Ridge-wood Assisted Living, Bridgewater, where he had been residing. Born October 19, 1936, he was a son of the late Percy and Lillian (Wentzell) Hirtle, formerly of LaHave Island.

He is survived by his sister, Shirley; brother Frank (Judy); nieces, Trudy (Mike), and Felicia (Matt); great-nephews, Ashtin (Sarah), Colby (Brooke) and Landon; great-great-nephews, Marcus, Everette; great-great-niece, Melissa; and many cousins.

He was predeceased by sisters, Elizabeth, Hazel and one in infancy; brothers, Delbert, Lester, Reginald, St. Claire, Lawson, Everette, Nelson, and Eric; brother-in-law, Marcus.

He will always be remembered as a quiet and caring man. His selfless behaviour and generous nature touched the lives of everyone he met. His years as a fisherman allowed him a lifetime on the water, one of his favourite pastimes would always be to sit on the porch and watch the ocean, he could very often be found there, or his daily walks along Bell's Island. He was always happy to spend some time with his many young nieces and nephews he always held a soft spot in his heart for them.

A memorial service will be held 2 p.m., Wednesday, January 7, 2026, in Sweeny's Funeral Home, 35 York Street, Bridgewater. A private family interment will be held in Peaceful Hill Cemetery, West Dublin, at a later date. In lieu of flowers, donations in Leon's memory may be made to LaHave and District Fire Department, the LaHave Islands Marine Museum, South Shore Regional Hospital, or a charity of choice.

Arrangements have been entrusted to Sweeny's Funeral Home, Bridgewater where on-line condolences may be made to www.sweenysfuneralhome.com.



## CLASSIFIEDS

P: 902.543.2457

E-MAIL: info@southshorebulletin.ca

### SUBMISSION POLICY:

South Shore Bulletin is not responsible for errors or omissions for verbal or handwritten submissions.

**ERRORS:** to ensure the best response to your ad, review it carefully and call 902-543-2457 if any changes are required. South Shore Bulletin will not be responsible for more than one incorrect insertion.

**EDITING:** all ads are subject to the approval of South Shore Bulletin, which reserves the right to edit, reject or properly classify any ad.

### WORD ADS

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

### BIRTHDAY ANNOUNCEMENTS

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

### BIRTH AND GRADUATION ANNOUNCEMENTS

Photo with write-up, 75 words or less: \$25.00\*; additional photo: \$30.00\*; write-up only: \$15.65\*. Additional words \$0.20 each.

### ENGAGEMENT, WEDDING, AND ANNIVERSARY ANNOUNCEMENTS

Photo with write-up, 75 words or less: \$45.65\*; additional photo: \$30.00\*; write-up only: \$15.65\*. Additional words \$0.20 each.

### CARDS OF THANKS AND MEMORIALS

75 words or less: \$20.00\*. Additional words \$0.20 each.

### OBITUARIES

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

### DISPLAY CLASSIFIEDS

Call Diana Girvan for competitive rates on display classifieds: 902-930-4361.

### DEADLINES:

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



KEVIN MCBAIN PHOTO

## IT'S IN, IT'S IN!

South Shore Lumberjacks' forward Brennan Coleman helps the referee out a bit and signals that the puck went in behind the Eagles' netminder during action in the Lumberjacks 4-2 loss Jan. 3 at home. It was indeed called a goal by Coleman and it gave the Lumberjacks a 1-0 lead in the first period.

## Taking stock of our inventory

*Continued from page 9*

Who are the people in your life with whom you have reasonably good relationships? I'm not looking for "perfect" relationships, just reasonable, friendly, satisfying relationships. People with whom you can talk comfortably. Those who are generally supportive of you, even if you don't always agree. The people you would be happy to see on the street, or who would bring a smile if they came to your door.

What are the skills that you have that enable you to do useful tasks? These might be physical tasks or mental tasks. They may be skills that are useful for employment or just useful in life. What can you do

that's useful? Take stock.

What are the hobbies, interests, activities that bring joy to your life? This is a little different from the 'useful task' question. I've included it so you don't skip over what you might think are not "useful" skills. Music, art, storytelling and more may bring joy to you and to others. These activities are assets too.

What do you have the ability and the wish to learn? Different people care about learning different things, but any interest in learning can be valuable. It's an asset if you have it. And it can add to the fun in your life!

Where have you created good will? For some

businesses, a good reputation is a prime asset. It's worthwhile to a business to spend time, effort and money to cultivate loyal customers. Might that not also fit in our own inventory?

There are many other items you can include in your personal inventory. A more traditional look at assets, for example, would include your tangible assets, such as possessions and financial assets. Include whatever is useful to you. The goal is to get a clear picture for yourself.

Once you have a picture that is clear to you, then you might want to ask yourself this follow-up question, "How well does what I have match what I want?" Answering that question will be a story for another day.

What do you find when you look at your inventory? 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*

## Dahl's dispatch

*Continued from page 3*

**At 4:53 p.m.**, Northfield firefighters responded to a carbon monoxide alarm in Watford.

**At 5:25 p.m.**, Cornwall firefighters responded to a power line down in Upper New Cornwall.

**At 8:22 p.m.**, New Ross firefighters responded to a chimney fire in New Ross.

### DECEMBER 22

**At 11:29 a.m.**, LaHave firefighters responded to a fire sighting in LaHave. Pleasantville and Conquerall Bank also responded.

**At 2:50 p.m.**, Hebbs Cross firefighters responded to a chimney fire in Hebbs Cross.

**At 4:41 p.m.**, Western Shore firefighters responded to a motor vehicle accident in Martins Point. Chester Basin also responded.

**At 6:00 p.m.**, Liverpool firefighters responded to structures on fire in West Berlin. Port Medway, Greenfield, North Queens, Mill Village, Italy Cross, Bridgewater and Dayspring also responded to the scene. Hebbville was on stand by in Port Medway, Sable River in Liverpool, Tri District in Greenfield and Hemford in North Queens.

**At 8:21 p.m.**, Riverport firefighters responded to a possible structure fire in Middle LaHave. Dayspring, LaHave and Lunenburg also responded.

**At 8:35 p.m.**, Northfield firefighters responded to a motor vehicle accident in Cookville.

**At 9:12 p.m.**, Cornwall firefighters responded

to a motor vehicle accident in Upper New Cornwall.

**At 10:16 p.m.**, Liverpool firefighters responded to a chimney fire in Milton. Sable River and Italy Cross also responded.

### DECEMBER 23

**At 10:27 a.m.**, Liverpool firefighters responded to a re kindle of the structure fire in West Berlin.

**At 4:10 p.m.**, Blockhouse firefighters responded to a carbon monoxide alarm in Blockhouse. Oakhill also responded.

**At 9:38 p.m.**, Northfield firefighters responded to a chimney fire in West Northfield.

**At 11:14 p.m.**, Dayspring firefighters responded to a motor vehicle accident in Dayspring.

### DECEMBER 24

**At 7:34 a.m.**, Chester firefighters responded to a residential fire alarm in East Chester.

**At 9:44 a.m.**, New Germany firefighters responded to a chimney fire in Farmington.

**At 6:04 p.m.**, Greenfield firefighters responded to a commercial fire alarm in Greenfield. North Queens also responded.

**At 6:18 p.m.**, New Germany firefighters responded to a fire alarm in New Germany.

**At 8:07 p.m.**, New Ross firefighters responded to a camper fire in Mill Road.

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

## Those were the days

*Take a trip down memory lane with this vintage ad from the Bridgewater Bulletin, January 7, 1959.*

**TAKE CARE—**  
*this is* **COLD WEATHER**

The cold and cough season is here! Be prepared! Have handy those tried and proven remedies which so often lessen the severity and shorten the duration of a cold. Check your medicine chest—then come in today for the dependable quality products you need.

VICKS VAPORUB—large—with Free Cough Drops	\$1.09
VICKS NOSE DROPS	50c
VICKS COUGH SYRUP	60c
BUCKLEYS MIXTURE	50c and 85c
BUCKLEYS COLD CAPSULES	15c and 80c
ASPIRIN	100 for 70c
APEX THERMOMETER	\$1.45
LISTERINE SPECIAL—Reg. 65c each	2 for 80c

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**GODDARD PHARMACY**  
R. A. GODDARD, PROP.  
PHONE LI 3-2173 KING STREET  
BRIDGEWATER, N. S.  
—FORMERLY KINLEY'S DRUG STORE—

[www.southshorebulletin.ca/Archives](http://www.southshorebulletin.ca/Archives)

# THREE OF THE TOP PHOTOS FOR 2025



KEVIN MCBAIN PHOTO

Bridgewater Bulldogs 13UAAA pitcher Emerson Whynot delivered this pitch during the opening game against the Halifax Mets at the 13UAAA Atlantic championships held in Bridgewater Sept. 12-14.



KEVIN MCBAIN PHOTO  
Chelsea Culbert of the Bridgewater Barracudas competes in the breaststroke event at the Nova Scotia Swim provincial championships held Aug. 15-17 in Lunenburg.



LOGAN RING PHOTO

This photo was taken of the boat, Echo, skippered by John Franklin of Mahone Bay during the Atlantic Yacht Sales Chester Race Week held in August amid some foggy conditions.

## 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

## 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 Whynots Wind Benefit Fund is MARCH 1ST.**

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

D9132



## NOTICE OF PUBLIC HEARING

**SOLTERRE INC.** has made an appeal to the Nova Scotia Regulatory and Appeals Board from a decision of Lunenburg Town Council to refuse an application for a Land Use By-Law Amendment respecting property located at Brook Street, Lunenburg, Nova Scotia (PIDs 60703881 and 60703899). This matter will be considered in a public hearing as follows:

- Hearing starts:** Monday, March 23, 2026, at 9:30 a.m. (Continuing Tuesday, March 24, 2026 and Friday, March 27, 2026, if necessary)
- Evening Session:** Monday, March 23, 2026, at 6:30 p.m.
- Hearing Location:** Council Chambers  
Town of Lunenburg  
120 Townsend Street  
Lunenburg NS

Board Hearings are open to the public and you may participate as follows:

- You may speak at the hearing. You must notify the Board by **Wednesday, February 11, 2026.**
- You may make written comments by sending a letter to the Clerk of the Board at P.O. Box 1692, Unit "M", Halifax, NS B3J 3S3, or by using our secure file transfer service at <https://board.titanfile.com/NSRAB/>, or by fax at (902) 424-3919 by **Tuesday, March 17, 2026.**
- You may request formal standing as an Intervenor, subject to Board approval. This will allow you to present evidence or cross-examine witnesses. Your request must be received by the Board by **Wednesday, January 21, 2026**, and a copy of your written evidence by **Friday, February 6, 2026**, for Intervenor supporting the Appellants, and by **Friday, February 27, 2026**, for Intervenor supporting the Municipality.
- You may request a copy of the audio file for the proceeding after the hearing by contacting the Clerk of the Board.

A copy of the appeal and any timetable applying to this matter can be found in the Board's online database at <https://uarb.novascotia.ca/fmi/webd/UARB15> by entering **M12612** in the "Go Directly to Matter" search box or at the offices of **Town of Lunenburg.**

To support respectful and inclusive communication during hearings and in its decision, the Board encourages all participants to share their preferred pronouns and forms of address, if comfortable doing so. There is no requirement to provide this information.

Document: 326712

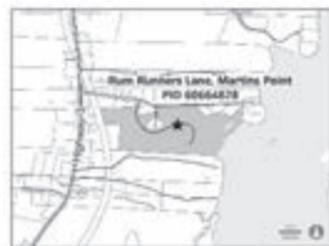
D9137



### THE MUNICIPALITY OF CHESTER NOTICE OF PUBLIC HEARING

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

**TAKE NOTICE THAT** on Thursday, November 27, 2025, Chester Municipal Council provided intention to enter into a Development Agreement with ARW Development Ltd. to build 11 single unit dwellings in addition to the existing 5 structures on the 24.6-acre lot (PID 60664828) on Barkhouse Road, Martins Point is to be considered.



A **PUBLIC HEARING** will be held on **Thursday, January 15, 2026 at 8:45 a.m.** and is being held in Municipal Council Chambers (151 King Street, Chester).

Residents can give their opinions at the Public Hearing by speaking in person or sending written comments to: Pamela Myra, Municipal Clerk, 151 King Street, PO Box 369, Chester, NS B0J 1J0 or [pmyra@chester.ca](mailto:pmyra@chester.ca).

Comments must be received before 4:30 p.m. on Thursday, January 8th, 2026.

Council may vote to approve or reject the proposed Development Agreement amendments at the Council Meeting which will follow the conclusion of the Public Hearing.

Copies of the proposed changes are available by contacting the Community Development Department, located at 186 Central Street, Chester.

Call us!  
902-275-2599

Email us!  
[planning@chester.ca](mailto:planning@chester.ca)

D9125