

EASTERN SHORE COOPERATOR

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CALL US AT 902-889-2331

On Saturday, October 10, 2026

SHIP SHAPE BARBERSHOP

Fundraiser



Fundraiser

8339 No. 7 Hwy, Musquodoboit Hbr, NS
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will be giving **\$5 off** on every service.
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Chelsey and I would like to thank our clients for their support.

-Wayne Collette

2026 NATURAL BUILDING EAST

OCT 17-18

BUILDING FROM HERE!

Local materials • Local skills • Traditional knowledge

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pd  *Happy Halloween*

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Musquodoboit Harbour & District Lions
43 East Petpeswick Road
Musquodoboit Harbour



We are Lions!!! Hear Us ROAR!!
Where there's a need, there's a Lion

Although autumn doesn't officially arrive until September 22nd, the change of season is being felt more each day as the amount of daylight diminishes and cooler temperatures prevail. Please be mindful and attentive to school bus traffic, little ones are out there waiting for buses early morning and again mid-afternoon as they disembark at the end of the school day.

We are looking forward with grateful hearts to upcoming events as follows:

Thanksgiving Dinner – Saturday October 10th Free Will Offering
– **Doors open at 4:30PM/Take Out 5:00PM** – Traditional sit-down Thanksgiving Dinner as well as the take-out option. Take-out will be first come first served – no pre-order option.



Ongoing:

Monthly Breakfast – The last Saturday of the month – Fall dates: October 31st and November 28th – Please join us and community members for a tasty morning meal. Ham and sausages, eggs, hashbrowns, pancakes, coffee/tea, juice/milk, toast and best of all camaraderie. The monthly breakfast is really such a wonderful opportunity to catch up with folks and support a good cause.

Lions Cribbage – Thursdays at 7:00 PM. Must have a partner and a good sense of humor – lots of fun at these weekly events.

Interested in becoming a Lion – we meet the second and fourth Monday of every month – feel free to drop in or call the club at 902-889-2725 for more information. Lionism is incredibly rewarding.

Hosting an upcoming event the Lions Club is available for rent (capacity 60). Convenient location, full kitchen facilities and Wifi. (902) 889-2725 or follow the e-clubhouse.org.

Please remember that if you, or anyone you know, is in need – we are here to help. Our mission is to serve. Contact us at 902-889-2725 or via Facebook private messenger.

Residents Petition for East Petpeswick Upgrades

By Richard Bell

The residents along the 12km length of East Petpeswick Road in Musquodoboit Harbour have had enough. In August, a group began to circulate a petition calling on the province to take a series of steps to improve the safety of the road for home owners, drivers, pedestrians, cyclists, and the local deer population.

The road, which stretches from Highway 7 down to Martinique Beach, has suffered through major changes in usage over the last few years that have led to serious physical deterioration in the roadbed itself, massive increases in beach goers radically exceeding the posted speed limit, increasing danger to home owners, pedestrians, and bicyclists on the road’s narrow, unpaved shoulders – plus many more collisions with the local deer population.

The primary driver of these changes was the province’s decision to greatly expand the parking lot at Martinique Beach, finally acting on a proposal that dated back to 2012. Over many months, hundreds – if not several thousand dump trucks fully loaded

with rocks tore down the road to the beach. The road was never designed to take such an industrial-level beating, and the damage resulting from these heavy loads is visible up and down the road. In addition, there has been a simultaneous housing boom going on, which has only increased the industrial wear-and-tear on the pavement.

In a Facebook post, Rene  Lavigueur, an East Petpeswick resident and an organizer of the petition, laid out the principal requests for the province asking the provincial government to “take a fresh look at safety, maintenance, and infrastructure along the entirety of East Petpeswick Road, including:

- "Keeping the existing 50 km/h zone at 50 km/h because of the winding road, sharp bends, limited sightlines, homes close to the roadway and the added risk for residents entering and leaving driveways.
- Reviewing the existing 70 km/h section, with consideration given to reducing it to 60 km/h.

...continued on page 5



**Saint John
OF THE CROSS
— PARISH —**



**REMEMBRANCE DAY
COMMUNITY
FUNDRAISER**

PAINT a POPPY

*An Afternoon of Creativity,
Community & Remembrance*

Join us for a meaningful afternoon of creativity as we paint poppies to honour and remember the brave men and women who served.



**SATURDAY
NOVEMBER 7, 2026
1:00 – 3:00 ISH**



**ST. GENEVIEVE'S CHURCH HALL
18 ST GENEVIEVE DR
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Everyone 12+ is Welcome!



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YOUR MASTERPIECE!



**POPPY SEED
THEMED TREATS,
TEA & COFFEE**

After expenses, proceeds from this event will be donated to our local Legion in support of veterans and Remembrance Day initiatives.



LEGION
Lest We Forget



HELP US MAKE HISTORY!

Let's create *what could become the largest* community paint event the Eastern Shore has ever seen! With room for up to **100 painters**, let's fill every seat as we raise funds to support our local Legion and honour the brave men and women who served our country.



AGES 12+ WELCOME

Bring a friend, your family and your creativity!



ALL SUPPLIES INCLUDED

We've got everything you need.



TAKE HOME YOUR MASTERPIECE

A beautiful reminder of their sacrifice.



POPPY SEED TREATS, TEA & COFFEE

Enjoy poppy seed treats, tea and coffee!

Registration \$50 PER PERSON

LIMITED TO 100 PAINTERS! REGISTER EARLY!

FOR MORE INFORMATION & TO REGISTER: RhondaFrank@ArtsyFartsy.ca



What happens in the Fall Real Estate market: Is it worth listing or should you wait?

As the temperatures cool off in Nova Scotia, so does the real estate market. If you are thinking of selling, we often advise our clients that beginning in November, it may be worth considering whether listing immediately makes sense—or whether waiting until late winter/early spring could put you in front of a larger pool of buyers. That said, there isn't a one-size-fits-all answer. The winter market can still produce a successful sale, particularly when there is less competition.

Real estate is seasonal, and Nova Scotia is no exception. Buyer activity generally slows as we move into late fall and winter, before beginning to build again in the spring. Looking at 2025 as an example, Nova Scotia recorded 558 MLS® home sales in January, followed by 682 sales in February. By March, that number had climbed to 820, and April saw 1,025 sales across the province. That's an increase of approximately 84% from January to April. New listings follow a similar pattern. Nova Scotia saw 1,109 new residential listings in January 2025, compared with 1,745 in April—a 57% increase.

So, does that mean you should always wait until spring? Not necessarily. While there are typically fewer buyers in the winter, there are also fewer sellers putting their homes on the market. If your property is well-priced and shows well, having less competing inventory can help it stand out.

If you're considering selling, and would like strategic counsel on timing and pricing, don't hesitate to reach out for a one-on-one consultation.





Amy works at a brokerage that is 100% Canadian owned and operated



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**www.tgrealestate.ca**

70+

**Google Reviews**

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Eastern Shore Cooperator Pricing 2026

	FULL COLOR	BLK
FULL PAGE	\$509	\$452
SIZE: 10.25"W X 12.56"T		
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SIZE: 10.25"W X 6.21"T		
THIRD PAGE	\$184	\$163
SIZE: 10.25"W X 4.1"T		
QUARTER PAGE	\$150	\$131
SIZE: 5.05"W X 6.21"T		
SIXTH PAGE	\$101	\$90
SIZE: 5.05"W X 4.1"T		
BUSINESS CARD	\$53	\$47
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DIRECTORY	\$32	\$27
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Directory ads do not qualify for multiple listing discounts.
Pay for three months, get **half off third month**.
Pay for five months, get **sixth month free**.
Pay for the year, get **2 months free**.
Non-profit organizations are **discounted at 20%**.

Prices in effect for MARCH 2025 Issue.

Announcement Notices

If you have an important announcement you would like published, such as a Birth, Wedding, Anniversary, Birthday, Death, etc. place an ad in our publication and reach your friends.

Size samples:

1/6 page – (5.05” wide x 4.1” tall) – \$101 Color, \$90 Black

1/4 page – (5.05” wide x 6.21” tall) – \$150 Color, \$131 Black

1/2 page – (5.05” wide x 12.56” tall) – \$266 Color, \$236 Black

All prices plus HST.

If color space is limited only black ads can be placed.

Send all info to sandra@easternshorecooperator.ca.

For more information contact above email or phone:
902-452-0520.

Obituary Notices

The Eastern Shore Cooperator is offering Obituary Notices as a new service.

You just need to send us your information along with a photo and we will set up your ad and provide a proof for you.

Price will depend on the size of your notice.

Size samples:

Sixth page – (5.05” wide x 4.1” tall) will be \$84

Quarter page – (5.05” wide x 6.21” tall) will be \$125

Half page – (5.05” wide x 12.56” tall) will be \$250.

All prices plus HST. Notices will be black and white and will run in our next monthly issue.



Send all info to sandra@easternshorecooperator.ca.
For more info contact above email or
phone 902-452-0520.



***For all Advertising Needs
please contact Sandra for a faster response.***

***sandra@easternshorecooperator.ca
902-452-0520***

**EASTERN SHORE COOPERATOR
NOVEMBER DEADLINE
OCTOBER 21ST**

Trade Barriers and Whacking Moles

By Richard Bell

Connor Jeffreys and Maria Young are an enterprising young couple who’ve been nurturing a growing business at the Fireside Meadery in Musquodoboit Harbour, brewing and selling mead, the ancient alcoholic beverage made from honey.

But on August 22, they found themselves featured in remarks by Premier Tim Houston on CBC News across the country, on the cutting edge of a dispute about interprovincial trade barriers that’s been stewing since the founding of the country in 1867.

Their travails began when they got a contract to sell their mead in New Brunswick at the Shediac Renaissance Faire, a two-day medieval-themed festival hosted by Shediac Wonderland.

The organizers agreed to pay \$11,300 for a total of 600 bottles. But a week before the event, they were stunned to discover that Alcohol NB Liquor, the NB Crown-run liquor retailer, was going to charge the Faire \$25,000, a 140% mark-up.

“It was insane that they were going to mark the order up more than what we were selling it for,” Jeffries said. The Faire cut their order back to 240 bottles. “That was just \$4,300 in sales for us. And the Faire paid just under \$9,000.”

Such mark-ups are intended to protect New Brunswick producers, and there is

at least one in the province. But Fireside Meadery’s mead is “totally different than this mead,” Jeffries said. “I get the idea of wanting to keep that space for those New Brunswick producers. But none of them applied to be at this fair. We were the only ones.”

They reached out to the PC Party for help, and Premier Houston told the story to the country on CBC News on August 22. “It’s like whack-a-mole,” Houston said. “You think you got it, and then something pops up elsewhere. That’s on the premiers when they hear about this foolishness that happens in the bureaucracy below us to have the courage to stamp it out.”

In a statement to the *Cooperator*, MLA Kent Smith also came out strongly in favour of ending interprovincial trade barriers.” Conner and Maria at The Fireside Meadery have invested their time, savings and heart into a business that makes quality products and supports our local economy. Our businesses deserve that same opportunity when selling products elsewhere. We are all being asked to buy Canadian, and all provincial governments have a responsibility to make that easier.”

Section 121 of the Constitution Act of 1867

Why do we not already have free trade among the provinces? Section 121 of the Constitution Act of 1867 appears

to support open provincial borders: “All Articles of the Growth, Produce, or Manufacture of any one of the provinces shall, from and after the Union, be admitted free into each of the other Provinces.”

Provincial lawyers and legal academics have been debating the meaning of the word “free” in Section 121 ever since. In the meantime, the provinces have put all kinds of policies in place that act as trade barriers, basically ignoring Section 121’s call for “free” admission.

The impact of all of these provincial restrictions on the nation’s economy is huge. The International Monetary Fund’s has estimated that removing these intra-provincial trade barriers would increase the country’s Gross National Product by a whopping 7%, or \$210 billion.

But before Premier Houston and his fellow Premiers get out their mole-whackers, they are going to have to contend with a controversial ruling in 2018 by the Supreme Court. In a case challenging intra-provincial trade barriers, the Court invented a two-

part test that almost all legal analysts have concluded gives provinces plenty of legal cover to defend against most challenges to alleged provincial barriers.

This mole-protecting strategy was at work in the mead case. Earlier this year, Premier Houston and eight other premiers signed an agreement allowing producers of alcohol to sell directly to consumers in these nine provinces. But New Brunswick could still mark up the Fireside Meadery’s mead by 140% because the sale was not direct to consumers. The premiers forgot to whack that mole.

Wilderness Areas Comments

You have until October 20 to comment on the provincial government’s latest areas proposed for protection as wilderness areas or nature reserves, including the new Musquodoboit Harbour Wilderness Area and an addition to the Ship Harbour-Long Lake Wilderness Area. More info at <https://novascotia.ca/nse/protectedareas/>.

...East Petpeswick Continued

- A full inspection of the shoulders and roadside from beginning to end – including steeply sloped shoulders, rough and uneven gravel, overgrown grass and bushes, narrow or almost non-existent shoulders, and areas around barriers and sharp turns where pedestrians may be forced onto the roadway.
- Considering safe paved shoulder, pedestrian and cycling infrastructure for East Petpeswick Road as a whole.
- Continuing the deer/wildlife signage review and installing warning signs where warranted.
- Reviewing the impact of heavy construction vehicles carrying soil, aggregate and building materials, including road and shoulder wear and the safety concerns created when large vehicles travel at or above the posted speed.
- Completing the ditch clearing along the full length of East Petpeswick Road, rather than leaving the work unfinished partway down the road.
- Inspecting culverts and drainage in the low-lying areas, particularly where cracks have formed above culverts or ditches are not draining properly, to determine whether repairs, replacement or larger culverts may be needed.”

In an interview, Lavigne said that there were some signs that the various bureaucracies involved were beginning to pay attention. “Our MLA, Kent Smith, has been very helpful in identifying ‘who’s who in the zoo:’ the Traffic Authority for speed reviews, Public Works Operations for road/shoulder issues, and Natural Resources involvement for wildlife signage.” Copies of the petition are still circulating through the community.

BAKE TABLE, NEW-TO-YOU and COFFEE BREAK with TREAT

FIRST UNITED CHURCH

Saturday, October 24, 9:30 am – 2:30 pm



Coffee Break: \$5.00, sit and enjoy a steaming hot coffee or tea and a treat, or take it to go!

Sunday Service at 10:30 a.m. All are welcome!

Surfing to the Bakery

By Richard Bell

Jeremy Morris didn't start out to be a bread baker on the Eastern Shore of Nova Scotia. His parents were from Alberta, but moved out to New Brunswick for a year-and-a-half, "when they happened to have me," Morris said. "Then they went back to Alberta."

Morris grew up in the Rocky Mountains, where he did lots of snowboarding and skate boarding. "Standing sideways was ingrained," Morris said, "but surfing has always been the holy grail."

Morris came out to the Maritimes in the late 90s for school, and met his wife DeeDee at school in New Brunswick. "When we were in New Brunswick, I found out you could surf in Nova Scotia," Morris said. "After finishing school, DeeDee and I wanted to stay in the Maritimes, and I wanted to surf more. So we moved to Nova Scotia in 2003, starting in Porters Lake, then Seaforth, and now Three Fathom Harbour."

Morris was working in product management and data analysis after college, but a brain injury from a car accident forced him to quit, which was when he started more baking.

"DeeDee had traditionally been the baker in the family," Morris said. "During my first year to year and a half baking, she did scones, cinnamon rolls, and foccacios. I was primarily doing bread. But she has two other jobs, DeeDee Morris Photography, and her partnership with Heartventures, leading travel retreats. She steps in now for Christmas orders. But the rest of the time, I'm doing everything. Which is good."

Morris is largely self-taught as a baker. He cooks all of

his products in his house kitchen. "I was sensitive to gluten," Morris said, "so before I got into sourdough, a lot of my baking was gluten-free," Morris said. "But when I started working with long-fermented sourdough, I learned that I could eat some gluten." He credits his work with pizza to watch hours of videos by Italian pizza master Vito Iacopelli.

Morris' two daughters played a role in getting his business off the ground, starting with the name. "We initially started as BooBoo's Bread because my daughters have always referred to each other as BooBoos," Morris said. "When I was in early stages of learning bread, they wanted to supplement their allowances. They had the idea of selling the bread I was making."

"As it scaled up, everything became a bit heavy. Every once in a while now they'll hang out in the bakery. Olive wants to be a chef, she's very into country. Maaike is more my sidekick at the market, mostly as emotional support."

Morris still cooks all of his products in his kitchen oven. When he started selling, he took orders and then delivered the bread himself. He no longer delivers, but still sells bread to long-time customers at a farm stand. "Selling at the Farmers Market in Musquodoboit Harbour is more or less three days of effort," Morris said. "And none of those days are conventional eight-hour days."

"I start feeding my sourdough starter on Thursday, using the smallest amount of starter I can," Morris said. "Friday is my big mix day for all my breads, for bulk fermentation. On Saturday, I start shaping breads. Treats and sweets happen on Saturday. Every product has a slightly different process. On Sunday, I get up around two-ish in the morning and start to bake everything. Once it's baked, I get the pick-up orders ready to go, and load up to go to the Farmers Market. The last hour, it's always 'Will i make it on time or not?'"

Morris has sold at several farmers' markets over the years. "One of the benefits is the people that you meet, talking about ideas, bread, health, and things like that. There are lots of lovely connections."

A Straight Jacket Budget

By Richard Bell

The blow-back this spring against the deep provincial budget cuts was driven in part by the public's anger at the absence of any forewarning or public consultation.

So this fall, the government is adopting a different approach with the launch of Building Our Budget Together. There will be a series of public sessions where you can "Have Your Say" about the next budget. Nova Scotians will be able to "look at the numbers, talk through the choices and share what matters most." In addition to the public sessions, you can work online through a series of steps to create your own version of the budget.

The online version has a spreadsheet with all of the departmental budgets, making it much easier to grasp the relative importance of each department's budget. For example, the cost of health care is by far the largest expenditure at \$7.13 billion, or 38% of the total budget, followed by Education and Early Childhood Development at \$2.34 billion, Opportunities and Social Development at \$1.80 billion, and Seniors and Long Term Care at \$1.61 billion.

A Statistical Straight Jacket

Calculating the online budget requires you to keep spending at or below last year, \$18.59 billion, to avoid increasing the deficit. The rules also do not allow you to increase taxes, to increase fees, or to include increased transfers from the federal government. Given these rules, the only way to stay within the \$18.59 billion ceiling when you increase one program is to cut the same amount from other budget lines to offset the increase.

So if you increased health care spending by 2%, and kept spending the same for Education and Early Childhood Development, and Opportunities and Social Development, you would have to cut all the other departments by 2%, and you'd still be looking for another \$22.1 million to cut.

There is no guidance on what we would have to give up; for example, if we wanted to increase day programs for seniors, and cut the equivalent amount for early childhood education. So the actual effects of such transfers are murky and beyond the scope of the

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Celebration of Life for Herb George

Please join us on Sunday October 18, 2026, from 1:00 to 4:00pm at the Petpeswick Yacht Club.

Address: 434 East Petpeswick Road
Musquodoboit Harbour

Memorial donations can be made to Twin Oakes Hospital – the Inpatient Unit or charity of your choice.



Rowlings Funeral Home

7795 Hwy. #7
Musquodoboit Hbr. NS
B0J 2L0
BACK TO SCHOOL
Ph: 902-889-2357



Harbour Lites Seniors Club
"What's Going On" in October

Wednesday, October 7
Directors Meeting 1:00pm

Thursday 1, 8, 15, 22, 29
Jam Session 2:00pm

Sunday, October 4 & 18
Crib 1:30pm

Tuesday, October 13
General Meeting 1:00pm
Lite Potluck Lunch 12:30pm

Friday, October 9, 23
Karaoke 6:30-10:00pm

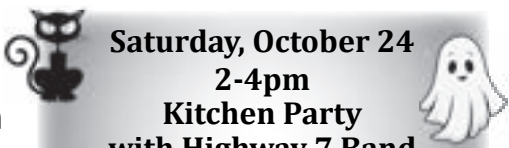
Tuesday, October 20
Bingo 2:00pm

Tuesday, October 27
Dinner 12:30pm
New Price: Members \$12

On Karaoke nights – Meal at 5:30pm
Tickets on sale at 5pm. Price \$10

Membership only \$20.00 Contact Willa 902-209-9045

CHECK OUR FACEBOOK PAGE FOR UPDATES
Harbour Lites Seniors Club (Facebook Page)


167 Meaghers Grant Road

Saturday, October 24
2-4pm
Kitchen Party
with Highway 7 Band
Karaoke on October 23
Both events Costume and there are Prizes!

Albino Ghost Haunts Train Station

By Brian CR Staple

I first heard this ghost story from train superintendent Fred Lomas when I was only 12 (1964).

In early fall of 1958, while waiting in the Telegraph Room for a scheduled train to come through Musquodoboit Harbour’s Train Station, superintendent Mr. Fred Lomas glanced East and Westward up the railway tracks. This visual practice was a standard safety procedure to ensure the railway tracks were clear from obstacles (animals/people). Minutes later from the corner of his eye, he suddenly noticed about a hundred feet further Eastward, a white cloud drifting just above the railway tracks – moving toward the station.

Looking more closely, Mr. Lomas watched the slowly drifting white cloud beginning to transform into an image of a small albino Deer or Moose. He also noticed there weren’t any hooves on either of its legs.

Eventually this Ghostly likeness silently drifted over onto the Station’s loading platform and stopped there for a few minutes. It looked around a bit before drifting right through the waiting room entrance door and straight into the Telegraph room where Mr. Lomas was standing. It looked directly at him before floating into the kitchen area where the Mrs. was preparing lunch – seconds later it headed upstairs.

Both he and the Mrs. could hear slight sounds of hooves “clopping” in sequence as it floated up the steps. This was the first time there had been any noise. Once upstairs it silently drifted into each of the three bedrooms, staying there for several seconds before coming back out and entering another. Moments later it stood silent at the top of the stairs before floating back down. However this time there were louder

clopping sounds on each adjacent step.

Down on the main floor level, it flowed through their living room area before once again traveling back into the Telegraph Room. There it peered around a bit before proceeding back into the Waiting Room, going through the door and back out onto the main loading platform area, exactly where it had first started out. This time it waited there for several more minutes.

Mr. Lomas stated it seemed to be eagerly looking around for something. It

would stare towards the village center, wait, and stare back towards the railway tracks – numerous times. About five minutes later, the Ghostly likeness then moved noiselessly off the loading platform and headed Eastward over the railway tracks in the opposite direction it first appeared. Fifty feet or so further up the tracks, it stoped for the last time; looked

around once more before crossing over the north side of the tracks and into the woods.

Then suddenly a scheduled nonstop train loaded with limestone from Upper Musquodoboit came chugging through. After the train passed, there was a faint resemblance of the strange ghostly white cloud dissipating amongst the trees – it was gone.

I don’t know why Mr. Lomas decided to tell me this story back then in the Telegraph Room. Today I truly believe his intentions were legit, as us youth were known to be horsing around in the train yard. It would have been the ‘matter of time’ before one of us would have been injured – especially not knowing the consequences of a heavy loaded nonstop train. Thank you, Mr. Fred Lomas.



Thank You from Family of Krystal McKinnon

There are no words big enough to truly express how grateful we are for the incredible outpouring of love and support we received since losing our beloved Krystal McKinnon.

As our family has tried to navigate the unimaginable pain of losing Krystal, we have been surrounded by a community of people who have reminded us that we do not have to walk through this grief alone.

To the **ball community**, we cannot thank you enough. Krystal loved being on that field. She loved the game, but even more than that, she loved the people who became like family through it. The support you have shown our family has been overwhelming in the most beautiful way. From the messages and fundraisers, to the visits, donations, meals, and simply showing up – you have shown us what it truly means to be a community. We will never forget it.

To everyone who brought food, sent flowers, made donations, organized fundraisers, helped with arrangements, or quietly took something off our plates when we needed it most – we thank you.

And to everyone who has continued to support Krystal’s children and our family as we try to find our way forward without her, we are forever grateful. Your kindness has helped surround them with the love that Krystal would want for them.

We know we may never have the opportunity to personally thank every single person who has supported us, but please know this:

We see you.

We appreciate you.

We will never forget you.

From the bottom of our hearts, **thank you for showing us just how loved Krystal truly was.**

With endless gratitude and love,

The Terry, Myers and McKinnon Families



SAINT JOHN OF THE CROSS PARISH
Fall 2026 • At a Glance

MEN’S MORNING OF PRAYER — Wednesdays
Rosary 7:30 AM • Prayer 8:00 AM • St. Philip Neri
ALPHA — Tuesday evenings, Sept. 15–Nov. 24
6:30–8:00 PM • St. Philip Neri

Oct. 3	Lisa Richard & Warren Robert Concert Neri Arts Centre
Oct. 7	Beyond the Loaf: Baking with Sourdough Discard St. Genevieve Church Hall
Oct. 21	Sourdough 101 St. Genevieve Church Hall
Oct. 24	Take-out, Scalloped Potato and Ham Supper St. Genevieve Hall
Nov. 7	Paint a Poppy St. Genevieve Church Hall
Nov. 19	Reconciliation 101 St. Genevieve Church Hall
Nov. 26	Scheduled Confession St. Genevieve Church
Nov. 28	Christmas Bazaar St. Peter’s Church, Sheet Harbour
Dec. 3	Rosary 101 St. Genevieve Church
Dec. 4	Angel Tree Service St. Peter’s Church, Sheet Harbour
Dec. 6	Christmas Tea & Sale St. Genevieve Church Hall



For full details, registration & updates,
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MLA MEMO

Hi everyone and as always, thanks for taking a moment to read my memo. It's been a very busy end of summer/beginning of September here on the Shore – here are some of the highlights:

Local healthcare news:

Great to see the new Primary Care Facility in Musquodoboit Harbour moving along so quickly! Before we know it, it will be open and welcoming patients. As an aside, we are working with Public Works to see if it's feasible to install a crosswalk between the new building and Twin Oaks – stay tuned.

In Sheet Harbour, I'm very pleased to share that we will be welcoming a new permanent Home Care Nurse, Ramanjeet Kaur, to the community!

Local Public Works news:

In Quoddy, the repaving work is essentially complete and I'm very happy that we were finally able to get it done! I've already had a few messages from folks, praising the results.

In Porters Lake, people have likely noticed the crews on the West Porters Lake Road. We are repaving that road from exit 19 to the number 7. Like every paving job, it will cause some inconvenience. But also like every construction job, the results are worth it!

There's also lots of work taking place on Main Street, but that is all being done by HRM. Their website advises the work will be done overnight, and it is scheduled to be complete in September.

In Legislative news:

As I type this, the fall session of the House of Assembly is nearing the end. Highlights of some of the bills debated this session are:

- Bill 256 – Labour Standards Code (Amended)
 - The proposed amendments will strengthen worker protections, improve fairness and help ensure Nova Scotia's workplace standards keep pace with today's workforce and economy.
- Bill 269 – An Act Respecting Public Safety
 - The Public Safety Act addresses intimate image abuse, properties connected to serious criminal activity, conservation officer authorities, modernized 911 services, emergency helicopter flight paths and the rapid dissolution of entities listed as terrorist organizations.
- Bill 263 – Performance-based Regulation Review Act
 - The Province has introduced legislation directing the Nova Scotia Energy Board to independently examine whether Nova Scotia Power's earnings should be tied more closely to its performance.
 - Under the current model, Nova Scotia Power can recover approved operating costs and capital investments while earning a regulated return. Performance-based regulation could instead link earnings to results such as affordability, reliability, storm response, customer service, efficiency and cost control.
 - The independent review will assess the potential benefits and risks and recommend whether and how the model could work in Nova Scotia. Its final report will be made public.



Additional Provincial news:

Province Taking Action on Women's Health

Nova Scotia is taking targeted action to enhance breast screening, menopause care, gynecology and other services for women, while strengthening co-ordination of women's healthcare across the system.

That includes:

- the new Menopause Centre of Excellence, to be located in Spryfield, expected to open in winter 2026-27
- a strategic push to increase access to breast screening services and reduce wait times
- a new Women's Health Research and Innovation Grant to support new ideas to improve care for women, with an initial focus on menopause care
- an education co-ordinator to help improve understanding of menopause among health providers, educators and the public.

A new Women's Health Summit will hold its first meeting this fall and will bring together community organizations, advocates, patients, healthcare providers and other stakeholders to help shape future priorities. The province is also creating the provincial Women's Health Clinical Collaborative and a dedicated Women's Health Program within the Department of Health and Wellness.

The Women's Health Clinical Collaborative will develop a road map for a more co-ordinated, efficient and sustainable women's health system. It will include representatives from Nova Scotia Health, IWK Health and the Department of Health and Wellness.

The Women's Health Program and Women's Health Clinical Collaborative will provide stronger provincial leadership, oversight and accountability for women's health initiatives and system planning.

Update on the 'More Opportunity for Skilled Trades': MOST Returns Millions to Young Workers

Thousands of young workers choosing to build their careers in Nova Scotia are benefiting from a provincial tax refund introduced for the 2022 tax year.

Over four years, 17,875 applications have been approved and more than \$63 million has been returned to workers under age 30 in skilled trades, nursing, film and video occupations through the More Opportunity for Skilled Trades and Occupations (MOST) Tax Refund.

The MOST Tax Refund helps attract and retain young people to work in Nova Scotia in industries experiencing labour shortages. The program returns the provincial portion of income tax paid on the first \$50,000 of income earned by eligible workers under age 30 in designated trades and occupations. The average refund is about \$3,600.

Budget Consultations:

Nova Scotians are invited to build their own provincial budget and share how they would build the next budget.

People can create and submit the 2027-28 budget they want to see at <https://yourbudget.novascotia.ca>. To help the budget building, Nova Scotians will have the option to attend an in-person or virtual facilitated session this fall where they can learn about the budgeting process and the Province's financial position.

As Bluenosers, we need to talk about the challenges we're facing, along with the opportunities ahead. This won't be a



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MLA, Eastern Shore

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typical, town-hall style consultation. Nova Scotians will be afforded the information they need to help build their own budget, one that reflects their priorities and shows us the trade-offs they're willing to make to support them.

Nova Scotians can sign up for an information session at <https://yourbudget.novascotia.ca>. An independent advisory committee has been appointed to attend the sessions and publicly report on what they hear from Nova Scotians. The committee members are:

- Dave Culligan, founder, threesixfive video and film production agency
- Coun. Jocelyn Dorrington, Town of New Glasgow
- Janet Hazelton, President, Nova Scotia Nurses' Union
- Jeff Hennessy, President, Acadia University
- Kristan Hines, Managing Director, Atlantic, National Public Relations
- Sean Kirby, Executive Director, Mining Association of Nova Scotia
- Shannon Lynch Colbourne, President and CEO, Cape Breton Beverages, Trans-Atlantic Preforms, Nova Scotia Spirit Co. and Annapolis Cider Company
- Laura Mackenzie, CEO, Screen Nova Scotia
- Max Medyk, founder, Immigrate AI Global.

The committee will be headed by Public Service Commission Minister Twila Grosse, who is also the Minister of African Nova Scotian Affairs, and supported by Executive Deputy Minister Kelliann Dean, Finance and Treasury Board.

In-person sessions will strive to accommodate as many people as venues allow. Nova Scotians who want to attend are encouraged to register online for sessions in their area to secure a spot.

People who do not take part in a facilitated session can still share their budget ideas by submitting their own budget online, by emailing budget@novascotia.ca or by mail: Department of Finance and Treasury Board, Attention: Budget Engagement, P.O. Box 187, Halifax, N.S., B3J 2N3.

In-person sessions:

- Monday, September 21, 6:30 p.m. – Dr. Carson & Marion Murray Community Centre, Springhill
- Thursday, September 24, 6:30 p.m. – Louis Millett Community Complex, New Minas
- Monday September 28, 6:30 p.m. – Rodd Grand Hotel, Yarmouth
- Thursday, October 1, 6:30 p.m. – Centre 200, Sydney
- Monday, October 5, 7 p.m. – Halifax Forum, Halifax
- **Thursday, October 8, 7 p.m. – Eastern Shore Community Centre, Musquodoboit Harbour**

Virtual sessions:

- Wednesday, September 23 (session facilitated in French), 6:30 p.m.
- Friday, October 2, 2 p.m.
- Tuesday, October 6, 6:30 p.m.

In Personal news:

Kelly and I got married! Thank you to everyone who was able to join our celebration! We're so fortunate to have such a wonderful & supportive group of family & friends, and so happy to be officially husband and wife!



Congratulations to the happy couple on their marriage.



Happy
Halloween

...Straight Jacket Budget Continued

online program.

Increasing Revenue

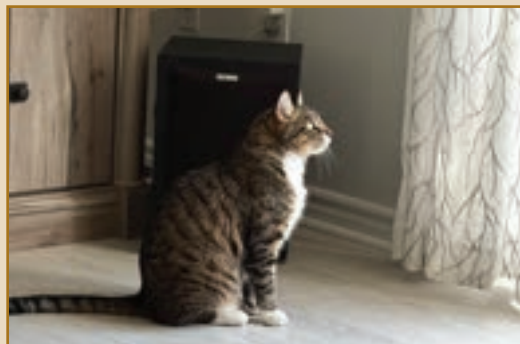
Going through this exercise makes it clear that you have to stay within the given limits, so there is no way to avoid making difficult choices if you want to change the government's spending priorities. The only ray of light amidst this gloom is the section under Revenue entitled Grow Our Economy, which "offers one of the biggest opportunities ahead for Nova Scotia." This phrase is a little odd, since there are no other opportunities included for raising revenue from any other source. And while it is true that growing the economy would increase government revenues over time, this "opportunity" does not allow you to add any revenue

to this year's budget.

So there's the straight-jacket. Whether this attempt to share this information will make the public more sympathetic to the government's next budget remains to be seen.

Dates and locations of the public meetings are at: <https://yourbudget.novascotia.ca/engagement-sessions>

People can also create and submit the 2027-28 budget they want to see at <https://yourbudget.novascotia.ca> or send in their budget ideas to budget@novascotia.ca or Department of Finance and Treasury Board, Attention: Budget Engagement, P.O. Box 187, Halifax, N.S., B3J 2N3.



Kitty watches the crows
outside from a safe
spot.



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Working together, municipalities and first responder organizations can now apply for funding to strengthen emergency preparedness and response projects that benefit more than one community.
Up to 90% of project costs (max. \$200K) is available for shared equipment, training, planning, FireSmart work, public education and more.
Applications are open until October 31.
More information: [Emergency Services Provider Fund](#)



SENIORS CARE GRANT
Applications Now open

The **Seniors Care Grant** is now open. Eligible Nova Scotians aged 65+ with household incomes up to **\$45,100** can receive **\$750** to help with home heating, yard work, meal prep, deliveries, phone service and more.

How to apply:

- Online at: <https://www.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>
- By mail: Seniors Care Grant, P.O. Box 160, STN Central, Halifax, NS B3J 2M4
- In person: Print applications available at Access Nova Scotia
- By phone: 1 800 670 4357 (toll free)

The deadline for applications is Dec. 1.



ADVANCED EDUCATION/ADDICTIONS/MENTAL HEALTH

On September 9, the first students began Nova Scotia's new Doctor of Psychology (PsyD) program at Mount Saint Vincent University. The Province is investing \$12.2 million — \$3.7 million for the academic program and \$8.5 million for the new training clinic.
This four year PsyD and residency in school and child clinical psychology is the first of its kind in Nova Scotia. Preparing graduates to support children, youth and families across school, healthcare and community settings. The inaugural cohort includes eight students, with eight more joining each year.



BUDGET

NOVA SCOTIANS ARE INVITED TO HELP SHAPE THE PROVINCE'S 2027-28 BUDGET.
Community members can create and submit the 2027-28 budget they want to see at yourbudget.novascotia.ca. To support this work, Nova Scotians will have the opportunity to join in person or virtual facilitated sessions this fall. These sessions will walk participants through the budgeting process and provide an overview of the Province's financial position.
Registration is available at yourbudget.novascotia.ca.

An independent advisory committee has been appointed to guide the sessions and publicly report on what they hear from Nova Scotians. Let's build a budget together that reflects the needs and hopes of our communities.



NOVA SCOTIA SCHOOL LUNCH PROGRAM EXPANDS TO ALL STUDENTS PROVINCEWIDE.

The Nova Scotia School Lunch Program expanded to all 372 public schools on Tuesday, September 8, giving more than 133,000 students access to healthy, affordable lunches. High schools will join the program for the first time, offering student tested favourites and new options like chicken Caesar wraps, fried rice, ramen style bowls and salads, with larger portions for older students. Families can order lunches at www.NSLunch.ca.



Happy Thanksgiving

Oct. 12th is Thanksgiving Day



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Making Time for Creativity

By Mary Elizabeth O'Toole

Catherine Bernier grew up in a small fishing village in Gaspésie, surrounded by water and a community that included many artists. When she and her partner Gabriel Denis began spending time in Nova Scotia, they found something familiar. The Eastern Shore reminded them of home – the ocean, small communities, artists, and a rhythm of life closely connected to nature.

The couple, both surfers, had been travelling between Quebec and Nova Scotia for several years when they found property between the ocean and an inlet in Seaforth. A cabin there became their own escape and, for Bernier, a place to create.

Bernier’s own challenges finding focused time for creative work. Artists from different disciplines come to The Parcelles for self-directed residencies, without an expectation that they produce finished work. Bernier sees a common desire.

“People are looking for uninterrupted time,” she said. “We’re constantly surrounded by information, obligations, screens, and the pressure to produce. A week where your main responsibility is simply to pay attention to your work can feel surprisingly rare.”

She has been surprised by how differently artists use that time. “Some artists arrive with a very clear intention and work intensely all week,” she said. “Others walk, read, swim, cook, write, experiment with a medium they don’t normally use, or simply spend time observing.”

Watching them has affected Bernier’s thinking about creative work. “I’ve realized that those

seemingly unproductive moments can actually be incredibly important to a creative practice,” she said.

Sometimes an artist leaves not with a completed piece, she said, but with an idea, a shift in perspective or a desire to approach their work differently. Bernier particularly remembers messages from artists who describe reconnecting with their work, or with a part of themselves for which everyday life had left little space.

“Those stories remind me that the value of the residency isn’t necessarily something we can plan in advance,” she said.

Her view of The Parcelles has evolved through those experiences. What began as a way of sharing the feeling she had found in Seaforth has become something broader. “Now I see The Parcelles more as an ecosystem around creativity – residencies, accommodation, workshops, collaborations, local connections, storytelling, and eventually the studio,” she said.



“I felt so grounded and inspired whenever I was there that, at some point, I thought, ‘I need to share this feeling with other creative people,’” she said. That realization helped shape The Parcelles, which they describe as a “studio and stay,” offering vacation rentals and artist residencies. They began welcoming guests in 2021 and launched the residency program in 2022.

Their different backgrounds have influenced the business. Bernier is a photographer, writer, and creative director, while Denis brings experience in building, fabrication and design. “I tend to think about the feeling, visual identity, storytelling, and experience of a space, and Gabriel has the ability to figure out how we can actually build it,” Bernier said.

Although she describes herself as the more visible face of The Parcelles, Bernier said Denis has been involved from the beginning and remains involved in the physical development of the properties and their shared vision.

The residency program grew from

...continued on page 12

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Julie Flewwelling of Julie's Face Painting, paints a dragonfly on Sam's arm. After she finished, Sam's siblings said they wanted the same thing. Julie took part in ESMH's get-together focusing on suicide at Webber's Store, Lake Charlotte. (See story on page 16.)

MHACCCA September Newsletter

Working together to strengthen Musquodoboit Harbour & the Eastern Shore

It has been a busy summer for the Musquodoboit Harbour & Area Chamber of Commerce & Civic Affairs. Behind the scenes, Chamber members and volunteers have been working on projects ranging from community events and tourism to business development, infrastructure, recreation and advocacy. The Chamber's mandate goes beyond supporting local businesses – it also works to advance the economic, social and civic well-being of our community.

Here are some of the things we've been working on.

Bringing the Community Together

One of the biggest highlights of the summer was the Musquodoboit Harbour Summer Fair.

What began as an ambitious new community event turned into a week of activities including the Children's Parade, music, wrestling, family activities and the 75th Summer Parade. Approximately 5,000 people participated in activities throughout the week, supported by more than 30 volunteers.

The Chamber is already looking ahead to Summer Fair 2027, using what was learned this year to make next summer even better. Planning is beginning earlier; new partnerships are being explored and there is already interest from future sponsors.

Most importantly, the Fair demonstrated what

can happen when local businesses, community organizations and volunteers work together.

Supporting Local Business

The Chamber has welcomed more than 30 new members compared with the previous year, and that growth is creating an opportunity to do even more for the local business community.

A new Business Development Committee has been established to connect Eastern Shore businesses with resources and opportunities and to strengthen relationships within our local business community.

On November 3, the Chamber is planning a Business Networking and Resource Event at the Petpeswick Yacht Club. Rather than an evening of lengthy presentations, the event is being designed around conversations and direct connections. Local business owners will have an opportunity to meet organizations that can help with areas such as financing, technology, training and business navigation.

And we're thinking even bigger for 2027.

Plans are underway for a Community Business Expo next spring, bringing businesses from across the Eastern Shore together under a simple message:

Buy local. Shop local. Support local.

Building Tourism on the Eastern Shore

The Eastern Shore has an incredible story to tell — and the Chamber is helping bring people together to tell it.

Work that began with a tourism workshop in Musquodoboit Harbour has grown into a broader
...continued on page 15

... The Parcels Continued

Bernier and Denis were drawn to Seaforth partly by its slower pace. But running an accommodation business and artist residency means bookings, cleaning, maintenance, communications, partnerships, and ongoing development. Bernier doesn't necessarily see a conflict.

"The slower pace isn't about having nothing to do," she said. "For me, it's more about being intentional about what fills our time and staying connected to our surroundings."

That idea is at the core of The Parcels: creating something meaningful without losing the connection to place and quality of life that inspired it.

In Part 2 in November, we'll look at the next stage for The Parcels – including a new artist studio and plans to create more connections between visiting artists and the local creative community.

Learn more at TheParcels.com or on FB / IG @TheParcels. The Parcels was a Community Partner for the Surfside Studio Tour in September.

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DISTRICT 2 COUNCILLOR'S COMMUNIQUE OCTOBER 2026 – ISSUE # 347 – HAPPY HALLOWE'EN



LAKE ECHO BEACH PROJECT

The Build Back Better collaboration established between HRM's Environment and Climate Change team, the Parks Naturalization Program, and Urban Forestry alongside external partners TransCoastal Adaptations at Saint Mary's University, the Ecology Action Centre, and Sikue'k Farms & Consulting to create a project called Living Lakeshores. This project identifies lakeshores and waterbodies abutting municipal parks that are at risk of climate change induced flood risk in addition to experiencing poor water quality, low levels of biodiversity, and high instances of non-native species invasions, and aims to improve outcomes using Green Shores-informed restoration principles. The site plan for Lake Echo Beach is being developed alongside HRM Parks & Rec to ensure that the beach restoration aligns with redevelopment plans of the upper portion of the park as informed by the 2019 community engagement.

The Living Lakeshore team and volunteers will be on site from October 6th – 8th between 9 AM - 4 PM each day. There will be a tree planting session with a group of Sparks on the evening of Monday, Oct.5th from 6:30-7:30PM. And there will be a family day event planned for the morning of Saturday, Oct.10th. Also, through a competitive process, HRM hired an artist named Carmahn McCalla, to paint a mural on the sea can container at the beach as a commemorative depiction of this project. If you like to participate, HRM has opened the registration page, and all the details which can be found here: <https://www.halifax.ca/about-halifax/environment-climate-change/nature-biodiversity/living-lakeshores-free-shoreline>.

OPEN-AIR BURNING SEASON AGAIN

As of October 16th, (weather permitting) and whether the NS Forest Weather Index (FWI) is at a low or moderate reading, the time of day burning restrictions may be lifted. www.novascotia.ca/BurnSafe. For more information about winter open-air burning and safe burning practices: www.halifax.ca/safety-security/fire-emergency/fire-prevention-safety/open-air-burning. Please be careful whenever burning! <https://beforeyouburn.halifax.ca>.

PROPERTY TAXES DUE - OCT. 30th

HRM invoices property tax bills to all property owners twice each year. The tax year covers the fiscal period of April 1st – March 31st. The first tax bill was sent out (either by mail or e-post) in March and was due on the last working day of April. The second and final bill will be sent out (either by mail or e-post) in September and is due on the last working day of October (Friday, October 30th). The first (or interim) invoice is based on 50 per cent of the current year's estimated taxes but based on last year's rates. The final invoice is calculated using the current assessment with the current year's tax rates, less the amount you already paid from the first invoice. The total amounts billed must be paid by the due date to avoid interest charges. Interest is applied daily to all outstanding taxes at a rate of 15% per annum. HRM will continue to work with residential and commercial customers experiencing financial difficulty to set up suitable payment arrangements. For more information; please call 311, or 902-490-4000. Our

HRM Customer Service Center staff are ready for any customer inquires or visit HRM web-site: www.halifax.ca/home-property/municipal-payments/making-a-payment.

AIRBOURNE GEOPHYSICAL SURVEY

NS Department of Natural Resources (NSDNR), Geoscience and Mines Branch, will be doing an airborne geophysical survey program over portions of the province. It appears that the Lawrencetown / Mineville areas will be included in this exercise. Residents in survey areas may observe low-flying aircraft travelling along systematic flight lines during daylight hours. All flights will be conducted in accordance with Transport Canada regulations and applicable aviation safety requirements. The survey will collect high-resolution magnetic gradient and gamma-ray spectrometric data along flight lines spaced approximately 250 metres apart. The data will improve understanding of Nova Scotia's geology and be made publicly available through provincial geoscience databases to support mineral exploration and other geoscience applications. Sanders Geophysics Limited will be conducting the surveys on behalf of the Province. For additional information about this project, you can direct your questions to the NSDNR, Geoscience and Mines Branch at gmb@novascotia.ca.

HWY #357 PAVED SHOULDERS AREA RATE

Back in May 2025, I reported that I had requested the Province to incorporate one mile (1.6 kms) of paved shoulders along the Meagher's Grant Road (Hwy #357) from Hwy #7 up to the Bayers Mill Road. This was an extraordinary opportunity for the Musquodoboit Harbour Community to improve some of its roadside infrastructure within the village core. This supported the local Chamber of Commerce Community Conceptual Masterplan by identifying the village core area as a place of activity that would connect the nucleus for the community; the Library & Recreation centre, the Rink and Peace Park, the Trans Canada Trail, the two baseball fields, the shopping centre, the RCMP Detachment, the New Horizons Seniors Clubhouse, and creates a safer walking and cycling loop with the Musquodoboit Trailway, Bayers Mill Road and Hwy #357. Since Hwy #7 will be getting paved shoulders eventually at no additional cost to the community, I made the decision that this same community should make a contribution towards this roadside enhancement and proposed a local area rate be established only for the community of Musquodoboit Harbour. The estimated cost was \$264,000. That equates to a \$40/ year for 10 years. This was approved by Regional Council back at its March 25th, 2025 meeting. This amount will be appearing as an area rate on the property tax bills within the catchment area. Once HRM has received the final invoice for this paved shoulder enhancement, HRM can then calculate the payback period more accurately. At that point I will hold a Public Meeting about this at a future date. Please watch the local Facebook Pages for more information.

CO-OP WEEK & MONTH

October is Co-op Month and Co-op Week (11th-17th) in Nova Scotia which is a time to highlight the

impact of co-operatives and credit unions across the province. And to educate and promote co-ops in finance, housing, food, and community development. In District 2 we are fortunate to have a few co-ops operating in our area such as Mus-Go Rider, Musquodoboit Harbour Farmers Market, the Sea Spray Garden Initiative, the Old School Gathering Place, The Deanery Project, Eastern Shore Mental Health, and the East Coast Credit Union in Sheet Harbour. And of course the Eastern Shore Cooperator Newspaper.

NEW FALSE ALARM FINES

As of Sept.1st a new false alarm fee structure for security and fire alarm systems came into effect. False alarms occur regularly and can divert police officers and firefighters from actual emergencies, creating operational and financial impacts. Last year HRM had approximately 5,200 false alarm incidents. The new structure includes a \$300 flat fee per false alarm for commercial properties and multi-unit residential buildings; and a flat fee of \$50 per alarm for residential properties with fewer than three units. By-law B-400, Respecting Burglary, Robbery and Fire Alarm Systems, intends to impose accountability on owners of alarm systems that are activated and result in emergency services responding unnecessarily. Changes to the by-law attempt to recover some costs incurred by police and fire services when responding to false alarms. For more details: www.halifax.ca/home-property/building-development-permits/security-fire-alarms

MAYOR'S LISTENING TOUR

HRM Mayor Andy Fillmore is launching a public engagement as a "Listening Tour" ahead of the 2027/28 municipal budget process. These will be informal, open-house style workshop sessions rather than traditional town halls.

Saturday, Oct. 24th (11 a.m. to 12 noon) - Eastern Shore Community Centre - Rink - 67 Park Road, Musquodoboit Harbour

Saturday, Oct 24th (1 to 2 p.m.) - Musquodoboit Valley Recreation Office - 12046 Hwy #224 Middle Musquodoboit

Saturday, Oct. 24th (3 to 4 p.m.) - Sheet Harbour Lions Club - 183 Pool Road, Sheet Harbour.

Residents will be able to drop in, speak with the Mayor and members of his team, and participate in a series of exercises focused on three broad questions:

What should City Hall protect?

Where should HRM prioritize investment?

What could City Hall do differently?

There will be online survey option for residents who aren't able to attend in person.

www.halifax.ca/city-hall/mayor-andy-fillmore/202728-budget-engagement



Councillor David Hendsbee
Councillor-Councillor municipal-Comhairlaiche-Wunagapeme'
District 2: Lawrencetown-The Lakes-Chezzetcook-Eastern Shore

Railway Museum - #7895 Highway #7
P.O. Box 2, Musquodoboit Harbour, NS, B0J 2L0
1841 Argyle Street, Councillor's Support, 4th Floor
P.O. Box 1749, Halifax, NS, B3J 3A5

Office Phone: 902.859.2448
Cell Phone: 902.483.0705
City Hall: 902.490.4050

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Celebrating Co-op Month with MusGo Rider

By Jessie Greenough, CPA, Executive Director MusGo Rider

October is Co-op Month, a time to celebrate organizations built around people working together for the benefit of their communities. Here on the Eastern Shore, MusGo Rider Cooperative Ltd. is a great example of that cooperative spirit.

While most residents know MusGo Rider for providing rural transportation, the organization is also a community-based, not-for-profit cooperative – one that has grown considerably over the years by listening to local needs and finding new ways to serve the people who call our rural communities home.

A Cooperative That Continues to Grow

MusGo Rider’s 2025–26 Annual General Report reflects another year of strong growth for both MusGo Rider Cooperative Ltd. and MusGo Rider Valley–Sheet Harbour Cooperative Ltd. More people are using the service and the vehicles are traveling farther to meet the transportation needs of rural residents.

That growth is particularly meaningful when looking back at where the organization began. As Executive Director, I have led MusGo Rider since June 2013. When I joined the organization, MusGo Rider operated

just one non-accessible vehicle and faced significant financial challenges.

Since then, the organization has expanded its fleet and services while developing new partnerships, employing a great team of drivers, an amazing Dispatcher, and programs to respond to changing community needs. My background as a Chartered Professional Accountant has also helped provide strong financial management and long-term planning as the Cooperative has grown.

Rural Transportation Goes Green

Environmental sustainability has become an important part of MusGo Rider’s growth. Today, all vehicles operated by MusGo Rider and MusGo Rider Valley–Sheet Harbour are either electric or hybrid.

At the Porters Lake location, electric vehicles are housed overnight in a heated garage equipped with rooftop solar panels. The solar system provides enough electricity to offset the heating of the garage and charging of the electric vehicles, helping reduce both operating costs and greenhouse gas emissions. The move toward electric transportation is also reducing vehicle maintenance costs, allowing more

resources to be directed toward providing transportation services.

More Than Transportation

Over the years, MusGo Rider’s role in the community has expanded well beyond providing rides.

Through partnerships with local organizations, MusGo helps bring fresh fruits and vegetables to rural communities, supports Meals on Wheels, delivers donated bread to seniors’ apartments, and provides free transportation to food banks or delivery of food bank orders throughout its service area.

The organization is also an approved Individualized Funding Provider and continues to explore opportunities to address the need for supportive housing for people with intellectual disabilities on the Eastern Shore.

At the heart of all of this work is cooperation. MusGo Rider works alongside community organizations, businesses, healthcare providers, governments, volunteers, and other rural transportation providers to strengthen services and improve quality of life in our communities.

Become Part of Your Local Cooperative

Co-op Month is also a good opportunity for residents to become more involved with MusGo Rider. For \$20 for a lifetime membership or \$5 for an annual membership, community members can join the cooperative and have a vote at the Annual General Meeting.

MusGo Rider also welcomes community members who may be interested in serving on its volunteer Board of Directors. Anyone interested in contributing their experience, knowledge and ideas to help guide the future of the organization is encouraged to send a résumé to MusGo Rider for consideration as a potential Board member.

Whether you become a member, volunteer for the Board, use the transportation service, or support MusGo Rider’s work in the community, you are helping strengthen a cooperative that belongs to the community it serves.

That is what cooperation is all about – local people working together to meet local needs.

... MHACCCA Continued

effort to develop tourism throughout the Eastern Shore. The goal is not simply to bring visitors here for a few hours, but to create routes, experiences and destinations that encourage people to stay longer and explore more of our communities.

That work is continuing with regional partners, including Discover Halifax, as part of a broader Eastern Shore tourism and branding initiative looking at opportunities such as signage, visitor infrastructure, look-offs, accommodations and experiences.

An important part of this work is the developing Eastern Shore Tourism Alliance (ESTA), bringing people and organizations together around a coordinated approach to tourism across the region. Growing out of earlier tourism discussions in Musquodoboit Harbour, the initiative recognizes that visitors experience the Eastern Shore as a whole — and that communities can accomplish more by working together.

Advocating for the Things Our Community Needs

Over the past year, the Chamber’s Infrastructure Committee has been asking an important question:

What does our community need for the future? That work included approximately eight community

engagement sessions and a public survey that received more than 200 responses. The results were compiled into the Chamber’s What We Learned report and shared with all levels of government.

Residents identified needs and opportunities including youth programming, recreation and gym space, skilled-trades and employment training, community gathering space, emergency-management facilities, recreational fields and community gardens.

While the future of the former Eastern Shore District High School property has evolved, those community needs haven’t disappeared. The Chamber continues to advocate for infrastructure priorities throughout the area and to look for opportunities to turn the ideas residents shared into future projects.

Giving the Eastern Shore a Stronger Voice

Part of the Chamber’s civic-affairs role is making sure residents and businesses have opportunities to speak directly with decision-makers.

The Chamber continues to raise issues affecting the area, including road safety, transportation, recreation, sidewalks and pedestrian infrastructure, community

facilities and other local priorities.

Another Chamber event is being planned for November 12, subject to final confirmation, bringing representatives from all three levels of government together to discuss their priorities and activities affecting Eastern Shore communities and to engage directly with residents and Chamber members.

The goal isn’t simply to talk about community concerns – it’s to help connect residents, businesses and government so those concerns can be heard.

Preserving Our Community’s History

When the former Eastern Shore District High School closed, a significant collection of memorabilia was recovered, including yearbooks, photographs, trophies, signage, graduation items and artwork.

The Chamber is now working to catalogue that collection. An auction is being considered for the spring, while some historically significant pieces may be preserved for future community or educational use.

What’s happening in our area?

By Sandra Beazley

Julie’s Face Painting joins Eastern Shore Mental Health

By Julie Flewwelling

I changed the page of my art calendar: Sept. 13/26 – Hokusai’s The Great Wave and then packed my face paint and tagged along with Ian to Webber’s Store where ESMH (Eastern Shore Mental Health) were honouring family and friends who’ve taken their own lives. I can’t imagine the pain. A somber subject; yet a very nice day celebrating those still living.

The Eastern Shore Lads played upbeat music, sang songs that made us smile and laugh and sing along. Some people came in full of anxiety but soon relaxed, ate cake, chatted, got a painting on their face or arm and joined the hubbub.

The eldest of three siblings (two sisters and their younger brother, 10 maybe?) decided to get a painting on her arm: “a dragonfly like that last lady, right here above my wave”, she pointed to a simple line tattoo of a wave on her wrist. I began, light strokes of black outlined the wings with splotches of pink, yellow and blue; darker strokes for the body. She was pleased. Her sister sat, “the same please”. Their brother decided, “a wave like my sister’s”. I showed him an image of Hokusai’s great wave, “How about like this?” I held up my phone. “Nope, just like hers”, he pointed to her wrist. I copied it and he smiled. The middle sister sat back down “I want a wave too!” (excited) As I painted it low on her wrist in the exact same spot as her siblings’, the boy said “My mom had a wave tattoo just like that on her ankle.”

And just like that, a great wave of ‘it’s truly my honour’ flowed over and through me.



RCL Four Harbours Legion Branch 120

East Ship Harbour News – 15463 Hwy #7, Tangier, NS

Kitchen Party
October 3rd – 2-4PM. Highway 7 Band.
Join us for a fun afternoon.

General Meeting will be October 5th at 7:30pm.
Monday mornings it’s Yoga through HRM.
Thursday it is Crib starting at 7pm. Must have a partner.
Fridays it is Chase the Ace starting at 5:15. Selling tickets until 6:15.
Jackpot is growing every week!

Poppy Kickoff – October 24th



Halloween Dance
October 24th – 9PM-1AM.
Dj Traxx Join us for a fun afternoon.





Don’t miss the United Church
Coffee Break
October 24, 9:30am-2:30pm.
Coffee/Tea, Treat – \$5.
Bake Table and New to You Table



Harbour Lites Seniors Club

BBQs or a meal will continue for October from 5:30-6:30pm. Menu varies, \$10.
Karaoke from 6:30-10pm. Join us for an evening of food, music, dancing and fun.

We look forward to seeing you, and if you are looking for a club to join consider us. Membership is only \$20.



Karaoke on October 23
6:30-10PM
and the next afternoon
Kitchen Party
Saturday, October 24 – 2-4PM
with the Highway 7 Band
Always a Fun Time – Plan to Attend
BOTH ARE COSTUME EVENTS
with PRIZES to be won!
Dress Up, Drop by and have a good time!



Our Yard Sale was another fun day!



Brenda & Gerry display their items.



Checking items out at Donna’s table.



Tony & Shirley setting up.



Shirley laughs as Tony counts his money.



Bruce demonstrates a guitar for Henderson that Willa is selling.

Sending Best Wishes to Kent Smith
and Kelly on their Wedding.



United Music Café
7964 #7 Hwy (behind Old School)
(In the Basement)
October 17th – 2:30-4:00PM
featuring Local Talent
Cookies, Tea and Coffee available
Price: \$5.00



Kindness on the Shore

By Edyth Shuman

From early on in my life, I remember people giving generously of their time and kindness. I'd overhear my parents talking about one neighbour or another who came to the rescue of their neighbours. There were many ways as to how these kindnesses were displayed.

An example of this caring would be sitting with a dying neighbour the day before their passing. If people lost their home in a fire, the community would come together and supply lodging, food, and clothing to the family.

There's no doubt these kindnesses are always spearheaded by that special person doing what comes naturally as part of their very soul! When we moved to Musquodoboit Harbour, we saw evidence of these kindnesses among our neighbours., and as time went on, we saw it widespread in all directions from our home.

One such giving that stands out is our neighbour, Laura Jardine. Representing the welcome wagon, she arrived early days to bring us greetings from the community! Her welcome package contained schedules for churches, grocery stores, medical clinics, and recreation. As we settled into our new home, we realized that Laura could be found volunteering for many community causes, always with a smile for her neighbours. As time went on, the kindnesses in this community grew and spread.

As we all know, it has touched all of us, whether we are on the receiving or giving end of these good deeds. There are many stories in our community of folks going above and beyond. I shall name a few who have

touched my heart. However, you'll likely think of many more, and we are truly grateful for all these wonderful people. Some of our local friends who came to mind are Isabel McKenzie, Harold Baker, Shelly Nixon, Stuart Rollings, Will Gilligan, and John Verlinden.

Isabel McKenzie, also known as the Quilt Lady, made hundreds of quilts over the years. The recipients of these beautiful, colourful pieces of artwork were not only patients from our local Twin Oaks and the Birches, but also Ocean View, Abby Lane, and IWK! All this was done without anyone knowing Isabel's identity.

Isabel's kindness as a young mother was obvious when she, having taken her children to swimming lessons, saw a young boy in trouble out in the Petpeswick Inlet. I spoke with this man who said, "My parents reminded me often that if it wasn't for Isabel McKenzie, I wouldn't be alive."

Harold Baker has worked at the family fish plant since he was a young boy. When he was 16, his father became ill, and Harold took over the running of the business. From that time on, Harold made it possible for many of his neighbours. to have a lifetime job and income. Harold also spread his kindness to organizing community fundraisers through our local Lions Club.

One of the bravest and most giving gifts that can only be thought of as above and beyond was Shelly Nixon's donation of a kidney to her nephew David. She talks of how this community supported her, David, and their families during this monumental time in their lives.

Even what may seem like the smallest of kind gestures

stays in one's mind for many years. Within a year after we moved next door to the Rawlings family, Stuart purchased a huge halibut from a local fisherman. He set up a table in the backyard, cut four-pound roasts, and passed them out to his neighbors.

As many of us spent hours being entertained at the railway station, our attention would be directed to John Verlinden. Back in the 1970s, David Stevens, a local school teacher, spent a lot of time trying to preserve as much of the station memorabilia as possible. I think he must have seen the "writing on the wall." By the late 1970s the train had stopped traveling through Musquodoboit Harbour!

A few years after David left the community, John Verlinden stepped up and started coordinating all that was Musquodoboit Harbour train station. He seems to be involved in all the entertainment most of us take for granted. Even after he retired, he spends many summer hours organizing and planning events.

And then there is Will Gilligan. I am sure when he opened the Old Number 7 in the early 2020s, he did not plan to organize fundraisers. These events have brought great comfort and help to those suffering the loss of loved ones or supporting those who are unable to work. Will steps up whether he is an emcee, an auctioneer, or the lending of the pub for fundraising events as needed.

These people are samples of the kind folks who make up Musquodoboit Harbour and area, ever standing ready to help the next victim or the next community cause.

On Nature: Birds of Prey

By Eric Cole

I watched a Northern Harrier cruise low over the salt marsh where nearby shorebirds flew almost nonchalantly out of her way before resuming their frenetic feeding. They know they are faster than this raptor that depends on ambush and pouncing on prey that's usually hidden in reeds or grass.

Commonly called Marsh Hawks, you'll see more of them in September and October as they migrate through our wetlands, sometimes in loose sibling groups. These owl-like hawks are the only member of their genus in the Americas, their closest relatives being the four Harrier species found in Europe. They have facial disks which direct sounds to their ears just as owls do. Unlike other hawks and eagles they use sound more than vision to detect their prey.

Hence the low dihedral flight over reeds and cattails listening for the movements of small mammals, birds or frogs. Males are known as 'Grey Ghosts' for their pale coloration while females and immature are brown and buffy. They all show a prominent white patch on the base of the tail which is a handy field-mark if you spot one.

Falcons, on the other hand, elicit a completely different response from the flocks of shorebirds

staging and refueling on our tidal flats for non-stop flights to South America. A hungry Merlin appears out of nowhere and causes the smaller shorebirds to take off en mass in swarms that twist and turn to evade this speeding killer. The Merlin usually isolates and pursues a slower bird that has not kept up with its swirling cohorts. Once he nabs an unfortunate victim and carries it off to a tree to devour it, everyone settles back down to their feeding.



But when all the birds out on the flats take off suddenly in flocks going different directions, look out for a Peregrine falcon. An adult Peregrine is a lethal

prospect and will easily take out a medium or large shorebird that it targets from above. Sometimes it will knock one out of the sky and then among the chaos of panicked sandpipers will come back around and pick up the incapacitated victim.

Like the Harrier, these guys are more often seen in the fall when the mudflats are full of shorebirds making their way south. Juveniles cause even more havoc because they are less accurate than the adults. It can take them a number of passes before they make a kill. We recently had two such youngsters hang around for about a week and the bay was a constant melee of murmurations

Birds of prey are understandably loathed by other birds and you often see hawks and even eagles being mobbed and scolded by smaller birds trying to drive them off. The only bird I've ever seen tangle with a Peregrine though was a Raven, the two diving and dodging at each other, the Raven turning to present its massive beak against the Peregrine's razor sharp talons, both aware that contact could mean mutual destruction. The encounter was more a contest to assert dominance of the skies than a predator/ prey encounter. Both of these species lay claim to this domain.

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... MHACCCA Continued

It's one small way of making sure that as our community changes, we don't lose sight of the generations and institutions that helped build it.

Community Happens Because People Get Involved

Nearly everything the Chamber does depends on people giving their time, ideas and energy.

As the Chamber takes on more projects, we need more people around the table. You don't need to own a large business or commit countless hours. Residents, business owners and community-minded volunteers can participate in committees, attend meetings, help with events or simply bring forward an idea.

The Chamber's growing membership and the extraordinary volunteer response to this summer's activities show what is possible when the community gets involved.

We're proud of what our community accomplished this summer – and we're even more excited about what's ahead.

Musquodoboit Harbour & Area Chamber of Commerce & Civic Affairs. Supporting local business. Strengthening our community. Building the Eastern Shore together.

The Cooperator Needs You!

Become a Monthly Supporter at
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- Supports new business or an existing one in which you had no prior ownership.
- Provides up to 40 weeks of funding to cover living expenses
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CBDC Blue Water is proud to be the coordinator for the Self Employment Benefits Program.

For further information, contact Sheila Spicer, Self Employment Benefits Coordinator, at 902-827-5564 or toll-free at 1-800-565-2773.
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