

EASTERN SHORE COOPERATOR

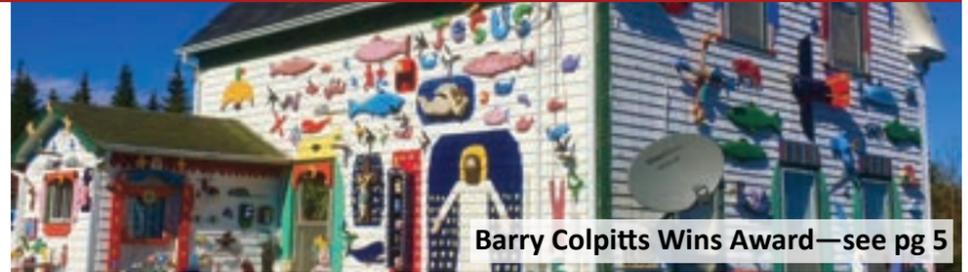
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Moving the 207—see pg 7



Barry Colpitts Wins Award—see pg 5

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Funds raised by the foundation go towards the care and comfort of residents and patients that are not covered by the province.

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Phone 902-889-2286
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Happy Mother's Day

Hours
Monday to Friday
9:00am-4:00pm

Our office will be closed May 12th – May 16th

If you are a small business owner or fisherman, the deadline for filing your tax return is June 15th.

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Well-Being HUB Annual General Meeting

Join us in celebrating our first year as a not-for-profit at our second AGM!

Thursday, May 15, 2025, 6:30 to 8:30 pm
Bicentennial Theatre, 12390 Highway 224, Middle Musquodoboit

Everyone welcome!

Learn more about what we have been working on through 2024-2025 and about opportunities to join us in our work. We have openings for members of the board, expressions of interest are welcome. Light refreshments provided.

For more information contact us at 782-409-9007, toll free at 1-833-393-2298, or admin@wellbeinghub.ca

Visit our website at www.wellbeinghub.ca or connect with us online at www.facebook.com/WellbeingHUBs/

The Musquodoboit Harbour & District Lions Club
GETAWAY NITE
June 21, 2025 5:00 pm
 At The Musquodoboit Harbour Community Centre

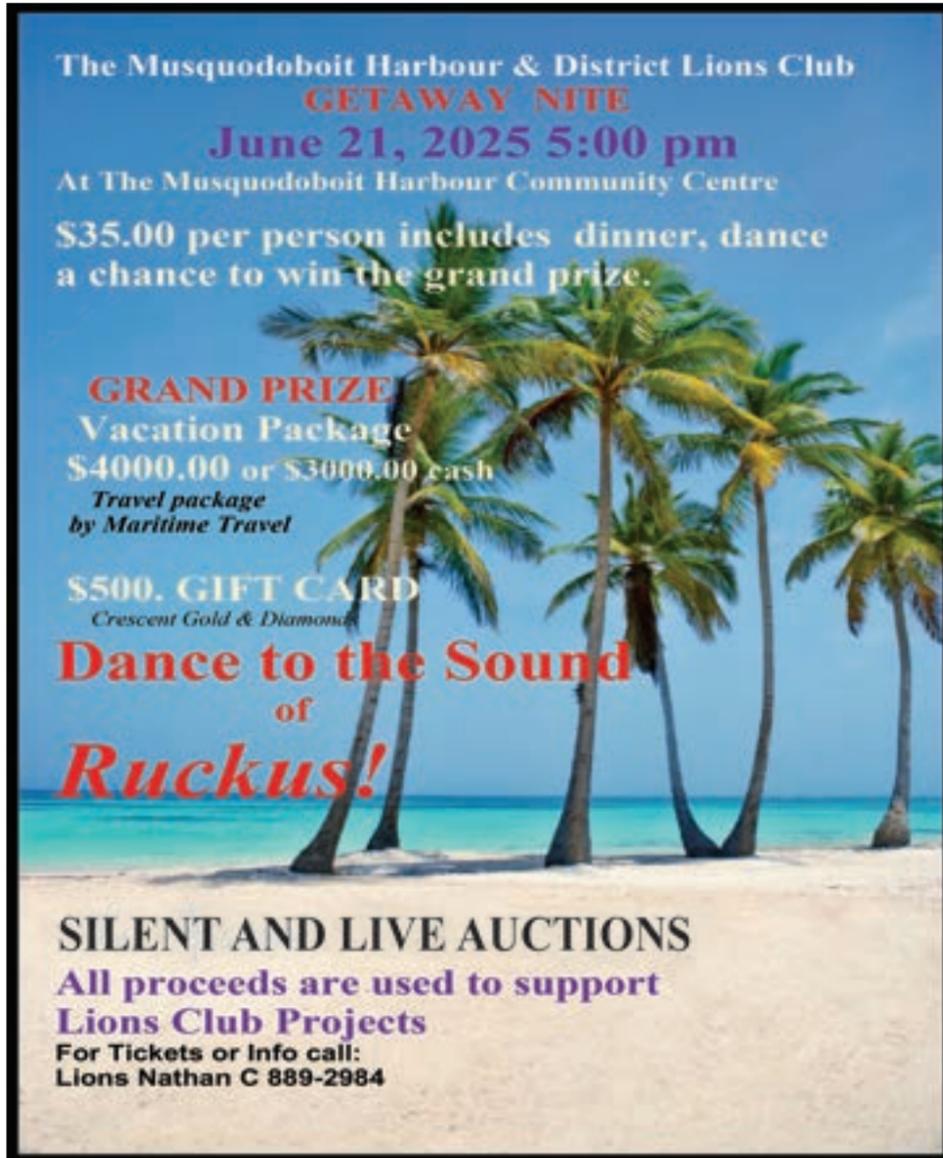
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ask Amy
ALL THINGS REAL ESTATE

How long does it take to sell a home? Currently average days on market is 83 days, however, as we continue towards Summer months, I anticipate this number to drop significantly.

What is the average sale price in Porter's Lake, Lawrencetown, Lake Echo? \$702,667
 As we've seen year-over-year, appreciation is significantly up! If you are curious to know how your home has appreciated in value, please email me at amythomas@royallepage.ca or call 902-237-5063.

Are homes still going into bidding wars? Yes, if priced and marketed properly we are still seeing multiple offers. Of course, the likelihood of this happening is in the price ranges 300k-600k, the higher the price the less likely it is to see multiple offers. However, it can still happen! There is a strategic way to bring a home to market to increase the chances of getting multiple buyers offering.

If you are thinking of selling, or looking to buy I would be happy to assist you! It's important to work with an expert who has the experience of a team behind them.

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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.

Open House at Chezzetcook Inlet Acadian Centre

By Rebecca-Sarah Potvin, Executive Director of L'Acadie de Chezzetcook

L'Acadie de Chezzetcook was delighted to welcome hundreds of community members to an Open House held on April 13 at the Chezzetcook Inlet Acadian Centre. The event highlighted the exciting progress of ongoing renovations and celebrated the deep Acadian roots that unite the region.



turnout and the community spirit we felt today. It's clear this place holds meaning for so many, and together we're building something special.

We also extend a huge thank you to everyone who donated! We were able to raise \$1,062, which will go directly toward the renovations.

Visitors explored the refreshed space, discovered plans for future development, and filled the Centre with stories, laughter, and connection. The atmosphere was warm and vibrant, with people of all ages reflecting on the past while imagining a shared future.

Located on the historic site of Saint Anselm's Church, the Centre is evolving into a welcoming hub for cultural, social, and economic activities, grounded in Acadian heritage.

Thank you to everyone who joined us. We look forward to welcoming you back as we continue to grow together.

We were truly moved by the incredible

NEW 2025 PRICING

Eastern Shore Cooperator Pricing 2025

	FULL COLOR	BLK
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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
SIZE 3.35"W X 2.125"T		
DIRECTORY	\$32	\$27
SIZE 3.35"W X 1.2"T		
FRONT COVER BANNER	\$357	
SIZE: 10.25"W X 4.25"T		
BACK COVER	\$530	
SIZE: 10.25"W X 13"T		
CENTRESPREAD	\$1029	
WEBSITE AD (30 Days)	\$105	

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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.

For all Advertising Needs
please contact Sandra for a faster response.
sandra@easternshorecooperator.ca
902-452-0520

Eastern Shore Cooperator

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EASTERN SHORE COOPERATOR

JUNE DEADLINE

MAY 14TH

Natasha Hiltz Returns to Eastern Shore Roots

When Natasha Hiltz returned to Eastern Shore Memorial Hospital as the new assistant manager, she found a healthcare landscape dramatically transformed from the one she had worked in years ago.

Natasha, a registered nurse, recalls the hospital's former 12-to-15-bed inpatient unit, a 24-hour emergency department and the long-term care building, which has since been replaced.

Where a full-service hospital once stood, now sits a more focused healthcare facility with an urgent care centre, outpatient care, and a 32-bed long-term care unit embracing the innovative Eden philosophy of care.

"We no longer call them residents," Natasha says. "We call them elders. This is their home, and we work in it – not the other way around."

Natasha brings a deeply personal connection to her role. Growing up in the community, her roots run deep. She jokes that she's related to nearly half the people in the surrounding areas, making her return to the hospital more than just a professional move

– her work is deeply intertwined with community life.

"Here, work doesn't end when the day does," Natasha says. "No matter where I am – church, the grocery store, or a gathering – I'm always available to address questions or concerns."

Natasha's healthcare journey has been varied, including 17 years at Dartmouth General Hospital's emergency department. This diverse background, from the bustling environment of a regional hospital to the more intimate care of her home community, shapes her approach as assistant manager.

"This is still a busy environment; it's just a different type of busy," says Natasha. "I just want to do a good job and discover more about how I can help our hospital, and the people it serves, be the best they can be. I find that exciting."

Her return represents a homecoming, and a commitment to reimagining healthcare in a community she loves.

— Nova Scotia Health

Major Ecological Design Conference Coming

The Deanery Project in Ship Harbour will be holding a landmark ecological design forum, May 9-11, *Natural Building EAST 2025: On the Shores of Change*.

The gathering will bring together builders, designers, sustainable materials suppliers, students, homeowners, and environmental advocates – all passionate about exploring sustainable building practices and community resiliency in response to the climate emergency.

Building on the radical success of the first Natural Building EAST (NBE) in 2019, this year's event is a collaborative exploration of real-world, climate-informed building solutions featuring inspiring presentations and panel discussions, hands-on workshops, and field trips.

Key areas include:

- Building resilience with local materials (wood, clay, hemp, flax, straw & recycled materials)
- System innovations: local modular, energy-efficient, tiny, and affordable homes
- Carbon capture and sequestration

(biochar, Carbon Cure, seaweed, etc.)

- Emergency shelters for rapid deployment
- Off-grid and community-based design projects
- Transition Towns & building codes
- GPI Atlantic, true cost accounting & innovative economic frameworks

Please join us under the roof of the Palace Yurt on the beautiful lands we steward in Mi'kma'ki to shape a climate-resilient future and healthy communities. Register and learn more on our website: <https://www.TheDeaneryProject.com>

The Deanery Project is a dynamic environmental and arts learning centre set on 25 acres of oceanfront woodland in Ship Harbour on Nova Scotia's Eastern Shore. We're proud to be a demonstration site for natural building, regenerative systems, permaculture, and community collaboration.

(Link to our website through this QR Code.)



National Recognition for Folk Artist

To many on the Eastern Shore, the whimsically decorated house in East Ship Harbour is known as the "The Jesus House". In fact, it is the home of renown folk artist Barry Colpitts and his wife Bettianne. On March 16, in a ceremony at the Art Gallery of Nova Scotia, Barry received the King Charles III Coronation Medal in recognition of his service to Canada, Nova Scotia, and the Eastern Shore.



to celebrate the creativity, joy, and humour that is evident in all of Colpitts' work, and the humility and kindness of the man himself. The event was organized by the Art Gallery's CEO Sarah Fillmore, Audrey Sandford of the Black Sheep Gallery, and Colpitts' friend Ann Birks of Sheet Harbour.

It was noted by all that Colpitts' work provides an important counterbalance during these unsettling times. On one extreme is a man in Washington who seems to be doing everything in his power to benefit himself, and cause disruption and harm to others. On the absolute other extreme of human behaviour sits Barry Colpitts, someone who works every day to spread joy, laughter, and smiles, and does so with grace, kindness, and respect for all others.

Today, more than ever, we all need, the entire world needs, more Barry Colpitts.

Colpitts has long held the record as the artist whose work sells out faster than any other each year at the famous Lunenburg Folk Art Festival. His work is held in the permanent collections of the Canadian Museum of History, the Art Gallery of Nova Scotia, the Beaverbrook Art Gallery in Fredericton, and countless personal collections across Nova Scotia and around the world.

A crowd of more than 80 was on hand

Saturday, May 10th @7pm
Music Prizes Refreshments

SUPPORT MOMS IN NEED

Share the Shore Presents

St. Philip Neri Hall
8 Park Rd, Musq. Hbr.

MOTHER'S DAY CONCERT

Featuring Gerry and the Staple Clan Band,
William Alfred, and Riversong

Donation at the Door

Prizes from: Old #7 Restaurant & Sports Bar, Jeddore Variety, Turples' Auto Care

Memory Lane's 25th Anniversary!

By Richard Bell

Memory Lane Heritage Village in Lake Charlotte will be going all out this summer with a series of events starting in late May to celebrate its 25th anniversary as one of the province's most outstanding community museums.

The Cooperator spoke with one of the founders, Gordon Hammond, who walked us through some of the high points of the organization's history, starting with Ned Webber, the founder and owner of the Webbers General Store on the corner of Highway 7 and Clam Harbour Road in Lake Charlotte.

"Ned always felt something should be done to preserve the history of the area," Hammond said, "and he started collecting odds and ends of artifacts. His son Ford took up this vision when he was running the community incinerator. He looked at what people were throwing away, and he started putting aside things he thought might be important."

The catalyst for creating museum happened in 1995, when the proposed demolition of the Hosking General

Store behind the fire station in Oyster Pond galvanised the community to set up the Lake Charlotte Area Heritage Society. "It was an iconic landmark that the community felt could not be lost," Hammond said. The group carefully took the store apart and stored it under a tarp on a piece of land donated by the Webber family.

Memory Lane officially opened on July 1, 2000, in the reconstituted general store. Getting on solid financial ground took a while. "The first year, we lost \$45,000," Hammond said. "Two of three board members loaned the society the money to cover that deficit. The second year, we only lost \$23,000, and then next year only \$1,000. Since then we've operated in the black and paid back the loan."

In the years since, Memory Lane has grown, adding one historic building after another from along the Eastern Shore. Hammond was in charge during the early years. Hammond's daughter, Thea Wilson-Hammond, ended up succeeding him. He pointed out that she had come in 2nd after a search, and it was only when the first choice

suddenly backed out that Wilson-Hammond took over. Hammond said he was especially pleased that "three of my four grandchildren have volunteered at Memory Lane since they were able to walk. They volunteered right on through their teenage years, and still come back to volunteer."

Over the years, Memory Lane has created a season-long array of festivals, from the Cold Waters Seafood Festival in June to the Nova Scotia Forest Festival in the fall.

One of the most successful ventures began early on when they started getting three kittens at the beginning of each season. The kittens had free range around the site, and at the end of the summer, Memory Lane gave the kittens away. "If you only had a few hundred dollars to spend on marketing and creating a memorable visitor experience, the best thing you could do would be to get a few kittens," Hammond said. "Now they're highly sought after because by the end of the summer, they come completely happy and comfortable being with people."

While preserving the past, Memory Lane has also kept up with the future. In 2018, they added two electric vehicle charging stations. And in 2019, they became the first museum in Nova

Scotia, and possibly in Canada, to be 100% solar powered.

One of Memory Lane's less well known achievements is the Eastern Shore Archives that opened in 2003. "It's the only formally recognized institutional archives on the Eastern Shore," Hammond said. The Archives houses 400 linear meters of text records, over 300 oral history recordings, and 5,243 high-res scans of local heritage photos.

Hammond attributed the organization's success to two factors. "The number one support is the uncounted number of volunteers who've donated their time and expertise," Hammond said. "That's number one. The second is people who are not necessarily volunteers who've made financial contributions to the endowment fund." Memory Lane is running a special campaign this summer to raise \$25,000 to add to this fund.

On July 1, they will be staging a recreation of the ribbon-cutting ceremony in 2000. Staff and volunteers have been working hard to invite as many people as possible who were present on that opening day. For more information on the other 25th anniversary events, go to the website at <https://visitmemorylane.ca>.



**Together Tuesday
Senior Drop In Lunch**
Open at 10:00am-3:00pm

**May 4th
Port Dufferin
Art Hub Class**
1:00-4pm Must register

**May 14th
NS Walk Day**
at 10:00am

**May 20th
Lunch & Learn How to
Balance your Energy**
12:00pm

Meet new people and have some fun!

May Events SR Balcom Centre Port Dufferin

Walk & Talk Tuesdays
at 11:00am
Indoor walking for all abilities

**May 17
Saltwater Joy Concert**
2-4:00pm

**Fridays
Homeschool Adventure
Club**
10:00am-12:00pm

**May 24th
Artsy Fartsy**
1:00-4pm Must register

For more information please
check out our Facebook page
SR Balcom Centre Association.

Board Game Café for Teens

There'll be two "Game Days" in the next 2 months to explore interest in holding a weekly "Board Game Café" starting this fall. The sessions will take place in the basement of the First United Church. The first two Game Days are scheduled for Saturday, May 24th from 2-5pm, and Saturday, June 14th from 2-5pm.

The proposal comes from long-time community organizer Edyth

Shuman, whose growing number of grandchildren got her thinking about developing more opportunities for young people outside of school hours. She's renting the space from the church for the project, and plans to have a variety of board games on hand, plus drinks and snacks.

For more information, contact Edyth Shuman at 902-889-2802.



Tom McInnis drew an all-star cast to his 80th birthday on April 9 at the Tap Room in Sheet Harbour. (L to R) HRM Councillor David Hendsbee, Conservative Central Nova Candidate Brycen Jenkins, MLA Kent Smith, Tom McInnis, Elmer MacKay, Peter MacKay, Brenda McInnis, and the lone Liberal in the room, Sean Fraser, who piped McInnis into the party.

Stompin' Tom with Fraser Newcombe

By Richard Bell

Long-time Eastern Shore musician Fraser Newcombe will be playing his Stompin' Tom Connors Review at Memory Lane heritage Village on June 22. At 84, Newcombe has been entertaining people across Canada for decades. In May, he will be playing at least 6 gigs across Ontario in a tour to raise money for veterans.

"I was born in Musquodoboit Harbour," Newcombe told the *Cooperator*, "but we moved to Murphys Cove when I was baby, and that's where I was brought up. I worked in the woods as a kid, did some lobster fishing, and went to the docks in Halifax as a stevedore. I did five years in the Navy and came back and set up my own flooring business."



"My father was a singer, and my mother played the mouth organ," Newcombe said. "The cousins would come to the house, and I watched them jamming. I managed to buy an old guitar. We had a family band, me on guitar with my brother-in-law on the fiddle, nephew on drums, one sister on guitar singing, another sister on the banjo."

Newcombe recorded his first CD in

1995 and has gone on to make more than a dozen more, writing most of his songs and winning awards along the way. As a former lobsterman, he got the idea for a lobster-shaped guitar. "I searched the Internet and couldn't find one," Newcombe said. "A friend sent me to a luthier in Moncton, the late Don Fitzsimmons, and he finally agreed to make me one. The first time I used

it at a show in Hillsboro, people stood in line for two hours after the show to take pictures." When he played in the southern U.S., "nobody knew what a lobster was. They thought it was a crawfish!"

For more info on Newcombe's music, go to <https://frasernewcombemusic8.godaddysites.com>, or email Fraser@bellaliant.net.

Moving the 207 in Lawrencetown

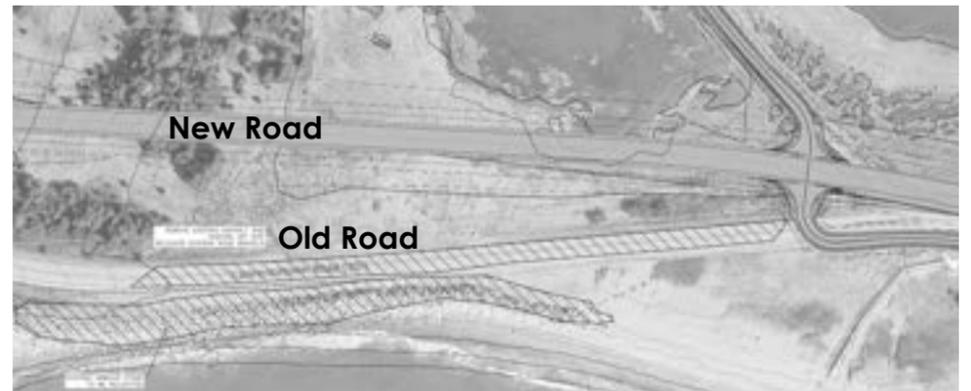
By Richard Bell

The province is moving ahead with a long-needed plan at the western end of Lawrencetown Beach to shift Highway 207 away from the ocean. The combination of rising sea levels and increasingly intense storms have already resulted in damages and highway closures, with the waves heaving rocks and debris onto the roadway. The plan calls for shifting the highway away from the ocean in a more-or-less straight line from the MacDonald House down the hill, eliminating the existing curve. HRM Councillor David Hendsbee and MLA Kent Smith both support the change.

A new community association, the Lawrencetown Headland Project Group (LHPG), has brought together major stakeholders from the surfing and business community. Headed by Vic Ruzgys, the LHPG has come up with a list of six projects based around having

a small parking lot next to the new road. "At the top of our list is a trail from the new parking out to the headland, and up to the MacDonald House," Ruzgys said. "We need more parking, and better access for emergency vehicles. We want a small recreation area for picnics, and to use for staging our annual surfing contest, with a stairway leading down to the beach itself. And we want a basic washroom; the nearest washroom is a half-mile away."

Ruzgys said there is no money for any of these projects in the provincial budget for moving the road. "We'll have to raise the funds," Ruzgys said. "What we're working on with the province is making sure that when they move the road, they make accommodations so that we can build these projects when we have the money."



Houston Solves Our Problems

By Jeddore John

What a guy! You gotta hand it to him. He really knows how to get things done. When we all thought he was just an over-reaching rich guy intent on gathering all power to himself, he was actually putting an amazing plan in action. His plan goes like this:

First, he gets the worst of the worst in the pulp and paper world to come back to the province so he can lure them into wanting a pulp mill in Liverpool. Maybe he even gives them a couple of hundred million to grease the skids. He knows that the proposed mill will have twice the production capacity of the screw-up mill in Pictou and therefore will require cutting twice as much forest to keep it running over its 50-year lifespan.

Next, he heads off the drive to green the provincial power grid by coming up with a supposed "green" hydrogen scheme. He redirects the windmills in the province to send the electricity they produce to convert fresh water into hydrogen. The hydrogen created is then turned into ammonia to sell to the Germans, who apparently don't want it. And the tanker to ship the stuff to Germany will burn somewhere between 50,000 and 84,000 gallons of diesel fuel per day for 15 to 24 days, depending on weather. Suddenly your green hydrogen is an oily brown colour.

In his spare time, he gets a few giggles reading over the Lahey Report on ecologically sound forestry, which he

enjoyed ignoring, and the Coastal Protection Act, which he torpedoed.

Step 4 is to ramp up efforts to bring mining and fracking back to the province. Even better if these activities are practiced on private land, and with no regard to the landowner's rights, lasting environmental effects, or aboriginal treaty rights.

And there you have it – at least half the population will look around at a bare rocky treeless province with the open sores and tailings dumps from open pit mining, crumbling shorelines being inundated by rising sea levels, radioactive waste dumps, polluted streams and rivers, and flickering lights from a dowdy electrical system. And they will say "Frack this" and move somewhere where the government is more responsible to and caring for their constituents.

All of a sudden, there will be lots of housing for all those left here. And if all the doctors and nurses don't split, the healthcare system will be easily able to handle the reduced load. Jobs will outnumber workers, and retired uranium miners will make excellent school crossing guards. They won't even need those orange flashlight thingies.

I tell you, the man is a genius. I will be one of the first out of here.

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 There is going to be a Penny Auction here on May 3rd.

MLA MEMO

Happy spring everyone! The recent session of the Legislature wrapped up late last month, and I am very proud of the work the province is doing. Highlights of the session include:

1. Passing the 2025/26 provincial budget, including historic savings for Nova Scotians:
 - a. HST reduction from 15% to 14%
 - b. Indexing tax brackets
 - c. Increasing the basic personal exemption
 - d. Reducing the Small Business Tax Rate & increasing the Small Business threshold
 - e. Raising minimum wage
2. Passing of several other important pieces of legislation, including:
 - a. Free trade & mobility within Canada Act
 - b. Agriculture, Energy & Natural Resources Act
 - c. Government Organization and Administration Act
 - d. Administrative Efficiency and Accountability in Healthcare Act
 - e. Advanced Education and Research Act

Overall, it was a very successful first sitting, but it is no secret that I am happy to now have more time to spend on the Shore!

Eastern Shore updates:

- Musquodoboit Harbour bridge replacement is well underway! This is a multi-year project and will be done in 2026.
- Two significant paving projects will take place this year:
 - 6 kms on route 357, beginning at trunk 7
 - 5.42 kms on Crowell Road, beginning at route 207
- The CSAP recently announced a feasibility study to look at the possibility of including some type of community centre in conjunction with the rebuild of Ecole des Beaux-Marais. Stay tuned for more details.
- Route 207 realignment is moving along, and some site work has already begun.



Provincial updates:

Lung Screening Program Expands to Eastern Nova Scotia

More lives will be saved from lung cancer as the Lung Screening Program expands to Cape Breton and the eastern mainland.

The program, which targets people at very high risk of developing lung cancer, is now available in Nova Scotia Health's Eastern Zone, which includes all of Cape Breton and Antigonish and Guysborough counties.

Nova Scotians aged 50 to 74 who have smoked daily for 20 years or more at any point in their lives can contact the program. Primary care providers may also refer patients to the program.

People can contact the Lung Screening Program by calling 1-833-505-LUNG (5864).

Province Invests to Connect Nova Scotians to Skilled Trades

The Province is helping more Nova Scotians explore and connect to careers in skilled trades through a \$10-million investment in the construction industry.

The investment will support more skilled trades training through three key initiatives:

- creating the Cape Breton Trades Exhibition Centre – an industry-led hands-on exploration and learning facility for youth, community groups and apprentices
- expanding enhanced direct-entry apprenticeship programs – faster, more accessible pathways into the skilled trades
- supporting career transitions – programs for underemployed people, veterans and new Canadians to enhance and gain skills to be ready for careers in the skilled trades.

An industry-led steering committee will manage the project details to encourage collaboration. The committee includes representatives from key industry organizations, unions and employer groups.

More Support to Protect Coastal Properties, Communities



Create a defined area where their coastal protection regulations would apply

- set a minimum building elevation to protect from coastal flooding
- create a buffer zone to protect buildings from coastal erosion.

The Province is providing more tools and resources to coastal communities and property owners to help them protect themselves from the effects of climate change. (Province of Nova Scotia)

New Supportive Housing for Youth, Young Families

More youth and young families will soon have access to safe, supportive housing through a partnership between Phoenix Youth Programs, the Affordable Housing Association of Nova Scotia and the Province.

Two fully refurbished apartment buildings in Halifax will provide supportive housing for 22 youth aged 16 to 24 or young families. All 12 units have two bedrooms, with shared living space. Young people with children do not share space. Residents have help from Phoenix Youth Programs staff specializing in youth outreach and support services, who will be on-site around the clock.

Happy Mother's Day



Lots of love to all moms, especially my 2: Bevie and Mary Eliza!



KENT SMITH
MLA, Eastern Shore

EasternShore.MLA@novascotia.ca | 902-989-3772

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May is Mental Health Awareness Month. During this month, it is an opportunity to learn about mental illnesses and how they impact people's lives in different ways and to reduce the stigma around mental illnesses.

In 2023 for Nova Scotia, 24% of respondents who were asked "In general how is your mental health," answered: Fair or Poor.

In the 2025/26 Budget \$54 million was identified for ongoing funding for initiatives that move the province toward publicly funded universal mental health and addictions care for all Nova Scotians.



The Spring Session of the Nova Scotia Legislature concluded on March 26th. There were twelve bills passed highlighted by: the Financial Measurers Act better known as the budget that introduced a number of financial reforms such as: raising the minimum wage, removing tolls from the last remaining toll roads in our province, covering the shingles vaccine for those over 65, cutting income tax and reducing the small business tax rate.

Other bills passed included: Free Trade & Mobility within Canada Act; An Act respecting Agriculture Energy and Natural Resources; Administrative, Efficiency and Accountability in Health Care Act; An Act Respecting Advanced Education and Research; Temporary Access to Land Act and Joint Regional Transportation Agency Act.

and Accountability in Health Care Act; An Act Respecting Advanced Education and Research; Temporary Access to Land Act and Joint Regional Transportation Agency Act.



Akoma Holdings Inc. is receiving \$100,540 through the Sustainable Communities Challenge Fund to design a new energy efficient space in Cherry Brook for African Nova Scotian businesses and entrepreneurs.

This funding is through the Sustainable Communities Challenge Fund, which supports local projects that address climate change and create opportunities for economic growth. This announcement took place at Kinney Place on April 9th.

From left, Juanita Spencer, CEO, Nova Scotia Federation of Municipalities; Kathleen Mitchell, President of the board of Akoma Holdings Inc.; and Twila Grosse, MLA for Preston.



Support for Gender Based Violence

This year \$5.1 million is being invested to support projects that will enhance prevention efforts, increase supports for victims and survivors and ensure that Nova Scotians can access culturally appropriate services. There are a total of 28 groups that will receive provincial funding to support work to address gender-based violence.

This is the second year of funding, last year \$3.1 million was provided to support 16 projects.



re HALIFAX

Seniors Recreation Services Plan

The municipality is looking to improve recreational programming and services for seniors across the Halifax region. Share your feedback by attending an upcoming in-person engagement session or by completing the online or paper survey (available at local rec centres).



Find session dates and complete the survey by June 4 at halifax.ca/seniors



Chezzetcook and District Lions Club
89 East Chezzetcook Rd., Head Chezzetcook
902-827-5871



Facebook: Chezzetcook & District Lions Club

Thank you to all who supported the lions club in 2024.

Regular Activities	Description
Bingo	Every Monday night, doors open 5:30pm
45 Card Game Building Jackpot	Every Thursday night, 7pm. Contact Lion Dora 902.827.3552 Doors open at 6:30pm
Monthly Meetings	1st & 3rd Tuesday. New members welcome.

The **Sociable Cupcakes** of the Chezzetcook and District Lions Club had a very successful, Easter themed bake sale on Monday, April 14, raising over \$430.00. Thanks to the organizers, bakers and to those who purchased.

Sunday Flea Market every Sunday, 10AM-2PM. Contact Wayne at 782.824.4249 for table rentals and additional details.

Mark your calendars for these upcoming events:

May 3, 2-4pm, Mothers Day Tea Party. There will be a variety of sandwiches and sweets. Donation jar at door, 50/50 Draw, tickets on an afghan. Contact Lion Dora for additional information at email, doraccrawford@hotmail.com or 902 827 3552.

June 14, 2PM, Annual Fathers Day Lobster Card Game. Bring your partner. Admission \$20.00 per team. Per Team Prizes: 1st place, 8 lobsters; 2nd place, 6 lobsters; 3rd place, 4 lobsters. Contact Lion Dora at 902 827 3552.

Chezzetcook Days

JUNE 20th	7PM to 12	Old Fashioned Kitchen Party, Bar available
JUNE 21st	8 to 10AM	Pancake breakfast, followed by fun day.
JUNE 22nd	12PM door opening Bingo starts at 2PM	Cash/Merchandise Bingo

Contact 902 452 0955 for more information.

Contact **David Crawford** for hall rentals at 902.827.3552 or by cellphone 902.221.7983.

We continue to collect **pull tabs** off cans and **eyeglasses**. Drop off during any open event.

Always here to serve the Chezzetcook and District Area.



On Saturday, March 29, William (Billy) Bennet celebrated his 91st birthday. There was much laughter, lots of hugs, food and best wishes. The guest book recorded 148 guests. Wow! Congratulations Billy, you're a very popular guy!

See Story on Page 16

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Thinking of starting a business?

The Self Employment Benefits Program can help!

- You can apply if you meet the following criteria:
- have a current Employment Insurance (EI) claim
- have had an EI claim that ended within the last 60 months
- have received benefits under the Canada Emergency Response Benefit (CERB) within the previous 60 months
- have been employed with gross insurable earnings of \$2000 or higher annually, in at least 5 of the last 10 years

The Program:

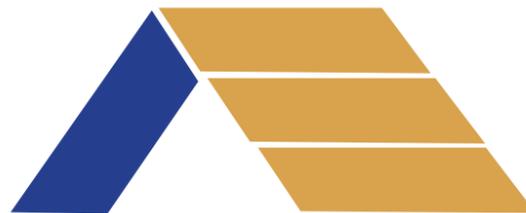
- Supports new business or an existing one in which you had no prior ownership.
- Provides up to 40 weeks of funding to cover living expenses
- Requires you to devote at least 35 hours each week to develop and carry out your business plan. You must also show proof of personal financial investment in the business.

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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in Lawrencetown

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2025
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Getaway Nite will take place on Saturday June 21st. Updates will be provided once the tickets are printed and ready for sale.

"This event started out as a small fundraiser. The first year, 2001 generated a profit of \$1600.00 and a lot of work. After 24 years and a move from the community centre Bingo Hall to the total ice surface, profits have risen from \$1600.00 to more than \$20,000.00 per year, growth that reflects the generosity of the community.

The success of this event is only possible because of the tremendous support of local merchants, businesses and friends who generously donate prizes and money. Along with the many guests who show up year after year, enhancing the celebratory atmosphere as they greet one another and catch up on family news. This event has raised \$285,000.00 over the past twenty some years – funds have been used to support our community through direct and indirect contributions to individuals, organizations, and families.

On behalf of the Lions Club and the community I want to express my gratitude – Thank you very much." – Harold Baker

Upcoming:
Breakfast – Saturday April 26th and May 31st. \$10.00 per person – children under 10 eat free. Ham and sausages, eggs, hashbrowns, pancakes, coffee/tea, juice/milk, and toast. The monthly breakfast is a great opportunity to catch up with folks and support your community.

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

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 us on Facebook.

HALIFAX

DISTRICT 2 COUNCILLOR'S COMMUNIQUE

MAY 2025 – ISSUE # 330 – HAPPY MOTHER'S DAY

EMERGENCY PREPAREDNESS WEEK

2025 Emergency Preparedness (EP) Week will be from May 4th - 10th. Everyone should be prepared and able to take care of themselves for a 72-hour period from any potential harm caused by a significant weather event or incident. Our district is very fortunate to have three Joint Emergency Management (JEM) Teams: Preston, Eastern Shore JEM (Cole Harbour to Ship Harbour) and Sheet Harbour JEM (East Ship Harbour to Ecum Secum). All of our JEM Teams are looking for volunteers. For more details about them please go to: www.halifax.ca/fire-police/fire/emergency-management/volunteer-during-emergency. The annual parade of EP Partners at the 'JEM Jamboree' will be on Saturday May 3rd from 10AM-1PM at the Porters Lake Atlantic Superstore parking lot. Here are a few EP websites:

www.getprepared.gc.ca

www.publicsafety.gc.ca

<http://novascotia.ca/dma/emo>

or on X @nsemo

www.halifax.ca/fire-police/fire/emergency-management/emergency-preparedness-checklists

REGONIZED LOCAL VOLUNTEERS

Each year HRM recognizes the extraordinary contributions of individuals and groups who volunteer their time and skills to provide services and programs in our communities. This year so many nominations were received by the municipality, HRM had to limit the list to 100 names. Here is the complete list of the local honourees from our district for 2025. These nine individuals were honoured at the Annual Volunteer Recognition Reception on Wednesday, April 30th in Burnside.

Beverly Smith – Sheet Harbour

Rod & Pam Lewis - Porters Lake

Courtney MacKinnon (Youth) – Porters Lake

Sharon Dykman – Mineville / Lake Echo

John Macfie – Lake Echo

Sandra Conrad - Lawrencetown

Florence Kimball – Lawrencetown

Jessica Warner - Lawrencetown

Congratulations & Many thanks to You All!

HRM SENIORS RECREATION SURVEY

HRM Parks & Recreation is in the process of developing a Seniors Recreation Services plan. They are inviting residents to provide feedback on recreation programming for seniors 60 years and older. This project is aimed at shaping the municipality's recreation programs and services for seniors over the next five years. Seniors' groups and individuals will be actively involved in creating this plan – and a Seniors' Recreation Advisory Group has been established to provide leadership and support to staff during the planning process. Residents are encouraged to complete the survey or attend one of the upcoming public engagement sessions:

- **Saturday, May 17th** 11 AM - 2 PM – Lake Echo Community Centre
- **Thursday, May 29th** 11:30 AM - 1:30 PM – Musquodoboit Harbour Rec Office / Library
- **Monday, June 2nd** 11 AM - 2 PM – Sheet Harbour Lion's Centre

The survey will remain open until Wednesday, June 4th www.halifax.ca/parks-recreation/programs-activities/seniors-recreation-services-plan

By completing the survey, you can be entered in a contest to win: Grand Prize: 1 of 2 \$100 grocery store gift cards and other prizes: 1 of 20 \$10 Tim Hortons gift cards. The draw will be on June 26th.

NEW SECOND UNIT INCENTIVE PROGRAM

HRM has introduced a new program to help property owners create more housing options across the region through non-repayable funding. The Second Unit Incentive Program offers financial grants to help offset costs associated with building new second units. Eligible residents can receive up to \$12,000 to help reduce building expenses related to water and wastewater. This program is part of the municipality's commitment with the assistance from the Federal Housing Accelerator Fund to increasing housing availability and supporting sustainable community development. The program is available to owner-occupants of a one-unit dwelling who are up-to-date on property tax payments, where land use by-laws allow. A building permit is also needed to apply. Applications will be open until June 1st, 2026 or until funding is fully allocated. More information on how to apply can be found at this link: www.halifax.ca/about-halifax/regional-community-planning/housing-accelerator-fund/second-unit-incentive

ESGSAR 50th ANNIVERSARY

Eastern Shore Ground Search & Rescue (ESGSAR) is a community-based organization made up completely of volunteers who believe in and share the common goals of serving their community and saving lives. Their purpose is to find and rescue lost person(s). ESGSAR's territory covers from Porter's Lake to Mooseland and up Meagher's Grant Road (Hwy #357) to the Crawford's Bridge that crosses over the Musquodoboit River. This team can also assist other GSAR teams outside their area when requested. ESGSAR base is at 5688 Hwy #7 Head of Chezzetcook where they have classroom facilities and store their command bus, support vehicles, boats and kayaks. To find out more about them: <https://esgsar.org/>. To contact them : esgsar.sec@gmail.com. This year is their 50th anniversary – Congratulations!

HWY #357 PAVED SHOULDERS AREA RATE

The Province is planning on repaving the Meagher's Grant Road (Hwy #357) from Hwy #7 up to the Paces Lake Road. In total 6 kms. This is an extraordinary opportunity for the Musquodoboit Harbour Community to improve some of its roadside infrastructure within the village core by having Paved Shoulders up to the Bayers Mill Road (1.6 km or 1 mile). This would support 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 create a safer walking and cycling loop with the Musquodoboit Trailway, Bayers Lake Road and Hwy #357. Since Hwy #7 is getting paved shoulders at no additional cost to the community, I made the decision that the same community could make a contribution towards this roadside enhancement. HRM had to inform the Province to incorporate Paved Shoulders into this section of Hwy #357 by March 28th. Therefore, in order to make a financial commitment towards this project, I proposed a local area rate be established for the community of Musquodoboit Harbour as the

initial funding mechanism. The estimated cost is \$264,000. That equates to a \$40/year for 10 years. This was approved by Regional Council at its March 25th, 2025 meeting. I will be seeking other funding sources to reduce this commitment. However, the current Federal Rural Active Transportation funding program had closed and they will not consider retroactive funding for projects already in progress before an application is received. And this is also in advance of any HRM Rural Active Transportation Plan as we still await for that staff report about its community consultation. I will be holding a Public Information Session about this initiative in the near future. Please watch the local Facebook Pages for more information about that date.

HRM 2025-26 BUDGET APPROVED

HRM has approved its 2025/26 budget. The annual municipal budget funds all costs associated with servicing the growing region – including municipal operations, Regional Council-approved priority initiatives and investments to purchase, construct and rehabilitate municipal assets. The 2025/26 includes an operating budget of \$1.33 billion and a capital budget of \$314 million. The residential tax rate remains unchanged at 0.770. Due to higher assessment increases, commercial rates have decreased in each assessment tier and tax area. And with the increase in property assessment values, the municipal portion of the residential tax bill will increase by 4.7 per cent. The average residential tax bill (including provincial contributions and mandatory education tax) will increase by 5.2 per cent – or approximately \$117. This is based on the average single-family home assessment value of \$338,500. The residential rate and commercial rates for each tier and tax area will be updated on www.halifax.ca/taxrates.

Highlights from the 2025/26 municipal budget include:

- enhancing community safety by adding 20 new firefighters;
- addressing increased community policing needs by hiring 14 additional RCMP officers
- providing greater support to youth by expanding the Youth Advocate Program;
- enhancing transit services by extending the service life of 10 buses;
- ensuring effective management and planning of significant infrastructure projects by creating the Office of Major Projects and the Office of Strategic Infrastructure & Transportation Planning;
- increasing support to not-for-profit groups by an additional \$2 million;
- strengthening the municipality's response to mental health and crisis situations by establishing a community crisis diversion team; and
- approving the Windsor Street Exchange redevelopment project, with construction commencing in 2025/26 – a key infrastructure investment valued at \$150 million.

For more information on the 2025/26 municipal budget, including all associated budget resources, visit: www.halifax.ca/budget ..



Councillor David Hendsbee
Councillor – Councillor municipal – Comhairlaiche – Wunaqapeme'j
District 2: Lawrencetown – The Lakes – Chezzetcook – Eastern Shore

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Coastal Voice Concerts in May

It is hard to believe that the winter has passed by, and it has been four months since we began practicing. Now we are into May and practicing for our final two concerts on the May 24-25th weekend at Calvin United Church, Lawrencetown and St Peter's Catholic Church, Sheet Harbour. Details can be found in the ad on page 13 of this issue.

We really do appreciate the community support from those of you who attended our concerts and participated in our silent auction. It is because of this support that we are able to do the things that we do on the Eastern shore. Thanks!

Grant Spearman, President

New Music & Arts Committee

By *Renée Chapman*

Are you a local musician or visual artist? The Musquodoboit Harbour Chamber of Commerce has a new Music & Arts Committee and wants to help support you! To register yourself on our database, please email your contact info along with any social media links or website to Renée at harboureventsns@gmail.com.

If you are a performing musician, sound technician, teach music lessons, songwriter, record producer, or anything else to do with music, we would like to hear from you. This database will be used to help people connect individually, and network within our communities. It will be easily shared for film, television, or

live music opportunities that may come up in the future.

For our visual artists, we recommend that you register with the Eastern Shore Phone Book (esphonebook.com) as we will be using that database. We also would like to keep in touch with you for local event opportunities such as The 2nd Annual Eastern Shore Art Walk (Saturday August 16th 12-4pm) on the grounds of the Musquodoboit Harbour Railway Museum.

[Renée Chapman is the chair of the new Music & Arts Committee and Events Committee for the Musquodoboit Harbour Chamber of Commerce.]

On Attachment, Part 1

By *John English*

In navigating relationships over the years, both intimate and more casual ones, I have often been reminded of the concept of attachment. In psychological terms (and full disclosure – I am not a psychologist!) attachment describes how, in infancy, I bond with caregivers and develop a sense of physical and emotional safety.

If in early childhood I experience unconditional love, am always in close proximity to my caregiver, and am given opportunities to explore my surroundings and develop my sense of independence and self (*Bowlby, Attachment and Loss*), chances are that I will grow to be a confident adult, better able to handle stress and anxiety, comfortable in my own skin and prepared to handle life's challenges fearlessly. If, on the other hand, my caregiver is emotionally absent, unengaged, and lacking in loving gestures and feelings, I will feel unsafe, fearful, and insecure in my environment and in the larger world. I will quite possibly develop neuroses that will impede my healthy psychological and social functioning as an adult. This is particularly true in the arena of my adult relationships.

There are insights for me in thinking about my childhood and in being curious about how it may have impacted past and current relationships. What kind of people am I consistently drawn to? Are there patterns in how I relate to the people in my life? Do I tend to be defensive when criticized, and quickly moved to anger? Am I easily offended or hurt? Do I develop dependencies on others in which I sacrifice my own well-being to theirs? Do I feel the need to always have my partner within arm's reach? Am I trusting, or do I fear rejection? When I look in the mirror, do I see someone who is confident, beautiful, and self-sufficient, or someone who is fearful, timid, or awkward?

I think so many of the relationship challenges I face as an adult are rooted in the manner in which I experienced the bonding relationship with my childhood caregivers. I carry deeply held hurts and unmet needs that may haunt me as I move forward into adulthood. But with self-awareness, curiosity, an open mind, and loving support, I can find the courage and confidence to address these wounds and move forward with love for both myself and others.

Japanese Knotweed: Nuisance or Useful Invader

By *Savyda Jarone, Herbalist*

As spring finally emerges, our local medicinal and edible weeds begin their annual comeback. Among them is Japanese knotweed (*Reynoutria japonica*), a plant as versatile as it is problematic. It's hard to miss, growing in thick stands along the shore and throughout Nova Scotia.

While I wait for the late-spring arrival of rhubarb and asparagus, I have Japanese knotweed. When stewed into a compote, its tart bite and silky texture rival rhubarb. Sautéed with butter and garlic, it mimics young asparagus spears. It's wild food at its best – free, flavourful, and right under our noses.

Knotweed comes with a lot of controversy. Originally introduced from East Asia as an ornamental plant in the 1800s, it quickly proved to be an aggressive invader. It spreads rapidly via underground rhizomes, pushing through concrete, foundations, and roadways. It outcompetes native species and disrupts ecosystems by forming dense thickets that shade out everything beneath them. Extensive remediation projects have been launched to try and keep it in check – some costing millions of dollars.

Eradication efforts vary, but most involve repeated cutting, digging, smothering with tarps, or the application of strong chemical herbicides over multiple seasons. Even then, complete removal is rare. Knotweed rhizomes can lie dormant underground for years, ready to rebound. Because of this, many conservationists view it as a serious ecological threat – especially near rivers and streams, where tiny fragments can wash away and establish new colonies downstream.

It's easy to become defensive against such a tenacious plant, yet we can still appreciate its potential gifts. The young shoots are nutrient-rich and high in vitamin C. Medicinally, it is valued as an immune stimulant, anti-viral, and anti-inflammatory. The roots are commonly used in herbal protocols for Lyme disease – an increasing concern in our tick-prone region.

Knotweed bridges the gap between wild nuisance and wild remedy. And while eradication may be necessary in sensitive ecosystems, harvesting for food or medicine can be a small act of reciprocity – turning an overwhelming presence into something beneficial.

If you're tempted to try it, go wild – but wisely. Harvest young shoots in May, before the leaves unfurl, ideally under a foot tall. And be absolutely sure you're foraging in clean, untreated areas. Because of the widespread use of herbicides in control efforts, this can be tricky. **Never compost knotweed roots or stems. Even small fragments can regenerate into new plants. Do not discard scraps into natural areas or yard waste.** Instead, bag all peelings and root remains and dispose of them in the trash, or burn them.

By treating this plant with both curiosity and caution, we can enjoy its gifts without contributing to its harm, while boosting our nutrition with this wild edible.

If you are curious about this and other wild edibles of spring, join me for Wild Salad, an experiential food foraging event on May 15 at my home in Head of Jeddore.

Eastern Shore Garden Club

PLANT SALE

Saturday, May 31, 2025

9:00-11:00 am

Be early for the best selection

**Chezzetcook District Lions Community Center
89 East Chezzetcook Road**

**Annuals, Herbs, Houseplants, Perennials,
Vegetable Transplants, Shrubs . . .**

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Gaetz Brook Legion Branch 161 Events

The 2nd Annual Turkey Dinner took place on Sunday afternoon, April 4th. Turkey, mashed potatoes, carrots, turnip, cranberry sauce, roll, rice pudding along with tea and coffee was the menu. You got a very generous serving. Everyone definitely went away with their appetites satisfied.

A big **Thank You** goes out to President Dean and Bar Manager Lisa for all the hard work they did to make this such a success. Thanks also goes to Andy and Selena Guildford, Sandra Beazley, Willa Thompson, Jimmy Mosher and anyone else who contributed in anyway at the dinner. Your help was greatly appreciated. For all of you who bought tickets and supported this event, thank you. It is people like you who keep the legion a strong presence in this district.

We look forward to seeing everyone at the next event!

Due to Dart Tournament
April Kitchen Party will be Saturday, May 3rd from 3-5pm
May Kitchen Party will be May 31st from 2-4pm

DANCE! DANCE! DANCE!

SPECTRUM will be here on May 23 from 8-11pm – Tickets \$10

Karaoke every 2nd Friday night (May 2, 16, 30) from 6:30-10pm. On alternate Friday nights (May 7, 23) it's Trivia from 6:30-8:30ish.

Ladies Pool Sundays at 1:30pm

TGIF provides Friday supper. Different cooks and meals weekly. Meal \$12 with Dessert \$3 extra. Meal starts at 5:00. Tickets can be bought at the bar during open hours and at the door at 4:30.

Billy Bennet Celebrates 91st Birthday ***A Little History***

The Bennets moved to Musquodoboit Harbour shortly after Ted and Annie Bennet bought a 68-acre property at a probate auction on September 3, 1936 for \$830. They moved their family that included their children Mildred and Billy to their new home. Billy has lived in that same house since then.

Billy grew up involved in the community going to the elementary school, playing baseball on the local fields, making friends and becoming known for his aptitude for fixing things. He met the love of his life, Marilyn, when she was only 16 years old. He tells the story that Marilyn was sitting on a guardrail on the East Chezzetcook Road with her cousin Joan, as he was driving by and he stopped to chat. He asked her to the local dance and she would only agree to go with him if Joan could go too. All went well at the dance and three years later they married on September 23, 1961.

They started their family, Richard, Margaret and Dale, who were also raised in the same house, while he started his own excavation business. Bill and Marilyn were both very community orientated. When the new Fire Hall was close at hand (and later expanded) both Bill and Marilyn were at the helm. Bill was one of the first volunteer firemen and Marilyn was a founding member of the Fireman Ladies Auxiliary; both were involved in raising monies to support the firemen for equipment, especially upgrading the Fire Trucks. Those (full plated) roast beef suppers were held upstairs in the new fire station and where greatly attended.

As the years went on and their children grew, a need for an indoor ice rink came about. Bill was one of a small group of local people who signed a \$1000 promissory note for the construction to start. Years later, they donated a parcel of land to HRM for the "big" baseball field, which was named Dale Bennet Memorial Park Ballfield in remembrance of their youngest son Dale.

Billy's family now includes four grandchildren and four great grandchildren.

See photo page 11.



Dart Winners



2025 Men's Maritime Legion Championships. From Branch #161 are Colin Day, Nick Myers, Tim Henneberry and Robert Knox. Team NS 11-NB 9, Doubles NS 46-NB 29, Singles NS 171-NB 129. Total NS 228-NB 167. Westville Legion April 19th 2025.



Zones Ladies Four Winners: Brittany Myers, Tracey Hart, Honey Webber and Pam Moore took First Place. They will proceed to the Provincials at Windsor Branch in May.

The Variety Show

64 Dolby Hill Road, Head of Jeddore
 May 24th 7 - 9pm

Performers

Eastern Ridge
 Gerry and the Staple Clan Band
 Robert Arnold and Bob McFarlane

Bake Auction and 50/50
 Proceeds are for St. James' Hall
 Contact Person: ronanddarlene@eastlink.ca

Admission: \$7.00

Dave Shuman: Comfort Birds and Master Carver

By Deirdre Dwyer

If you have been to Uprooted Cafe in Musquodoboit Harbour, you've probably seen the carved birds near the cash register by the woodcarver and mentor David Shuman. And you may have gotten to talk to Dave, who often lunches at his granddaughter's café and does a little public carving next to the display of his work.

One afternoon in April, I visited with Dave and his wife Edyth, who gave me a tour of his basement woodshop. "I started woodcarving when Don Withers offered a course in 1985 or '86," David said. "I stuck with it because I like doing it."

The benches and shelves are crowded with carvings, paints, patterns, wood disks, chisels, burning tools, and works in progress, both his and his students'. Hanging from the shelves are wads of paper patterns of birds and other items to carve. In the next room are his band saw, several walking sticks, more equipment, and wood. Dave was working on a cardinal, soldering on its metal feet. "It took me about two days to make," he said. He showed me how he burns the pattern of feathers onto the body of a bird.

Dave and Edyth estimate that he has had at least 300 students over the years, ranging in age from 9 to 70, with new students joining him still. The school bus stopped daily at the bottom of his driveway to drop off students after school. "The adult students come in the morning," Dave said. "And I've taught woodworking at Oyster Pond Academy and Eastern Shore District High."

On the wall, he points to a picture of many terns he carved as decoys to get the real birds nesting again. "I made these terns for the Department of Environment for a location on the South Shore," Dave said, "and I've done similar carvings for other areas and organizations." Dave likes carving little birds, but he's done bigger project. "I like the smaller ones," he said. "I like chickadees. But I've carved a swordfish too, about four feet long." Taking a block of wood in his hand, he showed me how he makes the body of a bird, and then add the bird's head from another piece. He's also made musical instruments. Upstairs, he showed me a violin. "Dr. John Fraser and I each made one in the winter of 2004," he said.



Dave and Edyth have some special associations with the Christmas holidays. In 1990 Edyth, Dave, Norma and Adrian Blanchette founded the Old-Fashioned Seaside Christmas with twelve vendors who received over 700 visitors to their shops and studios. Seaside Christmas has continued as a great festive event with many more vendors and visitors.

Each year for Christmas, Dave and his students carve and raffle off a Nativity scene, with proceeds going to a local charity. He has carved 70

Dave and Edyth have done decades of community work through the United Church, Harbour Lites, and other organizations. Dave was deeply involved in area hockey, helping to build the rink in the early 1970s, when hockey players had to go all the way to Lantz to practice. He and Tom McInnis started an Old Timers' Men's Hockey league, and Dave was the referee-in-chief for Eastern Shore Minor Hockey for many years.

different kinds of Santas, but my favourite of Dave's creations are his comfort birds, which nest in a basket at Uprooted Cafe. He got the idea from one of his carving magazines. The smooth small birds fit comfortably into the palm of your hand. Proceeds from their sale go to Eastern Shore Mental Health and the Musquodoboit Harbour Food Bank.

Well-Being HUB Mental Wellness Workshops

Anxiety Disorders and How to Help

Monday, May 12, 1-2:30pm
The Old School Community Gathering Place,
Musquodoboit Harbour

Do you have questions about anxiety disorders and are not sure where to go for answers? Are you looking for strategies to help manage your or a loved one's anxiety?

Join Kirstey Ebanks from Embrace Head & Heart for an engaging discussion on anxiety disorders with tools and insights on how to help navigate these complex topics. This workshop will focus on creating awareness around the top three anxiety disorders affecting Canadians today, practical coping strategies, and where to get help.



Reducing Your Stress and Building Your Resilience

Tuesday, May 13, 6:30pm-8:30pm
Sheet Harbour, contact us for location
Wednesday, May 21, 6:30pm-8:30pm
Musquodoboit Valley Family Resource Centre,
Middle Musquodoboit
Tuesday, May 27, 6:30pm-8:30pm
Virtual Online, register for link

Join Rhonda Frank from Mental Health and Wellness Nova Scotia (MHWNS) in this supportive and interactive workshop. Learn skills and techniques to help acknowledge the stress in your life and build your resilience in challenging times.



Free workshops, refreshments provided. Registration required.
Please contact 782-409-9007, 1-833-393-2298 ext. 1
or admin@wellbeinghub.ca to register and for more information.

Artist Minaz Jantz Talk

Eastern Shore Artists and Friends are holding their next event with artist Minaz Jantz on Wednesday, May 7, from 1:00 - 2:00 pm at the Musquodoboit Harbour Library.



Minaz Jantz, a resident of Seaforth, committed to her life as an artist in the 1990s after living around the globe. She studied life drawing, painting, and pastel with Vancouver Art Academy and for 25 years, soft pastel has been her favourite medium. She recently ventured into video art.

Last Supper Reenactment



The Good Friday Service at Marine Drive Pentecostal Church in Head Jeddore was based on the Last Supper. Each Apostle spoke of his thoughts as he knew one of them was to betray Jesus. It was a thought-provoking, interesting and enjoyable reenactment – with a bit of modern-day language creeping in at times.

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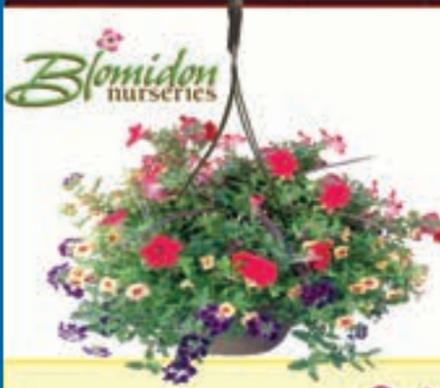
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