

# EASTERN SHORE COOPERATOR

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CALL US AT 902-889-2331



Britton Proulx, owner of Mushaboom Mushrooms, with some of his colourful pink oyster mushrooms. (See story pg 6.)



Board members (l to r) Yvonne Kilfoil, Peggy Gates, and Jane Tan-Yan are raising funds to expand the innovative Marine Communities Food Bank in Gaetzbrook. (See story pg 15.)

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**NOVEMBER 11<sup>th</sup>, 2025**

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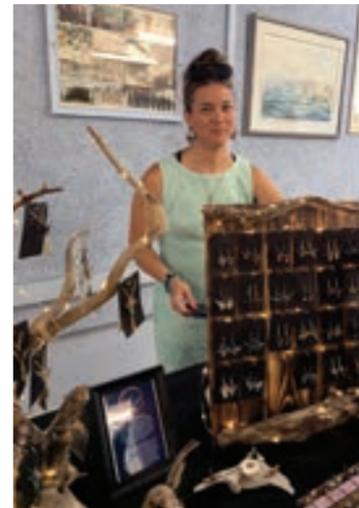
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**We welcome new clients!**

**Art, Culture and Cranes**

By Mary Elizabeth O'Toole

When artist Aja (pronounced Asia) Shipperley and her husband, both musicians, moved from Toronto to Malay Falls two years ago, they hoped for a slower pace, space for their children to grow close to nature, and creative opportunities. They found all of that – and more – in the creative circles of their new coastal community.



chances to be active in music in the community. And I joined an art group at the library where people bring projects and chat while they work. There's gentle critique, but mostly encouragement. That support gave me confidence to start painting."

She joined Artists of the Eastern Shore, where she recently began a term as president. The group, she says, nurtures artists at every stage, and wants to encourage more youth

"We immediately felt so accepted," Shipperley says. "We have both had

...continued on page 5

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 **Lake Echo and Area Lions**

We hope that you have a safe and happy Halloween. Although we have been absent from the Eastern Shore Cooperator for the past few months, we have still been busy in the community.

On July 1, we held our annual **Canada Day BBQ** in the Lake Echo Community Centre parking lot. It was hot and sunny, and the turnout from the community was great, with more than 125 hot dogs consumed. We celebrated Canada with our anthem and even had an impromptu ice bucket challenge at the end!

We made **donations** to Ronald MacDonald House, Kids Help Phone, Camp Tidnish and the Terry Fox Foundation.

Also in July, we proudly donated **\$500** to the **Porters Lake Schooners baseball team** to acquire new catcher equipment: a padded chest protector, knee and shin pads, and a helmet.

We had a **celebration dinner** at Pilots Pub in Dartmouth, where we honoured outgoing President Steve Munroe and presented Lions David Hendsbee and Ron Girard with the coveted Melvin Jones Fellowship award. Our new Lion's President is Glenn Babcock and our new Lioness President is Jessie Davies.

We awarded **five \$1,000 scholarships** to local post secondary students: Eryn Marsh, Haley Wach, Braxton Atuanya, Chase Martell, and Brooke Mariner. More details and pictures can be found on our Facebook page.

As Christmas approaches, we are preparing for our annual tree lighting and fireworks. Join us at the Lake Echo Community Centre on the evening of **December 5** for some carols, treats and a fabulous light show. Remember to dress warmly!

We **welcomed one new member** to the Lake Echo and Area Lions as Peter Reid has moved over from Eastern Passage/Cow Bay. Peter is, of course, an experienced Lion but we also gladly accept new members at any time. We recently posed a question in the Ask Nova Scotia group on Facebook to find out what reasons people may have for **NOT** joining a Lions Club. We will use the information received in this space and on our Facebook page to more clearly state the vision and goals of Lions Clubs International and to clear up some of the misconceptions about Lionism. For example, Lions Clubs are not only for veterans, men or older people. Although veterans are welcome, we have no military association. We also welcome both men and women of all ages, including youth.

If you, your friends or family members are interested in joining the Lions or just learning more about us, please visit our Facebook page or contact Lion Sharon Dykman at (902) 430-4445 or [sharon.dykman@gmail.com](mailto:sharon.dykman@gmail.com)

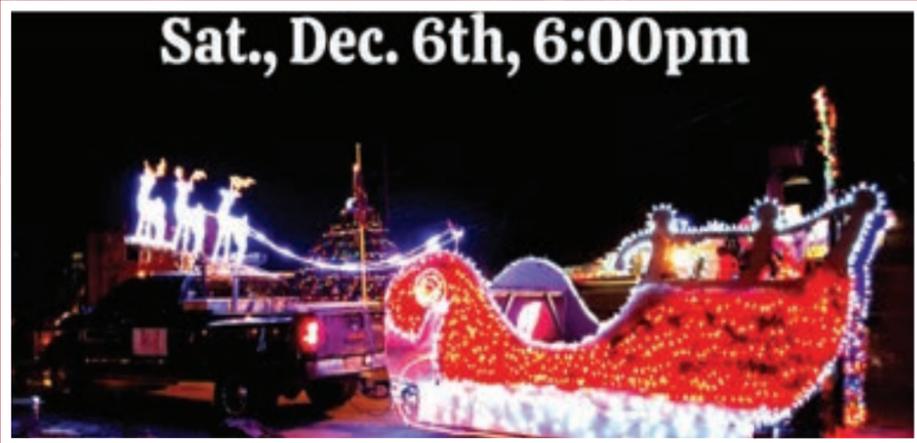
**WE WILL REMEMBER**



# 12TH ANNUAL MUSQUODOBOIT HARBOUR

# Parade of Lights

## Sat., Dec. 6th, 6:00pm



❄️ **NOTE: Highway will be CLOSED PROMPTLY at 6PM between West Petpeswick and Park Road** ❄️

Enter Your Float at:



Follow on Facebook at: "Musquodoboit Harbour Parade of Lights"  
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## Lobster Trap Tree Lighting 5:45 pm

- ❄️ Lion's Club offering hot chili and chowder near museum.
- ❄️ Library open for warming station and washrooms
- ❄️ ESMH invites you to Bingo Hall afterwards for hot chocolate and treats.

Free photos with Santa and Mrs. Claus **INSIDE** the Lobster Trap Tree!  
Dec. 14th, 3-6pm. ❄️ Dec. 19th, 6-8pm  
NEW: Dec. 21st 2-5pm Pre-book a custom 10 min Santa visit for anyone needing special requests and no lines. (Booking details later.)

Dec. 21st, 6-8pm  
Open Tree - no Santa.



# ask Amy

ALL THINGS REAL ESTATE

### Winter Real Estate Wisdom: Why Waiting Pays Off

As the days grow shorter and the snow begins to fall, many homeowners start to wonder if they should list their property before year-end. While it can be tempting to get your home on the market before the holidays, late November and December are typically slower months for real estate. Between travel, family gatherings, and holiday spending, buyers' attention tends to shift elsewhere.

If you can, hold off until late January or ideally, February. By then, the holiday rush has passed, serious buyers are back on the hunt, and your home can shine without competing against seasonal distractions. You'll also benefit from a fresh wave of buyers preparing for spring closings —often the most active time of the year.

While you wait, winter is the perfect time to prepare your home for the market and stay on top of maintenance. Be sure to:

- Check your heating system and replace filters regularly.
- Clear gutters and downspouts to prevent ice buildup.
- Seal drafts around windows and doors to save on energy bills.

A little planning now can make a big difference when it's time to sell. When the snow starts to melt, you—and your home—will be ready for a strong start to the new year's market. 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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## Eastern Shore Cooperator

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## Eastern Shore Cooperator Pricing 2025

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## Tourism Roundtables

By Richard Bell

The Eastern HRM Tourism Readiness Pilot will be holding a series of six roundtables in November to gather community input on the vision of tourism for Eastern HRM. The pilot program aims to unlock the area's tourism potential while supporting local economic development and job creation. Despite the region's natural beauty and cultural richness, the Eastern region currently only attracts approximately 2% of tourist traffic to HRM due to limited tourism experiences and infrastructure.

This community-led initiative is supported by a steering committee comprised of representatives from Discover Halifax, Tourism Nova Scotia, Halifax Partnership, Labour, Skills, and Immigration (LSI), and CBDC Bluewater.

The *Cooperator* sat down with Natalie Joseph, Program Coordinator, Eastern HRM Tourism Readiness Pilot with Halifax Partnership to chat about the role.

Originally from Dartmouth, Joseph spent many years in Toronto building a successful career in the QSR industry. From developing local store marketing plans for McDonalds restaurants, to leading national & regional brand strategy for Burger King and most recently served as the Sr. Int'l Field Marketing for Baskin Robbins.

After more than 20 years in the fast-paced corporate world, Joseph felt the call to come home. In 2021, she returned to the East Coast - trading Toronto's gridlock for coastal views and community connection.

"Our goal of the Eastern HRM Tourism Pilot," Joseph said, "is really to bring members of communities together and encourage open dialogue so we can potentially uncover opportunities that can help drive tourism. By coming together as a collective, we may recognize possibilities we hadn't seen before or fully realized the potential of. We want to hear directly from grassroots businesses and community members to understand what tourism could and should look like for this region."

...continued on page 17



## Public Meeting

**Who For?**

Anyone interested in Developing Housing for People Living with Disabilities on Eastern Shore

**When?**

Thursday, November 20<sup>th</sup> 6pm to 8pm

**Where?**

MusGo Rider, 325 Porters Lake Station Rd

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So we can make sure we have enough space!  
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**EASTERN SHORE COOPERATOR  
DECEMBER DEADLINE  
NOVEMBER 12**

### ... Art, Culture and Cranes Continued

participation. "We already offer a youth bursary," she explains, "but I'd love to expand the program – have students show their work, share why they're applying, and maybe match them with mentors."

Shipperley's art roots run deep. Her mother is an expressive painter whose work often reflects emotion; her father, a musician who had a recording studio, encouraged her through competitions like Canadian Idol. All of her grandparents pursued creative paths late in life – her paternal grandmother published a family history at age 83. "Everyone in my family is artistic, but most of us were late bloomers," she said with a laugh.

The family tradition of creativity continues. Her daughter, just eight, sometimes joins her at market tables, selling cards printed from her own drawings. "She didn't want to sell her paintings," Shipperley says, "but she wanted to make cards like her mom. My son, 10, has a different creative approach. He loves robots and wants to be a mechanical engineer."

Shipperley's acrylic paintings feature bright, whimsical animals which she has used to illustrate and write a book, *Whisper of Birches, Luna's Watch*. She is working on a second book featuring sea animals and is exploring seascapes and rainy scenes, pushing her skills while maintaining her signature warmth. She imagines another book – this one celebrating the women who shaped her life. "It's about the women who made me who I am," she says. "My mother, my grandmothers, the friends and artists who've encouraged me. I already see the pictures in my head."

Her art also includes paper crane jewelry, which has become a cornerstone of her displays. Cranes – symbols of health, longevity, and hope in Japanese culture – connect Shipperley to her heritage. "I am half

Japanese, and my grandmother taught me how to fold them," she says. "The tradition of folding a thousand cranes, *senbazuru*, is about making a great wish. I started making them and kept going. For me, it keeps me connected to my grandparents and my Japanese roots."

She has folded well over two thousand cranes, including a thousand for her own wedding. "We hung them from the ceiling," she recalls. "The centrepieces were large paper cranes, each with a glass bowl placed in the centre to hold a floating candle."

The cranes now appear as earrings, necklaces, ornaments, and even hanging dreamcatcher-like pieces. Shipperley is experimenting with mobiles and continues to try new items. "I've made tiny cranes as small as a centimetre and would love to experiment with much bigger ones," she says.

Turning those paper cranes into wearable art took some experimentation. Describing her process, Shipperley explained, "I tend to think everything through and know how I want to approach it before beginning the work. For earrings, I played with medium and methods until I found an application that made them more durable without compromising the delicate construction."

At markets, Shipperley's booth is alive with colour, cranes, and cheerful energy. "I love when people come around the corner and suddenly see it," she enthuses, "Their faces brighten and they smile. That's what I want my art to do."

Learn more on FB or IG @ ShipperleyVisionStudios. Upcoming markets include Seaside Christmas (Petpeswick Yacht Club – Nov 14-16) and Christmas on Main (Sheet Harbour – Nov 30).



Construction continues on the east and west side foundations for the new bridge on Highway 7 in Musquodoboit Harbour. The bridge will open in 2026.

### Repurposing ESDH: Take the Survey

The Infrastructure Committee of the Musquodoboit Harbour and Area Chamber of Commerce and Civic Affairs recently held 9 community conversations during October. Sixty-seven people participated in person.

The committee heard a lot of great ideas from the community on what the region needs and what the opportunities might be for the repurposing of the ESDHS building and property. Now we'd like to hear from you!

Your feedback and insights, which are crucial for ensuring the needs of our community are heard, will be shared with everyone and all three levels of government in a "What We Learned" report once we have reviewed all the feedback. The survey will be open for completion until November 24, 2025.

Go here to review the background information and then respond to the questions.

<https://musquodoboitharbour.ca/your-mhaccca>



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WE REMEMBER THEM

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## Learning to Love Mushrooms

By Richard Bell

"There's just so many uses for mushrooms!"

Britton Proulx should know. As the founder and owner of Mushaboom Mushrooms, he's been learning the ways of mushrooms since he started growing them in his basement in mid-2022.

"I think the majority of people think of mushrooms just as the button mushrooms that you eat, or like psychedelic mushrooms or poisonous mushrooms," Proulx said. "But so many of them are delicious. You can cook them up and make them taste like chicken or pork chops, or you can cook them and get them crispy. And you could, I swear, you could trick people into thinking it's meat sometimes."

Proulx came to mushrooms after he moved to Nova Scotia. A native of Calgary, he had been working in Toronto in digital marketing and video production when he and his partner (a

Wolfville native) decided to move to Nova Scotia.

"We started looking on the South Shore," Proulx said, "but we came across this great house on the Eastern Shore. We were really impressed when we drove in and all the Simpsons characters were on the side of the road at the bowling alley on Highway 7. We were like, whoa that's cool!"

Proulx's conversion to mushrooms took place after he watched the documentary *Fantastic Fungi*. "I was blown away," Proulx said. "And around the same time I'd been walking our dogs in the woods a lot and just seeing lots of weird random mushrooms around and taking an interest in that. And that just parlayed into the idea of starting a business. The grant I got from CBDC to start the business was really helpful."

Proulx credits reading a book by Paul Stamets, one of the world's leading promoters of the multiple uses of

mycelium. "Paul's book is the one book I learned a lot from," Proulx said. "I learned basically everything else from YouTube videos."

"I've converted my whole basement into a workspace," Proulx said. "I started with one tented grow room, and now I have three. One is nice and warm where they incubate. The other two are a lot cooler and really humid. I pump in the humidity and then I have an air intake and outtake. And all of that has to be balanced in a way that appeals most to the mushrooms. There was a lot of trial and error."

Proulx starts off with a little syringe filled with a mixture of sugar water and mycelium, the underground "roots." The mycelium begin growing in the syringe, which he then injects into a jar of sterilized grains. The mycelium grow and take over the whole jar of grains. "Then I transfer the jar into a bag of sterilized sawdust and soy hulls" Proulx said. "Once the mycelium takes

over the bag, then I just cut it open and mushrooms start growing out right away, in a week or so after I open the bag."

He has special UV lights. "Unlike the button mushrooms that will grow in the dark, the gourmet ones like a natural day and night light cycle," Proulx said. "The light helps them grow bigger and have richer colours."

Proulx started off with 15 different kinds of mushrooms. He now sells black pearl oysters, pink oysters, chestnuts, lion's mane, and blue oyster. He also grows some medicinal mushrooms, like Turkey Tail, which is said to have anti-cancer properties.

"I started giving turkey tail to our dog right after she was given two weeks to live with a big tumor," Proulx said. "I made a powder and mixed it in with her favorite food. She rebounded within a few weeks, and two and a half years later, she's still doing awesome."

## Letter to the Editor: A Plea for Democratic Accountability

[Editor's Note: We have been very concerned about Premier Tim Houston's abrupt decisions to end the province's long-established moratoriums on fracking and uranium mining. This letter below to the Premier touches on our concerns about the Premier's actions on this file.]

Dear Premier Houston,

Is this a democracy, or are you the Minister of Musical Chairs now?

Another stunning move, the cabinet shuffle October 21st, 2025. The provincial release titled "New Cabinet Will Drive Development" laid out a dramatic consolidation of power. As Premier, you have now assumed the role of "Minister of Energy," while retaining your positions as President of the Executive Council and Minister of Trade and Intergovernmental Affairs.

What we are witnessing is a political game of musical chairs. The music plays, the seats are shuffled, and when the music stops playing, the same person ends up taking the seat. You have made yourself Minister of Energy, bypassing the middleman entirely and consolidating power into a single seat.

Ministers who might slow the agenda have been replaced; the portfolios were realigned to match the accelerated resource rush. The government is redesigning the rule book so that oversight, accountability, and independent decision-making all sit in the same chair.

Let me make this crystal clear: I am not criticizing economic opportunity itself. Nova Scotians deserve good jobs, robust infrastructure, and a future in which everyone thrives: the economy, the environment, and the people. Renewables are the future, not reckless extraction.

We must also remember to demand that the "how" be as sound as the "why." When the person tasked with developing our energy future is also the person responsible for governing and approving it, serious questions arise. The public deserves transparent progress, fully independent review, meaningful community and Indigenous involvement, and above all, the logic, not the illusion, of checks and balances. There are too many situations where Nova Scotians are steadily losing their voices while political power tightens its grip. The lines of accountability are blurring, and decisions once made through public consultation are now issued from behind closed doors. What we are watching unfold here isn't democracy in motion, it's the opposite.

The leadership structure has become what I'm dubbing the "three T's"...Tim, Tim, and Tim. One man, one party, one vision, consolidated at the expense of every dissenting voice. When government begins to speak with only one voice, it no longer represents the people; it represents itself. Profit before people. Money before life.

Our province's environment is not a sandbox. Our aquifers are vulnerable. Nearly half of Nova Scotian's rely on private wells, systems which are outside of large-scale monitoring frameworks. Geological

studies show that in certain plutonic and bedrock aquifers in Nova Scotia, uranium levels already approach or exceed Health Canada's guideline limits, even before any new industrial development. Do we really need to add fuel to the fire? Hint, hint... This year's drought should serve as the biggest reminder as to why we need to protect our environment at all costs, not destroy it further.

Given all of this, an administration rushing to push resource extraction under a "development first" mentality is profoundly irresponsible and doesn't just put the environment at risk, but also hundreds of thousands of people within the province, if not everyone, at risk.

The information is out there. The risks are documented. When oversight is cut, public trust fails.

Nova Scotia was not built on shortcuts, on expedited approvals, or on silenced dissent. This province was built on resilience, and institutions working with citizens, not around them. We must insist that meaningful and lasting development be rooted in accountability and public consultation, not just accelerated policies and projects while cutting the "red tape" to expedite profits.

Nova Scotia's land, water, and future should never become collateral damage. That is not the next headline we will be reading.

– Colby Sawler, East Dalhousie, Citizens Against Uranium Exploration and Mining in Nova Scotia

## Birds and Porcupines on the Move

By Eric Cole

Driving along any of our rural roads in September, you might have seen more flashes of white than usual in the partial form of birds erupting from the ditches as you passed. Northern flickers and Dark-eyed juncos take to the roadsides in September for some reason, a real sign of Fall for me, but one I'd be hard pressed to explain.

Flickers nest in tree cavities like other woodpeckers but they feed on the ground, and mainly on ants. I'd be on shaky ground to assert there's a sudden proliferation of ants on roadsides and verges in September that draws flickers, but something does. Perhaps it's also the seeds or berries of what we might call weeds, which probably is what draws the juncos too. And although both species are on the move as another breeding season is done, I'd be on even shakier ground to propose that they choose our roadways, efficient as they are, as their preferred migratory pathways.

I'll stick to how the crow flies for avian itineraries. While these birds tend to veer up and away from the road as you pass, other September roadside regulars are not so cautious, and this can be detrimental to them. Ruffed grouse, which some call partridge, and Spruce grouse, are both fairly common here and are often seen at the side of the road on the edge of the bush. Heavy set birds, they prefer to ramble around on foot and when they do fly, it always looks like a reluctant decision followed by a cumbersome flutter into the bush. Cryptically camouflaged to blend into their surroundings, they more often opt to freeze in place until the last moment rather than fly away at the sight of danger. Many are killed on our roads thanks to this hard-wired strategy.

North American porcupines come out to graze at sunset as the summer wanes. On September nights we saw a mother with her toddler, and by October, only the kid was coming out for the evening graze in our yard. September is their breeding season, so mum has gone off to find dad so to speak. The youngster is the cutest

thing, a roly-poly waddler of extreme nonchalance whose eyesight's not half as sharp as his quills as he turns his coat towards me when he finally sees me approach. Secure in his quills, hopefully he can enjoy his slow and deliberate foraging lifestyle unmolested.

But just like the grouse, except deploying quills instead of camouflage, porcupines are helplessly prone to getting run over on our roads. Most road-kills occur at night. In the Fall when they are dispersing, porcupines are one of the most common casualties. There's nothing you can do if a deer jumps out of the ditch in front of you, but I always drive slower at night so that I might be able to react if I see an animal like a porcupine crossing the road up ahead.

On a lighter note, have you noticed all the blue jays gathering? They are certainly restless but surprisingly little is known about their migratory habits. Some go south, some stick around. Some days hundreds of them can be seen streaming over the tree line in single file. A gang of them with their unruly kids in tow have been descending on us daily, shattering the peace and filling their faces from our feeders. I thought I knew every sound of their impressive vocal repertoire until a Sharp-shinned hawk went after one the other day. Just as it was being snatched at, the jay let out a grating screech the like of which I've never heard before. It may well have shocked the hawk as much as it shocked me, and saved its life.

## People Rally for Families of Crash Victims

By Richard Bell

Friends and neighbors of the two victims of the head-on crash on Highway 107 on October 17 have mounted Go Fund Me campaigns to provide support for the grieving families.

According to the RCMP, on October 17 shortly after 7 a.m., an eastbound Mazda 3 collided with an eastbound Hyundai Kona, before the Mazda 3 then collided head-on with a westbound Mazda 3, resulting in the deaths of both drivers at the scene. The driver of the eastbound Mazda 3 was Katherine Anne McNeil, a 31-year-old mother of three from Gaetz Brook. The driver of the westbound Mazda 3 was Sean Wainwright, a 48-year-old husband and father of two from Porters Lake.

Hollie Quick has established a Go-Fund-Me page to raise money for Sean Wainwright's wife and two children. The page is at: [https://www.gofundme.com/f/support-for-the-wainwright-family-of-](https://www.gofundme.com/f/support-for-the-wainwright-family-of-porters-lake)

porters-lake

Tiffany Leopold has put up a Go-Fund-Me page to raise funds for the funeral and ongoing care of McNeil's three children. The page is at: <https://www.gofundme.com/f/katherine-anne-mcneil>

The RCMP is investigating the crash. They have asked for "Anyone with information or dashcam video of the collision is asked to contact the RCMP Halifax Regional Detachment at 902-490-5020. To remain anonymous, call Nova Scotia Crime Stoppers, toll-free at 1-800-222-TIPS (8477), submit a secure web tip at [www.crimestoppers.ns.ca](http://www.crimestoppers.ns.ca) or use the P3 Tips app."

[Editor's Note: All of us at the *Cooperator* offer our deepest sympathies to the families of Katherine Anne McNeil and Sean Wainwright.]

## Harbour Lites Seniors Club

"What's Going On" in November?

**Sunday November 2**

Cribbage 1:30pm

**Wednesday, November 5**

Executive Meeting at 1pm

**Thursday, November 6, 13, 20, 27**

Music Jam from 2-4pm

**Sunday November 9**

Kitchen Party/Open Mic at 2pm

**Wednesday November 12**

General Meeting - Pot Luck Lunch at 12pm

Meeting at 1:00pm

**Seaside Christmas**

**Fri. Nov 14-10am-4pm. Sat. Nov 15-9am-4pm**

**Sunday, November 16-10am-3pm**



**Tuesday November 18**

Bingo at 2pm

**Wednesday November 19**

Story Time 1:30-3:30pm

Guest Speakers

Cookies, Coffee or Tea Break

Price: \$5

**Tuesday November 25**

Dinner at 12:30pm

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We would like to thank the performers and everyone who came to our **Variety Show** on October 4. We had a great time!

Your support is greatly appreciated.

# MLA MEMO

Hi everyone and thanks for taking a moment to read my updates. It's been a busy fall thus far, but isn't it the best season of the year? I hope you all get the chance to enjoy some of the beautiful scenery the Eastern Shore has to offer before we're dealing with heavy, wet snow again!

One of the highlights of the last couple months was in early September when I welcomed 12 of my MLA colleagues for a tour of the Shore. Half of them began their day in Porters Lake and traveled east and made 5 stops along the way, and the other 6 spent the whole day in Sheet Harbour and made a number of stops including lunch at the hospital and a very memorable tour of the Port. Pictured below are Hon. Brad Johns, Hon. Scott Armstrong, Ann Birks, me, MLA Nick Hilton, MLA Julie Vanexan & Hon. Leah Martin.



Other news to share is that the Legislature returned for the Fall Sitting on the 23rd of September. It was a very efficient sitting, and we were able to complete our legislative business on October 3rd. Please visit <https://nslegislature.ca/> to learn more.

#### Healthcare news:

Bittersweet news as Dr. Rob Merritt is retiring. He will surely be missed and we wish him all the best! There is a retirement party planned for him on November 2nd from 1:00pm-4:00pm at the St. Therese Community Centre.

#### Public Works News:

Work continues on the Musquodoboit Harbour Bridge replacement, as well as the four paving projects we have on the go.

The work on the 107 between exits 18 and 19 is preparation for 2 new passing lanes that will be added in 2026.

We all know construction like this can cause delays, but the results are always amazing. Thanks for your patience everyone.

#### Future of ESDH:

Work continues on investigating what the next best use of Eastern Shore District High School is. The Infrastructure Committee of the Musquodoboit Harbour and Area Chamber of Commerce & Civic Affairs has hosted several information sessions, and the HRM Regional Council is also contemplating whether or not to be involved. Stay tuned and I'll provide regular updates.

#### Provincial News:

##### Province Takes Further Steps to Unlock Development in HRM

The Province is taking more action to support housing growth in Halifax Regional Municipality (HRM), issuing new orders and moving policies forward. The measures include Municipal Affairs Minister John Lohr designating HRM as an interim planning area. Under this order, new minimum planning requirements for HRM take effect immediately. The designation also enables some policies from HRM's Regional Plan for suburban growth, and the Minister has taken other additional steps to support transit-oriented growth.

##### Legislation to Honour Current, Retired Military Members in Provincial Spaces

Nova Scotia introduced legislation, October 2, that will ensure provincially owned or operated spaces are a welcoming environment for serving and retired members of the Canadian Armed Forces.

The Honouring Canadian Armed Forces Members Act states that current and retired members are entitled to wear their uniform in all places that are owned or operated by the provincial government.

#### Minimum Wage Increases to \$16.50

Starting October 1, Nova Scotia's minimum wage increased to \$16.50 per hour from \$15.70. This is the second increase this year, bringing the total increase for 2025 to \$1.30.

#### Events:

I'm sure there will be a lot of advertising for upcoming holiday events in this edition of the Cooperator, but I want to be sure and highlight one of my favourite annual events: Seaside Christmas! Please visit <https://www.seasidechristmas.ca/> to learn more.



Hon. Greg Morrow, Minister of Agriculture, Marg Harpell, and Hon. MLA Kent Smith, Bill & Stanley Oyster Company.

We would like to take the time in this season to remember all veterans and service personnel, past and present, for the sacrifices they have made and are making for our community/country and the families that support them.

Thank you For Your Service



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# Remembrance Day is November 11, 2025



President Dean Othen at last year's Cenotaph Service.



Cadets show their respect in 2024.



Bruce Carpenter, at Camp Hill, is always ready to volunteer his services for the Veterans.



Rowland Marshall celebrates his 98th Birthday. At TGIF on October 10th, Rowland was presented with a birthday cake and Erma Freeman provided the hug. Cheryl and Paul McCarthy are in background. Happy Birthday Rowland!

**“WE WILL  
REMEMBER THEM”**



**In Flanders Fields**

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*Canadian Physician  
-Lieutenant Colonel John McCrae*

*This poem has played a significant role in commemorating those who lost their lives in battle.*

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November 11, 2025

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www.porterslakepub.ca  
Friends of Porters Lake Pub

**Harbour Lites Seniors Club**  
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NOVEMBER 11

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#### Changes to Nova Scotia Hunting Regulations:

Effective **October 1, 2025**, Nova Scotia has introduced several changes to its hunting regulations aimed at increasing access, supporting youth participation, and preserving safety standards.

- ✔ Deer season gets an extra week
- ✔ Youth aged 12+ can now hunt big game (with supervision)
- ✔ 11 more Sundays open for hunting
- ✔ Safety training still required for all new hunters

These updates make it easier for families and young hunters to connect with nature, tradition, and community—safely and responsibly. As we welcome these updates, let's continue to foster a culture of responsible stewardship, intergenerational learning, and respect for the land.



The **Fall 2025 sitting of the Nova Scotia Legislature** concluded on October 3, 2025. Key legislation focused on streamlining regulations, boosting economic growth, and enhancing public safety.

Legislation passed included:

- Making Business Easier Act
- Municipal Modernization (2025) Act
- Protecting Nova Scotians Act
- Traffic Safety Act
- Justice Administration Amendment (Fall 2025) Act
- Freedom of Information and Protection Act
- Worker's Compensation Act (amended)



As of October 1, 2025, Nova Scotia's minimum wage has officially increased to \$16.50 per hour, up from \$15.70. This marks the largest annual increase in provincial history, reflecting a continued commitment to affordability and economic dignity for workers across the province.

#### Key Highlights:

- New Minimum Wage:** \$16.50/hour
- Total Increase in 2025:** \$1.30/hour
- Workers Impacted:** Over 40,000 Nova Scotians



The **Nova Scotia Heating Assistance Rebate Program** is now accepting applications. If your household qualifies, you could receive a \$400 rebate to help cover heating costs—whether you use oil, electricity, wood, pellets, or natural gas.

Families earning a net, or after-tax, income of up to \$45,000 or single-person households earning a net income up to \$30,000 are eligible to apply for a HARP rebate, whether they rent or own.

Apply between Oct. 1, 2025 & Mar. 31, 2026. To apply online visit: [novascotia.ca/heatinghelp](http://novascotia.ca/heatinghelp)

Application forms are also available at Access Nova Scotia Service Centres and MLA offices.



#### Remembrance Day – November 11th

As we gather in solemn reflection this Remembrance Day, we honour the veterans, peacekeepers, and fallen heroes whose service shaped our nation.

Their sacrifice echoes through generations, reminding us of the cost of freedom and the power of collective resolve.

Let this day renew our commitment to justice, equity, and peace—values they fought to uphold.



*November 13th is World Kindness Day. Established in 1998 this day encourages people to perform intentional acts of kindness—whether small gestures or large charitable efforts—to foster a more compassionate world.*



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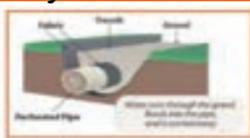
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### Chezzetcook and District Lions Club

89 East Chezzetcook Rd., Head Chezzetcook  
902-827-5871  
Facebook: Chezzetcook & District Lions Club

Regular bingo continues every Monday night. Bingo starts at 7 pm, doors open @ 5:30pm.

The 7th Annual Chezzetcook and District Lions Toy Bingo will take place on Sunday November 2nd. Lion Doors open at 12 pm. Bingo starts at 2 pm. Wayne's team of volunteers would like to thank all who participated by way of donations and support.

Seaside Christmas Craft Show, Nov.15 & 16 at the Chezzetcook and District Lions Club, for more information contact Dora Crawford at 902 827 3552, or email doracrawford@hotmail.com

Join us on November 29, 11 - 2 pm for lunch with Santa. Come and enjoy a hot dog with Santa along with games, crafts, a story and sing along with Mrs. Clause. 

If you are interested in serving your community do not hesitate to visit our club. Meetings take place on the 1st and 3rd Tuesday of every month starting at 7 pm.

The team of Lions would like to thank all those who participated in Chezzetcook Days and helped to make it a success. Without all of you, we would not be able to do the good work we do. "We Serve".

For hall rentals call 902.221.7983

Always here to serve the Chezzetcook and District Area. 

**WE REMEMBER**



## A seat at the table

Volunteer to serve on a board, committee or commission.

.....

For a complete list of opportunities and to apply, visit: [halifax.ca/serve](http://halifax.ca/serve).

**Application period:**  
Nov. 5-26, 2025

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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.  
 Unit 103, 61 Stella Drive  
 Porters Lake, NS B3E 0G4





# EASTERN HRM RURAL TOURISM ROUNDTABLES

**Attend a community roundtable to share your ideas and explore opportunities for collaborative tourism and growth in Eastern HRM.**

**Details:**

- Nov 10 - Head of Jeddore
- Nov 10 - Porters Lake
- Nov 18 - Musquodoboit Valley
- Nov 18 - Sheet Harbour
- Nov 19 - Sheet Harbour
- Nov 20 - Musquodoboit Harbour

Register for your local roundtable:






**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**

Thanksgiving dinner was once again a tremendous success. Heartfelt thanks to our partners, the Eastern Shore Food Bank and to all those who worked to make this community event a success. It is an incredible joy to celebrate Thanksgiving with our community family.

As the splendor of the autumn colors fades we turn our attention individually and collectively to preparations for the Christmas season. Once again, this year we have a couple of Christmas related projects.

**Seaside Christmas** – Saturday November 15<sup>th</sup> 9AM to 4PM and Sunday November 16<sup>th</sup> 10AM to 3PM – local crafters and a **Lions Club Bake Sale**.

**Christmas Tree Lot** – Opening Saturday November 29<sup>th</sup> in our usual location at the Railway Museum. **Hours:** Saturday 9AM to 5PM - Sunday 11AM to 5PM - Monday through Friday 2PM to 5PM.

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

**Monthly Breakfast** – October 25<sup>th</sup> and November 29<sup>th</sup> – 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.




Interested in becoming a Lion call us 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](http://e-clubhouse.org).



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# HALIFAX

## DISTRICT 2 COUNCILLOR'S COMMUNIQUE NOVEMBER 2025 – ISSUE # 336 – LEST WE FORGET



### VETERANS' WEEK OBSERVATIONS

Each year, from November 5<sup>th</sup> - 11<sup>th</sup>, hundreds of commemorative ceremonies and events will take place across our country to commemorate Veterans' Week. These will be opportunities for all Canadians to recognize the contribution our Veterans and Military personnel have made and to honour those who made the ultimate sacrifice on behalf of Canada. Please remember them at the 11<sup>th</sup> hour, on the 11<sup>th</sup> day, of the 11<sup>th</sup> month in your own special way. Be sure to buy a Poppy and take a timeout to observe a two-minute moment of silence. For more information and stories: [www.veterans.gc.ca](http://www.veterans.gc.ca) We Shall Remember Them! Lest We Forget!

### 2025 HRM VOLUNTEER CONFERENCE

The annual Volunteer Conference is an opportunity for volunteers to connect, celebrate and learn relevant skills to build stronger volunteer capacity throughout the municipality. Delegates representing a variety of organizations and causes will participate in training workshops, networking activities, a keynote speech and a seated meal. For more details on Conference Workshop agenda: [www.halifax.ca/about-halifax/volunteering/volunteer-conference](http://www.halifax.ca/about-halifax/volunteering/volunteer-conference)

**Date: Friday, November 21 – 8 am-4:30 pm**  
**Venue: The Delta Hotels by Marriot – Burnside Dartmouth, 240 Brownlow Ave.**

**Register: <https://halifaxregionalmunicipality.perfectmind.com/SocialSite/MemberRegistration/MemberSignIn>** – Use course code **35814**, or call the registration line at 902.490.6666. For group registration or if you are having trouble registering contact Darren Hirtle at [Darren.Hirtle@halifax.ca](mailto:Darren.Hirtle@halifax.ca) or 902.476.1184.

**Cost: The conference registration fee is \$60. Registration closes November 16<sup>th</sup>.**

### 2026 VOLUNTEER AWARDS

Each year the Mayor and Regional Council recognize the extraordinary contributions of outstanding individuals and groups who volunteer their time and skills to provide services and programs in our communities. This annual event puts a spotlight on amazing people who give of their time in our municipality.

There are three categories in which to nominate deserving volunteers: Youth, Adult, or Group. **Nominations for 2026 are now open until 5 pm on Thursday, January 8, 2026.**

Due to the popularity of these awards, there is now a selection process where all nominations are scored based on their level of involvement and contribution to the community. The Awards are allotted in each of the municipality's 16 electoral districts with six volunteers (at least one youth) being selected from each district, based on the nominee's score. Selected award recipients will receive their award from the Mayor and their respective Councillor during a ceremony and reception during April 2026. If you have any questions, please reach out to [volunteerhelp@halifax.ca](mailto:volunteerhelp@halifax.ca).

### SENIOR SNOW REMOVAL PROGRAM

There is a snow removal program available to seniors (65 years of age or older) and for persons with disabilities throughout all areas of HRM. You must reside in a single dwelling home that you own or rent. Its mandate is to provide a resource to clients for the removal of snow for safe access. The program offers assistance to clear snow from front steps and walkways, ramps and access to fuel tanks and/or firewood. The program does not apply to the clearing of driveways. The program is limited to those households with a combined total income not exceeding \$32,000. The program is NOT available to landlords. To make more enquiries about this program, please call 311 HRM Contact Centre or the YMCA at 902-483-3678. Or go to these web-sites for further details: [www.halifax.ca/transportation/winter-operations/senior-snow-removal](http://www.halifax.ca/transportation/winter-operations/senior-snow-removal) and / or <http://www.ymcafx.ca/snowremoval/> The registration process is "First Come, First Served" due to the demand for this program. All previous year's clients should be called directly to ensure their renewal in the program. Once we meet our maximum capacity, then the program will be closed, and new applicants will be placed on a waitlist. All applicants placed on the waitlist will be contacted if a space opens up for them in the program. It is important to note that only applications with proper documentation will be considered for the program. Completed applications may be faxed to 902-423-8530 or e-mailed to: [ssr@halifax.ymca.ca](mailto:ssr@halifax.ymca.ca) or can be mailed or dropped off in person to: YMCA Senior Snow Removal, Community YMCA, 2269 Gottingen Street Halifax, NS B3K 3B7. You can download forms from the YMCA website listed above.

### HRM CIVIC EVENTS GRANTS

HRM Civic Events administers two different event grant programs: the Marketing Levy

Special Event Reserve (MLSER) Grants and the Regional Special Events Grants. The MLSER Grant program provides financial support for non-profit organizations to host large scale special events in Halifax Regional Municipality that support and promote tourism and business development. Funding for the MLSER Grant program is generated from the hotel tax that applies to overnight sleeping establishments. The program has four funding categories: Distinguished Events, New Events (Emerging), Signature Events and Major Hosting Events.

The Regional Special Events Grants program provides financial support for non-profit organizations that host events which foster positive community development, celebrate heritage, arts and culture, build bridges between diverse populations, enrich quality of life for residents and improves civic pride in the Municipality. To be eligible for funding, events must be open to the general public to attend, held within the geographical boundaries of the HRM and be fourteen days or less in duration. The program has four funding categories: Community Celebrations, Established Community Events, Significant Anniversaries and Cultural Events & Showcases.

The application deadline for these grants is November 30, 2025 for events starting after April 1, 2026 to September 30, 2026. For events after October 1, 2026 there will be a second intake period for applications in May 2026. For more information, contact Program Contact: Shari Dillman, Events Grants Administrator at 902.497.3729 or by email: [dillmas@halifax.ca](mailto:dillmas@halifax.ca)

Or go to: [www.halifax.ca/parks-recreation/events/supporting-your-event/grants](http://www.halifax.ca/parks-recreation/events/supporting-your-event/grants)

### WHERE'S THAT FIRETRUCK GOING?

HRM Fire & Emergency Services ( HRFES ) has a real-time incident reporting system that can advise the general public about their calls for service and where they are responding too. It could be a structure fire, motor vehicle collision, medical assistance, alarms or anything else that requires our first responders to act. To follow them, go to: [www.halifax.ca/safety-security/fire-emergency/hrfe-incident-feed](http://www.halifax.ca/safety-security/fire-emergency/hrfe-incident-feed).



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Councillor – Councillor municipal – Comhairlaiche – Wunaqapeme'j  
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## Innovative Food Bank Seeks Building Funds

By Richard Bell

The Marine Communities Food Bank on Highway 7 behind the West Chezzetcook Fire Station is a modest building. But the organization's leadership has managed to achieve results that have brought the CEO of Food Banks Canada for a first-hand look earlier this year at their innovative work.

The group is running a "Shore Up Our Food Bank" campaign to raise funds to finish a much needed expansion of its storage space. The board invited the *Cooperator* to take a look at the ongoing construction, and to talk about the role that the food bank plays in dealing with the community's food insecurity.

"We've seen a three-fold increase in the number of people coming to the food bank," said board member Peggy Gates. "Nearly 30% of Nova Scotians are facing food insecurity. One in three children in our province live in food insecure households. So just for the month of September, which is again one of our warmer months, we served 67 households with 148 adults and 30 children."

Edie Rossiter started this food bank back in the mid-1990s, and incorporated as a society in 2000. Rossiter ran the food bank for 25 years, passing leadership along to the current three-person board.

Keeping a food bank well-stocked has never been more demanding, but the Marine Bank volunteers have gone above and beyond to help. "One thing we like to brag about is nobody is ever turned away," said board member Yvonne Kilfoil.

They even offer help between the biweekly openings. "We have a cell phone that one of our volunteers always has," board member Jane Tayan said. "Even if they get a call when it's not a distribution day, one of us will make sure they get help."

Community support has been essential to meeting people's needs. "We get

twice-a-month deliveries from Feed Nova Scotia," Gates said. "But over the years, because of the demands on Feed Nova Scotia, we are not getting near enough to feed our clients. If we relied on Feed Nova Scotia alone, there would be very small bags going out the door. But this community is extremely generous. Without their help, these shelves would be bare."

During Covid, they had to bring food out to waiting cars. As Covid wound down, two tech-savvy volunteers developed a program for their iPad to improve this outside delivery set-up. The program has icons for all the different kinds of food and other products (toilet paper, paper towels, etc.) on the shelves.

"This system lets us make it easier for people to make choices," Gates said. "You can tell us how many cans of soup your family wants, say, and we can tell you whether we have the kind of soup you want, or if we're out, whether you want something that is available. It makes keeping inventory much easier. We shared this with the CEO of Food Banks Canada, and we shared at the day of sharing for Feed Nova Scotia for other food banks to see. We're very proud of this."

The board decided they needed to build an addition to deal with the growing problems of maintaining their old building, which could not support the weight of new shelving. They got an HRM grant and two generous individual donations to cover the cost. But the water table was only 32 inches down, requiring more expensive helical piles. "We're running this fund-raising campaign to make sure that the cost of the new building will not in any way impact the food people are getting," Kilfoil said.

[They are accepting e-transfer donations at marinecommunitiesFB@gmail.com. You can drop off cash or cheque donations at the Food Bank, 5531 Truck 7, Chezzetcook, or at Piper & Max in Porters Lake.]

### Story Time in the Harbour

On November 19, the Harbour Lites Seniors Club (167 Meaghers Grant Rd) will debut its monthly *Story Time Event*.

The idea is to have different guest speakers (two or three) tell stories for around 30 minutes each. There must be a lot of stories from the Eastern Shore area that would be entertaining to hear.

The event will run from 1:30-3:30, with a break for cookies, coffee, and tea, and time to ask the storytellers questions.

If you or someone you know has a story to tell, we would like to hear from you. Call Sandra at 902-452-0520.

The price to attend is \$5 to help with Seniors Club projects.

## Well-Being HUB's New Peer Support Network

The Well-Being HUB is creating a Peer Support Program to connect community members across the Eastern Shore and Musquodoboit Valley with trained volunteers who can offer understanding, encouragement, and hope during challenging times.

"Our vision is a supportive community where residents can transition through life with hope and dignity, accessing the right care and services at the right time," explains Sarah Ryan, Outreach and Education Coordinator at the Well-Being HUB. "Peer support is a crucial part of making that vision a reality."

### What is Peer Support?

Peer support is about connection – having someone to talk to who gets it. Someone who won't judge but will listen and walk alongside you.

"We all face difficult times – whether it's feeling isolated, managing stress, dealing with life changes, or just needing someone to talk to," says Julia Brown, Mental Health and Wellness Navigator at the Well-Being HUB. "Peer support creates that safe space where you can share what's on your mind

without fear of judgment."

Some of the most effective support comes from someone who understands what you're going through. Peer supporters are neighbours, friends, and community members offering genuine connection based on shared experience – not professionals offering treatment, but people who understand because they've been there too.

### Building the Foundation

The HUB is currently training community members to become peer supporters and has established a Peer Support Working Group to help shape the program before it launches in the new year. Peer supporters will provide:

- A listening ear without judgment
- Help with identifying resources and next steps
- Encouragement and hope
- Connection to community supports
- Practical strategies

### Getting Involved

The HUB is actively recruiting people who have navigated mental health

...continued on page 17



## NOVA SCOTIA FOREST FESTIVAL

*A special thank you to all our presenters & volunteers.  
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### GOLDEN AXE THROWING TOURNAMENT

#### PARTICIPATING BUSINESSES

**Golden Axe Winner** - Robin from E&F Webber's Lakeside Resort

**2nd Place** - Gwyneth throwing for Walkers Feed & Supplies

**3rd Place** - Devin throwing for Ralph's Downeast Diner

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# Gaetz Brook Legion Branch 161 News Halloween Kitchen Party October 25



### Participants in the Best Costume Contest

First Place Winner was Lisa Rodman, back row to the right with mask; Second Place, Brenda Tapp from Shubenacadie, first row on left (the witch); Third Place, Nancy Koidl, the clown in front. Congratulations to the winners!



Gerry Davidson, Johnny Richards, Brian Staple, Bruce Carpenter and Danny Lafitte entertain at the Kitchen Party. Volunteers are so important to the legion.

## Coming Up

- Remembrance Day – November 11
- Karaoke – November 14, 28
- Trivia – November 7 and 21
- Kitchen Party – November 29, 2-4pm Last Kitchen Party this year.
- Ladies Pool – Sundays 1:30-3:30pm
- TGIF Every Friday at 5:00. See Facebook.

## Dolby Hill Hall Variety Show An evening of great entertainment

On Saturday evening, October 4 at 7pm the Dolby Hill Hall was packed. Everyone was seated and waiting as the first set was about to begin. Mark and Julie Boutilier, Fraser Martin and Darren Richards played mainly Blue Grass music with a bit of country and a memorable banjo picking tune. Great toe-tapping music.

Up next was Christine Deleseleuc and Brian Staple performing gospel and light rock. The "Sound of Silence" was a nice surprise and they did a great job on that one. Christine and Brian are new singing partners and we can expect to see more of them in the future.

The evening ended with Robert Arnold, being Robert Arnold. With short stories, jokes and songs he ended the event. He was the night's emcee and even though he was feeling a bit under the weather, he still had a smile on his face.

We have a lot of talent on the Eastern Shore and we are always entertained when they go on stage.

There was also a bake auction and 50/50 which helped raise money for the hall.



Captain Eric Simpson, a member of the Cadet staff, accepts a donation to the Cadets from President Dean Othen of Eastern Marine Branch #161.



Bruce Carpenter (October 24) and Sandra Beazley (October 27) celebrate their birthdays with cake!

## First United Church Supper

On Saturday, October 4th the First United Church held a Ham, Scallop Potato, Bean, and Dessert Supper. It was a busy time for those working, but was worth it. With prices going up everyday these events help the church financially and they appreciate the support of those who attend their functions.

Church services are on Sundays at 10:30 am. Everyone welcome.



At the beginning of the dinner people were getting settled before being served while more people were arriving. The food was delicious and Take Out was very busy!



First up was Fraser Martin, Julie and Mark Boutilier and Darren Richards.



Next was Christine Deleseleuc and Brian Staple.



The Night's Emcee Robert Arnold.

## Community Well Exceeds Expectations

By Richard Bell

With a winter shutdown approaching, the community well at the Dale Bennett Memorial Ballfield in Musquodoboit Harbour has pumped almost 30,000 gallons of potable water since early August.

The community well was a long time in coming. The original idea was to demonstrate the existence of the major aquifer that the Department of Mines had first identified back in 1968. Proponents argued that Musquodoboit Harbour should tap into this aquifer and provide piped water to the village core (without the much larger expense of a sewage treatment plant on the back end).

"The Old School put in an application to Farm Credit Canada for an Agri Spirit Award in 2021, to build an off grid, solar powered well that could provide water for hikers on the nearby trail and emergency water during power outages, or the infrequent drought," said Karen Bradley, who was then Chair of the Board at the Old School Community Gathering Place.

The entire project was done for a total of \$27,000, with lots of volunteer help, including the ESDHS O2 program students who constructed the exterior of the pumphouse.

As the project moved forward, there were unavoidable delays from design

changes and supply chain shortages. Getting approval from HRM for the site was also ... time consuming.

By winter of 2024, all the equipment was at hand. Bradley said, "Kudos to Foster Bishop and Colin Cameron for persistence and care of this project."

It took a while for people in Eastern Shore communities to discover the well. But as the drought began to wear on, the hours of access to the well were extended. From August 6 onward, there has been a steady stream of users from all along the Shore.

"Because of the drought, the demand on the well exceeded our expectations," said Colin Cameron. "To make sure the well can serve everyone, we decided to ask people to limit themselves to 25 gallons per visit. As the days have gotten shorter and the nights colder, we have had to reduce the hours of access to what the batteries can support."

"This project was not designed or constructed to be a year-round, fully winterized, heated facility. We will keep the well operating as long as possible."

In an October 24 CBC Nova Scotia story on the drought, Bradley said, "I think this project is an example of a community taking care of itself based on the assets it has."

### ... Well-Being HUB Cont'd.

challenges and want to give back by supporting others. Training and education will continue throughout the year, supported by ongoing Community of Practice sessions where peer supporters can connect, learn, and share experiences.

Connections can happen by phone, email, or in-person – whatever works best. There's no waiting list, no paperwork, and no cost. Conversations are confidential and focused on what matters to you.

Whether you're experiencing anxiety, isolation, caregiver stress, or simply need someone who understands, our peer supporters will be here to help.

#### How to Get Connected

If you're interested in becoming a trained peer supporter and helping build this program, contact the Well-Being HUB at 902-237-5065 or oec@wellbeinghub.ca.

### ... Tourism Cont'd.

Joseph acknowledged that there have been previous efforts to promote tourism in Eastern HRM.

"I wasn't here then," she explained. "I'm coming to this with fresh eyes and ears - as someone who hasn't been directly involved in past initiatives. I feel that this gives me the opportunity to really listen and understand what people are saying from a fresh perspective."

Joseph notes that her role is to bring those voices forward and share with the steering committee what the community is expressing. The outcome of the November roundtables will shape the next series of community meetings which will happen in Feb/March of 2026.

Use this QR code for dates, times, and registration.



## Old-Fashioned Seaside Christmas

By Edyth Shuman

During the early autumn of 1990, we, as in a couple of small business owners, were wondering what we could do differently from other small communities. The idea was to celebrate the up-and-coming Christmas shopping season.

As a result, the owners of Salmon River Country Inn [The Blanchette's] met at The Wood'N'Duck Carvings [The Shumans] home to build a plan.

The two couples split the list of 10-12 small businesses. The understanding was that all participants would "brainstorm" our ideas. We had a wonderful group ready to start something new!

The plan was that we'd have a three-day shopping weekend. We were careful to stay within a ten-mile radius of Musquodoboit Harbour centre! Shoppers were given an entrance card at their first stop. In order to qualify for the "Winning Gift Card," each business was required to sign the entrance card as people made the rounds.

It's important to mention that each business took on special features, such as clothing, treats, and music. An example of this was Henk Karsten, of Dutch heritage, who celebrated his heritage by offering special candies and cookies as well as dressing like Black Peter, "Holland's Father Christmas."

Over the years as the Wood'N'Duck Carvings [Dave & Edyth Shuman] owners, we had hundreds of visitors who returned year after year as the event became part of many Christmas celebrations.

The following is a list of the small businesses that were part of "the Old-Fashioned Seaside Christmas" those first few years: House Of Glass Crafts [Henk Karsten], Upsa Daisy Flower Shoppe [Marie Doyle], Camelot Inn [Charlie Holgate], Salmon River Country Inn [Blanchettes], Wayward Goose Inn, Willy's Bakery, Harbourview Antiques [Marilyn & Keith Baker], Maggie J's Designs [Marilyn & Margaret Bennett], Large Wood Designs [John Tappan], and Old Times/ Old Friends Antiques [Margaret Hayes]. After 35 years, Margaret is the only member of the original group to open her doors to long time clients and friends, as Seaside Christmas continues to start our Holiday Shopping.

In closing, I'd like to pay tribute to a couple of local ladies who put their hearts and souls to this "Event"! Jean Young, a local fiddler, spent the three days wandering throughout our house full of crafters. Thelma Carmichael, a friend from up the road, was tickled to act as our hostess. She was decked out in her costume of the early 1900's. Both ladies are gone now, but our memories can easily bring them back each year.

A local sign-maker made Father Christmas signs for each business. ATV's "Breakfast Television" welcomed many of the owners during the weeks before.

[The Old-Fashioned Seaside Christmas now known as "SEASIDE CHRISTMAS" will be held Nov. 14-15-16/ 2025. Watch for the special wreathes at participating businesses. See schedule on p. 19.]

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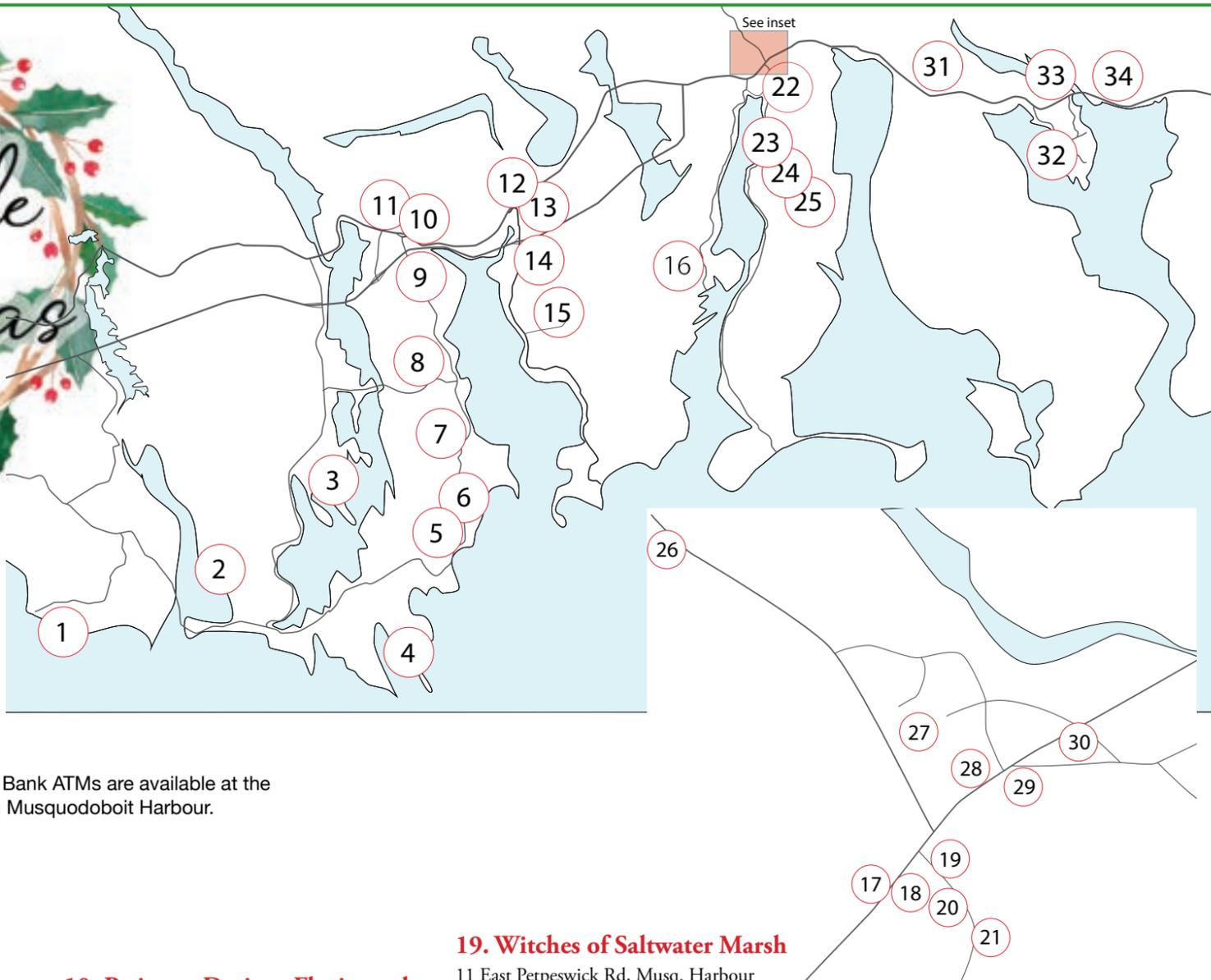
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November 15 to 17

**IMPORTANT NOTES**

Some vendors take cash only. Royal Bank ATMs are available at the Lakeside Mall in Porters Lake, and in Musquodoboit Harbour.

Days and hours vary by location

**1. Ataraxy Farm**

33 Manetail Lane, Lawrencetown  
Fri 10-2, Sat 10-2, Sun 10-2

**2. David Amos Woodworks**

272 Leslie Road, East Lawrencetown  
Fri 10-5, Sat 10-5, Sun 10-5

**3. Kinap Recreation Centre**

181 Greenough Dr., West Porters Lake  
Sat 9-4 and Sun 9-3

**4. Seastar Pottery**

386 Causeway Rd, Seaforth  
Fri 10-6, Sat 10-6, Sun 10-6

**5. Hope for Wildlife**

5909 Highway 207, Seaforth  
Sat 10-4

**6. Seaforth Hall**

6060 Highway 207, Seaforth  
Sat 10-4, Sun 10-4

**7. Ste. Thérèse Grand Desert Community Centre**

17 Conrod Road, Grand Desert  
Sat 10-4, Sun 10-4

**8. L'Acadie de Chezzetcook Museum, Tearoom & Giftshop**

77 Hill Road, West Chezzetcook  
Sat 10-4, Sun 10-4

**9. Donna's Crafty Corner**

7645 Hwy 207, West Chezzetcook  
Fri 9-4, Sat 9-4, Sun 9-4

**10. Petitpaw Designs Florist and Gifts**

61 Stella Dr, Porters Lake  
Fri 10-5, Sat 10-5, Sun 10-4

**11. Eastcoast Window Fashions & Home Decor**

5187 Highway 7, Porters Lake  
Fri 10-5, Sat 10-5, Sun 10-5

**12. SaltSpray Design Art Café**

40 East Chezzetcook Road, Head Chezzetcook  
Fri 10-5, Sat 10-5, Sun 10-4

**13. Seize the Clay**

40 East Chezzetcook Road, Head Chezzetcook  
Fri 10-6, Sat 10-6, Sun 10-5

**14. Dora Crawford**

89 East Chezzetcook Rd, Head Chezzetcook  
Fri 4-8, Sat 9-4

**15. A.H. MacMillan & Family, Antiques & Fine Furniture**

42 Mines Rd, East Chezzetcook  
Fri 10-5, Sat 10-5, Sun 10-5

**16. Lupin Dining & Pantry**

1196 West Petpeswick Road, Musq. Harbour  
Fri 10-8, Sat 10-4, Sun 10-4

**17. Whistle Stop Craft Shop**

7895 Highway 7, Musquodoboit Harbour  
Fri 10-6, Sat 10-5, Sun 10-4

**18. Martinique Desserterie**

7896 Highway 7, Musquodoboit Harbour  
Fri 7-4, Sat 9-4, Sun 9-4

**19. Witches of Saltwater Marsh**

11 East Petpeswick Rd, Musq. Harbour  
Fri 10-3, Sat 10-3, Sun 10-3

**20. Steeple Green Books**

26 East Petpeswick Road, Musq. Harbour  
Fri 10-7, Sat 10-7, Sun 10-7

**21. Musquodoboit Harbour & District Lions Club**

43 East Petpeswick Rd, Musquodoboit Hrbr  
Sat 9-4, Sun 10-3

**22. Follow Your Heart**

152 East Petpeswick Road  
Fri 10-5, Sat 10-5, Sun 10-5

**23. Old Times, Old Friends Antiques, Collectables & Dolls**

414 East Petpeswick Road, Musq. Hrbr  
Fri 10-5, Sat 10-5, Sun 10-5

**24. Petpeswick Yacht Club**

434 East Petpeswick Road, Musq. Hrbr  
Sat 10-5, Sun 10-5

**25. Blacksmith Art by Chalmers McAllister**

467 East Petpeswick Road, Musq. Hrbr  
Fri 10-4, Sat 10-4, Sun 10-4

**26. Harbour Lites Seniors' Club**

167 Meagher's Grant Road, Musq. Hrbr  
Fri 10-4, Sat 10-4, Sun 10-3

**27. Musquodoboit Harbour Farmers' Market**

67 Park Road, Musquodoboit Harbour  
Sat 9-3, Sun 9-3

**28. Harbour Brewing Company**

7955 Highway 7, Musquodoboit Harbour  
Fri 9-6, Sat 9-6, Sun 9-6

**29. Old School Community Gathering Place**

7962 Highway 7, Musquodoboit Harbour  
Fri 9-4, Sat 9-4, Sun 9-4

**30. Uprooted Market & Café**

7992 Highway 7, Musquodoboit Harbour  
Fri 9-5, Sat 9-4, Sun 9-4

**31. Jeddore Variety**

8990 Highway 7, Head of Jeddore  
Fri 9-9, Sat 9-9, Sun 10-6

**32. Salty Hag Studio**

317 Myers Point Road, Head of Jeddore  
Fri 10-6, Sat 10-6, Sun 10-4

**33. Jeddore Lodge & Cabins**

9855 Highway 7, Head of Jeddore  
Fri 9-5, Sat 9-5, Sun 9-5

**34. Harbour Breezes Daylillies**

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Fri 9-5, Sat 9-5, Sun 9-5



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