

EASTERN SHORE COOPERATOR

WWW.EASTERSHORECOOPERATOR.CA

INFO@EASTERSHORECOOPERATOR.CA

CALL US AT 902-889-2331



Eric Cole reports from his recent trip to the Galapagos, where he spotted this aptly named blue footed booby (see page 6)



Registered Nurse Laura Homans Crowell knew she wanted to be a nurse "when I was about four years old." (see page 5)

TIRES | BRAKES | OIL CHANGES | COMPLETE EXHAUST SYSTEMS | CUSTOM BENT PIPES

SPRING HAS SPRUNG... TIRE CHANGEOVER

Walter's
GARAGE & MUFFLER SHOP

8211 HIGHWAY 7
MUSQUODOBOIT HBR

(P) 902.889.9293 | 902.889.7485

happy
EASTER



pd power donahue
accounting services limited

7907 Hwy #7, P.O. Box 99,
Musquodoboit Harbour, NS
B0J 2L0

info@powerdonahue.ca
Phone 902-889-2286
Fax 902-889-2846

Happy Easter

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

We can prepare and efile your:

- Personal Income Tax
- Business Income Tax
- Fishing/Farming Income Tax

Complimentary 2026 Calendars available while supplies last.

April Hours

Open Monday, Tuesday,
Thursday, Friday 9:00am-5:00pm
Wednesday 9:00am-7:30pm
Saturdays 9:00am-1:00pm.

We welcome new clients!

Bluenose

WELL DRILLING LTD.

bluenosewelldrilling.ca

"Our reputation speaks for itself."

- Drilled Wells
- Thaw Frozen Lines
- Clean and Surge –
Drilled and Dug Wells
- Troubleshooting All Well
Problems
- Pump Installs

Happy
Easter



HIRE LOCAL:
Drilling Water Wells on the Eastern Shore since 1974.

CALL US FOR A QUOTE TODAY!
902-829-2474



2371 Lawrencetown Rd., Lawrencetown, HRM
Fax: 902-829-2795
bluenose2371@gmail.com

Full House at the Jamboree

By Richard Bell

The March 14-15 Eastern Shore Timbits Jamboree was another big success. More than 2,000 people showed up, with 683 4-, 5-, and 6-year old's playing 95 games over the two days. The rink is divided in half, so there were four teams on the ice roughly every half hour from 7:00 am on Saturday until the last game on Sunday starting at 7:18 pm.

The Under 7 (U7) Eastern Shore Minor Hockey Association runs the event, with the help of an army of volunteers and corporate sponsors. There was extra help from students in a leadership program at Eastern Shore Consolidated.

We were able to speak with two of the organizers, Angela Banfield and team coordinator Victoria Young, about what goes into pulling this event together.



Angela Banfield (l) and Victoria Young (r)

"We think we have one of the best jamborees in the province because we have the support of every single parent in U7," Young said. "We tell parents at the beginning of the year that we need all hands on deck."

Banfield worked together with Young to manage the complex logistics of the event. "We did things like making sure that parents weren't assigned to some volunteer duty while their children were playing," Banfield said.

"We were at the rink at 6 am, and we'll be going until well after the last game tonight."

One gauge of the popularity of the event is how fast teams from around the province sign up to participate. "Our registration is very quick to go," Young said. "This year it filled up within two hours!"

The kids get lights and fog when they hit the ice. There's a Fun Zone in the community room complete with free face painting, a bouncy castle, and hockey target shooting. There are snow cone, cotton candy, and popcorn machines in one corner, and the canteen is open. The local Tim Horton's sponsor a hospitality room upstairs with complementary coffee, hot chocolate, and treats. The rink canteen is open. All the kids get a free hot dog or a grilled cheese sandwich.

"We're a community-run nonprofit," Young said. "Everything goes back to support the players. Our goal with the Jamboree is to pay for our year-end Christmas party, and to have enough to get ready for next year's Jamboree. We couldn't do it without our volunteers and our community sponsors, truly. Our amazing rink staff here have been on the ball. It's hard work, but we do it for the kids."

Little Dorset Farms Store

email: littledorsetfarms@gmail.com
Phone: 1-902-384-2593

Weekly Specials on

We Grow what we Sell!

Weekly Delivery to Musquodoboit Harbour.

<p>FRESH BEEF</p> <p>PORK</p> <p>FREE RANGE CHICKEN</p>	<p>No Hormones, Medication or GMO Government inspected.</p> <p>10739 HWY 224 Middle Musquodoboit</p>	<p>SAUSAGES</p> <p>MEAT PIES</p> <p>HAMS</p> <p>SMOKED BACON</p>
--	--	--

Spring Home Show Coming!

Jason Dick, Realtor with Royal LePage Atlantic

The highly anticipated Eastern Shore Spring Home Show is just around the corner, set to take place on April 11th from 9 AM to 2 PM at the Eastern Shore Community Centre, located at 67 Park Road. Hosted by Aspire Realty Crew and presented thanks to Treetop Solar, this year's event will showcase an impressive lineup of local vendors committed to providing quality products and services while focusing on the theme of trust.

All of our participating vendors have been thoroughly vetted, ensuring that attendees can engage with businesses that prioritize integrity and reliability. From home improvement specialists to unique artisans, each vendor takes pride in their work and their commitment to building a trustworthy reputation within the community.

The Eastern Shore Home Show aims to connect residents with local businesses while promoting a sense of community and support. Whether you're looking to remodel your home, find unique decor, or simply gather inspiration for your next project, this event is a perfect opportunity to meet local experts in a friendly and welcoming environment.

Don't miss this chance to support local businesses and discover what the Eastern Shore has to offer. Mark your calendars for April 11th and join us at the Eastern Shore Community Centre for a day filled with inspiration, trust, and community spirit!

902-824-0708—Facebook <https://www.facebook.com/jasondickrealtor>

Extending the Gardening Season

Join the Sea Spray Garden Initiative on April 19, 2026, from 1-3 pm at the Porters Lake Community Centre for an afternoon with Dave Wolpin of Wolpin Enterprises. Dave's company supplies a huge portion of the mixed fruit & vegetable farming community in Atlantic Canada and

has consulted on many Not-For-Profit greenhouse projects. We'll talk about site preparation, structure choice and troubleshooting, heating and cooling, pest control, and general return on investment. The Eastern Shore has a notoriously short growing season, making greenhouse growing a potential game changer. See our Facebook page.



**ONE DAY
ESTATE SALE**

SAT. APRIL 11 - 9AM TO 6PM

**344 EAST PETPESWICK ROAD
MUSQUODOBOIT HARBOUR**

**GO TO WWW.STUFFESTATESALEPEOPLE.COM
TO SEE A DESCRIPTION AND PHOTOS**

**CASH (PREFERRED)
OR E-TRANSFER**



Q: What Does the "Spring Market" Really Mean?

A: You hear it every year—but the "spring market" isn't a specific date. It's the time when real estate activity picks up after winter, usually starting after March break and building through the spring.

More Listings: Many sellers wait for spring, so inventory tends to increase.

More Buyers: Buyer activity also rises, driven by better weather, timing around summer moves (before the kids start school), and new listings coming online. Even though we are still in a "seller's market", buyers are acting differently than a few years ago. Buyers today are more analytical, cautious, and willing to walk away if a property isn't priced to represent fair value. Home inspections are back on the table, and buyers are negotiating repairs if serious issues arise (several market cycles ago it was not uncommon to see inspections waived.)

Strategy Comes First: Timing the market to make sure you get maximum visibility on your listing is paramount. A seasoned agent can lay out pros and cons of listing in the spring, versus other times in the year.

Advice for Sellers in a Spring Market: For sellers, preparation matters more than ever - the work done before listing which includes pricing strategy, repairs, staging, and marketing, is a large indicator of success in the current market. Buyers are less rushed and have more negotiating power, but homes that are well priced, staged, and marketed are selling - sometimes even resulting in multiple offers.

The Bottom Line: The "spring market" isn't a fixed rule—it's a seasonal shift in supply and demand. Understanding that timing can help you make more informed decisions, whether you're buying or selling.

Right now we are still in a "seller's market" meaning there's not a lot of inventory available for qualified buyers. If you're considering selling, and curious what your home is worth - don't hesitate to reach out!



CONNECT TODAY!



Contact Me: Amy Thomas | Realto®

902.237.5063

amythomas@royallepage.ca

www.tgrealestate.ca




Eastern Shore Cooperator

Editor: Richard Bell
richardbell@easternshorecooperator.ca

Advertising: Sandra Beazley
sandra@easternshorecooperator.ca
902-452-0520

Graphics: Nick Carroll
11 East Petpeswick Road, Musquodoboit Harbour, NS B0J 2L0

 easternshorecooperator  easternshorecooperator.ca

 @TheCooperator  @escooperator  Office:
902-889-2331
Advertising:
902-452-0520

Obituary Notices

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

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

Price will depend on the size of your notice.

Size samples:

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

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

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

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



Send all info to sandra@easternshorecooperator.ca.

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



AD PRICING & SIZES

Eastern Shore Cooperator Pricing 2026

	FULL COLOR	BLK
FULL PAGE	\$509	\$452
SIZE: 10.25”W X 12.56”T		
HALF PAGE	\$266	\$236
SIZE: 10.25”W X 6.21”T		
THIRD PAGE	\$184	\$163
SIZE: 10.25”W X 4.1”T		
QUARTER PAGE	\$150	\$131
SIZE: 5.05”W X 6.21”T		
SIXTH PAGE	\$101	\$90
SIZE: 5.05”W X 4.1”T		
BUSINESS CARD	\$53	\$47
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	

**MULTIPLE LISTING ADS MUST BE PAID
2 WEEKS AFTER RECEIVING INVOICE BEFORE
2ND MONTH CAN BE PLACED.**

PLEASE NOTE:

Directory ads do not qualify for multiple listing discounts.

Pay for three months, get **half off third month**.

Pay for five months, get **sixth month free**.

Pay for the year, get **2 months free**.

Non-profit organizations are **discounted at 20%**.

Prices in effect for MARCH 2025 Issue.

Announcement Notices

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

Size samples:

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

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

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

All prices plus HST.

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

Send all info to sandra@easternshorecooperator.ca.

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

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

sandra@easternshorecooperator.ca

902-452-0520

EASTERN SHORE COOPERATOR

MAY DEADLINE

APRIL 22ND

Nurse Takes Pulse of Rural Health

By Amanda Hewlett

Helping others fuels Laura Homans Crowell. As a registered nurse at Eastern Shore Memorial Hospital, Laura is part of a small but dedicated team providing care close to home for residents along the Eastern Shore.

In a place where many patients are neighbours, friends, or familiar faces, that connection shapes the way care is delivered every day.

While some people find their calling later in life, Laura's was clear from the start.

"I knew I wanted to be a nurse when I was about four years old," she says.

Today, that childhood dream has grown into a career rooted in rural healthcare. Even on the most challenging days, it's the impact of that work that stays with her.

"I've never left work feeling like I didn't help somebody," Laura says. "In rural nursing, they're not just a patient in a bed. You really get to spend the time and give the attention to the person as a whole."

It was during her nursing education, while completing a placement in Sheet Harbour, that she first discovered the deep sense of purpose that comes with rural nursing. Although the placement happened almost by chance, she quickly learned that rural healthcare was exactly where she wanted to be.

Growing up in a small community helped her understand how factors like income, access to services, and social supports can shape people's health, something she now sees reflected in her work every day.

Since graduating in 2021, Laura has taken on many roles within rural healthcare. In addition to her work with patients, she is deeply involved in mentoring and supporting the next generation of nurses. She is currently mentoring both a nursing student and an internationally educated nurse, sharing her passion for rural practice along the way.

"This is a unique chance; you can share your passion for rural nursing and show others why you care so deeply about it," she says.

Her leadership extends throughout both the hospital and the community. As a Nova Scotia Nurses Union representative (local president and chief shop steward for Nova Scotia Health's central zone), she believes strongly in nurses supporting one another.

Laura's commitment to her community includes inspiring graduating high school students. Alongside a colleague, she has visited students at Marine Drive Academy to share her experiences in healthcare and highlight the wide range of career opportunities available right here on the Eastern Shore.

To her, strengthening local healthcare means investing in the next generation. Laura's commitment to service doesn't stop when her hospital shift ends. She also volunteers with the local fire department as a medical first responder, another way she supports her home community.

Through her work with the fire service, she has helped lead medical training and is currently working on initiatives to bring additional automated external defibrillators (AEDs) to the area, improving emergency preparedness for communities along the Eastern Shore. She is exploring funding opportunities for AED Save Stations, which would expand access beyond the existing unit in Musquodoboit Harbour.

For Laura, advocacy is one of the most meaningful parts of both her nursing career and her volunteer work.

Whether she is mentoring a new nurse, helping a patient navigate the healthcare system, or responding to an emergency call, she sees each role as part of a larger purpose; strengthening the community she serves.



March Was National Tick Awareness Month!

In the midst of all the snow, it's hard to remember that black legged ticks carrying Lyme disease will soon be upon us. They start moving around when the temperature gets to 4°C, which will be here soon. The province has a useful website (<https://novascotia.ca/ticksafety/>) with information on avoiding ticks, identifying them, signs and symptoms of illnesses, and removing them.

Celebration of Life

The family of the late Hilda May Newcombe, Porters Lake who passed on December 31, 2025 invite you to join us to remember, to laugh and to honor a life well-lived.

May 2, 2026
1:00 p.m. - 3:00 p.m.
Chezzetcook and District Lions Club
89 East Chezzetcook Road
Head of Chezzetcook



Debbie, Darlene, Deanna and Family

DDY Masonry & Construction Brick-Block-Stone

Specializing in:

- Chimney & Fireplace Restoration
- Metal Chimneys
- Stainless Steel Liners

Danny Young
902-237-0647

Red Seal Mason
with over
40 years Exp.



The Cooperator Needs You!

**Become a Monthly Supporter at
easternshorecooperator.ca**

Otherworldly in the Galapagos

By Eric Cole

We just returned from a two-week vacation to Ecuador and the Galapagos. While mainland Ecuador has everything from high Andes mountains to low Amazon jungles, the Galapagos are an enchanted and otherworldly experience altogether.

If today the Galapagos host hundreds of thousands of visitors yearly as well as thirty thousand residents, with innumerable introduced plants and animals that have transformed much of the larger islands, I can only imagine what they were like when Charles Darwin hopped ashore from the *HMS Beagle* in 1831.

The unique flora and fauna of this isolated volcanic archipelago provided Darwin much material which he pondered over for the next thirty years before publishing his ground-breaking *On the Origin of Species* which proposed survival of the fittest as the main mechanism by which species evolve.

He saw that the mockingbirds were different on different islands but still similar enough that they must have had a common ancestor, and that the finches were all drab little birds except that their beaks were different depending on what they ate. He recognized that isolation and time gave rise to specific adaptations and changes from original ancestors. It turns out indeed that the 15 species of "Darwin's Finches" are descended from a few mainland tanager blow-ins.

Darwin's theory of evolution shattered paradigms from science to religion but at the time he was reluctant to push its implications for human origins, just as Galileo was reluctant to share proof that the earth went around the sun three hundred years earlier. Both proposals would shake the established belief that man was central and special in God's creation.

I digress, like the animals of the Galapagos. It's only been four or five million years since these islands erupted into existence and it's incredible to think what has become of the wildlife that colonized them. Ancestral reptiles such as tortoises, iguanas, and snakes most likely arrived on masses of natural flotsam from the mainland. Reptiles being able to go without food for long periods could survive such a

journey where a mammal could not. There are no amphibians because they cannot tolerate salt water.

The tortoises grew into the giants we see today, thirteen subspecies developing on different islands in response to available food. Some have saddle-shaped shells and extremely long neck the better to reach the succulent *Opuntia* cactus leaves. Some males we saw were six hundred pounds!

The iguanas branched out too. There are huge land iguanas, but others took to the surrounding seas to exploit the algae on the lava rocks beneath the surface, becoming the only marine iguana on earth.

Besides the introduced mammals, including the usual pests like rats and cats, Sea lions are the only mammal to have colonized the islands. And like all the wildlife of the Galapagos, they have no fear of people. You can't walk along the seafront of the main towns without practically falling over a sleeping sea-lion or stepping on a basking marine iguana. The Blue-footed boobies won't budge when you approach them and even the tiny Galapagos flycatcher holds his perch and scolds your presence. Look over the rail in the harbor and you're liable to see a sea turtle or small Black-tipped sharks swimming around. Sally light-foot crabs are everywhere, but they do scuttle away on your approach.

The seas around the Galapagos are rich in life as well. Perhaps our most memorable outing was to the Leon Dormido, an iconic offshore rock. There we were, snorkeling away, over deep dark water, sea turtles and eagle rays appearing now and then, when out of the blue scores of large Hammerhead sharks were suddenly passing just a few feet below us. Otherworldly indeed.

I have hardly mentioned the mainland. Ecuador boasts an incredible sixteen hundred species of birds. Among the couple of hundred species that I saw were two that migrate up here each year. I was delighted to see a Scarlet tanager and two Blackburnian warblers. Ironically due to our destruction of old growth forests, these birds are now hard to find in Nova Scotia.

Letter to the Editor

Working as a Frontline Employee, in my opinion, must be one of the worst job vocations for those looking for permanent employment. Take note while shopping at the local stores, food establishments, or even a drive thru, you'll notice their frontline staff turnover is a bit extreme. Respectfully, if I needed the employment, yes – but I wouldn't put up with those ignorant individuals that seem to feed on those who are employed at these types of positions. Nope, not for me!

We've all been in lineups patiently waiting our turn to purchase, request assistance, or even ordering a restaurant meal, only to overhear an irate individual going off over 'something'. Why do these aggressive souls (want to) find fault and take it out on the first line of resistance – the frontline employees.

I know it can be frustrating at times, such as products not available, or your meal wasn't simply perfect, or the over all service was below (your) standards, but these people only work there, they don't own the business. Additionally, 95% of the time 'the situation' wasn't their doing in the first place. The odds of these demeaning individual's index finger pointing back at themselves is high, especially after the big guns arrive to settle the so-called proclaimed crisis.

Then there's the 'armchair' techie guru on social media platforms, i.e. Facebook etc., floating along the highways seeking out potential targets. These small-minded individuals mostly surface during the peak tourist seasons, seeking out smaller (family) owned businesses – only to criticize online their experiences from such.

Again, it could be poor service received or the size or taste of an item they purchased; only to complain (post) via a bold statement, telling the entire world their opinion(s). When these negative complaints surface, what you won't find visible is that person's real name and most importantly, details of how to contact them personally. Basically, it's a one-sided statement ... theirs!

Small business owners thrive on good comments when trying to stay in business. I'm sure they don't purposely devise bad PR! Besides that, these small business owners do not own a skyscraper, top-floor office complex filled with support staff that recognize how to legally reciprocate, again maybe if they knew the perpetrator – they would!

In conclusion, I can't seem to grasp what feeds this inconsiderate frenzy of those individuals wanting to demean frontline workers. Not all of us were born with a silver spoon. However, witnessing an employee unfairly judged by those who love to pounce down on them, well maybe, just maybe, they too are being 'snapped' by others and will eventually meet their match – Karma is real!

— Anonymous

Harbour Lites Seniors Club

"What's Going On" in April

Sunday, April 12 & 19
Crib 1:30pm

Wednesday, April 1
Directors Meeting at 1pm

Thurs., April 2, 9, 16, 23, 30
Jam 2-4pm

Tuesday, April 14
General Meeting 1:00pm
Pot Luck Lunch 12:30pm

Wednesday, April 8
Story Time 1:30pm

Lite Snack & Fruit Punch
\$5.00

Friday, April 10 & 24
Karaoke 6:30-9:30pm

Saturday, April 18
Kitchen Party 2-4pm

Bingo, April 21
2:00pm



167 Meaghers Grant Road

Members Dinner, April 28
12:30pm

Membership only \$20.

Story Time 1:30-3:30pm
MC Brian Staple with Guests.
Call Sandra (902 452-0520) if
you would like to be a story teller.

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

Boosting Energy Without Caffeine

By Savayda Jarone - Herbalist

Many people rely on caffeine to get through the day. A strong cup of coffee or tea can temporarily push away fatigue, but over time this quick fix often places strain on the body's stress response and does little to address the underlying reasons for low energy.

For many years, my day began with several cups of strong black tea, with another in the afternoon. This had been my daily routine for nearly thirty years. When my resting heart rate began climbing unusually high about a year ago, I couldn't understand why. After considering many possibilities, I finally stopped drinking black tea. To my surprise, my heart rate returned to normal.

What surprised me most was that something my body had tolerated for decades was suddenly affecting me differently. As hormone levels shift with age, the way we metabolize caffeine can also change.

Caffeine can influence more than heart rate. It should be carefully assessed – or avoided – by individuals experiencing insomnia, chronic anxiety, hyperthyroid, and cardiovascular concerns.

Low energy is one of the most common concerns I encounter in my herbal clinic. Often, caffeine has become a daily strategy for coping with fatigue. Unfortunately, relying on stimulation alone can deepen the imbalance.

Fatigue can arise from many factors, including poor sleep, blood sugar imbalance, nutritional deficiencies, depression, seasonal affective disorder, low thyroid function, chronic stress, hormonal disruption, and other underlying conditions. When these root causes are addressed in a holistic way, energy levels often return naturally.

Of course, there are times when we need a little extra umph to get through the day. Fortunately, herbal medicine offers many options that gently support mental clarity and physical vitality without over-stimulating the nervous system. Since becoming caffeine-free, these are some of the herbs I appreciate most:

Gotu kola – A traditional brain tonic valued in Ayurvedic and Chinese herbal traditions. It nourishes the nervous system, supports circulation to the brain, and promotes calm focus. I have an 82-year-old client who swears by it to keep her mind sharp and steady. It is equally supportive for students, children, and anyone needing sustained concentration.

Ginkgo – One of the most researched herbs for cognitive support. Ginkgo improves circulation, helping oxygen and nutrients reach brain tissue. It is widely used to support memory, mental clarity, and age-related cognitive changes.

Rosemary – Known traditionally as the herb of remembrance. Its aromatic compounds stimulate the senses and can enhance alertness and concentration. Even simply inhaling its scent can help awaken the mind during periods of mental fatigue.

Cayenne – A powerful circulatory stimulant. In small amounts, cayenne increases blood flow throughout the body, helping deliver oxygen more efficiently to the brain and tissues. When combined with other herbs, it can enhance their overall effectiveness.

Spirulina – A nutrient-dense microalgae rich in protein, minerals, and chlorophyll. Rather than forcing energy, it nourishes the body at a cellular level, supporting both mental clarity and physical stamina.

Rhodiola – An adaptogenic herb traditionally used in northern climates where long winters and physical demands required resilience. Rhodiola helps the body adapt to stress while supporting steady energy, making it especially helpful for fatigue related to stress, burnout, mood imbalance, or shift work.

When used thoughtfully – and alongside attention to sleep, nutrition, and overall health – these herbs can help restore energy in a balanced and sustainable way.

The goal is not simply to push the body harder, but to support it so vitality can arise naturally.



On Walking With Gratitude

By John English

It is a warm spring day, with a slight breeze, and I set out in my sneakers, of a colour chosen such that if I collapse in a ditch I will be easily found.

The road is solid under my feet. I stride along with purpose, feeling the soles of my feet strike the pavement in a comfortable rhythm. There are twinges of arthritic annoyance, but I am grateful for my faithful and twingey feet.

My shins and calves work together, giving me balance and a sense of forward motion. I am lucky – no knee or hip issues so far. I am grateful for the health and coordination of my calves and shins and knees.

My entire body works in concert to propel me forward and keep me upright. There is strength, endurance, and flexibility in my body as each part plays its role. I am grateful for my body, even when it grumbles and complains and wants to stop.

Drivers, some known and some unknown, wave as they drive by. I am grateful for my community, grateful to be seen and acknowledged as a fellow traveller.

I hear the soft sigh of the breeze in the trees and the first spring birds who have come so far to sing for me. I know they too are grateful in their own way for another spring. I am grateful too for my ability to hear their songs.

I see the blue of the sky, the many shades of green, the textures of bark on branches, the fallen trunks of trees which now in death add richness to the earth. I am grateful for my eyes, and to be a witness and a participant in this great cycle of life.

All my senses are activated, and I put aside the worries and petty grievances of a privileged life. I am enfolded by the natural world, nurtured by the fresh air in my lungs and the joy in my heart.

There are hardships everywhere and in everyone. Life can be cruel. There are tragedies being played out even as I walk on this early spring day, and I am not oblivious or unmoved. Sometimes I weep for the world. But for now, in this particular moment and in this particular place, I am grateful.

	<p>Rowlings Funeral Home</p>	<p>7795 Hwy. #7 Musquodoboit Hbr. NS B0J 2L0</p>	
		<p>HAPPY EASTER</p>	
		<p>Ph: 902-889-2357</p>	



**FOR THE BEAUTY OF
THE EARTH
LET'S CELEBRATE
EARTH DAY TOGETHER!
SUNDAY APRIL 19
FIRST UNITED CHURCH
7964 Highway 7, Musquodoboit Harbour – 12 noon**

**Come for fellowship with coffee and muffins at 12 noon
followed by a Recycling Presentation at 12:30pm
by Evan McNamara
HRM Waste Resource Education Officer**

**Learn of recent changes in the
recycling program in HRM**

**Sunday Worship Services are at 10:30 am.
All are welcome.**




How did we manage to settle here?

By Edyth Shuman

I am sure we, Edyth and Dave Shuman, are not alone in asking this question. After 53 years in Musquodoboit Harbor, we are still pondering this question.

Both of our families had been involved with community activities where we grew up on PEI. For me, the memories are of my father, brother, and cousin working side by side with their neighbors, building an outdoor community rink.

My mom was our teacher in our one-room school. She used to bring the teen girls to our house about once a month to what now would be called a spa day. For Dave, growing up in Kensington, PEI meant people working, playing, and praying together.

When he was 13, his father became bedridden. In those days, there were no welfare or pensions, and his father needed full-time care. The people of Kensington, the Lions Club, and the Horsemen's Club built a new home for the family. This, as you might expect, has never been forgotten.

So what did our life look like that first year in Musquodoboit Harbour? The priority was our children's schools and recreation. When we first arrived, the rink was being built, so there were little jobs that the boys and their dad could help with.

By September, figure skating and hockey were getting underway. Dave and I were both involved with minor

hockey. Helping start figure skating with other moms and their daughters gave Cindy and I one more mother/daughter connection in our relationship.

In our early days here, there was a dance almost every Saturday night. We rarely missed these "Happy Occasions!" Most of the dances were attended by community couples, whether at the Yacht Club, the Fire Hall, or St. Thomas Hall.

Sunday school, as well as Brownies and Cubs, were well established, so our days and weeks were filled. All of these organizations were looked after by volunteers, and we became volunteers alongside these kind, busy folks. I began working at our local medical clinic and again found a group of people who weren't just co-workers, but lifelong friends.

To say the least, we were a busy household. One of our favourite stories about life in Musquodoboit Harbor in those days happened when Dave would be at sea. At the Irving Garage, the workers made sure our car was kept up

...continued on page 15

Anglican Church News

On Saturday, March 7 at St. James Anglican Church, Head of Jeddore, a Celebration of New Ministry for the shared Anglican Ministry of the Parishes of Musquodoboit and Ship Harbour was held to commemorate Rev. Dr. Dawn Dickieson-Leger being installed as Rector of the shared ministry and as Regional Dean of the Eastern Shore.

All in attendance faithfully witnessed God's faithfulness as Archdeacon Katherine Bourbonniere presided on behalf of Bishop Sandra Fyfe.

On March 29 at 2pm, Paster Dawn blessed the fleet at Baker's Point wharf.



Left to right: Rev. Dr. Dawn Dickieson-Leger and Archdeacon Katherine Bourbonniere.



**Award winning realtor
with proven results!**

- * Thinking of Buying or Selling?
- * Feel free to ask any questions.

Give me a Call.



Joe Phoenix
902-880-6124
joephoenix@kw.com



*Happy
Easter*



Each Office is Independently Owned and Operated
Not intended to solicit properties already under contract



HEAVE AWAY



(902) 412-0340

GIVE US A CALL,
BOOK A HAUL

HAULTODAY.CA

HAUL AWAY

JUNK REMOVAL & HAULING



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

Welcome Spring! Hopefully everyone is enjoying the warmer weather and longer days.

Getaway Nite – unfortunately we will not be hosting the annual Getaway Nite event this year.

Although the event has been extremely successful and we sincerely thank all businesses and individuals who donated and the community for your loyal patronage, we have sadly concluded the event is just too much work for our Lions volunteers. We are taking this year off and hope to be back next year with a less labour intensive event. Spending time this year thinking about options for an event that will bring the community together to celebrate the end of the school year and the coming summer holidays.

Breakfast: Saturday March 28th, April 25th and May 30th – \$10.00 per person – children under 10 eat free. Please join us and community members for a tasty morning meal. Ham and sausages, eggs, hashbrowns, pancakes, coffee/tea, juice/milk, toast and best of all camaraderie. The monthly breakfast is really such a wonderful opportunity to catch up with folks and support a good cause.

Lions Cribbage is ongoing every Thursday night at 7:00pm – must have a partner and a good sense of humor.

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

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

Please remember that if you, or anyone you know, is in need – we are here to help.

Our mission is to serve. Contact us at 902-889-2725 or via

 Facebook private messenger.

Happy Easter



Hello, Neighbour! Connect with Your Community

The Eastern Shore Musquodoboit Community Health Board (ESMCHB) and its community partners are excited to launch the Hello, Neighbour Project, an initiative designed to help neighbours connect and strengthen relationships across the Eastern Shore and Musquodoboit Valley region.

The Hello, Neighbour Project is more than just a series of activities—it's about building a stronger, more connected community. By fostering simple, meaningful interactions between neighbours, the program helps reduce isolation, create new friendships, and strengthen the sense of belonging that makes our communities resilient and welcoming for everyone. It's a small effort that can spark lasting positive change across the region.

Residents can pick up a Hello, Neighbour Booklet at participating partner locations. Inside, you'll find simple activities and ideas to spark

conversations and build connections with those around you. Additional resources are also available on our <https://esmchb.easternshorens.ca/>

Many partner organizations are offering Neighbour Gifts—small activities you can use to inspire connection in your community. Examples include:

- Cookie Sharing Gift – Includes a recipe and ingredients to bake and share cookies with a neighbour.
- Lending Library Gift – A free book and instructions on starting a small lending library in your neighbourhood.

Follow ESMCHB on Facebook to see stories of neighbours connecting and learn about the positive impact these relationships have on our communities. Keep an eye out for upcoming details on Neighbour Week, June 22–28, 2026, and find out how you can get involved.



Mary Nkrumah, owner of Mary's African Cuisine in Halifax, teaching a sold-out crowd at the Musquodoboit Harbour Library how to make chicken Yassa with lots of extra green and red peppers.

Evidenced Based Natural Solutions for Perimenopause

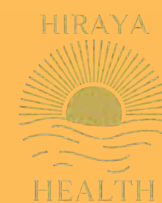
We Treat:

- Perimenopause / Menopause
- Hormone imbalance
- Digestive concerns
- Chronic fatigue
- Thyroid health
- Immune health
- Weight loss

We Offer:

- Comprehensive hormone testing
- Detailed gut microbiome testing
- Nutritional & Lifestyle counselling
- I.V vitamin therapy

easternshorenaturopath.ca
 (902) 748-5550
dr.castasusnd@hirayahealth.com
 6060 Hwy 207, Seaforth, NS



TAKE-OUT SPAGHETTI SUPPER First United Church



**Saturday
April 18
4:00 - 5:30 pm
Cost \$20.00**



Meal is “ready to cook” spaghetti, Carroll’s meat sauce, Caesar Salad, roll and dessert.

Must pre-order by April 10th
 Call Olga at 902-225-5776

Sunday Worship Services are at 10:30 am.
 All are welcome.

Find us on Facebook

D&E EXCAVATION SERVICES

- Industrial Services
- Septics
- Mulching
- Rock & Retaining Walls
- Foundations
- Lot Clearing
- Driveways & Roadways

902-880-4545

CALL FOR A FREE QUOTE crowell_c@hotmail.com

902-827-3353

sunsetmarine.ca
info@sunsetmarine.ca

118 Post Office Road
Porters Lake, NS B3H 1H7

Sales & Service

- Storage – Inside & Outside
- Winterizing and Shrink Wrapping Available

AUTHORIZED DEALER FOR

- Princecraft Boats • Sportspal Canoes
- Evinrude E-Tec Outboards
- Johnson Outboards, OMC Cobra
- Mercury Outboards • Mercruiser
- Karavan Boat Trailers
- Easy Hauler Boat Trailers

FINANCING AVAILABLE



**MLA TWILA GROSSE
MLA, PRESTON**

mlatwilagrosse@gmail.com | 902-377-3299

18 Wilfred Jackson Way, Suite 210
Dartmouth, Nova Scotia B2Z 1A8
Office Hours 9:30am-4:00pm Mon-Fri



Nova Scotians with disabilities now have a new supported living option with the launch of **HomeShare**, part of the province's Human Rights Remedy. The program connects participants in the Disability Support Program with screened community providers who offer a shared home environment, support, and room and board funded through individualized budgets. Matches are based on personal needs, interests, and routines, with support ranging from light daily help to more integrated assistance. HomeShare is delivered through local disability service organizations. Recruitment for HomeShare providers is underway at HomeShareNS.ca.



Nova Scotians who rely on the Halifax Harbour bridges now have access to new digital traffic tools designed to make daily travel more predictable. Eleven variable message signs have been installed across key corridors in HRM, using Bluetooth and Wi Fi sensors to provide real-time travel times and up to the minute crossing information.

This initiative is part of modernizing traffic management as the region grows and an early step toward a smarter, more responsive transportation system for the province.

Warm Wishes and lots of love this Easter (April 5th)



April is Autism Acceptance Month in Nova Scotia, a time to honour autistic individuals, celebrate neurodiversity, and strengthen our commitment to inclusive communities. Across the province, municipalities and community partners raise the Autism Nova Scotia flag and host events that highlight the leadership, strengths, and lived experiences of autistic Nova Scotians. Autism Nova Scotia's 11 regional chapters continue to provide essential programs, advocacy, and family supports that help build environments where every person can thrive. This month reminds us that acceptance is an active practice one grounded in dignity, respect, and the belief that everyone deserves to belong.



Grow Your Own Food: Community Tips & Tricks

The Southeastern Community Health Board is partnering with the Cole Harbour Public Library and the Community Fridge to host a hands on Grow Your Own Food event on Saturday, April 4th from 1-3 p.m. at the Cole Harbour Library.

This community gathering is designed to help families and first time gardeners learn practical, affordable ways to grow food at home.

This event brings together local knowledge, community partners, and practical tools to support food security and empower residents to grow fresh food at home.



The Daffodil Campaign: Standing Together for Hope and Renewal

Each spring, communities across Canada unite behind the Daffodil Campaign a national movement of generosity, remembrance, and solidarity for people living with cancer. The daffodil, the first flower to bloom after winter, has become a powerful symbol of courage, strength, and renewal for families navigating one of life's hardest journeys.

Cancer touches nearly every family in our country. Nearly half of Canadians are expected to face a diagnosis in their lifetime, making the work of the Canadian Cancer Society more important than ever. The Daffodil Campaign helps ensure that no one faces cancer alone.



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 7pm, doors open @ 5:30pm.

If you are interested in **servicing 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.

Our Branch Club the Sociable Cupcakes are always looking for additional service and or volunteers, if you have any ideas or questions please feel free to reach out by calling 902.827.5871.



For hall rentals call 902.221.7983.

Always here to serve the Chezzetcook and District Area



*Happy Easter and
Welcome Spring!*



WHAT IS AN ARBORETUM?

What are we up to now?

We invite anyone who is interested to join us and learn about our plans to create an **Atlantic Coast Arboretum** within Memory Lane Heritage Village.

Saturday April 18th

2:00 pm - 4:00 pm

In the Cookhouse at
Memory Lane Heritage Village
(5435 Clam Harbour Rd)

902-845-1937

VISITMEMORYLANE.CA

LAKE CHARLOTTE NS

Lake Echo Farmers Market Coming!

By Ashley Boone

There's something special about a small community becoming more self-sufficient and interconnected. And that's exactly what I'm hoping to build here in Lake Echo.

The Lake Echo Farmers Market (LEFM) is getting ready to welcome neighbours, growers, makers, and curious visitors for a weekly evening market rooted in connection, local food, and a shared love for where we live. It will run Wednesday evenings from 5:30 to 8:30 p.m. from June 3rd through October 7th at the Lake Echo Rec Centre on Trunk 7.

The goal is to create an easy, after-work gathering place where people can slow down and enjoy what our community has to offer. Please note the market will not operate on holidays July 1st or September 30th.

The idea started pretty simply: I found myself getting more and more frustrated with big grocery stores full of imported food with too much "baggage." It felt disconnected from where I live, and honestly, I was tired of giving money to large corporations where it felt like nothing came back to our communities in return.

I wanted something different. Something more local, more personal, more flavourful, and definitely more real.

At the same time, I realized I didn't know my neighbours as well as I wanted to. I wanted a way to connect

and to build something that brought people together. I've always been entrepreneurial at heart, having founded a yoga studio in my early twenties, and then an outdoor yoga festival bringing thousands of folks in Ontario to move together and connect with nature.

At its heart, LEFM is about keeping things hyper-local. You can expect fresh produce, handmade goods, and prepared foods, all coming from people who live and work nearby. It's about supporting families, small businesses, and choosing goods that are seasonal and thoughtfully produced.

But it's also about more than what's on the tables.

It's about seeing someone you know. It's about kids running around while music plays. It's about asking a farmer how their week went and having time to have the conversation. I want this little market to feel welcoming, inclusive, and part of our community's evolution.

Whether you come to shop, sell, volunteer, or just wander through with a coffee in hand, there's a place for you here.

I'm excited to meet you!

[Ashley Boone is the Market Manager, Lake Echo Farmers Market.]

@lakeechofarmersmarket
705-645-0601

LBN Bookkeeping Services

Bookkeeping, Payroll and Tax Preparation
Business and Personal

2 LOCATIONS TO SERVE YOU

120 - 800 Windmill Road, Dartmouth
902-481-4094

7085 Highway 7, Gaetz Brook
902-889-3363

Lisa Barry-Newman



info@lbnbookkeeping.ca www.lbnbookkeeping.ca

Big firm capability, small firm personality

NOVA AIR & WETT SERVICES

Installation, Service & Repair



Call Marcel

902-476-5809

email: Marcelnovaair@gmail.com

Proudly Serving The Eastern Shore

- HRV System Installation for New Home & Existing Home
- Full Deep Cleaning of Mini Split Heat Pump
- Full Cleaning of HRV Ventilation Unit & All Piping, as well as Rebalancing of the HRV Unit
- WETT Certified for Pellet & Woodstove Installation
- Service & Repair of Ventilation Unit
- Clean Pellet Stove & Pellet Venting
- Clean Dryer Vent & Dryer



15% Senior's Discount

Red Seal Sheet Metal

HRAI Certified for Ventilation Systems

WETT Certified

Give the Gift of Health



Eastern Shore
WELLNESS

Gift Certificates Available



HAPPY EASTER

Direct Billing!

Book Online!



Massage Therapy
Acupuncture
Reflexology
LPN Foot Care
Infrared Sauna



61 Stella Drive
Unit 4
902-221-1675
easternshorewellness.ca

Why the Fisherman's Life Museum Matters

By Greg Puncher, Myers Point

March 2026 will be remembered as a period of financial reckoning and political unrest in Nova Scotia for years to come. Let's be clear about how we got here. In recent years, provincial finances were buoyed by rapid population growth and strong housing-market activity, producing unexpected surpluses and

expanded revenues. When that temporary influx slowed, spending did not appear to recalibrate at the same pace. Layer in the removal of bridge tolls and HST reduction, and you begin to see how the fiscal position deteriorated so quickly.

Any discussion of recent budget reductions must acknowledge that this year's deficit is not solely a product of current economic pressures, but also of earlier spending choices made during more favourable years. Responsible fiscal management involves not only adjusting expenditures, but also recognizing how past decisions shape present constraints.

In that context, asking small rural communities like the Eastern Shore – communities that have long operated with limited infrastructure and comparatively little provincial investment – to absorb cuts with disproportionate cultural and economic consequences is neither equitable nor strategic. Shared sacrifice must reflect shared responsibility, and it must not fall most heavily on those with the least margin to absorb it.

While budgets and policy priorities change from year to year, heritage – once lost – is not easily restored. Closing the Fisherman's Life Museum sends a troubling message: that the cultural legacy of Nova Scotia's rural fishing communities is expendable when times get tough. The Fisherman's Life Museum is not some removed historical curiosity; it represents generations of families – Myers, Stoddard, Webber, Mitchell, Jenet, and many others – whose stories are stitched into every quilt, hooked rug, and woven basket within its walls.

The museum preserves the lived history of small-scale inshore fishers, their wives, their sons and daughters, and the self-sufficient coastal communities that built and sustained this province. It safeguards a working-class history that is too often overlooked in policy discussions dominated by urban priorities. If we discard the memories of inshore fishing heritage, we risk losing

sight of the values that define us – the values of a united, independent, and resilient community that knew how to live within its means and resources. These are the values that should guide our governance and economic decisions. Museums don't merely commemorate the past – they inform the decisions that shape our future.

The labour costs required to keep the museum staffed represent a minute fraction of the \$1.4-billion provincial deficit and would have a negligible impact on the province's fiscal position. The cultural and economic impact on the Eastern Shore, however, would be anything but negligible. With few tourism anchors in our region, eliminating one of the most authentic and distinctive heritage destinations further marginalizes communities that already feel sidelined in provincial planning.

Rather than accepting closure as inevitable, there may be an opportunity here: a collaborative approach in which the community takes a more active role in stewarding our shared heritage, supported by meaningful provincial investment. Such a partnership model would require the province to contribute—whether through operational funding, technical expertise, or sustained support across the range of administrative and operational responsibilities required to keep the doors open. Leadership in this moment requires more than acknowledging disappointment—it requires exploring this path actively, and taking the steps necessary, together, to prevent an avoidable loss.

[Editor's Note: There is now a Facebook page for people who want to save the Fisherman's Life Museum.]



P¹
PHASE ONE
PROJECT MANAGEMENT



We do what we say or it's free!

20+ Years Experience! ★ 5 Star Rating

NS ENVIRONMENT CERTIFIED
 WATERCOURSE ALTERATION INSTALLER







SPECIALIZING IN:
DRAINAGE • SHORT LINE BOULDER RETAINING WALLS
SHAWBRICK/DURACAST PRECAST RETAINING WALLS





- Excavation
- Landscaping
- Hardscaping
- Drainage of All Kinds
- Leak Investigations
- Retaining Walls & Seawalls

- Concrete Installs
- Pads, Gravel & Concrete
- Lot Clearing
- Road/Driveway Building
- Septic System Repairs
- Culvert & Head Wall Installs
- Auger Drilling

- French Drains
- Driveway Resurfacing
- Shed Moving
- Uncovering Septics/Wells
- Lawn Tear Offs & Replacement
- Well Line Breaks/Dig Outs & Replacement

CALL MARK - 902.266.2340

P1excavating.com P1guarantee@gmail.com

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 SHORE BREAKFAST Club




David Clarke
Mortgage Broker

APPLY TODAY
THECLARKEMORTGAGEGROUP.COM

Purchases Refinances Renewals Construction

902-482-8808
david@clarkemortgage.com




Jason Dick
REALTOR®

902-824-0708
jasondick@royallepage.ca



ROYAL LEPAGE Atlantic GO BEYOND REALTOR

YOUR LOCAL EASTERN SHORE REALTOR

THINK BIG
Insurance for Everything




Jessica George
Bilvand Insurance Group
Insurance Broker
Home-Auto-Life-Business
902-701-6634
jessica.george@thebig.ca



**DONE-FOR-YOU
MARKETING SERVICES**

- SOCIAL MEDIA MANAGEMENT
- WEBSITE DESIGN
- NEWSLETTERS & BLOG WRITING
- ONE-OFF PROJECTS (FLYERS, CONTENT & MORE!)

smalltownmarketingsolutions.com
catharine@smalltownmarketingsolutions.com

YOU RUN THE BUSINESS - I'LL HANDLE THE MARKETING!



Freedom
ACCOUNTING SOLUTIONS INC.

Are you looking for help with...?

- Personal, Small Business and Corporate tax returns
- Setting up accounting processes and systems
- Monthly, quarterly, and yearly period closing
- General everyday bookkeeping services: data entry, invoicing, bill payments, client collections, HST returns
- Training for you or your staff
- Payroll, WCB, and source deduction payments
- Work in Progress (WIP setups and maintenance)

Personalized Accounting Solutions for small businesses in HRM and Eastern Shore
902.407.7628
www.freedomaccounting.ca



JR Cragg Roofing
Residential & Commercial Services



new construction and roof replacement Commercial Roofing repairs

**HIGH-QUALITY SERVICES
YOU CAN TRUST!**

WHY SHOULD YOU CHOOSE US?
family owned and rooted in the community
exceptional craftsmanship and customer service
high-quality Canadian products sourced from trusted local suppliers
we value integrity, reliability, and a personal touch in everything we do

902-891-0907
jrcraggroofing.com



THE HARBOUR
BREWING COMPANY
7955 NOVA SCOTIA TRUNK 7,
MUSQUODOBOIT HARBOUR



Baked with Love - Cakes, Sourdough & More

Custom cakes, cupcakes, artisan sourdough bread, and seasonal treats.
Order now: heartshapedcake.com



Seize The Clay



Pottery Lessons
Workshops
Pottery for Sale
Kiln Rental
Open Studio

Email: seizetheclay2024@outlook.com
www.seizetheclaystudio.com
40 East Chezzetcook Road, Head of Chezzetcook

HALIFAX

DISTRICT 2 COUNCILLOR'S COMMUNIQUE APRIL 2026 – ISSUE # 341 – HAPPY EARTH DAY



VOLUNTEER APPRECIATION MONTH

National Volunteer Week (NVW) pays tribute to the millions of Canadian volunteers who donate their time and energy. This year, NVW is from April 19th - 25th. We can celebrate the ways in which people in Canada have ignited volunteerism in their communities, aligning NVW 2026 with "Ignite Volunteerism", deepening our collective impact. The International Volunteer Year (www.ivy26.ca) is a once-in-a-generation opportunity to celebrate the power of civic participation and renew Canada's culture of volunteering. "Ignite Volunteerism" is a year-long effort to elevate the role of civic participation, rebuild volunteer infrastructure, and celebrate volunteer stories. To help say 'thank you' to volunteers, Volunteer Canada has developed programs to access resources and products that can be attained through their website: <https://volunteer.ca/> or on its Facebook page: @VolunteerCanada. There is plenty of information and ideas on how to foster more volunteerism in our communities.

In our own area be sure to contact "Volunteer Halifax" at <http://volunteerhalifax.ca/> that links people with local non-profit community organizations, supporting persons with disabilities, new Canadians, corporations and professionals to connect to organizations in and around the municipality, helping individuals develop skills to advance their careers, and developing knowledge resources that support effective and efficient volunteer capacity. Connect with them through email at: info@volunteerhalifax.ca. Each year the Mayor and HRM Council recognize the extraordinary contributions of individuals and groups who volunteer their time and skills to provide services and programs in our communities. Our local community hall associations are in desperate need for more volunteers. Due to a publication ban, this year's list of HRM Volunteers is embargoed until mid-April, so a complete list of those honourees from our district will be in my May 2026 newsletter and will also be posted online at: www.halifax.ca/about-halifax/volunteering.

CANADA VOLUNTEER AWARDS

The Canada's Volunteer Awards (CVA) consists of twenty-one awards, including one national award, the Thérèse Casgrain Lifelong Achievement award and 20 regional awards. The regional awards are distributed across five regions in the following four categories: Community Leader, Emerging Leader, Business Leader, and Social Innovator. It is time to nominate an outstanding individual, a not-for-profit organization, a social enterprise, or a socially responsible business who has made a significant contribution in improving the lives of others in their community through volunteering. Help them get the recognition they deserve. The award recipients will be recognized at an award ceremony and will be given the opportunity to select a not-for-profit organization to receive a grant. They will also participate in a roundtable discussion with fellow recipients and join the vibrant Canada's Volunteer Awards community. The nomination period is officially open and will run until early May, 2026.

https://www.canada.ca/en/employment-social-development/programs/volunteer-awards/nominate.html?utm_campaign=CVA-2025&utm_source=Email&utm_medium=Email&utm_term=en&utm_content=Nominate-Greyhouse

To learn more about the Canada's Volunteer Awards: visit: www.Canada.ca/volunteer-awards. If you have questions, please contact them via email info-cva-pbc-gd@hrsdc-rhdcc.gc.ca or call 1-877-825-0434.

CELEBRATE 56th EARTH DAY – APRIL 22nd

It has been 56 years since APRIL 22nd was declared as Earth Day. Back in 1970, it mobilized millions of citizens to lobby for the protection of the planet. The first Earth Day is accredited with launching the modern environmental movement and is now recognized as the planet's largest civic event. "Our Power, Our Planet" is Earth Day 2026's theme reflecting a fundamental truth: environmental progress doesn't depend on any single administration or election. It's sustained by daily actions of communities, educators, workers, and families protecting where they live and work. www.earthday.org/earth-day-2026/

ACCESSIBLE & INCLUSIVE RECREATION INPUT

HRM is inviting residents to share their input on how recreation programs can be more inclusive and accessible. Feedback received will help inform updates to accessibility and inclusion in recreation programming across the municipality. Residents can participate through a virtual engagement session on Monday, April 13th from 6 - 8 p.m. via Virtual town hall on Microsoft Teams. Residents can register by emailing: inclusion@halifax.ca. There is online engagement survey also available at: <https://engagehalifax.ca/rec-inclusion>. The survey will be available until Thursday, April 30th. For more details about the engagement and the Inclusion Support Advisory Group, visit HRM website: www.halifax.ca/parks-recreation/programs-activities/inclusion-support-advisory-group.

2026-29 YOUTH SERVICES PLAN SURVEY

HRM is inviting youth to participate in an online engagement survey to help guide future youth-focused programs and services. Survey results will inform the municipality's Youth Services Plan 2026-29 by identifying areas for improvement and opportunities to enhance recreation services for youth across the municipality. The survey takes approximately 10 minutes to complete. All respondents will be entered into a draw to win prizes, including a Nintendo Switch, two Apple Watch devices and three Apple AirPods sets. To qualify, participants must provide their name and phone number. Visit <https://engagehalifax.ca/YSP> to take the online survey, which is available until Thursday, April 30th. For more information on the Youth Services Plan 2026-29, visit: www.halifax.ca/parks-recreation/halifax-youth/youth-services-plan.

INPUT ON HRM SUBURBAN PLAN

HRM is developing a Suburban Plan, a new planning document that will guide growth and change in our suburban areas. Residents will have opportunities to share their ideas and help influence the Suburban Plan throughout the planning process, including an initial online survey. Residents, businesses and community-based organizations will have opportunities to share feedback and ask questions at each phase of the planning process. The goal of the suburban planning process is to update land use policies under one plan while respecting each community's unique history, characteristics and aspirations. Learn more about the project by visiting: www.halifax.ca/suburbanplan. Fill out the survey by visiting: <https://engagehalifax.ca/suburban-plan>. The survey is open and will remain available until June 15th. Questions about the HRM Suburban Plan can be sent to suburbanplan@halifax.ca.

HRM INTERIM TAX BILL DUE APRIL 30TH

This HRM sends out its tax bills to all property owners twice a year. The Interim bill was mailed mid-March and is due on Thursday, April 30th. The final bill will be due Friday, October 30th. If you have any enquiries about your tax bill, please call the HRM Contact Centre at 311 or on-line at: www.halifax.ca/home-property/property-taxes.

POTHoles & VEHICLE CLAIMS

If you see or hit a pothole on a HRM street, then report it by calling 311 or using HRM online form at <http://halifax.ca/potholes>. If you have any questions about this form/survey, please call 311 or email: contactus@311.halifax.ca. You can also find answers to common questions, priorities and timelines on the HRM website: www.halifax.ca/transportation/streets-sidewalks/paving-repair/report-a-pothole. To make a claim against the municipality for any vehicle damage, you will need to have called 311 to get a Service Request Reference File Number with your contact information and HRM Risk Management Team will contact you.

If you have incurred damage on a provincial roadway, you may submit a claim to Insurance and Risk Management at the Department of Service Nova Scotia and Internal Services, for consideration. Compensation is paid when an investigation finds that the province was negligent in their duties and that negligence resulted in your damage. Submit your claim within 30 days of the incident to ensure that your claim meets the notice requirement. Use SNSIS Claim Form and send evidence to support your claim. https://novascotia.ca/tran/publications/vehicle_property_damage_claim_form.pdf Submit your claim by Email : risk@novascotia.ca or by Fax : 902-424-2325 or Mail: NS Insurance & Risk Management - PO Box 2205, Halifax, NS B3J 3C4.



Councillor David Hendsbee
Councillor-Counciller municipal-Comhairleiche-Wunaqapeme'
District 2: Lawrencetown-The Lakes-Chezzetcook-Eastern Shore

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

Office Phone: 902.889.2448
Cell Phone: 902.483.0705
City Hall: 902.490.4050

david.hendsbee@halifax.ca
David.hendsbee.ns.ca@gmail.com
www.hendsbee.ns.ca
[@david_hendsbee](https://twitter.com/david_hendsbee)
facebook.com/DavidHendsbee
[Hendsbee.bsky.social](https://www.instagram.com/Hendsbee.bsky.social)

311
902.490.4000
TTY: 902.490.6645
TTY Toll Free:
1.866.236.0020
Toll-Free:1.800.835.6428

Trees Keep Us Breathing

By Jeddore John

We need a lot of oxygen every day to live. The average human breathes in roughly 500-600 litres of oxygen a day, more with strenuous physical activity.

To get that oxygen, we need trees.

Lots of trees.

Trees produce about 28 percent of the world's oxygen; the rest comes from phytoplankton and ocean plants. According to the website, *Onetreeplanted.org*, "A mature oak tree can produce, on average, 100,000 liters of oxygen a year. That's about 274 liters of oxygen a day – roughly half of what the average human needs. In other words? It's in our best interest to be vastly outnumbered by trees." (And let's not forget that those trees are producing all this oxygen by breaking down carbon dioxide, slowing global warming!)

But our steadily growing global population is consuming more and more oxygen. We use vast amounts of oxygen in the cars we drive, the buildings we heat, the factories we operate, the planes and ships we rely on. Gas and oil well flares used to dispose of excess combustible gasses work around the clock converting oxygen into carbon dioxide. And there are about 2,280 oil-fired power plants around the world. All of these activities convert the oxygen we need into more carbon dioxide in the atmosphere.

Now for the insane part. Everywhere around the world, we are cutting down the largest, most valuable oxygen-producing trees to make toilet paper, paper towels, newsprint, Timbits boxes, and a thousand other throw-away items. In the process, we are mowing down the smaller trees which are our future oxygen producers.

This is even more insane when you realize there are better ways to manage our forests that don't entail destroying

them and then waiting for nature to rebuild them. Trees can still provide us useful products while at the same time cranking out life-giving oxygen. But they can only do this if we stop viewing them as infinite and disposable and start viewing them as an essential resource to be protected and managed responsibly.

If we fail to make this attitude change, we will be spelling the end of our forests and eventually, the end of ourselves. The first step in making this attitude change is identifying who is responsible for this carnage. Not hard to determine. Governments that allow and support this destruction are responsible, as are multinational and national paper companies who get harvest licenses, clear cut the lands they are granted access to, and then move on to find the next sucker.

This isn't just a Nova Scotia or Canadian or North American problem. In China, Asia, South America, Central Africa, the story is the same – greedy mega corps move in, trash the region, and move on. Sadly, all this clear cutting is just half the story. Here is the other half. The world's most widely used herbicide (plant killer) is Roundup, also known as Glyphosate. Farmers use it to kill off unwanted plants amongst their crops, and forestry operators use it to suppress new plant growth while they plant the tree varieties they want. After all, we need toilet paper, right?

The problem is that the herbicides don't stay where they're sprayed. They wash down into our lakes and rivers and ultimately, the oceans. When these chemicals reach the ocean, they kill off some varieties of phytoplankton and disrupt the natural balance of phytoplankton species, which you may recall, produce 72% of the planet's oxygen.

Are you worried yet? If you are, that's OK. If you're not, you should be.

... Settling Continued

to date on checkups. When a job was done and I'd go to pay Donnie, Donnie would say, "We'll get Dave when he comes home."

When Dave would go to pay, Donnie would say, "No charge, that's what neighbors are for."

For the first 50 years in this community,

Donnie repeatedly told us, "Just remember, no matter how long you live here, you'll never be LOCALS." Now Donnie, not leaving anything to chance, approached us at a house party about three years ago, put his arms around our shoulders and said, "Dave, we had a meeting, and you and Edyth are now locals."



EASTERN SHORE MINISTRY

A partnership of the Anglican Parish of Tangier
and the Sheet Harbour United Church Pastoral Charge

HOLY WEEK SERVICES

- | | |
|----------|---|
| March 31 | 7 pm Saint James' Anglican, Spry Bay – Tenebrae service |
| April 2 | 5 pm Mushaboom Community Hall – Agape meal
7 pm Saint Paul's, Mushaboom – Maundy Thursday service (foot-washing, communion, stripping of the altar)
9 pm Saint Paul's, Mushaboom – Gethsemane Watch |
| April 3 | 10:30 am Saint James' United, Sheet Harbour – Good Friday
1 pm Saint Andrew's, Spry Harbour – Good Friday |
| April 4 | 9:30 pm Saint Peter's, Murphy Cove – Easter Vigil |
| April 5 | 7 am Lion's Playground – Sunrise service (United Church)
9:30 am Saint James' Anglican, Spry Bay – Easter Service
11:30 am Saint James' United, Lochaber Mines – Easter Service (with communion) |

For more information, please contact the Reverend Andrea Budgey
Rectory (Tangier) 902-772-2799 ♦ Cell 416-573-3824
andrea.budgey@gmail.com

Houston's Natural Resources Agenda: At what cost and on whose authority?

In the most recent election, Nova Scotians did not vote in favour of Premier Houston's hidden agenda. The PC's 2024 "Make it Happen" platform touted "lower taxes," "more doctors," and "higher wages."

There was no mention of any plan to remove the bans on fracking for liquified natural gas and mining for uranium. Previous governments chose to ban both fracking and uranium mining after years of carefully considered and exhaustive debate about the links to respiratory illnesses, cardiovascular disease, various cancers (especially in children), reproductive harms, birth defects, and increased infant mortality.

The Premier chose to run a "bait and switch" campaign by intentionally withholding this highly controversial policy change. The only way the PCs could unleash a plan of such destruction and devastation was to deceive the electorate and keep them ignorant of their true intentions. The odds of winning a super majority would have gone way down if voters had had even an inkling of what Houston was actually planning.

Having secured the protection of a super-majority, the PC government

is now moving at alarming speed in its unabated pursuit to exploit the provinces natural resources without meaningful concern for the collateral damage on the people of Nova Scotia. We know that these extractive industries will pollute the province and make Nova Scotians sick.

Houston tells us that we need to pillage the province to generate "jobs" and "economic growth." But at what cost, and on whose authority? Anyone familiar with the history of natural resource exploitation in Nova Scotia knows perfectly well that we've been down this political primrose path before. Our history shows that you cannot build long-term economic stability on the short-term profits from unsustainable exploitation of natural resources.

Are we, as Nova Scotians, willing to sacrifice our air, soil, and water – the very foundations of our health, wellbeing, and survival – to the ideological ambition of becoming an "energy superpower," as the Premier and his party – without the electorate's consent – have unilaterally decided to inflict on all Nova Scotians?

— Doug Lowry, West Mabou

**The
Cooperator
Needs You!**

Sign up by going to the
Cooperator's webpage:
www.easternshorecooperator.ca, click
on "Become a Monthly Supporter,"
and fill out the form.

RCL Four Harbours Legion Branch 120



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

Info on our Kitchen Party, held on March 28th will be in the next issue.

ATTENTION MEMBERS – our next General Meeting will be April 7th @ 7:30pm. Because Easter Monday is Easter Monday – Please spread the word – President Richard.

Update – Thank you to all that made our second Crib Tournament a success. Your support and hard work does not go unnoticed. Thanks everyone, you helped us raise \$613. Next one is on April 11.

Lift Up Your Voices Concert

Coastal Voices Men’s Choir had a successful start to their 2026 Choral Season on Sunday March 1st performing to a full house at the Musquodoboit Harbour United Church. Together with Musical Friends, another Eastern Shore choir, the “Lift Up Your Voices” concert treated the audience to a very entertaining afternoon.

Coastal Voices Men’s Choir began in 2011, developing to become a regularly performing vocal ensemble, debuting at the Memory Lane Heritage Village, Lake Charlotte in 2012, lead by founding Artistic Director, Janet Gaskin.

The Choir survived the COVID years, and fifteen years later, we have grown to 27 members ranging from grandchildren to grandparents. Each year CVMC presents a full choral season of rehearsals and concerts from early January through the end of May.

Thanks to present Artistic Director, Ross Thompson, the Choir has flourished performing a variety of musical programs each season, while nurturing the love and art of singing in the members. Choral composer, John Plant, is a great blessing as our collaborative pianist.

Musical Friends, also performing at the United Church Concert, is a mixed community choir that is a non-auditional, all inclusive choir bringing joyful music to all who hear. Currently under the direction of Charlene Cable, who took over for Gina Sanford, and accompanist Kathy MacNeil.

This year we had a membership of over 40 singers. The choir was founded over 38 years ago by Henry Burrows and his wife Barbara Markovits. Musical Friend meet every Monday night at The Old School, starting in September.

This was a fantastic concert and all who attended enjoyed the variations in the songs performed.



Combined Coastal Voices Men’s Choir and Musical Friends.

Final Ecumenical Service

Wednesday, March 18 at 6:30pm First United Church hosted the last Ecumenical Service for this year. The church was well attended.

ESL and the United Church Choir performed the music perfectly.

Father Robert Nicholas gave an inspiring sermon on “Ambassadors of Christ”.

The service was followed by refreshments and fellowship.

The United Church Choir, ESL and on far right Lay Leader Mike Griffin led the service.

Harbour Lites Seniors Club

By Sandra Beazley

On March 13 was Karaoke. Everyone had a great time. We had alot of performers and they are so greatly appreciated, especially by those of us who like to dance.



Our Karaoke guy, Jimmie Mosher and his assistant, Lisa Rodman sing a tune.

Great music brings us to our feet.



On March 14 it was our Kitchen Party and even though the weather was bad we still had a fun time and Bruce and his band kept us well entertained. We thank them for their time they volunteer to this club.



Henderson was wearing his St. Paddy’s Day hat and Shirley wore her Grinch sweater with a shamrock attached.

Next Story Time is April 7. Gerald Day will be with us to share his story on painting rocks and have his beautiful works on display. 1:30-3:30pm. \$5.00 includes punch and lite snack.

April’s Kitchen Party will be held Saturday, April 18. Plan to join us!

So if you are looking for a place to go, think of the Harbour Lites Seniors Club, it only costs \$20 a year to join and you could be having some fun when you find yourself getting bored. If you are thinking about being part of something, why not give them a try. They strive to be a fun place for everyone.



MLA Kent Smith on the Budget

Hi everyone, thanks for taking a moment to read.

I want to start this month slightly differently than I normally do, with a response to the recent criticisms from the editors of this paper. I acknowledge that I consider both Richard and Karen to be longtime friends, and we have worked together countless times over the last 12 years in support of Musquodoboit Harbour and the Eastern Shore as a whole. While we do not always agree on how to accomplish goals, I can say confidently that we share the same wishes for a prosperous Eastern Shore.

That said, I am disappointed with the latest editorials. The decisions made throughout the budget process are not easy to make. These decisions impact people, they impact families, they cause stress. No government – no elected official anywhere – wants to take away from their constituents or cause harm.

Everyone who puts their name on

a ballot wants to do better for the communities they represent. For the last four budgets, government has had the ability to invest an unprecedented amount of money in support of our province. [emphasis in original]. Spending on the core areas of government has increased year over year, including major investments in Healthcare, Education, Housing, Roads and cybersecurity. We have benefited directly from these investments on the Shore, highlights include:

- Urgent Care in Sheet Harbour;
- New Primary Care Clinic coming to Musquodoboit Harbour;
- Significant paving projects on trunk 7, route 357, Crowell Road, etc.;
- Safety improvements on highway 107;
- Bridge replacement in Musq. Hbr;
- New Eastern Shore Consolidated school; and
- Announcement of a new Ecole des Beaux-Marais.

This year, our government is running a \$1.24 billion deficit. We don't have the

same resources, and hard choices had to be made. We are still making record investments in the core functions of government, but some areas are being reduced.

Arts and culture spending is down, but it is important for everyone to know that we are still investing \$66 million in arts and culture. When we formed government in 2021, funding for arts and culture was \$51 million.

As sad as it is that we can no longer fund the Fisherman's Life Museum, it's important to note that in New Brunswick's budget they announced they would also be exploring closure of heritage properties with less than 5,000 visitors. Unfortunately, this is a reality across the country right now.

Tighter budgets are unfortunately a factor for every province as well as the federal government.

I also want everyone to know that we're sorry. The Premier issued a statement on March 10th, which you can read at:

https://www.easternshorecooperator.ca/kent_smith_on_cuts. His message is clear: We got some things wrong, and we will do a better job over the next year with conversations & outreach to ensure we don't repeat it.

In closing, I want to be extremely clear with everyone who reads this: I literally went door to door asking people for this job, and even on the toughest day, I love it. I love helping constituents through challenging situations; I love finding answers for people; I love connecting with people to solve problems; I love working toward a more vibrant Eastern Shore and a more prosperous province.

While this is a difficult budget, it's important that when we discuss it that we talk in truths and facts.

I'm more than happy to discuss them with anyone in our community.

Thank you all.
Kent Smith
Kent.Smith@novascotia.ca
902-989-3772

Replying to MLA Kent Smith

As editor of the *Cooperator*, I would like to make it clear that we appreciate Kent's friendship and have respect for the position he finds himself in. We do not question for a minute his dedication to and love for his job.

Kent writes that he has been "disappointed with the latest editorials" in the *Cooperator*. He does not name what we wrote that he found disappointing so we cannot address the specifics of his disappointment.

Instead, the rest of his statement is about the budget process. He offers a defense of the cuts with examples of what the budget does fund.

We understand that budgeting can be challenging, especially when deficits are in the offing. But our objections to this budget are not about making this particular choice, or that one. Our objections fall into two related categories:

First, we believe that governments should not make decisions that affect people's livelihoods or support services behind closed doors. When weighty decisions are on the table, the elected representatives of the people should be reaching out to the individuals, communities, and institutions who might be affected by some new policy or budgetary concerns. There was no such outreach prior to the recent cuts.

Second, by making decisions in secret, the government chose to release the news of the cuts in a way that maximized the cruelty inherent in many of those cuts. Soon after the list came out, there was one video after another on social media from vulnerable people

who were distraught, weeping about their fears and anguish at the prospect of losing the supports that helped make their lives bearable.

It was gratifying then that Premier Houston chose to reverse some of the cuts which had the most direct impact on social services. We appreciate his willingness to back off, something that not all politicians are capable of doing. But he would never have found himself in such a mess if he had reached out for the knowledge and input from those about to be affected, many of whom were and are willing to be helpful in such times.

Kent concludes that "While this is a difficult budget, it's important that when we discuss it that we talk in truths and facts." Given the questions that have arisen about the amounts and numbers of cuts, the funds that have been added or withdrawn to specific areas, and the secrecy with which the decisions were made, truth and facts are often unclear and mutable.

Looking to the future, what we would like to hear from the Premier and his party is a commitment to listen, to partner, to share solutions with and from the people directly impacted. And we need our elected representatives to carry concerns, ideas, and opportunities to the policy makers, not just deliver justifications to those impacted.

Kent, we are all in this difficult economic time together. The Eastern Shore needs you to champion solutions to our challenges, to keep sharing your knowledge, and to share potential concerns as the representative of the people that we know you are at heart.

Two New NSLC Agency Stores?

The NSLC has issued requests for proposals for NSLC Agency Stores, one in Musquodoboit Harbour and one in Head of Jeddore. These proposals are aimed at existing stores that would be allowed, as Authorized Agents, to "sell products normally available only at the NSLC retail stores but carry only a limited selection of each within their existing retail stores... An applicant can be a person, partnership, or corporation, typically operating as a retail grocery or convenience store."

To qualify, there must be a minimum of 200 square feet of store space, with at least 24 linear feet of shelving for displaying products. Stores have to carry a minimum of 150 types of beer, spirits, wine, and ready to drink products continuously. The minimum order for starting up is \$30,000. The Agent is responsible for ensuring "that there are nine sales days of inventory levels of beverage alcohol products and those products associated with the existing business are always available to the consumer."

There are cautions about keeping the liquids from getting too hot, or too cold. In terms of loading docks, the RFP notes that a pallet of beer weighs approximately 2900 lbs. and can be up to 66 inches in height.

NSLC recommends a minimum of eight parking spaces. Stores have to be fully accessible.

Applications are due by April 8. The contracts are good for five years. For Musquodoboit Harbour locations, go to: <https://procurement-portal.novascotia.ca/tenders/SR-24-FY26>. For Head of Jeddore, go to: <https://procurement-portal.novascotia.ca/tenders/SR-25-FY26>

An Earthship – Seven Years On

By Mary Elizabeth O'Toole

This spring marks seven years since my first contribution to the *Cooperator*, a three-part series on an Earthship – or earth-bermed tire home – being built by Pippa Creery and Bob Kloske in Ship Harbour (“Earthships: A New Way of Building,” March 2019). This month, I returned for an update on how that project has evolved from a dream and a pile of tires into a unique and comfortable home – one that remains very much a work in progress.

In 2019, the build was in its early stages and Creery and Kloske had just begun working full time on the project after two years of preparation, including building a cordwood cabin that would serve as their home during the build.

The decision to build an Earthship was grounded in principles of reuse, thermal mass heating and passive solar design, and self-sufficiency. While they had done extensive research and developed a clear vision, the process has been shaped as much by adaptation as by planning. “You don’t know what you don’t know,” Creery said. “So you just keep going and figure it out.” That became clear early on when engineered plans – based on larger truck tires – did not align with the more readily available smaller car tires. Each tire – of roughly 1,000 – took about 40 minutes to fill and compact. Adjustments were needed so the walls and trusses would meet structural requirements. In the end, they were delighted when everything fit with only minor shimming required.

As they prepared to enclose the structure, COVID disrupted both schedule and budget. A quote obtained in the fall of 2019 more than doubled by the following spring, affecting everything from trusses to windows. When they reached the roof-tight phase they encountered one of their most discouraging moments. “It was raining inside,” Creery said. In fact,



Pippa Creery and Bob Kloske in front of their Earthship

it was not rain but condensation. The search for a solution revealed conflicting opinions around vapour barriers. “There were good arguments on both sides, so we decided to test it ourselves,” she said.

Once a vapour barrier was installed under the floor, along with R-80 cellulose insulation installed in the attic, the floor dried completely and tarps were needed to control dust until a finished earthen floor is in place. Airflow also plays a key role. An open design and doors at either end create cross-ventilation, while skylights – uncommon in Earthship designs – allow warm air to escape. Clay finishes help regulate humidity. “It absorbs moisture when it’s high and releases it when it’s too dry,” Creery said.

With that issue resolved, they settled into a demanding routine. “We would work in comfort in the house all day,” Kloske said, “then go back to the cabin late at night and have to warm it. We finally said, ‘what are we doing?’ and decided to make the move to the still unfinished structure. At that point, it felt like we could slow the pace,” making space for volunteering with Search and Rescue and pursuing creative hobbies.

“It’s a workforce of two,” Creery added, “and that workforce is slowing down.”

Other systems have followed a similar path of experimentation. Rainwater is collected from the roof and stored in cisterns. “We were amazed at how much water you collect – even from a heavy dew or fog,” Kloske said. Their hot water system evolved from a solar-powered hot water tank to a combined system: the solar heated water plus a wood stove modified with a water jacket, depending on the season.

“One advantage of taking some time is that you can observe what’s happening, try different things, and come up with better solutions,” Creery said. The observations have reinforced their original decision to build an Earthship. “The woodstove goes out around midnight. In the morning, it’s usually around 17 degrees,” Creery said. “Even if it’s minus 10 outside.”

The home is off grid, supported by solar panels, battery storage, and systems designed to minimize energy use. “We don’t have a high energy draw – that was a decision we made before we built,” Creery said.

When asked if they are still enthusiastic about the project, Creery responded “We collect our own water, cut our own wood, and manage our own waste – it’s about taking responsibility for how we live and the resources we use. We are incredibly fortunate and I can’t think of a single thing about our home that I miss or want.”

R & B Gutter Services
Eastern Shore/Cole Harbour Area

Over 20 Years Experience

Install

- Seamless Gutters
- Gutter Cleaning
- Leaf Guard
- Fascia • Soffit
- ... and more **Locally Owned and Operated**

902 891-0910 • 902 229-0651

ATLANTIC WATER INVESTIGATIONS LIMITED Est. 1993
awil.ca dean.walker@awil.ca

Buying or Selling a Home? 902-829-2922
Well Water & Septic Inspection Cell: 902-497-2922
Sewer Gas Detection
Pipeline Video Inspection DEAN WALKER, M.A.Sc., P.Eng.

Drill/Dug Well Water Quantity and Quality Tests
Well Video Inspection/Locate Buried Well Line-Cables
Salt Water Well Intrusion Downhole Profiling
QP Septic System Dye Test/Septic Tank and Field Locate
Sewer Gas Smoke Blower Services

SEAN FRASER, MP

1-844-641-5886
sean.fraser@parl.gc.ca
/SeanFraserMP
seanfrasermp.ca

#HERETOHELP

We’re here to help — now even closer to you!

New Constituency Office Now Open in Lake Echo
5-3288 Highway 7
(902) 829-3700

You can reach our team for assistance with:

- ✓ Federal programs and benefits
- ✓ Employment Insurance and CPP/OAS
- ✓ Community and business support

Visit or call us today — **we’re #HereToHelp.**

DUMP RUNS

Can’t move in your basement, garage or attic or junk just laying around? For \$300 a load I will take it to the dump. Labor and Dump fees included. Trees and brush removal as well.

Call Vaughan 902-471-0707

Esther Rowlings REALTOR®
estherrowlings@hotmail.ca
Ph: 902-471-6639

ViewPoint REALTY
www.viewpoint.ca

Happy Easter

NEW PRICE
5067 HWY 7 LISCOMB
Completely renovated. Large open concept kitchen, dining room and livingroom. All new appliances. Situated on 4.5 acres overlooking Liscomb Cove. Option for furniture to remain at Purchase Price.
\$142,500.00

Sammy Keizer

Automotive Limited

902-889-3573

Licensed Mechanic offering a full line of mechanical services on all domestic and most imported vehicles.

8609 Hwy #7, Musquodoboit Harbour
Fax: 902-889-3261 Email: skauto@live.ca

Memories of Huntsville

By Jeddore John

The other day we watched a TV show on the career of Neil Young. It triggered a flood of memories. As you may know, the song Helpless starts off with:

*There is a town in North Ontario
With dream, comfort, memory to spare
And in my mind, I still need a place to go
All my changes were there*

When I was a kid about seven years old, my parents built a cottage in a cottage association called Norvern Shores Association on Lake Vernon, just outside Huntsville, Ontario. What follows here is that flood of memories.

I was a great bass fisherman because I had a secret. I fished at night from a canoe towing a surface lure called a jitterbug about 30 feet behind. It was mesmerizing to be paddling quietly in the dark with the steady pukka, pukka, pukka of the jitterbug behind me on the dead flat calm of the lake, then suddenly a huge splash as a big smallmouth comes out of the depths and flies into the air with the lure in its mouth. Grab the rod quick because the fish is pulling the rod along the gunnels, and in a second or two the rod is going to flip over the side. Heart pounding.

I used to go up to the cottage a lot in the off-seasons and late fall, winter, and early spring. One fall when there was no one else up there, I was standing on a rock cliff overlooking the lake to the south, just taking it all in. I heard a flock of geese coming from behind me and they passed over headed south in a perfect vee at treetop level, honking as they went by. For some reason that I still can't explain, I yelled, "TAKE ME WITH

YOU!" I have never felt more alone than I did in that moment.

The Old Elm Tree

There was a huge old elm tree growing beside the road about 30 yards back from the lake. It never failed to stir me when I saw it, and sometimes I would go and sit beside and lean up against it. It sounds crazy I know, but I could feel the life force in it, feel its presence in a way I can't explain. I took a tape measure to it one time and measured its circumference at chest height and it was just over 18 feet around. I think that means its diameter was about 5.7 feet.

When moving from BC to Nova Scotia, I stopped back in at the association and to my great sadness, the big elm was gone. Just a stump remained. I went up to say Hi to the folks who bought our cottage, and I asked them what happened to the tree. They said that the Association cut it down because they were afraid that someday it might fall across the road and block it. So they cut it down. To quote Forest Gump, "Stupid is as stupid does."

The 30-Pound Trout

One day when I was a kid, my father and I were down at the beach talking to old Charlie Waters, the local Game Warden (officially called Conservation Officer). Charlie noticed that a chunk of tree trunk out on the lake was drifting counter to the lake current. Charlie commandeered one of the members' boats and went to check it out.

He discovered a rope tied to the chunk of wood and started to pull it in. Like a scene from a Charlie Chapman movie, the rope pulled back. Nearly pulling

Charlie into the water. The rope and Charlie went back and forth a couple of times until Charlie managed to get the puller to the surface. It was a lake trout that he estimated to be at least 30 pounds. He managed to get it unhooked and released it. Sadly, illegal fishing takes many forms.

Nature Was Against Us

My sweetie and I were headed up Killarney Provincial Park in Ontario near the north end of Georgian Bay for a canoe trip into the back country. We had been there before and had had an amazing time. Crystal clear waters, easy portages, very few people, good campsites.

This time though, nature was against us. The mosquitoes were ferocious. We took refuge in our van with plans to head in the next morning, but the

mosquitoes had other ideas. We had no idea how they were getting in the van, but we spent a couple of hours swatting and cursing until we finally gave up, rolled down the windows, and headed for the association in Huntsville.

Turns out it was for the best. We camped down by the water for about a week and surprisingly no one bothered us, even though we were not members. Very few people were about. We swam and canoed and made love and laughed, and then did it all again. And again. And again. For me, it was the best vacation of my life. Thank you, mosquitoes.

Like Neil's song says, all my changes were there. God, I miss that place. Sadly, it's gone now. Replaced by endless docks with endless powerboats attached, and an unbroken string of waterfront cottages along the far shore.


Deep Harbour Accounting, Inc.

Chartered Professional Accountancy
Accounting + Tax + Advisory
Personal, Corporate & Estate Tax Filing
Lower East Chezzetcook, Nova Scotia
deepharbourcpa.ca
(902) 536-8707


WE WELCOME NEW CLIENTS

STUDY HERBAL MEDICINE ON THE EASTERN SHORE!

- Identify edible and medicinal plants and seaweeds
- Learn how to make home remedies
- Build health resilience using holistic practices
- Connect more deeply with nature and a community of herb enthusiasts



Join herbalist Savayda Jarone at her oceanside, forested home and garden for an uplifting year of discovery.



BLOOMINSTITUTE.CA

Year-long course starts Sept 2025, we meet one Saturday per month.

To register for HOLISTIC HERBAL WELLNESS:
902-957-1534 OR INFO@BLOOMINSTITUTE.CA

MUSGO RIDER

Transit for Everyone

New Program

Our drivers can now accompany clients to assist with grocery shopping, go into the hospital to help them find their appointments, wait for them and see them back to the vehicle. All at no additional cost to the client. If you would like this service or want more information please call, text or email.



Call to book your ride
483-RIDE (7433)

24 Hour Advanced Booking Required.

Happy Easter



325 Porters Lake Station Road

musgorider.ruralrides.ca

NOVA SCOTIA HALIFAX | Funding assistance provided by the Province of Nova Scotia and Halifax Transit



TAYLOR TIMBER MART **CHECK OUT OUR WEBSITE**
WWW.TAYLORTIMBERMART.CA
 FOLLOW US LIKE US @TAYLORTIMBERMART

25% OFF
INSTOCK DOOR MATS
 *DOES NOT INCLUDE SWITCHMATS



20% OFF
SICO INTERIOR SPECIALTY PAINTS



Includes Kitchen & Bathroom, Latex Floor Paint, Furniture & Cabinets, Doors & Trim, Ceiling Flat



20% OFF PET COLLARS, LEASHES & HARNESES

30 Seconds Outdoor Cleaner
 3.78 L Concentrate
 #2241172
 Reg 42.99



\$36.97

Deck Scrub Brush with Handle
 10" Wide
 #8686008
 Reg. 37.99



\$29.97

Thank You for Shopping Local!

FLAGS, POLES & WALL MOUNTS
\$7.99 - \$28.99

1/2" BIRCH PLYWOOD
\$35.97
 REG 49.99
 #1248BSH

PELLETIZED LIME **\$6.79**
 #PELIME 15kg



\$21.97

Pointed Shovel
 #3682010
 Reg. 35.99

\$19.97

22-Tine Leaf Rake
 #7198617
 Reg. 25.99

\$27.97

16-TINE BOW RAKE
 #2668267
 Reg. 37.99

\$99.97

6 cu.ft. GREEN STEEL WHEELBARROW
 #5879713
 Reg. 119.99



\$114.97

6 cu.ft. BLACK POLY WHEELBARROW
 #1212109
 Reg. 139.99

\$12.97

2.2 cu.ft. PREMIER PEAT MOSS
 #6854012
 Reg. 15.99



PRICES IN EFFECT APRIL 1-30 2026 - WHILE QUANTITIES LAST - SORRY, NO RAINCHECKS - TAXES & DELIVERY EXTRA - LIMIT OF 45 PER HOUSEHOLD ON BIRCH PLYWOOD



WE FILL PROPANE TANKS



PARTY ICE \$2.99



AIR MILES



U-FILL WATER \$1.99



WATER SOFTENER SALT \$8.89

7480 HIGHWAY #7 - MUSQUODOBOIT HARBOUR - 902-889-3639