

EASTERN SHORE COOPERATOR



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Kim Thompson, outgoing founder and executive director of the Deanery Project with new executive director Greg Puncher. (see page 5)

Summer Jobs at the Cooperator



We are happy to announce that the Canada Summer Jobs program has provided the *Cooperator* with funding for three 8-week positions. The positions are for 30 hours a week. The age range is from 15 to 30. You do not have to be enrolled in school, or planning to enroll in school. All three positions pay \$16.75/hr, the current minimum wage in Nova Scotia, plus vacation pay.



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A Dream in Bloom – Petitpaw Florist and Market

By Mary Elizabeth O'Toole

Inside Petitpaw Florist and Market at the Porters Lake Plaza, colourful arrangements and fresh-cut flowers fill coolers at the back, while small plants brighten the front window. Around the shop, displays offer a mix of handmade crafts and locally produced goods – jams, sauces, maple syrup and baked treats – alongside seasonal fruits and vegetables.



Owner Lisa Pettipas has worked with flowers for more than two decades, discovering her interest while working in the flower department at Superstore during university. “I really enjoyed the work,” she said, adding that she left university to take a floral design course. Pettipas later became the store’s full-time floral department manager, a role she held for about eight years.

When the store was renovated and no longer offered full-service floral, Pettipas found herself in a very different role, focused more on customer service than design. Missing the creative work she loved, she began arranging flowers from her basement while continuing to work full-time. For seven years, she balanced work, family, and her passion for floral design.

“I remember one morning while finishing up an arrangement before work just staring at the roses and saying to myself, ‘I wish this is what I did full time,’” she recalled. Weekends often meant heading to local farmers’ markets, where she sold grapevine wreaths, arrangements, cut flowers, houseplants, and potted bulbs – building both experience and a customer base.

The turning point came during COVID. With delivery demand increasing and a new space becoming available, Pettipas made the leap to open her storefront in 2021. “Flowers as a side gig was getting so busy ... I figured it was time.”

Since then, the business has grown steadily. While some neighbouring shops have come and gone due to individual circumstances, Pettipas said the location has worked well, especially as more businesses have opened nearby, attracting new customers.

Like many small business owners on the Eastern Shore, she is realistic about the challenges. Being just 20 minutes from the city means customers have other options, but success isn’t measured only in revenue. “I’m not making it rich,” she said with a laugh. “But it’s an enjoyable lifestyle.”

...continued on page 15

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ALL THINGS REAL ESTATE

What should you look for when choosing a real estate agent?
There's no one-size-fits-all approach in our local real estate market. Conditions can vary significantly from one community to the next. What works in Jeddore might not apply in Porter's Lake. Similarly, a waterfront property attracts a very different type of buyer than a rural family home. Because of this, selecting the right real estate agent is a key decision for any seller. Real estate, especially along the Eastern Shore, is highly localized. Buyers aren't just looking at price; they're weighing factors like commute times, school districts, nearby services, amenity proximity, land functionality, quality of upgrades, and even things like heating systems. An experienced agent knows how these elements affect a property's value and marketability.

So, what should a strong real estate agent bring to the table?

1. Pricing strategy is fundamental. Listing too high can cause a property to sit, while underpricing without a plan could mean missing out on potential profit. A capable agent will review comparable sales, active listings, market trends, days on market, buyer activity, and clearly explain how they've arrived at a recommended price.
2. Positioning is just as important. Good marketing goes beyond photos—it's about telling the right story. Who is the most likely buyer for your property? The messaging should align with the most likely buyer profile to generate meaningful interest.
3. Communication also plays a major role. You should expect regular updates, straightforward feedback, and honesty throughout the process. While market feedback isn't always what sellers want to hear, clear communication helps guide better decisions.
4. Negotiation skills matter as well. An experienced agent understands when to hold firm in their position, when to compromise, and when to shift strategy to achieve the highest possible sale price for their client.
5. Lastly there's transaction management, which is the behind-the-scenes work that keeps everything on track once an offer is accepted. Many deals hinge on how well this phase is handled, so organization and attention to detail are essential. This includes coordinating lawyer review, right of ways, access agreements, contacting trades to quote anything that arises on inspections, ensuring buyer conditions are being met, etc.

When meeting with potential agents, don't hesitate to ask specific questions about their pricing approach. Be wary of simply choosing the agent who suggests the highest list price—it may sound appealing, but it can lead to challenges later. A good agent will be able to justify their pricing with data and explain how your property compares to others. It's also important to understand exactly what their marketing plan includes, from photography and staging (which not all agents provide) to advertising and online exposure and rollout beyond basic posting on MLS®.

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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

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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.

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EASTERN SHORE COOPERATOR

JUNE DEADLINE

MAY 20TH

A Season of Transition at the Deanery

By Kim Thompson, Executive Director, Deanery Project

[Editor's note: The Deanery Project in Ship Harbour has just announced that Greg Pucher will be succeeding Kim Thompson as the organization's executive director, beginning June 1. I have been involved with the Project since its inception as a founding board member and board chair. We are happy to have Kim's thoughts about the evolution of the organization, and the milestone of finding a new executive director.]

Timing is everything when tending a garden. It is no different when tending our relationships, human and non-human alike.

When the opportunity arose in 2010 for someone, somewhere, to care for the old Tangier Deanery Centre, little did those of us who stepped up to the challenge know what that might mean. It felt like adopting an exquisite, neglected plant that was quietly calling for the attention it needed to bloom.

It has been a joy to witness and be part of the evolution of what is now known as The Deanery Project, a much respected environmental and arts learning centre that touches hundreds of people of all ages, across disciplines and across cultures every season.

As in all of nature, succession is an integral part of life's journeys. Few of us are granted the opportunity to experience these times of transition with as much intention and care as what has unfolded at the Deanery over the last nine months. Moving into this next stage has been a beautifully

thoughtful and collaborative process, guided by a community that doesn't shy away from doing things differently.

In many ways, it feels as though we have been preparing for this moment for years. Our roots are strong. The land is open. And something new is being called forward.

Welcoming Greg Pucher as the Deanery's next Executive Director is a huge gift to the Eastern Shore. He brings a rare combination of creativity, scientific rigour, and care for community. He steps into a place shaped by many hands and hearts—a community that is ready to support this next phase of growth with him in a leadership role.

The Deanery Project has never been easy to define. From the outside, it may appear complex, even puzzling. We have intentionally resisted being just one thing because communities, like ecosystems, do not thrive as monocultures. We are part of an interconnected web – human and more-than-human – rooted in land, water, and shared experience.

It is this web – fragile and resilient, complex and simple – that feels increasingly at risk in our world today. Places like the Deanery offer something incredibly important: a chance to reconnect – with the land and with each other in ways of being that are grounded in care, creativity, and reciprocity. These experiences ripple outward – into our homes, our work, and the urban and technological

spaces that surround us.

Above all, it is the land and waters that are our teachers on this journey. Indigenous knowledge holders have long understood how to speak and listen to this language. They continue to guide us in remembering it. That listening is available to all of us. It asks mostly that we slow down, pay attention, and act ... with kindness.

Greg arrives with a depth of experience and a sense of what is possible that will serve this moment well. The need for creative, collective action has never been greater. And the Deanery – like many community-rooted places – is being called to grow. And grow it shall.

This is also a moment of gratitude. Since 2011, dozens of amazing people have helped steward the organizational structure of the Deanery, from founding chair Brad Smith to current chair Jamie Fraser and so many people in between, including special stars like Chris Weisenberger, Charles Williams, and Gale Keenan. The list is too long to share here, but you know who you are and how much your care and

commitment are appreciated and how they have shaped what the Deanery is today.

As for me, I step forward with a full and happy heart into a new relationship with the Deanery and the Eastern Shore community I so love. There will be more time too for gardens, the forest, family, and making art – while continuing to support this place in new and evolving ways.

You who are reading this are part of the fabric of the Eastern Shore. I hope you find your people – our shared communities, your place of belonging. There is great need for us all to step forward, wherever and however we can, and to do so together.

At the Deanery, there are many exciting projects on the go. In this moment, we extend a special call out to gardeners and carpenters to come lend a hand – and as always, to anyone who has skills to share or feels the quiet call to be part of something growing.



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On Nature: Where Eagles Dare

By Eric Cole

The Galapagos is a hard act to follow when you write a nature column. Coming home to late winter doldrums doesn't help either as March and early April offer paltry snippets of the vibrancy to come in May. Meanwhile memories of the extravagant life of the Galapagos nurture us, not least in lingering dreams.

We emerged from these doldrums though, as a walk in the Eastern Shore, regardless of season, rarely disappoints. Even on a lousy day there's a good chance you'll spot an eagle around here, and two of them were flying around above us on the road home from the beach one day.

We couldn't tell if their aerial antics were amorous or aggressive as they ducked and swooped after each other. Bald eagles mate for life but don't always spend the whole year together. Was this a reuniting pair or a territorial dispute? Females are bigger than males but that's not easily discernable in flight, so we couldn't tell what sexes they were. They disappeared into the blue before we could label them friends or foes.

They didn't do the so-called death spiral for us. That's when two eagles tumble

earthwards with their talons locked together. They unlock and separate before they hit the ground, usually. It looks like an incredibly reckless game of chicken, but with eagles.

The tumbling is a ritualized test of strength and coordination to assess the fitness of the other, whether as a prospective mate or a rival. I assume that early spring before the breeding season is when we're most likely to witness. I would also guess that long established pairs do not feel the need to engage fully in this extreme cavorting every year before breeding.

Call me boring, but token nods to the spiral by way of a few slick aerial maneuvers in between gathering branches to renovate the nest seems like a much more practical way to re-establish bonds between proven pairs.

Bald eagles are a real conservation success story. Not so long ago the population itself was in a death spiral. Hunting and insecticides like DDT brought them to the edge of extinction, the latter by thinning their eggshells so the parents would crush them during incubation. Since the ban on DDT in the seventies, their numbers have recovered right across their range.

Dawn Chorus at The Deanery

On May 3rd, join Zoologist Eric Cole for an early bird watching and listening hike around the grounds of The Deanery. May is when our neo-tropical migrant birds return to breed and when our gardens and woods fill again with birdsong. Our casual survey will involve a stop-start stroll listening for and identifying any singing birds. We will also be trying to get a look at the songsters. We will complete an E-bird

checklist of birds seen. Eric will chat and answer questions about the birds as we proceed. Some birds will be migrating on through, some will stay to breed in the vicinity.

Eric Cole has been a keen birdwatcher his whole life. He moved to The Eastern Shore in 2024 after retiring from the Toronto Zoo where he was Director of Animal Care. Eric lives in Clam Harbour and writes the Nature column for the *Eastern Shore Cooperator*.

Their intelligence enables them to adapt to all kinds of environments and to exploit and eat whatever any habitat offers. You can see Bald eagles hunt for fish and for fowl or watch them harass and steal food from other birds. They're happy to scavenge on a carcass and make no mistake, they'd fly off with your cat without a second thought.

The Bald eagle is also America's national symbol. Three of the country's founders were tasked to choose an emblematic seal for the new republic in 1782. The choice was made during the war against the British and the eagle got the final nod, probably thanks in part to its fearsome demeanor.

Benjamin Franklin was not happy with the choice, citing the "bad moral character" of the Bald eagle that he said lived dishonestly by stealing from

others, and so felt would not be an appropriate representative of the country. He apparently quipped to his daughter that the Turkey was a more suitable candidate, being a "bird of courage" based on its willingness to defend the farmyard from anything red.

Lots of birds see the colour red as a threat and will defend against it or flash red feathers of their own in displays of dominance. In this case Franklin was proposing they would even defend against British Redcoats.

I wonder what Franklin would think of today's displays and deployments of the emblematic eagle and would he still favour the Wild Turkey, considering what resides in the White House in our time?

The Joy of Seed Saving

By Jack Burgi

Planting seeds to grow nourishing food and healing medicines is central to the story of humans. For some, it's instinctual. For others, it can feel like learning to ride a bike. For all, it connects us to our ancestors, whether close or distant, who collected and planted seeds for survival.

So began an afternoon workshop on seed starting and vermicomposting – making manure with worms – at The Deanery Project in Ship Harbour. Led by Megan Ashworth of the Permaculture Atlantic Network and Charles Williams of Earth Activist Training, the small group met around the woodstove and talked about how seed starting ties us to the natural cycle of seasons and the joy of creating with our hands.

Saving Seeds

Starting or planting seeds begins with, well, having seeds! If you (or a friend or neighbour) grew plants last year, there's a chance you have some saved seeds to start with. Saving seeds is surprisingly simple. For most plants, wait until the fruiting body, or flower, is dried out, then pick it and separate the seeds. This generally happens at the end of the season.

For example, when a bean pod becomes hard and crackly you can easily split it open, and the beans inside become the seeds you plant next year. Other

leafy plants, like winter greens or herbs, will shoot out flower stalks when you are no longer harvesting the edible leaves. Once those have dried out and discolored, the flowers are ready to be picked. You can gently shake the seeds out of them and store them somewhere dry.

Some plants, like tomatoes and cucumbers, have seeds inside the fruits we eat that can also be saved. However, these need to be soaked in water to remove their gelatinous coating. Once you see a film at the top of the water, they're ready to be dried and saved!

The best part of seed saving is that you end up with many more than you started with, which makes sharing easy. In this way, plants teach us about abundance. Care for the earth, and it will provide for a bountiful future. As the workshop showed us, there is always more than you can use alone, so spread the love.

Loving seeds is appreciating their incredible technology. Plants that reach maturity provide seeds that have adapted to their growing environment. So their little offspring are almost always better suited to their microclimate than anything store-bought. Many seeds saved from annuals – plants that go from

seed to seed germination and die in a single growing season – which are native to this region need to experience a "wintering" period before they can sprout. Over millennia, these seeds have adapted to survive harsh winters under frozen grounds, which would kill off many non-native plant species.

Sharing Seeds

Sharing seeds that have adapted to our region is a rewarding experience! When we share with our friends and neighbours, planting and growing remains affordable and accessible. And you don't need a large garden plot to grow in. Apartments, shared spaces, and even public spaces work great, too! When picking containers for starting seeds, the only limit is your imagination. Don't be precious or think you have to spend a fortune on new plastic. Old yogurt containers, cans, and even cardboard and twine can do the trick ("seed snails").

Here are the basics: good soil, drainage, and sunlight. For those seeds that need a "wintering" period, you can mimic this by mixing them with damp dirt or sand in a closed container and setting it in the fridge for four to six weeks before planting them in soil.

(Jack Burgi is a free-lance writer who is a volunteer on the Deanery Project's communications team.)

Women Entrepreneurs of the Eastern Shore

By Brenda Hattie

I've been struck by how many local businesses are owned and operated by women. I began to think about this in earnest after viewing a new series of videos on Facebook coming out of Lunenburg titled "Women who Anchor Lunenburg." I thought about this area.

Walk down almost any main street on the Eastern Shore and you'll see it: the café run by a woman who knows every customer by name, the home-based service that grew into a storefront, the local wellness or childcare centre, the craft studio, the accounting office. These businesses are not incidental to our communities - they are the backbone. And increasingly, they are owned by women.

Across Canada, women now own roughly one in five businesses (StatsCan 2026). That number has been steadily rising, reflecting decades of progress in education, workforce participation, and entrepreneurship. On paper, that growth tells a story of opportunity. But on the ground, especially in rural and coastal regions like the Eastern Shore, the story is more complex.

Women-owned businesses are disproportionately concentrated in the service sectors - the sectors that sustain everyday life - health care, social services, education, retail, and hospitality. These are the spaces where care, connection, and community intersect. They are also sectors that have historically been undervalued, underfunded, and too often taken for granted.

This is not a coincidence. Research consistently shows that women entrepreneurs face structural barriers that shape not only whether they start businesses, but the kinds of businesses they are able to build. Access to financing remains unequal. Women are less likely to access large loans or venture capital, and more likely to rely on personal savings to get started. As a result, women-owned businesses are often smaller, slower to scale, and concentrated in industries that require less upfront capital.

Despite these constraints, women continue to build businesses that are deeply embedded in their communities. They hire locally, provide essential services, and create spaces of belonging. In many cases, they balance entrepreneurship with caregiving responsibilities, unpaid labour, and community leadership roles that rarely appear in economic data.

In regions like the Eastern Shore, this work is particularly vital. Here, where economies are shaped by small businesses rather than large corporations, women entrepreneurs are not just participants in the local economy - they are central to its survival. They keep doors open and invest in places that might otherwise be overlooked.

But recognition has not always followed. Too often, the work of women business owners is framed as "small," "local," or "lifestyle," terms that obscure the scale of their impact. If we are serious about supporting our communities, we need to support the businesses that sustain them. That means improving access to financing, investing in rural entrepreneurship, and recognizing that economic development is not just about growth - it is about resilience, care, and connection. It also means paying attention and looking more closely at the businesses we pass every day. Who owns and runs them? How did they get started? What stories do they carry?

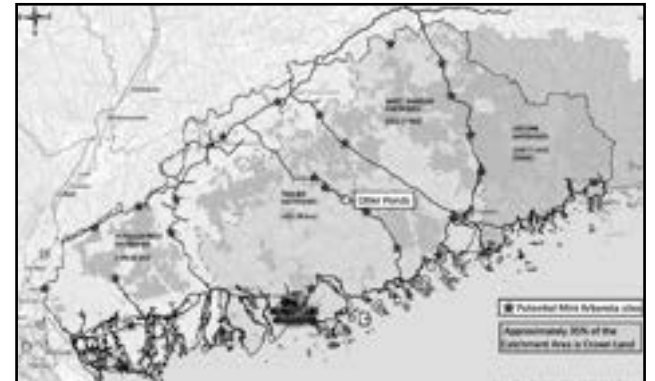
Starting with this issue, the *Cooperator* will be running a series titled "Full Sail: Women Entrepreneurs of the Eastern Shore," profiling women-owned businesses on the Eastern Shore - from Ecum Secum to Lawrencetown and the Prestons, and up to Upper Musquodoboit. (See "A Dream in Bloom - Petitpaw Florist and Market, page 3.) What makes a business succeed? What are the barriers? What are the enablers? The series will feature profiles in persistence, creativity, and the quiet, determined work involved in building a business. If you know of a small business that is owned and operated by a woman or women, email your suggestions to info@easternshorecooperator.ca.

Memory Lane Plans Arboretum

By Richard Bell

Memory Lane is launching an ambitious program to create an accredited arboretum program based at its Lake Charlotte location that will guide people to sites around the Eastern Shore of almost all of Nova Scotia's tree species.

ArbNet is the official organization that registers arboreta. The ArbNet definition of an arboretum is "a living museum of trees and woody plants, grown and cared for by an organization committed to their stewardship. Arboreta serve not only as beautiful places to explore and enjoy, but can also provide vital community resources for personal wellness, environmental education, ecological conservation, and scientific research."



There are a total of 2673 registered arboreta worldwide, divided into four categories. Heritage Village will be applying for the introductory category, of which there are 565 worldwide.

Thea Wilson Hammon, the executive director at the Lake Charlotte Area Heritage Society, said an April 18 briefing that Hurricane Fiona started them thinking

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Harbour Lites Seniors Club

"What's Going On" in May

<p>Sunday, May 3 & 17 Crib 1:30pm</p> <p>Tuesday, May 5 - \$10 Mother's Day Dinner 12:30pm Turkey, Ham, Salads, Dessert</p> <p>Wednesday, May 6 Directors Meeting at 1pm</p> <p>Thurs., May 7, 14, 21, 28 Jam 2-4pm</p>	<p>Tuesday, May 12 General Meeting 1:00pm Pot Luck Lunch 12:30pm</p> <p>Friday, May 8, 22 Karaoke 6:30-10:00pm</p> <p>Saturday, May 9 Kitchen Party 2-4pm</p> <p>We have something for everyone!</p>
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**CHECK OUR FACEBOOK PAGE FOR UPDATES
Harbour Lites Seniors Club (Facebook Page)**



167 Meaghers Grant Road

Tuesday, May 19
Bingo 2:00pm

Tuesday, May 26
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Happy
Mother's Day

MLA MEMO

Hi everyone and thanks for taking a moment to read through my memo this month!

I'm happy to report that the Spring Session of the House concluded on April 9th. The 2026/27 budget passed as well as several other pieces of legislation including:

- Bill 203: Amendments to the House of Assembly Act which will create a new riding in Cheticamp.
- Bill 193: Powering the Economy Act which modernizes the province's energy framework by enabling offshore renewable energy development and revenues.
- Bill 200: Cannabis Control Act which cracks down on illegal cannabis sales by expanding enforcement powers, banning advertising by unlicensed sellers, creating new offences for youth distribution, and increasing fines.
- The full list of Legislation can be found at: <https://nslslegislature.ca/legislative-business/bills-statutes>.

Sessions in the Legislature are arguably the most important aspect of the role of MLA, but spending time in the communities on the Shore and talking to constituents face-to-face is very important to me. I'm glad I have more time to do that now, and I am excited to get out knocking on doors over the next few months.

As usual, there is a lot on the go on the Shore – especially as we inch our way closer to longer days and warmer weather! Please let me know if your club or organization has an event planned – I'd love to support it with advertising or promoting it on social media!

In local Healthcare news, work continues on the new Primary Care Clinic in Musquodoboit Harbour, and the Urgent Treatment Centre at Eastern Shore Memorial Hospital in Sheet Harbour is open almost every day in May. Call 902-885-2554 for appointments.

In local Public Works news, by the time this issue is published, we should see crews on Highway 107 continuing the work on the new passing lanes. Also, the continuation of Highway 107 twinning from Burnside to Lake Loon will require temporary closures for blasting. The closures will be 10 minutes long, and there will be up to two per day between 9 a.m. and 3 p.m. Work takes place Monday to Friday until Thursday, July 30. Traffic control and signs are in place.

In other government news (and I hope this is resolved by the time this edition is distributed), there is currently a strike in the Long Term Care Sector. Here are the facts relating to the agreement, directly from the Department of Seniors and Long-term Care:

Nova Scotians deserve stability in long-term care—especially residents and their families.

Most long-term care homes in Nova Scotia continue to operate as normal. Only those homes with employees represented by CUPE may be impacted by this strike. Of the 143 homes in the province, just over 25 CUPE facilities are on strike.

The Province has put forward a strong, fair, and comprehensive offer for long-term care workers:

1. Wage increases of 12% to 24% over the four-year agreement (from 2023 to 2027), including retroactive pay back to 2023, with payments estimated between \$1,600 and

\$7,000 (after taxes) depending on the role and hours worked. The average retroactive payment is expected to be \$3,000 (after taxes).

2. A 70% increase in shift and weekend premiums—increasing from \$2.35 to \$4.00 more an hour for evenings and weekends. That means up to an extra \$8 an hour for weekend evening shifts.

3. New access to a defined benefit pension plan for employees who previously did not have one—providing long-term financial security for workers across the sector.

4. Progress toward wage parity across healthcare—helping ensure long-term care employees are compensated more consistently with those in acute care and home care.

5. This offer matches the deal voted on and accepted by 27,500 employees working in healthcare, home care, and long-term care:

- Accepted by almost 4,200 CUPE-represented hospital employees and just over 250 CUPE-represented employees in home care
- Accepted by all other health unions
- Accepted by approximately 2,500 unionized employees in 29 long-term care facilities across Nova Scotia

We deeply respect the work of CUPE members. That's why we believe they deserve the opportunity to review and vote on this offer themselves, and again ask CUPE to let their members vote on an agreement that CUPE has accepted twice already, ensure workers receive the back pay they are owed, and focus on what matters most: providing care for our loved ones.

At the same time, we are hearing from families who are concerned about the impact of the strike on care. While essential service agreements are in place, ensuring that essential care continues, any disruption is felt by residents and their loved ones.

It is Government's hope that this deal will be accepted as soon as possible so the important work of starting to negotiate the next round of wages for 2027 and beyond can start without further delay.

More government news:

Province Expands Education, Training in Disability Support Sector

Expanded education and training opportunities will strengthen Nova Scotia's disability support workforce and advance the Nova Scotia Human Rights Remedy.

The province has partnered with Nova Scotia Community College (NSCC) to open 30 more seats in the disability support professional program, which started last year. The new seats are at the Ivany campus in Dartmouth and are in addition to 100 full- and part-time seats at campuses in Kentville and Sydney. Classes at the three campuses begin in September.

These investments expand access to training across the province and remove financial barriers for new students entering the field by covering the full cost of tuition, textbooks and mandatory student fees through provincially funded bursaries.

The first cohort of disability support professional students began their studies in September; about 41 full-time students from this class will graduate in June. About 18 students

studying part-time over two years at the Lunenburg campus in Bridgewater will graduate in the spring of 2027.

The province is also investing in two new micro credentials focused on human rights-based practice. These short, flexible training opportunities will provide up to 1,350 seats for people already working in the sector to build skills aligned with the principles of the Nova Scotia Human Rights Remedy.

New Skilled Trades Initiatives Opening Doors for Young African Nova Scotians

Opportunities in the skilled trades are expanding for youth across the province. A partnership between the Nova Scotia Apprenticeship Agency and The PREP Academy will direct nearly \$500,000 over two years to create 120 new opportunities.

This includes 80 new apprenticeship placements annually and coaching and career support for 40 high school students. It builds on the launch of NSCC's Institute of Skilled Trades, which was supported by a \$25 million investment.

Provincial Volunteer Awards Call for Nominations

Nova Scotians are encouraged to nominate an exceptional volunteer – individual, group or organization – in their community for the 2026 Provincial Volunteer Awards.

Nominations are now open in four categories:

- Newcomer Volunteer Award, for a newcomer who demonstrated extraordinary outreach to and volunteerism in their new community
- Youth Volunteer Award, for a volunteer aged 13 to 24
- Family Volunteer Award, for a family of two or more people living in the same community
- Nova Scotia Strong Award, recognizing resilience during a time of tragedy or struggle.

Award winners will be recognized along with volunteer representatives from communities across Nova Scotia at the 52nd annual Provincial Volunteer Awards ceremony in Halifax on September 28.

Make a Difference by Joining an Agency, Board or Commission – May 12th deadline

Nova Scotians interested in making a difference by volunteering on one of the dozens of agencies, boards or commissions across the province are invited to apply.

Applications are open for agencies, boards and commissions that provide advice and services in a variety of areas, including health, policing, agriculture, education, culture, the environment, transportation, labour, professional regulation and more.

The spring application deadline for current opportunities is May 12. Applications for many other positions are accepted year-round.

The Government of Nova Scotia is committed to promoting diversity and equity through its agencies, boards and commissions. People are encouraged to self-identify if they are from an underrepresented or underserved community when applying. These communities include Indigenous people, African Nova Scotians, other racially visible people, people with disabilities, the 2SLGBTQIA+ community and other groups.



KENT SMITH
MLA, Eastern Shore

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

6321 Hwy 7, Unit 104
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Scam of the Month

The scammers of the world never rest. Here's our favourite from the last month:

This message is very urgent, thus we kindly ask you to send it to your CEO. If you believe this was forwarded to you wrongly, please simply disregard it. Thanks.)

Dear CEO,
We are the domain name registration service company in Shanghai, China. An application was received from our end from Yahoo Ltd on April 14, 2026. They wish to register "easternshorecooperator" as their internet keyword and Chinese domain names (easternshorecooperator.cn, easternshorecooperator.com.cn, easternshorecooperator.net.cn, easternshorecooperator.org.cn). But after reviewing it, we notice this name conflicts with your company name or brand name. To resolve this issue properly, it's necessary to send a message to you and verify if this company is your distributor or business partner in China?

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Paul Liu
General Manager, NET Registry, Shanghai 200233, China

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May is Mental Health Awareness Month a time to remind ourselves that caring for our minds is just as important as caring for our bodies. In Canada, mental health remains a growing concern, with approximately 1 in 5 Canadians experiencing a mental illness each year. Behind that statistic are families, neighbours, co workers, and young people who deserve timely support, compassion, and a system that meets them where they are. As a province and as a community, we must continue working to reduce stigma, expand access to culturally informed care, and ensure that no one feels alone in their journey toward wellness.



The Eastern Shore Garden Club invites the community to its **Plant Sale** on **Saturday, May 30th, from 9:00am to 11:00am** at the Chezzetcook District Lions Community Center, 89 East Chezzetcook Road.

A wonderful selection of annuals, herbs, houseplants, perennials, vegetable transplants, shrubs, and more will be available. Cash Only!
Growing community, one plant at a time.

The **Spring Session of the Nova Scotia Legislature** concluded on April 9, following 27 sitting days and significant public engagement across multiple sectors. Over the course of the session, 10 government bills received Royal Assent, including the Appropriations Act (Budget 2026–27), the Financial Measures Act, and the Powering the Economy Act.



Together, these bills formed the backbone of the government’s fiscal and economic agenda for the year. The Appropriations Act set out nearly \$19 billion in spending for the upcoming fiscal year, while the Financial Measures Act implemented the tax and revenue changes required to operationalize the budget. The Powering the Economy Act advanced the government’s energy and economic development priorities, positioning Nova Scotia to pursue new opportunities in emerging sectors.

Our community is getting stronger support for food security!



Through the Feeding Communities Fund, \$60,250 is being invested in Preston to support local organizations providing meals, groceries, and community food programs.

Local organizations receiving funding include: Preston Area Food Network, Boys & Girls Club of Preston, East Preston United Baptist, It Takes a Village Community Outreach and Advocacy Society and the Preston and Area Family Resource Centre. These investments strengthen the work already happening on the ground and help ensure families across our community have access to the food and support they need.

This funding is part of a \$5.3 million investment across Nova Scotia to help people access safe, nutritious food close to home. It is supported by proceeds from the sale of U.S. alcohol products, with those dollars being reinvested directly into communities.



On April 1, 2026, the minimum wage increased from \$16.50 to \$16.75 per hour. A second increase will take effect on October 1, 2026, bringing the minimum wage to \$17.00 per hour.

These adjustments follow the annual formula recommended by the Minimum Wage Review Committee, which considers inflation and economic conditions across the province. The goal is to provide stability for employers while ensuring that wages reflect the realities facing workers and families.

May 18, 2026



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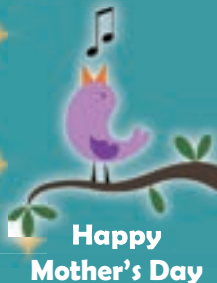
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At the Harbour Lites Seniors Club April Story Time those in attendance were entertained by Gerald Day from Porters Lake. He gave a presentation on how he began painting rocks. He also gave a very entertaining story about Rocky Rockhead. An interesting afternoon. See Page 16 for story.



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Thinking of starting a business?

The Self Employment Benefits Program can help!

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

The Program:

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

CBDC Blue Water is proud to be the coordinator for the Self Employment Benefits Program.

For further information, contact Sheila Spicer, Self Employment Benefits Coordinator, at 902-827-5564 or toll-free at 1-800-565-2773. Unit 103, 61 Stella Drive Porters Lake, NS B3E 0G4





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DISTRICT 2 COUNCILLOR'S COMMUNIQUE MAY 2026 – ISSUE # 342 – HAPPY MOTHER'S DAY



EMERGENCY PREPAREDNESS WEEK

2026 Emergency Preparedness (EP) Week will be from May 3rd-9th. This year, the theme is "Be Prepared. Know Your Risks". You are encouraged to understand the risks in your area and learn what actions you can take to protect yourself and your household. Everyone should be prepared and able to take care of themselves for a 72-hour period from any potential harm caused by a significant weather event or incident. Our district is very fortunate to have two Joint Emergency Management (JEM) Teams: Eastern Shore JEM (Cole Harbour to Ship Harbour) and Sheet Harbour JEM (East Ship Harbour to Ecum Secum). All of our JEM Teams are looking for volunteers. For more details about them please go to: www.halifax.ca/fire-police/fire/emergency-management/volunteer-during-emergency. The annual parade of EP Partners at the 'JEM Jamboree' will be on Saturday May 9th from 10 AM-1PM at the Porters Lake Atlantic Superstore parking lot. Here are a few EP websites:

www.getprepared.gc.ca

www.publicsafety.gc.ca

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

or on X @nsemo

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

HOUSEHOLD SPECIAL WASTE MOBILE DEPOT – MAY 9th

The HRM mobile household special waste (HSW) drop-off depot accepts chemical waste generated in your home. It will be held on Saturday, May 9th at the Porters Lake Transit Terminal, 21 Inspiration Drive, Porters Lake (by Hwy 107, Exit 20) The mobile depot is open from 9 a.m. to 4 p.m., rain or shine. For more information on what can be taken to a HSW depot, please visit: www.halifax.ca/home-property/garbage-recycling-green-cart/household-special-waste.

REGONIZED LOCAL VOLUNTEERS

Each year HRM recognizes the extraordinary contributions of individuals and groups who volunteer their time and skills to provide services and programs in our communities. This year there were 94 nominees and 3 organizations that received recognition by the municipality. Here is the complete list of the local honourees from our district for 2026. These 8 individuals were honoured at the Annual Volunteer Recognition Reception on Wednesday, April 22nd in Burnside. Congratulations & Many thanks to You All!

Amanda Anthony

Angela Clarke

Anne Jennings-Debaie

Rhonda Frank

Joy Josey

Janet Macfie

Jane Orton

Jeff Quigley

CENSUS DAY 2026

Statistics Canada conducts a census every five years. The census provides a statistical portrait of the country and its people. In Canada, it is mandatory for all residents to participate in the census. The next Census Day will take place on Tuesday, May 12th. Starting in early May all households in Canada will receive a census package or you can complete the census questionnaire on-line at: www.census.gc.ca. It is an easy, secure and convenient option that can be used anywhere, anytime. No pre-registration or lengthy download processes are required. This website will be updated regularly, so check back often for information updates. Census staff are needed for a variety of supervisory and non-supervisory jobs for the 2026 Census. These jobs are ideal for: students, recently retired persons, stay-at-home parents, and those wanting to supplement their income. They offer flexible work hours; competitive wages; and work in both rural and urban areas. When you complete your census questionnaire you are providing important information that will be used in making decisions for your neighbourhood, your community, your province, and our country as a whole. Communities depend on census information when planning for new schools, roads, waterworks, public transit, and police and fire services. Municipal planners use census information on households and families to plan current and future housing needs, health care, and day-care centres. Population estimates obtained from the census are used to allocate transfer payments from the federal government to the provinces and territories and from the provinces to municipalities. So Be Sure to Count Yourself In!

HRM 2026-27 BUDGET APPROVED

After a long and at times difficult process, HRM Council approved the 2026/27 municipal budget which includes an operating budget of \$1.45 billion and a capital budget of \$316.7 million. The approved budget requires a 7.5% increase to the average residential and commercial property tax bill. This means the average residential tax bill will increase by \$284 in 2026/27.

Highlights from the 2026/27 municipal budget include:

- Adding 10 articulated buses and 24 bus operators to fast-track Halifax Transit's [Core Service Plan](#);
- Adding 10 firefighters and eight Emergency Response Communicators;
- Improving road safety through implementation of the municipality's [Road Safety Program](#) and public education campaign;
- demonstrating fiscal responsibility through saving for capital projects, lowering debt servicing costs and decreasing municipal pension contributions;
- supporting and strengthening vulnerable communities through key partnerships, like the African Nova Scotian Road to Economic

Prosperity and tax relief to non-profit organizations;

- reducing environmental impacts by eliminating paper voting ballots and printed Halifax Transit Riders' Guides and Route Maps;
- introducing revenue generating measures like paid parking on Saturdays, parking fee increases and a \$0.25 transit fare increase.; and,
- strengthening long-term fiscal sustainability by approving reserve funding in accordance with the municipality's Reserve Funding Strategy and establishing debt guardrails to maintain debt servicing costs at or below 12% of municipal revenues.

You can find out more about the final budget and the process at: www.halifax.ca/city-hall/budget-finance

HELLO, NEIGHBOUR!

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



Councillor David Hendsbee
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Is Your Business Being Impersonated Right Now?

By Dan Green

Most small business owners on the Eastern Shore have never heard of SPF, DKIM, or DMARC. That's completely normal. But here's what those terms mean in plain English: they're the settings that tell the internet whether an email claiming to be from your business actually came from you.

If those settings are missing or wrong, anyone can send an email that looks like it came from your address. Your clients, your suppliers, your neighbours will receive a message that appears to be from you, asking them to click on something, pay something, or share something. They trust it because they trust you.

This isn't a hypothetical. Statistics Canada reported that 16% of Canadian businesses experienced a cybersecurity incident in 2023, with total recovery costs across the country reaching \$1.2 billion. A Mastercard survey found that nearly one in five small businesses that suffered an attack subsequently filed for bankruptcy or closed permanently. Small businesses are not too small to be targets. In many cases they're easier targets, precisely because they assume they're too small to matter.

Here's what has changed in the last two years: artificial intelligence has put tools

in the hands of scammers that used to require real technical skill. Writing a convincing fake email, cloning a business website, launching thousands of automated login attempts. These things now take minutes, not weeks. The barrier to running a scam has collapsed. A criminal halfway around the world doesn't need to know anything about your business. They just need your domain name and a poorly configured mail server.

Your domain is your digital identity. If it's not configured correctly, it's an open door.

Gridsage is a Nova Scotia IT firm built for businesses like the ones on the Eastern Shore. We built the Domain Health Checker, a low-cost tool that scans your domain in 90 seconds and tells you exactly where you stand. No jargon, no sales call, just a plain-English grade and a list of what needs fixing.

If you have a website and a business email, it's worth knowing where you stand. It takes less time than a coffee.

(Dan Green is co-founder of Gridsage Ltd., a boutique IT firm based in Musquodoboit Harbour, Nova Scotia. The company's website is gridsage.ca)

Home Shows for the Eastern Shore

By Jason Dick

When we created the Eastern Shore home show last fall, we quickly saw how badly the contractors on the shore wanted it. What we weren't sure of was – did the community want it?

We found out very quickly that they did. Both our fall show and the recent spring show had good crowds and helpful feedback from the community. We learned that people on the Eastern Shore weren't sure where to go for great contractors to help them with everything from roofing to electrical to plumbing and more.

So when we started planning the show, our goal was to create an environment where people could come and chat with local contractors without having to worry about reputation. All of our contractors either came highly recommended or I've worked with them myself.

We got some pushback online during our first show from people who didn't

like one concept we went with. We made the decision early on that we would not have overlapping contractors at the show. If we had an electrician or a roofer, we wouldn't invite another to be part of the show.

The reason we did this is because of what we'd learned from years of visiting or being part of the bigger home shows in the city. What we heard from people consistently is at these bigger shows, you can find 25 places to buy a hot tub, 10 different realtors, 15 different mortgage brokers, 12 different heat pump companies ... and have to comb through everything to find one person who might be able to help you with what you actually came to find. We didn't want our show to become that.

[Jason Dick is a realtor with Royal LePage Atlantic, 902-824-0708, on Facebook at jasondickrealtor.]

...Memory Lane Arboretum Continued from page 7

about the trees on their property. "Fiona took down about 175 trees on our four acre property, and damaged more," Wilson Hammond said. "We started noticing a lot of impacts to the area related to climate change."

In the end, they decided to expand their vision well beyond their home site to take in four watersheds along the Eastern Shore: the Musquodoboit River, the Tangier River, Sheet Harbour, and Liscomb. These watersheds cover about 10% of the land area of mainland Nova Scotia and have 32 of Nova Scotia's 35 species of trees. They raised \$160,000 to carry out the research and detailed planning by August 31, 2026, with a projected implementation budget of about \$410,000.

Part of the Arboretum plan is to identify spots in the catchment area that people can drive to. People could start in Heritage Village and head to the Otter

Ponds Demonstration Forest, then up the Musquodoboit Valley, and make a round trip through Sheet Harbour to look at the rare elm tree on Elmhurst.

About 30% of the land of the four watersheds is Crown land. They are hoping to identify as many tree species as possible on Crown land, since they will not have to go through the kind of negotiations that would be necessary to access trees on private land.

In developing the plan, they have learned a great deal about the unusual geology of the Heritage Village site. The site used to be as much as 20 feet higher, a loose sandy soil left behind by the retreat of the glaciers. The province removed a great deal of material to use in building the local provincial roads. So the trees that are growing now on the site are growing on very disturbed soil, not the soil that would have been there before the excavations.

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...Petitpaw Florist Continued from page 3

Petitpas manages floral orders, stocks inventory, and handles daily operations, bringing in help during busy holidays. Business can be unpredictable, ranging from quiet stretches to rush orders for large custom arrangements.

Along with flowers, she has grown the business by adding a small market featuring products from roughly 35 to 40 local vendors. From the beginning, Pettipas included consignment items, and several of those original vendors remain part of the shop today. Over time, she expanded the selection to include chocolates, preserves, spices and other goods, and more recently added seasonal, locally sourced produce. "I wanted to support producers and give customers more options," she said.

Community connection is at the heart of her business. Pettipas hosts workshops throughout the year – from fall pumpkin arrangements to Christmas and spring sessions – where participants create their own floral pieces. She has also offered private workshops and events like

flower bars, giving people a chance to gather, create and try something new. "It's fun to inspire other people," she added.

Just as important are the everyday interactions. Many customers stop in not only to shop, but to talk. "I love talking, interacting with customers," Pettipas said. "That's the kind of business that I want to have. I don't want to just be working behind the scenes" Whether she's preparing for events, designing arrangements, or making special orders, she enjoys the variety. "I like making everything, really."

As the seasons shift and more local produce returns, the shop continues to evolve. At its core, Petitpaw Florist and Market remains a reflection of a dream that began at a basement worktable – now a space rooted in creativity, connection, and a genuine love of the work.

Visit the shop at 61 Stella Drive, Porters Lake, or Follow on FB @ Petitpaw.Designs.Floral and IG @ petitpawdesignsflorist

RCL Four Harbours Legion Branch 120



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

The Kitchen Party held on March 28th was a huge success! See photos below. Our next Kitchen Party is Saturday, May 23. We look forward to seeing you there. It is an afternoon of great music and fun. Plan to attend! Watch for Posters and Facebook. **Reminder Chase the Ace** started April 24. New time 5:15 to 6:15. Draw shortly after. Jackpot starts at \$500.



Back row left to right are Gerry, Brian, Danny, Bruce and Johnny. In front is guest Clarence. Bruce Carpenter and Hwy 7 Band will be back on May 23.



The dance floor was a busy spot! Everyone enjoyed their afternoon and people were talking of coming back. Always good to hear. See you on the 23rd of May!

Musical Friends ends 2026 Season

Musical Friends concluded their season's program with a group get together on April 19 at Puré Café at 26 Old Post Office Road, Porters Lake. Everyone who took part did a tremendous job. There were certainly lots of laughs and it was easy to see this was a happy group of people. Below are a few photos from that day.



Everyone was fully focused when performers were on stage.



Christine and Marcel sang a French song, "Et si tu n'existipas".



Bethana and Linda wanted "God to buy them a Mercedes"!

Harbour Lites Seniors Club

By Sandra Beazley

April 18 was our monthly Kitchen Party. Dancing and a bit of singing along with well known songs made for a great time. Join us for our next one on May 9, 2-4pm.



At Karaoke, Fulton Baker announced: "It's Happening at the Seniors!" as he huddles with Cathy and Shirley. You are invited to have some fun with us. Next Karaoke is May 8th and May 22nd (every 2nd Friday) from 6:30-10pm.

Gerald Daye and his rocks

Gerald Daye began gathering and painting rocks as a result of clearing land for his grandchildren's play area. He noticed that the nearby quarry had rocks in shapes that could mean something. Gerald then carried a few home and began to see potential ideas that he could paint on them. The display at the Seniors Club had an interesting collection of rocks with scenes of houses, boats, water, frogs, dinosaurs etc. He spoke of how he prepares the rocks and what type of paint he uses. One of the stories was about a rock named **Rocky Rock Head**. A short summary is that a boy was in love with a girl whose family did not think him worthy of their daughter. At Rocky's low point Satan visited him. We all enjoyed that story and the ending was not foreseen at all. Let's just say Satan did not win! Gerald did a fantastic job keeping us entertained and at 89 years he said it keeps him busy and alert. Thank you Gerald for joining us for Story Time at the Seniors Club, we certainly enjoyed your stories and beautiful rock carved collection.



These three ladies did a delightful job on their song of 3 little pigs. The fan, the centre lady is holding, was auctioned off for \$45.

There were many beautiful voices throughout the event. Too many to place here, so these were a few that were a bit different.



Elliot, Bethana and Linda did a hilarious set on Charlene, their Director.



Charlene, the Director, enjoys the playful banter of the three on her left.

Seasonal Allergies: Herbs for Prevention and Relief

By Savayda Jarone, Herbalist

The philosophy and practice of herbal medicine places strong emphasis on prevention. Herbs can be used as nourishing tonics to fortify the body, build resilience, and gently guide our systems toward balance. Seasonal allergies are a perfect example of where a preventative approach can make a meaningful difference.

Also known as hay fever or allergic rhinitis, seasonal allergies are an immune response to airborne allergens – most often molds or pollens from trees, grasses, and flowers – appearing in spring, summer, and sometimes fall. Left unaddressed, recurring allergies can contribute to more persistent issues such as chronic sinusitis, nasal polyps, or even asthma.

Most people recognize hay fever by its familiar symptoms: a clear, watery nasal discharge, itchy eyes and throat, sneezing, fatigue, irritability, and difficulty sleeping. In short – no fun at all.

Because allergies involve an overactive immune response, herbs that help regulate immune activity are central to prevention. Astragalus is a well-known example, along with medicinal

mushrooms such as reishi, shiitake, maitake, turkey tail, and cordyceps. These are best taken for about six weeks before allergy season begins. Astragalus can be enjoyed as a decoction (a simmered tea) or tincture, while mushrooms can be incorporated into soups, powders, or capsules.

The mucous membranes lining the nose, mouth, and throat serve as our first line of defense against airborne irritants. To support and strengthen this barrier, consider herbs such as nettle, plantain, calendula, and horsetail. A simple blend – equal parts of each, steeped as a tea – can be taken daily in the weeks leading up to allergy season. Vitamins A & C are needed for mucus membrane health.

Once symptoms begin, additional herbs can help ease discomfort. Eyebright and goldenrod, both common local plants, offer anti-inflammatory and antihistamine effects. A tea of common sage makes a soothing gargle for an itchy throat, while raw garlic – just one clove daily – can also support the body's response.

For quick relief from congestion, a small amount of horseradish or wasabi

can help clear the sinuses. A pinch of cayenne mixed with honey works in a similar way. Essential oils such as eucalyptus, thyme, peppermint, and camphor may also bring relief when inhaled or used in steam. For itchy eyes, a cooled chamomile tea bag placed over the eyes for several minutes can be soothing – while the tea itself helps calm the nervous system.

Nutritional support can also play a role. Quercetin, a plant-based compound, combined with vitamin C (500 mg of each, twice daily), may help reduce inflammation and moderate histamine release.

Hydration and daily habits are equally important. Drinking plenty of water helps flush allergens from the system, while a diet rich in fresh fruits and vegetables supports overall immune function. Reducing sugar, dairy, and wheat during peak allergy season may also help some individuals. It is also best to avoid hanging laundry outdoors when pollen counts are high.

In addition, reducing exposure can significantly lessen symptoms. Pollen levels are often highest in the early morning and on dry, windy days,

so outdoor time later in the day or after rain may be more comfortable. Washing your face and rinsing your hair after being outside can also help remove lingering pollen.

Creating a calm indoor environment is just as important. Keeping windows closed during high pollen days, changing pillowcases regularly, and using a simple HEPA filter can all help reduce nighttime symptoms. Saline nasal rinses (such as with a neti pot or squeeze bottle) are another effective way to physically clear pollen from the nasal passages.

And don't overlook Rest. Fatigue can intensify allergic reactions, so adequate sleep and pacing daily demands can help regulate immune activity. Allergy symptoms can disrupt sleep; an herbal sedative such as passionflower, valerian, or hops may help.

With a proactive and supportive approach, allergy season can become far more manageable – leaving more space to enjoy the renewal and beauty of spring.

Dance Therapy Just Might be the Medicine You Need

Fridays at 11 am, the Old School in Musquodoboit Harbour is a hopping joint.

Well, not exactly HOPPING. More like calming, organizing, energizing, connecting, belonging, and dancing like no one is watching!

The sessions are for seniors: people with memory issues, somatic challenges, social and emotional support needs, and pain. In class, people share, learn from each other, laugh, and find joy. And people with mobility challenges participate from their chairs.

Karen Bradley, Registered Dance Movement Therapist and Registered Somatics Movement Educator, has been leading these classes at the Old School since 2018. Recent research shows that dance therapy is a powerful modality method for addressing the effects of Parkinson's, dementia, pain, and related issues of aging. "With movement, music, and sometimes singing, people find something we call 'collective effervescence,'" Bradley said, "those moments of synchronicity and shared joy that lift people's spirits and heal."

Here are some comments from past participants about the effects of the class:

"I find that in this group, it doesn't matter what your problems are, you feel accepted."

"I have a sense of community. I've never really felt that before in a group."

"I feel a sense of belonging and safety. Companionship. Friendship. And new beginnings."

"I just felt no matter whatever my physical limitations and conditions, it was okay. If I could participate or not in whatever the exercise was, I could always participate how I could do it. Like a sense of ability."

"I took Karen's dance therapy class when I read it was accessible to all individuals regardless of age or comfort level with movement. I kept going back as it continues to strengthen my broken hip area, minor back injuries, and aches and pains attributable to aging. It has led to improvements in my mental and physical health and dovetails well when working with other health providers."

The Friday class is available now. A Tuesday morning class at 11 am is starting up again in the next few weeks. Contact the Old School: 902-889-2735 to register. The sessions are free (a donation of \$5.00 is optional) and transportation through Musgo Rider is available as well.

News from L'Acadie de Chezzetcook

The first phase of construction of the Chezzetcook Inlet Acadian Centre is almost done. They're now raising funds to complete the work to get the doors open. This includes completing the washrooms, installing self-opening doors, completing the fire alarm system, and rebuilding the exterior stairs and ramp. Skilled trades are always welcome. Carpentry, plumbing, electrical, and more can make a big difference in keeping expenses down. If you think you can help email info@acadiedechezetcook.ca.

The Family Giving Program has already received more than \$10,000 from families who are pooling their individual donations to create a sponsorship in memory of a loved one. For more information or to get a donation form email valbellefontaine@gmail.com

La Cuisine de Brigitte

The Tea Room is now open for the season! Current hours are Wed to Sunday, 9AM to 4PM. Don't miss afternoon tea on Sundays from 12-4PM. 902-827-3431.

AGM

The Annual General Meeting of L'Acadie de Chezzetcook on June 5th at 6:30PM at La Grange.



Chezzetcook and District Lions Club

89 East Chezzetcook Rd., Head Chezzetcook
902-827-5871

Facebook: Chezzetcook & District Lions Club

The Chezzetcook and District Lions Club would like to invite you all to our **Spring into Summer Dance**. Come, celebrate with old friends & New at the Chezzetcook and District Lions Hall on June 13, 2026. Band will be **4Way Stop**, doors open at 8:00 pm. To order advanced tickets, call 902-478-3938. Tickets on sale for \$10 each or \$15 at the door. 50/50 draw and Chicken Burgers available at intermission. Come ready to party and have some fun!!

Father's Day Lobster 45's Card Game. June 13th, doors open at 1 pm. \$10.00/person, partners are not needed. There will be a 50/50 draw and 2 lobster draws.



Regular bingo continues every Monday night. Bingo starts at 7 pm, doors open @ 5:00 pm.

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, is always looking for additional service and or volunteers. If you have any ideas or questions about the club, please feel free to reach out by calling 902.827.5871



For hall rentals, call 902.221.7983

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Musquodoboit Harbour has a lot of wildlife.

Yearly visitors are always welcome here.

There were actually 4 deer in this group.

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Congratulations to David Lowe Grand Prize Winner \$500.00 of the 100 Club draw.

Upcoming and On-going events

Lobster Supper Takeout Only – June 7th 4:00 to 5:30 PM – Lobster, salads and dinner roll. \$25.00 a plate. 300 servings – so order early, first come first serve. Call (902) 293-5645 to place your order. This event is possible thanks to the generosity of local lobster fishers and Baker Point Fisheries. Thank you 😊

Breakfast: Saturday 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 7:00 – 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.

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