Helping build awareness of Red Dress Day  

Mary Stone

Since 2010, May 5 has been a significant date in Canada. It is Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People (MMIW2G). The day honours and brings awareness to the thousands of Indigenous women, girls and Two-Spirit people who have been subjected to violence.

In 2010, Jaime Black, a Métis artist, created the REDress art installation project, which consisted of many empty red dresses hanging outside Anglican churches in the Parish of French Village on Red Dress Day, May 5. The dresses tell many different stories; they cannot be ignored.

This year on May 5, red dresses will be hanging from the trees at the Anglican churches in the Parish of French Village to remind us of the pervasive violence against Indigenous women and girls that still occurs in the home and on the streets. For example, Indigenous women are seven times more likely to be murdered by serial killers than non-Indigenous women. In June 2019, the final report of the inquiry into MMIWG2S called it a “tragedy of epic proportions.” Two hundred and thirty-one additional Calls for Justice followed, their aim being to address, end and redress the crisis. This work continues and Red Dress Day, on May 5, is a reminder to keep that work going.

What we can do to support the goals of Red Dress Day
• Read the MMIWG2S report and encourage others to read it.
• Urge governments and others in positions of power to take action on the recommendations.
• Listen to the voices of Indigenous people through their writing, art, music, journalism, academic work, and advocacy.
• Donate to organizations supporting Indigenous women, especially Indigenous-led organizations.
• Hang a red dress in your window.

Read the full article here: aptnnews.ca/National-news/beyond-red-dress-day-7-calls-to-action-for-indigenous-allies.

Photo credit: Sharon Jessup Joyce

Mary Stone is a member of the Parish of French Village and president of the Canadian Mothers’ Union.

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- From an article by Brielle Morgan.
Sudbury and Guatemala fibre artists named Rug-Hooking Artists of the Year

The Hooked Rug Museum of North America, located in Queensland, has announced its tenth annual Rug-Hooking Artists of the Year. Tanya (Tatiana) Knodel of Sudbury, Ontario has been named 2023 Canadian honouree. Knodel, originally from Russia, tried rug hooking in 2008, but didn’t enjoy it. It wasn’t until she attended a fibre festival in Nova Scotia in 2009 that she became fascinated with the art, saying, “Rug hooking became the passion that filled my life.”

The international winner is Multicolores, a registered nonprofit in Guatemala that supports Maya women in their process of self-discovery and artistic development. Multicolores is an association of 62 women artists, 35 rug hookers and 27 embroiderers, who use recycled t-shirts to create vibrant rugs that draw from ancestral motifs, inspiration from nature, and their own imaginations.

“Choosing artists of the year allows us to feature the development of the art,” says Suzanne Conrod, founding director and vice-chairperson of the Hooked Rug Museum of North America’s board of directors.

Works by both Knodel and Multicolores will be displayed at the museum and featured in specific workshops during the museum’s season, which runs from May 1 to mid-October. This will be the first time Multicolores will exhibit their work in Canada.

During 300 years of development in North America, rug hooking has evolved from a utilitarian craft to fine art. The Hooked Rug Museum of North America is operated by a not-for-profit society dedicated to preserving and celebrating the art and traditions of hooked rugs. The 2023 season will offer a full schedule, including workshops by certified teachers.

The museum is at 9849 St. Margaret’s Bay Road (Highway 3) in Queensland. See the website at hookedrugmuseumnovascotia.org.
Ospreys are birds of prey found hunting along coastal areas, particularly salt marshes. You may have seen them flying as you walk along a beach. They measure 60cm (2’) in length, and have a wingspan of just over 1.5m (5’), yet they weigh only 1.6kg (3.5 pounds). They are dark brown and white, and look like a cross between an eagle and a large gull. Their nests are huge stick constructions, often built on top of power line poles. There is one behind the RONA store at Exit 5 of Highway 103 in Tantallon, and a lot along our coastal highways. Ospreys are on their breeding grounds from April to October. In the late 1960s, these birds were driven to the brink of extinction. The cause: a chemical insecticide, DDT, used by farmers to spray their crops. This chemical seeped into waterways, contaminating fish, the primary diet of the Osprey. The resulting internal damage to the birds caused their eggs to have thin shells, which in turn cracked before the chicks had developed enough to survive.

Over the next few decades, various governments across North America stepped in and banned the use of DDT and other poisonous insecticides. They also adopted protective covenants culminating in the Migratory Bird Convention Act of 1994. Additionally, many groups erected huge platforms on top of tall poles to encourage nesting and to protect power line transformers. In this province, most of the Osprey platforms are erected by Nova Scotia Power, with authorization from the Department of Natural Resources. Did you know that the Osprey is our provincial bird? Thirty years ago, the Nova Scotia Bird Society chose the Osprey to represent our province, and petitioned government to make it official. In a letter dated September 7, 1993, then-Premier John Savage assured Carol MacNeill, at that time the president of the Nova Scotia Bird Society, that her repeated requests would be granted. The following year, Nova Scotia adopted the Osprey as its official bird by an Act of the House of Assembly.

With their increased numbers and breeding success, the return of the Osprey is good reason to celebrate World Migratory Bird Day on May 13.

Suzanne Borkowski is a past president of the Nova Scotia Bird Society and a regular contributor to The Masthead News.
Trail maintenance shows “battle for the environment is steadily uphill”

Bill Corkum’s letter in your last issue, in which he expressed dismay over the disruption of peaceful walking and biking on the trails (this time due to destractive forestry mulching) was just to the point.

The erstwhile Bill, after being contacted by the St. Margaret’s Bay Area Trail Association, he threw in…

Trail Association says designated provincial multi-use trail must balance many needs

The St. Margaret’s Bay Area Trail is not a “nature trail.” It is developed by the St. Margaret’s Bay Area Trail Association in Nova Scotia as a multi-use trail, which includes a wide variety of users, including motorized and non-motorized groups. The Association is a small group of volunteers who are responsible for erosion control, maintenance of the trail, and providing a safe and enjoyable environment for all users.

The trail that Mr. Gehrig desires to clear a path for is not a multi-use trail.

I’m just back from Tasmania, where New Brunswick-based marine farm company Cooke Aquaculture recently bought Tassal, Australia’s largest open-net pen salmon company, for $5.3 billion. Cooke now has reportedly 13,000 employees in 11 countries worldwide. Meanwhile, here in Nova Scotia, the little engine that could, we are trying to protect our coastal waters from this ever-expanding industrial monolith.

The battle for the environment has among the highest allowable EPI (Electromagnetic frequency) in the world.

Parents, others concerned about proposed communications tower in Tantallon

Parents, local businesses, and child-centred facilities are the community appeal to relocate the communications tower.

THE IMPORTANCE OF ESTATE PLANNING

By Amanda Luz

Many people do not realize the importance of estate planning for their future. Whether you are single, married, divorced or common law, with or without kids, estate planning is extremely important in order to ensure your wishes are followed should the worst happen. It goes without saying that if you have children, having a will is necessary to designate who will care for your children when you pass. At the same time, you will want to be sure that your children will be provided for financially. How and when your child can have access to their money should be considered. Without a Will, your child won’t have access to those funds until they are 18 or even 21 years old. With children also will need a Will because without one, the law divides the estate among the spouse and children in my experience, is often not what people would want.

But it’s not just people with children who need estate planning. This is your opportunity to consider what you want to happen with everything you’ve worked hard to earn. Without a Will, the Intestate Succession Act governs what will happen with everything you own, and it doesn’t consider your actual relationships when it determines who benefits from your estate. For these reasons, and many more, make sure you make an appointment today to have a Will prepared so that all that you have worked for will end up right where you want it.

For more information, our firm is hosting a free Wills Workshop on May 23 at 2 pm at the Tantallon Public Library.

Open-net pen fish farming also a scourge in Tasmania

My fellow speakers in Tasmania were esteemed Australian actress Essie Davis, and famous Aussie author Richard Flanagan. Just last week, we have Lunenburg’s Pulitzer-winner Doug Frantz and Catherine Collins’ esposé Salmon Wars, so the Aussies have Booker-winner Richard Flanagan’s no-holds-barred net-pen exposé, Salmon Wars.

If you want to understand what is being planned for our coasts, please read Salmon Wars and Flanagan’s poetic bookends.

Just like every Nova Scotian does, I learned in Tasmania that Essie and Richard and all those Tasmanians in the crowd determined to get the pens out of their nets so we can have zero effluent and have a lot of skin in the game. Net pens are polluting our waters just like the Phragmites that are choking our marshes. I know how thin, those pens are two matching thumbs in the eyes of two of the world’s most beautiful spots, Tasmania and Nova Scotia.

Let me want to increase and help? Visit healthybays.ca.

Geoff LeBoutillier
Healthy Bays Network and Twin Bays Coalition

Open-net pen fish farming also a scourge in Tasmania

parents, others concerned about proposed communications tower in Tantallon

A contract has been signed between a private landowner, DANOIC Investments, and a private telecommunications company, Rogers, to put up a 35m 5G Monopole on Sonny’s Road in Upper Tantallon. This location is close to an elementary school, a childcare centre, and a dance school. This contract is a unilateral decision by the landowner that affects thousands of children, families, and businesses.

Rogers argues there is no other ideal spot in Tantallon to put up this pole that gives them easy 24/7 access, and has a reliable power source and a willing landlord, and will provide the necessary coverage.

Local businesses, parents and educators are requesting an alternative location be chosen that will not have such a direct impact on the most vulnerable members of our population, our children.

Upper Tantallon has wooded land away from residential homes and child-centred facilities that could be used. The cost to Rogers to establish the necessary infrastructure is much lower. The proposed tower is a small price to pay to protect the health of our children and maintain good relationships with loyal customers.

Electromagnetic frequency from 5G technology does not have long-term exposure studies to determine its safety level. It is considered a potential Class 2 carcinogen. Rogers argues that the current Canadian guidelines are safe and effective, but Canada has among the highest allowable levels of EMF exposure in the world.

ISED (Innovation, Science and Economic Development Canada, formerly Industry Canada) and the federal government body that makes the final decision on whether this 5G monopole is placed on Sonny’s Road.

This means the body responsible for expanding 5G across Canada decides whether the community appeal to relocate this monopole has merit. The conflict of interest is staggering. There are no other municipal or provincial jurisdictions that can intercede to change or stop this. Please send your concerns immediately to comments@landsolutions.ca, spectrumnsd-spectreduc.ca, rick.perkins@parl.gc.ca. Megan Mykietiuk
Upper Tantallon
Teaching children the benefits of gardening can reap future rewards

Claudia Zinck

The work crew from the Parish of Blandford and the Hubbards Area Lions Club, after assembling 200 planting kits. From left, Christina Bellefontaine, Lisa Lane, Deanna Pardy Burns, Robert MacMillian, Claudia Zinck and Harvey Dominyce.

Started in 2012, with an event called Planting Night for a youth group in Blandford, the idea of planting kits grew.

During the pandemic, a sign saying “Free Planting Kits – Happy Earth Day!” was placed on a driveway next to kits, which disappeared in short order.

This year, thanks to a generous donation from Rainbow Seeds in New Brunswick, the environment committee of the Parish of Blandford decided to encourage growing your own lettuce.

The parish prepared the small seed envelopes, the tags for the bags, and the repurposed plastic for the markers. The Hubbards Area Lions Club provided the pots, soil, and bags.

Gathering on April 1 and preparing the plant markers, the crew worked as one. Soil bags were packed, sealed, and rolled into 4” compostable planting pots. A seed packet and marker were tucked into the pot, and the whole thing was placed in a box-bottomed bag. A tag reading “A Planting Kit from the Parish of Blandford and the Hubbards Area Lions Club” was tied to each kit. By 4 p.m. that day, 200 planting kits lined two tables.

Every student at Shaftord Memorial Elementary School received a kit on April 21, the day before Earth Day.

Other kits had already been distributed at the Easter egg event in Blandford on April 7 and at the Blandford community breakfast on April 15.

Continuing the theme, on April 22 in Blandford, there was a work party between 10 a.m. and noon, to ready the community gardens for spring. With a grant from the Municipality of Chester, new waist-high gardens will be built by the summer.

While a 4” planting pot on a windowsill growing lettuce is a small thing, we hope it’s planting a learning seed, so that 20 years from now, the child who grew it knows they can grow at least some of their own food.

New offerings for on-the-water fun at St. Margaret Sailing Club

Chantal Pelham-Edwards

Some early-bird sailors have already hit the water at the St. Margaret Sailing Club in Glen Haven, with a high-performance ILCA program having started on April 15.

ILCA is the style of boat previously known as a laser. The sailors participating in this program are dedicated young competitors, many of whom will be competing at national events later this summer.

In addition to the ILCA program, other new programs include an introduction to sailing for teens, a learn-to-sail program for adults, and a program called Try Sailing Days, which is a chance for youths or adults to give sailing a try with an instructor by their side.

“We have options available for all ages, from Wet Feet for age 5-plus, to our intermediate, advanced, and racing-focused programming – there is truly something for everyone,” says Julie Stover, director of the club’s learn to sail programs.

“We’ve built on the legacy the club has established in the community, and are excited to add on new programs and opportunities for sailors,” she adds.

Stover says there is still space available in programs and camps, though these fill up quickly once spring has arrived. Private lessons are also available.

Visit www.smsc.ca for more information on the programs.

Provincial funding announced for historic Lunenburg Opera House improvements

Masthead News Staff

Lunenburg MLA Susan Corkum-Greek announced recently that the Lunenburg Opera House is receiving $245,000 from the province of Nova Scotia to support the next phase of architectural, engineering, and other professional services required to update the century-old landmark located in Lunenburg’s town centre.

“I know what Folk Harbour brings to Lunenburg and all of Nova Scotia, and I’ve always believed the Opera House should be a key venue within our exceptional cultural scene,” said Corkum-Greek. “I am looking forward to seeing how the Folk Harbour Society will develop the Opera House as a year-round performance space.”

Tom McFall, Folk Harbour Society vice-president, thanked Corkum-Greek for this investment in the Opera House.

“These funds will make it possible to bring the professional expertise needed to ensure that the Opera House will become the incredible cultural asset we envision,” said McFall.

Designed along European theatre lines, the Lunenburg Opera House was built in 1907 to 1908 by the Independent Order of Odd Fellows. It operated successfully as a concert hall for several decades, gradually adapting to silent films, and then to films with sound and colour. World War II was a high point for the venue’s use, when newsreels and war films attracted large nightly audiences. From the 1970s into the 2000s, two subsequent owners attempted to produce live theatre and then commercial music events. Both owners started renovations and new programming, but these private ventures eventually weren’t sustainable, partly due to the declining condition of the building.

“Even though considerable work has been done in the past, mostly to the exterior of the building, much remains to be done to ensure that the Opera House comfortably accommodates all users on a year-round basis,” said McFall.

“We completed some early architectural and engineering work in 2022, providing us with a building condition report and concept plans. The funds received from the province will make it possible to start on in-depth plans for the actual redevelopment of the entire building. We are deeply appreciative of the province’s support for this work,” added McFall.

This next phase, to be started immediately, is slated to be completed by the end of 2023.

What's in your well water?

Safe water is essential for a healthy home.

Bacteria, viruses, and parasites can make their way into your well water and can make you and your family sick. In addition, long-term exposure to unsafe levels of naturally occurring chemicals such as arsenic, uranium, lead, and manganese can cause serious health effects.

How often should I test my well water?

Testing should be done every six months for bacteria and every two years for chemical contaminants.

How do I take a sample?

Pick up testing bottles from a local hospital or water testing laboratory and follow their instructions for collecting and dropping off samples.

What contaminants should I look out for?

Bacteria, arsenic, uranium, lead, and manganese are some of the main concerns that can have short and long-term health effects, especially for children and pregnant women.

For more information on testing well water, visit NovaScotia.ca/Well-Water-Testing.
Lunenburg Academy of Music Performance fundraiser kicks off with a challenge

Masthead News Staff

Barbara Hannigan, noted soprano, conductor, mentor, philanthropist, and honorary Lunenburg Academy of Music Performance (LAMP) chair, has helped the academy kick off its spring fundraising efforts with a challenge.

Hannigan has donated $5,000, and is challenging potential new financial supporters to match that sum. Each new $5,000 donation will be matched by Hannigan, up to $20,000.

Hannigan’s generous donation and challenge could bring LAMP halfway to its $80,000 fundraising goal.

Originally from Waverly, Hannigan brings unparalleled dramatic sensibility to her work as a soprano and conductor, as well as a profound commitment to mentoring the next generation of young musical artists. Each year, both at LAMP and at other locations around the world, Hannigan hosts Equilibrium Young Artists, a unique and enriching program for young artists who have finished their training and are building their professional careers.

The program is provided at no cost to participants. LAMP, an international centre for post-graduate advanced studies in music performance and interpretation, provides extraordinary emerging performers with career-changing opportunities to work with accomplished artists.

For more information on Barbara Hannigan, visit www.barbahannigan.com. See equilibrium-youngartists.com for details about the Equilibrium Young Artists program.

How healthy is your well water? Rural Water Watch helps you figure it out

Fred Bonner

In addition to regular water testing, it’s important to check your well for damage, which can be a route for contaminants.

Do you ever wonder what’s in your well water?

With 42 percent of Nova Scotians depending on well water – four times the national average – it’s important to find out. But while many of us know drinking contaminated water can lead to illness and disease, there can be barriers to regular water testing for many people.

Transportation and mobility challenges, limited access to the internet, lack of knowledge about sampling procedures, how and where to get testing done, cost, and understanding results are just some of the barriers residents – especially rural residents – may face.

The Rural Water Watch Association (RWW) is a Canadian charity, established in 2018, with a mandate to increase community understanding of the need for regular water testing, and to help reduce barriers to getting it done.

RWW focuses on education and capacity-building in communities through workshops, presentations, and sampling events. Community members learn about wells, and how to test drinking water, understand the results, protect the area around the well from contamination from domestic animals and wildlife waste or household chemicals, and check for issues like holes or missing well caps.

Another community-based initiative to nudge people to test their water is a campaign called What’s in Your Water? RWW is working with public libraries to develop a Water Information Station display with postcards and bookmarks that provide information about water testing, well protection, and related issues.

Find more information at ruralwaterwatch.org and on Facebook.

Fred Bonner is the acting executive director of Rural Water Watch.
Lunenburg encourages residents to join No Mow May

Sarah Kucharski

Spring is in the air, but if you’re all ready to fire up the lawnmower, the Municipality of the District of Lunenburg (MODL) and the Nature Conservancy of Canada (NCC) are hoping you’ll think twice about that this month.

No Mow May is a call to help wild pollinators and other wildlife in the greenspaces where we live. Habitat loss and degradation are the major cause of wildlife decline. By letting spring flowers (yes, including dandelions) bloom you can provide an important source of nectar and pollen for wild bees, butterflies, and other pollinating insects.

Sunrise Park, in Lunenburg, is a peaceful and quiet natural setting, where birds and wildlife often visit, is a much-loved peaceful final resting place. If they choose, the family can conduct the complete funeral and burial process themselves, without the high costs generally associated with traditional funerals and funeral homes. If services of a funeral home are preferred, such as for visitation or transportation, Sunrise Park can assist with those arrangements.

Choosing a green burial is a sustainable and natural alternative to conventional burials, which are, by comparison, toxic to the environment.

BayRides, the Tantallon-based community transportation provider, is looking for more volunteer drivers.

“We rely on our team of volunteer drivers,” says Kalyn Breen, BayRides operations manager. “We plug them in to our schedule to help out at the choke points every day, like the rush to get people to work or to their MetroX connection.”

BayRides currently has three volunteers on its team of nine drivers.

“Some days I’m driving people to the library in Tantallon, other days I’m taking people for medical tests at the QE II,” he says.

Volunteer drivers needed by BayRides

Volunteer driver Dave Chapman after a shift at the wheel of a BayRides van. Photo credit: Neil Everton.

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Getting the most from your container garden

Part one: selecting the right container

Karen Llewellyn

Growing food and flowers in containers offers many benefits. Container gardening can make the most of small spaces, including balconies and decks. Containers also give the gardener a large variety of choice when it comes to plants, and allow you to provide the soil, watering, and light conditions individual plants require. You can also protect the plants from bad weather or frost by moving containers around or covering them, so that plants you normally can’t grow in our climate become an option.

Beyond aesthetics, what do you need to look for when choosing containers?

Drainage

Make sure the container is designed to allow drainage. If you’re using a container not intended for plant use, like a bucket, holes may need to be drilled into the bottom of the container, especially if it will be outside.

Size and shape

Matching the container size to what you plant is important. The eventual size of the plant should be your guide, and the container needs enough depth for the plant’s roots.

The plant’s growth pattern should also be considered. For example, succulents are very shallow-rooted and can go in a container that is wide rather than deep, but vegetables often need more depth for their roots.

Flowers or food?

Flowers are usually planted quite closely in a container and fertilized well, to achieve a stunning visual display quickly. However, with vegetables, spacing is very important, and you need to provide for their space needs at maturity. But you can use the real estate of your container effectively, even when plants are small. For example, larger, slower-growing plants like vegetables can often be under-planted with greens or lettuce, which are harvested before the growing tomatoes need more space.

Material

What your container is made from matters. Plastic heats up faster than other materials and is good for heat-loving crops like peppers. Ceramic and clay containers are popular choices—esthetically pleasing, they drain well and allow air circulation. But they also absorb moisture, so plants in these containers will need to be watered more often.

Personal taste

An assortment of container sizes and shapes, as well as groupings of containers, can provide a lot of interest to your outdoor spaces. Combining different textures of plant blooms and foliage, and contrasting these with the containers in which they’re growing, has a wonderful effect.

Karen Llewellyn is a dedicated gardener, a member of the St. Margaret’s Bay Gardening Club’s executive, and a frequent speaker on gardening topics.

Parts two and three of this container gardening series, appearing in our June issue, will address soil, seeds and transplanting, and companion gardening in containers.

Can’t contain enthusiasm for container garden stories

We read every one of the excellent stories on your garden and harvest pages last year, and we plan to do the same this year. Though many of your readers no doubt have larger gardens like the one we used to have, we are seniors who now live in a city apartment, so all our gardening is done in containers on a balcony. A story or two or three to help us get the most of that small space would be much appreciated.

Jim and Margaret MacDonald

Dartmouth

Exposed: gardener's secret weapon to deter deer

I am glad to see you are including your gardening section again this year. Your story in the April issue about trying to keep deer out of the garden brought back a funny memory.

Years ago, my husband read that deer are offended by the smell of a meat-eater’s urine. We were caring for a friend’s puppy while our friend moved. Inspired by the article, my husband started taking the puppy to do his business beside one of the flowerbeds the deer especially liked.

One night, taking the puppy out for a last potty break, my husband decided to add his own contribution to the puppy’s. At that moment, our next-door neighbour flipped on his outdoor light and came outside.

Greatly embarrassed, my husband quickly explained why he was urinating in the garden. Our neighbour laughed and said, “I seriously thought it was a new way to train a dog…you show them where you want them to go!”

Linda Brown

Hammonds Plains
New native species guide offers alternatives to invasive plants

Sharon Jessup-Joyce

Five tips from Grow Me Instead

- Select native plants that will grow well in your garden.
- Purchase properly labelled and locally grown or sourced plants and seed mixes.
- Be wary of wildflower seed mixes that often contain invasive species.
- Remove invasive species you find in your garden (the guide provides information on how to remove and where to report invasive species as appropriate).
- Encourage local garden centres, botanical gardens, and gardening clubs to promote and sell native plants.

More resources for adding native plants to your garden

Kristen Noel of the Nova Scotia Invasive Species Council says the Harriet Irving Botanical Gardens at Acadia University in Wolfville offered invaluable support for Grow Me Instead: “They have a ton of native species and were generous go-to experts for the guide.”

Noel says the gardens are a great place to learn more about native species. “In fact,” she says, “They have a wonderful sale of native plants on June 3.” To learn more about the Harriet Irving Botanical Gardens, visit their website at keirvingcentre.acadiau.ca/harriet-irving-botanical-gardens. Information on their June 3 plant sale is on their Facebook page.

Lawn problems and how to solve them

Colin Glover

The Trout Lily is a Nova Scotia native that grows well in shade, perfect for shady spots in your yard where grass grows poorly.

It’s lawn care season here in Nova Scotia, and that can bring different problems and upkeep challenges.

The most common problem people ask about is moss. Moss is abundant here because our soil is so acidic. Most people default to pelletized or powdered lime to make the soil less acidic – in effect, sweetening the soil. That makes it more difficult for the moss to grow.

There are other products available designed to kill moss over the course of two days. These products contain iron sulphate and can simply be raked out of your lawn. Once the moss is gone, apply some fresh topsoil, plant new seed, and enjoy the results.

Keep up with your lime applications in the spring and fall to prevent the moss from returning.

Chinch bugs are another major deterrent to a healthy lawn. These are generally first identified by gradually expanding brown patches in your lawn where the bugs are feeding and multiplying. While chemical solutions exist, why not try nematodes? They’re designed to target the chinch bugs. These naturally occurring microorganisms already found in your soil will target only the intended pests, and are a great solution for homes with children – including furry children.

Everyone fights to keep their lawn alive when there’s a lack of rain, an increasing problem, especially when there isn’t well capacity to hook up a sprinkler every few days. And then there are those of us who simply don’t want to put a lot of time into maintaining a lawn. Whether it’s a lack of rain or a lack of time, look into planting clover. There are multiple varieties that are easier on water consumption. In fact, micro-clover stays short enough to give you a nice bed of green with no need to mow.

Of course, you can really save time on lawn care by getting rid of the lawn. Consider less traditional alternatives, like planting a meadow of wildflowers (source seeds of native species). Your yard will look amazing, and the pollinators will love you for it!

Colin Glover is co-owner of Redmond’s Home Hardware, which doesn’t earn him any respect from the chinch bugs that invade his lawn.

What are your gardening goals and challenges? Let us know what topics you want covered in our special Gardening 2023 section.

Email richard@themastheadnews.ca.
Annual Kub Car and Scout Truck Rally “wheely” good time

Kellie Allen

On April 2, Scouters and parents from First Five Island Lake Cub and Scout groups hosted nine scouting groups from the area at the annual Kub Car and Scout Truck rally. Cubs and Scouts gather to race the vehicles they have designed and made from wood and other materials.

Organizer Jason Goulden says, “This event highlights part of what scouting is all about – developing skills and confidence. Kids join to learn life skills like woodworking, and get outdoor experience. In the process, it brings the community together and they make lasting friendships.”

This year, 62 Cubs raced cars and 41 Scouts raced trucks, with designs made from wood, but also everything from blocks of cheese to chocolate bars, representing a variety of vehicles, including oil trucks, logging trucks – and even a monorail.

Quinn Campbell, age 13, finally got to race his first truck, which he started building with his grandfather during the pandemic. He says, “My favourite thing was the enjoyment of knowing you built something, and feeling accomplishment that you can race it down the track.”

Scouter Jason Shurko, who has a child in both Cubs and Scouts, says, “We had the best experience making them together. As an added bonus, it was time not spent on electronics. It’s fun to see the kids’ excitement and creativity.”

Kellie Allen is a Scouter with the First Five Island Lake Scout Group.

There’s a new book in town about one of my favourite subjects – birds.

Raven: Get a Grip by local author and publisher Pat Thomas specifically chronicles ravens, with a mash-up of facts, stories, documented theories, stunning photographs, and more.

Pat Thomas presents this information in such a way that the reader can flip through it, opening a page at random, and reading as much or as little at a time as they like.

In places, you may say: “Nonsense; that can’t be true.” In other spots, you may nod your head and say: “That’s right. I’ve seen that myself.” Pat Thomas doesn’t try to tell you what to believe. She just lays it all out for you, and lets you decide.

Thomas has spent years collecting the material for this book, travelling from Nova Scotia to Dawson in the Yukon. Her love for ravens and her passion for collecting raven stories and legends is there on every page.

Raven: Get a Grip is the first in a series of three, although this book can be treasured on its own. Do I believe ravens are highly intelligent? Yes. Do they have unique personalities? Definitely. Can they recognize individual people? Absolutely. What do you believe? This book will likely confirm some of your ideas about this fascinating bird – and may challenge others.

Either way, it makes for absorbing reading.

Raven: Get a Grip is available from Windywood Publishing: pathomaseditor.com/windywood-publishing. Cost is $39.95, which includes delivery.

Suzanne Borkowski is a past president of the Nova Scotia Bird Society and a regular contributor to The Masthead News on the subject of birds.

Suzanne Borkowski

Local author’s book about ravens comes to grips with iconic bird

Power outages happen

Unfortunately, outages are a fact of life these days. Be prepared for the inevitable with a backup or standby generator installed by the professionals at Benoit Electric.

Look to the pros at Benoit Electric for a free in-home assessment to keep you safe and comfortable when the inevitable happens.

Attend presentation and book launch for Raven: Get a Grip

Pat Thomas, author of Raven; Get a Grip, will present “Raven Talk” on May 10 at 7 p.m. at the J.D. Shatford Memorial Public Library in Hubbards. Thomas will explain how qualities often thought to be unique to humans are shared with ravens, including loyalty to family, social connections, an urge to comfort others, planning, subterfuge, theory of mind, and even singing.

Following the presentation, Thomas will take questions and then introduce her book.

Books two and three in the series, Raven; Bits & Bytes and Raven: Off the Cuff, will be published in 2023 and 2024.

Calling writers and readers...

We want to hear about local authors’ books. If your book has recently been published, or you have been enjoying a work by a local writer, please email us at richard@themastheadnews.ca.

Self-Employment Benefits Program

Provides various types of support to eligible unemployed individuals in rural communities during the initial phase of their business including financial assistance, counselling, and technical advice.

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Power outages happen

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Halina St. James

I always thought the samovar in my dining room was a family heirloom. It wasn’t.

My grandparents in Ukraine bought it new in 1964, and sent it to us in Canada, where we’d fled from a refugee camp after World War II. In April 1964, my grandfather, Sergei, had written to my mother, Maria: “Tomorrow a carpenter will come and make a special box for the samovar, and in the next few days, I will send it to you.”

My grandmother, Aniela, wrote that it was meant to be heated by charcoal: “But as a last resort it will stand in the dining room on the table near the sideboard as a decoration.”

And so it did stand, first in my mother’s dining room and now in mine. It was one of my grandmother’s last gifts, a final effort to maintain a link with the daughter she had not seen for 20 years. A month later, she was bedridden with cancer, and in less than a year, she was dead.

Today, when I look at the samovar, I see much more than a traditional Russian appliance for making tea. I see it as a way for my grandparents to ease a feeling of guilt over the fate of their only child. In 1943, when she was 17, Maria was snatched from school in Ukraine by Nazi soldiers and sent to work as a slave in Germany. She never saw her parents again. Aniela and Sergei blamed themselves for not protecting her.

Sergei was 74 and Aniela 81 when they sent the samovar. It was a gift of love. To them, their daughter – my mother – was a golden gift, a child born when Aniela was already 42.

To me, it’s a symbol of a connection: a connection between my mother and her parents, between me and my mother, and between me and the grandparents I never knew. It’s a connection to my heritage.

Halina St. James is a writer who lives in Tantallon.

The tides of motherhood

Eimear Kelly

The initial elation of a new adventure had worn off. The phone stopped ringing. Offers of help and generous gestures evaporated. Friends’ and family’s lives continued.

My days became the routine of a solo long-distance sailor: monitor, adjust, feed, rest, repeat. Nights blurred into days then blurred into nights again. I felt a deep solitude, paralyzed by the vastness of the venture I had undertaken. I had been silently, but violently, dragged out by the tide. The shore was far from sight. A heavy fog had rolled in. My legs grew weary as I treaded water in vain. I needed help. A beacon of light to show me the way.

I wailed as I expressed my feelings of failure. Who had I become? Where had I gone? Was I good enough for him? I looked at his innocent face, my heart encapsulated with love but infected by resentment. Or was it bewilderment? I was weighed down with shame. How had I been so unprepared? I was responsible for his very being. I had no map to navigate these uncharted waters.

I realized I was not the only adventurer washed out to sea. I shared my stories with fellow pioneers. I acquired new skills to navigate my way through tidal changes. Time was fleeting and the horizon constantly changing.

My feet finally found the shore. I was at home in motherhood.

Eimear Kelly lives in East Chester. She submitted this essay to Winter in the Bay 2023: Coming Home.
FARROW HICKS MCDADE LAW INC.

Welcomes two new lawyers

FARROW HICKS MCDADE LAW INC. would like to welcome Mitchell McDade as it’s newest partner. Mitch worked with the firm from October, 2019 to April, 2022 and is now rejoining us as a partner as of March 20, 2023. Welcome back Mitch and congratulations on your partnership! We welcome all former clients of Mitch to reach out and welcome him back.

FARROW HICKS MCDADE LAW INC. would like to welcome Imogen Phelps-Burton who became an associate with the firm in January of this year. Imogen graduated from Schulich School of Law, Dalhousie University, in 2019 and has a general practice she is building with FARROW HICKS MCDADE LAW INC. Welcome Imogen!

FARROW HICKS McDADE LAW Inc. 5445 St.Margaret’s Bay Road, Unit 101 Upper Tantallon, Nova Scotia, B3Z 2H9 (902) 820-3555

The St. Margaret’s Bay Physiotherapy Clinic has recently welcomed a third physiotherapist to the staff team. Arielle Sevigny joins Jennifer Quigg, clinic owner, and Wanda Burchell.

Arielle, who grew up in Hammonds Plains, holds a Bachelor of Science in kinesiology and a Master of Science in physiotherapy from Dalhousie University.

The St. Margaret’s Bay Physiotherapy Clinic offers physiotherapy, massage, orthotics, sports bracing, TMJ/jaw treatment, acupuncture, taping, exercise testing, manual therapy, and treatment for muscle imbalance syndromes and vertigo.

The physiotherapy team (from left) Arielle Sevigny, Jennifer Quigg, Wanda Burchell.

Samantha Guthrie is the clinic’s therapeutic massage therapist, and Tanya Conrad, pedorthist, offers custom orthotics and sports medicine bracing.

Since it opened its doors in January 1993, the St. Margaret’s Bay Physiotherapy Clinic has helped clients of all ages improve their health and mobility.

Whether you’re recovering from a motor vehicle accident, sports injury, knee replacement or broken bone, or are looking for education and techniques to reduce pain from osteoarthritis and other conditions, a physiotherapist can help you achieve an active and pain-free life.

Website: smbphysio.com Phone: 902-826-2338
In the Tantallon Sobeys Plaza

Active transportation is going places…powered by you Craig Ross

You may have heard the phrase “active transportation” lately, and wondered what it means. The provincial government defines active transportation this way: “Any mode of human-powered transportation, including walking, cycling, and wheeling. Active transportation is destination-oriented, such as travel to get to work, school, retail areas, recreation and leisure pursuits, and other activities of daily living.”

This includes walking, biking, skateboarding, in-line skating/rollerblading, jogging and running, wheelchair use, snowshoeing, and cross-country skiing.

Battery-powered devices such as e-bikes and e-scooters also fall under the umbrella of active transportation. But they are also subject to municipal regulation and aren’t permitted everywhere, so make sure you know before you go.

Active transportation benefits our community and its residents in many ways, including improved mental and physical health, cleaner air, lower emissions, and reduced traffic congestion. Choosing active transportation to get around instead of driving also saves money on fuel and reduces wear and tear on your vehicle.

The next time you take a trip to the library, coffee shop, or pub, why not save on gas, and get a little fresh air instead?

Craig Ross is an active transportation and recreation advocate with the St. Margaret’s Bay Stewardship Association. When he isn’t knee-deep in a trout stream, he can usually be found riding his mountain bike in the back country.

Active transportation safety tips

• Know the rules of the road and follow them.
• Ride predictably and be prepared for the unexpected.
• When cycling, wear a properly fitted bicycle helmet, and make sure your bike is in safe working condition before heading out.
• See and be seen: wear bright and reflective clothing when walking or riding near traffic; make sure your bicycle has appropriate lighting anytime you’re riding between dusk and dawn.
• Be aware of your surroundings and alert to any hazards, including other vulnerable road users, potholes, and vehicle traffic.
• Drivers must leave one metre when passing cyclists and may pass only when it’s safe to do so – it’s the law.
• Have a bell or other sound-signalling device on your bike to make sure other trail users are aware of your presence.
• Communicate your intent when passing others – a polite “passing on your left” can go a long way.
• Remember: “Share the Road” applies to all road users.

May is National Sun Awareness Month

The Canadian Dermatology Association encourages these sun-safety behaviours:

• Seek shade between 11 a.m. and 3 p.m. when ultraviolet radiation is strongest.
• Wear protective clothing and a wide-brimmed hat to protect your face, neck, and ears.
• Wear sunglasses to protect your eyes.
• Apply a broad-spectrum sunscreen with a minimum SPF of 30.
• Avoid the use of tanning beds, a known carcinogen.

For more information, visit dermatology.ca/public-patients/sun-protection.
End of an era: one of a pair of elm trees in Boutiliers Point is cut down

Masthead News Staff

The pair of old elm trees in Boutiliers Point. The tree that was taken down in March is in the background.

The two majestic elm trees were always part of Sheila Nifort’s life, and part of her father’s and grandfather’s lives before her. The Boutiliers Point resident says the largest tree, estimated to be around 150 years old, was there when her grandfather was born at the family homestead, which remains in the family today. It’s where Nifort’s grandfather grew up, married, and raised a family of boys.

She says, “As each of their sons married and moved into their own homes, they were given an elm tree by my grandparents, to plant on their property.”

One of those properties was right next door to the homestead, where Nifort’s parents raised their own family, and the pair of side-by-side elm trees became an area landmark.

“Both these trees were admired and loved by so many in the community and, when in full leaf, were a beautiful sight,” says Nifort.

But the homestead tree didn’t bloom last summer, and HRM determined it needed to be removed. On March 23, many community members were saddened to see the old tree come down.

“Everyone in the area knew and loved those trees,” says local resident Cindy Skerry. “They were beautiful together – we’ll miss that tree so much.”

Sheila Nifort is glad the surviving tree on the property where she grew up appears to be healthy: “The remaining tree has been trimmed and will, hopefully, continue to thrive for many years to come.”

Hubbards school auction fun way to fund important things for students

Sarah Hare

Adley Middleton Meakin, a Grade 6 student at Shatford Elementary School, helps sort auction items arriving at the school. Says Adley: “I think it’s great that the community has supported the school for so long, and I hope they will keep supporting us this year!”

On Friday, May 12, after a three-year hiatus due to COVID-19, Shatford Memorial Elementary School in Hubbards is once again holding its major annual fundraising event, a live and silent auction, in support of enrichment programs for the students. The community is invited to join the fun and bid on some great items.

This year, for the first time, the auction will be held at the iconic Shore Club in Hubbards.

For close to 25 years, funds raised at this annual event have been used in various ways to support student learning, for classroom supplies, books for the library, technology, school trips, author visits, and art lessons by professional artists. Many of these important opportunities wouldn’t be available to students without the auction.

This year’s event will feature a live auction, a silent auction, games, and a cash-only bar. Among the many beautiful and varied items that have been donated for auction are works by local artists, local one-night staycations – and even Ron McIsaac’s famous Hip of Beef meal with wine included.

A canteen will be open, offering chili, rolls and dessert.

This is an enormously popular community event, open to everyone over the age of 19, whether or not you have children in the school. Doors open at 6 p.m. and admission is free.

Perfect for Mother’s Day

These quilted eyeglasses cases with snap closure are made from donated fabric by volunteers with the Seniors Association of St. Margaret’s Bay. The cases are $8 each, 2/$15. They are available to purchase at the Community Enterprise Centre, 5229 St. Margaret’s Bay Road.
In historic Nova Scotia news

The warm rain and sunny days are bringing vegetation rapidly forward. The buds on the trees are swelling and will soon be presenting a magnificent appearance.

- Digby, May 6, 1884
- Pleasant Point, May 2, 1899

From Small History Nova Scotia, Sara Spike, editor. For more information, visit the archive.ca/smallhistory.
Summer Employment

Seniors looking for students for summer yard work

It’s a perfect partnership: students looking for summer employment and seniors looking for help with yard work. Bay Seniors wants to hear from both, in order to connect them.

“This is the time of year we hear from area seniors who need some help with lawn mowing, gardening, and general yard work,” says Fred Dobel, a Bay Seniors volunteer. Bay Seniors pre-screens students, who must provide a reference from a teacher and be prepared for a brief meeting or phone conversation with a Bay Seniors volunteer. Details about rate of pay, hours of work and transportation are arranged between the senior and the student.

This is a perfect opportunity for students who are still in school to the end of June, because the work can be started now and continued through the summer,” said Dobel.

Interested students should email centre@bayseniors.ca. Put “Summer student yard work” in the subject line.

Every Monday, 8-11 a.m., Coffee at the Club. Hubbards Area Lions Club, 21 Lions Club Road. Patios, breakfast sandwhiches, and full breakfast. Donation at the door.

Every Monday, 2-4 p.m., Monday Meet-Up William Black Community Hall, 1057 Peggy’s Cove Road, Glen Margaret. Informal drop-in open to all. Free. Bring the kids in to warm up after playground time, meet friends, bring knitting.

Every Tuesday, Cribbage at the Hubbards Area Lions Club. Doors open at 6:30 p.m. Bring a partner. Cash. Bar bet/50 cent, and canteen, 21 Lions Club Road.

First Tuesday of each month, 6-30 p.m., Caregiver Support Group, Alzheimer Society of Nova Scotia, Chemainus. Call 1-800-661-6135 for more information and to register.

Third Tuesday of each month, 8:30-7:45 p.m. If you support someone with dementia, come to the Caregiver Support Group, Alzheimer Society of Nova Scotia, Tantallon Public Library. Call 902-898-5403 for more information.

Thursday evening, 9-11, Two Coves Cafe, St. Luke’s Anglican Church Hall, 10 Shore Club Road. Free coffee, tea, muffins. Wheelchair accessible, masks encouraged. Free Wi-Fi, open to all.

Every Thursday until October, starting Thursday, May 4, 6:30 p.m., Hubbards Area Lions Club, 21 Lions Club Road. Doors and canteen open at 6:30 p.m. Please bring a donation in David’s name to the canteen at 7:50 p.m. Free admission.

Saturday, May 6, 8-11 a.m., pancake breakfast, Hubbards Area Lions Club, 21 Lions Club Road. Pancakes, scrambled eggs, sausage, biscuits, jam, juice, tea/coffee, juice. Donation at door. 50/50 draw.

Saturday, May 6, 6 a.m.-2 p.m. Yard sale fundraiser for Our Health Centre Foundation. Chester Area Middle School gymnasium, 204 Duke Street, Chester. Drop off gently used items Friday, May 5, 3:30-6 p.m. No clothing or stuffed animals. More info, contact Kathy Ross: mocsy.ross@gmail.com or Lisa Aiken: lisamarieaiken@gmail.com.

Saturday, May 6, 6 a.m.-2 p.m. Pro Kids fundraiser for Municipality of Chester, Dollar auction, bake sale, clothing, collectible estate items. Proceeds to Municipality of Chester Pro Kids. Chester Area Middle School cafeteria, 204 Duke Street, Chester. More info, contact Kathy Ross: mocsy.ross@gmail.com or Lisa Aiken: lisamarieaiken@gmail.com.

Saturday, May 6, 1-3 p.m. Spring Tea. St. Nicholas Anglican Church, 20 Woodland Boulevard, Upper Tantallon. Free entry. Seating is limited, RSVP by April 24, 207-564-4625, email, number attending, allergies. 902-826-2256, cpspcdf@gmail.com.

Saturday, May 6, 2-6 p.m. Take-out or sit-down dinner. Contact one of chili, a roll and two cookies $8. St. James United Church, 1078 Prospect Road in Goodwood. For more info, please call 902-497-0953.

Saturday, May 6, 6 p.m. New Ross Legion MayFly Dance, 64 Forties Road, New Ross. Ruth Manning and The Prospector playing. $12 tickets from the New Ross Legion or Glen’s Hair Salon. Drawing for new fishing tackle. More information, call Legion, 902-689-2650.


Wednesday, May 10 and 17, 11:30 a.m.-1 p.m. Soup and Chowder luncheons, Central United Church, 283 Lincoln Street, Lunenburg. Soup, roll, cule and drinks. $12.

Friday, May 12, 7 p.m. SS Atlantic 150th Anniversary Gala Reception. Canadian Numismatic Association, 1055 Marginal Road, Halifax, NS. An evening of history and entertainment with the SS Atlantic. Early-bird tickets $20, $30 without. Admission. Cost: more infssatlantic.com/events/atlantic.

Saturday, May 13, 11 a.m.-2 p.m. Soup and dessert take-out. William Black Community Hall, 1055 Peggy’s Cove Road. Several varieties of homemade soup, roll, and homemade dessert. $12. Vegetarian and gluten-free options available.

Saturday, May 13, Pre-order application, counci at 9 a.m.; pre-order rejection @ 6 p.m., by 6 p.m., Wednesday, May 10 with Luella Regan, 902-857-9714. $10/piece. Pick up 2-3 p.m. May 13.

Saturday, May 13, 27 a.m. to 10 a.m., soup, Square Roots, St. Luke’s United Church. 110-H old $7-50 that’s what you can afford. No one will be turned away. Pre-order squareroots@stlukesunited.ca, 902-826-2523.


Tuesday, May 16, Annual Royal Horseshoe cribbage tournament, Hubbard Area Lions Club, 21 Lions Club Road. Doors open at 6 p.m., cribbage starts at 7 p.m. Canteen, 50/50 draw, and cash bar available.

Thursday, May 18, 11:30 a.m.-2 p.m. luncheons, Central United Church, 5374 St. Margaret’s Bay Road. Head of St. Margaret’s Bay. Homemde served lunch, music, games, mingle. Open to all. $20 (if you have not already donated $20). More information: luncheons@stlukesunited.ca.

Friday, May 19, Cribbage at the Hubbards Area Lions Club. Doors open at 6:30 p.m. Bring a partner. Cash. Bar bet/50 cent, and canteen, 21 Lions Club Road.


Saturday, May 27, 2-4 p.m. “Deadly Cure” (Dir. Macdonald), Estabrooks Community Hall, Lewis Lake. Doors open at 6 p.m. starts at 7 p.m. at Lavasan, vegetarian or lasagna, green salad, coffee, tea, juice. $25. Prepay to estabrookscommunityhall@gmail.com. For pick-up call 902-405-6511.

Saturday, May 27, 3:30-5:30 p.m. Roast chicken dinner with mashed potatoes, green/yellow beans, corn, roll, dessert is strawberry shortcake. $16. Eat-in or take-out. Pre-order with Louella Regina, 902-857-9714, no later than 6 p.m. Wednesday, May 24. Cash or bar and 50/50 available.

Saturday, May 27, 4:30 to 6:30 p.m. Honey chicken supper and dessert. (gluten-free option). St. George’s Anglican Church (basement hall) 6130 Highway 3, Head of St. Margaret’s Bay. Adults $20. Children 12 and under $8. Preschoolers free. 902-826-2955 for more information.


Monday, June 5, 7 p.m., “Penny Auction” fundraiser. St. James Anglican Church (“Not your typical church,” 6991 St. Margaret’s Bay Road, Boswell’s Point. Contact Point. 902-826-2284 for more information.

Mother’s Day Luncheon Tea

Bring your mom, step-mom, grandmother, or whoever has made a wonderful impact on your life.

Join us at Black Point & Area Community Centre, 11 a.m.-1 p.m. on May 14, for sandwiches, sweets, tea and coffee.

Cost: $5/person.

Children under 5 are free.

We will have a door prize draw for one of our members.

If you would like to book a table in advance, please email blackpointcentre@gmail.com.
Chester Lions support Brighter Days campaign for Bridgewater Hospital

The Lions Club of Bridgewater is organizing a campaign to raise funds for the redevelopment of the Bridgewater Hospital. The campaign is currently underway and has already received significant support from the community. The campaign is being led by Arleen Stevens (centre), executive director of the South Shore Regional Hospital, in collaboration with Lions Mark Meister, Jim Barkhouse, Sharon Rafuse, and Len Stevens.

In addition to the fundraising efforts, the campaign is also promoting awareness about the urgent need for redevelopment of the hospital. The campaign aims to involve people from all walks of life and encourages them to contribute in any way they can, whether through donations, volunteering, or spreading the word.

The campaign has already received a significant amount of support, with many individuals and organizations pledging their support. The campaign is expected to be completed in 2025, and it is anticipated that the redevelopment will greatly improve the quality of care available to the people of the region.
New Nova Scotia healthcare act to improve access to care

Premier Tim Houston said, “We know we need to recruit doctors, nurses and other healthcare providers. Nova Scotia is the best place in the world to live, but there is a national shortage and we’re competing with other provinces and beyond.”

The Patient Access to Care Act makes it faster and easier for healthcare providers to come here from other parts of Canada, by requiring that their applications be processed within 5 business days and removing application fees. It also makes it easier for healthcare professionals licensed outside Canada to practice in Nova Scotia.

“We need healthcare professionals working to their full scope of practice,” said Houston. “For example, we’ve had great success working with pharmacists to expand their scope. They can now assess and prescribe for some illnesses, like strep throat.”

The new Act also restricts employers from asking for doctor’s notes for employees’ medical absences, except in specific situations. Houston estimates this will save as much as 50,000 hours of physicians’ time annually.

St. Margaret's Bay artists hold first pop-up show in downtown Halifax

The long weekend in May is traditionally the kick-off to summer events and activities in Nova Scotia, with many happening in urban Halifax. This year, the Peggy’s Cove Area Festival of the Arts (PCAFA) Society is also starting its summer art exhibit season that weekend – and this time, it’s in the city.

While individual artist members of PCAFA have long appreciated having their art available to see and be purchased from Halifax galleries, this will be the first members’ show downtown.

Thanks to an invitation from Prow Gallery owner Cheryl Bell and manager Kim Farmer, a pop-up art exhibit will happen May 20-22 at the gallery, featuring over 35 PCAFA member artists working in a variety of media, including acrylics, oils, pastels, textiles, and ceramics.

Artist Philip Hodges, who is coordinating the event, says, “During the three-day show, PCAFA members are also invited to paint plein air in the gallery’s neighbourhood, with those works also being included in the show and sale.”

Hodges says PCAFA artists appreciate the year-round exhibit support they get from venues in the St. Margaret’s Bay area, including opportunities to hold members’ shows. And the addition of an in-person show in the city is, he says, “a wonderful opportunity for our members to engage with visitors and locals in Halifax.”

“We always invite the wider community to our events in St. Margaret’s Bay, especially to our festival events in July,” he adds. “Now, thanks to this generous invitation from the Prow Gallery, we can invite our St. Margaret’s Bay supporters and others to our show at a premier gallery in the downtown core.”

The Peggy’s Cove Area Festival of the Arts pop-up show at the Prow Gallery is on Friday, May 19, 11 a.m. to 7 p.m., Saturday, May 20, 11 a.m.-6 p.m., and Sunday, May 21, 11 a.m. to 5 p.m.

The gallery is in Bishops Landing, at 1479 Lower Water Street in Halifax.

Promotion runs from May 1st to May 31st

Sunglasses Discounts!

• Win a pair of Sunglasses
• Up to 1 year supply of Contacts
• Fun in the Sun gift packages

Bay Optometry loves being part of this community and to show our appreciation, we invite you to visit us over the month of May for our Community Appreciation month.

Throughout this month we will be having discounts on our sunglasses, a chance to win your sunglasses, contact lenses purchase and many Fun in the Sun gift packages.

Whether you are a longstanding patient of ours or someone new to our area, we invite you to stop by to see what we have to offer. We love that you choose to support local, and we will continue to provide you with individualized care that you have grown to expect throughout every aspect of our clinic.

5110 St. Margaret’s Bay Road, Unit 109
Upper Tantallon, NS B3Z 1E2
info@bayoptometry.ca www.bayoptometry.ca
Community gathers for shipwreck anniversary

Sal Falk

On April 1, over 200 community members gathered at the Whites Lake Legion for an afternoon of remembrance, music and food. The SS Atlantic Heritage Park Society hosted the event to mark the 150th anniversary of the sinking of the SS Atlantic.

The Community Commemoration event included entertainment from The Fipple and The Cliff, Wendy Purcell and Gordon Zinck, and two original compositions from local musicians. Rosalée Peppard Lockyer wrote and performed a song portrait based on her research of the experience of women during the disaster.

In between songs and remarks from author Bob Chaulk, a ceremony was held, in which descendants from rescuers lit candles and presented plants, each in honour of victims, survivors, or rescuers of the wreck.

This passenger shipwreck is little known outside our communities. In the early hours of April 1, 1873, the SS Atlantic, carrying 950 passengers and crew, hit rocks and began sinking. With great help from local fishermen who hauled boats into the water, and from women who opened their homes to the cold victims, over 400 people were saved. Many of the rest are buried in two cemeteries in Terence Bay.

The sinking of the SS Atlantic was the worst shipwreck in Canadian history prior to the Titanic in 1912. The SS Atlantic Society will continue holding events to mark this important anniversary year and to remember the heroic community efforts.

More information can be found at ssatlantic.com.

Sal Falk is the SS Atlantic Society event manager.

Bay Treasure Chest winner!

Congratulations to Evelyn Siteman of Lower Sackville (right), who won $23,509 on her registered number 25948 in the March 29 Bay Treasure Chest toonie draw. She is shown here with her sister, Charlene MacDonald of Timberlea. The sisters play their toonies together every week.

May 21 is International Tea Day

The United Nations says…

- Tea is the most consumed drink in the world, after water.
- Tea production and export is one of the most important sources of employment and national export for some of the poorest countries in the world.
- Drinking tea provides numerous health benefits

For more information, visit: un.org/en/observances/tea-day
June’s Quilt winner, quilter, and volunteers praise community support for food bank  Sharon Jessup Joyce

When Karine Isenor of Seabright got the call that she was the winner of the draw for June’s Quilt, she had just returned home from running a race. “I’m covered in mud,” she said. “But I’ll be right there!”

A few minutes later, Isenor arrived at the St. Margaret’s Bay Community Enterprise Centre (CEC), where the quilt had been on display since the beginning of March, and where the draw was held on April 22. “I didn’t win my race today, but I sure did win,” said Isenor, hugging the quilt delightedly. “It’s even more beautiful in person!”

Louise Mussett completed the hand-quilted bed quilt started in 1940 by June Peffer, her friend Beth Newman’s late aunt. Mussett decided to donate the quilt to be raffled in support of the St. Margaret’s Bay Food Bank. But Mussett is quick to deflect praise directed at her: “Our community embraced this fundraiser with such generosity — so many people have contributed to this wonderful outcome.”

In the end, the quilt did what Mussett and the raffle volunteers hoped it would do. All 500 raffle tickets were sold, and the quilt ended up raising $1,705 for the food bank.

Diane Covey, a St. Margaret’s Bay Food Bank volunteer who helped with the draw, said the money is especially welcome right now: “With the increase in the cost of food, we have more people than ever depending on our food bank.”

Covey shared that the average number of people using the food bank has increased since last year, from under 150 a month to almost 200.

“We have wonderful donors,” she added. “But the food cost increase has made it harder for many in our community to donate as they have in the past.”

For Chris Pelham, president of the CEC, the event was what community is all about. “Louise contributed by finishing the quilt and donating it, and the community contributed by selling and buying tickets,” he said. “It’s an example of community at its best — we had only one quilt winner, but we all won with June’s Quilt.”

Winning faces (from left): Chris Pelham, CEC president; Diane Covey, food bank volunteer; quilt winner Karine Isenor; and quilter Louise Mussett hold June’s Quilt at the April 22 raffle draw.

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We Own the Boats... You Own the Memories

Sharing and caring for our old-growth forests

Masthead News Staff

Nature Nova Scotia and the St. Margaret’s Bay Stewardship Association led a nature hike on April 15 in an old-growth forest in the proposed Ingram River Wilderness Area. Hike participant Amanda Boslund captured this beautiful image looking up into an old hemlock tree.

Boslund runs a podcast called Shared Ground, which explores the value of forests as shared ground for all species that use forests and call them home. The podcast is at sharedground.captivate.fm. There are currently 13 episodes.

In Episode 8 of the podcast, Mike Lancaster, executive director of the St. Margaret’s Bay Stewardship Association, talks about the proposed Ingram River Wilderness Area and his cross-province canoe trip that took him through that area. Visit protecttheingram.com for more information.

When Karine Isenor of Seabright praised the community’s support for June’s Quilt raffle.

Peggy’s Cove Area Festival of the Arts

WE CAN’T WAIT TO CELEBRATE ART!

OPENING NIGHT
JULY 5 7 pm – 9:30 pm Hubbard’s Barn
Live music, silent auction, refreshments, and sale of member artwork.
TICKETS $25 available online.
peggyscoveareafestivalofthearts.com

PAINT PEGGY’S COVE
JULY 7-9 10am—5pm Village of Peggy’s Cove
Throughout the village, artists create new works inspired by this unique Nova Scotian community.

STUDIO TOUR
JULY 14-16 10am—5pm St. Margaret’s Bay Area
43 studios and galleries welcome visitors and showcase the works of many talented artists.

Photo credit: Amanda Boslund