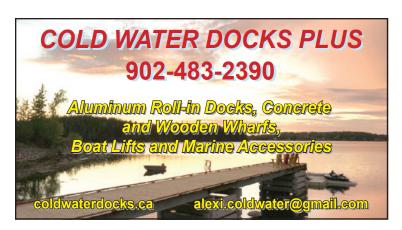
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Charles P. Allen (CPA) High School students Aulwene Llanes (left) and Mia Tran, with the school's eightpoint Mi'kmaq Medicine Garden beds behind them. Photo credit: CPA student Sofia Zizanovic.

High school's Mi'kmaq garden inspires students and community Sharon Jessup Joyce

It started in 2022, with an email from a company that puts beehives in urban settings. Then, an interest in native plants and pollinators, as well as a desire to support Reconciliation efforts, encouraged Charles P. Allen High School in Bedford to take its Better with Bees program in new directions.

"We started to think about what else is going on in the environment that we could address-and we ended up moving toward native bees and native plants," says Christopher Hall, a teacher and the advisor to the CPA Better with Bees team, which includes around 90 students, 30 of whom regularly attend the weekly meetings.

The idea of planting a Mi'kmaq Medicine Garden as an eightpoint star, each point growing a different medicine plant, began with Sophie Amaral, a Mi'kmag student who graduated from CPA in 2024. Amaral was inspired by the Mi'kmaq petroglyphs at the Bedford Barrens National Historic Site.

Inspired by a similar garden

in Fredericton, one goal of the garden, says Hall, "was to respond to calls for Reconciliation, and to give Mi'kmaq in the community input and access to sacred medicines."

The large garden has wide paths separating the points of the star, to allow wheelchair access. An adjacent Wabanaki Meadow replaces cultivated lawn with native plants, which attract native pollinators.

"We reduce our carbon footprint by not having to cut the grass," says Hall. "And it's a showcase to inspire the community. Why have an ornamental garden when you can have a native garden that becomes a little oasis?"

Hall can answer from personal experience. He has been turning his own garden toward native plants, attracting a large population of native pollinators in the process.

"If someone does that with even one metre by one metre in their yard, they will be amazed by what they see," he says.

Two of the students on CPA's Better with Bees team are Aulwene Llanes, in grade 12, and Mia Tran, in grade 11. (See Mia Tran's companion story on page

Llanes joined the team last year, intrigued by the idea of cultivating native pollinators.

"I had no garden experience, other than that my grandparents had a farm in the Philippines and Continued on page 2



How to take photos we can't wait to publish

Read tips on submitting the best photos to deliver your message See page 14.

Photo credit: Jason Dain



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Charles P. Allen High invites community participation in Better with Bees Mia Tran

Charles P. Allen (CPA) High School's Better with Bees is a club run by students from grades 10 to 12, who bring with them a variety of skills and interests.

The club's main focus is our Medicine Garden and Wabanaki Meadow, a project providing habitat for native plants and pollinators within the school's landscape. Collaboration with the Mi'kmaq community has been developed through design, research, and access to resources. The garden and meadow are featured prominently in front of CPA High School, located in Bedford, on Innovation Drive.

The club was founded in 2022, originally with a focus on honeybees, but changed direction toward native plants and pollinators in 2023. Our current mission is to encourage others to implement a similar model or project, while expanding on our own meadow to cover more grass-lawn areas of CPA's

property in the future.

At its core, the program allows students the chance to engage with the land and participate in taking a step toward urban sustainability, by slowly reducing emissions from cutting grass lawns, while also reaching out and involving our wider community in our vision for the future.

Without the support of the community, our initiative would not be possible. We hope individuals and the wider community can continue supporting us by nurturing their own native garden and reaching out to government representatives for an emphasis on native species in public spaces such as parks.

Volunteers are welcome in the warmer months to work on the garden, and we welcome donations of non-invasive native plants.

Visit our website at betterwithbees.ca to see when someone will be onsite for garden maintenance and email support@

Charles P. Allen High School's Mi'kmaq Medicine Garden in winter. Photo credit: Minjoon Jeong, March 2025.

betterwithbees.ca to arrange a donation.

Mia Tran is a Grade 11 student at Charles P. Allen who works on the design team for the Better with Bees club in project management, design and outreach.

Inspirational garden

Continued from page 1

grew mangoes," he says.

Tran didn't have much personal experience either, though she watched her dad's success as a small-space gardener.

"Back in my home country, Vietnam, we had a balcony garden with squash and melons, using sustainable methods, like wastewater from the fishpond as fertilizer," she says.

Both students are continuing to develop their gardening

knowledge and skills—Llanes is currently part of a pollinator stewardship program, Pollinator Partnerships, with weekly online seminars, and Tran participates in outreach presentations to encourage other schools and groups to embrace projects like CPA's.

Llanes notes that involvement in Better with Bees has offered additional benefits.

"It has been a big pleasure to learn more about Indigenous

communities," he says.

Tran's future goal is a degree in English literature and work in conservation. Llanes heads to Mount St. Vincent in the fall for a program in applied human nutrition—and he won't leave gardening behind.

"Being able to create access to your own food, while growing an abundance to share with your community, is something I want to do in the future," he says.

Supporting local and Canadian has never been more important

The Canadian Federation of Independent Business (CFIB) announced late last month that Canadian business confidence is at an all-time low—worse even than in the early days of the pandemic or the 2008 financial crisis.

CFIB reports that, in March, their Business Barometer®, a 100-point scale that measures owners' 12-month confidence in their business performance, fell by almost half, from 49.8 to 25.0. That means three-quarters of business owners expect things

to get worse for their business in the immediate future.

While there are other factors in play, like the weak Canadian dollar, CFIB says economic uncertainly, primarily driven by the emerging trade war, is largely responsible.

In the current political and economic climate, it's understandable that many of us feel helpless, angry, and frightened.

What can we, as individuals, households, and communities, do?

The spontaneous grassroots movement throughout Canada to ramp up support for local and Canadian businesses is one answer. There's never been a better time to give our business to local makers, growers, and sellers. And there's never been a better time to plan our vacations close to home.

The Masthead News has been a locally owned and independent newspaper since it was founded 34 years ago. We've always been committed to carrying local stories and advertisements from local businesses and organizations.

Thank you to our readers for supporting the businesses and organizations showcased each month in the pages of this newspaper. Let's continue to support local, support Canadian, and support each other in these challenging times.

Richard Learmonth, Publisher



Find the Easter eggs in the Masthead

We've having an Easter egg hunt in the pages of this issue of *The Masthead News*. Count the number of Easter eggs scattered throughout the newspaper, including in some of the advertisements. Email the total to info@themastheadnews.

ca by Friday, April 18. Include your full name and telephone number with your entry.

The winner will be selected by a random draw from the correct answers, and will receive a basket of goodies from local businesses.



THE MASTHEAD NEWS APRIL 2025 PAGE 3

Health, work and education at risk as families struggle with transportation insecurity Neil Everton



Philip Mailman, a driver with Lunenburg County Wheels. Photo credit: Eric Hustvedt

Finding the money to get to work, get the kids to after-school events, or get to hospital is a problem for a fast-growing number of our neighbours, says BayRides volunteer operations manager Meg Harris.

Transportation insecurity, when people can't access the essentials of life—like health and wellness providers, stores and food banks, work and school—is a growing problem around St Margaret's Bay and along the South Shore.

The three community transportation providers based in Lunenburg, Chester and Upper Tantallon all have initiatives to help people struggling to afford essential travel.

Since Chester Community Wheels was launched in 2007, it has never charged fares.

"We offer a pay-what-you-can service for rides within the Municipality of the District of Chester, and suggested minimum donation amounts for rides that go beyond municipal boundaries," says executive director Courtney Covey-Keefe. "Every day, we are talking to more and more riders who are unable to pay the suggested minimum donations. But we never refuse transportation for lack of fare."

Lunenburg County Wheels also has a policy that nobody is refused a ride for lack of the fare. The United Way of Lunenburg County provides funds to cover the cost of rides for those who can't afford them.

"No one is turned away," says operations manager Daron Lantz. "We work with clients to find a way to get them where they need to go."

Lantz says requests for help were up by 5% in just the last four months.

BayRides' solution is to provide subsidies through its fare assistance program.

"Every day, we see the growing number of requests for help," says Harris. "In the last four years, requests for support from the program more than doubled, from 435 to 967."

Chester Community Wheels also has a fare assistance program, which is being

used more each year.

"If we continue on the path of increased ridership and an increasing number of riders using the program, we have the potential to run out of fare assistance program funding before the fiscal year ends," says Covey-Keefe.

BayRIdes has identified that many school-age children are unable to attend after-school programs, out-of-hours tutoring, or sports and recreation activities because their parents cannot afford to send or take them. BayRides is working with SchoolsPlus to ease the problem.

"Families are juggling money for food, money for rent, money for clothes and money to get to work, or to the doctor's office. If we can ease the pressure, by keeping transport affordable, we can make life a whole lot easier," says Harris.

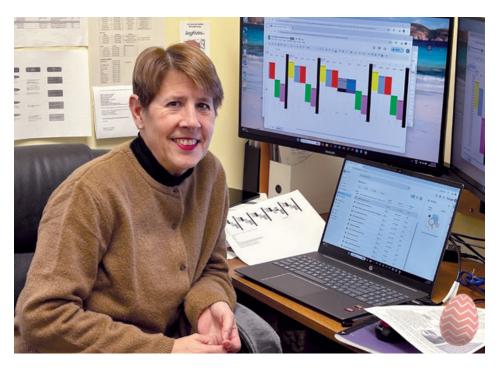
All three transportation services agree that providing affordable transportation is

Public donations make low fares possible

BayRides, Chester Community Wheels and Lunenburg County Wheels all rely on tax-creditable donations from the public to support their low-fare or no-fare strategies. Contact the rural transportation provider that offers services in your area for information on making a donation.

an important part of keeping a community healthy.

"We are here to remove transportation as a barrier for people to stay connected to their community," says Lantz.



Meg Harris, volunteer operations manager with BayRides, says there is a growing demand for transportation support in our region. Photo credit: Neil Everton





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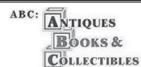
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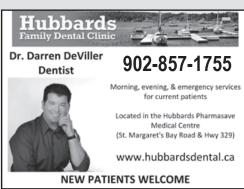
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Honey, Take the Wheel Barbara Olson © ClassiCanadian Crosswords

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Across

- 1 Treats leather
- 5 Leaves in a pot?
- 8 Tiler's gunk
- 13 Short race, for short
- 14 Felix and Oscar, notably
- 16 Part 1 of a Rodney Dangerfield quip
- **18** ____ of water (lakes, oceans, etc.)
- 19 Leather slip-ons, briefly
- 20 Bid ____ farewell
- 21 Part 2 of the quip
- 26 Beach bird
- 28 Stay for dinner
- 29 Jack or jenny 32 Fruit's skin
- 34 Italian opera house, with "La"
- 35 "You look like you ___ ghost"
- 37 Part 3 of the quip
- 40 "To ___ a Mockingbird"
- **41** Keep ____ to the ground
- 43 Freshwater fish
- 45 Chatroom chuckle
- 46 Sheepish sounds?
- 48 Alta. or Ont., e.g.
- 50 Part 4 of the quip
- 53 "Family Circus" cartoonist Bil
- **57** Wee bit, as lotion
- 58 Pricey German ride, in slang
- **59** End of the quip
- **63** Unsettled and fidgety
- 64 Suffix with synth- or sympath-
- **65** Cardio-boxing routine
- 66 "Bleu" part of "une carte"
- 67 Shoulder muscle, in gym-speak

- 1 Olympic champ Alberto nicknamed "la Bomba"
- 2 "Did ____ that make sense?"
- 3 Change of coif
- 4 1-Down's sport
- 5 "Hang ten" digits
- 6 Middle of P.E.I.: Abbr.
- 7 Butler's famous last words
- 8 "Understood"
- **9** Common baking potatoes
- **10** Photo-___ (celeb shoots)
- **11** Suffix with nod or mod
- **12** Nickname for a Dallas cowboy, maybe
- 15 Bill featuring Sir Robert Borden, slangily
- 17 Had it "to here"
- 21 "___ My Heart in San Francisco"
- 22 Dark German beer
- 23 Make use (of)
- 24 "Eleanor Rigby" instrument
- 25 Jazz singer/pianist Diana from Nanaimo, B.C.
- 27 Its zodiac symbol is a squiggle
- 29 Easy ___ (child's play)
- 30 Capital of Yemen
- 31 ___ on a stack of bibles
- **33** Alternative to leg., paperwise
- 36 "Rubaiyat" rhyme scheme 38 B.C.'s ____- Princeton Highway
- 39 Czech Republic's cont.
- 42 Ordered pints, paid later
- 44 Dragged on a joint

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- **47** Contributes
- 49 Turned sharply
- **51** "Ditto"
- **52** Letter-shaped girder
- **54** Teeny amount
- 55 "On the Beach" author Shute
- 56 Walking with a book on one's

head, say

- 58 African of Dutch descent
- 59 Punster's forte
- **60** In the style of
- 61 Marlins' and Mets' div.
- 62 "Prufrock" poet's monogram

Congratulations, Bay Treasure Chest winners



On February 26, Daryl Pelley of Boutilier's Point won \$12,236 on his registered number 26690.



Jolene Jarvis of East River Point won \$12,338 on March 5, thanks to her registered number 34756.



On March 19, Charlotte MacLean of Head of St. Margaret's Bay won \$24,854 on her registered number 23928.

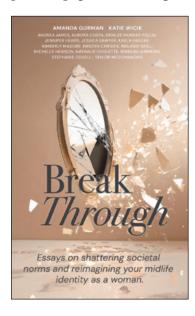
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Last month's crossword solution

Books by local authors

Break Through

By Amanda Gurman and others Reviewed by Jessica Campbell \$25, paperback Available from: thechangephilosophy.com/ product-page/breakthrough



This book includes essays and reflections by 16 midlife women who write about finding confidence by opening themselves to taking a new path—despite the fear of change

we can all experience—and learning to trust themselves. In fact, many of the essays credit fear as a positive force in pushing the writers to develop the skills, contacts, and opportunities for a better life.

The subtitle of the book is "Essays on shattering societal norms and reimagining your midlife identity as a woman." These essays cover topics that will resonate with many, including divorce, dating and marriage in midlife, parenting a child with disabilities, going back to school, changing careers or communities, managing physical and mental health challenges, and more.

Of special interest is that one of the chapters is by local resident Andrea James, who discusses her path to becoming a lawyer, moving halfway across the country, and divorcing and marrying again.

For women struggling with midlife challenges who are contemplating making some sort of big change, this book is like sitting down with friends who have walked through the storm, come out on the other side, and are ready to give you the boost you need.

Jessica Campbell is a healthcare professional and a member of the "sandwich generation," providing support to both an elderly parent and two youngadult children.

50: A Woman's **Guide to Living** with Intent

By Catherine Wall Reviewed by Melissa Miller \$24.99, paperback \$9.99, Kindle amazon.ca



Author Catherine Wall describes how, when she was 46, she planned to be in the best physical shape of her life by the time she was 50—and by the time she was 49, she realized she better get started on that goal.

Wall worked with a trainer and then entered a physique/figure competition to increase her sense of accountability, finishing with silver for her age and height... when she was 50.

Her commitment to meeting goals is apparent in this book, in which Wall discusses the rules she follows for fitness, nutrition, parenting, marriage, stress management, and more. At the end of each chapter, there is space for readers to identify their own goals in these areas.

Wall's target audience is women over 50, and she hopes her own experiences will inspire them. One theme of this book is that goals must be specific. She also advocates for rules that are achievable and flexible, like her intense but short and home-based workouts that fit easily into a busy day.

A book of rules from someone who is getting it all right could be a turn-off, but Wall's friendly and often humorous style, laced with honest self-deprecation, makes this book easy to read and

APRIL 2025 PAGE 7 inspiring, not off-putting.

Melissa Miller, who turned 50 last year, is taking baby steps toward healthier choices, and is starting to put the lessons in Catherine Wall's book to good use.



Councillor Nancy Hartling

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The Masthead News publishes reviews of books by local authors.

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Hit hard by 2023 wildfire, two subdivisions honoured by FireSmart for mitigation work

Two subdivisions in Halifax Regional Municipality have been newly designated under FireSmart Canada's Neighbourhood Recognition Program, the first in the municipality to achieve this distinction. The national initiative honours communities at risk of wildfires that proactively work to mitigate risks and enhance resilience. Highland Park and Westwood Hills, both of which were affected by the wildfires



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Left to right, Rhonda Dean, Station 65 Captain Rachael Dent, Tricia Murray-D'Eon.

in 2023, also received the program's new \$1,000 incentive.

To qualify FireSmart Neighbourhood, each subdivision must designate a local champion who serves as the primary liaison with FireSmart representatives and forms a FireSmart committee, which is tasked with developing, implementing, and monitoring a neighbourhood mitigation plan that outlines specific activities, including hosting an annual FireSmart event, maintaining a minimum yearly financial commitment, and ensuring ongoing adherence to the program's standards.

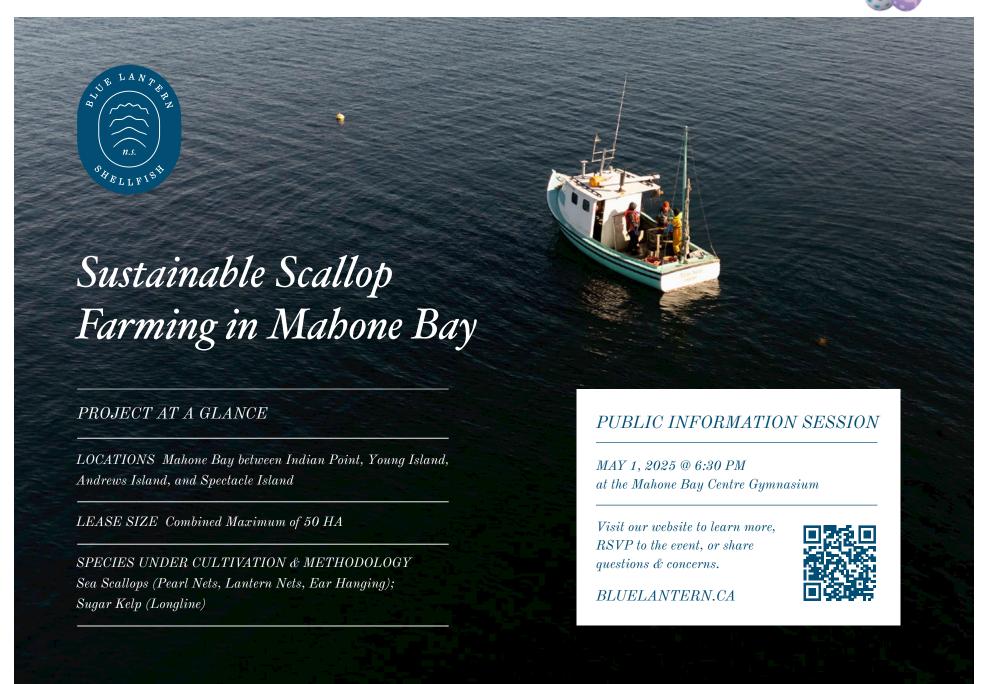
Highland Park was hit hard by the wildfire in 2023 with over 70 homes destroyed and countless others damaged. Rebuilding and recovery is ongoing.

"Part of our recovery is to take control

over our properties to try and mitigate the risk of a future wildfire. As a FireSmart community, we hope to improve our collective fire resiliency by implementing FireSmart practices, property by property," says Highland Park champion Tricia Murray-D'Eon.

A 2017 Wildland Fire Hazard Assessment identified Westwood Hills as being at high to extreme wildfire risk, a finding that was confirmed by a subsequent re-assessment in 2022.

"Westwood Hills is still recovering from the devastating fire in 2023," says Rhonda Dean, the Westwood Hills champion. "Our objective in collaborating with FireSmart is to take every possible measure to build our individual and collective resilience and safeguard our community against future wildfires."



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A warm reception from Community Enterprise Centre volunteers



Elizabeth Anthony, one of 10 regular reception volunteers at the St. Margaret's Bay Community Enterprise Centre, has been volunteering at the centre every week for many years. Photo credit: Bob Joyce

Sharon Jessup Joyce

When the St. Margaret's Bay Community Enterprise Centre (CEC) in Upper Tantallon opened its doors 8 years ago this month, volunteers were at the heart of everything.

That hasn't changed.

Offering a location for nonprofit groups, home-based businesses, and would-be entrepreneurs to work, meet, and share ideas and support was the dream of the small group of volunteers who made it happen. Volunteers have continued to play key roles ever since.

"People are often surprised to learn that everyone at the front desk who greets and assists our members, clients, and visitors is a volunteer," says Suzanne Pelham, the CEC's coordinator.

Pelham, herself a CEC volunteer, says there are 10 regular reception volunteers, each of whom works a half day each week. There are several back-up volunteers who can pitch in when regulars are ill or on vacation, but Pelham says the regulars are generous about working extra hours when a teammate needs coverage.

"This is not just sitting at a desk for a few hours," she says. "Our volunteers need to have strong people skills and administrative skills, and the ability to rise to an unexpected challenge—and they get to use all that here."

Pelham says long-time reception volunteer Elizabeth Anthony is a perfect

example: "Elizabeth has been with us almost since the beginning, and she's always quick to pitch in wherever she can. In fact, the seasonal décor that graces the CEC's front porch is usually Elizabeth's handiwork."

The whole team also excels in reliability,

says Pelham.

"Making a year-round commitment to volunteer for the same half-day every week—and to do it year after year—that is a generous gift to our community and key to the CEC's success."



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Share your story of volunteers making a difference The Masthead News Staff

This year, Volunteer Appreciation Week is from April 27 to May 3.

A week is set aside each year to honour volunteers, but we all know volunteers make a difference 52 weeks of the year. The Nova Scotia government says over 41,000 Nova Scotians volunteer, contributing a total of 79 million hours each year.

The theme for Volunteer Appreciation Week this year is "Volunteers Make Waves." Beginning this month, we will publish a story in each issue, saluting volunteers in our area who are making waves and making a difference.

If you would like to submit a story about a volunteer or volunteer group to be celebrated, send your story or story nomination to info@themastheadnews. ca. Stories should be a maximum of 300 words and should be accompanied by a photo. Need help crafting your story? Let us know in your email and provide a phone number where we can reach you during the day.

And thank you to the many volunteers who give their time and talents so generously to make our communities better.

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www.crossroadsanimalhospitaltantallon.com

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New artist-led Lunenburg gallery offers contemporary fine art





Artists Catherine Bagnell Styles (left) and Mary Kersell hang artwork in Gallery on Lincoln. Art shown is by Catherine Bagnell Styles (large piece, top) and Mary Kersell (smaller pieces below). Photo credit: Mary Morey

The Masthead News Staff

Gallery on Lincoln, a new contemporary fine art gallery owned and operated by 11 Nova

Scotia artist-entrepreneurs, opens its doors on April 3. Located at 167 Lincoln Street in Lunenburg, the gallery location

will be familiar to many art appreciators—it is the former site of Smith & Smith Gallery, which closed in December.

Gallery on Lincoln features contemporary landscape, figurative, still life, and abstract works created by a group of artists whose work is held in public and private collections around the world.

"Gallery on Lincoln brings together a group of accomplished artists who saw an opportunity to showcase their work and create something special in an extraordinary location," says Paulette Melanson, Acadian artist and president of Gallery on Lincoln.

"Three of our artists used to show in the Smith & Smith Gallery and loved the space—we wanted it to continue as a gallery," adds Melanson. "We're thrilled to continue to be part of Lunenburg's vibrant arts community."

Gallery artists include Catherine Bagnell Styles, Michelle Darwin, MJ Dominey, Lynn Ellis, Janet Griffen, Mary Kersell, Paulette Melanson, Mary Morey, David Shimp, Katy Maria Shimp, and Sharon Wadsworth-Smith.

The gallery's hours of

operation are Wednesday to Sunday, 11am-5pm.

An opening reception will be held on April 26, 2-4pm.



Gallery on Lincoln opens its doors on April 3. Photo credit: Sharon Wadsworth-Smith

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Another successful Seedy Saturday

Over 500 people came to the March 22 Seedy Saturday in Upper Tantallon on March 22, up from 400 attendees last year. The event, offered by the St. Margaret's Bay Gardening Club, included 5 presentations and 17 vendors. Shown here, India Saunders, representing one of the vendors, RDA Atlantic Inc., which showcased its product Hungry Earth Biochar, a soil amendment material—not a fertilizer—that supports soil nutrients. Our special Masthead News Gardening issue, available in May, will have a story about biochar, along with stories about other gardening products, processes, and best practices. Photo credit: Paula Fredericks

Councillor Janet Steele District 12 Timberlea – Beechville Clayton Park – Wedgewood 902.471.3123 janet.steele@halifax.ca contactus@311.halifax.ca To book a meeting with me or sign up for my monthly e-newsletter, please email my coordinator Emily at smithem@halifax.ca

HΛLIFΛX

halifax.ca | 311

It's a cat's life in spring...indoors Sharon Jessup Joyce

Getting outside to enjoy spring weather is something we all look forward to—and our pets are no exception. But Jennifer LeBlanc, who has volunteered in cat rescue for years, says cats and springtime just don't mix.

"The songbirds are coming back, and nestlings and fledglings will be around after that," she says. "Our wild bird populations face many threats, and we don't need owned cats adding to that."

LeBlanc says spring poses additional dangers to cats, too.

"We think of hungry wildlife in the winter, but predators like bobcats and coyotes are a year-round threat to pet cats that are allowed to roam, and in the springtime, females that are pregnant and then feeding young may be hunting more."



Two times lucky: Recently adopted rescue cat Marlow survived a bobcat attack. Photo credit: Gloria Stewart

Marlow, a rescue cat in the care of Spay Day, who was recently

adopted from foster location Otis & Clementine's Books & Coffee in Upper Tantallon, has first-paw experience of that risk. Before being adopted, she was mauled by a bobcat, and while she has recovered from her injuries, she remains understandably cautious around other animals.

LeBlanc says there are safer alternatives to letting your cat outside.

"Catios, which are like a screened porch for cats, can be set up beside or attached to your house or a window, and you can buy them at different price points," she notes. "There are also shelves you can hook on a windowsill to let your cat sit in an open screened window and take in the sounds and smells of springtime in safety."





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HRM seeks input on seniors' recreation Services The Masthead News Staff

Halifax Regional Municipality Parks & Recreation is in the process of developing a seniors recreation services plan. Nancy Hartling, HRM District 13 councillor, says residents throughout HRM are invited to provide feedback on recreation programming for those aged 60 years and older.

HRM residents are encouraged to complete a survey or attend one of the upcoming public engagement sessions, both listed on halifax.ca/seniors. The survey will remain open until

Wednesday, June 4.

This project is aimed at shaping the municipality's recreation programs and services for seniors over the next 5 years. Seniors' groups and individuals will be actively involved in creating this plan, and a seniors' recreation advisory group has been established to provide leadership and support to staff during the planning process.

Public engagement sessions being held in April in the Masthead's delivery area are: Monday, April

11:30am-2:30pm, Multipurpose Room, Prospect Road Community Centre, 2141 Prospect Road.

Tuesday, April 29,1-3pm, Program Room, Tantallon Public Library, 3646 Hammonds Plains Road.

Additional sessions will be held throughout HRM from April to June.

For information, more visit www.halifax.ca/parksrecreation/programs-activities/ seniors-recreation-services-plan.

Shatford School seeks auction items for annual fundraiser



Lacey John

The Shatford Memorial Elementary School community in Hubbards is busy getting ready for its annual fundraising auction.

This year's auction will be held on Friday, May 9, at the Shore Club, 250 Shore Club Road, Hubbards.

The event, for adults only, includes dinner, drinks, and an auction. Doors open at 6:00pm, and the auction starts at 6:30. Funds raised from this year's auction will be used for the playground, field trips, and special

programming and supplies.

Last year's auction raised \$28,000.

Donations of new items or services to be auctioned can be dropped off at the school, 10089 St. Margaret's Bay Road, Hubbards, or call the school at (902) 857- 4200 to discuss items you wish to donate.

JOB OPPORTUNITIES

Sou'Wesa

The Sou'Wester Gift & Restaurant is hiring for the 2025 season

If you are looking for a great place to work with flexible scheduling, a fun team environment, the opportunity to meet people from across the globe, spectacular views & sunsets, the Sou'Wester in Peggy's Cove is the place!

Please send us your resume.

Looking for:

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Drop off in person at 178 Peggy's Point Road or email nicole@peggys-cove.com We look forward to meeting you.

Companion Caregiver

Hiring companion Remember caregivers at When Homecare in St. Margaret's Bay. No experience required. Apply to hiring@ rememberwhenhomecare. com. Flexible schedules. \$17-18 hourly. Full, Part time & Casual Positions.

Volunteers Needed!

Fishermen's Memorial Hospital

Sign-Up Today! Call Jo-Ann Mead or visit www. nshealth.ca/volunteer

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The Masthead News is looking for people who would like to earn extra income by selling advertising and printing services for our supplement publications. This is a commissioned sales position. 1. Use of own vehicle is required.

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Call 902-826-1302 or e-mail info@themastheadnews.ca. Please leave a contact number where we can reach you. Questions? Give us a call!

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Antiques and collectibles

Liquidating an estate, downsizing, clearing your basement, attic, barn or shed? ABC: Antiques, Books, Collectibles wants to buy your old and interesting items! 902-826-1128

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\$20 for first 25 words, and 20 cents for each added word. Bold or uppercase words 40 cents each. \$12 for box around ad. \$12 for each photo or logo. Add HST to total price. Send text, pictures, phone number to info@themastheadnews.ca or call 902-826-1302

MOVING SALE!!

Everything Must Go!

April 19th 9am to 2pm

234 Windsor Dr, Stillwater Lake. No Early Birds!

Riding mower, push-mower, snow blower. generator, lawn carts, gardening tools, household items, books, flooring, lumber, and much more.



info@themastheadnews.ca 902 826 1302

May 2025 issue Submission deadline April 22 | Publication date April 29

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LETTERS TO THE EDITOR

Learn more about proposed Mahone Bay scallop farm

Blue Lantern Shellfish is excited to propose a sustainable scallop farming operation in Mahone Bay and wants to invite the community to participate in the process.

We believe that scallop farming has the potential to positively impact society, the environment, and the economy. Scallops are filter feeders that help clean

the water and require no feed, supplements, or medication. Our farm will be quiet and unobtrusive, promote marine biodiversity, boost the local maritime economy, and enhance food security by producing sustainable protein.

As we have developed this idea over the past several years, we have appreciated the support

and encouragement from the community, though there is still work to be done. We want to ensure that everyone is well informed about our proposed farm, and has an opportunity to share their thoughts.

If you're interested, we encourage you to visit our website, bluelantern.ca, where you can find an overview of our farm, learn about the approval process, fill out a public comment form, or upload a letter of concern or support.

We also invite you to drop in for coffee and conversation at the Mahone Bay Centre Kitchen at 45 School Street, on April 7 at 2 pm or April 19 at 10 am or 2 pm.

Finally, we invite you to attend our official public information meeting on May 1 at 6:30 pm at the Mahone Bay Centre Gymnasium.

Along with my business partner, Chaz Thorne, I look forward to collaborating with the Mahone Bay community to establish a farm in which we can all take pride.

> L Paul MacInnis Blue Lantern Shellfish paul@bluelantern.ca

Looking for Unicorn memories

Unicorn Theatre is celebrating its 30th anniversary this year. We would like to thank the community for all their support and enthusiasm throughout the years. And we would love to hear from people in the community about their memories of Unicorn from years past.

Unicorn Theatre, a nonprofit society run entirely by volunteers, provides opportunities youth from primary to grade 12 to participate in musicals and theatre camps and workshops.

If you have something to share,

please email bob_canning82@

Bob Canning Anniversary committee member and producer Unicorn Theatre

hotmail.com.

More furred and feathered friends, please

As an animal lover, I'm always pleased to see the stories about birds in your newspaper. I also like seeing the animals for

adoption that you show, and other stories about dogs and cats.

Now, if you could add stories about other wildlife, I would be even happier.

Brenda Cormier Halifax



Guidelines for submitting letters to the editor

The Masthead News welcomes letters from our readers on topics of interest to our community members. Letters should be a maximum of 350 words, and must include the writer's name and community. The Masthead News will not publish letters that constitute personal attacks or hate speech. All letters are subject to editing for length, clarity, and style. Please submit letters to info@themastheadnews. ca. Include a daytime phone number (which will not be published).

COMMUNITY EVENTS

Community event listings are free, and published as space permits. Event notices can be accepted only on our Community Event Listing form. Go to themastheadnews.ca.



Various dates in April

Meet the candidate.Jessica Fancy-Landry, Liberal candidate for South Shore-St. Margarets, will be meeting this month with voters communities throughout the riding. Dates and locations are available at jessicafancylandry. com and facebook.com/ votejessicafancylandry.

Wednesdays, April 2, 9, 16, 23, 30

James' Games and Cafe, St. James Anglican Church (the Yellow Church), 6991 St Margarets Bay Road, Boutilier's Point, 2-4pm. A social time for adults and seniors. Everyone welcome!

Wednesdays, April 2, 16, 30

Spirit-Ed Toastmasters Club -Learning to Stand Up, Bayers Lake Business Park, 7-9pm. Volunteerdriven club environment for developing communications skills. Overcome fear of doing presentations at work or in the community. No cost. For exact location, contact Baxter Crocker at 902-453-5508 or toastmaster@live.ca.

Saturday, April 5

Back Issues Comicon, Christ Church Parish Hall, 61 Dundas Street, Dartmouth, 9am-3pm. For comic book fans of all ages and preferences. Find hard-to-find comics, original comic art, and meet and get signatures from comic artists from Marvel, DC, Image, and more. Cost: \$3 at the door, 12 and under free.

Sunday, April 6-Friday, May 2

Lunenburg County Music Festival, Open to the public. Competitions in piano, strings, guitar, ukulele, band, ensembles, voice and musical theatre. Finale concert and award presentations May 2. Central United Church, 136 Cumberland Street, Lunenburg, 6:30pm. Other performances at Lunenburg County venues. See www.lcmf.ca schedule and details, and click Venues on the banner for locations.

Sunday, April 6

Spring Fling Craft Show, Whites Lake Legion #153, 3495 Prospect Road, Whites Lake, 10am-4pm. Wheelchair-accessible. level. Canteen open 11am-1pm. Approximately 40 local crafters from our community. Free admission with donation to local food bank.

Friday, April 11 and Saturday, April 12

Spring Book Sale, Chester United Baptist Church, 84 King Street, Chester, 9am-4pm. A great selection of books for all your reading interests. Bring a friend and browse together!

Saturday, April 12

St. Peter's Church Book Worm Haven, St. Peter's Anglican Church, 10030 Peggys Cove Road, Hacketts Cove, 9am-noon. Browse through over 5,000 books and puzzles. Pick up your spring reading books. Prices are \$2 and \$3.

Sunday, April 13

Athenaeum Society Monthly Presentation: Music Magic on the South Shore Lunenburg Academy

Musical Performance (LAMP), Ocean Swells Community Centre, 2726 Highway 329, Northwest Cove, 2:30pm. Trudi Inglis will describe Nova Scotia's best kept secret, and how they make the magic happen. Q&A to follow. All welcome, no cost.

Monday, April 14

Mahone Bay Area Food Bank Annual General Meeting, Mahone Bay Community Centre, 45 School Street, Mahone Bay, 6:30pm. Any interested members of the public invited to attend. Questions? Call Ron Stockermans at 902-298-8917.

Tuesday, April 15

Free Will Lunch, Trinity United Church (front entrance), 67 Trinity Way, Timberlea, 11am-1pm. Choice of two homemade soups, rolls, desserts, tea, coffee. Time to spend with friends, new and old. Cost: freewill offering.

Friday, April 18

Good Friday Play "One Friday in Eternity," St. Luke's Anglican Church, 10 Shore Club Road, Hubbards, 7-8pm. Doors open at 6:15pm.

Saturday, April 19

Easter Egg Hunt and Ice Cream Sundaes, Bishops Park, 15 Shore Club Road, Hubbards, 2pm. Children 12 and under welcome. Bring your own basket and hunt for eggs. Enjoy an ice cream sundae. Jelly bean jar contest. Sponsored by St Luke's Outreach Mission Group. No cost. For more information contact Clair MacInnis clairmacinnis@yahoo.ca

Family Easter Egg Hunt, St. James Anglican Church (the Yellow Church), 6991 St Margarets Bay Road, Boutilier's Point, 2pm. Bring your little ones to hunt for hidden treasures on Easter Saturday. The young ones will go out first, followed by older children. Bring your own baskets. No cost.

Sundays, April 27-May 25, and June 8

Mindfulness: How to Start - How to Continue, Shambhala Centre 13495 Peggy's Cove Road, Upper Tantallon, 9:30am-noon. Six-week course on mindfulness practice, a simple do-it-yourself approach to address the stress of everyday life issues. Free and open to all. For details see monthly calendar at https://bay.shambhala.org.

Sunday, April 27

Card Game 45s, Hubbards Lions Club 43 Lions Club Road Hubbards noon. An afternoon of 45's card game and lots of fun. Canteen available.

50/50, lotto/gift card tree, and bake sale. Chinese auction for 2 x10 lbs of lobsters (\$2.00/entry) and cake/pie (\$1.00/entry). Cost: \$10 per person.

Thursday, May 1

Public Information Session from Blue Lantern Shellfish, Mahone Bay Centre Gymnasium, 45 School Street, Mahone Bay, 6:30pm. Sustainable scallop farming proposal in Mahone Bay, focused on minimal environmental impact and maximum community benefit. Information for area residents, feedback welcome.

Saturday, May 3

Anglican Parish of French Village 26th Annual Lobster Takeout Supper, St. Margaret's Bay Legion #116, 11169 Peggys Cove Road, Seabright, 4-5:30pm. Lobster dinner \$35, ham dinner \$18. Includes homemade potato salad, coleslaw, dessert (gluten-free option available). Advance purchase required, call Dorothy at 902-826-2305.



Monday, April 28 is Federal Election Day

Visit elections.ca for information about where and when to vote, and candidates running in your riding. Note that some information will not be available on the site until April 9.

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How to take photos we can't wait to publish The Masthead News Staff



Photo credit: Richard Stern

Here at *The Masthead News*, we love getting your submissions: stories, letters to the editor, community event notices, and photos. In addition to photos accompanying stories, we're always looking for good-quality interesting photos that can tell a story when accompanied by just a caption.

Photos should be submitted by or with written permission of the photographer. Include the name to be used for the photo credit and the first and last names of everyone in the photo. An exception may be made for minor children, who can be identified by their first name only. We prefer photos that are previously unpublished.

Composition tips

• The fewer the better: We get why you want the photo to show the whole football team. But in a newspaper, large group shots don't allow you to see the subjects' faces. Photos work best when they include a maximum of four or five

people doing something (see the next point).

• And...action: A photo of the goalie stopping the puck, the painter adding a dab of colour to the canvas, the gardener holding a trowel in a soil-stained hand—those all help to tell a story. If you do opt for a

photo with subjects posing for the camera, ensure the setting is interesting and relevant to your story. **Be a clutter buster:** Don't just

- Be a clutter buster: Don't just look at the subject when you get ready to take the photo. Look at the surroundings, too. Is there visual clutter in the background? Worse, is there something distracting in the composition, like a wall light appearing to sprout from a subject's head?
- Let's face it: Sunglasses, hats, and face masks make it hard to see someone's face, so ask the subject to remove those when possible.
- Don't cheque that: Photos of people shaking hands, presenting cheques, or receiving awards aren't interesting. Get a more natural photo of the presenter and recipient afterwards, standing side by side. Don't bother



Photo credit: southgateimaging.com

including the award, certificate or cheque in the photo—it's the smiling faces that matter.

• The more the merrier: Take lots of photos of the same scene, especially if you're taking pictures of a group or people in action. And don't hesitate to send us several of those shots so we can select the one that will work best in the newspaper.

Technical tips

- Bigger is better: The Masthead News is printed at 300dpi (dots per inch) and we like images to be at least two columns wide (3.875") to show detail, so photos need to be 1200px wide. The bigger an image is, the better. A front-page photo, for example, needs to be at least 1800px wide.
- Let us crop it: We don't know what size or shape an image will be in the newspaper until we begin adding story and advertising content to the page, so it's best to let us crop or scale images at our end.
- Filter out: Filters that change colour tones, or other

enhancements and retouching, may look great on screen, but they may not work on the newspaper page. Our designer adjusts colour tones and brightness of every image to ensure the most ideal print reproduction for the newspaper, and filters on screen, which use a different process—RGB versus CMYK—can make that process more difficult. (Our designer can bore you with the technical comparisons of RGB to CMYK if you like, but we only have so much space, so please just trust us on this.)

on a press when applied to the paper on which newspapers are printed, so dark photos get darker and photos with limited contrast get foggy. Lighter photos in natural light are best, since fluorescent light can create odd colour balance, particularly on skin tones. It's always best to have the subject front-lit, so the light is behind the photographer, and try to avoid heavy shadows.



Photo credit: Chris Pelham



THE MASTHEAD NEWS APRIL 2025 PAGE 15

"Music from the Heart" shared the love in these challenging times By Eric Wood



Choir members, front row, from left: Ann-Marie Williams, Carmen Johnstone-Chapman, Sandra Aylward, choir director Susan Feltmate (kneeling), Nancy Rondeau, Diana Whelan, Heather Wood, Deborah Milligan. Back row, from left: Lise Davis, Elizabeth Beale, Norma Snair, John Cahill, Jennifer Schmalz, Jeanne Saulnier, Sam Robinson. Missing from photo: Barb Matthews and choir accompanist Ginny Manuel. Photo credit: Kate Feltmate

It was a packed house for the Crossroads Community Choir's "Music from the Heart" concert on Sunday, March 16 at the United Baptist Church on Hammonds Plains Road. Choir director Susan Feltmate had assembled a diverse program of music featuring the choir and several invited performers.

Songs were a lovefest of feelgood numbers that included, among others, "California Dreamin'," "Love Can Build a Bridge," "The Glory of Love," "Can You Feel the Love Tonight," a Beatles medley of love songs and, of course, "All You Need is

hoir Feltmate, Sara Scarfe, Ginny
had Manuel, and the Chordially
and

Seel-

Love."

The

choir's

interspersed with numbers from

other performers, including

Tara Sullivan, Katie and Susan

sets were

Yours Trio, which includes Ginny Manuel, Susan Feltmate, and Carmen Johnstone-Chapman.

The good feelings continued with a reception and social time in the church hall afterward.



Do you love to sing and have fun?

Crossroads Community Choir is a mixed-voice, non-auditioned choir that welcomes all who love to sing. The choir meets weekly on Friday mornings for rehearsals at First Baptist Church in Hammonds Plains, and participants learn music from a varied repertoire that includes folk, pop, light classical and other musical genres. If you would like to join the 10-week spring session beginning on April 11, e-mail Susan Feltmate at sfeltmate88@gmail. com Not sure? Drop in and try it out.

Local groups help keep kids warm in winter with Coats for Kids Richard Vallée



schools between New Ross and Shad Bay, through the Coats for Kids program.

Winter coats are a significant expense, especially for families with children, who outgrow their clothes so quickly.

Last fall, school principals and the SchoolsPlus program identified families in need, requesting 156 coats for girls and 180 for boys. Orders were placed for coats in child, youth, and teen sizes.

Each coat was accompanied by a hand-knitted hat, generously donated by volunteers from Holy Apostles Parish. The Knights of Columbus volunteers distributed the coats to schools located in Chester, Hubbards, Tantallon, Hammonds Plains, and Prospect, all of which lie within the 125-km range between New Ross and Shad Bay.

Subsequently, the staff at each school ensured that the coats and hats were delivered to the children.

The Knights of Columbus is grateful to all donors to the program and to participating schools and organizations. Special thanks to Holy Apostles Parish for providing hand-knitted hats to go along with the coats.

To support this initiative, donations can be sent by cheque to 18 Scholars Road, Upper Tantallon, NS, B3Z 0N2 (please put Coats for Kids in the subject line), or through e-transfers to ssvpsmbc@gmail.com.

Richard Vallée is a member of Holy Apostle Parish, Grand Knight Council 12917.



to set up a meeting with Frankie, please call 902-468-7877 or visit dartmouth@spcans.ca.

This past winter, the Knights of Columbus in Upper Tantallon, with support from Holy Apostles the

Another winter is in the

rearview mirror, but three local

groups are already planning for

next year's chilly temperatures.

with support from Holy Apostles Parish and the Saint Vincent de Paul Society, raised funds to provide 336 coats to over 25

Pet for adoption: Frankie

Frankie, aged around 6, has been in the care of the SPCA and waiting for his new home since October. A sweet boy, he loves to play fetch and go on adventures. He likes to take his leash in his mouth, as if to say, "I'm ready to go!"

He is a medium-large dog, weighing around 65lbs, and is neutered and up to date on core vaccines. Frankie is on a prescription diet to prevent urinary crystals. He would do



best in a home where he's the only pet.

Frankie is at the Dartmouth SPCA. For more information or

HALIFAX
2026-2030
Strategic Plan

Read the draft plan and share your thoughts about whether it:

- reflects the most pressing issues facing the municipality;
- prioritizes what is most important for Regional Council and the organization to focus on over the next four years; and
- is inclusive of the entire region.

Your feedback will help chart the course for how the municipality will achieve its goals over the next four years. Once all feedback has been considered, the final plan will be presented to Regional Council in summer 2025.

Share your feedback by April 23 at shapeyourcityhalifax.ca/municipal-strategic-plan.





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MAY 23 FAB FOUR REVIVAL

MAY 24 HOMEGROWN

MAY 30 RAGLAN ROAD

MAY 31 BOBCAYGEON

JUNE 7 DANCING QUEEN

JUNE 13 JP CORMIER & DAVID GUNNING

JUNE 19 DARK & STORMY

JUNE 20 BIG FISH

JUNE 27 GYPSY

JUNE 28 YACHT ROCK REVIVAL

JUNE 30 SHAMLESS

JULY 11 SIGNAL HILL

JULY 12 REC ROOM JAMS

JULY 18 GYPSY

JULY 26 THE GAMECHANGERS

AUG 2 HOMEGROWN

AUG 8 SHINY HAPPY PEOPLE

AUG 9 BOBAYGEON

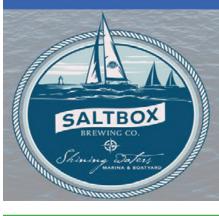
AUG 30 THE AWKENING

AUG 29 SIGNAL HILL

SEP 6 MAXIMUM OVERDRIVE **SEPT 13 SHAMLESS**

SEPT 27 HOMEGROWN

OCT 3 BIG FISH



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April 22 is Earth Day

Get tips on putting a rain barrel in your yard, learn what greenwashing is, get recipes for zero-waste cooking, and more at earthday.ca.



