**VOLUME 34 NUMBER 5 MAY 2025** 

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Making a difference, one donation at a time (from left): MJ Sakurai and Wendy Aird, LCC volunteers, Maddy Graves, coordinator, Community Engagement and Events, Ovarian Cancer Canada, and Jamie Gray, LCC owner. Photo credit: Jamie Gray

# Lunenburg consignment shop launches month-long charity fundraiser Gina Brown

People who step into the Lunenburg Community Consignment (LCC) shop may notice it's a little different from your average store—the place buzzes with social connectivity.

There may be neighbours catching up on news, strangers chatting about a rare antique, or a sudden burst of laughter from volunteers and customers at the check-out counter.

Every day at LCC, people bring in boxes of pre-loved items to sell and earn a little money, and customers leave with newfound treasures, antiques, and curios. A portion of sales is donated to a variety of local charities year-round.

This year, there is also a new fundraiser throughout the month of May, with funds raised going to Ovarian Cancer Canada and the Fisherman's Memorial Hospital in Lunenburg.

When the store opened 13 years ago, founder Col. Cheryl Lamerson imagined LCC as a gathering place that welcomed people of all ages and backgrounds.

LCC volunteer Carolyn McAllister, says, "You see firsthand how much benefit the store provides to the community."

That value is why a team of 70 dedicated volunteers stays involved—Including some volunteers who started on day

Susan MacMillan, one of the longest-serving volunteers, says, "LCC remains a great place to volunteer, with the shoppers taking a trip down memory lane as they encounter vintage goods. The other volunteers are a joy to work with, and it is a win-win situation."

Volunteers say knowing that a percentage of profit is donated to charities of their choice is a great motivator. To date, LCC has donated over \$235,000 to local charities and art groups.

When Lamerson was diagnosed with ovarian cancer in 2023, she entrusted LCC to Jamie Gray, to continue her legacy.

"We want to honour Cheryl's humanitarian vision, and the contribution of many volunteers," Gray says. "That's why the team chose to raise funds in May for ovarian cancer and Fishermen's Memorial Hospital."

Fundraising items are for sale at the store.

For more information, contact Lunenburg.Community. Consignment@gmail.com, or drop by the store at 121 Pelham Street in Lunenburg, Wednesday to Saturday, 10am to 4pm.



#### On the horizon

Looking for sailing classes for the kids? See story, page 7. Shown here, Henry Edwards on St. Margaret's Bay. Photo credit: David Grodkiewicz



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THE MASTHEAD NEWS

# Helping visitors, removing garbage, and more: How volunteers are supporting Micou's Island

Richard Howell

Among other projects, the St. Margaret's Bay Stewardship (SMBSA) Association responsible for stewarding the 17 islands in St. Margaret's Bay, including Micou's Island.

During 2024, the cottage on Micou's, built around 1860, saw higher-than-average use, with an occupancy rate of 74% from June to October.

Micou's Island itself is a popular destination, and SMBSA has trained a total of 158 volunteers to serve as resident stewards and help visitors.

Another important task carried out by stewards is removing waste from the island. Since 2007, a total of 8,698 kg (19,135 lbs) of waste has been removed, including 645 kg (1,420 lbs) last year.

To put that into perspective, the

#### Delivery of this issue of The Masthead News

Some circulation of The Masthead News continues to be through many community locations this month.

We have been advised by Canada Post that a labour action, which may begin any time from May 22 onward, would interrupt mail delivery and potentially affect future issues of The Masthead News.





Photo: Micou's Island in St. Margaret's Bay is shown from the shore at sunset. Micou's, a beloved destination, is stewarded by the St. Margaret's Bay Stewardship Association. Photo credit: Jennifer McKinnon

total amount of waste removed from Micou's since 2007 is equivalent to the weight of six-and-a-half Honda Civics or three medium-sized adult female African Elephants.

Because of its age, the cottage needs regular repair work. In 2024, roof repairs were carried out. Repairs needed to the foundation will be undertaken this year, provided there is sufficient funding.

Anyone in the community interested in helping with the stewardship of Micou's Island is invited to attend the next stewardship afternoon on the island on Sunday, May 25,

11:30am to 3:00pm.

As always, visitors are asked to treat the island gently, and to refrain from removing anything from the island or leaving anything behind.

The St. Margaret's Bay Stewardship Association is a registered charity that provides tax receipts for donations. Additional funding from other sources, including through SMBSA's membership as a Bay Treasure Chest partner, helps support its work.

Richard Howell is chair of the St. Margaret's Bay Stewardship Association

#### Learn more at the AGM

The St. Margaret's Bay Stewardship Association will be reporting on a very busy 2024 and outlining some of its projects for the 2025 season at its annual general meeting on Saturday, May 10, 2-4pm, at Shining Waters, 148 Nautical Way, Tantallon.

All are welcome to attend.

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#### Funding bicycle for two needs support from many The Masthead News Staff

Community members Falmouth and the surrounding area are coming together to help a neighbour meet his goal to stay active, by fundraising to purchase an electric bicycle for two.

Jesse Walsh, 25, is autistic, and lives with his parents, Kevin and Paula. While Jesse doesn't communicate verbally, he is very clear about what matters to him. He loves to be active: swimming, hiking, time at the beach—and cycling.

John Zinck, a family friend who is in a band with Kevin Walsh, says, "Jesse requires a biking partner—it's usually his dad-but after eight years of continuous use, his old bike can't be on the road anymore."

Zinck says, thanks to community and local business support, there are various fundraising activities going on to fund the purchase of a new electric bicycle for two, which will cost \$12,000.

Jam with Jesse, an event scheduled for the Falmouth Community Hall on Saturday, May 17, 1-5pm, will bring together country music artists Lucas Whitehead, Tyler Salsman, and Jason Judah Taylor to perform.



Jesse (left) and Kevin Walsh, shown here on the family's old bicycle for two, "would be out all the time in this kind of weather," says friend John Zinck, one of the community members spearheading the drive to raise funds for a new bike. Photo credit: Paula Walsh

"Some of Jesse's family may do a song or two," says Zinck. "Paula, Jesse's mom, is from a musical family."

The event will also include a barbecue and bake sale. All are welcome and admission is by free-will offering.

Contributions toward the purchase of the bike can also be made through GoFundMe (Visit gofundme.com and search under Help Get Jesse Back on the Road) or by e-transfer to shannanzinck@gmail.com.

Upper Tantallon crossroads developers invite public to drop in to May open houses Sharon Jessup Joyce

Community members interested in learning more about the building project in the planning stages for the crossroads at St. Margaret's Bay and Peggy's Cove roads are invited to attend one of two open houses this month. The drop-in events will be at the St. Margaret's Bay Community Enterprise Centre on two Wednesdays, May 21 and 28, between 4:30pm and 6:30pm.

Shari Johnson, owner of development company Crossroads, and a partner in the project, says HRM will be holding public consultations, but she and her project partner, Al Bardsley, want the open houses to offer a more relaxed opportunity to share information.

"We're holding the open houses to give people a chance to drop in, any time during the open house, to have a drink and a snack and share their thoughts and get their questions answered in a more relaxed and informal way," says Johnson.

In this era of social media and instant communication, she adds, it's "understandable and inevitable" that some of the information that is circulating will

be inaccurate. For example, some online discussion about the project has wrongly stated that the building will be a high-rise—it will actually be three stories—and that it is to be designated specifically as seniors' housing, when the apartments will in fact be for adults of any age.

"We will continue to be as transparent and informative as possible with our community," says Johnson. "And it's important to us to respond to questions and concerns."

The planned building will consist of a ground-floor commercial space and between 24 and 30 apartments, as well as other amenities. The developers are also planning green spaces around the building, including a location for the Tantallon Village Farmers' Market.

In addition to answering questions at the open houses, the partners will have project plans, results of water and drainage studies, and other information available to share. Members of local organizations with an interest in housing will also be on hand, and light refreshments will be available.

"There will be plenty of people there



who are informed about the project, and we'll be wearing name tags, so anyone who drops in will know who they can talk to about it," says Johnson. "We hope anyone with questions will feel free to stop by."

The St. Margaret's Bay Community

Enterprise Centre is at 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon. Community members with questions who are unable to attend either open house are welcome to email crossroadsliving.info@gmail.com.

#### Little planting kits are big fun for kids in the Aspotogan Peninsula



The 2025 crew that assembled the planting kits (from left): Deanna Burns, Doris Murphy, Cheryl Schnare, Lisa Lane, Rex Lane, Willie Burns, and Harvey Dominey. Claudia Zinck, story author and a member of the team, took the photo.



#### A snowy surprise

On April 8, a surprise snowfall amounting to more than the predicted 1 cm caused quite a flurry of activity in our back yard, with a large flock of American Goldfinches hovering around our bird feeders. The male American Goldfinches are now transforming into their bright summer breeding plumage and were probably saying to themselves: "What's with all this white stuff? Turn on the heat!"

Text and photo by France Boutilier

#### Claudia Zinck

This is the third year the Hubbards Area Lions Club and the Parish of Blandford have collaborated to provide planting kits in their area, with every student at Shatford Memorial Elementary School going home with a planting kit sometime near Earth Day, April 22, and families in the Blandford area having a planting project for spring.

The first year, it was lettuce. The children were thrilled to see the lettuce grow again when cut. The next year, it was beans, and the Blandford Seasiders group was included.

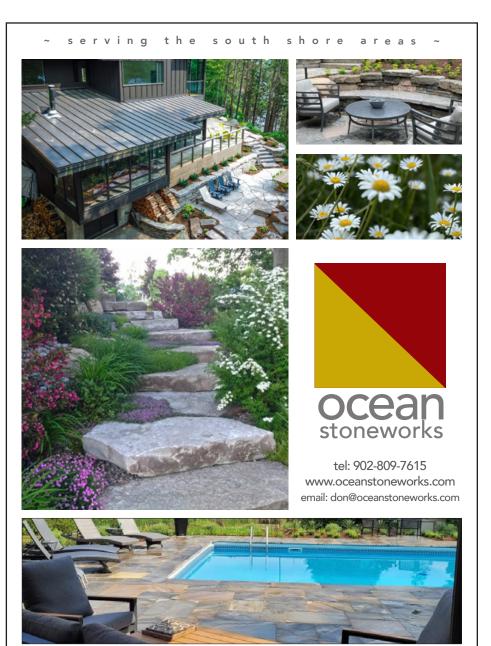
This year, it will be New Zealand spinach, another plant that will grow again

#### when cut.

The kits include small bags of potting soil, fibre pots, seeds, planting markers, and planting guides, all placed in a tagged paper bag.

This year, DEN (Diocesan Environment Network) donated wildflower pollinator seeds, with instructions to the children to "go outside, dig in the soil, sprinkle the seeds, cover them up, and walk away."

On April 12, a team of volunteers put the kits together. Two hours later, 250 planting kits were lined up on tables and the volunteers were ready to line up for their photo.



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#### Making Other Arrangements Barbara Olson © ClassiCanadian Crosswords

#### **Across**

- 1 Rock used for pool tables
- 6 DJ's array, once
- 9 Super bargain
- **14** Colourful aquarium fish
- 15 "You, there!"
- 16 Cheery song syllables
- 17 Dodge car, or zodiac sign
- 18 Dawn's opposite, poetically out (do not participate)
- **20** Casa \_\_\_\_ (castle in Toronto)
- 21 Gazes slack-jawed
- 23 Workshop gripper
- 24 Optometrist's solution
- 26 Makes off?
- 28 Beirut's ctry.
- 29 \_\_\_\_ living (make ends meet)
- 31 Oscar Awards domain
- 34 Dress rehearsal
- 38 Span of "doce mes"
- 39 Squid squirt
- 41 Cardiology reading, for short
- 42 "Without further \_\_\_ ..."
- 43 Attorney hopefuls' hurdles
- **46** First novel of the Inheritance series
- 48 Clever club
- 49 "My gal" of song
- 50 Letter between kappa and mu
- 53 Sound from a powow
- 58 Kuwaiti chief
- 59 When the cock crows
- 61 Kitchen addition?

- 62 7 for N, 8 for O, e.g.: Abbr.
- 64 Dream state, for short
- 65 Persona non \_
- 66 Saudi noble
- 67 Surfer's hookup co.
- 68 Husqvarna rival
- 69 Inventor dubbed "the patron saint of modern electricity"
- 70 Sizzling sound
- **71** Stories

#### Down

- 1 Like old bread or old jokes
- 2 Brown in a Jim Croce tune
- 3 Fairy tale's 3rd and 4th words, often
- 4 Foot pedal
- 5 in "echo"
- **6** Word on a bargain bin
- 7 Opposite of bugged out, as eyes
- 8 "Since" in a New Year's song
- 9 Peter, Paul and Mary: Abbr.
- 10 \_\_\_ Pursuit (game) 11 Order room service, say
- **12** First string players
- 13 Attendance record notations
- 21 Lose one's composure, and then some
- 22 Says "Hit it!" to the band
- 25 Like much techno music ... and this puzzle's corner words
- 27 Any of this puzzle's corner words vis-à-vis any of the others
- 30 Lionel Richie's "You \_\_\_\_"

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69						70				71				

- 31 Fare ride?
- 32 Words before jam or pickle
- 33 Scot.'s eastern neighbour
- 35 Oil checker's accessory
- 36 Ginseng kin
- 37 Terrebonne turndown
- 40 Highway sign figs.
- 44 Draw into, as a feud
- 45 Feeling at a farewell, often
- 47 Canada's "Wild Rose Country"
- **50** Minimal amount
- 51 "I \_\_\_ Walrus" (Beatles song)
- 52 Digs deep
- 54 Places to sit?
- 55 Online business
- 56 Queen album "A Day \_ Races"
- **57** Greenish-winged ducks
- **60** "Trinity" author Leon
- 63 Some Caribbean music
- 65 Amt. on many Canadian receipts

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Last month's crossword solution

# Congratulations, Bay Treasure Chest winner



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#### Summer fun on the water for youth at St. Margaret Sailing Club



Jasper DeCoste, a new coach at SMSC, worked his way through the club's Learn to Sail program. Photo credit: Natalie DeCoste.

Chantal Pelham-Edwards

Sailing and water-based activities are a way of life for many in coastal Nova Scotia. The St. Margaret Sailing Club (SMSC) has several programs for young people keen to learn how to have fun and be safe on the water.

"Safety is always the first priority in our programs," says Jessica Ledroit, director of the Learn to Sail program. "We instill the need to be safe in all our sailors, from the youngest Wet-Feet participants, right up to our coaches."

The coaches at SMSC have undergone training to ensure they're ready to support young sailors to learn the fundamentals of the sport, all while having fun and looking out for each other.

"We have a lot of fun on the water, and this year I'm excited

to help a new group of sailors learn to love sailing," says Jasper DeCoste, a new coach at SMSC.

DeCoste, who grew up progressing through the sailing programs at SMSC, has represented the club at numerous regional regattas, as well as at the national CORK regatta, held in Kingston, Ontario.

"There is no better way to spend the summer than in a boat on St. Margaret's Bay," he adds.

Registration for youth programs is open to any child or youth from grades primary to 12. More information can be found at smsc.ca under the Learn to Sail

tab. Programming is available for the youngest sailors just learning the basics in the Wet Feet program, right up to those who are actively attending races—called regattas—and working on their coaching levels.

"We have a program for any young person who is keen to learn about sailing—you don't need to have sailing experience to join most of our programs—just a love of the water and a sense of adventure," says Jessica Ledroit.

Send your questions about which program may be best for your young sailor or would-be sailor to learntosail@smsc.ca.

# Break Through book launch at Otis & Clementine's

The Masthead News Staff

Otis & Clementine's Books & Coffee is hosting a book launch this month for *Break Through* (see a review of the book in *The Masthead News*, April 2025, p. 7)

The book offers first-person essays by 16 Canadian women. All the stories feature deeply personal midlife experiences of emotional and physical perseverance in the face of a variety of life's challenges.

One of the authors, Andrea James, who lives in the St. Margaret's Bay area, will be at the launch and will read from her chapter.

The authors come from many different backgrounds, including business, education, healthcare, law, and leadership, but they are united by their willingness to share what they learned through their journeys.

In her review of the book, Jessica Campbell said, "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."

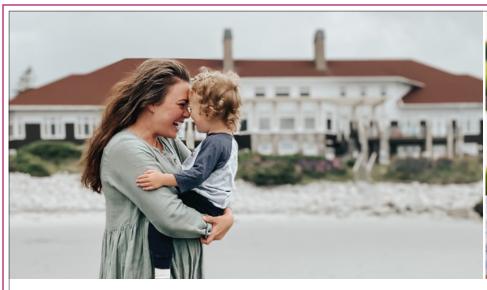
The book launch will take place Thursday, May 8, from 6:30pm to



Author Andrea James

7:30pm at Otis & Clementine's Books & Coffee, located at 5209 St. Margaret's Bay Road in Upper Tantallon.







# The beach has a little something for everyone in May.



#### Rosé for Mom's Day

In addition to peace, quiet, and our Mother's Day Brunch – treat the Mom in your life to a little Rosé Tasting with Michael on Saturday, May 10th.

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# Lakeside is the May place to be!

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\*One night for 2 guests plus taxes. Sun to Thurs, May 1 to 31, 2025. Blackout dates: Vic Day weekend. There's been a lot going on, so it's time to focus on May! Make Mom's Day magical at the beach with Brunch and a little Rosé. On May 16th, Pete Luckett joins us for a 5-course wine-paired evening, and we have live local music nightly in Founder's Lounge. May means golf, and our Lakeside Room Special to get you down here swingin' on weekdays. The Boathouse and Sea Scoops Ice Cream Shop open May 17th, and if all that isn't sweet enough – double your Beach Rewards on all stays in May! YAY!



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# Spring Daily Specials 🚵

If you haven't been down for Thursday's Curry, Wine Wednesdays, or Tuesday's Pound & Pint... hurry because we're wrapping up our Daily Specials on May 15th!



THE MASTHEAD NEWS

#### Get inspired by Mahone Bay's annual Home & Garden Tour Karen Pinsent



One of the properties on this year's Mahone Bay Home & Garden Tour is this coastal garden and custom modern home.

Photo credit: B. Hatcher

# **Councillor Nancy Hartling**

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On June 7 and 8, Mahone Bay is ready to welcome visitors to explore the town's rich architectural heritage and coastal charm through its Home & Garden Tour.

Organized by the Mahone Bay Museum, the annual fundraiser has been a springtime highlight for over 20 years.

'The Museum is excited to start the season with this beloved annual event," says the museum's curator and manager, Grace Armstrong. "It's always a joyful way to celebrate the arrival of spring and the creativity of our community."

The self-guided tour allows guests to experience a wide selection of homes and gardens at their own pace. From meticulously restored captain's homes dating back to the 1840s to modern takes on coastal living, each stop on the tour offers its own kind of inspiration.

Anne Palfreyman, chair of the Mahone Bay Museum, says, "This year's tour features a wide new selection of properties that is sure to impress."

Workshops are also part of the fun this year, with hands-on sessions in planter design and food gardening, hosted by local experts. Whether visitors have a sprawling yard or a cozy patio, they are sure to leave with fresh ideas and spring gardening fever.

This year, Mahone Bay is also celebrating improvements to its scenic waterfront, including new walking trails and ongoing shoreline restoration, during which the town remains open and welcoming to visitors.

The tour is presented in partnership with the Mahone Bay Garden Club and Communities in Bloom.

Tickets. \$30 costing each, are available online at mahonebaymuseum.com/hgtour and at Kinburn Pharmasave,

Mahone Bay. Updates will be posted on Facebook and Instagram. Contact the museum info@mahonebaymuseum. com.

Karen Pinsent is part of the Mahone Bay Home & Garden Tour organizing committee.



Reviewing plans for this year's Mahone Bay Home & Garden Tour on June 7-8, organized by and in support of the Mahone Bay Museum, are (from left): Grace Armstrong, museum curator and manager; Anne Palfreyman, museum board chair; and Margaret Miller, participating homeowner. Photo credit: N. Peel





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# "Glad to make a difference:" Lion Margot Fraser recognized for 35 years of service Sharon Jessup Joyce



St. Margaret's Bay Lions Club president Blaine MacDonald presents Lion Margot Fraser with an award that recognizes her 35 years of community service through the Lions.

Margot Fraser, who was presented with a long-service award by the St. Margaret's Bay Lions Club on April 16 for her 35 years of volunteer service to the community, was a "little surprised" to learn it's already been 35 years.

"Being part of the Lions means a lot to me," she says.

Fraser has been involved in many of the Lions' community support initiatives, including the Dog Guide program, road tolls, Christmas Daddies, and more.

"We have bursaries for students, assistance for kids doing sports, and all kinds of medical equipment that we lend out at no charge," says Fraser. "And after the wildfires, we provided food vouchers to help people who had lost their homes."

Her involvement with the St. Margaret's Bay Lions Club introduced her to another commitment, one she has carried out almost every Wednesday for 9 years. With 15 community groups,

including the St. Margaret's Bay Lions Club, making up the Bay Treasure Chest Association, many of the fundraiser's toonie count volunteers are involved primarily with one Bay Treasure Chest partner organization and participate in several counts a year. But Fraser is one of a core group that shows up for every count.

"I'm on everyone's list," she laughs.

Fraser appreciates the social opportunities—"conferences, meals, and camaraderie"—that being a Lion has afforded her. Knowing she's making a difference in her community means even more to her.

"Our goal is helping people in our community, and being a Lion is a wonderful way to be part of providing that help."

As a proud Lion, she also wants people to know that Lions clubs are always looking for new members.

"When we get letters and cards

from people that we've helped, it makes us so glad that we've been able to make that difference to someone," she says.



#### May 5 is Red Dress Day

Look for red dresses hanging in your community to bring awareness to the over 1,000 MMIWG2S—missing and murdered Indigenous women and girls and Two-Spirit people. To learn more, visit mmiwg-ffada.ca.

#### Fun and fundraising walk to support dog guide program



A graduating class of dog guides. Photo courtesy of the Lions Foundation of Canada Dog Guides.

The Masthead News Staff

The annual Pet Valu Walk for Dog Guides is inviting area residents—and their dogs—to

come out for a fun day in a good cause on Sunday, May 25 in Upper Tantallon.

This is the third year Pet Valu

Tantallon, with volunteer support from the St. Margaret's Bay Lions Club, has held the event, which raised \$4,000 locally last year.

"This year," says Pet Valu Tantallon owner Cindy Donaldson, "Our goal is \$5,000."

The Walk for Dog Guides is a 40-year-old national initiative, with a fundraising goal this year of \$1.6 million across Canada. All proceeds directly fund programs delivered by the Lions Foundation of Canada Dog Guides, the only organization providing dog guides for seven areas of support: autism assistance, vision, diabetes alert, facility support, hearing, seizure response, and service.

Donaldson says Pet Valu Tantallon has planned a fun and flexible day. Participants can walk anytime between 10am and 3pm, first registering at the Pet Valu tent outside the store.

"After that, you go for the

walk," says Donaldson, "and then come back for the party, which is going to be a lot of fun."

The party includes a barbecue, games, a dunk tank, vendors, a 50/50 draw, a raffle, and possibly a silent auction. There may even be a visit from a fire truck.

Everyone is welcome to participate in the walk. If you wish to make a donation or collect pledges, visit walkfordogguides. c o m / f u n d r a i s e r s /

upper tantal lonwalk for dog guides.

Pet Valu Tantallon is at 2156 St. Margaret's Bay Road in Upper Tantallon.

#### Did you know?

It costs \$35,000 to breed, train, and match each dog guide.



# Household shredding event at SMB Community Enterprise Centre

After an enthusiastic response to last year's event, the St. Margaret's Bay Community Enterprise Centre is offering a community shredding service to area residents again this year.

The event will take place on Thursday, May 22, 10am to noon, outside at 5229 St. Margaret's Bay Road.

Pre-booking is not required. The cost is \$5 per banker's box of confidential household documents. A standard banker's box size is 10x12x15 inches (25x30x38cm). Please bring paper only, as binders cannot be accommodated.

The rain date is Thursday, May 29, 10am to noon.





Carside service: Business was steady but the process was efficient as community members lined up in their cars to have old household documents shredded at last year's community shredding service, offered through the St. Margaret's Bay Community Enterprise Centre. Photo credit: Chris Pelham

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PAGE 10 MAY 2025 THE MASTHEAD NEWS

#### Halifax gallery hosts St. Margaret's Bay area artists

Fifty artist members of the Peggy's Cove Area Art Society are participating in the third annual Pop-up Art Show and Sale at The Prow Gallery in Bishop's Landing, 1479 Lower Water Street, in Halifax.

The show runs from Thursday, May 15 to Sunday May 18, 11am-7pm on

Thursday, 10am-5pm Friday and Saturday, and 11am-4pm Sunday. The show's official opening is 4-7pm on Thursday.

This show and sale is sponsored by The Prow Gallery and the Downtown Halifax Business Commission.



A pair of visitors enjoy the art at last year's Peggy's Cove and Area Art Society Pop-up Art and Sale, hosted by The Prow Gallery. Photo credit: Philip Hodges

# EDDE'S septic Services

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#### Mother's Day quiz

- 1. In what country and year was Mother's Day first observed?
- 2. Who started Mother's Day, and why?
- 3. What's the most popular Mother's Day gift?
- 4. From first place to fifth place, where does Mother's Day rank as a card-sending occasion?
- 5. What is the average age of first-time mothers in Canada?
  See answers on page 13



#### Because he's a bit of a nut?

"We call him Filbert," said the short and sweet caption accompanying this photo of a male Ring-necked Pheasant from photographer Andrew Zucarelli.



Nestled in iconic Peggy's Cove, Nova Scotia, *Six by the Sea* is a collection of historic buildings that have been lovingly restored to host both for-profit and not-for-profit East Coast-inspired businesses and cultural experiences.



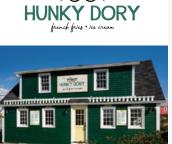
Celebrating pride of place, Holy Mackerel is a whimsical retail shop. Featuring a curated collection of unique products and crafts by over 100 Atlantic Canadian artisans and vendors, Holy Mackerel showcases the best the East Coast region has to offer.

holymackerelstore.ca



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the beloved french fry
and the renowned East
Coast success story
that influenced its
take-out menu. Alongside
the savoury, Hunky Dory
serves gourmet soft serve
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hunkydoryns.ca



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Overlooking iconic fishing boats, Margaret's is a cozy East Coast café serving freshly brewed coffee and tea, Maritime-inspired baked goods, seafood chowder, and delicious gourmet paninis.

margaretsns.ca

#### Volunteer Virginia Bell brings fashion expertise and sense of fun to exhibits The Masthead News Staff



Virginia Bell, fashion hobbyist and former owner of a Mahone Bay vintage shop, loans her time and expertise to the Mobile Millinery Museum for a series of "Fancy Show and Tell" events. The first of these events was held at the Lunenburg Public Library in March.

Bell and museum director Norma Shephard discovered they share a common interest when Shephard moved her Mobile Millinery Museum—sometimes referred to as "Canada's Hat Museum"—to Lunenburg in 2024.

"Virginia is a tremendous asset to the museum," says Shephard, who adds, "The Mobile Millinery Museum has evolved over the years to acquire and preserve costume artefacts as well as hats, and Virginia generously digs into her own archives to share Nova

Mobile Millinery Museum volunteer Virginia Bell shows one of her local fashion artifacts at the Lunenburg Public Library. Photo credit: Norma Shephard

Scotian heritage pieces, which are of special interest to local audiences."

Shephard, who specializes in educating the public on women's cultural history through the use of iconic and rare historic costume artefacts, and Bell, who gained international attention when she acquired three pairs of Imelda Marcos' shoes, will present "Beauty and the Bead" on June 3, at the Terence Bay Community Hall.

Future exhibits, including a presentation of authentic Titanicera gowns, are also in the works.

 ${\it Treasure\ Chest.\ Light\ refreshments\ provided.}$ 

Module 1 (self-directed):

To be completed online before

May 27, introducing key MHFA

concepts and strategies.

"I'm especially excited about that one," says Bell, whose community volunteer contributions also include helping to raise funds for local fire halls.

"It wouldn't be as much fun to do the curated fashion series without Virginia," says Shephard. "Beyond the importance of the beautiful artifacts she shares from her collection, Virginia's knowledge, sense of humour, and love of fashion history are the real treasures she brings to volunteering."

#### Three dozen eggs, please



Congratulations to Masthead reader Monique Guilderson, who won the gift basket of goodies for our virtual Easter egg hunt in last month's issue of this newspaper.

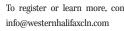
We received a total of 125 entries, of which 27 correctly identified that there were 36 decorated Easter eggs scattered throughout the paper. We also accepted the numbers 37 and 38, since one of the advertisements had one egg-shaped and one oval

element.

We drew for the gift basket from among the correct entries.

Monique says she reads every issue of the Masthead "from cover to cover" and enjoys puzzles, so she had fun hunting for the Easter eggs.

Thanks to everyone who participated.



and suicide

Modules 2 & 3 (in person at

WHCLN): Hands on

scenario-based practice and

discussion.

Whether you're a friend, coworker, parent, or community member, MHFA training will help you respond with confidence and care.

To register or learn more, contact WHCLN by calling 902-225-6320 or emailing

**Mental Health First Aid Course** 

Western Halifax Community Learning Network

The Western Halifax Community Learning Network (WHCLN) is offering a full-day

Mental Health First Aid (MHFA) course on Tuesday, May 27, 9:30am-4:30pm. Ten spots

are available at \$10/person (regularly \$200/person), thanks to support from Bay

The course is offered in two parts:

Participants will learn how to assist someone experiencing a decline in mental

well-being, support recovery, and respond in crisis situations, including substance use

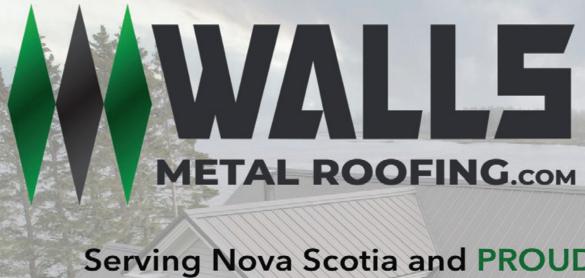
Module 3 includes a vital discussion on suicide prevention, aligning with the

Government of Canada's call to action. The course also covers inclusive communication

Instructor: Danielle Chouinard, danielle@mentalhealthmatters.ca

with people from diverse backgrounds and the 2SLGBTO+ community.





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#### **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**.

#### **Thursdays**

Taoist Tai Chi, St. Stephen's Community Centre (Tuck Hall), 54 Regent Street, Chester, 10amnoon. Start anytime. Questions? Email Halifax@taoist.org or call 902-417-2682.

#### Saturday, May 3

Spring Turkey Supper, Trinity United Church, 67 Trinity Way, Timberlea, 3:30-6pm. Trinity and St. James United Churches' spring turkey supper. Take-outs 3:30-4:30pm, eat-in 4:30-6pm. Our book room will be open as well.

#### Saturday, May 3

Yard Sale, Bake Table, Food and Beverages, Grace Anglican Church, 5533 Highway 3, Chester Basin, 8:30am-3pm. Event takes place rain or shine. New-to-you items, delicious baked goodies, and food and beverages for sale.

#### Wednesdays, May 7 and 21, June 4 and 18

Spirit-Ed Toastmasters Club – Speak Up, Bayers Lake Business Park, 7-9pm. Learn speaking skills in a club environment. Supportive mentoring from volunteer members. No cost, guests welcome. For exact location, contact Baxter Crocker at 902-453-5508 or toastmaster@live.ca.

#### Friday, May 9

Coffee House with Live Music, St. James' Church (The Yellow Church), 6991 St. Margaret's Bay Road, Boutilier's Point, 7-9pm. Featuring Gloria Butler, Quentin and Helena Christie, Jim and Judy Manuel, Shaun Richards, and Mike Purdy.

Doors open at 6:30pm. Limited capacity of 60, including musicians. Cost: free-will offering to local charity. Questions? See The Yellow Church Facebook page.

#### Saturday, May 10

**St. Peter's Church Book Worm Haven**, St. Peter's Church, 10030 Peggy's Cove Road, Hackett's Cove, 9am-noon. Browse over 5,000 books and puzzles. Prices are \$2 and \$3. Questions? 902-823-1085.

#### Saturday, May 10 and Sunday, May 11

Art Show and Sale offered by Aspotogan Arts & Crafts, at Blandford Community Centre, 30 Firehall Road, Blandford, 10am-5pm. A Visual Journey, our 24th annual art show and sale. Free admission.

#### Saturday, May 17

SHELTER Benefit GIMME Concert, Paul O'Regan Hall, Halifax Central Library, 5440 Spring Garden Road, Halifax, 7-9pm. GIMME SHELTER is a benefit concert for the Adsum Women and Children shelter. Hosted by Olga Milosevich with performances from Cynthia Myers, Holly Arsenault, Libby Sircom, Linda Carvery, Krisanne Crowell, Kitty Farmer, Shirley Jackson, Amelia McMahon, and Patricia Watson. Cost: \$25, \$50, or \$100 donation/ticket, purchase at https:// sidedoor.link/l/GimmeShelter.

#### Mondays, starting May 19

**Open House**, St. Margarets Bay Shambhala Centre, 13495 Peggy's Cove Road, Upper Tantallon, 7:30-9pm. Respite for these difficult times. Calm-abiding practice, led by local Shambhala teachers. No cost, all welcome.

#### Thursday, May 22

Community Shredding Service, St. Margaret's Bay Community Enterprise Centre, 5229 St. Margaret's Bay Road, Upper Tantallon, 10amnoon. On-site shredding, \$5 per box, no pre-booking necessary. No binders please. Rain date May 29. Parking at side and rear. For info, call 902-826-1680 or email reception@smbcec.org.

#### Saturday, May 24

Perennial Plant Giveaway, St. James' Church (The Yellow Church), 6991 St. Margaret's Bay Road, Boutilier's Point, 9am-noon. Come and choose perennials freshly dug from our gardens in Boutilier's Point. Plants are free. Donations to support the Boutilier's Point Outdoor Rink will be gratefully received.

#### Saturday, May 24

LC Wheels and You (Mahone Bay area), Mahone Bay Centre, 45 School Street, Mahone Bay, 10am. Learn about Lunenburg County Wheels, a non-profit door-to-door all-ages service for Mahone Bay, Lunenburg, Bridgewater and all MODL communities.

#### Monday, May 26

Hammonds Plains Historical Society AGM and Presentation, Cornerstone Wesleyan Church, 1215 Hammonds Plains Road, Hammonds Plains, 7pm. This year's presentation is "Inviting Images - Part 2," a photo study of Hammonds Plains photos of the past, including a discussion of

what the photos show, who is in the photo, when and where the photo was taken, and the historical significance of the images. No cost.

#### Thursday, May 29

Escaping Victoria Book Launch, The Tin Roof Distillery, 15 Lincoln Street, Lunenburg, 7-9pm. Book launch for Lunenburg area author N.L. Blandford's fifth novel, *Escaping Victoria*, with a short reading, Q&A, and cake. Escaping Victoria, and all of N.L. Blandford's novels, will be available for purchase on site. No cost.

#### Friday, May 30 and Saturday, May 31

Yard Sale and Bake Sale, St. James United Church, 1078 Prospect Road, Goodwood, 8:30am-1pm. Yard sale along with a bake sale. Free admission

#### Friday, May 30 and Saturday, May 31

Yard Sale and Plant Sale, St. Timothy's Anglican Church, 2320 Prospect Road, Hatchet Lake, 8:30am-1pm. Yard sale along with a plant sale. Free admission.

#### Saturday, May 31

Yard Sale and Craft Sale, Terence Bay Community Hall, 80 Sandy Cove Road, Terence Bay, 10am-2pm. Yard sale with craft sale. Free admission. For information, call 902-852-2468.

#### Saturday, May 31

Mahone Bay Garden Club Plant Sale, St. James Anglican Church, 14 Parish Street, Mahone Bay, 9am. Yard sale with craft sale. Our annual plant sale features quality plants from members' gardens. We sell out fast, so come at 9 for best selection.

#### Saturday, May 31

Honey Chicken Bake Supper, St. George Anglican Church Hall, 6310 St Margaret's Bay Road, Head of St Margaret's Bay, 4:30-6:30pm. Honey-baked chicken served with juice, roll, coffee or tea, and dessert. Gluten-free option available. Eat in or take out. Everyone welcome. Adults \$20, children 12 and under \$10, preschoolers free.

#### Sunday, June 1

Mindfulness Based Stress
Reduction Practice, St. Margarets
Bay Shambhala Centre, 13495
Peggy's Cove Road, Upper Tantallon,
9:30am-noon. Deep relaxation,
breath work, sitting meditation,
walking meditation, mindful Yoga,
Qi Gong, group discussion, and
more, with Timothy Walker.

#### Tuesday, June 3

Beauty and the Bead Fancy Fashion Show and Tell, Lunenburg Public Library 97 Kaulbach Street, Lunenburg, 3pm. The third in a series of "Fancy Fashion Show and Tells" presented by the Mobile Millinery Museum, with iconic beaded fashions and accessories from the Virginia Bell Collection and the Mobile Millinery Museum Costume Archive.

#### Saturday, June 7

Zoé Vallé Memorial Library Re-opening Ceremony, Zoé Vallé Memorial Library, 63 Regent Street, Chester, 10am. See for yourself what's here and new at this delightful historic property.

#### **JOB OPPORTUNITIES**

# Sou'Wesier

## 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!

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

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#### MASTHEAD NEWS

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Please leave a contact number where we can reach you.

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Send text, pictures, phone number to info@themastheadnews.ca or call 902-826-1302



#### **LETTERS TO THE EDITOR**

#### Right on cue, my guardian angels appeared

Sometimes in life, just when you need an angel, one appears. In my case, I found a whole team of angels, and I would like to publicly thank them.

In January, a big part of my life involved planning for a series of 10 round trips from my home in Seabright to the Dickson Centre in Halifax for radiation treatments.

I was faced with a bit of a conundrum. I am 80 plus tax, I don't like driving in Halifax at the best of times, parking around the hospitals is a nightmare, and I didn't want to burden my friends and neighbours.

For me, BayRides was the answer. And that was where I found my team of "angel" drivers. We travelled in all kinds of weather, but I didn't have to worry about driving or finding a parking spot. The conversations were wonderful. I had a grand time.

Most days, following treatment, there was no way it would have been safe for me to have been behind the wheel of a vehicle. Not having to drive to the city, and not having to look for parking, reduced the stress from an already stressful treatment regimen. My "angel" drivers took all the anxiety out of it.

I know my recovery will have been faster by having drivers from BayRides driving me to and from appointments. There is no dollar figure you can place on stress reduction.

While I was aware of BayRides, I had never contracted with the service before.

After such a wonderful experience I am deeply grateful to my "angel" drivers and the dispatch staff at BayRides. I will forever be singing their praises.

Where else could you be taken to an appointment, have someone wait for you and get you home afterwards, all the while making the arduous seem less so and having delightful conversations as well?

We are truly blessed to have so many angels in our caring



Beth McGee with one of her "angels," BayRides driver Tom Hann.

community. Let's make sure we identify them, and celebrate them, whenever we can.

Beth McGee Seabright

#### Keep kitty happy with some homegrown

That was a lucky escape for Marlow, the cat who was mauled by a bobcat and lived to tell the tale (The Masthead News, April 2025, p. 11). Thank you for publishing a reminder that the safest place for our cats is inside. The suggestions for keeping indoor cats active and entertained

were also excellent.

I have lived with cats all my life, and I know that you can keep them amused very inexpensively. A couple of empty cardboard boxes with peepholes cut in the side, some lengths of string, and a few ping-pong balls can provide hours of fun.

Anywhere from two-thirds to three-quarters of cats will react to catnip, a member of the mint family that can make cats very relaxed or playful, though a smaller number of cats may become overstimulated and aggressive when given catnip. Kittens don't react to catnip until

they're between 3 and 6 months

You can buy catnip toys and dried catnip from the store, but why not grow it yourself? Catnip is an easy-to-grow herb that flowers with small white or lightpurple blossoms that pollinators are attracted to. It's not a native species and it's moderately invasive, so it's best grown in a container and harvested before it goes to seed. You can dry the leaves and flowers for your cat to enjoy throughout the year.

> Jim MacDonald Halifax

#### Start sun safety early, and check your skin

May is Sun Awareness Month, and with rising temperatures, everyone's skin has a rising risk of sun damage and cancer. It's important to wear sunscreen, hats, and sun-protective clothing. Avoid tanning, including the use of indoor tanning beds.

We also need to protect our children's skin. The Canadian Dermatology Association says 50 percent of sun damage occurs in childhood.

It's important to check your skin regularly, too. May 5 is Check Your Skin Day, a reminder that monitoring our skin is an important part of early detection.

For more information about sun safety and your skin, visit dermatology.ca/public-patients/ sun-protection.

> Jennifer MacNeil, BScN Dartmouth

# Watch out for dog walkers, especially in pothole season

After a winter of freezing and thawing and the advent of spring rain, gravel roads and road shoulders are extra bumpy this time of year. For those of us who live in rural areas, walking our dogs on the shoulder of the road may be the only option.

If you're driving on rural roads and secondary highways, please

watch out for people walking dogs. Give us plenty of room when you pass, especially in spots where shoulders are narrow or roadside potholes are deep. We are doing our best to watch out for you, too, but there may not be much space for us to stand safely out of your

And for my fellow dog walkers,

please remember to wear something reflective if you walk your dog at night or on foggy days, or even in the early morning and evening hours. There are also reflective leashes available for your dog.

Let's cooperate to keep drivers, walkers, and dogs safe.

Linda Brown Lunenburg

#### Mother's Day quiz answers

- 1. In the United States, in 1908.
- 2. Anna Jarvis wanted to honour her late mother and other women who were raising money to reduce infant mortality.
- 3. Flowers or taking mom out for a meal.
- 4. Third place, after Christmas and Valentine's Day.
- 5.As of 2024, the average age of first-time Canadian mothers was 31, up from 29 in 2000.

#### **CLASSIFIED ADVERTISING**

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Grandma Shirley





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- floor Old model gramophone, working, with records \$200
- Susie Cooper 1-piece art deco late 1930, coffee set \$200
- Solid pine dining room table \$150

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#### **Antiques and collectibles**

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#### Companionship - Caregiver

Assisting you: organizing the home, cleaning, washing clothing, preparing for holidays, local errands, pet care and house-sitting. Conversation, light yard work, hobbies, walks, community events, visiting local parks, beaches, library, and shops. Detailed portfolio and references. Sat/Sun 9-3pm, \$20/hour. Hammonds Plains, St. Margaret's Bay and Tantallon area. For more information, call or text Kim **902-240-3393** 

#### **In Memoriams**

\$20 for first 25 words, and 20 cents for each added word. Bold or uppercase words 40 cents each. \$12 for box around notice. \$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

#### May is Asian Heritage Month

Celebrated since the 1990s, the federal government officially declared May as Asian Heritage Month in 2002.

Canada were 50 Chinese artisans who arrived in 1788 and were part of establishing the sea otter pelt trade between China and British Columbia.

Over 7 million people in Canada identified as having Asian heritage (which includes the Middle East) in the 2021 The first Asian settlers in census, which represents 19% of the country's total population. Over 6% of Nova Scotia residents identify as having Asian heritage.



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#### The Bay Treasure Chest family is growing The Masthead News Staff

The Bay Treasure Chest Association has added two new groups to its Bay Youth Hub. Roots and Boots Forest School and the Head of St. Margaret's Bay/Boutilier's Point Recreation Association have joined the St. Margaret's Bay Toy Library and Unicorn Theatre in that "hub," which consists of four organizations that provide services for kids and their families. Altogether, there are 15 organizations participating as partners in the Bay Treasure Chest Association.

A small not-for-profit, Roots and Boots Forest School offers seasonal programs in Jerry Lawrence Provincial Park, with about 300 children in the St. Margaret's Bay area spending a total of between 8,000 and 10,000 hours outside every year through a variety of spring, summer and fall programs that provide outdoor knowledge and fun.

The Head of St. Margaret's Bay/Boutilier's Point Recreation Association is a registered charity, established in 1967, that operates the Bay Community Centre at Station Road, the home of Unicorn Theatre, and other groups, including rug-hooking, dog-training, and exercise groups, and owns and operates the Boutilier's Point Outdoor Rink, which attracts hundreds of community members during the skating season.

Back row, from left: Owen Crowe, St. Margaret's Bay Toy Library, Doug Stout, Head of St. Margaret's Bay/Boutilier's Point Recreation Association. Front row, from left, Kellie Allen, Roots and Boots Forest School, Jill Crowe and Lori Ann Foley, St. Margaret's Bay Toy Library, and Iris Elliot and Leslie Hazel-Avis, Unicorn Theatre. Photo credit: Oliver Crowe



# Services Plan The municipality is looking to improve recreational programming and services for seniors across the Halifax region. Share your feedback by attending an upcoming in-person engagement session or by completing the online or paper survey (available at local rec centres).

Take the survey by June 4 at halifax.ca/seniors



#### **May is Canadian Jewish Heritage Month**

This is a month to celebrate Jewish culture, faith, and history. Canada is home to 400,000 people who identify as Jewish, making it the fourth-largest Jewish community in the world. Deborah Lyons, a former ambassador to Israel, is Canada's special envoy on Holocaust remembrance.



#### **Masthead News Gardening Issue 2025**

In time for the May long weekend, this special issue is full of gardening stories, photos, and tips. Look for it at *The Masthead News* community distribution locations, listed on our website.



#### Storyteller Clara Dugas: "All our lives have magic in them" Lloyd S. Wagner

Acadian storyteller and Timberlea resident Clara Dugas shared some tales on April 16 at a luncheon hosted by Western Halifax Community Learning Network in Tantallon.

In her presentation, Dugas, who taught for 35 years, explained how she initially practiced her storytelling craft with her young students, whom she smilingly referred to as her "captive audience." It was in the classroom that she created Anna, a character based on herself, with stories taken from her own life.

"I didn't want them to know

the stories were mine," she explained, "I wanted the character to be someone young, like them. Someone they would relate to."

Her students' requests for another Anna story assured her she was on the right track, and at the end of the school year, she told her students that she was Anna, and Anna's stories were her own.

Dugas, a bilingual storyteller who has shared stories with audiences in Nova Scotia, New Brunswick, Quebec, South Carolina, and France received the 2022 Arts Nova Scotia Prix



Clara Dugas encourages her audiences to also see themselves as storytellers.

Grand-Pré award and was an award recipient at the 2014 TD Children's Book week. She has also written a French teacher's guide to storytelling in the classroom, and a biography of her mother, whom she says was her first storyteller.

"All our lives have magic in them. All our lives have stories in them," Dugas said to her audience on April 16, adding, "You, too, are storytellers."

For information about programs offered by Western Halifax Community Learning Network, visit westernhalifaxcln. com or call 902-225-6320.

Lloyd S. Wagner is a learner and volunteer with Western Halifax Community Learning Network.

# Live theatre especially for the "tinies" at Unicorn on June 14 Iris Elliott

Last June, Unicorn Theatre presented "Unicorn Magic" for the first time. This show, designed for the "tinies"—children under 5 was different from any the theatre had ever done before. As usual, the actors performed the show on the Unicorn stage, but instead of having the room in darkness while the show was going on, the house lights were dimmed only a little, and partial blackouts of the stage took place between scenes just long enough to allow for set changes. The usual rules around behaviour at performances were relaxed so that it would not have been an issue if any child cried, called out, or ran up to the stage.

If the environment in which the show was presented was unusual, the show itself was also totally different from anything Unicorn Theatre had performed before.

Developed in association with the St. Margaret's Bay Toy Library, "Unicorn Magic" aims to introduce children up to 5 years old to live performances, in the hope of fostering a new generation of theatre lovers—and devotees of Unicorn Theatre.

The inaugural show in June 2024



Last year's "Unicorn Magic" performance at Unicorn Theatre for children aged 5 and under and their parents and caregivers. Photo credit: Jen Vance

featured six short scenes based on books familiar to the children, as suggested by the Toy Library's members.

Unicorn's actors in Grades 2 to 6 are excited to be performing the 2025 version of "Unicorn Magic," which will include two stories from last year, as well as three or four new ones.

"Unicorn Magic" is at the Bay Community Centre, 11 Station Road, Head of St. Margaret's Bay on June 14 at 3pm. The running time of the show is approximately 25 minutes, and there will be a 15-minute Intermission.

All tickets are \$5, with payment by e-transfer or by cash at the door. Reservations are essential. To book (and pay by e-transfer), email unicorn.theatre@outlook.com, including your preferred method of payment.

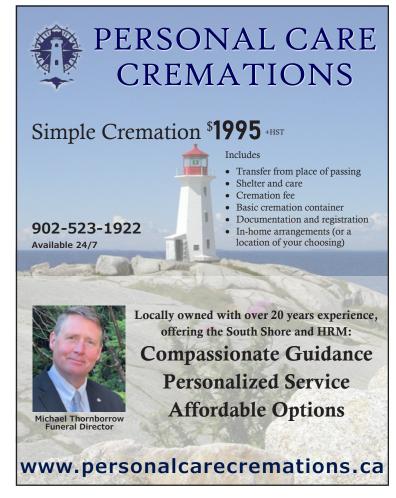


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#### **IN MEMORIAM**



#### **Ruth Hatt**

September 1932 – April 18, 2025 It is with sorrow that we announce the passing of our mother and matriarch, Ruth Hatt, at the age of 92. Mom is survived by her two daughters, Debbie Moore (Mark), and Joan Fougere, and her granddaughter, Courtney Moore-Hurst (Ethan), as well as siblings Lucy, James, Marina and Lester Purchase. Mom was predeceased by her husband, Leonard Hatt, her son, Richard, and infant daughter, Victoria, and siblings Charles, Richard and Harriett.

Mom enjoyed a rich life in the

community of Chester Basin, where she was well known and had many close friends and family, especially Wilma and Wayne McKenzie and Ian and Christine Thomson.

Her pride and joy was her only granddaughter, Courtney, who resides in Scotland.

Mom had a knack for getting things done, even in the toughest of circumstances, and we thank the community for all the help and support you gave our dear Mom. She had the good fortune of living in her own home until being hospitalized in March 2025.

We would also like to sincerely thank the outstanding medical team on the 4th floor of South Shore Regional Hospital for their exceptional care of our mother. In lieu of flowers, a donation in Ruth's memory to the South Shore Regional Hospital, Bridgewater. would be greatly appreciated.

Funeral arrangements have been entrusted to David Funeral Home, Chester. Cremation has taken place, with service and internment deferred to a later date.



#### OPENING NIGHT

**JULY 9** 7-9:30pm Hubbards Barn 57 St. Margaret's Bay Rd.

Live music, refreshments, silent auction, and sale of member artwork TICKETS \$30 available online.

#### PAINT PEGGY'S COVE

**JULY 11-13** 10am-5pm Village of Peggy's Cove

Throughout the village, artists create new works inspired by this unique Nova Scotian community. Free creative activities for children.

#### STUDIO TOUR

**JULY 18-20** 10am-5pm St. Margaret's Bay Area

Over 40 studios and galleries welcome visitors and showcase the works of many talented artists. Follow the blue lighthouse signs along the route.



peggyscoveareafestivalofthearts.com



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