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Jamie Rygiel, a volunteer and participant with the new Bay SailAble program in St. Margaret's Bay, shown sailing a Martin 16. Photo credit: Trevor & Darlene Awalt, dibphoto.ca. Compliments of Suzuki Canada Inc.

New program in St. Margaret's Bay makes the joy of sailing more accessible

Sharon Jessup Joyce

Judy Lugar is realizing a 20year dream this summer. Bay SailAble, an adapted sailing program, is being introduced out of the St. Margaret Sailing Club in Glen Haven.

"It's designed to help people with physical, emotional, or cognitive issues get out on the water," she says, "and have a lot of joy and shared learning adventures."

Lugar, an Olympian and world champion who is in the Canadian Sailing Hall of Fame, is also a recently retired rehab physiotherapist. She has worked, sailed, and talked about an adapted sailing program in St. Margaret's Bay with Paralympian Paul Tingley, who brought home a gold and two bronze medals in sailing.

In December, Tingley sourced two 1996 Martin 16 sailboats, a model adapted for sailors with physical disabilities. One of the boats went to the Bedford Basin Yacht Club and one to the St. Margaret Sailing Club, bringing the number of adapted sailing programs in the province to five.

"We launched in June, but we'll be working to add some Story continued on page 9

SailAble sailor wants others to share "great experience"

Sharon Jessup Joyce

Jamie Rygiel started sailing in 2014, trading in his motorcycle and buying a sailboat. One sailboat led to another—a bigger one, which he and his wife, Simran, enjoyed "just sailing around during the summer seasons," he says.

Then, in June 2023, Rygiel developed an abscess on his spine caused by a blood infection. Emergency surgery saved his life, but he was now paralyzed from the waist down.

Three days later, Simran gave birth to their daughter.

"I was in hospital for months," Rygiel says. "I was grateful to be alive, but it was really hard."

With rehab and hard work, he can now use a walker sometimes, though he has been advised that he will be left with a permanent disability.

Always active—in addition to sailing, he used to dive, taught scuba diving, and enjoyed trail walks with his

Story continued on page 11



George, the Bay SailAble boat is a Martin 16, adapted for sailors with physical and other disabilities. Photo credit: Adrian Schneider





Authorized by the official agent for CSM

PAGE 2 THE MASTHEAD NEWS

Timberlea resident's day-trip nomination makes CBC's top 10 Sharon Jessup Joyce

In April, Nova Scotia listeners of the CBC's cross-Canada radio show The Current learned the drive from Amherst to Masstown had made the shortlist of 20 places pared down by CBC from 2,000 entries—on the broadcaster's "Oh Canada!" travel bucket list. And

now, listeners were asked to vote for the top ten.

In a field that included many celebrated national parks like Gros Morne in Newfoundland and tourist-attracting communities like Quebec City, nominating the drive from Amherst to Masstown

seemed unexpected. While that area contains justly often-visited spots like the Joggins Fossil Cliffs, much of it is off the beaten path. And the nomination was for a drive, not a destination.

For Greer Kelley, the Timberlea resident who submitted the

Take the trip

Want to know where Greer Kelley's Amherst

to Masstown day trip

will take you? See

details on our website,

You can also listen to

Kelley's interview with

CBC Radio at cbc.

ca/newsinteractives/

features/canada-travel-

destinations-bucket-list.

nomination, that was the point.

themastheadnews.ca.

and his brothers donated land that became the Chignecto Game Sanctuary.

Exploring side roads and taking that next turn just to see where it leads is something Kelley grew up

"We were always a big Sunday drive family," she says. "Then, when I was teaching and while my mother was still alive, my cat and I would commute every summer from northern BC to Hubbards and then go back."

Kelley is the volunteer excursion lead for the Seniors Association of St. Margaret's Bay, and brings her love of day trips and local history to that role.

Her nominated drive from Amherst to Masstown, she says, secondary involves "mostly highways and includes small, abandoned farming communities, charming small businesses to visit and places to eat, and some of the best views of the Minas Basin."

Kelley says she was pleased but surprised to make it to the list of 20 semi-finalists in a field of 2,000. She was even more surprised that listeners' votes took it to the top



Greer Kelley

"I think I underestimated Nova Scotians' love of travelling in Nova Scotia-we are incredibly proud of our province," she says.

While the drive from Amherst to Masstown takes about 4 hours if you don't stop, Kelley recommends making a day of it. She also hopes to encourage people to take the road less travelled more often.

"When I used to drive back and forth between BC and here," she says, "I learned more about my country by listening to CBC and driving across Canada than I did in all 6 years of university—and I was a Canadian studies major."



and Hubbards, but her family on both sides goes back several generations in Cumberland

Kelley grew up in Dartmouth County: her great-grandfather

Nominate your own favourite drive

Is there a road less travelled you love to follow? We want to hear about your favourite day-trip drive in Nova Scotia. Send us an email that includes your full name and community, along with 100 words or less describing the day-trip route and why it's special to you. Don't forget to tell us the best time of year to visit. You're welcome to tell us generally about types of businesses that add to the route's charm (for example, "several antique shops and a tea shop,") but please don't name specific businesses. Feel free to submit a photo, too.

Send your nomination to info@themastheadnews.ca.





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Lunenburg fundraiser gets community support—and an assist from the Masthead

Gina Brown



Volunteers Ann Benitz (left) and Dina deWit, wearing the butterfly logo for ovarian cancer awareness, with some of the items for the Lunenburg Community Consignment May fundraiser. Photo credit: Jamie Gray

De Van **Throughout July and August** The REC van is visiting rural communities throughout the municipality all summer long stacked with equipment for a variety of activities and sports, including baseball, soccer, washer toss, giant board games, archery, axe throwing, skipping and much more! Visit halifax.ca/RECVan for our planned daily locations, weekday schedule updates and weather cancellations. $H\Lambda LIF\Lambda X$

Lunenburg Community Consignment (LCC) held a successful fundraiser in May, in support of Ovarian Cancer Canada and the Fishermen's Memorial Hospital.

"We measured success in several ways," says Jamie Gray, LCC's owner. "First, we had many families connected with ovarian cancer and the Fishermen's Hospital donate items after reading about us in The Masthead News. They were touched that we focused on charities important to them."

"So many people stepped up to help: volunteers in the store, the people who donated goods, and all those who bought the items," adds Gray. "This was truly a community effort."

Volunteer Dina deWit, one of the many volunteers who pitched in, said, "It was brilliant to help a charity that needs our support. Ovarian cancer doesn't get the exposure that it deserves."

Even though May is over, the event's fundraising isn't finished yet. LCC continues to accept donated items and sell previously donated items for those two charities, as well as for other causes in the community.

LCC was launched by Col. Cheryl Lamerson in 2012, with the goals of raising money for local charities and giving meaningful work to volunteers, while helping people declutter their homes and generate a little income for the sellers.

Over the past 12 years, LCC has donated over \$235,000 to more than 85 local charities and art groups.

THE MASTHEAD NEWS JULY 2025 PAGE 3

Local fair helps young entrepreneurs gain business experience Eliot Matheson



For each 3D printed fidget toy sold, Quinn T. donates one fidget toy to a classroom to support neurodivergent students. Photo credit: Eliot Matheson. See more photos of the event on our website.

The entrepreneurial spirit is alive and growing in St. Margaret's Bay area youth. On

Tuesday June 24, 18 youths showcased their business ventures in Upper Tantallon

during a first-ever Youth Entrepreneur Fair. Organized and hosted by the St. Margaret's Bay Community Enterprise Centre and sponsored by CBDC Blue Water and Third Sector Enhancement, the event was an opportunity for budding business owners aged 10 to 13 to gain experience in what it means to run a business.

Talent and creativity abounded, with items for sale that included unique handmade bookmarks, stickers, cards, jewellery, beadwork, birdhouses, dog treats, dried fruit snacks and a wide selection of delicious-looking (and smelling) baked goods. There was even a table selling lemonade to help keep everyone hydrated in the 30-degree heat.

Customers brought questions and encouragement. The young business owners beamed at the chance to share their products and explain how they made their wares.

Many people browsed each table in turn, allowing every youth to promote themselves and bolster their confidence.

There was networking too, as the young business owners browsed and shopped from one another's tables, meeting their peers and gaining ideas on how they can grow and improve their own venture.

The event ended on a mixed note of elation and fatigue, but pizza for the participants perked everyone up, and young entrepreneurs left a little more experienced, a little richer, and with a full tummy.

Young baker Aurora R.'s colourful cupcakes were a popular treat savoured by many attendees. Photo credit: Eliot Matheson





Despite the heat, many customers visited the event, where 14 tables displayed the offerings of the young entrepreneurs. Photo credit: Eliot Matheson



Sign of the times

Kevin McKenzie of SpeedPro got up on the St. Margaret's Bay Community Enterprise Centre (CEC) roof during the late-June heatwave to replace *The Masthead News* logo sign. The Masthead is one of 36 CEC members. Check page 1 of this issue to see if you can spot what we've updated on our logo. Photo credit: Neil Oldreive



Catherine MacLellan, Lennie Gallant, Red Moon Road, Connie Kaldor, The Young'uns, Good Lovelies, Heather Rankin, The Barra MacNeils,

Allison de Groot & Tatiana Hargreaves, Cassie & Maggie, Dave Gunning, Hannah Rarity, Ian Sherwood, Joce Reyome, John Wort Hannam Trio, Kim & Reggie Harris, Ken Whiteley, Le Winston Band, Matthew Byrne, Mia Kelly and Nick Loyer, Terra Spencer, The Gilberts, The Hello Crows, Twin Flames



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15

18

32

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62

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33

25

Great Scot(s)! Barbara Olson © ClassiCanadian Crosswords

14

Across

- 1 Goals, assists, etc., briefly
- 6 Picks up, as a quick bite
- 11 Bottom half of B.C.'s flag
- 14 "Gosh darn!"
- **15** Lash ____ (attack)
- **16** Take illicit drugs
- 17 Actor who first said "Bond, James Bond"
- **19** P-shaped Greek letter
- **20** Etta ____ (old comic strip heroine)
- 21 "Lethal Weapon" lethal weapon
- 22 It might be busted at a nightclub
- 24 Twin brothers who sing the lyric "I
- will walk five hundred miles ..."
- 29 Scandal-ridden writer Marquis de ____
- 30 Peek-a-boo player's words
- 31 Down or out
- 35 Head to the penthouse
- 36 Racecar driver who wore a tartantrimmed helmet
- 40 Headlight?
- 41 Noted tax evader Al
- 42 Lifted a hem, say
- 44 Prefix with -dextrous
- 48 Canadian leader dubbed "the Old Chieftain"
- 52 Pal of Sporty, Scary, Baby and Ginger
- 53 Pioneering web giant
- **54** Ship-related: Abbr.
- 56 "Kill Bill" actress Lucy 57 He penned the words to
- "Auld Lang Syne"

- **61** Test ordered by a neurologist, for short
- 62 "___ and his money are soon parted"
- 63 Rogers , home of the Canucks
- 64 Add-on meaning "or so"
- 65 In a rush
- 66 "Which is it, no?"

Down

- 1 Scott Moe's prov.
- 2 Twitter posts
- 3 Christie of mystery
- 4 Put down stakes?
- **5** Brief time?
- 6 Big-nosed, bug-eyed Muppet
- 7 Like Old Norse inscriptions
- 8 Put away, in a way
- **9** Piece of music?
- **10** Completely confound
- 11 Measurer of property lines
- 12 Show to the door
- **13** New, at the beginning
- 18 Canadian anthem's third word
- 23 Horseshoe-shaped Greek letter
- **25** Tiptop
- 26 Deceive verbally
- 27 "Dumb & Dumber'
- Colorado destination
- 28 Dine at dusk
- 32 "Attack, Cujo!"
- 33 "You can ___ horse to water ..."
- 34 Mind reader's claim, in brief
- 36 Rickety rides
- 37 "However, ..."
- 38 "Fargo" creators Ethan and Joel
- 39 Ease off the bottle

- 17 24 29 37 36 40

48

56

61

- 52

- 40 Trek to Mecca 43 Filled with the old team spirit
- 46 Loud trumpet sounds
- 47 Verbal shrug
- 45 Natural garden fertilizer
- 49 Strait between Newfoundland and Nova Scotia
- 50 Lace mat in a parlour, perhaps 51 Flamenco dancer's cry

16

28

55

23

39

44

60

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66

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53

- 55 Russian ruler, once
- 56 Tropical ring around the collar
- **58** Son-gun link
- **59** Peep with sheep, and others
- 60 Thunder , Ontario

Congratulations to the latest Bay Treasure Chest winners!



Deb Ratcliffe (pictured with husband, Rick) of Halifax won \$24,338 on May 28 with her registered number



Shannon Neville (pictured with boyfriend, Chris) of Upper Tantallon won \$11,958 on June 4 with her registered number 44514.

MASTHEAD NEWS

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THE MASTHEAD NEWS JULY 2025 PAGE 7



CMC Chair's Briefing — Two New CMC Members & Other Updates

NEW MEMBERS WELCOMED

The Otter Lake Community Monitoring Committee (CMC) has two new members: Nancy Hartling of Prospect and Christa Schnare of Dartmouth.

Ms. Hartling, a staunch advocate for waste reduction, joined the group as a representative of the Halifax Waste-Resource Society (HWRS) at the CMC annual meeting in March. She is also the Councillor for District 13 (Prospect Road-St Margarets). Ms. Hartling fills the position vacated by a founding HWRS and CMC member, Tom Robertson, who is now retired.

In April Ms. Schnare replaced Nadia Fougere, one of three citizen volunteers chosen by Halifax Regional Municipality (HRM) as members of the CMC. Ms. Schnare works at the Department of Opportunities and Social Development in the Nova Scotia government and parttime at the North Woodside Community Association.

See *otterlakecmc.ca* for the full CMC membership list.



Early bird CMC arrivals, **John Cascadden**, seated left, and **Janet Steele**, the Councillor for District 12, take their bearings before a recent tour of the Otter Lake waste disposal facility from a map provided by **Steve Copp**, shown in the safety vest. Mr. Copp, who acted as CMC's tour guide, is with Mirror Nova Scotia and manages the landfill for HRM, the owner.



Hubley resident, **Tom Robertson**, right, a founding member of the Halifax Waste-Resource Society and the Otter Lake Community Monitoring Committee, retired from both organizations this March during their respective annual meetings at the Links at Brunello. In recognition of more than 25 years of service to these groups and to the popular BLT (Beechville, Lakeville and Timberlea) Trail, Mr. Robertson was given a bound copy of a statement of thanks by **lain Rankin**, the Liberal MLA for Timberlea-Prospect, who had previously read the statement into the record of the Nova Scotia House of Assembly. The MLA said, "Tom's benevolent community involvement has made a big impact throughout Timberlea-Prospect." Mr. Robertson is the well-known owner of Bay Self Storage, Timberlea, a business with which he remains active. (*Photo: Reg Rankin*)

CHAIR RE-ELECTED

Reg Rankin, Timberlea, was re-elected for another term as Chair of the CMC at its annual meeting in March.

METHANE GAS-FIRED ELECTRICITY

HRM continues to investigate the feasibility of generating electricity from the landfill gas produced at the Otter Lake Landfill. Projects of this nature can be complex and take time to properly understand whether they would be beneficial as well as technically or financially feasible. In the meantime, the landfill operator continues to mitigate greenhouse gases by collecting and flaring the gas produced in the landfill cells.

OPEN TO THE PUBLIC

At the CMC annual meeting it was unanimously decided that public input will be a fixed item on CMC agendas to allow members of the general public in attendance to address CMC meetings if they so wish.

Dates of future meetings can be obtained either by an email inquiry via *cmc.hwrs@gmail.com* or by consulting the "Agenda" section under "Meetings" on the CMC website: *otterlakecmc.ca*. Agendas are posted two weeks in advance.

Reginnel Rankin

Reg Rankin CMC Chair

PAGE 8

New and returning artists ready to welcome community to 14th annual Peggy's Cove Area Festival of the Arts Sharon Jessup Joyce



Laura Nufire gets ready to participate in the Peggy's Cove Area Festival of the Art Studio Tour for the first time. Photo credit: Paul Meade

Laura Nufire didn't move from North Carolina to St. Margaret's Bay in early 2021 for the happiest reasons. She and her

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Canadian husband wanted to escape the political situation in the United States, and Nufire's advanced-cancer diagnosis, she says, "meant we needed to get him back to Canada."

"Because it was during COVID, I didn't even get to see Nova Scotia before we came," she adds.

Once COVID restrictions were lifted, Nufire, an abstract artist who works in watercolour, cold wax, and photography, as well as making jewellery, had an opportunity to engage more in her new community, which included meeting fellow artists and going on the Peggy's Cove Area Festival of the Arts Studio Tour.

"We had studio tours like that in North Carolina, and I would always go to them," she says. "Those tours are a chance, as an artist, to fill my cup and be inspired."

Now in good health, Nufire has a private psychotherapy practice and enjoys her rural Nova Scotia community. In addition to painting, she is a photographer who creates abstract photographic art.

This year, for the first time, Nufire will be one of the artists with a location on the

"It's an opportunity to be part of the local art scene-and I'm curious to see if the

work I do has a place here," she says. "There are other abstract artists participating, but abstract is less common here than realistic art, so I'm interested to see how it's received."

The Peggy's Cove Area Festival of the Arts, celebrating its 14th year, is run by the volunteer-led Peggy's Cove Area Art Society. This year's Studio Tour is from July 18 to 20, with over 70 artists participating at 47 locations in and around St. Margaret's Bay. Community members go on self-guided tours, getting their "tour passport" stamped to enter a draw for a \$500 gift certificate toward the purchase of art.

More information on festival events and a downloadable Studio Tour map are available from peggyscoveareafestivalofthearts.com.



"Cavern," by Laura Nufire

How a small art festival became a top 10 reason to visit HRM

Patricia Lindley, who served as its first board chair, has seen the Peggy's Cove Area Festival of the Arts grow from a small event to a major summer festival named as one of the "Top 10 Reasons to Visit Halifax in 2025" by Discover Halifax.

Part of the festival's success, says Lindley, an artist who works mostly in pastels, is its inclusiveness: "The goal from the beginning was that anyone who was inspired to create, at any level of practice, could find a home."

She adds that member events throughout the year are also important, giving artists the chance to show their work, and "grow through meaningful feedback and artistic development."

Lindley served as the co-chair of the Paint Peggy's Cove committee for several years and has participated in the Studio Tour since it started in 2011.

"It's always fun to meet community members who are enjoying the tour as a lovely outing," she says. "There are also visitors who are really interested in art and exploring what our art community does. It's very rewarding, as an artist, to have those conversations about your process with people who are interested."



"Patience," by Patricia Lindley

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THE HERO NEXT DOOR

Lots of heroes next door help bring lost dog Clay home Tracey Malcolm



Leea (right), aged 2, checks on Clay, home after his adventure. Photo credit: Tracey Malcolm

At 3:30 in the morning, Naugler Road in Lunenburg County has a few loons calling out, but is otherwise silent. I know, because I spent the night doing surveillance with one of my two dogs, while looking for the other one. That time of night is oddly beautiful in its deep quiet, and it made me think of my dad's overnight stakeouts as an undercover cop.

I was listening for Clay, our lost 14-month-old Leonberger, having been given a tip that a distressed dog was heard the night before. There had also been a presumed sighting of Clay nearby, so my husband and I, and many friends and neighbours, were out walking, cycling, and driving the area. False sightings are not uncommon when searching for a lost dog, and they have to be

checked out. It turns out the woman on a bicycle who first thought she had seen a bear, and then that she might have spotted 155-pound Clay, had possibly seen a bear after all.

Clay had taken off on June 5. He had a lot of people reaching out to him, jumped back in a bit of fright, and snapped a railing he was tied to. He was suddenly a running dog with a six-foot lead and two railboards clamouring behind him, four strangers chasing him, and me trying to slow it all down while he careened around Blockhouse and into the woods in fright.

The first days' searches were in vain, but they forced a new mindset, from focusing on losing to focusing on finding Clay. Those days also brought the wonder of kind friends: Jean's comforting chicken stew; seeing Scott out in Mahone Bay at 6:30 a.m. on a Saturday, calling for Clay.

Day four brought breakthroughs.

Savannah, a Bayview Community School student, was talking to a friend and found out that Clay had been spotted on Main Street in Mahone Bay the afternoon he was lost.

Matt, of Mateus Bistro, was driving home at 12:30 a.m. and spotted what he first thought was the biggest fox he had ever seen. Being a big dog fan, he realized it was Clay and—despite a long shift at the restaurant—took the trouble that night to report it.

A couple nearby on Hawthorne Road relayed news of an unfamiliar dog barking in the very same location.

We had a new path to try to find Clay

On day five, my phone blew up with sightings, and thanks to my friend Elizabeth's endless efforts pinpointing Clay's final location, my husband and I found him. With guidance from Nova Scotia Lost Dog Network, I sat nearby feeding treats to Leea, our other dog, slowly awakening in Clay the awareness of the familiar and the safe—the awareness of his family.

Clay is recovering, but he needs

to gain the 27 pounds he lost over those 5 days. He is being treated for Anaplasma infection, which he contracted during his ordeal. But our boy is home and we're so grateful to all the heroes next door in Mahone Bay.

Councillor Nancy Hartling

District 13 Prospect Road – St. Margarets nancy.hartling@halifax.ca 902.476.3787

OFFICE HOURS

Wednesdays 10 - 11:30 a.m. Prospect Road Community Centre

Fridays 10 – 11:30 a.m. St. Margret's Bay Community Enterprise Centre

ΗΛLIFΛΧ



halifax.ca | 311



Accessible sailing Continued from page 1



Some of the volunteers involved with Bay SailAble.Front row, from left: Jamie Rygiel, Jorg Albrecht, Ray Mattholie. Back row, from left: Rhonda Dennis, Jeff Helson, Lorraine Helson, Jane Filbee, Judy Lugar, Adrian Schneider, Michelle Lane. Chris Pelham, another volunteer, took the photo.

elements through the summer," says Bay SailAble volunteer Michelle Lane. "We expect to acquire a sling lift by August. Until then, we can accept someone with mobility considerations if they can self-transfer into the boat. We'll be adding breath-activated controls, in a later phase, to allow someone who is quadriplegic to sail."

The boat also has a joystick, so people with some arm mobility can control it with the joystick.

George, the program's sailboat, is low to the water, very stable, and designed to allow the sailor to be comfortably seated. A companion sailor sits immediately behind the participating sailor and can control the boat if necessary.

"The program is also an opportunity for someone with a cognitive issue, such as dementia, or someone with a vision, balance, mental health or neurological issue to participate," Lane says. "If you have sailing experience and live with dementia or reduced vision, for example, you may still manage many aspects of sailing but experience some gaps—and the companion sailor can fill in those gaps."

Lane says the program is open to all levels of sailing experience, from none to lots, with training and support to be provided. Children and youth comfortable sailing without a parent are also welcome.

Bay SailAble is entirely

volunteer-driven, notes Lugar: "The volunteers are bringing so much enthusiasm—they understand the impact this can have."

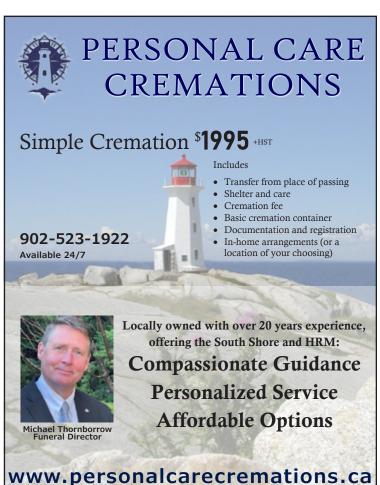
One of those volunteers is Adrian Schneider, a St. Margaret's Bay resident who last sailed 15 years ago on Lake Ontario.

"I'm excited to volunteer for something that supports people to be able to do what they want to do," he says. "I'm autistic, and I've often benefited from accommodations—plus, I'm so happy to be involved in sailing again."

Bay SailAble is being offered Tuesdays and Thursdays, from 3 to 7 p.m., with two 90-minute sails on each day, until the end of September—"or as long as conditions permit," says Lugar.

For more information about participating, email sailable@smsc.ca.

After a lifetime of sailing and a 40-year career in rehabphysiotherapy, Judy Lugar says, "I look forward to helping people learn new skills and find new independence—I can't think of a better way to give back to the sport and share joy than to share it with as many sailors as possible."





1-800-661-4621

PAGE 10 JULY 2025 THE MASTHEAD NEWS

Rookie South Shore MP shares highlights from first days in Parliament

The Masthead News invited Jessica Fancy-Landry, Member of Parliament for South Shore-St. Margarets, to reflect on her first days in Parliament.

Jessica Fancy-Landry

Being a new Member of Parliament

reminds me a lot of the first week of school—a comparison that comes naturally to me as a lifelong educator. You're learning how to get around, figuring out who's who, catching up on what you missed, and sometimes feeling



Jessica Fancy-Landry signs the Oath of Allegiance during her official swearing-in ceremony as a Member of Parliament.

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like the new kid in class. I'm glad I did my homework before arriving. I stepped into this role with determination and confidence, and a couple of months in, I'm finding my footing.

I grew up in small-town Caledonia, on a mushroom farm. I never imagined I'd one day represent my home in the capital, let alone attend a Speech from the Throne delivered by a King for the first time in 77 years. While the late Queen delivered the speeches in 1957 and 1977, this moment carried its own weight.

After the ceremony, I walked through the stone archways and carvings that have witnessed generations of debates. It hit me that my seat is mine for this moment in time, and that my name, as part of Canada's 45th Parliament, will be engraved on a plaque, just like the names of the MPs who sat in the very first Parliament. Later that day, I cried—not because of the grandeur, but because of the privilege of walking into that space on behalf of those who sent me.

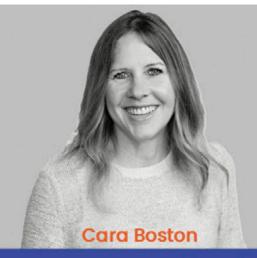
In my first week, I stood before 343 MPs to ask a question—wearing my Sunday best and ready for whatever came my way. I was heckled by the opposition and ran out of time. But I came back to deliver my first

member's statement, and the week after that, gave my maiden speech. I may not be the typical politician, but I'm making it clear: I belong here.

I grew up on the South Shore. It's where I've raised a family and started my career. I've felt its challenges and witnessed its strengths. I didn't grow up thinking this life was meant for people like me—but now that I'm here, I'm not backing down. I carry the South Shore with me every time I rise—and I rise with everything I've got.



Jessica Fancy-Landry shaking hands and exchanging remarks with King Charles, who delivered the Speech from the Throne at the opening of Canada's 45th Parliament on May 27. Image credit: CPAC (Cable Public Affairs Channel).



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Lunenburg welcomes new Canadians at Celebration of Unity at Lunenburg Academy The Masthead News Staff



Despite the windy day, the drone camera was able to capture the "Circle of Unity" around the Lunenburg Academy on May 29. Photo credit: Pete the Drone Man

SailAble

Continued from page 1

dog—Rygiel decided sailing might be the sport he could most realistically return to.

"I was still in the hospital when I started googling how I could still sail," he says. "I had heard of SailAble, the program in Halifax, but I didn't know much about it. I bombarded them with messages and the president got back to me and told me all about it."

"Judy [Lugar] came to visit me in hospital, and my first sail, in 2024, was with her."

Rygiel wondered if sailing an adapted boat would be disappointing.

It was anything but.

"For me to be able to get back on the water again, to go sailing again—I never thought a little boat like that would be so much fun," he says. "But I was just so, so happy about it."

The sense of freedom soon had him racing, with coaching from Lugar and Paralympian Paul Tingley.

Rygiel became a board member with the SailAble program in Halifax and, as a resident of Timberlea, wanted to see the program happen in St. Margaret's Bay. It was an idea that had full support from Lugar and Tingley.

"Around Christmas last year, I met with Matt Hilche, the commodore at St. Margaret Sailing Club. He asked me what it would take to have a SailAble program here."

On New Year's Eve, a big part of the answer came. Rygiel heard from Tingley that two Martin 16s had been found in Newfoundland. Built in 1996, they needed a lot of work.

"The next day, New Year's morning, I got a call from Judy, and she was so excited," he says. "She put a team together. We got grants, and work was donated at a reduced cost, and it happened, thanks to a lot of different contributions by a lot of people."

As both volunteer and participant with Bay SailAble, the new adapted sailing program in St. Margaret's Bay (see "New program in St. Margaret's Bay makes the joy of sailing more accessible," page 1), Rygiel wants anyone who may need some modifications and support to start sailing—or to return to sailing—to give it a try.

"When you meet people sailing, you see how much they enjoy it. I just want other people to have that great experience, too," he says.

Nearly 300 people gathered at the Lunenburg Academy on May 29 for Celebration of Unity, at which 43 people from 12 countries officially became Canadian citizens.

The citizenship ceremony, hosted by Immigration, Refugees and Citizenship Canada and the Lunenburg Academy Foundation, was held inside the performance space at LAMP (Lunenburg Academy of Music Performance).

Students from Bluenose Academy, Pentz Elementary, the Lunenburg Academy's preprimary program, and the Atlantic Canada Language Academy joined residents and visitors.

Lunenburg's deputy mayor,

Rachel Bailey, and MLA Susan Corkum-Greek, also attended.

"The celebration culminated in an inspiring moment as attendees—young and old—formed a 'Circle of Unity' around the Academy, hand in hand, symbolizing the town's commitment to inclusion and shared humanity," says Deborah Rent, executive director of the Lunenburg Academy Foundation. "This image of solidarity, which was captured by drone, will be shared around the world."

Adds Rent, "It was a living message to the world that Lunenburg is a place where every story is valued and every person belongs."



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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**.

Sunday, July 6

Concert: Encore on Tour with Jinjoo Cho, 2:30pm, doors open at 2pm. Lunenburg Academy of Music Performance. Acclaimed violinist Jinjoo Cho leads a chamber performance with Max Geissler (cello), Hyunsoo Kim (piano), June Lee (violin), and Kiara Saito-Beckman (violin/viola). Tickets \$35. Contact: Linda,amin@lampns.ca 902-634-8667

Monday, July 7

Gain Calm and Relief from Stress and Pain with EFT - Tapping, 10:30-11:30am, FLAR, 3693 St. Margaret's Bay Road, Hubley. Stress affects everything. Gain control and increase confidence and self-esteem. Join us and the horses. Effective help for pain, weight issues, performance improvement, stress, PTSD, anxiety, and grief. Facilitated by Paula Arndt, registered counselling therapist and naturopath, hosted at FLAR Equine Experience. \$20?session. Contact: flar-eal@outlook.com. 902-240-8527 for details.

Wednesday, July 9

Dino Egg Bath Bombs, 2:30–3:30pm Tantallon Public Library, Kids ages 5+ can create their own fizzy dino egg bath bombs. Parental accompaniment encouraged. Registration required. Call 902-826-3330 to register.

Wednesday, July 9

Peggy's Cove Area Festival of the Arts, Opening Night, 7:00pm–9:30 pm Hubbards Barn, #57 Highway 3, Hubbards. An evening of art, music, refreshments, and door prizes. Enjoy an exhibit of local artwork. Tickets \$30, available online: peggyscoveareafestivalofthearts. com/festival-events/opening-night

Thursday, July 10

Gain Calm and Relief from Stress and Pain with EFT – Tapping, 6:30–7:30pm, FLAR, 3693 St. Margaret's Bay Rd., Hubley. Calm, clarity of mind and relief using various techniques. Stop panic attacks, gain control, increase confidence. Join us and the horses. Facilitated by Paula Arndt, registered counselling therapist and naturopath; hosted at FLAR Equine Experience. \$20/session. Contact flar-eal@outlook.com, 902-240-8527 for details.

Thursday, July 11 – Saturday, July 13

Paint Peggy's Cove, 9:00 am–4:00 pm daily, Peggy's Cove. Watch artists at work outdoors in beautiful Peggy's Cove. Enjoy and purchase original paintings created onsite during this 3-day plein air event.

Wednesday, July 16

Communication Skills
Development, 7:00–9:00 pm Bayers
Lake Business Park (Contact for location). Practice public speaking, presentations, and confidence-building in a friendly, supportive club. Guests welcome. No cost to attend. Contact: Baxter Crocker, toastmaster@live.ca | 902-453-5508

Thursday, July 17

Perler Bead Creation Station, 5:30-7:30pm, Tantallon Public Library. Design and make vibrant pixel-art-style bead crafts. Open to kids and pre-teens. Free.

Thursday, July 18-Saturday, July 20

Studio Tour 2025, 9:00 am–5:00 pm daily, Peggy's Cove and surrounding coastal communities. Visit over 45 studios showcasing the work of 70+ artists. Enjoy live demonstrations and self-guided tours through coves, harbours, and hidden artistic gems. Free, open to the public.

Saturday, July 19

Summer Market Featuring Youth Entrepreneurs, 10:00 am–2:00 pm, St. John's Church, 2187 Larry Uteck Boulevard. Support local youth makers, showcasing their creative work and handmade goods. \$2 admission.

Saturday, July 26

Summer Jazz @ LAMP: Tribute to Thelonius Monk and Billy Strayhorn, 5:30 pm Lunenburg Academy of Music Performance. Enjoy a world-class jazz performance with Nick Halley (drums), Tom Easley (bass), Richard White (guitar), and Mike Murley (saxophone). Tickets \$35. Contact: Linda,amin@lampns.ca 902-634-8667

Sunday, July 27

Women at the Helm, Sailing Series, 10:00 am–3:00 pm LaHave River Yacht Club A day of sailing, training, and racing for women of all levels. Contact: secretary@lryc.ca 902-514-2274



Wednesday, July 30

Young Engineers: LEGO Bricks Challenge, 10:00 am–2:30 pm, Tantallon Public Library Three hands-on LEGO sessions for ages 5–10. Space limited. Registration required. Call 902-826-3330 to sign up. Free.

Tantallon Public Library Weekly Programs

Little Lambs: Tuesdays, 10:00–11:00 am (Ages 0–5).

Friday Fun: Fridays, 10:00–11:00 am (All Ages, parent required for under 8).

Game Lounge: Fridays, 1:00–4:00 pm (Adults – now featuring Mahjong).

Every Monday

Open House: Calm-Abiding Meditation, 7:30–9:00 pm St. Margarets Bay Shambhala Centre, 13495 Peggy's Cove Rd, Upper Tantallon. Calm your mind and spirit with guided meditation led by local Shambhala teachers. Free and open to all. Beginners welcome.

Every Thursday

Two Coves Café, 9:00–11:00 am, St. Luke's Anglican Church Hall, 10 Shore Club Road, Hubbards, Drop in for free coffee, tea, muffins (glutenfree option), and good company. Open to all with free WiFi and accessibility support.

Every Saturday

St. Peter's Church Book Worm Haven, St. Peter's Anglican Church,

10030 Peggy's Cove Road, Hackett's Cove, 9am-noon. Over 5,000 books and puzzles for all ages. Prices are \$2 and \$3, no admission cost. Not open if there is a wedding or funeral that Saturday morning.

Monday August 18th

HABA's Pitch it Forward, local residents and business owners are invited to share innovative ideas to enhance our community. One presenter will win a \$1,000 grant to bring their vision to life! Submission Deadline July 31. Submission form: https://docs.google.com/forms/d/e/1 FAIpQLSdduHaXLDO4kR1Dj66jG 1Kt18coBVgtwhCZ80wRVRuD4tO qOQ/viewform. Pitch Night: August 18 at Black Harbour.

ST. MARGARET'S BAY PRIDE EVENTS – JULY 2025

Pride Writing Workshop with the Youth Project, Tantallon Public Library, 3646 Hammonds Plains Road, Upper Tantallon, Saturday July 5, 2-4pm.

Queer Craft Jam with The Youth Project, Tantallon Public Library,
3646 Hammonds Plains Road, Upper
Tantallon, Thursday July 10, 6-8pm.

Pride Karaoke, White Sails Bakery, 12930 Peggy's Cove Road, Tantallon, Friday July 11, 6-10pm.

PridePuppetShow,TantallonPublicLibrary,3646HammondsPlainsRoad,UpperTantallon,SaturdayJuly 12,10:30-11am.

Bangers & Beer Day, Cavicchi's Meats, 5411 St Margaret's Bay Road, Upper Tantallon, Sunday July 13, 11am-7pm.

Labour Day Picnic Cafe, 12286 Peggy's Cove Road, Glen Haven, Thursday July 17, 5-7pm.

Queer Crafternoon & Barbecue,

Drag Music Bingo, The Gratto Restaurant, 30 Highway 3, Hubbards, Saturday July 19, 7-9pm.

Pride Service of Prayer, Music, and Inspiration, St. Luke's United Church, 5374 St. Margaret's Bay Road, Upper Tantallon, Sunday July 20, 10-11:30am.

Wanderlust Tattoo's Pride Flash Day, Wanderlust Tattoo, 9B Sonny's Road, Upper Tantallon, Thursday July 24, 10am-close.

Dockside Divas – Live at Shining Waters, Saltbox at Shining
Waters Marina, 148 Nautical Way,
Tantallon, Friday July 25, 7-10pm.

Bay Pride Fest: Walk, Picnic, & Market, Hubbards Barn, 57 Highway 3, Hubbards, Saturday July 26, 10am-12:30pm.

More details on Instagram @stmargaretsbaypride.

TRADESPEOPLE



Bay Seniors keeps two lists of handy people who can help local residents with minor and medium home and property repairs and upgrades, as well as property maintenance.

This can make a real difference in helping our area's residents who are elderly or living with health challenges to remain in their own homes. Payment is negotiated between the service provider and recipient.

If you have 5 or more years' experience providing a variety of home maintenance tasks, we would like to hear from you. Please email centre@bayseniors.ca with your contact information and a brief summary of your home maintenance skills and experience.

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THE MASTHEAD NEWS JULY 2025 PAGE 13

LETTER TO THE EDITOR

Working horses are not pets

As the parent of someone who works at Ross Farm, I was very disappointed to read Wendy Crocker's letter to the editor in the June 2025 issue.

Susan Fraser runs the Susan Fraser Equestrian Centre in Canning, specializing in boarding saddle horses and training horses and riders for dressage and other competition. To my knowledge, she is not a horse teamster or involved with working horses. She was asked to visit Ross Farm by one of the Ross Farm Museum board members. That volunteer board is no longer in charge of the Ross Farm Museum.

The museum's mission statement has

always been "to depict the authentic experience of a typical 19th and early 20th century working upland family farm in Nova Scotia and develop awareness of the relevance of traditional agricultural practices to contemporary life." Ross Farm has provided this experience to the public for almost six decades. Families, school children and international visitors have gone to Ross Farm to learn how butter was churned, how fields were plowed, how coopers made apple barrels and what people's lives were like 200 years ago.

Farm animals work or produce and, while not pets, they are prized and not

mistreated. Like most creatures, farm animals occasionally suffer from various ailments. It is my understanding that all the animals at Ross Farm have quarterly visits from a large-animal vet. If there are complaints about the livestock from the public, a site visit is made by a provincial animal welfare inspector from the Nova Scotia Farm Welfare Program.

I have always seen the staff at Ross Farm Museum, many of whom grew up on farms, treat the animals with respect, care, and love. I strongly encourage everyone to judge for themselves: visit Ross Farm; see farm animals in a real farm setting; chat with the knowledgeable staff and learn something about how our ancestors lived and thrived in a time before supermarkets, social media and the internet. It might change your outlook.

> Jim Legere Glen Haven

Get gardening

July is not too late to plant. Kale, leaf lettuce, beans, carrots, and parsnips, among other food crops, can be planted in July for a fall harvest.

JOB OPPORTUNITIES



NOW HIRING Project Lead

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Make A Difference in Your Community!

Seeking Public Members for a New COMMUNITY LIAISON COMMITTEE (CLC)

Halifax Organics Management Facility

AIM HCR began operation of the Halifax Organics Management Facility effective September 13, 2024 under contract to the Municipality. AIM HCR is currently seeking applications for up to four volunteer Public Members for the Community Liaison Committee for this facility. These Members must be residents of HRM.

This committee will provide a forum for mutual distribution, consultation, review and exchange of information regarding the operation of the Halifax Organics Management Facility, including processing of materials, environmental monitoring, maintenance, and complaint resolutions. Committee Meetings will be held at the facility or virtually.

If you are interested in volunteering for the CLC, additional information can be obtained by contacting AIM HCR by email at: RaggedLakeCLC@aimgroup.ca or by phone to 902-876-5185.

NOTICE OF PUBLIC MEETING

Bay Tender Shellfish Ltd is hosting a public engagement session regarding its application to expand Shellfish Aquaculture Lease #995, located adjacent to Snake Island, Mahone Bay, Lunenburg County.

The proposal includes the suspended culture of sea scallops and blue mussels using pearl nets and ear hanging techniques, increase the lease boundary from 1 hectare to no more than 5.97 hectares, and allow production volume to grow from 100,000 scallops to 300,000 scallops.

Meeting Details:

Wednesday July 23, 6:30 - 8:00 pm Royal Canadian Legion Branch 44 14 Union St Chester, NS, B0J1J0

Presented By: Duncan Bates,

President of Bay Tender Shellfish Ltd

Request for info and feedback may also be directed to duncan@baytendershellfish.com

PAGE 14 JULY 2025 THE MASTHEAD NEWS

Boost your computer skills with free training this summer The Masthead News Staff

Residents of the St. Margaret's Bay area who are interested in increasing their skills using digital devices are invited to get some free help this summer.

Odessa Obirek will be working at the St. Margaret's Bay Community Enterprise Centre (CEC), from July 7 to August 29, weekdays from 9 a.m. to 4 p.m., offering

training and support to community members who would like to acquire or add to their skills using a smartphone, tablet, or computer. The position is funded by @NS.

"I've always helped my grandparents with any technology issues they have, and I think this is a really good opportunity to help others," says Obirek.

Community members of any age are welcome to access this free service, which will be personalized to meet people's goals.

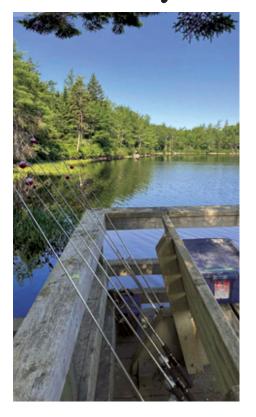
"I can work with people individually, with couples, or with small groups," she says.

Obirek, a recent graduate of Charles P. Allen High School, is headed to St. Mary's University for a business degree in the fall. In her free time, she enjoys fishing and spending time with her family's two dogs.

To learn more or to book some training time with Odessa Obirek, call the CEC at 902-826-1680, email reception@smbcec. org, or stop by the CEC at 5229 St. Margaret's Bay Road, Unit 1, in Upper Tantallon.



Party at the Park invites community for food and fun



Summertime is a perfect time to enjoy a little fun and a little food in a beautiful

location. That's why Faith St. Margaret's Bay (Faith SMB), a small, community-minded church that meets at Estabrooks Community Hall, is hosting Party at the Park on Saturday, July 26, noon to 2 p.m. at Jerry Lawrence Provincial Park.

Taylore Anstey, the church pastor, says, "Like all the best events, there will be food—hot dogs, pop, and other snacks. There will also be games and activities for kids, along with prizes."

Party at the Park was inspired by the experience church volunteers had when they participated by giving out hot dogs at Christmas in the Bay last year.

"The event was fantastic," says Anstey. "I was so happy to see businesses and organizations volunteering—and the community support was amazing!"

"Our experience at Christmas in the Bay was so rewarding that we decided we wanted to do something more for the community—and the idea of Party at the Park was born."

Party at the Park is free, and everyone is invited. Jerry Lawrence Provincial Park is at 4775 St. Margaret's Bay Road in Upper Tantallon.



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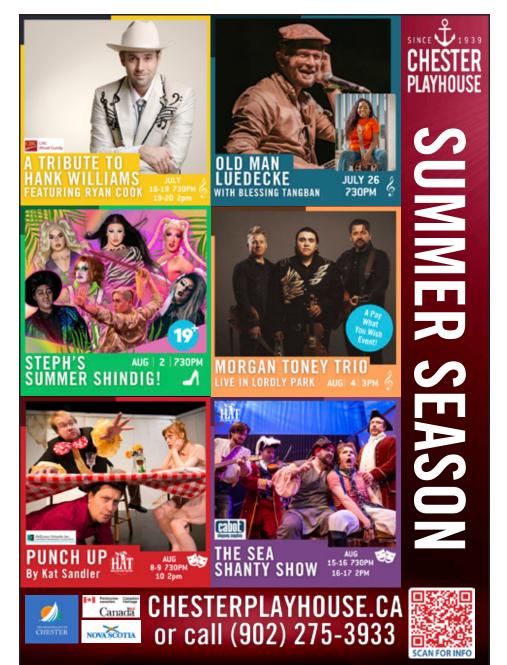


WE ARE FULLY INSURED AND CERTIFIED

902-329-4477

cousined dies septic @gmail.com

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Designer to deejay

Longtime Masthead readers may recognize Kevin McGrath, our former designer, who is keeping busy and happy in retirement. He is shown here deejaying at the June 19 barbecue the Seniors Association of St. Margaret's Bay (Bay Seniors) put on for its members, an annual tradition to welcome summer. Photo credit: Neil Oldreive

The Masthead News welcomes high-resolution photographs with brief captions that capture a memorable moment.

Photos must be submitted by or with permission of the photographer. Photos that show a person's face should be submitted with permission to publish from the subject, or their parent or guardian for children aged 15 or younger. Submit your photo and caption to info@themastheadnews.ca. Include your full name and a phone number where you can be reached.

THE MASTHEAD NEWS **PAGE 15 JULY 2025**

30 years of creating magic at Unicorn Theatre Iris Elliott

On July 22 and 23 1995, a group of children gathered for a weekend camp at the Shore Club in Hubbards, where they put on a short production of The Lion King. The organizers of the camp, Iris Elliott and Caroline Hadamitzky, were so impressed with the talent they saw on that stage that they decided to start a year-round youth program, which they called Unicorn Theatre.

Now, 30 years later, a number of events are planned to celebrate Unicorn's 30th anniversary throughout this month.

Anniversary Gala: At the theatre's 30th Anniversary Gala on July 19 at 3:00 pm, performers will be revisiting some favourite moments on the theme of nostalgia. Audience members will be invited to join the cast after the show to enjoy birthday cake, socialize, and share memories.

Tickets for the gala may be reserved by going to the theatre's website, unicorntheatre.ca, and clicking on box office, or by calling 902-489-1677. Tickets are \$10 for adults, children, students, and seniors. The theatre is located in the Bay Community Centre, 11 Station Road, Head of St. Margaret's Bay.

Current and past Unicorn alumni and volunteers are invited to share their memories of the theatre by videotaping a memory and sending it to unicorn.theatre. music@outlook.com to be

included in the show.

Living theatre event: In an interesting twist, the theatre



Grace Dean, still involved with Unicorn as a director and musical director, played the role of the Queen of Hearts in "Alice in Wonderland" in 2008. Photo credit: Debbie Stout

will be coming to the audience, instead of the other way around, during a living theatre event, with pop-up performances in July and August throughout the community.

Trivia night: On July 24, theatre buffs will have a chance to test their knowledge of Unicorn Theatre's history, and of musical theatre in general, during a trivia night at the theatre. There will be popcorn and prizes.

Memorabilia: Anniversary commemorative memorabilia will be available soon. Plus, community members are invited to share their own memories of the theatre by emailing unicorn. theatre@outlook.com These will be compiled into a memory book.

More details about events will be shared on Unicorn's website and on Facebook.



FARROW HICKS McDADE LAW INC.

Join us in welcoming two new lawyers to our team!



Jacob Glover has a background in philosophy, law, and restorative justice. Jacob's practice ranges from real estate and corporate law to sport adjudication and dispute resolution.



Abir Ayoub has a background in health promotion and law. While in law school, Abir worked with the Dal Legal Aid Clinic and the Elizabeth Fry Society. Her practice focuses on wills, estates, family law, and litigation.

Welcome Jacob and Abir!

5445 St. Margaret's Bay Rd., Unit 101, Upper Tantallon t: 902.820.3555 contact@farrowlaw.ca

Silver Garden Tour attracts visitors and donations to Feed Nova Scotia



"We had a great day," says Donna Silver, about the annual garden tour she and her husband, John, host every year in June. "Everyone was happy because of the weather, and very relaxed."

This year's tour, on June 15, brought in more than \$2,600 and 200 kg of food for Feed Nova Scotia—with more expected from a follow-up private tour for a retirees'

The addition of an art sale and live music added to the day, says

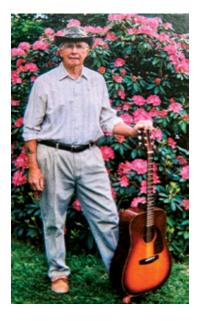
Silver: "The Coastal Makers Collective and Beyond Harmony were well received."

The event attracted 300 visitors and, says Silver, "most people read about it in the Masthead."

Donna and John Silver have created their woodland garden on their eight-acre property in Prospect Bay over the past 35 years. For over a decade, their tour has raised funds for Feed Nova Scotia.

IN MEMORIAM

Wilfred Arlen White



country music scene. A small service will be held

many, especially within the local

at a later date. In lieu of flowers, we ask that you play an old country song that reminds you of him — a simple tribute to a man who found joy and connection through music.

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



PAINT PEGGY'S COVE

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

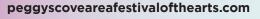
Throughout the village, artists create new works inspired by this unique Nova Scotian community. Free creative activities for children!

STUDIO TOUR

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

Chart your own free, self-guided tour through quaint communities, coves and harbours where over 70 artists invite you to visit them in their studios and group shows. Explore 44 artist locations from Prospect to Blandford. Follow the blue lighthouse signs along the route!







April 27, 1939 - May 28, 2025

It is with saddened hearts

that we announce the passing

of Wilfred White of Upper

The buck starts here

The full moon in July, which falls on July 10 this year, is called the Buck Moon, because it's around that time that male deer begin to grow their antlers.

See quick weekly lessons on local species

The St. Margaret's Bay Stewardship Association is bringing back a popular and informative feature on its social media: Species of the Week, now called Species of the Bay.

Reilly King is writing the text and Jennifer McKinnon is doing the art. A species that

may be seen in, around, or over Micou's Island will be featured, with new posts going up every Thursday through the summer on Facebook. Search for Micou's Island – St. Margaret's Bay Stewardship Association.

The feature kicked off on June 26 with the Atlantic Mackerel.

The posts will include information about each featured species. For example, the Atlantic Mackerel and its value in our ecosystem is described, along with new federal mackerel-fishing limits.

Have a local species you'd like to learn more about? Make a request on Facebook Messenger.



Art by Jennifer McKinnon

Available to adopt: Ringo

Ringo, a neutered 2-year-old Spay Day Nova Scotia rescue, is quick to make friends. Anyone entering Otis & Clementine's Books & Coffee, where he's being fostered, can expect to have this bright-eyed charmer quickly greet them and ask for some pats, showing off the unusual single white ring on his black tail.

But while Ringo is all about making

human friends, he isn't a fan of other cats, so he would be best as the sole kitty in his new home. You can meet Ringo at Otis & Clementine's, 5209 St. Margaret's Bay Road in Upper Tantallon.

Update: Mama and daughter cats Lily and Blissy, profiled in our June issue, have been adopted—and, happily, they were adopted together.

