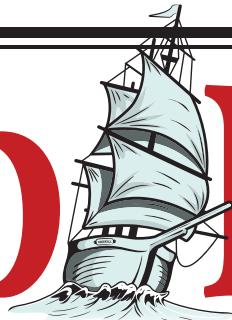


THE MASTHEAD NEWS



themastheadnews.ca

IAIN RANKIN
MLA, TIMBERLEA-PROSPECT

[f](#) [i](#) [in](#) @lainTRankin
 100-1268 St. Margarets Bay Rd
 Beechville, NS, B3T 1A7
[iainrankin.ca](#)
 902-404-7036
info@iainrankin.ca



A fresh start to the year

Above, cold-water swimmer Agnieszka Monk, taking a January swim in St. Margaret's Bay. See "Cold-water swimmer invites others to experience the benefits," page 6.

Local physician appointed to Order of Canada

Calla Farn

A Glen Haven physician has been named a Member of the Order of Canada for his groundbreaking work on clinical decision making and patient safety.

Dr. Pat Croskerry, who worked in emergency medicine full time for 33 years, has authored or co-authored 4 books, 44 book chapters, and more than 100 publications in leading medical journals. In 2016 he was ranked by the Canadian Association of Emergency Physicians in the top 10 of most impactful Canadian medical educators in emergency medicine.

The Order of Canada recognizes individuals for their outstanding achievement, dedication to the community, and service to the country. Croskerry was cited specifically for setting up the Critical Thinking Program at Dalhousie University for training doctors in clinical judgement and decision making aimed at improving patient safety.

He says he is pleased that the citation by one of the country's highest honours has drawn attention to the program because "historically, it has been a neglected area of clinical practice in medicine."

"The critical thinking program put a focus on that process and emphasized the importance of how doctors think," he adds. "Having a knowledge of medicine and an understanding of disease doesn't guarantee a physician will always make an appropriate diagnosis."

Croskerry notes that patient diagnoses are often influenced by a wide range of factors, including workplace conditions, fatigue, the physician's past experiences,

and unconscious biases, which he described as "the biggest threat to clinical reasoning and decision-making."

He has devoted the last 25 years to increasing awareness among the medical community about these threats and offering strategies to overcome them.

"How healthcare professionals make their decisions is probably their most important skill."



For the birds

See "Enjoying and supporting birds in winter" on page 2 for tips on how to help birds stay healthier and safer at your backyard feeder.

Northern Cardinal photo by Jason Dain

FIREWOOD FOR SALE
902-930-2400
GUSHUESLANDSCAPING@GMAIL.COM

WE HAVE DRY FIREWOOD CALL TODAY!
PRE-STACKED AND DELIVERY OPTIONS AVAILABLE

OK TIRE
Automotive Service Centre, Hammonds Plains
2074 Hammonds Plains Road (902) 835-7691
TIRE REBATES ON NOW

Let us help you find the right tire for your driving needs. We are more than just tires
Other services include: brakes, diagnostic, exhaust, alignments, oil change, suspension & Krown rust protection

GIVE US A CALL TO BOOK YOUR APPOINTMENT

Vital Electric
Residential, Commercial, Upgrades, & Services
RENOVATIONS, DUCTLESS HEAT PUMPS, 24/7 EMERGENCY SERVICE

- N.S Power Service Provider
- Backup Generator Systems
- GENERAC ELITE Dealer
- Installer & Generac Service Technicians
- Efficiency Nova Scotia Preferred Partner

902-877-5659
info@vitalelectricinc.ca
www.vitalelectricinc.ca

NOW OPEN!

- FREE Hearing Tests
- Earwax Removal
- Custom Ear Plugs
- Repair & Cleaning
- Local & Independent
- Insurance Accepted
- Best Price Guarantee*
- 0% Interest Financing*

Empower Hearing
Hearing Care Centre
5288 St. Margaret's Bay Road
Upper Tantallon (beside RBC Bank)

BOOK YOUR FREE HEARING TEST TODAY
Call 902.826.4327
www.empowerhearing.ca



Dr. Pat Croskerry

"Your Local REALTOR®"

Thinking of buying or selling a home?
Call today for a FREE Market Analysis

www.lanAngus.ca 
Ph.902-876-1015



Danielle Barkhouse

MLA Chester - St. Margaret's
Our office is open for you.



Email: BarkhouseMLA@gmail.com
 Facebook: [@BarkhouseMLA](#)
 Instagram: [@mlabarkhouse](#)
 Twitter: [@BarkhouseMLA](#)
 Phone: 902.275.2501 or 1.833.275.2501

Office Location:
 Wheelchair accessible
 #3, 4080 Highway 3
 Chester, NS B0J 1J0
 Hrs: M-F 10am-4pm

Authorized by the official agent for CSM

Enjoying and supporting birds in winter

Laura MacKinnon

I always feel a little sad when migratory birds head south for the winter. But birding during the colder-weather months can be wonderful, too. With reduced leaf cover, it's often easier to spot birds. Also, flashes of colourful plumage are even more beautiful against the softer colour palette of winter.

There's not much good to say about climate change, but longtime birders may point to the fact that milder winter temperatures mean there are now more birds to enjoy during the winter.

That leads to an often-debated question: should we feed the birds in winter?

One school of thought is

that doing so reduces natural foraging behaviours and creates dependence on human intervention—potentially even encouraging migratory birds that might otherwise have left to stick around over the winter. That, in turn, may further reduce the winter's more scarce food supply for non-migratory birds.

While those arguments have been disputed by those who say feeding birds simply provides much-needed wintertime supplementation of their regular, natural food sources, there is no disagreement among bird experts about things we should do to keep birds safer if we do decide to put up feeders.

Hang feeders near some



The cheeky Blue Jay (above), which often shows up in groups, is a familiar sight at bird feeders. The distinctive Red-bellied Woodpecker (below) is less common here, but with territory expansion, may be seen through the winter months. Photo credit: Jason Dain



A note about squirrels

If you feed birds, you will also get squirrels.

There are lots of bird feeders around that are described as being squirrel

proof. And there are lots of photos and videos of squirrels breaking through those feeders' defenses to enjoy a good meal. Even if squirrels can't get into a feeder, most birds are not tidy eaters, and squirrels will show up to clean up whatever gets spilled.

No matter how you may feel about squirrels, it's important to know that peanuts—and peanut butter—are bad for them. Eating lots of peanuts weakens their bones to the point of causing fractures that ultimately make them

shelter: It's a fact that predators will learn that feeders also offer them more food opportunities. But you can reduce the risk of your feeder becoming local predators' songbird buffet by hanging the feeder near or on a tree or beside shrubbery that provides some cover and a quick escape route. And keep your cat indoors.

Buy good-quality food: Sunflower seed in the shell is loved by many birds. Safflower seeds are also popular, and suet cakes will be appreciated by chickadees, woodpeckers, nuthatches, and others. Less-expensive mixed feed usually contains red millet and other fillers that many birds won't eat. Commercial suet cakes also often contain fillers. If you want to give birds a treat, there are lots of recipe online for more nutritious homemade suet cakes (see sidebar for more information).

Uneaten food can become moldy or rancid, promoting disease and attracting rodents and other pests, so offer only what the birds like, and clean up uneaten food quickly. Never offer bread, which is junk food for birds, including ducks.

Clean feeders often to reduce the risk of disease: When the weather is dry or below zero, clean feeders once every 12-14 days. If it's rainy or routinely above 3 degrees Celsius, clean feeders at least once a week. Use one part household bleach to nine parts water for cleaning, rinse well, and dry thoroughly before refilling.

Pay attention to avian disease advisories: The Nova Scotia Bird Society and other groups share information when there is an identified disease outbreak among wild birds. In some cases, advisories will include a request to take backyard feeders down to mitigate the spread of disease.

For more information about being a wintertime bird supporter, visit sites maintained by Birds Canada, Nature Canada, the Nova Scotia Bird Society, and others.

Laura MacKinnon maintains a bird-friendly garden from spring to fall and hangs bird feeders—and tolerates squirrels—through the winter.



Photo credit: Sharon Jessup Joyce

**FARROW HICKS McDADE
LAW INC.**

LAW THAT'S CLOSE TO HOME
Contact us for a free consultation

5445 St Margaret's Bay Road,
Unit #101 Upper Tantallon, NS
B3Z 2H9

Phone: 902-820-3555
Fax: 902-820-3556

COLD WATER DOCKS & EXCAVATION INC.
902-449-5532

**Aluminum Roll-in Docks, Concrete
and Wooden Wharfs,
Boat Lifts and Marine Accessories**

coldwaterdocks.ca alexi.coldwater@gmail.com

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

To receive the latest updates from Councillor
Hartling, visit nancyhartling.ca

HALIFAX halifax.ca | 31

Shawn Macpherson Artist

STUDIO • SHOP • GALLERY
ART DECOR FASHION CARDS

Paint Wild & Loose

WATERCOLOUR
 **ACRYLIC**

**CLASSES
LESSONS
PAINT NIGHTS
WORKSHOPS**

905 599 9824
[@shawnmacphersonartist
\[shawn@shawnmacphersonartist.com\]\(mailto:shawn@shawnmacphersonartist.com\)](mailto:@shawnmacphersonartist)

STUDIO OPEN BY
APPOINTMENT ONLY

shawnmacphersonartist.com

THE HERO NEXT DOOR

Honouring teacher who shaped the lives of three generations

Sharon Jessup Joyce



Mohinder and Harjinder Sehmey in November 1966, experiencing snow for the first time. The couple moved to Canada from India in June 1966.

When Mohinder Sehmey retired in 1994, after teaching high school math and physics in Chester for 28 years, he almost certainly didn't expect that career to be followed by another 31 years as a supply teacher.

"But he really wasn't ready to stop teaching," says his daughter, Camille Sehmey. She adds that her dad "is too modest to be interviewed" about his contributions: "He was always motivated by his love for his subject and his students."

Mohinder and his wife, Harjinder, came to Canada from India in 1966. Wanting to give their children the opportunity of a better life and more education, Mohinder had responded to an advertisement inviting qualified

teachers in India to move to Canada. The Sehmbeys chose Chester, becoming the first Indian and first Sikh family in the community. By the time Mohinder retired the second time, a year ago this month, aged 90, he was teaching the grandchildren of his first students.

"I don't think we have another example of an educator who put as much time and love into teaching," says André Veinotte, a Municipality of Chester councillor and one of Mohinder Sehmey's former students.

Veinotte says it was "such a pleasure" to honour his former teacher and neighbour last year by presenting him with a special service award from the municipality.

"Because he knew and loved his subject so much—and because he is such a patient person—even students who weren't confident in math and physics gained confidence, thanks to him," says Veinotte.

He adds, "I'm grateful that he taught me, which helped me toward an engineering career."

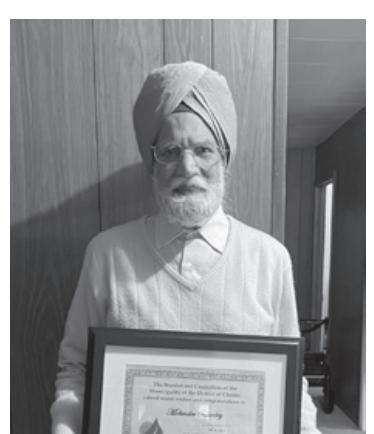
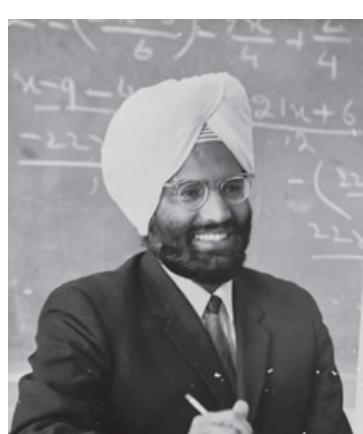
Erin Gore, a retired teacher who taught with Sehmey for many years, says, "He cared. As much as he cared about his subjects, he cared even more about his students' well-being. And they knew it."

Gore says he also cared about girls gaining confidence in math and science and he didn't show any favouritism toward boys as learners: "That wasn't common back in the sixties and seventies, especially for a teacher who came originally from a patriarchal culture."

Mohinder and Harjinder Sehmey now live in Ottawa and appreciate being with daughter Camille and her family.

Veinotte and Gore agree that Sehmey's nearly six decades of teaching excellence and the way he cared about his students, colleagues, and neighbours have been tremendous gifts to the community.

Says Gore: "I think Mohinder Sehmey is the most universally respected person in Chester."



Mohinder Sehmey, early in his teaching career (left) and when he received a special service award last year from the Municipality of Chester (right).

Chester's Our Health Centre supports healthcare students with award

Meghan Rudderham of Mahone Bay and Morgan Joudrey of Chester Basin were the 2025 recipients of the Our Health Centre (OHC) Foundation Student Award. Since 2023, this award has helped support the next generation of healthcare professionals.

The award was created in honour of the late Dr. Joy Calkin, who was involved in planning and opening OHC.

Each year, the award gives up

to two \$5,000 scholarships to students entering their second year of studies. Eligible programs include medicine, nurse practitioner, nursing, or doctor's assistant programs at a post-secondary school in Nova Scotia. All students are welcome to apply, with special consideration given to those connected to the OHC service area or the nearby South Shore Regional and Fishermen's Memorial Hospitals.

Meghan Rudderham graduated

from the Dalhousie University nursing program in 2019. She is currently in her second year of Dalhousie's nurse practitioner program and will graduate this year.

Morgan Joudrey is in her second year of the nursing program at Dalhousie.

OHC, located in Chester, opened in 2016. It offers healthcare and health education. To learn more, visit www.ourhealthcentre.ca.



SMB Physiotherapy Clinic
...partnership in your health and mobility

Bringing quality Physiotherapy and Health Care treatments to the community for over 21 years: laser, manual therapy, acupuncture, active exercise and injury prevention programs.

- Physiotherapy
- Massage Therapy
- Orthotics
- Sport Medicine Bracing

Offering day & evening appointments Monday to Friday.

"We direct bill WCB claims and most insurance companies.

902-826-2338
3650 Hammonds Plains Rd.
(Between Sobey's and Goodlife Fitness)
www.smbphysio.com

Follow us on 



Thank You
for your support

Anglican Parish of French Village
Bay Rentals
Bay Seniors
Bay Treasure Chest
Crossroads Community Choir
CBI Health - Tantallon
Deborah Gabinet and Friends
Fair Wlnds Financial Coach
Hedgehog Writing & Editing
HRM Fire Station 65, Upper Tantallon
Labour Day Picnic Café
Melissa Connick School of Dance
Otis & Clementine's Books & Coffee
Peggy's Cove Area Tourism
Development Association
RCMP, Tantallon Detachment
Redmond's Home Hardware
Safety Minded ATV Association
SMB Community Enterprise Centre
St. Margaret's Bay Faith
St. Margaret's Bay Glee
The Masthead News

And thank you to all our volunteers!

Stay connected with The Masthead News

Don't miss out on local updates, events and publishing news.

Sign up for our free monthly email newsletter

- Community events
- Where to pick up the latest issue
- Publishing deadlines & reminders
- Highlights from the Masthead team

Scan the QR code to sign up today!

THE MASTHEAD NEWS



SERVICE DIRECTORY

Shop Local. Dine Local. Support Local.

Raven & Gryphon Fine Books

FINE USED AND RARE BOOKS BOUGHT AND SOLD
Hackett's Cove (Open by chance, please call ahead)
902-488-6291
www.ravengryphonfinebooks.com
info@ravengryphonfinebooks.com

**RHYNO'S AUTO SALES**

4543 Hwy 3
Chester
902-275-7979
902-299-0553



Cash for scrap vehicles

PRIME PUMPS & WATER TREATMENT

- Water treatment
- Septic pumps
- Jet pumps
- Pressure tanks
- Submersible well pumps
- And More!!

JOSH FELTMATE

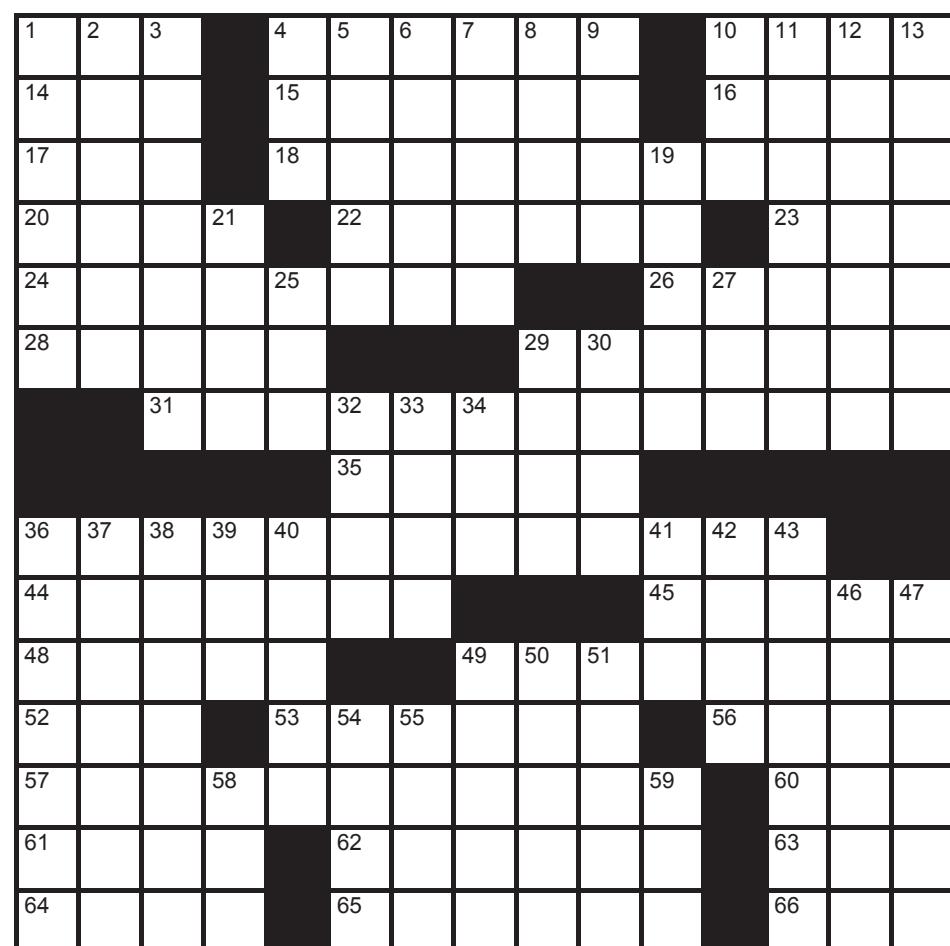
902-222-3930

josh@primepumps.ca

Choosing Sides Barbara Olson © ClassiCanadian Crosswords**Across**

1 Alberta's "black gold"
4 Have an impact on
10 Four on the floor?
14 C.F.B. boss, e.g.
15 Rum drink that means
"good" in Tahitian
16 "Woo hoo!" feeling
17 Thrice on an Rx
18 Guy's gala garb
20 Lincoln and Vigoda, for two
22 Empty-__ (hockey goal
with no goalie)
23 3-letter sandwich
24 Frequent tokers
26 At __ distance
28 Shower with praise
29 Surest thing
31 In bitter disagreement
35 Hung on a clothes line, say
36 Part of a little boy's make-up,
in a rhyme
44 Most kooky
45 Bat's bedtime
48 Nostribs, to an otolaryngologist
49 Pippi Longstocking's hairstyle
52 It could spell the end for Pam?
53 Duke in "Twelfth Night"
56 Like a fairy tale duckling
57 Leaders in title only,
as kings and queens
60 Mfr. of the Safari and Savana
61 "I get it, I get it!"
62 Christie's mystery man
63 "Well, __-di-dah!"

64 Boulevard __-Lévesque, Montréal
65 Intended for, as an email
66 Brian of ambient rock
Down
1 Recorded as evidence, say
2 Forerunner of the freezer
3 "Hot Lips" portrayer Swit
4 Doz. or oz.
5 Flora's partner
6 Rigged, as an election
7 States: Fr.
8 Quitter's contraction
9 Big name in laundry soap
10 Birdie watching grp.?
11 "Open, sesame!" speaker
12 Overweight, euphemistically
13 Sonnet groupings
19 Dis passionately?
21 Broken beyond repair
25 Capital of Liechtenstein?
27 Sault __ Marie
29 Borscht base
30 Wagner's earth goddess
32 They may be stacked against you
33 Small cave, in poetry
34 Band booking
36 Miss intensely
37 Dissimilar
38 Finest example
39 Van. summer fest, initially
40 "Make up your mind, __no?"
41 Follower's follower
42 Honolulu hoedown
43 Do some eel catching
46 "Small Time Crooks" star Tracey



47 Shower scene thriller
49 __ the sky (unrealistic dream)
50 Major __ History (aspire to work
at the Louvre, perhaps)
51 Awaited one, in a Samuel
Beckett play
54 Sales agents, briefly
55 It touches your sole
58 Instrument played at a 42-Down
59 Pou __: vantage point

See page 11 for solution

Drollery by Drollery.com

WEATHER UPDATE

TODAY

TOMORROW

Today's periods
of snow will change to
exclamation points
of snow.

**Congratulations, BTC winners**

Jayne Fryday of Black Point,
shown here with partner, Harold
Britten, won \$23,945 with her
number 23127 on November 26.



Rosanne Blood of Upper
Tantallon won \$24,006 with her
number 39915 on December 10.



Kathi Deleon of Timberlea won
\$11,679 with number 21037 on
December 17.

Wednesday, January 21 is Bell Let's Talk Day

It's a day dedicated to mental-health awareness and support, established in 2011. For tools, resources, research updates, and more information, visit letstalk.bell.ca.

THE MASTHEAD NEWS

The Masthead News is published by Ocean Blue Publications Ltd.
Reproduction in part or whole without the written permission
of the publisher is forbidden.

February 2026 issue

Submission deadline

Monday January 26

Publication date February 3

info@themastheadnews.ca

902 826 1302

The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by their portion of the advertisement in which the error occurred; whether such error is due to the negligence of the servants or otherwise, and there shall be no liability for non-insertion of any advertisement beyond the amount of such advertisement. The publisher reserves the right to edit, revise, classify or reject any advertisement.

Young sailor loved representing Canada at his first international competition

The Masthead News Staff



Asher Davis (above) in Argentina last month and (at right, in the foreground) sailing out in his Optimist dinghy to the racecourse in Buenos Aires.

In December, 13-year-old Asher Davis, a resident of Hubbards and a sailor at the Hubbards Sailing Club, got to compete as one of the 15 members of Team Canada at the Pan American Optimist

Sailing Championships in Buenos Aires, Argentina, held from December 10 to 17. He was the only member of the Canadian team from Atlantic Canada.

This was Asher's first international competition. He qualified based on his summer 2025 results at the Canadian Nationals, ranking 29th in the country through the Canadian Optimist Dinghy Association (CODA). That ranking earned him an invitation to participate in Buenos Aires last month.

Asher finished 70th overall out of 122 boats, with a best overall finish of 11th in a single race. He was eighth in Silver Fleet and was the fifth-fastest Canadian.

Before heading to Argentina, Asher says the thing he most looked forward to was "sailing in a new country against international competitors."

There were some surprises, especially, he says, "how difficult the current and local conditions were."

He adds, "The best parts were the excitement of the races, competing against the other kids, and the high-quality coaching."

He has been sailing since the age of 6, encouraged by his dad, a former sailing instructor in Hubbards. Asher will continue to race for the Hubbards Sailing Club and looks forward to attending the Canadian Optimist Dinghy Championships in Vancouver in August.

For now, back home in the Canadian winter, he's enjoying reflecting on his experience in Argentina, and on the support that got him there.

"I'm grateful to my coaches, teammates, family, and all those who made donations," he says, "especially local support from the Hubbards Area Lions Club and the Girls Night Out."



—INTERNATIONAL—
HOLOCAUST
REMEMBRANCE DAY

Tuesday, January 27

There were around 220,000 Holocaust survivors still alive as of 2025, with the median age being 87. Important work continues, to record and share the stories of survivors.

To learn more about the Holocaust and read survivors' stories, visit: museeholocauste.ca/en

Hon. | L'hon.
Lena Metlege Diab, M.P. / députée
Halifax West | Halifax-Ouest

✉ LenaMetlege.Diab@parl.gc.ca

Your Voice in Ottawa!
Votre voix à Ottawa!

DEMONE & GRANITE^{Est. 1964}
MONUMENTS & PRODUCTS

DEMONES.CA

1-800-661-4621

**Affordable, reliable,
high-quality metal roofing
made in Bridgewater
since 2013**



Showroom open
Monday to Friday: 8am to 5pm
1314 Highway 325
Blockhouse
902-298-3022
sales@wallsmetalroofing.com

wallsmetalroofing.com



Installations
Our installation teams are some of the best in the business with over 4,000 projects completed.

Innovations
Our app is designed specifically for install crews and contractors buying materials.

Wholesale
We wholesale all of our roofing products and packages. Contractor pricing available.

Contact us for a free quote

Cold-water swimmer invites others to experience the benefits



Agnieszka Monk

My cold-water swimming journey began this past October, when a relative came to visit. He has been a cold-water swimmer for 13 years, and while I always found it fascinating, I never imagined trying it myself. Even in summer, I find the water cold.

On the last day of his visit, he invited me to join him. Without overthinking it, I said yes. He suggested I wear neoprene shoes and gloves—and a hat on colder days.

That same day, I went for my first

swim.

From that moment on, I was hooked.

As a mom of two young children, I rarely get uninterrupted time for myself. Cold-water swimming became exactly that. It gives me space to breathe and makes me feel alive—physically grounded and mentally clear.

Over the past three months, I've noticed many positive changes. My mood has improved, my stress tolerance is higher, and my mental resilience is stronger. My heart feels fuller, with a deep sense of gratitude. I've experienced better circulation, improved immunity, and more stable hormones. I have found that cold-water swimming helps with inflammation, post-workout soreness, menstrual cramps, fatigue, and improving my focus. Even imagining myself entering the water calms my anxiety.

Just as importantly, I want my children to see that we are capable of doing hard things. By stepping

outside our comfort zone, we build strength, confidence, and resilience for life's challenges.

I am truly grateful for this habit, and hope my story inspires you to give it a try. Cold-water swimming is a mental game—the decision is the hardest part. Once you commit, the rest is simply getting in and letting your body do what it knows how to do.

A few safety tips:

- Cover your hands, feet, and head.
- Enter the water when you're warm and it's not windy.
- Slow your breathing and don't panic.
- Never swim alone.
- Consult your doctor before you try cold-water swimming if you have a heart condition, Raynaud's, thyroid disease, or other medical concerns.

Interested in trying cold-water swimming or dipping?

If you're interested in trying cold-water swimming or dipping—a briefer exposure to the water than swimming—I'm starting a group that will swim at Shining Waters Marina, 148 Nautical Way, Tantallon. We will meet at 10am on Saturdays.

We can change inside at Shining Waters and stay for coffee or breakfast after our swim or dip.

For more information, or if you would prefer a different day, you can contact me at agamonk@ymail.com or on Facebook (search Aga Monk).

Agnieszka Monk



SEPTIC CLEANING is part of your regular House Maintenance. It's recommended to have your tank cleaned every 3 to 5 Years and we can help!

Services Offered:

Septic Cleaning
Filter Maintenance/Cleaning
Riser/Safety Screen Install
Minor Repairs
Bio-Clean



WE ARE FULLY INSURED AND CERTIFIED
902-329-4477

cousineddiesseptic@gmail.com

Find us on FaceBook - Cousin Eddie's Septic Services

LETTERS TO THE EDITOR

Protecting land and water as treaty partners

On January 4, 24 people participated in a ceremony led by three grassroots traditional Mi'kmaq grandmothers—Marilyn Francis, Marian Nicholas and Darlene Gilbert. The ceremony included a sacred fire, songs and prayers for the protection of the land, a water ceremony that included singing to the roaring Ingram River, and prayers of protection for all the waters that give us life.

Participants expressed their love for the Ingram River Wilderness Area (IRWA) and their heartbreak over the proposed high-production forestry, (aka perpetual clearcutting and spraying) to take place there.

IRWA is home to the oldest

forests in Nova Scotia, is a critical corridor for the endangered Mainland Moose, a watershed for St. Margaret's Bay, and home to 16 other species at risk and 73 species of conservation concern. Clearcutting threatens the survival of the moose, those other fragile and endangered species, our watershed, and the health of those forests.

Our community has lobbied for this area to be protected. The salmon used to populate St. Margaret's Bay. Sadly, logging activity by Bowater Mersey impacted the Ingram River, and the salmon stopped spawning.

Participants in the ceremony expressed their joy that the salmon have returned to spawn in the river, due to the

stewardship of the St. Margaret's Bay Stewardship Association. The ceremony fortified our commitment to protecting IRWA. It was a full-circle moment as the Mi'kmaq grandmothers returned here, as descendants of the people who fished in the Ingram River, and paddled it to access St. Margaret's Bay, and for whom IRWA was traditional hunting grounds.

The ceremony threaded participants together as treaty partners—settlers standing with the Mi'kmaq—to safeguard our common future by protecting the water and land that gives us life.

To join us, email ingramactiongroup@gmail.com.

Lesley Hartman
Ingram Action Group

A bright (holiday) light in challenging times

It was a delight, in your December issue, to see all the stories about our area's communities celebrating Christmas with festivals in Mahone Bay, Chester, and Tantallon, neighbours helping

neighbours with a long-running food drive, and so many other stories and photos that shone a light on the good to be found in these challenging and often difficult times we are living through.

DAY TRIPS WORTH TAKING

Visit a museum

Janet Kennedy

My favourite day trip is to visit a museum, and Nova Scotia has a lot of wonderful ones.

Winter is the best time to go, with reduced tourist traffic on the roads and at attractions. Yes, you may encounter school groups, but I've been charmed to watch kids experience with wonder the visible and frequently interactive knowledge museums provide.

Everyone knows about Pier 21, The Canadian Museum of Immigration in Halifax. As a Canadian whose roots go far back in this country, Pier 21, which is always worth a visit, reminds me of the challenges and hopes of immigrants, and of the amazing diversity of our population.

There are lots of other museums to visit, big and small, and in all

I found the holiday spirit throughout the newspaper last month, and I want to thank you for it.

Eleanor White
Bedford

PERSONAL CARE CREMATIONS

Simple Cremation \$1995 +HST

Includes

- Transfer from place of passing
- Shelter and care
- Cremation fee
- Basic cremation container
- Documentation and registration
- In-home arrangements (or a location of your choosing)

902-523-1922

Available 24/7



Locally owned with over 20 years experience, offering the South Shore and HRM:

**Compassionate Guidance
Personalized Service
Affordable Options**



Michael Thornborrow
Funeral Director

www.personalcarecremations.ca

St. Margaret's Bay residents rally to support community member



Susan Slaunwhite, along with her husband, Jim, have been coordinating community support for Frank, a resident of St. Margaret's Bay. "People have been so generous," she says. "Frank is very private, and being independent is important to him, but he wants our community to know he is so grateful."

Sharon Jessup Joyce

A resident of the St. Margaret's Bay area has been touched by how the community has been there for him.

Franko, known as Frank, who prefers not to share his last name, has been a familiar figure for many years, as he travels along St. Margaret's Bay Road on his

Big Brothers Big Sisters South Shore looking for 26 "Bigs" in 2026

Big Brothers Big Sisters South Shore is looking for community members to volunteer as a "Big," to help change a young person's life. The organization's goal is to create 26 new matches in 2026 across the South Shore, from Liverpool, Bridgewater, Lunenburg, Mahone Bay, Chester, Hubbards, and the surrounding communities.

Adult volunteers—"Bigs"—mentor youth, known as "Littles," who will benefit from a positive adult role model.

"When I met my Big Sister,

Sarah," says Lily, "I was shy and didn't like talking much. We started going for walks by the LaHave River. I liked that, and I started to talk more and feel happy. Now I draw pictures of the river and show them to Sarah every week."

Each Big is matched to a Little to share fun and relaxed moments, like hiking a trail, playing a sport, grabbing a hot chocolate, or just having a friendly conversation.

The time commitment is relatively small, but the value is enormous: investing four to six

bicycle.

He got to know fellow St. Margaret's Bay residents Susan and Jim Slaunwhite some time ago, and they've been coordinating recent community support around Frank's current needs during and after a recent hospital admission.

Susan has been providing regular updates on the Facebook page Ask St. Margaret's Bay, and the result has been a flood of offers to help.

"His roof needed repair, so Blackburn Roofing donated the labour, while Rona Tantallon and Bird and Stairs donated the materials," she says.

She adds that there have also been gifts of cash to cover things like heating, and items, including clothing and bedding, along with many more offers of various types of assistance.

"It's wonderful how much we care about one another here," she says. "At the same time, Frank is a very independent person and chooses to live quite simply, so

we wanted to make sure any help provided respected that."

The Slaunwhites will continue to stay in touch with Frank.

"At this moment, his bills are up to date, his roof is repaired, and his current needs are under control," says Susan. "People have been so generous and, because his space is quite limited, he doesn't need any further items at this time."

Susan says Frank feels grateful that he now has what he needs, and he hopes anyone in the community who was ready to help him out will consider directing a donation instead

to the two families in Hubley affected by a January 1 house fire (see "Benefit to aid families who lost everything in fire," page 8).

Susan says, "In a recent conversation, Frank said to me, 'I didn't think people noticed—I didn't think they saw.' And I said, 'They sure did, for the past twenty-something years. Everybody was worried when you were in the hospital, and the community missed you.'

She adds, "Frank wanted to make sure I shared this message. He said: 'I want to thank everyone, for all they've done.'

Jessica Fancy-Landry

MP South Shore-St. Margarets

BUILDING RURAL

BUILDING CANADA

902 299 0498

jessica.fancy-landry@parl.gc.ca



2026/27

Municipal Budget



The municipality is working through the budget and business planning process for 2026/27.

Each year, residents have an opportunity to speak directly to Regional Council about their budget priorities. During each meeting, time is set aside for the public to provide insight and comments and residents are encouraged to pre-register to speak in a meeting.

*Access the full list of in-person meeting dates and times for all budget presentations by visiting halifax.ca/budget or calling 311.

How to participate

Registration is required to be added to the speakers list. Please contact the Clerk's Office at 902.490.4210 or by email at clerks@halifax.ca. Virtual participation will also be available and residents who wish to speak through the virtual option must still pre-register by no later than 4:30 p.m. the business day prior to the meeting.

During the meeting, after all pre-registered speakers have been called, the chair will call three times to ask if there is anyone else present who would like to speak. At that time, anyone who has not pre-registered will have the opportunity to speak to the Budget Committee.

*Meeting dates may be subject to change and any new dates will be communicated on halifax.ca/budget.

HALIFAX

halifax.ca/budget



Available to Adopt

Looking for forever homes



Terri

Sweet but shy Terri is a 4-year-old American Staffordshire Terrier mix. She was found as a stray and has been at the Dartmouth SPCA since August 2025.

Terri would do best in a calm adults-only home where a patient owner could build her confidence. She has mild hip dysplasia and degenerative joint disease that is currently managed by pain medication. She has been spayed and is up to date on core vaccinations.

If you're ready to let Terri steal

your heart—and maybe some snacks—email dartmouth@spcans.ca or call 902-468-7977.

Missing those weekly visits to your local farmers' market?

The Lunenburg Farmers' Market runs throughout the year on Thursday mornings, 8am-noon, in the Lunenburg Community Centre, 15 Green Street.

You can also check to see if your favourite vendors from seasonal farmers' markets are on social media or have their own websites. Some vendors sell at other locations or through private arrangements during the off season.



Peggy's Cove Area Festival of the Arts

The Peggy's Cove Area Festival of the Arts is a highly anticipated local event that is a "must-do" for many art lovers and visitors. Festival 2026 will open July 8th and include the signature events Paint Peggy's Cove (July 10 - 12) and the Studio Tour (July 17 - 19). *Join us for another picture perfect summer art festival!*



peggyscoveareafestivalofthearts.com



Successful return of All-Ages Colouring Contest

The Masthead News Staff

After taking a year off, the Peggy's Cove Area Art Society's All-Ages Colouring Contest, part of Christmas in the Bay 2025, was back and attracted 110 entries from colouring fans aged 5 to adult.

In December, judges selected 15 entries in four age categories to

receive prizes, based on creativity and execution.

The contest's four judges, all members of the Peggy's Cove Area Art Society and Crossroad Artists, were Gretchen Amirault, Mary Doane, Connie Ivany and Andrée Lachance.

Connie Ivany, a first-time judge,

says the quality of submissions "made our job quite difficult, but we enjoyed seeing how much creativity and care went into the submissions."

Local artists Amy Nemeth and Jillian Book created the original artwork for colouring.

The Peggy's Cove Area Art Society offers art-making opportunities for young community members up to grade 12 through its youth membership. For more details or to join, visit peggyscoveareafestivalofhearts.com and click on Membership and then select Youth Membership from the drop-down menu.



Siblings Alex, 11, and Lily Hopper, 17, repeat prize recipients in the Peggy's Cove Area Art Society's annual All-Ages Colouring Contest, show their winning entries and prizes from the 2025 contest. Photo credit: Lisa Hopper

Benefit to aid families who lost everything in house fire

The Masthead News Staff

The community is rallying to help two families who lost everything they own in a house fire in Hubley on January 1.

A benefit has been organized by Darlene Macaulay, and will include a deejay, barbecue, bouncy castle, face-painting, 50/50 draw, and more. The event is at Estabrooks Community Hall in Lewis Lake on Sunday, January 25, 2-4pm. Admission is by donation.

"Everything for the benefit has been donated," says Macaulay, who is providing the bouncy castle. "People have responded so

generously. I've been saying our small community can make a big difference, and it's true."

Macaulay says the community came quickly to the rescue to ensure both families now have clothes, footwear, and coats.

"That's really appreciated," she says, "But they've lost everything else, of course, including Christmas presents."

The house, which was located on Hubley Mill Lake Road, and owned by Keith Sampson MacIntosh, was built by his great-grandfather.

In addition to losing everything

belonging to his own family—which includes his partner, who is pregnant, and daughter—MacIntosh has lost his family's memorabilia.

Jailyn Parsons and her partner, who lived in the basement of the house, have also lost everything. Parsons says they did not have tenant insurance.

Anyone who is unable to attend the benefit but still wants to contribute can contact Darlene Macaulay by email: darm5698@outlook.com or by phone: 902-329-5698.

January 26 is the International Day of Clean Energy

The day is dedicated to raising awareness of the need to move away from fossil fuels and toward clean energy. Learn more at un.org/en/observances/clean-energy-day

Rick Burns
MLA for Hammonds Plains-Lucasville

- RickBurnsMLA.ca
- 902-404-4393
- info@RickBurnsMLA.ca

BREATH ASSURED
HEAT PUMP CLEANING

- 1 Heat Pump Cleaning
- 2 Duct Cleaning Furnace
- 3 HRV Cleaning & Maintenance
- 4 Dryer Vent Cleaning

902 417 2219
www.breathassured.ca

Take your health records wherever you go.



Anyone aged 16 and older with a Nova Scotia health card has access to information about their:

- Previous and upcoming health visits
- Hospital visits and stays
- Current and previous medications
- Blood, urine, and general lab test results
- Diagnostic tests like MRI, PET, CT, Mammography, Ultrasound, and X-ray bookings and results
- Immunization records with VaxRecordsNS

To view your records, download the **YourHealthNS** app or visit YourHealthNS.ca and select records.

SERVICE DIRECTORY

Shop Local. Dine Local. Support Local.



• Women's apparel
• Jewellery
• Accessories
• Small giftware

Open Tuesday - Saturday
10am to 5 pm
2136 Hammonds Plains Road,
Hammonds Plains
902-832-3008

Proud to support Canadian companies,
Canadian-made and Nova Scotia-made products



Your door-to-door community
transportation service
902-820-6600
48 hours advance booking required

Charitable Registration # 81675 3305 RR0001



RANDY
SUTTON



FREE
ESTIMATES

902-476-3819

- LOT CLEARING/GRADING
- DRIVEWAYS/ROADS
- TRENCHING/DITCHING
- SEPTIC SYSTEMS
- RETAINING WALLS
- MATERIALS

Leader in Workmanship, Quality & Dependability!
www.rockworksexcavation.com



**GUSHUE'S
LANDSCAPING**
Commercial & Residential
Snow Removal

Before the snow flies,
contact us and get on our plow list
today!



Phone Number 902-930-2400

Email Gushueslandscaping@gmail.com



RECORDO'S
PIZZA

12779 Peggy's Cove Rd. Tantallon

902-826-2114

Order Online, Pickup & All Day Delivery available!

recordospizza.ca

ABC: **ANTIQUES
BOOKS &
COLLECTIBLES**

12717 Peggy's Cove Road, Tantallon
Please call for store hours
(902) 826-1128

Antiques, old and interesting items
bought and sold.

Find us on Facebook
abcantiques@eastlink.ca

12717 Peggy's Cove Road, Tantallon

Please call for store hours

(902) 826-1128

Antiques, old and interesting items

bought and sold.

Find us on Facebook

abcantiques@eastlink.ca



Karen Sullivan REALTOR®
(902) 471-3591

realtorkarens@gmail.com
Living & working
in your community
Licensed REALTOR® since 1998
karensullivan.ca
Independent Member Broker



SUTTON GROUP
PROFESSIONAL REALTY



**Custom
PICTURE FRAMING**
THE
PERFECT
CORNER

Now In Hubbards, Nova Scotia
Formerly 30 years in Wolfville
902 857-9250

Hubbard's Shopping Center - 100 Highway 3
Unit 3 Hubbards Nova Scotia perfectcornerframing.com

Monday-Tuesday: by appointment

Wednesday-Friday: 10:30am - 5pm

Saturday: 10:30am to 1:30pm

Other hours may be available by chance or appointment



SARAH NIXON-MILLER
MORTGAGE BROKER

tel. 902.225.7077

sarahnixonmiller.com

SHORELINE
EXCAVATION & TREE SERVICES

FREE QUOTES!

Hubbards, Nova Scotia

902-943-3660

Driveways + Drainage Systems | Well + Septic Lines
Tree + Brush Removal | Decks | Landscaping | Demolition



The Little Guy Computer Consultants

Slow computer, pop-up windows won't go away
or your computer started thinking for itself?

Larry Chrysler 902-999-2205
email: HELP@ThelittleGuy.ca
Website: <http://ThelittleGuy.ca>

Call us, we can help get you back to your
"Computer Normal"

KENNEDY • SCHOFIELD • LUTZ
LAWYERS

Family • Corporate • Child Protection
Property • Wills & Estates

Proud to support the Bay's families and businesses

ksllawyers.ca | **902-826-9140**

St. Margaret's Bay, NS



Proudly Serving
Our Community

Since 2009

- Tires • Brakes
- Maintenance
- Diagnostics
- Exhaust
- Air Conditioning

We Repair All Makes and Models

9993 Peggy's Cove Road, Hackett's Cove

(902) 823-2886

Helping You Come Home

richardmunden@kw.com

Richard Munden
Realtor
902.449.8893
mundensrealestate.com



CAROUSEL STUDIO
INTERIORS

We take pride in creating a comfortable home. Just for you.

- Paint Consultations
- Complete Color Schemes
- Custom Window Treatments
- Custom Manufacturing
- Blinds & Shades
- Upholstery & Slipcovers
- Renovations

CHERYL WHITEHOUSE
INTERIOR DECORATOR / OWNER
902.823.3026
INFO@CAROUSELSTUDIO.CA WWW.CAROUSELSTUDIO.CA

Dirt-E Construction
Mitchell Bell
Owner

Excavation, Concrete, Tree Removal,
Lawn Care, Snow Removal

902-209-5934
mitchelljamesbell@gmail.com

BENOIT ELECTRIC

Residential • Commercial
• Renovations • Service Upgrades
• Generators - Standby and Portable
• NS Power Certified ETS Installer
• NS Power Service Provider

Phone: 902-876-0904
info@benoitelectric.ca / www.benoitelectric.ca

LOCALLY OWNED

- Hearing tests
- Hearing aids sales/repairs
- Wax removals

SEASIDE HEARING
106 Duke St. Chester
902-275-4619

Open 10 - 4 Monday - Thursday

SERVICE DIRECTORY

Shop Local. Dine Local. Support Local.

CHARLES LANTZ CUSTOM CABINETRY LTD.



Roy Parsons
Owner/Operator
456 Blue Rocks Road,
Lunenburg, Nova Scotia
902-634-1937
902-298-1864
www.charleslantzcabINETRY.com
candu1@eastlink.ca

BRANCH MANAGER TREE SERVICES



**REMOVALS • PRUNING • CHIPPING
STUMP GRINDING • EXCAVATION**

Creating Biodiversity
Restoring old growth characteristics
Enhancing wildlife habitat by ecological forestry practices

John W. Young
Forest Technician **902-222-6428**
youngjohn0388@yahoo.ca


Lola's Landing
Girly Shopping
at its Best
(902)-858-5652
10061 St. Margaret's Bay Road
Hubbards, NS, Canada B0J 1T0
Open Weekends
From 10:00am until 5:00pm.
Follow Us on Facebook for Sales, Events and Updates!

DAVID BOND
BARRISTER AND SOLICITOR

Employment Law Family Law
Wills and Estates Mediation
(902)-858-3066
www.davidbondlaw.com
PO Box 58, Hubbards, NS, B0J 1T0




Matt Swain
902.789.9099
"Home is the most important place in the world."
www.viewpoint.ca/mattswain

Nick Culley MRCPod
Podiatrist
Foot Specialist



902-820-2777 5216 St Margarets Bay Rd
Upper Tantallon, NS

FROM CONCEPT TO CREATION



IVORY EXCAVATION



nick@ivoryexcavation.ca
902-499-1604



vision ELECTRIC
LIMITED

For all your electrical needs.
902-826-9206




www.visionelectric.app
info@visionelectric.app



SUNRISE PARK
INTER-FAITH CEMETERY

2025 Prospect Road, Hatchet Lake

Columbarium Niche
Green Burials
~ Specials ~
info@sunrisepark.life



902-880-4944
sunrisepark.life



**Amanda
Morash-Parsons**
902-930-3900
amanda@harboursiderealty.com

HARBOURSIDE
REALTY LTD

Where Coastal Charm
Meets Real Estate Expertise
Harboursiderealty.com

**When was
your last
hearing test?**

No Doctor referral required.
Accepting new patients.



Empower Hearing
5288 St. Margaret's Bay Road
Upper Tantallon (beside RBC Bank)

Call Today: 902.826.HEAR (4327)

**family owned
& operated**

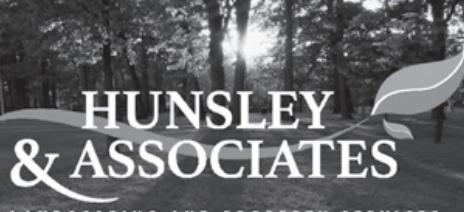
BOOK A FREE HEARING TEST ONLINE:
www.empowerhearing.ca



SPECIAL T SEPTIC & EXCAVATION

- Septic Systems/Tanks/Pumps
- Water & Sewer Lines
- Lot Clearing / Driveway Build
- Foundations
- Drainage Solutions
- Cisterns
- Auxiliary/Emergency Water Sumps

Tyler Kynock **902-877-1547**
tylerkynock@specialtseptic.com



HUNSLEY & ASSOCIATES
LANDSCAPING AND PROPERTY SERVICES

Dedicated to Exceeding Expectations
Locally Owned and Operated

Complete
Residential & Commercial
Landscaping Services

FREE ESTIMATES

hunsleyandassociates@gmail.com

INGRAMPORT TRAILER AND FABRICATION

8161 St. Margaret's Bay Road
General Repairs In or On Site
Official T1/T2 Trailer Inspection Station
Tire Changing and Balancing
Vehicle Frame Repairs

TIM FILLMORE
902-858-2042



REMAX NOVA
WENDY HARRINGTON REALTOR®
902-221-0646
wharrington@remaxnova.ca
902-453-9300
397 Bedford Highway, Halifax NS

Each Office is Independently Owned And Operated
VISION. INTEGRITY. EXPERIENCE.

902-233-2781



Lunenburg County
WHEELS
Connecting People and Communities

Pre-booked, door-to-door weekday transportation
for Mahone Bay, Lunenburg, Bridgewater
& all MODL communities. All ages.

902-523-4455

Three days advance booking recommended

Charitable Registration #13166 6489 RR0001

Remember When
HealthCare

Homecare, Private Nursing Services &
Advanced & Diabetic Nursing Foot Care

Servicing all of Nova Scotia.
902.497.0722
communitycare@rwhc.ca
Your Journey, Your Home, Your Independence

SHIP SHAPE HOME IMPROVEMENTS



INTERIOR / EXTERIOR
HOME IMPROVEMENTS & MAINTENANCE
Serving both Lunenburg and Queens counties

902 990 0980
info@shipshapehomerepairs.ca
www.shipshapehomerepairs.ca



BREATH ASSURED
HEAT PUMP CLEANING

Heat Pump Cleaning

Call Now for Pricing & Book Your Cleaning Today!

902 417 2219
www.breathassured.ca

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.**Tuesdays & Thursdays**

Taoist Tai Chi* 7-9pm Tuesdays and 10am-noon Thursdays. St. Stephen's Parish Hall, 54 Regent Street, Chester. Sessions feature gentle, flowing movements that support balance, flexibility, and overall well-being. Free, Contact taoist.org

Monday, January 5

Open House: Calm-Abiding Meditation 7:30-9pm. St. Margaret's Bay Shambhala Centre, 13495 Peggy's Cove Rd, Upper Tantallon. Weekly open house offering guided calm-abiding meditation led by local Shambhala teachers. Beginners are welcome to learn about the practice in

a supportive setting. Free admission, Contact bay.shambhala.org

Wednesday, January 7

Weekly Yoga Classes 6:30 pm. St. Luke's United Church, 5374 St. Margaret's Bay Rd., Upper Tantallon. Ongoing yoga classes for all levels, focusing on strength, flexibility, and relaxation. Participants are encouraged to bring their own mat and cushion. \$15 drop-in, \$12 per class for bundles of four or more, Contact Julie Jordan, jordanjulie611@gmail.com, 902-499-8174

Wednesday, January 14

Health Record Keeper Workshop 1:00-3:00 pm. Blandford Community Centre, 30 Fire Hall Road, Blandford.

This interactive workshop helps participants organize medical information, prepare for appointments, and build self-advocacy skills using a guided health record workbook. Fully funded by OHC, Contact Darren van Niekerk, programs@ourhealthcentre.ca, 902-273-2283

Saturday, January 17

St. Peter's Church Book Worm Haven – Used Books 9am-noon. St. Peter's Church, 10030 Peggy's Cove Road, Hackett's Cove. Browse over 5,000 used books, puzzles, games, and CDs for all ages, with new titles arriving regularly. The book room opens one Saturday each month through winter. Prices \$2-\$3, Contact 902-823-1085

Tuesday, January 20

Walkabout with Andrew Younger 7-8:30 pm. Keshen Goodman Library. Explore Nova Scotia's parks and trails, including the Blue Mountain-Birch Cove Lakes Wilderness Area, through stories and insights from the Eastlink series. Hosted by Friends of Blue Mountain-Birch Cove Lakes Society. Free, Contact bluemountainfriends.ca

Monday, January 26

Hammonds Plains Historical Society January Meeting & Presentation 7pm. Cornerstone Wesleyan Church, 1215 Hammonds Plains Road. The presentation Hammonds Plains of the 1930s – Progress Meets Upheaval explores life during the "Dirty 30s," a

decade of challenges and opportunities in the community. Free, Contact Dave Haverstock, haverstockdave@gmail.com, 902-835-6929, <https://hammondsplainshistoricalsociety.ca>

Sunday, February 1

Mindfulness Based Stress Reduction Practice 9:30 am-noon. St. Margaret's Bay Shambhala Centre, 13495 Peggy's Cove Rd, Upper Tantallon. Guided practice includes meditation, breath work, mindful yoga, qi gong, and group discussion, offering practical tools for relaxation and stress reduction. Free and open to the public, beginners welcome, Contact Tim Walker, smbsc@chebucto.ns.ca, 902-476-4097, <https://bay.shambhala.org>

TRADESPEOPLE

**HIGHLAND CUSTOM CARPENTRY**

Household renovations, repairs and installations. Doors, windows, porches and decks repaired or replaced. Repairs to flooring, drywall, siding, installation of laminate countertops, shelving and garage storage solutions. Insured and references. Call Mike, 902-476-8831.

Furniture Repair/ Restoration

40 Years experience Specializing In: Wood furniture; replacement of parts, Danish Teak PC's, finish and colour. Call Mr. Backman 902-423-1820

Matt Copas Plasterer

Small jobs, taping, skimming, old plaster repair and traditional plastering. Call Mathew: 902-204-8283, mathew60copas@gmail.com

Seamless Eavestroughing

Quality system; hidden hangers; 50 colours, aluminum and copper. More than 25 years experience. Free estimates. Call Eric Messom, 902-228-2988, 902-456-4900.

**Kenneth (Kenny) Wade Burgoyne**

Kenneth (Kenny) Burgoyne, age 65, of Seabright, passed away December 3, 2025 at the QEII Hospital, Halifax.

Born in Halifax, he was the son of Agnes Burgoyne, and the late Bernard Burgoyne, of Seabright.



IN MEMORIAM

Kenny (Dad) was the strong, silent type who loved very deeply. He was a skilled carpenter by trade. Building family homes, playhouses and swing sets for his kids, Kenny took great pride in his work. He was very talented. You asked, and he would build it, flawlessly. He loved hunting, fishing, keeping a garden, where he always grew the best tomatoes. He enjoyed trips to Lukies Island with his kids and a good steak on the BBQ after a day's work.

He is survived by his mother, Agnes; daughters, Sara Wamboldt (Erich) and Jillian Burgoyne (Trent); son, Ryan Burgoyne (Ashleigh); sister, Cindy (Joey); brothers, Graham (Dawn) and Ricky (Charlene); grandsons,

Marsden

In loving memory of our dear Hunter, called to a higher service January 3, 2024.

We think of you when we are awake, and when we close our eyes at night.

Cherished memories bring smiles, laughter, and tears.

Levi and Gavin.

He was predeceased by his father, Bernard Burgoyne.

He will be greatly missed by his mom, children, grandchildren and his devoted friend of many years, Nancy.

He may not be here physically, but he is all around us, and in our hearts forever and always.

We will see you later Dad.

"Grief has no end, it just becomes who we are. Maybe that's the point, to carry them with you, not in heartache and pain, But in love that never, ever goes away."

A Celebration of Life will take place at a later date.

You are with us in everything we do.

Every day in some small way, memories of you come our way.

Lovingly remembered daily in our thoughts and prayers,

Mum, Dad, Alex, Great-Nanny and Family

Classified ads

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

CLASSIFIED ADVERTISING

**FREE adult education**

Offering workplace skills, digital skills, CAEC Prep (Replaces GED) for adults 18 and over.

Start anytime and work at your own pace.

Call 902-225-6320 or email info@westernhalifaxcln.com

For Sale

Teak Dining table, 42 inches round, with 3 chairs.

All in excellent original condition Circa 1970, \$1150.00 Delivered Call 902-423-1820

Antiques and collectibles

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

MILESTONES

The Masthead News now accepts milestone announcements, including birthdays, anniversaries, and special community moments. For pricing and details, contact info@themastheadnews.ca Events will be included as space permits.

January is Alzheimer's Awareness Month

Support and information

The Alzheimer Society supports all Nova Scotians experiencing any form of dementia. If you suspect you or someone you care about may be showing signs of dementia, the society also assists with information to help navigate the assessment process. Learn more at alzheimer.ca/ns

Memory Cafés

Memory Cafés are fun, positive social events for people experiencing dementia. The cafés involve warm drinks, conversation and music in various communities in the province, including Tantallon, Chester, and Bridgewater.

To learn more or to register, visit memorycafens.ca

January is Tamil Heritage Month

There are around 250,000 people with Tamil heritage in Canada.

Choosing Sides

Barbara Olson

© ClassiCanadian Crosswords

1	2	I	3	L	4	A	5	F	6	F	7	E	8	C	9	T	10	P	11	A	12	W	13	S																			
14	N	C	O		15	M	A	I	T	A	I						16	G	L	E	E																						
17	T	E	R		18	T	U	X	A	N	D	19	T	A	I	L	S																										
20	A	B	E	S	21		22	N	E	T	T	E	R			23	B	L	T																								
24	P	O	T	H	E	A	D	S				26	A	S	A	F	E																										
28	E	X	T	O	L				29	B	E	S	T	B	E	T																											
31	A	T	L		32	O	33	G	G	E	R	H	E	A	D	S																											
35	D	R	I	E	D																																						
36	P	U	P	P	Y	D	O	G	T	A	I	41	I	42	43	S	44	S	U	N	46	U	47																				
44	I	N	A	N	E	S	T					45					48	N	A	R	E	S																					
48								49	P	I	G	T	A	I	L	S	52	E	L	A	O	R	S	I	N	O	56	U	G	L	Y												
52	F	I	G	U	R	E	H	E	A	D	S	57	F	I	G	U	R	E	H	E	A	D	S	60	G	M	C	64	R	E	N	E	65	S	E	N	T	T	O	66	E	N	O
57								58				59					61	O	K	O	K	P	O	I	R	O	T		63	L	A	H	64	R	E	N	E	66	E	N	O		

Restauranteurs heading from Indian Harbour to Liverpool

Micaela Learmonth

Since its opening in 2012, Jim and Diane Buckle created more than a restaurant at Rhubarb Restaurant in Indian Harbour. Over the years, Rhubarb grew into a valued part of the community, known for its welcoming atmosphere and thoughtful approach to food.

Live music nights featured local artists

of all ages and styles, giving both new and experienced performers a stage. Karaoke nights became a favourite.

The Buckles also made a point of accommodating allergies and other dietary needs.

What stood out most, though, was

CHESTER PLAYHOUSE SINCE 1939 **WINTER / SPRING 2026** Tickets on Sale Now!

JOE H HENRY WITH OPENER JAMIE JUNGER AND THE JUNGERNAUTS FEB 1 13 | 7:30PM

GIRLS NITE OUT FEB 1 28 | 7:30PM

EVANS & DOHERTY MAR 1 12 | 7:30PM

DAVE GUNNING MAR 1 28 | 7:30PM

TIILT APR 1 04 | 12 + 7:30PM

JOYRIDE APR 1 18 | 7:30PM

VINCENZO RAVINA ACTUAL SORCERY MAY 1 02 | 7PM

MARY FRANCES MAY 1 09 | 7:30PM

ZOMBIE BLIZZARD MAY 1 23 | 7:30PM

For Info & Tickets visit CHESTERPLAYHOUSE.CA or call (902) 275-3933

SCAN FOR INFO

THE MUNICIPALITY OF CHESTER NOVA SCOTIA Canada



Diane and Jim Buckle say they look forward to welcoming old and new friends to Hazel's Simple Good Food in Liverpool. They plan to open this summer.

the personal connection. The Buckles remembered names, faces, and stories. Busy summers brought visitors from near and far, but it was the locals and regular customers who helped shape the heart of the restaurant.

"Jim and Diane are community builders—although well known for outstanding food offerings, those who have frequented Rhubarb know their dedication to a unique personal experience," says long-time regular guest Greg Patey. "Many times, I have passed folks while walking in, and they would say, 'You are in for a treat.' I would smile and say to myself, 'I know, I eat here daily.'"

"They are pillars in the St. Margaret's Bay area and the ultimate example of what it takes to succeed in small business: work hard, be kind, provide great service, and people show up," adds Patey. "They will be missed."

That dedication did not go unnoticed. In 2022, Rhubarb was honoured as Restaurant of the Year by Taste of Nova Scotia, acknowledging the Buckles' commitment

to quality and community.

Although they are no longer in Indian Harbour, the Buckles are not stepping away from what they love to do. They're busy preparing for their next chapter in Liverpool, Nova Scotia. Hazel's Simple Good Food is set to open early this summer at 343 Main Street in Liverpool. The Buckles say the new space will offer familiar favourites, along with new dishes, continuing the same commitment to care and connection the community came to know at Rhubarb.

Micaela Learmonth is a former staff member and regular customer of Rhubarb.

"A wonderful chapter"

"Thank you to everyone who walked through our doors. Our guests became friends; our team became family. It was a wonderful chapter for us. We couldn't be more grateful. Living and working in this community has been a true joy."

— Jim and Diane Buckle

We are proud to be: **Locally Owned!**

HAMMONDS PLAINS VETERINARY HOSPITAL

2069 Hammonds Plains Road - 902-444-4784 - www.hammondsplainsvet.ca