

THE MASTHEAD NEWS

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Happy 159th Birthday Canada!

"Canadians are generally indistinguishable from Americans, and the surest way of telling the two apart is to make that observation."
— Richard Staines



The Peace run team at Peggy's Cove IL-R Medhur Wilson, Brahmata Michael, Sulabha Wisniewski, Grahak Cunningham (Australia), Rasajna Briatkova (Slovakia), Oliveria Lopez (Mexico) Photo credit: Adarini Inkei

The global Peace Run made its way through the Peggy's Cove area, bringing together volunteers from around the world to promote peace, friendship, and understanding. Read about their visit and the inspiring message behind the torch relay on Page 14.

Singalong Saturday Is Back at the Peggy's Cove Church



Join community members and musical guests Vince and Pixie on Saturday, July 11th, 2 to 3:30 pm, at the Peggy's Cove Church for an afternoon of their favourite folk songs.

Peggy's Cove was Vince Morash's childhood home, which shines through his music.

All are welcome and admission is free. Donations supporting preservation of the church will be gratefully accepted. **Full story on page 7.**

Residents of Masons Point joined forces with Team Rubicon, HRM, and local volunteers for a successful FireSmart Cleanup, demonstrating how community collaboration can strengthen wildfire preparedness.



Volunteers during the May 30th to 31st weekend

Read the full story on Page 13.



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Nova Scotia: A Founding Province



That Almost Said No

The Masthead News Staff

This July 1st, as Canadians from coast to coast mark 159 years since Confederation, it's worth pausing to remember that Nova Scotia was there at the very beginning, and very nearly wasn't. When the British North America Act came into effect on July 1, 1867, Nova Scotia was one of the four founding provinces to unite under the new Dominion of Canada. Ontario, Quebec, and New Brunswick were the others.

In many ways, the country literally could not have been born without us. But here's what the textbooks don't always mention: a great many Nova Scotians didn't want to join.

Anti-Confederation sentiment ran deep across the province. Critics — led by the fiery Joseph Howe — argued that Nova Scotia was being dragged into a political arrangement that would benefit central Canada at the expense of Maritime trade and independence.

Howe called Confederation a betrayal, and he had plenty of company. In the 1867 federal election, anti-Confederation candidates swept 18 of Nova Scotia's 19 seats. The province even sent a delegation to London to try to get out of the deal.

They didn't succeed, of course. Nova Scotia remained, Howe eventually joined the federal cabinet, and the rest, as they say, is history.

It's a story that feels very Nova Scotian — proud, plain-spoken, and a little stubborn. And 159 years on, this corner of the country still carries that independent spirit, from the fishing wharves of Hubbards to the historic streets of Lunenburg. So this Canada Day, celebrate proudly. Just know that your ancestors probably argued about it first.

Happy Canada Day from all of us at The Masthead News.

36th ANNUAL NOVA SCOTIA FOLK ART FESTIVAL



Photo Credit: Jody O'Brien

"Just One of the Folk Fellas" Wool & silk hooking by Laura Kenney 21"H x 17.5"W

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Paintings Steeped in Storytelling

Deanna Foster



Ship of Lost Souls, acrylic, 2024

Myth, folklore, and storytelling shape Frank ForreSTALL's artistic paintings. The youngest of the Tom ForreSTALL artist family, Frank is a new member of the Peggy's Cove Area Art Society. He will be participating in this year's Peggy's Cove Area Festival of the Arts Studio Tour for the first time, allowing visitors to see his works and learn more about his creative process.

Heavily influenced by his father Tom ForreSTALL's art, Frank transitioned into painting as a full-time profession about ten years ago. Although Frank had an opportunity to work in film in Montreal, he remained close to home, near his father, to paint. He and Tom enjoyed daily tea and critique, involving discussion of their current works. While their subject matter was vastly different, many viewers see his father's influence in his works. Tom, who was incredibly encouraging to any artist, embraced Frank's creative and unique paintings.

Viewers of his work often acknowledge the fine detail and robust imagination. Drawing inspiration from mythology, folklore, mysticism, and symbolic traditions of art history, Frank has developed a distinctive visual language, blending technical craftsmanship with layered symbolic imagery.

Through automatism and automatic drawing, he allows forms to rise unbidden from his subconscious. His initial sketches, impressions,



Perils of Tea, acrylic, 2026

and lived experiences evolve into refined watercolour and acrylic paintings.

Frank's work has been exhibited at around 10 shows so far in 2026. His work has been displayed across the province, from Halifax and Annapolis Valley this spring, to Tatamagouche this summer.

Since his father's passing, Frank is gradually shifting to life in Upper Tantallon, where he has been impressed by the local artist community's welcoming and supportive nature. He enjoys the local area's natural beauty, the inspiring connection with nature, and sketching at Labour Day Café.

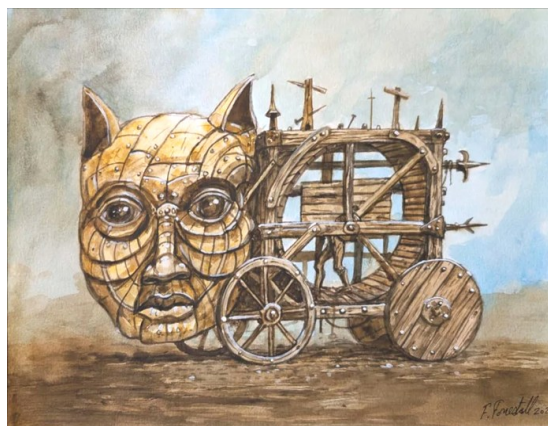


Frank Forre-

You can view more of his work at his website:

www.frankforrestall.com.

He is number 37 in the Peggy's Cove Area Festival of the Arts Studio Tour, July 15th to 17th, located in Tantallon Woods Subdivision.



A Mighty Contraption, watercolour, 2026

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Cheers! Barbara Olson @ClassiCanadian Crosswords

Across

- 1 Sigh sounds
- 4 Italian restaurant specialty
- 9 Co. execs' degrees, often
- 13 "We wear short shorts" sloganer
- 15 Speck in the ocean
- 16 Spanish surreal painter
- 17 Skilled gardener, so to speak
- 19 Keep the engine running
- 20 Final outcome
- 21 Architect's detail, for short
- 23 Sun. follower
- 24 ___ one's ways (stubborn)
- 25 Many a gold rush settlement, today
- 27 Not fit for young viewers
- 29 Therapy subject, maybe
- 30 Growing pains?
- 33 Paperboy's paths: Abbr.
- 34 No word of a lie
- 38 Give ___ on the shoulder
- 40 Love triangle "nombre"
- 41 Casanova types
- 44 Single bounce, in baseball
- 48 Conscience-stricken feeling
- 51 "It's ___ whoop" ("Don't worry")
- 53 Coffee vessel
- 54 Skewed opinion
- 55 1980s-'90s Buick sports car
- 56 Solar or electrical power: Abbr.
- 58 Cushy job with a plush pension, say
- 60 Investment fund for coll.
- 61 High I.Q. group
- 62 Conked out
- 63 The "S" in GPS: Abbr.
- 64 Inert gas used in welding
- 65 Clock setting that's 30 min. later than the rest of Canada

Down

- 1 Pollster ___ Reid
- 2 Canada's 22nd Prime Minister

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- 3 Crash in Cancun
- 4 "Moneyball" producer and star
- 5 Blondish dye
- 6 Semi-melted snow
- 7 Time for music?
- 8 In ideal circumstances
- 9 1501, to Brutus
- 10 Talk trash about
- 11 "I'll get that for you, if I may"
- 12 Brownish pigments
- 14 Smack again
- 18 "Nothing to report"
- 22 Faceoff taker's pos. in hockey
- 25 Work the door at Walmart
- 26 Mouth-puckering
- 28 Bank acct. input
- 31 Car-lot owner: Abbr.
- 32 Have a hunch?
- 34 Quality of wild meat
- 35 German auto
- 36 "___ Tin Tin"
- 37 Web newsgroup service, once
- 38 Debaters, say
- 39 Round-robin event, for short
- 42 Horse wagerer's hangout: Abbr.
- 43 Stain of shame
- 45 Be obsessive about keeping
- 46 Get one's hands on
- 47 Says "aw"?
- 49 Less common
- 50 "What would you do if ___ out of tune" (Beatles lyric)
- 52 Cocktail whose name is hinted at in 17-, 25-, 34-, 48- and 58-Across
- 55 Actor Reynolds or Gosling
- 57 Sch. hand-in
- 59 B.C. group with strings and brass

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August 2026 Issue
 Submission deadline
 Monday July 20
 Publication Date July 28

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What we're Reading

Books by local authors

Literary award for Tantallon author's 'gripping, courageous' book

Neil Everton



Halina with the Evelyn Richardson Award trophy.

Tantallon-based author, Halina St James, won the prestigious Evelyn Richardson Award for Non-Fiction on June 1st.

The Nova Scotia Book Awards judges called Halina's book, *The Golden Daughter*, "a gripping story... written with unflinching courage."

The award commemorates the Nova Scotian author who won the 1945 Governor General's Non-Fiction Award for *We Keep A Light*.

Halina is glad that her book shed light on a less known World War

Two atrocity, when Nazis seized five million men, women, and children in Eastern Europe and forced them to work as slaves in Germany.

Maria, Halina's mother, was one of them, abducted at 17 from her school in Ukraine. She never saw her parents again.

"My mother was lucky," says Halina. "She survived the war. But it left her carrying secrets that she took to her grave. I only learned the truth when I found a bundle of letters she had kept hidden for 75 years. Many of the other slaves never talked about their experiences either. So, *The Golden Daughter* is their story as well as my mother's."



Maria with baby Halina in a refugee camp before emigrating to Canada.



Halina St James (left) with Nova Scotia Lieutenant Governor Mike Savage and gala host Juanita Peters.

Awards ceremony attendees included Nova Scotia Lieutenant Governor Mike Savage and NDP leader Claudia Chender.

Last month, Halina donated to the Canadian Museum of Immigration at Pier 21 (Halifax) a collection of items chronicling her mother's fleeing of Nazi Germany in search of a new life in a new land.

These included a purse with a secret compartment where Maria hid documents from the Nazis. There were also berth reservations from the ship that brought Maria and four-year-old Halina to Canada.

Halina is a former CBC television producer whose assignments included the Romanian revolution, the Gulf War, and five Olympics.



Halina (left) presents objects from her mother's wartime experience to Sabrina Orr, from the Research and Collections Department at the Canadian Museum of Immigration at Pier 21.

Peggy's Cove Church is Welcoming Visitors on Saturday Afternoons

All Summer Eliza Manuel

High up on the hill at the Peggy's Cove entrance, the white church with its red roof is almost as recognizable a symbol of the iconic fishing village as the famous lighthouse. Although many people can instantly identify the

church from the outside view, there are also special features worth seeing inside.

To make this happen, St. John's Church, generally known as the Peggy's Cove Church, is pleased to be open, with the help of volunteers, every Saturday, 1 to 4 pm, throughout the

summer.

On June 20th, the first Saturday opening, a volunteer reported over 50 visitors from as far away as Belgium, Texas, Minnesota, and Manitoba, and as close as Head of St. Margaret's Bay.

Community members and visitors are warmly invited to view the church's interior, especially its ceiling, murals, and stained-glass window, all of which honour the community's important fishing heritage.

The ceiling mimics lines of the hull of a ship. In addition to being beautiful and evocative of the church's coastal location, its shape provides wonderful acoustics. Two murals recognizing the community's history, painted and donated by artist William deGarthe in 1963, are celebrated.

The custom stained-glass window, another bow to local fishing history, shows a Cape Island boat

and the Peggy's Point lighthouse. Additionally, last month, a stunning new plaque was installed to recognize the church's status as a Halifax Regional Municipality Registered Heritage Property.



Thanks to the Heritage Property Program, under HRM Planning and Development, the eye-catching new plaque was installed on the church exterior in June.



The Peggy's Cove Church is open to visitors every Saturday afternoon through the summer

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B3Z 2H9

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



Gardening 2026



Cucumbers are easier to grow than you think *Ron Driskill*

It was the perfect summer. Bees were buzzing everywhere, garden crops were blooming profusely, and the harvest was beyond belief.

It was a normal, perhaps slightly warmer, summer that year, and rainfall was plentiful. I had more crops to give away than I could keep up with.

Particularly prolific were slicing cucumbers. I had planted Straight Eight, Marketmore 76, Lemon Cucumbers and one gynoecious type—Slicemore.

Almost any cucumber that can tolerate cool to warm summers and has a short maturity life of 50 to 65 days will produce in Nova Scotia.

Best to plant are the bush to semi-bush varieties. They take up less room than sprawling types.

Two popular bush varieties are Spacemaster and Marketmore 76.

These have 1 m (3-4') vines with 18-23 cm (7-9") cucumbers and mature in about 60 days. Straight Eight and Burpless Hybrid are two other popular varieties that have longer vines. Buy transplants at a gardening centre rather than direct seeding.



Transplants are already growing in small containers and can be set out when there is no danger of frost (usually by the first week of June).

Disturbance of the roots can set back the plant and either reduce or delay production. It's best to buy the transplants in peat pots. Put them directly into the ground so the roots won't be disturbed. If you come across a gynoecious cucumber being sold as a transplant, get it. Gynoecious cucumbers are varieties that produce nearly all female flowers. Buy a pollinator cucumber as well, such as Marketmore 76 and Straight Eight. Because the gynoecious cucumber is mostly female, more cucumbers will be produced.

Examples of gynoecious cucumbers are Diva Hybrid, Raider, and Slicemore. But how much production you will get out of any variety will depend on the number of pollinating insects around, and keeping your soil moist at all times.

Dig a hole 15-18 cm (5-6") deep, put in a handful of 6-12 - 12 fertilizer, fill in the hole, and mound the soil. You can put in one, two or three transplants in each hill. Fertilize about every two weeks with RX-15, which is a complete fertilizer that provides every kind of nutrient the plant needs. Space mounds 1 m (3') apart in full sunlight and keep weeded.

Shawn Macpherson Artist

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Silver Garden Thanks You

Once again, the garden walk fundraiser at the Silver Garden has succeeded in surpassing our goal of raising more than the previous year. The perishable foods were a little less in weight than last year, but the total monetary contribution was exponentially more. We are grateful to everyone who contributed to the event: the garden lovers, the artisans, Beyond Harmony, the buyers, and our family and neighbours for being so supportive.

The total food amount weighed 400 kg and over \$3000 was raised. The winner of the door prize basket was Joanne Santilli.



NEW LOCATION!

**Tantallon Village
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will take place **Tuesdays**, starting **June 9th**, 2-6 pm

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[tantallonvillagefarmersmarket](https://www.facebook.com/tantallonvillagefarmersmarket)

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Safety Tips for a Safe and Enjoyable

Summer

As summer begins, Nova Scotia RCMP would like to share some tips to help you relax, explore, and spend time with family and friends safely this summer.

Drive sober

Plan your ride before going to family gatherings, community events, parties, or beach days.

Choose a designated driver, taxi, rideshare, or another safe way home. Alcohol, cannabis, or drugs and driving do not mix.

Protect your vehicle and belongings

Lock your vehicle, even for short stops.

Keep valuables out of sight or leave them at home. Never leave keys, wallets, phones, or electronics unattended in your vehicle, at the beach, park, or anywhere else.

Look out for each other

Keep an eye on children, friends, and the rest of your group. Report unsafe or suspicious activity.

If you need police, call us. In an emergency, call 911.

Keep access clear

Park only in designated areas. Do not block roads, lanes, driveways, gates, or access points. Emergency vehicles need to have clear access

Corporal Mandy EDWARDS

at all times; clear access can save lives.

Make it a great day!

Follow posted signs and local regulations. Respect other beachgoers, nearby residents, and the environment. Take your garbage with you and leave the beach better than you found it.

A little planning helps everyone enjoy our beautiful province safely. Nova Scotia

RCMP wishes everyone a safe and happy summer! Follow along on our social media accounts for more safety tips.

Royal Canadian Mounted Police in Nova Scotia on Facebook and @rcmp_ns on Instagram.



Photo credits: RCMP

rec Van

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.

HALIFAX

COASTAL APPRECIATION DAY

Sponsored by: Coastal Coalition Nova Scotia, Ecology Action Centre, and Council of Canadians.

Coastal Appreciation Day will take place on **Sunday, July 12**, at the **Riverport Community Centre**. Organized by the South Shore Council of Canadians, the Ecology Action Centre, and Coastal Coalition, the event is part of a province-wide Coastal Appreciation Week.

Wilderness Society, the Municipality of the District of Lunenburg, Birds Canada, and Helping Nature Heal. Lunch of soup and sandwiches will be served from **12 –1 p.m.**

Visitors can also enjoy a driftwood sculpture garden, microscope viewing of live ocean life, community-gleaned ocean artifacts, and information tables from participating organizations. The event concludes at **4 p.m.** Centre.

Doors open at **10:45 a.m.** for guests to find their seats while enjoying the sounds of waves and aerial views of Hirtles Beach, Gaff Point, and the Mouth of the LaHave River Estuary. The program begins at **11 a.m.** with an opening introduction and Mi'kmaq welcome, followed by presentations from the Ecology Action Centre, the Canadian Parks and

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Celebrating Schooner Race Week's 65th Anniversary in Hubbards Cove

Lisa Cochrane

The Nova Scotia Schooner Association (NSSA) celebrates Schooner Race Week's 65th anniversary in Hubbards Cove from August 3rd through 8th, 2026.

Competitive schooner racing with a dozen vessels runs throughout the week, with a daily 12:30 pm start horn at the mouth of the cove.

NSSA secretary Lisa Cochrane, owner of Rencontre, the 30-foot schooner moored in Deep Cove, says,

"We have doubled the number of schooners who participated in last year's race in Lunenburg. We're focused on bringing in new boats and inviting new members to the organization." Cochrane adds, "We have an American boat racing with us this year, for some fun international rivalry."



Schooner Race Week is generously funded by HRM, the Aspotogan Heritage Trust, and the Municipality of the District of Chester.

Schooner Family Day on Sunday, August 2nd from 1 to 5 pm launches the week on the public wharf at 20 Yacht Club Road. The public is invited to meet the beautiful schooners, their salty captains, and enthusiastic race crews. With food, beverages, music, and schooner information, you will love immersing yourself in our colourful marine heritage. Fun for all ages!

As part of the festivities, award-winning singer-songwriter **Lennie Gallant** will perform with his band at the Shore Club for the first time ever on **Tuesday, August 4th at 7:30 pm**. Seating is limited, so arrive early. Tickets are \$45 at <https://Lennie-Gallant-Shore-Club-Aug-4-2026.eventbrite.ca>.

On **Thursday, August 6th from 7 to 10 pm**, **Women at the Helm** will shake up the Black Harbour Distillers, at a free social for women interested in learning more about adult sailing skills and racing opportunities.

The Moonshine TV location on Hubbards Beach will host the **Sable Pipeline Surf n' Ska** band on **Friday, August 7th from 8 to 11 pm**. The event is 19+, with tickets being sold for \$15 at <https://sable-pipeline-surf-n-ska-aug-7.eventbrite.ca>.

It has been sponsored by their hosts, the Hubbards Community Waterfront Association, Black Harbour Distillers, Propeller Brewing Company, Hubbards Beach Campground & Cottages, Tuna Blue Inn & Restaurant, Cove FM Radio, Dream Imagine Believe Photography, East River Shipyard, and the Binnacle.



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Youth Entrepreneur Fair Showcases Next Generation of Local Talent

Chantal Pelham-Edwards



Katherine Knisley, of Books and Cooks

Young entrepreneurs showcased their creativity and innovation at the Youth Entrepreneur Fair, held Saturday, June 13th, at St. Luke's United Church. Forty youth, ages 8 to 14, representing more than 30 businesses, developed ideas and prepared inventory for the event. Hosted by the St. Margaret's Bay Community Enterprise Centre (SMBCEC), the Youth Entrepreneur Fair gave young people firsthand experience in entrepreneurship through the opportunity to develop, market, and sell their own products. The event helped participants build practical skills in financial literacy, communication, and problem-solving, while also encouraging confidence and independence. Suzanne Pelham, a community member and volunteer with the SMBCEC commented, "I stopped by the kids' entrepreneur fair. The young vendors offered a great array of different products. They had clearly planned their sales items; they provided a great example of entrepreneurial spirit." Vendors proudly displayed their items which varied from handmade

crafts and baked goods to original artwork, greeting cards, fishing lures, and other small-scale innovations. Attendees had the opportunity to browse, purchase, and engage directly with the creators behind each idea. For many vendors, the fair represented the culmination of weeks of preparation, from brainstorming ideas to producing inventory and setting prices. Katherine Knisley, age 12, from Books and Cooks, had this to say about her participation in the fair: "I was in the fair last year and loved it. I loved this year even more!" Organizers noted that the fair continues to grow in popularity, reflecting a broader interest in entrepreneurship among young people. By creating space for youth to showcase their ideas, the event helps inspire future business leaders and contributes to a culture of innovation in the community. A Christmas-themed market is in the works for November. Email youthprogram@smbceec.org for more information or to be added to the vendor list.

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Community Events

Wednesday, July 1st

Wednesdays at Noon – Nicola Miller, Nick Fraser, Chris Donnelly & Nick D'Amato 12pm. St. John's Anglican Church, Lunenburg. Musique Royale's Wednesdays at Noon concert series presents saxophonist Nicola Miller, drummer Nick Fraser, pianist Chris Donnelly, and bassist Nick D'Amato. Enjoy an engaging midday performance in a beautiful historic setting. \$10 admission; free for youth.

Hubbards Area Lions Club Canada Day Breakfast, 9-11am. 21 Lions Club Rd, Chester, NS B0J 1T0, A Canada Day gathering with friends and neighbours at the Lions Club, start your Canada Day off right with a good breakfast!

Festival of Mahone Bay Canada Day BBQ Party, 11am-3pm. Saltbox Brewing Company, Celebrate Canada Day with a community BBQ fundraiser supporting the Annual Mahone Bay Scarecrow Festival and Season of Father Christmas. Enjoy live music, great food, craft beer, and a relaxed afternoon with friends and family. BBQ available for purchase.

Saturday, July 4th

Peggy's Cove Church Open for Visitors 1-4pm. Peggy's Cove Church, 8 Church Road, Peggy's Cove. Visit this historic community church, open to the public every Saturday throughout the summer with the help of dedicated volunteers. Stop in to explore this local gem, learn about its history, and enjoy a quiet moment in one of Peggy's Cove's treasured landmarks. Free admission.

Saturdays in the Park – Eliza Rhineland 2pm. 125 Cumberland St., Lunenburg. Enjoy a free afternoon of live music as part of the Saturdays in the Park outdoor concert series. This week features Canadian artist Eliza Rhineland. Bring a chair, relax outdoors, and enjoy great local entertainment in a welcoming community setting. Free admission. Contact: (902) 634-3180, logistics@folkharbour.com, Folk Harbour Festival Concert Schedule

Sunday, July 5th

Move with Pride Yoga & Sound 6:30pm-7:45pm. Breathing Space Yoga Studio, Tantallon. Celebrate Pride through movement, colour, and sound in this uplifting yoga experience designed to promote connection, wellness, and self-expression in a welcoming environment. Ages 10+. \$20.

Monday, July 6th

Yoga on the Beach 8am-9am. Micou's Island. Join a relaxing yoga class on the beach while supporting St. Margaret's Bay Pride. Suitable for all ages and experience levels. \$20.

Wednesday, July 8th

Wednesdays at Noon – Hannah Parks 12pm. St. John's Anglican Church, Lunenburg. Musique Royale's Wednesdays at Noon concert series welcomes pianist Hannah Parks for a captivating lunchtime recital.

Programs are 30-45 minutes in length, offering a perfect mid-week musical break. \$10 admission; free for youth.

Thursday, July 9th

The Body as Archive Workshop 5pm-7pm. Location TBA. A free, intimate conversation series exploring tattooing through identity, memory, selfhood, body autonomy, permanence, and the stories we choose to carry. Ages 14+. Free.

Friday, July 10th

Drag Bingo featuring Brooke Rivers & Trinity Foxx 6pm-8pm. Black Harbour Distillers. Enjoy an evening of glitter, laughter, and fierce competition with five rounds of bingo, drag performances, and exciting prizes. Ages 19+. \$20.

Saturday, July 11th

50th Annual Lunenburg Craft & Food Festival, 10am-5pm. Lunenburg War memorial Area, Community Centre & Curling Club. Come browse local craft and food vendors while enjoying live outdoor music. Discover handmade treasures, delicious treats, and a welcoming community atmosphere for all ages., Adults \$6.00 Student/Senior\$5.00 Children 12 and under free. Admission includes a weekend pass bracelet.

Family Pride Party & Puppet Show 10am-1pm. Tantallon Public Library. Celebrate St. Margaret's Bay Pride with a puppet show, Pride Café treats, colourful crafts, and family-friendly activities for all ages. Free.

Saturdays in the Park – The North Sound 2pm. 125 Cumberland St., Lunenburg. Enjoy a free afternoon of live music as part of the Saturdays in the Park outdoor concert series. This week features Canadian folk duo The North Sound. Bring a chair, gather with friends, and enjoy an afternoon of music in the heart of Lunenburg. Free admission. Contact: (902) 634-3180, logistics@folkharbour.com, Folk Harbour Festival Concert Schedule.

Sunday, July 12th

50th Annual Lunenburg Craft & Food Festival, 10am-4pm. Lunenburg War memorial Area, Community Centre & Curling Club. Come browse local craft and food vendors while enjoying live outdoor music. Discover handmade treasures, delicious treats, and a welcoming community atmosphere for all ages., Adults \$6.00 Student/Senior\$5.00 Children 12 and under free. Admission includes a weekend pass bracelet.

Coastal Protection & Nature Awareness Day 11am-4pm. Riverport Community Centre, 79 Lower LaHave Rd., Riverport, with afternoon activities at Hirtles Beach. Enjoy a family-friendly event featuring an address by Mayor Elspeth Wile on coastal protection, piping plover viewing, and interactive workshops with Birds Canada, Helping Nature Heal, the Ecology Action Centre, and CPAWS. Light lunch available. \$15 lunch fee.

The Great Pride Clothing Swap 1pm-4pm. St. Luke's United Church Lower Hall. Bring clean, gently used clothing and take home new-to-you favourites at this gender-affirming clothing swap hosted in partnership with St. Luke's United Church and The Great Halifax Clothing Swap. Free by donation.

Heated Rivalry: Plovers vs. Mussels & Open Skate 2pm-4pm. St. Margaret's Centre. Watch the Halifax Mussels and South Shore Queer Hockey teams face off before joining a free family skate on the ice. All ages welcome. Free.

Midsummer Night's Variety Show 7pm. St. Luke's United Church, 5374 St. Margaret's Bay Road, Upper Tantallon. Join the St. Luke's Community Players and friends for an evening of music as they perform some of their favourite songs. Enjoy community entertainment, support local performers, and take part in the evening's 50/50 draw. Admission by donation. Contact: 902-826-2523, office@stlukesunited.ca, St. Luke's United Church.

Bridgewater Fire Department Band Bandstand Concert 7pm. Chester Bandstand, Chester. Enjoy an open-air concert by the Bridgewater Fire Department Band in the scenic Chester Bandstand. Bring a lawn chair or blanket and relax with an evening of great music, or listen from the comfort of your car. Free. Contact: admin@bfdband.com, Bridgewater Fire Department Band.

Tuesday, July 14th

Queer Moments in Life Writing Workshop 6pm-7:30pm. Otis & Clementine's. Participate in reflective writing exercises exploring queer experiences as moments of healing and resistance. Led by Dr. Christina Flemming of St. FX. Limited spaces available. Ages 14+. \$10.

Wednesday, July 15th

Wednesdays at Noon – Alexander Straus-Fausto 12pm. St. John's Anglican Church, Lunenburg. Enjoy a midday organ performance by Alexander Straus-Fausto as part of Musique Royale's Wednesdays at Noon concert series. Experience exceptional music in one of Lunenburg's most beautiful and historic venues. \$10 admission; free for youth.

Thursday, July 16th

Queer Crafternoon & BBQ 5pm-8pm. Labour Day Picnic Café. Enjoy a community BBQ, arts and crafts, board games, live music, and opportunities to connect with members of the 2SLGBTQIA+ community and allies. Free.

Saturday, July 18th

Saturdays in the Park – Christian Kirby 2pm. 125 Cumberland St., Lunenburg. Enjoy a free afternoon of live music as part of the Saturdays in the Park outdoor concert series. This week features Canadian singer-songwriter Christian Kirby. Bring a lawn chair, relax outdoors, and enjoy an afternoon of live entertainment in a beautiful community setting.

Free admission. Contact: (902) 634-3180, logistics@folkharbour.com, Folk Harbour Festival Concert Schedule.

Sunday, July 19th

Pride Service 10am-11:30am. St. Luke's United Church. Celebrate Pride through prayer, song, and storytelling in an affirming and welcoming worship service open to all ages. Free.

Drag Me to Bangers & Brunch 11am-4pm. Cavicchi's Meats. Enjoy a lively brunch celebration featuring entertainment, local vendors, face painting, music, sweet treats, and signature beverages in a welcoming Pride atmosphere. Free.

Pride Paddle Time TBA. Shining Waters Marina. Begin with a paddleboarding lesson from SUP Yoga Halifax, followed by a colourful flotilla on the water. Join for one or both activities and bring your watercraft of choice. Ages 12+. Free / \$25.

Wednesday, July 22nd

From Pulp to Pride: Queer Stories Across Generations 6pm-8:30pm. Tantallon Public Library. Explore the history of lesbian pulp fiction with presenters Denyse Rodrigues and Terrah Keener, followed by conversations with queer elders sharing their experiences in a human library format. Ages 18+. Free.

Wednesdays at Noon – CD Saint & Hannah Parks 12pm. St. John's Anglican Church, Lunenburg. Tenor CD Saint joins pianist Hannah Parks for a special lunchtime concert presented by Musique Royale. Enjoy an inspiring program of vocal and piano music in an intimate setting. \$10 admission; free for youth.

Saturday, July 25th

Bay Pride Fest 9:30am-10:30pm. Hubbards Barn. St. Margaret's Bay Pride's grand finale features a mini parade, Pride Market, live entertainment, community picnic, all-ages drag show, open mic, music, and a silent disco. Free. For festival updates, follow St. Margaret's Bay Pride on Facebook and Instagram.

Saturdays in the Park – Heather MacIsaac & Mary Beth Carty 2pm. 125 Cumberland St., Lunenburg. Enjoy a free afternoon of live music as part of the Saturdays in the Park outdoor concert series. This week features acclaimed Canadian artists Heather MacIsaac and Mary Beth Carty. Bring a lawn chair and enjoy live entertainment in a vibrant community atmosphere. Free admission. Contact: (902) 634-3180, logistics@folkharbour.com, Folk Harbour Festival Concert Schedule.

Wednesday, July 29th

Wednesdays at Noon – Halifax-Raatvik Trio with Boxwood Guests 12pm. St. John's Anglican Church, Lunenburg. Musique Royale's Wednesdays at Noon series concludes July with a performance by the Halifax-Raatvik Trio and special Boxwood guests. Enjoy an engaging program of chamber music during this popular lunchtime concert series. \$10 admission; free for youth.

On Going Events

Every Tuesday & Thursday Taoist Tai Chi 7-9pm. 54 Regent St., Chester. Improve balance, flexibility, and overall well-being through Taoist Tai Chi practice in a welcoming community setting. Classes are held every Tuesday evening from 7-9pm and every Thursday from 10am-12pm, offering ongoing opportunities for participation. Contact: 1-844-697-2854, halifax@taoist.org, Taoist Tai Chi Society Canada.

June 29 – August 21 Tech Support Services 9am-4pm, Monday to Friday. SMB Community Enterprise Centre, Unit 1, Redmond's Plaza, 5229 St. Margaret's Bay Road, Upper Tantallon. Receive one-on-one technology training and support from university student Odessa Obirek. Assistance is available for seniors and community members seeking help with computers, devices, online services, and general technology questions. Free. Contact: 902-826-1680, reception@smbceec.org or techtraining@smbceec.org.

August

Thursday, August 6 – Sunday, August 9 Lunenburg Folk Harbour Festival Beginning 1pm Thursday. 11 Blockhouse Hill Rd., Lunenburg. Celebrate four days of outstanding folk music in historic Lunenburg with performances by acclaimed artists, workshops, and community events. Tickets start at \$35 for adults and \$17.50 for ages 25 and under, with free admission for children under 12. **Tickets from \$35 adults, \$17.50 ages 25 and under; free for children under 12.** Contact: (902) 634-3180, logistics@folkharbour.com, Lunenburg Folk Harbour Festival.

Saturday, August 8 Third Annual Arts & Crafts Festival 10am-4pm. Hooked Rug Museum of North America, 9849 St. Margaret's Bay Road. Browse a variety of handcrafted goods from local artisans at this annual festival, held rain or shine. Visitors can also enjoy free admission to the museum while supporting talented makers from across the region. Free admission. Contact the Hooked Rug Museum of North America for details.

Visit our website for more upcoming events!



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Employment Opportunity
 The Hooked Rug Museum of North America is currently hiring for sales persons and museum attendants. Youth between the ages of 18 to 30 are welcome to apply. Resumes can be submitted via email to: hookedrumusum@gmail.com or dropped off at the Museum, 9849 Saint Margaret's Bay Rd.




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Looking for a 1 – 2 bedroom rental off the Peggy's Cove Rd. I am single, with no pets, a non smoker, non drinker and wish to be near my full time salaried position. References available. Please call 902-523-3603

Shredding Event Postponed
 Regrettably, the SMB Community Enterprise Centre has not been able to obtain an alternate date for the shredding services originally scheduled for June 11th. It is hoped that a new date can be established later on for a shredding event during the latter part of the summer. *When that date has been determined, it will be widely publicized.* We apologize for the inconvenience and do hope and expect to offer the shredding services at a later date

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IN MEMORIAM

Reverend Thomas Kerr (1938 – 2026)
 The family of the late Thomas Kerr would like to thank those who supported us when Tom passed away. Thank you for all your caring with cards and phone calls and just being there for us. Thanks for the donations made in his name. Special thanks to the members of St. Peter's Parish who took care of the details for the reception at the church. And especially to Reverends Ron, Randy, Margie and Bishop Sandra, and organist Gina who made it a wonderful time of remembrance.
 with gratitude,
 Aileen, Nancy and David.

August Issue Deadline Date: Monday July 20 2026

LETTER TO THE EDITOR

Healthcare in Nova Scotia: The Reality of Waiting

You don't truly understand how difficult it is to access healthcare in Nova Scotia until you need it yourself. For years, we've heard people talk about long wait times and a healthcare system under pressure. It's easy to think of those stories as someone else's problem. Then you find yourself waiting for an appointment, a test, or a referral, and realize just how difficult it can be to get clarity about your health. Every day, I hear stories from people who are struggling to get the care they need.

Some wait months, even years, for testing and specialist appointments. Others pay out of pocket for private services because they simply can't continue waiting. Those who can't afford that option are often left with no choice but to stay on a waitlist and hope they eventually get the medical attention they deserve. None of this is the fault of healthcare workers. Doctors, nurses, technicians, and support staff across the province are working hard in a system that has been stretched beyond its limits. They are doing the best

they can with the resources available to them. We continue to hear about efforts to improve access through new technology and online services. Yet many Nova Scotians are still facing lengthy waits for basic healthcare. Booking bloodwork can take weeks. Diagnostic imaging can take months. Referrals to specialists can leave people facing years of uncertainty and unanswered questions. Over time, these delays have become something we've come to expect. Long waitlists, shortages of

healthcare professionals, and difficulty accessing care have become part of everyday life in Nova Scotia. But that doesn't mean they should be accepted as normal. The reality is that healthcare affects all of us. Whether it's you, a parent, a child, a spouse, or a friend, there will likely come a time when someone you care about needs timely access to medical care. When that moment comes,

no one should have to spend so long waiting for answers. This isn't about placing blame. It's about recognizing that access to healthcare is a growing concern for people across our province and having an honest conversation about what meaningful improvements should look like. Because sooner or later, this issue will affect every Nova Scotian.

Micaela Learmonth
Tantallon

Let us know how you feel about what is happening in our Province.
 Send your Letter to the editor to
stories@themastheadnews.ca

Wildfire Mitigation: What Can Happen When We Work Together

Donna Scotten



Volunteers during the May 30th to 31st weekend

Credited to their diligence and belief in the cause, the Fire Safety Society of Masons Point (FSSMP) could not have wished for a better outcome for their May 30th to 31st FireSmart Cleanup event.

Comprised of people working together with determination,

collaboration, and hard work, the event was a resounding success. In February, HRM Councillor Nancy Hartling met with a disaster response organization, Team Rubicon (TR), who were looking for service opportunities to help maintain their skills in between

disasters while becoming involved in wildfire mitigation. Nancy approached FSSMP President Cynthia Weaterston with the idea and they negotiated funding to evolve the FireSmart Cleanup dream.

Planning involved coordination between multiple HRM departments, including Community Safety and Security, Parks and Recreation, Public Works, and Fire and Emergency, and a dedicated partnership of 10 TR volunteers and 36 Masons Point volunteer residents.

FSSMP set up three locations where evacuation efforts would be hindered if a wildfire happened.

Following safety briefings, TR limbed and thinned selected trees while Masons Point volunteers dragged the brush from the woods to the TR-operated chipper.

Other volunteers handled lunches, took photos, and directed traffic during the event and later spread the wood chips for pathways. Property owners prepared their own properties, removing brush away from their homes and limbing trees up to two meters from the ground. Over 43 residences left neatly piled debris for HRM to pick up.

The event was a pilot project for: HRM to support communities' wildfire resilience through funding and debris pickup; and TR to broaden their service beyond disaster relief.



Claude Langlois

Grinning broadly, TR member Claude Langlois, who was motivated to join after losing his house in the 2023 Westwood wildfire, said, "The best part of joining Team Rubicon was gaining skills to operate a chainsaw safely. I also gained the camaraderie that I used to have while I was serving in the military which is always missing once retired."



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Global Torch Relay, the Peace Run, Visits Peggy's Cove

Grahak Cunningham

The Peace Run, a global torch relay promoting international friendship and understanding, arrived in the Peggy's Cove area on May 20th as part of its annual journey through more than 70 countries.

Carried by a team of 12 volunteer runners from diverse backgrounds, including participants from Australia, Mexico, and Britain, as well as local Canadians, the Peace Torch travels between towns with the belief that peace begins within each individual. Commencing on May 19th, the Canadian leg of the run involved visiting Nova Scotia, New Brunswick, and Prince Edward Island, with many Maritime schools being stopped at along the way. They visited Prospect Road Elementary School where students formed a guard of honour for the arriving runners.

Founded in 1987 by peace advocate Sri Chinmoy, the Peace Run has attracted support from prominent global figures over the years. Notable torchbearers have included Nelson Mandela, Pope Francis, Mikhail Gorbachev,

Mother Teresa, Muhammad Ali, Carl Lewis, and Archbishop Desmond Tutu. For participant Grahak Cunningham, a teacher from Western Australia, the experience was deeply rewarding: "I really wanted to see more of Canada. The run has such a positive message. It's a great way to meet people and be inspired. The natural surroundings here really add to that sense of peace."

Run co-coordinator Medhur Wilson highlighted the strong community response in the area. "Canadians really embrace the idea of peace," he said. "For us, peace is about happiness, connection to nature, self-giving and helping others—not just the absence of war. Along the way, we meet many community-minded people who live these values, and they inspire us to keep running."

As the Peace Run continues its journey in North America, organizers hope its message will leave a lasting impact on the communities it touches.



Anvita Winter shares the torch with Prospect Road Elementary students. Photo credits: Adarini Inkei



Canadian Peace Runners Anvita Winter and Sulabha Wisniewskiat Prospect Road Elementary. Photo Credits: Adarini Inkei

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Langille, Alison Elizabeth “Beth”



Beloved wife, mother, sister, aunt and friend Alison Elizabeth “Beth” (Parker) Langille - 67 of Kentville (born in Halifax), passed away peacefully at the Valley Hospice May 28th, 2026, surrounded by the love of her family & the wonderful staff at hospice. She is survived by her husband, Dennis Langille of Kentville; her only daughter, Leanne Langille (Zac Myalls) of Kentville; her brothers, Ian Parker, and Reese Parker (Janet Parker) both of Hubbards; her nephews, Ben Parker (Halifax) Keith Parker (Amy Parker) of Hubbards, her nieces, April Parker (Upper Sackville) and Lindsey Parker (Scotland). She was predeceased by her parents, Ronald Parker and Barbara (Harnish) Parker, her grandmother, who raised her, Gertrude Helena (Gertie) Harnish and her grandfather, Charles Harnish. Born December 21st, 1958, she was the daughter to the late Ronald and Barbara Parker. She grew up in Hubbards, and along with her brothers were raised by their grandmother Gertie Harnish. To know Beth was to know warmth, kindness, humour and unconditional love. She dedicated her life to her family. As a proud stay-at-home-mum and homemaker, though she much preferred the title of “domestic engineer.” Beth found joy in life’s simple and beautiful moments. She had a great sense of humour, and there was always laughter wherever she was found. She had a massive love for the beach. You could find her at Queensland beach, or at Rissers. She loved to go for long drives, she always liked to explore and find somewhere new to go. She was an accomplished knitter and enjoyed sitting in her favourite chair in the evening, quietly working away at blanket. She loved spending time with the people she loved most. She had a caring heart and a gentle spirit that made others feel welcome and cared for. Her strength, love and presence will be deeply missed by all who knew her, but the memories she created with those she loved will be carried forever.

The family would like to express their gratitude to the staff at Valley Regional Hospital and the staff Valley Hospice in Kentville for their care, and compassion during Beth’s time there. There will be a private graveside funeral, at Pinehill Cemetery in Hubbards, details regarding a celebration of life will be shared at a later time. Donations can be made to the Valley Hospice Foundation & The Valley Regional Hospital Foundation. Funeral arrangements have been entrusted to the White Family Funeral Home and Cremation Services, Kentville. Online condolences and inquiries may be directed to www.whitefamilyfuneralhome.com.



Dora, Melanson



It is with heavy hearts that the family of Dora Kathelene Melanson, 83, of Fox Point, share the news of her passing on Sunday, May 31, 2026, at South Shore Regional Hospital in Bridgewater. Born in Moncton, she was the daughter of the late Harold and Gertrude (Brown) Sheck. Dora was a very active member of St. Lukes Anglican Church in Hubbard’s throughout her life and served on various committees over the years including the ACW, until her health forced her to step back. She was an extremely independent woman and made many true friends in her community. This was no doubt due to her vibrant outgoing personality along with her wonderful sense of humour. A lady of many talents including painting and sewing, she often helped her children while growing up with various school projects and then her grandchildren benefited from her talents, including making Halloween costumes. Dora loved the outdoors, especially spending time at one of the many local beaches.

She leaves behind her son, Robert (Deanna) Beeler, Fort McMurray, AB; daughter, Marjorie Seaboyer, Simms Settlement;

grandchildren, Bruce (Sarah Drake) Seaboyer, Sara (Alex) Frank, both of Queensland, Carter Seaboyer, Simms Settlement, Colton Beeler, AB, Jordan (Alisha) Beeler, Leah Beeler, several great-grandchildren; sister-in-law, Nancy Seaboyer, niece, Dorinda Willigar, her best friend, Dolly Beeler, Simms Settlement as well as several nieces and nephews. Besides her husband Byron, she was predeceased by her brothers, Sherwood and Norwood Sheck and sisters, Alwinda “Billy” Sheck and Dale Sheck.

A memorial service to celebrate Dora’s life was held on Friday, June 26 at 11:00 a.m. from St. Luke’s Anglican Church, Hubbards, Rev. Esther Deng officiated. Interment will be at a later date. Arrangements entrusted to Personal Care Cremations & Memorial Services.

Donations made to the Alzheimer’s Society of Nova Scotia or the Nova Scotia Firefighters Burn Treatment Society would be appreciated by the family.



Ronald Arthur Shanks



Ronald Arthur Shanks, of Halifax and for the last 25 years Stillwater Lake Halifax County, passed away in the Halifax Infirmary on the morning of May 31st at the age of ninety-three. Known as Ron or Ronnie to many; Father or Dad to his children, grandchildren, and great grandchildren; and Chief or Commissioner to his many friends, Ron lit up rooms the moment he crossed the threshold and often through laughter or bantering, long before entering the doorway. He was exceptional in many ways. A respected leader during his 33 year career at Canada Post; for decades within the Spryfield Lions Club where outcomes surpassed expectations; and for 80 years as a hockey player and coach, retiring at age 86. There were too many excellent road trips, hockey tournaments, Thirsty Thursday’s luncheons with the boys, and pop-up fun moments to count. Being the center of attention and holding court came natural to him.

Ron loved life and was often heard saying “I’ve never had a bad day in my life.” He was highly intelligent with a keen memory, an avid reader and crossword puzzler, self-professed tree hugger and nature nut, recreational boating captain, devoted Montreal Habs fan, and consumer of fine whiskey.

Ron loved animals especially his dog Wotan and our four cats over the last 44 years: Pele, Simon, Willow, and Nate. In later years he loved sitting on one of the decks surrounding our home, listening to nature, or bobbing around in our pontoon boat on Stillwater Lake. He was to the surprise of many a deeply religious man, who was also honest and loyal to a fault, wise and fair. Once while dining out a gentleman kept looking over at our table and when we were leaving he came over, introduced himself and said that when he was small Ron was his hockey coach, the only person who believed in him and thanked him for helping him “turn out okay.” It was Ron’s 69th birthday and that interaction was the best gift of all. Ron was the last surviving member of his immediate family, outliving his mother Frances Oressa Brewer, father James Arthur Shanks, stepfather Harry John Brewer, sister Ruby and brother-in-law Phil Legge, daughter-in-law Janet Shanks, and his children’s mother Ruth Muriel Shanks. He is survived by his partner of 44 years Judy Beaton; daughters Gail Gallagher, Kelly Tingley (John Zinck), son Terry (Tammy Benoit); grandchildren Amanda, Katelyn (Liam), Trent, Richard (Amanda), Troy (Tasha); and great-grandchildren Hunter, Benny, Sully, Ashlynn and Addison. The Family would like to acknowledge the amazing level of care Ron received from QEII and Halifax Infirmary Unit 8.1 staff during the last week of his life. It was deeply moving, professional, compassionate and beyond reproach. No stones left unturned, no theories unexplored, frank, and open discussion, round the clock care with a single goal, to identify why he was so ill so quickly. They were our momentary family and we felt their love. At his request there will be no service or celebration of life. Instead, Ron asks that you to pay it forward, with words of support and encouragement, care and kindness, actions that builds community and shapes you into a better person. **Life is too short for anything less.** To leave words of Condolences for the family, please visit: www.tjtracey.com

Family Pride Dance Party Kicks Off Pride Season *Tania Cheng*



: MissShapen, Chloe Mennier, Katie Morash, Janene McIsaac, Tania Cheng, Andy Birch, AnarKid Caption: Event organizers from J.D. Shatford Memorial Public Library and St. Margaret's Bay Pride with performers MissShapen and AnarKid.

On June 6th, 75 community members gathered at the J.D. Shatford Memorial Public Library for the Pride Dance Party and the announcement of the 2nd Annual Bay Pride festival schedule.

The family-friendly event featured special guests MissShapen and AnarKid, who delighted attendees with story readings centred on Pride, diversity, and belonging. Participants then joined together and counted down to the

unveiling of the library's Pride flag. This was followed by a dance party through a colourful "car wash" created with streamers, balloons, and foam pool noodles winding through the library stacks.

The St. Margaret's Bay Pride team was on hand to announce the full schedule of the 2026 Bay Pride Festival, distribute event brochures, and hand out Pride flags and stickers to attendees.

Running from July 5th to 26th, the 2nd Annual Bay Pride festival will feature more than 18 events across St. Margaret's Bay. Designed to be welcoming to people of all ages and backgrounds, the festival offers something for everyone. Festival highlights include the Family Pride Party and Puppet Show at the Tantallon Public Library (July 11th), The Great Pride Clothing Swap at St. Luke's United Church (July 12th),

Queer Crafternoon & BBQ at Labour Day Picnic Cafe (July 16th), and Pride Paddle at Shining Waters Marina (July 19th).

The festival culminates with Bay Pride Fest on July 25th at the Hubbards Barn. Beginning with a trail parade from the J.D. Shatford Memorial Public Library to the Hubbards Farmers' Market and Pride Market, the day continues with a live matinee at Black Harbour Distillers before returning to the Barn for a community picnic, all-ages drag show and open mic, live music by T. Thomason, and a silent disco.

For event details and updates, follow @stmargaretsbaypride on Facebook and Instagram or visit www.stmargaretsbaypride.ca.



AnarKid and MissShapen reading a story to attendees at the Pride Dance Party



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