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Photo credits: Jamie Merrimen

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Photo Credit: Jennifer Tang

Bluenose II Returns Home from Sail Boston 250

Bluenose II has returned to Nova Scotia following a memorable voyage to Sail Boston 250, a gathering of tall ships from around the world celebrating friendship, connection, and the future of sailing. During the event, the iconic schooner welcomed more than 15,000 visitors aboard and proudly represented Canada and Nova Scotia on the international stage.

Capt. Phil Watson shares highlights from the journey, including the experiences of the young crew, the friendships made with sailors from around the world, and what’s ahead for Bluenose II as she continues her busy summer schedule along the Nova Scotia coast. **Read story on page 10.**

Learn how bees help our gardens thrive and discover simple ways to support these important pollinators. **Turn to Page 7** for this month's gardening features.





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Childhood dream becoming a lasting legacy. The Kai Matthews Bike Park, opening later this summer, and the community effort that brought Kai's vision to life. **Read Full story on page 6.**



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Serving the Community Beyond the Workplace

Cpl. Mandy Edwards
RCMP Nova Scotia



Photos courtesy of: Lynden Morrison

World Humanitarian Day recognizes the efforts of individuals who make a positive difference in their communities through service, compassion, and action.

Service to the community extends beyond the workplace for Staff Sergeant Lynden Morrison of RCMP Halifax Regional Detachment. In his spare time, he volunteers alongside his diving partner and fellow environmental advocate, Sean McMullen (Saltwater Sean), to help clean waterways across Nova Scotia. Together, they dive beneath the surface to remove trash and debris, helping improve water quality and protect aquatic ecosystems.

Beyond their clean-up efforts, they also share their findings through social media to raise awareness about pollution and the impact of littering, encouraging others to take action in their own communities.



L-R Sean McMullen, Lynden Morrison

Bridgewater Fire Department Band Summer Concert



The Bridgewater Fire Department Band will host its final summer concert on August 26, 2026, at 7:00 p.m. at the Shipyards Landing bandstand on King Street in Bridgewater. Donations will be gratefully accepted with proceeds helping support the Band’s upcoming invitation to perform in Yorkshire, England in 2027.

Founded in 1868, the Bridgewater Fire Department Band is Canada’s oldest fire department band and has been bringing music to the community for more than 150 years. Throughout its history, the Band has performed at many important local events, welcomed home

returning soldiers, celebrated milestones, and represented Nova Scotia on international stages.

In recent years, the Band has performed at the Menin Gate and participated in an international military tattoo in Belgium, and has had performances in England and Ontario.

The August concert will feature a mix of traditional patriotic marches, show tunes, and an original piece called *The Smoke Eaters*, written to commemorate the 150th anniversary of the Bridgewater Fire Department principal sponsor. Community members are invited to enjoy an evening of music while helping support the Band’s journey abroad.



L-R Sean McMullen, Lynden Morrison

You can follow their work on Facebook at @Coastline Chronicles and @Saltwater Sean, or on Instagram at @coastlinechroniclesns and @saltwater_sean.

This World Humanitarian Day, we thank Staff Sergeant Morrison and Saltwater Sean for their dedication to making Nova Scotia’s waterways cleaner and healthier for future generations.



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August 19th is World Humanitarian Day, we proudly recognize the people who dedicate their lives to helping others. To our firefighters, paramedics, police officers, search and rescue teams, healthcare workers, emergency responders, and volunteers—thank you for your compassion, courage, and commitment.

Across our communities, your service makes a difference every day. From all of us at The Masthead News, Thank You to Those Who Keep Our Communities Safe

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Communities in Bloom Judges in Mahone Bay

Susan Ellis and Larry Hall are judges from Communities in Bloom (CiB) Canada who came to evaluate the town of Mahone Bay in late July. In 2024, Mahone Bay was awarded 4/5 Blooms in the CiB ranking system. This year, they have entered again, hoping for a 5th Bloom.

The CiB evaluation grid includes Community Appearance; Environmental Action; Heritage Conservation – Cultural and Natural; Tree Management; Landscape; and Plants and Florals. Embedded within each category is a vital component: community participation.

In 2024, Mahone Bay received special recognition for Heritage Conservation and Community Involvement, making us truly proud.

The Mahone Bay CiB team is comprised of people from many different organizations: Garden Club, Museum, Trails Association, Faerie Trails, Festivals, Chamber of Commerce, the Bay Hive, and Town Hall Council and staff. This is a wonderful network of people and organizations that are passionate about our community. With a mission of “Grow Great Places Together”, the program fosters civic pride and community

Show Us Your Wild: 5th Annual Photo Contest

The Five Bridges Wilderness Heritage Trust’s annual photo contest invites residents and visitors to explore, enjoy and capture outdoor adventure in the Five Bridge Lakes Wilderness Area.

After a pause last year due to forest closures during drought conditions, the contest returns this year with an extended format, running throughout the summer and fall to give participants more time to explore and photograph the region’s landscapes, wildlife and outdoor experiences.

There are chances to win first, second and third prizes in two categories — Adult and Youth (under 18). The top prize includes \$200, swag and recognition at a winning photo exhibition hosted by Tantallon Library.

All photos must be taken within the Five Bridge Lakes Wilderness Area. Submissions are open through Oct. 1, 2026. Full contest details will be available soon at the Five Bridges Wilderness Heritage Trust website. For more information email fbwhbt@gmail.com.



Penny Carver

involvement by encouraging people to pay attention to and care about what makes their community a beautiful, healthy, and rewarding place to be. Their evaluation considers how municipal governments, local institutions, businesses, and residents each contribute to the community’s overall well-being. While they want to see the showcased places, projects, and people in town, they also want to know what challenges the community faces and provide suggestions for addressing them.

Participation is not a contest with other communities.

Rather, the competition is to see if we can do better than the last time; whether we have made improvements on our way to being an even greater place.

We had so much to show them that was new this year, especially the Edgewater Project with its shoreline “Bay Way” filled with people strolling and rolling happily, as well as the magical new Faerie Trails.

We look forward to their evaluation report and to the October announcements of awards!



Photo with Judge Scarecrow. Left to right: Susan Ellis, CiB judge; Scarecrow Judge from the Bay Hive; Larry Hall, CiB judge. Photo credit: Cathy Gregoire

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From Childhood Dream to Community Legacy: The Kai Matthews Bike Park

Norrie Matthews



Photo Credits: Norrie Matthews

After several years of planning and community support, the redesigned Kai Matthews Bike Park in Hubley is expected to open later this summer.

For the Matthews family, the project is deeply personal. In 2021, Kai tragically passed away at 19 from Meningitis B. The family established the B for Kai Foundation, a non-profit organization dedicated to increasing Meningitis B awareness and Canada-wide vaccine access.

Kai’s father, Norrie Matthews, says the redevelopment celebrates Kai's passion for biking and reflects how he always envisioned the park. He hopes it will inspire young riders to discover the same love of biking that shaped so much of Kai's childhood.

Kai discovered BMX riding when he was 10-years-old. Like many kids, he and his friends started small, building simple dirt jumps and rollers near their Three Brooks neighbourhood. Kai’s vision grew, leading him to fundraise and approach HRM to build a small bike park, which quickly became a gathering place for young riders.

Among the work crew that helped build that original park was Devon White, who now, over a decade later, is leading the bike park’s revamp through his company Dirt Love Trail Design.

The new park will feature approximately 800 metres of bike-optimized singletrack winding through the surrounding forest, connecting to a skills area that includes a pump track, jump lines, and technical riding features.



10-year-old Kai Matthews riding in the original bike park upon its completion in 2012. Photo credits: Norrie Matthews

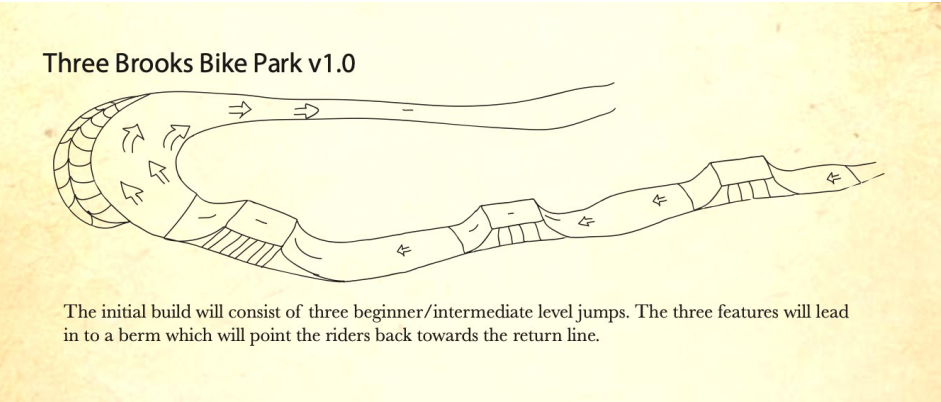
With safe spaces to learn for beginners and new challenges for those with experience, Matthews says the park will grow with its riders.

Additionally, Councillor Nancy Hartling is funding the installation of two new soccer nets in the adjacent field, giving local families another reason to visit.

For Matthews, that is exactly what Kai would have wanted.

An accomplished all-around athlete, Kai loved soccer, snowboarding, surfing, mountain biking, and BMX riding.

Matthews hopes today's young riders will discover the same sense of “All-In” love of sport and enjoyment. Matthews believes bike parks provide more than a place to ride. They encourage children to be active outdoors, build friendships, and develop life-long skills and confidence.





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

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When Your Cat Thinks Your Plants Are a Salad Bar

If you have a cat, you know your houseplants never really belong to you. No matter where you put them, curious cats always seem to find them. While you may never completely keep your cat out of your plants, giving them one that's safe to enjoy might help save the rest of your greenery.

Cat grass, made from wheat, oat, barley, or rye grasses, is a safe choice for cats that enjoy nibbling on plants and may even help with digestion. Catnip is another favourite, and herbs like basil, thyme, rosemary, parsley, and cilantro are also safe in small amounts. Spider plants are non-toxic too, making them a good option for curious cats.

Even safe plants should only be enjoyed in moderation, as too much can upset your cat's stomach. Keep toxic plants, including lilies, pothos, aloe vera, and sago palms, well out of reach.

A safe plant of their own can keep your cat happy—and maybe even spare your favourite houseplants.



Toby the plant destroyer. Photo Credits: Micaela Learmonth



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Gardening 2026

Helping Bees Thrive: The Importance of Pollinator Plants in Nova Scotia

Dr. Meg Patterson, Master Beekeeper



Dr. Meg Patterson, Master Beekeeper

Bees are among the most important pollinators in Nova Scotia, playing a vital role in supporting local ecosystems, gardens, and food production. From Annapolis Valley apple orchards to backyard vegetable gardens, many fruits, vegetables, and wildflowers depend on bees for pollination.

However, habitat loss, pesticide use, and changing climate conditions have contributed to declining bee populations.

One of the easiest and most effective ways to help is planting pollinator-friendly flowers.

Native plants are especially valuable because they have evolved alongside local bee species. Flowers such as New England aster, wild bergamot (bee balm), goldenrod, black-eyed Susan, and purple coneflower provide nectar and pollen throughout the growing season.

By selecting plants that bloom from early spring through late fall, gardeners can provide a continuous food source for both honeybees and Nova Scotia's more than 150 native bee species.

Creating a pollinator garden doesn't require a large yard. Even a few containers filled with flowering plants on a patio or balcony can make a meaningful difference. Choose a sunny location, group similar flowers together, and avoid using pesticides whenever possible.

Bees are attracted to large patches of blooms, as these make it easier for them to gather food efficiently.

In addition to flowers, bees need safe nesting places. Leaving a small section of bare soil, preserving dead tree branches, or installing a bee hotel can provide shelter for solitary bee species, which make up the majority of Nova Scotia's bees. Unlike honeybees, most native bees are non-aggressive and rarely sting.

Supporting pollinators also benefits other wildlife. Butterflies, hummingbirds, and beneficial insects all rely on flowering plants for food and habitat. A pollinator-friendly garden becomes a thriving ecosystem that adds beauty, biodiversity, and resilience to your landscape.



Photo Credits: Jennifer Tang

Every flower planted is a step towards protecting Nova Scotia's pollinators. Whether you're growing a large garden or adding a few native blooms to your yard, your efforts can help ensure bees continue to pollinate the plants that sustain our environment and food supply.

Together, many gardeners' small actions can create healthier habitats for pollinators province wide.

Did You Know?

Lavender is a natural deer and rabbit resistant. Its strong scent helps deter many garden pests while still attracting beneficial insects.



Photo Credits: Jennifer Tang



Growing Tomatoes on Nova Scotia's South Shore

Ron Driskill



Photo Credits: Jennifer Tang

Like growing beans, growing tomatoes in the St. Margaret's Bay, Mahone Bay, and Lunenburg areas is easy. The most successful tomatoes have short maturation periods—the time between blossoming and your first picking.

Varieties that I have had good luck with are Scotia (bush, 60 days), Celebrity Hybrid (bush, 70 days), Cascade (vine, 55 to 68 days), Early Girl (vine, 57 days), Mountain Merit (bush, high-disease resistance, 69 days),

Mountain Magic (vine, high-disease resistance, 70-80 days), Jasper (vine, high-disease resistance, 65-68 days), Juliet (vine, high-disease resistance, 60 days), Defiant (bush, high disease resistance, 69 days), and Stellar (semi-bush, high-disease resistance, 70-75 days).

Before I plant, I spread a 6-12 12 fertilizer over the garden soil where I will be planting my tomatoes.



Photo Credits: Richard Learmonth

I do this two weeks before I begin planting. This gives the rain time to dissolve the fertilizer and for the fertilizer to sink into the soil. Then, during the last week of May and the beginning of June, I transplant. Notice that I say transplant. If you try to direct-seed the tomatoes in the garden, they will not have enough time to produce ripe fruit. Raising your own transplants from seed is the best way to go. Many of the varieties I have named can be found at garden centres in the spring.



Photo Credits: Jennifer Tang

Check catalogues for varieties to raise yourself from seeds started indoors. Use RX-15 each week once the seeds germinate for healthy, more disease-resistant plants. The RX 15 gives them trace elements that your soil may not have, but which the tomatoes need.

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Beat the Heat: Stay Safe and Healthy This Summer

The Masthead News Team

As we are finally able to take full advantage of the warm weather that our province has to offer. While we are enjoying the excitement of Nova Scotia this summer, we also must focus on our health and safety. This includes doing what we can to prevent heat exhaustion and heat stroke.

Heat stroke, the most severe heat-related illness, occurs when your body’s temperature regulation fails, causing its core temperature to soar. Heat exhaustion, where your body is struggling to cool itself, is the warning sign of heat stroke. Primarily caused by prolonged exposure to extreme heat, the risk of experiencing both drastically increases during the summer.

Thinking about this risk can be scary, but we can mitigate it by taking the following precautions:

Prioritize hydration by drinking consistently. Water or sports drinks that are rich in electrolytes, such as Gatorade or Powerade, are the most beneficial. Additionally, avoid dehydrators, such as excessive alcohol or caffeine, as they accelerate fluid loss.

Protect yourself from the sun by wearing clothing that is loose-fitting, lightweight, and breathable. Wearing a wide-brimmed hat, using a broad-spectrum sunscreen that is SPF 30 or more, and going in the shade can also effectively block the sun.

Plan your activities around the heat by scheduling outdoor exercise in the early morning or late evening and taking frequent breaks in shaded, cool areas.

Take general safety measures, such as not staying in a parked car on a hot day, looking out for others who are more vulnerable to extreme temperatures, and knowing the symptoms of heat exhaustion and heat stroke: dizziness, nausea, confusion, or lack of sweating.

These steps can determine whether you have a fun-filled summer day or a medical emergency. Following them diligently, and encouraging others to do the same, will ensure a safe, healthy, and vibrant summer for everyone.

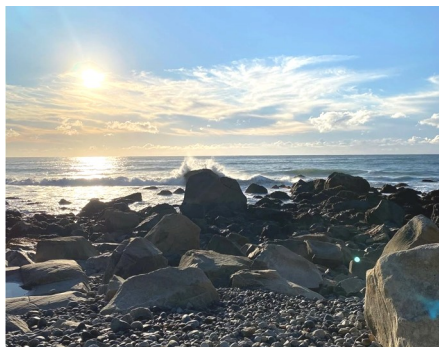


Photo credits: Micaela Learmonth

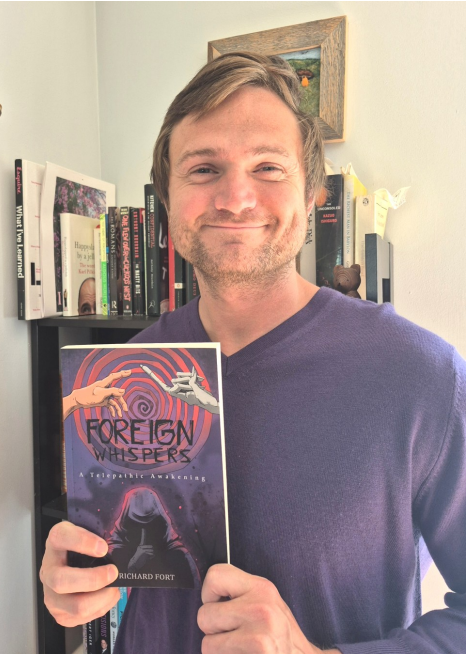
The Masthead News would like to wish you a safe, happy, and enjoyable season. Whether you're spending time at the beach, exploring local events, tending your garden, or simply relaxing, we hope your summer is filled with wonderful memories.

Thank you for continuing to support local news and the communities we proudly serve.

What we're Reading
Books by local authors

Tantallon Author Captivates Readers

The Masthead News Team



Richard Fort

After a life of lived experience with the paranormal, Tantallon-born and raised author Richard Fort is now sharing his theories and stories surrounding telepathy, extraterrestrials, and secret societies through his book Foreign Whispers: A Telepathic Awakening.

Richard had several paranormal experiences in his youth but mostly kept them to himself. However, after experiencing a traumatic telepathic event that nearly killed him and left him physically disabled, he decided to share his stories to try and support other people facing similar challenges and to help people learn about the potential of their own minds.

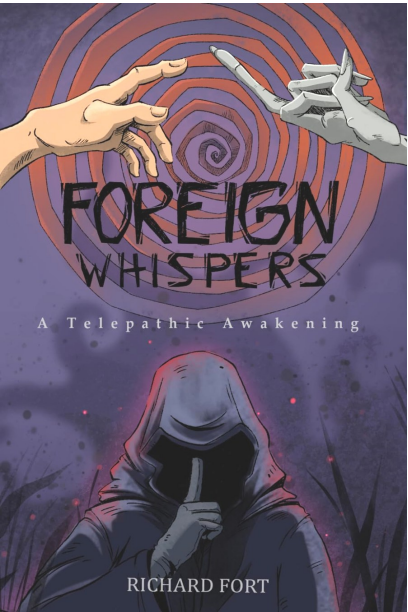
Foreign Whispers is a thrilling true story of telepathic communication, demonic possession, maniacal madness, earth-shattering pain, and recovery and hope. In this informative account of how humans experience telepathy, Richard unpacks his theories of how all minds are connected, recounts the mysterious experiences in his life that fostered his personal beliefs, and offers tips and strategies for how you can open your third eye and manage your mind’s potential.



Richard Fort chatting with Robert Vardy at LaHave River Books.

Richard’s journey of self-discovery covers his interactions with alien beings, enigmatic encounters with secret societies, and the never-ending battle between good and evil that permeates us all.

Foreign Whispers: A Telepathic Awakening is available in bookstores across Nova Scotia and on Amazon. Get your copy today!



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Since its March 2026 release, the captivating narrative of Foreign Whispers has been leaving readers mesmerized, thoroughly impacted, and more curious than ever before about the powers of the universe. Anna Rexha, a United Kingdom reader who rated the book five out of five stars, says, “I personally believe in his experiences, and I applaud his bravery in sharing them with the world.” Chris Casey, a Canadian reader who also gave the book a top rating, was struck by its honesty, vulnerability, and quiet emotional depth.

Foreign Whispers has additionally had several successful presentations at local book signings, including a great roundtable discussion at LaHave River Books.



Have a book that you
would like to share?

Let us Know at
stories@themastheadnews.ca

Understanding the Nervous System:

Why Stress Affects the Body *Deborah Boutilier*

Most of us think of stress as feeling overwhelmed, anxious, or emotionally drained, assuming it begins and ends in the mind. In truth, it affects the entire body because every cell, organ, muscle, and tissue is connected through one incredible communication network: the nervous system.

The central nervous system, the body’s master control system, which is composed of your brain and spinal cord, coordinates every heartbeat, breath, movement, emotion, and healing process.

When the body perceives stress, it automatically shifts into survival mode. This “fight, flight, or freeze” response helps us react quickly to danger and keep us safe, but challenges come when stress is no longer temporary.

Emotional, physical, and chemical stress comes from numerous sources, such as work and financial pressures, accidents and health concerns, and environmental toxins. When these stresses are ongoing, the nervous system may remain in a constant state of alert, rather than allowing the body to rest, regulate, digest, and repair. This stress can have physical signs: muscle tension, poor sleep, digestive concerns, and more.

By protecting the spinal cord, the main communication pathway between the brain and rest of the body, the spine plays a key role in stress. Therefore, one approach to supporting nervous system regulation and the body’s natural ability to adapt to stress is Spinal Flow Therapy.

A gentle, hands-on modality that works with the central nervous system, Spinal Flow Therapy involves making light contacts at specific points along the spine and sacrum, with a practitioner encouraging the body’s natural process of moving away from a survival response and toward a more regulated state where it can rest, adapt, and function more efficiently.

Although Spinal Flow Therapy does not diagnose, treat, or cure, Deborah Boutilier, owner and practitioner at Head to Toe with Spinal Flow, speaks to its immense benefits: “Seeing clients become more relaxed, move more freely, sleep better, or simply feel like themselves again has reinforced my belief that supporting the nervous system is an important part of overall wellbeing.”

Stress is something we all experience but understanding its impact on the nervous system can promote meaningful changes.



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Fun Fact!

Blue Jays are among North America's most intelligent birds. As members of the crow family (Corvidae), they can solve problems and remember where they hide food. Their remarkable memory and curiosity help them thrive in forests, parks, and backyards across Nova Scotia.



THE MASTHEAD NEWS

For 34 years, The Masthead News has been proud to serve our community, sharing local stories and keeping neighbours connected.

Over the past year, you may have noticed some changes or occasional inconsistencies. Behind the scenes, we've been working hard to modernize and transition into a new era for The Masthead News. While change takes time, our commitment to our readers and our community has never changed.

We will continue to be a small, family-owned newspaper dedicated to keeping our communities informed, connected, and inspired. We believe local news matters, and we're passionate about sharing the stories, community events, and local achievements that make our communities special.

We sincerely appreciate your patience, encouragement, and continued support as we grow and improve. If you're passionate about your community and have a love for writing, photography, or storytelling, we'd love to hear from you. Together, we can continue telling the stories that make our communities such special places to call home.

Thank you for being part of the Masthead News family. Here's to the next chapter.



Jenna Kedy, Youth Leadership Coordinator for the Atlantic Summer Institute for Healthy & Safe Communities (ASI).

I’m Jenna, I’m 22-years-old, and I grew up in Timberlea, Nova Scotia. I’m also a proud graduate of Bay View High School, Class of 2022. Today, I’m incredibly proud to be serving as the Youth Leadership Coordinator for the Atlantic Summer Institute for Healthy & Safe Communities (ASI).

ASI is a bilingual, not-profit organization that has been bringing people together from across Atlantic Canada since 2003 to create healthier, safer, and inclusive communities. Over the past decade, ASI has placed a major focus on promoting infant, child, and youth mental health by addressing the root causes of challenges before they become crises. It’s about building communities where young people can truly thrive.

One of the biggest parts of my role is coordinating our Youth Leadership Program (YLP), and I couldn’t be more excited.

This August, we will be welcoming 20 incredible young leaders from across Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland & Labrador to Charlottetown, PEI, for the Atlantic Summer Institute Youth Leadership Program, taking place August 17th to 20th, 2026. What makes this program so special is that youth are not simply invited to attend; they are trusted as leaders. Youth delegates will participate in a dedicated Youth Leadership Workshop while also joining the broader ASI community for keynote presentations, workshops, roundtable discussions, learning circles, and networking opportunities. It’s about building communities where young people can truly thrive.

They will explore Indigenous worldviews, including the Seven Generations Principle; learn about upstream approaches to mental health promotion; build leadership skills and connect with inspiring people from across the region; and take part in arts, culture, nature-based learning, and community-building activities.

You never know where one opportunity, one conversation, or one “yes” might lead. For me, it led from being a participant, to becoming a volunteer, to now proudly serving on staff and helping welcome the next generation of changemakers. That’s something I will always be grateful for.

I can’t wait to welcome this year’s 20 amazing youth leaders to PEI this August. Here’s to new friendships, big ideas, meaningful conversations, and a week that I know will leave all of us inspired.



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Bluenose II Captain’s Log: Sailing back from Boston *Capt. Phil Watson*



With 53% of the fleet being schooners, Bluenose II was well appreciated by all.

As we venture home, several large tall ships, including Eagle, Esmeralda, Mircea, and BAP Union, can be seen 30 miles or so to leeward, reminding us of the missed opportunity to have the entire fleet visit Nova Scotia.

I am looking forward to our schedule for the next several months, consisting of at least 110 scheduled harbour tours, taking an anticipated 7500 people sailing, free deck tours for over 60,000 guests, and Nova Scotia port visits, from Halifax to the smallest fishing port.



Keep an eye out for Bluenose II as she sails along the coast and come meet this year's crew.

I am writing this from the chartroom of Bluenose II in the middle of the Gulf of Maine. Under the guidance of the second mate, the 12-4 watch has the deck and is guiding the ship towards the seagoing port, Lunenburg.

The ship and crew are returning from Sail Boston 250, a gathering of ships from around the world intended to celebrate friendship and a better future for our young crews. It has been a long time since Bluenose II made a passage down the east coast. Boston in 2017 and Gloucester in 2018 were our last forays into foreign waters.

Our time in Boston was very successful with over 15,000 visitors walking across our decks.

We hosted receptions for local and international companies and provided a venue for business and social gatherings. We were also pleased to host the Consul General on several occasions as she continued on with her work of representing Canada. Our work as ambassador for Canadians in general and specifically Nova Scotia was well-received.

One of my great joys from these events is seeing our young crew meet similarly minded and employed young people and compare ships with their new friends. I consistently heard the term “show stopper” from the public, and sailors who had not yet walked our decks were amazed by our ship’s size.



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Halifax West | Halifax-Ouest



LenaMetlege.Diab@parl.gc.ca

Your Voice in Ottawa!
Votre voix à Ottawa!

The Songs That Connect Us *The Masthead News Team*

Before the kettle whistles and before the sun has fully climbed above the trees, the birds have already begun their day. Their songs drift through the salt air, across gardens and forests, over marshes and rocky shores. In Nova Scotia, they are as much a part of home as the tide itself.

A bird's song needs no translation. We may come from different countries, speak different languages, and carry different stories, but when we hear the cheerful chatter of a chickadee, the clear whistle of a white-throated sparrow, or the haunting call of a loon across still water, we know exactly who is speaking.

Their voices remind us that life is connected in ways we often forget. The same birds that greet us in our backyards may travel thousands of kilometres, crossing mountains, forests, and oceans, linking our small corner of the world to places we may never see. They carry no passports, know no borders, and yet they return, year after year, as faithful as the seasons.

Perhaps that is the quiet lesson birds offer us. We are all sharing this world together. Their songs are more than beautiful melodies; they are the heartbeat of nature, weaving together every field, forest, shoreline, and backyard into one living tapestry.

So the next time you pause to listen, take a moment to appreciate the chorus around you. Those familiar voices are not only announcing the morning—they are reminding us that we are part of something far greater than ourselves, a world connected by wings, by seasons, and by song.



Baby Robins. Photo Credit: Micaela Learmonth

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Obituary



MARTEL, Catherine "Babe" Madeline Helena - Age 84, of Chester, died Sunday, June 21st 2026, surrounded by her loving family.

She was predeceased by her parents, James & Helen Forhan. Babe is survived by her devoted husband William Gary "Marty"; her five children, Lee (Harold "Hermie"), Lorie (Lorne), Sherry, Carrie (Gary), Trent (Norma Jean); as well; as well, three sisters, Barbara, Elizabeth, and Linda; eleven grandchildren Amy, Gary "Bam", Amanda, Tasha, Treena, Mark, Megan, Andrew, Samantha, Haley, Chloe; and nine great-grandchildren Cole, Seth, Kori, Ainsley, Molly, Maggie, Liam, Cohen and Lily.

In 1960, Babe married her beloved husband, Marty. Together they established a life rooted in love and were blessed with their large family.

Being a Mom, Nanny, and Nanu brought her immeasurable joy. She always displayed a vibrant, fun and creative spirit while sharing her love of crafts, ceramics, bingo and playing cards with family and friends.

Her baking and passing on her recipes was one of her true joys of life that always filled the kitchen with laughter and forever memories.

A celebration of life will be held at the Chester Legion Branch 44, where Babe was a lifetime member, on September 20th 2026 at 2:00pm. In lieu of flowers, donations in her memory may be made to the Alzheimer's Society of Nova Scotia. To leave an online message of condolence please visit www.iasnowfuneralhome.com



IN MEMORIAM

Celebration of Life

There will be a celebration of life for Mary "**Ruby**" Watson who passed away 6th July 2026, at St. Mary's Memorial Hospital, Sherbrooke, Nova Scotia. There will also be a celebration of life for Christopher "**Chris**" Watson who passed away 6th January 2026, in Vancouver, British Columbia. Both will be held 2 PM to 5 PM, the 15th August 2026 at the Royal Canadian Legion Branch 116, Seabright, NS.

A Moment of Reflection

The Masthead News Team

Those we love never truly leave us. Their love lingers in the morning light, in the hush of evening, in the places once shared, and in the quiet spaces of our hearts.

Though grief changes with time, love does not. Time may soften sorrow, but it never lessens the bond we carry. It lives on in every treasured memory, every lesson remembered, and every heart forever touched.

The voices we miss become whispers in the wind. The hands we can no longer hold become the strength we carry within, and the lives that touched ours continue to bloom in memory.

May we find comfort in remembering, peace in the moments that remain, and gratitude for the gift of having loved so deeply. For those we carry in our hearts are never truly gone. They live on in every act of kindness, every story shared, and every sunrise that reminds us love is everlasting.

"How lucky I am to have something that makes saying goodbye so hard."
— Winnie the Pooh

Patrick Donoghue

August 19, 1940 – July 17, 2026

"My hook is baited with a dream – I fish for peace." Robert Service

Pat died peacefully and surrounded by love on July 17, 2026. Pat was exceptionally kind and selfless. Even in the face of his recent illness, his only concern was that his family all be okay. To that end, he had written his own obituary in 2025 which we discovered on his computer and is below. We, his friends and family, are full of nothing but boundless love for him, and gratitude for every day he was on this earth.

Donations can be made to the charity of your choice, though nature preservation-themed ones would please him most. Be kind to each other. To leave words of condolences for the family, please visit www.tjtracey.com



Born in London, England, on August 19th, 1940 at the height of the Battle of Britain, Pat spent the early weeks of his life covered by a tin helmet in an Anderson bomb shelter. The shelter also served as storage for Brussel sprouts and other vegetables, which would explain his lifelong dislike for dark, cramped spaces and Brussel sprouts.

His playgrounds during his early years were the concrete bunkers of an abandoned anti-aircraft installation and bombed-out building sites.

At the age of 10 his love of movies was fostered by the Saturday morning picture show and, at the same time, his lifetime passion for fishing began in the company of his grandfather and father. In 1965 he came to Nova Scotia and immediately knew that this was where he was meant to be.

He had some great friends: Doc [Jim], Vern, Roy, Leslie, Gary, and Harold. And his appreciation goes out to all the doctors, nurses and specialists who took such good care of him.

Pat thanks his lucky stars to have had such a wonderful sister and brother, and mother and father. Bless their cotton socks. He loved and was proud of all his children and grandchildren. They made his life so much brighter.

Pat's answer to everything was "Rock 'n' roll".

Pat's life would not have been the same without Pammy (a fly fisher, snooker player and competitive Scrabble player). She shared and cared and loved him like no one else could. And his love for her was beyond words.

He did not wish for a funeral or memorial service and will be swimming with the trout alongside his good friend Leslie.



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Something in Common Barbara Olson ©ClassiCanadian Crosswords

- Across**

 - 1 Sneak ___ (glance furtively)
 - 6 Twenty-five years for Donald and Melania
 - 12 Anne Shirley's fictional P.E.I. town
 - 14 Back-to-back, at a square dance
 - 15 Like 10 of this crossword's clues
 - 17 Steve Nash's last team: Abbr.
 - 18 District in "Werewolves of London"
 - 19 Yuletide
 - 21 "... three men in ___"
 - 23 Grand scheme of things
 - 27 Hyperactivity drug
 - 29 ___ Kosh B'Gosh (kid's clothing)
 - 30 Snowden's org., once
 - 31 First month of el año
 - 32 Holy woman?
 - 34 Look to anything for help
 - 39 Robbie Burns Day attire
 - 40 Amigos, Tenors and Stooges, e.g.
 - 42 Inquire
 - 45 Winnipeg-born actress Vardalos
 - 46 Strict and unyielding
 - 48 Quick shower alternative
 - 51 Scarborough-born comic Myers
 - 52 Quebec author Bissonnette
 - 53 "Do no ___" (Hippocratic oath part)
 - 55 Lead-in to "kwan do" or "bo"
 - 56 What the last words of 15-, 23-, 34- and 48-Across have in common
 - 61 Catchers of slippery fish
 - 62 Telly on the telly
 - 63 Rare sight during a tearjerker
 - 64 How tables for two may be lit
- Down**

 - 1 Flying with the Snowbirds, say
 - 2 Environmentalist's bane
 - 3 Turn a 4x6 into a 5x10: Abbr.
 - 4 "___ Coming" (Three Dog Night hit)
 - 5 Obi-Wan, of "Star Wars"
 - 6 Fruity quencher
 - 7 Hunk of gunk
 - 8 Subj. taught by Canadians abroad, perhaps
 - 9 "Friendly" character on early CBC
 - 10 Modifier used as a person, place or thing
 - 11 Sticks close to the fire?
 - 12 Lit up, as a torch
 - 13 Fleetwood Mac's "Walk ___ Line"
 - 16 Muscle motorbike, in slang
 - 20 Meadowland
 - 22 Former Israeli leader Ehud
 - 24 Pea in French pea soup?
 - 25 "___ it a pity?"
 - 26 ___ course (choose direction)
 - 28 Behind in a game
 - 32 Withdrawal woe, briefly
 - 33 ___-scarum (reckless)
 - 35 Ballerina's knee bend
 - 36 Run ___ (pay for later, as drinks)
 - 37 Sweep the competition
 - 38 Stash in an RRSP, say
 - 41 Father-son actors Charlie and Martin

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	63								64					

- 42 Communication syst. for the deaf
 - 43 Treated with malice
 - 44 Okay to consume, in Tel Aviv
 - 46 Uses a dagger
 - 47 Tailor's supply
 - 49 Hockey Hall of Famer Cam, of Comox, B.C.
- 50 Master Kan of "Kung Fu"
 - 54 1506, in Roman numerals
 - 57 "___ haw!" (hoedown "hooray!")
 - 58 Respond to a tearjerker
 - 59 Common protein suffix
 - 60 Butter on the farm?

Send us yours today!
Stories@themastheadnews.ca
Deadline For September Issue:
Monday August 24th 2026

Search Crossword Answers on
our website for solutions.
www.themastheadnews.ca



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Community Events

Sunday, August 2nd

Pancake Breakfast, 8:30am. Sou'Wester Restaurant Patio, 178 Peggy's Point Rd., Peggy's Cove. In support of The Peggy's Cove Church Heritage Fund. Fluffy pancakes, bacon or sausage, scrambled eggs, coffee, tea. Free will offering.

Mindfulness Based Stress Reduction Practice,9:30am–12pm. St. Margaret's Shambhala Centre, 13495 Peggy's Cove Rd., Upper Tantallon. Deep relaxation, breath work, meditation, mindful Yoga, Qi Gong, and more with Timothy Walker Ph.D Co-sponsors Open Mindfulness in the Bay and Shambhala Centre.

36th Annual Nova Scotia Folk Art Festival, 12 noon-4pm. Lunenburg War memorial Area. Over forty participating folk artist, 1,500 artworks for sale, auction, music, door prices, and a great country atmosphere.

Visit Peggy's Cove Church, 1–4pm. Peggy's Cove Church, 8 Church Rd., Peggy's Cove. Visit historic St. John's Anglican Church and explore one of Peggy's Cove's treasured landmarks Stop in to explore this local gem, 1-4pm learn about its history, and enjoy a quiet moment in one of Peggy's Cove's treasured landmarks, St John's Anglican Church. Free admission. Free admission.

Monday, August 3rd

Sambro Sou'Wester Days – Kids Community Baseball Games,10am–7pm (hourly). James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Enjoy friendly competition and support young athletes throughout the day. Free.

Tuesday, August 4th

Sambro Sou'Wester Days – Skip Horton Memorial Ball Tournament Co-Ed Adult Baseball Games, 6pm & 7:30pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Stephanie Napier, RMT, Heart & Home Realty, and In Memory of Dad/Paddy Gray. Free.

Wednesday, August 5th

Sambro Sou'Wester Days – Kids Community Baseball Games, 3–7pm (hourly). James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Young players return to the diamond for another afternoon of community baseball during Sambro Sou'Wester Days. Come out to support local athletes and enjoy family-friendly fun. Free.

Thursday, August 6th

Sambro Sou'Wester Days – Skip Horton Memorial Ball Tournament Co-Ed Adult Baseball Games, 6pm & 7:30pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Stephanie Napier, RMT, Heart & Home Realty, and In Memory of Dad/Paddy Gray. Free.

Sambro Sou'Wester Days – Adult Bingo (19+) 7pm (Doors open 5:30pm). Community Tent, 160 West Pennant Rd., Sambro. Sponsored by Stephanie Napier, RMT. Books are available in single book (3 cards) \$15, double book (6 cards) \$25, triple book (9 cards) \$30. Seating is limited (170 players max). Gift card prizes.

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. Visit Lunenburg Folk Harbour Festival for more information.

Friday, August 7th

Sambro Sou'Wester Days – Skip Horton Memorial Ball Tournament Co-Ed Adult Baseball Games, 6pm & 7:30pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Stephanie Napier, RMT, Heart & Home Realty, and In Memory of Dad/Paddy Gray. Free.

Sambro Sou'Wester Days – All Ages Corn Boil & Ceilidh, 6:30 –8:30pm. Community Tent, 160 West Pennant Rd., Sambro. Sponsored by Castle & Cove Real Estate Group. Corn on the cob, hotdogs & non-alcoholic beverages, raffle tickets available for purchase. Presentation of the Sambro Spirit Awards & local musical entertainment.

Saturday, August 8th

St. Peter's Church Book Worm Haven – Used Books, 9am–12pm. St. Peter's Church, 10030 Peggy's Cove Road, Hackett's Cove. Browse more than 5,000 used books, puzzles, and games for all ages. New titles arrive regularly, making each visit unique. The Book Worm Haven is open every Saturday morning throughout the summer. Free admission.

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.

Public Health Mobile Unit, 11am-4:30pm, Tantallon Public Library, 3646 Hammond's Plains Rd, Upper Tantallon. Booked appointments and drop-ins welcome, unless otherwise noted. Eligibility varies. Check website for details. www.nshealth.ca/PHMU

Sambro Sou'Wester Days – Community Parade, 10–11:30am. From Atlantic View Drive in Sambro Head to the Community Tent, Sambro. Sponsored by Coastal Restoration & Masonry Ltd. and The Armview Restaurant & Lounge. Expect traffic delays between 10am-12 noon from Atlantic View along Ketch Harbour Rd to Old Sambro Rd & then to West Pennant Rd. Prizes will be awarded at the Community Tent following at 11:30am.

Sambro Sou'Wester Days – Sambro Island Lighthouse Boat Tours, 9am–3pm. Government Wharf, Sambro Wharf Rd., Sambro. Presented by Crystal Crescent Charters. Boat leaves the wharf every two hours. Adults \$40/Children 5-16 \$20/Children under 5 free (must be accompanied by adult over 18 years of age) (Weather permitting)

Sambro Sou'Wester Days – Washer Toss Tournament (19+) Registration 11:30am; Tournament starts 1pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Apex Core Protection and Boats First Ltd. Space is limited to 48 teams. \$20 per two-person team.

Sambro Sou'Wester Days – Community Barbecue, 12–2pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Dylan's No Frills with hot dogs, hamburgers & beverages.

Sambro Sou'Wester Days – Family Carnival, 12–2pm. James McPhee Memorial Ball Field, 133 West Pennant Rd Sponsored by Crowell's Guardian Pharmacy, The Orb Factory, Sambro Fisheries and Tribune. Bouncy castle & games.

Sambro Sou'Wester Days – Closest to the Hole Golf Challenge, 1–3pm. James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by Emry & Boys Ltd. Gift Card Prizes. All ages welcome. \$5 to play.

Sambro Sou'Wester Days – Kyle's Tailgate Party (19+) 4–8pm. Community Tent, 160 West Pennant Rd., Sambro. Enjoy live music by Ed Oakley, \$10 admission includes chance to win door prizes.

Sunday, August 9th

Sambro Sou'Wester Days – Kids Community Baseball Games, 8-10am Hourly, James McPhee Memorial Ball Field, 133 West Pennant Rd., Sambro. Sponsored by S-Henn Fishing Co. Ltd., Emry & Boys Ltd., Rainbow Net & Rigging Ltd. Awards at 10:30am

Sambro Sou'Wester Days – Community Breakfast, 9–11am. Community Tent, 160 West Pennant Rd., Sambro. Sponsored by Oceanview Fisheries and Mishoo's. Scrambled eggs, pancakes, sausage with juice or tea/coffee. Adults \$8, Youth (5–12) \$4, Under 5 Free.

Sambro Sou'Wester Days - Service of the Sea Church Service, 10:30am. St. James United Church, 3811 Old Sambro Rd, Sambro.

Sambro Sou'Wester Days – Blessing of the Fleet, 12pm. Government Wharf, Sambro Wharf Rd., Sambro. Weather permitting. Arrive at the wharf for 11:30-11:45am.

Sambro Sou'Wester Days - Skip Horton Memorial Ball Tournament Consolation Baseball Game, 2pm. James McPhee Memorial Ball Field, 133 West Pennant Rd, Sambro. Sponsored by Stephanie Napier, RMT, Heart & Home Realty, and In Memory of Dad/Paddy Gray. 4pm Skip Horton Memorial Ball Tournament Final Championship Baseball Game.

Visit Peggy's Cove Church, 1–4pm. Peggy's Cove Church, 8 Church Rd., Peggy's Cove. 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, St. John's Anglican Church. Free admission.

Sambro Sou'Wester Days – Rubber Duck Race, 3–3:30pm. Grand Lake, 3129 Old Sambro Rd., Williamswood. Sponsored by Mishoo's. Numbered ducks may be purchased in advance from Mishoo's or SACA volunteers for \$5 each. Win up to \$500!

Sambro Sou'Wester Days – Fish Chowder Dinner, 3–6pm. St. James United Church Hall, 3811 Old Sambro Rd., Sambro. Including roll, dessert, tea/coffee. \$20.

Sambro Sou'Wester Days – Parade of Sail & Closing Fireworks 8–9:30pm. Crystal Crescent Beach, Sambro Creek. Boats must respect the distance required to be offshore in order for the fireworks to be safely presented. Fireworks at 9:30pm. Sponsored by B&G Plumbing, Dairy Queen on Dutch Village Road, Funnell Insurance Group, James Gray Fisheries Ltd., K&K Roofing, and The School of Port City Ballet. Freewill donations accepted at the Beach gates. All vehicles must exit the park promptly at the conclusion of the fireworks. Rain Date Sunday, August 16.

Saturday, August 15th

HRM Household Special Waste Event, 9am–4pm. St. Margaret's Bay Elementary School, 24 Ridgewood Dr., Head of St. Margaret's Bay. For details on materials accepted, google "HRM household hazardous waste events". This event will take place rain or shine. No charge.

Wednesday, August 26th

Bridgewater Fire Department Band Performance, 7pm. Shipyards Landing bandstand, King Street, Bridgewater, NS, B4V 1A2. Donations are gratefully accepted, proceeds contributing toward an invitation to perform in England in 2027. More information and donation link at BFDBand.com.

Saturday, August 29th

‘Acoustically Speaking’ at Peggy's Cove Church, 2pm. Peggy's Cove Church, 8 Church Rd., Peggy's Cove. Fundraiser with Vince Morash, Pixie Currie and Jim Smith. A trio of folky style musicians with a wide repertoire of songs and tunes including fiddle, banjo, guitars and upright bass.

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: halifax@taoist.org,

Until 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 Assistance is available for seniors and community members. Free. Contact: 902-826-1680, reception@smbcec.org or techtraining@smbcec.org.





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Visit our website for more upcoming events!

COMMUNITY NOTICES

Poppies for Hubbards



Photo Credits: Gabriela Leitch

This Remembrance Day, a special community project is taking shape along the waterfront in Hubbards. At the cenotaph at the Hubbards Cove Marina, a striking display of handcrafted poppies will honour the men and women who served and sacrificed for our freedom. At the heart of the display will be a beautiful white dove, representing peace, created from poppies. Beneath the dove, a cascade of red poppies will flow downward, symbolizing the blood that was spilled so future generations could live in peace. Additional elements are being planned for the installation, but these will remain a surprise until the display is unveiled. To bring this vision to life, we need the help of our community. Whether you are an experienced crocheter or knitter, or simply looking for a meaningful way to contribute, we invite you to create red poppies for the display.

Gabriela Leitch

Every poppy will become part of a collective tribute, made with gratitude, remembrance, and community spirit. Completed poppies can be dropped off at the Hubbards Area Lions Club. The cost of yarn will be reimbursed by the Hubbards Area Lions Club upon drop-off with a receipt. Together, we can create a lasting tribute that honours our veterans, remembers their sacrifices, and demonstrates the strength and heart of our community.



Photo Credits: Gabriela Leitch

If you would like to help, have questions, or would like more information, please email Gabriela at gleitch@kw.com or join the Facebook group Poppies for Hubbards. *Lest We Forget.* A heartfelt thank you to the Hubbards Area Lions Club for sponsoring this community project.

Unicorn Theatre Auditions for “Seussical, Jr.” coming up at Unicorn September 19, 20

Unicorn Theatre is excited to announce that its Fall musical will be “Seussical, Jr.”, a charming musical adaptation for the stage of two beloved Dr. Seuss stories (“The Cat in the Hat” and “Horton Hears a Who”) that the whole family can enjoy together. Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust containing tiny people called the Whos. Horton decides to protect the Whos from a world of danger while at the same time guarding an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. As Horton faces ridicule, danger and a trial, his intrepid neighbour and friend Gertrude McFuzz never loses faith in him and the two triumph in the end.

Unicorn Theatre will be holding auditions for actor/singers in Grades 3 – 12 only on Saturday and Sunday, September 19 and 20 at the Bay Community Centre, 11 Station Road, Head of St. Margaret’s Bay.

All auditions are by appointment, so actors or their parents should email the theatre at unicorn.theatre@outlook.com or call 902-826-1687 to book an audition time. The Audition Package, containing everything the auditioner needs to know about the auditions, will be posted in mid-August on the theatre’s website at www.unicorntheatre.ca. The show dates for “Seussical, Jr.” are December 4 - 6 and 11 – 13. Anyone with questions may call the theatre at 902-826-1687 or email unicorn.theatre@outlook.com.

The Unicorn Theatre is part of the Youth Hub, a Bay Treasure Chest Partner.

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Free Digital Device Training at St. Margaret’s Bay Community Enterprise Centre

Odessa Obirek



Photo: Odessa Obirek

Community members looking for help with everyday technology can take advantage of free one-on-one Digital Device Training this summer at the St. Margaret's Bay Community Enterprise Centre. Open to everyone, appointments are tailored to each individual's needs, whether they are learning the basics or looking for help with a specific issue. Training is available for smartphones, tablets, and computers, covering topics such as email, internet browsing, video calling, online safety, photos, apps, setting up new devices, and other everyday technology questions.

Additionally, cyber security presentations will be held for those who are interested. Odessa Obirek, who is returning to lead the program after providing similar training last summer, says, "Technology shouldn't be a barrier to staying connected. I'm grateful for the opportunity to work with seniors in our community and help make everyday technology feel a little easier to use."

Sessions are free of charge and available by appointment from July 1st through August 26th, Monday to Friday, 9 AM to 4 PM at the St. Margaret’s Bay Community Enterprise Centre, located at 5229 St. Margaret's Bay Road, Upper Tantallon. This program aims to improve digital confidence and accessibility for residents throughout the St. Margaret's Bay area and surrounding communities. To book an appointment or learn more, contact the St. Margaret’s Bay Community Enterprise Centre at techtraining@smbceec.org or (902) 826-1680.

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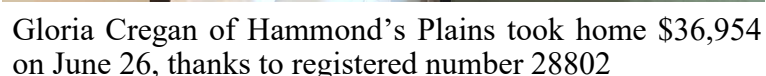
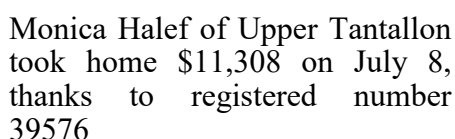
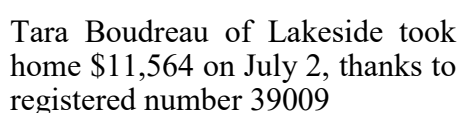
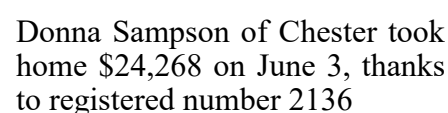
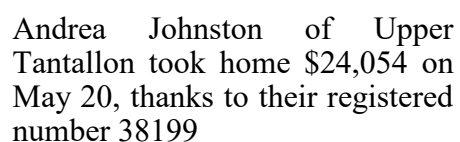
The Hooked Rug Museum Workshops

Are you looking for a new hobby or looking to improve your Skills? Be sure to mark your calendars for the museum's final event of the season on September 26th. The Hooked Rug Museum of North America is offering many workshops in August and September. You will Find Classes on broomstick lace, punch hooking, traditional hooking, and finishing projects. Join Us for Fibre Day, when fibre enthusiasts from knitters to stitchers, rug hookers and more, come together for a day of creating and sharing. Visit our website or Facebook for more information. hookedrugmuseumnovascotia.org

Rick Burns
MLA for Hammonds Plains-Lucasville

- RickBurnsMLA.ca
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Through the Community Lens: Pride in St. Margaret's Bay

Sherrie Redden

In July, I had the privilege of photographing the second annual Pride festival in St. Margaret's Bay, organized by St. Margaret's Bay Pride. This is my second year photographing the festival, and it is great to see how much it has grown in just one year.

I have photographed five of the 20 festival events, including the Rainbow Picnic at the Crossroads in Upper Tantallon, the Heated Rivalry hockey game at the St. Margaret's Centre, The Great Pride Clothing Swap at St. Luke's United Church, Queer Crafternoon & BBQ at Labour Day Picnic Cafe, and the Pride Paddle at Shining Waters Marina. Still to come is the festival's biggest event, Bay Pride Fest, which is expected to bring hundreds of people to the Hubbards Barn.

I am seeing people come together in celebration and making meaningful new connections. Meeting folks who say it is the first time they are showing up to events like this or that it is the first time they feel safe enough being themselves, is why I am involved. As a parent, I have wanted what all parents want: for my kids to be happy, healthy, and feel safe to be themselves. I have supported loved ones through transitioning and aftercare, and I am grateful to meet other families where we can have open conversations with each other.

As a photographer, I am also grateful to be invited into these spaces and trusted to document them. Working alongside St. Margaret's Bay Pride's volunteer team has given me a good perspective of the care and collaboration that goes into creating



Making parade signs at the Queer Crafternoon & BBQ at Labour Day Picnic Café.
Photo credits: Sherrie Redden.

a festival like this, and we have a lot of fun doing it.

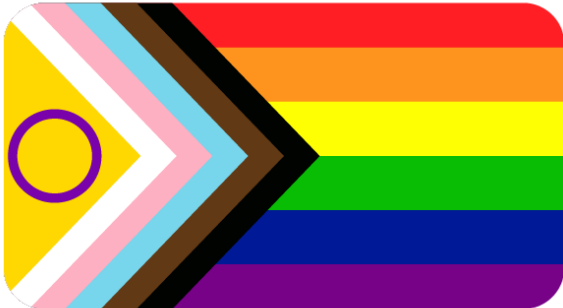
At a time when differences, anti-trans misinformation, and isolation can make people feel increasingly divided, events like Pride are more important than ever. Communities become stronger when people come together. Sport, recreation, and the creative arts do just that. Everyone needs to feel safe where they live.



The Halifax Mussels playing against the Greyhounds at St. Margaret's Centre. Photo credits: Sherrie Redden.



Pride Paddle with SUP Yoga Halifax at Shining Waters Marina. Photo credits: Sherrie Redden.



Submit your event today!
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AUGUST 6 - 9

LUNenburg

FOLK HARBOUR

Festival

MAIN STAGE LINE UP, 7-11PM

Thursday
Aug. 6

Pillow Fite
Joe H Henry
Youngtree & Carole Bee
Beòlach

INTERMISSION
Kellie Loder
Sarah Harmer

Friday
Aug. 7

Jenny Whiteley
Steve Dawson
Ndidi O
Le Diable à Cinq

Sechile Sedare
MacDougall-MacIsaac-MacLellan

Saturday
Aug. 8

Grace Petrie
Danny Michel
Boreal
Gordie MacKeeman & His Rhythm Boys

Suzie Vinnick
Lloyd Spiegel

Sunday
Aug. 9

Noah Malcolm
O'Sound
Nadine Altounji
Morgan Toney

Cécile Doo-Kingué
Colin Linden

Full daytime schedule online
folkharbour.ca

- 10am Workshops
- 5 Daytime 1-5pm Stages
- 1 Evening Main Stage Tent

Festival Passes (\$190)
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Ages 13-25 are ½ price
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