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THE MASTHEAD NEWS

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Micaela shares her great-grandfather's photo with the Honourable Lena Metlege Diab, Canada's Minister of Immigration, Refugees and Citizenship, while viewing his name in the Second World War Book of Remembrance. Photo credits: Minister Diab's Team.

A Birthday Present from My Great-Grandfather, 29 Years in the Making… A name in a book, a birthday in Ottawa, and a connection to a great-grandfather never known. What began as a family history search led to an unexpected discovery and a birthday experience that will never be forgotten. **Read the full story on page 6.**

Ethan loves rugby, playing outside, and spending time with family. Now, as he faces the challenges of a rare kidney disease, his family is hoping to find a living kidney donor who could help change his future. **Read Ethan's story on page 8** to learn how you can help spread the word or explore becoming a living kidney donor.





Thousands of handmade poppies, countless helping hands, and one shared purpose. In Hubbards, a community is coming together to create a special tribute to those who served and sacrificed for our freedom. Discover how this heartfelt project is bringing neighbours together to honour Remembrance Day. **Read Story on Page 6.**

Beyond Remembrance Day

Kathy Haslam

On November 11th, we gather.

We stand at the cenotaph, lay wreaths, wear poppies, and remember those who served and sacrificed.

Remembrance can also ask something of us after the ceremony is over. At F.E. Butler Branch 44 of the Royal Canadian Legion in Chester, this means directly supporting Veterans through one-on-one assistance, programming, and fostering community.



George and Barb at the Hubbards Pharmasave during a previous Poppy Campaign. Photo Credit: Francois Segard (branch 44 president/service officer)

For 13 years, George and his wife Barb had been trying to have his disability properly recognized through Veterans Affairs Canada. However, when François, President of F.E. Butler Branch 44 and a Branch Service Officer, learned about George, he quickly connected with him and had his claim finalized nine months later.

Today, George and Barb have not only sold their home and moved into a house in the Chester area that better supports George's physical needs, but they are active participants in their new community through involvement with both the Hubbards & Area Lions Club and the Legion's Poppy Campaign. The support that once reached into their home now ripples back into the community around them.

Another way to reach Veterans has been through Operation VetBuild, an opportunity for Veterans to work on models together, alongside conversation. Around the VetBuild table, Veterans speak about their experiences during active service, along with things that have helped them keep going.

Sometimes the Legion doesn't need to create the program. It can also just be a private, secure, inclusive, and familiar space for programming developed by others, such as Project Welcome Home Troops' SKY Resilience breathing course for Veterans experiencing operational stress.

Initiatives like these are heavily supported by local organizations and individuals, who Branch 44 connects with through community meals, opportunities for participation, and its newsletter, The Butler Bugle. Veterans remain at the heart of Branch 44, but they don't exist separately from the communities around them.

The cenotaph, the poppy, and the silence of November 11th remain fundamental, but perhaps remembrance is also something we carry away from the cenotaph with us.

"Remembrance Day is one day when we publicly honour their service. The other 364 days are when we continue to serve them."



Still We Remember

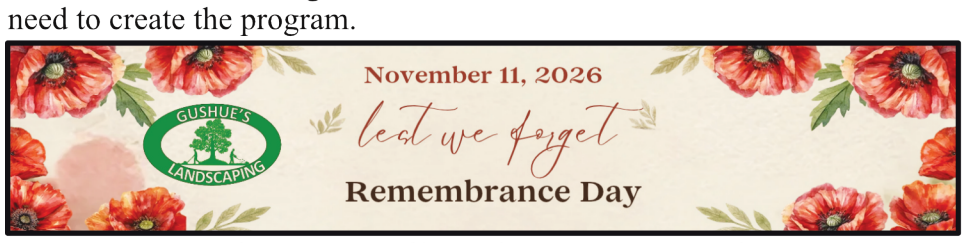
Jennifer Learmonth

Some came home changed,
and some not home,
Their names now carved
in cold gray stone.
Yet every poppy, bright and small,
Says you are not forgotten to us all.

So, we stand in the November chill,
Heads bowed, our hearts held still,
And promise, as the bugles fade,
To keep the peace
that they have made.

The fields are quiet now, and gray,
The maple leaves have blown away,
But in the hush of eleven o'clock
We pause,
and let the whole world stop.

For those who left
from porch and farm,
From harbour towns and quiet barns,
Who kissed their mothers,
waved goodbye,
And carried hope beneath a foreign sky.



Remembering Her Service, Honouring Her Legacy Sherry Richardson

July 3, 1936-August 3, 2026



LCdr(Ret'd) Sherry Richardson, at the Battle of the Atlantic Dinner in 2018

St. Margaret's Bay resident Lieutenant-Commander (Retired) Sherry Richardson, who spent a lifetime in Canadian military service with Navy, Army, Air Force and Intelligence, died peacefully at home on August 3 this year, aged 90.

In a 2020 interview with The Masthead News, Richardson reflected on her groundbreaking career as a woman in the Canadian military, particularly as a woman in a technological field, and on the importance of continuing to observe Remembrance Day.

Sherry Richardson retired in 1999 as a Lieutenant-Commander and Commanding Officer of the HMCS Sackville, a ship that, she said, "sank two subs and scared the hell out of a third" during World War II. The ship later served as a research vessel and is now a military museum.

Richardson completed her basic training in Sherbrooke in 1954. As she said, "Opportunities for women were limited at that time." So, she obtained her electronics certification and was drafted to CFB Shearwater as an electrical technician working on aircraft.

She said she was glad, over the years, to see more women opting for a career in the military, and she encouraged young people interested in the military to join the reserves for a year: "If you like it, ask for a transfer to regular forces. If it's not for you, turn in your kit and walk away."

Richardson's love of aircraft and flying proved to be lifelong.

"In my 70s, I trained at the Debert Flight School," she noted, "First getting my recreational license and then my private license."

She also served for years in military intelligence, later joining the Bedford Institute of Oceanography, serving on several research vessels, including CGS Chebucto, as First Officer.

"When I was in military intelligence, the first thing they did was send me on a three-year Russian course," she said, "And that also came in handy later when I was in Fisheries and had to board Russian ships."

Richardson continued flying for pleasure well into her 80s and worked every summer as a forest-fire spotter for the Department of Lands and Forestry.

Grateful for her long and diverse life of military service, she acknowledged that, for younger generations, Remembrance Day may feel less relevant.

"They've never experienced what that sacrifice means," she said. "But Remembrance Day reminds us that our people died, often somewhere far away, to make sure we continue to be free."

Donations in Sherry Richardson's memory may be made to The Canadian Naval Memorial Trust.

Could We Have Done It?

THE TEACUP TATTLER Lady Spillington

My dearests,

I have been thinking about Remembrance Day.

Dangerous, I know. Lady Spillington thinking generally results in either a strongly worded column or Lord Spillington quietly leaving the room.

But I have a question. Could we have done it?

We are, after all, a generation that can become emotionally unhinged when the Wi-Fi goes down.

Our coffee is the wrong temperature. Our parcel took four days. Someone is driving 73 in an 80 zone and suddenly we are composing their obituary from behind the steering wheel.

We have become rather accustomed to comfort. And then I look at the photographs.

Those faces.

We call them soldiers, which somehow makes them sound as though they arrived on earth fully grown, wearing uniforms and possessing extraordinary courage.

They didn't. Many were barely adults. Eighteen. Nineteen. Twenty.

Young men and women from little towns not unlike ours. They had mothers, sweethearts, brothers, and sisters. Jobs waiting. Plans being made. Lives barely begun.

And when the world asked something almost unimaginable of them, they went.

Were they frightened? Of course they were.

Courage isn't the absence of fear. Courage is being afraid and going anyway.

I wonder sometimes whether we truly understand what was handed to us.

We live ordinary lives because others were willing to do extraordinary things.

We open our shops, raise our children, worship God freely, complain about parking, and argue about absolutely ridiculous things on Facebook.

All beneath freedoms purchased at a price most of us have never been asked to pay.

So, on November 11th, people will gather at the cenotaph here in Mahone Bay, and at cenotaphs in communities across Nova Scotia and Canada.



Mahone Bay Museum Accession # 2018.1.14

And for a few minutes, perhaps we can simply be still.

No rushing. No complaining.

No Lady Spillington carrying on about the state of civilization.

Just gratitude.

For the young faces in those old photographs.

For courage. For sacrifice.

And above all, gratitude to God for the freedom and peace we have been entrusted with.

We often wonder what we would have done had we lived in their time.

Perhaps the better question is whether we are living lives worthy of what they did in theirs.

Remember them.

-Lady Spillington

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In memory of longtime Bay Seniors member
LCdr(Ret'd) Sherry Richardson 1936-2026
Photo credit: Douglas Struthers, Canadian Naval Memorial Trust

LEST WE FORGET
REMEMBRANCE DAY 2026

The Room of Remembrance

The Masthead News Team



Parliamentary Protective Service conducting the Turning of the Page Ceremony Photo Credits: Minister Diab Team

Inside West Block on Parliament Hill in Ottawa is a quiet space that many Canadians may not know exists. The Room of Remembrance is home to eight Books of Remembrance, which preserve the names of Canadians who died in service to their country.

Each book represents a different conflict or period of service in Canada's history. The collection includes the South African War and Nile Expedition, the First World War, the Second World War, the Newfoundland Book of Remembrance, the Korean War, the Merchant Navy, In the Service of Canada and the War of 1812. Together, these books honour generations of Canadians whose lives were lost through military service and other service to the country.

The books were originally housed in the Memorial Chamber of the Peace Tower. In 2019, they were moved to West Block to allow for renovations to Centre Block, where they are now displayed in the Room of Remembrance.

An important tradition takes place each morning at 11 a.m., when a member of the Parliamentary Protective Service conducts the Turning of the Page Ceremony where one page in each of the eight books is turned.

The books are more than historical records. Each name represents an individual with a life, a family and a story, preserving their place in Canada's national history for future generations.

While Remembrance Day brings Canadians together each November to honour those who served and sacrificed, the Room of Remembrance offers a lasting tribute throughout the year. It is a reminder that remembrance extends beyond a single day, and that the names of those who served deserve to be recognized and preserved for generations to come.



Taking a moment at the South African War and Nile Expedition Book of Remembrance, which honours those who lost their lives during the South African (Boer) War and Nile Expedition between 1899 and 1902.



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Submission Deadline for November Issue:October 19th

The Masthead News reaches approximately 27,000 homes and businesses from Prospect to Lunenburg.

A Birthday Present from My Great-Grandfather, 29 Years in the Making

Micaela Learmonth

Some discoveries bring you closer to your family's history in ways you never expected.

While doing genealogy research into my family, I came across the Second World War Book of Remembrance and discovered that the page bearing my great-grandfather's name would be turned on my birthday. I knew right away that I had to be there.

I made the trip to Ottawa to witness the page turning and see Walter's name displayed in the book. What started as a discovery during my family research became something much more personal, and I wanted to be there to see his name honoured and take in a moment that connected me to a part of my family's history I had spent time learning about.



Minister Diab and Micaela view the Second World War Book of Remembrance, honouring Canada's fallen.

My nanny was only four years old when she lost her dad, Walter Allison Sawler. Nanny has since passed away, but I watched her live a life wondering who he was, what it would have been like to have him around and what parts of her came from him.

With the help of my uncle, I was able to read reports and records from Walter's time serving. Like many families, we don't always talk about the difficult parts of our history. But you can't have the beauty without the beast. Walter was young, married and just starting his family when he was drafted into the war so, he struggled with his physical and mental health while being so far from home and the people he loved.

Sadly, Walter never made it back home. Back to my nanny. Back to the little four-year-old girl he was missing and loving from so many miles away.

Standing there on my birthday, looking at his name and realizing I am now the same age he was when his life was cut short, is something I don't think I'll ever be able to fully put into words. I never had the opportunity to know him, but being there and seeing his name in that book felt incredibly special.

During my visit, I had the opportunity to meet the Honourable Lena Metlege Diab, Canada's Minister of Immigration, Refugees and Citizenship and Member of Parliament for Halifax West, Nova Scotia.

Minister Diab was there for the occasion and made the experience even more special by presenting me with a certificate in recognition of my birthday.



Minister Diab presents Micaela with a certificate in celebration of her birthday.

Having her take the time to acknowledge my personal connection to the Book of Remembrance and my great-grandfather's story was something I will always appreciate.

Minister Diab also spoke about the importance of taking time throughout the year, not just on Remembrance Day, to remember and honour the people who fought for our freedom. Her words were a fitting reminder of why these stories matter and why it is important to continue sharing them.

What began as a search into my great-grandfather's past became an experience I will carry with me. I travelled to Ottawa hoping to learn more about Walter and honour his memory, and I came away with a deeper connection to his story and a moment in our family's history that I will never forget.



Photo on the right: Micaela finds her great-grandfather's name in the Second World War Book of Remembrance.

Did you know? *The Second World War Book of Remembrance honours 44,893 Canadians who lost their lives during the Second World War (1939–1945).*





When a Community Comes Together, Remembrance Comes to Life

Gabriela Leitch



Handmade poppies for the Hubbards Remembrance Day poppy display. Photo by Gabriela Leitch.

There is something truly special about a small community coming together for something bigger than itself. Here in Hubbards, that spirit has been shining brightly as our community works together to create a beautiful poppy display in honour of the brave men, women, and animals who have served, sacrificed, and given so much for our freedom.

What began as an idea I had has grown into something incredibly meaningful, thanks to the kindness, generosity, and dedication of so many people. Thousands of handmade poppies have been created, each one representing love, gratitude, and remembrance. Every poppy tells a story, and together, they are becoming a powerful tribute to those who have served our country and those who never made it home.

From the hands that carefully made each poppy to those who helped organize, prepare, and bring this vision to life, every contribution has mattered.



Handmade poppies for the Hubbards Remembrance Day poppy display. Photo by Gabriela Leitch.

Weather permitting, our poppy display is scheduled to go up approximately one week before Remembrance Day. We will continue adding the final touches on the morning of Remembrance Day itself, bringing everything together for a display that we hope will make our community pause, reflect, and remember.

The Hubbards Area Lions Club, which has proudly sponsored the display to make this special tribute possible, will be decorated for Remembrance Day, creating a welcoming space for our community to gather, reflect, and honour the occasion together.

Following the ceremony, everyone is warmly invited to stop by the Hubbards Area Lions Club for hot dogs and fellowship.

Remembrance is about more than a single day. It is about gratitude, sacrifice, connection, and ensuring that the stories of those who served are never forgotten. This tribute will remind us that we can honour the past while building a stronger, more caring community for the future.

To everyone who has made a poppy, donated time or materials, spread the word, or offered a helping hand, thank you from the bottom of my heart.

I look forward to seeing the display and hope it brings a little extra meaning to Remembrance Day.

Because when we come together, we remember together.

Lest we forget



Mahone Bay Earns 5 Blooms and Special Recognition at Communities in Bloom Awards

Mahone Bay received a rating of 5 Blooms and a special mention for Faerie Trails during the 2026 Provincial/National/International Symposium and Awards Ceremonies, held in Montréal, Québec by Communities in Bloom. The Town of Mahone Bay participated in the Atlantic Edition - Population Evaluated category. The community also received an Outstanding Achievement Award for Environmental Action and Heritage Conservation.

Over the summer, trained volunteer judges travelled to participating communities to evaluate the overall contributions of municipal council and departments; industry; businesses and the private sector – including volunteer efforts – regarding the following criteria: Community Appearance, Environmental Action, Heritage Conservation, Tree Management, Landscape, and Plant & Floral Displays.

Following their evaluation, volunteer judges Susan Ellis and Larry Hall wrote:

"Mahone Bay has many attractions, but the Faerie Trails are especially magical! In 2025, a group of faerie fanciers decided the faeries needed new homes, and they flew into action, using recycled, reused, and repurposed materials to build them under the trees, amidst the ferns and flowers found along the three trails in a quiet wooded area. All three trails are themed and invite exploration. Children, from two to 102, marvel at the ingenuity of the faeries, and the twinkling lights they see and tiny bells they hear along the paths. Especially notable is the Faerie Station where visitors can deposit a wish that they hope the faeries will grant. The notice states if you see twinkling lights, it's a sign your wish is being considered. These anonymous wishes are collected and placed in a Faerie Book that is sometimes shared publicly - further spreading the magic and charm of the fabulous Faerie Trails!"

Within the actual context of climate changes and environmental concerns, communities involved in the program can be proud of their efforts, which provide real and meaningful environmental solutions and benefit all of society.



Deputy CAO Eric Levy accepting the National Outstanding Award for Environmental Action on behalf of the Communities in Bloom Committee.

For a complete list of the results and to learn more about the Canadian volunteer and partnership-driven non-profit organization Communities in Bloom, please visit www.communitiesinbloom.ca.

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The Gift of Being Present *The Masthead News Team*

As we move into the holiday season, it's easy to start going a mile a minute. There's so much to do, so many expectations to meet, and before we know it, we can get caught up in the rush of it all.

But as the days get shorter and the leaves finish falling, maybe we can take a moment to slow down and look around.

Notice the little things. The beauty of the season changing, the familiar faces we pass each day, the people who are smiling and those who might need a little extra kindness. Sometimes, we get so caught up in our own busy lives that we forget to check in with one another.

The holidays can bring a lot of joy, but they can also be a difficult time for some. We never really know what someone else might be going through, and a simple conversation, a phone call or asking someone how they're doing can mean more than we realize.

We can spend so much time thinking about the perfect gift to buy, the meals to prepare and the gatherings to plan that we forget one of the most meaningful things we can give is our time.

Being present with the people we love. Sitting together, sharing a laugh, listening to a story we've heard a dozen times before. These are the moments that stay with us long after the decorations are packed away.

So, as we head into the holiday season, let's remember to give ourselves a little breathing room, too. We don't have to do it all or make everything perfect. Sometimes, it's enough to slow down, be kind to ourselves and check in on the people around us.

After all, the best gift we can give each other is often the simplest one: being there.





Have you experienced a moment of kindness that made your day a little brighter?
We'd love to hear about it!

Share your story with us!
Email: stories@themastheadnews.ca.
Let's spread a little kindness throughout our community!

Help Us Find Ethan's Match

Jenny Hackney



Ethan enjoying the summer. Eight weeks later, he became reliant on daily peritoneal dialysis. Photo cred – Paul Hackney (Dad)

If you met Ethan, the first thing you would probably notice is his smile.

He is funny, energetic, curious and a little mischievous. He is happiest doing what most seven-year-olds love: riding his scooter, being outside, laughing with friends, and spending time with family.

What you might not know is that Ethan was born with congenital nephrotic syndrome, a rare kidney disease that has been part of his life from the beginning.

Hospital visits, bloodwork, medications, and procedures are normal for Ethan, but they have never defined him. Ethan is so much more than kidney disease.

He loves being part of his U8 rugby team. He loves to laugh, play, ask questions, and keep everyone around him on their toes. He has faced more medically than most adults ever will yet continues to approach life with remarkable joy.

Over the past year, Ethan's kidney disease has progressed. There have been more hospital stays and procedures, and dialysis has recently become part of his journey.

As his parents, we always knew this chapter might come. Knowing that didn't make it any easier when it did.

Through it all, the community around Ethan has made an enormous difference. Friends, family, teammates, colleagues, and complete strangers have shared his story, checked in on us and reminded us that we are not facing this alone.

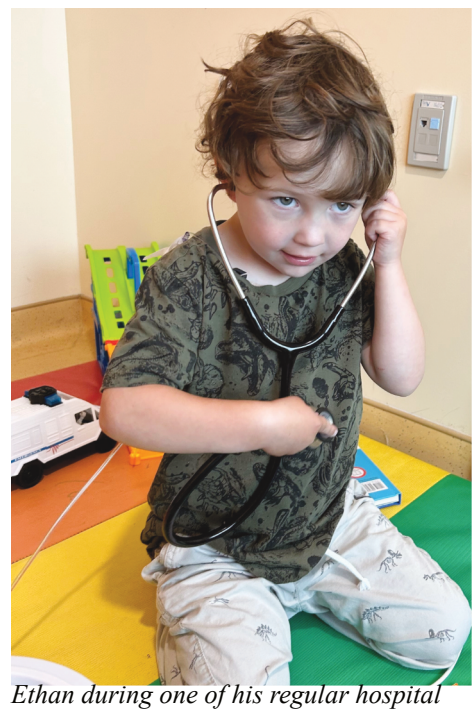
We are sharing Ethan's story in the hope of helping him reach the next chapter of his life: one with more freedom, energy, and chances to simply be a kid.

To learn more about living kidney donation, contact the Nova Scotia Living Kidney Donor Coordinator confidentially at 902-473-5501.

If donation is not something you can consider, sharing Ethan's story is still an incredible way to help.

More than anything, we want people to know the little boy behind the medical story.

That's Ethan, and he has a whole lot of life ahead of him.



Ethan during one of his regular hospital appointments when he was four years old, showing the nurses how it is done. Photo credits – Jenny Hackney (Mum)



In remembrance and gratitude of all who have served and continue to serve

From the Board and Staff of the Aspotogan Heritage Trust



Did You Know?
November's Birth Flower

The chrysanthemum, often called a mum, is November's birth flower. These colourful blooms come in shades of yellow, orange, white, pink and purple. They are often associated with friendship, joy and loyalty.

Get creative with annual all-ages colouring contest

The Peggy's Cove Area Art Society

The Peggy's Cove Area Art Society, along with other community partners, is once again offering an annual colouring contest for area residents aged 5 to adult.

But this year's contest has a few new features, including a chance for the community to enjoy the entries after the contest ends.

Now named "Snowflakes and Keepsakes," the colouring contest is still an opportunity to colour one of two pieces of art created for the contest by local artists Amy Nemeth and Jill Book. And artist members of the Peggy's Cove Area Art Society (PCAAS) will again judge the entries on creativity and execution in four age categories—5-7, 8-10, 11-12, and 13-adult.

St. Margaret's Bay Pride has come on board to help promote Snowflakes and Keepsakes.

In addition to being able to pick up colouring sheets as usual at the St. Margaret's Bay Community Enterprise Centre (CEC), the sheets will be available from two Halifax Public Libraries branches—Tantallon and J.D. Shatford Memorial in Hubbards and the Credit Union Atlantic (CUA), Tantallon branch.

Colouring sheets will be available beginning on November 5 at those locations.

This year, for the first time, completed entries will go on display. They can be seen throughout January at the CUA Tantallon and the CEC, both of which generously provide ongoing exhibit space to PCAAS artists. Because most participants are children and teens—though adults are encouraged to participate, too—their names will not be displayed.

Prizes of art supplies, t-shirts, and Canadian colouring books will be awarded to participants whose entries are selected for special recognition.

The contest closes on Tuesday, December 8 at 4pm, and entries must be submitted by paper copy at the CEC or one of the two participating library branches.

For more information and contest rules, visit peggyscoveareafestivaloftheartscom or Snowflakes and Keepsakes on Facebook.

PCAAS, St. Margaret's Bay Pride, and the Halifax Public Libraries all offer art activities for young people, and support creativity for all ages.



Artists Jill Book (left) and Amy Nemeth, members of the Peggy's Cove Area Art Society, are once again creating original art for an annual winter-themed colouring contest for colouring fans aged 5 to adult. Photo credit: Amy Nemeth.



180 Years Old and Still a Beacon to Many!

Sue Bethune and John Stone



Photo Credits: Drew Bethune

St. James' of Boutiliers Point will be 180 years old on Sunday, November 15th! The story of "The Yellow Church" began with the arrival of the "Foreign Protestants" in Halifax (1750-52). Among them were Boutiliers, whose descendants, John Martin and Catherine Boutilier, donated the land for a church in 1845. On July 23rd, 1846, "the frame of St. James' Chapel was raised…" and "the next day it was boarded in in the same manner." On Sunday, November 15th, 1846, with "the exterior only being completed," the first service was held. It was consecrated in January of 1848.

As a faithful congregation grew, milestones followed. In 1902, a chancel and sanctuary were added, with stained-glass windows. In 1955, a concrete basement was poured, with oil replacing wood for heat. In the 1980s, an entranceway was added, along with running water and a bathroom, completing the building for the first time.

Land donated by Mrs. Willard Christie in 1928 allowed a strong congregation to build a substantial church hall in 1929. Now gone, it was a community hub with variety shows, turkey dinners, theatre, and Boy Scouts. In 2025-26, a major renovation of our church basement created a warm, well-lit, inviting space, with a kitchen included. In it, we welcome a variety of congregational and community activities including games, sewing, birthday celebrations, action groups, and coffee houses. Outside, for relaxation, we offer bike racks, picnic tables, and a quiet memorial garden.

Throughout this long history, friends and members of the congregation have donated a multitude of memorials to furnish the building and provide "holy hardware" for worship, notably a replacement altar in memory of Francis and Harrison Boutilier, who were both killed in the Halifax Explosion.

St. James' is one of hundreds of heritage churches. All are blessed to be able to receive government conservation grants. Grants provided to St. James' have supported repairs to our steeple, restoration of our round window, and stabilization of aged grave markers.

Community created St. James' and community remains at its core. Please join us as we celebrate our 180th on November 15th at 10 am.



33rd Annual Haliburton Community Food Drive in Support of St. Margarets Bay Food Bank

This is the 33rd year that residents of Haliburton have organized and participated in a food drive in support of St. Margarets' Bay Food Bank. Several of our original volunteers, as well as their children who grew up participating, have continued to volunteer and the first four grandchildren from the original group are even tagging along. This annual food drive is held in memory of our friend and neighbour, Ruth Ann (Kelly) Kottwitz, who was diagnosed with cancer in 1991. Given her altruistic nature, she wanted to do one last significant good deed, which led her to coordinate our first community food drive in fall of 1994. Three months after the first food drive, Ruth Ann passed away, and since then, the tradition has been carried on in her memory. Ruth Ann's family and friends would like to invite the community of Haliburton to participate in the 33rd Annual Food Drive on Saturday, November 21st, 2026.

To support local families in need, the food bank looks forward to non-perishable food donations and personal care items. Monetary donations in the form of cash, cheques, or gift cards are especially welcome, due to food bank storage limitations. Tax receipts can be provided for donations of over $10.

This year, the food bank's wish list for Christmas hampers and food bank shelves includes the following: pancake mix, flour, sugar, instant coffee/tea/hot chocolate, cake mixes, icing, cooking oil, lunch snacks, canned fruit, granola bars, cookies, crackers, stove top stuffing, powdered gravy mix, cranberry sauce, chocolates, and breakfast items. Please be mindful that best before dates are current.

Haliburton residents are encouraged to have bags or boxes prepared and on their doorsteps in the morning, as volunteers will be canvassing between 9 am and 12 pm. If residents do not want to be called on, they may place a note on the door declining participation. Donors can also deliver directly to the organizers, located at Faith and Gordon Balcombe's home at 25 Manchester Drive, which is always appreciated. If you have any questions or would like to volunteer, please contact Alison McCarthy at 902-826-7098.



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peggys-cove.com
Stop by the Restaurant for a delicious
lunch or homemade dessert.
Enjoy a stroll along the observation deck.

Keeping Cats Safe as the Colder Months Approach

The Masthead News Team

As the days grow shorter and temperatures begin to drop, our feline friends need a little extra care. Whether they curl up indoors, venture outside or depend on the kindness of neighbours, winter brings challenges for cats across Nova Scotia.

Looking Out for Outdoor Cats. Community cats and strays may not have a warm home to return to when temperatures fall. An insulated, waterproof shelter raised off the ground and protected from wind and snow can make a big difference. Straw is ideal for bedding because it stays drier than blankets or towels. Fresh water, regular food and checking shelters throughout the winter are also important. Local animal rescues may offer advice on caring for outdoor cats.

Check Before Starting Your Car. Cats sometimes seek warmth beneath vehicles or inside wheel wells and engine compartments. Before starting your car on a cold morning, knock on the hood and check around the tyres. This simple habit could help save a life.

Watch for Winter Hazards. Antifreeze is highly toxic to cats, even in small amounts. Road salt and ice-melting products can also irritate paws and cause illness if licked off during grooming. Wiping your cat's paws with a damp cloth after outdoor adventures can help.

Holiday decorations bring additional risks. Keep tinsel, ribbon, string, candles and electrical cords out of reach. True lilies are especially dangerous to cats and can cause fatal kidney damage, even with small exposures.

Make Home a Cozy Retreat. Indoor cats appreciate warm bedding away from draughts, fresh water and clean litter boxes. If using a heated pet bed, choose one designed for animals and follow the manufacturer's instructions.

As winter approaches, a little extra kindness can go a long way. Whether it means checking on a neighbourhood cat, providing a safe shelter or making home a little cozier, small acts of care help our feline friends stay safe, warm and loved throughout the colder months.

Nemo the cat chills out after a long day of birdwatching.

"Getting In" to Alzheimer's and the Memory Café

Ron MacInnis

Greetings to you, Masthead readers. I am writing from the often-difficult world of Alzheimer's. Now in my eighth year of wrestling with its torment, and at the age of 82, I find I have learned a great deal since my diagnosis, and today, I have enough control over my typing fingers and the working neural pathways in my brain to share how I have been able to steal some time from that dismal mental forecast.

Over my early Alzheimer's years, I felt I was slowly coming unglued, and in many ways, I was. Though, after some time and introspection, I found myself uplifted by a Kris Kristofferson quote: "If you have a problem that you cannot get out of... get into it!"

I first made it my business to understand my own personal relationship with Alzheimer's, and dementia in general, and the world around me. Much that helped me then was what I discovered both from reading and learning from others, and from my own life experience. Conversation with those in my life has helped keep my mind alive. Any doctor will tell you this.

A year or so ago, my wife, Carole, discovered The Memory Café, a Nova Scotia organization that has Cafés operating throughout the province The one hosted in St Luke's United Church has been running for three years. After inquiring and registering, Carole and I were invited to attend the next meeting.

We expected to find a meeting full of people hobbled by their fading abilities, but we were greeted by the sweet sound of laughter, conversation, and a pleasing aura. We soon learned that these two-hour sessions are fun, positive social events that involve warm drinks, homemade snacks, conversation, music, and more. Thanks to all who have helped to make this happen!

The 2026-2027 Tantallon Memory Café runs once a month from October to June, with the first session taking place on Tuesday, October 13th from 2:30 pm to 4:30 pm. Please call Rachael Emge at (902) 826-2100 Ext. 3274 to register. For more information on The Memory Café, visit their website: https://memorycafens.ca/

Send your Story to: stories@themastheadnews.ca
Deadline for December Issue: Monday November 16th

Nova Scotia Pottery Market Draws Thousands to Mahone Bay

Morgan Sheppard, Organizer, Nova Scotia Pottery Market

On October 4th, a beautiful, sunny fall Sunday, approximately 3,000 pottery enthusiasts descended on Mahone Bay for the inaugural Nova Scotia Pottery Market, which was free to attend and held during the 30th annual Scarecrow Festival. The event was the first of its kind in the province: a juried market dedicated exclusively to ceramics. More than 75 artists applied last winter, with a jury selecting 28 potters from across the Maritimes to participate.



Inside the Nova Scotia Pottery Market at the Mahone Bay Centre gymnasium. Photo by Sarah Rector.

We had no idea how many people would show up, but at around 9 am, an hour before the market opened, a line began forming outside the Mahone Bay Centre gymnasium. The line continued to grow, wrapping around Maple Street toward the Baptist Church, and lasted throughout the day.



An overhead of the Nova Scotia Pottery Market line-up. Photo by Michael Broley.

For many of the participating potters, it was their best single day of sales ever. The turnout was a powerful reminder of just how much Nova Scotians value supporting local makers and buying handmade. For pottery collectors, we have always believed that potters are rockstars. For the potters themselves, it was a chance to feel just how much their work is valued.

One of my favourite parts of the day was seeing people purchase a handmade pottery mug and immediately use it to enjoy complimentary coffee or tea from local businesses Sunday Silence Coffee Co. and Spill the Tea Mahone Bay. There is something particularly meaningful for a maker about seeing your work being used and enjoyed. Throughout the day, live wheel-throwing demonstrations on stage also gave visitors a chance to watch skilled potters transform a ball of clay into a finished form, offering a glimpse into the time and talent behind each piece.

To everyone who waited in line, came through the doors, supported a potter, or helped make this first market possible, thank you.

We have big plans for next year and are already looking at ways to make the experience better and ensure as many people as possible can enjoy the market.

Follow @nspotterymarket on Instagram and Facebook for updates. We look forward to welcoming everyone back to Mahone Bay next fall!



We Want to Hear From You!

We want to hear what matters to you and give our community a voice.

Send your letter to the editor to stories@themastheadnews.ca

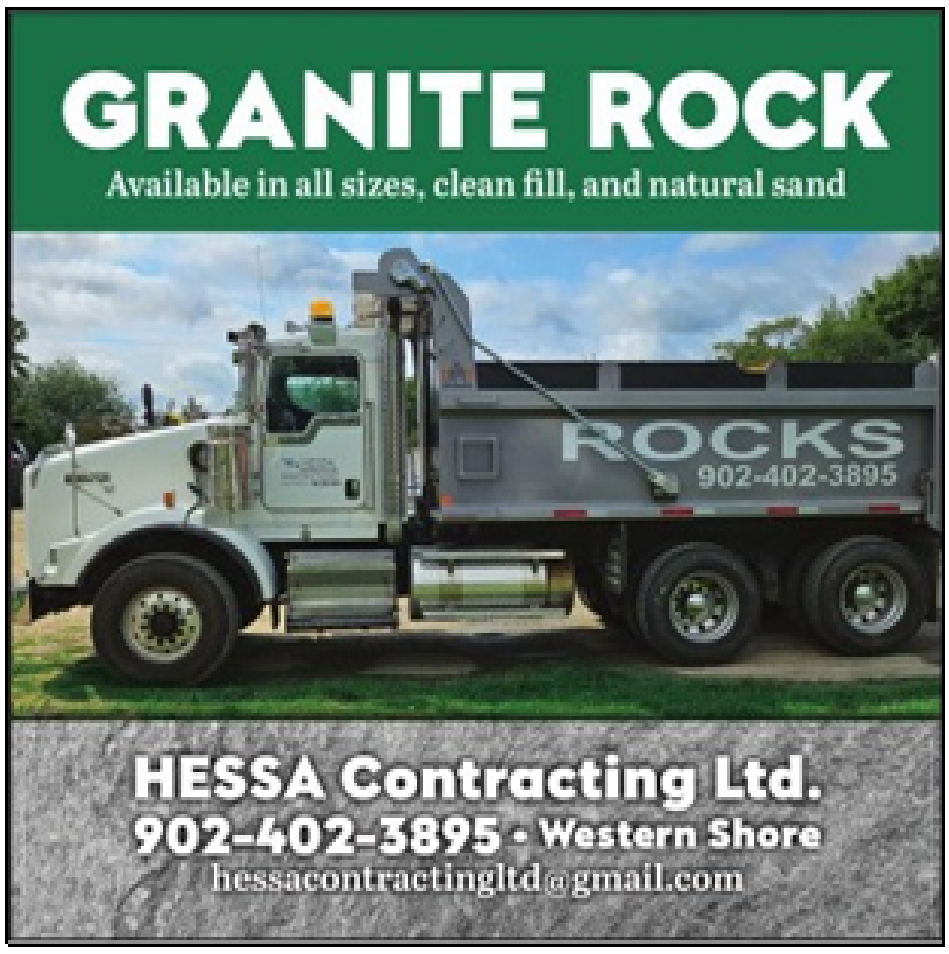
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Are you connected with someone buried at Hillside Cemetery?

Hillside Cemetery is the final resting place of several members of the community, estimated to be more than 230, who died while living at the Lunenburg Municipal Hospital (County Home), which was located on the site of the current Municipal Activity Recreation Complex (MARC) at 33 Leary Fraser Road, Dayspring, NS.

The Municipality of the District of Lunenburg wants to know if any family members or relatives of those buried at Hillside Cemetery are interested in a way to honour their loved one by name. Your interest will help us decide whether to move ahead with this potential memorial project.

Please contact Sandra Challis
sandra.challis@modl.ca or 902-541-1321
by January 31st, 2027



Protecting Our Water: Understanding the Risks of Mining Forum

BRIDGEWATER, NS — The public is invited to attend Protecting Our Water: Understanding the Risks of Mining, a community forum taking place Monday, November 9th, at the Best Western Plus Hotel & Convention Centre in Bridgewater. Hosted by Citizens Against Uranium Exploration & Mining in Nova Scotia, the event will begin at 6:30 pm to visit booths with speakers starting at 7 pm.

The forum will feature a range of speakers and perspectives on the potential risks that mineral exploration and development, particularly uranium mining, may pose to Nova Scotia's groundwater and surface water resources.

As interest in mineral exploration and development grows across the province, the event will offer an opportunity for community members to learn more about these issues, hear different perspectives, and consider the potential impacts on the water resources that communities, ecosystems, and future generations depend on.

The evening will include presentations followed by an opportunity for members of the public to ask questions, share concerns, and take part in an open discussion. Many information booths from participating organizations will also be available, offering attendees additional opportunities to learn about related issues and initiatives.

Participants include Dr. Nancy Covington of CAPE (Canadian Association of Physicians for the Environment), Karen McKinley of EAC (Ecology Action Centre), Dr. E. Kosters - Geologist, People Not Plunder, NOFRAC, The Dirt Gang, and more.

The event is free, and everyone is welcome.

For more information, please email Liana Crossland at lianacrossland@gmail.com.

COMMUNITY EVENTS

Sunday, November 1st

Drumming Circle, Studio 43, 39 Sunrise Lane, Seabright. A wonderful opportunity to connect through the rhythm of djembes, gather round for a drumming circle led by musician and percussionist John Lindsay-Botten. John's enthusiastic yet easy approach invites all participants to take in the fun. $20 per session. Register by emailing Louise at lou_mussett@eastlink.ca.

Mindfulness Based Stress Reduction Practice, 9:30am-12pm. Shambhala Meditation Centre, 13495 Peggy's Cove Rd, Upper Tantallon. Deep Relaxation, breath work, sitting meditation, mindful yoga, Qi Gong, group discussion and more with Timothy Walker Ph.D. For Questions, contact Dr. Walker by text or phone, 902-476-4097. Free to all, wear comfortable clothing.

Thursday, November 5th

Remembrance at the Cafe, 10am. St. Luke's Parish Hall, 10 Shore Club Rd, Hubbards. A program of Remembrance at Two Coves Cafe featuring live music, readings and sing-a-longs. Cafe opens at 9am, program begins at 10am. Free to all, donations to support Veterans Transition Network are appreciated.

BLT Trail Association Public Info Session, 6pm. BLT Community Centre, 1492 St Margarets Bay Rd, Lakeside. Come meet the team of volunteers who have stepped forward to make sure the BLT Trail gets the love and care it needs, and learn how you can help, at the new BLT Community Centre!

Friday, November 6th

A Concert of Choral Music for Remembrance, 7pm. St. John's Lutheran Church, 89 Edgewater St, Mahone Bay. The Acadia University Singers with the CONDUIT Chamber Choir perform "Sing You Home", a concert for Remembrance that takes listeners on a journey from war to the return home, from desolation to hope. Admission is by donation at the door; portion of proceeds go to support the St. John's Piano Fundraiser.

Jah'Mila, 7:30pm. Lunenburg Opera House, 290 Lincoln St, Lunenburg. Join for Lunenburg Folk Harbour Society's concert series, Weekends at the Opera House. Featuring Halifax-based reggae artist, Jah'Mila. Tickets $30/Adult, $15/Youth (25 and under). Purchased online at folkharbour.ca/concerts or by phone 1-888-311-9090.

Saturday, November 7th

Christmas Craft Show, 10am-2pm. Hubbards Area Lions Club, 21 Lions Club Rd, Fox Point. Join the Hubbards Area Lions Club to raise funds for their annual Christmas Hamper Program and help their community members during the season of giving. Come get started on your Christmas shopping! Admission is $2 for adults, children under 12 free. 50/50 draw, door prize, canteen and The Lions Club bake table.

Prospect Rd Crafters Market, 10am-4pm. Prospect Road Community Centre, 2141 Prospect Rd, Hatchet Lake. Over 80 tables for our 15th annual sale. Free admission and parking available.

Jigg's Dinner, 4:30-6:30pm. St. George's Church Hall, 6310 St. Margarets Bay Rd, Head of St Margarets Bay. Join the Anglican Parish of French Village for a corned beef and cabbage Jigg's dinner! Dinner includes rolls, tea/coffee and dessert. Tickets $25, sold in advance only. Call Janet 902-826-2251 or Daisy 902-826-2882 to purchase.

James Mullinger, 7:30pm. Chester Playhouse, 22 Pleasant St, Chester. A Chester favourite stand up comedian, returns for hilarious observations on Maritime life. Tickets $52/Adult, $26/Youth, available at chesterplayhouse.ca.

Sunday, November 8th

Gently Used Book Sale, 9am-12pm. Trinity United Church, 67 Trinity Way, Timberlea. Last used book sale before the spring! Cash only. Use lower parking lot behind church and back entrance.

36th Annual Blanford Holiday Arts & Crafts Sale, 10am-3pm. District #1 Community Centre, 30 Firehall Rd, Blanford. Join for the 36th Annual Blanford Holiday Arts and Crafts sale! $3 admission, cash or debit. Canteen available.

Rachel & Darren, 3pm. Lunenburg Opera House, 290 Lincoln St, Lunenburg. Join for Lunenburg Folk Harbour Society's concert series, Weekends at the Opera House. Featuring Halifax-based musical duo, Rachel & Darren. Tickets $20/Adult, $10/Youth (25 and under). Purchase online at folkharbour.ca/concerts or by phone 1-888-311-9090.

Monday, November 9th

Protecting Our Water: Understanding the Risks of Mining, 7pm. Best Western Plus Hotel & Convention Centre, 527 Trunk 10, Bridgewater. Community information and discussion forum. Join the conversation to learn about potential risks mineral exploration and development exposes and discuss what's at stake for our communities' future generations. Free event, everyone welcome.

Tuesday, November 10th

Forest Heights Remembrance Day Ceremony, 10:30am. Forest Heights Community School, 847 Hwy 12, Chester Basin. Staff and students at Forest Heights Community School welcome the community to commemorate Remembrance Day with them. All are welcome!

Memory Cafe, 2:30-4:30pm. St Luke's United Church, 5374 St Margaret's Bay Rd, Upper Tantallon. Memory Cafe is a free social event for individuals living with memory challenges, their families and care partners. Join for warm drinks, entertainment and conversation.

Wednesday, November 11th

Pancake Breakfast, 9am. Prospect Road Community Centre, 2141 Prospect Rd, Hatchet Lake. Come fuel up with some pancakes, egg frittata, and bacon before going to your local Remembrance Day ceremony. $6 per meal, FREE for current service members, veterans, and children under 5.

Remembrance Day Ceremonies

Prospect Rd & Whites Lake, 10:30am. Whites Lake Legion Branch 153, 3495 Prospect Bay Rd, White's Lake. Parade begins at 10:45am on Bayview Dr proceeding to the Legion's cenotaph to honour and remember those who have served. Rain location - Indoors.

Hammonds Plains & Lucasville, 10:30am. Uplands Park Cenotaph, 6 Crestfield Dr, Hammonds Plains. Join us at the Hammonds Plains Cenotaph to honour those who served and those who gave everything. Parking at Cornerstone Wesleyan Church.

Hubbards, 10:30am-12pm. Hubbards Community Waterfront Park, 10353 St Margarets Bay Rd, Hubbards. Ceremony begins at 10:45am. Remember the dedication and sacrifices of our servicemen and women at Hubbards Cenotaph. Rain location - Hubbards Barn.

Mahone Bay, 10:40-11:40am. Soldiers Monument, Edgewater St, Mahone Bay. All are invited to attend the Remembrance Day Ceremony hosted by Mahone Bay Legion Branch 49 to honour and remember Canada's Veterans.

Chester, 10:55am. 3 Parade Square Rd, Chester. Participants to gather at 57 King St at 10:15am, march to the cenotaph for 10:45am, Remembrance Day service to follow. Legion Branch 44 open to the community post-ceremony for refreshments.

Western Shore, 11am-12pm. Western Shore Legion Branch 144, 6582 Hwy 3, Western Shore. Ceremony begins at 11am, refreshments and live entertainment by 3AM following the service.

Lunenburg, 10:45am. Lunenburg Cenotaph, Cumberland St, Lunenburg. Participants to gather for 10:30am, parade to begin at 10:45am from Legion Branch 23. Service held at the cenotaph beside Town Hall. Legion Branch 23 open to the community post-ceremony for refreshments.

Looking for a Remembrance Day Ceremony in your community? Visit the Royal Canadian Legion's website to find the nearest ceremony or contact your local Legion Branch or Municipal Office.

Saturday, November 14th

St. Peter's Church Book Worm Haven, 9am-12pm. St. Peter's Church Hall, 10030 Peggy's Cove Rd, Hackett's Cove. Browse through books, puzzles, games for all ages. No admission, only $2–$3 per item. Donations of books in good condition accepted (2 box limit)

Christmas Craft Fair, 9am-2pm. Chester United Baptist Church, 84 King St, Chester. Local artisans and crafters, unique gifts and baked goods. Judy's Meals 2 Go available in limited quantities.

Annual Christmas Craft Fair, 10am-2pm. Chester Basin Legion/Aenon Baptist Church, 25/57 Hwy 12, Chester Basin. Find plenty of gift ideas for everyone on your list at the best little craft fair in Chester Basin, across two different locations! Homemade and handmade items, free admission, canteen available.

Craft & Bake Sale, 11am-3pm. Western Shore & Area Improvement Association, 6485 Hwy 3, Western Shore. All handmade vendors, door prizes and canteen available. Free admission.

Five Old Guys Concert, 2-4pm. St. James Anglican Church, 6991 St. Margarets Bay Rd, Boutiliers Point. Enjoy the music of the Bay's legendary band FOG (Five Old Guys) at the kickoff celebrating the 180th Anniversary of St. James (Yellow Church). Doors open at 130 pm.

Sunday, November 15th

180th Anniversary of St. James' Anglican Church, 10am. St. James' Yellow Church, 6991 St. Margarets Bay Rd, Boutiliers Point. Come celebrate the 180th anniversary of the first church service held at St. James' Anglican Church.

The Search for the Northwest Passage, 2:30pm. Ocean Swells Community Centre, 2726 Hwy 329, Northwest Cove. The Athenaeum Society presents The Search for the Northwest Passage by Syd Dumaresq. In his presentation, he will relate its history and his personal impressions of the modern day.

Monday, November 16th

History Trivia Night, 7pm. Cornerstone Wesleyan Church, 1215 Hammonds Plains Rd, Hammonds Plains. You are invited by the Hammonds Plains Historical Society to an evening of local history trivia. Come test your knowledge with door prizes and snacks available and lots of fun to be had!

Saturday, November 21st

Christmas at the Hubbards Barn, 9am-1pm. Hubbards Barn and Community Park, 57 Hwy 3, Hubbards. Enjoy the holiday atmosphere and traditional holiday goods from the vendors at the first of 3 Christmas Markets. For more info, visit the Hubbards Barn Facebook page or www.hubbardsbarn.org.

Christmas Craft Fair, 9:30am-3pm. Grace Anglican Church, 5533 Hwy 3, Chester Basin. Featuring a variety of local vendors and crafters, artwork, baked goods, preserves and more! Canteen available, wheelchair accessible.

Saturday, November 28th

Christmas at the Hubbards Barn, 9am-1pm. Hubbards Barn and Community Park, 57 Hwy 3, Hubbards. Enjoy the holiday atmosphere and holiday goods from the vendors at the second of three Christmas Markets. For info, visit Hubbards Barn Facebook page or www.hubbardsbarn.org.

Christmas Craft Fair, 9:30am-3pm. Grace Anglican Church, 5533 Hwy 3, Chester Basin. Variety of local vendors, crafters, artwork, baked goods, preserves and more! Canteen available, wheelchair accessible.

Craft & Vendor Holiday Market, 10am-2pm. St. John's Anglican Church, 2187 Larry Uteck Blvd, Bedford. Join for a Holiday Shopping Extravaganza featuring 45+ local vendors! Find the perfect gift for everyone on your list, support local businesses and enjoy a take-out lunch from the church's kitchen while you shop.

Christmas Market at Oceanview, 10am-3pm. Oceanview Home and Garden Centre, 4392 Hwy 3, Chester Basin. Enjoy exclusive garden centre sales and stroll through vendor stalls with unique treasures, seasonal treats and local goods all while soaking in the festive atmosphere. The perfect mix of shopping, community, and Christmas magic!

Bay View High School Present's Disney's Frozen, 7pm. Bay View High School, 31 Scholars Rd, Upper Tantallon. Join our talented student cast and crew as they bring the magical story of sisters Anna and Elsa to life on stage. This spectacular production is filled with music, laughter, adventure, and a little bit of magic. Doors open at 6:30pm, performance begins at 7pm. Tickets $18 each.

On This Winter's Night – Tara MacLean, 7:30pm. Chester Playhouse, 22 Pleasant St, Chester. Curl up for On This Winter's Night, a cozy and elegant evening of glistening winter music and storytelling with one of Canada's foremost award-winning vocalists Tara MacLean and The Bayfield String Quartet. Tickets $55/Adult, $27.50/youth, purchase online at chesterplayhouse.ca.

Ongoing Events

St. Luke's Community Players Presents GODSPELL, St Luke's United Church, 5374 St. Margarets Bay Rd, Upper Tantallon. Come join St. Luke's United Church in celebrating 20 years with their original show, GODSPELL.

November 7, 13, 14 at 7:30pm. November 8, 15 at 2:30pm.

Tickets are $40 each, email tickets@stlukesunited.ca or call 902-580-2968 to reserve.



Submit your Community Event online Today!
www.themastheadnews.ca/community-event-submission/

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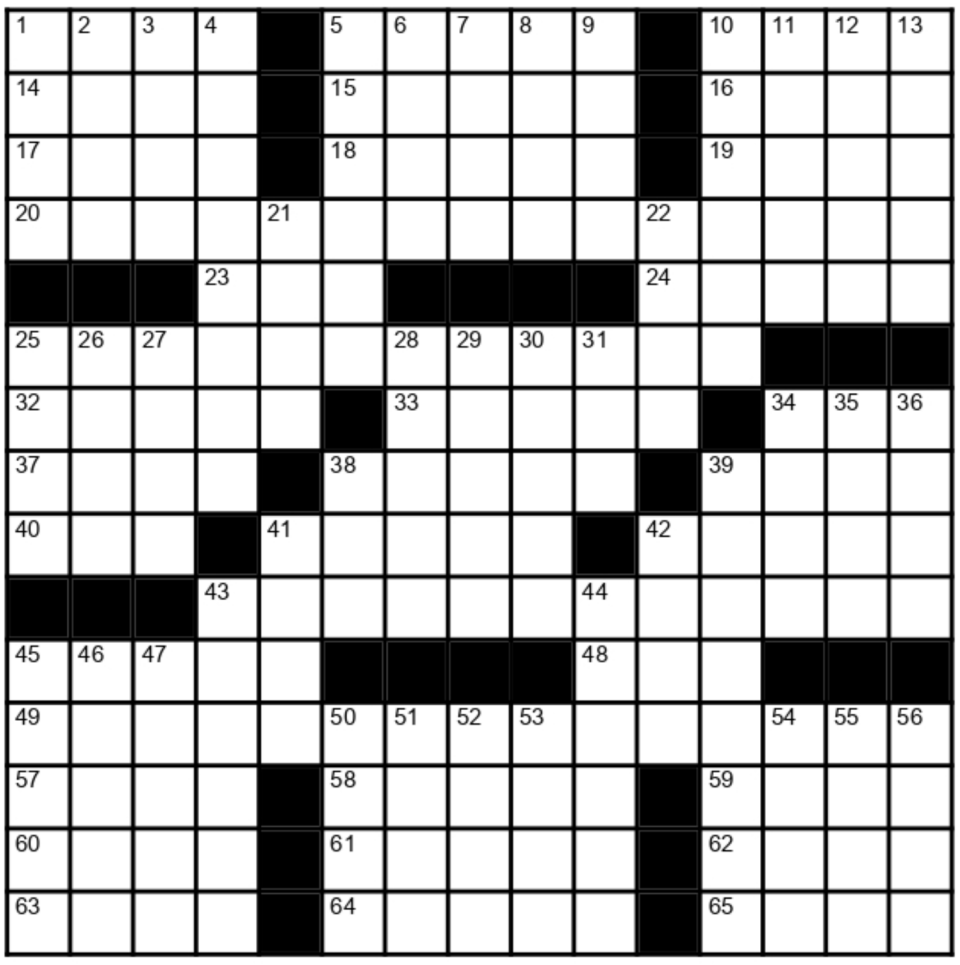
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On the Wild Side! Barbara Olson ©ClassiCanadian Crosswords



Across

1 Easy April Fool's Day targets
5 Kind of ray
10 Physical "Well, I never!"
14 Shrivel
15 "I was with him," perhaps
16 Fashion's ___ Chanel
17 "The Times They __ -Changin'"
18 Easily bribed
19 Former Soviet leader Andropov
20 A cozy den and plenty of berries, say?
23 You: Fr.
24 More than this?
25 Large ungulate with a flair for hair?
32 Be a helicopter parent, say
33 Justice seeker, astrologically
34 Summerside's prov.
37 Like blue cheese
38 Drum in some reggae music
39 Pad of concrete, e.g.
40 'Fros and flips
41 "Goody goody!"
42 Fifth wheel
43 Big cat who spends time online?
45 "Free T-shirt with every purchase!", say
48 A language of Thailand
49 Bunny-breeding season?
57 Quatrain rhyme scheme
58 New Zealand aborigine
59 CCII doubled**60** 9-digit figs. on T4 slips
61 "Here we go ___!"
62 Prefix with -pad or -port
63 A little outside-the-box, artwise
64 Oft-sculpted body part
65 "___ come back now, hear?"

Down

1 Mop the deck
2 Suffix with million or billion
3 It may be guilty or innocent
4 Frightened suddenly
5 Cried uncle, so to speak
6 Guinness of "A Passage to India"
7 Dig deep
8 Many Bay St. workers' degs.
9 Feels unwell
10 Part of a Grim Reaper costume
11 Little duck of toondom
12 Lots of lots
13 Ballerina's asset
21 The colour of coal, to Colette
22 "___ crying shame"
25 Hip-hop artist and former CBC radio host
26 Like take-out pizza
27 Part of fashion's YSL
28 Geography class aid
29 Of little import
30 Delivery person?
31 Top medal, to a Spanish Olympian
34 "The highest form of research," per Einstein
35 Get what one deserves
36 Wild alpine goat
38 Food preservative inits.
39 Marked by spots
41 ___ about (roughly)
42 Doe's dear
43 "Makes no difference to me"
44 Weather phenomenon
45 Gradually discontinue, with "out"
46 Like Cujo or the bat that bit him
47 Long-armed ape
50 Amo, amas, ___, ...
51 "Othello" baddie
52 Emulate eagles
53 Fleur-de-lys, for one
54 It's pitched on "Dragons' Den"
55 Word with pepper or paper
56 Rotten to the core

Crossword solutions found at www.themastheadnews.ca

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December Issue
Submission Deadline:
Monday November 16

Publication Date:
November 28

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ATTENTION

TO: AMBROSE J. STROWBRIDGE

You have been sued by DO EUN LEE respecting a motor vehicle accident that occurred on December 2, 2023 in the City of Calgary, in the Province of Alberta. You are a Defendant in the Court of King's Bench of Alberta Action: 2501-16340.

You are being served substitutionally with the Statement of Claim by this advertisement pursuant to a Court Order dated 15 September, 2026. You have only 35 days to do something to defend yourself against this claim.

You can respond by filing a Statement of Defence or a Demand for Notice in the office of the Clerk of the Court of King's Bench of Calgary, Alberta AND by serving your Statement of Defence or a Demand for Notice on the Plaintiff's address for service which is as follows:

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Barristers & Solicitors
301, 300 Manning Road N.E.
Calgary, Alberta T2E 8K4
Ph: (403) 262-0262 Fax: (403) 204-0284

Attention: Dana C. Neilson
You may get a copy of the Statement of Claim by requesting it from the aforementioned address.

Bay TREASURE CHEST
A 50/50 lottery
in support of 15 local non-profit organizations
Play your toonie(s) by noon every Wednesday
baytreasurechest.ca

Youth entrepreneurs invited to shine at holiday fair

Young entrepreneurs ages 8 to 15 are invited to put their ideas in the spotlight at the St. Margaret's Bay Community Enterprise Centre's Youth Entrepreneur Fair on Saturday, November 7, at St. Luke's United Church.

Participants will showcase their creativity, put their business skills to the test and sell their products to holiday shoppers.

Vendor tables are free, but space is limited. To reserve a table, contact youthprogram@smbcec.org by November 2.

Businesses and organizations interested in becoming sponsors and supporting the community's youngest entrepreneurs are also encouraged to contact youthprogram@smbcec.org for more information.

Community members are invited to kick off their holiday shopping, discover one-of-a-kind gifts created right here in the community and support young entrepreneurs as they put their ideas into action.

The Masthead News Pumpkin Hunt Contest Winner!

Congratulations to Jo Goshima!

Jo correctly counted all 19 pumpkins and was the first to submit the correct answer! Congratulations from the entire Masthead News team!

Thank you to everyone who took part in our contest. We appreciate your continued support and encourage you to keep an eye out in upcoming issues for more fun contests and chances to win!



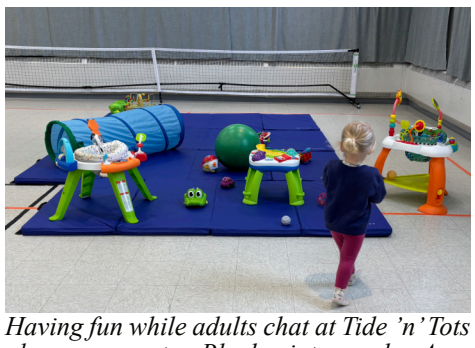
Pumpkin Contest winner Jo Goshima with his prize basket. Photo credits, Micaela Learmonth

From Coffee Chat to Community: The Little Harbour

Elizabeth Isenor and Naiomi MacLean

The Little Harbour is a not-for-profit organization based in Hubbards, supporting families across the South Shore and HRM. It began with two moms chatting over coffee about the need for more opportunities for young families to connect, find support, and build community. That simple conversation sparked the idea for The Little Harbour. At its heart, The Little Harbour is about bringing families together, sharing resources, and reminding parents and caregivers that they are not alone on this journey.

In September, we launched our first playgroup at the Blackpoint and Area Community Centre. Designed for children aged 0–5 and their caregivers, the playgroup runs on a drop-in basis every Friday morning from 10 am to 12 pm and is completely free to attend. We meet in a large gym filled with toys and plenty of space for little ones to play and run around.



Having fun while adults chat at Tide 'n' Tots playgroup at Blackpoint and Area Community Centre Photo credit: Naiomi MacLean

We also offer diaper swaps and children's clothing and outerwear swaps, with items generously donated by community members. Donations of clothing, toys, or diapers can be dropped off at the JD Shatford Library or the Aspotogan Heritage Trust building in Hubbards.

Here are a few ways to connect with us:

Follow us on social media. Find us on Facebook (https://www.facebook.com/thelittleharbour.ns) or Instagram (@the.littleharbour) for updates and a weekly round-up of family friendly events and activities in Hubbards and the surrounding areas.

Join us for playgroup! Visit us Friday mornings at the Blackpoint and Area Community Centre, 8579 St. Margarets Bay Road. Meet other local families and enjoy complimentary coffee or tea while the little ones play.

Get involved! We welcome volunteers to help run our playgroups and we also gratefully accept monetary donations. Contributions help us purchase toys, improve our play space, provide diapers and baby care essentials, and support the day-to-day operations of The Little Harbour. For more information, message us on Facebook or Instagram, or email littleharbourhub@gmail.com.

At The Little Harbour, we believe that raising a family takes a community. We look forward to welcoming you!

WE WANT TO HEAR FROM YOU
Send your letter to:
stories@themastheadnews.ca

BAY TREASURE CHEST WINNERS



MaryLou Oliver of Bedford (right) is pictured with her sister, Theresa Gaudet, took home $52,419 on October 1st, thanks to registered number 49730.



Darren Soward of Dartmouth took home 23,994 on October 14th, thanks to registered number 24700

Councillor Nancy Hartling
District 13: Prospect Road – St. Margarets
nancy.hartling@halifax.ca
902.476.3787
OFFICE HOURS
Wednesdays 10 - 11:30 a.m.
Prospect Road Community Centre
Fridays 10 - 11:30 a.m.
St. Margret's Bay Community Enterprise Centre
To receive the latest updates from Councillor Hartling, visit nancyhartling.ca
HALIFAX halifax.ca | 311

Preserving Material History: Community Archive Project Launches in Lunenburg

Norma Shephard (Member, The Writers' Union of Canada)

This autumn, I am launching a community-based heritage project here in Lunenburg, and I would like to invite local residents to get hands-on with our regional material history.



Victorian ostrich feather fan with ribbon trim

My collection, the *Mobile Millinery Museum Collection & Costume Archive*, has recently acquired a new selection of late-nineteenth- and early-twentieth-century garments, historical textiles, and tools, including a functioning antique velvet steamer.

Notably, the acquisition includes several authentic Edwardian hats featuring fully preserved bird wings. These specific artifacts illustrate the turn-of-the-century fashion trends that directly prompted the early wildlife conservation movement and the establishment of migratory bird protection laws.



Young woman's Victorian lace bonnet with trailing 'flirtation ribbons' at the centre back

Rather than cataloguing these items privately, I will be hosting a series of weekly "Processing Days" at a local South Shore venue. I am looking to form a small volunteer cohort of four to six residents to join me. I will be teaching the fundamentals of museum-grade costume documentation and primary-source artifact handling entirely free of charge.

As a Lunenburg resident and a professional member of the Writers' Federation of Nova Scotia and The Writers' Union of Canada (TWUC), my work focuses on the documentation of material culture.



Pair of Edwardian millinery wings (pink), manufactured in Paris

I am the author and photographer of five traditionally published books in this field, including 1,000 Hats. My retrospective millinery fashion shows at St. John's Anglican Church and at several retirement residences across the Halifax area have been very well received.

No previous museum or archival experience is required to join this project, though spaces are strictly limited to ensure the safe handling of the collection.

To learn more or apply for a spot in our working cohort, interested parties can contact me directly at normafreda@gmail.com.



Thanks for being part of the magic!

From 2019 to 2025, Christmas in the Bay offered a day of free family fun to kick off the festive season.

Supported by a grassroots partnership of local individuals, community organizations, businesses, government, and emergency services, the event provided holiday magic to hundreds of St. Margaret's Bay residents.

This year, for a variety of reasons, Christmas in the Bay will not take place.

In the spirit of the event, we encourage you, during the coming festive season, to support one or more of the many other holiday-themed activities we are lucky enough to have in our area.

Thank you to everyone who made Christmas in the Bay happen and made it special.

And don't worry... Santa still knows exactly where to find us!



Taking Action on Women's Health

Michelle Thompson
Minister of Health and Wellness

For too long, many women have felt they needed to advocate harder, wait longer or try to navigate a more complicated path to get the healthcare they need.

Our government is taking action to ensure women are heard, their health is prioritized, and they can get the care they need, when they need it.

Over the past few years, our government has laid the foundation for this work by building up healthcare. Our investments have resulted in more doctors, more nurses and more ways to access care.

It's because of this work that we have the resources to take action on women's health.

Our government has created a new dedicated Women's Health Program within the Department of Health and Wellness, and a new Provincial Women's Health Clinical Collaborative.

The Collaborative will include representatives from Nova Scotia Health, IWK Health and the Department. Together, they will work to improve women's health and ensure women's health remains the priority it should be.

A new Women's Health Summit will bring together patients, healthcare providers, community organizations, advocates, researchers and health-system leaders because we want the voices of those who use and deliver this care at the table.

Our three areas of focus are menopause care, breast screening and gynecology.

We are working to increase access to breast screening services and reduce mammography wait times.

A review has already started and will specifically look at booking and waitlist management, scheduling, standardizing services, and equipment and workforce opportunities.

Work is already underway to increase capacity and make more appointments available in areas with longer waits so more people can be seen, faster.

We are also creating a Menopause Centre of Excellence which will open in Spryfield this winter. This is just the first step. We will build on this centre to expand services across the province.

And we are funding a new Women's Health Research and Innovation Grant to support new ideas to improve care for women, with an initial focus on menopause care.

These are tangible, short-term actions that will create real results for women in Nova Scotia.

Nova Scotia went from having some of the worst healthcare metrics in Canada to leading on doctor attachment and certain surgery wait times. With that same focus, we will ensure that women have access to the care they need and deserve.



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