

LIGHTHOUSE LOG

VOL. 32 - NO. 3 SOUTH SHORE, NOVA SCOTIA THURSDAY, JANUARY 23, 2014

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IN THE COMMUNITY

MUNICIPALITY OF CHESTER 275-3490

- Bowel Health & Fibre** — Oceanview Apartments, 14 Young Road, Western Shore, January 24.
- East River Exploration Hike** — January 25.
- Cross Country Ski-**

- ing** — FHCS, January 28.
- Pilates** — Fox Point Community Centre, starts January 28.
- Spanish Refresher & Next Steps** — FHCS, starts January 29.
- Strength & Stretch on the Stability Ball** — FHCS, starts January 29.
- Nia** — Chester Brass Band Hall, starts January 30.

- All About Kids & Dogs** — Steward Memorial Off-Leash Dog Park, starts February 1.
- Girls Youth Soccer** — FHCS & ACES, starts February 1.
- Nice & Easy Bootcamp** — Chester Basin Legion, starts February 4.
- Emergency "Backcountry" Survival 101** — FHCS, February

- 4 and 5.
- Lunchtime Skates** — Chester Rink, February 6, 13, 20 and 27. Free.
- Drop-in Volleyball** — FHCS, starts February 6.
- Games Session 1** — Oceanview Apartments, 14 Young Road, Western Shore, February 7.
- Kumihimo Jewelry Making** — FHCS, February 11 & 18.
- Write & Publish Your Own Book** — FHCS, starts February 12.

- Gambling with Community Links Actors** — Forties Community Centre, February 12.
- Graves Island Snowshoe & Chili Supper** — Graves Island Provincial Park, February 13.
- Community Contra Dance** — FHCS, February 15.
- Games Session 2** — Fox Point, February 17.
- Emergency First Aid & CPR Level A with AED Training** — FHCS, February 19 and 20.

TOWN OF BRIDGEWATER 543-2274

- Explore Art (Ages 9-12)** — Thursdays, January 23-February 27, 4-5 p.m.
- Art Basics (Teens/Adults)** — Thursdays, January 23-February 27, 6:30-8:30 p.m.
- Digital Photography** — Thursdays, January 23-March 20, 6:30-8:30 p.m.
- Wills & Estates Seminar** — January 28, 6:30-8 p.m.
- Solar Shelter Design** — Tuesdays, January 28-March 4, 6:45-9:45 p.m.
- First Aid & CPR** — Standard with CPR C,

- January 25 and 26; emergency with CPR B, January 25, 9 a.m.-5 p.m.
- Bronze Medallion (must be age 13 or have bronze star)** — Sundays, January 26-March 2, 2-6 p.m., emOcean Spa, Lunenburg.
- Bronze Cross (must have bronze medallion)** — Sundays, January 26-March 2, 2-6 p.m., emOcean Spa, Lunenburg.
- Babysitting Course (Age 11+)** — January 29 and 30, 4-8 p.m.
- Beginner Ukulele** — Tuesdays, February 4-March 25, 1-2:30 p.m.
- Intermediate Ukulele** — Mondays, February 3-March 24,

- 1-3 p.m.
- Marine Basic First Aid** — March 25 and 26, 8:30 a.m.-4:30 p.m.
- Attract Birds & Butterflies to Your Yard** — February 4, 6:30-8 p.m.
- Generations Active Park Dog Walk** — February 8, 10 a.m. Meet at HB Sports Studios Centre parking lot. Individuals will be introduced to the proposed off-leash dog site.

TOWN OF MAHONE BAY 541-1343

- Men's Drop in Basketball** — 7:30-9 p.m., in progress, Tuesdays, until April 1, Bayview Community School, Mahone Bay.
- Winter Wonderland** — Skiing, skating, snowshoeing (as conditions allow), 3-5 p.m., February 2, Jubilee Park, Mahone Bay.
- Strength & Tone** — 6-7 p.m., February 3-March 24, Royal Canadian Legion, Mahone Bay.
- Dance Fitness** — 7-8 p.m., February 3-March 24, Royal Canadian Legion, Mahone Bay.

- Beginner Ballroom** — 8-9 p.m., February 3-March 24, Royal Canadian Legion, Mahone Bay.

MUNICIPALITY OF LUNENBURG 541-1343

- "Take the Roof Off Winter"** — 1-4 p.m., Saturdays, January and February as conditions allow Ski and snowshoe loan. Warm-up room. MARC, Dayspring.
- Ballroom Dance** — Beginners, 6:30-7:30 p.m.; intermediate, 7:30-8:30 p.m., January 14-March 25, 10 weeks, Hebbville Academy, Hebbville.
- 50+ Basketball** — 8-9 pm, January 14, February 25, Michelin Social Club Gym, Bridgewater.
- Take the Roof off Winter Activity Day** — Sleigh rides, skiing, snowshoeing and skating. January 26, 1-3 p.m., January 26, Meisners Section and North River community Hall.

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Attention REGISTERED CHARITIES OF LUNENBURG COUNTY

Does your organization have a great idea? Does your idea have a well thought out and workable plan? Does your plan take into consideration other local organizations to achieve a positive outcome? Does your project idea benefit Lunenburg County kids, youth, families, seniors or your community?

The United Way of Lunenburg County is now accepting applications for 2014/2015 program funding.

To start the application process

1. Go to our website: www.lunenburgcounty.unitedway.ca
2. Click on the tab "How We Help - Granting Process"

All funding applications are reviewed and evaluated by a committee of local volunteers.

Have questions or require additional information?

Please contact Michael Graves, Coordinator
United Way of Lunenburg County
office@lunenburgcounty.unitedway.ca
902-530-3072 (voicemail)

Funding application deadline is midnight February 28, 2014.

A safe and supportive community is everyone's responsibility.



LIGHTHOUSE LOG

Check out www.southshorenova.ca

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Pine Grove Skating Party — 3-5 p.m., January 25, as conditions allow, 72 Charlie Lane, Pine Grove.

Winter Activity Day — 1-3 p.m., January 26, Meisners Section and North River.

Food Handlers Course — 6-9 p.m., January 29 and 30, MARC, Dayspring.

Workplace Wellness Yoga Workshop — 7-8 p.m., February 6, MARC, Dayspring.

Swing Dance — 7-8 p.m., February 6-March 27, MARC, Dayspring.

Seniors' Kitchen Party — Live music, games and refreshments. 1:30-3 p.m., February 19, HB Studios Sports Centre, Bridgewater.

Seaside bridge club results

The Seaside bridge club of Liverpool met in the afternoon of January 17 with eight and a half tables in play. Winners were, North-South, first, Betty Kennedy and Karen McGee; second, John Roblee and Brian Stevenson; third, Christine Hogg and George Hogg; East-West, first (overall), Reg Newell and Marilyn Newell; second, Randi Dickie and Ted Dickie; third, Catherine Minard and Polly Winters.

Please note: A small slam in NT made by Betty and Karen; a small slam in Diamonds by Marg Mosher and Jean Silver; two small slams in Hearts and Spades by Reg and Marilyn.

For further information on this club, check out our website at <http://users.eastlink.ca/~berylhatt/> or phone 354-3381.

Chester bridge club results

The Chester duplicate bridge club met January 14 with three tables in play. Winners were, first, Doug Haskins and Heather Haskins; second, Betty Demont and Malcolm Demont; third, Don Gray and Fred Struve.

The club meets every Tuesday at the Chester Legion (lower level) in Chester. Play starts at 7 p.m.

Mahone Bay bridge club results

The Mahone Bay bridge club met January 17 with four and a half tables in play. Winners were, first, Doris Sheppard and Bob Chase; second, Rick Sheppard and Glendon Dominoe; third, Jennifer Smith and Sidney Lang.

ECRA card party results

The East Chester Recreation Association met for a card party January 20 with 11 and a half tables in play.

Winners were, ladies' first, Phyllis MacKenzie, 910; ladies' second, Liz Hannaford, 895; ladies' third, Doris Cook, 835; gents' first, Warren Schnare, 885; gents' second, Don Hume, 870; gents' third, Lou Lantz, 845; 30-60 bags, Judith Richard and Kempton Allen; door prize, Paulette Hatt; half-take, \$74, Paulette Hatt. The next card party will be January 27 starting at 1:30 p.m.



KEITH CORCORAN PHOTO

SNOW FUN

Katherine Lacey and daughter Elizabeth Frazee enjoy a recent sledding day at the Municipal Activity and Recreation Complex in Dayspring.

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Congratulations Alex Duckworth

on being selected to be a part of Team Canada at the 2014 Sochi Winter Olympics

Send Alex your best wishes in our special congratulatory edition of the Lunenburg County Progress Bulletin on February 5.

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If you know of a family or corporation from Bridgewater that contributes volunteer time, please complete nomination forms available at www.bridgewater.ca or at our office at 60 Pleasant Street.

Please remit nomination forms by **February 13, 2014** to:
Bridgewater Parks, Recreation and Culture Department
60 Pleasant Street
Bridgewater, NS B4V 3X9
or Fax 543-6876 Phone 543-2274
e-mail: recreation@bridgewater.ca



SEEKING NOMINATIONS FOR REPRESENTATIVE VOLUNTEER AWARD

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HEALTH MATTERS

Overweight and fit?

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Suddenly they realize the significance of the 20 pounds they've gained since their last checkup. But can they be overweight and fit at the same time?

Dr. Jean-Pierre Despres of Laval Research Centre in Quebec City reports in the Archives of Internal Medicine what is good news for some men and what should be a wake up call for others.

Dr. Despres and his colleagues studied 169 healthy men by comparing their cardiovascular fitness to the amount of belly fat they carry, using computerized tomography (CT) scanning.

This study showed that you can be overweight and still have a decreased risk of heart disease and diabetes. But there's one vital proviso. You must be trim around the waist. On the other hand, if you're thin but your belly looks like you're seven months pregnant, you can be sitting on a time-bomb for heart disease. So being thin

is not always healthy.

This relationship also holds true regardless of the body mass index (BMI), the ratio of a person's weight to height, recognized as the gold standard in gauging obesity. But now the simple tape measure has taken the place of the BMI.

Dr. Depres has reassuring news for those who are frustrated that exercise shows little improvement in the BMI. This is not a problem if the waist measurement is getting smaller.

That means that not all fat is equal and has one thing in common with real estate. It's all about "location, location, location." And if you've developed belly fat, it's the wrong location for good health. Being apple-shaped is more dangerous than being pear-shaped.

So if you're having trouble seeing your feet, there's some good news. It's easier to lose weight from this hazardous location as fat cells are metabolically more active in the midsection. On the other hand losing pounds from hips is more difficult



W. GIFFORD JONES, M.D.
The Doctor Game

because fat cells are more sluggish in this location.

Over the years I've told patients and readers that the most important medical instrument that saves lives is the bathroom scale. But you have to step on it every day. This puts an end to being surprised when you've gained 20 pounds.

Now it's equally important to attach a measuring tape to the scale to monitor waist circumference. This is the KISS Principle (keep it simple stupid!) that's so logical and practical that it boggles the imagination why so many fail

to get this message, doctors included. For instance, a study conducted by the World Heart Federation revealed that only 14 per cent of doctors measured their patient's waists and 54 per cent of physicians never discussed the link between abdominal fat and heart disease.

According to the World Heart Federation, patients were almost as smart as doctors. The poll showed that 30 per cent of patients realized a big belly was a risk

factor for heart disease, compared to 42 per cent of doctors!

So do you know your own waist measurement? The poll showed that nine per cent of men and 54 per cent of women had no idea of their waist size.

Keeping it simple with a scale and tape would save millions of people from cardiovascular disease and diabetes and there's no need for fancy gadgets, blood samples or exposure to radiation which more and more tests require.

Instead, we have an ironic situation. Millions of North Americans who never step on a scale or measure their waist can tell you the results of their latest cholesterol and other blood tests.

My advice is to use some old-fashioned horse sense and take the size of your belly seriously. So pick up the tape and calculate your level of fitness. A waistline of more than 100 centimeters (40 inches) for men and 90 centimeters (35 inches) for women is considered a risk factor for heart, gallbladder and liver disease.

Now, "how much do you think this weighs?"

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Send your picture and details of the event to:
CELEBRATE GOOD TIMES
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Deadline for submissions is Tuesday, March 11



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Reality check: the value of taking the high road

In this continuing series on helpful values that seldom make the news, this column's value is "taking the high road." Does that get the tune for The Bonnie Banks of Loch Lomond running through your mind?

You might express this value as, "doing the right thing," "being the bigger person," or observing a moral code.

Choice theory suggests that we control our own behaviour; all that other people can do is offer information to us. However, if you've ever been criticized or opposed, then you know that it can be difficult to choose to perceive that you have been "offered information," rather than personally attacked.

Criticism that comes in a professional or work setting is difficult enough, but if it comes from a loved one — a friend or even a partner — it's not uncommon to choose to feel devastated.

One response that folks often choose is to strike back. "You've hurt me, now I will hurt you. In fact, I think I'll up the ante, because you started it!"

Does that help? Typically, no. Instead, the conflict escalates, people choose deliberately unkind things to say, and what may have started as a minor disagreement can end up in job loss, marriage breakup, or the loss of a friendship.

What would be more effective?

It can take a real effort of will (and practice) to remember that what you've heard is only information; you get to choose what you do with it.

Even if you are absolutely certain that someone has intended to hurt you with a personal attack, you can decide, if you choose, to take it as if it were intended to provide useful information.

For example, your boss/wife/friend tells you, "That was a stupid thing to do! What were you thinking?"

Hurts, doesn't it? Even though your intention might have been to make things better, the result didn't pan out as you had hoped. In retrospect, you might even agree that your action was not the best.

So, you have choices. You can bluster, defend, and argue, "You're always at me; I can't do anything right for you"

Or you can choose to take the high road. "I was trying to make this better. What would you suggest I do instead?"

If you choose to value "taking the high road," then this value can help you decide how to respond in uncomfortable situations. But how do you know what the high road is?

The Golden Rule is a pretty good all-purpose guide, isn't it? If you choose to treat others as you would like them to treat you, and you maintain awareness of that as a value, then you are not so likely to lash out. After all, who wants someone to lash out at them?

If, while reading this, you've been humming, "Ye'll take the high road and I'll take the low road" and you'd like to stop, remember that it is easier to replace than to stop. Try humming something else. And good luck with that ...

Do you think that taking the high road is always effective? Let me know at choices@focusonclarity.com or by mail c/o Lighthouse Log.

Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute



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Tara Gros, Rob Carr and Donnie Hanhams have joined Belliveau Veinotte Inc. in the Bridgewater office.

Tara, who was born in Halifax and received her Bachelor of Commerce from Saint Mary's University, has worked with other accounting firms throughout Canada and decided, the "South Shore" is the place to be. Tara, her husband Michael and 10 year old twins, Max and Sophia reside in Bridgewater. Tara has particular interests in arts and cultural events while also enjoying heritage and genealogy study.

Rob Carr CA, originally from Dartmouth has a BBA from St. Francis Xavier University and obtained his CA designation while with a national firm in Calgary, in 2011. Rob and his fiancé, Dawn Price live in Upper LaHave. Rob and Dawn moved back from Calgary with their dog Steven and are enjoying being near family and friends while enjoying life on the golf course, in the arena and getting involved in the community.

Donnie Hanhams is a graduate of the Nova Scotia Community College- Lunenburg Campus. He is originally from Lunenburg and now lives in New Germany. Donnie and his wife Karen have three daughters, Kelsey, Abigail and Brooklyn along with their family dog, Flyer. Our community and its youth is very important to Donnie and he makes his contribution by being a basketball coach at New Germany Rural High School as well as being on the CIBC Wood Gundy Lumberjacks Hockey Club Board of Directors. Rob as a Manager and Tara and Donnie as staff accountants look forward to assisting Belliveau Veinotte Inc. in providing quality auditing, accounting, taxation, estate planning and other personal and corporate related services to our clients and community.

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Your friend would be committing a grievous act



DR. ROBERT WALLACE

Dr. Wallace: My best friend is upset with one of her teachers because she feels that he doesn't like her and therefore he is not giving her the grade she thinks she earned. She talked to him, but the teacher got mad at her for thinking that he was unfair. Now my friend is thinking about telling the principal that this teacher "propositioned" her even though he didn't.

I was shocked when she told me this. I told her that she would be making a huge mistake if she followed through with her threat. I told my mother about this and she said that I should tell the principal what my friend is contemplating.

I really don't want to get her in trouble and I would lose her as a friend if I squealed on her. What should I do?

Nameless, Miami, Fla.

Nameless: Your friend is contemplating an extremely foolish and harmful course of action. Talk to her again and do your best to persuade her not to lie about sexual harassment, letting her know that, if she went ahead with such a selfish and vindictive scheme, you'd be obligated to tell the principal she was lying.

Telling a lie that could cause a teacher enormous grief, including a ruined reputation, and possible arrest and dismissal from teaching, is a grievous and unforgivable act. It would also rob future students of protection against actual harassment,

because those in authority would be less likely to believe them.

Make sure the girl understands that your friendship with her would immediately cease if she follows through with her threat.

Dr. Wallace:

On the last day of school before summer break, I was given an award from the principal for not missing one day of school for the entire school year. My parents were invited to our awards day assembly, but both work and didn't want to take time off.

When I showed them my perfect attendance plaque, all they said was, "That's nice." I really felt let down — for their not attending the assembly and for not giving me any praise for my award. Am I being selfish or do I have a right to be disappointed?

Danielle, Portland, Ore.

Danielle: I'm sure Mom and Dad are proud of you. They certainly should be — you're a chip off the old block. Attendance is obviously an important value to both of them, since neither wanted to take the day off work to attend the awards ceremony.

There may be good reasons for their decision, but they should have told you how happy they are to have such a wonderful daughter. Having a perfect attendance record is a great accomplishment. As a former educator, I definitely appreciate you and applaud your award! Congratulations!

Dr. Robert Wallace welcomes questions from readers. Although he is unable to reply to all of them individually, he will answer as many as possible in this column. E-mail him at rwallace@galesburg.net.

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MUNICIPALITY OF THE DISTRICT OF LUNENBURG

Saw Pit Wharf Advisory Committee

CALL FOR COMMITTEE MEMBERS

The Municipality of the District of Lunenburg is seeking volunteers to serve on the Saw Pit Wharf Advisory Committee. Applicants must have a community interest in Saw Pit Wharf. Terms of appointment are for three years. To find more about the responsibilities of this committee and/or to fill out an application please visit www.modl.ca for the terms of reference and the application form. If you would like these documents emailed or mailed to you please contact Trudy Payne, Director of Recreation Services at tpayne@modl.ca or at 541-1333. The deadline to submit your application is Thursday, February 6, 2014. Committee appointments will be made by the Council for the Municipality of the District of Lunenburg.

Welcome Karen as Aquatics Manager



Karen Geddes-Selig

Karen Geddes-Selig is the newest member to join the LCLC team as its Aquatic Manager. Karen has a degree in Recreation Management, and has worked extensively throughout the South Shore. To this position, Karen brings over 20 years of aquatic leadership and management experience in both recreation and aquatics with her.



Lunenburg County Lifestyle Centre

Welcome Karen to our team.

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Join us for Family Literacy Day

It's never too late to get tech-savvy! The library supports lifelong learning by offering computer classes. Free, technology talks for beginners will be offered this winter.

What are people in Paris, Bangkok, Seattle and Halifax saying? Find out in *What's All the Hype About Skype?* Learn about Skype video and audio calls.

In this session we will look at staying in touch with free Skype to Skype calls, how to call mobiles or landlines, catch up face to face with video over webcams (internal or external), messaging and file sharing. Need to install a webcam, no problem; we will help you set it up! This talk will be held at the Thomas H. Raddall Library, Liverpool on January 23 from 10:30 a.m. to noon, the Margaret Hennigar Public Library, Bridgewater on January 24 from 10:30 a.m. to noon and the Lunenburg library on January 26 from 2 to 3:30 p.m.

Learning happens at all ages and in all kinds of places. Bring your family by the new Margaret Hennigar Public Library on Family Literacy Day, January 27, and enjoy stories, games, activities and a 15 Minutes of Fun contest! Check out the new space, borrow from thousands of new books, enter your name in a prize draw and add your family to the 15 Minutes of Fun list (play a game, take home a cookbook to try a new recipe, read a book by a local author, or choose your own Family Literacy Day fun!) Family Literacy Day Fun is suitable for ages zero-100! The library is open 10 a.m. to 5 p.m.

The Queens Arts Council has organized an "Artspiel" to coincide with the Canadian Juniors Curling, held in Liverpool from January 18 to 26. "Artspiel" will be held at organizations and businesses throughout Liverpool including the Thomas H. Raddall Library. The art is created by local artists. The art shows include one at the library which features paintings, and another at the Astor Theatre which features photography. Art demonstrations will take place at Queens Place Emera Centre.

"Still Alice" is a compelling, award-winning novel by Lisa Genova, who holds a PhD in neuroscience from Harvard University. The main character, Alice Howland, a wife, mother and Harvard professor, becomes disoriented

during her daily run and is astounded to discover tests reveal she has early onset Alzheimer's disease. In a sensitive and realistic manner, the book details the journey of Alice and her family, as the disease progresses.

Join Joan Parks-Hubley at the Margaret Hennigar Public Library, Bridgewater, on January 29 for a lively discussion of this book and dementia. Ms Parks-Hubley is a health promoter, adult educator and social worker and is also the Coordinator of Education and Outreach for the Alzheimer Society of Nova Scotia on the South Shore. She has been in many book clubs and with her husband, has facilitated a unique

weekly reading group in an assisted living facility for 12 years.

January is Alzheimer Awareness Month. With 17,000 Nova Scotians living with Alzheimer's disease and other dementias and the rate expected to increase as baby boomers age, "Still Alice" is a book that is relevant for everyone in the community. The discussion begins at 6:30 p.m.

It's never too late to get tech-savvy! The library supports lifelong learning by offering computer classes. Free, technology talks for beginners will be offered this winter. Learn the dos and don'ts of putting yourself out there on the Internet with Twitter, Facebook, and

blogs in Feathers and Friends — Social Media Tech Talk. What is a podcast, a hashtag, a poke? Join us to learn how to setup accounts, manage security and privacy settings, find family and friends, share photo albums, and more. This talk will be held at the Thomas H. Raddall Library, Liverpool on January 30 from 10:30 a.m. to noon, the Margaret Hennigar Public Library, Bridgewater on January 31 from 10:30 a.m. to noon and the Lunenburg library on February 2 from 2 to 3:30 p.m.

Details on South Shore Public Libraries programs, branches and hours are available on the libraries' website at <http://www.southshorepubliclibraries.ca>. South Shore Public Libraries. Read. Discover. Learn. Share.



South Shore Public Libraries

Keep pets safe in cold weather

Many pet owners enjoy taking their four-legged friends with them when running errands. But when the weather is especially cold and harsh, pet owners may want to leave their pets behind in the warmth and comfort of indoors. There are other tactics to keeping pets safe when the winter arrives in earnest.

• **Keep pets away from antifreeze.** Antifreeze emits a sweet smell, which is often inviting to dogs and cats. But antifreeze is lethal in small doses, so it's best to keep pets out of your garage and away from your driveway, where antifreeze may leak. Antifreeze can prove especially harmful to pets if it contains ethylene glycol as the main ingredient. There are safer alternatives, but even the safest antifreezes can be lethal when consumed in high quantities.

• **Protect their paws.** Rock salt on sidewalks can effectively melt ice and snow. But rock salt also can be very irritating to pets' paws. Remember to wipe your pet's feet when coming indoors after walking on surfaces treated with salt or another melting agent. This will help to remove excess particles and prevent your pet from getting ill when the animal licks its paws clean.

continued on next page



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SHAID TREE ANIMAL SHELTER

DNA profiling — not just for humans

Science marches on! We are all familiar with the concepts of using DNA to figure out why some humans are more prone to certain illnesses and how police use it to solve crimes. Advances in science have allowed the decoding of the DNA of several animals as well.

The University of California (Davis) Veterinary Genetics Laboratory Forensic Unit has become the first accredited crime lab dedicated to profiling animal DNA. They are involved in investigating when the animal is a victim, when the animal is the perpetrator and when the animal is a witness.

DNA can be used to confirm the ownership of animals that have been stolen or to identify the remains of a lost pet. Just like on TV forensic shows, the DNA can be compared to that on the pet's brushes, bedding and food or water bowls.

If an animal is suspected of committing a crime, samples from a victim's bite wound or clothing can be used to determine what type of animal is the culprit and even to identify the actual perpetrator.

Animal DNA may be used to link a human suspect to a crime scene or victim since the transfer of DNA from blood, hair, feces, urine and saliva can occur. The UC Davis Veterinary Genetics Lab has been involved in the

solving of some very serious crimes. One such case involved the matching of blood from a hammer owned by the suspect to puppies belonging to the victim. Another case involved a serial rapist who rolled in dog feces during an attack. The victim owned dogs and the lab matched the feces on the rapist to the victim's dog.

Another suspect was convicted after the dog feces on his shoe proved that he had been at the murder site he denied ever visiting. This was a triple murder in Indiana and the culprit is now serving a life sentence in prison.

DNA is also being used to help eliminate dog fighting. UC Davis Veterinary Genetics Lab has partnered

with the ASPCA, a Missouri human society and the Louisiana SPCA to form the Canine CODIS (Combined DNA Index System). This is the first database dedicated to collecting DNA from dogs seized during dog fighting investigations. They also collect blood samples from suspected fight locations. The DNA is used to confirm relationships between dogs so officials can determine who breeders and trainers of these animals are.

Besides the uses of DNA in crime investigations, it is also used by breeders to help ensure the puppies bred from prospective parent dogs will not inherit "bad" DNA which could result in congenital illnesses and disabilities. Your "mutt" can also be tested to determine all the breeds in his ancestry. If you do want to have your dog's (or cat's) DNA tested, be sure to find a reputable provider or speak to your vet to ensure you get what you pay for.

It is an interesting new area of science and it will continue to grow as new uses are found for animal DNA profiles.

SHAID is open daily from 11 a.m. until 3 p.m. You can also see our current animals for adoption at <http://www.shaid.ca> on the "Our Pets" tab. You can visit us on Facebook, just search for Shaid Tree Animal Shelter and LIKE our page to get all our updates.



Keep pets safe in cold weather

continued from previous page

• **Keep pets indoors on cold days.** Don't allow pets outside when the temperature falls below 20 F, as pets are at risk of frostbite or hypothermia when exposed to such temperatures. Puppies, kittens and short-haired pets may be more susceptible to the cold and should be kept in when temperatures dip below 40 F.

• **Look out for animals seeking shelter.** Outdoor cats and other animals may choose your car engine as a cozy place to spend the night. A warm engine provides enough heat to ward off the chill. You may have a cat under your hood and not know it. Beep the horn before starting the car to scare the animal away. Otherwise the cat could be severely injured when the car is started.

• **Do not leave a pet alone in a car.** It is unwise to leave a pet unattended in a parked car. It may seem that the interior is warmer than outside, but the temperature in the car can drop quickly. Never leave a pet locked in a car, especially in harsh weather conditions.

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SPRING WEIGHT ROAD CLOSURES

Residents on **posted** weight restricted roads are asked to bring waste to the nearest open road for scheduled collection. Please have waste curbside by 7:00 am to ensure collection.

For information on posted roads, contact the Department of Transportation and Infrastructure Renewal in Hebbville at 543-4121.

For waste collection issues, please phone the hotline number at 1-855-530-3324.

www.communityrecycling.ca

MUNICIPALITY OF THE DISTRICT OF LUNENBURG

COMMUNITY GROUP DEADLINES

VOLUNTEER RECOGNITION CALL FOR NOMINATIONS

Outstanding Volunteer Nominate an individual who deserves to be recognized for their outstanding contribution to the community. The selected volunteer will represent the Municipality at the Provincial Awards Ceremony on Monday, April 7, 2014. Nomination forms are available at the Municipal office, 210 Aberdeen Road and www.modl.ca Deadline - February 4, 2014.

Municipal Volunteer Reception - Deadline - Friday, March 28, 2014.

For information call 541-1343.

BUDGETED GRANTS DEADLINE MARCH 1, 2014

The Municipality of the District of Lunenburg grants funds to community organizations from its annual operating budget. The amount will be set by Council at budget time. The deadline to submit an application is March 1, 2014. To find out if your group is eligible and to download an application, please visit our website at www.modl.ca or contact Trudy Payne, Director of Recreation Services, at tpayne@modl.ca or 541-1333.

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MEETINGS

Brain injury monthly support meeting, SSRH, last Monday of each month, 7 p.m. Information: 624-8117

German-Canadian Cultural Association Kaffeeklatsch, Saturday, January 25, 2:30 p.m. at Kedy's Inlet Cafe, Mahone Bay.

If you drink, that's your business. If you want to stop, that's ours! Call AA 1-888-853-7222, (902)530-0001

DANCES

Friday, January 31 Centurions playing at Mahone Bay Legion, 8-11 p.m. Everyone welcome. Freewill offering at the door.

Valentine Dance. Petite Riviere Fire Hall, February 8, 9-1. DJ Crossfire. \$10 person, 19 and over. Cash bar.

Valentines Dance. February 15, Conquerall Mills community hall, 9-1. Music by Rockin' Sounds. \$15/ couple. Door prize, spot dances. Tickets: 543-2154

TEAS

Soup Luncheon with crackers, tea biscuits and cookies at Trinity United Church, Rose Bay, Saturday, January 25, (11 a.m.-1 p.m.). For admission, please bring gently used warm clothing, bedding, etc. or a monetary donation for Brunswick St. Mission or non-perishable food items for the Lunenburg Food Bank. If unable to join us, donations of items will be accepted until January 26. Info call 766-4235.

COMMUNITY

Card Party, Pleasantville Fire Hall, Saturday, January 25, 7:30 p.m. Lunch provided. Everyone welcome.

CD Launch Ivan Daniels and Nancy Drennan, January 24, 7 p.m. (storm date January 31) North River Community Hall. \$5 admission, 50-50. Bernie Sharpe One Man Band, Merle Daniels, Christine Tanner, Winston Stafford and Gary Hiltz

COMMUNITY

Quality Assurance Course for Health Canada's COMMERCIAL MARIJUANA PROGRAM. February 22 & 23 Best Western Hotel, Kelowna, BC. Tickets: www.greenlineacademy.com or 1-855-860-8611 or 250-870-1882

Ticket Auction. Forties Community Centre, 1787 Forties Road, New Ross. January 25, doors open at 12 noon, draws start 2 p.m. Tickets 25/ \$1. Canteen. For information 689-2817 or 689-2612

VARIETY SHOWS

Variety Show at St. John's Lutheran Church, Mahone Bay, Friday, January 24, 7 p.m. Kinfolk, Reggie Tanner and Manna - freewill offering, refreshments. Stormdate: January 31

Variety Show, Saturday, February 8, 7 p.m. Pinehurst Hall. NGRHS Europe Trip. Tickets Ramona 543-9453

SUPPERS

Saturday, January 25, 32nd Annual Sauerkraut Supper, starting 4 p.m., Chester Basin Fire Hall.

BREAKFASTS

Breakfast at Royal Canadian Legion #23, Lunenburg, January 25, 7:30-11:30 a.m. Adults \$8; ages 5-12, \$4. Takeout available for pick-up \$8.50. 634-4215

Breakfast, Pinehurst Hall, Saturday, February 1, 7-11 a.m. Proceeds for the hall.

Breakfast, Mahone Bay Legion, January 26, 9 a.m.-1 p.m. Adults \$8, children \$4, 5 and under free.

St. Norbert's BIG BREAKFAST Saturday, February 1, 7:30 a.m.-11:30 a.m. Central United Church Hall, Lincoln Street, Lunenburg. Adults \$8; children \$3.50.

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Hebb's Cross Fire Hall available for rental purposes, seats 200. Contact 543-7929

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TENDERS

The Village of Chester is seeking a price to provide 75 Flower Baskets for the 2014 season. The baskets should be 16 inches in diameter and the flowers supplied should be purple "wave petunias".

Please respond by February 10, 2014 to:
Village of Chester Commission
PO Box 620, Chester, NS B0J 1J0
Email to: vchester@bellaliant.net
Fax to: 275-4482



417, 423 King Street Bridgewater. Two apartments available immediately. First: Fridge, stove, washer, dryer, water and parking, \$600/month. Second: Fridge, stove, water and parking, \$585/month. Tenants pay utilities. No smoking, no pets. 543-3905

66 Pleasant Street, Bridgewater. Bachelor apartment, \$550. Available immediately. Heat, hot water, coin laundry, fridge and stove included. Rooftop patio. 902-830-1737

APTS.

2 bedroom, top floor flat. Lower end of Jubilee Rd. Fully refurbished and insulated. Large bathroom with new clawfoot tub and shower. Fibre op ready. Air conditioned in summer. No pets, non-smoking. Suitable for quiet, mature tenants. References required. Available Immediately, \$650 plus power. Call 521-7351

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2 story apartment at 4870 New Ross, Highway 12, two bedroom unit, good condition. \$504 monthly plus utilities. Next to grocery store and walking distance to amenities. 275-7861 or browncontractinginc@gmail.com

Bridgewater. 3 bedroom apartment. Heat and hot water included. 354-2854

APTS.

Chester. Bachelor, quiet building (no parties). \$475. 275-2154

Bridgewater. 68 Elm Street. We have a beautiful 2 bedroom apartment and 2 bedroom with den, both with balcony. These units are located in a country-like setting but are in the middle of town. \$725 and \$775 includes heat, hot water, parking, coin-operated laundry. No pets. 527-1539

Bridgewater. Luxurious, 2 bedroom apartment, in LaHave View Estates at 74 Aberdeen Road. Rent \$1,095 month includes heat, hot and cold water, 5 appliances, balcony, underground parking and storage. Available immediately. 527-1539.

Bridgewater. One bedroom apartment centrally located, fridge and stove included. Available immediately. Non-smoking building. 527-0181

For Rent: 1 bedroom apartment Cornwallis Street, Lunenburg. Phone Aubrey Zinck, Sr. 624-8265

For rent: 1, 2 and 3 bedroom apt. Heat, hot and cold water, fridge, stove, coin laundry, parking, security building. Clean, well maintained building. No pets, security deposit required. 527-1843.

LaHave- Spacious 2 bedroom apartment located 15 mins from Bridgewater overlooking the LaHave River. Available immediately. Stove, fridge, heat and electricity included. \$725 monthly. Looking for mature individuals. 688-2773 Monday to Friday 8 am to 4:30 pm.

Lunenburg, one and two bedroom apartments with fridge, stove, coin laundry and parking. Heat and lights included. Call Carrie 634-3492.

Lunenburg. Two bedroom top floor apartment. Fridge, stove, coin laundry included. Security building. No pets, no smoking. Security deposit and references. 634-3040

One bedroom, second floor, newly painted, parking, central Chester, all utilities included, \$700. 420-1817

Two bedroom apartment in Bridgewater, centrally located. Rent includes fridge, stove, water and parking, \$595 month. No pets. Available immediately. 543-6088

Two bedroom apartment, great for seniors, fridge, stove, washer, dryer, heat and water included. One month free rent at end of first lease. Conditions apply. 830-9703 leave message or e-mail marshallid@eastlink.ca Must have references.

APTS.

Two bedroom apartment, 432 and 420 Jubilee Road. New renos. Small pets okay. \$780/ month includes utilities. 298-0914

Chester centre. Large three bedroom, quiet building (no parties). \$850. 275-2154

HOMES/RENT

Bridgewater, riverfront. Two bedroom house, loft, oil heat. No smoking, no pets. \$800 monthly plus utilities. 543-3247

FOR RENT 6 yr. old Duplex 202 Jubilee Rd., Bridgewater
Large unit 3 BR., 1 1/2 bath, storage, 5 appliances freshly painted, 1,340 sq. ft. \$1,000/mo. + utilities
Contact Jason Cochrane 298-1716 212-2203

Martins River. Three bedroom. \$750/ month plus utilities. References required. 299-0229 or 277-2355

Present- April, near Mahone Bay. Beautifully maintained two bedroom furnished seaside homes. Possible storage. 543-7193

Two bedroom mini home in West Northfield, 8 minutes from Bridgewater, 4 appliances, no smoking, no pets. 527-0134

Two bedroom small house, East Chester. 275-3443

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FOR RENT 6 yr. old Duplex 202 Jubilee Rd., Bridgewater
Large unit 3 BR., 1 1/2 bath, storage, 5 appliances freshly painted, 1,340 sq. ft. \$1,000/mo. + utilities
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Flea Market every Sunday, Bridgewater Curling Club, 10 a.m.- 2 p.m. Tables \$10 each; or 2/\$15. Admission \$1. Phone 541-1141

Flea Market, January 25, Mahone Bay fire hall (ladies auxiliary). Tables \$5. Admission 25 cents, 10-2. Canteen. 624-9695

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1994 Oldsmobile Cutlass Cierra, safety inspected until July 2015. 543-9763

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EMPLOYMENT

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Part-time help, evenings and every second Saturday. Need food handlers course, first aid course, bondable, customer service experience. Assets, but not required. Post office knowledge and baking skills. Drop resume off: Jesmivals Bulk Food Store, 6480 Highway #3, Western Shore, B0J 3M0. February 3 deadline.

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EMPLOYMENT

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Belliveau Veinotte Inc. is seeking a **CA, CGA, CMA or equivalent** with public practice experience to join us in our growing Chester office. The ideal candidate will have public practice experience dealing with small and medium size businesses who require notice to reader, review or audited financial statements. Knowledge of personal and corporate income tax would be considered an asset as well.

Belliveau Veinotte is a well-established, locally owned, growing CA firm on the South Shore of Nova Scotia which has recently opened an office in Bedford, Nova Scotia. The South Shore and Halifax Regional Municipality region benefits from our audit, accounting, tax, business advisory and estate planning services. Our client base is made up of clients of all sizes who operate in fishing, agriculture, manufacturing, retail, hospitality, health service, Municipal and many other sectors. We have many clients who are individuals who use our income tax, estate planning or other services.

We currently have five offices which are located in Barrington Passage, Shelburne, Bridgewater, Chester and Bedford. As a member of our team you will be able to share with and draw on the talents of our people, which number over 30 in all of the other offices.

We are a member of the AC Group of Independent Accounting Firms. Our association with this group will provide you with the benefit of belonging to an organization of leading CA firms throughout Atlantic Canada which shares resources and ideas in a fashion which is truly different than other firms. You will receive the benefits of a large firm with none of the drawbacks. Our staff benefits from our openness to flexibility with work schedules and taking advantage of education and training opportunities.

While the career opportunity is appealing, you may find the lifestyle to be an even better incentive. The proximity of this office to Halifax and Bridgewater will allow you to enjoy the benefits of a rural life within 60 kilometers of a larger rural or major urban center.

Now why wouldn't you think about this opportunity? If you are looking for a career change and a rewarding lifestyle, you owe it to yourself to send your information to belliveau@bvca.ca or by Fax to 902-543-1818.

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**EMPLOYMENT OPPORTUNITY**

The Lunenburg County Lifestyle Centre is inviting applications to the following positions:

- Aquatic Supervisors** (full-time and part-time)
- Aquatic Lifeguard/Instructors** (full-time and part-time)
- Aquatic Fitness Instructors** (full-time and part-time)

We are looking for energetic, positive professional people that will provide safe and enjoyable aquatic opportunities for the public. You will prevent injuries through education, instruction, and safety supervision of all swimmers. When requested, you will respond to both injuries and incidents in a manner that reflects your standard of training. Developing positive public relations, ensuring safe water quality, and maintaining a clean aquatic environment are all ways that you will ensure the ultimate guest/member experience. All positions reporting to Aquatic Manager.

Aquatic Supervisory Position

Qualifications: (To be maintained as a condition of employment)

- National Lifeguard Service Award (NLS) - Pool Option (current within two years)
- Instructional Awards: (Current within two years - minimum of one award)
 - Lifesaving Instructor (LSI)
 - Water Safety Instructor (WSI)
 - Swim for Life Instructor (SFL)
- Standard First Aid (Current within two years)
- CPR-C (Current within one year)
- Oxygen Therapy Provider
- WHMIS
- Minimum 1 year experience as a Lifeguard/Instructor
- Supervisory experience
- **Physical Screening of Skills will be included in the application process.

Lifeguard/Instructor Position

Qualifications: (To be maintained as a condition of employment)

- National Lifeguard Service Award (NLS) - Pool Option (Current within two years)
- Water Safety Instructor (WSI) and/or Swim for Life
- Standard First Aid (Current within one year)
- WHMIS
- **Physical Screening of Skills will be included in the application process.

Aquatic Fitness Instructor Position

Qualifications: (To be maintained as a condition of employment)

- Current Water Fitness certification
- Standard First Aid (Current within two years)
- CPR-C (Current within one year)
- WHMIS

Full details of the responsibilities of the positions are available on our website at www.lclc.ca. Please note that the responsibilities within the position description may vary. Please submit a resume, copy of qualifications and covering letter by email, facsimile or mail on or before **February 10, 2014** to:

Karen Geddes-Selig, Aquatic Manager
Lunenburg County Lifestyle Centre
135 North Park St., Bridgewater, NS B4V 9B3
Fax: (902) 530-3733
Email: kSelig@lclc.ca

While we appreciate your interest in working for the Lunenburg County Lifestyle Centre, only candidates selected for an interview will be contacted. Please type "position applying for" in the subject line of your email. No phone calls please.



through YOUR LENS

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Include names of people in the photo and where and when it was taken.

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Photo, head and shoulders \$30.00*. Write-up 75 words or less \$15.65* additional words $\$20^*$ each; additional photo \$30.00.

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BIRTHS/GRADUATION IN CLASSIFIEDS

Announcement 75 words or less \$15.65*; with photo \$25.00*; additional words $\$20^*$ each. Additional photo \$30.00.

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SUBMISSION POLICY for births, graduations, memoriams, weddings, anniversaries, obituaries, and cards of thanks, all must be typed when submitted. Lighthouse Media Group cannot be responsible for any errors or omissions for handwritten submissions. Deadline for above, Friday at 4 pm prior to publication date to allow for proofing by the customer.

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YOUR HOROSCOPE

ARIES – Mar 21/Apr 20

Aries, your tendency to say what you feel can come across as being impolite. Many, however, appreciate your honesty and unwillingness to mince words.

TAURUS – Apr 21/May 21

A loved one needs some help, Taurus. This week you will have to figure out a way to assist this person and still tend to your own pressing affairs.

GEMINI – May 22/Jun 21

Gemini, focus your energy on someone important. This may be a friend, family member or even a romantic partner. Brush up on your relationship skills in the meantime.

CANCER – Jun 22/Jul 22

You have a natural charm that immediately puts others at ease, Cancer. If you are wooing a client, they will be putty in your hands. Just open your mouth, and you will win them over.

LEO – Jul 23/Aug 23

Leo, your stubbornness comes into play this week, and it could cause a rift with friends or colleagues. Try to see their point of view, and put off any serious disputes for another time.

VIRGO – Aug 24/Sept 22

Virgo, spend a little time this week plotting your next getaway. You tend to be happiest when you're on the move and exploring. Everyone needs an escape now and then.

LIBRA – Sept 23/Oct 23

Enjoy some local culture this week, Libra. Take in a concert, an art show or a theater performance. Just enjoy

anything that will educate and entertain at the same time.

AQUARIUS



SCORPIO – Oct 24/Nov 22
 Scorpio, you may find that someone you thought was weak is much stronger than they appeared. This person may not need as much of your assistance as you initially thought.

SAGITTARIUS – Nov 23/

Dec 21

Sagittarius, analyze any problems you may have by breaking them down into smaller tasks. Then you can tackle one thing at a time and come to a happy resolution.

CAPRICORN – Dec 22/Jan 20

Capricorn, your children or the youngsters in your life will be the center of your universe this week. Make the most of this time and enjoy kids' carefree natures.

AQUARIUS – Jan 21/Feb 18

This week may be a little boring, Aquarius. Make the most of your down time, as you could use a few slow days to recharge your batteries and plan your next move.

PISCES – Feb 19/Mar 20

You are bubbling with energy, Pisces. Make the most of this energy by exercising, partying or taking a day trip.

FAMOUS BIRTHDAYS

- January 23 – Tiffany Amber Thiessen, Actress (40)
- January 24 – Ed Helms, Comedic actor (40)
- January 25 – Xavi, Athlete (34)
- January 26 – Anita Baker, Singer (56)
- January 27 – Mikhail Baryshnikov, Dancer (66)
- January 28 – Elijah Wood, Actor (33)
- January 29 – Oprah Winfrey, TV mogul (60)
- January 30 – Christian Bale, Actor (40)

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- We are people HELPING people
- We think global and act local
- We place VALUE on tenure
- We LEAD by example

FULL TIME POSITIONS AVAILABLE NOW!

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Contact Centres with a Difference



Saturdays throughout January & February at the MARC! 1:00 - 4:00 pm, as conditions allow

Come enjoy winter fun... Skate Ski Snowshoe Play Coast Hot Chocolate Bonfire Free equipment loan. (33 Leary Fraser Rd., Dayspring)

Community Winter Activity Days:

North River/Meisners Section

Sunday, January 26, 1:00 - 3:00 pm North River Community Hall & sleigh rides #6727 Hwy 10

Mahone Bay

Sunday, February 2, 3:00 - 5:00 pm, Jubilee Park

Big Tancook Island

Sunday, February 9, 1:00 - 4:00 pm, Community Hall (Ferry leaves Chester at 10 am, returns at 6 pm)

Pine Grove Skating Party

Saturday, January 25, 3:00 - 5:00 pm, (72 Charlie Lane, Pinegrove)

Winter Moonlight Walks at Miller Point

Friday, February 14, 6:00 pm and/or Sunday, March 16, 7:30 pm Meet at the Miller Point Peace Park (#13941 Hwy 3, Dayspring)

Winter Fun Contest - Build a snow creation or enjoy a fun winter activity with your family and/or friends.

Submit your photo to jrand@modl.ca, drop it off at the Municipal Office or mail to 210 Aberdeen Rd., Bridgewater, NS B4V 4G8 by February 28. Prizes!

All events are free! Donations for PRO Kids welcomed. Everyone gets a chance to win a red hat.

District of Lunenburg Recreation 541-1343

www.modl.ca Check our facebook page!

