

LIGHTHOUSE LOG

VOL. 32 - NO. 12 SOUTH SHORE, NOVA SCOTIA THURSDAY, MARCH 27, 2014

Delivered to 39,842 readers weekly in the following communities and surrounding areas: Barrs Corner, Blockhouse, Bridgewater, Brooklyn, Caledonia, Chester Basin, Chester, Greenfield, Hubbards, Hunts Point, Italy Cross, LaHave, Liverpool, Lunenburg, Mahone Bay, Mill Village, Milton, New Germany, New Ross, Petite Riviere, Pleasantville, Port Joli, Port Mouton, Riverport, Rose Bay, South Brookfield, Springfield, Tancook Island and Western Shore

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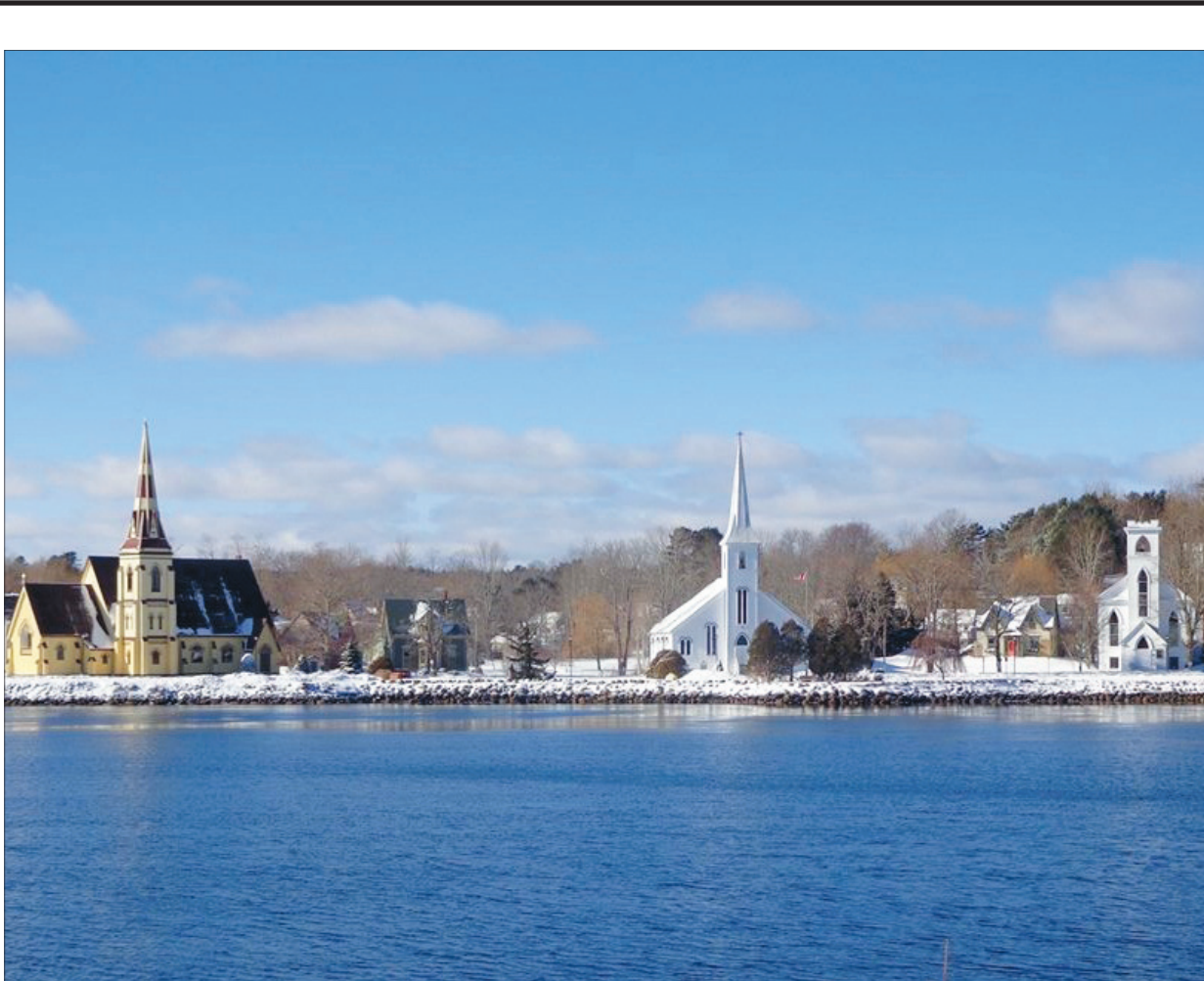
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PAUL BURNELL PHOTO

LATE SNOWY DAY

A clear, cold morning in Mahone Bay.

Spring Has Sprung!

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FLY-TYING DEMO

~ demo ~ questions ~ fly-tying

with **Willy T. Joudrey**
(fly-tying & fly fishing consultant)

Fri., March 28 4:30-9pm & **Sat., March 29 10am-5:30pm**

Willy has taught fly fishing at Parks & Rec.

OPEN 8 AM - 9 PM MON - SAT

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543-7121 Visit our website: www.gowshomehardware.ns.ca

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Get a **\$20 Tim Hortons** gift card on your next **Shell Rotella T Triple Protection** oil change. Offer valid from **March 1 to April 30, 2014** in all TruckPro repair centers in Canada. *While supplies last.

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IN THE COMMUNITY

MUNICIPALITY OF QUEENS 354-5741

Royal Nova Scotia International Tattoo Bus Trip — July 3, departure 3 p.m., Liverpool, showtime is 7:30 p.m.

Volunteer Income Tax Program — Queens County residents. Appointments

necessary. Call 354-5741.

Physical Activity in a Box — Loan program. Did you know that the recreation department has a variety of equipment for loan? We have snowshoes, GPS system and igloo-making kits. There is a refundable deposit required upon pickup. Items will be loaned to those 19 years and older.

Jumpstart — The Canadian Tire Jumpstart program is a national charitable program that helps financially disadvantaged children participate in organized sport and recreation. The program provides funding of up to \$300/child/per application for registration fees and equipment. The next deadline for funding is May 16. For more information or an appli-

cation please visit the Recreation Department or online at <http://www.regionofqueens.com/recreation/programs/youth-funding/jumpstart>.

TOWN OF MAHONE BAY 541-1343

Men's Drop in Basketball — 7:30 - 9 p.m., in progress, Tuesdays to May 27 Bayview Community School, Mahone Bay

Chair Yoga — 10 - 11 a.m., April 11 - June 13 (no class April 18), 8 wks Mahone Bay Centre

Dancing Classes — 6:30 - 7:30 p.m. Dance Fitness 7:30 - 8:30 pm Beginner Ballroom 8 - 9 p.m. Intermediate Ballroom April 7 - May 26 (no class on holidays), 6 wks Mahone Bay Legion

MUNICIPALITY OF LUNENBURG 541-1343

Yoga for Runners Workshop — 7 - 9 p.m., March 28 HBSSC, Bridgewater

Volunteer Nomination Deadline — Municipal Reception - March 28

Zumba Class — 5:15 - 6:15 p.m., April 14 - June 2, 6 classes MARC, Dayspring

Summer Recreation Employment Deadlines — Leader/Instructor positions - April 11

New Germany Yoga — 6:45 - 8 p.m., April 7 - May 26, 6 wks NG Rural High School

New Germany Fitness — 6:45 - 8 p.m., April 8 - May 27, 8 wks NG Rural High School

Ballroom Dancing Classes — 6 - 7 p.m. Beginner 7 - 8 p.m. Intermediate 8 - 9 p.m. Advanced April 8 - May 20, 7 wks Hebbleville, Academy

Egg Hunt (Family) — 2 - 3:30 p.m., April 12 MARC, Dayspring It's FREE!

Swing Dance — 7 - 8 p.m., April 17 - June 5, 8 wks MARC, Dayspring

Shuffleboard Tournament for Ages 55+ — 10 a.m., April 23 HBSSC, Bridgewater

Seniors' Kitchen Party — Live music, games and refreshment. 1:30 - 3 p.m., April 23 & May 21 HBSSC, Bridgewater Ball Field Bookings Deadline - April 4

New Germany Babysitter Course (ages 11 - 14) — 9 a.m. - 4 p.m., April 26 New Germany Elementary School

Suggestions for summer programming? Call Janice Rand at 541-1335

TOWN OF BRIDGEWATER 543-2274

Spring Recreation Guide — View online at <http://www.bridgewater.ca>. Scroll down home page, located on right hand side.

Happy Dogs, Happy People Seminar — April 1, 7-9 p.m. or April 13, 2-4 p.m. Learn to socialize your dog and about different dog sports and recreation activities like agility, rally obedience and trick work.

Chair Yoga — Mondays, April 7-May 26, noon-1 p.m.

Beginner Ukulele — Tuesdays, April

8-May 27, 6-7:30 p.m.

Kids Photography (Ages 10+) — Tuesdays, April 8-May 27, 6-7:30 p.m.

Explore Art (Ages 9-12) — Thursdays, April 10-May 15, 4-5 p.m.

Intro to Drawing — Thursdays, April 10-May 15, 6:30-8:30 p.m.

Portrait Photography — Thursdays, April 10-May 29, 6:30-8 p.m.

Spraying Fruit Trees — April 12, 11 a.m.

First Aid & CPR — Standard level with CPR C, April 12 and 13; emergency level with CPR B, April 12, 9 a.m.-5 p.m.

Indoor Gardening — April 13, 1:30-3 p.m.

All Sorts of Sports — Tuesdays, April 15-May 27, Grades 2-4,

Spring has Sprung!!

Magnolia's Grill

is opening Wednesday, April 2nd

Call 634-3287 for reservations

Open Mon.-Thurs. 11am-3pm • Fri.-Sat. 11am-9pm

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KATIE RAFUSE PHOTO

PEEKING THROUGH

A March sunset in Parkdale.

through YOUR LENS

Have a good quality photo you want to share with our Lighthouse Log readers ... an event you attended, something unusual that caught your eye or a photo depicting regular life in Lunenburg & Queens Counties?

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

Send it to us!

e-mail to: mail@southshorenov.ca

LIGHTHOUSE LOG

Check out www.southshorenov.ca

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5-6 p.m.; Grades 4-6,
6-7 p.m.

Sign Language —
Wednesdays, April 16-
May 7, 6:30-7:30 p.m.

**Shuffleboard
Tournament (Ages
55+)** — April 23, 10
a.m., HB Studios Sport
Centre.

**MUNICIPALITY OF
CHESTER**
275-3490

**Community Contra
Dance** — FHCS,
March 29.

**Spring Explore Life
Brochure** — Available
April 8.

**Seniors' Sexuality
with John O'Keefe**
— Forties Community
Centre, April 9.

**Boat Maintenance
at Launch** — FHCS,
starts April 27.

Chester Cut N Run
— CAMS, June 1.

Tattoo Bus Trip —
Halifax Metro Centre,
July 5.

Seaside bridge club results

The Seaside Bridge Club of Liverpool met in the afternoon of March 21, 2014 with 7 tables in play.

Winners were: North-South, first, Heather Wharton and John Roblee; second, Jean Silver and Marg Mosher; third, Loretta Cook and Nancy Dobson. East-West, first, Leo Langevin and Bud Wefer; second, Polly Winters and Catherine Minard; third, Liz Hunter and Eileen Blair.

The Seaside Bridge Club plays party bridge each Friday at 1 to 4:30 p.m. in the upper portion of the Liverpool Lions hall, Gorham Street at Church Street.

For further information on this Club, check out our website at: <http://users.eastlink.ca/~berylhatt/> or phone 902-354-3381.

ECRA card party news

The East Chester Recreation Association met for a card party March 24 with 10 and a half tables in play.

Winners were: ladies' 1st, Daphne Nauss, 870; ladies' second, Diane Stevens, 800; ladies' third, Liz Hannaford, 780; gents' first, Donald Marshall, 910; gents' second, Dave Foster, 905; gents' third, Kempton Allen, 865; 30/60 bags, Mona Annis and Betty Payne; door prize, Phyllis MacKenzie; half take, \$73.50, Wilfred Collicut.

The next card party will be March 31, starts at 1:30 p.m.



**MUNICIPALITY OF THE DISTRICT
OF LUNENBURG**

**Indian Path Commons Committee
Advisory Committee**

NOTICE: Public Meeting

**Friday, April 4th, 2014 at 6:00 pm
Riverport Community Hall, Riverport**

For information, please email Trudy Payne at tpayne@modl.ca or call 541-1333.

Mahone Bay Bridge news

Results for March 14. Three tables in play. First: Doris Sheppard and Bob Chase. Second: Bill Davidson and Fred Struve. Third: Glendon Dominoe and Merinda Silver.

Results for March 21. Three tables in play. First: Bill Davidson and Fred Struve. Second: Bunny Levy and Jennifer Smith. Third: Glendon Dominoe and Merinda Silver.

CHESTER DISTRICT SOCCER ASSOCIATION REGISTRATION FOR COMPETITIVE TEAMS

**Tuesday, April 8, 6:30 – 8:00 pm
at Forest Heights Community School
Wednesday, April 9, 6:30 – 8:00 pm
at Forests Heights Community School**

Competitive Players (girls and boys) need to register on these dates so CDSA can form teams before the May 1 League Deadline.

Fees for this year are \$140 for Children born 2004- 2005 (U10) and \$160 for Youth born 1996 to 2003 (U12, U14, U16, U18). CDSA offers family packages.

The 2014 Fundraising campaign will take the form of a lottery. All players are required to purchase \$20 worth of lottery tickets at registration night. Players may either use the tickets to enter the lottery or resell them. First Prize is \$1000 cash! Draw Date will be August 20, 2014. Details of other prizes, where and when to return the tickets will be provided at Registration Nights.

**CDSA HAS NOT YET FILLED ALL HEAD COACHING POSITIONS
FOR THE 2014 SUMMER SEASON.**

**ANYONE INTERESTED IN COACHING OR HELPING OUT WITH
A COMPETITIVE TEAM IN ANY WAY PLEASE CONTACT
THE CHESTER DISTRICT SOCCER ASSOCIATION
at chestersoccer@hotmail.com**

CHESTER MUNICIPAL HERITAGE SOCIETY ANNUAL MEETING April 11, 2014

St. Stephen's Anglican Parish Centre
Regent Street
5 pm – Potluck Supper
6 pm - Guest Speaker
Mora Dianne O'Neill, PhD, Associate
Curator Historical Prints and Drawings
Art Gallery of Nova Scotia
**"Chester's Artistic Heritage -
A View from the Outside"**
7 pm - Annual General Meeting
EVERYONE WELCOME!

HB STUDIOS THUNDER SOCCER CLUB

Soccer programs are available
for youth born from 1998 to 2010.

Online registration opens
via new website

**sns-hbstudiosthunder.goalline.ca
on March 31.**

There will be a one-day registration for all of our
Youth Summer Soccer Programs
on Saturday, April 5 from 9 am to 12 noon
at HB Studios Sports Centre

Join us for a fun
Summer Soccer Season!



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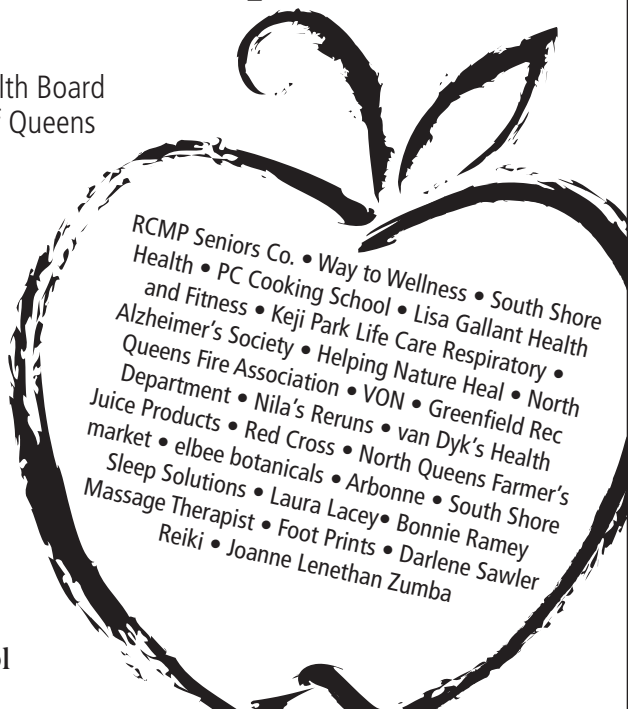
**NORTH QUEENS
COMMUNITY
HEALTH CENTRE**



**2nd Annual
COMMUNITY HEALTH FAIR**
**April 5th 2014 at
North Queens Community School Gym
11 am to 3 pm**

Sponsored by:
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of Trade
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and Truckin'
Queens County Fair
Meadow Brook Manor

Special thanks to
the 4-H Club
and North Queens
Community School



3rd Annual South Shore Sustainability EXPO & Forum

Saturday, April 5th
Brown Bag Lunch Friendly!



**FREE
ADMISSION**

Learning

**Door
Prizes**

Inspiration

Fun

50:50

Sustainability EXPO

NSSC – 75 High Street
9:00 am – 2:00 pm

Do you want to learn more about the sustainable products, services and activities on the South Shore? The South Shore Sustainability EXPO will feature an exhibitor area of about 30 local businesses and community organizations that are providing "greener" services and products (or ideas and opportunities) in our community.



For more information,
www.sustainablebridgewater.ca/expo
or leif.helmer@nssc.ca



Climate Change Forum

Osprey Ridge Golf Club - 492 Harold Whynot Rd.
1:30 – 4:30 pm

1:30 – 2:30 | Networking & Snacks

Meet members of the Community Sustainability Network, share ideas & learn. Non-members welcome!

**2:30 – 4:30 | Climate Reality: Global,
Regional & Local Threats & Opportunities**

Keynote speaker: **Dr. Edith Callaghan**
School of Business, Acadia University
Trained as an **Al Gore** Climate Leader, Dr. Callaghan will present the latest climate science, as well as compelling evidence that ordinary communities CAN make a difference... if they act in time.

Also featuring:

Catherine Abreu
Ecology Action Centre - Regional
perspectives & opportunities

Leon de Vreede
Town of Bridgewater - Local action
on mitigation & adaptation

MARCH/APRIL EVENTS

MARCH 28

EMPLOYMENT SOLUTIONS SOCIETY'S 6th Career & Job Expo. 11:00am - 2:00pm, Days Inn and Convention Center, Bridgewater

Income Tax Assistance @ the Thomas H. Raddall Library, Liverpool, 1:00pm

Seaside Crown the Queen & Friday Pub Night. 5:00 - 7:00pm, Seaside Centre Beach Meadows

TGIF Suppers at Bridgewater Legion Branch #24 every Friday 5:00pm. Cost \$8:00. Menu varies

A Night in Vienna with the Rhapsody Quintet — a fund raiser for Maritime Concert Opera. 7:00 - 9:30pm, St John's Anglican Church Parish Centre Lunenburg,

Yuk Yuk's International. 7:00 - 9:30pm, Best Western Plus Bridgewater Hotel & Convention Centre, Cookville. Join us for a fun filled evening with good friends, family, and laughter! Table seating, cash bar, & drink specials! Only \$20 per person or \$35 per couple! Call and book your tickets today!

Dance to the Centurions. 8:00 - 11:00pm, Mahone Bay Legion Mahone Bay

MARCH 29

Bridgewater Legion Breakfast. 7:00 - 11:00am, Royal Canadian Legion Branch #24 Bridgewater. Adults \$7, children 5- 12 \$3, under 5 free.

Bowl For Kids Sake. 2:00pm, Big Brothers Big Sisters Bridgewater. Muster a team of 4-6 bowlers, choose a time to bowl and book early for our 29th annual "Bowl for Kids Sake!" Bridgewater Bowl

Corned Beef & Cabbage Supper. 4:30 - 6:00pm, Blandford Community Centre Blandford. Adults \$12, children 5-12 \$6, under 5 free.

Musique Royale is please to present Dominique Côté, baritone at St. John's Anglican Church, Lunenburg, 7:30-9:30pm

MARCH 30

Art Film, "SPRING and ARNAUD". 2:30am, Fisheries Museum of the Atlantic, Lunenburg. A stunning documentary exploring art, love & mortality through the lives and work of artists Spring Hurlbut & Arnaud Maggs. Katherine Knight and David Craig, producers, will be in attendance for a Q&A after the screening \$10pp

Breakfast at the Mahone Bay Legion, 9:00am- 1:00pm. Adults \$8, children \$4, age 5 and under free.

MARCH 31

STORY HOUR FOR PRE-SCHOOLERS - EVERY MONDAY, 10:00-11:00 am. Stories, crafts and refreshments. Free, open to all. Voglers Cove Community Hall, 8544 Hwy. 331, Voglers Cove.

Chase the Ace Lottery. The New Germany and Area Lions Club is having a social evening every Monday night from 5:00 - 8:00pm. Anglican Church Hall, Highway 10m New Germany.

APRIL 1

Tuesday afternoon Acoustic Music Jams, Chester Basin Legion, 2:00pm

APRIL 2

St. John's Anglican Church in Lunenburg announces Lenten Music and Meditation Series for 2014, Music and Meditation for Lent, 2014. 12:00 - 12:30pm at St. John's Anglican Church, 81 Cumberland St.

APRIL 3

Bridgewater Inter-Church Council Lenten Soup Luncheons. 11:30am - 1:00pm, Holy Trinity Anglican Church Parish Hall, Bridgewater. An Ecumenical Event hosted by the BICC on FIVE consecutive Thursdays during the Season of Lent.

Italy Cross, Middlewood and District Fire Department Acoustic Music Jam sessions every Thursday evening 7:00pm. Admission: \$2 plus lunch donation appreciated. Card parties every Friday evening 7:30pm

APRIL 4

Income Tax Assistance @ the Thomas H. Raddall Library. 1:00pm, Liverpool. Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals.

Seaside Crown the Queen & Friday Pub Night. 5:00 - 7:00pm, Seaside Centre Beach Meadows. Yes, we are still looking for the Queen in Beach Meadows.

TGIF Suppers at Bridgewater Legion Branch #24 every Friday 5:00pm. Cost \$8:00

Home Smoked Ham Raffle, Tri District Fire Rescue, Station 1 in Newcombville, 3785 Hwy. 325, 7:00pm. Canteen services available.

APRIL 5

Musique Royale is please to present J.S. Bach's St. Matthew Passion at St. John's Anglican Church in Lunenburg, 4:00 - 6:00pm

DESSERT & DISCUSSION & DOCUMENTARY STORIES WE TELL. A film by Sarah Polley. 7:00pm, SOUTH SHORE WALDORF SCHOOL, Blockhouse

APRIL 7

STORY HOUR FOR PRE-SCHOOLERS - EVERY MONDAY, 10:00-11:00am. Stories, crafts and refreshments. Free, open to all. Vogler's Cove Community Hall, Vogler's Cove

Chase the Ace Lottery. The New Germany and Area Lions Club is having a social evening every Monday night from 5:00 - 8:00pm. Anglican Church Hall, Highway 10 New Germany.

APRIL 8

Bridgewater Photographic Society. 7:00 - 9:30pm, at the MARC Dayspring. Presentation: Barry Burgess – Waterfalls of Nova Scotia Competition: Sight and Sound Essay Photo Show: Petite Riviere, LaHave Field Trip

APRIL 9

St. John's Anglican Church in Lunenburg announces Lenten Music and Meditation Series for 2014, Music and Meditation for Lent, 2014. 12:00 - 12:30pm at St. John's Anglican Church, 81 Cumberland St.

APRIL 10

Bridgewater Inter-Church Council Lenten Soup Luncheons. 11:30am - 1:00pm, Holy Trinity Anglican Church Parish Hall, Bridgewater. An Ecumenical Event hosted by the BICC on FIVE consecutive Thursdays during the Season of Lent.

APRIL 11

Income Tax Assistance @ the Thomas H. Raddall Library. 1:00pm, Liverpool. Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals.

Seaside Crown the Queen & Friday Pub Night. 5:00 - 7:00pm, Seaside Centre Beach Meadows. Yes, we are still looking for the Queen in Beach Meadows.

TGIF Suppers at Bridgewater Legion Branch #24 every Friday 5:00pm. Cost \$8:00

APRIL 12

ST. MARTIN'S FUNDRAISING BREAKFAST. 7:00am, St. Martin's Anglican Church Hall, Martins River

APRIL 13

Country Gospel Musical Evening. 7:00pm. The Parkdale

Maplewood Emmanuel Baptist Church welcomes you to an evening of country gospel music featuring Southwind, The Langille's, The Gates Family, The Parkdale Maplewood Choir & Quartet. Free will offering, social hour to follow.

APRIL 14

STORY HOUR FOR PRE-SCHOOLERS - EVERY MONDAY, 10:00-11:00am. Stories, crafts and refreshments. Free, open to all. Vogler's Cove Community Hall, Vogler's Cove

Chase the Ace Lottery. The New Germany and Area Lions Club is having a social evening every Monday night from 5 - 8 pm. Anglican Church Hall, Highway 10 New Germany.

APRIL 16

St. John's Anglican Church in Lunenburg announces Lenten Music and Meditation Series for 2014, Music and Meditation for Lent, 2014. 12:00 - 12:30pm at St. John's Anglican Church, 81 Cumberland St.

APRIL 18

Income Tax Assistance @ the Thomas H. Raddall Library. 1:00pm, Liverpool. Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals.

Seaside Crown the Queen & Friday Pub Night. 5:00 - 7:00pm, Seaside Centre Beach Meadows. Yes, we are still looking for the Queen in Beach Meadows.

TGIF Suppers at Bridgewater Legion Branch #24 every Friday 5:00pm. Cost \$8:00

APRIL 21

STORY HOUR FOR PRE-SCHOOLERS - EVERY MONDAY, 10:00-11:00am. Stories, crafts and refreshments. Free, open to all. Vogler's Cove Community Hall, Vogler's Cove

Chase the Ace Lottery. The New Germany and Area Lions Club is having a social evening every Monday night from 5:00 - 8:00pm. Anglican Church Hall, Highway 10 New Germany.

APRIL 22

Bridgewater Photographic Society. 7:00 - 9:30pm, at the MARC Dayspring. Presentation: Keith Michael Cossey

APRIL 25

The Maritime Horse Protection Society is holding it's annual Benefit Dinner & Auction at 6:30am, Oakhill Fire Hall, Lunenburg County.

Income Tax Assistance @ the Thomas H. Raddall Library. 1:00pm, Liverpool. Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals.

Seaside Crown the Queen & Friday Pub Night. 5:00 - 7:00pm, Seaside Centre Beach Meadows. Yes, we are still looking for the Queen in Beach Meadows.

TGIF Suppers at Bridgewater Legion Branch #24 every Friday 5:00pm. Cost \$8:00

APRIL 27

KINFOLK invite all to their food bank performance at St. John's United Church in Middle LaHave at 7:00pm.

APRIL 28

STORY HOUR FOR PRE-SCHOOLERS - EVERY MONDAY, 10:00-11:00am. Stories, crafts and refreshments. Free, open to all. Vogler's Cove Community Hall, Vogler's Cove

Chase the Ace Lottery. The New Germany and Area Lions Club is having a social evening every Monday night from 5:00 - 8:00pm. Anglican Church Hall, Highway 10 New Germany.

LCLC SEAT SALE!

Purchase a seat and have your name, group, in memory of, or business engraved on a plaque affixed to the back.

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Lunenburg County Lifestyle Centre

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*Check LCLC.ca for changes to our regular skate times.

ADULT SKATES, PUBLIC SKATES, PARENT/TOT SKATES

will continue at the LCLC until May 17, 2014.

Visit our website for updated ice schedules.

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On being better

Introduction

As a Community Health Board member, a member of the Lunenburg County Workplace Wellness Network, and as a mother of two young boys, health is rather important to me. But as a full-time employee, a busy mom and occasional wine and poutine consumer, I can feel conflicted. How can I lead a healthy life with limited time? How can I best influence my children's healthy behaviour while they play video games? How can I help my family cope with a mental illness? How can I prepare the healthy meals that I know I should when I have only 20 minutes before we have to be at hockey practice? And how can I do it in a cost effective way?

These are questions that I have spent the last decade in search of answers. And sometimes, I find them. Sometimes I don't. Sometimes I downright fail. The good news is that what I have learned in that decade is that I am not alone in my quest to be better, and I am certainly not the only mother to fail. Here, in this column, you'll read about my wins and losses in my attempt to live healthier, to communicate more meaningfully, and to simply 'be better.' Some of you may remember my blog, "Oh Brothers". It was a space where I wrote about my trials and tribulations of raising my boys. It was sometimes funny, sometimes light-hearted, but always real. I didn't solve any of life's big problems and sometimes



TINA HENNIGAR

I wondered what was the point. But after hearing from so many of you who urged me to continue to share my musings, I realized that simply trying to be better, and even occasionally failing, is the point. You should know that I am in no way a health or parenting expert so anything you read here is my own personal opinion. I also formula fed my children, we have a number of televisions and, occasionally, we eat Kraft Dinner, all of which

I offer no apology for so, if you require one, this might not be the best way to spend 10 minutes a week. I will also on occasion direct you to the website, southshorenov.ca for links, special offers, recipes or even downloadable tools that you may or may not find beneficial. If you don't have access to a computer, come into our office at 353 York Street, Bridgewater, and I'll see that you receive it. I hope to see you here same time next week.



MUNICIPALITY OF THE DISTRICT OF LUNENBURG

Public Notice 2014 ANNUAL RATE PAYER MEETINGS

Fire & Emergency Service Providers

The following Fire and Emergency Service Providers of Lunenburg Municipality invites the public to attend their Annual Rate Payers Meeting.

This meeting will provide you with the needed information in order to VOTE on your fire tax rate for 2014/15. Fire Departments are now required to provide their budget documents at least one week in advance of their scheduled meeting, therefore please contact the name next to your fire service provider to find out if any changes are proposed to your fire rate and where you can get a copy of the proposed budget.

In order to vote at your ratepayer meeting your name must appear on your tax bill notice and you must be a ratepayer within the fire district area the meeting is being held.

FIRE SERVICE PROVIDER NAME	DATE OF MEETING	TIME OF MEETING	CONTACT PERSON	PHONE NUMBER	MEETING LOCATION	BUDGET CONTACT OR AVAILABILITY
Wileville Fire Department	4-April-14	7:00 pm	Joe Melanson	543-7347	Fire Hall	Joe Melanson
Petite Riviere Volunteer Fire Dept.	10-Apr-14	7:00 pm	Johnathan Harmon	688-2180	Fire Hall	Johnathan Harmon
Pleasantville & District Fire Dept.	15-Apr-14	7:00 pm	Tony Allen	527-0392	Fire Hall	April 8th, 7-9pm at Fire Hall or Tony Allen
Walden Volunteer Fire Dept.	16-Apr-14	7:00 pm	Richard Hiltz	644-3460	Fire Hall	Richard Hiltz
Northfield District Fire Dept.	21-Apr-14	7:00 pm	John Mackay	543-9691	Fire Hall	April 8th, John Mackay
Italy Cross/Middlewood & District Fire Dept.	21-Apr-14	7:30 pm	Ronald Whynot	543-9806	Fire Hall 17722 Hwy 103	Judy Jensen, 543-9333
Indian Point Volunteer Fire Dept.	23-Apr-14	8:00 pm	Tom Lockwood	624-0720	Fire Hall	Tom Lockwood
Tri District Fire Rescue.	6-May-14	7:00 pm	Paul Hayes	543-5763	Station 1 Newcombville	Paul Hayes
Cornwall & District Fire Dept.	6-May-14	7:00 pm	Steve Patterson	624-8636	Fire Hall	Steve Patterson
Lapland & District Fire Dept.	6-May-14	8:00 pm	Eugene Herman	543-2893	Fire Hall	Eugene Herman
Conquerall Bank Fire Dept.	7-May-14	7:30 pm	Keith Himmelman	543-2043	Fire Hall	Keith Himmelman
Blockhouse & District Fire Dept.	9-May-14	7:00 pm	Paula MacDonald	527-8276	Fire Hall	Paula MacDonald
Hebbs Cross Fire Dept.	12-May-14	6:30 pm	Donald Llewellyn	212-0230	Fire Hall	Sheldon MacLeod 497-9407
Midville & District Fire Dept.	12-May-14	6:30 pm	Graham Campbell	543-1017	Fire Hall	Mar. 5th - 724 King St. (Marsh Adjustment)
Oakhill & District Fire Dept.	13-May-14	7:00 pm	John Robart	543-9814	Fire Hall	John Robart, oakhillfire@eastlink.ca
Hebville Fire Department	15-May-14	7:00 pm	Chris Kennedy	527-1279	Fire Hall	www.hebvillefire.org
Hemford & District Volunteer Fire Dept.	17-May-14	7:00 pm	Gordon Hunter	644-3065	Fire Hall	Arthur Jensen, 644-3022
Maders Cove Fire Protection Commission	21-May-14	7:00 pm	Shelli Stevens	624-6200	Mahone Bay Centre, Rm 203	Shelli Stevens
New Germany Volunteer Fire Dept.	21-May-14	8:00 pm	Blair Lantz	644-2079	Fire Hall	May 2nd, Rex Walters, 644-3651
Lahave Fire Department	22-May-14	7:30 pm	Jon Mulock	688-1107	Fire Hall 50 Schoolhouse Rd.	Jon Mulock
Big Tancook Island Emergency Response	14-Jun-14	2:30 pm	Dexter Rodenhiser	980-0412	Tancook Recreation Centre	Fran Levy, 228-2120

Public Notice 2014 ANNUAL MEETING Fire & Emergency Service Providers

The following Fire and Emergency Service Providers of Lunenburg Municipality invites the public to attend their Annual Meeting.

There will be a review of the fire departments previous year's operations and budgets and they will be announcing their 2014 – 2015 fire tax rates.

FIRE SERVICE PROVIDER NAME	DATE OF MEETING	TIME OF MEETING	CONTACT PERSON	PHONE NUMBER	MEETING LOCATION	BUDGET CONTACT OR AVAILABILITY
Dayspring & District Volunteer Fire Dept.	5-May-14	7:00 pm	Earl Lantz	543-1544	Fire Hall	Frank Fawson, 543-9166
United Communities Fire Dept.	6-May-14	7:00 pm	Wayne Smith	677-2492	Fire Hall	Steve Teal, 935-2100
Riverport & District Fire Protection Commission	6-May-14	8:00 pm	Craig Cook	764-2111	Fire Hall	Norman Mossman, 766-4677
Martins River Fire Commission/	22-May-14	8:00 pm	Gary Langille	624-8095	Fire Hall	Debby Langille, 627-2549
District 1 & 2 Fire Protection Commission	NOT AVAILABLE at time of press release - Please Contact Wilfred Stevens at 634-4236 for further details					

If you have any questions regarding these meetings, please contact the person listed within your fire department/commission, or April Whynot-Lohnes, Municipal Clerk, Municipality of the District of Lunenburg, at 541-1323 or email awlohn@modl.ca

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CHARMAINE ZWICKER PHOTO

WELCOMING THE DAY

Early morning sunrise visitors in New Ross.

Join the library's Lego contest

Join the library's Lego contest and build your masterpiece in three weekly sessions. The contest begins April 1 at the Lunenburg Library, April 2 at the Margaret Hennigar Public Library in Bridgewater and April 3 at the Thomas H. Raddall Library in Liverpool. The contest starts at 3 p.m. in Lunenburg and 3:30 p.m. in Bridgewater and Liverpool. Call or drop in to your library to register.

Use your own Lego, Duplo, Mega Bloks or other Lego compatible plastic bricks. Entries must be your own

creation. Lego designed kits or packages, designs found on-line or in magazines are not eligible. Full rules are available at the library or on-line at southshorepubliclibraries.ca. Working creations will be kept safe at the library branches and on display for a period of time after contest. Prizes will be awarded for winners.

Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals at the Thomas H. Raddall Library on March 28. Call the recreation office at the Region of Queens Municipality, 354-5741, to book an appointment. Help is by ap-

pointment only.

Sing, play and laugh with your child while you listen to great stories. Discover new picture books, rhymes, words and songs. Storytime is a great place to introduce your child to a group experience. Make friends and meet new families in the community. Storytime runs from 10:30 to 11:15 a.m., followed by crafts from 11:15 to 11:45 a.m. Best suited for toddlers and



preschoolers and a parent/caregiver. Storytime begins at the Lunenburg Library on April 1, at the Mar-

garet Hennigar Public Library on April 2 and the Thomas H. Raddall Library in Liverpool on April 3.

The Raddall Reading Club meets at the Thomas H. Raddall Library, 145 Old Bridge St. in Liverpool, on the first Friday of the month. New members are welcome. The meeting will begin at 1:30 p.m. The featured book on April 4 is "The Light Between Oceans" by M. L. Steadman.

The Margaret Hennigar Public Library offers something special Saturdays at the Library. Join us for 90 minutes of creativity and build your own nature mobile.

LIBRARY continued on page 7

Reality check: experiments in encouragement

How do we learn? One effective method involves coming up with an idea and then trying an experiment to see whether the idea works as we think it will. Observe what happens, and then draw a conclusion based on what we see. Did the idea work as expected? Or not? Either way, we have learned something.

We spend a good part of our lives of-fering information to people. Sometimes,

we have the chance to express positive and encouraging sentiments. Other times, there's the need to indicate a problem, a challenge or an outcome that didn't meet expectations.

In the inquiring spirit of experimentation, then, here's a question. Which type of information connects with the most effective change in behaviour: encouraging information that recognizes achievements? Or corrective information that points out mistakes?

Some folks seem to believe that people need to be corrected, sometimes in a rather harsh way, or they will never learn. I wonder if that's true?

So here's the experiment. When you feel yourself about to offer a critical remark to someone, pause for a moment. Turn it around. Look for one small thing



SUSANNE BECK

Reality Check

that you can encourage instead of criticize and say that instead.

For example, your daughter Caroline is industriously working on a poster. It's her original design and she is clearly proud of her work so far. She asks, "What do you think?" You love the design, but there is ink smudged in the corner. What might you say?

"Caroline, you smudged the ink all over the corner, but the design is outstanding."

Or, "Caroline, you've created an outstanding design. What is your plan for the corner?"

Those two responses contain much the same information. Do they send different messages?

The first message personalizes the criticism. "Caroline, you smudged the ink all over the corner." It can leave no

doubt in Caroline's mind that she has done something wrong and that, in your view, it is her fault. Your recognition of the quality of the design seems like an afterthought.

The second message personalizes the encouragement: "Caroline, you've created an outstanding design." It can leave no doubt in Caroline's mind that, in your view, she has done something worthy of praise. Your question about the corner indicates trust — your trust that Caroline has recognized and is able to repair the damage caused by the smudge.

Do you believe that choosing encouragement is an effective way to offer information? No need to take my word for it. The Reality Therapy approach supports self-evaluation. That is, give it a try, see what happens for yourself.

I'm not suggesting that you build someone up in a phony way. My suggestion is that when you see someone who has taken an action — even if it's a very small thing — that is legitimately worth recognition, then recognize it. Encourage it. Praise it. Do so immediately and honestly.

So, try your own experiment. Offer positive recognition to someone who deserves it. Draw your own conclusion. Is it more satisfying to encourage? Or to point out faults?

Let me know at choices@focusonclarity.com or by mail c/o Lighthouse Log.

To your choices!
Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute

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LIBRARY continued from page 6

Mother Nature will provide most of the materials. We'll use branches, pine cones, shells and more. Kids ages 5 to 8 are invited from 10:30 a.m. to noon. Drop in.

In the afternoon, kids ages 9 to 12 are welcome to build their own "Mobile of Personal Complexity." Do you have a box filled with small special treasures that you save for something special? With a little paint, string and imagination, you can build a piece of art that tells your own unique life story. Share your work afterward as you get to know one another. Every mobile tells a story. Drop in. The program begins at 1:00 p.m.

With 17,000 Nova Scotians living with dementia, it's bound to affect each of us in one way or another. How does dementia touch you? Join Joan Parks-Hubley, coordinator of education and outreach for the Alzheimer Society of Nova Scotia on the South Shore, for a lively discussion of the book, "Still Alice," and dementia. "Still Alice" is a compelling, award-winning novel by Lisa Genova. The main character, Alice Howland, a wife, mother and Harvard professor, is astounded to discover 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. Call the library to reserve a copy. The book discussion will be held on April 8 at the Thomas H. Raddall Library in Liverpool at 1 p.m. and at the Margaret Hennigar Public Library in Bridgewater on April 9 at 6:30 p.m.

Keep calm and meditate with Mindfulness Meditation at the Margaret Hennigar Public Library, Bridgewater. If you find it

hard to sit still, your mind is racing, sleep eludes you and you feel irritated or overwhelmed by your life, you may benefit from mindfulness meditation. This relaxed, informal group will meet the second and fourth Thursdays of the month to refine our practice and share our experiences. The sessions begin on April 10 from 7:30 to 8:30 p.m. Would you like to try? There is no charge and no religion. Just come along and see what it's all about. If you need instruction, please arrive promptly so as not to disturb the rest of the group. The session begins with basic meditation instructions, followed by walk and sit in meditation, and a discussion of experiences and sharing of other meditation support resources. Beginners are welcome.

The Computer Tutor will provide basic computer instruction to solve your computer woes. At the Lunenburg Library, call 634-8008 to book a 30-minute appointment between 6 and 8 p.m. on the second and fourth Thursday of the month. The next date is April 10. Help is available at the Margaret Hennigar

Public Library as well. Call 543-9222 for dates and to book a one-hour appointment.

Details on South Shore Public Libraries programs, Branches and hours are available on the library's website: southshorepubliclibraries.ca South Shore Public Libraries. Read. Discover. Learn. Share.

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 **South Shore Public Libraries**

Mobile Branch Schedule

Friday, March 28:
 9:45 - 10:15 Bridgewater - Drumlin Hills
 12:30 - 2:00 Blandford - Deck Restaurant
 2:30 - 3:00 Chester - Shoreham Village
 3:10 - 3:50 Chester Grant - Bonny Lea Farm

Saturday, March 29:
 10:00 - 12:00 Caledonia - Opposite Caledonia Pharmasave
 1:00 - 1:30 Waterloo - Community Hall

Tuesday, April 1:
 11:00 - 11:30 New Ross Consolidated School
 11:30 - 1:00 New Ross - Ross Farm Museum
 3:00 - 6:00 New Germany - New Germany Freshmart

Wednesday, April 2:
 1:00 - 4:30 Chester - Chester Legion
 5:30 - 7:00 Chester - Corner of Highway 3 and Valley Road
 7:15 - 8:30 Chester Basin - Chester Basin Legion

Thursday, April 2:
 10:30 - 7:00 Mahone Bay - Three Churches Parking Lot
 Closed 12:30 - 1:00 and 4:30 - 5:30

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Community Meeting Calendar 2014
Municipality of the District of Lunenburg

The Council for the District of Lunenburg has scheduled 7 community meetings throughout the region to hear from residents. You are welcome to attend any of the scheduled meetings. The locations have alternated from 2013, so each district will host a community meeting every two years.

Come join Mayor Downe and Councillors in a relaxed, open style meeting and hear what new initiatives are scheduled for 2014. The doors open at 6:30 pm with the meetings starting at 7:00 pm.

Come have your say!

Council Dist.	Location	Date
District 11	Conquerall Bank Fire Hall	March 31, 2014
District 5	West Northfield Community Centre	April 7, 2014
District 8	Tri-District Fire Dept. Hall - Newcombville	April 10, 2014
District 1	Lunenburg Fire Dept.	April 14, 2014
District 12	United Communities Fire Hall	April 28, 2014
District 6	Parkdale-Maplewood Community Hall	May 5, 2014
District 1	Big Tancook Recreation Centre	June 18, 2014

For information please call April Whynot-Lohnes, 541-1323, or email: awlohn@modl.ca

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YARD SALES
Complete Estate Yard Sale. 28 Ron St., Eignor Park of St. Phillip Street, March 29 and 30, 10 - 4 p.m.

Yard Sale, Pleasantville & District Fire Dept., Saturday, March 29, 9 - 1 p.m. Tables \$5. Canteen. Call 688-2631 or 543-8536

PETS/SUPPLIES
Complaints of animal mistreatment should be reported to SPCA at 1-888-703-7722. For any other concerns regarding animals call 766-4787.

Missing in Italy Cross since March 15: Blizzard, a white, long-hair male cat with grey markings on his head and tail. Please call 530-5976

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Top quality firewood, cut, split and delivered. 100% hardwood. Phone Vicki 543-6150.

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Thank you everyone for your support and the fond memories. ~Lucy & Rae
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**Maximum 52 issues each of the Lunenburg County Progress Bulletin and the Lighthouse Log.

CHILD CARE

Quality child care, 17 years experience in early childhood education. Receipts, Mishelle, 530-2304

SEWING

All types of sewing & alterations. Bridal & Prom. Drapes, Blinds, Slipcovers. Fabric available. 25 yrs. experience. Phone 543-5678

CLEANING

Looking to clean, apartments, offices, etc. Reasonable rates, 28 years experience. Will also help seniors in their homes, shopping, errands etc. Looking for night work. References 521-0442

ELDERLY CARE

Cookvilla seniors' home has a room available, also doing respite care. Call Carol 543-0308

I am an experienced, reliable, trustworthy, high energy, mature lady, would like to assist in continuing care for an elderly person in their home. I enjoyed 15 years as a live-in providing tender care, respect, support, housekeeping, meal preparation, transportation and whatever the client required. I also provide service to veterans, any age and condition. All inquiries call 624-0090. References available. Wages negotiable.

Individual care for seniors in our Bridgewater area home. Pleasant, peaceful surroundings, exceptional references. 543-4643

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DISABILITY BENEFIT GROUP - Suffering from a Disability? The Canadian Government wants to give you up to \$40,000. For details check out our website: www.w.w.w.disabilitygroupcanada.com or Call us today toll-free 1.888.875.4787.

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go to southshorenw.ca

HAVE YOUR SAY!

EMPLOYMENT

HARBOUR VIEW HAVEN



LUNENBURG HOME FOR SPECIAL CARE
A 143-Bed Nursing Home

Part Time and Casual CCA's

Applicants must provide provincial CCA Certification

Apply to: Rebecca Dorey
Director of Resident Care
P O Box 1480, Lunenburg NS B0J 2C0
Email: rdorey@hvh.ca
Tel: (902)634-8836 ext. 224
Fax: (902)634-8792

DEADLINE FOR SUBMISSION APRIL 8, 2014

ONLY THOSE SELECTED FOR AN INTERVIEW WILL BE CONTACTED

WANTED: OPERATIONS FORESTER required to lead team in Alberta. Permanent full-time opportunity for qualified experienced forester with supervisory experience. Email resume to: njb_ins@telus.net.

Attention: Learn to operate Mini-office Outlet from home. Free training, no selling, great income. www.freedom2shine.com

WANTED

Journeyman Electrician

May consider 3rd or 4th year apprentice.

Please forward resume to
Box 2, 353 York St.,
Bridgewater B4V 3K2

Start an online business teaching others to do the same. Free training. No selling. www.andfreedom.com

View our Classifieds On-Line!
www.southshorenw.ca

EMPLOYMENT

Folk Harbour SOCIETY



SUMMER STUDENT JOB POSITION AVAILABLE: FESTIVAL LOGISTICS

The Festival Logistics Facilitator works with other staff and volunteers to assist in staging the Lunenburg Folk Harbour Festival, August 7-10, 2014. Employment is full-time from approximately May 1 to August 15. Salary is between \$11 and \$13 per hour commensurate on skills and experience. Must be a post-secondary student returning to full-time studies in September.

For more details on the Society, or to review the full position description, visit our website: www.folkharbour.com

Apply in writing by mail to
Student Employment,
Lunenburg Folk Harbour Society
Box 655, Lunenburg, NS B0J 2C0
or online: info@folkharbour.com

Deadline = April 14, 2014.

RTL - Westcan Group of Companies



RTL Westcan, located in Western and Northern Canada, seeks experienced Class 1 Professional Truck Drivers, Licensed Heavy Equipment Technicians and Construction Crew to Join Our Team. We offer a safe, stable work environment with competitive wages and paid airfare.

For details on available opportunities please visit our websites:
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OPEN HOUSE - Experienced Class 1 Professional Truck Drivers, Heavy Equipment Technicians and Construction Crew (Operators, Skilled Pipe Layers, Crusher Crew and Construction Supervisors) are welcome to meet **RTL-Westcan** at one of our Open Houses listed below. Please note that RTL-Construction recruits local NT labourers and does not have camp positions available for labourers.

Date: Friday, March 28, 2014 - **Time:** 5:00 PM - 8:00 PM - **Location:** Albatross Hotel - **Town:** Gander, NL
Date: Saturday, March 29, 2014 - **Time:** 5:00 PM - 8:00 PM - **Location:** Holiday Inn - **Town:** Truro, NS

Can't make the open house? Get your application in early and be selected for a scheduled interview.

BRIDGEWATER PHARMASAVE

Full-time experienced
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required at busy Bridgewater Pharmacy.


Please send résumés to
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Only considered candidates will be contacted.

No telephone calls please.

LIVE WELL WITH PHARMASAVE

MUNICIPALITY OF THE DISTRICT OF CHESTER



SUMMER EMPLOYMENT OPPORTUNITY
LABOURER - PUBLIC WORKS

The Municipality of the District of Chester requires a Labourer for a summer position with the Public Works Department for the period of May 5, 2014 to August 29, 2014.

The Labourer will carry out the Municipality's summer maintenance program for our public properties located throughout the Municipality and assist the Public Works Assistant Engineer in the daily operations of our wastewater treatment plants.

Qualified interested individuals may obtain a complete job description by contacting the undersigned or visiting the website at www.chester.ca.

Closing Date & Applications - Submit resume along with references no later than 4:00 p.m. on Wednesday, April 9, 2014 to the undersigned:

Pamela Myra, Municipal Clerk
Municipality of the District of Chester
151 King Street
P.O. Box 369, Chester NS B0J 1J0
pmyra@chester.ca
902-275-4771 Fax

Although we thank all applicants, only those selected for an interview will be contacted.

EMPLOYMENT

WANTED NURSE - RN or BN

To work in a family physicians office in Bridgewater.

Forward resume with 3 references to:
PO Box 434
Station Main
Bridgewater, NS B4V 2X6

Lighthouse Media Group has immediate openings for the following positions:

- **FREELANCE PHOTOGRAPHERS**
- **FREELANCE WRITERS**
- **SUMMER STUDENTS**

Lighthouse Media Group is recognized as a leader in publishing community news, receiving the award for Best Community Newspaper for 5 consecutive years (Atlantic Community Newspapers Association).

If you thrive in a creative environment and want to be a member of a collaborative team, send your resume, sample work and references to:
scolwell@southshorenw.ca or
Lighthouse Media Group
353 York Street
Bridgewater, NS
B4V 3K2

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Or fax to: 1-204-632-8575

Visit our website www.arcticco-op.com



Arctic Co-operatives Limited

We thank all applicants.
Only candidates selected for an interview will be contacted.

TAX CLERK CASUAL POSITION

MUNICIPALITY OF THE DISTRICT OF LUNENBURG



The Municipality of the District of Lunenburg invites applications for a casual term position. Work is guaranteed for ten weeks during the year (five weeks for the months of May and October).

Responsibilities

As part of the finance team the successful candidate will be responsible for property tax payment postings, daily deposits, answering switchboard, serving the front counter customers and any other duties that may arise. The hours of work are Monday to Friday 8:30 to 4:30 pm. Some paid overtime may be required.

Qualifications

The successful candidate will possess a Grade 12 certificate combined with a post-secondary education or the equivalent work experience in office administration. Knowledge of Townsuite Financial Software will be an asset. The successful candidate will have excellent interpersonal, clerical and team building skills. As a dedicated self starter, the successful candidate will be recognized for high energy and commitment to excellence.

Applications will be received until 4:30 pm, Friday, April 4, 2014. Please submit a cover letter and resume to:

Angela Veinot, CGA Assistant Treasurer
Municipality of the District of Lunenburg
210 Aberdeen Road, Bridgewater, NS B4V 4G8
Email: aveinot@modl.ca
Fax: 902-543-7123

The Municipality wishes to thank all applicants for their interest but only those selected for an interview will be contacted.

EMPLOYMENT

HARBOUR VIEW HAVEN



LUNENBURG HOME FOR SPECIAL CARE
A 143-Bed Nursing Home

Sign on Bonus available Full Time and Part Time RN's AND LPN's

Applicants must be registered and in good standing with their respective college

Apply to: Rebecca Dorey
Director of Resident Care
P O Box 1480, Lunenburg NS B0J 2C0
Email: rdorey@hvh.ca
Tel: (902)634-8836 ext. 224
Fax: (902)634-8792

DEADLINE FOR SUBMISSION APRIL 8, 2014
ONLY THOSE SELECTED FOR AN INTERVIEW WILL BE CONTACTED

market classified

PHONE: 902.543.2457; 902.634.8863; 902.275.5143
TOLL FREE: 888.543.2457 FAX: 902.543.2228
E-MAIL: ads@lighthouse.ns.ca

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Registered charities receive a 25% discount.

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Reach over 650,000 readers each week. \$179.00* – 25 words or less in 49 community newspapers throughout Atlantic Canada, additional words \$4.00 each. Display ads \$200.00 per column inch, min. 2 col. inches, maximum 8 col. inches.

PREPAID ADS

Out of province ads, Card of Thanks, memoriams, obituaries, weddings, anniversaries, graduations, happy ads / Family Album, births, blanket classified ads must be prepaid and cannot be taken over the telephone.

MEETINGS

15 words or less, one insertion, per month, both papers, FREE. Non-profit. No dues, registration, free will offerings or fees being charged.

FAMILY ALBUM

Announce births, weddings, anniversaries, graduations, open houses, happy ads, birthdays & engagements. Two sizes are available: (1 col. X 3") \$20.00*; (2 col. X 3") \$30.00*; (3 col. X 3") \$40.00*. Additional photo \$20.00. *Plus HST Progress Bulletin only.

**Announcements of 50th+ Anniversaries, & Birthdays over 100 – FREE. Progress Bulletin only.
**After the event.

OBITUARIES

75 words or less \$15.65*. Additional words \$.20* each. With photo add \$20.00
Progress Bulletin only. Lighthouse Media Group reserves the right to typeset and lay out your copy to fit space provided.
*Plus HST See submission policy

CARD OF THANKS, MEMORIAMS POETRY CORNER

All three the same: 75 words or less \$20.00*. Additional words \$.20* each.
*Plus HST
Progress Bulletin only. See submission policy

WEDDINGS, ANNIVERSARIES ENGAGEMENTS

Photo, head and shoulders \$30.00*. Write-up 75 words or less \$15.65* additional words \$.20* each; additional photo \$30.00. Progress Bulletin only.
*Plus HST See submission policy

BIRTHS/GRADUATION IN CLASSIFIEDS

Announcement 75 words or less \$15.65*; with photo \$25.00*; additional words \$.20* each. Additional photo \$30.00. Progress Bulletin only.
*Plus HST See submission policy

FOUND ADS

15 words or less, one insertion, both papers, FREE.

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.

DEADLINES:

DISPLAY & WORD ADS:
Lunenburg County Progress Bulletin
– 10 AM MONDAY
The Lighthouse Log
– 10 AM TUESDAY

SPECIAL OCCASIONS:
Deadline for Family Album, Weddings, Obituaries, Anniversaries, Engagements, Births, Graduations
FRIDAY, 4 PM PRIOR TO PUBLICATION

BLANKET CLASSIFIEDS:

Six business days prior to publication for word ads; display ads 10 business days before publication.

PUBLICATION POLICY:

ERRORS: To ensure the best response to your ad, please take time to read your ad the first time it appears in *The Marketplace Classifieds*. If you see an error call 543-2457 for correction. Lighthouse Media Group will not be responsible for more than one incorrect insertion.
EDITING: All ads are subject to the approval of Lighthouse Media Group, which reserves the right to edit, reject or properly classify any ad.

My number is 18924

Why am I mad as hell? This week I finally joined "Dignitas," the Swiss organization that allows freedom of choice in death. Now I'm Registered Member 18924.

I hope I don't get a chance to use it soon or ever. But if I develop a debilitating illness, Dignitas will be available. Many share my view. We want to cry out, "We're mad as hell and we're not going to take it anymore."

Let's first get mad as hell at gutless politicians, such as any prime minister who claims our Charter of Rights and Freedoms protects us all from injustice, yet denies freedom from the agony of terminal cancer pain, Lou Gehrig's disease and other degenerative diseases. Some justice!

Then let's get mad as hell at those who constantly oppose assisted death to anyone, for asinine reasons. The ones who claim they have a superior moral code that the rest of us are lacking. Or insist that assisted death leads to the slippery slope theory of the elderly being arbitrarily removed from society for financial reasons.

These people know this is a blatant lie. The truth is, and history has proven it, that people who are offered the choice of assisted death seldom use it. Rather, it's reassuring for them to know that this exit from life is available if they desper-

ately need it.

I have no problem with those who, for religious, moral or ethical reasons, are opposed to assisted death. They have my blessing to suffer the agonies of painful death as long as they like. But they have no inborn right to say the rest of us are morally corrupt in deciding this is senseless torture.



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

For instance, 35 years ago I discovered that heroin therapy had been available in England for 90 years to ease the agony of terminal cancer pain. So I wrote what I thought was a humanitarian column requesting the Canadian government to legalize this painkiller for cancer patients. I was immediately denounced by the establishment as a headline seeking journalist.

The Canadian Cancer Society responded that morphine was as good as heroin in most, though not all, cases! The RCMP worried about criminal activity in pharmacists about robberies. So I visited England, interviewed Scotland Yard, visited hospitals and pharmacies and discovered these charges were false. Respected Canadian organizations had shamelessly distorted the truth. In effect, they did not want to be told by a medical journalist they had not done their research and had been denying cancer patients relief from agony for 90 years.

Heroin was legalized in December 1984 after a prolonged fight. \$450,000 that had been donated by readers to assist this cause was given to the University of Toronto Medical School to establish the Gifford-Jones professorship in Pain Control and Palliative Care.

So why am I complaining? There should be an even playing field. Terminal pain and the choice to end one's life when circumstances warrant it should be available to any who can't afford to purchase a one-way plane ticket to Switzerland, or do not wish to die in another country. This is where our Charter of Rights and Freedoms fails miserably.

An editor once told me it's the job of a journalist to make people think. But he could have added that proposals like this are also dangerous to write in a column. Critics can send complaints to newspapers asking that the author be fired. It can and has happened in the past. Or as Voltaire remarked, "It is dangerous to be right when the government is wrong."

But I'm curious to know how many readers are as "mad as hell" as I am. I have no desire to be swamped by e-mail. However, I do know that many currently receive my free medical tips at <http://www.docgiff.com>. An increased number will indicate how many are just as angry as I am. But I'm convinced that any attempt to change this injustice is doomed unless tens of thousands of people are mad as hell. I'll report the response in a later column.

See the web site <http://www.docgiff.com>. For comments info@docgiff.com.

Easter is coming: protect your pets from chocolate

Easter and Halloween are when the most chocolate ingestion related questions are received at veterinary offices. Chocolate can be very toxic for dogs and cats, but the type of chocolate, amount eaten and weight of the pet are the most important factors in determining whether an emergency trip to the vet is needed. The toxic ingredient is theobromine, which is also present in tea, colas and a few other foods. As you can see from this list, white chocolate is barely toxic at all and bakers chocolate is VERY toxic:

- White Chocolate .25mg/oz
- Milk Chocolate 58mg/oz
- Dark Chocolate 130mg/oz
- Baking Chocolate 393mg/oz

If your dog eats close to 20mg of toxin per pound of his weight, you need to call or see your vet. So, if your dog weighs 20 pounds and eats three ounces of dark chocolate, here is the math:

3 x 130mg divided by 20 is 19.5. That is almost 20mg per pound he weighs and so you should go to the vet. If he ate the same amount of white or milk chocolate, he should be fine. If he ate that much of Bakers Chocolate, he would likely be showing symptoms of poisoning.

Many people worry if their dog manages to eat some chocolate cake or Smarties, but these are not solid chocolate and so, while he may have some diarrhea or other mild symptoms, he is unlikely to be very ill.

While chocolate is toxic to cats as well, and they need to eat much less than a dog to become ill. It is very rare that a cat will eat chocolate at all and seldom in toxic amounts. Cats do not taste sweetness and so chocolate really doesn't appeal to them.

Symptoms of chocolate poisoning include vomiting, diarrhea, increased urination and body temperature, increased reflex responses, muscle rigidity, rapid breathing, increased heart rate, low blood pressure and seizures. Advanced signs are weakness, heart failure and coma.

If you have to take your pet to the vet because he ingested chocolate, you can expect your vet to do a complete physical exam including a blood profile, electrolyte panel and urinalysis. This will help determine if your animal is overdosing. A test for theobromine concentrations may be done, as well as an ECG to see if there are any issues with your pet's heart.

If it is determined that there is an overdose, the vet may induce vomiting and will certainly control any seizures. It may be recommended to keep your pet calm and in a quiet place and ensure he gets plenty of fluids and likely a bland diet for a few days to prevent more tummy upsets which could interfere with his recovery. There is no actual antidote for chocolate toxicity.

Please also note that xylitol, which is a substance used in sugarless gums and sugarless candy and is now being used in many other products, is extremely toxic to animals. The

ASPCA Poison Control is even recommending that products containing xylitol not even be in households with pets. As little as a couple of pieces of the gum eaten by a small dog can be toxic.

Keep chocolate out of reach of your pets and be careful about leaving any unattended in a room. If you believe your pet may have eaten some, try to determine how much and be ready to relay that information, as well as the type of chocolate and your pet's weight, when you call the vet. Knowing this information will speed up the decision as to whether you have an emergency situation or not. Easter should be a joyful time of year and a sick pet could ruin that for you — and him.


Non-clumping litter, special needs cat food, bleach and garbage bags are still needed – help us if you can. Please contact us at 543-4849. You can also see our *Dogs and Cats* at <http://www.shaid.ca>. Just click on the "Our Pets" tab.



FRANKIE

Domestic Long Hair – Gray and White Mix
• Adult • Male • Large

Frankie is an awesome boy, he is just adorable! Frankie is 3-years-old, very, very huggable and sweet. He will be a great addition to any loving family.



JOJO'S DINER

BREAKFAST • LUNCH • DINNER • DESSERT



Take-Out & Delivery • Licensed
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10% OFF
Every Thursday
for Seniors

FREE DESSERT
on your birthday

Located at Exit 13,
next to Kent Building Supplies

GRAND OPENING SPECIALS (While quantities last. Senior's discount does not apply.)

Fresh Local Halibut Steak
\$11.95

Corned Beef & Cabbage
\$9.95

Salt Cod & Pork Scraps
\$9.95

Tea or Coffee & Small Dessert*

ALL DAY
BREAKFAST!

Hours: Sunday - Thursday 8am - 7pm | Friday & Saturday 8am - 8pm

*See waitress for details.

KO'S

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Available for parties*

*Liquor license
extends to patio*

FREE DESSERT
on your birthday

434 King Street, Bridgewater

LUNCH SPECIALS

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Daily Special "A" 7.95
(Changes Daily) Tea & coffee included.

Daily Special "B" 8.95
*Egg Roll, General Tao Chicken,
Stir Fry Mixed Vegetables*

Daily Special "C" 8.95
*Spring Roll, Chicken Fried Rice,
Singapore Noodle, Tea or Coffee included.*

SUNDAY BRUNCH

11am - 7pm

HOURS:

Sunday 11am. - 10pm | Monday - Thursday 11:30am - 10pm | Friday / Saturday 11:30am - 11pm