

# LIGHTHOUSE LOG

VOL. 32 - NO. 13 SOUTH SHORE, NOVA SCOTIA THURSDAY, APRIL 3, 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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BRITTANY BROOME PHOTO

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## 3rd Annual South Shore Sustainability EXPO & Forum

Saturday, April 5th  
Brown Bag Lunch Friendly!

**FREE ADMISSION**

**50:50**

**Sustainability EXPO**  
NSCC - 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.

**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

For more information,  
[www.sustainablebridgewater.ca/expo](http://www.sustainablebridgewater.ca/expo)  
or [leif.helmer@nssc.ca](mailto:leif.helmer@nssc.ca)

- TOWN OF BRIDGEWATER**  
543-2274
- Spring Recreation Guide** - View on-line at <http://www.bridgewater.ca>. Scroll down home page, located on right-hand side.
  - 30-minute Lunch Time Fitness** - Tuesdays and Thursdays, 12:15-12:45 p.m.
  - 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.
- Instructional and Scrimmage Basketball** - Thursdays, April 10-May 22; Grades 1-3, 6-7 p.m.; Grades 4-6, 7-8 p.m.
- Spraying Fruit Trees** - April 12, 11 a.m.
- First Aid & CPR** - Standard level with CPR C, April 12 and 13, or April 29 and 30; emergency level with CPR B, April 12 or 29, 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, 5-6 p.m.; Grades 4-6, 6-7 p.m.
- Mini Volleyball** - Tuesdays, April 15-May 27, Grades 3-4, 5:30-6:30 p.m.; Grades 5-6, 6:30-7:30 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
- 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.
- MUNICIPALITY OF LUNENBURG**  
541-1343
- Zumba Class** - 5:15-6:15 p.m., April 14-June 2, 6 classes, MARC, Dayspring
  - New Germany Yoga** - 6:45-8 p.m., April 7-May 26, 6 weeks, New Germany Rural High School
  - New Germany Fitness** - 6:45-8 p.m., April 8-May 27, 8 weeks, New Germany Rural High School
  - Ballroom Dancing Classes** - Beginner, 6-7 p.m.; Intermediate, 7-8 p.m.; Advanced, 8-9 p.m.; April 8-May 20, 7 weeks Hebbville Academy.
  - Egg Hunt (Family)** - 2-3:30 p.m., April 12, MARC, Dayspring. Free!
  - Swing Dance** - 7-8 p.m., April 17-June 5, 8 weeks, MARC, Dayspring.
  - Shuffleboard Tournament (Ages 55+)** - 10 a.m., April 23, HB Studios Sports Centre, Bridgewater.
  - Seniors' Kitchen Party** - Live music, games and refreshment. 1:30-3 p.m., April 23 and May 21, HB Studios Sports Centre, Bridgewater.

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

**Gentle Yoga** — 6:45-8 p.m., April 30-June 4, Centre scolaire de la Rive-Sud, Cookville.

**Waterfall Walk** — 1:30-5 p.m., May 3. Carpool from Exit 12 at 1 p.m. or meet at Guppies in New Germany at 1:30 p.m. Please let us know you are coming.

**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.

**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 weeks, Mahone Bay Centre.

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

## Mahone Bay bridge club results

The Mahone Bay bridge club met March 28 with two and a half tables in play. Winners were, first, Glendon Dominoe and Merinda Silver; tied for second and third, Bunny Levy and Heather Romney with Sidney Lang and Jennifer Smith.

The club meets every Friday at the United Church Hall in Mahone Bay, play begins at 7:30 p.m.

## This week, monumental photos to save your life

**A**nne Boleyn, the second wife of Henry VIII, had the misfortune of losing her head. Fortunately, the rest of us still have ours. That's fortunate because doctors are increasingly using the eye to diagnose generalized diseases. In fact, early detection of problems through the eye can prevent heart attack, stroke and save legs from amputation. Today, dramatic photos, just posted on my website, may save millions of lives.

The human body has 60,000 miles of arteries and veins, the same length as walking twice around the world. But there's only one place where we can see blood vessels, in the retina, at the back of the eye, just a square centimeter in size.

Dr. David Ingvoldstad, a U.S. ophthalmologist and authority on retinal disease, says it's not necessary to use invasive procedures to diagnose some generalized chronic health problems. The clue is what doctors see when examining the retina.

For instance, a retinal examination may detect small clots in tiny blood vessels. This indicates a stroke may occur if a larger clot blocks blood supply to the brain. Or, the detection of inflammation of the optic nerve along with decreased vision can point to multiple sclerosis. And, on rare occasions, increased pressure on the optic nerve can diagnose brain cancer.

But the major sign that eye doctors look for is atherosclerosis (hardening and narrowing of arteries) associated with aging and particularly with diabetes. Half of diabetes patients die of heart attack. Others suffer from strokes, kidney failure, blindness or lose legs due to poor blood circulation through narrowed arteries.

There is a way to prevent these disastrous complications. But it is like crying in the wilderness to get the medical profession to accept a vital fact. High doses of vitamin C and lysine can both prevent and reverse atherosclerotic blocked arteries.

For years, cardiologists have not listened to Dr. Linus Pauling who claimed that humans develop atherosclerosis and heart attack because, unlike animals, they are unable to produce vitamin C. This vitamin is needed for the manufacture

of collagen, the glue that holds coronary cells together.

Just as mortar between bricks develops cracks if it's defective, so does collagen. These microscopic cracks in coronary arteries set the stage for the formation of fat-laden cholesterol deposits that cause blockage and death. In effect, no crack, no blockage and no death.

It's even more frustrating that cardiologists have ignored Dr. Sydney Bush, an English researcher. His historic photos of arteries on my website are undeniable. They prove vitamin C plus lysine acts as a medical Drano to unblock arteries. Photos don't lie.

Sixteen years ago, following a heart attack, cardiologists said I would die when I refused to take cholesterol-lowering drugs (CLDs). Rather, I bet my life on natural science as I did not want to accept the risk of CLDs.

This meant that for many years I've had to swallow a ton of vitamin C and lysine pills, and I got tired of it. Fortunately, Preferred Nutrition has produced a combination powder called Medi-C Plus. It is now available in Health Food Stores.

I admit that if I had not been a medical journalist and not met Pauling I would have taken my cardiologist's advice and agreed to CLDs. Now 16 years later at 90 years of age I know this would not have been the right decision.

It's ironic that much of the public can see and accept the scientific logic behind this research, but it is appalling that doctors refuse to consider it. I believe the hundreds of millions of dollars spent on advertising CLDs has brain-washed them.

Don't miss the photos on my website <http://www.docgiff.com> and show them to your doctor. Fortunately, you don't have to be a doctor to see that arteries of patients treated with C and lysine are healthier and larger, carrying more blood to the heart. This is a monumental finding and represents preventive medicine at its best.

Remember that this combination provides not only increased circulation to coronary arteries, but benefits the other thousands of miles of arteries in the body. This means less blindness, amputations, kidney failure and stroke.



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

## Liverpool bridge club news

The Liverpool bridge club met on March 18 with five tables in play. Winners were, first, Ron Levy and Bob Chase; second, Fred Struve and Louis Toussignant; third, Elva Bagnell and Brian Stevenson.

**Suzanne Lohnes-Croft**  
MLA, Lunenburg

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## 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](mailto:chestersoccer@hotmail.com)

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- Recreation/Activity Programming
- ALC/CRC Units
- Information Desk
- Nursing Units

Do you have a strong desire to help others? Do you have a few hours a week to be part of a team? Openings available at South Shore Regional Hospital, Fisherman's Memorial hospital and Queens General Hospital. Screening required. Orientation and training provided.

Contact Volunteer Services at 543-2365 for more information.



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Shepherd's Stew

## On Eating affordably

The other day Colin was craving fajitas. I promised him that the next day I'd make them for dinner. After work, I went to the grocery store for ingredients: veggies, lean ground beef, fish, avocado, wraps, salsa and cheese. Thirty minutes and \$60 later, I had everything I needed to prepare the dinner I promised my son.

I wondered how I could have done this cheaper. Maybe I didn't need the peppers, \$5.99 for 4. Maybe I didn't need the bag of avocado, but they were cheaper by the bag than to buy one. The tomatoes on the vine were a bit pricey, but I hadn't had a fresh tomato in weeks!

I remember when I was a kid every other Friday was pay day. My dad would come home from work and we'd all pile into the car for groceries. My mother would get everything we needed for two full weeks. That meant bread, milk, every dinner, every cookie, every morsel of food was purchased that Friday. The cart was piled high by the time we reached the checkout. Very few times did we go over \$150 and, if we did, we'd have to call a medic for my mother, who was always pinching every penny. I feel like I can spend \$150 on groceries every three days and I honestly can't remember the last time my cart was piled with groceries.

I was cleaning up after dinner, thinking about the possibilities for my next meal. I could make homemade macaroni and cheese, sauté the extra peppers and I had a pork loin in the freezer that I could take out, but other than that, my \$60 was gone in just two meals.

I thought, "Am I that bad at grocery shopping? How is it that I spend this much money on food and we still have nothing to eat?" When I was growing up, my mother cooked simple things, but they were still good. And while we

never had extravagant meals, we never starved. She was resourceful, making the most out of the food we could afford.

I worry about the nutrients in our food, but I'm also growing more and more aware of the amount of money I'm spending on food. I've learned to shop around, check the paper and flyers and, when local farmers start to harvest, I support them. They are less expensive.

I've started to challenge myself to create a toolbox of recipes that are quick and healthy, while costing less than \$15 to feed my hearty eating family of four. This way, if I have a week where I need to put some money aside, I have these go to recipes on hand. One such recipe is Shepherd's Stew. Picture a Shepherd's pie



TINA HENNIGAR

only in a warm thick soup and ready to eat in 30 minutes. Enjoy.

### Shepherd's Stew

- 1 tbsp olive oil
- 1 onion, diced
- 1 carrot, thinly diced
- 1 stalk celery, thinly diced
- 2 potatoes, diced to 1/2 inch
- 1 pound ground beef
- 1 can corn rinsed (or 1 cup of frozen corn)
- 1 can peas rinsed (or 1 cup frozen peas)
- 1/4 cup flour
- 4 cups (1 box) beef stock
- 1 tsp Worcestershire sauce
- 1/2 tsp dried thyme
- salt and pepper to taste
- Diced green onion (optional)

Sauté the fresh vegetables in the oil for three minutes. Add the beef and stir until cooked. Strain the fat and return to pot. Add the flour and stir for three minutes. Add the beef stock, the canned/frozen veggies, spices and simmer for 10 minutes or until veggies are tender and the liquid has thickened. Top with green onion.

**South Shore Public Libraries**

### Mobile Branch Schedule

**Tuesday, April 8:**  
 11:00 - 11:30 New Ross - New Ross Consolidated School  
 11:30 - 1:00 New Ross - Ross Farm Museum  
 3:00 - 6:00 New Germany - New Germany Freshmart

**Wednesday, April 9:**  
 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 10:**  
 10:30 - 7:00 Mahone Bay - Three Churches Parking Lot  
 Closed between 12:30 - 1:00 and 4:30 - 5:30

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## Yes We Care

A community seminar on Restorative Practices,  
funded by Justice Canada

**What are Restorative Practices?**  
**What are the benefits to our community?**  
**What might they look like in Lunenburg County?**

Featured speakers:

**Dale McFee**, Deputy Minister, Corrections and Policing, Ministry of Justice, Saskatchewan. Mr. McFee will be speaking on the "community hub" model of community safety.

**Danny Graham**, Nova Scotia's Chief Negotiator in the Made in Nova Scotia Process – the comprehensive rights reconciliation process amongst the Mi'kmaq, the Province and Canada. He was also founding chair of the Nova Scotia Restorative Justice program.

**April 10 & 11, 10 am – 4 pm both days**  
**Bridgewater Fire Hall**

REGISTRATION IS REQUIRED.

Please phone 543.3665 or e-mail [ed@harbour-house.ca](mailto:ed@harbour-house.ca)

**Harbour House**

**Thursday April 10, 2014**  
**6:30 pm to 9:00 pm**

## Culinary Arts

# Farm Market Expo

Join us for an evening of culinary delights as our Culinary Arts students partner with Select Nova Scotia to celebrate our local farmers.

Interact with our students, meet the producers, experience new recipes and enjoy our celebration of Nova Scotia's offerings.

**Proceeds support the Culinary Arts program and student scholarships**

Tickets \$35.00  
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It's amazing how much fun can be found in the

# CLASSIFIEDS



### MEETINGS

Annual Meeting of Maritime Horse Protection Society, April 16, 7:30 p.m., Sobey's meeting room. Members and public invited.

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

Meeting for Lake Centre-New Cumberland hall, April 7, 7 p.m. Everyone welcome.

### COMMUNITY

Benefit Show for Baby Grace, Oakhill fire hall, Friday, April 11, 7 p.m. Featuring: Yesterday, Memory Lane, Roger and Sheila Bollivar and East Coast Connection, Kitchen Country. Canteen. 50-50. Freewill offering. Bake table, silent auction (donations appreciated) Heather Crossland 624-9372.

### COMMUNITY

Home-Smoked Ham Raffle, Tri District Fire Rescue, Station 1 in Newcombville, 3785 Hwy. 325, Friday, April 4 at 7 p.m. Canteen services available. For more info contact Roger at 543-2865. Proceeds for Tri District Fire Rescue.

Jimmy the Janitor Presents- Hilarious Good Clean Comedy. Saturday April 5, 2014, Forties Community Centre, 1787 Forties Road, New Ross. Doors open @ 6:30, showtime 7:30. Tickets available @ New Ross Home Hardware, Barry Russell's Service Station. Tickets \$20.00 (tax included)

Penny Auction, Hebbs Cross Fire Hall, 11-2, April 5. Over 80 new items and few new-to-you items. Canteen, bake table. Proceeds to auxiliary.

THE MUSIC IS BACK IN MAITLAND! Weekly Acoustic Music Jams, starting Tuesday, April 15, 7-10 p.m., Maitland hall, Musicians of all skill levels welcome. Come join us!

### HALL RENTALS

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

### DANCES

April 12, Saturday, Dance, Italy Cross, Middlewood and District fire hall, 9 p.m.- 1 a.m. Music by the band Wayne Snyder and Restless Wind. \$8 a person. 19 years and over. 543-9806, 543-2729, 543-9333

Oldies Dance. Friday, April 11, 9-1, North River community hall. Featuring: Ivan Daniels/Nancy Drennan and Bernie Sharpe One Man Band. Proceeds for hall purposes and a trip to Ireland for NSCC student. Tickets \$7. Sliced pizza for sale at intermission, 50/50 draw. Call Ivan 644-2404 or Jessica 553-0181 to book your tickets

Petite Riviere Fire Department Dance, April 26, Garrett Mason and The Robocop Blues Band. Admission \$18/person, 9 p.m. Cobbler Corner 543-3199, Petite Store 693-2124. Must be 19+ older.

RCL Branch #24, Bridgewater. LA Banquet and Dance, April 5. Doors open at 9 p.m. Band: Split Decision, \$8 at door. Members and guests over 19 welcome.

### TEAS

Easter Brunch, Grace Lutheran Church, First South, Saturday, April 12, 11 a.m.- 1:30 p.m. Adults \$7.

New West Pine United Church hosting a Spring Bonnet Buffet Lunch, Pinehurst Community Hall, Sunday, April 6, 11:30-1:30. Adults \$8 at the door. Info and advance tickets \$7, call 543-6223. Proceeds for Sherbrooke Lake Camp.

Splash into Spring Coffee Party, Wednesday, April 9, 11 a.m - 1 p.m., Trinity United, Rose Bay. Price \$8. Take-outs call 766-4752

Spring Luncheon, West Side United Church, Pentz, 11:30 a.m.- 1 p.m., April 10. Adults \$9, children \$3. Takeout order 688-1340, 543-2272

### TOURNAMENTS

Crib Tournament, Sunday, April 6, Forties Community Centre, New Ross. Doors open 12 noon. Registration starts 12:30, Play starts 1 p.m. \$20 per team. For information call 689-2147. Canteen available.

### SUPPERS

Easter Supper, Hebbs Cross fire dept., April 6, 4-6:30 p.m. Adults \$10, children \$5, under 5 free. Fried ham, eggs, mashed potatoes, pea and carrots, tea, coffee, kool-aid and dessert. Come out and support our fire dept. You won't be disappointed.

### SUPPERS

Spaghetti Supper and Raffle at Chester Legion, Saturday April 5, 4-7 p.m. Adults \$10, children \$5. Spaghetti, garlic bread, dessert and drink. Proceeds: Chester and Area Family Resource Centre.

A Variety Supper will be held at the North Brookfield community hall, April 12, 4:30-6:30 p.m. Proceeds for Baptist Church purposes.

### BREAKFASTS

Breakfast, Hebbs Cross Fire Department, Homemade baked beans, eggs, hash browns, bacon, sausage, toast, tea, coffee, juice. April 12, 7-11 a.m. Price \$7, children \$3.

Breakfast, Pinehurst hall, Saturday, April 5, 7-11 a.m., \$7 adult, 5-12 \$3, under 5 free.

Breakfast, Pinehurst Hall, Saturday, April 5, 7-11 a.m. Proceeds for the hall.

Breakfast. Saturday, April 12, 7-11 a.m., St. Martin's Anglican Church Hall, Martin's River. Scrambled eggs, pancakes, hash browns, baked beans, bacon, sausage, toast, english muffins, tea, coffee, juice. Adults \$7, children 5-12 \$3, under 5 free. Take outs available. Proceeds: St. Martin's Church

Breakfast. Saturday, April 5, Italy Cross, Middlewood and District fire hall, 7-11 a.m. Adults \$7, children 5-12 \$3.50

Country Breakfast. April 5, 7:30-10:30 a.m., Chester Basin Fire Hall. Various menu selections.

Porridge Breakfast. Porridge for Parkinson Breakfast, Holy Trinity Anglican Church hall, 78 Alexandra Avenue, Bridgewater, Saturday, April 5, 8-11 a.m. Steel-cut oat porridge, maple syrup, cold cereals, toast/jam, fruit cocktail, muffins, juice/tea/coffee. Door prizes, free-will offering. Don Downe, emcee. Trinity Fiddlers entertaining. More info, phone Chris 688-1188

### BINGOS

St. Norbert's BIG BREAKFAST Saturday, April 5, 7:30 a.m.-11:30 a.m. Central United Church Hall, Lincoln Street, Lunenburg. Adults \$8; children \$3.50.

### BINGOS

Terre-Neuve Newfoundlanders and Friends will sponsor an Easter Bingo, 6:30 p.m., Monday, April 7, 2014, Branch #23 Royal Canadian Legion, Lunenburg. Cards \$1.00 each. Canteen. Information contact: Mickey Jensen 624-8912.

### BINGOS

Merchandise Bingo. North River Hall, Tuesday, April 8, 7 p.m. Lots of great prizes to be won! Kitchen, canteen, bake table. Information: 547-2702. Hosted by North River Recreation Committee.

Merchandise Bingo. Pinehurst Hall, Monday, April 7, 7 p.m. 18 regular games, two specials and a jackpot. Canteen available. For info call 644-2851

April 15, Tuesday, Easter Bingo, Italy Cross, Middlewood and District fire hall, 7:30 p.m. Canteen. Gift certificates, 50-50 games, Jackpot basket full of groceries.

### PERSONALS

DATING SERVICE. Long-term/short-term relationships. Free to try! 1-877-297-9883. Live intimate conversation, Call #878 or 1-888-534-6984. Live adult 1on1 Call 1-866-311-9640 or #5015. Meet local single ladies. 1-877-804-5381. (18+).

### APTS.

Bridgewater, 1 bedroom duplex. Includes fridge, stove, dishwasher, washer, dryer, heat, water, snow plowing, with ample parking. Mature, non-smoker, no pets. \$715 per month, very quiet building, available May 1. 530-2833

Bridgewater, 153 North Street. Completely renovated two bedroom with balcony. Includes heat, hot water, fridge, stove, parking and coin-operated laundry. \$795. No pets. Available May 1st. 527-1539

Bridgewater, 68 Elm Street. Two bedroom with balcony. \$725. Includes heat, hot and cold water, parking, coin laundry. Available June 1. 527-1539

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

### APTS.

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.

Lunenburg, one and two bedroom apartments with fridge, stove, coin laundry and parking. Heat and lights included. \$650/ \$750. Call Carrie 634-3492.

Two bedroom apartment, 432 and 420 Jubilee Road. New renos. Small pets okay. \$800/ month includes utilities. 298-0914

### HOMES/SALE

16x67 three bedroom mini home, five appliances, countertop stove, wall oven, island, deck, building. 530-5821

Watford, 15 minutes to Bridgewater. 1.3 acres surrounded by water, solid one bedroom house, two wells. Would make a great cottage or starter home. \$45,000. 541-0005

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Quilt Lover's Tour to St. Catharines June 8, 2014 / 10 Days
Boston, Salem & Newport June 21, 2014 / 6 Days
Quebec City & Gaspé Peninsula August 9, 2014 / 8 Days
Magdalen Islands August 23, 2014 / 5 Days
Rediscover Cape Cod September 20, 2014 / 7 Days
Canada by Rail September 23, 2014 / 14 Days
Autumn in Vermont & New Hampshire October 4, 2014 / 8 Days
Las Vegas & Canyon Country October 14, 2014 / 9 Days
Thanksgiving in New York November 23, 2014 / 8 Days

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### APTS.

2 bedroom apt. 14 St. Phillips Street, includes heat, lights, fridge and stove, coin laundry, \$780/ month. 543-4557

Bridgewater (Oakhill) Bachelor apartment, clean, quiet, newly painted. Country surroundings. Includes appliances, hot water, parking, coin laundry. \$465/ month (no pets, non-smoker). 543-3568, 543-1025

Bridgewater (Oakhill) One bedroom apartment, clean, quiet. Includes appliances, balcony, hot water, parking. Coin laundry. \$595/ month (no pets, non-smoker). 543-3568, 543-1025

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

### COTTAGES

Church and Sherbrooke Lake area. Lots, land sale or lease. 8 lots with driveway already, for new owner or we can construct their new vacation or year round home; New cottage, quality, walkout basement, large decks, 3 1/2 acres; one cottage under construction; 8 different wood lots, sizes 5 acres to 30 acres. All private roads, year round living with lake access. Ph/fax 644-2792 or 527-3418. Gilbert or Clark Falkenham.

### HOMES/RENT

3 bedroom house in Old Town Lunenburg. Fridge, stove, washer, dryer included, newly renovated. Security deposit and references required. 521-1002

Bridgewater. 3 bedroom, 1-1/2 bath house, 5 appliances, large yard, \$1000/ month firm plus utilities. Some furnishings. References preferred. 521-3390

House for rent: Three bedroom home located in Hebbville. Rent \$750 monthly plus utilities. Fridge and stove included. Lawn maintenance and snow removal also included. Call 527-7064 for more information. No pets. Available in April.

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

**FSNA South Shore Branch SMOTHERED STEAK LUNCH**  
Thursday, April 24, 2014  
Oakhill Fire Hall, 2104 Highway 325  
**Smothered Steak & Dessert Cost 8.00 person**  
Meet & Greet at 11:30, meeting at 12:00, meal to follow  
Money to be received by April 17, 2014  
NO meal tickets at the door • Cheques only  
Mail to: FSNA 450 Lahave St, Box 17 Suite 214, Bridgewater, NS, B4V 4A3  
Contact: Joanne Meisner 530-2483

### COMMUNITY

April 12, Saturday, Italy Cross Middlewood and District Fire Department Bottle Drive. All refundable bottles, cans, juice cartons, car batteries and copper. Pick up time starting 9 a.m. Rain date April 13.

Card Party, Pleasantville Fire Hall, Saturday, April 5, 7:30 p.m. Lunch provided. Everyone welcome.

Clothing Give Away. Faith Baptist Chapel, 11279 Highway 3, Centre, Saturday, April 5, 9 a.m.- 5 p.m. Open to all.

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**HOMES/RENT**

Western Shore. Small two bedroom, den, appliances, washer/dryer hook-up, \$675 month plus utilities. Quiet enjoyment. 277-2545. Available May 1.

**FOR SALE**

Chocolate brown rocker/recliner Lazy-Boy chair, three years old, excellent condition, \$300 negotiable. 683-2374

**FOR SALE**

Full-size washing machine, \$175; full-size dryer, \$100. 634-3738

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**INSTRUMENTS**

Console piano and bench, Sherlock-Manning, 40.5". Excellent condition, appraised. 688-2751, 519-485-4196

**WANTED**

Buying pre-1970 including pre-war, sports cards, sports coins, pins, pennants, autographs, hockey marbles. Toys. 624-6251

**WANTED**

FIREARMS. All types wanted, estates, collections, single items, military. We handle all paperwork and transportation. Licensed Dealer. 1.866.960.0045 www.dollars4guns.com.

Paying highest prices for gold and silver coins, paper money, stamps, pocket watches, war medals, scrap gold and silver. 275-7785

Wanted to buy - wood stumps and payment upfront (20+ acres). Mill slips provided. In the woods business approximately 35 years. Phone 685-2191

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Hardwood 4x 4x 8, cut split and delivered. Call 685-3272 or 523-4461

Hardwood cut (in June 2013), split and delivered. Call after 5 p.m. 624-8804

Hardwood for sale. 4'x4'x8' cords, junked, split and delivered. 624-6209

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

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1951 Ferguson farm tractor with front mount snow plow, real good condition, \$3200 obo. 624-6209

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For Sale: Quality Horse Hay. Delivery Available, 521-6096.

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

**ELDERLY CARE**

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

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Live-in caregiver for an elderly person available in Bridgewater and surrounding areas. Phone Connie 688-2643

**JOBS WANTED**

Retired administrator, writer and researcher seeking challenge. Reply to: Box 3, Lighthouse Media Group, 353 York Street, Bridgewater, B4V 3K2.

**EMPLOYMENT**

General labour worker required for Lunenburg area. Reply to Box B-6 c/o Lighthouse Media Group 353 York Street Bridgewater B4V 3K2

Construction Manager for civil and commercial projects in Kazakhstan. Rotational position, 5 weeks in, 5 weeks out. Responsible for pricing, planning, coordinating and managing all aspects of various construction projects. Competitive pay, medical, dental & tax credits. Send resume or contact mv@arcticgroup.com

**DON'T FORGET**

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**EMPLOYMENT**

Looking for a driver with Class 3 license to operate gravel truck in the Lunenburg area. Experience with excavator and loader an asset. Some labour work required. Wage dependent on experience. Reply to Box B-5 c/o Lighthouse Media Group 353 York Street Bridgewater B4V 3K2

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Reliable, attention to detail, able to work unsupervised. Must have own transportation & hand tools. Majority of work in Bridgewater, Lunenburg & Mahone Bay. Wage depending on experience.

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**Rissers Social House and the Lunenburg Arms Hotel and Spa** are currently accepting applications for the following positions:

- Line Cooks
- Experienced Wait staff
- Dishwashers
- Housekeeping Attendants
- Front Desk Agents
- Restaurant Supervisor

Please forward your resume to:  
Attention: Jeff Green  
[jeff.green@eden.travel](mailto:jeff.green@eden.travel)  
Fax: (902) 640-4041  
[www.eden.travel](http://www.eden.travel)

**Pool League**  
Bridgewater Legion Pool League

**Thursday night standings.** Bill Peck, 150; Bob Carter, 146; Kevin Mailman, 139; Andy Vachon, 131; Toby Reid, 124; John Cassels, 115; Kerry Himmelman, 91; Phil Watson, 74; Gerry Dunphy, 69; Sheena Steves, 57; Jim Spence, 53; Dennis Gignac, 48; Joe Mailman, 46; Mel Loveridge, 22; Lorne Bond, 17; Wyatt Schwartz, 14; Mylen Crouse, 12.

**Tuesday night standings.** Bob Carter, 164; Bill Peck, 162; John Cassals, 154; Garnet Zwicker, 153; Tony Logan, 131; Gary Connick, 126; Wade Bolivar, 126; Kerry Himmelman, 117; Kirk Himmelman, 116; Lorne Bond, 110; Jim Spence, 107; Ken Forward, 107; Jim Whiting, 98; Rick Innis, 86; Darryl Cook, 73; Carl LeBlanc, 72; Doug Elliot, 70; Phillip Wamboldt, 60; Gerry Dunphy, 58; Les Coyle, 49; Mel Loveridge, 42; Wyatt Schwartz, 39; Doug Nodding, 27; Mitchell Nauss, 20; Andy Vachon, 19; Dennis Gignac, 11; David Shortliff, 10; Michael Nauss, 5.

**Flag Football**  
South Shore Youth League Standings

**Peewee Division:** Seahawks, 28; Patriots, 20. | **Bantam Division:** Roughriders, 32; Argos, 24.

**Seaside bridge club results**

The Seaside bridge club of Liverpool met in the afternoon of March 28 with eight tables in play. Winners were, North-South, first (overall), Jean Stevenson and Heather Wharton; second, Leo Langevin and Bud Wefer; third, Janet Hartlen and Sylvia Wilkinson; East-West, first, Beryl Hatt and Marian Crosby; second, Brian Stevenson and Dave Weintraub; third, Catherine Minard and Polly Winters.

Note: Small slam in Spades made by Leo and Bud; small slam in Hearts made by Beryl and Marian.

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

**EMPLOYMENT**

**TOWN OF LUNENBURG**  
EMPLOYMENT OPPORTUNITY

**FINANCE CLERK SUMMER TERM**

The Town of Lunenburg requires a summer term Finance Clerk for Finance office cashier, secretarial and clerical duties. Customer service experience, proficiency in handling customer payments, Grade 12 equivalency and NSCC or related accounting and bookkeeping training, Word Perfect, MS Word, MS Excel and computerized accounting software are required. Please submit your résumé and two employment reference letters by April 25 to Elana Wentzell, Finance and Accounting Director, Town of Lunenburg, PO Box 129, Lunenburg, NS B0J 2C0, (902) 634-4416 fax/ [ewentzell@explorelunenburg.ca](mailto:ewentzell@explorelunenburg.ca)

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**MUNICIPALITY OF THE DISTRICT OF CHESTER**  
EMPLOYMENT OPPORTUNITY  
COMMUNITY DEVELOPMENT DEPARTMENT  
Building and Development Summer Student Position

The Building and Development Summer Student position is a full time summer term position that provides administrative and technical support to the Community Development Department. The Student will also provide research and administrative support to the Senior Planner and other members of the Community Development Department as required from May to August, 2014.

Qualifications – must be currently enrolled in a Full Time College or University program in Planning, GIS/Civic Addressing or Office Administration. Proficiency in use of Microsoft Office Suite is required. Experience with graphic design and publishing software and/or Geographic Information Systems (GIS) would be an asset.

Qualified interested individuals may obtain a complete job description by contacting the undersigned or visiting the website at [www.chester.ca](http://www.chester.ca).

**Closing Date & Applications** – Submit resume along with references no later than 4:00 p.m. on Thursday, April 10, 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](mailto:pmyra@chester.ca)  
902-275-4771 Fax

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

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# Why do dogs eat grass?

Not very many people would consider dogs as fussy eaters. If he sees something, whether his human thinks it's edible or not, a dog will likely gobble it up. It doesn't matter if it is human food, cat food, garbage or grass. Dogs are primarily carnivores, although they can survive on a vegetarian diet. Cats, on the other hand, will sicken and eventually die without animal protein. Dogs need a diet consisting of a combination of fats, carbohydrates, proteins, vitamins, minerals and water in a properly balanced format which provides enough calories to meet their daily requirements.

Although it isn't really known why dogs (and cats) like to eat grass, there have been quite a few theories. Since dogs are descendants of wild canids (foxes and wolves) and they ate their entire kill in the wild, it is possible that the stomach contents of their prey contained plants and berries. Given that their prey was often plant-eating animals, such as rabbits and squirrels, they probably ended up eating a large variety of plant matter with the intestines of these. Carnivores tend to go for the stomach and its contents first, so it's probable that dogs may eat grass because they like it and it was once part of their normal diet.

It is often said that animals eat

grass to make themselves vomit. On the other hand, maybe they vomit because they eat grass. My dog and cats chow down on my Boston fern indoors all winter and they all vomit quickly afterwards. They also chew

on my very grass-like spider plants with a preference for the small, tender offshoots.

Many veterinarians believe that dogs eat grass because they like it and that grass is a natural irritant which causes vomiting. Dogs are not likely smart enough to eat grass to vomit on purpose because they have an upset stomach.

Other vets think the grass eating is because commercial kibbles and wet food are lacking in greens.

Some dogs will eat only a particular kind of grass and it is a good idea to ensure your dog doesn't eat other plants which could be harmful or irritating to their stomachs and mouths — things such as thistles, burrs and poison ivy. The bottom line is that if your dog eats grass, it is a normal behaviour that you shouldn't worry about. Do be sure that he doesn't eat grass that has been treated with herbicides, pesticides or fertilizers. These could cause an upset stomach or even poisoning.

Visit our website at <http://www.shaid.ca> and Like us on Facebook as SHAIID Tree Animal Shelter. Contact us via telephone at 543-4849.



## SOOTY

Domestic Short Hair Black and White Mix • Adult • Female • Medium. Sooty is a beautiful girl, she is between 3 to 4 years old and she is a bit shy.

# Reality check: Lessons from First Aid

Whenever I have the good fortune to participate in training, I try to figure out whether the skills I'm learning can be more broadly applied.

In first aid, for example, there's the principle of protecting your own safety. Don't put yourself at risk. If you allow yourself to get injured, you can't help anyone else and you're a casualty, too.

For first aid, this sounds sensible. Do you think the "don't risk yourself" principle has any application outside of first aid? Let's say you feel hurt in some way — perhaps you are depressed, anxious, angry or whatever. Does "don't risk yourself" apply?

Andrea's daughter is in a tough spot. She's lost her job, partly because of her own behaviour, and has suggested to mom that it would be great to move back home.

Andrea isn't doing so well herself. She's concerned about her age, her health and her future. She finds it hard to get up and go to work every day. In short, she is exhibiting behaviours often associated with depression.

How important is it for Andrea to protect her own well-being before helping her daughter?

There are two ways to look at this, aren't there? I'll present both — you decide.

On the one hand, helping can sometimes help us out of our own misery. An invitation to her daughter could increase Andrea's feelings of love and connection, it could help put her own concerns in perspective and she may even get a boost in self-esteem as she provides valuable assistance.

So, Andrea could choose to perceive the situation as an opportunity to connect with her daughter. If so, it will be more satisfy-

ing for both if she also clearly defines her expectations and chooses not to resent the inevitable inconveniences.

On the other hand, helping can sometimes add to our misery. If Andrea perceives that having her daughter live with her would compound her current unhappiness, then does anyone truly benefit?

If Andrea gives in because of coercion or guilt, will she risk her own well-being? If she resents the arrangement, love and connection could decrease rather than increase. In that case, it may be better for both if she responds, "Thank you for thinking you would like to live with me, but I can't agree."

If you're feeling down, there can be real benefits to lending a helping hand. Helping can be a win-win. However, allowing yourself to be coerced, used or guilted could result in lose-lose

over the long run.

An objection to "don't risk yourself" could be that it sounds selfish. And of the "dirty words" that most of us don't want associated with us, odds are that the term "selfish" is right up there.

Andrea knows her history with her daughter. If she invites her to move in, will the change help Andrea lift herself out of her depressing behaviours? Or does it risk making them worse?

Based on how that relationship has been working, Andrea can decide whether she needs to protect herself or reach out and help.

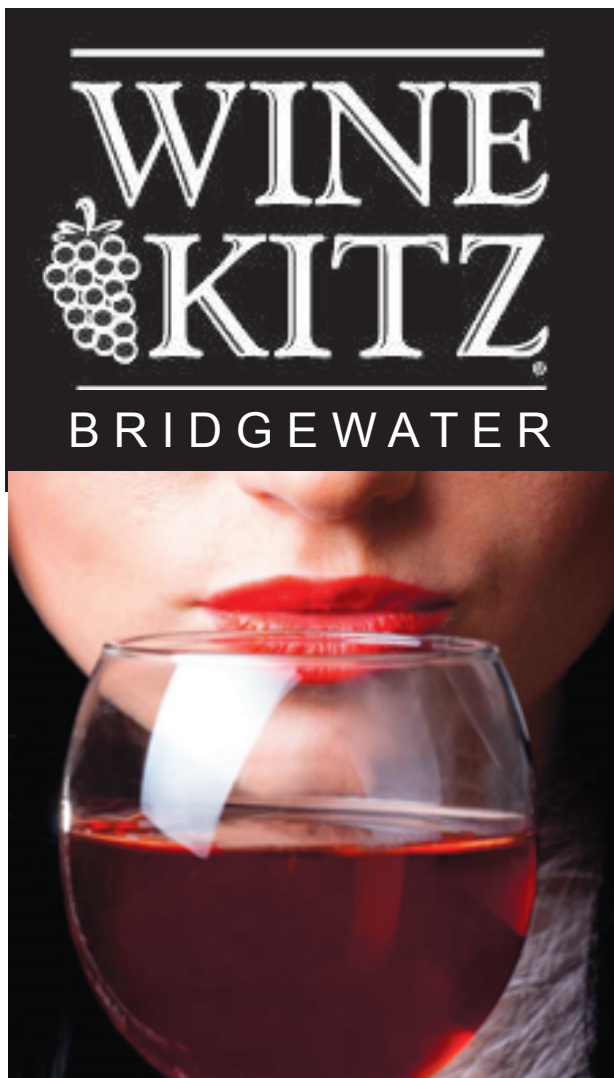
What do you think? Is "don't risk yourself" a principle that you embrace? Let me know at [choices@focusclarity.com](mailto:choices@focusclarity.com) or by mail c/o Lighthouse Log.

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



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Reality Check



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**South Shore Health**  
Partnering with Our Community

**Palliative Care Services Volunteer Training Program**

May 6, 15, 20, 29  
June 5, 12 & 19, 2014  
6:00 pm - 9:00 pm

As well as **Saturday, May 24**  
9:00 a.m. - 4:00 p.m.

**South Shore Regional Hospital, Bridgewater**  
Lecture Rooms 1, 2 and 3

**Pre-registration is required. Fee: \$65.00**

**For more information or to Register call 634-7015**

*Volunteers are community members who offer companionship and support to individuals living with a life-limiting illness.*

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