

LIGHTHOUSE LOG

VOL. 32 - NO. 20 SOUTH SHORE, NOVA SCOTIA THURSDAY, MAY 22, 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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GOING FOR A RIDE

Samantha and Ella Crouse enjoy some time with miniature horse, Velvet, during the Branch LaHave 4-H Club's recent barbecue.



KIM WALTERS PHOTO

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IN THE COMMUNITY

MUNICIPALITY OF CHESTER 275-3490

Intro to Birding Hike — Card Lake Provincial Park, May 24.

Maritime Radio Course (VHF) — FHCS, May 25.

Food Handlers Certification — FHCS, May 28 and 29.

4th Annual Chester Cut N Run — CAMS, June 1.

Wildflower Hike — Card Lake Provincial Park, June 8.

Vision Screening — Forties Community Centre, June 11.

First Aid & CPR — Emergency first aid & CPR Level A with AED Training, FHCS, June 21.

Tattoo Bus Trip — Halifax Metro Centre, July 5.

Summer Life Brochure — Available June 3.

DISTRICT OF LUNENBURG RECREATION 541-1343

Canada Safety Council Certified ATV Course — May 24 and 25, Carroll Honda Powerhouse, Bridgewater. Register with Central Nova ATV Club, 527-2740

Children's Fishing Derby — 9 a.m.-noon, May 24, MARC, Dayspring. Donations for PRO Kids welcome.

Canadian Tire Jumpstart Day — Car show, car wash, demonstrations, BBQ, face painting. May 31, 10 a.m.-2 p.m. Canadian Tire store, Cookville.

Boating Safety Course (certifica-

tion) — May 26 or June 16, 6-9 p.m. MARC, Dayspring.

Summer Recreational Soccer Registration — Returning participants, starting May 26. New participants, starting June 2. Call 530-3285 or go on-line to <http://www.modl.ca>.

Mayor's Walk (or bike) — 2:30 p.m., June 10, Arthur Young & LaHave River Trail starting near the Best Western Plus, Cookville. Donations welcome for PRO Kids.

Winery Tour to the Valley — 8 a.m.-7 p.m., June 13. Departing from Wal-Mart.

Summer Program Registration — Begins June 2, in person at 60 Pleasant Street, Bridgewater, 8:30 a.m.-4:30 p.m. Phone-in with credit card payment only.

Make a Herb Planter — June 4, 6:30 p.m.

First Aid & CPR — Standard level, May 24 & 25 or June 7 & 8; Emergency level, May 24 or June 7, 9 a.m.-5 p.m.

Intro to Sailing — June 21 or June 22, 10 a.m.-5 p.m.

Summer Day Camps (Ages 5 (in school this year) to 12) — Each camp will feature exciting weekly themes! Let us be your child's destination for summer fun and adventure. We'll swim at the Bridgewater outdoor pool, go on bus trips, play games and sports, do crafts, etc. Camps begin July 2.

TOWN OF BRIDGEWATER 543-2274

Summer Recreation Guide — Distributed with your flyers May 29.

Bridgewater bridge club results

The Bridgewater bridge club met on May 12 with a nine tables in play. Winners were, North-South, first, Don Gray and Murray Barkhouse; second, Betty Demont and Malcolm Demont; third, Bob Chase and Louis Tousignant. East-West, first, Al Moore and Gail Moore; second, Jennifer Smith and Sidney Laing; third, John Collins and Carole Collins.

There was another game held on May 14 with six tables in play. Winners were, North-South, first, Joe Shepard and Peter Dodd; second, Doris Sheppard and Louis Tousignant; third, Fred Struve and Margie Ovens. East-West, first, Wayne Hsu and Bob Chase; sec-

ond, Rick Sheppard and Barb Carleton; tied for third, Bilgin Batman and Ron Levy with John Olsen and George Dewling.

The club met again on May 15 with five and a half tables in play. Winners were, first, Rick Sheppard and Bob Chase; second, John Collins and Gary Bardon; third, Marjorie Wandler and Margie Ovens.

Games are held at the Masonic hall at 216 North Street on Wednesday and Thursday evenings at 7 p.m. and Monday afternoons at 1 p.m. All new players welcome. Phone 530-6436 for more information.

ECRA card party news

The East Chester Recreation Association met for a card party May 19 with 12 tables in play.

Winners were: ladies' first, Sheila Schnare, 1,010; ladies' second, Betty Payne, 905; ladies' third, Judith Richard and Mary Bremner, 860; gents' first, Ross

MacDonald, 1,010; gents' second, David Hume, 890; gents' third, Lou Lantz, 800; 30-60 bags, Hilda Bremner and Margaret Halliday; door prize, Dolly Langille; half take, \$78, Arlene Smeltzer.

The next card party will be May 26, starts at 1:30 p.m.

Liverpool bridge club results

The Liverpool bridge club met on May 13 with three and a half tables in play. Winners were, first, Ron Levy and

Bob Chase; second, Margie Ovens and Phil Decker; third, Louis Tousignant and Fred Struve.

The Village of Chester Commission

The **Candidates** for the Election on May 27, 2014 are: Tom Mulrooney, Bill Zinck Jr.

NOTICE of ELECTION DAY POLL Tuesday, May 27, 2014, from 9:00 am – 7:00 pm.

NOTICE OF ADVANCE POLL Saturday, May 24, 2014, from 11:00 am to 7:00 pm.

Both Polls, Election Day May 27/14, and Advance Poll May 24/14, will be held at the Village of Chester Office, 27 Pleasant Street, Chester.

The **Annual General Meeting (AGM)** will be held on

Wednesday, May 28, 2014, 6:45 pm to 7:30 pm, at St. Stephen's Anglican Parish Hall

ANNUAL GENERAL MEETING

of the **Health Services Foundation of the South Shore** Friday, June 12 12:30pm

Fishermen's Memorial Hospital Assembly Room

A light lunch will be served

RSVP by June 20 to bsmith@ssdha.nshealth.ca

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Shoreham Village Senior Citizens Association

Notice is hereby given of the Annual General Meeting of the Shoreham Village Senior Citizens Association to be held on June 16, 2014 at 1:30 pm in the Board Room at Shoreham Village – 50 Shoreham Village Crescent, Chester, Nova Scotia.

Guest Speaker: Ruby Knowles Executive Director Continuing Care Branch Department of Health and Wellness

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Seaside bridge club results

The Seaside bridge club of Liverpool met in the afternoon of May 16 with five and a half tables in play. Winners were, North-South, first (overall), Leo Langevin and Bud Wefer; second, Marg Mosher and Jean Silver; third, Marcia Clark and Betty Kennedy. East-West, first, Linda and Dennis MacKinnon; second, Brian Stevenson and David Weintraub; third, Joyce Foster and Etta Gow.

Note: Small slams were made by:

Leo and Bud in NT; Marian Crosby and John Roblee in Hearts.

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

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

Chester bridge club news

The Chester duplicate bridge club met May 13 with three and a half tables in play. Winners were, Deedee Dyer, Shirley McInnis and Heather Romney,

John Olsen.

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

Bridgewater senior citizens group card party results

The Bridgewater Senior Citizens Group met on May 14 with eight tables of 45s and three tables of bridge in play. Winners of 45s were, ladies' high, Lucille Garber; ladies' second, Shirley Naugler; mens' high, David Berringer; mens' second, tie between Bill Corkum and Duncan Dagley. Bridge winners

were, high, Thelma Cook; second, Helga Conrad.

Card parties are held Wednesdays at 7:30 p.m. in the senior club rooms at the Bridgewater arena. All new members welcome. An open card party is held the second and fourth Saturdays at 7:30 p.m.





through
**YOUR
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**SNACK
TIME**

A rare sight to see two beavers on bank in Scarsdale.

REBECCA ROWSELL PHOTO


MUNICIPALITY OF THE DISTRICT OF LUNENBURG

MUNICIPAL JOINT SERVICES BOARD LUNENBURG REGIONAL Community Recycling Centre

2014 SPRING CLEAN UP: MUNICIPALITY OF LUNENBURG

LANDFILL & METAL	Monday, May 26 - Friday, June 6
WOOD ONLY	Monday, June 9 - Friday, June 20

Items will be collected on your regular collection day. **Do not place items at the curb any sooner than 4 days prior to your scheduled Clean Up.** Regular household waste and Clean Up wastes are collected by different trucks on the same day - separate clean up waste from regular household waste.

LANDFILL AND METAL COLLECTION: MAY 26 - JUNE 6 (on regular collection day)

- **Wood will not be collected during landfill and metal clean up.**
- Furniture, carpet, mattresses, insulation, barbecues, washers, dryers and pieces of metal.
- Fridges and freezers **must** have doors removed and display the **NS Department of Environment 'Refrigerant Free' sticker.** Air conditioners and dehumidifiers must display this sticker. These items may be delivered to the Lunenburg Regional Community Recycling Centre (LRCRC) for CFC removal. All metal items and appliances are free to drop off.
- Small auto parts will be collected if all lubricants and coolants have been drained and items are within weight and size limits. **No engine blocks or transmissions.**
- Cut 200 gallon drums in half and drain, remove the end of 45 gallon drums.
- Please drain all gas and oil from lawn mowers.
- Break down swing sets into pieces no longer than 1.8 m (6 ft).
- Paint cans: Metal cans that are empty and dry may be placed on your landfill & metal pile (remove lids). Place empty plastic paint cans in a black bag, on your landfill & metal pile.

WOOD COLLECTION: JUNE 9 - JUNE 20 (on regular collection day)

- **Landfill & metal will not be collected during wood clean up.**
- Remove all spikes longer than 6 inches, metal, vapour barrier and insulation from pieces of wood.
- **Brush must be bundled and tied.**
- **Cut boards, railings, plywood and wood to 1.8 m (6 ft.) or less** and observe weight limit (place small pieces in a bag).
- **No Christmas trees.**

SPRING CLEAN UP WEIGHT SIZE AND LIMITS

	Weight	Size
Individual items	Not more than 140 kgs (308 lbs)	1.8 metres (6 ft)
Landfill/ Metal collection		4 cubic metres (5.2 cu yds)
Wood collection		4 cubic metres (5.2 cu yds)
4 cu metres: 2 metres (6.5 ft) x 2 metres (6.5 ft) x 1 metre (3.2 ft)		

WASTE NOT ACCEPTED DURING CLEAN UP

- **Cans containing wet paint and household hazardous waste.** Unused paint must be taken to an Enviro Depot or to the LRCRC (908 Mullock Road, Whynott's Settlement) for recycling. Hazardous waste may be dropped off at the LRCRC for safe disposal.
- **Propane tanks and tires will not be collected during clean up.** Drop off refillable propane tanks and tires at the appropriate dealer. **Containers with unidentified contents will not be collected.**
- **Computers, TVs, audio/video systems and other electronic items will not be picked up during clean up.** Drop them off for FREE at an Electronics Product Recyclers Association depot such as Corkum's Recycling in Oakhill and Lilydale. Visit www.recycleMYelectronics.ca/ns.

TANCOOK ISLANDS CLEAN UP

Tancook Islands metal, landfill and wood Clean Up items will be collected together on **Tuesday, May 27** for half of Big and Little Tancook Islands. The second of Big and Little Tancook Islands clean up will be on **Tuesday, June 3.** Household Hazardous waste will not be collected on these dates. For more information about Clean Up and accepted items, call the LRCRC at 543-2991 or visit www.communityrecycling.ca. The LRCRC is located at 908 Mullock Road, Whynott's Settlement.



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through YOUR LENS



ANGIE LAUSANNE PHOTO

SPECIAL DELIVERY

Staff at Lighthouse Media Group enjoy a delicious spring take-out luncheon on May 13, delivered by Chris Clements of the Tri-district fire rescue.

Tanner's Tunes

In many cases, new music incorporates aspects of previous genres depending on how a specific artist was influenced during their development. This is not new as artists have either consciously or unconsciously implemented previous musical influences into their own music again and again. This can be seen everywhere from urban, hip hop, rap being influenced by classic R&B, soul, etc., to modern country being influenced by earlier country styles and even classic '70s rock like The Eagles, Lynyrd Skynyrd, The Alman Brothers and more.

One new artist that has caught my attention in the past six months is an English guy named John Newman who grew up in Settle, North Yorkshire. Twenty-three-year-old Newman was heavily influenced by Motown and Stax music. Most know about Motown, but for those who are not familiar with Stax, it was a label that delivered distinctly Southern soul music that drew upon significant influences from blues, country music and, especially, gospel. This "Stax sound" later became a major influence on the grooving rhythms of funk music in the '70s. Another band who appears to have had similar influences and may have also had an affect on John Newman's sound, in particularly New-



STEVE TANNER

Tanner's Tunes



man's vocal styling, is The Fine Young Cannibals. Upon hearing John Newman's music, those of us who are familiar with the sounds of Birmingham, England's Fine Young Cannibals — whose popularity peaked in the late '80s — would immediately start drawing comparisons to Roland Gift, the Cannibals' lead singer.

John Newman did some vocal work with Rudimental in 2012, but his solo career began to take off in 2013 when his debut single, "Love Me Again," hit number one on the U.K. charts in July. The single has had moderate success on this side of the Atlantic, leaking at #18 on the Canadian Billboard chart and #30 on the U.S. Billboard chart. Accompanying this single is a fantastic video. Go to YouTube and search "Love Me Again" by John Newman, but make sure you watch the version that has been viewed well over 100,000,000 times. There is another version, but it's the popular version that has a much

better story.

John Newman's "Love Me Again" single is contained on his debut album called "Tribute" and is available on iTunes. It's a well-rounded album incorporating numerous music influences and is a fantastic listen. Some other great tracks from the album are "Losing Sleep," "Cheating," "Gold Dust" and "All I Need Is You."

As part of my feature column, I'd like to give local musicians and singers an opportunity to have their recordings gain a little extra exposure. If you are a South Shore-based musical artist and have a recent recording you'd like me to plug, feel free to send it to me and I'll do my best to give it some timely promotion. Please make sure you include some background info on the recording, artist or group members, and a contact name, plus both an e-mail address and phone number for contact info. Drop it off or send it to "Tanner's Tunes" c/o Lighthouse Media Group, 353 York St. Bridgewater, NS B4V 3K2.




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MUNICIPALITY OF THE DISTRICT OF LUNENBURG
Miller Point Peace Park
Advisory Committee
PUBLIC MEETING
TUESDAY MAY 27, 2014
Meet at the Park at 6:30 p.m.

The public is invited to attend to provide input to the Committee concerning park improvements.

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



MUNICIPALITY OF THE DISTRICT OF LUNENBURG
NOTICE:
UPCOMING TELEPHONE SURVEY

The Municipality of the District of Lunenburg will be conducting a telephone survey, for several weeks, starting May 20th, 2014. The number that will be displayed on your caller ID is **Vision Research, 1 (902) 370-7300.**

Your participation is greatly appreciated! If you have any questions, please contact the District of Lunenburg at 541-1343 or by e-mail at tvandermolen@modl.ca.

Suzanne Lohnes-Croft
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<p>LUNENBURG: THURSDAY, JUNE 12, 2014 at Mermaid Vision, 26 Duke St., 10 am - 5 pm</p>	<p>CHESTER: TUESDAY, JUNE 10, 2014 at Chester Family Practice, 3785 Hwy. 3, Chester, 10 am - 5 pm</p>	<p>BRIDGEWATER: WEDNESDAY, JUNE 25, 2014 at Bridgewater Vision Services, 64 Dufferin St., 10 am - 5 pm</p>
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Robotic-surgery still requires skilled human hands

Dr. Harvey Cushing, one of Harvard's great neurosurgeons, once remarked, "There is no such thing as minor surgery, but there are a lot of minor surgeons." He wanted to drive home the point that you should always be careful about who does your operation. But when Cushing made this remark, he had never heard of Robotic-Surgery. So what would he say now?

A report in the Journal for Healthcare Quality analyzes complications that occurred during one type of robotic-surgery between the years 2000 and 2012. During that time there were 174 injuries and 71 deaths.

Another study at Johns Hopkins University revealed what has long been suspected, that surgical complications are not always reported in robotic surgery and that reports represent just "the tip of the iceberg." But, one could make the same remark about non-robotic surgical procedures.

In 1991, Dr. Joaques Perissat at the University of Bordeaux, in France, announced at the World Congress of Surgeons that he had removed a gallbladder (cholecystectomy) using optical instruments through small incisions. This became known as "key-hole surgery."

Now, a large number of operations are done by this method. Many women are saved from hysterectomy when fibroids can be removed by this procedure. Skilled surgeons can even remove a large segment of a cancerous bowel by robotic surgery.

This operative approach has been a great boon for patients. Without a large incision there's less pain, speedier healing and shorter time in hospital. But there's a huge difference between opening the abdomen with a scalpel for a direct look at the diseased organ, and performing key-hole surgery.

Harvey Cushing would quickly spot one of the problems with key-hole surgery. Namely, that the term tends to indicate that using tiny incisions also means a simple, uncomplicated way to perform operations. Unfortunately, this is not always the case and small key-hole incisions can be associated with catastrophic complications.

Doctors performing robotic surgery have to become adjusted to an entirely new approach whether removing an

appendix or a segment of large bowel. Rather than holding a scalpel, surgeons watch a video camera while manipulating a variety of grasping, cutting and suturing devices. It's a vastly different ball game with a steep learning curve.

During this learning curve there's a greater chance of surgical complication. For example, inserting instruments through the abdominal wall can cause injury to a major blood vessel or bowel even though safeguards are taken.

Key-hole gallbladder surgery over the years has been the source of major complications. The common bile duct is a small tube carrying bile from the liver to the bowel and it's the one that has been most frequently injured. If not repaired

W. GIFFORD JONES, M.D.

The Doctor Game

at the time of surgery it can lead to jaundice and death. In one study that analyzed 613,706 key-hole gallbladder operations, 0.39 percent suffered this injury.

Dr. Cushing would tell you that before robotic-surgery

was available, an old dictum held true, that practice makes perfect whether you're a surgeon or a plumber. For robotic-surgery this warning should be made in big red capital letters. I remember well learning quickly to use a scalpel to open an abdomen. My learning experience with key-hole surgery was more prolonged.

Nevertheless, looking at the total picture, there's no doubt I'd prefer to have my gallbladder removed by robotic surgery. But I'd agree only if it required removal. Studies show that about 10 percent of North Americans have gallstones. Today, with the increased use of ultrasound, many gallstones are accidentally discovered during tests to diagnose other conditions. In general, gallstones not causing trouble are best left to the crematorium. As another Harvard professor once remarked, "Remember, it's impossible to make a patient feel better who doesn't have any symptoms."

Dr. Harvey Cushing's final advice would be to always go to surgery on a first-class ticket. Usually, your family doctor can direct you to the right hands. If not, be sure to do your homework and find a surgeon who has experience in robotic-surgery.

See the web site www.docgiff.com for other surgical advice. For comments info@docgiff.com.



TIM REEVES-HORTON PHOTO

TALKING ABOUT SOLUTIONS

Will Martin addresses a "World Cafe" table as part of a Now Lunenburg County event held in Blockhouse on May 13.

Softball

South Shore Women's Softball League

After being delayed a week due to the fields not being ready for play, the South Shore Women's Softball League

on the Vixens in Mahone Bay, Diamond Divas meet the Pitch Slappers on MARC 1, the Cougars and Charlie's Angels play on MARC 2 and Cleats and Cleavage take on the Fireballers on MARC 3.

kicked off their third season on May 12th. At the MARC on field 2, the Fireballers went up against the Diamond Divas and took the game. On field 1, Cleats and Cleavage took on the Vixens and won. On field 3, the Lady Alers took on Charlie's Angels for the win. In Mahone Bay, the 2013 playoff champions the Pitch Slappers took the game against the Cougars.

On May 19th the Lady Alers take

Standings

Team	W	L	T	Pts
Cleats & Cleavage	1	0	1	3
Pitch Slapper	1	0	1	3
Fireballers	1	0	1	3
Lady Alers	1	0	1	3
Diamond Divas	0	1	1	1
Cougars	0	1	1	1
Charlie's Angels	0	1	1	1
Vixens	0	1	1	1



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 **AUDITION CALL**

Leads & Supporting Roles for:
"The Wizard of Oz"
to be performed for the Christmas 2014 season at the Pearl Theatre, Lunenburg

Tues., May 27, 5:00 - 9:00pm
Wed., May 28, 1:00 - 9:00pm
by appointment
at 6275 Hwy 332, Upper LaHave
Email - dollivertwist@eastlink.ca
Telephone - 543-4455

Supporting Roles & Chorus Auditions
Saturday, July 12
For more information & audition pieces, see www.southshoreplayers.com

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HOURS:
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Sunday 10am - 8pm
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Bike Week is soon here

From June 6 to 15, new cyclists and enthusiasts will find events and activities in the area that will jump start a great season of cycling. This is also a great way to try out some beautiful local trails that our community volunteers have worked so hard to make available for you. The following information has been provided by the District of Lunenburg's own physical activity coordinator, Tracy Vandermolen. I hope to see you out there.

Group ride – LaHave River Trail loop, Friday June 6, 6:30 to 8:30 p.m. Join Tom Rogers and Tammy Slauenwhite for this mixed surface loop along the LaHave River. Meet at the Wentzells Lake trail parking lot at 140 Wentzell Road. This intermediate loop is approximately 23 kilometres and mountain bikes or mountain bike tires are recommended. Ages 16 and up.

Group ride – Riverport loop, Saturday June 7, 8:30 to 10:30 a.m. Join Tobias Silver for this scenic coastal loop of the Riverport area, approximately 27 kilometres in length. This is the only 100 per cent road ride of Bike Week and a great way to practice your road skills. Tobias will teach basic road etiquette and safety indicators at the start to get you prepared. Hybrid tires are ideal, but road or mountain bikes are also welcome. Meet at the First South United Church at 19 Bulman Road. Ages 18 and up.

Intro to Cycling Workshop, Saturday June 7, 9 a.m. to 3:30 p.m. Are you new to cycling? Has it been a few years since you rode a bike? Then this workshop is for you. Join certified CAN-Bike instructors Nancy Hepinstall and Doug Regular for a full day of everything you need to know to get back on your bike. All types of bikes are welcome. Snacks and water will be provided, but please bring a lunch. Ages 14 and up. Hebbville Academy.

Group ride – Bull Run Trail, Sunday

June 8, 2 to 3:30 p.m. Exploring the Bull Run Trail and Fancy Lake sounds like a good way to spend an afternoon. Meet at the Taste Freeze in Hebbville for an approximately eight-kilometre return trip on the Bull Run Trail. Children are welcome but must be accompanied by an adult. A great ride for the whole family.

Group ride – Happy Camperdown Lake Loop, Monday June 9, 6:30 to 8:30 p.m. Join Paul Cunningham for this scenic road and trail loop around several lakes. Approximately 22 kilometres in length, this ride features fantastic views in drumlin country and is suitable for hybrid, mountain bike or cyclocross tires. Meet at A & B Country Convenience Store, at Exit 16 on Highway 103. Ages 16 and up.

Mayor's Walk/Ride on Arthur Young Trail, Tuesday June 10, 2:30 p.m. Join Mayor Don Downe and your municipal council for a walk or bike along the LaHave River Trail to the Cookville Provincial Park, approximately 6 kilometres return. Meet at the Arthur Young Trail at 523 Highway 10. Shuttle available for your return. Light refreshments following.

Bike Maintenance 101, Wednesday June 11, 6:30 to 8:30 p.m. Join Al Heubach of the Lunenburg Bike Barn for this workshop on demystifying bike maintenance. This workshop is for all kinds of bikes and for all skill levels. Topics to be covered include overall maintenance and upkeep, flat tire repair, brake and gear maintenance, proper fitting, and lots of time to ask questions. Meet at the MARC, 33 Leary Fraser Road, Dayspring.

Group ride – South Shore Annapolis Valley Trail, Friday June 13, 6:30 to 8 p.m. Join Bob Mertens, Steve Saunders and Beverley Richardson for this family ride. The ride will start and end at New Germany Building Supplies, 4422 Highway 10, and is approximately 12 kilometres in length. Children are welcome but must be accompanied by an adult. A great ride for the whole family. This bike ride is suitable for mountain bikes or hybrid bikes.

For all bike week events: You must bring a working bike, helmet, bell and lights. Water and a snack are recommended. All events are free, but space is limited. For more information or to register, call 541-1343 or online at <http://www.modl.ca>.



LAURA BARKHOUSE

through YOUR LENS



FIRST TIMER

Lincoln Crossland, of East Dalhousie, shows off his catch from his first experience with fishing.

LIANA CROSSLAND PHOTO

Try a tablet at the library

Have you ever wanted to raid a dungeon and steal the treasure? Or maybe rule your own kingdom? What about running a theme park for robots, or saving the world from a deadly epidemic? If you think you can be the next rail baron, master bluffer or top settler, come test your mettle at the first Cards and Cardboard teen gaming day at the Margaret Hennigar Public Library, May 24, from 2 to 5 p.m. We've got a variety of board and card games for you to try, but feel free to bring your favourites too. Just for teens, ages 14 to 19.



South Shore Public Libraries

Wellness Wednesday: Co-Creative Healing Arts, May 28. Our perspective on health and well-being is that it is a "co-creative" path, meaning the client must be as committed to take action in their own healing as we are to helping them. Husband and wife team of Edward Howell and Mary Dixon, of Co-Creative Healing Arts, will chat about the services they offer, from therapeutic massage, reiki and reiki certification programs, to life coaching, soul coaching and feng shui. They

offer support to body, mind and spirit, a holistic approach where all aspects work together to help you live life to the fullest. Margaret Hennigar Public Library, from noon to 1 p.m.

A new technology initiative is in the works at South Shore Public Libraries. "Tablets @ Your Library" will provide a couple of tablets at each library branch that members can borrow to use in the library. There is an assortment of iPads and Android tablets. Tablets @ Your Library is an opportunity for library members to gain familiarity and comfort

with new technology that allows the use of alternative methods of enjoying the written and spoken word, and to explore the internet in a different format. Drop by any branch and, with your library card, borrow a tablet and give it a spin. Let us know what you think of the experience.

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

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MUNICIPAL JOINT SERVICES BOARD LUNENBURG REGIONAL Community Recycling Centre

KEEP PLASTIC OUT OF THE GREEN CART

This is what happens when plastic is put in the green cart. It doesn't break down. Some pieces are removed when food and yard waste is processed but many pieces remain. It takes a lot of time to remove plastic, styrofoam, metal and other contaminants from organics as they are processed.

What are the impacts?

- Considerable staff time and cost to remove contaminants.
- Contaminants get stuck in expensive equipment which is used to grind food and yard waste--sometimes breaking it.
- Plastic pieces must be kept from blowing around, preventing litter.

What goes in the cart? Call 543-2991 or visit www.communityrecycling.ca

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Admission Prices: \$3 Adults / Children 12 and under are free

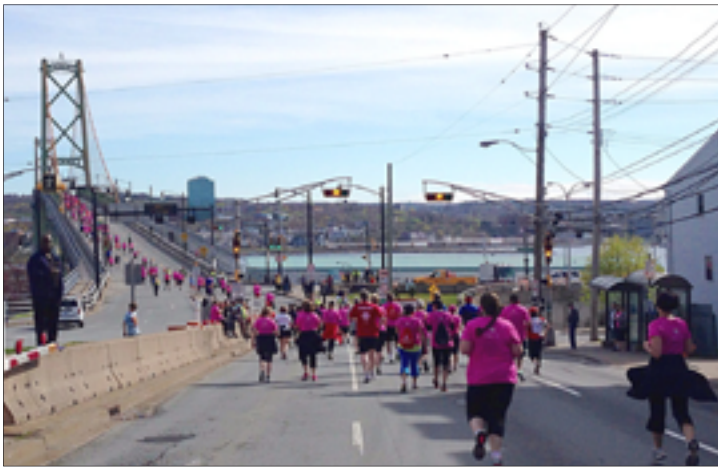
Saturday, May 24th 10:00 am to 6:00 pm & Sunday, May 25th 10:00 am to 4:00 pm

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Fresh Whole Chickens	Fresh Pork Side Ribs
\$1⁹⁹ lb. \$4.39 kg	\$2⁹⁹ lb. \$6.59 kg
Fresh Asparagus product of USA	Fresh Raspberries product of USA, 170g
\$2⁴⁹ lb. \$5.49 kg	\$1⁹⁹

Prices from Thurs., May 22 to Wed., May 28



On doing the Bluenose

First, I must preface this by saying that, while I had run both a 5- and 8-kilometre road race about a decade ago, and while I would be capable of running if being chased by a bear, or if I spotted Ryan Gosling, I am not a runner. I loathe running and, on the whole, while I run, I curse.

Despite this, I have many people in my life who run and, while I don't understand how or why they put their bodies through such agony, every year I go to the Bluenose Marathon in Halifax and wait near the finish line to cheer on my girlfriends as they finish running the 10-kilometre run and the half marathon. As a spectator, I have to manoeuvre through closed streets and insane traffic. I gush over their accomplishment and look at them with admiration. Then we celebrate



TINA HENNIGAR

with mimosas and eggs benedict and make plans that the next year I'd participate in the run with them, something that we all know won't happen. They'd humour me. That's what friends do.

Now, while I hate running, I do love to walk. I dream up my best ideas while walking. It's where I clear my head and make my best decisions. So, this year, I decided that I would walk the 10-kilometre walk so that I'd finally be a part of this special event with my friends as opposed to simply cheering them on and lamenting the traffic.

I've walked 10 kilometres many other times, so I knew I could do it. I didn't have any plans on coming first so there wasn't any pressure. I wasn't all that worried about not finishing, although

I'll admit that I had cab fare in my pocket just in case.

What I was completely unprepared for were the many moments that brought me to tears, like seeing someone doing the run on crutches, someone else in a wheelchair, many seniors and several people who struggled but continued to push themselves while clearly in pain.

Perhaps I was even more moved by those that came out to support the participants. People came out of their homes clanging pots and pans, people had signs and horns, they chanted and danced, gave high fives and even shouted people's names. "You look awesome," they'd shout, and "You got this!" or "Go Daddy, go."

There was a texture in the air, perhaps a combination of the bagpipers playing, the children's choir singing, the crowd cheering, and the love and mutual admiration of each other. It wasn't any one thing but everything combined. I loved it. I am hooked. I get it now. I understand.

As we've done so many times before, we had our traditional mimosas and eggs benedict, and, just as we've done in years past, we made plans for next years Bluenose Marathon. The only difference is this year no one had to humour me ... and I also had Baileys in my coffee.



South Shore
Public Libraries

Mobile Branch Schedule

Friday, May 23:

12:30 - 1:30 Mill Village - Fire Hall
2:00 - 3:30 Port Mouton - Coastal Queens Place

Saturday, May 24:

10:00 - 12:00 Caledonia - Opposite Caledonia Pharmasave

Tuesday, May 27:

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, May 28:

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, May 29:

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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May 24th & 25th

from 9 am to 2 pm at the Exhibition Grounds Bridgewater

Admission: Sat. \$2 & Sun. \$1

AGAIN THIS YEAR:

May 25th is bag day!

Bags for Sale: \$5 ea.

Last day for drop-off

May 21st - 7 pm

Plants until May 23 - 5 pm

Let's Have Fun All Together!

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It's amazing how much fun can be found in the CLASSIFIEDS



MEETINGS

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

Hillside Cemetery Annual Meeting, Tuesday, May 27, 7 p.m., community hall.

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

Mi'kmaq Burial Grounds Association AGM, May 25, Fort Point Museum. Art show, 1:30-3; archaeological lecture, 3:30-4:30.

CHURCH

An evening of gospel music with the Bridgewater Men's Choir, May 25, 7 p.m., St. Andrew's United Church, Crouse town. Refreshments and fellowship following service.

New Cornwall Baptist Church will host a Gospel Concert on May 25 featuring Matt Balsor. Concert will commence at 3:30 with potluck supper to follow at 5. Proceeds of free will offering to go towards missions.

COMMUNITY

Annual Mahone Bay Garden Society Plant Sale. Saturday, May 31, 9 a.m., St. James Anglican Church parish hall parking lot.

Chester Garden Club 75th Anniversary Gardener's Sale, May 24, 9-12, Old Train Station

Gospel Concert, 7 p.m., May 25, St. Paul's Lutheran Church, North River. Free will offering. Lunch following.

Horse and Ox Pull, Saturday, May 31, Lake Centre/ New Cumberland Hall. Pull starts at 12:30. Canteen. Ham Supper, 4-6. Adults \$10; 12 and under \$5; 5 and under free. Rain date: June 1.

Trinity Fiddlers Spring Concert, Sunday, May 25, 2 p.m. Trinity United Church, Rose Bay. Free will offering.

COMMUNITY

INDOOR HOUSE & GARAGE SALE: Items include collectibles, household, memorabilia, kitchen, cups/saucers, glassware, lamps, furniture, pictures, knick knacks, etc. **Saturday, May 24 at 89 Walnut St.** off Dufferin St., Bridgewater, **10 am to 2 pm** Rain or shine. No early birds. Cash and carry. No cheques or credit cards.

Lunenburg Art Gallery **MAY 27 - JUNE 29 Lunenburg Art Gallery Members' Show** Various Media **Opening Reception: Tues., May 27, 5pm** Everyone Welcome

South Shore Legal Exposition. May 24, 10:00 - 3:00, Bridgewater Justice Centre. Free- all welcome! Features include courthouse tours, roundtable on law for children and young people, mock trial, law-enforcement and emergency equipment exhibition, community partner displays, and more. Further information available at www.facebook.com/sslegalexpo.

Ticket Auction, Saturday, May 24, 10 a.m.- 2 p.m. Martin's River Community Fire Hall, Martin's River. Advance ticket sales Friday, May 23, 5:30- 8:30 p.m. fire hall. A hot homemade lunch will be served. Proceeds: St. Martin's Church.

DANCES

Centurions playing at Mahone Bay Legion, Friday, May 23, 8- 11 p.m. Everyone welcome. Goodwill offering.

Dance May 24, 9-1 Oakhill fire hall. Band Split Decision/ Matt and Kim Lunn. SSSA Dance, everyone welcome. June 14 will be our Anniversary dance and the last dance for the summer till we start up again in the fall Sept 20th. Info call 644-3306 6634-7294

DANCES

Karaoke Dance, Royal Canadian Legion, Branch #23, Lunenburg. Saturday, May 24, 9 p.m.- 1 a.m. DJ Littlemac. \$7/ person. All welcome. 19 years and over. 634-4215

Petite Riviere Fire Department presents Fabulous Hats, May 24, 9 p.m. Price \$10. Cobbler Corner 543-3199, Petite Store 693-2124. Must be 19+ older.

Petite Riviere fire department presents The Mellotones, with opening band, Know Issue, June 14, 9 p.m. - 2 a.m., Petite Riviere fire hall, price \$25. 19 years and older. Proceeds for the fire department.

RCL Branch #24, Bridgewater. Dance, May 31, 9 - 1 a.m. (Doors open at 8 p.m.) Band: Restless Wind, \$8 at door. Members and guests over 19 welcome.

TEAS

First South United Church Soup Luncheon, Saturday, May 24, 2014, 11:30 a.m.- 1 p.m. Soups and chowders, variety of cakes. \$8. Everyone welcome. Takeouts available.

United Church Women Spring Luncheon and Sale, Saturday, May 31, 11 - 1 p.m. Doors open at 10:30 a.m., 87 Hillcrest St., Bridgewater. Trinkets and treasures, crafts, plants, bake table. Wee Wisdom Nursery School Cookie Sale. Adults \$9, students \$5.

TOURNAMENTS

June 7, Saturday, Italy Cross, Middlewood and District Fire Department 22nd Annual Trout and Bass Fishing Tournament at Wallace Lake. 7 a.m.- 2 p.m. Sport fishing weekend. No licence needed. Must fish from a boat. Lake will be stocked. Breakfast 6- 11 a.m. Lakeside barbecue. Register at the hall Friday evening 5-9 p.m., or at the lake Saturday starting 6 a.m. Lots of prizes to be won. Information 543-9564, 543-9806

DANCES

Bridgewater Legion Breakfast, May 24, 7- 11 a.m., 78 Churchill Street, Bridgewater. Adults \$7, children 5- 12 \$3, under 5 free. Eggs, bacon, hash browns, baked beans, toast, tea, coffee, juice. Everyone welcome!

May 31, Breakfast, 9 - 11 a.m., Blandford Community Centre. Adults \$7, youth \$3.50, under 5 free.

Newfie Breakfast, Saturday, May 24, 7:30-10:30, Chester Basin Legion. Menu selections and take-out available.

VARIETY SHOWS

May 24, Saturday, Variety Show, Italy Cross, Middlewood and District fire hall, 7 p.m. Featuring: Wayne Snyder and Restless Wind, Riverside Ramblers, Glen Bristol, Paul Forward, Lloyd and Darlene Slauenwhite. M.C. Ken Pickram. Pie and cake sale, 50-50 draw, canteen. Admission \$6. Proceeds for new fire hall.

Variety Concert, The Amazing Kevin Beanland Show, Blockhouse fire hall, Sunday, May 25, 2-5 p.m. Admission \$8.

Variety Show, North River Community hall, May 25, 1:30 p.m. Featuring: Merle Daniels & Friends, Newfound County, Junior Hyson, Ken & The Good Old Boys, Little Tykes Dancing. Canteen, 50/50 draw, door prizes. Admission \$5. Proceeds for The Relay for Life.

SUPPERS

May 28, Wednesday, Barbecued Chicken and Ribs with Scalloped Potatoes Supper, Italy Cross, Middlewood and District fire hall, 4-6 p.m. Take-outs available, pick-up only. Adults \$10; children (5-12) \$5. Proceeds for ladies auxiliary.

Roast Beef Supper, Sunday, June 22, 4 - 6 p.m., West Side United Church, 2702 Highway 331, Pentz. Three course dinner. Tickets: Adults \$15, seniors 65+ \$14, under 12 \$8, family of 2 adults and 2 under 12 \$40. For advance tickets contact Philip, 688-1580.

Strawberry Supper, Conquerall Bank fire hall. June 22, 4-6 p.m. \$8 adults, \$4 children, under 5 free.

Turkey Supper at Epworth United Church, New Germany, May 24, 4- 6 p.m. Adults \$12, children under 12, \$5 and children under 5 free.

BREAKFASTS

Breakfast, Sunday, May 25, 9- 1, Mahone Bay Legion. \$8 adults, \$4 children, 5 and under free.

Bridgewater Legion Breakfast, May 24, 7- 11 a.m., 78 Churchill Street, Bridgewater. Adults \$7, children 5- 12 \$3, under 5 free. Eggs, bacon, hash browns, baked beans, toast, tea, coffee, juice. Everyone welcome!

May 31, Breakfast, 9 - 11 a.m., Blandford Community Centre. Adults \$7, youth \$3.50, under 5 free.

Newfie Breakfast, Saturday, May 24, 7:30-10:30, Chester Basin Legion. Menu selections and take-out available.

BREAKFASTS

Saturday, May 24, Firemen's Breakfast, United Communities Fire Hall, Cherry Hill. 8- 11 a.m. Adults \$7, 5- 12 years \$3.25, under 5 free.

HALL RENTALS

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

PERSONALS

DATING SERVICE. Long-term/short-term relationships. Free to try! 1-877-297-9883. Live intimate conversation, Call #7878 or 1-888-534-6984. Live adult 1on1 Call 1-866-311-9640 or #5015. Meet local single ladies. 1-877-804-5381. (18+).

PERSONALS

Male, 73, respectful, clean, in good health, seeks companionship with woman. No drink or smoking. Reply to Box B9, Lighthouse Media Group, 353 York St., Bridgewater, B4V 3K2

LOST & FOUND

Please return the wheelbarrow mistakenly taken from a seniors' curb at St. Phillips Street. Call 521-6595

APTS.

1 bedroom apartment. Bridgewater. Ground floor with river view. Non smoking. \$475. Available immediately. 543-1886

Bridgewater, 68 Elm Street. Two bedroom + den with balcony, \$775. Includes heat, hot and cold water, parking, coin laundry. 527-1539

Bridgewater, Prince Street, 2 bedroom apartment, stove and fridge, \$650/ month plus utilities. 543-3247

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

Bridgewater. One bedroom apartment. Clean, new laminate floor. Centrally located, very quiet. Fridge/ stove, heat, water included. No pets. Non-smoking. \$580 monthly. Available immediately. 543-4085

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

Dufferin Street, Bridgewater, 2 bedroom first floor apartment \$596 monthly plus utilities. No pets. Call 543-6262

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.

Gorgeous new bachelor apartment in lovely rural setting, minutes from Bridgewater and Highway 103. No smoking, no pets. \$700 monthly. Includes washer, dryer and heat. 543-4703

King Street, Bridgewater. 2 bedroom apartment. \$600 monthly plus utilities. 531-2228, 521-7997, 543-3147

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

Middle LaHave. Apartment for rent. Large kitchen, living room with fireplace, large bedroom and bath. \$640 monthly includes heat and power. No smoking and no pets. Phone 543-5937.

One bedroom apartment, heat, water, fridge, stove included. Near Michelin on King Street. No pets. \$650/ month. References required. Available June 1st. 543-5096

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JUNE 23 - JULY 1, 2014 \$1,595 pp twin.
4 NIGHTS - 1 PLACE, ALL BREAKFASTS & DINNERS & ATTRACTIONS

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July 5 - 7 \$500 pp twin Grafton St. Dinner Theatre, Tattoo, 2 Breakfasts & Dinners

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July 20 - 24 \$725 pp twin Overnight Dalhousie, Matane & Perce (2 nights) Reford Gardens, Wind Farm, Gaspé Museum, Boat Cruise to Bonaventure Island Bird Sanctuary, Perce Rock & More!

OLD TIME MUSIC PRINCE EDWARD ISLAND AUG. 1 - 4 \$575 pp twin Ivan & Vivian Hicks, Allison Inch, Derek Knowles, Hazel Marie Robertson, Jack MacAfee, Green Gables Museum, All Breakfasts & Dinners & 1 lunch.

KINGSTON & THOUSAND ISLANDS Aug 10 - 14 \$895 pp twin Quebec City, 1000 Islands Cruise, 2 nights Kingston, Trolley tour, Dinner at Fort Henry National Historic Site, All Breakfasts & 4 dinners

TORONTO & NIAGARA FALLS (BALL GAME) Aug. 24 - 31 \$1,495. pp twin Quebec City, 4 nights Toronto-Ball Game Blue Jays vs Red Sox, CN Tower & Rogers Center tour, City tour, Casa Loma, Harbor Cruise, Day in Niagara Falls, Niagara On The Lake, All Breakfasts & 5 Dinners

BRANSON & GATLINBURG Nov. 4 - 18 \$2,195 pp twin HOLIDAY LIGHTS NEW YORK CITY -Nov. 24 - Dec. 1 \$1995. Pp twin

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TENDERS

MUNICIPALITY OF THE DISTRICT OF LUNENBURG FOR SALE BY TENDER

Sealed tenders will be received by the undersigned up to 2:00 P.M., local time, May 30th, 2014
2014-05-002 Surplus Equipment for Sale
Including but not limited to:

- 2000 GMC K1500 PICK-UP TRUCK**
247,148 Kms
- Hydraulic Windrow Sweeper for Skid Loaders QC series 220
- NeoPost I-J65 mail machine
- NeoPost folder inserter machine model DS62
- Moore Pressure Seal Machine
2000 year model 4060
- 12 Boardroom chairs-red fabric-oak frames
- 2005 GMC Savananna**
Cargo Van 261,065 Kms

Please call the undersigned to make an appointment to view any or all of the equipment or to pick up a complete list of the equipment and bid document.

The Municipality of the District of Lunenburg reserves the right to reject any or all bids in whole or in part at its sole discretion as it deems to be in its best interests.

V.E. Oakley, CPPB
Purchasing Co-ordinator
Municipality of the District of Lunenburg
210 Aberdeen Road
Bridgewater, NS B4V 2W8
Phone (902) 541-1324

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Nice 1 bedroom apartment in quiet neighbourhood, Marlboro Drive Bridgewater. Private entrance, fridge, stove, water and parking included. Coin laundry, no pets, no smokers. Security deposit and references required. Available immediately. \$525 per month plus electric. Please contact 527-2065

Small one bedroom apartment, along the LaHave River. Mature, non-smoker, no pets. Security deposit and references required. Available June 1st. 543-8533

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

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

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One bedroom older style mini home in Bridgewater, \$675 month includes park rent. Available June 1. Contact Melanie 543-1849.

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\$192,000
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MaritimePermanentRoofing.com



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Quantity of old toys, Dinky, Corgi; Matchbox; Lesney; etc. To sell as lot, serious inquiries, no dealers. Set each Sheriff car, airplane coins. 521-0726

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FLEA MARKETS

Flea Market and Bake Table, May 24, 10 a.m. - 1 p.m. Royal Canadian Legion, 39 Duke Street, Lunenburg.

May 31, 9 a.m. - 1 p.m., LaHave and District fire hall. Auxiliary tables plus plants. Table rentals available. 688-2713, \$5 per table.

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fun - happy - fabulous

May 24th 9 am - Noon
Michelin Social Club

Be in line & buy a ticket for your chance to win Early Entry at 8:15! Get the good stuff first!

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Be present at 11:45 am draw for \$50 to spend at Vendor's table.

First 50 to enter will receive A FREE LOOT BAG!
giantbabysale@gmail.com or call 543-9129 asap.
www.giantbabysale.com

YARD SALES

Estate Sale. Save the dates: May 30 and 31, 9 a.m., 289 Sunnybrook. Selling everything!

Giant Yard Sale. Saturday, May 24, 9-3, 16249 Highway 3 Hebbville (home of Ivan Stewart). BBQ, bake sale and entertainment by the Uke Makes starting 11 a.m. Fill a bag for \$5 after 2 p.m. Proceeds: Middlewood United Church. Rain date May 31.

Huge Estate Sale at 61 Five Houses Road on Saturday, May 24, Sunday, June 1, Saturday, June 7, June 14, June 21, June 28, from 8 until 3. Large assortment of furniture, crocheted items, glassware, trinkets, etc. A must see event.

St. Andrew's Anglican Church, Yard Sale, Bake Sale and Plant Sale. Saturday, May 24, 8-12. 63 Feeners Corner Road, West Northfield. Rain or shine.

YARD SALES

Rain or shine. Garage Sale, May 24, 9 - 2, 65 Rhodenizer Lake Rd., Dayspring (off Oakhill Rd., opposite former Bowater Mill). Tools, toys, bikes, furniture, wood stove, etc.

Work Shop Clean-out Sale. Marine-Wood-Tools Saturday, May 24, 10-5:00, Sunday, May 25, 12-5:00, 150 Bluenose Drive, Lunenburg

3896 Highway 332, Riverport, Saturday, May 24, 9 a.m.

Annual Church Yard Sale, Saturday, May 31, 9 a.m.- noon. Holy Trinity Anglican Church Hall, 78 Alexandra Ave., Bridgewater.

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AUCTIONS

Estate Auction, Saturday, May 24, 2014, Conquerall Bank Fire Hall, Exit 12 off Hwy 103 (South of Bridgewater on Route 331) Viewing 8:30 a.m. Sale 10 a.m. We will be selling a good selection of antiques, collectables & household items from the estate of Mac Bowers of Liverpool: oak china cabinet with curved glass; oak sideboard with bevelled mirror; dining table, 6 chairs & china cabinet; piano style writing desk; seven drawer knee hole writing desk; rose back sofa; rose back ladies chair plus other Victorian parlor chairs; flip top card table; corner what-not shelf; cedar chest with Queen Ann legs; walnut table; oak & pine bedroom stands; handmade bureau with carved pinewheels; 2 Gibbard bureaus; Vilas bureau; 4 poster bed, fancy high boy & bureau; pine & oak commodes; pine stands; pine mantel with mirror; PB, wicker & other rockers; 4 caned seated & other chairs; small oak cabinet with leaded glass; Art Deco magazine stand; wicker planters; Gibbard coffee table; 1940s sofa; drying rack; bench; stools; hat tree; child's Lincoln rocker; PB high chair; pair of bow back chairs; large pull horse (much loved); sled; doll stroller; Amphion gramophone; 78 records; pine chest & tool chest; old trunks; spool bed; scalding trough; wooden wheel barrow; Grindstone; ox yokes; pair of 3ft iron wheels; Beatty wash tub; wringers; wash boards; early croquet set; flat irons; shoe lasts; flower barrel; butter bowl & prints; crocks & jugs; Demi Jon; Dayton store scales; paper cutter; candy jars; Donovan steeper bottle; Milton bottle labels; Imperial gas pump glass globe; quart & pint oil bottles; 1922, 24 & 29 number plates; 2 iron dog door stops; oxen & wagon; moose call; baskets; gun bayonets; hunting knives; mounted buck head; stuffed fox & squirrel; 1960s Johnston 3 hp outboard motor; fish creel; rods & reels; dragger boat model; dory jub & compasses; mackerel jigs & mould; eel spear; hook sets; needle case; net needles; Stanley 45 plane in box; tongue & groove planes; Steeple & Weight clocks; Hampden pocket watches; Westclox pocket Ben; costume jewellery; large family bible; wooden radios; copper bed pan; Boston sidewalk & other hooked mats; quilts; mink fur coat; fur jacket; top hat; fancy IOOF sword; Hero accordion; box with painted pinwheel; cork screws; ink wells; stereo viewer & cards; 18" 15" & 10" jointed teddy bears; iron boat bank; Chain truck with cannon; Mar turnover tank; dolls & other toys; Hank Snow souvenir picture album & four 78 records; Anecdotes book of Queens County; 6 novels by Thomas Raddall plus other books; early photo of Nova Scotia Medical Association on ship in Bridgewater; photo of Liverpool ball team; Bounty by Knickle; 2 MacAsill; large painting of harbour scene plus other paintings & prints; mirrors; pair of French painted stained glass side lights plus window with Blue Herron; nice floor lamp; bridge lamp; table lamps; Lincoln drape Aladdin lamp, finger & other oil lamps; Alabaster wall scones; Miendell & Tanner pieces; brass jardiniere; lots of silver plate; 8" prisms; wades; horse book ends; large chest of Sterling flatware; other sterling pieces; pair 15" Satsuma vases; Cranberry vase; NS Star Flower, Honey Comb & other goblets; Roseville & McCoy planters; old bowls; set of Pyrex coloured bowls; set of Limoges dishes; Nippon; Dep. Glass; cruet set; platters; amber Button & Daisy butter dish; Royal Daulton ladies; crystal & etched glass; china cups & saucers; 70s Carnival glass; Boyds bears & friends; several nice tole painted items (large milk can, butter churn, cheese box, decoys, etc.); several bags of light sail cloth; RCA stereo; portable furnace heater; world globe lamp; double bed with box spring & mattress; pine cabinet; ceiling light; Free Former skateboard (with swallow tail); set of golf clubs; microwave; set of Kitchen Aid pots & pans; sewing stand; walker with wheels, brakes & seat; tub seat, large telescope on tri-pod plus much more. Items sold as is, where is, not responsible for accidents. This is a good sale of 407 lots. Auctioneer: Paul Conrad. Cash or pre-approved cheques (no cards) Canteen by C.B.F.D. For info **Judy Rhodenizer 1-902-543-5194** or 521-2411 See my website <http://users.eastlink.ca/~judyrhodenizer>

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

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211 North Street
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Salary & Benefits: Individual Contributor Salary Range \$37,231 to \$54,037 with benefits.

Closing Date & Applications – Submit resume along with three professional references no later than 4:00 p.m. on **Wednesday, May 28, 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
employment@chester.ca
902-275-4771 Fax
902-275-3554

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

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Reality Check: The gift in the event

Bad things can happen to anyone. While we can take action to try to prevent some bad things by driving cautiously, choosing friends carefully, or eating reasonably, the reality is that many events are completely beyond our control.

We do have some control, however, over how we respond to events. You've probably witnessed different people reacting quite differently to the same bad event. While one person remains completely devastated, another emerges apparently unscathed.

Let's look at Bea and Dee. Both have disentangled themselves from equally difficult relationships.

Bea continues to suffer from the events of that relationship. Her feelings are overwhelmingly negative. She is suspicious, angry and worried. Her body continues to trouble her with fatigue and lethargy. She can't seem to muster the energy to go on with her life as friends urge her to do. Her thoughts relive past incidents over and over: — how she has been wronged, what she should have done, what she should have said.

Dee has thrived since the end of her relationship. Her feelings are largely positive and optimistic, finding joy and freedom in opportunities now open to her. Her body is full of energy. She's more active than she has been in years. She seldom thinks of bad times from the past at all anymore. Instead, she thinks about the exciting possibilities now emerging.

Now, it's doubtful that Bea can transform her outlook into Dee's by simply saying, "I choose to have a positive attitude." Telling yourself to think positively may help; however, it's not a cure-all.

Abraham Maslow has written that if all you have is a hammer, everything starts to look like a nail. If all you have in your "positive outlook toolbox" is the phrase, "Think positively," then a few

additional "tools" may be in order.

Among the tools that are useful for developing positive outlook are:

- Make a regular practice of looking for opportunities to be grateful.
- Express appreciation to others.
- Keep a journal of your "blessings"— positive relationships, accomplishments and events.

Here's another tool you might add to your positive outlook toolbox — look for the "gift in the event." To do so, examine and analyze the negative event. What effect — what gift — have you gained from this event that you would not otherwise have?

Dee was able to find an important gift in her dreadful experience. Having felt controlled and manipulated for so long, she recognized and valued freedom and independence when she finally gained it. Without the contrast, she feels she might have taken freedom for granted, not fully appreciating its preciousness.

Of course, you don't want to experience negative events just so you can appreciate the contrast. However, when negative events happen, one worthwhile tool is to look for any positive result — gift — you received from it.

I first heard the phrase, "Look for the gift in the event" from Becky Wentzell. Becky is RT certified faculty, and is skilled with the ability to detect the gift in most any event. I particularly appreciate her influence in this column.

Can you find a gift in any of your negative events? 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.



SUSANNE BECK

Reality Check

YOUR HOROSCOPE

ARIES – Mar 21/Apr 20

Interaction with an elder is something to cherish this week, Aries. Listen closely to the good advice you are offered, as it will pay dividends down the road.

TAURUS – Apr 21/May 21

Taurus, a new coworker may come to you with questions. This is your opportunity to serve as a mentor and use your experience to help the next generation.

GEMINI – May 22/Jun 21

Gemini, you are intent on purchasing an expensive item sometime this week, but make sure it can be returned. Hold on to the receipt and carefully survey your finances.

CANCER – Jun 22/Jul 22

It is time to get out of a rut, Cancer. Explore a new fashion choice or dine on a different type of ethnic food. The idea is to step out of your comfort zone.

LEO – Jul 23/Aug 23

Leo, thoughts of returning to school may have floated around in your mind in the past. This week you are energized to investigate your educational options.

VIRGO – Aug 24/Sept 22

Your creativity is on display this week, Virgo. You have ideas, and you need to put your thoughts in motion, whether through an art project or entrepreneurial venture.

LIBRA – Sept 23/Oct 23

Your ability to compromise is a big asset in the workplace, Libra. This alone can propel your career

GEMINI



to new heights. You'll take a few steps in the right direction this week.

SCORPIO – Oct 24/Nov 22

Your ability to stay informed helps you to feel in touch with your surroundings, Scorpio. You will enjoy socializing with friends this week and may host a gathering.

SAGITTARIUS – Nov 23/Dec 21

Do your best to turn a negative into a positive, Sagittarius. It may require a little creative thinking to pull this off, but you are up to the task. Start by smiling more often.

CAPRICORN – Dec 22/Jan 20

Family matters will fare better this week than business matters, Capricorn. Focus more of your energy on your home life than happenings at the office that are beyond your control.

AQUARIUS – Jan 21/Feb 18

Aquarius, pay attention to all of the little details this week. If you can keep your eyes open, you may find new opportunities coming your way in the next few days.

PISCES – Feb 19/Mar 20

Pisces, don't let your emotions get the best of you when making an important decision this week. Let logic reign.

FAMOUS BIRTHDAYS

- May 22 – Ginnifer Goodwin, Actress (36)
- May 23 – Jewel, Singer/Poet (40)
- May 24 – Bob Dylan, Singer (73)
- May 25 – Cillian Murphy, Actor (38)
- May 26 – Stevie Nicks, Singer (66)
- May 27 – Peri Gilpin, Actress (53)
- May 28 – Colbie Caillat, Singer (29)

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?

Send it to us! **mail@southshorenov.ca**

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



through YOUR LENS

STETSON GIRLS

Grace Simms, left, and Katherine Porter of the New Germany Rural High School drama club were in the play "A Family Reunion to Die For" on May 8, 9 and 10.



KIM WALTERS PHOTO

The Eyes Have it

Motorcycling can be a lot of fun with the freedom and fresh air. The acceleration and agility of motorcycles, combined with the fact they are only a two-wheeled vehicle, is a major part of their appeal, but it is also part of the added danger associated with motorcycling.

Here is one simple way to take some of the danger out of biking — bring your eyes up and look further ahead of you while riding. This gives you the information you need to react smoothly to what is happening out there. It also helps you balance your bike and it makes manoeuvring much easier.

You should always keep your head level with the horizon and eyes straight

and level. Part of your awareness is to also check your surroundings regularly, this means using your mirrors effectively.



One of the most important pieces of safety equipment you have as a biker is your eyes. Use them effectively to get all the information. You will be rewarded every time you ride with this tip.

The greater control and fewer surprises will dramatically increase the enjoyment you get from motorcycling.

Face it, surprises are wonderful for your birthday, but they are no fun when you are on the road and vulnerable by virtue of not having a cage around you.

Look up and enjoy the ride.

Doggie kisses

Kissing? Is your dog really giving you kisses when he licks you? Scientists still don't know, but there are several possible reasons he likes to do it.

Female dogs lick their puppies when they are newborns to clean them up, remove membranes that can impede their movements and to stimulate them to breathe. This is similar to why human doctors used to slap newborn babies' bottoms to get them to cry and thus suck in air. Now it is known that a more gentle approach serves the same purpose for humans.

Female dogs will continue to lick their puppies after they are cleaned up because it stimulates them to eliminate waste. It takes a couple of weeks for puppies to be able to pee and poop spontaneously. The licking is also comforting to the puppies and helps them bond with their mother which, in turn, helps in their mental development.

Puppies at about six weeks old will lick their mom's face when they want her to regurgitate food for them. She vomits and they eat it. Yum! This is an instinctive behaviour from when dogs were wild and puppies were otherwise unable to take part in eating the kill.

Licking is thought to be a way dogs communicate their submission to other dogs — and humans.

Dogs in all stages of their development will lick to groom themselves. The licking removes food bits and other debris so it doesn't rot on them. It also helps to remove scent from their bodies that might alert their prey to their presence.

Of course, your dog may also be removing tasty bits of food or crumbs from you when he licks you.

We humans would like to believe that our dogs lick us to show their love and appreciation. We tend to like it. Just re-

member that a dog's mouth is full of bacteria and so you should discourage him from licking your face at all and wash thoroughly everywhere else he may have licked — especially before touching your face or preparing food.

SHAID is open daily from 11 a.m. until 3 p.m.

You can see our dogs and cats at <http://www.shaid.ca>, just click on the "Our Pets" tab.



NANOOK

Husky Mix • Adult • Male • Extra Large
Nanook is a wonderful boy, he has won everyone's heart since he arrived at SHAID. Nanook has spent his life this far as a sled dog and has not spent much time at all inside. He does like being outside but when we come in he wants to come with us, he loves being with people and having all the attention he can get. Nanook is not good for a family with cats or small dogs. Please contact SHAID for more details about this awesome boy.

Win a Motorcycle Training Course

Gearing Up
Canada Safety Council

from OMNI DRIVER DEVELOPMENT INC.

Win a beginner course that will take you from how to put on a helmet up to high speed collision avoidance techniques.

At the successful completion of the course and skills test you will get your Motorcycle Learners License and a Certificate of Completion.
(\$475.00 value. No cash value.)

Omni Driver Development Inc. provides the motorcycle for the training. The winner must provide their own protective gear which includes a DOT approved motorcycle helmet, sturdy jacket, sturdy pants, boots that cover their ankle (no rubber boots), and full fingered gloves.

Look for the Gearing Up entry form in the May 28th edition of the Lunenburg County Progress Bulletin.

All entries must be on the official entry forms printed in the Lunenburg County Progress Bulletin, photocopies of entry forms will not be accepted. The prize must be used in the May to September 2014 season. Winner must book their spot early to ensure space is available. www.gearingupcanada.ca/novascotia or call 902.635.3566.

Winner must have a valid Nova Scotia driver's license of at least class 7 (Beginners License). If the winner is under 19 years of age they will need parental permission to attend the training.

Contest deadline Friday, June 20, 2014 at 4 p.m.

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Hours: Mon. - Thurs. 7-5:30
Fri. 7-9; Sat. 8-5;
Sun. Closed

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