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THE MASTHEAD NEWS

"The Eyes and Ears of the Community Since 1991!"

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Plant Red for the Year of the Garden

Penelope A. Irving
 Year of the Garden
 Année du jardin
 2022

The Canadian Garden Council (CGC) has proclaimed 2022 as the "Year of the Garden."

During the COVID pandemic, many of us took up gardening for the first time, to relieve stress and worry, to increase food security – or simply from an abundance of free time. Long-time gardeners took the opportunity to enhance their existing gardens and maybe try something new. From balconies to schoolyards, and pots to plots, we have been gardening

up a storm. Along the way, many of us have found a creative outlet and a relaxing pastime, and we have been inspired, rewarded and educated.

In this Year of the Garden, the "Plant Red" initiative was created by the CGC to pay tribute to lives lost during the pandemic, and to honour our frontline workers.

It's also a fun expression of our Canadian garden pride.

The St. Margaret's Bay Gardening Club is proud to take part in Plant Red by growing red zinnias from seed to donate to the St. Margaret's Bay Community Enterprise Centre (CEC) garden, where they will show collective community support for our

frontline workers.

The zinnias won't be ready to plant until mid-June, but the gardening club, along with the CEC, invite you to stop by to enjoy them, along with the Crossroads Landscape Garden, located across from the CEC's parking area, this summer.

Story continues on page 12

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Penelope Irving says garden centres have plenty of red-flowering transplants available to buy.

See more on gardening on pages 12-13

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The Hero Next Door

Lucasville Volunteer Recognized For Helpful
Community Projects and Attitude of Sharing

Joanne Ellis

During the pandemic, Walter Fekeshazy and his wife, Sherry, painted 450 rocks as bugs and bees and shared or hid them around their Timber Trails neighbourhood, just to bring smiles to neighbours.

Walter Fekeshazy, 56, is a grandfather and resident of Timber Trails Mini Home Park in Lucasville, where he has lived since 2019. An active gardener and neighbourhood volunteer, Fekeshazy was recently awarded an HRM Volunteer Award for

District 14, in recognition of his work improving the shared green spaces of his community.

“I was so pleased to meet the mayor and be recognized. But really, I do it for the smiles of the children,” says Fekeshazy. “The green space we share is really important. Like my granddaughter, who wants to play in a safe area, we’re making changes to our park play area to make sure it’s safe and enjoyable for all the children.”

He has helped to establish a fundraising society to make improvements for residents. So far, they have funded a new skating rink this past winter, a green space clean-up and addition of benches, and hockey nets for ball hockey, a mini library, improved forest-walking trails, and new painted benches near the community mailboxes. All the improvements are meant for the Timber Trails residents, who live in 348 homes across 12 streets. The neighbourhood includes a mix of seniors and families with young children, who will all benefit from green space improvements.

Retired from Canada Post, Fekeshazy loves the outdoors and enjoys sharing a smile with neighbours.

ArtScape Sailing into Summer
Annual Show and Sale

Suzanne Day

ARTSCAPE

Annual Summer Show and Sale

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July 2 and 3, 2022 - 10 am to 5 pm
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5374 St. Margaret's Bay Road
Upper Tantallon

This Canada Day, ArtScape Artists will be back with a boatload of new paintings for our annual Art Show and Sale at St Luke’s Church Hall at 5374 St. Margaret’s Bay Road in Upper Tantallon.

casts off on Canada Day from 6 to 8 pm. The Art Show will continue Saturday, July 2 and Sunday, July 3, from 10 am to 5 pm.

ArtScape Sailing into Summer will feature the paintings of Sarah Archibald, Suzanne Day, Beverly Hubley, Nelson Hubley, Helen Hyndman, Barbara King, Ruth Ann Moger and Barb Scott. Our group paints in a variety of styles.

The show will also feature the sale of mini canvas “sailing paintings” for \$49 each, with all proceeds going to the St. Margaret’s Bay Food Bank.

Free admission. Mask-wearing recommended.

Back row: Ruth Ann Moger, Nelson Hubley Front row left to right : Barb Scott, Helen Hyndman, Barbara King, Beverly Hubley and Suzanne Day

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Discovering the Secrets of my Mother’s Stolen Life

Halina St James

“I know exactly where that is.” The commander in charge of the German military base was holding an old black and white photograph I’d given him.

I was on a mission. To find the spot where the photo was taken, more than 70 years ago... a spot that shaped my mother’s life – and mine, too.

My mother, Mary, was in the photo, along with an unidentified man. They were in front of a mountain, in the Bavarian city of Bad Reichenhall. It was from a time when my mother and I were being shuttled from Displaced Persons (DP) camp to DP camp, after World War II.

The military base used to be

a DP camp. Lt.-Col. Thomas Nockelmann had agreed to show me around. That’s when I produced the picture.

“That’s Hochstaufen,” he said, pointing to the mountain in the picture. In a couple of minutes, we were standing exactly where the picture was taken. Nothing had changed – except that the old parade ground was now a parking lot.

In the picture, Mama looked sad. Who could blame her? When she was 17 in Vinnitsa, Ukraine, Nazi soldiers surrounded her school, grabbed her and her schoolmates, and sent them to Germany to work as slaves.

I knew nothing about what Mama went through until she died

in 2018. That’s when I found her letters. There were 60 of them, written primarily by her parents in Vinnitsa. The letters were in Russian. I had them translated – and what a story they told.

It was the story of a young woman whose life was stolen from her. The Nazis forced her to work first as a housemaid, and then in a ball-bearing factory, which was bombed constantly by Allied Forces.

Mama survived. She found her way to a DP camp in Weiden, Germany, where she met my father, married, and gave birth to me. And then to Bad Reichenhall.

We emigrated to Canada in 1951, via Pier 21. A new beginning for my mother – but the price

Mama paid was to never see her parents again.

Based on her letters, I set out to retrace her footsteps as a slave worker.

When the commander in Bad Reichenhall said he knew the exact place where Mama’s picture was taken, I couldn’t believe it. I stood where Mama stood. I held the picture she had kept all those years. And I burst into tears.

I wept for Mama, whose life was stolen, whose future was uncertain, who could never go back to her parents.

I never knew what she went through. By retracing her steps, I’m honouring her courage and her resilience. And learning something about myself in the process.



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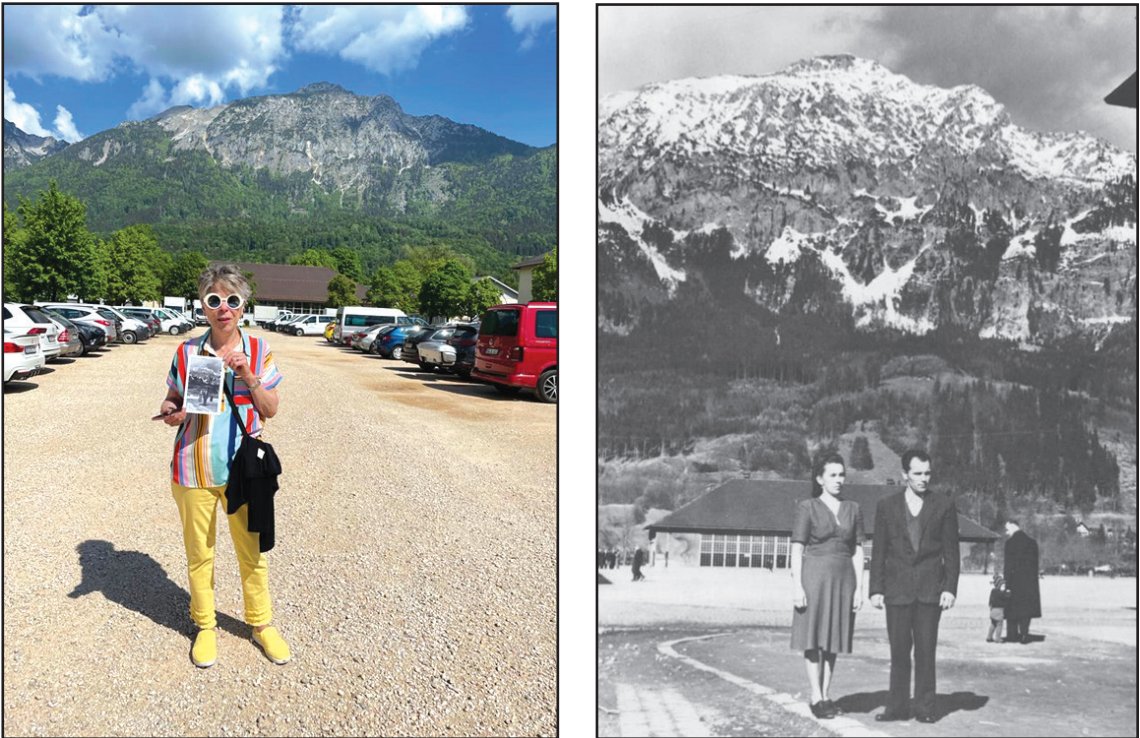


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Halina St. James holds the photo (inset) of her mother, Mary (right), taken in Bavaria, Germany, shortly before the family emigrated to Canada after World War II. St. James recently visited Germany to trace her mother’s journey as a Nazi slave worker, and stood in the same spot where her mother stood over 70 years before.



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Do I need a real estate agent to sell my home? *By Tracey Kennedy*

My clients will ask me on occasion whether they need a real estate agent to sell their home. People are sometimes interested in selling privately to save paying real estate commission which typically will range between 4-7% of the sale price plus hst. Because you can go on the internet and research how to sell a home I think some people are falsely led to believe that they have enough information to do the agent's job.


Using an agent offers many advantages. Your agent is trained on how to properly evaluate your home. If you use an agent who works in the area where you are selling they are aware of everything that is on the market, what those homes are selling for and why they are selling for that price. Statistics prove that houses that are listed for too much will eventually sell for less than the market value. Buyers may perceive a home as being overpriced if an agent is not involved.

Agents will suggest changes to "stage" your home so that it will present as well as possible to a potential buyer. Agents are trained to negotiate with potential buyers to get the best deal for their sellers. Agents are trained in contract writing to ensure that their clients are protected. Agents have marketing and advertising tools that can provide provincial, national and even international exposure. The number of potential buyers that

their advertising will touch cannot compare to the exposure you will get by putting a sign on your lawn.

If you try to sell your home privately, you will have to personally show the home to every buyer who wants to see it. Some buyers are put off by the owner showing them through the home. They may feel intimidated and unwilling to discuss the pros and cons of the home in the owner's presence. The agent will do all of this for you and can speak honestly and positively about your home from an objective viewpoint.

This article is meant to offer basic legal information and should not be relied upon for legal opinion. If you are uncertain about a particular situation, it is always best to seek the advice of a lawyer.



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Kub Kars has been a scouting tradition in Canada since 1978, but had its humble beginnings in California in 1953. A lot has changed since cubmaster Don Murphy dreamed up the idea for the Pinewood Derby in 1953. Murphy wanted to host an activity to foster a closer parent-child relationship and promote craftsmanship and good sportsmanship through competition. He didn't realize his idea would inspire youth for years to come.

Nearly 70 years later, Murphy's vision of racing pine boxes has grown right across North America, and the first Five Island Cub Pack and Scout Troop continue the tradition of racing to this day.

The youth start with a simple wooden block of wood, which they must turn into a racing car

or, for older youth, a racing truck. Participants explore their creativity by designing and building their own racing machines. With the assistance of parents or mentors, they learn how to maximize the vehicle's speed, while meeting the design requirements. The youth then sand their creations, adding paint and other embellishments to make their racing machines stand out.

Each spring, Cubs and Scouts spend hours building their vehicles with the goal of racing them to win. Once the racing machines meet the race specifications, each youth gets to run them down a track and try to beat their fellow Cubs or Scouts. These Kub Kar and Truck rallies let youth meet new friends, gain a sense of achievement, and have fun.



Members of the First Five Island Scout Troop holding their Racing Trucks.

LETTER TO THE EDITOR

Playing Against Guy Lafleur

The story and picture in the May issue of *The Masthead News* about playing hockey against a young Guy Lafleur was awesome.

It makes me feel proud to have been a member of the team, and

to have played a very small part in some hockey history.
I thank you so very much.

Chuck Wellard
Brockville, Ontario

Bay Businesses Get Together to Provide a Tasty Experience in Fox Point

Pat Thomas

On Saturday May 21, the Black Harbour Distillery in Fox Point welcomed a seasonal partnership with the Savary Pit – a barbecue satellite of the Savary Plate Eatery and Pizzeria in Hubbards.

The Pit’s menu includes sausage, beef brisket burger, pulled pork burgers, soft-shelled tacos with brisket, tofu or pork, and smoked macaroni and cheese.

Distillery owner Lindsey Landry says the day surpassed projections.

A couple from Halifax, Stephanie and Kevin McInnis, with daughter Maggie and friend Lucy Harnish from Mill Cove, came outside smiling broadly. The four described their meals as “delicious,” and the sausage and brisket burger as “amazing.”

Maggie added, holding up a takeout bag, “And it’s the best cornbread I’ve ever had.”

“The Brisket Burger could get me to change my life’s direction,” said Lesley Mountain, who enjoyed her meal outside with her two children, Max and Sidelle.

To accompany the food, the distillery offered their Blueberry Lemonade, Dirty Shirleys, and Pink Ladies.

Chefs April Gratto and Alicia Savary smoke the meat for 15 hours off-site, then bring all ingredients to the Black Harbour Distillery. Each order is customized for the person ordering. Once handed over, the food can be taken inside, to an outdoor picnic table, or taken home to be enjoyed. Plans are underway to complete an outdoor

patio and stage area behind the distillery over the next few weeks.

During the opening, popular local band HIGHWAY 329 played inside. Lindsay Landry says there will be a regular sampling of local musicians on Saturday afternoons.

The Savary Pit will be open at the Black Harbour Distillery Wednesdays to Sundays, noon to 8:00 pm for the summer and into the fall. A ramp at the front of the distillery offers accessibility to the takeout window.

Harbour Life, also on the property, contains a creamery that offers wonderful ice cream and features a candy shelf with an assortment of 11 candy selections to satisfy every sweet tooth. A sundae is promoted as a great finale to drinks and the barbecue.

Community Enterprise Centre Named 2021 Bay Chamber Member of the Year



St. Margaret’s Bay Community Enterprise Centre (CEC) volunteer Cindy Skerry (left) and president Chris Pelham are all smiles after accepting a plaque honouring the CEC as the St. Margaret’s Bay Chamber 2021 Member of the Year. The award, based on nominations and votes from the Chamber’s membership, recognizes a member who has demonstrated dedication and leadership in bringing people together for a stronger, more vibrant community.

Bay Seniors Launches Home Maintenance Directory for All

Alana Ziegler



For rural seniors, the prospect of having to leave their home and community to move to supported housing – almost always in urban locations – can be one of their greatest fears. And there’s lots of research supporting the idea that ageing in their own homes, provided it’s safe to do so, can help seniors remain happier and healthier.

That’s why the Seniors

Association of St. Margaret’s Bay is passionate about its Home Maintenance Program. The program has several components, all of which are geared to helping area seniors stay in their own homes.

The latest component of the program is the Home Maintenance Directory, which offers listings for local businesses and individuals who provide services that support home maintenance. Such services include lawn mowing, painting, repairs, electrical work, plumbing, and much more.

The whole community is invited to use the Home Maintenance directory, and help populate it with reviews and listings.

Area residents can offer ratings and reviews of service providers they have already dealt with. The

more listings, ratings, and reviews there are, the more useful this local directory will be for everyone.

Do you know of a local service provider who is not yet in the directory? Encourage them to request their free listing on **bayseniors.ca/localdirectory** by contacting **homemaintenance@bayseniors.ca**.



Seniors Home Maintenance Program



On June 3rd, 1972 this happy couple, Bruce and Reta (Crouse) Hayes, tied the knot. Their daughters Stacey (Paul), Melissa (Glen), grandsons Quinten (Suzie), Austin, Ryley, Hayden and Great granddaughter Paisley would like to wish them a Happy 50th Wedding Anniversary!

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LETTER TO THE EDITOR

Thank You, Masthead News Staff

Thank you for your publication. As we near the one-year anniversary of the opening of The Perfect Corner Custom Picture Framing in Hubbards we are so thrilled to share our experience.

After operating our business in Wolfville for 30-plus years, and utilizing various print publications for advertising, we have never had such a positive response from the community as we have with our introductory and ongoing advertisement in *The Masthead*. With a large area of exposure, together with community news and articles, this publication tends to be a staple in most households.

Whether in homes, cottages or rentals, either full-time or seasonal, everyone reviews its contents.

We are happy to report to you, our community, that we had a fantastic year, and we look forward to many more, working with returning and new clients from near and far.

It’s been an additional pleasure hearing from and meeting clients who summer here and/or come to this beautiful part of Nova Scotia for respite from a busy life in other parts of Canada or afar.

Mary Ann Marissink
Hubbards

Please Don't Feed Me Bread

Masthead News Staff

It's a lot of fun to feed leftover bread to ducks, and it feels like a good way not to let the bread go to waste.

But bread is not a good food for ducks. It's too high in carbohydrates and too low in nutrition. In other words, it's duck junk food.

If the birds don't eat all the bread, which can happen when several people feed the ducks, the leftovers can develop mold and present a health hazard to waterfowl.

There is enough natural food for ducks to find on their own. If you really want the fun of feeding the ducks as an occasional treat, you can buy duck pellets at a feed store, or feed small amounts of barley or dried corn. Avoid overfeeding, as uneaten food will rot and attract vermin.

Ducks that become accustomed to being fed by people can also become the neighbours who just won't go home when the party's over.



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Tantallon Village Farmers' Market Opens June 14

Suzanne Cirtwill



The Tantallon Village Farmers Market celebrates its 10th anniversary this year.

Another exciting market year begins for the Tantallon Village Farmers Market on June 14, continuing every Tuesday afternoon from 2 to 6 pm until October 4.

From its humble beginnings in 2012, it has grown to become an important part of the community – a place where shoppers can find local produce and other products, vendors' work is respected, and everyone is treated as friends.

In fact, the Market is a place where friends meet friends, shoppers learn from vendors, and everyone supports local. Ask Higbee's Farm, a family farm since 1996, how many varieties of blueberries they have. Strike up a conversation with Lodestone Soap about the process of making products using natural base oils and organic botanicals. Learn from Still Fired Distilleries about how they use a real still in making their (adult only) beverages. Then learn about the authentic flavours of India from Shivani's Kitchen, or try to learn the recipe for one of the tasty Jamaican dishes from Jamrock Café and Catering.

The Tantallon Village Farmers Market is one of over 40 farmers' markets across the province bringing communities,

local farmers, and budding entrepreneurs together. This year's market will include vendors offering produce and chemical-free meats, craft beers, eco-products, international foods, garden transplants, crafts, and so much more. Over 26 vendors have signed up for the year, and at least 20 will be there for opening day.

Best practices, like masking when not eating or drinking, maintaining physical distancing, and handwashing, are encouraged. Operating at full capacity, vendors

will be offering sampling. Visit the Market at 16 Sonny's Road, at the corner of St. Margaret's Bay Road and Peggy's Cove Road in Upper Tantallon.

Learn more, including how to be a vendor or a volunteer by emailing info@tantallenvillagefarmersmarket.ca.

Suzanne Cirtwill is the president of the Tantallon Village Farmers' Market, an entirely volunteer-run community market.

Teachers Invited to Forest Learning Tour

Don Cameron



Teachers from across Nova Scotia have a unique opportunity to enjoy a combined vacation and learning trip.

The Forests Worth Knowing Atlantic Teachers Tour (ATT) is back after taking a COVID break. The annual event is a unique professional development/continuing education opportunity for teachers, science leads, guidance/career counselors and community coordinators. This year's event, held August 15 to 18, will be based out of Moncton. All expenses, accommodations, food and travel are covered by sponsors.

The objective of the ATT is to help participants learn about forests and the people who work in the forestry sector every day.

Organized by forest professionals from across the region, the tour offers broad perspectives on everything from ecosystems, to forest products, career options,

forest sciences, environmental protection, economics, and much more – all delivered in an open, friendly, and interactive manner.

Some of the usual activities may include field visits to sawmills, forest nurseries, private woodlands, silviculture operations, wildlife management organizations, family properties that produce blueberries and maple syrup, road- and bridge-building sites, ecological projects, and student-centred outdoor education.

The tour provides resources that teachers can take back to their classrooms.

The ATT has also created a website containing resources for teachers and educators.

Registration is now open and spaces are limited. For more information, go to teacherstour.com, contact 902 897 6961, or visit twebster@cwfcf.org.

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New BayRides Dispatchers Combine Aviation and Trucking Skills

Neil Everton



Jim Miller and Caroline O'Brien on the job at BayRides.

A retired air traffic controller and a former long-haul trucker have joined forces to keep the people who live and work in St Margaret's Bay on the move.

Jim Miller and Caroline O'Brien are the new dispatchers for BayRides, the Tantallon-based community transport service.

Miller spent 25 years in air traffic control, working for the Canadian Navy in global conflicts from the first Gulf War to intercepting arms smugglers in the Persian Gulf in the aftermath of the 9-11 attack on the twin towers.

In 2005, O'Brien signed up to learn to be a long-haul truck driver. She liked the big rigs, and fell in love with her instructor, Mycull. They got married, and hit the road.

"It was amazing," she says. "We got to drive all over Canada, right up to Yukon."

"We" included Caroline, Mycull and Freddie the Truck Dog (after singer Freddie Mercury). A good time typically involved a six-week trip hauling steel from Burlington to Vancouver. They would unload, and look for a load of lumber to take back.

Mycull died in 2014. Caroline remembered how much they'd loved trips out east. She found a home in Glen Haven and moved her parents here from Ontario. She threw herself into the St Margaret's Bay community and found BayRides.

"I love the whole idea of community transport, and how it helps so many people," O'Brien says, "It gives them independence. It's like a good friend."

Miller agrees. "I've heard so many times from our clients that if they didn't have BayRides, they would have to give up their homes."

After 25 years in the Navy, Miller retired and opened a house and pet-care business. A couple of years ago he saw an ad for drivers for BayRides. He started as a volunteer, became full-time, and is now busy sharing the dispatch duties.

A typical day can involve five drivers using four or five vehicles, starting at 6.30 am and finishing at 6.30 pm. "For some people, it's a matter of getting them to the Metro X, or getting them directly to work here and getting them home at the end of the day," says Miller.

And each journey is plotted with the precision of a military manoeuvre.

BayRides provides affordable, accessible door-to-door transport. It also offers a fare assistance program. Visit: bayrides.ca or call 902-820-6600 for more information.



Want to know more?
Watch the video at
themastheadnews.ca
Video courtesy of Neil
Everton.

Timberlea Student Takes Provincial Gold Medal for Speech

Masthead News Staff



Marley McPhee of Timberlea poses proudly with the gold medal she won for her speech.

Marley McPhee, 11, of Timberlea, won a gold medal from the Concours d'art oratoire for her speech "Pourquoi j'écris" ("Why I Write").

The Concours d'art oratoire (CAO) is Canada's largest annual French-language public speaking competition. Over 100,000 students across Canada take part in it every year.

Marley was selected by her grade 5 teacher and peers to represent their class and deliver her speech to a panel of judges at the school. She was one of two chosen to represent École Beaubassin at the regional CAO, a virtual event that she had to participate in from home because she had a cold. She placed second, and moved to the provincial CAO held at Mount St. Vincent.

She then competed in the grade 5/6 francophone category at Mount St. Vincent University on May 7. Her speech and her responses to the follow-up questions earned her a first-place gold medal.

Marley celebrated her birthday with her friends at home afterwards.

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The Queen's Platinum Jubilee





The Queen at the Chelsea Flower Show on May 23. Beside the Queen is Keith Weed, president of the Royal Horticultural Society. They are riding in the Queen's new luxury electric golf cart. Photo credit: Joe Little

You can't curtsy in custody

Sharon Jessup Joyce

I've never met the Queen. But I saw her up close one summer day in Ottawa in 1973. More significantly, she saw me.

I was in a very bad mood that day. The rest of the family was off on summer adventures, but someone had to stay home with the dogs. That someone, to my displeasure, turned out to be 14-year-old me.

After working through a lengthy to-do list left by my mother, I treated myself to a trip downtown. Getting off the bus, I realized some sort of parade was imminent. Sawhorses formed a long barricade on either side of the road, with crowds of people standing behind them. The store I wanted to visit was across the street, and there appeared to be no way to get there.

Deciding not to let some stupid parade interfere, I moodily slung one of the sawhorses to one side and took three steps into the street.

Suddenly, my right arm was gripped powerfully above the elbow.

"Hey!" I said, angrily, and turned to see the scowling face of a police officer. My left arm was seized by another officer. Just then, several dark vehicles came into view, and my escort faced forward and stood smartly to attention.

And then, I saw her. Only a couple of arms' lengths from where I stood, the familiarity of her face seemed almost shocking. She was, I thought, prettier and more petite in person.

Her pleasantly neutral expression didn't waver as the car moved slowly past, but there was just the tiniest pause in her white-gloved wave. Prince Philip, seated on her other side, leaned forward, and peered at me with an expression of lively interest.

I was wearing jeans and a tee-shirt, not exactly curtsying attire – and, anyway, the firm grip of my captors made a curtsy impossible. Instead, I bowed my head from the neck as deeply as I could. As I looked up, and met her calm gaze, the Queen responded with a slight – a very slight – nod.

Have you had a close encounter of a royal kind?

Send a Letter to the Editor, and tell our readers all about it.
Email: richard@themasthead-news.ca.



A stamp honouring the Queen's visit to Canada in 1973.

Help From Across the Pond

Richard Learmonth

As we were gathering stories for this Jubilee feature, one of our readers shared a charming story about a visit Prince Edward made to Nova Scotia in 1987, during which he met a group of star-struck teenage girls, one of whom was the reader's daughter. Our reader knew there was a photograph of the occasion published in *Majesty* magazine, but not which month.

We reached out to Joe Little, the managing editor of *Majesty*, asking if he could help us track down the photo. Little told us it had been published in the September 1987 issue of the magazine, but that, unfortunately, there was no digital version to share. He also apologized for not answering his phone when we called, saying "I was at the Chelsea Flower Show, awaiting the Queen's arrival."

We asked if he would be kind enough to share a photo or two of that event with us and, by return email, he did, saying he had been there as a reporter, so the photos were taken with his phone and he hoped we could use them.

Our thanks to Joe Little, managing editor of *Majesty* magazine, for his kindness in sharing the above photo.

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Princess Royal Gets Royal Welcome From Toothbrush Team *Neil Everton*



A screen capture from Neil Everton's BBC documentary shows the toothbrush team at work.

The royal limousine rolled up to the gates of the Laotian school. The princess stepped out. An entourage of aid workers and local politicians bustled around her.

Inside the school, a dozen children in fresh-pressed uniforms shuffled into a line, hands behind backs. The princess walked closer. She stopped. The children whipped their right hands from behind their backs, revealing brand new toothbrushes – each smeared with a blob of paste.

With enormous enthusiasm, and in complete unison, they scrubbed fiercely at their teeth. Mission accomplished, the children stopped scrubbing. They aimed

foamy smiles at their visitor, looked down, and – still in unison – spat.

And so began another royal tour. In this case Princess Anne, the Queen's second child, was travelling around Africa and Asia to see the work of the Save the Children Fund, of which she was president.

I was there to make a documentary for the BBC. We visited refugee camps in Somalia and Mozambique, projects with orphans of war in Uganda, and saw Save the Children staff nursing young victims of the first assault of the AIDS epidemic in Africa.

In Asia, we saw children rescued from lives of slavery with Thai beggar-masters, and we met the Laotian toothbrush team.

She may be the hardest-working royal, but Princess Anne is not an easy interviewee. She doesn't offer smooth soundbites. Feisty is the word that springs to mind. But there was no doubting her passion for the work of Save the Children around the world – or the high regard in which the charity's staff held their president.

And on that day in Laos, she became the first royal recipient of a 12-toothbrush salute.

Dancing in the Streets *J.R. Donaldson*

I was living and working in London when William and Catherine got married on April 29, 2011, so I had the opportunity to be part of a lovely U.K. tradition - street parties to celebrate special events. Neighbourhoods submit applications

to be able to close off streets to traffic so they can hold street parties. For that royal wedding, there were over 5,000 applications submitted across the U.K. Getting a paid day off work certainly added to the festive atmosphere.

Diana's Close Encounter with Aussie Lifeguards *Neil Everton*

Sometimes I had to pinch myself. I mean, spending a sunny day on Bondi Beach in Australia with Princess Diana wouldn't be most people's definition of working.

But working I was, following Diana and Prince Charles as they joined in the country's bicentennial celebrations in 1988... 200 years since the English started using Australia as a parking lot for unwanted prisoners.

I was there to produce daily news reports for the BBC, and to make a documentary about the trip.

Charles focused on the things

he liked: the military, the history, growing organic veggies. We – the media – were more focused on his wife. So we loved it when she headed down to Bondi Beach to see Aussie lifeguards showing off their skills.

Picture the photo-op. Blond, bronzed, muscled Aussies wearing Speedos and big smiles, lined up for inspection. A shy princess with a floppy sun hat, walking down the line, not quite sure where to direct her gaze.

Diana was a natural. She made that trip a success. There were no shouts of "Poms go home" when Diana was around.



Diana, Princess of Wales, in Australia, 1983. Video screenshot courtesy Neil Everton.

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Plant Red for the Year of the Garden

Story continued from page 1



Asiatic Lily - Photo credit: Beth Newman

Miniature sunflowers will also brighten the CEC’s garden this year, in support of Ukraine. The sunflower is the national flower of Ukraine and has been grown there since the mid-18th century. The flower has traditionally symbolized peace, and has now also come to symbolize solidarity, hope, and strength.

Chris Pelham, president of the CEC, says, “This contribution to the CEC’s garden is a marvellous

expression of our community’s tribute to those dedicated folks who guided us through the pandemic. We also look forward to the time when the sunflowers will bloom freely again in a peaceful Ukraine. Thanks to our friends from the St. Margaret’s Bay Gardening Club for bringing

this beautiful dual message to our garden, for all to appreciate.”

Penelope A. Irving is a Master Gardener and a member of the St. Margaret’s Bay Gardening Club’s executive. She is a frequent contributor to The Masthead News on gardening topics.



The sunflower is the symbol of Ukraine. Photo credit: Sharon Jessup Joyce

Plant Red for the Table



We don’t have to grow only red flowers to be part of the Plant Red celebration. Grow red fruits and veggies, like strawberries, red peppers (sweet or hot), red lettuce and kale and, of course, tomatoes. Grow your red and eat it, too!

Prospect Couple Creates Garden Paradise and Invites Public for June 12 Tour

Donna Silver



Part of John and Donna Silver's 8-acre garden in Prospect.

We have been on our property since 1971, working to create

our eight-acre garden for over 50 years. In the beginning, it was untouched scrub land, with basically only spruce and fir trees. There were hardly any hardwoods.

When we started gardening, we had no idea the garden would develop as it has. The property consists of a large man-made pond done in four stages. It is now one pond with two small islands accessed by three bridges – architecturally designed and

built by my husband, John – that cross to and from the pond to other parts of the garden. There are winding paths, named after our four grandchildren, leading from the lower garden to the top of the garden and back down again. All of this has been a labour of love very much enjoyed by both of us.

One of my favourite plants is the rhododendron, and we have planted over 400, with a variety of species and hybrids, from very small to 2.5

m (10’) tall. Because we live along the coast of Shad Bay, there is very little good soil, and a lot of granite rock. Planting has not been an easy undertaking.

My husband has planted many unusual specialty hardwood trees, such as ‘Satomi’ dogwood, many varieties of magnolias, Pieris japonica like ‘Mountain Fire,’ ‘Variegata,’ Kerria, viburnum, and many more.

We have had the privilege of having both our daughters married in the garden, hosting annual family parties and graduation parties, having a renowned painter do a number of paintings here, be the subject of a feature in *Gardens East* magazine, and even have the garden be a feature on CTV. We have numerous public tours for garden clubs, the Atlantic Rhododendron Society and the Nova Scotia Field Naturalists.

This year, our annual public tour will be on Sunday, June 12 from 1 to 5 pm. Our address is 283 Brennans Road, Prospect Bay. We ask that visitors bring a food donation/monetary donation for Feed Nova Scotia.

Come celebrate the Year of the Garden with us on June 12!





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Native Species: Bluets, Living in Harmony with Your Lawn

Clarence Stevens



A favourite pastime of many Nova Scotians is the drive-about. We like to drive about looking at other people's homes and gardens. Right now, you might notice patches of eye-catching tiny white flowers on many lawns. In some areas of the province, especially along parts of the South Shore, huge, breathtaking swaths can be seen dominating lawns.

These native perennials are most commonly called Bluets, but are also know as Azure Bluets, Quaker Ladies, Innocence or *Houstonia caerulea*. From a distance, they look white, but a closer inspection reveals weak to strong hints of blue and sometimes pink. If you are tired of the monoculture of a lawn, but not quite ready to entirely get rid of

your grass, Bluets are a great way to start to diversify. Unlike some invasive weeds that will readily take over your lawn, Bluets will happily create patches of flowers on your lawn without eliminating the grass. They are wildflowers that are different in a number of ways from lawn weeds. They have very shallow, tiny roots, and are easily pulled out, so are extremely easy to eliminate. Also, their leaves are so small they don't overpower the grass. In most cases, they literally grow in between the tiny spaces left by the grass blades – coexisting without eliminating. Bluets love sunshine and wet lawns, so can be encouraged to spread by watering. If they're growing where you don't want them, they can be discouraged by doing less watering. Bluets are a fun flower for kids of all ages. *Clarence Stevens is a book author and former columnist. He currently shares his passion for nature as a freelance writer and in public appearances.*

The Bee Fly, an Expert Imposter

Clarence Stevens

If you have Bluets, you may have the Bee Fly, too. Bluets are one of the best flowers for attracting the Bee Fly (from the family *Bombyllidae*) to your yard. Bee flies are expert imposters. They are flies that disguise themselves as bees so they will not be bothered as often by predators. Feeling safe in their disguise, they are friendly, and will allow people to approach closely. It is then that one can easily see they have only two wings instead of similar-looking bees, which have four wings.



Attracting Hummingbirds

Masthead News Staff

Here's another great reason to plant red in your garden this year: it's a favourite flower colour of the hummingbird, especially if the flowers have a tubular shape. Check out your local garden centre for a huge variety of red flowers – both annuals and perennials – for your Plant Red garden. If you also like to hang a hummingbird feeder or two, here are some tips to protect the little birds' health while you supplement their diet. Make your own inexpensive and easy nectar with one part plain white sugar to four parts boiled water. Don't use honey or other sugars, since honey can promote fungal growth, brown sugar is too high in iron, and icing sugar contains starch. Never add dye or purchase commercial nectar that has dye. The dye is unnecessary and harmful to the hummingbirds. Most hummingbird feeders include red

or red and yellow components to attract the birds. Store surplus homemade nectar in the refrigerator for up to a week. Clean feeders thoroughly with dishsoap and very hot water every time you change the nectar. Nectar should be changed every five days during cool weather and up to daily during the hottest summer days. Resist the temptation to top up partially full feeders. Discard any nectar left in the feeder, clean the feeder well, and fill it with fresh nectar. Multi-port feeders are theoretically a good idea, but instead of feeding more birds, they often lead to battles. Hummingbirds are territorial, and guard a good nectar source vigorously. It's better to have two or three small feeders – located out of sight of each other – than one big feeder with multiple ports.

Carrots Are Always Tastier When You Grow Them Yourself

By Ron Driskill



The first day I pulled a carrot from my garden I could taste the difference between store-bought and my own. Called Yaya, the variety was the sweetest I had ever tried, and is still a winner. The beauty of it is that you can plant carrots from now until the first week of July to get a crop. Frost will not hurt them and, in fact, they will become sweeter. A lot of people put straw or hay over them in the fall in order to pull them any time they want during the winter, or they simply mound soil over the tops. If thick enough, the cover you put on will prevent the ground from freezing. A reasonably "light" soil will do, although carrots can also take a somewhat clay-like soil. It should be no less than 25 cm (10") in depth to accommodate the longest varieties. Some excellent varieties are Yaya, Scarlet Nantes, Little Fingers, Napoli, Danvers, Chantenay, Oxheart and Bolero.

Before you sow, make rows with a hoe, broadcast some 6-12-12 fertilizer in each row, and then sow the seeds thinly and cover with a ¼ inch of soil, sand, or peat moss. You may want to drench the row with RX-15, a water-soluble fertilizer with trace elements that may be absent from your garden. Keep the soil constantly moist to prevent drying out, which happens easily with such light seed coverage, and to keep the growth vigorous.

Carrots love sunlight so make sure they are getting between 6 and 8 hours each day. It usually takes carrots about 14 to 21 days to germinate. When the carrots are about 2 or 3 cm (1" tall), thin them out so that there is at least 8 cm (3") on either side of each carrot. If the shoulders start to turn green during the growing season, rake dirt over them.

The Corn Will Melt in Your Mouth

By Ron Driskill



The question was asked of me one day, "Can corn grow in Nova Scotia?" The answer is a resounding Yes! Some of Nova Scotians' favourite varieties are Honey and Cream (75 days to maturity), Bodacious (72 days), Peaches and Cream (70 days), Luscious (80 days), Golden Bantam (85 to 95 days), and Sunnysweet (60 days). The earlier the maturity the better, of course, for our area. Plant up to June 15 for any of the above, so it's not too late to plant now. Sow seeds 30 cm (12") apart and make your rows 3/4 m (30") apart.

To ensure pollination, plant at least four rows in block-style formation. Like most other vegetables, corn needs soil that is constantly moist but not soggy. Corn is a heavy feeder. Put 6-12-12 fertilizer in the bottom of each row and mix into the soil. Cover that with soil and make a 5 cm (2") deep furrow to plant your seeds in. Then cover with around 5 cm (2") of soil. Consider drenching your furrows with RX-15, a water-soluble fertilizer with trace elements that are needed for healthy growth. When the corn is 20 cm (8") high, side dress with 6-12-12 or RX-15. Repeat when knee-high (46 cm or 18"). Always keep the soil moist. The corn is ready to pick when the silks at the top of each ear are brown. The cob starts to droop, and the kernels release milky juice when cut.



A clean feeder filled with fresh, homemade nectar and trumpet-shaped flowers in reds, yellows and oranges help to entice hummingbirds. Photo credit: Sharon Jessup Joyce

Hummingbird Feeders Only, Please

The Department of Natural Resources and the Nova Scotia Bird Society remind backyard birders that the only bird feeders that should be up between April and October are well-maintained hummingbird feeders. In addition to concerns this year about avian influenza, the fungal infection trichomoniasis has

been seen in Nova Scotia songbirds, especially finches, for several years. The disease is easily spread where birds congregate, such as at feeders. And don't feel bad for our feathered friends – this time of year, there are abundant sources of natural food available.



Bay Seniors

Join us.

Membership benefits include:

- ✓ Twice-monthly newsletters
- ✓ Monthly meetings
- ✓ Fitness programs
- ✓ Drop-In program
- ✓ Home maintenance program
- ✓ Computer skills training
- ✓ Sharing skills and interests

Annual membership is only \$10/person.
There is no minimum age to join.

Email: centre@bayseniors.ca
Phone: 902-820-3334 (leave message)
Website: bayseniors.ca/
facebook: facebook.com/bayseniors

Looking for Historic Stories of the St. Margaret's Bay Trail

Masthead News Staff



Anne Patrick with one of the interpretive signs on the St. Margaret's Bay Trail.

For the last two and a half decades, the St Margaret's Bay Trail has linked communities from Hubley to Hubbards. It's a popular destination for visitors from the greater Halifax region and further afield. But first and foremost, the Trail, as it's simply called, is part of the daily routine for thousands of St. Margaret's Bay people.

Whether we're walking, cycling, riding an ATV, or riding a horse, it's a chance to reconnect

with nature and our neighbours.

Over the years, the St Margaret's Bay Area Rails to Trails Association (SMBARTA) has focused not only on ensuring a safe, enjoyable experience for trail users, but also on supporting their learning. A series of educational and interpretive signs provide interesting information on the natural environment of the region, and the rich social history of the communities along the way.

And now, SMBARTA wants

to involve Bay residents in the project.

"We know there are stories and photos about life in the Bay that our users would enjoy," says Anne Patrick, the association's board chair. "We're asking folks to reach out and share their memories so that we can continue to tell the Bay story from the early days up to the present."

Says Patrick, "I've lived here for more than 16 years, but I'm still learning all sorts of interesting things about the Bay and its history. For instance, Gary Meade, long-time Bay resident and historian, told me about the heyday of lumbering in the area."

"According to Gary, the Lewis Miller Lumber Company in Ingramport was the second-largest producer of lumber in Canada that was sent to the West Indies and the United States. And there were also other lumber companies and sawmills operating in the area."

If you have stories about the history of the St. Margaret's Bay Trail before it was a trail, please email mail@stmargaretsbaytrail.com.

Prospect Community Wharf 50/50 Cash Raffle

Visit rafflebox.ca/raffle/ppra or scan QR code to buy tickets



Drawing
July 1, 2022

Ticket Prices

- ♦ 20 for \$50
- ♦ 5 for \$20
- ♦ 3 for \$10





The staff of the Lewis Miller Lumber Company in Ingramport, photographed in 1900.

St. Margaret's Bay Area Rails to Trails Association

Annual General Meeting - All Welcome

Tuesday, June 7, 7-9 pm

Community Meeting Room, Tantallon Public Library

Bay Treasure Chest May Winner



Gordie Rackley (right) and daughter Lily are all smiles after he won \$10,883 on the May 4 Bay Treasure Chest toonie draw. The Timberlea resident won on ticket number 17383. Rackley said, "When I got the call about my win, I was upstairs working on a bathroom reno – so we know exactly what we'll do with this prize money!"

Summer Car Safety for Your Dog

Masthead News Staff

The SPCA is reminding dog owners not to leave their pets inside parked vehicles during the summer months. The group says a 32°C (90°F) day can see the temperature inside a parked vehicle reach 43°C (109°F) within 10 minutes. The result can be severe heat stroke and brain and organ damage – or death – in only a few minutes.

Even milder summer days are too warm to leave dogs in the car. Stanford University researchers say that if it's 20°C (68°F) outside, the inside of a vehicle can reach 39°C (102°F) after less than 40 minutes – about as long as it takes to shop for groceries or have a quick lunch with a friend.

Parking in shade or leaving windows partially open doesn't reduce the temperature inside the car enough for dog safety, says the SPCA, especially since dogs, unlike humans, can't sweat to lower their body temperature.

If you know your car will be parked for even a short time during the warmer months, it's best to resist those sad eyes and leave Fido safely at home.



What to do if you're worried about a dog in a car

If you see a dog inside a parked car during the summer, what should you do? The SPCA says to first look for the owner. If you can't locate the owner, and the dog is showing signs of distress, including extreme panting or rapid breathing, drooling, vomiting, lack of coordination or an inability to get up, call the police and stay beside the car. Police say not to break a window or force open a door, as you will be liable for damages.

Unicorn Theatre

Note: the grade is the one your child will be entering in September 2022.

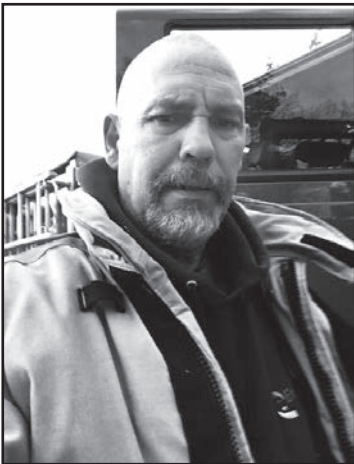
Summer Programs 2022

One-week Summer Drama Camps
July 4–August 12. Gr. 2-7. 9 am–3 pm. Max. # of campers: 40. \$130 per child. Child Care available. Registration by mail to 103-9 Eleanor Lane, Stillwater Lake, NS B3Z 1H3 or drop box at Bay Community Ctr.

Saturday/Weekend Camps and Workshop
SPOTLIGHT. Gr. P-3. July 16. 10.30 am–2.30 pm. \$25 Max #:15.
A half-day camp for kids who love to perform.
AUDITION WORKSHOP Gr. 2-7 Aug 13. 10.00 am-12.30 pm \$15. Max. #: 12. Get help with your audition for "Newsies" (Fall Production).
MUSICAL THEATRE WEEKEND. Gr. 4-12. August 19-21. 6.00 pm Friday to 5.00 pm Sunday. \$60. "A Very Potter Musical":
To register for all programs, download our Camp Flyer at www.unicorntheatre.ca.
Questions? call 902-826-1687

Peer Support Founders Use Zoom to Connect with First Responders

Joanne Ellis



Derrick Lang of Simms Settlement and Rachael Dent-Flynn of Hubley are first responders who have experienced trauma and dealt with the effects of post-traumatic stress disorder (PTSD) on their lives for years. This spring, the pair decided they would share their hard-earned coping skills with others to bring healing. They started a Friday night peer support Zoom call for first responders in Atlantic Canada.

"For about an hour and a half each Friday night, we share, listen and are there for each other," says Lang, who is excited the peer support group is gaining attention and followers from as far away as British Columbia.

"We know there are people out there struggling. We know they don't want to bring it up at work or maybe with their family. We just offer a safe place to check in with others who know what they're facing and can really relate," he says.

Lang accepts new members

through his Facebook Messenger account. He pre-screens each person to ensure they're a good fit and understand the rules of participating respectfully without offering judgement or advice. Once admitted, callers may participate as much as they like.

"Some people are quiet; some don't want to use their video. Whatever. It's fine," notes Lang. "Just knowing there are people out there that get what PTSD is and what it can do is really important."

New members are always welcome. Lang hopes the Zoom call branches off to individual provinces once enough people attend regularly.

Dent-Flynn also offers peer

support healing through her business, Flar Equine Experience, which offers equine therapy exercises and handling using several of her horses. Lang recently attended a session and learned first hand how relaxing and motivational that type of therapy is.

"I was doing an exercise with a blindfold and thinking, 'I can't do this,'" he laughs. "But I did. And it felt great!"

For more information about the Zoom peer support call for first responders, or the positive impact of equine therapy, message Derrick Lang on Facebook, or see flarequine.ca.



Rachael Dent-Flynn

Tantallon Horseshoe League Invites New Members

The Tantallon Horseshoe League will begin play on Monday June 6 at the Tantallon Centennial Athletic Club located on Ballfield Road in Upper Tantallon.

This will be the 53rd consecutive year for the League. The league's objectives are fun competition and friendship.

New members are welcome, and previous experience is not required.

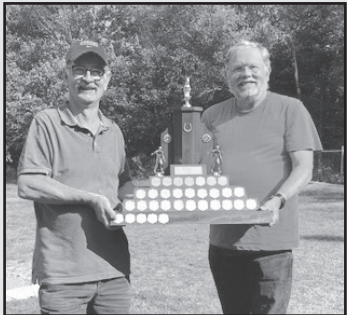
League play is on Monday nights from June through September, culminating with a tournament and barbeque.

Although this is currently a men's league, if there was interest in the community to form a women's league, the association would modify the horseshoe pits to accommodate play.

If interested, contact Milt Larsen at 902-222-6123.



Glen Hicks, the 2021 scoring champion.



2021 tournament champions Barry Smith and Doug Gilbert.

ANNUAL GENERAL MEETINGS



HALIFAX WASTE-RESOURCE SOCIETY
And
OTTER LAKE COMMUNITY MONITORING COMMITTEE

Thursday June 16, 2022 6:30PM
The Links at Brunello Clubhouse, Pavilion Building
120 Brunello Blvd, off the Timberlea Village Parkway

The Halifax Waste-Resource Society (HWRS) is a citizen organization founded to monitor the HRM Solid Waste Program, with a focus on the Otter Lake Landfill site through the Community Monitoring Committee (CMC)

At 6:30 PM the CMC Board Meeting will begin. The agenda provides community members an opportunity to ask questions of the CMC members. The HWRS AGM will begin after the CMC meeting.

The annual general meeting (AGM) of the Society is convened to provide an annual report on activities and to elect the Board of Directors.

All HRM residents over the age of 18 are eligible to become members of the Society at a cost of \$5.00.

Scott Guthrie, Chair

For further information on CMC and HWRS go to our website:

otterlakecmc.ca

LETTER TO THE EDITOR

Masthead Ad Helps Family Catch the Boat They Need

Our grandkids love to come home in summer and fish mackerel with Grandad.

This summer, Grandad had to go fishing for a boat first.

I was really pleased the way Kevin set up my little classified ad in the May issue. *The Masthead News* ad caught

just the boat I was looking for, and we made two new friends in Southwest Cove who had the boat we needed.

Good job, well done. Thank you.

Fred Dolbel
Glen Haven

Hubbards Shopping Centre, as Well as Waterfront, Should be Improved

The main headline in the last edition of *The Masthead News* read: "Extensive Waterfront Improvements Underway in Hubbards," whereby \$900,000 is spent to improve the Hubbards Marina.

Great, love it.

However, we are going to be seeing people from all around the world attending the 2022 World Sailing Championship, who will be spending time and money in and around Hubbards. So, our question is: what is going to be done about that immense embarrassment that is the Hubbards Shopping Centre? Who wants to spent any time or money in a place that is dirty, decrepit, and has absolutely no soul. I truly cannot believe that the powers that be have let this go

on. We already lost the bank. I feel that even the grocery store is also not trying anymore. The Savary Plate is trying very hard to make something nice out of it, but with the state of the building right across it, and a parking lot that is more potholes than pavement, we cannot get ourselves to even go there. So if we really want to attract all those people this summer to Hubbards, we suggest the town council get the owner of this shopping centre to invest. It would be a smart investment that will reap many benefits, not just for the shopping centre, but for Hubbards as a whole.

Petra and Rudy Toering
Northwest Cove

Deadline for the July 6 Issue of The Masthead News is June 29.

COMMUNITY EVENTS

Community event listings are published, as space permits, in The Masthead News or on our website. Please complete the Community Event Listing form on our website, and email it to richard@themastheadnews.ca. Logos should be submitted only by PDF, and may be included as space permits.

Prospect Wharf 50/50 Cash Raffle Fundraiser

Funds from this raffle will help cover the annual insurance, maintenance and general repairs on the Prospect Community Wharf. Online fundraising raffle goes until Canada Day, July 1. To buy tickets and for more information visit: rafflebox.ca/raffle/ppra.

Uplands Park Subdivision Yard Sale

Saturday, June 4. Uplands Park, Hammonds Plains. Rain date is Sunday, June 5.

St. Margaret’s Bay Gardening Club Plant Sale

Saturday, June 4, 9-11 am. St. Luke’s United Church Lower Hall in Upper Tantallon. Lots of perennials from club members’ gardens and the club-maintained Crossroads Garden, including canna lillies, small shrubs, berry bushes, rhubarb, and much more; seedlings for annuals and vegetables; gently-used gardening books and tools. New this year, buy raffle tickets onsite for three garden-themed gift baskets. Draw to take place at end of sale. More information at facebook.com/StMargaretsBayGardeningClub.

Estabrooks Community Hall Vendor and Crafters Fair

Saturday, June 4, 9am -2pm. Looking for vendors who sell clothing, make-up, tupperware, etc., and crafters selling hand-made items. \$30 per table (e-transfer to ensure your spot to estabrookscommunityhall@gmail.com. We also accept cash payment. Doors open at 8 am for set-up or set up te night before. We don't duplicate vendors or crafting items. Admission is \$1 at door. Cash-only canteen.

Square Roots Veggie Sales at St Luke’s

Saturdays, June 11 and 25, 10 am to noon, St. Luke's United Church. Support local farmers and buy a bundle of veggie seconds: \$10 for 10 lb-bag. \$7.50 if that is what you can afford (free for those in need). Pre-order squareroots@stlukesunited.ca, 902-826-2523.

Trinity United Church Yard Sale, Timberlea

Friday, June 17, 2-6 pm and Saturday, June 18, 8:30-noon. Trinity Yard Sale. Trinity United Church, 67 Trinity Way, Timberlea. First yard sale in two years with new treasures each day. Questions? Call Ellen, 902-499-6362. BBQ available both days.

Wendybrook Drive Community Yard Sale

Saturday, June 11, street-wide yard sale on Wendybrook Drive and Elva Court, Tantallon. (Off Peggy's Cove Road near Whynachts Point). Multiple households. Rain date Sunday June 12.

Maritime Concert Opera Upcoming Production

Music just right for a summer evening. Don't miss MCO's production of Lehar's *The Merry Widow*. Tuesday, June 21, at the Osprey Arts Centre in Shelburne. Thursday, June 23, at the Maritime Conservatory, Halifax. Saturday, June 25, at the Lunenburg Opera House. All shows at 7.30 pm. For Shelburne tickets, contact the Osprey Arts Centre. Tickets available on Eventbrite for Thursday and Saturday shows.

Teachings of Pema: Five Week Series

Fridays, June 24 - July 29 or Wednesdays, June 29 - July 27 In person at the St. Margaret's Bay Shambhala Centre, 13495 Peggy's Cove Road, Upper Tantallon. Online option offered for the Friday sessions. Free, but pre-registration is required. Details at bay.shambhala.org/ Monthly Calendar. Phone: 902-857-9523, Email: smbsc@chebucto.ns.ca.

Friday Soup Lunch

Friday June 17, 11:30 am to 1:30 pm. St Andrews-St. Marks United Church, Ingramport. Pay what you can. Volunteers and donations of food needed. All welcome. Call 902-857-9009 or 902-857-9309.

Handmade Goods and Crafting Supplies Sale

Saturday, June 25, 10 am - 1 pm. First Baptist Church, 1839 Hammonds Plains Road (across from Hatfield Farms). Handmade goods and crafting supplies. Bargains, deals and treasures. \$2 admission at the door gets you a ticket to the draw prize. Onsite parking, wheelchair accessible. Contact kevin@stampingjustforfun.ca.

Halifax Gay Men's Chorus @Exit 5

Sunday, June 5, 3 pm. St. Luke's United Church, Upper Tantallon. Performing beloved Nova Scotia songs from Rita MacNeil, Denny Doherty, Jimmy Rankin, Stan Rogers and others. Church fundraiser, \$20/per person suggested. Pay at door.

Hubbards Lions Club Events



Coffee at the Club. Monday mornings at the Hubbards Area Lions Club from 8-11am enjoy tea/coffee and pastries. Cost is a donation at the door. We serve a variety of muffins, biscuits and cinnamon buns. Bring a friend and relax.

Shepherd's pie take-out June 28, between 3:30 and 5 pm at the Hubbards Area Lions Club. We are serving shepherd's pie, pickles, coleslaw and strawberry shortcake for dessert. Cost \$14. Please pre-order with Louella Regan by Wednesday June 25.

Lunenburg Arts Fest

Saturday, July 16 and Sunday, July 17, 10 am to 5 pm. Fisherman's Museum of the Atlantic, Bluenose Drive, Lunenburg. Free admission to the public. Exciting plein air event formerly known at Paint Sea on Site. New this year, a Studio Tour on the same weekend.

St. Margaret's Bay Food Bank

www.smbfoodbank.ca

St. Margaret's Bay Food Bank
ANNUAL GENERAL MEETING
June 21 at noon
Tantallon Public Library
All welcome
Expressions of interest in serving on the Board may be submitted to: Nominations Chair, alutz@ksllawyers.ca by June 15.

IN MEMORIAM



Malcolm (Mac) Fred Smith passed away at Camp Hill on September 23, 2021. Mac's children invite all family and friends for a celebration of his life, 11 am Tuesday, June 21 in the Ronald A. Walker Funeral Home, 13549 Peggy’s Cove Road, Upper Tantallon, followed by a reception. Online condolences can be made to www.rawalker.ca.



DAUPHINEE - In loving memory of our darling daughter, **CAROLYN DIANNE**, aged eleven years. Taken suddenly on June 9, 1962.

On such a green and golden day
With sun and wind on your face.
With joy in your heart.
You travelled the road
On your way home from school.
With love in your soul.
A smile on your sweet face.
A journey through life embraced.
When sudden and swift,
God reached for your hand
To call you to walk by his side.
Among lavender, lilacs and roses
In His sweet love you abide.
So Carolyn, our darling daughter.
Dwelling in Heaven above.
We carry you always in our hearts.
Our memories and our love.

Always lovingly remembered and never forgotten, Mom, (Daisy) Sisters - Marilyn, Karen, Beverley and Families.
Poem written especially for Carolyn by the late Melvenia Rippen.



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Household renovations, repairs and installations. Doors, windows, porches and decks repaired or replaced. Repairs to flooring, drywall, siding, installation of laminate countertops, shelving and garage storage solutions. Insured and references. Call Mike, 902-476-8831.


Homestays HostsWanted in Lunenburg Area
Do you have a spare bedroom or two? Would you like to share your home with a junior, adult, or senior foreign student for a few weeks or months? Or let out a self-contained unit for adults and seniors without long-term tenancy obligations?
\$225 per week, tax-free for homestay. Studio, one, two, and three bedroom units priced individually.
Contact us at: connect@studyatlantic.com or call: 902-634-6111 for more information, or visit: studyatlantic.com
Atlantic Canada Language Academy (ACLA)

Volunteer Opportunities
The St. Margaret's Bay Community Enterprise Centre is looking for volunteer receptionists to work half-day shifts and cover when regular receptionists are on holiday or ill. Email coordinator@smbcec.org.
BayRides is seeking volunteer drivers. For more information and position requirements, visit info@bayrides.ca
The Tantallon Village Farmers Market is looking for volunteers for their Tuesday afternoon markets. Contact tantallonvillagefarmersmarket.ca.

Guidelines for Submitting Letters to the Editor

The Masthead News welcomes letters from our readers on topics of interest to our community members. Letters should be a maximum of 300 words long, and must include the writer's name and community.

All letters are subject to editing for length, clarity, and style. Letters may be accompanied by a photograph, which will be included if space permits.

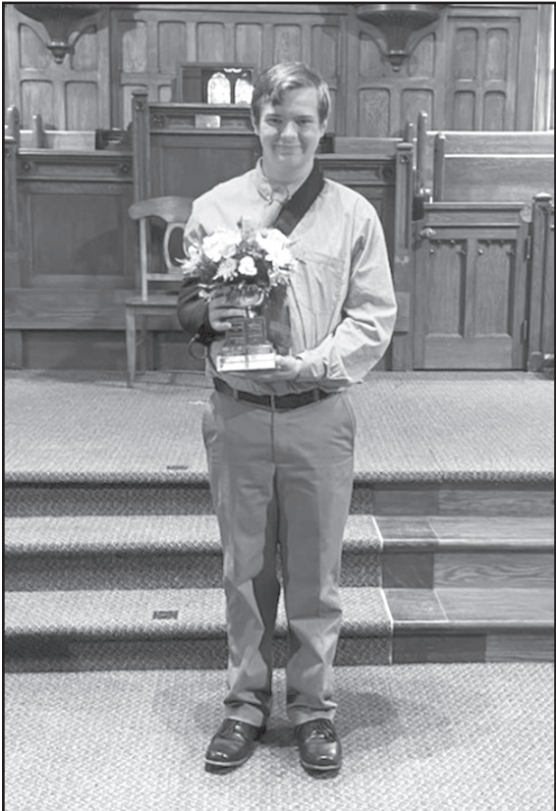


2022 Lunenburg County Music Festival Awards *Hamilton Maguire*

Performers in choral, musical theatre, piano, strings, and voice categories competed in the Lunenburg County Music Festival in April. The program culminated in a concert on April 30, 2022 at Central United Church in Lunenburg.
This was the first full festival following the merger of the Bridgewater Music Festival and the Lunenburg and District Music Festival in 2019.
Over \$3,500 in awards and scholarships were presented to award recipients thanks to donor support.
Paul Gerhardt (below left) and Soheil Ghaffari, two of this year's Lunenburg Music Festival award recipients.

Award Recipients

Strings Niya Wang, Sophia Yu, Luc Breaugh, Jude Brooks	Choral Hodgepodge, Seaside A Cappella, Four Shore
Piano Aila Sarty; Saryn Bezeau, Benjamin Brown, Sophia Yu, Leah Myers, Sonya Purcell-McIntyre, Valerie Sia, Charlotte Chipman, Addison Tibert, Olivia Sun, Diana Wang, Serena Sia, Amanda Sia, Soheil Ghaffari	Musical Theatre Charlotte Chipman, Sofia Andreu, Emma Allen, Ella Ernst, Ryleigh Tanner, Breton Hayden
Voice Olivia Belliveau-Wood, Charlotte Chipman, Eden Risser, Felicity Risser, Ryleigh Tanner, Sofia Andreu, Ella Ernst, Breton Hayden, Paul Gerhardt, Saryn Bezeau, Abby Maguire	



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902-857-1392

THE SOU'WESTER
EST. 1967

Employment Opportunities

The Sou' Wester Gift & Restaurant is now hiring for the 2022 season.

If you are looking for a great place to work with flexible scheduling, a fun team environment, the opportunity to meet people from across the globe, spectacular views & sunsets, the Sou'Wester in Peggy's Cove is the place!

Please send us your resume.
Positions include: cleaners/dishwashers, gift shop cashier, parking lot attendants, baker, barista and more.

Drop off in person at 178 Peggy's Point Road or email nicole@peggyscove.com.
We look forward to meeting you.

SPIRITS OF THE BAY - Mystic & Craft Market
Saturday June 11th: 10am - 4pm
Estabrooks Community Hall, 4408 St.Margaret's Bay Rd

30+ vendors including intuitive readers, artisans wellness practitioners, giftware, crystals



\$2 Admission at the door

Presented by Silverbirch Spirit Connections & Oh Dear, Deer! Creations



Serving the communities receiving
The Masthead News
the South Shore Buiness Directory's aim is to have all businesses and organizations listed for the use of the general public.

southshorebusinessdirectory.com

To join, please send us a note.
richard@themastheadnews.ca

Glass Artist's Creativity Shines in Lunenburg

Sharon Jessup Joyce



Susan Otto-Bain at her 126 Tannery Road house and workshop. Photo credit: Sharon Wadsworth-Smith

When Vancouver glass artist Susan Otto-Bain and husband Rick Bain visited Lunenburg three years ago, they looked forward to spending some time exploring the South Shore.

You could say it was a successful holiday: they ended up buying a house.

“We fell instantly in love with Lunenburg,” says Otto-Bain. “The house next to where we were staying was for sale, so we met with the real estate agent, and confirmed with the town hall that we could run a home-

based business from the property.”

The couple, who bought the house, plan to live about half the year in Lunenburg and the other half in Vancouver, but most of Otto-Bain’s art will be created from her Lunenburg workshop, housed in their renovated garage.

Calido Art Glass will open officially in Nova Scotia this month. The word Calido, Otto-Bain says, is Spanish, and means warm, inviting, or fiery.

“It’s a good name for a glass business,

since you use heat in glass work. Also, my colour palette is very warm and bright.”

A glass artist for 15 years, Otto-Bain is passionate about continuing to build her skills and knowledge: “My signature bead is my Picasso Face bead, and I continue to evolve those. There is always more to learn, and I’ve been able to take many courses from artists from all over the world.”

Right now, she is concentrating on making connections with artists right here.

“I’ve made it my mission to meet people in the arts community. It’s always inspirational to talk to other artists working in every medium. There’s so much we have in common about creating art and running a creative business. It’s wonderful to share enthusiasm and to be inspired by each other.”

The couple also love supporting other artists, and are especially passionate collectors of folk art, which they joyfully display around their 1860s home.

Participating for the first time in the Lunenburg Arts Fest, to be held this year on July 16 and 17, Otto-Bain says the event will be a great opportunity to meet more of her fellow artists, as well as community members who enjoy art.

“I’m on the studio tour – which is new this year – and I’m volunteering, so I’m excited about that. It’s going to be a great

celebration of art and community.”

Inspired by the colours and culture of Nova Scotia, Otto-Bain is working on a brand-new Maritime collection line of glass beads.

“I have so many ideas,” she says. “Everything in Nova Scotia is inspiring.”

If you are an artist interested in participating in Lunenburg Arts Fest 2022, visit lunenburgartgallery.com/laf for more information.



One of Otto-Bain’s aquarium beads, each of which requires a great deal of painstaking work.

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LETTER TO THE EDITOR

On May 10, I was grocery shopping at the Hubbards Independent Grocer when I was one of the lucky folks to receive a beautiful tulip from a sweet young lady who was handing them out to customers all over the store (with help from Dad).

She made everyone’s day brighter, and you could see from the reactions the joy she was spreading. It was a kind gesture that was very much appreciated.

Kristy Wagner
Hubbards



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The Hero Next Door

Two Coves Café Popular Spot Thursday Mornings in Hubbards

Joanne Ellis



Founders Carol Simms (left) and Clair MacInnis are always ready with hot drinks and sweets to share at the Two Coves Café.

Thirsty for a hot drink, a warm smile, and a chat on a Thursday morning? Take a drive over to Hubbards and visit the Two Coves Café.

Located in the church hall of St. Luke’s Anglican parish Thursdays from 9 to 11 am, the Two Coves Café was a networking idea of Clair MacInnis and Carol Simms. The two decided the community lacked a comfortable hangout spot, especially during the winter and when COVID restrictions were keeping people in their homes for weeks on end.

In July 2021, they started hosting free drop-in events under the Two Coves Café banner every Thursday morning. They bake muffins, sweets, and cookies, including gluten-free options, perk the coffee, and steep the tea before opening the doors for everyone who stops by.

Much to their delight, the community support has been wonderful. The Café regularly attracts more than 20 guests a week, even during the summer.

According to MacInnis, it’s become the thing to do on Thursdays.

“Some come to do business, some chat around the room and others discover

neighbours they never knew before. It’s wonderful! We just love seeing these new connections made, especially for folks who are new to the area.”

Two Coves is even doing home deliveries to regulars who don’t show up on Thursdays.


“We miss them. We know that someone was sick, or something was going on that kept them at home, so we’ll pack up a takeaway bag and deliver it to them,” says Simms.

“We’re serving more than 20 at our event here today and delivering another 17 to folks at home. They’re so happy with the service. They tell us they look forward to us coming by on Thursdays!”

A group of Queensland neighbours comes every week.

“During the January COVID lockdown, I was at home when I looked out and saw a car in the driveway,” says Marlene Dorey of Queensland. “I was thinking, now who is that? It was the ladies with the Thursday treat and coffee for me.”

“It’s become what we wanted – a casual place to meet and chat with neighbours,” MacInnis says.



Annual General Meeting NOTICE

The Annual General Meeting of the Hubbards Community Waterfront Association will be held as follows:

Date: Wednesday, June 22, 2022

Time: Registration Opens at 6:30 pm
Meeting to start at 7:00 pm

Venue: Black Pt. & Area Community Centre

Address: 8579 St. Margaret’s Bay Rd., Black Pt., NS

Members of the General Public are welcome to attend, however, only paid Members of the HCWA are permitted to vote on any issues arising at the AGM.

The HCWA Board looks forward to seeing the Members!

Please visit our website at www.hubbardscove.ca for further updates or contact hubbardscove@gmail.com for further information.



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Easy Veggies and Herbs to Grow

Robert Cervelli

If you want to add more veggies to your garden, start with the easy stuff, like potatoes.

Seed potatoes are available at most garden centres, as are cabbage transplants. Those two crops grow all season, and are harvested in the fall. The only downside is that they take up some room.

Chard and kale will give you repeat harvests all summer. Pick the older, lower leaves and let the rest keep growing.

Again, those are available as

transplants at garden centres.

Beets are also easy to grow. But be warned – deer love chard and beet tops.

Herbs, which are expensive to buy, are often easy to grow. Four to start with are sage, thyme, parsley and chive.

Robert Cervelli is a member of the Transition Bay-St Margarets steering committee. For more information on the organization, visit www.transitionbay.ca.



Solstice Art Show Launches Refurbished Peggy's Cove Landmark

Sharon Jessup Joyce



"Taurus Moon," by Jennifer Sinclair, a work in the Solstice art show.

Nearly 40 years after his death, a space where William deGarthe sometimes painted will again be filled with art.

The recently refurbished

deGarthe Garage in Peggy's Cove is opening its new French doors on June 2 with Solstice, a Peggy's Cove Area Festival of the Arts (PCAFA) Society members' show

that runs until June 12, from 10 am to 4 pm each day.

In addition to new doors, the lighting in the space has been updated, but the rustic coastal charm remains. Develop Nova Scotia oversees the property and has funded the improvements.

"Develop Nova Scotia has been incredibly supportive, generously offering us use of the space for an extended period, so we're here for the Solstice show, and for Paint Peggy's Cove, one of our signature July events," says Philip Hodges, a PCAFA member artist and the coordinator of the Solstice show.

Art by 35 PCAFA members will be on display, linked loosely by the theme of the summer solstice. Two or three artists will be on site each day during the show, sometimes working, and always available to answer visitors' questions.

"Themed art shows make for an interesting experience for the viewer, seeing how different artists interpret the theme," says Hodges.

He says the theme has resonated with participating artists: "It's an opportunity to create something outside our usual areas of work."

Hodges adds, "For this show, some artists have created a nocturne – a nighttime scene – and others have used the ideas of astronomy or astrology. A solstice is a time of transition, and that is interesting to explore."

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Prospect Writer Releases First Mystery Novel In New Series

Joanne Ellis



Jan Morrison. Photo credit: Marion Stork

Known to many in the local arts community, writer Jan Morrison of Prospect had a successful career as a playwright and artistic director at the Chester Playhouse, and was an entrepreneur running a theatre production company, CatchWord Productions, that specialized in organizing murder mystery events. At 70, Morrison is now celebrating the publication of her first work of fiction, a mystery novel set in an Innu community in Labrador, grappling with the effects of hydro development and how it affects their children and way of life.

The Crooked Knife tells the story of a popular teacher's murder in the First Nations reserve of Sheshatshiu, Labrador, where development brings promises of jobs and opportunity for locals, along with destruction of the natural environment that has supported a way of life for centuries.

With well-developed characters on both sides of the issue, and a likeable main character constable, Nell Munro, investigating the crime, Morrison offers fulsome descriptions that speak to her personal knowledge of that area.

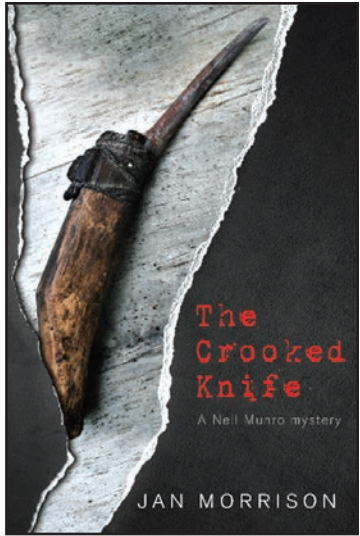
"I lived and worked with children in Labrador as a psychotherapist," says Morrison, who wrote the book

as a way of expressing rage at what she saw unfolding in real life while working and living there.

"My goal is to wake the public up about resource development in areas that include Indigenous people and how that plays out for the people who live there." This is the first in a mystery series.

Available in stores now or online from publisher boulderbooks.ca, book signings and author readings of *The Crooked Knife* are planned for Halifax and the South Shore throughout the summer.

See janmorrison.ca for more information.



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