

THE BRIDGETOWN READER

www.bridgetownreader.news 902-824-0412
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FREE
JAN 17,
2025
VOL. 17
Issue 2



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Quilts for Palliative Care

The Palliative Care Program at the Annapolis Community Health Centre provides compassionate, family-focused end-of-life care to patients and their families. The Wooden Spool is partnering with the Health Centre to provide homemade quilts to the palliative care patients as a way to comfort those that need it. A hand-crafted quilt is often associated with comfort, care, and connection.

We are hoping to provide all palliative care patients with a homemade quilt that will belong to them and the family as they go through their journey. The Wooden Spool will coordinate the program, but we are looking for people that can contribute in a way that suits them.

How? You ask... We will require top sewers, quilters, and binders by machine or by hand.

To start us off we have 3 quilt patterns to choose from, simple free patterns. The quilt needs to be approximately 60 x 80 - 75 x 85. You can make your own stash or purchase a kit including fabric and pattern and return the finished top to us and we will provide the backing and arrange to have it quilted and bound. You can also donate completed quilts within the guidelines. We will also have open free sew days for those who like to come in and sew with us. Kits and patterns will be available. Call or message on Facebook with any question and we can email or print you off a pattern.

The Wooden Spool Fabrics Shop,
4830 Highway 1, Unit 2,
Granville Ferry. (902) 532-0326
Woodenspool@gmail.com

The Bridgetown Reader is published weekly on Friday by TAR Publishing. The deadline for submissions to our next issue is noon Monday Jan. 20.

Community Grant Information Sessions

Want to learn more about funding opportunities for your community? Join us as we share information about the Annapolis County Municipal Grant Program, how you can apply, and answer your questions.

Mon. Jan. 20, 6:30-7:30pm at Upper Clements Hall, 2951 Hwy 1, Upper Clements. (storm date Thur. Jan. 23),

Tues. Jan. 28, 6:30-7:30pm at the Lawrencetown Legion, 490 Main Street, Lawrencetown. (storm date Thur. Jan. 30)

More info email ablais@annapoliscounty.ca

Thank You

The Centrelea Community Hall would like to start off 2025 with gratitude. Gratitude for this beautiful, bountiful part of the world we live in. Gratitude for the trees and wildlife, water and air. Gratitude for our neighbours and family and friends - our communities!

And gratitude for all those who have supported us through endless hours of volunteering, fundraisers, generous grant funding and participating in our events. Thank you. We wouldn't, couldn't be here without you.

Come Build With Us

Join The Friends of the Annapolis Royal Library on Fri. Feb. 7 & Sat. Feb. 8 as we bring to life in LEGO® Bricks magic, a large mural portrait of Rose Fortune, in the Dugua Room, 143 Ritchie Street. This project is in celebration and recognition of African Heritage Month. All ages welcome! No registration required. Come learn about Rose's incredible life story and her legacy in Annapolis Royal. The Public Unveiling will take place Wed. Feb. 12 at 2pm.

Rose Fortune (1774-1864) was a successful businesswoman at a time when neither

neither women nor Black persons were encouraged to pursue entrepreneurial opportunities. She had a cartage service in Annapolis Royal, carrying baggage and freight from ships, and can be considered the first policewoman in Canada for her work enforcing curfews and early laws in Annapolis Royal. For more info go to [Facebook.com/friendsoftheARlibrary](https://www.facebook.com/friendsoftheARlibrary) or arlibraryfriends.org

Listening to Every Voice



Survey Now Open

SCAN TO COMPLETE THE SURVEY



We are looking for feedback on local issues like poverty, food security, housing, transportation, and access to services. We invite - residents, community groups, and businesses - to participate in our survey. Your input will help us come up with better solutions.

<https://bit.ly/coapoverty>

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Community Calendar

Fri. Jan. 17, 9:30-11:30am Family Matters (the Annapolis County Resource Center) in conjunction with Dawn Scott is offering a free, confidential, adult **Mental Wellness Peer Support Group** each Friday morning at Family Matters (10 Middle Road, Lawrencetown). Childcare will be available. Please contact dawnscott61@gmail.com or jencfamilymatters@gmail.com for more information. Everyone is welcome.

Fri. Jan. 17, 10:00am **Weekly Tai Chi** classes at the Centrelea Community Hall, 3495 Highway 201. Bring indoor slippers or shoes. Drop ins welcome. Good for balance, posture and relieving stress. Instructor Jamie Edwards of Empty Hand Martial Arts. \$75 for 10 week pass that does not expire. More info @ 902-448-2483 *

Fri. Jan. 17, 10-11:30am **Community Coffee** @ Lower Granville Hall (3551 Granville Rd., Port Royal). Come out and enjoy a cup of coffee or tea and bring a snack to share if you are able. Meet a neighbour, make a new friend. Everyone is welcome. \$2/person donation for the Hall.

Fri. Jan. 17, 6-7:00pm **Yoga with Esme Endres** every Friday night from 6-7 at Brickton Community Hall, 12062 Hwy 1. *

Fri. Jan. 17, 7:00pm **Jam Session** every Friday Evening at the Youngs Cove Community Hall, 5407 Shore Rd. *

Community Events, News, Business Notes, Rentals, and Bulletin Board items are all FREE. Call or text 902-824-0412, email us at readerpublishing@outlook.com message us on Facebook or use the contact form at www.bridgetownreader.news.

Fri. Jan. 17, 8:00pm **Comedy Night with Travis Lindsay & Guests** at Lunn's Mill Beer Company, 515 Carleton Rd., Lawrencetown. A night of laughs with Travis Lindsay as seen on Just For Laughs, This Hour Has 22 Minutes, Canada's Got Talent, Hubcap Comedy Fest and Halifax Comedy Fest. Special guests Jon Pickett and more! Tickets: \$20. 902-584-2217.

Sat. Jan. 18, 9am-12pm **Annapolis Royal Farmers and Traders Winter Market** at the Annapolis Royal Legion, 66 Victoria Street. Indoors weekly until Spring.

Sat. Jan. 18 **Burns Night** at the Bridgetown Legion, 20 Jeffery Street. Dinner plus live Scottish Music. Dinner \$30 per person includes cock-a-leekie soup, whiskey braised beef, mashed neeps, tatties, haggis, cranachan, and raspberries with whipped cream, oats and whiskey. Cash bar. Debit available, sorry no credit cards. Ceremonies at 5pm with dinner at 6:00.

Sun. Jan. 19, 11:00 am **Worship Service.** Celebrate God's presence with us at St. George & St. Andrew United Church, 393 St. George St. Annapolis Royal 902-532-7954. Open Doors, Open Hearts, Open Minds. *

Sun. Jan. 19, 11:00am **Bridgetown Baptist** meets weekly at the Royal Canadian Legion, 20 Jeffery St. 902-665-2506 bridgetownbaptist@gmail.com.

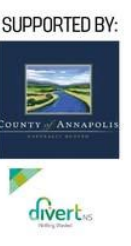
Sun. Jan. 19, 11am-2:00pm **Farmers and Crafters Market**, every Sunday at the Lions Club at 948 Hwy 1, Deep Brook. Local vendors and farmers. New vendors always welcome. (formerly Wednesdays) *

Sun. Jan. 19, 12-2:30pm **SOOF Soup Sunday** Join Save Our Old Forests (SOOF) at the Centrelea Community Hall (3496 Highway 201, Centrelea) for a free lunch of delicious soup and bread, followed by a conversation with Nina Newington about the identification and importance of OLD and OLD GROWTH forests! Free will donations to the Hall are appreciated. Please send an email to soof@saveouroldforests.ca so we get a sense of numbers - and let us know if you can bring something for the dessert table. Everyone is encouraged to bring a jar or container to take home extra soup and treats - if there's anything left!

Sun. Jan. 19, 7-9:00pm **Fun Darts**, every Sunday evening at the Bridgetown Legion, 20 Jeffery Street. \$3 entry returned in prizes.

PHINNEYS COVE ANNAPOLIS COUNTY

>>> THIS IS A LEGACY POLLUTION CLEAN UP. DEBRIS HAS BLOWN BACK INTO THE BUSHES <<<



Bags and gloves will be provided for participants. This is a Family friendly event and there is lots of debris to clean up!

January 25th 2025 / 11am - 3pm

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Look for signs! (Don't trust Google Maps)

For more information:
www.scotianshores.com



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www.nshealth.ca/PHMU


Public Health



340 St. George St.
Annapolis Royal

Sunday January 19, 10:00am
St. Luke's Anglican Church,
Annapolis Royal
Officiant & Preacher:
Brent Fewster (L.L.M.)
**Morning Prayer Service/
Second Sunday
after Epiphany
All Welcome!**

Wednesdays 10:00am
Said Eucharist Service
(in the Rosette Room)
January 22, 2025
at St Luke's, Annapolis Royal

Mon. Jan. 20, 7:00pm Valley Lions Radio Bingo (VLRB) is a Media Bingo broadcast on Annapolis Valley Radio, AVR 97.7FM and other AVR stations from Digby to Windsor, every Monday night from 7- 8pm. Bingo Cards are sold through valley retail locations. Info at www.vlrb.ca *

Tues. Jan. 21, 9:00am Yoga for All Ages and Levels every Tuesday at Clarence Community Hall, 3337 Clarence Road. There will be a free will offering to cover heating costs for the hall. Bring your mat or if you are a chair yoga person they will be available. Also, if you are able a few items for the food pantry that Annapolis Valley Folk School runs in Lawrencetown would be greatly appreciated. Email avfolkschool@gmail.com or call Maureen at 902-825-3070. *

Tues. Jan. 21, 12:30-1:30pm Senior Fitness Classes at Bridgetown Legion on Tuesdays 12:30-1:30. Certified instructor. Stretching, balance, strength, cardio, etc. Work to your own comfort and ability level. Please bring a band and hand weights if you have them. Come for fun while getting active! Change of footwear is required. \$4 per class. Questions? Phone 902-665-4726 or 902-665-4308.

Tues. Jan. 21, 1:00pm Senior Card Games, every Tuesday at NSCC Middleton campus. *

Tues. Jan. 21, 1:30-4pm Jam Session at Parker Hall, Victoria Vale, across from the church, every 2nd Tuesday. Doors open at 1:00. Come out for an afternoon of music, fun and refreshment and support the Hall. Next Jam Feb. 4. *

Mon. Jan. 20 and Wed. Jan. 22, 10-11:00am Lawrencetown & Area Seniors Association (LASA) Exercise Classes at the Lawrencetown Legion, 490 Main St (main entrance). All Seniors 55+ are welcome to come and join in for fitness, flexibility and fun. Head-to-Toe exercises with stretching, cardio, balance and strength. Classes are ongoing Mondays and Wednesdays. Thanks to the support of the Municipality of the County of Annapolis and the New Horizons for Seniors Program for making these Classes possible. *

Mon. Jan. 20, 10:00am The Annual Meeting of the Bridgetown and Area Community Fund will be held in the Britespan boardroom at 441 Granville St. Unit 1, Bridgetown. The public are welcome and encouraged to come to learn about their local Community Fund and how it serves needs in our area.

Mon. Jan. 20 and Thur. Jan. 23, 10-11:00am Indoor Fitness Walking @ Lower Granville Hall (3551 Granville Rd., Port Royal). Drop in every Monday and/or Thursday in January for an indoor walk. These walks are perfect for when it's too cold to walk outside. Incorporate aerobic movements such as side steps, back steps, arm reaches, and clapping into basic low-impact cardio walking exercises. 1, 3, or 5 miles. You decide how long and far you wish to walk. Note: We will be following walking videos that have proven effective at burning calories. \$2 Donation Suggested. *

Mon. Jan. 20, 11:30am-1:30pm Soup and Sandwich Lunch for a free will donation at the Bridgetown legion, 20, Jeffery Street. Sponsored by the Bridgetown Lions.

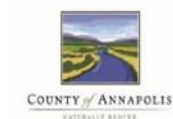
Mon. Jan. 20, 1:30-3pm Care Givers Support Group (for people who care for loved ones with dementia) The group meets the 3rd Monday of the month, except July and August, from 1:30 - 3:00pm, at St George & St Andrew United Church, 393 St George St, Annapolis Royal, (at the lights), Office Door, side entry. Contacts: Art Jones - 902-532-0784; Lou Fletcher - 902-532-2377

Mon. Jan. 20, 6:30pm Annapolis PC Association AGM at the NSCC in Middleton. Public is invited. This is a great opportunity for everyone to connect with their new PC MLA Dave Bowlby, and to gain a better understanding of how local political associations are run. Minister of Agriculture Greg Morrow will be there as our guest speaker. Looking forward to seeing you there!

Mon. Jan. 20, 7-9:00pm Book Club @ Lower Granville Hall (3551 Granville Rd., Port Royal). The book for our book club on January 20th is The Measure by Nikki Erlick. We will put the kettle on. \$2 Hall donation.

Employment Opportunity

GIS & Civic Addressing Manager
Permanent Full-time - Pay Level 4 (\$60,754- \$76,466)



The County of Annapolis is currently seeking a GIS & Civic Addressing Manager to join our Planning and Inspection Services team! This is an opportunity to work amongst the breathtaking natural beauty of the Bay of Fundy shoreline and the lush Annapolis River, where you will be captivated by coastal communities, towns, village, historic properties and stunning parks that are the pride of our county. Annapolis County is an ideal location to live, work and play.

GIS & Civic Addressing Manager shall be responsible for the Municipality's civic addressing system, initiates road naming processes, prepares technical reports, provides Geographic Information System (GIS) support and assistance to employees, oversees work on all special mapping projects, assists external groups, agencies, and individuals with the printing of large scale maps, regularly reviews and familiarizes himself with the Municipality's Road Naming and Community Boundary Adjustment Policy, reviews requests for road names, prepares forms, applications, and brochures concerning civic numbering and the civic number address system, completes fieldwork to locate and GPS certain properties, buildings, structures, roadways, and infrastructure assets, supports Annapolis County Regional Emergency Management Organization, assists municipal partner agencies with the development of datasets and the creation of technical or specific purpose maps, provides daily support, leadership, coaching and mentoring to all mapping and GIS staff under their direction, prepares reports and presentations, and carries out other duties and responsibilities as may be assigned from time to time.

Qualifications:

Candidates for this position must possess as a minimum, a degree or diploma in planning, Geographic Information Systems, engineering technology, or similar educational program, or a combination of these educational requirements and lived experiences that meet requirements. Additionally, the candidate must have a minimum of five (5) years' experience working in a GIS environment involving both office computer and field work environments.

A complete Job description can be found on our website: www.AnnapolisCounty.ca

This employment competition will close on January 26, 2025

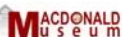
Kate McLean, Human Resources Coordinator
(902) 532-0890
Email: employment@annapoliscounty.ca
Municipality of the County of Annapolis
PO Box 100 (752 St. George St)
Annapolis Royal, NS B0S 1A0

Applications will not be accepted via Social Media (Facebook)

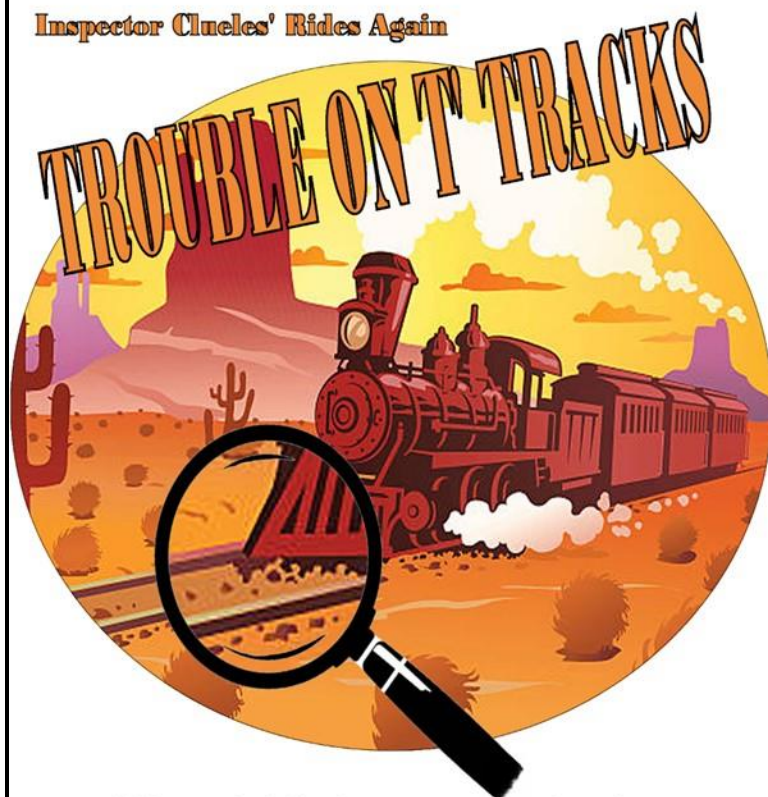
The County of Annapolis thanks all those for applying but only candidates selected for an interview will be contacted.
www.AnnapolisCounty.ca



Annapolis District Drama Group
DINNER THEATRE
Middleton Railway Museum
& Macdonald Museum



Inspector Clueles' Rides Again



Middleton Firehall - doors open 5pm - show time 6pm

Friday 14th & Saturday 15th February 2025.

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Tues. Jan. 21, 2:30-3:30pm Chair Yoga at the Bridgetown Legion, 20 Jeffery St. Gentle Yoga each Tuesday. All welcome. *

Tues. Jan. 21, 7:00pm Port Royal Lighthouse Association (PRLA) will hold its Annual General Meeting at the Lower Granville Hall, 3551 Granville Road, Port Royal, with a storm date of January 28th (same time/same location). Everyone living on Granville Road is a member of the Association and invited to attend. PortRoyalLighthouseAssociation@gmail.com / 902-526-2231 / PortRoyalLighthouse.ca / Visit us on Facebook.

Tues. Jan. 21, 7:15-10:15pm Middleton Legion Bingo Tuesdays at 205 Marshall Street, Middleton. *

Wed. Jan. 22, 10:00am NS Walks Annapolis Royal Wednesdays at 10am. Are you interested in getting some exercise, at your pace, with friendly people, and in picturesque surroundings? Join our Walk Group! We meet every Wednesday at 10:00am at the Annapolis Royal Farmers' Market parking lot. Walkers of all ages and abilities are welcome. For further information, call (902) 250-0429.

Wed. Jan. 22, 10:00am NS WALKS BRIDGETOWN a walking group for all levels and abilities If you are looking for motivation to get out for a bit of exercise and to socialize come join us. Walkers meet at the Library every Wednesday at 10:00 am. All are welcome Registration is not required. For more information check our Facebook Group NS WALKS BRIDGETOWN

Wed. Jan. 22, 7:00pm Brickton Community Hall Jam Sessions Every Wednesday @ 7. Free will offering. All welcome. *

Wed. Jan. 22, 7-9:00pm Fun Cribbage every Wednesday evening at the Bridgetown Legion, 20 Jeffery Street. \$6 entry returned in prizes. All welcome. *

Wed. Jan. 22, 7:30pm Bridgetown Pickleball Wednesdays at BRCS. Newcomers welcome; come when you can. Some equipment available if you want to give it a try. No charge. Change of footwear required. North entrance to the gym. Questions? Phone 902-665-4308 or 902-665-4353. *

Wed. Jan. 22, 8:00pm Al-anon Meeting, for relatives and friends of alcoholics, at the First United Baptist Church at 762 George Street, Annapolis Royal, every Wednesdays at 8pm. Please enter through the front door.

Thur. Jan. 23, 12-4:00pm Greenwood Mall Farmers Market. Every Thursday. Our mission is to promote healthy living by eating, drinking and shopping local! Greenwood Mall.

Fri. Jan. 24, 7:00pm Karaoke with Theresa Porter at the Bridgetown Legion, 20 Jeffery Street. Kitchen open, cash bar.

Sat. Jan. 25, 11:00am Barter Bases Session: Sewing a Project Bag an Annapolis Valley Folk School event at 2659 Clarence Road. Join us for a few hours of sewing! We'll make a zippered bag to hold all types of projects (e.g. embroidery, hand sewing) or sewing implements. The bag has a vinyl front to show off your favourite fabric and the pattern is self-binding! This is a great project for an advanced beginner. What you will need: sewing machine with a regular and zipper foot; scissors and/or thread snips; rotary cutter (if you have one); wonder clips and/or pins; 14" zipper; \$5 cash for supplies (vinyl and interfacing) a lunch, no microwave to warm items! After you sign up, we will

Village of Lawrencetown Employment Opportunity

PUBLIC WORKS OPERATOR (Full Time)

POSITION REQUIREMENTS: Must be safety and performance conscious and maintain confidentiality.

Valid NS class 5 license with clean abstract. Grade 12 education or GED equivalent.

Must have or be able to obtain the following:

- WHIMIS, Confined Space training, First Aid and CPR, Transportation of Dangerous Goods

- Class I certification for Water Distribution, Wastewater Collection and Wastewater Treatment

Reside within an area where response times to situations is within the minimum time approved by the village commission (30 Minutes)

Salary range-\$16.50-\$20.00/hr

For full job description please visit our website:

www.lawrencetownnovascotia.ca

Deadline for applications is January 30, 2025.

Please submit applications to:

Email: villageclerk@lawrencetownnovascotia.ca

In person or by mail to:

Village of Lawrencetown
491 Main Street, PO Box 38
Lawrencetown, NS B0S 1M0
902-584-3082



THE CENTRELEA COMMUNITY HALL

GRATEFULLY ACKNOWLEDGES THE FOLLOWING FUNDERS FOR THEIR GENEROUS CONTRIBUTIONS IN 2024:

Communities Nova Scotia- Community Facility Improvement Program

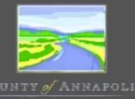
County of Annapolis Community Grant

County of Annapolis Generator Grant

The Middleton Rotary Club

The Ernest Buckler Literary Event Society

Bridgetown Area Community Fund



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send out an email with details about the fabric that you need to bring - to maximize our sewing time together, we hope you will be able to bring your fabric cut to size.

If this is your first time attending a barter-based class, note that attendees are encouraged to bring an item(s) to offer in exchange for the knowledge shared in addition to any supplies required for the class. Our facilitator's preferred items are: Items for the Annapolis Valley Folk Schools Pantry some ideas: soups and stews, peanut butter, cereal, canned vegetables and fruits, canned meat, fish, rice, pasta and pasta sauce, baby food and formula, canned, powdered or 1 liter milk and/or a fat quarter of your favourite fabric. Tickets required through Eventbrite. Find the link on Facebook/ Annapolis Valley Folk School, email avfolkschool@gmail.com or call 902-309-0224. If you can't come, please return the ticket as there is always a wait list.

Sat. Jan. 25, 11am-3:00pm **Phinneys Cove Shore Cleanup** Bags and gloves will be provided for participants. This is a family friendly event and there is lots of debris to cleanup! This is a legacy pollution cleanup; debris has blown back into the bushes. Shore access is at 6911 Shore Rd. West; look for signs. Hosted by Scotian Shores (www.scotianshores.com) and supported by the County of Annapolis and Divert NS.

#1011

4" H x 2.5" W

Small Rectangular Vertical Ad

\$10.00 per week

Sat. Jan. 25, 1-3:00pm **Fire Pit** in the Parking Lot @ Lower Granville Hall (3551 Granville Rd., Port Royal). Bundle up in your warm jacket and join us around the fire. We will be hosting this outdoor event complete with a fire pit, hot drinks (coffee, tea, apple cider, hot chocolate), hot dogs, and smores. We will have limited supplies on hand, you provide your roasting know-how. If bringing children, please make sure to keep a good eye on them around the fire. Bring your outdoor chairs and sticks for roasting. Everyone is welcome to attend this event. No cost, donations gladly accepted.

Sat. Jan. 25, 1-3:00pm **Community Conversation: Preserving Working Woodlands**, hosted by the Nova Scotia Working Woodlands Trust at the Burlington Community Club, 2122 Long Point Rd, Burlington, Kings County, NS. (Storm date: Sun. Jan. 26, 1-3:00pm). Join for an engaging afternoon dedicated to the future of Nova Scotia's forests! This interactive community conversation will explore how we can preserve the balance between conservation and sustainable forestry to protect our working forests for generations to come. Coffee, tea and snacks will be provided. Link to register: <https://form.jotform.com/243543400667253> Contact: info@nsworkingwoodlandstrust.org

Sat. Jan. 25, 1:30pm Join us for the first **Good Samaritan Circle Meeting** of 2025 at the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road, Wilmot. Enjoy a fun afternoon of games, fellowship, stories, and refreshments. Spend the afternoon with old friends and make some new ones.

Sun. Jan. 26, 2:00pm **January's Makers Swap** an Annapolis Valley Folk School event at 1963 Clarence Road. For those who are new to the Makers Swaps, this is a simple community gathering where all ages and abilities are welcome and the concept is simple: bring anything you have made with your hands, grown or a service you have to offer and trade for treasures from others. There is no money exchanged and PERFECTION IS NOT REQUIRED! Just a willingness to share your talents and passion projects with others in the community. Tickets required through Eventbrite. Find the link on Facebook/ Annapolis Valley Folk School, email avfolkschool@gmail.com or call 902-309-0224. If you can't come please return the ticket as there is always a wait list.

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www.allsealseamless.ca

Sun. Jan. 26, 2:00pm Upper Clements Trails Winter Hike, sponsored by Annapolis County Recreation. Snowshoes will be available to use if there is snow. Location: 2958 Hwy 1, Annapolis Royal. Contact: recreation@annapoliscounty.ca for more info

Sun. Jan. 26, 5:00pm Choral Evensong: An Evening Prayer service from the Book of Common Prayer with traditional hymns, chanted psalms, and choral anthems by Palestrina, Byrd, Victoria, & Tallis featuring the St. Luke's chamber choir, taking place at St. Luke's Anglican Church (340 St. George St., Annapolis Royal). *Please note, we have changed the time to 5pm for this particular evensong. All are welcome!

Tues. Jan. 28, 12 noon Free Lunch & Fun at the Annapolis Royal United Baptist Church in the CE Centre. All welcome. 762 Saint George Street.

Sat. Feb. 1, 8-10:00am Lions Big Breakfast. At the Legion, 20 Jeffery Street, Bridgetown. Come join us for our breakfast of pancakes, eggs, hash browns, ham, sausages, toast, tea or coffee and the friendship of the best neighbourhood. Free will offering as always.

Sun. Feb. 2, 2:00pm Annapolis Valley South Shore Trail Winter Hike, sponsored by Annapolis County Recreation. Location: Nictaux. Snowshoes will be available to use, if there is snow. Contact: recreation@annapoliscounty.ca for more info and starting/meeting location.

Mon. Feb. 3, 7:00pm AGM for Moschelle Community Hall, at the Hall. All welcome.



Thur. Feb. 6, 2:15-4:15pm Caregiver Support Group meets at the Kingston Library, 671 Main St. Do you give unpaid care to a parent, spouse, child, friend, or relative due to frailty, advanced age, chronic illness, mental illness, or disability? You are not alone! The NS Caregivers Support Group meets on the first Thursday of each month. It is facilitated by trained staff members who offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. For more information and to register, call Jennine Wilson, 1-877-488-7390.

Thur. Feb. 13, 7:00pm The Clarence 4-H Club meets at the Clarence Hall on the second Thursday of each month at 7pm. New members and leaders are always welcome! For more information call Shanda at 902-824-2835

Fri. Feb. 14, 9pm-midnight Valentine's Dance with Jokers Right at the Bridgetown Legion, 20 Jeffery Street. Tickets \$15. Cash bar. (no credit cards, debit machine available)

Sun. Feb. 16, 12-2:30pm SOOF Soup Sunday Celebrate forests and Valentine's day with a free lunch of delicious soup and bread hosted by Save Our Old Forests (SOOF)! We will be at the Centrelea Community Hall (3496 Highway 201) from 12pm - 2:30pm serving up lunch and a conversation with Citizen Scientists Lisa Proulx. Free will donations to the Hall are appreciated. Please send an email to soof@saveouroldforests.ca so we get a sense of numbers - and let us know if you can bring something for the dessert table. Everyone is encouraged to bring a jar or container to take home extra soup and treats - if there's anything left!

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Welcome to CORAH!

- Community Hub & Active Living Centre for 55+
- Located at NSCC Middleton campus
- Programs focused on Healthy Living & Wellness
- Fitness classes for all abilities & many interests
- FREE in-person presentations on different topics
- Presentations live-streamed to satellite partners

Information: corah-avc@nssc.ca OR 902-825-5215



Find us on Facebook
facebook.com/corahHUB

Personal Protection, Awareness and Self-Defense for 55+
 Join Jamie Edwards to empower yourself:

- Develop intuition & situational awareness
- Learn how to Detect, De-escalate, Defend
- Develop skills to manage fear & anxiety
- Build confidence & be empowered in situations

THURSDAYS: 2:00pm - 3:00pm
 January 23 - February 20 *5 weeks for \$35*
 Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$35 For 5 Weeks




Line Dancing for New Beginners
 Join Justine Reiner on Thursdays to:

- Learn a fun form of dance
- Challenge yourself with new steps
- No experience necessary
- Laugh and have a great time!

THURSDAYS: 3:15pm - 4:15pm
 January 23 - April 03, 2025
 10 weeks for \$25

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nssc.ca OR 902-825-5215

\$25 For 10 Weeks

*No class: February 20




Tai Chi for Beginners (Class 1)
 Join Jamie Edwards for classes to:

- Experience the benefits of Tai Chi
- Improve flexibility, balance and stability
- Learn how to use Tai Chi as daily practice

TUESDAYS: 9:00am - 10:00am
 January 21 - March 25, 2025
 10 weeks for \$70

Location: Room 121 at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 For 10 Weeks




Tai Chi Level 2
 Join Jamie Edwards for classes to:

- Reap the full benefits of this exercise
- Improve flexibility, balance & stability
- See how Tai Chi can help in your daily life

THURSDAYS: 12:30pm - 1:30pm
 January 23 - March 27, 2025
 10 weeks for \$70

Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 For 10 Weeks




Chair Yoga with Wendy Balcom
 Join Chair Yoga (Tuesdays) to:

- Enhance your flexibility
- Improve balance and strength
- Reduce tension and increase mobility

TUESDAYS: 9:00am - 10:00am
 January 21 - March 25, 2025
 10 weeks for \$70

Location: CORAH at NSCC Middleton campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 for 10 weeks

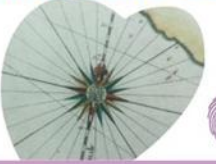



Maps as Art: The Beauty of Exploration
 Join NSCC library staff Andrew Hannam & Chelsea Heighton for a talk on the COGS Historic Map Collection:

- Discover the history of printing techniques
- Learn about the decorative elements of map making throughout antiquity
- See how different artistic techniques can make maps come off the page!

Location: NSCC - COGS Campus (Lawrencetown)
WEDNESDAY January 29: 10-11am OR 1-2pm
& THURSDAY January 30: 10-11am OR 1-2pm
 Register: corah-avc@nssc.ca OR 902-825-5215

Talk & Tours: 2 dates and 4 times to choose from! (limit of 10 people per group)




Let's Get Moving!
 Walk with us! Join Middleton Recreation and CORAH for Indoor Walking to:

- Discover the benefits of walking
- Walk with others and move at your own pace
- Begin or continue your indoor walking routine

THURSDAYS: 9:00am - 10:00am
 January 23 - April 24, 2025*

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nssc.ca OR 902-825-5215

FREE

*No walking Feb.20th




Line Dancing Level 2
 Join Justine Reiner on Wednesdays to:

- Improve your dancing skills
- Challenge yourself with new steps
- Laugh and have a great time!

WEDNESDAYS: 3:15pm - 4:15pm
 January 22 - April 02, 2025
 10 weeks for \$25

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nssc.ca OR 902-825-5215

\$25 For 10 Weeks

*No class: February 19




Tai Chi for Beginners (Class 2)
 Join Jamie Edwards for classes to:

- Experience the benefits of Tai Chi
- Improve flexibility, balance & stability
- Learn how to use Tai Chi as daily practice

TUESDAYS: 10:30am - 11:30am
 January 21 - March 25, 2025
 10 weeks for \$70

Location: Room 121 at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 For 10 Weeks




Hatha Yoga with Cheryl
 Join Cheryl Gubernt for Hatha Yoga to:

- Enhance strength, flexibility & balance
- Improve range of motion in your joints
- Reduce stress & anxiety

THURSDAYS: 10:30am - 11:30am
 January 23 - March 27, 2025
 10 weeks for \$70

Location: Room 121 at NSCC Middleton campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 for 10 weeks




Chair Yoga with Wendy Balcom
 Join Chair Yoga (Fridays) to:

- Enhance your flexibility
- Improve balance and strength
- Reduce tension and increase mobility

FRIDAYS: 9:00am - 10:00am
 January 24 - March 28, 2025
 10 weeks for \$70

Location: CORAH at NSCC Middleton campus
 Register: corah-avc@nssc.ca OR 902-825-5215

\$70 for 10 weeks




Yin Yoga with Amy
 Join Amy Neufeld-Klein for Yin Yoga to:

- Reduce stress and anxiety
- Improve flexibility and joint mobility
- Make yin yoga a healthy practice and part of your daily or weekly routine

FRIDAYS: 10:30am - 11:30am
 January 24 - March 28, 2025
 10 weeks for \$70

Location: CORAH at NSCC Middleton campus
 Register: corah-avc@nsc.ca OR 902-825-5215

\$70 for 10 weeks



'It's Your Turn' Fitness (co-ed)
 Join Sandy for classes to help you Start/Restart a Fitness Journey, or if you need modifications:

- Increase strength and stamina
- Fall prevention, flexibility and mobility
- Have fun & feel good: modifications for those recovering from injury, illness, or surgery

TUESDAYS: 10:30am - 11:30am
 January 21 - March 18, 2025
 9 weeks for \$63

Location: CORAH at NSCC Middleton campus
 Register: corah-avc@nsc.ca OR 902-825-5215

\$63 For 9 Weeks



Heart & Sole Fitness (co-ed)
 With Sandy of 'Training for Life'

- Low impact exercises for the 55+ community
- Focus on increasing strength and balance
- Improve flexibility, stability, movement

TUESDAYS: 9:00am - 10:00am
 January 21 - March 18, 2025
 9 weeks for \$63

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nsc.ca OR 902-825-5215

\$63 for 9 weeks



Fitness Express: Level Up!(co-ed)
 Join Sandy of 'Training for Life' in these new, faster-paced and timed workouts!

- 30-minute classes include high intensity movement & interval training for ages 55+
- Follow along with Sandy for movements to target calorie burning, regulate blood sugar, and increase strength, stamina, and movement

FRIDAYS: 11:15am - 11:45am
 January 24 - March 21, 2025
 9 weeks for \$45

NEW!
CORAH at NSCC Middleton Gym
 Register: corah-avc@nsc.ca OR 902-825-5215

\$45 For 9 Weeks



Men's Strength and Fitness
 with Sandy of 'Training for Life'

- Focus on increasing strength, stamina, energy, mobility and flexibility
- Exercises to create a feeling of well-being

FRIDAYS: 9:00am - 10:00am
 January 24 - March 21, 2025
 9 weeks for \$63

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nsc.ca OR 902-825-5215

\$63 for 9 weeks



Women's Strength & Fitness
 With Sandy of 'Training for Life'

- Focus on increasing strength, flexibility, stability, balance and injury prevention
- 45-minute classes: Low-impact exercises
- A great group of women to workout with!

FRIDAYS: 10:15am - 11:00am
 January 24 - March 21, 2025
 9 weeks for \$54

Location: CORAH at NSCC Middleton Gym
 Register: corah-avc@nsc.ca OR 902-825-5215

\$54 for 9 weeks



Sun. Feb. 16, 2:00pm Valleyview Winter Hike, sponsored by Annapolis County Recreation. Snowshoes will be available to use, if there is snow. Location: 960 Hampton Mountain Rd, Hampton. For more information contact: recreation@annapoliscounty.ca

Sat. Feb. 22 Winter Carnival Darts Tournament at the Bridgetown Legion, 20 Jeffery St. 4 person open, \$60 per team. Fee returned in prize money. 50/50 Draw. Cash bar. Info: Pierre 902-309-1536, Ellen 902-309-1485, ellenhaley@hotmail.com Captains meet at 9:45 and games start at 10am.

Sat. Feb. 22, 2-3:30pm Intro to AI and Chat GPT with speaker Andy Kerr. Basic concepts, history and evolution of AI, along with simplified explanations of Chat GPT and its functions. An Afternoon with Friends Speaker Series event at the Dugua Room of the Community Hub, 143 Ritchie Street, Annapolis Royal. Free. More info at arlibraryfriends.org

Sat. March 1, 2-3:30pm Fake News, how to identify and deal with it, with speaker Charlotte Janes. An Afternoon with Friends Speaker Series event at the Dugua Room of the Community Hub, 143 Ritchie Street, Annapolis Royal. Free. More info at arlibraryfriends.org

Sun. March 2, 2:00pm Kejimkujik Winter Hike (Mills Falls), sponsored by Annapolis County Recreation. Snowshoes will be available to use, if there is snow. Location: Kejimkujik National Park, Maitland Bridge. For more information contact: recreation@annapoliscounty.ca

You can find print copies of The Bridgetown Reader at:

- Middleton-**
 Avery's Farm Market
 Big Scoop Family Restaurant
 Heather's Your Independent Grocer
 Middleton Home Hardware
 Pharmasave Middleton
 Middleton Library
 Middleton Salvation Army Thrift
- Brickton-**
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JANUARY

EVENTS

\$11 WINGS EVERY WEDNESDAY 4-9PM

EXCLUSIVE BEER CLUB EVENT 6PM-8PM THU JAN 9TH

OPEN MIC WITH DOUG HINES NEW MUSICIANS WELCOME 6PM-8PM THU JAN 16TH

COMEDY NIGHT W/TRAVIS LINDSAY & FRIENDS TIX \$20 8PM - 10PM FRI JAN 17TH

FARMERS APPRECIATION DAY FOOD & DRINK SPECIALS ALL DAY 12PM-9PM SAT JAN 18TH

SUPER AWESOME KARAOKE W/ ALEXANDRA RODGERSON 7PM - 10PM FRI JAN 24TH

MUSIC TRIVIA NIGHT WITH DOUG TEAMS UP TO 4 CALL TO RESERVE YOUR SEATS 6PM-8PM SAT JAN 25TH

NEW NEIGHBOURS ANNAPOLIS VALLEY MEET NEW FRIENDS RESERVE A SEAT THU JAN 30TH
 RSVP RON: RONAJFUNNELL@GMAIL.CO 5PM - 9PM



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The Reader is posted, complete, each week to our website, www.bridgetownreader.news and our Facebook page (Bridgetown Reader).

Getting to Know: Annapolis Royal & Bridgetown Taxi

As we welcome the New Year, I would like to take this opportunity to extend my warmest wishes to all my valued customers for a Happy New Year.

I have now been in operation for 13 years and continue to provide a quality cost effective service should you wish to travel locally or long distance.

With costs being driven upwards, taxi services have no option than to pass this increase on to their customers. However, that should not mean excessive pricing and I intend to continue to keep my fares to a minimum.

Fares

Below are some of my most frequently used fares for travel between Annapolis Royal and Bridgetown. All fares are one way and include GST/HST

- Bridgetown to Halifax Airport \$235.
- Annapolis Royal to Halifax Airport \$245.
- Bridgetown to Middleton \$35.
- Annapolis to Middleton \$45.
- Bridgetown to Kentville \$140.
- Annapolis to Kentville \$150.

Payment Flexibility

I take credit or debit cards, e-transfer or cash and can also provide full GST/HST receipts.

For return fares, or any other information please contact me at (902) 665 0057.

A & G Taxi – Bridgetown

I am also pleased to announce my partnership with A&G Taxi in Bridgetown for a collaborative service initiative. That means that if I am unavailable then I can pass you onto A&G Taxi or get them to call you directly. A&G's fare structure will not always align with mine as our costs differ, but rest assured you will receive the same professional service.

Both I and A&G Taxi look forward to meeting you and transporting you in carefree comfort in fully-insured, licensed vehicles.

Auditions! Sing With Annapolis Voices

Slots available now through February 1. Email annapolisvoices@gmail.com for more info and to schedule your audition. We are currently seeking alto, tenor and bass voices. AV performs challenging multi-part repertoire of all styles with a focus on a cappella singing. Members are experienced choral singers able to prepare their own part with the aid of learning resources. The choir meets weekly on Monday evenings at St George & St Andrew United Church in Annapolis Royal. The first rehearsal of the Spring term is scheduled for February 24, 2025.

Community Events, News, Business Notes, Rentals, and Bulletin Board items are all FREE. Call or text 902-824-0412, email us at readerpublishing@outlook.com message us on Facebook or use the contact form at www.bridgetownreader.news.

"Who's at my Feeder?" Word Search Answers

C	J	W	O	R	R	A	P	S	E	E	R	T	T	N
X	A	U	N	I	K	S	I	S	E	N	I	P	G	U
C	G	R	N	S	K	R	U	H	T	S	X	E	C	T
L	N	A	D	C	E	V	O	D	E	B	Z	X	L	H
R	I	T	C	I	O	T	I	T	M	O	U	S	E	A
G	L	H	O	F	N	P	F	J	B	C	H	S	J	T
E	R	T	C	W	G	A	R	U	B	H	K	U	P	C
L	A	W	E	N	H	B	L	U	E	J	A	Y	O	H
K	T	N	Y	Q	S	E	L	B	U	L	J	W	U	F
C	S	K	K	P	C	F	E	L	L	U	B	D	C	Y
A	K	Y	P	O	K	O	D	V	Q	I	J	L	F	B
R	H	A	L	Y	A	M	T	L	R	P	D	W	G	Y
G	T	X	X	V	D	Y	C	D	O	B	D	V	R	H
J	X	W	Z	P	E	R	W	R	H	G	M	E	Y	C
G	H	O	U	S	E	F	I	N	C	H	E	O	R	K

KING'S THEATRE

COMING EVENTS



THE COUNT OF MONTE CRISTO
The falsely imprisoned Edmond Dantes exacts his revenge on the men who betrayed him
FRIDAY JANUARY 31st @ 7:00 PM



JOSEPHINE: A BURLESQUE CABARET DREAM PLAY
Award-winning show about the life of Josephine Baker
FRIDAY FEBRUARY 7th @ 7:30 PM



THE ROOM NEXT DOOR
Two friends (Julianne Moore, Tilda Swinton) reconnect in Pedro Almodóvar's new film
WEDNESDAY FEBRUARY 12th @ 7:00 PM



DUO BEIJA-FLOR
Mesmerizing classical flute and guitar duo
Debut Atlantic
SUNDAY FEBRUARY 16th @ 3:00 PM



AERLIALISTS
An alchemy of Irish-Scottish-Norwegian Trad and experimental indie-jazz
FRIDAY FEBRUARY 28th @ 7:30 PM



SPARKLE DANCE: THE POWER OF LOVE
An all new show led by Wendy Goudie
SUNDAY MARCH 2nd @ 2 PM & 6 PM



BROADWAY BOUND
Live on stage: a tale of musical theatre by Young Company Productions
SAT FEB 1st @ 7 PM & SUN FEB 2nd @ 3 PM



MACBETH - STAGE TO SCREEN
David Tennant & Cush Jumbo lead a stellar cast filmed live at the Donmar Warehouse in London
SUNDAY FEBRUARY 9th @ 3:00 PM



STEPHEN FEARING
The musical journey of a Canadian folk nomad and his internationally celebrated music
SATURDAY FEBRUARY 15th @ 7:30 PM



COMEDY, MUSIC & MAGIC
Comedian & country artist Rory Gardiner & Magician Vincenzo Ravina in one show!
SATURDAY FEBRUARY 22nd @ 7:30 PM



THE BRUTALIST
7x Golden Globe winner (Picture, Director, Score, Actor, Screenplay, & Supporting Actor & Actress)
SATURDAY MARCH 1st @ 3:00 PM



THERRIAN-GO DUO
Jean-Luc Therrian, Piano, & Daniel Hamin Go, Cello - Debut Atlantic
SUNDAY MARCH 9th @ 3:00 PM

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209 St George St, Annapolis Royal
kingstheatre.ca
[kingstheatreannapolisroyal](https://www.facebook.com/kingstheatreannapolisroyal)
[kings.theatre](https://www.instagram.com/kings.theatre)



Become A Member!




We like to think all of our supporters, friends, followers and volunteers ARE "Members" - but as a nonprofit SOOF is required to keep an official registry of Voting Members. So we are introducing SOOF Memberships for 2025!

SCAN ME



ABOUT SOOF MEMBERSHIPS

- Individual memberships only - one vote per membership, no family or groups
- Must be renewed annually (by March 31) to maintain Active Status as a member
- Pay What You Can Suggested pricing \$20/member or \$10 for students and seniors
- Check our Get Involved page on the website for more information or scan the code!



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Gender Based Violence

Public Forum on Survey Results

Join Us:

JANUARY 28, 2025



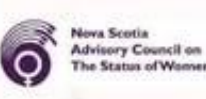
KINGSTON UNITED CHURCH

1 PM - 4 PM

We asked for opinions on gender based violence in the Annapolis Valley. Now it's time to discuss the results and find out what your community is saying on this issue that affects us all. The results discussion will be followed by guest speaker Jennifer Holleman. Please see side panel for more information.


R.S.V.P: wendy.wprc@gmail.com

Refreshments and discussion to follow.

Forever Twenty-One
Maddison's Story

JENNIFER HOLLEMAN



Guest Speaker

Jennifer Holleman

Author of Forever Twenty-One - Maddison's Story. The story of a woman who lost her daughter to human trafficking and now advocates for others.

Do not read, as children do, to amuse yourself, or like the ambitious, for the purpose of instruction. No, read in order to live." Gustave Flaubert

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Fri. Jan. 31, 7:00pm The Count of Monte Cristo
(film, PG) Edmond Dantes becomes the target of a sinister plot and is arrested on his wedding day for a crime he did not commit. After 14 years in the island prison of Château d'If, he manages a daring escape. Now rich beyond his dreams, he assumes the identity of the Count of Monte-Cristo and exacts his revenge on the three men who betrayed him. French language, subtitled. Tickets: \$10.95 Adults, \$6.95 Youth.

Sat. Feb. 1, 7:00pm and Sun. Feb. 2, 3:00pm Broadway Bound
Young Company Productions presents Broadway Bound: a dreamlike tale of musical theatre, told through the music and lyrics of Broadway's best, by a full cast of talented local youth. Directed by Hayley McIntyre, Musical Director is Gregory Muszkie. Tickets: Adult \$20, Youth \$5.

Fri. Feb. 7, 7:30pm Josephine: A Burlesque Cabaret Dream Play
This international award-winning one-woman biographical musical combines cabaret, theatre and dance to tell the story of the iconic Josephine Baker, the first African-American international superstar and one of the most remarkable figures of the 20th Century. Tymisha Harris stars in this dazzling retelling of Josephine Baker's revolutionary life as singer, movie star, WWII spy, civil rights activist, and cultural icon.

Tymisha Harris (aka "Tush") has been performing professionally for over 20 years. Her early credits include assistant choreographer and backup dancing for the '90s pop group N*SYNC, backup dancer for LFO, multiple roles at Universal Studios Orlando, and a featured role in the hit movie series Bring It On. More recent endeavors include the national tour of Rock of Ages, a European tour with the innovative and world-renowned Pilobolus Dance Theater Company, and a founding member and Assistant Director and Choreographer of the successful Orlando based troupe, VarieTease.

This show is recommended for ages 14+. Tickets: \$35.

Sun. Feb. 9, 3:00pm Macbeth, a Stage to Screen presentation. David Tennant (Doctor Who, Broadchurch) and Cush Jumbo (The Good Wife, Criminal Record) lead a stellar cast in an 'enthrralling' (★★★★★ Daily Telegraph) new production of Shakespeare's Macbeth, filmed live at the Donmar Warehouse in London, especially for the big screen. Tickets: \$15.95.

Veterans Events at 7Arts

7Arts Centre,
619 Central Ave,
Greenwood.
info@7Arts.ca.

Fridays Jan 17, 24 & 31, 9am-2:00pm Veteran's Lodge Buddy Check coffee.

This event is open to all Annapolis Valley Veterans and serving members. This is a FREE event for Veterans. Register by emailing theveteranslodge@gmail.com.

Sun. Jan. 19, 1:30-3:30pm Veteran's Lodge Music Jam.

This event is open to all Annapolis Valley Veterans and serving members. This is a FREE event for Veterans. Bring your musical instrument,

your singing voice, or just yourself and come and enjoy and afternoon of singing and jamming. Register by emailing theveteranslodge@gmail.com

Tues. Jan. 28, 10am-12:00pm Veteran's Lodge Veteran's Corner. This event is open to all Annapolis Valley Veterans and serving members. This is a FREE event for Veterans. Register by emailing theveteranslodge@gmail.com.

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UPCOMING EVENTS

SAVE OUR OLD FORESTS

JAN 19 Sunday, 12pm - 2:30pm
SOOF Soup Sunday - Nina Newington
Join us at Centrelea Community Hall for a free lunch of soup and bread followed by a presentation featuring Nina Newington. Come learn about the difference between OLD and OLD GROWTH forests!

FEB 16 Sunday, 12pm - 2:30pm
SOOF Soup Sunday - Lisa Proulx
Join us at Centrelea Community Hall for a free lunch of soup and bread followed by a conversation with Citizen Scientist Lisa Proulx.

MAR 01 Saturday, 2pm - 4pm
Winter Adventure at Four Mile Stillwater Trail
Get outside with Angelika and Ashlea (Annapolis County Recreation) on a guided winter adventure at the Four Mile Stillwater Trail. We'll explore a mixed forest and learn about ongoing efforts to protect hemlocks in Kespuktwik. Snowshoes will be available to try out... if there's snow!

MAR 16 Sunday, 12pm - 2:30pm
SOOF Soup Sunday - Dr. Cindy Staicer
Join us at Centrelea Community Hall for a free lunch of soup and bread followed by a presentation featuring Dr. Cindy Staicer about Forest Bird Species at Risk and their Habitats. Wear some green and come celebrate St. Patty's Day with SOOF!

MORE INFORMATION: saveouroldforests.ca/events

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The Bridgetown Reader is available night and day, 7 days a week at www.bridgetownreader.news

RCMP Charge Local Man

The Annapolis District RCMP Street Crime Enforcement Unit (SCEU) has charged a West Dalhousie man with multiple offences after executing a search warrant at a home in Bridgetown.

On January 9, as part of an ongoing drug investigation, the Annapolis District RCMP SCEU, in conjunction with the Valley Integrated SCEU and Annapolis County RCMP detachments, executed a search warrant at a residence on Morse Rd.

Officers safely arrested a man outside the home and searched the property.

During the search, RCMP officers seized four shot guns; four rifles; five conducted energy weapons; a crossbow; a knife; a switchblade; brass knuckles; quantities of suspected cocaine, methamphetamine, and psilocybin; drug paraphernalia; and cash. The items, along with the man's vehicle, were seized.

Ryan Laviolette, 36, appeared before a judge on January 9 and was remanded into custody pending a court appearance in Annapolis Royal on January 13.

Laviolette is facing multiple charges, including:

- Careless Use of a Firearm (16 counts)
- Possession of a Weapon for a Dangerous Purpose (16 counts)
- Possession of a Firearm Knowing its Possession is Unauthorized (16 counts)
- Unauthorized Possession of a Firearm (8 counts)
- Possession of a Prohibited Weapon (8 counts)
- Possession of Property Obtained by Crime
- Possession for the Purpose of Trafficking (2 counts)
- Breach of Probation

The investigation is ongoing.

Nova Scotians are encouraged to contact their nearest RCMP detachment or local police to report crime in their communities. Anonymous tips can be made by calling Nova Scotia Crime Stoppers, toll-free, at 1-800-222-TIPS (8477), submitting a secure web tip at www.crimestoppers.ns.ca, or using the P3 Tips app.

Note: The Valley Integrated Street Crime Enforcement Unit is comprised of members of the Kings District RCMP and the Kentville Police Service.



WEASY'S HAIR SALON

4730 HWY #1 Granville Ferry/ 902-532-2273

If you have a trip planned and need small size hair products, drop in and see our sale section. I think you'll like the assortment.

- Did you know we carry shampoo for sensitive, itchy scalp symptoms? We have Biolage anti-dandruff, and a Redken brand. They run about \$18 plus tax. Cooling down the water on the last rinse keeps the follicles (where the hair comes out of the scalp) on the scalp more closed and not as flared/opened up as they would be with hotter water. Cooler water also applies to color treated / frizzy flyaway hair, it makes the outside of the hair (the cuticle) lay flat, it locks in any color &/or conditioner and makes hair more sleek n' shiny.
- Did you know those aggravating Lice critters do not like the smell of Tea Tree shampoo? We carry large and small shampoo and conditioners. This is not a treatment to get rid of them, it is merely an ounce of prevention. A friendly hint to put some on any hats/toques. If you have any concerns, please contact us by phone so we can chat. There is no judgement at any time, it does not make you a bad person, they love clean hair.
- The inventory is done, and we now have a SALE section of random stuff.
- NEW Hempz are on the way...Brazilian Berry!
- ALL Brands Matrix, Redken, DesignMe & Biolage have their 1 litres of shampoo & conditioners on sale the whole month of January, so let me know your favorites and I'll get them in for you.
- Do your kids like SLIME? Mix ½ cup of conditioner, food coloring, 1 cup of corn starch together in a bowl (the mixture feels sticky at first but just keep mixing until smooth.) You can add glitter too if you like. ENJOY!!

Annapolis Royal- Town wharf is closed for maintenance.

Annapolis- Open Gym for Youth ages 12 - 18 every Tues & Thurs from Jan 7th - 30th. Community Hub Gym 578 St. George St. 3:30 - 5 pm. Indoor only sneakers, a parent or guardian is required to register the participant upon drop off the first time they attend. The HUB has Safe indoor walking for adults, Tuesday & Thursdays 11 am - noon Cost is \$2.

Bridgetown Curling Club - Online Auction will run until exactly 8pm Saturday February 8th. If you have an item that you would like to donate, please contact Will Neily or Sandra Penny. Payment can be cash/debit credit card. Cheque or Etransfer: Treasurer@bridgetowncurlingclub.com Winner pick up is Sun Feb 9th between 2 pm- 5 pm. @ 333 Granville Street.

Bridgetown Legion/Food Bank/& Lions club present Soup & Sandwich Lunch FREE Will Offering, Mon Jan 20th from 11:30 - 1:30 pm Special Thanks to Graves Freshmart & D'Aubin Family Meats. At the Legion 20 Jeffrey St. 902-665-2820.

County of Annapolis wants to hear from YOU: your needs, challenges, and ideas for a stronger community.

Whether it be housing, food security, or education, your perspective is vital to shaping solutions that work.

Participate in our survey today and join us in building an inclusive, supportive Annapolis County.

<https://bit.ly/coapoverty> We invite- residents, community groups, and businesses. Your input will help us come up with better solutions. A QR Code is also available

Granville Ferry - Bushel & Barrow Savoury Foods, Open again Tues/January 21st. Will be offering a wide variety of specialty food products and unique items, including Artisanal Cheese, Baked Goods, , Gluten and Keto, Cured Meats, sweet treats, international flavours of hot sauces, natural & holistic products, & options for the furry member of the family. Ask them about their future plans of other ideas, such as meals on the go. (I don't have enough room to list everything)

Granville Ferry- The Wooden Spool are partnering with the ACHC, looking for sewers, quilters and folks that could help make these quilts for the Palliative Program. Call 902-532-0326 Open Mon - Sat 10 am - 5 pm.

www.woodenspool.ca

Internet Quote: Brian Bilston: Thirty Days has September, April, June and November. Unless a leap year is its fate, February has twenty - eight. All the rest have three days more, except January, which has six thousand, one hundred and eighty-four. Stay Strong, go get your hair done.

Kingston- Women's Place/Resource Centre Support Group for women who experienced Violence and Abuse, Starting Sat Jan 11th @ 694 Main Street Kingston, 9 - 11 am. Email: wendy@wprc@gmail.com

Milford & Area Community Hall Chair Yoga with mat adaptations, starting Mon Jan 20th. Classes led by Andrea Wegerer, begin at 10 am with donations accepted for the hall.

Phinneys Cove, Anna/County : www.scotianshores.com Family Friendly debris clean up event. Sat Jan 25th 11am - 3 pm access the shore @ #6911 Shore Rd. West. Don't trust google maps, watch for the signs. Bags and gloves will be provided for participants.

The Three Rivers Clothing Giveaway held their event recently and now they are missing their Giraffe. If you may have picked it up by mistake with your stuff, they'd appreciate it if someone would drop it off. It actually belongs to Three Rivers. If you want to return it anonymously, just leave it on the front step. Thank you in advance.

Upper Clements Cottages- are still taking Christmas trees. The goats LOVE eating Pine trees, the needles are packed with oils and resin, which are high in energy and provide a natural source of warmth when digested. Additionally, the sap from pine trees can help coat their digestive system, providing insulation and aiding in their overall warmth during colder months.

Wilmot- The Spurr Brothers Market has a fun evening of painting with Jane Beals, Wed Jan 22 from 6:30 - 8:30. Cost is \$45, including all supplies. Contact Kate@spurrbrothers.ca or 902-363-2333 to register. Limited spots so don't miss out.

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Looking to Buy: Used golf carts - Yamaha, Club Car, EZ-Go. 902-245-2475

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Happy New Year

As tax season quickly approaches, have you thought about gathering your information?

What can I claim..... bring it in we will know
Should I keep all the slips from the pharmacy....call the pharmacy and ask for a printout for the year
When will my slips be available...government slips are issued February 28,2025

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For Sale: China cabinet, \$170. Treadmill (only used a few times) \$350. Large horse blanket box (cedar lined with a history) \$50. Wooden bookcase \$20. Washer/dryer (working) \$150 for the pair. Many other items. Call 902 532-0320

For Sale: Coronation Street: The 60s Collection. 1960-69. 10 DVD set, Volumes 1-5. Never opened, still in original wrapping. New \$97. Asking \$75. ApexCam Action Camera M90 Pro. Underwater/land camera. Never opened, still in original packaging. \$65. 902-309-0034.

For Sale: Four snow tires 245/70R17-\$150. Phone 902-825-3313

For Sale: Cooney Single Shot, 22 cal, w/rabbit pattern on stock, great youth or trappers rifle. \$250. Iver Johnson, Champion 410 Single Shotgun, made in Canada. \$225. Ph: 802-824-1849

For Sale: Steel trailer. 4-1/2ft wide x 6ft long with 20" side boards. Comes with jack and spare tire. \$1200. 902-584-3094.

Want to advertise? We distribute print copies from Middleton to Annapolis Royal, plus we post the entire contents of each issue here to our web site and on our Facebook page. Reach us through the contact form at www.bridgetownreader.news, through Facebook/ Bridgetown Reader, email readerpublishing@outlook.com or call or text 902-824-0412. Submissions are due by noon on Monday before that Friday's issue.

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Seasonal Affective Disorder

Seasonal affective disorder (also called SAD) is a type of depression that is triggered by the seasons of the year. The most common type of SAD is called winter-onset depression. Symptoms usually begin in late fall or early winter and go away by summer. A much less common type of SAD, known as summer-onset depression, usually begins in the late spring or early summer and goes away by winter. SAD may be related to changes in the amount of daylight during different times of the year.

How common is SAD?

Between 2% and 3% of people in Canada suffer from SAD. Another 15% may experience a mild form of winter-onset SAD. SAD is more common in women than in men. Although some children and teenagers get SAD, it usually doesn't start in people younger than 20 years of age. For adults, the risk of SAD decreases as they get older. Winter-onset SAD is more common in northern regions, where the winter season is typically longer and more harsh.

What are the symptoms of SAD?

Although your symptoms are clues to the diagnosis, not everyone who has SAD experiences the same symptoms. Common symptoms of winter-onset SAD (90% of people who have SAD) include the following:

- A change in appetite, especially a craving for sweet or starchy foods
- Weight gain
- A drop in energy level
- Fatigue
- A tendency to oversleep
- Difficulty concentrating
- Irritability and anxiety
- Increased sensitivity to social rejection
- Avoidance of social situations and a loss of interest in the activities you used to enjoy
- Feelings of guilt
- Feelings of hopelessness
- Physical problems, such as headaches

Symptoms of summer-onset SAD (10% of people who have SAD) include:

- A loss of appetite
- Weight loss
- Insomnia
- Irritability and anxiety
- Agitation

Symptoms of SAD tend to come back year after year. They also usually come and go at about the same time every year. The changes in mood are not necessarily related to obvious things that would make a certain season stressful (like regularly being unemployed during the winter, for example).

Is there a treatment for SAD?

SAD can be treated in a number of ways, including light therapy, medicine, or behavior therapy. Your healthcare provider may want to combine therapies if using one does not work for you.

If you have winter-onset SAD and your healthcare provider suggests you try light therapy, you may use a specially made light box, or a light visor that you wear on your head like a cap. You will sit in front of the light box or wear the light visor for a certain length of time each day. Generally, light therapy takes about 30 minutes each day throughout the fall and winter, when you're most likely to be depressed. Another kind of light therapy involves a "dawn simulator" which is a light that is activated by a timer. It is set up in your bedroom to mimic a natural sunrise. The light turns on early in the morning and gradually increases in brightness and allows your body to wake up naturally, without using an alarm. If light therapy helps, you'll continue it until enough sunlight is available, typically in the springtime. Stopping light therapy too soon can result in a return of symptoms.

When used properly, light therapy seems to have very few side effects. However, some side effects include eyestrain, headache, fatigue, irritability and inability to sleep (if light therapy is used too late in the day). Light therapy should be used carefully in people who have manic depressive disorders, skin that is sensitive to sunlight and/or medical conditions that make their eyes vulnerable to sunlight damage.

Tanning beds should not be used to treat SAD. The light sources in tanning beds are high in ultraviolet (UV) rays, which harm both your eyes and your skin.

Questions to ask your Healthcare Provider

- What treatment is best for me?
- Should I use light therapy?
- Can you give me instructions on how to use a light lamp?
- What changes can I make at home to help myself?
- What is causing my SAD?
- Should I take medicine?
- How long will I have to continue treatment?
- Should I talk with a counselor?
- Should I make any changes to my diet?
- Could exercise help me deal with SAD?

If you are having any symptoms or have any questions, please call 811 to speak with a registered nurse 24 hours a day. 811 can help you with advice on everything from bee stings, frost bite, to coughs, and flu. On average, 325 patients receive care from an 811 nurse each day.

Top five most common reasons for calling 811:

- Abdominal pain / discomfort
- Chest pain / discomfort
- Children's colds & coughs
- Adult colds & coughs
- Adult nausea & vomiting

811 provides services in over 125 different languages including Farsi, Cantonese, French, Chinese, and Arabic, to name a few.

(SAD article written by familydoctor.org editorial staff and used courtesy 811Nova Scotia) <https://811.novascotia.ca/>

For Sale: 2009 Silverado 1500 reg cab long box 4x4, 4.3, v.g. tires, trailer hitch, no rust holes in cab or box. Engine and running gear work well. Frame bad. Not inspected. For parts or repair. Asking \$1000. 902-665-4515.

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"Seasonal" Cryptoquote Answer:
Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home. Edith Sitwell

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Call or text 902-824-0412, email us at readerpublishing@outlook.com message us on Facebook or use the contact form at www.bridgetownreader.news.

"Random 'A' Words" Word Search Puzzle

Aginner	Acidhead
Acoustic	Additive
Adult	Adverb
Airplay	Albatross
Analogue	Anchorman
Aquarian	Arugula
Aspartame	Auteur
Autocide	Ayatollah

Find the word or phrase in the puzzle. Words can share letters as they cross over each other. Answer next week.

Z R Y A S X F T Y H U C Q Y S F
R E Z S R Z K M U A J B S H G S
I N X I L U Z E N L L P S M F J
D N Y D G Q G A V L N P O Y Y A
W I I M T V M U K O N W R M S S
Y G V F N R Q E L T Y C T I U P
C A Y L O Y V Y E A G S A U A A
P A C H F Z K U T Y A Z B N S R
R G C O M A G W L A D S L M V T
J N M D U O B R E V D A A K E A
A B B T L S Q U R X I V E Z E M
J O E A A P T I E Y T A U Q W E
A U N D H Z U I A C I D H E A D
R A U B E H G U C W V T E G C B
V L A Q U A R I A N E B W S G U
T E D I C O T U A G T T L C E U

Nova Scotia 2025 Property Assessments in the Mail

Property owners throughout Nova Scotia should begin receiving their 2025 Property Assessment Notices this week.

Assessments reflect a market value as of January 1, 2024, based on market sales and financial data, and the physical state of the property as of December 1, 2024, including renovations and demolitions.

Assessments are determined by Property Valuation Services Corporation (PVSC), the independent, municipally funded, not-for-profit assessment authority for Nova Scotia. PVSC determines market value using mass appraisal, the process of valuing a group of properties on a given date using common data, standardized methods, and statistical testing.

"The 2025 Assessment Roll reflects steady residential market growth especially in towns outside of the Halifax Regional Municipality," says Charlene MacNeil, Director of Assessment. "Our analysis indicates apartment buildings and manufactured homes are a very strong market across the province."

The total value of the 2025 Assessment Roll is \$190.6 billion.

"Commercially, both vacant land and industrial parks continue to show market growth," adds MacNeil.

This year's rate for the provincial government's Capped Assessment Program (CAP) is 1.5 per cent, reflecting the Consumer Price Index (CPI) for Nova Scotia. The CAP limits the annual increase in taxable assessment for eligible residential properties to no more than the CPI rate for the year. About 67 per cent of residential assessments, 415,306 property accounts, qualify for the CAP for 2025.

PVSC operates in accordance with the Nova Scotia Assessment Act and the Property Valuation Services Corporation Act and follows internationally accepted standards for mass appraisal. PVSC representatives are available to discuss assessments and answer questions by phone (1-800-380-7775) or email (inquiry@pvsc.ca). For more information, visit pvsc.ca.

Please Note: assessment appeals must be received by midnight on February 13, 2025. Signed appeal forms can be submitted by email, mail, or fax. PVSC does not have the legislative authority to create property tax policy, set property tax rates, collect property taxes, or provide property tax relief. Those important roles are fulfilled by Nova Scotia's provincial and municipal governments.



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Local Assessment Values by Municipality

MUNICIPALITY OF THE COUNTY OF ANNAPOLIS	2025	2024
Total Residential	2,807,821,200	2,589,556,300
Total Residential with CAP	2,006,025,900	1,888,928,000
Total Commercial	180,731,300	183,333,100
Total Assessment Roll	2,988,552,500	2,772,889,400
TOWN OF ANNAPOLIS ROYAL		
	2025	2024
Total Residential	90,104,400	82,869,500
Total Residential with CAP	71,038,000	66,939,100
Total Commercial	51,628,100	51,359,100
Total Assessment Roll	141,732,500	134,228,600
TOWN OF MIDDLETON		
	2025	2024
Total Residential	168,137,500	146,623,400
Total Residential with CAP	129,684,500	120,367,200
Total Commercial	78,710,500	79,916,100
Total Assessment Roll	246,848,000	226,539,500

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AFRICAN HERITAGE MONTH

Annapolis Royal Library

Dugua Room: 143 Ritchie Street, Annapolis Royal



Portrait by James Middleton

Friends of the Library

Rose Fortune (1774-1864)

A successful businesswoman at a time when neither women nor Black persons were encouraged to pursue entrepreneurial opportunities.

Her businesses included baggage carrying & transport from ships. Later she started a "wake-up call" service for people at nearby inns.

She also enforced curfews and early laws in Annapolis Royal. Many consider her the first policewoman in Canada.

We're calling all builders to join us to bring this historic figure to life in a vibrant mural.

PUBLIC BUILDING SESSIONS:

No registration required.
All ages encouraged!

Friday, February 7 10AM-5PM
Saturday, February 8 10AM-5PM

Recommended on Saturday to call the library at 902 532-2226 to make sure we are "still building." Completion will also be announced on facebook.com/friendsoftheARlibrary.

PUBLIC UNVEILING

Wednesday, February 12 2PM
Cake & Celebration of Our New Portrait

A project by the
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- #1001 Square Ad 2" H x 2" W \$4.00
- #1002 Business Card 2" H x 3-1/4" W \$6.50
- #1003 Horizontal 2" H x 5" W \$10.00
- #1004 Vertical 4" H x 3-1/4" W \$14.00
- #1005 Square 4" H x 4" W \$16.50
- #1008 Vertical 8" H x 6.5" W \$52.00
- #1011 Vertical 4" H x 2-1/2" W \$10.00
- #1012 Vertical 6" H x 3-1/4" W \$19.50
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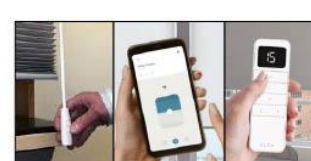
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