

## **ACCOMMODATIONS & DINING**

Anke's B & B  
22864 Hwy #7, Sheet Harbour, NS  
902-885-2172  
[service@ankesbb.com](mailto:service@ankesbb.com)  
[booking@ankesbb.com](mailto:booking@ankesbb.com)  
[www.ankesbb.com](http://www.ankesbb.com)

Black Duck Seaside Country Inn  
Gloria Walsh  
25245 Hwy #7, Port Dufferin, NS  
902-654-2237  
[gloriav@ns.sympatico.ca](mailto:gloriav@ns.sympatico.ca)

Brigitte's Holiday Apartments B  
Brigitte Gasser  
159 Gammon Road, West Quoddy, NS  
902-654-2849  
[gasser.brigitte@aon.at](mailto:gasser.brigitte@aon.at)

Liscombe Lodge Resort and  
Conference Centre  
Liscomb Mills  
902-779-5000 Fax: 902-779-2700  
[kwenaus@liscombelodge.ca](mailto:kwenaus@liscombelodge.ca)

Dufferin Variety & Pizza  
25528 Hwy #7  
Port Dufferin, NS  
902-654-2425

East River Lodge Campground & Trailer  
Park  
200 Pool Road  
Sheet Harbour, NS  
902-885-2057, 902-885-5572  
[es.wildlifeassoc@gmail.com](mailto:es.wildlifeassoc@gmail.com)  
[eastrivercampground@gmail.com](mailto:eastrivercampground@gmail.com)

Fairwinds Motel & Restaurant  
Ralph or Vera LeBlanc  
22522 Hwy #7  
Sheet Harbour, NS  
902-885-2502 Fax: 902-885-2158  
[www.fairwindsmotelsheetharbour.ca](http://www.fairwindsmotelsheetharbour.ca)  
[fairwinds@ns.sympatico.ca](mailto:fairwinds@ns.sympatico.ca)

Il Porto Pasta & Pizza  
Dan Creelman & Kim Burgess  
22808 Hwy #7, Sheet Harbour, NS  
902-885-3111

Murphy's Camping on the Ocean  
Brian & Marilyn Murphy  
308 Murphy Road  
Murphy Cove, NS  
902-772-2700  
[brian.murphy@ns.sympatico.ca](mailto:brian.murphy@ns.sympatico.ca)  
[www.murphyscamping.ca](http://www.murphyscamping.ca)

Sheet Harbour Motel & Restaurant  
Wallace Spears  
22715 Hwy #7, Sheet Harbour, NS  
902-885-2293  
[sheetharbourmotel@bellaliant.com](mailto:sheetharbourmotel@bellaliant.com)

Spry Bay Campground & Cabins  
Avelene Osmond  
19867 Hwy #7, Spry Bay, NS  
902-772-2554 Fax: 902-772-2556  
[sprybaycampground@msn.com](mailto:sprybaycampground@msn.com)  
[www.sprybaycampground.ca/drupal](http://www.sprybaycampground.ca/drupal)

The Henley House Pub & Restaurant  
Meryl Atkinson  
22478 Hwy #7  
Sheet Harbour, NS  
902-885-3335 Fax: 902-885-2996  
[merylatkin@ns.sympatico.ca](mailto:merylatkin@ns.sympatico.ca)  
[www.thehenleyhousepub.ca](http://www.thehenleyhousepub.ca)

Sober Island Brewing Company Ltd.  
[Rebecca@soberbrewing.ca](mailto:Rebecca@soberbrewing.ca)  
[\(902\)719-9463](tel:(902)719-9463)

Welcome Home B & B - Maureen Glover  
972 Mushaboom Road  
Mushaboom, NS  
902-885-2337  
[maureeng972@gmail.com](mailto:maureeng972@gmail.com)

## **ARTS, PAINTING & PHOTOGRAPHY**

Barry Colpitts Folk Art  
15359 Hwy #7, East Ship Harbour  
902-772-2090

Dabbling Duo Handcrafts  
Sheet Harbour  
902-885-3347  
Ivan & Myrna Walsh  
[ivan.walsh@ns.sympatico.ca](mailto:ivan.walsh@ns.sympatico.ca)

Moser's Photography - Robert Moser  
Nature & Wildlife Photography  
20 Harbour Crescent, Sheet Harbour  
902-885-2395  
[rmoser@ns.sympatico.ca](mailto:rmoser@ns.sympatico.ca)

Sandy Moser Art - Sandy Moser  
Nature & Wildlife Paintings  
20 Harbour Crescent  
Sheet Harbour  
902-885-2395  
[s.moser@ns.sympatico.ca](mailto:s.moser@ns.sympatico.ca)  
[www.sandymoserart.com/](http://www.sandymoserart.com/)

Seacoast Trail Art Association  
Sandy Moser  
Sheet Harbour  
902-885-2395  
[s.moser@ns.sympatico.ca](mailto:s.moser@ns.sympatico.ca)

Snapdrops Photography - Connie Publicover  
902-654-2736  
[www.betterphotos.com](http://www.betterphotos.com)

Southwind Gallery & Gardens -  
Sara Sheffield  
Spry Bay  
902-772-2623

### **CONTRACTORS**

B&P Enterprises - Brice or Jared Kennedy  
16353 Hwy #7  
East Ship Harbour  
902-772-2985  
[Jared@bpexcavation.ca](mailto:Jared@bpexcavation.ca)  
[Brice@bpexcavation.ca](mailto:Brice@bpexcavation.ca)  
[www.bpexcavation.ca](http://www.bpexcavation.ca)

David Keating  
Interior / Exterior Painting  
16201 Hwy 7  
Murphy Cove  
902-772-2475

Down to Earth Excavations  
Randel Rutledge  
Watt Section  
902-885-5431

George Josey Construction.  
19289 Hwy #7  
Spry Harbour  
902-772-2542, 902-772-2542

Jacko Contracting - David MacDonald  
24224 Hwy #7, Port Dufferin  
902-885-2690

Munroe Foundations Ltd  
Keith or Ricky Munroe  
84 Mozier Cove Road  
Sheet Harbour  
902-885-2490

Nailed It Construction - Doug Haynes  
Home Renovations  
Sheet Harbour  
[Nailed-It@hotmail.com](mailto:Nailed-It@hotmail.com)  
902-885-3449 or 902-221-7800

Prest Enterprises Ltd - Barry Prest  
Trucking, Dozing, Excavating & Dev.  
3832 Mooseland Road  
Mooseland  
902-772-2078      902-772-2925  
902-772-2438

R J Fleet's Construction - Robert Fleet  
General Renovations  
23976 Hwy #7  
Watt Section  
902-885-2715, 902-885-3320, 885-5792

Tattio Construction  
154 Tattio Lane  
Sheet Harbour  
902-885-3155  
Wade Rutledge

Element Electrical Services  
Electrical Contractor  
Garett Boutilier  
902-237-3392  
[boutilier@me.com](mailto:boutilier@me.com)

SHB General Contracting  
Shaun Boutilier  
902-885-2238, 902-229-6833

Purcell's Roofing and Renovation  
4 Lake Road, Sheet Harbour  
George Purcell  
[purcellgeorge@gmail.com](mailto:purcellgeorge@gmail.com)  
902-885-5735

Joey MacCarthy Painting  
311 Malay Falls Road  
**Sheet Harbour**  
902-818-1399

### **CRAFTS, FLOWERS & GIFTS**

Country at Heart Antiques  
Consignments, Gifts & Antiques  
20751 Hwy #7  
Mushaboom  
902-885-3107  
Bernice MacKinnon  
[bmack@ns.sympatico.ca](mailto:bmack@ns.sympatico.ca)

Cove Creations  
Handmade Crafts  
27448 Hwy #7  
Harrigan Cove  
902-654-2609

Sheet Harbour Discount & Gifts  
22808 Hwy #7, Sheet Harbour  
902-885-2225

Three Ladies Craft & Gift Shop  
(also Wine Making Kits  
22462 Hwy #7  
Sheet Harbour  
902-885-2991, 902-885-2767  
Angie or Terry Havlik

### **FINANCIAL SERVICES**

East Coast Credit Union  
22553 Hwy #7  
Sheet Harbour  
902-885-2021  
902-885-2582  
Helen Asprey

Scotiabank  
22540 Hwy #7  
Sheet Harbour  
902-885-2310  
902-885-3222  
Jason Muis

### **FORESTRY CONTRACTORS**

Forestex Limited  
Mooseland  
902-772-2352  
902-772-2208  
Wade Prest

J. L. Forestry/ Silviculture  
481 Sheet Harbour Passage Road  
Sheet Harbour  
902-885-2837, 902-885-3827  
Jimmy Holman  
jholman@ns.sympatico.ca

### **FUEL & AUTOMOBILE REPAIR**

Sheet Harbour Wilsons  
22677 Hwy #7,  
Sheet Harbour  
902-885-2760  
902-885-2910  
Roy & Penny Mayo

Sheet Harbour Fuels & Mainway  
Convenience  
Irving Service Station  
22512 Hwy #7, Sheet Harbour  
902-885-2214  
Darrell Lowe

Church Point Variety  
Convenience Store & Gas Pumps  
55 Church Point Road  
902-885-2159

Marinette Custom Cars & Repairs  
David Holmes & Shannon Harding  
2191 Hwy#224,  
Marinette, NS  
902-885-3268

### **FUNERAL HOMES & MONUMENTS**

D.S. Crowell & Son Funeral Home  
22558 Hwy #7  
Sheet Harbour  
902-885-2411, 902-885-2757  
Bruce Crowell, Elicia Crowell  
crowells.fh@ns.aliantzinc.ca

Classic Memorials  
138 East River Road, Sheet Harbour  
902-885-2492  
Charlotte Fisher

### **GROCERIES & PRODUCE**

Church Point Variety Store  
Convenience Store  
55 Church Point Road  
Sheet Harbour  
902-885-2159

Dufferin Variety & Pizza  
Convenience Store & Take-out  
25528 Hwy #7, Port Dufferin  
902-654-2425, 902-654-2425

Foodland Grocery Store  
22579 Hwy #7  
Sheet Harbour  
902-885-2528, 902-885-2369  
Vernon Best

Gizmo Variety Convenience Store  
28995 Hwy #7, Moser River  
902-347-2008  
Debbie & Carl Naugler

JP's Mini Store Convenience Store  
Spry Bay  
902-885-5516  
Jason Parks

Spry Bay Campground & Cabins  
Convenience Store  
19867 Hwy #7  
Spry Bay  
902-772-2554, 902-772-2556  
Avelene Osmond  
sprybaycampground@msn.com  
[www.sprybaycampground.ca/drupal](http://www.sprybaycampground.ca/drupal)

#### **HARDWARE**

Gammon Brothers Home Hardware  
22536 Hwy #7  
Sheet Harbour  
902-885-2827  
902-885-2927  
Trevor Gammon  
gammonbros@ns.sympatico.ca

#### **HEATING & PLUMBING SERVICES**

Dufferin Mechanical Ltd  
Plumbing, Water Heating, Mech. Contractor  
25595 Hwy #7, Port Dufferin  
902-654-2920, 902-654-2926  
Hugh Schofield  
dufferin.mechanical@ns.sympatico.ca

Home Heating Fuel & Equipment  
Sheet Harbour  
902-885-2718, 902-885-3254

Randall Holman Burner Technician  
Licensed Oil Burner Tech  
Sheet Harbour  
902-885-5177  
Randall Holman  
randallholman@hotmail.com  
[www.burnerservice.ca](http://www.burnerservice.ca)

Pioneer Fuels/Esso  
1-855-554-0554

Irving Home Heating  
1-888-310-1924

#### **INSURANCE SERVICES**

MacDonald Chisholm Trask  
22615 Hwy #7  
Sheet Harbour  
902-885-2504, 902-885-2333  
robin.kenney@mcti.ca

#### **LAUNDROMATS & LAUNDRY SERVICES**

Sears Canada  
Dry-cleaning – Roops Agent  
22462 Hwy #7  
Sheet Harbour  
902-885-2991  
902-885-2767  
Angie or Terry Havlik

Sheet Harbour Discount & Gifts  
Laundromat  
22808 Hwy #7  
Sheet Harbour  
902-885-2225

Spry Bay Campground & Cabins  
Laundromat  
19867 Hwy #7, Spry Bay  
902-772-2554, 902-772-2556  
Avelene Osmond  
sprybaycampground@msn.com  
[www.sprybaycampground.ca/drupal](http://www.sprybaycampground.ca/drupal)

#### **LEGAL SERVICES**

Cassidy Nearing Berryman  
22615 Hwy #7  
Sheet Harbour  
902-885-2251, 800-792-1770  
902-423-2485  
Craig Berryman  
craig@cnb.ca

#### **OTHER SERVICES**

BlueWater Stevedoring  
Sheet Harbour  
902-885-2824  
902-885-7468  
Jason Josey

Charlotte's Sewing & Alterations  
138 East River Road  
Sheet Harbour  
902-885-2492  
Charlotte Fisher

D.T. Alarms & Security Systems  
17 Shore Loop Road  
Pleasant Harbour  
902-772-2730, 866-890-6221  
902-772-2041  
Daniel Turner  
dtalarms@ns.sympatico.ca

Earthtones Therapeutic Massage  
Catherine McNeil  
22808 Hwy#7, Sheet Harbour  
902-885-2803

Eastern Shore Denture Clinic  
16 School House Road, Moser River  
902-347-2992  
Rod Horne

Hutt's Critter Catchers & Fur  
Harvesting Supply  
Wildlife Control & Supply  
406 Beaver Harbour Road  
Beaver Harbour  
902-654-2050  
Brian Hutt

Port of Sheet Harbour  
117 McInnis Drive  
Sheet Harbour  
902-885-2969, 902-885-2962  
Craig Gerrard

Northern Fibre Terminal Incorporated  
Sheet Harbour Industrial Port  
603 Marine Gateway Dr.  
Sheet Harbour  
902-885-2051 902-885-2052  
Andy Wright

Smiley's Point Seamstress  
93 Smiley's Point Road  
Port Dufferin  
902-654-2292  
Ann Hedges  
annhedges@ns.sympatico.ca

Paper Knights Publishing Inc.  
Printing, flyers, & business cards  
22807 Hwy #7, Sheet Harbour  
902-885-5037  
Heather MacLean

Lily Pond Farms  
Chris & Rhea Snow  
26831 Hwy#7, East Quoddy  
902-654-2066

R. Edward Empringham DVM  
Consulting and Project Management  
902 654-2529  
eempringham@xplornet.com

The Sign Guy Signs &  
Seniors Pride Car Wash and Auto Detailing  
405 Malay Falls Rd  
Mickey Shaw  
902-885-2598  
[signguysns@outlook.com](mailto:signguysns@outlook.com)

Net-Impact Media  
Independent Consultant  
Website Development & Digital Marketing  
Marilyn Munroe  
902-885-2862  
marilyn@net-impact.ca  
[www.net-impact.ca](http://www.net-impact.ca)

## **PERSONAL CARE SERVICES**

Joy's Hairworks - Unisex Hairstyling  
88 Twin Bridges Loop  
Spry Harbour  
902-772-2040  
Joy Josey

Joann's Hair FX  
2 Gardenview Dr., Sheet Harbour  
902-210-9817  
Joann Asprey

Main Street Hairstyling  
16149 Hwy #7  
Murphy Cove  
902-772-2442  
Patti Leslie

Ticker's Tanning Salon  
Schooner Place Mall  
22807 Hwy #7, Sheet Harbour  
902-885-3003  
Heather MacLean

Kimmie's Body Works  
902-237-7693

## **REAL ESTATE**

Deanna Parks  
Century 21 Realty Ltd  
796 Main Street  
Dartmouth  
902-434-9090, 902-471-2118  
deanna.parks@century21.ca  
dparks@bellaliant.net

## **RECREATIONAL SERVICES**

Coastal Adventures  
Kayaking  
84 Mason Point Road  
Tangier  
902-772-2774  
Gayle Wilson

Sheet Harbour Snowmobile & ATV Club  
Hwy #224  
Sheet Harbour  
902-8852637  
902-885-2324  
Michael Buttler

Sheet Harbour Rockets Ball Association  
Little League, Women's & Men's League  
Sheet Harbour  
902-885-2546  
Tanya Malay

Lily's Hill Recreation Association  
471 Hwy374  
Sheet Harbour  
[jasona.muis@scotiabank.com](mailto:jasona.muis@scotiabank.com)  
902-885-3529  
Jason Muis

## **REFUSE, RECYCLING & SEPTIC**

Eastern Shore Cartage  
23555 Hwy #7  
Sheet Harbour  
902-885-2382  
902-885-2390 - Fax  
Tanya Taylor

Eastern Shore Haulage  
Brian Smith  
23571 Highway 7  
Watt Section  
[easternshorehaulage@outlook.com](mailto:easternshorehaulage@outlook.com)  
902-885-5182

## **RETAIL SERVICES**

Nova Scotia Liquor Commission  
22597 Hwy #7  
Sheet Harbour  
902-885-2614  
902-885-2090

Sears Catalogue Agent  
22462 Hwy #7  
Sheet Harbour  
902-885-2991  
902-885-2767  
Angie or Terry Havlik

Sheet Harbour Discount & Gifts  
22808 Hwy #7, Sheet Harbour  
902-885-2225

Lawton's Drug Store  
22624 Hwy# 7, Sheet Harbour  
902-885-2463

## **SEAFOOD & AQUACULTURE**

Abriel Fisheries Ltd  
Fish Processing Plant  
368 Coopers Road, Tangier  
902-772-2565, 902-772-2511  
John Abriel  
[jabriel@ns.sympatico.ca](mailto:jabriel@ns.sympatico.ca)

AquaPrime Mussel Ranch Ltd.  
14108 Hwy #7  
Ship Harbour  
902-845-2993, 902-845-2659  
[info@aquaprimemusselranch.ca](mailto:info@aquaprimemusselranch.ca)

Sober Island Oysters Ltd  
104 Moziars Cove Road  
Sober Island  
902-885-3040  
Trevor & Michelle Munroe  
[siol@bellaliant.net](mailto:siol@bellaliant.net)

Tangier Lobster  
Stewart Lamont  
172 Lawlor's Point Road  
PO Box 8, Tangier  
902.772.2130  
[stewart@tangierlobster.com](mailto:stewart@tangierlobster.com)

Nature's Catch  
60 Lofty Pine Road  
Popes Harbour, NS  
Barry Gerrard  
902-772-2049

Maritime Rockweed  
Jeremy Boudreau  
[Jeremy@maritimerockweed.ca](mailto:Jeremy@maritimerockweed.ca)  
(902) 307 4030  
Matt Dugas  
[Mattdugas@Maritimerockweed.ca](mailto:Mattdugas@Maritimerockweed.ca)  
(780) 678 7794

Acadian Seaplants Ltd  
c/o Roddy MacDonald  
902-654-2040, 902-885-5012

## **TAXATION SERVICES**

Claire Williams  
120 East River Road  
Sheet Harbour  
902-885-2786  
claire.williams@ns.sympatico.ca

Susan Boutilier  
19948 Hwy #7  
Spry Bay  
902-772-2557, 902-772-2081  
susanboutilier@ns.sympatico.ca

Volunteer Income Tax Program  
Job Search Centre  
Jack Marshall  
22756 Hwy #7  
Sheet Harbour  
902-885-2810

## **TRUCKING SERVICES**

Gerald Turner & Son Trucking Company  
29086 Hwy #7  
Moser River  
902347-2580  
902-347-2922  
Anthony Turner  
andyturner@ns.sympatico.ca

Hawes Trucking Excavation Ltd  
19041 Hwy #7  
Spry Harbour  
902-772-2421 – Fax: 902-772-2011  
Jerry Hawes  
lynn.hawes@ns.sympatico.ca

Randy Asprey Excavating & Trucking  
22163 Hwy #7  
Sheet Harbour  
902-885-2559  
Randy Asprey

Shore Thing Excavation & Landscaping  
19373 Hwy #7  
Spry Harbour  
902-772-2024  
David Josey

A.Farris Transport  
22799 Hwy #7, Sheet Harbour  
[afarris@ns.sympatico.ca](mailto:afarris@ns.sympatico.ca)  
Weldon Logan  
Trucking & Excavation, Topsoil,  
Gravel & Mulch, Sales and delivery  
902-885-7284

## **UTILITIES**

Bell Aliant	800-665-6000
Nova Scotia Power	
Customer Service	800-428-6230
Permits	800-464-1520
Outages	877-428-6004

## **CAP SITE / INTERNET ACCESS**

Cap Site - Moser River - Seasonal  
28879 Hwy #7, Moser River  
902-347-2223  
Dennis Sharpe  
[dwsharpe60@hotmail.com](mailto:dwsharpe60@hotmail.com)

Cap Site - Sheet Harbour  
Job Search Services  
22756 Hwy #7, Sheet Harbour  
902-885-3593  
902-885-2976

## **CHILDREN'S PROGRAMMING**

HRM Parks & Recreation  
22756 Hwy #7  
Sheet Harbour  
902-885-2988, 902-885-3554  
Jody Taker

LEA Place Women's Resource Center  
22709 Hwy #7  
Sheet Harbour  
902-885-2668, 902-885-2629  
[leaplace@ns.sympatico.ca](mailto:leaplace@ns.sympatico.ca)

Sheet Harbour Public Library  
22756 Hwy #7  
Sheet Harbour  
902-885-2391, 902-885-2749  
[halifaxpubliclibraries.ca](http://halifaxpubliclibraries.ca)

## **CHURCHES & CHURCH HALLS**

Anglican Church Rectory, Ecum Secum  
761 Hwy #7  
Ecum Secum  
902-347-2428  
Phyllis Morris / Margaret Jewers

Anglican Church Rectory, Port Dufferin  
25515 Hwy #7  
Port Dufferin  
902-654-2881

Anglican Church Rectory, Tangier  
17322 Hwy # 7, Tangier  
902-772-2799

St. Andrew's Anglican Church  
18935 Hwy #7, Spry Harbour  
902-772-2042  
Kathleen MacCarthy

St. Andrew's Anglican Church  
155 St. Andrew's Loop  
Watt Section  
902-885-2685  
Floris Scott

St. Barnabas Anglican Church  
675 Hwy #7  
Ecum Secum  
902-347-2428  
Phyllis Morris

St. Barnabas Anglican Church Hall  
605 Hwy #7  
Ecum Secum  
902-347-2428  
Phyllis Morris

St. James Anglican Church  
Smiley Point Road  
Port Dufferin  
Lawrence MacQueen  
902-654-2528

St. James Anglican Church  
9 Old Taylor Head Road  
Spry Bay  
902-772-2557  
Kenneth Boutilier

St. John's Anglican Church  
40 Necum Teuch Loop  
Necum Teuch

St. John's Anglican Church Hall  
8 Necum Teuch Loop  
Necum Teuch

St. Margaret's Anglican Church  
28 Shortcut Road  
Sober Island  
902-885-2699  
Murray Munroe

St. Mary's Anglican Church  
116 Shiers Road  
Harrigan Cove  
902-654-2426  
Gordon Gammon

St. Michael's Anglican Church  
22305 Hwy #7  
Sheet Harbour  
902-885-2395  
Robert Moser

St. Paul's Anglican Church  
1115 South Shore Road  
Mitchell Bay

St. Paul's Anglican Church  
860 Mushaboom Road  
Mushaboom  
902-885-2853  
Sherry Boutilier

Mushaboom Fire Hall  
22 Power Road, Mushaboom  
Veronica Hubley  
902-885-2723

St. Peter's Anglican Church  
16013 Hwy #7, Murphy Cove  
902-772-2518  
Duncan Kennedy

St. Peter's Anglican Church Hall  
15935 Hwy #7  
Murphy Cove

St. Thomas Anglican Church  
3875 Mooseland Road  
Mooseland  
902-772-2332  
Barry Prest

Living Water Baptist Church  
35 Barkhouse Road  
Sheet Harbour  
Pastor Steve Brunt

Moser River Independent Baptist Church  
28824 Hwy #7, Moser River

St. Denis Catholic Church  
15059 Hwy #7  
East Ship Harbour  
902-772-2338  
Maxine Thibault

St. Denis Catholic Church Hall  
15473 Hwy #7  
East Ship Harbour

St. Martin's Catholic Church  
17560 Hwy #7, Tangier  
902-772-2170  
Winnie Hawes



St. Michael's Catholic Church  
26555 Hwy #7  
East Quoddy  
902-654-2211  
Joyce McNair

St. Peter's Catholic Church  
43 St. Peter's Loop  
Sheet Harbour  
902-885-2312  
902-885-3325  
st\_peters@ns.sympatico.ca

St. Peter's Catholic Church Hall  
22299 Hwy #7  
Sheet Harbour  
902-882-2312

Kingdom Hall of Jehovah's Witnesses  
23844 Hwy #7  
Watt Section  
902-885-2047  
John Sandever

St. Giles Presbyterian Church  
28832 Hwy #7  
Moser River

Popes Harbour United Church  
28 Lofty Pine Road  
Popes Harbour

St. Andrew's United Church  
61 Church Loop  
Moser River  
902-885-2675

St. James United Church  
Lewiston Road  
Lochaber Mines  
902-885-2675

St. James United Church  
22 Sprott Lane, Sheet Harbour  
Denise Mac Donald  
902-885-2675, 902-885-2417

### **COMMUNITY DEVELOPMENT**

Sheet Harbour & Area Chamber of  
Commerce & Civic Affairs  
22404 Hwy #7  
Sheet Harbour  
902-885-2092  
sheetharbourchamber@gmail.com

### **COMMUNITY HALLS / SERVICE CLUBS**

Sheet Harbour Lions Club  
183 Pool Road, Sheet Harbour  
902-885-2280

Moser River Community Hall  
28975 Hwy #7, Moser River  
902-347-2114

Royal Canadian Legion #58  
23566 Hwy #7, Sheet Harbour  
902-885-3381  
Vance Thompson,  
902-654-2597  
vance.ruth@ns.sympatico.ca

Royal Canadian Legion #120  
15463 Hwy #7  
East Ship Harbour  
902-772-2959

2610 Royal Canadian Army Cadets  
23566 Hwy #7, Sheet Harbour  
Gary Scrivens  
902-654-2886

Eastern Shore New Horizon Seniors Club  
23566 Hwy #7, Sheet Harbour  
Lena Lowe  
902-885-2922

Eastern Shore Wildlife Association  
202 Pool Road, Sheet Harbour  
Glenda Stein  
902-885-2057, 902-809-7791

Masonic Lodge Eureka #42  
42 Sprott Lane  
Sheet Harbour  
Douglas I. Stein  
902-809-7584

### **EDUCATIONAL SERVICES**

Duncan MacMillan High School  
Junior & Senior High School  
481 Church Point Road  
Sheet Harbour  
902-885-2777

DMHS - Parent Teacher Assn  
481 Church Point Road  
Sheet Harbour  
902-885-2777

Lakefront Consolidated School  
P - Grade 6  
17286 Hwy #7  
Tangier  
902-772-2195

Sheet Harbour Consolidated School  
P - Grade 6  
479 Church Point Road  
Sheet Harbour, 902-885-2236

SHC- Parent Teacher Assn  
479 Church Point Road  
Sheet Harbour  
902-885-2236

Halifax Regional School Board  
Representative  
Sheet Harbour  
902-885-3301  
Bridget Boutilier

**VOLUNTEER FIRE DEPARTMENTS  
(NON-EMERGENCY)**

Ecum Secum Fire Department  
24 Wharf Road, Ecum Secum  
902-347-2266

Moser River Fire Department  
28975 Hwy #7, Moser River  
902-347-2114

Mushaboom Fire Department  
22 Power Road  
Mushaboom  
902-885-3100

Sheet Harbour Fire Department  
22835 Hwy #7  
Sheet Harbour  
902-885-2553  
902-885-3570

Tangier Fire Department  
17559 Hwy #7  
Tangier  
902-772-2039

Three Harbours Fire Department  
26291 Hwy #7  
West Quoddy  
902-654-2512  
902-654-2068

Sheet Harbour Ground Search & Rescue  
PO Box 171, Sheet Harbour  
Neil Parnell  
902-885-3079  
parnell.neil@gmail.com

**HEALTH SERVICES**

Dr. Bradley Atkinson  
Family Physician  
22637 Hwy #7  
Sheet Harbour  
902-885-2298

Dr. Savarimuthosai Antony  
Family Physician  
22637 Hwy #7  
Sheet Harbour  
902-885-2216

Dr. Donald MacDonald  
Family Physician  
22637 Hwy #7  
Sheet Harbour  
902-885-2200

Harbourview Lodge  
Nursing Home  
22651 Hwy #7  
Sheet Harbour  
902-885-3630  
www.harbourviewlodge.ca

Sheet Harbour Dental Services  
Dr. Gordon Rudolph  
22709 Hwy #7  
Sheet Harbour  
902-885-2535

Sheet Harbour Sexual Health Centre  
Women's Health Clinic, Youth Sexual  
Health  
22637 Hwy #7  
Sheet Harbour  
902-885-2789  
sheetharbourshc@hotmail.com  
www.sheetharboursexualhealth.com

**EASTERN SHORE MEMORIAL  
HOSPITAL SERVICES**

Switchboard  
22637 Hwy #7  
902-885-2554  
902-885-3200

Patient Switchboard  
902-885-2115

Adult Day Clinic  
902-885-3602

Addictions Services  
902-885-2611

Diabetic Clinic  
902-885-3606

Foot Clinic  
902-885-2769

Cafeteria Menu  
902-885-3636

Hearing & Speech Clinic  
902-885-3628

Home Care Continuing Care  
902-885-4010

Home Care Nursing Office  
902-885-3272

Nutrition Services  
902-885-3643

Occupational Therapy  
902-885-3619

Outreach Mental Health  
902-434-3263

Palliative Care Services  
902-384-4126  
888-388-4555

Physiotherapy  
902-885-3621

Public Health  
902-885-3623

Respiratory Clinic  
902-885-3641

Social Services  
902-885-3627

Diana Rossong, RN MN-NP  
Nurse Practitioner, ESMH  
902-885-3608

### **LIBRARIES**

Sheet Harbour Public Library  
22756 Hwy #7, Sheet Harbour  
902-885-2391  
902-885-2749  
[www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca)

### **MUSEUMS & HISTORICAL SOCIETIES**

MacPhee House Community Museum and  
Visitor Information Center  
22404 Hwy #7, Sheet Harbour  
902-885-2092

Sheet Harbour & Area  
Heritage Society  
Judy Smiley 902-654-2068  
[judysmiley@ns.sympatico.ca](mailto:judysmiley@ns.sympatico.ca)

Tangier Gold Mines  
Historical Society  
212 Jennings Settlement Rd  
Tangier  
Wayne Gottlieb 902-772-2466

McMann House Museum  
28961 Hwy #7  
Moser River  
902-347-2491

### **POSTAL OUTLETS**

Canada Post - Mooseland  
4122 Mooseland Rd  
Mooseland  
902-772-2659

Canada Post - Moser River  
28879 Hwy #7  
Moser River  
902-347-2692

Canada Post - Sheet Harbour  
22546 Hwy #7  
Sheet Harbour  
902-885-2729

Canada Post - Tangier  
17276 Hwy #7  
Tangier  
902-772-2447

### **RECREATIONAL SERVICES**

Department of Parks & Recreation  
22756 Hwy #7  
Sheet Harbour  
902-885-2988

Seaside Fitness Centre  
22756 Hwy #7  
Sheet Harbour  
902-885-2654

### **RESOURCES & SUPPORTS**

Commissioner of Oaths  
902-885-2411  
Bruce Crowell

Commissioner of Oaths  
902-885-2430  
Wanda Purcell

Commissioner of Oaths  
Dawn Howe-Power  
902-885-2810  
902-885-2843

Justice of the Peace  
Oath & Civil Marriage  
902-654-2068  
Judy Smiley

Neighbourhood Watch  
902-885-2510  
Sheet Harbour RCMP

RCMP Sheet Harbour  
Emergency - 911  
22552 Hwy #7  
Sheet Harbour  
902-885-2510

Crime Stoppers  
800-222-8477

Alcoholics Anonymous  
22835 Hwy #7 Sheet Harbour  
902-461-1119

### **RESOURCE CENTERS**

Eastern Shore Literacy  
Adult Education  
23659 Hwy #7, Sheet Harbour  
902-885-3473  
902-885-2713  
Tina Boutilier  
btboutilier@seasidehighspeed.com

Gerald Hardy Memorial Society  
Cascades Thrift Store  
Rainbow Food Bank  
For Adults with Challenges  
22657 Hwy #7, Sheet Harbour  
902-885-2300  
902-885-2054  
Deanna Currie  
ghms@ns.sympatico.ca  
geraldhardymemorialsociety.webs.com

LEA Place  
Women's Resource Center  
22709 Hwy #7, Sheet Harbour  
902-885-2668  
902-885-2629  
Myrene Keating-Owen  
leaplace@ns.sympatico.ca  
www.leaplace.com/

Job Search Services  
Employment Nova Scotia  
CaP Site  
22756 Hwy #7  
Sheet Harbour  
902-885-3593, 902-885-2976  
Dawn or Judy  
www.jobsearchservice.ca

### **SUPPORT GROUPS**

Stroke of Luck  
Support for Stroke Survivors  
902-885-2242  
Karen Holman  
cougar.cougar@ns.sympatico.ca

### **GOVERNMENT SERVICES**

#### **FEDERAL**

Service Canada  
Thursday 10:30 am-2:30 pm  
22756 Hwy #7  
Sheet Harbour  
800-206-7218

#### **PROVINCIAL**

Community Services  
Cole Harbour  
1-844-435-470

Department of Environment  
877-936-8476

Department of Transportation &  
Infrastructure  
20411 Hwy #7, Spry Bay  
902-885-2821

John Asprey  
Department of Natural Resources  
22835 Hwy #7, Sheet Harbour  
902-885-2377  
Tanya Malay  
malaytp@gov.ns.ca

Registry of Motor Vehicles-Renewals  
Thursdays 10:00 am-2:00 pm  
22756 Hwy #7  
Sheet Harbour

Registry of Motor Vehicles  
Driver Examinations - by Appointment  
42 Sprott Lane, Sheet Harbour  
800-898-7668

### **MUNICIPAL**

Animal Control (HRM)  
800-835-6428

Metropolitan Regional Housing Authority  
Affordable Housing for Seniors  
2131 Gottingen Street  
Halifax  
800-565-8859

Planning & Development  
Building permits & inspections  
902-490-4472

### **ELECTED OFFICIALS**

Bridget Boutilier  
School Board Representative  
902-885-3301  
[baboutilier@hrsb.ca](mailto:baboutilier@hrsb.ca)

David Hendsbee  
Councilor - District 1  
7895 Hwy #7  
Musquodoboit. Harbour  
902-889-3553  
902-829-3620  
david@hendsbee.ns.ca

Sean Fraser, MP Central Nova  
115 MacLean Street  
New Glasgow  
902-752-7995

Nicole LeBlanc  
Director of Communications  
Office of Sean Fraser  
Member of Parliament for Central Nova  
2A-115 MacLean Street  
New Glasgow, Nova Scotia B2H 4M5  
Tel. (902) 752-0226 Fax. (902) 752-0284  
[sean.fraser.c2@parl.gc.ca](mailto:sean.fraser.c2@parl.gc.ca)  
@SeanFraserMP

Lloyd Hines  
MLA Guysborough - Sheet Harbour  
9996 Hwy #16  
Guysborough 902-533-2280  
902-533-3039  
[lphines@ns.sympatico.ca](mailto:lphines@ns.sympatico.ca)

Mike Savage  
Mayor - HRM  
1841 Argyle St. Halifax  
[mayor@halifax.ca](mailto:mayor@halifax.ca)

### **HOME BASED BUSINESSES**

Ann Perry  
Professional Numerologist &  
Freedom Release Practitioner  
East Jeddore, N.S.  
[902-209-0821](tel:902-209-0821)  
[www.annperrynumerologist.com](http://www.annperrynumerologist.com)

James Bettes  
Licenced Mechanic  
East River Road  
Sheet Harbour  
902-222-6386

Julie Adamson  
Adamson Design  
Design Smart. Build Once.  
[info@AdamsonDesign.ca](mailto:info@AdamsonDesign.ca)  
[www.AdamsonDesign.ca](http://www.AdamsonDesign.ca)  
902-430-6292

### **SEASONAL BUSINESSES**

Michelle's Takeout  
Michelle Levy

Harbour Scoops  
Jena Snow

## CRAFT MARKET BUSINESSES

### Moser's Art & Photography

Robert & Sandy Moser

Email: [rmoser@ns.sympatico.ca](mailto:rmoser@ns.sympatico.ca)

Phone: [902-885-2395](tel:902-885-2395)

### Jewels of the Sea - Sea Glass Jewelry

Sandy Moser

[www.sandymoserart.com](http://www.sandymoserart.com)

Email: [s.moser@ns.sympatico.ca](mailto:s.moser@ns.sympatico.ca)

Phone: [902-885-2395](tel:902-885-2395)

### Younique Cosmetic's

Jenna Snow

<https://www.yuniqueproducts.com/>

Email: [jennasnow.93@gmail.com](mailto:jennasnow.93@gmail.com)

### Shalebrook Handcrafted Soap

Valerie and Brian Mosher

[www.shalebrooksoap.com](http://www.shalebrooksoap.com).

Email: [valeriemosher@ns.sympatico.ca](mailto:valeriemosher@ns.sympatico.ca)

### Salmon Cove Woodworking

Gary and Lori Levy

Phone: [902-885-2145](tel:902-885-2145)

Phone – [902-885-2270](tel:902-885-2270)

### Little Luxuries Soapworks

Crystal MacLeod

Email - [crystalmaclod8@gmail.com](mailto:crystalmaclod8@gmail.com)

Phone: [902-891-0757](tel:902-891-0757).

### Scentsy

Stephanie Langille Reid

Website: [www.stephlangille.scentsy.ca](http://www.stephlangille.scentsy.ca)

Phone: [902-221-2206](tel:902-221-2206)

Email: [psreid06@gmail.com](mailto:psreid06@gmail.com)

### Miche Bag Representative & South Hill

#### Design Jewelry

Kim MacDermid Campbell

Phone: [902-406-0224](tel:902-406-0224)

Email: [kimcampbell@hotmail.com](mailto:kimcampbell@hotmail.com)

[http://www.homepartyrep.com/kim\\_campbell/products](http://www.homepartyrep.com/kim_campbell/products)

### South Hill Design - Representative #512420

email: [kimcampbelllockets@gmail.com](mailto:kimcampbelllockets@gmail.com)

### Independent Univera Associate

Debbie Dicks

Phone [902-891-0127](tel:902-891-0127)

[debbiedicks@eastlink.ca](mailto:debbiedicks@eastlink.ca)

Website- [www.univera.com/1356215](http://www.univera.com/1356215)

Email: [debbiedicks@eastlink.ca](mailto:debbiedicks@eastlink.ca)

### Epicure Spices

#### Granma Whitman's Alternative Cakes & Crafts

Lisa Whitman

Website: <https://www.epicure.com/>

Email: [lisa.whitman1@gmail.com](mailto:lisa.whitman1@gmail.com)

### Mary Kay Cosmetics

Rita Murphy Weagle

Phone: [902-497-5376](tel:902-497-5376)

Email: [ritaweagle@icloud.com](mailto:ritaweagle@icloud.com)

### Pebble Art Pictures

Cecilia Gray  
Info: [c.gray@ns.sympatico.ca](mailto:c.gray@ns.sympatico.ca)

### Thirty One Gifts

Tara Rutherford

Website is [mythirtyone.ca/tararutherford](http://mythirtyone.ca/tararutherford)

Email: [mailto:tarajrutherford@gmail.com](mailto:mailto:tarajrutherford@gmail.com)

### JK Apparel

Sarah MacKenzie

Email address: [celestiasmack@hotmail.ca](mailto:celestiasmack@hotmail.ca)

### Norwex Cleaning Solutions

Jeannie McCurdy

[902-673-2601](tel:902-673-2601)

[jeannie.mccurdy@outlook.com](mailto:jeannie.mccurdy@outlook.com)

[www.JeannieMcCurdy.norwex.biz](http://www.JeannieMcCurdy.norwex.biz)

### Arbonne Int.

Lillian Cherry, Independent Consultant

[902-449-5966](tel:902-449-5966)

Email: [lilliancherry22@hotmail.com](mailto:lilliancherry22@hotmail.com)

<http://www.arbonne.com>

### Catherine MacNeil – Original Paintings

[cmacneil@bellaliant.net](mailto:cmacneil@bellaliant.net)

### Ticker's Touch Crochet

Heather MacLean

Email: [the.ticker@gmail.com](mailto:the.ticker@gmail.com)

Phones: [1-902-885-3003](tel:1-902-885-3003) or [885-5037](tel:885-5037)

### Steeped Tea Independent Consultant

Stephanie Spears

[stephjspears@gmail.com](mailto:stephjspears@gmail.com)

Website: <http://www.mysteepedtea.com/KT1008537/>