

= Sheet Harbour , Nova Scotia =

Sheet Harbour is a rural community on the Eastern Shore of Nova Scotia , Canada . It is part of the Halifax Regional Municipality and lies along the Marine Drive on Trunk 7 approximately 117 kilometres (73 mi) northeast of Halifax . Sheet Harbour is the commercial , employment and educational hub for around 5 @, @ 500 people . The community is located along the shores of Sheet Harbour , which has two arms : the Northwest Arm and the Northeast Arm . Two rivers flow into the harbour : West River into the Northwest Arm , and East River into the Northeast Arm . Little West River , a minor river , also flows into the Northwest Arm . The Grand Lake , a large lake west of Sheet Harbour , empties into the Atlantic Ocean , via the Little West River . Adjacent to the community is the Sheet Harbour Industrial Port , an important regional deep @-@ water port . The majority of the land was granted in 1773 and the colony was established in 1784 . Forestry was prominent in Sheet Harbour during its early years . The first sulphide pulp mill in the Dominion of Canada was constructed along the East River in 1885 . However , it was closed in 1891 , due to the high prices of importing sulphide . Another pulp mill was constructed beside the West River Falls in 1925 , but it was destroyed by Hurricane Beth in August 1971 . The community today relies on forestry , fishing and tourism .

Trunk 7 runs directly through Sheet Harbour . Route 224 and Route 374 both have junctions in Sheet Harbour . A new bridge was built across the Northeast Arm . It was named the East River Bridge , after its predecessor . Construction started in September 2014 and it was opened on 17 December 2015 , with a bridge walk to commemorate the event . Sheet Harbour has a hospital , named Eastern Shore Memorial Hospital (ESMH) , which is connected to Harbourview Lodge . The community is located about ten minutes northeast of Taylor Head Provincial Park . Sheet Harbour has two schools : Sheet Harbour Consolidated School (SHCS) and Duncan MacMillan High School (DMHS) . There is a plan currently proposed by the Halifax Regional School Board to replace the four schools in the Sheet Harbour area , one of which is defunct , with one P @-@ 12 school . Tom McInnis , a former Conservative Party politician and member of the Nova Scotia House of Assembly from 1978 @-@ 1993 , resides in Sheet Harbour .

= = Location = =

Sheet Harbour is a small rural community located on the Eastern Shore of Nova Scotia , in the eastern area of the Halifax Regional Municipality . It is the major community in the area as it is the commercial , employment and educational hub for about 5 @, @ 500 people . Sheet Harbour is located slightly more northward compared to other coastal communities in the area , due to the shape of the harbour . The population of Census Tract 2050154 @. @ 00 , which includes Sheet Harbour and a large amount of land around Sheet Harbour 's land borders , is 3 @, @ 478 as of the 2011 Canadian Census . Census tracts are small subdivisions of land that are used by Statistics Canada that usually have a population of 2 @, @ 500 to 8 @, @ 000 . Each census tract has a numerical designation . The population of the community of Sheet Harbour is about 800 . Immediately west of Sheet Harbour is Sheet Harbour 36 , a small Mi 'kmaq reserve .

= = Topography = =

The community of Sheet Harbour is located along the shores of Sheet Harbour , a saltwater harbour , which has two arms : The Northwest Arm and the Northeast Arm .

The western and the wider arm is referred to as the Northwest Arm , while the eastern arm is known as the Northeast Arm . The two arms connect just below Church Point , southeast of where West River meets the Northwest Arm . The harbour continues southeast @-@ ward , then southward toward the Atlantic Ocean . The Northwest Arm extends northwest until it meets the mouth of West River at the West River Falls . The Northeast Arm extends north , then curves northeast under the East River Bridge , until it meets the mouth of the East River . There is a very small island in the arm , named Hen Island .

The harbour from Church Point , where the two arms meet , to the Atlantic Ocean is referred to as Sheet Harbour . It is wider than either arm . It is approximately 11 @-@ 15 metres (36 @-@ 49 ft) deep at low tide . It gradually widens as it flows southward the Atlantic Ocean . After Church Point , it flows southeast @-@ ward past the Sheet Harbour Industrial Port and west of the small community of Watt Section . It then curves and flows southwest @-@ ward to southward toward the Atlantic .

The area around Sheet Harbour is heavily forested and rich in lakes . The coastline is also very rocky and eroded by the Atlantic Ocean , as is typical with most of the Eastern Shore . Sheet Harbour has average tides of about 1 @.@ 2 to 1 @.@ 5 m (4 to 5 ft) .

= = Rivers = =

Two major rivers , one minor river and several small streams empty into the harbour . West River flows into the Northwest Arm , and East River empties into the Northeast Arm .

= = = Northwest Arm = = =

West River , formally West River Sheet Harbour , begins near the Musquodoboit Valley . The main branch of the river , named West River Main , is 30 kilometres (19 mi) long . The river has two secondary branches , the Killag River , which is 27 kilometres (17 mi) long , and Little River , which is 16 @.@ 5 kilometres (10 @.@ 3 mi) long . Several smaller streams flow into the river as it progresses southeast @-@ ward toward Sheet Harbour . Lake Alma flows into West River via Little River . A while downstream , the river flows into Sheet Harbour Lake . Sheet Harbour Lake ends just before the West River Bridge , where Trunk 7 passes over the West River , just before the West River Falls . The falls carry water from 22 metres (72 ft) elevation down to sea level . The river then empties into the Northwest Arm . The river area has been deforested and is prone to flash @-@ flooding .

Sheet Harbour was the first community in North America to use a lime doser , which sprays limestone in to the water , to lower acid rain levels , starting in September 2005 in the West River . It was successful in stabilizing the pH of the river at 5 @.@ 5 , a healthy level for salmon and other aquatic life .

The Grand Lake , a large lake west of Sheet Harbour , also empties into the Northwest Arm via West Lake and Little West River in West Sheet Harbour . The river empties into West Cove , then into the Northwest Arm .

= = = Northeast Arm = = =

East River , formally East River Sheet Harbour , is the other main river that discharges into Sheet Harbour . It flows through the Marshall Flowage , a large flowage , then past the Ruth Falls Power Plant , a hydropower generating station . It narrows back into a river for a short while , then flows into the head of the Northeast Arm .

= = History = =

Almost all of the present land area of Sheet Harbour was granted in 1773 , and the settlement was established around 1784 , by Loyalist refugees and British veterans of the American Revolution and became a prosperous centre for the lumber industry . The Mi 'kmaq name for the settlement was Weijooik , which translates to " flowing wildly " . Sheet Harbour was named " Port North " on the Royal Navy Chart that was published in 1778 . The settlement was called Port North until 1807 . Alternate names for the settlement were Campbelltown and Manchester . Campbelltown would have been named after Lord William Campbell , who was a Captain General as well as a Governor @-@ in @-@ Chief in 1776 ? 1773 . It was decided that " Port North " was not descriptive enough , so the name was changed to Sheet Harbour , starting in 1818 because of a white , flat rock that looks like a

sheet , named Sheet Rock ; the rock is located at the entrance of the harbour . Sheet Harbour was known as Cambell Town for about two decades , after which this name fell into disuse and became known by its present name .

Around 1863 , a sawmill was built at the tide head of the East River Sheet Harbour , by Demming and McFarlane , a lumber company . However , they did not succeed financially , and they dissolved a few years later .

In October 1885 , the Halifax Wood Fibre Company built the first sulphide pulp mill in Canada , which at the time was the Dominion of Canada , at East River , Sheet Harbour . Since the discovery of the sulphite process happened earlier in 1866 , the news had traveled to William Chisholm , who was a lumber manufacturer in Halifax . He decided to try the sulphite method out for himself at the head of the East River . He had 60 @, @ 000 acres (24 @, @ 281 hectares , or 242 km²) of woodland on the Sheet Harbour rivers . The mill closed in January 1891 , due to the high costs of importing sulphide from the United States . The cookhouse which was used at the mill was bought by the residents of Watt Section and was floated down the harbour to the community .

In 1922 , a ground @-@ wood pulp mill , owned by the American Pulp and Wrapping Paper Co. of Albany , began operation on the West River at the head of the Northwest Arm of Sheet Harbour . They had purchased it from Rhodes and Currie , the previous owners who were a lumber company . It produced its first ground @-@ wood pulp on October 5 , 1925 . It remained in operation until it was destroyed by Hurricane Beth in August 1971 .

A steel arch bridge was built in the 1950s over the Northeast Arm . It was named the East River Bridge . It was replaced by a new bridge in December 2015 .

= = Industry = =

The economy of Sheet Harbour is primarily based on fishery and forestry , as well as tourism , to a lesser extent .

Sheet Harbour has a Chamber of Commerce . The SHCOC was formed more than 75 years ago , in 1935 , and were formerly known as the Sheet Harbour Board of Trade . They comprise 25 of the businesses in Sheet Harbour and they also operate a Visitor Information Centre at the MacPhee House , situated on the site of the ground @-@ wood pulp mill just east of the West River Bridge , where Trunk 7 crosses the West River at the entrance to Sheet Harbour . There is a community museum at the MacPhee House and they have a collection interpreting " Life before plastic " .

In the 1990s , the Government of Nova Scotia built a common user deep water dock and industrial park just west of Sheet Harbour , named the Sheet Harbour Industrial Port . It was purchased by and is currently operated by the Halifax Port Authority . It currently ships wood chips for the pulp industry and imports wind turbine segments , which are then transported across Nova Scotia and to the rest of North America . The port was used to service the Sable Offshore Energy Project with natural gas pipes processed at coating plant therefore making them suitable for placement on the ocean floor . The port is the closest marine terminal to the fields , at a distance of 240 kilometres (150 mi) . It is also approximately 80 kilometres (50 mi) west of the Great Circle Route , a major shipping lane between North America and Europe . The docking area is 152 metres (499 ft) long and 36 @. @ 5 metres (120 ft) wide . It also has 10 @. @ 3 metres (34 ft) of draft , which is connected to a concrete pad .

= = Transportation = =

The community is situated at the junction of Route 374 and Route 224 with Trunk 7 . The community has sidewalks that run from West River Bridge to East River Bridge , through the main part of Sheet Harbour . They were opened in 2010 , and cost \$ 2 @, @ 895 @, @ 040 (US \$ 2 @, @ 204 @, @ 569 @. @ 46) .

= = = 2014 ? 15 East River Bridge replacement = = =

A new bridge was built across the Northeast Arm from September 2014 to December 2015 , to replace the East River Bridge .

The bridge was built because the previous bridge , built in 1956 , was nearing the end of its life span . The Nova Scotia Government had proposed minor repairs , but it was decided by the N.S. Government that an entirely new bridge would be more cost @-@ effective . The new bridge was designed , unlike its predecessor , without large , overhead steel arches , because it would have been twice as costly to build . The new bridge was constructed on the same site as the old bridge 's predecessor which was constructed just south of the East River Bridge in 1907 .

The bridge cost \$ 19 @,@ 000 @,@ 000 (US \$ 14 @,@ 671 @,@ 644) to build and construction began in September 2014 . The contractor , Dexter Construction , poured 2 @,@ 260 cubic metres (79 @,@ 811 cubic feet) of concrete over 650 @,@ 000 kg (1 @,@ 430 @,@ 000 lb) of rebar . The new bridge relies on two pillars set in the granite below the Northeast Arm . When it was near completion in December 2015 , a deck , along with railings and sidewalks , were laid .

Construction was completed and the bridge was opened on 17 December 2015 to pedestrians and opened the next day to traffic .

There were also a few road modifications on the Sheet Harbour side of the bridge as a result of the new bridge . Trunk 7 was aligned with what was Riverside Drive , which is now nonexistent . Church Point Road and Pool Road were slightly modified . The access road to Sheet Harbour Consolidated School and Duncan MacMillan High School was slightly modified . Sprott Lane , a minor loop , was extended along a part of the old Trunk 7 for a few households .

Shortly after the new bridge was opened , the old East River Bridge was closed and is currently being demolished as of July 2016 . Demolition is expected to be complete in mid @-@ late 2016 .

= = Amenities = =

Sheet Harbour has a Home Hardware store an NSLC liquor store a post office , run by Canada Post , a public library , which is owned and operated by Halifax Public Libraries , a convenience store , a small park , a takeout , a police station , which is run by the Royal Canadian Mounted Police , a fire station , and three churches . Sheet Harbour also has a Ground Search and Rescue . Sheet Harbour also hosts one apartment building , two gas stations , operated by Irving Oil and Wilson Fuel , who run the Wilsons Gas Stops chain of gas stations , respectively , a Foodland grocery store and two banks , operated by Scotiabank and Credit Union respectively . The Sheet Harbour Industrial Port is located five minutes west of Sheet Harbour . It is run by the Halifax Port Authority . Sheet Harbour has two motels : Fairwinds Motel and Restaurant and the Sheet Harbour Motel . There is a campground located along the East River , named East River Lodge Campground and Trailer Park .

Eastern Shore Cartage serves Sheet Harbour and its surroundings . Watts Wind Energy , Inc. built a wind turbine in Watt Section , a small community immediately east of Sheet Harbour , in 2010 . It was the outcome of favourable wind data that was obtained by a meteorological tower near what would be the site of the wind turbine . It was constructed and was producing power by October 2011 . It produces about 1 @.@ 5 MW of power and powers approximately 375 households . It stands 85 metres (279 ft) tall .

Every August , the " Seaside Festival " is hosted by the local Lions Club .

The 2610 Royal Canadian Army Cadet Corps is based in Sheet Harbour . They were originally formed on 1 October 1957 , but were disbanded on 31 December 1973 . Twelve years later , the corps was reformed on 1 February 1985 and is still active today . They have earned fame by winning the Strathcona cup five times . The Strathcona cup is an award given to the best performing cadet corps in Nova Scotia .

Eastern Shore Memorial Hospital is a hospital located in Sheet Harbour . Construction began in 1947 , and was opened on May 24 , 1949 . It is owned and operated by the Capital District Health Authority , which amalgamated in to the Nova Scotia Health Authority in 2015 . It has sixteen beds for patients . There is a cenotaph and gardens in front of the site where Duncan MacMillan Nursing Home (DMNH) once stood . The hospital offers quite a few services . It is connected to

Harbourview Lodge , a nursing home , by a corridor . Harbourview Lodge was built in 2011 to replace DMNH , which was nearing the end of its life span .

Just ten minutes west of Sheet Harbour on Trunk 7 in Spry Bay is Taylor Head Provincial Park . It has two beaches . The entire park is located on a peninsula which juts out into the Atlantic Ocean . Hunting and firearms are forbidden in the park . The park contains over 22 km (14 mi) of hiking trails , and over a kilometre (0 @. @ 62 mi .) of beach . The park is open from May ? October each year . Near , but outside of the park , is the Spry Bay Campground . It is also located in Spry Bay . Also in Spry Bay is a Dept. of Transportation and Public Works , owned and operated by the Nova Scotia Government .

= = = Education = = =

There are two schools in Sheet Harbour : Sheet Harbour Consolidated School (SHCS) and Duncan MacMillan High School (DMHS) .

SHCS is a feeder school of DMHS . When students graduate from SHCS , they move on to DMHS . In 2015 , there was 95 students enrolled in the school . The school offers Canadian French . SHCS teaches grades primary through six . The school was built in 1957 .

DMHS is the only high school in the Sheet Harbour area . Consequently , it has three feeder schools : SHCS and Lakefront Consolidated School (LCS) , which is located in Tangier , and Eastern Consolidated School (ECS) , which is located in Moser River . But , as of 2016 , ECS is closed , due to zero student enrollment . The school offers Integrated French for all grades . DMHS teaches grades seven through 12 . There was 174 students enrolled in the school in 2015 . The school was built in 1963 .

Since early 2013 , a plan has been in the works for the Halifax Regional School Board to close and possibly demolish all three of the DMHS feeder schools and replace them with a larger , more modern grade primary @-@ 12 school somewhere in Sheet Harbour . This new school would teach about 350 students and would serve a large area around Sheet Harbour . On 26 April 2016 , the site for the project was chosen . The new school will be built on the site that Duncan MacMillan High School occupies . A school steering team will be established thereafter and will cooperate with work with the design team for the new school , the Halifax Regional School Board and two government departments ; the Department of Transportation and Infrastructure Renewal and the Department of Education and Early Childhood Development for the design and planning phases .

= = Notable residents = =

Tom McInnis , former Conservative Party politician and member of the Nova Scotia House of Assembly from 1978 @-@ 1993