



# Musquodoboit Valley Community Newsletter

2<sup>nd</sup> Edition | July/August 2025

Hello Reader, thank you for picking up the Musquodoboit Valley Community Newsletter. This publication is a project of the Musquodoboit Valley Communities Association (MVCA). MVCA is a new organization made up of four working groups, focusing on business, non-profits, tourism, and civics & culture. We've started this bi-monthly newsletter for all residents to hopefully improve awareness and communication from one end of the Valley to the other. **Tell us what you'd like to see in future editions of this Community Newsletter!** If you have content ideas or would like to sponsor a future edition, call us at 902-891-0191 or email us at [musquodoboitvalley@gmail.com](mailto:musquodoboitvalley@gmail.com)

## Shaping the Future of the Valley!

We're seeking 6–8 visionary leaders to become founding Board Members of a new Musquodoboit Valley Community Fund, in partnership with the Community Foundation of Nova Scotia. This is your chance to help direct local investments, attract philanthropic support from across the province—and beyond—and make a lasting impact close to home. CFNS will manage the finances and tax receipting; you help decide how the funds are used locally.

**Interested?** Email: [musquodoboitvalley@gmail.com](mailto:musquodoboitvalley@gmail.com)

Visit [www.musquodoboitvalley.ca](http://www.musquodoboitvalley.ca) for a full calendar of local events, listings of businesses, community organizations, local attractions and much more. To be listed on the site contact us.

The website was supported by the Province of Nova Scotia's Office of Healthcare Professionals Recruitment Community Fund Program through the "Grow Within" Project.

Watch the Musquodoboit Valley website for volunteer opportunities coming soon.

## Exciting news for this year's Exhibition!

- The Nova Scotia Rug Hooking Guild and Dartmouth Heritage Matters will be at the Ex daily, offering hands-on demos of traditional and modern rug hooking techniques.
- New this year: Section M26 – Canadian Artist Inspired Art Project invites junior and senior high students to showcase original work inspired by Canadian artists.
- Discover hundreds of fun contests in the Home & Garden Shows! Download the Prize Book from the Exhibition website or email [office@halifaxcountyex.com](mailto:office@halifaxcountyex.com) to get your copy.

## Summer Fun at the Bicentennial Theatre!

We're offering theatre-inspired day camps for kids and teens of all ages—perfect for sparking creativity while school's out! Camps are tailored by age, from toddlers to teens, so there's something for everyone.

For grownups: Don't miss our Senior Social in August—a fun chance to connect and celebrate community.

For dates, pricing, and registration, visit [www.bicentennialtheatre.ca](http://www.bicentennialtheatre.ca) See you this summer!

## Mustang Run:

Walk, jog, or run in the Valley's first Mustang Run and get moving for a great cause—all profits support local youth physical activity programs. Register at [raceroster.com](http://raceroster.com) Everyone gets a medal, and T-shirts are available in the online store. Musquodoboit Valley students have been sent home a promo code for \$10 off registration!

## Business Advertising:

This Newsletter is mailed to 2000 homes in the Musquodoboit Valley (Dean to Dutch Settlement to Meaghers Grant) every other month. Business advertising will be needed to continue to offer this newsletter. A business card size ad (2 x 3.75") is \$50.00 per issue, a 1/4 page ad (5 x 3.75") is \$125 per issue and a half page ad (5 x 8") is \$250 per issue. To book your space for the September/October issue email [musquodoboitvalley@gmail.com](mailto:musquodoboitvalley@gmail.com)

## JULY 2025

- July 1 - **Valley Communities Picnic** - FREE family event! Live music, games for all ages, food, a 'Communities Hall' filled with community service organizations throughout the Valley, and more! Exhibition Grounds, Middle Musquodoboit, 10:00 am – 2:00 pm Facebook @halifaxcountyex or 902-384-2894 or [office@halifaxcountyex.com](mailto:office@halifaxcountyex.com)
- July 4-11 - **Summertime Playtime** - A chance for preschoolers to connect and play through the summer months! Guardians are welcome to stay at the school to do the same! Go for a walk together, chat in waiting area, or maybe try a self-directed craft activity while you wait. Ages 3-5, HRM Recreation Camp Course Number 3870. Fridays 9:00 am – 11:30 am. Cost \$111.48
- July 5 - **Musquodoboit River Social Paddle** - Join us for a fun and scenic day on the Musquodoboit River! Bring your own boat or book a rental. Shuttle service is also available. Support our community by participating in our 50-50 raffle benefiting the Elderbank Recreation Club or enjoy a delicious BBQ to help fund the upcoming European trip for our local high school. Launching from the Elderbank Provincial Park. 11:00 am. For more info and to register visit [www.mvoutfitters.ca/events](http://www.mvoutfitters.ca/events).
- July 17– **Solo Spirituality: Ways to keep grounded and connected while doing your own thing**- Everyone is welcome to this open discussion. Middleton United Church, 10:00 – 11:00 am, Drop-in or on Zoom. Email: [middletonunitedchurch@ns.aliantzinc.ca](mailto:middletonunitedchurch@ns.aliantzinc.ca) or leave message at 902-384-2520. <https://sites.google.com/view/mm-fc/home>

## AUGUST 2025

- August 2 - **Book and Rummage sale**– Drop by to find your next book or treasure. There will also be fries, onion rings, hamburgers, hot dogs and ice cream sundaes. Dean Church Hall, 10:00 am – 2:00 pm. More details call 568-0025 or 568-2578
- August 13-16 – **Halifax County Exhibition** - Experience the Halifax County Exhibition with exciting 4-H competitions, horse and livestock shows, musical entertainment, handcrafted displays, kids' farm play space, vibrant flowers, midway rides, and delicious food—all in one fun-filled event! Exhibition Grounds, Middle Musquodoboit. 9:00 am – 10:00 pm (Wed), 10:00 am – 10:00 pm (Thurs-Sat). \$3 for kids 12 and under, \$10 teens/adult, \$6 seniors. Website [halifaxcountyex.com](http://halifaxcountyex.com) or FB @halifaxcountyex or 902-384-2894 or [office@halifaxcountyex.com](mailto:office@halifaxcountyex.com)
- August 23 -**Salad and Cold cut Takeout** – Delicious takeout meal with cheesecake for dessert. Dean Church Hall, 3:00 pm to 6:00 pm, \$12.00 for adults, \$5.00 for youth 12 and under, preschoolers free. Order ahead if you prefer at 568-0025 or 568-2578.

### RECURRING EVENTS:

- Adult Pickleball** – Join us for indoor pickleball. Musquodoboit Valley Education Centre. Wednesdays 8:30 am – 10:30 am. Free.
- Musquodoboit Valley Food Bank** - Open Fridays, Middleton United Church. 10:00 – 11:00 am. (open Saturday if Friday is a Holiday) Donations of non-perishable food and money are always welcome.
- Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up** – 10:30 am – 12:30 pm. July 12 and August 9. Bake Sale Fundraiser at July 1<sup>st</sup> picnic event. (Cobs Bread every Saturday.) Chaswood. Facebook\Musquodoboit Valley Square Roots
- Valley Branch Legion #147 Cribbage** - Wednesday evenings at 7:00 pm and a cribbage tournament the 4<sup>th</sup> Sunday of the month at 1:00 pm. Both have refreshments available. Upper Musquodoboit. \*\*Grand in the hand will be back in September, watch for tickets.\*\*
- Valley Branch Legion #147 Kitchen Party** - 3<sup>rd</sup> Saturday of each month from 7:00 pm – 10:00 pm. Upper Musquodoboit.
- Lemmon Hill Community Center, Dean** - Weekly Music Jam sessions. Tuesday evenings 7pm-10pm. Everyone welcome.

### MEAGHERS GRANT COMMUNITY HALL ACTIVITIES:

- Morning Steppers** - Self-directed fitness class with video. Cost: \$1.00 drop-in fee. Every Monday Wednesday & Friday 9:00 –10:00 am
- Pickleball games** - Exterior tennis court or inside in inclement weather. Every Thursday evening at 7:00 pm. Cost: \$2.00 per person.

### WORSHIP SERVICES:

- Holy Cross Catholic Church**, Middle Musquodoboit – MASS 4:00 pm Saturday July 5, 12, 19, 26, August 2, 9, 16, 23, 30
- Lower Musquodoboit** Sunday 10:00 am - St Andrew's July 6, 27, Aug 17; St Paul's July 13, Aug 3, 24; St James' July 20, Aug 10, 31
- Middle Musquodoboit Pastoral Charge**, Middleton United Church - 10:00 am. In-person Service - Sunday July 6<sup>th</sup> followed by a congregational meeting. Online worship - Sunday July 20<sup>th</sup>, August 3<sup>rd</sup>, and August 17<sup>th</sup>
- Sharon Presbyterian Church**, Dean – Sunday 10:00 am – July 6, 13, 20, 27 and August 3, 10, 17, 24, 31

*Listing of events in the September/October newsletter will be due by July 31, 2025.*

*Send events to [musquodoboitvalley@gmail.com](mailto:musquodoboitvalley@gmail.com)*

Visit the community calendar at [www.musquodoboitvalley.ca](http://www.musquodoboitvalley.ca) for more community events.

**THANK-YOU to HRM Councillor, Cathy Deagle Gammon, for a providing financial support for this newsletter.**

## HRM RECREATION Summer Activities: (Free activities, registration online appreciated)

	<b>Connecting with Nature **</b> (Explore the outdoors)	<b>Kids Create</b> (Arts & Crafts for Children 5-12)
Date	10:30 am to 12:00 pm	1:30 pm to 3:00 pm
July 7	McCurdy Woodlot	Upper Musquodoboit Community Hall
July 14	Carroll's Corner Community Centre Mastodon Trail	Dutch Settlement Elementary School
July 21	Meagher's Grant Ballfield	Dutch Settlement Elementary School
July 28	Middle Musquodoboit Picnic Park	Musquodoboit Valley Education Centre
Aug 11	Elderbank Picnic Park	Upper Musquodoboit Community Hall
	**Children under the age of 5 must be accompanied by an adult	

**HRM RECREATION VAN:** Families are invited to meet up with the VAN for fun and games when it rolls up to your neighborhood.

Date*	10:00 am to 12:00 pm	1:00 pm to 3:00 pm
July 2	Beaverbrook Playground (Old Truro Road)	Wooden Playground
July 9	Beaverbrook Playground	Wooden Playground
July 16	Upper Consolidated Elementary	Carroll's Corner Community Centre Playground
July 23	Upper Consolidated Elementary	Carroll's Corner Community Centre Playground
July 30	Middle Musquodoboit Picnic Park	Meagher's Grant Playground
Aug 6	Middle Musquodoboit Picnic Park	Meagher's Grant Playground
Aug 13- 16th	The REC Van will be at the Halifax County Exhibition.	

\*Rain Location, for all dates except Aug 13-16, will be at Musquodoboit Valley Education Centre

## Musquodoboit Valley Bicentennial Theatre Summer Camps:

Date	Name of Program	Age Range	Time	Price
July 14 - 18	Puppet Camp	6 - 11 yrs	9:00 am – 3:00 pm	\$100
July 21 - 25	Musical Theatre Camp	9 - 13 yrs	9:00 am – 3:00 pm	\$100
July 28 - 30	Tiny Tots Theatre Camp	3 - 5 yrs	9:00 am - 11:30 am	\$50
August 6	Arts & Crafts Day	6 - 11 yrs	9:00 am – 3:00 pm	\$25
August 7	Theatre Around the World Day	6 - 11 yrs	9:00 am – 3:00 pm	\$25
August 8	Broadway and Beyond	12 - 16 yrs	9:00 am – 3:00 pm	\$25
August 19	Senior Social		11am - 2pm	Free

**BIBLE MOUNT TRABER CAMP**

**MTBC SUMMER CAMPS**  
CAMPS RUNNING JULY 2-AUGUST 8  
AGES 5 - 18

**YEAR-ROUND EVENTS AVAILABLE**

**TEEN EVENTS**  
TEEN & KIDS RETREATS  
DAY CAMPS  
HOMESCHOOL DAYS  
COMMUNITY EVENTS

**HAPPY KAMP**  
MULTI-AGE  
HORSE CAMPS  
WILDERNESS  
TEEN CAMP  
FAMILY CAMP

**VISIT OUR WEBSITE!**  
[MOUNTTRABER.ORG](http://MOUNTTRABER.ORG)

# MOBILE FOOD MARKET

Musquodoboit Valley  
Community Market



📍 12430 Highway 224, Middle Musquodoboit, NS  
📍 Inside the Middleton United Church - Lower Level  
🕒 Thursdays 4PM-6PM

This is a **pilot project** for Middle Musquodoboit, running every Thursday from July 17 to December 11.

Stay updated with us on social media:

@mobilefoodmarket



Please bring your reusable bags

**HEALTHY FOOD GOOD PRICES STRONGER COMMUNITIES**

## Free Transportation Available!

Need a ride to the market? MusGo Rider is offering free transportation within the Musquodoboit Valley area.

Call (902) 483-7433 to arrange your ride.

**MUSGO RIDER**  
Valley Sheet Harbour

## The Mobile Food Market is Coming to Musquodoboit Valley!

Are you looking for ways to stretch your food dollar while still getting fresh, healthy food for your household?

We've got great news! In partnership with Musquodoboit Valley community organizations, the Mobile Food Market is launching a 22-week Affordable Community Market Pilot Project — right here in your community!

Each week you'll find a variety of affordable groceries, including: fresh fruits and vegetables, eggs, bread and pita and canned goods. Weekly prices and available items will be posted on the Mobile Food Market website every Wednesday by 4:00 PM, so you can plan ahead.

The Mobile Food Market is a community-based initiative with a simple but powerful goal: "To make affordable, high-quality fresh vegetables and fruit available in neighbourhoods that have limited access to healthy food."

We work in partnership with local organizations to deliver low-cost, nutritious food to communities like yours — creating a welcoming space where everyone can shop, eat well, and connect with their neighbors.

Let's build a stronger, healthier community — together! 🔗 Learn more at [www.mobilefoodmarket.ca](http://www.mobilefoodmarket.ca)

**JOIN US on JULY 17<sup>th</sup> for our Market Launch**

**Enjoy a FREE BBQ, visit community resource tables, participate in fun activities for the kids and much more!**