



MUSQUODOBOIT
VALLEY

Musquodoboit Valley Community Newsletter

First Edition | May/June 2025

Hello Reader, thank you for picking up the first 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. Our focus for now is community events. We hope to have more content once funding for a larger publication is secured.

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

Join the MVCA

If you're interested in learning more about the working groups or just want to follow along with the conversations, please follow the MVCA Facebook page.

If you want to become a member of the MVCA/ or one of the working groups, email one of the following:

MVCA and/or Non-profit Working Group –

musquodoboitvalley@gmail.com

Business – musquodoboitvalleybn@gmail.com

Tourism – tourism@musquodoboitvalley.ca

Civics & Culture – info@musquodoboitvalley.ca

Volunteers Needed

Do have time and skills that you'd like to share with your community? We're looking for volunteers to help with the production of this newsletter as well as updating the website, creating social media and producing an online newsletter. If interested, please contact us at musquodoboitvalley@gmail.com

Watch the Musquodoboit Valley website for volunteer opportunities coming soon.

It Takes a Village

We'd like to acknowledge the many individuals and organizations who are involved in this project and are working collaboratively to make our community a better place to work, live, and play. Many of our organizations are seeking volunteers to help with their work. **Consider getting involved in the community!**

New Website!

Visit musquodoboitvalley.ca for a full calendar of local events, listings of businesses, community organizations, local attractions and much more. The website was supported by the Province of Nova Scotia's Office of Healthcare Professionals Recruitment Community Fund Program through the "Grow Within" Project.

MAY 2025

- May 1 - **Meals on Wheels** – Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10.00. Anita 902-758-5050.
- May 3 – **Spring Breakfast** - Hosted with Dutch Settlement Fire Department at the Carroll's Corner Community Centre. 8:00 am – 11:00 am, 14 yrs+ \$10.00, 6 yrs – 13 yrs \$5.00 and 5 yrs & under Free.
- May 7 - **Halifax Regional RCMP - North Central Town Hall Meeting** – Public is invited to join us for opportunities to discuss policing and priorities. 7:00 pm, Musquodoboit Valley Bicentennial Theatre. Middle Musquodoboit. peggy.redden@rcmp-grc.gc.ca
- May 9 - **Cash Bingo** – Play for cash prizes. Upper Musquodoboit Community Hall, 7:00 pm. (doors open at 6:00 pm) Contact Upper Musquodoboit Community Association via Facebook messenger for more information.
- May 10 – **Spring Fling** – A family fun event featuring a clothing/toy/plant/seed swap plus games and cash BBQ. Elderbank Ball Field, 11:00 am to 2:00 pm. More info on Facebook/Elderbank Recreation Club
- May 10 - **Upper Musquodoboit Playground Work Day** – Join us for our annual maintenance work day. Rain date May 24. Upper Musquodoboit. Contact Upper Musquodoboit Playground Society for details kr.harnish@hotmail.com
- May 14 – **NS Walk Day** – Join us for a walk in celebration of Walk Day. Various locations in the Musquodoboit Valley. Contact denise.vanwychen@nshealth.ca for details or check this site for locations. www.hikenovascotia.ca/ns-walks/
- May 15 – **Elderbank Softball Registration** - Ages 5-15. Email your child's name/age to info@elderbankrecclub.com. Payment can be e-transfer or cash 1st night of ball. Ball will be on Wednesday evenings 6:00 pm -8:00 pm.
- May 16 – **TGIF Meal** – Delicious meal including coffee/tea and dessert prepared by the Lower Musquodoboit Community of Faith at the Meaghers Grant Community Hall. 6:00 pm, \$14.00 per person, Details on Facebook/Meaghers Grant Community Hall
- May 17 & 18 - **Spring on the farm: Shop, Tour & Taste** - Season-opening celebration at Lindsay Lake Farms. 11:00 am to 5:00 pm. Details on Facebook/Lindsay Lake Farms or email bookings@lindsaylakefarms.com
- May 22 – **Life and Faith Discussion Circle**- 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 or leave message at 902-384-2520.
- May 22 - **Drop-in Games Afternoon** – Bring along your favorite board or card game as well as your friends and neighbours for an afternoon of fun. Middleton United Church, 1:00 – 4:00 pm. Everyone Welcome!
- May 23 - **Pub Night with The Cannonballs** - Join us for a night of great tunes, great food, and great fun! Musquodoboit Valley Bicentennial Theatre & Cultural Centre. 8:00 pm to 11:00 pm. \$15.00. Middle Musquodoboit. www.bicentennialtheatre.ca
- May 24 - **Social Paddle** - Connect and socialize with fellow paddlers while enjoying the serene beauty of the Musquodoboit River. Claypool Bridge to Elderbank Provincial Park. Launch at 11:00 am. www.mvoutfitters.ca/events for more details.
- May 25 - **Lions Foundation of Canada Walk for Guide Dogs** - Haverstock Pharmasave parking lot. 10:00 am. Come get a professional picture of your 4-legged family member with a minimum \$5.00 donation.
- May 28 - **Thoughts, Feelings and Actions: Tools for a Healthy Inner Dialogue** – A workshop presented by the Well-Being HUB. Carroll's Corner Community Centre, 1:00 -2:30 pm. Registration required, Well-Being HUB at 1-782-409-9007/admin@wellbeinghub.ca
- May 30 – **Outdoor Movie** - Elderbank Ball Field, 8:30 pm. More info on Facebook/Elderbank Recreation Club
- May 30 - **Bus Trip to Annapolis Valley** – Enjoy a trip to the garden centres without the driving. \$15.00. 9:00 am, pick up at MVEC. 18+. Pre-registration required www.halifax.ca/MyRec (code 00102665) or 902-384-3008
- May 31 - **Family Fun Day** - A free morning of carnival games, face painting, bouncy castle and more. Musquodoboit Valley Education Centre, 10:00 am - 12:00 pm. Contact MVFRC at 902-384-2794. Partners HRM Rec, HPL & ESMVLN.

MAY HRM RECREATION PROGRAMS:

Fitness Centre Free Drop In (16+), MRHS	Youth Open Gym Free Drop In (ages 13-18), MRHS
Monday May 5, 12, 26, -- 6:30 pm - 9:00 pm	Tuesday May 6, 13, 20, 27 -- 7:00 pm – 9:00 pm
Tuesday May 6, 13, 20, 27 -- 7:00 pm – 9:00 pm	
Wednesday May 7, 14, 21, 28 -- 6:30 pm – 9:00 pm	Youth and Adult Open Gym Free Drop In (13+), MRHS
Friday May 2, 7, 16, 23, 30 -- 6:30 pm – 9:00 pm	Friday May 2, 7, 16, 23, 30 -- 7:00 pm – 9:00 pm

Visit the community calendar at www.musquodoboitvalley.ca for more community events.

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

JUNE 2025

- June 4 - **Youth Leadership Information Night** – Learn about the HRM Recreation youth leadership program for youth ages 13-16. Drop In between 6:30 – 7:30 p.m. Location TBA. Call (902) 384-3008.
- June 8 - **Mount Traber Open House** - An afternoon for families to enjoy food, animals, wagon rides, swimming, and more! Mount Traber Bible Camp, 1:00 – 3:00 pm, www.mountraber.org, (902) 384-2238.
- June 11 - **International Day of Play** - Free Play Activities for all ages. Carroll's Corner Community Centre. 6:00 pm - 8:00 pm. Hosted by Halifax Recreation.
- June 13 - **Bus Trip Thrift Shopping** – Enjoy a day of thrift shopping without the driving. \$15.00. 9:00 am, pick up at MVEC. 18+. Pre-registration required www.halifax.ca/MyRec (code 00010266) or 902-384-3008.
- June 14 - **Community Work Day** – Clean-up and restoration of the Nature Play Space. McCurdy Woodlot (behind MVEC). 8:00 am start. Contact awarburton@protonmail.com for more information.
- June 14 - **Bryan Stewart Memorial fishing derby** - BBQ and refreshments. Tickets for draw prizes, \$20.00 for adults and \$10.00 for those under 16. Valley Branch Legion #147, Upper Musquodoboit.
- June 19 – **100th Anniversary Celebration** – Activity to celebrate the anniversary of church union. Middleton United Church, 10:00 – 11:00 am. Drop-in or on Zoom. Email: middletonunitedchurch@ns.aliantzinc.ca or leave message at 902-384-2520.
- June 19 - **Drop-in Games Afternoon** – Bring along your favorite board or card game as well as your friends and neighbours for an afternoon of fun. Middleton United Church, 1:00 – 4:00 pm. Everyone Welcome!
- June 20 – **50/50 Raffle Draw** – Draw being held at Middleton United Church lower level, 11:30 am. Musquodoboit Valley Food Bank Association. Get tickets at Rafflebox or contact mvfoodbank2020@gmail.com
- June 20 - **TGIF Meal** – Delicious meal including coffee/tea and dessert. Meaghers Grant Community Hall, 6:00 pm. \$14.00 per person, Details on Facebook/Meaghers Grant Community Hall
- June 21 - **Salad and Cold cut Takeout** – Delicious takeout meal with white/chocolate cake for dessert. Dean Church Hall, 3:00 pm to 6 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.
- June 21 – **Community & Family Block Party** - An afternoon of music, games and FREE BBQ. Elderbank Ball Field. 3:00-6:00 pm. More info on Facebook/Elderbank Recreation Club
- June 25 – **Annual General Meeting** – Join the Musquodoboit Valley Family Resource Centre for their annual general meeting. 10:00 am. 12280 Hwy 224, Suite 2 Middle Musquodoboit. For more information contact the Centre @ 902-384-2794.
- June 28 - **25th Anniversary Celebration** – Help us celebrate the Upper Musquodoboit Playground's 25th anniversary with cake and conversation. All welcome! 10:00 am - 12:00 pm. Upper Musquodoboit Playground. Contact kr.harnish@hotmail.com

RECURRING EVENTS:

- Musquodoboit Valley Food Bank** - Open Fridays, Middleton United Church. 10:00 – 11:00 am. (open Saturday if Friday is a Holiday)
- Musquodoboit Valley Community Choir** – Musquodoboit Valley Bicentennial Theatre, 7:00 – 9:00 pm. May 6, 20 and June 3, 17.
- Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up** – 10:30 am – 12:30 pm. May 17, 31, June 14, 28 (Cobs Bread every Saturday.) Cooks Brook. Facebook\Musquodoboit Valley Square Roots
- Valley Branch Legion #147 Cribbage** - Wednesday evenings at 7:00 pm and a cribbage tournament the 4th Sunday of the month at 1:00 pm. Both have refreshments available. Upper Musquodoboit.
- Valley Branch Legion #147 Kitchen Party** - 3rd Saturday of each month from 7:00 pm – 10:00 pm. Upper Musquodoboit.

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.
- 4-H Member Monthly meetings** – Youth membership meets on the first Monday of the month. 7:00 pm. May 5th and June 2nd.
- Auction 45 card evenings** - Cost: \$5.00 per person. 2nd & 4th Friday of the month at 7:00 pm. May 9 & 23 and June 13th

WORSHIP SERVICES:

- Holy Cross Catholic Church**, Middle Musquodoboit – MASS 4:00 pm Saturday May 3, 10, 17, 24, 31, June 7, 14, 21, 28
- Lower Musquodoboit** Sunday 10:00 am - St Andrew's May 4, 25, Jun 15; St Paul's May 11, Jun 1, 22; St James' May 18, Jun 8, 29
- Middle Musquodoboit Pastoral Charge**, Middleton United Church - 10:00 am. Sundays May 4th and June 1st led by Minister, Annika Sangster. Sundays May 18th and June 15th, led by worship team.
- Sharon Presbyterian Church**, Dean – Sunday 10:00 am -- May 4, 11, 18, 25 and June 1, 8, 15, 22, 29

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and 1:00 pm – 4:00 pm

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