



MUSQUODOBOIT
VALLEY

Musquodoboit Valley Community Newsletter

3rd Edition | September/October 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.

The Heart of the Musquodoboit Valley: Our Volunteers

Volunteers are the backbone of the Musquodoboit Valley. Their dedication keeps our community strong, safe, and thriving. From first responders & search and rescue members, to those who plan festivals and events that bring us together, every role matters. Volunteers maintain our community halls and buildings, organize fundraisers, and cook meals for events or those in need. They help deliver vital community services such as childcare, food programming, medical equipment lending, spiritual support and community outreach. Others serve on planning committees, support youth sports and recreation, contribute to local beautification and participate in environmental projects. These selfless acts often go unseen, but without them, our valley simply couldn't function as it does. Volunteering is not just helpful, it's essential.

Want to get involved? Here are some organizations welcoming new volunteers:

- **Braeside:** Seeking board members to support the oversight and well-being of its long-term care residents.
- **Visiting Buddies:** Seeking volunteers to provide companionship & support to isolated community members.
- **Grow Within Project:** Seeking volunteers to maintain current recognition programs for healthcare workers.
- **Musq Valley Website:** Volunteers needed to review, manage and work to improve the community website.
- **MVCA Business Lead:** Lead efforts to unite local businesses for collective growth and community impact.
- **Community Fund:** Volunteers needed to manage a community fund to support local projects & services.
- **MVCA Newsletter Team:** Help support the creation of this bi-monthly newsletter and sponsorship efforts.

Check out [musquodoboitvalley.ca](https://www.musquodoboitvalley.ca) for a complete listing of local volunteer opportunities and to add your own!

The Halifax County Exhibition – A Celebration of Community Spirit & the Impact of Volunteers!

Each August, the Halifax County Exhibition showcases the best of the Musquodoboit Valley. The beloved four-day event runs on community spirit and is made possible by over 300 dedicated volunteers! From the year-round planning committee to the friendly faces at the gates, in the barns, and all over the grounds, the volunteers keep the venue operational, serve up food and ice cream, run the sound systems, coordinate the livestock, give demonstrations, and so much more. The Exhibition is a shining example of what we can achieve when we come together—and a powerful reminder of just how essential volunteers are to the life of our valley!

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 (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 November/December issue, email musquodoboitvalley@gmail.com

Visit 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 musquodoboitvalley@gmail.com

Thank you to HRM Councillor Cathy Deagle Gammon for contributing to the cost of this newsletter.

SEPTEMBER 2025

- Sept. 6 - **50 Mile Yard Sale** – Stop by to find your treasures at the Carroll's Corner Community Centre. 8:00 am – 2:00 pm.
- Sept 6/7- **50 Mile Yard Sale** - Yard Sale vendors on site. 8:00 am - 4:00 pm. Meaghers Grant Community Hall.
- Sept 6 - **Strawberry Shortcake and Cinnamon buns** - Stop in for a treat and support the Lower Musquodoboit Community of Faith at the 50 Mile yard sale. St. Andrew's Church, 36 Elderbank Back Rd.
- Sept 6 - **Canteen** – Stop in for a snack and support the Lower Musquodoboit Community of Faith at the 50 Mile yard sale. Meagher's Grant Community Hall.
- Sept 8 – **Deadline for Purchase Proposals** – Middleton United Church is accepting proposals for the purchase of the lot and building at 12430 Hwy 224, Middle Musquodoboit. Contact Denise denisevanwychen@gmail.com 902-891-0191
- Sept 9 - **Dart League Registration** – Sign up for the upcoming Dart season. Meaghers Grant Community Hall. 7:00 pm
- Sept 12 - **Cash Bingo** - Join us for an exciting evening with CASH prizes. Doors open at 6:00 pm, games start at 7:00 pm. Canteen accepts cash and debit. Upper Musquodoboit Community Hall. Contact Upper Musquodoboit Community Association via Facebook messenger for more information.
- Sept 13 – **Musquodoboit Area Free Community BBQ** – In support of Musquodoboit area food banks. 11:00 am – 4:00 pm. Halifax County Exhibition Grounds. Admission, a food item or monetary donation. Kids zone \$5.00 all-day play.
- Sept. 14 - **Carrolls Corner Fiddle Jam**- We play fiddle tunes for all to enjoy. Come dance, snack, and listen. 1:00 pm – 4:00 pm. Carrolls Corner Community Centre, 9 Milford Road. Admission by donation. Contact fiddlerdog1@yahoo.ca
- Sept 19 – **TGIF Meal** – Delicious meal including coffee/tea and dessert prepared by Helping Hands at the Meaghers Grant Community Hall. 6:00 pm, \$14.00 per person, Details on Facebook/Meaghers Grant Community Hall
- Sept 20 - **Corned Beef and Cabbage Supper** - Delicious takeout meal with white/chocolate cake for dessert. Dean Church Hall, 3:00 pm to 6:00 pm, Adults \$12.00, Youth 12 and under \$5.00, preschoolers free. More info contact 902-568-0025 or 902-568-2578. Craft tables also set-up. If you are interested in renting a table, call Glenda at 902-568-2815.
- Sept 20 - **Red Dirt Skinners Concert** – Bicentennial Theatre. 7:00 pm. \$37.50 More information www.bicentennialtheatre.ca
- Sept 21 - **Afternoon Jam Session** – Join us for an afternoon of music, everyone welcome. 1:30- 4:30 pm. Lemmon Hill Community Center, Dean.
- Sept 26 – **Cash Bingo Fundraiser** in support of the Musquodoboit Valley Food Bank – Doors open at 6:00 pm, Bingo starts at 7:00 pm. Holy Cross Church, 11645 Hwy 224. Canteen available. Basket draw will be made at the event.
- Sept 27 - **Upper Musquodoboit Community Softball Tournament** - A Day full of games, BBQ and fun. Come watch a game, get a burger and cheer on your neighbours. 8:00 am - 6:00 pm. Pleasant Valley Ball Field, 7137 Hwy 224.
- Sept 28 – **Mustang Run** – Join us for this inaugural run through the Musquodoboit Valley to raise money for youth sport and recreation. To register or learn more <https://raceroster.com/events/2025/98920/mustang-run>
- Sept 29- Nov 3rd – **6-week Astronomy Program**. Carrolls Corner Community Centre. For details, visit HRM Recreation.

MEAGHERS GRANT COMMUNITY HALL ACTIVITIES:

Morning Steppers - Self-directed fitness class with video. Cost: \$1.00 drop-in. Monday Wednesday & Friday 9:00 –10:00 am
Pickleball games – Outdoor/Indoor depending on weather. Thursday evenings 7:00 pm. Starting Oct 2 nd . Cost: \$2.00/person.
4-H Member Monthly meetings –The first Monday of the month. 7:00 pm. Intro meeting Sept 15th, Regular meeting Oct 6th
Auction 45 card evenings - Cost: \$5.00 per person. 2nd & 4th Friday of the month at 7:00 pm. Sept 12 and 26

WORSHIP SERVICES:

Holy Cross Catholic Church , Middle Musquodoboit – MASS 4:00 pm Saturday Sept 6, 13, 20, 27, Oct 4, 11, 18, 25
Lower Musquodoboit Sunday 10:00 am- St Andrew's Sept 7, 28, Oct 19; St Paul's Sept 14, Oct 5, 26; St James' Sept 21, Oct 12
Middle Musquodoboit Faith Community , 10:00 am. Sunday Sept 7 th -Riverside, Oct 5 th -Middleton - led by Minister. Sunday Sept 21 st and Oct 19 th at Middleton, led by worship team. Online Sept 14, 28, Oct 12, 26 www.youtube.com/@MMFC100
Sharon Presbyterian Church , Dean – Sunday 10:00 am – Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

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

OCTOBER 2025

*****Watch for upcoming dates of Meals to Wheels** – Starting in mid-October. Home cooked meal for seniors 55+.

Middleton United Church, 12:00 pm. \$10.00. Anita 902-758-5050.

Oct 4 - Harvest Fest – Join us for an array of great events including the Nova Scotia Lumberjack Show, an Antique Tractor Pull, and Truck Pull starting at 10:00 am. Halifax County Exhibition Grounds. Watch Facebook for details.

Oct 5 - Rally in the Musquodoboit Valley Car Show – Annual car, truck, bike and kid's Show & Shine. All Welcome! 10:00 am – 4:00 pm. Rain or shine. Spectators \$5, Under 16 free. Halifax County Exhibition Grounds. Middle Musquodoboit.

Oct 4/5 – Strawberry Shortcake - Haven't had your fill of Strawberry shortcake? You can find the Lower Musquodoboit Community of Faith at the Harvest Festival on Saturday October 4th and Rally in the Valley on Sunday October 5th

Oct. 5 - Carrolls Corner Fiddle Jam- We play fiddle tunes for all to enjoy. Come dance, snack, and listen. 1:00 pm – 4:00 pm. Carrolls Corner Community Centre, 9 Milford Road. Admission by donation. Contact fiddlerdog1@yahoo.ca

Oct 9-12 - Atlantic Fall Classic Beef Show- The Agricultural Society is hosting this Show highlighting beef producers from Atlantic Canada. 9:00 am – 5:00 pm. Exhibition Grounds. Contact Kayleen kayleen.holman@outlook.ca

Oct. 18 - Community 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.

Oct 18 – Craft and Bake Sale – Join the Board of Managers of the Dean Church for their craft and bake sale. We will also have our take-out chili and brown bread available for a cost of \$10.00. 11:00 am - 2:00 pm. Dean Church Hall.

Oct 18 - 150 Dance with Tristan Legg & the Mad Dogs -Dinner starts at 6:00 pm, with draws and dancing from 8:00 pm– 12:00 am. Tickets are \$50 for two dinners, dessert, and a chance to win cash prizes. Dance-only tickets are \$10 at the door after 8:00 pm. Upper Musquodoboit Community Hall. Get tickets from board members/message on Facebook.

Oct 24 - Dave Gunning, JP Cormier, and Catherine MacLellan Concert. Bicentennial Theatre. 7:00 pm. Check website.

Oct. 25 - Kid's Halloween Event. Carrolls' Corner Community Center. Check out their Facebook page for details.

Oct 25 –Halloween Dance – Join us for a fun evening of DJ music, prizes for costumes and a 50/50 draw. \$10.00 entry, all proceeds go to the Splash of Color Children's Centre Association. Bicentennial Theatre. 9:00 pm- 1:00 am. 19 years+

RECURRING EVENTS:

Musquodoboit Valley Food Bank - Open Fridays, 10:00 – 11:00 am. Middleton United Church. (open Sat if Fri a holiday)
Valley Voices Singalong – Musquodoboit Valley Bicentennial Theatre, 7:00 – 9:00 pm. Monday, Sept 8, 22, Oct 6, 20
Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up – 10:30 am – 12:30 pm. Sept 6, 20, Oct 11, 25 (Cobs Bread every Saturday.) Cooks Brook. Facebook\Musquodoboit Valley Square Roots
Musquodoboit Valley Affordable Food Market –Join us Thursdays 4:00 – 6:00 pm to purchase your fresh, affordable food. Everyone is welcome! Middleton United Church (Outdoors or indoors depending on weather)
Valley Branch Legion #147 Cribbage - Wednesday evenings at 7:00 pm and a cribbage tournament the 4 th Sunday of the month at 1:00 pm. Both have refreshments available. Upper Musquodoboit.
Valley Branch Legion #147 Kitchen Party - 3 rd Saturday of each month from 7:00 pm – 10:00 pm. Upper Musquodoboit
Valley Branch Legion #147 Regular meetings - First Friday of each month. Upper Musquodoboit.
Upper Musquodoboit Fellowship Hall – Cribbage every Thursday 2:00 pm. \$3.00 to play, \$1.00 high hand. 50/50 tickets available. Partner not required. All welcome. Upper Musquodoboit.
Upper Musquodoboit Fellowship Hall - Cribbage Tournament on the 4th Saturday of the month starting at 1:30 pm. \$5.00 to play per person. \$1.00 high hand. 50/50 tickets. Partner required. All welcome. Upper Musquodoboit.
Carrolls Corner Community Centre - Dungeons & Dragons. 6:30 pm. Sept. 5, 12, 19, 26 and Oct. 3, 10, 17, 24, 31.

SEPT/OCT HRM RECREATION PROGRAMS:

Fitness Centre Free Drop In (16+), MRHS	Youth Open Gym Free Drop In (ages 13-18), MRHS
Monday Sept 22, 29, Oct 6, 20, 27 -- 6:30 pm - 9:00 pm	Tuesday Sept 23, Oct 7, 14, 21, 28 -- 7:00 pm – 9:00 pm
Tuesday Sept 23, Oct 7, 14, 21, 28 -- 7:00 pm – 9:00 pm	
Wed Sept 24, Oct 1, 8, 15, 22, 29 -- 6:30 pm – 9:00 pm	Youth and Adult Open Gym Free Drop In (13+), MRHS
Friday Sept 26, Oct 3, 10, 17, 24 -- 6:30 pm – 9:00 pm	Friday Sept 26, Oct 3, 10, 17, 24 -- 7:00 pm – 9:00 pm

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

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

- Are you looking for help navigating the mental health system?
- Do you have questions but don't know where to start?
- More comfortable with text or virtual meetings?



Our Mental Wellness Navigator is here to help guide you through your next steps

Julia Brown, Mental Wellness Navigator

Phone/text: 782-446-1645

Toll Free: 1-833-393-2298, ext. 2

Email: wellness@wellbeinghub.ca

Available to meet in person

Haverstocks Building, Unit #4,
Middle Musquodoboit
9:30am - 1:30pm on Mondays

The Well-Being HUB's Mental Wellness Navigator provides a free and confidential service for residents of the Musquodoboit Valley and Eastern Shore aged 16+.

We can help connect you to local, provincial, and national services and programs designed to promote mental health and wellness.