



Musquodoboit Valley Community Newsletter

6th Edition | March/April 2026

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. If you have news you'd like included in an upcoming edition, email musquodoboitvalley@gmail.com

Building a Safer Connection in Our Community

A short 1 kilometre stretch from the Musquodoboit Rural High School (MRHS) bus loop to the corner of the Glenmore Road and Highway 224 links our schools, the McCurdy Woodlot and Natural Playspace, community garden, sports field, and newly refinished basketball courts to the village square in Middle Musquodoboit. Many residents have long hoped to make this connection safer and accessible for people walking, biking, or rolling. The MVCA's Civics & Culture working group has gotten the ball rolling to try to make this dream a reality.

To date, a professional Conceptual Plan has been completed, funded by CertainTeed (Antrim Gypsum Mine). The proposed pathway design includes crushed gravel in front of the schools and DNR (off-road), asphalt along the Highway 224 right-of-way, and a pedestrian bridge beside the existing bridge. Drainage along the 224 would be improved, with the path separated from the road by a curb and green buffer. To read the detailed Conceptual Plan, visit musquodoboitvalley.ca/multi-use-path-project

Potential next steps we, as a community, could explore to make the plan a reality:

- Halifax Regional Municipality (HRM) has identified Middle Musquodoboit as one of five rural communities in its program to improve walkability. If the project moves ahead, HRM will host public engagement sessions to ask whether our community would like to participate. Participation would involve a fixed area rate of \$0.021 per \$100 of taxable property value to help fund construction and maintenance.
- Another option is to form a Trail Association. This group could apply for available funding to build the trail and would take responsibility for maintenance (with funding supports available). The Trail Association could also support other Valley trail projects.

We invite everyone to be part of the conversation. Share your ideas and watch for updates on the Musquodoboit Valley Communities Association Facebook page: facebook.com/the.MVCA

Discover what's happening in the beautiful Musquodoboit Valley at musquodoboitvalley.ca — your go-to online hub for our community!

Browse the events calendar to see what's coming up, explore volunteer opportunities, connect with local organizations, support Valley businesses, and find things to see and do throughout the region.

This website is for all of us to use and grow. We welcome new listings, updates, and suggestions for additional information — help us keep it current and make it even better for everyone. musquodoboitvalley@gmail.com

MARCH 2026

- Mar 1 - **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
- Mar 5 - **Meals on Wheels** – Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm, \$10. Anita 902-758-5050.
- Mar 6 – **Royal Canadian Legion Grand in the Hand draw** – \$20.00 tickets get you a chance at two draws for \$1000.00.
- Mar 7 – **Ladies of Country Music** – This is a tribute to all the great ladies from country music over the years starring Laura Watson and Megan Washburn. 7:00 pm. Musquodoboit Valley Bicentennial Theatre. bicentennialtheatre.ca
- Mar 13 - **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 via Facebook messenger for more information.
- Mar 15 - **Afternoon Jam Session** – Join us for an afternoon of music, everyone welcome. 1:30- 4:30 pm. Lemmon Hill Community Centre. 272 Lemmon Hill Road, Dean.
- Mar 18 - **March Break Day Camp** - Have a child who isn't ready for staying over-night? Try day camp! For grades P-6 to enjoy a day of fun, games, and a Bible lesson. Mount Traber. 9:00 am - 4:00 pm. \$35. Register at mountraber.org
- Mar 21 - **Teen Turnout** -a monthly event at Mount Traber Bible Camp for teens Grade 7-12. Take a break from homework, and spend the day enjoying games and activities, friendship and time to look into God's Word. 1:00 pm – 7:00 pm. This is a free event, although we accept small donations of \$2-\$5. mountraber.org/events
- Mar 21- **Roast Pork 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 \$3.00, preschoolers free. More info contact 902-568-0025 or 902-568-2578.
- Mar 26 - **Meals on Wheels** –Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Mar 26– **Musquodoboit Valley Communities Association Annual General Meeting** - Join us to learn about our many projects and how you can get involved. 7:00 pm. Upper Musquodoboit Community Hall. facebook.com/the.MVCA
- Mar 27- **Soup Luncheon** - Enjoy a bowl of soup, a roll and a dessert with tea and coffee and some great company! 11:30 am to 1:30 pm. \$10.00. Holy Cross Catholic Church. 11645 Hwy#224 Middle Musquodoboit.
- Mar 28 – **Men's FREE Breakfast** – Welcoming men from across the Musquodoboit Valley for good food and conversation. Middleton United Church lower level. 8:30 am – 10:00 am. For details or to volunteer contact Denise 902-891-0191
- Mar 28 - **Easter Egg Hunt** -The Musquodoboit Valley Family Resource Centre's annual hunt in partnership with ESMV Learning Network and Halifax Public Libraries. 10:00 am -11:00 am. Upper Musquodoboit Community Hall. Spaces are limited and registration is required. Please call the Centre at 902-384-2794 to register. For children 12 years old and under.

MEAGHER'S 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 –Thursday evenings 7:00 -9:00 pm. Cost: \$2.00/person drop-in. 19+. Bar and canteen open.
4-H Member Monthly meetings –The first Monday of the month. 7:00 pm.
Auction 45 card evenings - Cost: \$5.00 per person. 2nd & 4th Friday of the month at 7:00 pm.

WORSHIP SERVICES:

Holy Cross Catholic Church , Middle Musquodoboit – Mass Saturdays 4:00 pm March 1, 15, April 4, 11, 18, 25
Lower Musquodoboit United Churches - Sundays 10:00 am. • St. James in Meagher's Grant- Mar 1, 15, 29, Apr 19 • St. Andrew's in Elderbank - Mar 8, 22, Apr 26. • St. Paul's in Antrim - Apr 12. • Apr 3 – Good Friday St. Paul's (Antrim) • Apr 5 -Easter Sunrise Service at Lays Lake Bridge • Apr 5 -Easter morning service, 10 am St. Andrew's (Elderbank) Email for more details: lowermusquodoboit@gmail.com
Middle Musquodoboit Faith Community –All services at 10:00 am. Middleton United Church. • Middleton (In-person & YouTube)-Mar 1, Apr 5 • Middleton (In-person only)- Mar 15, Apr 19 • YouTube only- Mar 8, 22, Apr 12 • Middleton (In-person & YouTube) song, discussion & fellowship- Mar 29, Apr 26 youtube.com/@MMFC100 annikaatchurch@gmail.com
Sharon Presbyterian Church , Dean – Sunday 10:00 am – Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26

APRIL 2026

- Apr 9 - **Meals on Wheels** – Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Apr 12- **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
- Apr 14 - **Middle Musquodoboit Cemeteries Annual General Meeting**- Middleton United Church Lower level. 7:00 pm.
- Apr 16/17/18 – **Legally Blonde Junior** -This Musical is presented by Musquodoboit Rural High School and the Musquodoboit Valley Bicentennial Theatre. Show times are 7:00 pm. bicentennialtheatre.ca
- Apr 17- **TGIF Meal** – Delicious meal with dessert, tea & coffee. Meagher’s Grant Community Hall. 6:00 pm, \$14.00 per person. Children are welcome. Take-out is available. Details on Facebook/Meagher’s Grant Community Hall
- Apr 18 – **50th Anniversary of Table Tennis in the Musquodoboit Valley** - The annual tournament will be held at MRHS followed by a banquet and award presentation at Carroll’s Corner School at 5:00 pm.
- Apr 18- **Annual Spring Cleanup**- We are looking for volunteers to help with our annual cleanup for both Hillside and Pioneer Cemeteries. Come out for some fresh air, exercise and a great cause. Meet at 9:00 a.m., at the Pioneer Cemetery, located beside the Middleton United Church. Rain date scheduled for Saturday, April 25th at 9:00 a.m.
- Apr 19 - **Afternoon Jam Session** – Join us for an afternoon of music. 1:30- 4:30 pm. Lemmon Hill Community Center, Dean. Players and listeners welcome.
- Apr 23 - **Meals on Wheels**–Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Apr 24 – **Soup Luncheon** - Enjoy a bowl of soup, a roll and a dessert with tea and coffee and some great company! 11:30 am - 1:30 pm. \$10.00. Holy Cross Catholic Church. 11645 Hwy#224 Middle Musquodoboit.
- Apr 25- **Beans and Brown Bread Supper** - Delicious takeout meal with gingerbread for dessert. Dean Church Hall, 3:00 pm to 6:00 pm, Adults \$12.00, Youth 12 and under \$3.00, preschoolers free. More info 902-568-0025 or 902-568-2578.
- Apr 27 – **Lemmon Hill Community Center’s Annual General Meeting** – 7:00 pm. Lemmon Hill Community Center, Dean.

RECURRING EVENTS:

Musquodoboit Valley Food Bank - Open Fridays, 10:00 – 11:00 am. Middleton United Church.

Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up – 10:30 am – 12:30 pm. Mar 24, Apr 7, 21 (Cobs Bread every Saturday.) Cooks Brook. facebook.com/Musquodoboit Valley Square Roots

Feminine Fridays - Feminine products and hygiene products for men and women. Always free. Pickup every Friday unless other arrangements have been made. facebook.com/share/N1JDZhDfn98vkN5h/

Musquodoboit Valley Affordable Food Market –Join us every Thursday from 3:30 – 5:30 pm to purchase your fresh, affordable food. Everyone is welcome! Middleton United Church Lower level. facebook.com/mobilefoodmarket

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

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.

Lemmon Hill Community Center- Jam session every Tuesday evening 7:00-10:00 pm. All players and listeners welcome. Dean

Carrolls Corner Community Centre - Dungeons & Dragons. Fridays 6:30 pm. Sew What (Craft group) Mondays 10:00 am – 2:00 pm. Adult Social Group. Tuesdays 1:30-3:30 pm

Musquodoboit Valley Lions Club – Meets the 2nd and 4th Wednesday of the month at the Bicentennial Theatre. Anyone interested in joining can contact Stephen Paugh 902 384 2809, paughstephen@yahoo.ca or visit facebook.com/MusquieValleyLions/

MAR/APR HRM RECREATION PROGRAMS:

Fitness Centre Free Drop In (16+), MRHS	Youth Open Gym Free Drop In (ages 13-18), MRHS
Monday Mar 2, 9, 23, 30, Apr 6, 13, 20, 27 - 6:30 pm - 9:00 pm	Tuesday Mar 3, 10, 24, 31, Apr 7, 14, 21, 28 - 7:00 pm – 9:00 pm
Tuesday Mar 3, 10, 24, 31, Apr 7, 14, 21, 28 - 7:00 pm – 9:00 pm	Youth and Adult Open Gym Free Drop In (13+), MRHS
Wednesday Mar 4, 11, 25, Apr 1, 8, 15, 22, 29- 6:30 pm–9:00 pm	Friday Mar 6, 13, 27, Apr 3, 10, 17, 24-- 7:00 pm – 9:00 pm
Friday Mar 6, 13, 27, Apr 3, 10, 17, 24- 6:30 pm – 9:00 pm	Badminton Free Drop In (16+), MRHS
	Wednesday Mar 4, 11, 25, Apr 1, 8, 15, 22, 29- 6:30 pm–9:00 pm

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

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