



# Musquodoboit Valley Community Newsletter

7th Edition | May/June 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 an 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 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](mailto:musquodoboitvalley@gmail.com)

The MVCA's Annual General Meeting highlighted a productive year focused on community-building and local initiatives. Key accomplishments included hosting a community workday at the Nature Play Space, completing five editions of the community newsletter, advancing the active transportation trail study and developing the Musquodoboit Valley colouring book in partnership with local artist, Julie Day.

The Association is also working on exciting plans for new public art initiatives, strengthening communications through its website and continued newsletter, and supporting collaboration among local non-profits, businesses, artisans and tourism operators.

Thank you to our past directors Christine Hailstone, Taylor Newman, and Tammy Higgins for their contributions. Our current 2026-27 MVCA Board includes: Erin Higgins (Taylor) as Chair, Jolene Roesmer as Vice-Chair, Denise VanWychen as Secretary, Lorelei Taylor as Treasurer, along with directors Anne Warburton, Gwyn Bellefontaine, Beth Moulton, and Sharon Arsenault.

To get involved in any of these activities or if you have ideas for other great projects reach out to us via email.



**WANTED:** An organization or individual to help plan and coordinate this year's July 1st Valley Communities Picnic, including organizing activities, vendors, and day-of logistics. Planning materials from previous years are available to help get started.

Contact Sheila for more information at [musquodoboitag@gmail.com](mailto:musquodoboitag@gmail.com)

We're excited to find someone to help carry this valued community tradition forward for everyone to enjoy.

Discover what's happening in the beautiful Musquodoboit Valley at [musquodoboitvalley.ca](http://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](mailto:musquodoboitvalley@gmail.com)

REMINDER to submit your own community event at [www.musquodoboitvalley.ca](http://www.musquodoboitvalley.ca)

Sign up for our newsletter online so you don't miss a single issue. Scan the QR code or go to <http://eepurl.com/jqnNOg> to sign up.





# MUSQUODOBOIT VALLEY COMMUNITY FOOD PROGRAMS



## Musquodoboit Valley Family Resource Centre

The Resource Centre offers and collaborates on a variety of community food supports.

- **Community Cupboard** - For those needing groceries till food bank day or payday.
- **JOY Group Dinner** - A monthly meal at the Centre for seniors (55+), please register.
- **Affordable Food Market** - A weekly market of fresh fruits & vegetables, bread, eggs and spices at affordable prices. Thursdays 3:30 to 5:30 pm lower level of the Middleton United Church. Cash, debit and credit accepted. Everyone welcome!

To learn more contact **(902) 384-2794** or **mvfrcl@gmail.com**

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## Musquodoboit Valley Food Bank

The mandate of our Food Bank is to help supply nutritious products to community members who face food insecurity in cooperation with other local community organizations. Our food is purchased with individual and corporate donations, grants and profits from fund-raising. Tax receipts are available for all donations made. We are open on Fridays 10-11 am and are located in the lower level of the Middleton United Church. We offer:

- **Monthly Food Hampers** – (with personal choice) to individuals and families who have difficulty purchasing enough food to meet their basic needs. (returning clients must provide ID and proof of residence)
- **Second Harvest: Food Rescue** - a variety of Foodland scan-off items that are nearing or just past their best before date as well as any damaged packaging items are available to clients every Friday.
- **Christmas Program** - Food hampers, gifts, toys and coats for kids – available to those who experience need over the holiday season. Registration is required by December 1st.

Contact Mark Bonin **(902) 715-4762** or **mvfoodbank2020@gmail.com** Follow us: on Face Book ~ Musquodoboit Valley Food Bank Association

***WE APPRECIATE OUR DEDICATED BOARD MEMBERS, VOLUNTEERS & SUPPORTERS!***

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## Schools Plus

A collaborative school-based support program for students and families. Teams include a Facilitator and Community Outreach Worker who can manage complex situations, connect families to resources and supports (including food supports), and provide in school programming. Families can contact the school to access supports.

## Musquodoboit Valley Square Roots

Started in May 2020 and originating out of Saint Mary's University in Halifax with the goal to help NS farmers re-coup some costs on imperfect vegetables that would otherwise be wasted and to help the communities with food insecurity.

- **Vegetables** - we offer 10 lbs bags of vegetables and fruits bi-weekly by donation (min \$5, max \$10.00). Orders are made online on the Facebook page through the sign-up sheet or you can order by phone and are picked up every 2nd Saturday in Cooks Brook from 10:30 am - 12:00 pm. Orders are due the Monday following the pick-up.
- **COBS bread** - we offer free bread every Saturday.

To learn more call **(902) 830-1576** or visit us **Facebook/Musquodoboit Valley Square Roots**

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## Thoughtful Food Project

Community partners working together to help support community food access.

- **School Garden and Food Forest** - Volunteers tend the community garden (veggies) and food forest (fruit trees/bushes) in front of the Elementary School and is used to feed students & community. To volunteer contact **[denisevanwychen@gmail.com](mailto:denisevanwychen@gmail.com)**
  - **Public Garden** - Volunteers and local summer students tend the community garden located by the Valley View Villa providing accessible garden space for community members of all ages to enjoy. Produce is harvested and shared with community residents. To volunteer or learn more contact Sharon at **[sla@bellaliant.net](mailto:sla@bellaliant.net)**
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## Musquodoboit Collaborative Food Network

The Musquodoboit Collaborative Food Network (MCFN) is a community-led initiative working to improve food security across the Musquodoboit Valley and Eastern Shore of Nova Scotia. Built on collaboration, dignity, and accessibility, MCFN connects local organizations, volunteers, producers, and residents to strengthen the local food system.

The network supports programs like community fridges, mobile markets, pantry supports, and meal initiatives—making it easier for people to access healthy food in flexible, low-barrier, and stigma-free ways.

Through strong partnerships with local businesses and community groups, MCFN expands its reach while fostering shared responsibility and community care. Alongside meeting immediate needs, the network also promotes food skills, local food, and long-term resilience.

Together, MCFN is working to ensure everyone has access to nutritious food and the opportunity to thrive.

Want to get involved or learn more?

Contact Shannon Edwards, Coordinator MFCN

Office: **902-889-2735** or cell: **902-333-7720**

**[mcfn@theoldschool.ca](mailto:mcfn@theoldschool.ca)**



Musquodoboit Collaborative Food Network

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**Thank-you to all the groups and individuals who support  
food programs in the Musquodoboit Valley.**



# What is Food Insecurity?

**Food insecurity happens when people don't have enough income, can't easily access food, or don't have control over the food that's available to them.**



Food insecurity is one of the biggest factors affecting people's health at every age.

30.3% of people in HRM live in food insecure households.



About 68,000 children in Nova Scotia live in food insecure households.



## ROOT CAUSES

- Low incomes
- High cost of living
- Lack of access to food

**Systemic barriers make it harder for people to afford or get food. Low income, high rent and poor transportation affect some groups more than others, showing food insecurity is caused by unfair systems not personal choices.**

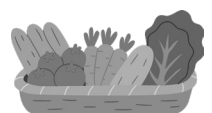
## COMMUNITY ACTIONS

- Volunteers spend hours of their time to offer programs to help feed hungry and food insecure people.
- Community groups raise funds and write applications to support needed programs.
- Local organizations work together on food projects such as the weekly Affordable Food market and grow food in community gardens to help with food access.
- Community members buy raffle tickets, make donations and volunteer their time.
- Community groups advocate to government for changes to the systems that are making it harder to afford and access healthy food locally.

## HOW YOU CAN HELP

- Volunteer with a community food group
- Grow extra food and share with others
- Buy from local farmers/producers
- Support community food programs.
- Shop at the weekly market to access food and show support for this food program.
- Learn more about the issues and speak up.
- Get involved in food advocacy projects
- Talk to friends/neighbours about the issue
- Write your MP, MLA, Councillor to share concerns about food security, income, and cost of living.

**Tackling the root causes of food insecurity helps everyone have access to healthy, affordable food.**



# MOBILE FOOD MARKET

**JOIN US  
every week  
3:30 - 5:30 pm at  
the Middleton  
United Church for  
fresh, affordable  
food.**

**We are excited to announce the  
Musquodoboit Valley Market has  
received funding until March 2027 .**

The Mobile Food Market brings community-led markets directly to the neighborhoods that need them most, putting choice, dignity, and local leadership at the center of every market. We don't just provide food — we build stronger communities, empower residents, and create lasting solutions to food insecurity.



**Are you  
unemployed and  
dream of starting  
a business?**

@cbdcbuewater



## **SELF-EMPLOYMENT BENEFITS PROGRAM**

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**Are you unemployed  
and looking to start  
your own business?  
Check out the Self-  
Employment Benefits  
program!**

**Get entrepreneurial  
support, financial  
assistance, and more  
to help bring your  
business idea to life.  
(certain criteria  
applies)**

**Contact Sheila Spicer  
at 902-827-5564**

bluewatercbdc.ca

61 Stella Drive

Unit 103 Porters Lake, NS B3E 0G4

Tel: (902) 827-5564

## JUNE 2026

- June 6 – **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
- June 6 – **Upper Musquodoboit Community Softball Tournament** - A day full of games, BBQ and fun for the whole family. Come watch a game, get a burger and cheer for your neighbours. If you would like to register a team please contact the Upper Musquodoboit Community Hall through their Facebook page. 8:00 am to 6:00 pm. Pleasant Valley Ballfield.
- June 6/7 – **College and Career Retreat** – Weekend camp for young adults to enjoy challenges, activities, time in God’s word, and engaging breakout sessions. Mount Traber. June 6<sup>th</sup>, 7:00 pm to June 7<sup>th</sup>, 8:00 pm.
- June 7 – **Mount Traber Open House** - Fun for the whole family. Come check out everything we do at Mount Traber. Free BBQ, canteen open, pony rides, camp tours, wagon rides to the barn, petting farm, games and wonderful fellowship. 1-3 pm
- June 7- **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
- June 13 - **Bryan Stewart Memorial fishing derby** - BBQ and refreshments. Tickets for draw prizes, \$20.00 for adults and \$10.00 for those under 16. Prizes and auction beginning at 3:00 pm Valley Branch Legion #147, Upper Musquodoboit.
- June 14 - **Afternoon Jam Session** – Join us for an afternoon of music. 1:30- 4:30 pm. Lemmon Hill Community Center, Dean. Players and listeners welcome.
- June 17 - **Power of Attorney (POA) Lunch and Learn** - Join the Legal Information Society of NS to learn how to assign someone as your POA to make decisions on your behalf. 12:00 pm to 2:30 pm. Musquodoboit Valley Family Resource Centre. This free session and lunch hosted by MVFRC & Well-Being HUB. Register @902-648-8886 or admin@wellbeinghub.ca
- June 20 - **Gypsy - The Premier Fleetwood Mac Tribute** - Musquodoboit Valley Bicentennial Theatre. 7:00 pm. Tickets \$40 including HST available at [www.bicentennialtheatre.ca](http://www.bicentennialtheatre.ca) and at Reid’s Restaurant.
- June 19- **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
- June 20- **Salad and Cold Cut Plate** - Delicious takeout meal with cheesecake 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.

### RECURRING EVENTS:

<b>Musquodoboit Valley Food Bank</b> - Open Fridays, 10:00 – 11:00 am. Lower level Middleton United Church.
<b>Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up</b> – 10:30 am – 12:30 pm. May 16 & 30 and June 13 & 27 (COBS Bread every Saturday.) Cooks Brook. Facebook\Musquodoboit Valley Square Roots <b>Feminine Fridays</b> - Feminine products and hygiene products for men and women. Always free. Pickup every Friday unless other arrangements have been made.
<b>Musquodoboit Valley Affordable Food Market</b> –Join us every Thursday from 3:30 – 5:30 pm to purchase your fresh, affordable food. Everyone is welcome! Middleton United Church Lower level. <a href="https://www.facebook.com/mobilefoodMarket">facebook.com/mobilefoodMarket</a>
<b>Valley Branch Legion #147 Cribbage</b> - Wednesday evenings at 7:00 pm and a cribbage tournament the 4 <sup>th</sup> Sunday of the month at 1:00 pm. (May 24 & June 28) Both have refreshments available. Upper Musquodoboit.
<b>Valley Branch Legion #147 Kitchen Party</b> - 3 <sup>rd</sup> Saturday of the month 7:00 pm – 10:00 pm. May 16 & June 20. Upper Musquodoboit.
<b>Valley Branch Legion #147 Regular meetings</b> - First Friday of each month. 7:00 pm. May 1 & June 5. Upper Musquodoboit.
<b>Upper Musquodoboit Fellowship Hall</b> – 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.
<b>Upper Musquodoboit Fellowship Hall</b> - 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.
<b>Lemmon Hill Community Center</b> - Jam session every Tuesday evening 7:00-10:00 pm. All players and listeners welcome. Dean
<b>Carrolls Corner Community Centre</b> - 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
<b>Musquodoboit Valley Lions Club</b> – Meets the 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month at the Bicentennial Theatre. Anyone interested in joining can contact Stephen Paugh 902-384-2809, <a href="mailto:paughstephen@yahoo.ca">paughstephen@yahoo.ca</a> or visit <a href="https://www.facebook.com/MusquieValleyLions/">facebook.com/MusquieValleyLions/</a>
<b>Valley Voices Singalong</b> – Musquodoboit Valley Bicentennial Theatre, 7:00 – 9:00 pm. Monday May 11, 25

### MEAGHER’S GRANT COMMUNITY HALL ACTIVITIES:

<b>Morning Steppers</b> - Self-directed fitness class with video. Cost: \$1.00 drop-in. Monday, Wednesday & Friday 9:00 –10:00 am
<b>Pickleball games</b> –Thursday evenings 7:00 -9:00 pm. Cost: \$2.00/person drop-in. 19+. Bar and canteen open.
<b>4-H Member Monthly meetings</b> –The first Monday of the month. 7:00 pm.
<b>Auction 45 card evenings</b> - Cost: \$5.00 per person. 2nd & 4th Friday of the month at 7:00 pm.

# Join the **Hello, Neighbour!** project

Pick up your “Hello, Neighbour” booklet at one of our partner locations to find simple ideas to help you meet neighbours and have fun connecting with others.

*Every small  
action helps  
make your  
neighbourhood a  
stronger, kinder  
place to live.*



<https://esmchb.easternshorens.ca/>

This project is brought to you by the Eastern Shore Musquodoboit Community Health Board (ESMCHB) and our many community partners that want to help neighbours connect, share, and support each other.



## THE MENTAL WELLNESS AMBASSADORS CERTIFICATE PROGRAM

A FREE virtual course for residents of the Musquodoboit Valley and Eastern Shore

### FREE REGISTRATION!

If you struggle with your mental health or work / care give / volunteer with someone who does, the Mental Wellness Ambassadors Program has been designed for you.

OFFERED  
YEAR-ROUND  
NEXT GROUP  
STARTING  
MAY 21 2026

TO REGISTER OR  
FOR MORE INFO, VISIT  
OUR WEBSITE OR  
CONTACT  
902-237-5065 /  
OEC@WELLBEINGHUB.CA



WELLBEINGHUB.CA

SPECIAL THANKS TO THE OFFICE OF ADDICTIONS AND MENTAL HEALTH COMMUNITY WELLNESS FUND FOR THEIR GENEROUS SUPPORT IN MAKING THIS PROGRAM POSSIBLE.

CENTRAL NOVA

# SEANFRASER,MP

 1-844-641-5886

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 seanfrasermp.ca

## #HERETOHELP



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