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HAPPY CANADA DAY!



Groundbreaking for the \$3.5 million renovation of the historic East Preston United Baptist Church in East Preston (see page 6)



Hundreds of people turned out on June 6th and 7th for the 11th annual Cold Waters Seafood Festival at Memory Lane, a great celebration of the glories of seafood on the Eastern Shore. (see page 3).

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HALIFAX

A Seafood Tsunami at Memory Lane

By Richard Bell

The 11th annual Cold Waters Seafood Festival at Memory Lane on June 6th and 7th provided visitors with another great demonstration of the glories of seafood along the Eastern Shore.

On the sunny opening Saturday, more than 800 people showed up to sample more than 14 seafood offerings from 11

local vendors and harvesters. There was music all day, rowboat rides on the pond, and even more food in the cookhouse.

At the lobster stall, they were cooking 10 or 15 lobsters at a time in huge vats, with plenty of steamed clams nearby. You could have your choice of fresh-shucked oysters from PEI and Nova

Scotia, lobster bisque, seafood chowder, fish cakes, and more. The new Tide & Table food truck had lobster sliders and a unique version of mussels in a Buffalo chicken-wing sauce.

Some of the best-tasting moments were free. In the Webber home, volunteers

prepared salt cod and pork scraps cooked up on the wood stove, and samples of Solomon Gundy (pickled herring). And over behind the church, there were free samples of smoked mackerel and Sustainable Blue salmon, prepared on the traditional in-ground smoker by the Village volunteers.



Brian CR Staple, local author presents his publications to Cliffview Woodworks **Angie**. She and her husband, **Michael** are the new tenants of **Whistle Stop Local Artisan Shop** located in the Musquodoboit Harbour Railway Station. Drop by and see the unique items they have on display.

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ask Amy

ALL THINGS REAL ESTATE

Have an Accepted Offer? Don't Celebrate Until the Deal is Firm

An accepted offer is a key milestone, but it doesn't guarantee a completed sale. In today's market, the conditional period between acceptance and closing is often where transactions succeed—or unravel.

One of the most common reasons deals fall apart is the home inspection. Issues such as roof condition, foundation movement, plumbing or electrical concerns, or signs of moisture can quickly change a buyer's level of comfort. While many of these items lead to negotiation rather than cancellation, unexpected repair costs or uncertainty around long-term maintenance can still cause a buyer to walk away.

Financing is another major factor. Even with a pre-approval, lenders must still underwrite the specific property, and changes in appraisal value, employment, or debt ratios can impact final approval timelines or eligibility. A pre-approval does not equate to solid financing.

Today's buyers are also more cautious than they were during the fast-paced markets of 2021 and 2022. With more inventory available and less pressure to make rushed decisions, buyers are taking advantage of inspections, financing reviews, and legal due diligence before proceeding. As a result, issues that might have been overlooked a few years ago are now receiving much closer scrutiny.

For sellers, preparation and transparency remain critical. Addressing known issues early, pricing in line with current market conditions, and anticipating buyer due diligence can significantly reduce surprises and improve the odds of a smooth path to closing.



65+ ★★★★★ Google Reviews

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EASTERN SHORE COOPERATOR

AUGUST DEADLINE

JULY 15TH

Editorial: Because They Can

The demolition of the Eastern Shore District High building in order to build a replacement for the Birches Nursing Home is a brutal demonstration of a profound structural flaw in Nova Scotia government: the failure to listen to the people of Nova Scotia, or in a single word, consultation.

We would never have arrived at a point where the current government could be stamped into such a community-damaging decision if any of the governments involved over the years had taken the time to listen to what concerns the community wanted their government to address.

In the absence of adequate public consultation, there is no way for citizens to get access to the basic information they would need to have in order to contribute new ideas or offer well-informed and often positive criticism of potential projects.

And without public consultation, there is no way for citizens to determine who the actual decision makers are. In the case of the Birches, you will hear people lay the final decision at the feet of Premier Houston, MLA Kent Smith, Long Term Planning Minister Barbara Adams, the Birches board, the Ocean View board, the Beacon board... the list goes on and on.

The closest we got to any potentially helpful consultation came from MLA Kent Smith. Smith knew of an earlier community meeting that had happened around the future of the high school building when the people made it clear that the primary purpose for the building ought to be education, followed by recreation, and services.

Smith had hoped to get NSCC to come in and set up a satellite campus. When the NSCC finally said no, Smith reached out to the Musquodoboit Harbour and Area Chamber of Commerce and Civic Affairs' Infrastructure Committee to come up with a list of community interests and needs that a repurposed building could include.

The Infrastructure Committee saw Smith's request as an opportunity. They set up a series of community conversations to explore what ideas people had about community uses of the building. Nine sessions were held, with 12-15 participants at each. An online survey was added to include interests and ideas from others. In all around 200 people gave input to what

became a report: *What We Learned*. Smith told the committee that the report was significant and useful for planning purposes for the village and area. (This report is available on the Chamber's website at: <https://musquodoboitharbour.ca/wp-content/uploads/2026/01/ESDHS-Final-Report.pdf>.)

In the long-running struggle to find a new home for the Birches, none of the politicians or provincial agencies made any other serious effort to assess what the community wanted to do with the building. The Chamber circulated its report to all of the relevant provincial agencies.

The hope was that by demonstrating the hopes and dreams the community had for the building and its potential multiple uses, officials of the federal, provincial, and municipal governments would work together to create a sustainable central location for retail, nonprofit, educational, and government services.

But in the end, we are going to lose the high school building and all of the potential benefits that the community had identified through the Chamber's report.

Unfortunately for the people of Nova Scotia, the Houston government has been passing legislation that further erodes the government's legal responsibility to consult with the citizens who elected them. We have all heard the canard that engaging in any form of consultation slows things down, reduces productivity, and makes government more inefficient. (Although it's hard to imagine how the 13-year site selection for the Birches could have been any more inefficient.) Cutting the public out of the planning and decision-making process will always be a tempting move for whoever happens to be in office at the time.

But without legislated requirements for consultation, one rural community after another across the province will go through this same dispiriting experience of being steamrolled again by a distant bureaucracy that doesn't want to be bothered with listening to what that community truly needs and then working with people to solve challenges together.

Opponents of C&D Dump Lose Latest Round

By Richard Bell

One of the longest-running, most bitter land use fights in HRM's history took yet another turn at the City Council meeting on June 16th when the Council voted to permit the construction of a C&D (construction and demolition) facility in Porters Lake on Highway 7, refusing to allow an appeal of HRM Planning's approval of the project's site plan.

The fight started in 2015, when Kiann Management Ltd. applied for permission to rezone PID 40740276 to allow a facility to process C&D materials on a scruffy site on Highway 7 on the western border of Porters Lake. Two years later, Kiann Management also applied to build a retail store on the site to sell recycled C&D materials.

Local residents organized against these proposals, creating the Concerned Residents of Porters Lake, Lake Echo, Preston, and Mineville. The group raised concerns about the environmental impact on the area, and about the large increase in heavy truck traffic that would have to pass through residential neighborhoods in Porters Lake and Lake Echo.

HRM rejected the retail store in 2019, but Kiann Management appealed to the Utility and Review Board, which overruled the city's rejection. Meanwhile, the Harbour East Marine Drive Community Council (HEMDCC) rejected the 2015 rezoning request. Kiann Management appealed this decision to the UARB, and the UARB ruled on March 23, 2020, in favour of Kiann Management, finding that the Council's decision "does not reasonably carry out the intent of the MPS [Municipal Planning Strategy]."

Kiann Management then applied for approval of a site plan, which an HRM development officer approved. On October 30, 2023, the HEMDCC voted to reject the development officer's site plan approval. Kiann Management then appealed to the Nova Scotia

Supreme Court. The Court ruled that statements made by Councillors Purdy and Hendsbee created "a reasonable apprehension of bias," and sent the matter back to the full Regional Council to consider, with the exclusion of Councillors Purdy and Hendsbee.

The Council vote on June 16, 2026, was on whether to allow a citizens' appeal of the City Planning Department's approval of the site development plan to go forward. Purdy and Hendsbee were not allowed to participate or vote. The vote was 8 to 4.

Deb Day, one of the founders of the Concerned Residents of Porters Lake, Lake Echo, Preston, and Mineville, told the *Cooperator* that while the group strongly opposed the site approval decision, the regulations governing site approval appeals made it impossible for opponents to raise many of the issues of concern that they raised in their previous zoning appeals.

"There're different bylaws, and different people handling these issues inside HRM," Day said. "The law requires contacting neighboring property owners, but only out to 30 meters, which leaves out almost everyone who will be impacted." Day went to the city council meeting, but was not allowed to speak after the Council voted against hearing from her, since her home was not close enough to the site. "The only question which Council was allowed to consider was whether the project was consistent with the Planning rules, and Planning said it was," Day said.

Day said opponents were disappointed by the Council's vote, but that they had no intention of giving up their resistance. Having now cleared all the HRM Planning hurdles, Kiann Management must now get approval from the province. "The requirements at a provincial level are more stringent when it looks at wetlands than any processes that the municipality has," Day said.



At this year's Malcom Firth Memorial Fishing Derby at the Orenda Canoe Club, Jason Berringer (left) and Derrick Wolfe split the \$200 grand prize for the heaviest fish (14 oz). Jack Manette (left, with Grace Forth) won the Youth award (11-oz).

Review of *Reflections: A Black Man's Story*

By Linda Bayers, PhD

Reflections is a memoir written by seventh generation Black Nova Scotian, Kevin Glasgow-Brooks, documenting a vivid inventory of his life from his roots in East Preston through distinguished careers in the Military, Corrections, and Civilian life, culminating in lessons learned and cherished.

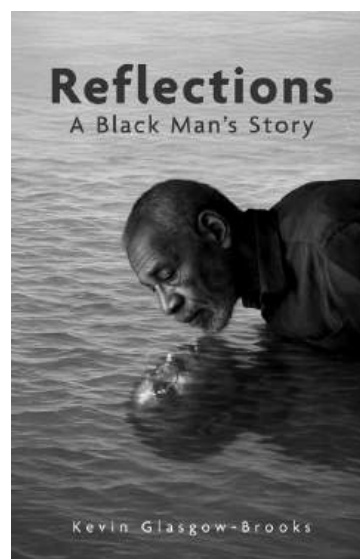
When I first picked up this book, I was intrigued by the vivid cover image of an elderly man scrutinizing his reflection as he looked back on his past, juxtapositioned to his younger self glimpsing what is to come. The image vividly connects the past, present and future.

The book is an easy read, flowing smoothly in well laid out sections. The Freedom section is a history lesson on the arrival and challenges of enslaved ancestors and his extended family. The Growing Up section describes the resilience and work ethic forged despite the hardships and challenges, outlining where this resilience comes from – family, the church, the schools, faith, determination, ingenuity, and help from allies. The Military section documents the benefits of military life: learning about the importance of discipline, team work, genuine commitment, and respect for others. The Civilian Life section documents Kevin's community activism, his career in Corrections, his fight for justice as he combats systemic racism in the Nova Scotia Justice System, and his time in Rwanda where he experienced God's power and forgiveness.

The mingling of personal reflections also captures what was going on in the zeitgeist, blending his

story with universal themes of identity, belonging, homecoming, and beating the odds. I felt like an invited spectator who had a front row seat in this wonderful slide show, an odyssey of a life well lived. Kevin weaves a colorful tapestry of memorable moments, the challenges, the triumphs, with the drone of racism droning always in the background.

I experienced many emotions while reading this memoir: laughter at his great uncle's ox who could find his way home alone with a load of wood when his great uncle stopped to catch up with the locals; wonder at the ingenuity of Kevin's grandfather who invented a winter plow out of wood; sadness, dismay and disgust at the how the Nova Scotia Justice Department dragged Kevin through the court system after he filed a Human Rights Commission complaint; jubilation when the Supreme Court ruled in his favour; marveled at his stamina, resilience persistence, and grace as he battled systemic racism wherever it reared its ugly head; grateful that that I learned more about the Black diaspora experience of the largest and oldest Black population in Canada; moved by the poignancy of a conversation Kevin had with a young girl in Rwanda about education; proud as a lifelong educator that Kevin loved school and valued his education. As Maya Angelou said of teachers: "the influence of a teacher is greater than the most broad, the most wide, the deepest, the most profound influence you can imagine."



In conclusion, I highly recommend this book. It is important on many levels. It raises the consciousness of white people about the lived experience of the Black diaspora and systemic racism. It witnesses and validates for Blacks their lived experience, and the damage to the body, mind and soul of racism, and what one can do to stand up to it, despite the personal costs, and claim vindication. It highlights the importance of lifelong learning.

I admire Kevin for his bravery in "putting it all out there." I feel this memoir is an authentic, unvarnished and unflinching inventory of lived events. He doesn't try to erase or sugarcoat the rough patches.

I offer some suggestions for a second edition. It might benefit from a graphic of family tree, more pictures and artifacts, and the arrangement of lessons by the book sections and a more robust rendering of events in the civilian section. This book is a fine addition to any library, and would be an asset to curriculum studies in the Nova Scotia school system.

[Editor's note: a longer version of this review is available on the *Cooperator* website at: https://www.easternshorecooperator.ca/reflections_review.]

East Preston United Baptist Groundbreaking

By Chalmers McAllister

East Preston United Baptist Church marked the beginning of a new chapter on June 14th, 2026, with a celebratory groundbreaking service. The congregation, community leaders, and media gathered to recognize both the start of their \$3.5 million renovation and the third anniversary of Senior Pastor Andrea Anderson's

leadership of the Church.

The service featured guest preacher Reverend Dr. Anna Robbins, remarks from Minister of African Nova Scotian Affairs Twila Grosse, and several community advocates, and powerful musical performances by soloist Zoe Tolliver and the church's choir. "Music

is very important to our culture, and you saw that on Sunday," Reverend Anderson said in an interview. Following the service attendees gathered outdoors for a groundbreaking ceremony and lunch.

The much needed \$3.5 million expansion to the community hub will

include a new 350 capacity sanctuary, a 40-person platform, commercial kitchen, three classrooms, a choir room, library, a baptismal pool, and an upgrade to their technology infrastructure. These additions to the church will make the space favorable to host events such as leadership

...continued on next page



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Raising Buffalo at Lindsay Lake Farms

By Mary Elizabeth O'Toole

Lindsay Lake Farms, a 2,000-acre property spanning pasture, forest, and wetland in the Musquodoboit Valley, is a working family farm and an award-winning sustainable tourism destination guided by traditional practices and a strong connection to the land.

For Christiane Teerling and her husband, Jan, the farm reflects a long-held dream to find a place with room to expand and create their vision. After a worldwide search, they found that place in Nova Scotia.

"From our first visit, we knew this was home," Teerling says. "It felt like the land found us as much as we found it."

They acquired the land in 2019 and began their move just before COVID-19 lockdowns took effect. As borders closed, the family found themselves



managing two lives – closing an established farming business in Germany while beginning again in Nova Scotia. For a time, their sons were on opposite continents of that transition, each taking on significant responsibility.

"For the first few months – until Jan could return – our older son, 18, managed the farm in Germany while studying," Teerling says. "That same year, our younger son managed the whole hay season by himself. He was 11."

When they bought the Nova Scotia property, it was not an operating farm. The work to return it to production has been extensive. The family rebuilt fencing, restored pasture, and constructed more than two kilometres of road across the property – hauling over 40,000 tonnes of gravel, much of it quarried on the property.

"The land gives us all we need," Teerling says. "We have a responsibility to steward it. Nothing goes to waste here."

That approach is visible throughout the farm. Trees cleared from the property are repurposed into fence posts or building material. Wood is used for heating. A small quarry provides shale for roads. The old barn has been rebuilt on a modern foundation using

traditional techniques.

The Teerlings brought more than 25 years of experience in farming, forestry, butchering, and catering, including a deer farm in Germany. They had planned to continue farming deer, but regulations around importing livestock made that impractical. Instead, they turned to bison – an animal that aligned with their experience working with deer.

"We are used to animals that are not domesticated in the same way," she says. "And we had connections from Germany to the bison industry in Canada."

Today, the herd numbers about 50, roaming within a 50-acre enclosure of pasture and forest. Bison are not historically native to Nova Scotia, but Teerling points to their long presence across North America, and they are well suited to local conditions. Built to survive harsh prairie winters, bison can forage through snow, using their large heads and shoulder hump almost like a snowplow to reach the grasses beneath.

"They are a keystone livestock," Teerling says. "They aerate the soil with their hooves and support the return of other species. We see many more birds now."

The Teerlings rely on traditional grasses and plants rather than reseeding with modern varieties. The animals graze naturally, and their manure fertilizes the soil, supporting a system focused less on production and more on a balanced ecosystem.

The farm continues to evolve. Although they now have a small additional crew, most of the work is still done by the family, working together to create a legacy.

"There is always something to do," Teerling says. "It's a project for the next generation."

Part of that legacy is helping others connect with the land and its animals – and, in doing so, reconnect with themselves. Lindsay Lake Farms offers

...continued on page 11

Miniature Might

By Eric Cole

"Fauntleroy is back!" The little Lord had just zipped from the feeder to the top of the White Spruce at back of our house, his favourite spot last year. We had been waiting, but it wasn't until May 10th that we saw the first hummingbird this year.

Ruby-throated hummingbirds are the only ones we get and indeed are the only species found in Eastern North America. Of the 360 species of hummingbirds in the world only a couple venture this far north, the vast majority preferring to potter around the lush floral arrangements of tropical and sub-tropical south and central America.

So our little guys are truly the intrepid outliers of their kind. Weighing only 3 grams, they punch above their weight in every other facet of their lives too. They have mastered the mechanics of flight, able to fly at 60 miles an hour forwards, backwards, up, down, sideways, even upside down, and all on short wings that beat more than 50 times per second. To do this their heart rate is through the roof, more than a thousand times a minute. They have such a high metabolic rate they must eat almost their own weight in food every day, and to survive the night without eating they go into a mini hibernation state where all systems gear down to minimum.

Their deployment of colour is next level. They shimmer with a greater diversity of colours than all other birds combined! But it's their migration that takes the biscuit for me, back and forth from Central America every year which can include a non-stop flight across the Gulf of Mexico of 600 miles. Like many neo-tropical migrants, they return to the same place to breed in the summer, which in our case means right down to the same feeder.

You might wonder how such a tiny bird, with such a tiny brain, can have the smarts to do all this. Whoever coined the term "birdbrain" to describe a

dimwit probably thought they were being really clever. It's a complete misnomer when applied to birds, so not so clever.

Similarly mistaken is the assumption that an animal with a bigger brain is more intelligent than one with a smaller brain. Look at crows or parrots. All birds in fact, have had to shrink the size of their brains, along with every other body part, to fly. Size does matter, but not in the way you might think. Recent studies show that birds pack more neurons more tightly into their brains than any mammal. Think of your brain as a computer, then a bird's brain is like a cell phone, a hummingbird's brain a micro-chip. The contents are still there, just super condensed.

Little Lord Fauntleroy waited for his female to arrive. We named him for his diminutive but entitled iridescent demeanor and how he lords it over every other bird in our yard from his high seat. When the female arrived, he dove into his best hypnotic aerial antics culminating in a deep swinging u-shape flight in front of her like a tiny pendulum.

Suitably impressed, off she goes to build a nest nearby, barely bigger than a thimble, finished with spider silk and lichen, fit for a fairy, and as easily missed. She will incubate her 2 or 3 eggs, then feed her chicks nectar and tiny bugs until they fledge and start appearing at our feeder. The whole process will only take a month. Fauntleroy will rule the roost during this time. We will put up a second feeder at the front of the house to discourage aggression. After the first week in September, they will all depart south. They can live up to 10 years but 3 to 5 is probably the norm once they survive their first year. What a creature!

If you feed hummingbirds, it's a quarter cup of plain white sugar to one cup of water. Change it every few days and make sure the feeder is washed out well each time.

... United Baptist Church Continued

conferences and movie nights.

The old church, built in 1842, will be preserved and dedicated to the youth. The multi-purpose fellowship hall will feature a youth-run cafe. With mentorship from local entrepreneurs and programming with the Preston Area Food Network, young folks will be given

the opportunity to gain experience and skills like cooking, inventory, customer service and point of sale.

During the year-long construction, services will be held at the Black Cultural Centre for Nova Scotia.

MLA MEMO

Hi everyone and thanks for taking a moment to read my memo. Before I begin, please join me in congratulating all our graduates at Marine Drive Academy and Eastern Shore Consolidated. What a wonderful milestone – I wish you all the best in your future endeavors!

Local Healthcare news:

I'm pleased to share that a decision has been reached with respect to the location for the Birches rebuild. On June 17th, the Birches announced they received permission to use the site of the former Eastern Shore District High School. While there is still some due diligence to complete, the intention is for the school to be demolished and the Birches to begin construction in the fall of this year. It has been a long time coming for the residents, families & staff and this new facility is desperately needed. I know there are some who are disappointed with this decision. If you are one of them, please know we are still working hard to bring another community asset to the core of Musquodoboit Harbour. I would like to thank the Chamber of Commerce and Civic Affairs for all the work their infrastructure committee dedicated to this project.

In other healthcare news: by now I'm sure that everyone has seen that the long term care strike is behind us. Strikes are hard on everyone involved, and it is such a relief that an agreement has been reached.

Local Public Works news:

It's so nice to see all the Public Works activity thus far this summer! We have a lot of work planned this year, so please be patient through the delays. Some highlights include:

- Paving on the 107 passing lanes is expected to be complete by mid-august
- Paving on trunk 7 in Quoddy is underway (thank goodness!)
- Paving on West Porters Lake Road from trunk 7 to 107 ramps
- RIM paving will take place at numerous locations across the constituency

Local funding news:

It was recently announced that three organizations on the Eastern Shore will receive funding for infrastructure upgrades.

- L'Acadie de Chezzetcook is receiving \$35,000 to add accessible ramps & doors
- Atlantic View Trail Association is receiving \$59,000 for construction of the Canal Trail
- Shore Active Transportation is receiving \$19,530 for their surface recapitalization program

Provincial news:

Province Releases Third Annual Human Rights Remedy Progress Report

More Nova Scotians with disabilities are being supported to make their own decisions about how and where they live



and building relationships and routines in their communities as the Nova Scotia Human Rights Remedy moves into its fourth year.

This progress on moving people out of institutions and into the community is among the highlights in the Province's third annual report detailing work on the remedy. The report outlines improvements across all Year 3 targets, marking a transition from the design of a better disability support program to tangible, positive impact in people's everyday lives.

In the third year, the province:

- reduced the number of people living in institutions by 301 (35 per cent over the baseline set in January 2023), with 65 per cent of individuals either living in community or engaged in the planning needed to make that transition
- closed the Harbour Glen residential care facility and supported all former residents to move into community living arrangements with individualized supports
- implemented a formal policy of no new admissions at group homes and developmental residences, effective January 2026
- launched HomeShare, a new supported living option focused on home, relationships and community belonging
- increased access to individualized funding by 35 per cent (998 more participants)

Applications Open for Healthcare Recruitment, Retention Funding

Community groups working on recruiting and retaining healthcare workers can apply for up to \$25,000 in support from the Office of Healthcare Professionals Recruitment (OHPR) Community Fund.

OHPR Community Fund grants are for projects that support:

- planning, recruitment and retention efforts aimed at healthcare professionals
- reducing social and cultural barriers that may impact recruitment and retention of healthcare professionals
- creating a welcoming environment for healthcare professionals.

Non-profits, other community organizations and municipalities can apply for funding by July 16.

Funding Applications Open for Emergency Response Organizations

Volunteer fire departments, ground search and rescue teams, hazardous materials units and other emergency response organizations across the province can apply for funding through the Emergency Services Provider Fund. The program supports volunteer first responder organizations by helping with the purchase of equipment used directly in fire suppression and other emergency response activities.

Individual organizations can apply for up to \$30,000 from the fund. Applications open today, June 1, and close July 31.



KENT SMITH
MLA, Eastern Shore

EasternShore.MLA@novascotia.ca | 902-989-3772

6321 Hwy 7, Unit 104
Head of Chezzetcook
Office Hours 9:00AM-4:00PM Mon-Fri

Examples of eligible purchases include:

- personal protective equipment and self-contained breathing apparatus
- equipment for:
 - o firefighting
 - o communication
 - o rescue
 - o water supply and suppression
 - o hazardous materials
 - o emergency power for buildings.

New Program Focuses on Careers in Seafood Industry

The new Coast to Classroom program will introduce students across the province to Nova Scotia's seafood industry and the diverse career opportunities connected to it.

Coast to Classroom gives teachers ready-to-use resources for grades 7 to 12 that can be used across more than 100 courses outcomes in the school system. The materials support curriculum outcomes through lesson plans, activities and virtual tools. They help students learn about Nova Scotia's coastal resources, marine ecosystems, sustainable seafood practices and the many careers connected to fisheries and aquaculture, from harvesting and processing to ocean technology and related fields. For example, students might take part in a virtual field trip to an aquaculture or seafood processing facility, or use classroom activities to explore how seafood moves from harvest to market.

The program reflects the Province's continued support for education that is connected to Nova Scotia's strengths and helps prepare students for future study, work and leadership in coastal and ocean sectors.



Kent with Captain Mike Hayden and Braydon Power



Thea and Kent at Cold Water Seafood Fest



Sourdough, Cupcakes, and Baby Clothes

By Richard Bell

At most of the Farmers Markets in Musquodoboit Harbour, you'll find Chrissi Ludwig in a corner with loaves of different kinds of sourdough bread, cupcakes with buttery icing almost as thick as the cake itself, and an array of beautiful baby clothes in the background. At a recent interview, we talked with Chrissi about her bakery business and her unique baby clothes.



"Baking was always a part of my family in Germany," Chrissi said. "My grandma was baking. My mom was baking, with recipes from my grandma. I stayed at my grandma's place a lot. I saw what my mom was doing, what my grandma was doing, and then I just did it myself. I wasn't baking for sale, just for friends,

but it was always fun for me."

Chrissi named her business Heart Shaped Cakes after the heart-shaped mold her mother used. She launched the business in 2021 out of her home kitchen in West Chezzetcook. "It's a family kitchen that I share with my baking business," Chrissi said. "Where I baked 3,000 Christmas cookies last year!"

All of her baked goods come from a single standard electric oven. She relies on two Kitchen Aid mixers, with the larger one dedicated to mixing her sourdough bread. She now makes 14 different kinds of sourdough bread, including cheddar bacon and a recently added cinnamon raisin.

Chrissi focuses on cookies for the Christmas holidays. "I'm baking basically my family recipes," Chrissi said. "I make 20 different kinds of cookies, starting with my dad's mom's recipe for German gingerbread because that's the one you can keep the longest. If I had to choose only one cookie for the rest of my life, that would be my cookie."

...continued on page 17



Register

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Explorers - Aug 3-7 - Ages 5-12	Navigators - Aug 24-28 - Ages 5-12

Scan QR code to register or go to www.bit.ly/esodcftsummer



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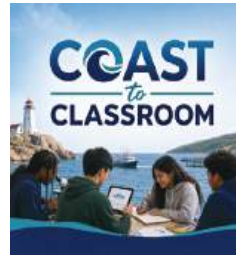
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On June 2nd, the Province announced the **Coast to Classroom Program**, a new learning initiative designed to introduce students to Nova Scotia's seafood industry and the wide range of careers connected to the ocean.

Coast to Classroom provides teachers with ready to use resources for Grades 7 to 12 that can be used across more than 100 courses in the public school system. These materials support curriculum outcomes through lesson plans, activities, and virtual tools. The program is scheduled to roll out in the Fall of this year, giving students across the province new opportunities to explore ocean based learning and career pathways.

Accessibility Funding

The following organizations in Preston are receiving more than \$100,000 to support the following initiatives:



Community ACCESS-Ability Program:

- Lake Echo Community Recreation Society — \$40,000 for a new lift

Business ACCESS-Ability Grant Program:

- Norwood Gardens Incorporated — \$34,540 for accessibility upgrades
- Protx Services Inc. — \$28,620 through the Business ACCESS-Ability Grant Program for automatic doors

These investments support the Province's commitment to enabling an accessible Nova Scotia by 2030, in alignment with the Accessibility Act.

Africadian Empowerment Academy Celebrates the Class of 2026



On June 12th, the 2026 Graduation Ceremony for the Africadian Empowerment Academy was held at the Black Cultural Centre, celebrating the accomplishments of Pathways to Shipbuilding graduates, newly certified Red Seal tradespeople, and this year's Blue Seal graduate. The event embraced the inspiring theme "Positioned for Impact: Strengthening Pathways to Skilled Trades in a Changing Economy," highlighting the expanding opportunities for Africadian learners within the skilled trades sector. Guest speaker for this event was Veronica Marsman of Akoma Holdings.

Congratulations to all the Graduates

"Graduation is not the finish line; it's the launch pad."



July 1st –
Happy
Canada Day



Emergency Services Provider Fund Now Open

On June 1st, The Department of Emergency Management launched the 2026-2027 Emergency Services Provider Fund (ESOF).

Volunteer fire departments, ground search and rescue teams, hazardous materials units and other emergency response organizations can now apply for provincial funding to support frontline equipment needs.

The fund provides **up to \$30,000** for individual organizations to purchase equipment used directly in fire suppression and emergency response. Applications are open to **July 31**.

A second regional stream offers **up to \$200,000** for larger, collaborative projects. Applications run **September 1 to October 31**.

Emergency Services Provider Fund – Program Guidelines & Application

<https://www.novascotia.ca/documents/emergency-services-provider-fund-program-guidelines>



Link Nova Scotia and Halifax Regional Municipality are installing **Adaptive Traffic Signal Technology** to improve traffic flow, reduce delays, and create a smoother, more efficient commute along the Macdonald Bridge Corridor, including several key intersections on North Street in Halifax and Nantucket Avenue in Dartmouth. This modern system uses sensors to monitor vehicle movement in real time and automatically adjusts signal timing to ease bottlenecks and shorten wait times. Installation is underway, with the new system expected to be fully operational later this year.



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Spencer Wows Crowd at Neri Arts Center

By Richard Bell

Singer/songwriter/storyteller Terra Spencer put on a spell-binding demonstration of her many talents at her June 6th appearance at the Neri Arts Center in Musquodoboit Harbour.



moving from being a small-town funeral director to recording with musicians like Ben Caplan, Matt Andersen, and David Francey. Spencer learned to play piano in her grandparent's basement and learned guitar in secret from her grandfather's Chet Atkins records.

Spencer had the audience in the palm of her hand from the beginning of the evening and won a standing ovation at the end of the show. She also became the first performer to use the Center's new Steinway grand piano, which once belonged to the late Joan Flewwelling. Ian and Julie Flewwelling have generously donated his mother's piano to the Neri Arts Center.

... Farm Continued

tours and experiences designed to encourage visitors to slow down and appreciate the surroundings.

Read more about this special farm next month in *Part 2: More Than a Farm: Connection, Community, and Experience*. Learn more on FB or IG "LindsayLakeFarms" or at their website lindsaylakefarms.com

Earlier this year in Calgary the Canadian Folk Music Association selected Spencer as English songwriter of the year. And last year, Spencer was named entertainer of the year at the Nova Scotia Music Awards in Yarmouth. She has put out four albums since 2018,

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Facebook: [Chezzetcook & District Lions Club](#)

Thank You for a Wonderful Evening!

The Chezzetcook and District Lions Club warmly thanks everyone who joined us for our Spring into Summer Dance. It was truly a memorable night filled with great company and lively spirits.

Looking Ahead: Supporting Our Community

As summer is now upon us and the new school year approaches, we're preparing to support local families with school-age children through donations to our food banks. Stay tuned for announcements during our Monday night bingo sessions, where we'll be sharing more details about this important initiative.

Upcoming Flea Market

We're excited to announce plans for a flea market at the club this August. If you're interested in participating or would like more information, please call 902-489-4645.



Regular Activities at the Club

- Monday Night Bingo: Doors open at 5:00 pm, and bingo starts promptly at 7:00 pm.
- Club Meetings: Join us on the 1st and 3rd Tuesday of every month at 7:00 pm if you're interested in serving the community.

Get Involved with Our Branch Club

Our Sociable Cupcakes branch is always eager to welcome new volunteers and fresh ideas. If you want to learn more or have questions, please reach out at 902-827-5871.

Hall Rentals

For hall rental inquiries, call 902-827-5871.

We're always here to serve the Chezzetcook and District community with open hearts and hands.





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Thinking of starting a business? The Self Employment Benefits Program can help!

- You can apply if you meet the following criteria:
- have a current Employment Insurance (EI) claim
- have had an EI claim that ended within the last 60 months
- have received benefits under the Canada Emergency Response Benefit (CERB) within the previous 60 months
- have been employed with gross insurable earnings of \$2000 or higher annually, in at least 5 of the last 10 years

The Program:

- Supports new business or an existing one in which you had no prior ownership.
- Provides up to 40 weeks of funding to cover living expenses
- Requires you to devote at least 35 hours each week to develop and carry out your business plan. You must also show proof of personal financial investment in the business.

CBDC Blue Water is proud to be the coordinator for the Self Employment Benefits Program.

For further information, contact Sheila Spicer, Self Employment Benefits Coordinator, at 902-827-5564 or toll-free at 1-800-565-2773.
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HALIFAX

DISTRICT 2 COUNCILLOR'S COMMUNIQUE JULY 2026 – ISSUE # 344 – HAPPY CANADA DAY



KANA'TA DAY – JULY 1st, 2026

Enjoy various Canada Day celebrations with plenty of cultural, musical, and family-oriented events. Here's a list of some metro events:

- Free admission at the Canadian Museum of Immigration at Pier 21 and the Halifax Citadel National Historic site
- Royal Nova Scotia International Tattoo Parade in downtown Halifax and Band Performances on Halifax Waterfront
- Dartmouth Waterfront free concerts featuring Drumming and ANSMA artists
- Free Halifax Harbour ferry crossings
- Fireworks/pyrotechnics show on a barge in Halifax Harbour

More details at: <https://hrmcanadaday.ca/>

SUPERVISED SWIMMING BEACHES

HRM will be providing water quality monitoring at its supervised beaches at various locations throughout the municipality for July & August. However; due to a limited supply of lifeguards, HRM may have to reduce its offerings of aquatic programs and supervised beach locations. These are the local sites designated for lifeguard supervisors:

- Orenda Beach** – Lake Echo
- Kinap Beach** – West Porters Lake
- Petpeswick Lake Beach** – Pleasant Drive Park - Gaetz Brook
- Webber's Beach** – Upper Lakeville / Lake Charlotte
- Taylor's Head Beach** – Spry Bay / Taylor's Head Provincial Park – Hwy #7

For up-to-date info on hours of supervision and latest water quality results, go to: www.halifax.ca/recreation/programs-activities/swimming/supervised-beaches-outdoor-pools-splash-pads.

BLUE-GREEN ALGAE AWARENESS

Watch for blue-green algae from May to October. It is also called cyanobacteria which occurs naturally in surface waters like lakes, ponds, rivers and streams. The toxins in the algae can make people sick and be fatal for pets if ingested. Blue-green algae tends to develop when a period of hot, dry weather is followed by a heavy rainfall. If you think you see blue-green algae, you should treat it as potentially toxic. Report it to your local NS Department of Environment and Climate Change office or call 1-877-936-8476. For more information, go to: <https://novascotia.ca/blue-green-algae>.

SWIMMING POOLS & FENCING RULES

Residents with an above-ground or in-ground swimming pool are required to obtain a permit. To obtain these permits, details of pool location, fencing and security must be identified as specified in HRM By-law S-700: www.halifax.ca/sites/default/files/documents/city-hall/legislation-by-laws/By-lawS-700.pdf This applies to all swimming pools with a diameter of 11 feet or more and a depth of 2 feet or more. And they should be completely enclosed with a 5-foot-high fence. For more information, please go to: www.halifax.ca/home-property/building-development-permits/house-home-permits/develop-your-property#Swim.

HRM CIVIC EVENTS 2026 GRANTS

Here is a list of local community festivities that will receive municipal civic events grants:

TRUNK 7 MUSIC FESTIVAL

July - Porter's Lake - Grant: \$5,000

NORTH PRESTON DAYS

July - North Preston - Grant: \$6,000

LAKE AND SHORE DAYS

August - Porter's Lake - Grant: \$5,000

HALIFAX COUNTY EXHIBITION

August - Middle Musquodoboit – Grant: \$25,000

SUMMERTIME FAIR JULY 11th - 18th

The Musquodoboit Harbour Chamber of Commerce & Civic Affairs and various community volunteers, organizations and businesses are rallying together to bring back the Eastern Shore Summertime Fair. From a Kids Parade to live entertainment shows on stage, to the Grand Parade, there will be many events and activities planned throughout an incredible week of fun for everyone to enjoy. It is anticipated that there will be many food options to choose from such as truck vendors, community groups, sports teams, and charitable organizations with BBQs and game booths to raise funds for their respective causes. Even the local food purveyors will have specials on during the week of the fair. More information at: <https://musquodoboitharbour.ca/your-mhaccca/summer-fair/>

TRUNK 7 MUSIC FESTIVAL JULY 17th & 18th

The Trunk 7 Music Festival will be held again at the Porters Lake Superstore Parking Lot. Great music with plenty of bands and local talent. More details at: www.trunk7musicfestival.com.

HRM REC VAN GOES RURAL

The HRM Rec Van is stacked with equipment for a variety of activities and sports, including baseball, soccer, washer toss, giant board games, archery, axe throwing, skipping and much more! This is an unsupervised and non-registered program. Children requiring supervision must be accompanied by a parent or guardian who remains on-site at all times. The Rec Van will be visiting rural communities throughout the municipality all summer long. Check out their daily stops scheduled every Monday through Thursday throughout July and August. www.halifax.ca/parks-recreation/programs-activities/outdoor-recreation/rec-van. If you have any questions, then please contact them at: recvan@halifax.ca.

HRM SENIORS RECREATION PLAN

A Senior Recreation Services Plan was first identified in the 2023-24 HRM Parks and Recreation business plan to guide programs and services for residents aged 60+. This plan was initiated in response to the significant and growing increase in the older adult population, particularly seniors aged 60 and over from the baby boomer generation. As this cohort continues to age, the municipality recognizes the need to proactively plan for changing demographics and evolving recreation interests to ensure programs and services remain relevant, accessible, and responsive to the needs of a predominantly older population. The Seniors Recreation Services Plan (2026–2030) provides a coordinated approach to strengthening recreation opportunities for adults aged 60+ across the Halifax region. Informed by engagement with more than 2,200 seniors, senior-serving organizations, and the Seniors Recreation Advisory Group, the plan identifies major barriers including limited programming, social isolation, accessibility challenges, transportation issues, and affordability.

Here is the link to that report and plan: <https://cdn.halifax.ca/sites/default/files/documents/city-hall/standing-committees/260416cped1312.pdf> Seniors will be able to view updates on the work being completed on the Seniors Recreation Services Plan by visiting the senior's webpage

at www.halifax.ca/seniors. If you have any questions or seek further details, then please make contact by email at: seniors@halifax.ca or by calling or texting 902-233-8129.

WEEKLY GREEN CART COLLECTION

As a part of the 2026-27 HRM Budget there will be the resumption of weekly organic green cart collection but with a revised timeframe. These changes come into effect the week of June 29th - and remain until October 2nd. These reductions in service were part of the budget reduction to keep general tax rate low and remain the same service level as the previous year. Concerns such as smelly carts, can be alleviated with some of these helpful tips to reduce that problem and other nuisances. www.halifax.ca/home-property/garbage-recycling-green-cart/green-carts-leaf-yard-material#GCTips.

C&D PROCESSING SITE APPROVED

On June 16/26 HRM Council voted 4-8 against the appeal filed by the local residents that opposed Kiann Management Limited's application for Site Plan Approval for a Construction and Demolition Processing Facility on PID 40740276, Highway #7 in Porters Lake. The applicant submitted revised site plans for consideration to address concerns raised by a previous Regional Council decision that initially turned down the proposal. The NS Supreme Court overturned that Regional Council decision and kicked the issue back to City Hall to reassess but this time without any input from Councillor Purdy and I because the judge declared we showed a "bias" towards the proposal. The revised submission included new higher fencing which has been increased in height from 1.8 metres to 2.43 metres and screening along the eastern portion of the site to increase the buffering with finished grading and physical screening produced by the fencing will help mitigate impacts on the adjoining lands. Now the matter will rest with the NS Department of Environment & Climate Change that will oversee the operational licensing approvals for the facility.

INPUT ON PROTECTED AREA EXPANSION

The NS Department of Environment & Climate Change has recently announced the expansion of several protected areas across the province, including some within HRM. These areas include an expanded 7 hectares to the Five Bridge Lakes Wilderness Area and an expansion of 41 hectares to Toadfish Lakes Wilderness Area. https://novascotia.ca/nse/protectedareas/wa_toadfishlakes.asp In addition, the Province has launched public consultation on several proposed new protected areas and expansions to existing sites, including four locations within our municipality:

- Herring Cove Backlands Wilderness Area
- Expansion of Ship Harbour / Long Lake Wilderness Area
- Expansion of Tangier / Grand Lake Wilderness Area
- Expansion of Sackville River Wilderness Area

Public consultation is open until July 28th and feedback can be provided through the NS Provincial Protected Areas web-site. <https://storymaps.arcgis.com/stories/c2ac6871cb8d4729845d5bae821e3395>.



Councillor David Hendsbee
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Full Sail: Women Entrepreneurs of the Eastern Shore

Kayaking With Jenn MacLatchy

By Brenda Hattie

[Editor's Note: This interview series aims to highlight the experiences of women-owned businesses across the Eastern Shore of Nova Scotia, exploring both the challenges and rewards of entrepreneurship, as well as the ways women contribute to the strength of our local communities.]

Jenn MacLatchy has lived in Musquodoboit Harbour since 2021. They did their doctorate in Interdisciplinary Studies with a focus in Environmental Studies at Dalhousie University, and this has influenced their passion for sharing outdoor skills with others. In 2020, Jenn joined forces with Eleanor Kure in running Paddle Canada kayak courses on Nova Scotia's Eastern Shore.



Jenn's path into kayak instruction began with working as a guide for various outfitters and eventually obtaining Paddle Canada instructor certifications. Today, Jenn teaches Levels 1 and 2, though most of their courses are introductory Level 1 programs. "I just love being outside and, on the water," Jenn said. "I thought, why not be the person who can help others do that?"

Their courses are run at the Deanery Project on the west side of Ship Harbour, which Jenn says is an ideal learning location because of its sheltered harbour, waterfront access, and facilities. Still, organizing a course requires significant preparation. "It's

very intense, very busy," they explained. Students learn paddle strokes, rescues, navigation, weather awareness, tides, and water safety.

For Jenn, however, good kayaking is about far more than technical skill. "The most important thing is not how tough you are," they said, "but good judgement and paying attention to what's going on around you." Jenn noted that when physically stronger paddlers push ahead or show off, they can create unsafe situations for everyone else.

Jenn is also passionate about creating inclusive learning environments in an activity they describe as 'male-dominated.' "I want people to have an opportunity to learn from a woman or queer or non-binary person," Jenn explained. "That can matter for people who are nervous or afraid they can't do it. A good teacher meets students where they're at."

Promotion has been one of the greatest challenges. Jenn advertises through social media and posters placed at community locations such as Uprooted Market, Webbers Store, and the Musquodoboit Harbour Library. Still, self-promotion remains uncomfortable. "Women are not taught to take up space," Jenn reflected. "I feel like I'm bothering people if I keep posting ads, but I guess that's how social media works."

Unlike larger operators, Jenn does not have a permanent location or website, meaning visibility depends largely on word of mouth and repeated promotion. Gender stereotypes also shape how people perceive women's expertise in outdoor recreation. "People don't tend to see women as

experts in anything, especially anything to do with the outdoors," they said. In contrast to the physical strength often emphasized in outdoor recreation, Jenn focuses on accessibility and confidence-building. "I want to help make it accessible for people with a wide range of abilities and bodies."

Financially, the business has remained manageable. Jenn already owned three kayaks, while additional equipment can be rented through the Deanery Project or brought by participants themselves. "We figure it out," they said simply.

Jenn credits much of their success to community support and mentorship. "Other women outdoors people, queer outdoors people, and being in community with people who understand what we need in outdoor activity – all of those have been helpful." They also learned from Eleanor Kure, who began independently offering courses first. "I had the privilege of learning from an entrepreneur friend," Jenn explained. "I probably wouldn't have known where to start, otherwise."

When asked what advice they would offer aspiring women entrepreneurs, Jenn spoke about overcoming self-doubt and imposter syndrome. "Women have been taught that abilities look a certain way in outdoor education," they said. "Being underestimated can be frustrating."

For Jenn, success is ultimately not about certifications alone. "Success doesn't necessarily mean passing the course. It means someone has learned something, feels proud of what they've accomplished, and feels that there are possibilities to learn more."

It Takes a Community – Part 1

By Edyth Shuman

Some 53 years after our family first arrived in Musquodoboit Harbour, I take out my memories! I see like-minded people who want nothing more than a community in which they could live side by side with their neighbours.

In the Autumn of 1973, the Eastern Shore Community Centre [Rink] opened its doors to Hockey and Figure-skating. Ringette would come a few years later. Our family had arrived the previous February, so we missed the initial planning and construction. There were still many finishing touches that called us to join other young families to be part of the actual building that would be home to our sons and daughters and their children and their children's children for some 50 years.

One small detail that shows the community Folks working together, for the first 2-3 years we volunteered to

work in the canteen! My memory brings to mind five ladies that took their turn as canteen volunteers, and all of us also did cleaning and painting.

I am not sure exactly what year that our treasurer, Frank Stevens, gave his report that the mortgage was paid!

In 1973, Twin Oaks War Memorial Hospital had been in existence for some twenty-five to thirty years. Many of our friends had been born in this community hospital. The land was donated by Fulton Rowlings and the community built what would become the centre for Eastern Shore health care. There were four G.P.s in Musquodoboit Harbour and three in Porter's Lake that used Twin Oaks as their hospital base. There was a Hospital Board and a Hospital Auxiliary. Each year we held fundraisers for the purchase of up-to-date equipment. The Twin Oaks Summer Fair added feed for the coffers!

In the 1960's, it was decided Musquodoboit Harbour needed a new high school. After much community discussion, the new school was built, again on land donated by the Rowlings. By the time we arrived in 1973, this building had become a place of pride for our young adults.

Over the next 20-30 years, this community took on a look of an ideal place to bring up a young family and a quiet sanctuary for those of retirement age. With all hands-on deck, people built three new churches. It was a given that if you belonged to this community, you were needed at the next project. Most families had a connection with one or other of the churches, or at least a desire to help. Saturdays were spent working on the latest project. Saturday nights found the workers at one of the local dances! We raised money locally for most projects. We had Suppers, Ice

Cream Socials, Auctions, and whatever fundraiser might be suggested. A wonderful feeling of community came with being part of these busy, creative days.

The community came together again during the late 1970s when it became apparent that we needed to expand Twin Oaks. The new hospital went up on the same parking lot as the original Twin Oaks Hospital. That left the old hospital waiting to be utilized. There were many meetings and much discussion. By adding on to the old hospital, we got our very own nursing home, the Birches, and adding Walk-a-thons and Bottle Drives to all of our other fundraising efforts.

(Next month: the importance of providing community support for young people.)



What's happening in our area?

By Sandra Beazley

RCL Four Harbours Legion Branch 120

East Ship Harbour News – 15463 Hwy #7, Tangier, NS

Summer is here and we are still open. No meetings during summer. Stay posted for September events. There will be Kitchen Parties starting up again in the fall.

Events

Monday mornings it's **Yoga** through HRM.

Thursday it is **Crib** starting at 7pm. Must have a partner.

Fridays it is **Chase the Ace** starting at 5:15. Selling tickets until 6:15.

Jackpot is growing every week!

Other events will be posted on website.

Enjoy your summer!

Anglican Church Annual Camping Service held June 21st

On Sunday, June 21 the Anglican Church held their Annual Camping Service at Webber's Campgrounds, Upper Lakeville, NS. Pastor Dawn Dickieson-Leger invited The First United Church members. Many others from within the Campgrounds also attended.

LIFE as Medicine: Circle of Indigenous Healing Art (www.lifeasmedicine.ca) were guest speakers. Dr. Fyre Jean Graveline and other grandmothers, Selena, Jean, and Lililliami performed a Water Blessing at the beginning of the Service and later they explained the Seven Sacred Pathways of ReconciliAction.



L to R: Reverend Marilyn Murphy, three grandmothers, Reverend Joan Griffin of the United Church and Pastor Dawn Dickieson-Leger pose with the congregation at the Anglican Campground Service. After the well-attended service, all enjoyed a lovely lunch of hot dogs, salads, and desserts. Thanks to Robin Webber and family for hosting this event.

Harbour Lites Seniors Club

Karaoke is on all summer. Singing and dancing to well known songs makes for a fun time. Join us for our next one on Friday, July 3 and again on July 17. We have a BBQ from 5:30-6:30pm. Menu varies, \$10. July 3 will be Pork Chop, Potato Salad and a Vegetable. Karaoke from 6:30-10pm.



At our June Kitchen Party, the last until September, Loraine sang a song with Bruce Carpenter and the Hwy 7 Band.



Henderson celebrates his 80th Birthday with us at Karaoke.



Karaoke has lots of singing and dancing. If you enjoy music and having fun, drop in!



Trudy dropped by and sang a few songs.

Mark the Date:
Saturday, August 29th
2-4PM will be our
Ice Cream Social
Ice Cream Sundaes
& Cookies
\$5.00

Our May 26 Lobster Dinner was a huge success. Here Dean and Barry carry the cooked lobsters to the kitchen.



"Summer Fair" – What's Happening at the Musquodoboit Harbour Railway Station 1:00-3:00PM

Monday, July 13 Youth Day

A Karaoke set with our local Young Performers. This two-hour set of different performances will surely liven up the first day of the Train Station's Summer Fair line-up. This will be an entertaining afternoon for sure. Come along and help support them.

Tuesday, July 14 Country

1st Hour – Eric Manual and Country Friends. This country style group has been playing along the ES for some time now.
2nd Hour – Bruce Carpenter and the Hwy 7 Band. Bruce Carpenter has also been performing for many years. His current group consists of six guys who got it down pat.

Wednesday, July 15 Culture Day

Highlighting various cultures. Check Facebook Page for Updates.

Thursday, July 16 Musical Friends

Numerous performers from the Musical Friends group will be entertaining for the whole two hours. Each set will consist of many fine vocalists/musicians performing a wide spectrum of local talent. You will be happy you came out to enjoy your afternoon with them.

Friday, July 17 ESL

(Eastern Shore Lads) This fairly new formed Band consists of four local gentlemen who struck up a relationship performing together. First seen at the Philip Neri Performance Hall in 2025 and then at the First United Church. A great way to spend the afternoon listening to light rock/gospel and folklore.

No Charge – but a Food Bank Donation Bucket will be on site.

Doing Citizen Science on the Shore

By Jack Burgi

Even as erosion changes the contour of our coastline and irregular weather patterns threaten our forests and wells, development keeps apace. If we are to secure a future for later generations of the Eastern Shore, we must tread with caution. This does not mean throttling the natural growth of our communities. But growth should account for changes to our environment, and how it is affecting our lands and waters.

The availability of environmental data on the Eastern Shore has historically been slim. Environmental data are essential for creating better institutions. Government needs it to make smart decisions that benefit communities in the long term. Planning for the future means tracking erosion of shorelines, fluctuations in precipitation, and encroachment of invasive plant species.

The Eastern Shore Citizen Science Coastal Monitoring Network (ESCOM) brings together volunteers and scientists to fill this knowledge gap. ESCOM began as a project led by the Anglican Church's Diocesan Environment Network of Nova Scotia and Prince Edward Island (DEN), with funding from the Church and Dalhousie University. The project is headed by a mixed group of church leaders

and environmental scientists.

ESCOM operates under the philosophy that everyone can do science. The observations that we make every day when we step outside are as important as anything that can be studied in a laboratory. Measurements using simple, inexpensive equipment also provide invaluable insight into the ways that our shorelines change and how weather patterns interact with the landscape.

Currently, volunteers are measuring three types of beach data. The beach profile, or slope of the beach, shows how sediment is pushed around by tides, ocean swells, and storms. Granulation, or the makeup of sediment, provides further information on what types of sediment are being moved. Finally, volunteers use pocket guides and smart technology to identify plant species growing along the beach. Some community volunteers have purchased weather stations and set them up by their homes. With a stable wi-fi connection, they provide real-time information about atmospheric conditions.

One volunteer, who is also a cherished member of The Deanery Project, is Carolyn Mitchell. Having spent most of her life in Jeddore

Harbour, she understands the importance of weather for coastal communities. She has also been thinking about ways to make quantitative data more accessible through artistic expression.

Carolyn's family has been creating clothing, blankets, and linens and passing these skills down for generations. This is why she chose to create a "weather blanket." The blanket is knit, crocheted, or quilted with colors that correspond to a range of temperatures. Using data collected from a small weather station in her yard, she printed years' worth of temperature data onto a single blanket. Each row corresponds to one day's temperature.

ESCOM membership is free and open to anyone who lives along the Eastern Shore. The citizen science approach empowers communities to lead discussions and decision making around climate resilience. Their newly built on-line platform provides a way for members to contribute and view data. There you can also find links to podcasts and video content that explain scientific concepts and offer practical advice for data collection. (Website: <https://escom.ca/>)

(Burgi is a blogger for the Deanery Project.)

... Sourdough, Cupcakes and Baby Clothes Continued

And then there are the cupcakes. "I like these little treats. You can decorate them individually, get creative. But cupcakes are always hit or miss. You never know if you're going to sell them all or not." As for cakes, they are all custom-made.

Canadian Flour

"Getting used to Canadian flour was one of her biggest adjustments," she said. "I sometimes go through 40 kilograms of flour in a week, organic white flour at Costco, unbleached. I go once a week because we don't have room to store so much flour." She uses only unsalted butter. "But I always add a pinch of salt to every sweet dessert to balance the flavor. That's what I learned from my grandma."

Chrissi's husband Alex keeps beehives in the backyard, a skill he learned from his father. "All my sourdough bread contains a little bit of honey. Like just a drop, like the pinch of salt. If I can substitute, I use half and half. But if a recipe calls specifically for granulated sugar, you should stick to that because honey would change the outcome."

Chrissi keeps her two daughters out of the kitchen. "I mean they're happy because there's always a lot of stuff to taste. But when I'm baking for others, I don't want anyone else to, you know, stir the pot."

Baby Clothes

Chrissi's Mom was also the inspiration for her baby clothes. "My Mom did all of our costumes

for annual carnival events," she said. "When I was playing with dolls, I made their clothing on my Mom's sewing machine, with her supervising me. After my kids were born, I took some basic sewing classes in Germany. I'd never lost interest in creating things with my hands, not only baking, but drawing, painting, doing stuff."

She developed a line of baby clothes — little summer shorts, leggings, summer rompers, winter rompers. "Each item is one-of-a-kind, and I try to keep it that way. So when people buy it as a gift for someone, they can be sure it's a unique item, that they're not going to see a second baby with the same leggings. I get my fabrics mostly from Germany. They're organic colors on organic fabrics. You won't get them here."

Edible Flowers

By Savayda Jarone, Herablist

Summer is the season of flowers. Plants make a bold statement, unfurling elegant petals, vibrant colours, alluring scents, and sweet nectars to attract pollinators. Bees, butterflies, and other beneficial insects visit for a sip of nectar and a dusting of pollen before carrying that precious cargo to the next bloom. Humans are equally captivated by flowers, and we are fortunate to enjoy an abundance of floral beauty throughout the summer months. Beyond bouquets and fragrant teas, many flowers can also find their way into the kitchen.

Edible flowers add colour and sometimes a surprising burst of flavour to a meal – petals can be tucked into recipes for taste as well as beauty. A handful of petals can turn an ordinary meal into an extraordinary celebration of the season.

Some common edible flowers include:

- Begonia
- Bergamot
- Borage
- Calendula
- Chicory
- Chive blossoms
- Dandelion
- Daylily
- Evening Primrose
- Hollyhock
- Hyssop
- Impatiens
- Johnny-jump-up
- Lavender
- Nasturtium
- Pansy
- Red Clover
- Rose
- Rosemary flowers
- Sage flowers
- Thyme flowers
- Violet

Ways to Enjoy Edible Flowers:

- Toss them into salads
- Sprinkle over yogurt, fruit, or granola
- Add to fruit salads
- Decorate cakes and desserts
- Garnish porridge or oatmeal
- Stir into pasta dishes
- Bake into cookies (lavender shortbread is a personal favourite)

Flowers can be enjoyed fresh from the garden or dried and stored for use during the colder months.

As always, be certain of a flower's identity before eating it. Not all flowers are edible, and proper identification is essential for safe enjoyment. Only eat flowers grown without pesticides, and never florist or roadside blooms.

Perhaps the greatest lesson of edible flowers is that beauty itself can be nourishing. Take advantage of the fleeting abundance of summer blooms while they are here – the season passes quickly, but the memories of a beautiful meal linger.

Join me in my garden for a workshop on using herbs and flowers to make infused wines and tinctures. This will be a practical, hands-on workshop – you'll harvest fresh from the garden to make your own preparations to take home. Thursday, July 23, 6:30-8:00 pm, Head of Jeddore. Details can be found on my website: www.bloominstitute.ca



The Eastern Shore Community Fridge located at the Neri Arts Center at 8 Park Road, Musq. Hbr, is now officially open, offering 24/7 free access to a refrigerator, freezer, and pantry space. Taylor Timber Mart generously provided the supplies used to construct the building. Schoolsplus and St. John of the Cross Parish worked on this project with funding from the Department of Opportunities & Social Development's grant to the Old School Community Gathering Place's Musq. Collaborative Food Network.



Pictured above is a photo of one of this year's Memory Lane summer kittens, which arrived just after the Seafood Festival. The kittens keep kids (and adults) entranced all summer. And at the end of the summer, you can sign up to be one of the lucky people who gets to adopt one of these people-friendly kittens.

Lisa's Sourdough Shack

By Chalmers McAllister

Lisa Wambolt, a graduate from NSCC Culinary School and chef at The Acadian Tea Room, has been offering her scrumptious baked goods to the community since November 2025 at Lisa's Sourdough Shack.

Wambolt began her enterprise simply baking for her in-laws, which grew after she observed a local demand: "I noticed that there were a lot of people wanting sourdough".

She stocks her shack every other weekend with a rotating menu featuring breads, croissants, scones, cinnamon rolls, cookies, and muffins. All with the help of her sourdough starter named 'Sour Brinna Carpendale,' organic flour, and local honey.



Currently Wambolt works out of her home kitchen but aspires for more "I would like to open a bigger business, but unfortunately, it's going to take time".

You can visit Lisa's Sourdough Shack at 111 Westside Inlet Dr, West Petpeswick on alternating weekends until October, then she will be open every weekend.

Check her Facebook page, Lisa's Sourdough, for the schedule.

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43 East Petpeswick Road
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Our members, like many in the community, are looking forward with anticipation to the upcoming Musquodoboit Harbour Summer Fair. An opportunity through various events to bring the community together to celebrate summer, have some fun and do a little fund raising.

Our Events:

Bouncy Castle – Saturday July 11th 10AM to 1PM – David Stevens Memorial Ballfield

Merchandise Bingo – Sunday July 12th 1:30 to 4:00 PM – Eastern Shore Community Center

Lots of great prizes and various games \$10.00 Book of 15 Regular Games & \$5.00 Specials

Chicken BBQ – Saturday July 18th 11:30 to 2:00 – Railway Museum

½ **Chicken dinner** including potato salad, coleslaw and dinner roll \$15.00

Hosting an upcoming event? The Lions Community Center is available for rent (capacity 60). Convenient location, full kitchen facilities and Wifi. (902) 889-2725 or follow the e-clubhouse.org. Please remember that if you, or anyone you know, is in need – we are here to help. Our mission is to serve. Contact us at 902-889-2725 or via Facebook private messenger.

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