



## Chezzetcook and District Lions Club

89 East Chezzetcook Rd., Head Chezzetcook  
902-827-5871

Facebook: Chezzetcook & District Lions Club

**We welcome the beautiful fall weather and fall colours. It gives us inspiration to continue with our projects.**

**Regular bingo** continues every Monday at 7 pm, doors open @ 5:30pm. Thanks for your support, and for the Lions and volunteers who give their time each and every week. We appreciate all of you!

**Social Cupcakes Activity Report**, past and upcoming include a number of events. Many happy people will be warm this winter with their new, and new to you outdoor winter jackets and other winter accessories, thanks to the **Winter Clothing Give Away!** Thanks to all who donated! Extra clothing has been donated to **Souls Harbour** for the many in need. Money donated at this event has been passed over to the **Local Food Bank**.



The bake sale, 2nd Monday of every month is a huge success. Money collected from the purchase of sweet and savoury treats are handed over to the Treasurer. Halloween treats donated to the Lions club every Monday in October were handed out by Lions volunteers at the **Greenway Trails Halloween Event**.

Special hand crafted items have been donated to the **5th Annual Toy bingo**. This very popular event will take place on **Sunday November 5th**. Doors open at 12pm, Bingo starts at 2pm. **Jackpot prize of \$500.00 gift card for furnace oil**. Canteen open. For more information contact event coordinator **Jennie at 902.827.2377**.



Ongoing projects of Chezzetcook District Lions club include the collection of used eyeglasses, hearing aids and CPAP machines. The Guide dogs tally grows each week with the sale of tickets at each bingo.

New members are always welcomed.

Contact David Crawford for hall rentals at 902.827.3552 or by cellphone 902.221.7983.



Lest We Forget

CENTRAL NOVA

# SEAN FRASER, MP



☎ 1-844-641-5886

✉ sean.fraser@parl.gc.ca

f /SeanFraserMP

www seanfrasermp.ca

The month of November provides an opportunity for us to take a moment and reflect on the sacrifices the brave women and men in uniform have made and continue to make, to preserve the freedoms we hold dear.

Lest We Forget



## DARRELL SAMSON

Member of Parliament • Député  
Sackville–Preston–Chezzetcook



902-861-2311 • Darrell.Samson@parl.gc.ca

### REMEMBRANCE DAY

November marks an important time for Canadians as we come together to honour the courage and sacrifices of veterans, their families, and those who continue to serve at home and abroad.

In my time as Parliamentary Secretary to the Minister of Veterans Affairs and Associate Minister of National Defence, I have been honoured to represent the federal government—both in Canada and abroad—in recognizing our nation's heroes.



As I step into my new role as Parliamentary Secretary to the Minister of Rural Economic Development and Minister responsible for the Atlantic Canada Opportunities Agency, I thank all organizations, volunteers, and others who play a vital role in making sure our Veterans can thrive and prosper.

To our military community, we extend our deepest appreciation for your selfless service, and for contributing to the strength and unity of Canada.

Let us forget. *Nous nous souviendrons.*

*Darrell*

### HOUSING

We're getting more shovels in the ground and people into homes by working with municipalities to cut the red tape that prevents housing construction.

In partnership with the Halifax Regional Municipality (HRM), we are fast-tracking the construction of 2,600 housing units over three years—making various types of housing more accessible, and spurring the construction of 8,866 homes over the next decade.



Over  
**150,000**  
Canadians have opened  
a **tax-free First Home Savings Account!**

The Tax-free First Home Savings Account (FHSA) is also helping Canadians save up for the purchase of their first home.

By contributing up to **\$8,000 per year** (up to \$40,000 within 15 years), Canadians can save for their first down payment and benefit from tax relief.

Like a Registered Retirement Savings Plan (RRSP), FHSA contributions are tax deductible on annual income tax returns. And like a Tax-Free Savings Account (TFSA), withdrawals to purchase a home—including any investment income on contributions—are non-taxable. **Tax-free in; tax-free out.**

To learn more about the FHSA, contact your financial institution or visit our website:  
[https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/first-home-savings-account.html?](https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/first-home-savings-account.html?_ga=2.141111111.141111111.141111111-141111111.141111111)

### YOUTH OPPORTUNITIES

This fall, Employment and Social Development Canada will be accepting funding proposals under three youth programs.

- 🍁 Youth Employment and Skills Strategy (YESS) Program
- 🍁 Canada Service Corps (CSC)
- 🍁 Canada Summer Jobs (CSJ)

Get notified of funding opportunities from Employment and Social Development Canada:  
<https://www.canada.ca/en/employment-social-development/services/funding/notified-opportunities.html>

### SUPPORTING BLACK-LED BUSINESSES

In October the Honourable Rechie Valdez, Minister of Small Business, paid a visit to the Black Cultural Centre for Nova Scotia to meet with a group of Black-led businesses from our riding. We were able to discuss some of the barriers they face and the ways that our government's Black Entrepreneurship Program can best support them.



## Making Eco-Conscious, Handmade Slow-Fashions

By Mary Elizabeth O'Toole

In our fast-fashion era when clothing is often mass produced and disposable, a Sheet Harbour boutique is taking a different approach. Cassandra Inglis' Wild Islands Studio offers one-of-a-kind items for daily life, cosplay, theatre, and special celebrations. As a seamstress, and costume designer, Inglis is passionate about addressing the negative impact fast fashion has on the environment. She is determined to increase awareness, advocate for change, and offer 'slow-fashion' alternatives by creating quality products using upcycled clothing and second-hand fabrics as often as possible. She also does alterations and repairs that give new life to old favourites or found treasures.



when she moved to Nova Scotia, she started doing more custom work like prom dresses and wedding dresses. With a laugh, she said, "I was a little worried that I might run into a lot of Bridezillas, but that has not been the case at all. I found that I really like the positive wedding energy. And I love that I can make repairs that can save a lot of time, money and anxiety – and even ensure that brides can have the wedding dress of their dreams. People really appreciate having someone local to do these services reliably."

When COVID hit, seamstress work became difficult because you couldn't meet to do fittings. Like many people,

Inglis had to adapt her business. She started natural dyeing, explaining "I did take dyeing at Capilano but there were a lot of chemicals. Fabric dyeing is a major contributor to water pollution. Natural dyeing was another way to be more environmentally responsible, so I started applying dyeing techniques I had learned to colour with botanical materials. I further reduce my impact by recycling water and using ethically harvested, locally available, nontoxic plants."

Her passion for sewing started young. In a recent interview, she told me, "My aunt, a skilled quilter, taught me to sew when I was little, and I was always making things. Eventually, I studied Costume and Theater Design at Capilano University. From there, I spent a few years working in film and independent theater. Every project was different, sometimes on limited budget. We had to learn to improvise and often had to make quick costume adjustments. I loved the chance to be creative and to develop new skills, like silk screening."

Inglis explained that she had always done seamstress work on the side and

Inglis is enthusiastic about life on the Eastern Shore. "This area has a vibrant artistic community and Sheet Harbour has a very collaborative feel. There are lots of artists

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## LBN Bookkeeping Services

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### 2 NEW LOCATIONS

120 - 800 Windmill Road, Dartmouth  
902-481-4094

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great  
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17, 18, 19

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Nova Scotians can return up to four regulated used tires at a time for recycling to any tire retailer in the province, free of charge.

What's Accepted ✓

When you are purchasing new tires, or putting on winter/summer tires, you can simply leave the following types of unwanted or worn-out tires at the tire retailer.

- ✓ Car and truck tires
- ✓ Motorcycle tires
- ✓ Camper tires
- ✓ Trailer tires

What's Not Accepted ✗

Tires that are not accepted (see below) as part of Divert's tire program should be taken to and disposed of at the Otter Lake Landfill.

- ✗ Tires larger than 24.5 inches
- ✗ Off-road tires from All Terrain Vehicles (ATVs)
- ✗ Tires from farming and other heavy equipment
- ✗ Tires sold in Nova Scotia but delivered or shipped out-of-province

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### Thinking of starting or expanding 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)
- 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 (78 weeks if you have a disability).
- 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. Unit 103, 61 Stella Drive Porters Lake, NS B3E 0G4

