

Come, Let Us Sing

Musical Event to raise money for Soul’s Harbour Rescue Mission

The thoughtfulness of this community, and Soul’s Harbour Rescue Mission, help ensure people in need will receive assistance on the Eastern Shore. They will find a home.

The young family felt helpless. They had no place to live and after couch surfing for weeks had worn out their welcome. Where were they to go? Who would take them in? Little did they know that there was a place of hope, a place of refuge and a place where they would be welcome. Soul’s Harbour Rescue Mission had opened their doors to women and children in need on the Eastern Shore.

At a recent meeting of local clergy and lay representatives, it was decided to hold a musical evening, and dedicate the offering of that night to Soul’s Harbour Rescue

Mission, a new emergency shelter for women and children and a twelve unit apartment building on the Eastern Shore.

Rev. Joan Griffin, Musquodoboit Harbour Community of Faith, First United Church; Rev. Marilyn Murphy, Assistant Priest, and Rev. Andrew Mortimer (retired), Anglican Parishes of Musquodoboit and Ship Harbour; Pastor Scott Anderson, Marine Drive Pentecostal Church; Rev. Vincent Onyekelu, and Diane Nolet, Saint John of the Cross Roman Catholic Parish; and Rev. Tricia Ingram (retired), all agreed that this would be a great opportunity to support a much needed emergency shelter in our community based here on the Eastern Shore.

On the evening of Sunday September 24, over 75 people gathered at the Jeddore Baptist Church for a “Come Let Us Sing” Fundraiser. Pastor Aubrey spoke warm words of welcome to everyone.

Cherry Laxton, Chief Operating Officer for Soul’s Harbour inspired us with her true life stories about how they have helped people coming to them in a state of need. Their mission is to ‘rescue people from poverty, addiction and despair by offering emergency help such as food, clothing and shelter, life-changing programs and a message of hope.’

In March of 2022, Soul’s Harbour broke ground for a 12-unit apartment building for women and children. On May 1st of this year they opened and occupied the new 12 unit apartment building to 12 families.

Rev. Joan encouraged people to think more about what we have instead of what we want and being thankful for all that is good in our lives. She told us about a song she recently heard, ‘The Hug’. The message is that we all need a hug.

Rev. Mike Foley introduced the selection of music from the United Church Choir. One song ‘You Shall Go Out With Joy’ based on Isaiah 55, is a lively piece that encourages clapping and participation, and the audience was soon happily clapping along.

We enjoyed the musical talents of the Baptist Church Choir, Danny and Judy LaFitte, the United Church Choir and Riversong who offered a lively variety of gospel, sacred, folk and sing-along songs.

We are pleased to announce that from the generosity of all present that evening we raised \$670.00 which will go directly to continue the good work of Soul’s Harbour in our local community.



First United Church Choir and Riversong perform at the Come Let Us Sing Musical.



At the end of the evening a delicious lunch was enjoyed by all who attended.

Potatoes and Pies in Seaforth

The 2023 edition of the Great Potato Weigh Off and Pie Auction at the Seaforth Hall on October 21 was another rollicking success. There were several dozen beautiful pies, almost none of which went for less than \$150 after lightening rounds of high-speed bidding. There were dozens of entries in the kids’ potato decorating event. Cheryl Wolfe won the award for the Best Dressed potato, with her beautifully attired potato. And *Cooperator* editor Richard Bell won possession of the Mr. Potato Head trophy for the next year for having the heaviest potato of the night, a compost-heap surprise weighing in at almost 2 pounds.



Akoma Opens New Housing

By Richard Bell

On Sunday, October 22, Akoma Holdings Inc. held an open house to celebrate the completion of eight new affordable housing units, located just off Highway 7 in Dartmouth near Kinney Place (the former Home for Coloured Children.) Several elected officials were in attendance, including Senator Wanda Thomas Bernard, Mayor Mike Savage, newly elected MLA and Minister of Nova Scotian African Affairs and Minister of the Public Services Commission Twila Grosse, and HRM Councillors David Hendsbee (District 2) and Trish Purdy (District 4).

The new housing is named Fairfax Homes, after the Reverend Donald E. Fairfax, who taught Sunday School at the Nova Scotia Home for Coloured Children in 1939, and later served on the Home’s Board of Directors as President. The development will have two new streets. Dr. Donald Skeir Way honours the Reverend Dr. Donald Douglas Skier, who was the second Black President of the Home for Coloured Children. Paris Lane honors sisters Mary and Cherry

Paris, both of whom served as Matrons at the Home for Coloured Children.

Akoma Holdings Property Manager Veronica Marsman told the *Cooperator* that the homes were all finished inside, and that she expected the water and septic hook-ups to be done in time for families to move in by Remembrance Day, with final landscaping to come. Akoma Holdings is working on building more housing on its over 300-acre property.



Veronica Marsman in the new housing’s open living room/kitchen main room. As Property Manager at Akoma Holdings Inc., Marsman worked for years to bring this housing project to fruition.

...Fashions Continued

doing similar work and it could be very competitive, but it is not like that at all here. People have been so supportive and helped me develop both my art and my business. They have been very generous with mentoring, suggesting resources and encouraging me to try new things to grow my business.”

When I asked where she would like to go with her business, she said she would love to expand the custom work. She is also exploring offering dyed fibres and possibly classes in dyeing or ethical foraging, both in response to expressed interest from community members. She told me, “I have had lots of requests for those things, especially for classes for kids, so I’m thinking about it. I love to work collaboratively and take on challenges.”

To learn more about Inglis in her mission to combat fast fashion, you can follow her on IG(@wild.islands.studio) or on Facebook (search Wild Islands Studio) for tips on sustainable practices. Shop for botanically dyed products or request repair or design services @ wildislandsstudio.com or wildislandsstudio@gmail.com. Watch for Wild Islands Studios at upcoming holiday markets.

On Thinking and Acting

By John English

“You cannot think your way to right acting; you have to act your way to right thinking.”
— William James (1842-1910)

William James (brother of novelist Henry James) is considered the father of American psychology. His work focused on the ways in which experiences, and the relationships between them, inform how we behave and think, and how we assign meaning and value to our lives through these experiences.

I have been mulling over his quote for some time, trying to parse its meaning and determine how it might apply to my own life. I have experienced a set of losses over the past few months that have left me suffering from self-doubt and a general lack of motivation. I know that this mental state is a barrier to moving forward with my life in ways that might enrich me and provide me with the kind of life I want for myself.

But I cannot think myself out of this mental state, and indeed I use it as an excuse to avoid any actions I might take to go forward. My thinking goes something like this: “I am depressed. I can’t get these losses out of my head, and I can’t get myself up off my behind.

Nova Scotia Forest Festival 2023

Memory Lane Heritage Village got great weather for this year’s edition of their annual fall Nova Scotia Forest Festival. The photos below are a little taste of the variety of this Lake Charlotte event.



This year’s horsepower team at the Nova Scotia Forest Festival on September 30th were Dan & Ruby, a matched pair of Clydesdale-crosses, visiting from Pictou County with Rose Bezanson & James MacLeod. Photo by Dan Hutt.



Campfire fun on wooden stilts at the Nova Scotia Forest Festival on September 30th. Photo by Dan Hutt.

So I’m just going to sit here and think a little bit more about how miserable I feel and maybe things will look better tomorrow.” It is so easy to sit and think about my situation, trying to intellectualize my way to some better frame of mind.

It is useful to assess my situation, perhaps to journal about it or to talk to friends about it. These approaches clarify areas of confusion, and the support of caring people is never a bad thing. But ultimately I have to move myself, both mentally and physically, away from the intellectualization of a problem to a more active role. It is not “What do I think about this situation?” but rather “What can I DO about this situation?” What are the actions I can take to shift perspective, free myself from discouragement, and move to a position that is empowered, where I feel emotionally balanced and ready to do the work of living?

Such action may be as simple as going for a walk or meeting a friend at a café for coffee and a “catch-up.” Or it may be something more involved, like tackling a project, joining a volunteer organization, or taking up a new interest.



(l to r) Darren Hudson (world log rolling champion and owner of Timber Lounge), Golden Axe Tournament winners Charly & Chad from Walker’s Livestock Feed & Supplies, Memory Lane Heritage Village Executive Director Thea Wilson-Hammond. Photo by Chantelle White.



Otter Ponds Demonstration Forest handing out seedlings at the Nova Scotia Forest Festival on September 30th. Photo by Dan Hutt.

Self-blame and self-doubt are mental processes. They happen in my head. I must get out of my head and move forward. Only then can I prove to myself that I am still capable of good decisions, and that my life has value and meaning. I can only shift my thinking and begin recovery by intentionally acting forward.



...Forest Watch 25th Anniversary Continued

Ministry had not been doing.

Simpson said he thought he had won when he saw that the opening sentence of Justice Crista Brothers’ opinion was a quote from Dr. Seuss’s the Lorax: ““UNLESS someone like you cares a whole awful lot, nothing is going to get better. It’s not.” She went on to find that “the Minister has exhibited a chronic and systemic failure to implement action required under the Endangered Species Act.” And she recognized the role that individuals and organizations played in making sure the government observed the rule of law.

Simpson emphasized the importance of the pressure that ESFWA and others had put on the government in the fight to establish the Ship Harbour/Long Lake Wilderness Area. He pointed out that there were some small but encouraging signs of new ways of thinking showing up in more traditional, mainstream forest management circles.

Simpson represented ESFWA in a lawsuit challenging the sale of Owls’ Head. In the suit, he tried to get the court to bring a legal concept called the public trust doctrine into Canadian law, a concept that many states in the U.S. have adopted. The court rejected his argument. But he noted again how public pressure had ultimately carried the day, with the new PC government rejecting the sale and formally recognizing Owls Head as a provincial park.



How the Hector Led My Family to Nova Scotia

By Lynda Mallett

More than two hundred years after the ship *Hector* arrived in Pictou in 1773, the ship became the connection that led to my family emigrating to Nova Scotia.

The *Hector* landed in Pictou with the first Scottish migrants from Ullapool. It was a miserable voyage and they arrived to find they had been cheated of land and supplies. It was only because of the generosity and support they received from the local indigenous Mi'kmaq people that they survived and flourished.

In the early 1990's my husband Stuart Reddish was doing a master's degree at Stirling University. We rented a

small croft house on the other side of Scotland at Reiff on the Coigach peninsula, in Wester Ross looking across the Minch to the Outer Hebrides and beyond to Eastern Canada. I lived there while he was studying, and Stuart drove home across the Highlands to me every weekend. The best of all worlds: he had peace while studying and I loved the peace and isolation of a remote rural community.

I saw a job advertised by the Museums Network Group at Dingwall. It was a short term contract for a qualified teacher to visit all seven private museums in Ross & Cromarty and create a teachers information pack.

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17th Christmas Wishes Tree

For the last 17 years, the Christmas Wishes Tree project has been fulfilling children's wishes for holiday gifts. Tags of wishes are hung on the tree at the checkout of Sobeys Head Jeddore after November 11.

Each October, forms are given to the Foodbank to collect the wishes of recipient children. Each child asks for three gifts but only one of the three is expected to be given, so donors choose as they may not be able to find or afford a first-choice gift. All gifts are appreciated but some donors give extra gifts, or all three wishes asked for. Not to discourage generosity, but it's preferable to donate for more than one child if you can afford it, rather than buying extra gifts for one child.

For confidentiality, we don't get the names of Foodbank recipients. Instead we get each child's tag number, age, gender, and their three wishes. These tags are printed and hung on a small tree (supplied by Sobeys).

Once you take a tag, please call in and register so we can keep track (to avoid lost tags). We keep donors' names confidential and don't give them to the Foodbank or recipients. If for any reason, you take a tag but can't get a gift, call/ email to unregister so we can rehang the

wish on the tree and someone else could buy a gift. Unregistering is preferable to not having a gift donated at the last minute.

The Wishes project works backward from a deadline dictated by the Foodbank according to their delivery dates. Deliver the gift with tag attached unwrapped to the Musquodoboit Harbour Library by 4pm December 14, 2023, at the latest. The last weekend is always a scramble with lots of work after gifts arrive. But it makes Christmas all worthwhile because Christmas is for kids, isn't it? Watch for the tags after November 11. But remember, if you take a tag, call it in and, if you then can't donate a gift, put the tag back or call in to cancel the registration.

Christmas Wishes has been successful because of the generosity of the community, and of three organizations that the Wishes works with: the Foodbank, Sobeys' Head Jeddore, and the Musquodoboit Harbour Library. Without their assistance, it would not be possible. I want to thank them for their continued support. And I wish you and yours a Happy Healthy Holiday.

– P. E. Akers



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A SEAT AT THE TABLE



Volunteer to serve on a board, committee or commission.

For a complete list of opportunities and to apply, visit: **halifax.ca/serve**.

Deadline: Nov. 30, 2023

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Email: **serve@halifax.ca**

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