

# North Mountain News

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Kings County, Nova Scotia

Fall 2018

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*You're  
Invited!*

The North Mountain Community groups of  
Morden, Burlington, Tapestry, Harbourville and Black Rock/  
Canada Creek  
have been selected to receive the  
Lieutenant Governor's Community Spirit Award  
in recognition of the community connections we have nurtured.

The communities served by the North Mountain News  
are invited to a reception at the Burlington Community Hall  
2122 Long Point Road, Burlington, Kings County, Nova Scotia  
Friday, October 19 from 3:00 to 5:30 p.m.

Their Honours  
The Honourable Arthur LeBlanc,  
ONS, QC  
Lieutenant Governor of Nova Scotia  
and  
Mrs. Patsy LeBlanc  
will be in attendance to make the  
presentation of the  
Lieutenant Governor's Community  
Spirit Award.



Light refreshments will be served  
Dress is smart casual

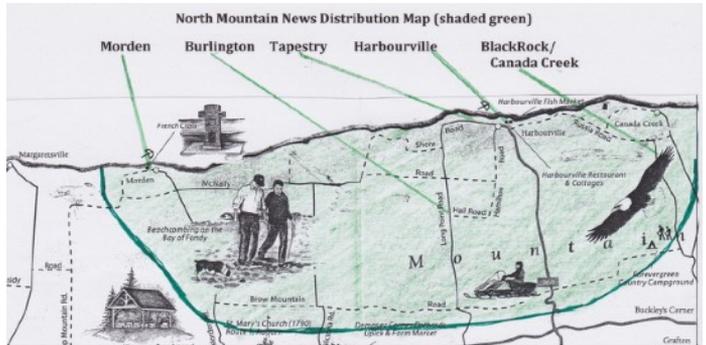
# North Mountain Community, Kings County, Nova Scotia

In May 2018 the North Mountain News Team applied for the Lieutenant Governor's Community Spirit Award.

Here is our introduction. The full document highlights each community, provides some statistics, and highlights what community engagement looks like on the North Mountain.

The full document is available on each community website or Facebook page.

The five community groups that make up North Mountain Community include: Morden, Burlington Community Club, North Mountain United Tapestry, Harbourville Restoration Society and Black Rock / Canada Creek.



Geographically, these groups are all situated along the North Mountain near the Bay of Fundy. Each of these community groups functioned independently to provide opportunities for their citizens to connect. Each maintains a community hall that is the hub of their community used to celebrate their own unique culture and heritage. Most had their own newsletter that announced events and happenings that encouraged community participation.

In 2016 Burlington, Tapestry and Harbourville acknowledged the common threads that these communities share and collaborated on producing a combined newsletter that would support the opportunity to network as communities. Within the year, Black Rock/Canada Creek and Morden joined the *North Mountain News* team.

Rural communities come together to support each other through social events and supporting local businesses and entrepreneurs. The current focus in Nova Scotia on "Buy Local, Stay Local" has its grass roots in rural community networks. Communication in rural communities nurture community development. Our Newsletter is designed to support and celebrate our community connections.

People need to connect, and rural communities facilitate this through community fairs, markets, dinners, breakfasts and so on. New comers to a community are embraced. When "life happens" (new arrivals, illness, property damage, to name a few) community folk work together to support the affected community members with emergency financial support and /or physical assistance. While the *North Mountain News* serves a function to promote our various events to raise funds, it primarily supports our vision for social and cultural connections that in turn foster healthy communities, both mentally and physically.

# High Tidings NEWSLETTER

FALL 2018

Harbourville Restoration Society



## **Harbourville and Area Coffee Klatchers**

Hello Friends and Neighbours: Summer is winding down and it's September again, the gardens are ripening and the days are getting shorter. And that means it's time for the Friday morning weekly Coffee Klatch to re-start for the Fall. If you have been reading your North Mountain News carefully you will already know that the first Coffee Klatch of the season will be Friday September 7 at 10 am. As usual you have an open invitation to join your friends and neighbours, old and new, at the Harbourville Hall for good conversation over coffee or tea (black and herbal). Make plans for the upcoming week and tell stories about the week past. Tall tales encouraged. Bring a snack to share and a toonie for the kitty.

## **High Tide Festival – Aug 11/2018**

Thank you so very much to everyone who contributed to the success of our 2018 Festival. The HRS Board Members, volunteers, sponsors and all of those who donated to the Silent Auction and Pie Contest are an integral part of the success of this annual event; as well as the people who plan and organize all of the details. The musical entertainment was awesome – all day long - the Hupman Brothers, SWIG, Jon Hemingway, and the Hi Strung Ukuleles. The **Scallop Shucking** was a real crowd pleaser and the Winners were: 1st Michael Hamilton, 2nd Tom Benoit and 3rd Victoria Hamilton. As always, the **Pie Contest** was a tremendous success. The winners were: Charlotte Dexter & Elizabeth Dexter, Raspberry, Cream and Pecan Pie on a shortbread crust. In the **Dinghy Race**: Race 1: Nathan Duncan Race 2: Finn Hamilton & Angela Melnychuk Grossed \$13,825 Expenses \$6180

See festival pictures on Facebook or on our website [harbourville.ca](http://harbourville.ca) under festival pictures tab. Everything we do to raise funds for HRS, supports our ongoing commitment to the upkeep of our working wharf – we could not do what we do without the selfless support of the dozens of volunteers who live, work and play in our community.

### **Fisherman's Breakfast – Sept 3/2018**

On behalf of the “fisherfolk” and the HRS Board, we would like to say a most sincere thank you to all who donated, volunteered, cooked, served, cleaned up and to all of the folks who supported this fund raiser for the Harbourville Restoration Society. It was a great event, with a tremendous turnout of folks for bacon, beans, eggs, bread, muffins, biscuits, tea, coffee, juice and pan fried haddock. Lots of work! but lots of fun too, especially seeing the happy faces from a meal very much enjoyed. The events in our mountain communities can only be successful if we all do our part with time and talent. Thank you so much for doing your part. A special thank you goes out to the kids who helped out as well, Finn & Harrison Hamilton & Lily Kenneally. They are our future volunteers. Great Job Kids! ~ Victoria, Vance, Shawn, Bambi. Grossed \$2900 Expenses \$940



**Farewell to Summer Student Hannah Luiting**, who has been with us for 3 years. She is returning to Mount A to continue her studies and this will probably be her last year as the Harbourville Summer Student. She will, however, continue to help with FaceBook and the website. Thank you so much, Hannah, for all that you have done in the last 3 years to support and promote HRS activities. We have been so fortunate for many years to receive funding to assist in wages for a summer student. Our students have brought their own flare and vitality to our events. They are able to enhance their leadership skills while assisting our Board and community volunteers to make this community the best it can be.

**Christmas Tea November 17<sup>th</sup>** - Please mark your calendars and consider helping out with a donation, your time or your talent.



**Christmas Potluck December 1<sup>st</sup>** – This event is open to all that wish to attend. It is a great evening, sharing favourite dishes, stories and laughs. This is a family event.

**Donations** – The Harbourville Restoration Society is able to prepare income tax receipts for donations. For example: you may wish to help out with costs for the production and distribution of the Newsletter. We are very grateful for the financial support we have received over the years.

  
**THANK YOU**

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Celebrating Our



Anniversary

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# NEWSLETTER

## The Burlington Community Club Fall 2018

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### North Mountain Chorus

Our community choir started off the Fall 2018 season with an AGM / Potluck on Tuesday, Sept.4. All are welcome to join in on Tuesdays 7-9 at the Burlington Community Hall to 'have fun singing together'.

### Burlington Cemetery Society

The Board of Directors is excited to share that a new website, *Burlington Cemetery*, is being constructed under the capable direction of Rob Place of Mumford Connect Web Design. This will provide easy access to information regarding the cemetery history, contacts & donations, etc. as well as the Green Burial Grounds and Theresa McAuley Monument.

### All Level Yoga

Taking place at the Burlington Community Hall on Thursdays from 9-10:15 am. \$12 drop in or \$50 for block of 5 classes. Instructed by Charley McBride: [charlmcbr@mac.com](mailto:charlmcbr@mac.com)



# Jordan's



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**Sunday, October 28**  
**Saint Anthony's Men's Choir**  
**Burlington Baptist Church**  
**7pm / Free will offering**  
**Refreshments to follow**

**Burlington Baptist Church**  
**Worship Service**  
**Sundays at 11am**



Thank you to Joe Deveau for volunteering his time every summer to mow the park at the top of the mountain. Joe is a former community member and started mowing the park after he moved away. Also sending get well wishes from the community as he recovers from recent surgery.

### **BURLINGTON COMMUNITY HALL RENTALS**

Hall rentals may be arranged through Susan Daniels at  
902-538-3441.

Hall and Kitchen, full day \$60

Hall and Kitchen, half day \$50

Hall only, full day \$40

Hall only, half day \$30

Community Showers and Funeral Receptions are free of charge.

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# North Mountain Community Events

- September 29** - Community Breakfast, Morden Hall, last of the season! 8 -10:30am Fish cakes, beans, eggs,ham, sausage, pancakes. Free will offering.
- September 29** - North Mountain Market – Music with Mark Clarke – BBQ – Children’s Games and Activities
- October 6**, Breakfast, Jolly Workers Hall, 8:00am - 10:00am, Freewill offering, Contact Cindy 902-538-3040
- October 6** - North Mountain Market – Music with Mike Aubé – BBQ – Creative Workshop with Debbie Parrot “Learn to Spool Knit” Age 5 & up \$2
- October 13** - North Mountain Market – BBQ – Music with Jordy Aucoin – Children’s Games and Activities
- October 13**- Change of date - North Mountain United Tapestry Birthday Bash! We are 5! Put your party hats on and celebrate with us! See Tapestry page for info.
- October 16** - Gratitude & Happiness Journaling workshop, NMUTapestry, 7 - 9 pm, \$20, Please register by Oct 14 at [unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)
- October 19** - Lieutenant Governor’s Community Spirit Award Reception, Burlington Community Hall, 3-5:30 p.m., Award Presentation Reception. Sheila Munro [sdmunro1@gmail.com](mailto:sdmunro1@gmail.com)
- November 3** -, Breakfast, Black Rock Culture & Recreation Hall, 8:00am -10:00am, Freewill offering, Contact Karen 902-538-3050
- November 3** - Christmas Tea, Jolly Workers Hall, 11am - 1pm, Freewill offering, Contact Cindy 902-538-3040
- November 5** - General Meeting - Black Rock Culture & Recreation Centre 7:30 pm – now a designated KC Comfort Center - contact Keith 902-844-0030
- November 10** - Due date to register for Heart Saver-CPR /Basic Life Support Courses. Burlington Hall, Nov 24. \$30 each course , Sheila Munro [sdmunro1@gmail.com](mailto:sdmunro1@gmail.com) 902- 538-7177
- November 11** - Remembrance Day Service, Black Rock Baptist Church, 9 am, Contact Marie 902-343-2240
- November 17** - Harbourville Restoration Society - Christmas Tea - Contact Lois Hare - 902-538-3082
- November 17** - North Mountain United Tapestry – Christmas Art Market, 9am-5pm
- November 24** - Heart & Stroke Heart Saver CPR/AED course Burlington Hall, 9am -12pm \$30, Register by Nov 10. Contact [sdmunro1@gmail.com](mailto:sdmunro1@gmail.com) 902-538-7177
- November 24** - Heart &Stroke Basic Life Support course for professionals, Burlington Hall, 1- 3:15 pm, \$30 must Pre register by Nov. 10. Contact Sheila Munro [sdmunro1@gmail.com](mailto:sdmunro1@gmail.com) 902-538-7177
- November 25** - Hanging of the Greens Service, Black Rock Baptist Church, 9:30 am, Contact Marie 902-343-2240
- December 1** - Harbourville Restoration Society - Christmas Potluck - Contact Angela Melnychuk - 902-538-0853
- December 1** - Breakfast, Black Rock Culture & Recreation Hall, 8:00am - 10:00am, Freewill offering, Contact Karen 902-538-3050
- December 8** - Foodbank Drive, Black Rock Baptist Church, 9 – 11 am contact Cindy 902-538-3040
- December 24** - Christmas Eve Service, Black Rock Baptist Church, 6:30 pm, Contact Marie 902-343-2240
- December 24** - North Mountain United Tapestry – Christmas Eve Church Service – Harbourville United Church – 6 pm

## On going

**Community Coffee Break**-at the Morden Community hall, 10 a.m.—11 am, Oct 3,9; Nov. 13, Dec.11, Jan.8

**Quilters 4 Shore:** Morden Community hall, 10 am- 3p.m., New members are always welcome. Visit Facebook page Quilters 4 Shore for more info. Oct 15, 29; Nov 5,12,19;Dec 10,17; Jan 7,14,21

**Community Pot Luck** - Morden Hall, 5 pm, Nov 17, Dec 15 Children's Christmas Party starts at 3 pm, Jan19.

**All Level Yoga**,Thursdays, Burlington Hall, 9-10:15 am; props provided. \$12 drop in or \$50 for 5 classes (3 mos. to complete) Charley McBride charlmc@mac.com

**Coffee Klatch**- every Friday at 10 a.m. at the Harbourville Restoration Society Hall. \$2, Brian Van Rooyen - 902-538-3082, or [brianvr@outlook.com](mailto:brianvr@outlook.com)

**Fibre Circle:** NMU Tapestry, Thursdays 7pm. New members welcome. Contact [unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)

**High Strung Ukulele band**, Wednesdays at the Woodville hall. 2 pm. New members welcome. Ukulele is easy to play and inexpensive to buy or rent.

**Black Rock Jam Sessions**, every Friday night, 7-10 p.m., freewill offering, Black Rock Culture and Rec Hall. Contact Don 902-538-1259

**Black Rock Hall General Meeting** first Monday of the month, 7:30 pm – all are welcome, Contact Don 902-538-1259

**Alice's Sewing Party**, Black Rock Baptist Church, Thursday evenings at 7pm, Contact Alice 902-538-1352

**Church Services**, Black Rock Baptist Church, 9:30 am, Contact Marie 902-343-2240

**Sunday School**, Black Rock Baptist Church, 9:30 am, Contact Karen at 902-538-3050 or Marie at 902-343-2240

**For advertising or sponsorship, contact [nmneditor@gmail.com](mailto:nmneditor@gmail.com)**

**Contact us with news, events or ads for the North Mountain News.**

• Morden Community Association: Morden Community Hall | 2321 Morden Road, Morden [www.morden.ns.ca](http://www.morden.ns.ca) | [mordenca@gmail.com](mailto:mordenca@gmail.com). For Morden's news and events, contact Penny Lowe at [p.lowe@eastlink.ca](mailto:p.lowe@eastlink.ca)

• Burlington Community Club: 2122 Long Point Road, Burlington [www.facebook.com/Burlington-Community-Club-141625016010692/](http://www.facebook.com/Burlington-Community-Club-141625016010692/) For Burlington's news and events, contact Shannon Macaskill [shannon\\_macaskill@hotmail.com](mailto:shannon_macaskill@hotmail.com)

• NM United Tapestry: 3201 Long Point Road | [www.unitedtapestry.com](http://www.unitedtapestry.com) | [www.facebook.com/northmountainunitedtapestry](http://www.facebook.com/northmountainunitedtapestry) For North Mountain United Tapestry news and events, contact Tapestry Editor at [unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)

• Harbourville Restoration Society Hall: 2564 Highway 360 Harbourville | [www.harbourville.ca](http://www.harbourville.ca). For Harbourville's news and events, contact Beth Caldwell at [caldwellcurtbeth@gmail.com](mailto:caldwellcurtbeth@gmail.com)

• Black Rock/Canada Creek: Black Rock Culture and Recreational Society / Black Rock Trail Society 4404 Black Rock Road, Black Rock  
Black Rock Jolly Workers Hall, 4078 Black Rock Road, Black Rock  
For Black Rock/Canada Creek news and events, contact Irmgard Lipp at 902-538-8714 / [irmlipp@gmail.com](mailto:irmlipp@gmail.com)



### Community Health Board Wellness Fund Application (Deadline October 15)

Community Health Boards (CHBs) are now accepting applications for wellness funds. The small grants (up to \$3000) support new and innovative projects that meet an identified community need. Wellness funds are available to non-profit community groups/organizations/partnerships with projects focused on our CHBs community health plan priorities. That is, projects that look at improving health where we live, work, learn, play and age - such as healthy child development, education and literacy, poverty and food security, social support networks, coping skills, improved personal health and more.

Applications and more information are available on the CHB web site [www.communityhealthboards.ns.ca/wellness-funds](http://www.communityhealthboards.ns.ca/wellness-funds), along with additional information.

Contact Leanne at the WKCHB office for help with your application.

902-538-7088; [leanne.graham@nshealth.ca](mailto:leanne.graham@nshealth.ca)



Have you ever thought about becoming a WKCHB member, or wondered what priorities the WKCHB is currently working on? Leanne or one of the members would love to talk to you or your group about volunteering with the WKCHB. Call 902-538-7088 or email [leanne.graham@nshealth.ca](mailto:leanne.graham@nshealth.ca). (Our meetings are open to the public, and

we meet the 2<sup>nd</sup> Thursday of each month from 4:30 to 6:30 p.m.)



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[hamitup@meadowbrookmeatmarket.com](mailto:hamitup@meadowbrookmeatmarket.com)

Sunday - Closed

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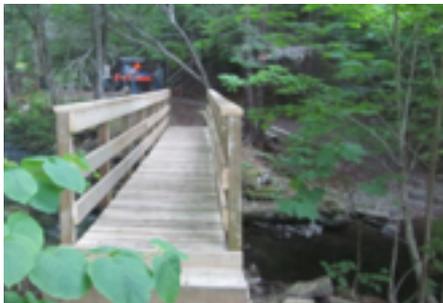
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# BLACK ROCK / CANADA CREEK NEWSLETTER

FALL 2018 UPDATE

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**The Black Rock Trails finally got a new bridge over Murray Brook on July 7<sup>th</sup>.** With the help and expertise of the Annapolis Valley Trails Coalition and Trail Blazers of Bear River a new bridge went up over Murray Brook on the Yellow loop of the Black Rock trail system. Hikers can again safely and with dry feet reach the Eastern side of the vault, hike the Bluff Loop and enjoy the great views over the Bay. A ceremony is planned for early October.



The fourth annual Fairy Walk along the Black Rock Trails was held on Sept 15th.

**Black Rock Culture and Recreation Hall, 4404 Black Rock Rd, is now a designated Kings County Comfort Center.** On 5 Nov 18 at 7:30 pm during the Hall's General Meeting invited guests will be present and an Emergency Preparedness briefing will be delivered by an EMO representative. Also present will be Ms. Meg Cuming from Communities, Culture and Heritage - Valley Region to discuss grants and the application process. Also during this meeting we hope to have a representative from Federal Small Craft Harbours to explain the plans for upgrades to the Canada Creek wharf. If anyone else would like to present during this meeting please contact Keith (902-844-0030).

Black Rock Hall general meetings first Monday each month 7:30pm all are welcome to attend.

**Plant Sale** – this past spring the Black Rock Trails held its annual sale that has been going on for at least 10 years. The variety of plants available continues to expand

**Breakfasts** - over the summer were held at the Jolly Workers Hall, and the first of the fall winter breakfasts was held in September at the Black Rock Hall.



**Music** - the Friday Jams (7-10pm – free will) at the Black Rock Hall continue to grow with an average of 30 musicians attending from all over the valley and as far away as Halifax, and audiences of 30 - 50.

**Shoreline Yard Sale** – residents of Black Rock and Canada Creek were exuberant participants in the annual shoreline sale held on the second weekend in July.

**Beach Clean Up** – this year focussed on Murray Brook with more than 15 bags of garbage being removed.



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# MORDEN COMMUNITY ASSOCIATION NEWSLETTER

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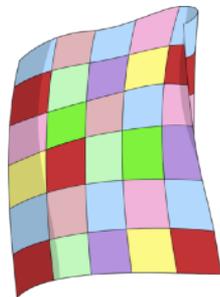


As fall approaches we will be serving our last breakfast of the season on September 29<sup>th</sup>.

Come join us for our famous fish cakes one last time until next April! We average 285 guests per breakfast with our largest turn out being the Shoreline Yard Sale, serving 380.

Big thanks to all of our volunteers for their hard work and support. Keep in mind, the draw for the beautiful quilt, donated and pieced together by the Quilters 4 Shore group, will be done at the breakfast on the 29<sup>th</sup>. Special thanks to Lynn's Quilting Studio for donating the fabric and the exceptional quilting done on this eye-catching piece. Good luck!

The Quilters 4 Shore group has expanded to include Crafters. We would like to welcome all crafters to join us on any of our quilting dates. We already have a papercrafter who has joined us, so bring your projects in progress and join this very special and fun group! Bring your lunch and spend the day with us. Times are 10:00-3:00.



Once a month on our posted quilting days we will be making charity quilts. They will be donated to places such as the IWK, hospice and the Shriner's, as well as any individuals from our membership that may benefit from this cheerful quilt made with love. Please join us for these dates as well. We will be meeting on Oct. 1, 15, 29, Nov. 5, 12, 19, Dec. 3, 10, 17, 2019 Jan. 7, 14 and 21<sup>st</sup>.





The coffee breaks were well attended all summer and will continue every second Tuesday of the month. Thanks to all the great bakers in the community for their contribution of delicious “goodies”.

We had such a great hot summer that many came to cool off on our beautiful clean beach. Amazingly, we had approximately one hundred bags of garbage collected on clean-up day! Everyone enjoyed the hot dogs and s’mores roast afterwards and being a lovely June day, everyone had a good time in spite of the hard work. Thanks all!



What is better than ice cream at the shore? We have had three successful “Sunday Sundaes”, organized by Janice Place, serving up cones, sundaes and banana splits. Proceeds to the Kids Club and the community hall. Plans are to do it again next summer.

Pot Lucks will begin Nov. 17<sup>th</sup> at 5:00. The Christmas Pot Luck is on Dec. 15<sup>th</sup> and will begin with the Kids Party at 3:00. There will be fun and games and of course Santa will arrive with his bag of presents for all the children. Hors d’oeuvres will follow at 5:00 with dinner at 6:00. 2019 dates are Jan. 19, Feb. 23 and Mar. 16<sup>th</sup>.



Mark your calendar for the Harmony Lodge Mason Dinner on Oct. 20<sup>th</sup> at the Morden Community Center. Steak, lobster and all you can eat mussels! Tickets will go on sale soon.

Our website is: [www.mordenncs.ca](http://www.mordenncs.ca)

Our email is [mordenca@gmail.com](mailto:mordenca@gmail.com)

For hall rentals contact Donna Sabeau at 902-847-3776



# North Mountain United Tapestry

Cultural and Heritage Society

Fall 2018



North-Mountain-United-Tapestry



@unitedtapestry

## Tapestry's 5th Birthday Bash Celebrate With Us!

Mark your calendars  
(and notice the CHANGE OF DATE)!

NMUT's 5<sup>th</sup> Birthday bash has been moved  
to the last market day, **Oct 14<sup>th</sup> at 1pm.**

A lot of hard work by so many dedicated hands to  
accomplish what we have become so proud of.

**Pot Luck:** Bring something for the BBQ, something  
to share or cake! What's a birthday without cake?

Five years old, and look where we have been! We  
will be looking for any photos you might have of  
Tapestry over the years for possible slide show.

Please submit to [unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)

# HISTORY CORNER NEWS

Be sure to check out the history corner display entitled

## **The Stories Our House Tell.**

This exhibit is a result of extensive research of property deeds, census records and so on and features 20 of Harbourville's heritage buildings.



*Harbourville United Church*

Also on display (in the vestibule) are several restored photos of yesteryear Harbourville.

Something for everyone who has a connection to Harbourville!

## **Gratitude & Happiness Journaling Workshop**

Come join us for a workshop of inspiring and fun activities that will help you look at your life in a whole new way.

Journaling is a creative and important tool for self-discovery and overall well-being. Gratitude and Happiness journaling focuses on the positive aspects of your life, relationships and dreams. Learn quick, fun, effective ways of recording this information and turning it into a positive reminder that you are leading an amazing life!!

You will receive a hand bound journal and journal card activity pack, plus access to tools and supplies that will help you build extra content for your journal.

**Workshop cost:** \$20

**Date:** Oct 16<sup>th</sup>, 2018

**Time:** 7 - 9 PM

**Place:** Harbourville United Church, 3201 Long Point Rd

This workshop is a fundraiser for the North Mountain Farmers' Market.

Please register before October 14<sup>th</sup> at  
[unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)

# The 5th Annual NMU Tapestry Christmas Arts & Crafts Sale

November 17th, 2018

9am – 5pm

Tables \$10 half & \$20  
full.

Please inquire at  
[unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)



**North Mountain United Tapestry  
is looking for creative, passionate,  
and strong community members to  
serve as volunteer board members.**

**You must be willing to devote your time and  
energy to this dynamic and growing  
organization to help further our mission to  
foster sustainable community  
development, and promote accessible,  
life-enriching experiences. We're  
especially looking for individuals with  
financial experience, communications/  
marketing background, donor  
development, or previous board experience.**

**We are also looking for a Newsletter Editor!**

**Please contact [unitedtapestry@gmail.com](mailto:unitedtapestry@gmail.com)  
for more information.**

# LEOGLAVINE *MLA for Kings West*

Congratulations to the North Mountain communities of Burlington, Black Rock, Morden and Harbourville on winning the  
Lt. Governor Community Spirit Award 2018.  
Your communities are experiencing renewal, vibrancy and are a special place to live, work and play.

It will be an honour to join you on October 19th to celebrate and commend all who contribute to community spirit.



694 Main Street, Kingston, Nova Scotia  
Phone: (902) 765-4083  
Email: leoglavinemla@kingswest.ca



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