



Community Newsletter

Vol. 51 Issue 8 August 2024

Aspotogan ~ Bayswater ~ Blandford ~ Deep Cove ~ Northwest Cove

ARA UPDATE AUGUST 2024

Chair Yoga: Fridays, 10:00-11:00 in the Community Centre . Drop-in fee is \$7.00/class – please bring exact change if possible. All are welcome to this fun and ‘user-friendly’ class. No previous experience is necessary. Wear comfortable clothing and bring a yoga mat if you have one.

Pickleball: Thursdays 6-7:30 in the Community Centre. Beginner and experienced players are welcome, age 13+. Email Pickleball@BellAliant.net if you have questions or plan to play. If pickleball must be cancelled, players will be notified by email and a notice will be posted on the Community Centre Facebook page. Watch the community center Facebook page on Thursday afternoon to see if we are playing. \$3.00 drop in. All equipment is provided, please wear non-marking sneakers.

PLEASE WATCH BLANDFORD AND COMMUNITY CENTRE FACEBOOK PAGES FOR UPDATES AND CHANGES TO ACTIVITIES.

If any community members have ideas for programs, please contact a member of the Executive – we welcome your ideas and feedback!

ARA executive: Carly LeBlanc 902-277-1269; Mary Norwood 202-228-2453, Vicki Schnare 902-228-2234 (vicki.schnare@bellaliant.net), Nancy Webb 902-225-2915 (n.webb@dal.ca), Wendy Clark 902-877-4871 (wendyl.clark@gmail.com)



COMMUNITY NEWS

DISTRICT # 1 COMMUNITY CENTRE

BLANDFORD COMMUNITY CENTRE 50/50 RAFFLEBOX



50/50 Rafflebox Tickets – All proceeds go towards the Roof Replacement Fund!

Facebook live draw will take place on August 7th at 7 pm.



THIS IS OUR LAST DRAW FOR THIS ROUND!
SO GET YOUR TICKETS!

Use the QR code for the link to the Draw.

Need to rent a room for an event??!!

A birthday party, wedding, retirement or anniversary event??



Consider the Blandford Community Centre!

Events can even be catered!

Room rentals are available by contacting Dawn at 902-275-8654 or dawn_liz911@hotmail.com.



For catering for private functions held in the Centre, please contact Mary Norwood at marynorwood@hotmail.ca or 902-277-0944.

Next Board of Directors Meeting is September 4th, 2024 at 7 pm. All meetings are open to the public!



THE HANDCRAFTED SCHOONER WAS DONATED BACK TO THE COMMUNITY CENTRE BY THE JUNE RAFFLE WINNER!

GRAB IT NOW THROUGH SILENT AUCTION!

See our full page ad for details!

Board of Directors Executive for 2024/2025:

Wendy Chase, Chair	902-980-0012	wendychase.ns@gmail.com
Kelly Fitzgerald, Vice-Chair	902-222-1046	kahfitzgerald@gmail.com
Karen Overholt, Secretary	519-567-1591	francis_karen@hotmail.com
Amanda Mordeen, Treasurer	902-277-0704	admdc4@gmail.com

Board Members (2024/2025)

Samantha Murphy, Joanne Walton, Eric Miller, Mary Norwood, Odessa Bezanson, Julie Day, Sandra McFadyen

COMMUNITY NEWS... (continued)

BLANDFORD COMMUNITY CENTRE SILENT AUCTION

Handcrafted Schooner

The winner of the Schooner Raffle in June generously donated it back to the Community Centre!

It is now up for Auction!



HOW TO PLACE BIDS -

- 1. Email bid to blandfordns@gmail.com**
- 2. Drop off written bid to any Board Member**
- 3. Written bids can be mailed to the Blandford CC
(30 Firehall Rd, Blandford B0J 1T0)**

MINIMUM BID OF \$250

BIDS DUE AUGUST 31ST

Roof Fundraiser

COMMUNITY NEWS...(continued)

**THE FIRE PROTECTION COMMISSIONERS
FOR THE DISTRICT OF BLANDFORD**

Regular Monthly Meeting

August 12, 2024

@ 7pm in the Lodge Room
Please use side entrance

*Watch our Facebook page for any updates or changes at
"BLANDFORD & AREA FIRE RESCUE"*

BLANDFORD & AREA FIRE RESCUE



Thank you for your continued support on purchasing rafflebox 50/50 tickets
www.firefighters5050.com/192

Before having **ANY** outdoor fire; brush fire, grass fire, in a fire pit (camp fire) or any open flame please check the website or call:

www.novascotia.ca/burnsafe

1-855-564-2876
updated daily at 2pm

For any questions please contact Wendy Chase
Phone: 902-980-0012 ~ Email: blandfordcommission@bellaliant.com

www.blandfordfire.ca

COMMUNITY NEWS...(continued)



Nicole Wallis
Community Development
Coordinator,
Recreation and Parks

Municipality of Chester
PO Box 369
186 Central Street
Chester NS B0J 1J0

Cell: 902-275-8503
E-mail: nwallis@chester.ca
Web: www.chester.ca

Community Development Coordinator Update

TRAIL UPDATE

It's been a long year since the Trail closures from the July 2023 floods, but we are excited to announce that the Chester Connection & Aspotogan sections of the Rum Runners Trail are now officially re-opened from Hubbards to Martin's River (except Gold River Bridge). In addition, the Castle Rock Trails are now re-opened.

There are sections where trail repairs were made that do not yet have the final crusher dust surface. You may come across some loose, sandy, rocky sections and machinery may be present. Please proceed with caution in these areas.



SUMMER SIZZLER & SANDCASTLE COMPETITION

The Summer Sizzler is back! We hope to see the community come out to participate in some excellent activities at Bayswater Beach! There will be relay races, a freezie eating contest, limbo competition, and a hole digging contest. We will be lending out lots of great beach toys, and we hope you take part in our famous sandcastle competition. Sunday, August 4. Rain date Monday, August 5.

What's Happening This Month?

- Picnic in the Park—Live music every sunny Tuesday Night in Lordly Park 6-8pm
- Chester Bandstand Summer Concerts every Sunday until August 25th 7- 8:30 pm. Weather permitting. 3 Parade Square, Chester
- St. Lukes 76th Variety Show. Shore Club Tuesday August 6th @ 7pm
- Watch for the Explore Life Fall brochure coming out September 10th

INDOOR WALKING BEGINNING SOON

Grab some comfortable footwear and some water and join community friends and neighbours at District 1 Community Centre in Blandford for the fall session of indoor walking. Sessions will begin on Monday, October 7 and run until Monday December 16th (no walking on October 14th or November 11th) from 10:00 am—11:00 am.



COMMUNITY NEWS...(continued)**Same Day Clinic - August 2024**

Call 1-902-273-2098 starting 30 MINUTES before each shift to make a same day appointment (No Walk ins) *Schedule Is Subject to Change*

August 1st - 9:30 am to 1:00 pm

August 8th - 9:30 am to 1:00 pm

August 15th - 9:30 am to 1:00 pm

August 22nd - 9:30 am to 1:00 pm

August 29th - 9:30 am to 1:00 pm



TEDDY BEAR & FRIENDS CLINIC

Our Teddy Bear & Friends Clinic will be visiting the Hubbards Farmers Market August 10th, 8:00 am - 12:00 pm

The OHC is visiting the Hubbards Market over the summer, as a fun and engaging way for children and families to get to know the OHC team!

Bring your cuddly pals for a check-up and WIN prizes! Plus, discover programs & services for your family!

Does your Dolly have an upset tummy?

Is your Teddy Bear not feeling well?

Does your Monkey have a fever?


Seasiders Summer 2024 Update – Claudia Zinck

Hello all. I hope summer is treating you well. Like many of you, my summer is full of gardening, visiting and grandbabies. It's that time of year to just enjoy.

The Seasiders don't really slow down, we just don't meet on the third Friday in July or August. We do have our annual picnic at the Bayswater Picnic Park on August 14th, however. We gather around 11 am, play some lawn games and have a chance to visit and chat. Members bring salads and each member gets a burger or fish portion from Sheila's. If it's raining, we will meet back at the community centre. I can't wait to see you all there.

The bus trips continue throughout summer and fall. As usual, we meet for 9 AM at the community centre parking lot. Everyone buys their own lunch but admission to tourist spots are covered by the club. The remaining trips are as follows: August 22nd - Hirtles Beach and Rose Bay; September 26th - Dartmouth Museum; and October 24th - Eastern Passage

Anyone thinking of joining the club should just turn up at 7 PM, September 20th at the community centre when we start our next year. Want to be with us sooner? Just contact our president, Peter Fillmore at peterafillmore@gmail.com

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Matt Langley 902-277-0677

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BUSINESS SERVICES



Come play on our greens!

Ladies League Tuesday

Men's Night Wednesday

Seniors Friday Morning



Have fun, wins prizes and enjoy great food with friends



Jr. Program Tuesday 6:00 - 7:30pm
(call to register 902-857-1333)

Golfer or not, you are welcome anytime!

Come enjoy a meal at the fully licensed Clubhouse.



376 Parkwood Drive, Mill Cove (1 km beyond Aspotogan Consolidated Elementary School)

play@aspotoganridge.com 902-857-1333 www.aspotoganridge.com/golf

Aspotogan Heritage Trust wishes everyone a wonderful summer
Please support the efforts of the many volunteers who work on
behalf of local non-profit groups by taking part in the activities
and events happening throughout the region—it is part of what
makes this region great!



BUSINESS SERVICES

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BEAT THE HEAT AT HOME °C



STAY HYDRATED

Drinking lots of water to stay hydrated keeps your body temperature down. Avoid drinks containing alcohol or high in caffeine that dehydrate you.



AVOID THE OVEN

Turning on the oven will heat your home. Consider using an outdoor grill or the microwave.



SHUT OUT THE HEAT

Keeping blinds shut and curtains drawn blocks out the warm light of the sun. If it is cool at night crack open windows before bed to let cool air in.



WATCH WHAT YOU EAT

Eat smaller meals throughout the day, focussing on fruits and vegetables while avoiding high-protein and spicy foods.



CREATE A COOL BREEZE

Set ceiling fans to rotate counter clockwise. Turning on bathroom and kitchen exhaust fans can also help, drawing the warm air out of your home.



CREATE SOME RELIEF

Create a cool compress by placing a damp cloth in the freezer. Apply it to your forehead, back of the neck and wrists. Fill a spray bottle with cold water to mist yourself.



SWAP YOUR SHEETS

Cast aside heavier winter sheets for lighter, breathable fabrics, like low-thread-count cotton.



COOL OFF IN THE SHOWER OR BATH

For a little extra cooling sensation use peppermint soap in the bath or shower.



BUSINESS SERVICES

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BUSINESS SERVICES

Join Our **TEAM**

AVAILABLE POSITION:

EXECUTIVE DIRECTOR



The Executive Director is responsible for all aspects of the daily administration of the community-based transportation service serving the residents of the Municipality of the District of Chester, including but not limited to, HR management, fleet management, daily operations of service delivery, financial management and communications. The ED is also responsible for supporting the work of the board to ensure all goals are met in the current business sustainability and organizational strategic plan.



Bachelor Degree or Higher in field related to business, management, non-profit administration, or public administration,



Experience in human resources and in stakeholder engagement and cultivating partnerships



History of volunteering or working for non-profit organizations or community service groups/events



Great communication skills; good public speaking and presentation skills; adept at building consensus and fostering collaboration; ability to handle confidential and sensitive matters with tact and discretion; technology skills are a must

How to apply: Submit your resume and a cover letter clearly outlining your qualifications, interest and eligibility to workcentmgr@sswap.ca. The deadline for application is August 8, 2024 with an expected start date of September 2, 2024 for the successful candidate.

To learn more about this position on Indeed, visit:
<https://shorturl.at/SH6lx>



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Our August Worship Schedule

All are welcome, saints & sinners, seekers & regulars. Come celebrate with us!

August 4, **Blandford Community Centre**, 10 am Family Service with Rev'd Trudy Lebens

August 11, **St. Cuthbert's**, 10 am with Rev'd Trudy Lebens

August 18, **All Saints**, 10 am with Rev'd Trudy Lebens

August 25, **St. Barnabas**, 10 am Morning Prayer with Robert MacMillan

September 1, **St. Cuthbert's Community Centre**, 10 am Family Service with Rev'd Trudy Lebens



Harbour and Home



It is the beginning of harvest season, although we had such a late start to summer. We are so fortunate to live where we do. Of course, there are problems here, too, but there are no earthquakes, no volcanoes erupting, no gangs of violent insurrection, no obvious war. Given the abundance of sea and land around us and the relative peace of our surroundings, we have the time and space to work on the issues that do affect our quality of life: racism, poverty, intimate partner violence, gender discrimination, homelessness.

"It was during those long and lonely years that my hunger for the freedom of my own people became a hunger for the freedom of all people, white and black. I knew as well as I knew anything that the oppressor must be liberated just as surely as the oppressed.... For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. The true test of our devotion to freedom is just beginning. I have walked that long road to freedom.... But I can rest only for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not yet ended."

— Nelson Mandela, *Long Walk to Freedom* —

We share in that long walk together. For those of us who are Christians, we are reminded in the first letter to the Corinthians (12:26) that, "If one member suffers, all suffer together; if one member is honoured, all rejoice together."

There is a tradition here of the kitchen party when people bring instruments, food, bodies, and voices to a gathering. Some will be singers, some will be musicians, some will be comical, some will be providers. The ones who come may be family and friends, strangers and those from away — until the songs and dancing begin, until the corn and seafood is cooking, until the stories start. If we could bring that kind of consciousness, that hope of the ever widening circle to our community, there would be only prosperity. In the Anglican Parish of Blandford, that is our dream and if any of you would like to help us, or just come to tell your stories, we would be delighted. Stay tuned for new things happening in September. May the end of summer fill your basket of dreams and may all who are needy find a home and a safe harbour amongst us in this community.

COMMUNITY EVENTS CALENDAR

AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pickleball 6 pm	2 Chair Yoga 10 am 45's OS 7 pm	3
4 Family Service Blandford CC 10 am Summer Sizzler, Bayswater Beach 12 pm	5 Happy Natal Day!	6 Fire Trg 7pm	7	8 Pickleball 6 pm	9 Chair Yoga 10 am 45's OS 7 pm	10
11 St Cuthbert's 10 am	12 Fire Mtg 7 pm	13 Fire Trg 7pm	14 Seasiders Picnic, Bayswater Picnic Park 11 am	15 Pickleball 6 pm	16 Chair Yoga 10 am 45's OS 7 pm	17
18 All Saints 10 am	19	20 Fire Trg 7 pm Sept 2024 Newsletter Deadline	21	22 Pickleball 6 pm	23 Chair Yoga 10 am 45's OS 7 pm	24
25 St Barnabas 10 am	26	27 Fire Trg 7 pm	28	29 Pickleball 6 pm	30 Chair Yoga 10 am 45's OS 7 pm	31

Newsletter Advertisement Rates

Personal Ads and Thank you Notices

Business Card Size	\$ 3.00
1/4 Page	\$ 7.00
1/2 Page	\$10.00
Full Page	\$20.00

Business Ads and Community Groups

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CONTACT EDITOR FOR MORE INFO
\$15.00 per year**

Editor Information

SEND SUBMISSIONS TO:

Blandford Sandra McFadyen EDITOR
Aspotogan Recreation Association
Newsletter
54 Upper Wharf Rd
Blandford, NS B0J 1T0
E-mail: aspotogan329@gmail.com
Phone: 902-817-9906



**SUBMISSION DEADLINE FOR SEPT NEWSLETTER:
AUGUST 20, 2024**