

02 SWEATER WEATHER EDITION



THE CHATTER BOX

NEWS FROM HERE & THERE



UpperClementsHall.ca



VOLUNTEER WITH US!

Running and maintaining a community hall takes a whole community. While the Board of Directors spends countless hours overseeing the hall's operations and keeping it running, it also needs the help and support of others in our community.

This is not our hall – it's everyone's hall; it's your hall.

If you believe in what we are doing and trying to do, please help us. If you can donate even an hour or two of your time from time to time, please contact us. Let's work and grow together!



UpperClementsAssoc@gmail.com



TIMBYTES -FROM OUR VP, TIM WALL



My favourite time of the year! The fall colours are here and all my company is gone. I was warned that when you move to Nova Scotia all your friends and family from away come to visit. Not that I'm comparing all the guests we had over the summer to the Ten Plagues of Egypt but Moses could have freed the people a lot sooner if he would have threatened the Pharaoh with a steady stream of out-of-town guests and in laws. Let him plan all the meals, wash and change bed sheets, drive all across Gods green acres sightseeing, watch his liquor disappear and food get devoured, miss out watching the news quietly while eating supper on a TV table and getting into your pyjamas at seven.

Ok so maybe the locusts were worse but.... Oh well I guess that's the price of being loved and popular.

Jokes aside it was wonderful having our friends and family with us and to show them the beauty and wonders of where we live. They now understand why we can't stop talking about how happy we are to live here. It was also such a pleasure to introduce them to the wonderful people who make this part of the country so special. It's always rewarding to see our world through their eyes and be reminded how fortunate and blessed we are to live here.

So it's because of our non stop bragging to all our friends and family that they all want to come. So let them come! But would it be so wrong to include a list of all the local motels and B n Bs in our area in this year's Christmas card? Too subtle?

Tim "I don't run a Hotel" Wall



In future newsletters, we hope to introduce you to people in our community who are trying to make a difference, to new neighbours, to new ventures and initiatives, upcoming events, and reintroduce you to local businesses and undertakings that make up our thriving and diverse community. Any ideas? Email: UpperClementsAssoc@gmail.com



A PLACE TO GET AWAY FROM IT ALL

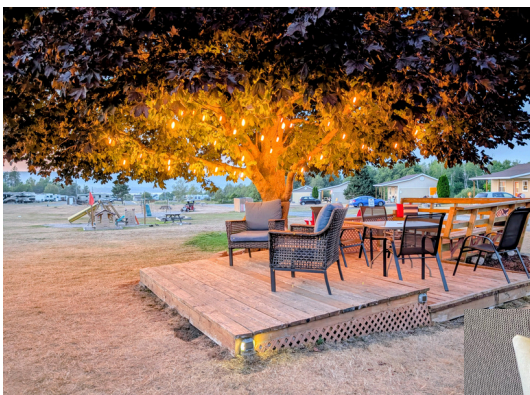
Meet Christine and Raul Kamal and their beautiful daughter Mazikeen. Christine and Raul took over the Upper Clements Cottages and RV Park in June 2024. This hard working and entrepreneurial couple began their adventure to NS in 2021 while camping in the Maritimes. After falling in love with the Annapolis Valley they began searching for opportunities that would blend their love of camping and the outdoors with work and living that was more balanced with an emphasis on family life.

Enter the Upper Clements Cottages and RV Park (UCCRVP). Christine is originally from Ontario and husband Raul from Batswana and Shri Lanka. A trained speech therapist Christine left Toronto and began work at a large commercial IT company where Raul also worked. Having already worked together they knew working together 24/7 as they do now at the cottage and RV park was in the cards. The best part of running the UCCRVP is the quality time it gives their family, and time to be together.

Christine values the opportunity this provides three-year-old Mazikeen to be outdoors with them, having her involved in the day-to-day experiences and activities of the park and meeting new people. Operating a business such as theirs comes with all sorts of challenges as there is always something unexpected just around the corner but this indomitable couple faces them head on.

The park includes seven fully equipped two- bedroom cottages with kitchen and living room, thirty-three RV spots twenty-seven of which are seasonal and a heated outdoor pool. The Bunny Place Retreat is a wonderful spa which includes a sauna, cold plunge and hot tub, a hammock for lounging and a propane fire pit. Recently the Upper Clements Cottages received the "Wandering Women North of 50 Approved" accreditation by Secord Strategies. This accreditation registers businesses that are vetted as a safe and enjoyable place to travel for women over 50 that may be travelling alone.

To learn more about the Park and SPA visit BUNNYPLACE.CA -or visit our website where we have a video profiling them :)



A PERSON OF INTEREST



Most people know the Antiques in the Church shop in Clementsport, 1694 Highway 1, but you may not know its fascinating proprietor Leslie Langille. What an interesting man Leslie is, with such a rich and fascinating past. Leslie makes you feel welcome and very much at home the moment you enter his lovely shop. If you are new to the world of antiques no need to feel intimidated when you visit Leslie, he is relaxed, friendly and eager to share his knowledge and passion for antiques with you.

Leslie has lived in Clementsport for the past 22 years in a beautifully restored historical home which in part dates back to 1783. Leslie has been collecting antiques for 60 years and remembers the first antique piece of furniture he bought, a circa 1820 mahogany wall cabinet he paid thirty-five dollars. Since then he has operated antique galleries in Lunenburg, Block House in the old trading post, Granville Ferry and now in Clementsport. Leslie has been operating out of his current location since 2013. In addition to selling antiques he has restored old homes and operated them as B and B's.

While no longer running B n B's Leslie previously owned and operated the charming Boscawen Inn and Ashley House in Lunenburg and the Queen Anne and Hillsdale in Annapolis Royal. Leslie purchased the Queen Anne in 1989 and says this was his biggest restoration project.

Leslie's appreciation for antiques started when he was a child visiting his grandmothers house and seeing many beautiful things there. He believes that people are often drawn to things that are nostalgic and memories of things we saw and lived with when we were young. Antiques keep us in touch with the past and makes history come alive. It's fun thinking about who the people were who handled and treasured things that are now hundreds of years old. We are so fortunate to have Leslie here, his presence adds to the richness of our community

BON APPETITE!

This edition's recipe is provided by Verilea Ellis. Sounds delicious, thank you Verilea!

Brazilian Cream with Lime and Rum

3 Avacados, halved and peeled

1 to 2 tbsp. icing sugar

¼ cup lime juice

¼ cup light rum

½ cup heavy cream

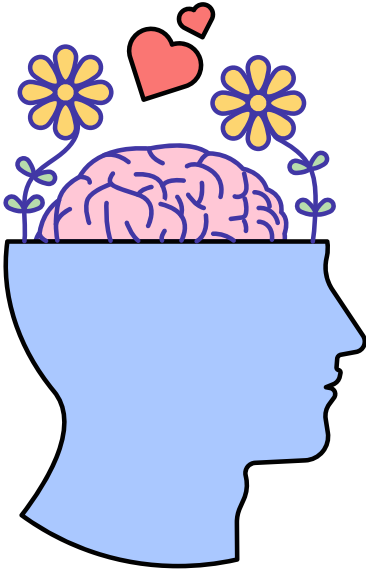
Lime slices or wedges for garnish

Puree avocados with icing sugar, lime juice and rum until smooth.

Whip cream and fold into avocado mixture. Spoon into wine glasses or into avocado shells. Chill slightly and serve. Enjoy!



LOOK WHO'S TALKING



MENTAL HEALTH SERIES

October 16th (6:00 to 7:30 PM) , UNDERSTANDING TRAUMA with speaker; Tim Wall

October 27th (6:00 to 7:30 PM), MINDFULNESS Speaker Claire Mauer MA, LMHC, NCC

Both events are free but donations are most welcome. To learn more about these presentations and to register please visit our website at UpperClementsHall.ca

We have other wonderful events in the works, like our upcoming first Bar Bingo so stayed tuned for more!



Back in August, when the fire was raging out of control, the Bridgetown Fire Department was there. Our treasurer Sheila Salsman proudly delivered a \$500 check to thank them for their incredible help.



We're excited to do even more for local causes as we work toward becoming a registered charity!



VAL'S WORD SEARCH

TOWNS

THE FOX....AN OLD ENGLISH FOLK SONG...
"THE FOX WENT OUT ON A CHILLY NIGHT
PRAYED TO THE MOON TO GIVE HIM LIGHT
HE HAD MANY A MILE TO GO THAT NIGHT
BEFORE HE REACHED THE TOWN-O, TOWN -O"

**FIND 21 WORDS
DIAGONALLY
HORIZONTALLY
VERTICALLY**

B	A	Z	Y	X	W	V	U	T	S	R	Q	P	O	N
C	H	A	N	T	S	P	O	R	T	E	X	A	D	M
D	K	R	I	N	K	S	Y	D	M	E	Y	N	F	L
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F	Y	S	H	E	L	B	U	R	N	E	L	G	S	I
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J	L	J	K	M	O	L	N	R	S	R	T	C	U	X
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D	O	C	L	G	A	C	L	O	R	F	H	T	O	R
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AMHERST
ANTIGONISH
BERWICK
BRIDGETOWN
BRIDGEWATER
CANSO
CHESTER
DEBERT
DIGBY
HANTSPORT
KENTVILLE
LIVERPOOL
LUNENBURG
MIDDLETON
OXFORD
PICTOU
SHELBURNE
TRENTON
TRURO
WOLFVILLE
YARMOUTH



THE MOUSE THAT ROARED!

We may be small but we're mighty big. Thanks to our creative and forward-thinking Chair Daniela Siggia-Beasant, Upper Clements is going to be featured in Municipal World magazine. Daniela was invited to contribute the feature article for the magazines Culture and Heritage edition. Municipal World is distributed to municipal offices across Canada and several countries abroad and is widely read by municipal leaders.

In the article Daniela highlights the town hall hosted by Upper Clements Hall and that even though our community doesn't have a traditional downtown, the hall can serve as a true heartbeat of the community. Residents often hold a vision for their community's identity that goes beyond what municipal leadership might see.

This national attention will shine a light on our best-kept secret, this little town and area, and encourage people to explore and discover our community, our businesses and all that we have to offer.

Well done Daniela! Follow us on facebook-we'll be posting the article when it comes out!



UPCOMING EVENTS YOU DON'T WANT TO MISS!



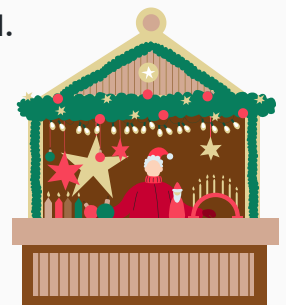
Craft , Bake and Garage Sale

Don't miss the Upper Clements Community Hall fall Craft, Bake and garage sale on **Saturday, October 11 from 9:00 AM to 3:00 PM.**

Winter Celebration Market

Don't miss our annual winter shopping fair with elevated artisanal products & treats, Start your Christmas shopping early **Saturday, November 1 from 10:00 AM to 3:00 PM. Sponsored By Acadian Teas on their 5th anniversary!**

VISIT OUR WEBSITE FOR MORE: UpperClementsHall.ca



HAPPY THANKS GIVING

The Upper Clements Community Association extends a very happy Thanksgiving to you all. We have much to be thankful for and it is also good that we take time to think of those who are struggling with food insecurity, homelessness, grief and our friends and neighbours who have been forced out of their homes due to the forest fires or have lost their homes. As we give thanks for our blessings let us also think of what we can give to help others.





UPPER CLEMENTS HALL

\$55

Doors & Bar open
5:00pm
Dinner at
6pm



with Chef Sonya

La Dolce Vita!

ITALIAN FEAST & FUNDRAISER

Dinner- Cash Bar-Lively Auction -50/50 Draw- Music & More!

Saturday November 15, 2025

We need your help! Our hall is one of the busiest in the region. We keep rentals affordable so everyone—families, entrepreneurs, artisans, and performers—can gather, create, and connect. Your support helps us cover major costs and keep vital programs—like our mental health speaker series—going strong.

PRIMO



Wedding Soup

+



Meat or Veggie Lasagna + Caesar Salad

or



+



+



Tiramisu

DOLCE

**CASH
BAR!**

Helps Us
Fundraise!

Limited Seating
PURCHASE TICKETS ON OUR WEBSITE
UpperClementsHall.ca
Doors & Bar open 5:00pm
Dinner at 6pm

MENU



AROUND THE HALL: COMMUNITY HAPPENINGS

While these activities aren't run by the Hall itself, we're delighted to see so much life and laughter filling our space! From clubs to special events, independent groups are bringing wonderful gatherings to our hall that might be just what you're looking for.

Curious? Keep an eye on our website and Facebook page for the latest details.



Open to the public- \$2 Donation To The Hall Appreciated



West Nova Bee Club

Find Them On Facebook!

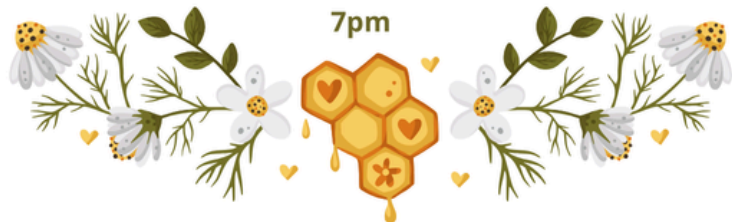
Interested in bees and beekeeping? Join the club for conversations, community, and a little sweet inspiration.

2025 Sept 11, Oct 9, Nov 12, Dec 10

2026 March 11, April 8, May 13, June 10, July 8,
Aug 12, Sept 9, Oct 14, Nov 11, Dec 9

Upper Clements Hall
2195 Highway 1 Upper Clements NS

7pm



A Christian Women's Day Retreat

Hearing God's word

Equipping The Saints

Join women from across Nova Scotia – from all Christian denominations – for a day of fellowship, renewal, and unity in Christ

\$20

Per Person-cash at door

17 Saturday, November 8, 2025
9:00 AM – 4:00 PM
Upper Clements Community Hall
9125 Highway 1

If cost is a barrier but you'd love to join us, please reach out – we'll help.

What's Included:

- Inspiring speakers
- Workshop-style sessions
- Prayer and reflection
- Creative expression through art
- Thoughtful, unifying discussions
- A delightful lunch & snacks



This retreat is a chance to recharge our spiritual batteries before the Christmas season, to celebrate what unites us as Christian women, and to strengthen each other's ministries and parishes through faith-filled connection.

RSVP: AnnapolisValleyChristians@gmail.com

Care to make it a weekend getaway? Upper Clements Cottages is next door & looks forward to pampering you in their new Nordic Spa-open all year round!
UpperClementsCottages.com/

LOOKING TO RENT THE HALL FOR A SPECIAL EVENT OR REGULAR GROUP?

UpperClementsHall.ca/rent-our-hall

We've got a virtual tour, pictures & a fully
automated online booking system!

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**Thank You for reading our newsletter. Please follow us on
facebook & visit our website for updates!**

Don't miss the next issue! Subscribe to our newsletter on our website or here:

SUBSCRIBE



Donations

The Upper Clements runs on a small annual budget, yet, as everyone has experienced, costs keep growing — stretching and straining our resources. The hall has a long list of annual operating expenses, from insurance, septic services, utilities, and supplies to repairs and replacing equipment.

All of these ongoing expenses are covered through fundraising and your generous donations. No donation is too small, and every donation is greatly appreciated. Invest in our community and future by investing in the Upper Clements Community Hall. Thank you.

etransfers can be sent to
upperclementsassoc@gmail.com
-please write **DONATION** in the message