



01 EDITION

CELEBRATING

AUTUMN

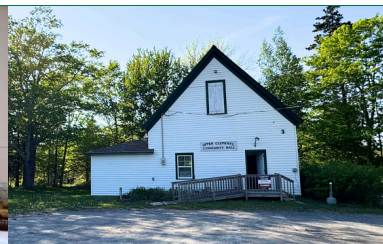


THE CHATTER BOX

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

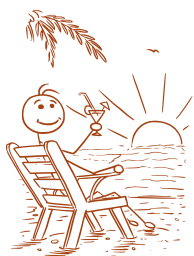


When Daniela, our current Chair, approached me and asked if I wanted "to be one of the Board," I leapt at the opportunity. "Yes, please!" You see, the last year had been a very busy and stressful one, and I was exhausted. I had, however, completely misunderstood Daniela and thought she was asking me if I wanted to be "one of the bored." I thought there was a group of people who hung out and did nothing but sit back on chaises, enjoy saunas together, get served margaritas, and be catered to. So, I was a bit surprised to find out that to join this group of layabouts, I had to first be interviewed by the rest of 'the bored.' I thought, wow – what an exclusive club!

I showed up for the interview and was puzzled that not only did they ask tough questions, but everyone was in chairs and not recliners. I wasn't offered a cocktail or pedicure, and everyone looked just a little bit tired – and no tans. But I was all in; I wanted to be bored and have regular spa days with the other bored members. It wasn't until after I got the call to say I was elected that I realized I had been grossly misinformed – and you know what? I couldn't be happier. The best mistake I ever made! Thank you, Daniela, but you still owe me a spa day.

While my husband and I had been living here seasonally for the past six years, it was only last year that we became full-time permanent residents. We love our new home and community and feel blessed by the many new friends we have made, including all my new friends and colleagues on the Upper Clements Community Association Board of Directors. I had long been thinking about how I might give back to my new community, to get involved and support its continuing growth, well-being, and prosperity.

For me, a community isn't a place, a building, or a cluster of houses. Community is an idea, an ideal, a sense of belonging, of feeling connected – of people, no matter how different they might be from each other, having a shared and vested interest in the well-being of their fellow citizens and creating healthy neighbourhoods. It's people taking time to know and care for each other. It is my heartfelt belief that this is what this simple and unassuming building we call the Upper Clements Community Hall stands for and represents.



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.

THE BOARD



Daniela Siggia-Beasant, Board Chair, has spent much of her career in the non-profit sector, focusing on community-driven initiatives, and is committed to keeping Upper Clements Hall a vibrant, welcoming space for all. Her husband, fellow board member **Paul Beasant**, is the CEO of Nova Graphene and brings valuable skills in strategic partnerships and innovation to support the Hall's future.

Vice Chair – Tim Wall is originally from Manitoba, where he raised a family and worked as the Director of Mental Health Services for a large community health centre. He also served as the Executive Director of the Canadian Association of Suicide Prevention and has special expertise in the area of psychological trauma. Tim is a passionate art collector and successfully ran an art gallery for five years after he retired.

Secretary – Paula Steenken brings global experience in education, journalism, and humanitarian assistance, including crisis management and volunteer leadership with the Canadian Red Cross. Now in her second term on the board, she also runs Acadian Teas, supporting local farms and the Annapolis Valley community.

Sheila and Emery Salsman have lived in Upper Clements for forty-three years. After Emery's twenty-five years in the military, they ran a stained-glass business for thirty-five years before retiring. Sheila now serves as Treasurer, while Emery oversees much of the hall's day-to-day upkeep; together, they remain active in the community through hobbies, volunteer work, and local events.

Denise Rice worked as a nurse's aide until her retirement. She has been a volunteer with the O'Dell Museum since 1996 and is active in genealogical and historical societies. Denise is a past member of the Annapolis Legion Branch, a Board Member of Mapannapolis since 2013, and also a member of the Woodlawn Cemetery Association. She has been on our Board for the past five years. Denise loves gardening and genealogy.

Valerie Young Mount was born in Digby and raised in Deep Brook, Valerie is our oldest and longest-serving Board member. She attended St. Patrick's Business Centre and worked as a secretary. Valerie operated a bookstore in Kamloops, B.C., before returning to Deep Brook in 1990. She is an accomplished piano teacher, church pianist, accompanist, and choral member. Valerie is the mother of five, grandmother of seven, and great-grandmother of four.

Chris Rice has lived in the Upper Clements area since 1980. A wife, mother, and Nana, her family is at the centre of her life. Chris has been an active Board Member for the past two years, participating in fundraising and the community volunteer income tax clinics. She enjoys spending time with family and friends, cooking (she makes incredible lasagna), music (karaoke), and warm sunny days.

Lolita Cromwell graduated from vocational school in cosmetology and taught barbering in Middleton. She and her husband have lived in Upper Clements for thirty-three years, where they raised their family. Lolita has worked from home as a hairstylist and has also been involved in various other undertakings outside the home.

Verilea Ellis is a long-time Board member committed to the community and the continued success of the Upper Clements Community Hall. She has been an active voice in board discussions and decisions, bringing valuable perspective to the table. Her ongoing support helps ensure the Hall remains an important gathering place for the community.



This past May, a new Board of Directors was elected for a two-year term. Before introducing you to the Board, we would like to thank the outgoing Board for their years of dedicated service and stewardship.

This little building with the big heart is the result of their tireless efforts to keep things going and in good stead. We are eternally grateful.

NOMINATED FOR ORDER OF NOVA SCOTIA!



Cornelis "Kees" Steenken, a proud Upper Clements resident and recent nominee for the Order of Nova Scotia, is currently deployed on a remarkable peace-building mission in Ethiopia. As part of a Canadian-UN initiative, he is helping to disarm, demobilize, and reintegrate over 371,000 former combatants – turning conflict into hope and paving the way for lasting peace.

This spring, the Board of Directors approved a dynamic and inspiring mission/vision statement for the Association. This statement seeks to not only explain what we do, but also why we do it and what we hope to accomplish over time. It is a living document that will no doubt grow and evolve over the years as the Association and our beloved Hall grow and evolve. We are very excited about what lies in store and to share that with you as we move forward together.



OUR MISSION

The Upper Clements and District Association is a volunteer, charitable organization, dedicated to promoting a healthy, resilient, and dynamic community.

The Association seeks to facilitate and promote the building of supportive, positive, and respectful relationships and connections in our community and residing areas. The Association seeks to accomplish this by operating and maintaining the Upper Clements Community Hall and to make it available for community groups to meet in a safe, welcoming, and accessible space that values and nurtures the diversity of our community.

These groups include but are not limited to; groups of common interest, self help groups, seniors groups, and those who offer services and support to these groups.

The Association actively sponsors, supports and organizes activities that promote individual growth, self-efficacy, emotional, mental, physical and spiritual health and well-being. This may include but not limited to presentations and educational sessions by individuals with special knowledge and experience in a variety of areas that promote the mission and vision of the Association and that are open to all those residing in our community and surrounding area.

The Association also supports private gatherings that celebrate and nurture families, fellowship, capacity building and local entrepreneurship. The Association supports these events by renting Hall space at low rates.





BOARD BUSINESS

The new Board has been very busy and has accomplished a lot in a very short time. The Board revised and approved new by-laws, wrote a mission/vision statement, created a new website and pamphlet, installed a new online program for hall bookings, began publication of a newsletter, developed a series of free community talks – more on that below – organized a fundraiser community yard sale, and hosted a kitchen party in support of Second Strategies.

The Board also approved a motion to apply for charitable status with the CRA!

All this took place while the new Board was in transition and we were all learning about our new responsibilities and the operation of the hall. Not surprisingly, there have been a few small bumps along the way as we settle into our roles and navigate the challenges that lie ahead. In an atmosphere of camaraderie, cooperation, commitment, and confidence, we are moving forward together and are excited about what the future holds for us and our beloved hall.



Become a Member

One way to support the Upper Clements Community Hall is to become a member. Membership is only five dollars and comes with certain advantages that includes insurance which non members are required to provide themselves. Members also receive our newsletters. Please consider joining us in our efforts to build a vibrant and dynamic community and community hall. Thank you.

Who, What & Where

In future newsletters, we plan to feature stories on people, ventures, and new initiatives in our community.

Feel free to submit your ideas about people – long-time residents and new arrivals – and what's going on in our vibrant community that you would like to see featured in upcoming newsletters.

UpperClementsAssoc@gmail.com

VALERIE'S WORD SEARCH

Y	D	Z	E	T	F	U	G	M	H	O
W	C	O	N	W	A	Y	A	B	C	I
X	A	S	H	M	O	R	E	D	E	P
L	X	V	I	C	T	O	R	Y	L	Q
N	C	V	I	C	M	N	O	I	I	Q
P	E	B	A	R	T	O	N	N	T	A
Q	N	V	T	A	H	M	A	G	C	R
B	T	X	U	C	I	B	U	L	H	B
U	R	H	P	F	L	A	B	I	F	A
S	E	G	P	E	L	Y	U	S	I	C
Q	V	R	E	T	S	V	R	V	E	B
O	I	A	R	O	B	I	N	I	L	P
M	L	Y	V	R	U	E	P	L	D	C
K	L	W	I	B	R	W	L	L	T	O
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A	E	U	V	K	O	W	X	T	L	M
B	Q	X	Y	R	S	P	K	A	P	F
C	U	P	E	S	X	C	D	O	R	L
D	I	P	O	G	I	E	N	K	M	G
F	L	R	X	R	C	O	C	M	N	J
H	L	W	B	N	T	E	D	O	U	I
J	E	V	I	B	D	E	T	M	X	H
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N	P	A	A	C	M	N	A	B	U	T
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R	V	M	H	G	C	H	I	N	O	X
T	N	B	R	I	G	H	T	O	N	W
X	V	W	N	P	G	U	I	N	E	A
U	B	R	I	G	H	T	I	N	O	D
S	C	A	N	N	I	N	G	P	Q	B
T	X	C	H	E	L	S	E	A	X	C
X	Y	Z	L	M	N	O	P	Q	R	S

AFRICAN PROVERB:

"IT TAKES A VILLAGE TO RAISE A CHILD"

(OR A HAMLET OR A COMMUNITY)

Ashmore
Auburn
Barton
Bayview
Brickton
Brighton
Canning
Centreville
Chelsea
Conway
Graywood
Guinea
Hampton
Hillsburn
Inglisville
Lequille
Litchfield
Nictaux
Perotte
Princedale
Rossway
Torbrook
Tupperville
Victory
Waldeck

FIND
25
WORDS
DIAGONALLY
HORIZONTALLY
VERTICALLY

LOOK WHO'S TALKING



Beginning this fall, the Upper Clements Community Association is providing a series of free community talks/public service workshops to those living in our community and surrounding areas. These presentations will cover a variety of topics that can contribute to promoting our health and well-being. Attendance is free, and a goodwill offering is gratefully accepted. Seating is limited, so please register by visiting <https://www.eventbrite.ca>

OCTOBER 16 6PM-7:30PM

Free admission,
donation
appreciated

Save The Date
Thursday Oct 16, 2025
6pm - 7:30pm

**UNDERSTANDING
TRAUMA**

Upper Clements Community Hall
2951 Hwy 1, B0S 1A0

Limited Seating,
reserve your seat!

Speaker
Tim Wall



It is estimated that at least one in four Canadians will experience a traumatic event in their lives — an unexpected, frightening event that a person was helpless to stop. The effects of these events can range from mild and short-lived to profound and long-lasting, affecting the body, mind, and spirit. Every day, as we go about our business, we may encounter the effects of trauma on people without ever realising it, even when it's staring us right in the face. This can lead to misunderstandings, judgement, and negative effects on our interactions and interpersonal relationships.

This workshop will explore what trauma is, how it affects our body, mind, emotions, spirit, and relationships, recognising the signs and symptoms of trauma, healing, and how to support those affected by trauma. This workshop aims to broaden not only our understanding but also our capacity to be compassionate with ourselves and with others.

About Tim Wall -Our presenter has *thirty-five years of experience in the field of post-traumatic stress as a therapist, educator, and developer of resource material* on this subject. He was the founder of Canada's first Trauma-Informed Resource Centre, Director of Counselling Services at Klinik Community Health Centre in Winnipeg, and past Executive Director of the Canadian Association for Suicide Prevention. Visit our website to register — seating is limited.

RESERVE YOUR SEAT

MINDFULNESS-OCTOBER 27 6PM-730PM



Please join us for an opportunity to learn about and practice mindfulness skills with Licensed Mental Health Counsellor and Mindfulness-Based Stress Reduction Instructor Claire Mauer.

There are many different forms of meditation, from ancient religious traditions to secular practices; even some wonderful apps you can use on your phone! Our focus for the evening will be on simple secular practices for cultivating mindfulness, which is a state of intentional awareness that allows us to be more fully present in the moment without judgement and with kindness.

Mindfulness practice can "rewire" our automatic reactions -- empowering us to respond in a healthier way to challenging situations, thoughts, emotions, and physical sensations. It also allows us to notice and appreciate what is good in ourselves, others, and life itself. These skills can help us build resiliency, self-compassion and better manage our responses to stressful situations and even chronic conditions.

During this 90-minute workshop we'll begin with an overview of Mindfulness Based Stress Reduction and then explore a few experiential practices that invite you to bring friendly awareness and kindness to your mind and body. Visit our website to register, seating is limited.

About Claire Mauer, MA, LMHC, NCC

Claire is a Licensed Mental Health Counsellor who specializes in trauma therapy. She was first introduced to Mindfulness Based Stress Reduction (MBSR) more than 20 years ago and in 2021 became credentialed through Brown University to offer MBSR instruction.

In Claire's words: "The practice of mindfulness has changed the way I live, the way I feel, and the way am present with people. It has helped me deepen my connection to myself and those I care about, to pause more and react a bit less, and to turn down the volume on the critical voice in my head. I'm still a work in progress, but I am generally able move through my days with a little more patience and kindness than before. Most importantly, these simple practices help me wake back up to the beauty of the world when I start to feel overwhelmed by the suffering around me."

RESERVE YOUR SEAT



Recipes

Did you know that the Upper Clements Community Association published a cookbook? Not surprising, considering the many wonderful cooks who have been — and are — on our Board! In each edition, we will include a recipe from that cookbook or new ones from the fabulous kitchens of our Board & community.



Hamburger Soup

1 ½ lbs. hamburger
1 medium onion
1 – 23 oz. canned tomatoes
3 cups water
2 cans consume soup
1 can tomato soup
4 carrots
1 bay leaf
2 cans water
3sticks celery, parsley, 1/2 tsp. thyme. pepper and salt,
8Tbsp barley
Brown meat and onions. Drain fat. Combine remaining ingredients in large pot with meat. Simmer 2 hours or all day.

Compliments of Nancy Wear



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NEWS FROM HERE & THERE



UpperClementsHall.ca



Thank You for reading our inaugural 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