

Issue no.06

APRIL SPRING GREETING



Spring Is Springing! (Sort Of)

With the end of winter comes a reinvigorated spirit and hopefully some spring weather! The WRA has a few activities planned for this year, so stay tuned on our Facebook for more information!

Food Tip And Tricks

Saving money at the grocery store is on everyone's to do list, with the rising cost of living. Here are some tips for saving that money.

- **Buy local**, especially food that is *in season* from the Maritimes is the best way to be frugal, economically responsible AND environmentally conscious. Buying (affording) local is a privilege not everyone has. Even if it's more expensive, supporting the local food economy decreases the cost of local food over time. The food economy depends on long supply chains. Let's save that money by keeping the supply chain shorter by buying food that's produced right here at home. You can also buy local frozen berries in the winter.
- **Consider farm shares.** There are a couple in the area that are good. (Example: a Woodlawn resident thinks it'll run her 100-150\$ for 2 people for the year. They're a risk of course (bad growing season = no refund) but an option for supporting local farmers.)
- **More Savings. Less Waste.** FoodHero and Sobeys help you discover great deals on surplus products while helping you reduce food waste.
- Fresh produce, meat, and more at up to 50% off. With the **Flashfood app**, find deals at your local grocery store and enjoy more for less.
- **Halifax Public Library** usually puts out a food calendar of free food resources
- Check out **Gateway Meat Market** or **Chaters Meat Market** for deals on meat.
- **Check flyers** regularly at places like No Frills.
- When they're on sale, stock up on non perishables that you use frequently
- Learn to make your own bread. (**Sourdough Starter Recipe Included Under The Picture.**)
- **Invest in a deep freeze** so you can stock up on sale items like meat
- **Check out (and volunteer at) Tuesday's Mobile Food Market in North Dartmouth (mobilefoodmarket.ca).** Affordable produce, local when available. They have a punch card that gets you free groceries after using the Mobile Food Market so many times.
- **Feed your community through giving and volunteering opportunities.**



Edgar Allan Dough (Sourdough Starter)

This is by far my favourite way to make a sourdough starter, so feel free to take pictures and send them to us on our Facebook if you use it! (Mine is named Edgar Allan Dough, so make sure you pick a cool name for your living bread baby!) I also get my ingredients from Bulk Barn, so I can get exact measurements.

Day 1:

Combine 60 grams of whole wheat flour and 60 grams of room temperature water in a LARGE glass jar. Let rest in lukewarm area overnight.

Day 2:

Check for bubbles, continue to let starter rest.

Days 3-7:

Feed your starter 60g of bread flour, and 60g of water, EACH DAY, discarding half of the starter before you start to mix.

Day 8:

Your starter should have doubled in size. If it hasn't, repeat the feeding stages until you have noticeable fermentation.

You can use this in any basic sourdough recipe! And if you like a bit of sweetness, you can replace 10g of water in the initial stage with 10g of honey. (I always do, but it's not required for a successful starter.)

- Melanie Munroe, WRA Vice-Chair

Food Tips & Tricks (Con't)

Here's a list of completely free resources you can check out right now:

- **Feed Nova Scotia:**
 - This organization is a key player in addressing food insecurity in Nova Scotia, with a network of 140 member food banks, meal programs, and shelters.
 - **Donations:**
 - Feed Nova Scotia relies on donations from individuals and businesses to support their programs and services.
 - **Finding Food Support:**
 - You can find food banks and other food support programs in your area by visiting the Feed Nova Scotia website or calling 211.
 - **Donating Food:**
 - You can donate food directly to a member agency in your community or drop off donations at the Feed Nova Scotia warehouse at 67 Wright Avenue in Dartmouth.
- **Government Funding:**
 - The Nova Scotia government provides funding to support food banks and food support programs, including a one-time \$2 million funding to Feed Nova Scotia. Ask your MLA to vote for these kinds of initiatives.
- **Nourishing Communities:**
 - The Nova Scotia Farmers' Markets website offers a program called Nourishing Communities, which provides participants with weekly allotments of market bucks to purchase food at local farmers' markets.
- **Grocery Rebate:**
 - The Government of Canada introduced a one-time Grocery Rebate to provide financial support to eligible Canadians. Ask your MP to vote for these kinds of programs.

Gardening UP Instead of OUT

Growing your own food is a great way to save money on groceries. For a vertical garden in Woodlawn, consider vining plants like beans, cucumbers, tomatoes (indeterminate varieties), squash, and peas, as well as leafy greens and herbs with shallow roots, all of which thrive in containers and vertical spaces.

Vertical gardens, or living walls, offer space-saving and aesthetic benefits, but also present challenges like up-front costs, potential maintenance issues, and limited plant selection.

DIY Vertical Farming

Build a custom raised garden bed! Call or text Chris Brison at Brison Contracting today!

Phone: (902) 414-4473.



Real Estate Market Update

If you live in the B2W, this update is for you:

The B2W market, including Woodlawn, Portland Estates, Cole Harbour, and Woodside is showing strong growth, increasing house prices, and faster sales heading into spring! Many buyers for only a few houses!

Between January 1st - April 9th 2025, 62 residential homes sold in the B2W area with an average sale price of \$510k—a significant 7% increase from \$476k during the same period last year. Homes are also selling faster, averaging just 15 days on the market compared to 21 days in 2024. Sale prices ranged from a low of \$239k to a high of \$845k, reflecting a healthy mix of different house prices on the market.



Electoral Update

Electoral Update

Election day is Monday, April 28, 2025. To find your voting place, visit elections.ca

Advance voting takes place between :

Friday, April 18, 2025 – Monday, April 21, 2025

Official Candidate Information:

- Liberal, Darren Fisher: [DarrenFisher.ca](https://darrenfisher.ca)
- NDP, Keith Morrison: keithmorrison.ndp.ca
- Conservative, Isabelle Obeid: dartmouthcoleharbour.conservativeeda.ca

Community Cleanup At Morash Park

Free food and Music!

Morash Park Cleanup

Sunday, April 27th 2:00–4:00PM

Location: 100m West of the corner of Woodlawn & Woodlawn Road
(Junction with Mount Edward Road, next to Woodlawn United Church)

Join us for a community cleanup at Morash Park on Sunday, April 27th at 2:00 PM! Together, we can help keep our neighborhood clean and beautiful while enjoying the outdoors and connecting with others in the community.

- Free Personal Protective Equipment (PPE) for all volunteers.
- Music!
- Hotdogs and pop.

Whether you're a local resident or simply want to lend a hand, all are welcome! Let's work together to keep Morash Park a place we can all enjoy! See you Sunday, neighbour!

Upcoming community events to watch out for:

- Community cleanup at Morash Park. Hotdogs, pop, and music free. April 2025.
- Woodlawn community yard sale day! May 17, 2025.
- Woodlawn Residents Association AGM this summer (August). All are welcome!

Learn To Check Your Sources and Navigate Media

Navigating the News:

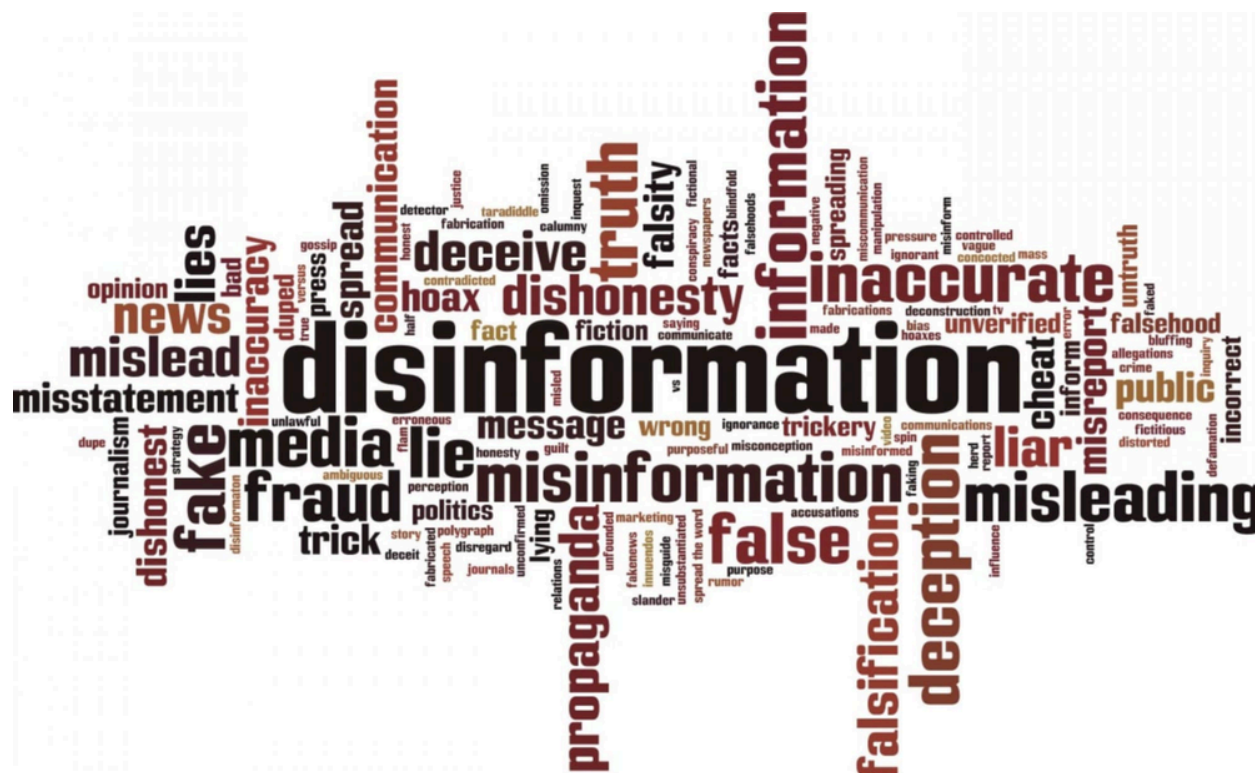
- Fact checking 101: When you fact check a news story you are looking to determine whether or not the statements and claims made are accurate.
- How does disinformation spread? Disinformation is very complicated. It can be created to mislead or be totally false. Disinformation is often missing important context when genuine information is shared within a false context, especially through social media.
- Foreign media outlets: avoid!

Tips:

- Learn how to fact check
- Beware of disinformation
- Look to Canadian News sources such as CTV, CBC, or your local news paper.

For more pro tips, visit:

- TheCanadianPressNews.ca
 - The Canadian Press News monitors the factual accuracy of what is said by major Canadian political players in the form of TV ads, debates, speeches, interviews and news releases.
- Snopes.com
 - Snopes' fact-checking and original, investigative reporting lights the way to evidence-based and contextualized analysis.
- Politifact.com
 - PolitiFact focuses on looking at specific statements made by politicians and rating them for accuracy.
- TruthOrFiction.com
 - TruthOrFiction.com is a non-partisan website where Internet users can quickly and easily get information about eRumors, fake news, disinformation, warnings, offers, requests for help, myths, hoaxes, virus warnings, and humorous or inspirational stories that are circulated by email.



Volunteer with us!

Woodlawn is such a great community and volunteering with WoodlawnResidents.ca is an awesome way to meet some neighbours and have some fun. Join today (it's free) to get connected with volunteer opportunities right here where you live and help make Woodlawn even better. We have in-person and volunteer-from-home opportunities. Visit WoodlawnResidents.ca and click join. There is a place for everyone.