



# Rural Communities Foundation of Nova Scotia

VOLUME I SPRING 2020



The importance of rural Nova Scotia has never been more prevalent! Our contribution to the Canadian economy and the well being of our province is evident more than ever. Nova Scotia is geographically rural and the fabric of this economy lies within the rural areas of this province. As this newsletter is written, we are in the midst of the COVID19 virus with mandatory self-isolation to protect our most precious and vulnerable. Nova Scotians are proudly playing a role on a global front to stop the spread and combat this threat.

There have been closures of many Nova Scotia businesses. Yet, within the rural areas our milk, eggs, beef, pork, poultry, wine and brewing, vegetables, fruit, honey and fish are still available so consumers in the rural and urban areas can be fed. Our entertainment industry's musicians, comedians, actors and artisans have taken a stance and are bringing our community together in ways that are unimaginable. Heros wake up each day and put themselves at risk to protect our well being. We are by nature survivors and our resourcefulness will allow us to adapt to these new times!

RCF continues to collaborate with our sister organizations including CFNS and has assisted them with the IRP program. Literacy Nova Scotia continues to provide us with dependable support in our operations. The committees of RCF, Granting and Nomination, Fund development, and Engagement continue to work diligently in carrying out the duties of their committee work and therefore the programs and the efforts of RCF are in good hands. This past year monthly board meetings are held on the 3rd Thursday of each month and are enhanced by the use of the Zoom program. We welcome four new directors, Eirinn Fraser, Penny Day, Mark Embrett and Ella Lentz. Their skill sets and interest in RCF will be an added bonus to the work of RCF. As I write this report many things are in limbo. The Anniversary celebrations for 20 years of operation planned for June of 2020 are on hold as well as vital conversations for the RBC grantees, but, the most important aspect is the health and safety of all people. Many thanks to the board of directors and Literacy Nova Scotia.

Rural Communities Foundation expresses our sincerest condolences to the families effected by the events of April 18th and 19th in Nova Scotia. To the Snowbirds (431 Air Demonstration Squadron) and the family of Capt. Jenn Casey and CFNova Scotia and the families of Sub.-Lt Abigail Cowbrough, Sub.-Lt Mathew Pyke and Capt. Brenden Ian MacDonald please accept our heartfelt sympathies on the loss of your loved ones. Dylan Ehler and his family are in our thoughts and prayers.

*Jean Ward*  
Chair

Rural Communities Foundation of Nova Scotia



# WE RISE AGAIN FUND

Established: 2020

Fear does not have a monopoly here. And when we grieve, we do not grieve alone.

As one province, as one community, we will reclaim from fear and grief the spirit that is ours - one of friendship, kindness, caring and bravery and will fill our space with love, hope and resilience.

This is OUR Nova Scotia.

#WeRiseAgain



The tragic events of April 18th and 19th, 2020, in Nova Scotia have left a deep mark on the hearts of the people in our province, and Canadians collectively. For families who lost loved ones, friends and coworkers who lost valued companions and for the communities that lost residents, these are days that will forever be marked by grief.

Our province has rallied to support all those who experienced loss on those terrible days and will continue to do so as only Nova Scotians can. We are inspired and lifted by the beautiful and moving tributes that have been shared at sites around the community and even virtually, as the way we grieve has been altered by our current state of emergency due to the COVID 19 pandemic. There have been many fundraising efforts put in place to support the victims' families and the community during this time of great need.

Community Foundation of Nova Scotia, in collaboration with the Ulnooweg Indigenous Communities Foundation, the Rural Communities Foundation of Nova Scotia and the United Way, want to be a part of supporting the community in concert with those efforts.

The Red Cross, in partnership with the province of Nova Scotia, have stepped in to offer response and recovery support with their Stronger Together Nova Scotia Fund. This fund is designed to address the immediate needs of the community as well as providing for longer term victim support and mental health services. We would like to take the baton from there and offer our support in a space that community foundations know best, legacy.

With the generous support of Green Shield Canada and other donors, the We Rise Again Fund has been created to address the longer-term vision of legacy for the victims of this tragedy. Mothers and fathers, sons and daughters, nephews and nieces, friends and colleagues – these deeply loved victims made an impact in their lifetimes on the lives of so many, and we know that their legacy of impact will go on infinitely in the hearts of those that loved them. This fund is a tribute to that love and that legacy of impact and of caring for community. We will work with the community, the families, local and elected officials and donors to address long-term legacy, learning and healing, ongoing support services and identify ways to make a fitting tribute to those lives lost.

After response begins recovery, and after recovery begins rebuilding. Together with the Red Cross and their Stronger Together Nova Scotia Fund, and other generous funds to support the healing, we will stand ready to support the community when it is time for rebuilding. We know that despite unfathomable tragedy, We Will Rise Again, together.

Donations can be made to the #WeRiseAgainFund by visiting [canadahelps.org](https://canadahelps.org)



## Revitalizing Rural Nova Scotia Through Youth-led Innovations

Rural Communities Foundation of Nova Scotia, in partnership with RBC Future Launch Community Challenge and Community Foundations of Canada (CFC) has given \$90,000 to seven youth-led projects between ages of 15-29 and their partner organization to turn the bold ideas of the youth into reality through leadership of programs. These programs include health, food security, education, the environment and many other community priorities.

These youth leaders will help sustain and enrich their communities in rural Nova Scotia. The grants are being made to youth-led projects in 150 small and medium sized communities across Canada. The goal of the granting program is to shift the power to young leaders making positive social or environmental change in their communities, while gaining valuable skills and experience. Participating in the RBC Future Launch Community Challenge builds on RCF's long-time support to local youth and youth leadership in rural Nova Scotia.

The RBC Future Launch Community Challenge is hosted by Community Foundations of Canada and participating community foundations and is made possible thanks to a \$5M donation from RBC Foundation. It is part of RBC Future Launch, a commitment by RBC and the RBC Foundation to empower Canadian youth for the jobs of tomorrow. Over the next 10 years, RBC Future Launch is dedicating \$500 million to help young people access meaningful employment through practical work experience, skills development opportunities, networking solutions and mental well-being supports and services.

There are seven such projects, totalling \$90,000.00 being conducted throughout Rural Nova Scotia, all the way from Digby to Glace Bay. While the youth with each of these projects are learning leadership and management skills, they are also contributing to the community through the rentals of halls, schools and the purchase of supplies. It is hoped that through the skills developed with the management of these projects they will also become the future leaders in our communities.



# RBC FUTURE LAUNCH COMMUNITY CHALLENGE

The RBC Future Launch Community Challenge has allowed youth to apply for funding to support their bold ideas to address urgent community priorities. Young people will have the opportunity to lead, learn new skills, gain experience, and build relationships in their local communities — all things that they need now, and will help them prepare for the future. Later this year, youth and community members will be brought together for 'Vital Conversations,' community dialogue focused on creating a better future together.

"Young people are not future leaders — they are leading social and environmental change right now. We are honoured to play a role in the bold change that youth are leading across the country through this national initiative with RBC," says Andrew Chunilall, CEO of Community Foundations of Canada.

Rural Communities Foundation of Nova Scotia Chair Jean Ward says it is rewarding to help young people create meaningful change in their rural communities as they learn the skills they need. "We are grateful for the support of Community Foundations of Canada and the RBC Foundation for helping us provide these opportunities for youth in rural areas of our province."



## Bluenose Coastal Action Foundation's project is called 'Nova Action'.

Bluenose Coastal Action Foundation has received \$15,000 for their project 'Nova Action' which will give young leaders the skills, resources and support to identify and research environmental issues in their local communities.

**RBC Future Launch  
Community Challenge  
\$15,000.00 Grant  
Awarded to Bluenose Coastal Action Foundation**

The participants will represent a diverse group of youth from across Nova Scotia. Their goal will be to create awareness of the environmental issues in their communities and propose solutions.

*Youth Leader: Stella Bowles*



## Kings Volunteer Resource Centre's project is called 'Youth to Youth'.

Kings Volunteer Resource Centre (KVRC) was awarded \$10,170 for their visual media project 'Youth to Youth Videos on Volunteering'. In partnership with the Duke of Ed at Horton High youth group, KVRC will promote the value of volunteer work experience and encourage youth to become volunteers.

**RBC Future Launch  
Community Challenge  
\$10,170.00 Grant  
Awarded to Kings Volunteer Resource Centre**

The youth group will create videos to help young people learn how volunteering increases a sense of belonging and inclusion, and provides work experience. The videos will be a valuable resource and readily available for groups and organizations throughout the province to use on their websites and social media.

*Youth Leader: Mark Wilkie*

## Pictou County Roots for Youth Society's project is called 'The Happiness Project'

**RBC Future Launch  
Community Challenge  
\$6,330.00 Grant  
Pictou County Roots for Youth Society**

Pictou County Roots for Youth Society was awarded \$6,330 to run 'The Happiness Project', a 6-session intervention program aimed at helping youth practice behaviours that are documented to support well-being. The goal of the program is to encourage participants to stay focused on positive thinking strategies.



*Youth Leaders: Sean MacLean and Summer Murphy*

## Tatamagouche Centre's project is called 'Down to Earth'.

**RBC Future Launch  
Community Challenge  
\$15,000.00 Grant  
Awarded to Tatamagouche Centre**

Tatamagouche Centre was awarded \$15,000 for 'Down To Earth', a project that will connect Indigenous youth with meaningful land-based knowledge rooted in Mi'kmaw values. Workshops will focus on traditional knowledge of the land, youth wellness, land-based skills and practices, culture, respect for the environment, and food sovereignty. The program will be led by youth mentors, knowledge keepers and Elders.



*Youth Leader: Hannah Martin*

## Calvary Temple (Live Well Community Church's project is called 'CONNECTMusic'.

*Youth Leaders: Melissa Wamboldt and David Tysick*



**RBC Future Launch  
Community Challenge  
\$15,000.00 Grant  
Calvary Temple (Live Well Community Church**

Calvary Temple (Live Well Community Church) has received \$15,000 for their project 'CONNECTMusic' which will offer free music lessons to youth in the Digby Neck and islands area of Nova Scotia. By playing music together and participating in music jams and weekly youth groups, the project leaders hope the participants will become more involved in their community and learn other skills as well.

This is a safe and enjoyable recreation program in a rural area where some youth feel isolated because there are few community centres and no sports facilities or public internet.

## Glace Bay Branch of the Navy League of Canada's project is called 'Concerned Youth'.



*Youth Leader: Alexandra Parsons*

The Glace Bay Branch of the Navy League has received \$15,000 for their project 'Concerned Youth' which will provide recreation programs and activities in partnership with Cape Breton Regional Municipality. They are hoping to have a youth advisory group develop an adventurous year-round recreation program that includes geocaching, gardening, outdoor games, hayrides, winter feasts and community cleanups.

**RBC Future Launch  
Community Challenge  
\$15,000.00 Grant  
Awarded to Glace Bay Branch  
of the Navy League of Canada**

## Ducks Unlimited Canada's project is called 'Rural Community Wetland Health Assessment'.



*Youth Leader: Codie O'Neil*

Ducks Unlimited Canada (DUC) has received \$13,500 for the project, 'Rural Community Wetland Health Assessment Through Citizen Science Data Collection'. DUC employs youth interns to assist in the delivery of Wetland Education Programs for students and visitors at several sites in Nova Scotia. The goal of the project is to assess the health and biodiversity of these sites, to produce resources for students to use on field trips to compile and analyze information, and to share data via citizen science databases.

**RBC Future Launch  
Community Challenge  
\$13,500.00 Grant  
Awarded to Ducks Unlimited Canada**

Community Sparks Program, funded by Susan Hirshberg and her family, is designed to empower youth to turn good ideas into direct action on climate change.

“The youth are often already leaders on climate change issues in their community and are also a valuable resource for bringing creativity, energy and passion to solve the thorny issues surrounding climate change in Nova Scotia”, says Susan Hirshberg.

A donation of \$13,605.00 was made available to youth groups in Nova Scotia through an application process for seven grants to carry out projects.



RCF has held a training with the grant awardees and other young people who were either hoping to engage in projects in the future or who already had been involved with climate change projects in Nova Scotia. The goal was to answer questions, provide support and to build a community of problem solvers.

“Every generation and every community has its own gifts to bring,” says Susan Hirshberg. “Our real strength is how we can weave them together to support each other”.

“Youth out-migration is a critical issue in rural Nova Scotia,” says RCF Chair Jean Ward. “We need to enable our rural youth to create the future they want right here at home, and to find solutions for urgent local priorities like climate change. Community Sparks Grants are essential to the process.”

**Youth leader Ronnie Noonan’s project is called ‘Pictou Landing Documentary’.**

Pictou Landing First Nations and other coastal communities are often the first to recognize the major impacts of climate change in Nova Scotia through sea level rise and coastal erosion.

Many have already put adaptation plans into place.

“Through public forums and discussions, our project team will allow the community to decide what direction the documentary will take and what they want to communicate, which will also encourage more collaboration in the future.”

Sponsoring Organization:  
Clean Foundation

**Community Sparks Program  
\$2000.00 Grant  
Awarded to Ronnie Noonan**



Blue Line Initiative is creating a short film documentary on the “community perspective of climate change” with a focus on the personal threat of sea level rise to the Maritimes.

The documentary will explore the changes our coastal communities will experience because of sea level rise and how Canada’s Ocean Playground will never be the same. Blue Line Initiative hopes that their documentary will help Nova Scotians understand that climate change is not a far away problem, but, something that is actively happening in our backyard. You can follow them on Facebook to see their previous work and keep updated on their progress.

## Youth leader Neil Morrell's project is called 'Garden for Future'.

Neil Morrell's project 'Garden for Future' will contribute to Bridgewater's sustainability, resilience and capacity to address climate change in several ways.

Participants will create a community garden where people can gather to teach and learn gardening skills, spark climate action, and share good, local, organic food. "Sharing good food with whoever needs it will ensure this project benefits all by improving local food security," says Neil. Surplus harvest from the garden will be donated to the Bridgewater Inter-church Food Bank, and throughout the season, participants will host special events, giveaways and workshops.



**Community Sparks Program  
\$1905.00 Grant  
Awarded to Neil Morrell**



*Sponsoring Organization:  
Bridgewater Interchurch Food Bank*

## Youth leader Alexandra Parsons project is called 'Trails'.

The Centre for Local Prosperity received a Community Sparks Grant which enabled rural youth and facilitators to attend the Youth Climate Change Retreat at a Thinkers Lodge in Pugwash in July 2019.

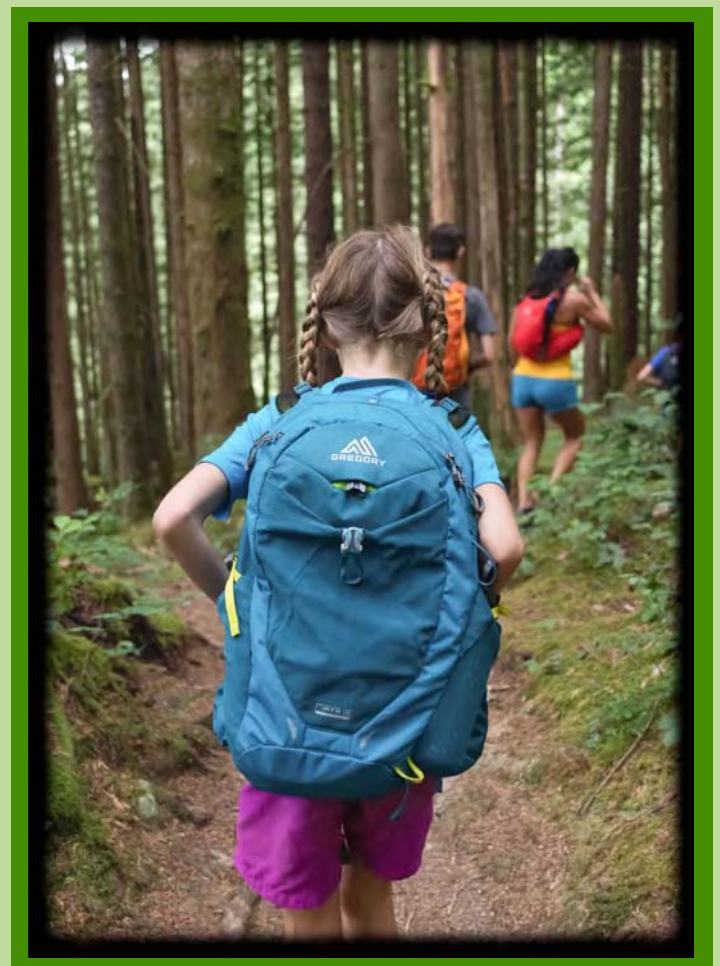
Participants discussed how to develop solutions for climate change on a local level, how to work with community members, and ways to raise resources.

**Community Sparks Program  
\$2000.00 Grant  
Awarded to Alexandra Parsons**



Youth leader Alexandra Parsons says the goal of her project 'Trails' is to encourage rural youth to participate in outdoor recreational activities on cross country trails in the area, and to promote the potential of rural trails and how they allow access to other initiatives like community gardens and outdoor recreation areas. "The funding will help create signage and information packages to promote our ecologically friendly project."

*Sponsoring Organization: Glace Bay Branch of the Navy League of Canada*



DO SOMETHING GREAT



**Youth leader Kiersten Paul project is called 'Bumblebees'.**



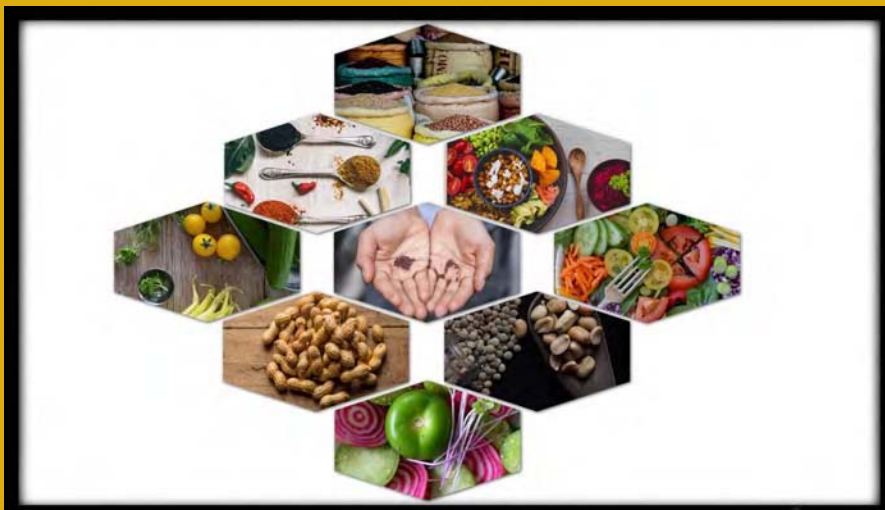
Tuckamore Homestead will partner with youth leader Kiersten Paul for her project 'Bumblebees'. They cultivate honey in beehives on their property and will provide beehives for Kiersten to use.

"The goal of the project is to learn about beekeeping and to create data on the impact that bees have on the local environment," says Kiersten.

**Community Sparks Program  
\$2000.00 Grant  
Awarded to Kiersten Paul**

*Sponsoring Organization: Potlotek First Nations (Chapel Island Band Council)*

**Youth leader Anthony Isaac's project is called 'Plant-based Meat Alternatives'.**



Anthony Isaac's project 'Plant-based Meat Alternatives' involves the construction of a green house where participants will learn to grow and harvest protein-rich meat alternatives (peanuts, broccoli, chia seeds and lentils). Anthony says that once the produce is successfully distributed and promoted, there will be the potential to continue producing protein-rich meat alternatives for retail at farmers' markets.

**Community Sparks Program  
\$2000.00 Grant  
Awarded to Anthony Isaac**

*Sponsoring Organization: Potlotek First Nations (Chapel Island Band Council)*

**Youth leader Brandi Johnson's project is called 'Potlotekewaᑭ Maljewe'k Etoqta'tijik (Potlotek Youth Cooks)'.**



Potlotekewaᑭ Maljewe'k Etoqta'tijik is a program that will focus on the youth of Potlotek First Nation that are attending grades 10 through 12. "This program will provide participants with essential life skills and will teach them how to prepare and cook traditional Mi'kmaw and contemporary foods," says youth leader Brandi Johnson. Participants will read recipes both in Mi'kmaw and English and will have the opportunity to use the Mi'kmaw language in real life settings, like community events, traditional gatherings, powwows and mid-winter feasts.

**Community Sparks Program  
\$1700.00 Grant  
Awarded to Brandi Johnson**

*Sponsoring Organization: Potlotek First Nations (Chapel Island Band Council)*



# Rural Communities Foundation of **GENDER EQUALITY PROGRAM**

Nova Scotia is pleased to announce its participation in the Pilot Fund for Gender Equality in Canada, a new collaboration between Community Foundations of Canada and the Equality Fund which is supported by the Government of Canada. The pilot is part of a broader program to advance gender equality in Canada and around the world.

In Canada, 26 community foundations are now engaged in a learning journey that seeks to advance gender equality in our communities. The pilot is centered around Peace, Power, and Planet, three core themes that connect with the women's movement in Canada and internationally. It is the first step in a multi-year commitment to gender equality by the community foundation movement.

This program was funded through the CFC who joined the Equality Fund and the Government of Canada to advance gender equality known as the Pilot Fund for Gender Equality. This Pilot Fund will capture learnings that will help inform future learning opportunities. There are 2 grants totalling \$33,000.00 to carry out projects in the community.

## **Bluenose Coastal Action Foundation's project is called 'Go Crew: Empowering Girls in the Outdoors'.**

**Gender Equality Program  
\$8,000.00 Grant  
Awarded to Bluenose  
Coastal Action**



Bluenose Coastal Action Foundation has received \$8000 for their project 'Go Crew: Empowering Girls in the Outdoors'. The funding will support the research, capacity building and piloting of an afterschool environmental leadership program for female-identifying youth aged 10-13. Go Crew will provide a space for girls, particularly those who face ECBD, to feel empowered in a natural environment where they can develop leadership skills and confidence in an outdoors setting. There is an overarching theme of looking at how gender influences our leadership and experiences in the outdoors. They will have an opportunity to participate in learning opportunities in STEM sciences.

**Gender Equality Program  
\$25,000.00 Grant  
Awarded to  
The Town of Port Hawkesbury**

## **The Town of Port Hawkesbury's project is called 'Government FOCUS (Female Objectives Cape Breton-Unama'ki-Strait Region): Inspiring Women to be First Nation and Municipal leaders in Eastern Nova Scotia'.**



The Town of Port Hawkesbury has received \$25,000 for their project 'Government FOCUS: Inspiring Women to be First Nation and Municipal leaders in Eastern Nova Scotia'. The goal of the project is to create video and written profiles of past and present female leaders at municipal and band levels. The profiles will celebrate female leaders and inspire and encourage women to develop leadership skills and participate in local government. The profiles will be shared via social media, websites, and public presentations, and will be showcased at a gallery show in advance of International Women's Day 2020.

This is a story of a new beginning in our life. Women First embrace the learning's from our mother earth, Human teaches Honesty, Eagle teaches Love, Bear teaches Courage, Beaver teaches Wisdom, Wolf teaches Humility, Buffalo teaches Respect, And The Turtle teaches Truth. Life is very sacred and you can't go through life with just one teaching as they are as one. As



a woman, we learn to take care of our people without thinking of ourselves, but then we remember Life is Mother Earth sharing her teachings through us.

Loretta Gould



# CONVERTING LAND INTO COMMUNITY WELL BEING IN RURAL NOVA SCOTIA

There is now a way that landowners, both Nova Scotian and non-resident, can contribute to the future of our rural communities by donating property.

The Rural Communities Foundation of Nova Scotia is now accepting land and property gifts as part of their fund development strategy, in order to raise funds that will support community organizations across rural Nova Scotia.

The process is simple. Here is how it works:

- The property owner contacts RCF, and identifies the property that they want to donate
- RCF meets with the donor and they draw up an agreement together
- RCF facilitates the necessary legal, tax and real estate arrangements
- The donor receives a tax credit based on the assessed value of the property
- On receiving the gift, RCF then sells the property, and puts the funds toward supporting local non-profit organizations that are working for the future of rural communities

The donor of a gift of land benefits by:

- Receiving a charitable tax receipt
- Leaving a legacy in rural Nova Scotia for people with an emotional attachment to this part of the world
- Adding a charitable element as part of estate planning

Two recent land gifts have come from landowners who are not Nova Scotia residents and have a long-time attachment to Cape Breton and Guysborough Counties but no longer visit their properties. Their gifts were part of the estate management that enabled them to 'give something back' to these places they care about.



147 Hendsbee Wharf Road  
Queensport, Nova Scotia  
MLS# 201918189



Cranberry Island  
West Alba, Nova Scotia  
MLS#201918273

"The solution to many of the issues facing rural Nova Scotia can be found right in our communities themselves," says RCF's Chair Jean Ward. "We want to support the important work that the rural non-profits are doing, and land gifts are one of the initiatives that help us do that."

The Atlantic Compassion Fund was launched on March 17th 2020 for the purpose of Atlantic Canadians in need of safe shelter, food, connection or mental health care to make it through the COVID-19 crisis. Donations made to the Fund are providing critical support to agencies across Atlantic Canada and making it possible for them to respond to the immediate and emerging needs of their local communities. The fund will also support re-building initiatives and help Atlantic Canadians come back together again when the time is right.

The United Way's Atlantic Compassion Fund supports a whole network of charities, so your one gift supports many different types of essential community programs and services – those that depend on them and those that provide them. So far, our community has responded with generosity and kindness, but the needs continue to grow. If you are able, please consider taking action now with a donation to the Atlantic Compassion Fund.

To make a donation or apply for support visit <https://www.unitedwayhalifax.ca>

A collection of art supplies including paint tubes, brushes, pencils, and two drawings of rural scenes. One drawing shows a barn with a red door and chickens, and the other shows a tree and a fence in a field.

**VISIT OUR  
FACEBOOK PAGE  
FOR UPDATES**

**QUARANTINE  
2020  
ART CONTEST**

**CREATED  
JUST FOR  
NOVA SCOTIA  
YOUTH**

**ARE YOU BETWEEN THE AGES OF 2-15?  
DO YOU LIVE IN RURAL NOVA SCOTIA?  
DO YOU LIVE IN AN URBAN CITY IN NOVA SCOTIA?  
THE RURAL COMMUNITIES FOUNDATION OF NOVA SCOTIA  
WANTS TO KNOW ALL ABOUT IT**

The Rural Communities Foundation of Nova Scotia regrets that former chair and director Arthur Bull is leaving the Board of Directors of the RCF. We are grateful that he has made himself available for questions. His knowledge and long time dedication to the RCF of Nova Scotia is a valuable asset. We wish Arthur the utmost success in all his future pursuits!

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