



Annual Report

2022-2023

April 1, 2022 to March 31, 2023

The Mission of The Old School

is to promote the health, well-being and community spirit
of the people of Musquodoboit Harbour
and surrounding areas.

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Welcome

to the Old School Community Gathering Place's annual report for 2022-2023.

The year was one of growth and possibilities, resulting in expansions of our offerings and new directions, all in response to the changing needs of our communities.

We added some aspects of housing, expanded the food pantry protocols and offerings, supported vulnerable community members during a polar vortex weekend, and hosted a successful community garden. We also provided support for the WellBeing HUB programs, the 2nd Pride Festival, and Eastern Shore Mental Health. Three federally-funded Youth Employment & Skills Strategies groups.

The Old School took on Seaside Christmas, organizing all aspects of the three-day event for venues along the Shore.

We initiated a Healthcare Professional Retention project for Twin Oaks and a project we hope to continue: TGIF (Transportation, Gardening, Information, and Food).

Locally-run initiatives and weekly events included Fibre Friends, Tai Chi, and Enhance through Dance (a dance/movement therapy program for seniors facing physical, social, and cognitive changes).

The Board of Directors and the staff are happy to share the stories of all of the above and offer the possibility of even more to come!

JOIN US at the Old School Community Gathering Place in Musquodoboit Harbour as a supporter, volunteer, member, and help us contribute to this beautiful community!

Our Building

Building History

The Musquodoboit Harbour School, built in 1924, was described as “the best by far” by the Superintendent of Education at the time. It was built using lumber from the Rowlings mill and on the same site as the original school—with the added advantage of having indoor plumbing and hot air heating! Officially opened in 1925, it had two classrooms on the main floor—one for Grades 1-6 and the other for Grades 7-11 and students took physical education downstairs in the furnace room.



During the 1930's, several other rural schools were moved into the Musquodoboit Harbour School resulting in the need to add two extra classrooms to accommodate the overcrowding and the name was changed to The Musquodoboit Harbour Consolidated School.

In 1957, Grades 7-12 were relocated and, from then on, it housed only Primary to Grades 3. The building was closed in 2007, when Oyster Pond Academy opened for Primary to Grade 9 and it remained empty until 2010 when a local community group purchased it to renovate it into an arts, education and performance community space.

Community members took ownership of the building from HRM in 2010 and began the extensive renovations needed to upgrade it for public access. A major founding members fundraising campaign was started and a bank loan was secured to assist with the costs of renovation and safety certifications to allow the building to be opened to the

public—a realization of several goals that were identified during a community visioning process.

By late 2010, the doors of old school were open once again. The main floor included a large, sunny multi-purpose room and an office with a small kitchen area. The lower level had a community lounge / meeting room, washrooms and a second multi-purpose room. The new space played host to a variety of community programming and was also available for local community groups to rent or to use to host workshops.

In May 2010, The Old School was officially designated as The Old School Community Gathering Place Co-operative Ltd. and registered with Canada Revenue as a Charity.

The Present

Our facility is home to community concerts & meetings, arts events, and other activities. While our space is not the only venue with accessible communication technology in the area, it is one of the larger meeting spaces in the community, and is often used by other community groups.

We have a community kitchen, which we use for a bi-monthly food pantry, open to any community members to come for groceries, programming, and information.

In May 2022 the Old School met with Sunshine Energy to explore what energy efficient improvements could be made and would qualify for the Efficiency Nova Scotia program. In June the Old School applied to Efficiency Nova Scotia Affordable Housing. In July we had an energy audit carried out to identify all possible energy saving improvements. The report which we received in late August listed numerous improvements including the installation of mini-split heat pumps, replacing all the light fixtures with LED, additional insulation in the attic, replacing the windows with energy efficient vinyl and more. Because the building has heritage designation, the windows cannot be replaced with vinyl equivalents.

Over the summer we identified contractors from Efficiency Nova Scotia's approved partners list and obtained quotes for most of the identified upgrades. The quotes were forwarded to Efficiency Nova Scotia at the end of October and shortly thereafter we received a report which identified how much rebate would be given. Although it was a significant amount, the Old School's portion was beyond our financial capability.

In early 2023 the Old School applied to Halifax's Community Grant's Program for a \$25000 grant.

Other building work in fiscal 2022 included repairing the top portion of the chimney and replacing the shingles on the front roof. A big thank you goes out to JR Cragg Roofing and Taylor Timber Mart for their generous donations.

Community Garden

The garden was created in 2017 after discussions about food insecurity. Community members could grow their own food to feed themselves as well as others in the community.

Some of the twenty raised garden beds in the small lot across the road are rented out to members of the community for the growing season.

Our resident farmer was on site two days a week for advice and support. Videos created in 2020 were also available and viewed often.



Food Pantry

On the first and third Fridays of each month, we offered a Food Pantry where those in need could get a variety of food supplies. We served over 50 clients, and welcome donations from the Community Garden as well as donations from the community.

The food pantry is more than food. Hearing the stories that people share when they come in has allowed us to share the available resources and to refer people for housing, mental health, seniors' support, and financial literacy issues.

"The people at the food pantry are kind and discrete and generous".

— B.



"It helps get you through the month." — L.

"It's very helpful for those of us on low income." — K. J.

Health Care Professional Recruitment and Retention Project

The project is focused on increased participation by the community in the retention efforts and job satisfaction for the medical personnel.

Some of the goals include: creating a welcome package for the newcomer doctors, organizing appreciation events, understanding the needs and concerns of healthcare workers, hospital staff engagement in what is available locally.

The Community Retention team organized a number of events at Twin Oaks hospital including Muffin Grab'n Go and various draws such as tickets to Cold Waters Seafood Festival and Lion's Club Summer Getaway, Halifax County Fair, Canada Day, Jeddore Harbour boat tour, Big Appreciation Breakfast, Harvest Pie Day, plus gift cards from a number of local businesses.

The project has made connections with local organizations and businesses to make it sustainable.

This project is funded through the Musquodoboit Harbour and Area Chamber of Commerce and Civic Affairs.



YESS Program

The Youth Employment & Skills Strategy (YESS) program benefits youth between 15 and 30 years old who are currently unemployed, underemployed, and/or not currently attending an educational program. Youth attend YESS programming for a five- to six-month period where they:

- brush up on certifications like first aid, CPR, mental health first aid, food safety, WHMIS, etc.,
- receive support with resume and cover letter building, interview skills, job searching, etc.,
- complete a five- to seven-week work placement with a local business or organization,
- build soft and hard skills relevant to the job they would like to pursue,
- access wrap-around supports.

The YESS Program has initiated and/or completed three cohorts of youth, and most of whom are successfully employed, are in school, or are starting their own businesses. Over the past five years, over 75 young people from our communities have benefited from the skills and wisdom of the three qualified staff.

The YESS program helped me gain skills I had fallen down on and to acquire new ones. It also gave me the social connections I was lacking and helped me acquire employment locally within the area. -NB

Emerge Youth Outreach: We provide advocacy and support for community youth through navigation of services and referrals to resources. Staff have been working with youth in regards to housing struggles, both those at a risk of losing secure housing and those living outside rough. Other supports include addressing food security, physical and mental health, employment and education. Youth also can access assistance with filling out forms for income assistance, unemployment, student loans and obtaining new ID.



Open Doors Youth Drop In: Two evenings per month, an event is held for youth in the community. This is free for youth 15- 30 and includes information sessions, paint nights and supper. Over the past year we have averaged about 20 youth per event from Lake Echo to Ship Harbour and into Musquodoboit Valley. We also had a Community Health Board grant where we went out to other communities and held the same sessions for youth that could not get to Musquodoboit Harbour. These were held in Dean and Carrolls Corner. Transportation assistance is available. At these evenings, youth can also access our food pantry at the Old School.

YESS is funded by the federal government through Service Canada. The Honourable Marci Ien, Minister for Women and Gender Equality and Youth oversees the program.

Housing

Housing Support

Our emergency housing navigator, assisted many community members in finding housing support services, filing out paperwork, or simply providing advice.

We supported over 200 local people who needed (and many who still need) housing.

We have led meetings and participated in conversations with community members about affordable, transitional, emergency, and supportive housing options.

Our housing support program is funded by the provincial Department of Community Services, and monthly United Way funding gives us a way to financially support housing efforts for individuals with moving expenses, security deposits, and some short-term emergency needs.

Homes within Reach

Our housing projects include an affordable housing project that is planned for a central location in the village.

We received a Low-Carbon Community grant in 2022, through which we developed plans for 12 affordable housing units, The plans were completed in December 2022.

Funds have been sought to plan for and construct the affordable housing project called Homes within Reach and would be associated with the Harbour Garden Village project.

Community Well

This project, which will include a well, pumphouse, solar pump, and spigot, was created to demonstrate the abundance of fresh water available for a local aquifer, close to the village centre.

The project, funded with an Agri-Spirit award through the Farm Credit Canada came closer to completion in 2022/2023.

We received funding from the Common Area Rate to do a survey of the proposed location of the well, which was completed in May 2022, After some delay in approval, the well was finally drilled in August, 2022. The flow was found to be more than adequate, and in November, the results from the water tests revealed the water had virtually no bacteria, some iron and manganese. We researched the amelioration of manganese with the help of Bluenose Well Drilling and Bluenose Water Cleaners and plans were made for suitable treatment.



The O2 Program at Eastern Shore High School agreed to build the pumphouse, donating half of the cost of the materials with Taylor Lumber donating the other half. Jamie DeBaie (Taylor Lumber) drew up the plans and materials list, and the O2 students under the guidance of their teachers, Natalie Stephens and Mark Wilkes, built it.

The community will be able to access fresh clean water from the large aquifer in spring 2024.

Volunteer-Led Programs

Fibre Friends

Crafters interested in the fibre arts get together every Tuesday afternoon to knit, crochet and to enjoy the warmth of each other's company

Tai Chi Classes

The Old School has hosted classes in Sung Style Tai Chi since 2017. Tai Chi is based on an ancient Chinese martial art and practiced as an effective exercise for health. Benefits include improved strength, flexibility, balance and coordination. The program is open to everyone. Classes are held on Wednesday mornings from September till May.

Enhance Through Dance

Our Enhance Through Dance (ETD) program is an evidence-based program focused on managing the symptoms of neurological diseases that affect people aging. ETD is a by-donation program for older adults with Parkinson's, dementia, limited mobility, arthritis, or anyone who wants to move more. The program has become a weekly social event for our clients, who often stay for coffee, snacks and to catch up with friends. For some clients in crisis, it has become a lifeline and eagerly awaited break.

Enhance through Dance was featured in a CBC story: <https://www.cbc.ca/player/play/2105381955624>



Seaside Christmas

Seaside Christmas is a tour of many area artisans and organizations selling crafts, antiques and food, as well as a craft market within the Old School building itself.

When the previous operators of Seaside Christmas were ready to step down, the board of the Old School was asked if we would be willing to take it on. Knowing the wealth of artisans and crafters on the Eastern Shore, several enthusiastic volunteers jumped to the task and worked through the transition with strong teamwork and good humour.

We were able to purchase new folding tables for The Old School, as well as artificial wreaths for the road signs that can be used again in the coming years.

Seaside Christmas 2022 saw vendors in 24 locations along the Eastern Shore from Head Jeddore to Lawrencetown. In addition, The Old School hosted its own market with 15 crafters, and our very own elves gave out (by donation) hot chocolate with candy canes.



Eastern Shore Mental Health

Eastern Shore Mental Health is a local network of peer mental health supporters who link community members with supports, resources, and services. ESMH offers a weekly peer support meeting every Sunday afternoon which is attended by community members living with mental illness and their loved ones. Peer supporters can access training such as ASIST (Applied Suicide Intervention Skills Training), Mental Health First Aid, WRAP (Wellness Recovery Action Plan), and peer support training.

Eastern Shore Mental Health has also supported vulnerable community members with the weekly peer support group and support for grief and therapy sessions.

Eastern Shore Pride

Eastern Shore Pride offers support for 2S-LGBTQIA youth and seniors, with community conversations around issues within the community, and special events to celebrate the community. In 2022/23, PRIDE reached over 100 people through workshops, presentations , and the PRIDE Festival.

The flagship event was the Pride Festival held in August which included a parade, a variety show, author events, a drag show, and beach walks and a garden tea. The events were held in several communities between Musquodoboit Harbour and Lake Charlotte, and the majority were free of charge and attracted over 300 people.

One of the ticketed events, the Legends Drag Show with Shayla Shenanigans, sold out within days. The premiere Pride Variety Show of local talent, held at Memory Lane Heritage Village, also sold out, playing to an enthusiastic crowd at the clam factory.

Though only five of fifteen events were ticketed, the Committee has a net profit of \$1835.82. Ten percent of revenues was donated to The Old School, and the remainder was split between the Food Pantry of The Old School and Rainbow Refugee Association of Nova Scotia, the only registered non-profit society dedicated to LGBTQI+ refugee resettlement and support in Atlantic Canada.

Members of Eastern Shore Pride also provided support to Sheet Harbour Pride, which held its own Pride Festival on July 30-31st, including a flag-raising and luncheon followed by a Pride Garden Party.

We thank all the community members and businesses that helped make our festival a success. Eastern Shore Pride also thanks Halifax Pride, from whom we received a \$1500 TD Proud of our Pride grant.

On Saturday, October 29th, Eastern Shore Pride hosted a Hallowe'en Costume Extravaganza.

Eastern Shore Pride is a partner with the Old School.



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ADDITION TABLE

1 and 1 are 2	2 and 1 are 3	3 and 1 are 4	4 and 1 are 5	5 and 1 are 6	6 and 1 are 7	7 and 1 are 8	8 and 1 are 9	9 and 1 are 10	10 and 1 are 11	11 and 1 are 12	12 and 1 are 13
2 - 3	2 - 4	2 - 5	2 - 6	2 - 7	2 - 8	2 - 9	2 - 10	2 - 11	2 - 12	2 - 13	2 - 14
3 - 4	3 - 5	3 - 6	3 - 7	3 - 8	3 - 9	3 - 10	3 - 11	3 - 12	3 - 13	3 - 14	3 - 15
4 - 5	4 - 6	4 - 7	4 - 8	4 - 9	4 - 10	4 - 11	4 - 12	4 - 13	4 - 14	4 - 15	4 - 16
5 - 6	5 - 7	5 - 8	5 - 9	5 - 10	5 - 11	5 - 12	5 - 13	5 - 14	5 - 15	5 - 16	5 - 17
6 - 7	6 - 8	6 - 9	6 - 10	6 - 11	6 - 12	6 - 13	6 - 14	6 - 15	6 - 16	6 - 17	6 - 18
7 - 8	7 - 9	7 - 10	7 - 11	7 - 12	7 - 13	7 - 14	7 - 15	7 - 16	7 - 17	7 - 18	7 - 19
8 - 9	8 - 10	8 - 11	8 - 12	8 - 13	8 - 14	8 - 15	8 - 16	8 - 17	8 - 18	8 - 19	8 - 20
9 - 10	9 - 11	9 - 12	9 - 13	9 - 14	9 - 15	9 - 16	9 - 17	9 - 18	9 - 19	9 - 20	9 - 21
10 - 11	10 - 12	10 - 13	10 - 14	10 - 15	10 - 16	10 - 17	10 - 18	10 - 19	10 - 20	10 - 21	10 - 22
11 - 12	11 - 13	11 - 14	11 - 15	11 - 16	11 - 17	11 - 18	11 - 19	11 - 20	11 - 21	11 - 22	11 - 23
12 - 13	12 - 14	12 - 15	12 - 16	12 - 17	12 - 18	12 - 19	12 - 20	12 - 21	12 - 22	12 - 23	12 - 24

SUBTRACTION.—By reversing the above Table Subtraction is learnt, thus: instead of saying 1 and 1 are 2, say 1 from 2 and 1 remains; 1 from 3 and 2 remains.

MULTIPLICATION TABLE

2 times 1 are 2	3 times 1 are 3	4 times 1 are 4	5 times 1 are 5	6 times 1 are 6	7 times 1 are 7	8 times 1 are 8	9 times 1 are 9	10 times 1 are 10	11 times 1 are 11	12 times 1 are 12
2 - 4	2 - 6	2 - 8	2 - 10	2 - 12	2 - 14	2 - 16	2 - 18	2 - 20	2 - 22	2 - 24
3 - 6	3 - 9	3 - 12	3 - 15	3 - 18	3 - 21	3 - 24	3 - 27	3 - 30	3 - 33	3 - 36
4 - 8	4 - 12	4 - 16	4 - 20	4 - 24	4 - 28	4 - 32	4 - 36	4 - 40	4 - 44	4 - 48
5 - 10	5 - 15	5 - 20	5 - 25	5 - 30	5 - 35	5 - 40	5 - 45	5 - 50	5 - 55	5 - 60
6 - 12	6 - 18	6 - 24	6 - 30	6 - 36	6 - 42	6 - 48	6 - 54	6 - 60	6 - 66	6 - 72
7 - 14	7 - 21	7 - 28	7 - 35	7 - 42	7 - 49	7 - 56	7 - 63	7 - 70	7 - 77	7 - 84
8 - 16	8 - 24	8 - 32	8 - 40	8 - 48	8 - 56	8 - 64	8 - 72	8 - 80	8 - 88	8 - 96
9 - 18	9 - 27	9 - 36	9 - 45	9 - 54	9 - 63	9 - 72	9 - 81	9 - 90	9 - 99	9 - 108
10 - 20	10 - 30	10 - 40	10 - 50	10 - 60	10 - 70	10 - 80	10 - 90	10 - 100	10 - 110	10 - 120
11 - 22	11 - 33	11 - 44	11 - 55	11 - 66	11 - 77	11 - 88	11 - 99	11 - 110	11 - 121	11 - 132
12 - 24	12 - 36	12 - 48	12 - 60	12 - 72	12 - 84	12 - 96	12 - 108	12 - 120	12 - 132	12 - 144

DIVISION.—To apply this Table to Division reverse it, thus: instead of saying 3 times 1 are 3, say 3's in 3 are 1, or go once; 3's in 6 are 2, or go twice.

Numeration

Units	1
Tens	12
Hundreds	123
Thousands	1,234
Tens of Thousands	12,345
C. of Thousands	123,456
Millions	1,234,567
T. of Millions	12,345,678
C. of Millions	123,456,789

The number represented in the last line is read: One hundred and twenty-three million, four hundred and fifty-six thousand, seven hundred and eighty-nine.

Numerals

ARABIC	ROMAN
1	I
2	II
3	III
4	IV
5	V
6	VI
7	VII
8	VIII
9	IX
10	X
20	XX
50	L
100	C
500	D
1000	M

Cubic, or Solid Measure

1728 Inches	1 Solid Foot
27 Feet	1 Solid Yard
42 Feet	1 Ton Shipping
128 Feet	1 Cord Wood

ARITHMETICAL TABLES

Long Measure

12 Lines	1 Inch
4 Inches	1 Hand
12 Inches	1 Foot
3 Feet	1 Yard
5 Feet	1 Fathom
5½ Yds.	1 Rod or Pole
40 Rods	1 Furlong
8 Furlongs	1 Mile
3 Miles	1 League
69½ Miles	1 Degree
1760 Yds.	or 5280 ft. 1 Mile
6075.81 ft.	1 Nautical Mile

Dry Measure

2 Pints	1 Quart
4 Quarts	1 Gallon
2 Gallons	1 Peck
4 Pecks	1 Bushel
36 Bushels	1 Chaldron

Avoirdupois Weight

16 Drams	1 Ounce
16 Ounces	1 Pound
14 Pounds	1 Stone
25 Pounds	1 Quarter, C.
28 Pounds	1 Quarter, E.
4 Quarters	1 Hand'w'l.
28 Hundredweight	1 Ton
2000 lbs., Can.	1 Ton
2240 lbs., Eng.	1 Ton

Paper

24 Sheets	1 Quire
20 Quires	1 Ream

Time Measure

60 Seconds	1 Minute
60 Minutes	1 Hour
24 Hours	1 Day
7 Days	1 Week
4 Weeks	1 Month
12 Months, or	1 Year
25½ Days	1 Year
100 Years	1 Century

Arithmetical Signs

+ Plus, sign of Addition.
 - Minus, sign of Subt'n.
 × Sign of Multiplication.
 ÷ Sign of Division.
 = Sign of Equality.
 ::; Signs of Proportion.
 √ Sign of the Sq. Root.
 ° Degree, ' Minute.
 " Second, ∴ Therefore.

Troy Weight

24 Grains	1 Pennyweight
20 Pennyweights	1 Ounce
12 Ounces	1 Pound

Cloth Measure

2½ Inches	1 Nail
4 Nails	1 Quarter
3 Quarters	1 Flemish Ell
4 Quarters	1 Yard
5 Quarters	1 English Ell
6 Quarters	1 French Ell
37 Inches	1 Scotch Ell

Apothecaries' Weight

20 Grains	1 Scruple
3 Scruples	1 Dram
8 Drams	1 Ounce
12 Ounces	1 Pound

Square or Land Measure

144 Sq. Inches	1 Sq. Foot
9 Sq. Feet	1 Sq. Yard
30½ Yards	1 Sq. Rod
40 Poles	1 Rood
4 Roods	1 Acre
640 Acres	1 Sq. Mile

Days in the Month

30 days hath September,
 April, June and November;
 February has 28 alone,
 And all the rest have 31;
 But Leap Year coming
 once in four,
 February then has one
 day more.

Measure of Capacity

4 Gills	1 Pint
2 Pints	1 Quart
4 Quarts	1 Gallon
9 Gallons	1 Firkin
56 Gallons	1 Barrel
63 Gallons	1 Hogshead

Land Survey Measure

7.92 Inches	1 Link
100 Links	1 Chain
1 Chain	66 Feet
10 Sq. Chains	1 Acre

English Money Table

4 Farthings	1 Penny
12 Pence	1 Shilling
20 Shillings	1 Pound

A Florin is 2s. 45c.
 A Half-Crown is 2s. 6d. 60c.

A Sovereign is 20s. 44.86c.

Allquot Parts of a Pound

s.	d.	is.	z.
10	0	is	1 half.
6	8	---	1 third.
5	0	---	1 fourth.
4	0	---	1 fifth.
3	4	---	1 sixth.
2	6	---	1 eighth.
2	0	---	1 tenth.
1	8	---	1 twelfth.
1	3	---	1 sixteenth.

Of a Shilling

d.	s.	d.	s.
6	is	1-half.	2 is 1-6th.
4	---	1-third.	1½ is 1-8th.
3	---	1-fourth.	1 --- 1-12th.

Of a Ton

Cwt.	Ten.	Cwt.	Ten.
10	is	1-half.	2½ is 1-8th.
5	---	1-4th.	2 --- 1-10th.
4	---	1-5th.	1 --- 1-20th.