

METRO COMMUNITY HOUSING ASSOCIATION

# MCHA NEWS

Quarterly Newsletter- Edition 2



Written By : Kenda Riles

## MCHA and the Bluenose Marathon

This May, team MCHA proudly laced up our sneakers and hit the pavement at the 2025 Blue Nose Marathon—and what a memorable weekend it was! Participants, staff, supporters, Board of Directors, and friends came together to walk, run, cheer, and represent our organization in the heart of Halifax.

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### A message from our Executive Director

As we step into a new fiscal year, I'm filled with gratitude and momentum from a meaningful first quarter. Spring was a busy and energizing season at MCHA, with many opportunities to connect, grow, and build toward the goals outlined in our strategic plan.

One highlight was participating in the Bluenose Marathon alongside participants, staff, volunteers, and family members. It was a powerful reminder.....

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Providing supportive homes and community for people living with mental wellness challenges.

**Written By: Natasha Marsh**

of the strength of our community and the joy we experience when we come together in support of wellness and connection. Crossing that finish line was no small accomplishment and I want to congratulate everyone who took part.

Internally, we've experienced significant transitions in our accounting department. I want to extend a warm welcome to the new team members who have joined us and express sincere thanks to the staff who've supported a smooth transition. Their adaptability and dedication help ensure that our operations remain strong and responsive, aligning with our goal of organizational effectiveness.

I also had the opportunity to attend the annual NSCLO Conference in beautiful Baddeck, Cape Breton. The focus for Executive Directors this year was on how to ensure that changes in response to the Human Rights Remedy are made with thoughtfulness and sustainability. These are essential conversations as we strive to uphold and promote the rights, choices, and self-determination of the people we support.

In support of MCHA's growth and sustainability, we've begun the implementation of a new payroll system, with a goal of going live by December. We've also submitted two key applications to the province: one to become an approved provider of Individual Funding Management services, and another to act as a Coordinating Organization for Home Share. These applications reflect our commitment to expanding our impact while remaining grounded in the principles of choice, inclusion, and community.

As always, the best part of my role is the time I get to spend in conversation with participants and staff. Your stories, insights, and experiences continue to shape and inspire our work. It's in these moments that the heart of MCHA shines the brightest, in the supportive homes and connections we build together. Thank you for everything you do to make MCHA a community where people choose to live, work, and are valued.

Warm regards,  
Natasha Marsh-Hanlon



**Executive Director**



## Employee Spotlight- Shannon Erikson, MCHA Supervisor

### How do you bring MCHA's values to life in your work?

In my role at MCHA, I strive to create an environment where every person feel valued, seen, heard, and respected. I guide my staff teams to support participants to pursue their own goals at their own pace, while promoting a sense of belonging and dignity within their community. All decisions made about their lives should be from them at the core. I am a strong ally and advocate for the people I serve and want each person I work with to feel they can trust me in supporting them to make the best decisions about their life.

### What advice would you give someone new to this work?

People are more than their diagnoses, behavior or file. Everyone you support has a story. Take the time to learn. Approach every situation with compassion, even when its challenging. Not everything will have a clear fix, and that's okay. You will make mistakes, own them and grow from them. The most powerful support you can offer is showing up consistently and being non judgemental. Active listening builds trust, less talk more listen, they need to feel heard. Set boundaries early and kindly, they keep you safe and show others what to expect. Ask for support when you need it, debriefing is important at preventing burn out. Never stop learning. Every person teaches you something and stay curios. Take those extra courses or trainings offered. You don't have to fix everything, just don't give up on people.

### If you could give your younger self one piece of advice, what would it be?

The one piece of advise I would give my younger self is to say its okay to not always be taking care of everything.

### What's something small that brings you joy each day?

My morning coffee brings me joy, or maybe it brings those around me joy:) My family brings me joy, they are the most important people in my life.

### What's your dream vacation destination?

My dream vacation is where I am waited on hand and foot and have to do nothing but sip cold beverages by a white sandy beach on hot sunny days.

### If you could have dinner with any fictional character, who would it be and why?

Dr. Derek Shepherd would be my fictional character. He always had a kindness about him and wanted to help and teach others.

### What's your go-to comfort food or treat after a long day?

My go to comfort food is chocolate.



What's something you've learned from a participant or colleague that's stuck with you?

I learned in the beginning of my career to never judge a book by its cover, never underestimate a persons willingness to grow and change. I have worked with some of the most challenging people in the last 25 years and have seen success more often then not. People need trust and belief in them in order to achieve their goals. To many times, people I have worked with were told they would never amount to anything and looking years later, they love independently, they have jobs, they have reunited with family, they have built new relationships and so on.



Written By: Kenda Riles

## MCHA Goes the Distance at the Bluenose Marathon!

We are thrilled to share that over 40 team members joined in across various events—from the 5K to the 10K and youth run—each stride taken in support of mental wellness, community inclusion, and the belief that everyone deserves a place to belong.

The energy was electric, and the spirit of the event mirrored MCHA's own values of commitment, care, connection and community. For many of our participants, this was more than a race—it was a celebration of strength, connection, and personal growth.



### Leaping for a Cause!

Meet Kyle, our very own fundraising frog! When he challenged his friends to help him raise \$1,000 for MCHA, they ribbit-ed up in a big way—and he kept his promise. Dressed head to toe in a full frog costume, he hopped through the Bluenose 5K, bringing smiles, laughs, and a whole lot of heart to the race. Talk about taking fundraising to toad-ally new heights!

*Thank you Kyle!*



Thanks to your support, our Bluenose Marathon initiative raised over \$9000 toward our Social Inclusion Fund, which helps ensure participants can take part in meaningful recreation and community experiences throughout the year.

We're proud, we're inspired, and we're already looking forward to next year's race! A heartfelt thank you to everyone who ran, donated, volunteered, or cheered from the sidelines—you made this success possible.

**Together, we go further.**



# Celebrating the Bluenose Marathon



Thank You, Emera!  
A huge thank you to Emera for making our Bluenose Marathon experience possible! Your generous support of our registration fees — ensured our participants could fully enjoy this empowering and inclusive community event. Your commitment to mental wellness and social inclusion helped turn a simple race into a celebration of courage, connection, and community. We couldn't have done it without you!



See you next year in the Bluenose Marathon!

Written By: Kenda Riles

## Fund Development Update: Growing Community, One Gift at a Time

As one of the newest members of the MCHA team, I want to start by saying how much I've genuinely enjoyed getting to know our participants and the incredible staff who support them every day. I've been deeply humbled by the warmth, resilience, and unwavering commitment I've witnessed across our homes. It's clear that MCHA isn't just about providing shelter—it's about building real community, and I'm honoured to be a part of that work.

It's been a season of connection, creativity, and generosity in Fund Development at MCHA! Thanks to the incredible support of our community, we've been able to move our mission forward in meaningful ways—and we're just getting started.



**Kenda Riles**



Recent Highlights:



Everything we do in Fund Development is guided by one goal: to ensure every person living in their homes at MCHA feel supported, included, and empowered to thrive.

Thank you for being part of this journey.  
-Kenda

- **Bluenose Marathon Magic:** Our team walked to raise funds and awareness for mental health. A huge thank you to everyone who donated, cheered us on, and made this moment a success. Special thanks to Emera for helping make the day possible!
- **Gardening Club is Growing:** With support from Feed Nova Scotia, we are thrilled to launch a new container gardening club in several of our homes. Participants are growing everything from herbs to potatoes, with hands-on learning, community building, and a whole lot of green thumbs sprouting along the way.
- **Launching the Social Inclusion Fund:** We're excited to announce the launch of our Social Inclusion Fund—a new way to support participant access to recreation, events, and activities that foster belonging. Whether it's a trip to a museum, a music class, or a community outing, this fund helps break down barriers and build bridges.

Written By: Kenda Riles

## Fund Development and MCHA continued

### What's Coming:

- **WestJet Raffle Launch:** Our summer raffle will be live soon! You could win two round-trip tickets to anywhere WestJet flies. All proceeds go to support our picnic and social inclusion opportunities for participants to connect with their communities in meaningful ways.
- **Rebranding in Progress:** We're in the process of reimagining how we present our work to the world. Stay tuned for a survey asking for your input—because your voice matters in how we share the MCHA story.
- **Province-Wide 50/50 Raffle:** We've partnered with other NSCLO (Nova Scotia Community Living Organizations) members for a province-wide 50/50 draw! This collaborative initiative strengthens the whole sector and brings even more visibility to the important work happening in communities across Nova Scotia. Get your tickets and support inclusive housing across the province!
- **Blooms and Brunch:** We're already planning our signature holiday fundraiser—an upscale, festive afternoon hosted by Neville and David. It's going to be a magical afternoon full of warmth, community, and purpose. Watch for details coming soon!

### Province Wide 50/50

Scan the QR code to support MCHA today! Who will be the lucky winner of half the take?



**NSCLO**  
NOVA SCOTIA  
COMMUNITY LIVING ORGANIZATIONS

A non-profit Association whose membership is comprised of community based service providers supporting people with disability and/or mental health support needs.

**50/50**  
FUNDRAISER

GET TICKETS FOR OUR

### See you there!!

### MCHA ANNUAL PICNIC- August 13



Come for the friendship and of course the hotdogs and hamburgers!



#### Teddy Bear Picnic at DeWolf Park!

Join us for a beary fun day at our annual Teddy Bear Picnic on Tuesday, August 13 from 11am–2pm at DeWolf Park in Bedford! There will be games, music, snacks, and even a face painter for bear faces—feel free to come dressed as your favourite bear! If you need help getting to the park, let us know—we're happy to help make arrangements.

Don't forget to bring a bear and your picnic spirit!

## Gardening Club

# Growing Together: MCHA Gardening Club

This season, green thumbs are hard at work across our homes as participants dig into the MCHA Gardening Club! From planting veggies and flowers to learning about soil care and watering routines, the club is a great way to build skills, connect with others, and enjoy the calming benefits of nature. Whether it's a balcony planter or a backyard garden, each space is blooming with pride, colour, and community spirit.



Are you at central? Feel free to enjoy some time at Common Roots just across the street and find our plot and do a little weeding or watering!



Supported By:



## Planting Smiles

Andrea and Joe dig into a great day with the Gardening Club



# Participants Corner

## Happy 50<sup>th</sup> Birthday Tona



### Say Cheese!

Birthday smiles all around! Krista helps Tona celebrate her special day in style.

### Tona Turns 50 in Style!

We recently celebrated a very special milestone—Tona’s 50th birthday! The amazing team at Chelsea pulled off a surprise party filled with love, laughter, and all things giraffe (Tona’s favourite!). From festive decorations to a custom giraffe birthday banner, every detail was planned with care to make the day unforgettable. Huge kudos to the Chelsea team for creating such a joyful, personalized celebration—Tona’s smile said it all!



## Remembering those we have lost forever in our hearts



In Memory of Beth Thibodeau  
We were deeply saddened by the sudden passing of Beth Thibodeau, a valued and beloved member of our MCHA community. Beth's warmth, kindness, and unwavering dedication touched the lives of many—staff, participants, and families alike. Her absence is profoundly felt, and she will be remembered with great love and respect. Our thoughts are with her family, friends, and all those who had the privilege of knowing her.

## What's Happening at MCHA



NSRAA has rebranded to NSCLO- Nova Scotia Community Living Organization. Same amazing organization just a new name.



## A Great Place to Work

Krista and Shauna sharing employment opportunities in the community.

## Renfrew at the Beach



"Renfrew doesn't wait for summer, beach days start early when you're this bold! Cold sand, warm smiles, and lots of laughs."



## Brian Dr- Volunteers at the SPCA

"Lending a paw! Participants from Brian Dr. give their time and hearts each week at the SPCA, building bonds, confidence, and plenty of tail wags along the way."



## Around the Community



Shannon, Mel and Krista had a great evening at Dartmouth high School showcasing the work we do at MCHA at their Opportunities and Pathways event .

Some members of our leadership team recently attended the NSCLO Learning Conference, joining sector leaders from cross the province to share ideas, explore best practices, and learn from one another. The conference was a valuable opportunity to connect, reflect, and bring back fresh insights to strengthen our work at MCHA. We're excited to apply what we've learned as we continue to grow and advocate for person-directed supports in our communities.



## Congratulations Nelson

For over 20 years, Nelson has been a dedicated and compassionate member of the MCHA team. This year, his commitment to creative, person-centered support was recognized province-wide when he received the NSCLO Innovation Award! Nelson's ability to think outside the box, build genuine connections, and bring new ideas to life has made a lasting impact on both participants and colleagues.

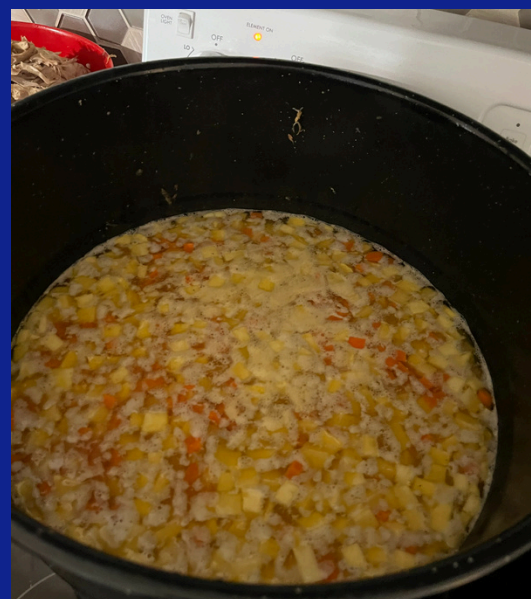
Congratulations, Nelson, this honour is so well deserved!



## Dragon Boat Races



Participants were able to enjoy a Sunday morning on Lake Banook trying their skills in a Dragon Boat. Thank you to members of the CTH team for organizing this fun filled morning.



## Stinker Soup

Thank You for Supporting Stinker Soup!

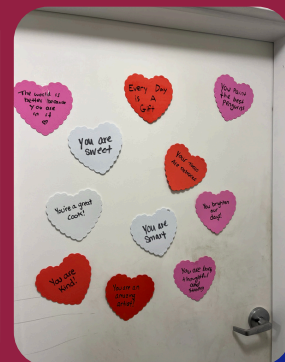
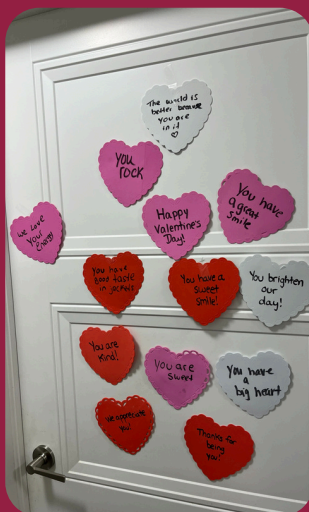
A huge thank you to everyone who helped make our Stinker Soup fundraiser such a success! The delicious homemade chicken noodle soup—lovingly made by participants and staff at Woodlawn and Bowe Street—was a big hit. All proceeds supported our Bluenose Marathon team, and we couldn't be more grateful for your support.

A special shoutout to Stinker the cat, the original inspiration behind the soup's name and a beloved part of Woodlawn's history. Thanks for helping us turn a tasty tradition into something truly meaningful!



## Hearts of Encouragement at Woodlawn

At our Woodlawn location, kindness is blooming in the most beautiful way. Staff and participants recently launched a heartfelt initiative to lift each other up by placing paper hearts on doors, each one with a personalized note about how that person inspires others in the home. These small but powerful messages have brought smiles, sparked meaningful conversations, and reminded everyone just how valued they are. It's a beautiful example of the love and encouragement that makes Woodlawn feel like home.



# Celebrating our Success of the Bluenose Marathon



We laced up, showed up, and crossed the finish line together! To celebrate our amazing participants, staff, and supporters who took part in this year's Bluenose Marathon, we hosted a fun-filled pizza party—complete with a special visit from Myles, the Bluenose mascot! It was a great way to honour the hard work, determination, and team spirit that made this event such a success. Congratulations to everyone who took part—you made us proud!



## Thank You!

A big thank you to Alvin for sharing your musical talent at our celebration! Your performance added so much joy and energy to the event, and it was a true highlight of the day. We're so proud to have such incredible talent in our MCHA community!



## An Afternoon of Team Building



SAS Team Takes on Shubie!

The SAS team recently spent an unforgettable afternoon at Shubie Park for a day of team building, connection, and a whole lot of laughter. After enjoying some great food, the crew hit the water for canoeing and kayaking adventures.



The day wrapped up with a hilarious relay challenge—complete with blindfolds (a creative reuse of our COVID masks!) and a shirt-swapping twist. It was a wonderful way to strengthen bonds, build trust, and share plenty of laughs along the way!



A new use for face masks



## Gardening in the Homes



Participants and staff have been busy planting in their home gardens—adding splashes of colour, fresh veggies, and lots of joy to their outdoor spaces. It's a great way to connect with nature, build skills, and take pride in something that grows with care and attention. Let the blooming begin!

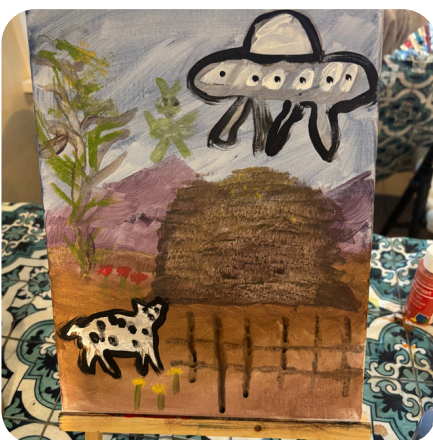


# Happy Little Paint Night at Joe Howe



Our Joe Howe location channeled its inner artist during a fun-filled Bob Ross Paint Night! Participants followed along with classic painting tutorials, creating their own "happy little trees" and scenic masterpieces.

The room was full of colour, creativity, and lots of smiles. It was a wonderful evening of self-expression, relaxation, and artistic joy!



# AGM 2025

This year's Annual General Meeting was a meaningful celebration of growth, gratitude, and community. We reflected on the past year's accomplishments, recognized the incredible contributions of our staff and participants, and shared exciting plans for the future of MCHA. Thank you to everyone who attended and continues to support our mission. Together, we're building stronger, more inclusive communities for all.



## Volunteer Extraordinaire

At this year's AGM, we proudly recognized Karl, our current Chair of the Board of Directors, for his more than 20 years of volunteer service with MCHA. His steady leadership, deep commitment, and unwavering support have helped shape our organization into what it is today. Thank you, Karl, for your incredible dedication—you truly embody the heart of our mission.



## Five Islands Retreat



We're excited to officially launch registration for our upcoming Escape to Five Islands Wellness Retreat, happening September 10–12, 2025!

This retreat is all about rest, connection, and joy—set on the beautiful shores of Five Islands, Nova Scotia. Participants will enjoy seaside art, meditation, clam digging, campfires, walks on the ocean floor, and more. It's a chance to truly unplug and experience community, nature, and personal renewal.



Scan the QR code to fill out the form to get your name in for this great getaway!

Applications must be received by July 21 via the form.

## Stay Connected—Join Our Mailing List!

Want to stay in the loop about upcoming events, celebrations, and exciting news at MCHA? Participants are invited to join our email mailing list so you can receive updates directly from us!

Just send a quick email to Kenda at [kriles@mcha.ns.ca](mailto:kriles@mcha.ns.ca), and you'll start getting all the latest MCHA news straight to your inbox. We'd love to keep in touch with you!



## Trish at Melrose

Trish proudly pays her respects to our Navy with a visit to the HMCS—shaking hands and sharing smiles with a member of the crew.

## Joe Howe Lunch Program

Each month, the Joe Howe location hosts a monthly lunch program that brings participants and staff together to share a delicious meal and great company. From hearty homemade dishes to themed lunches and special treats, these gatherings are about more than just food—they're about building community, creating memories, and enjoying time together around the table.

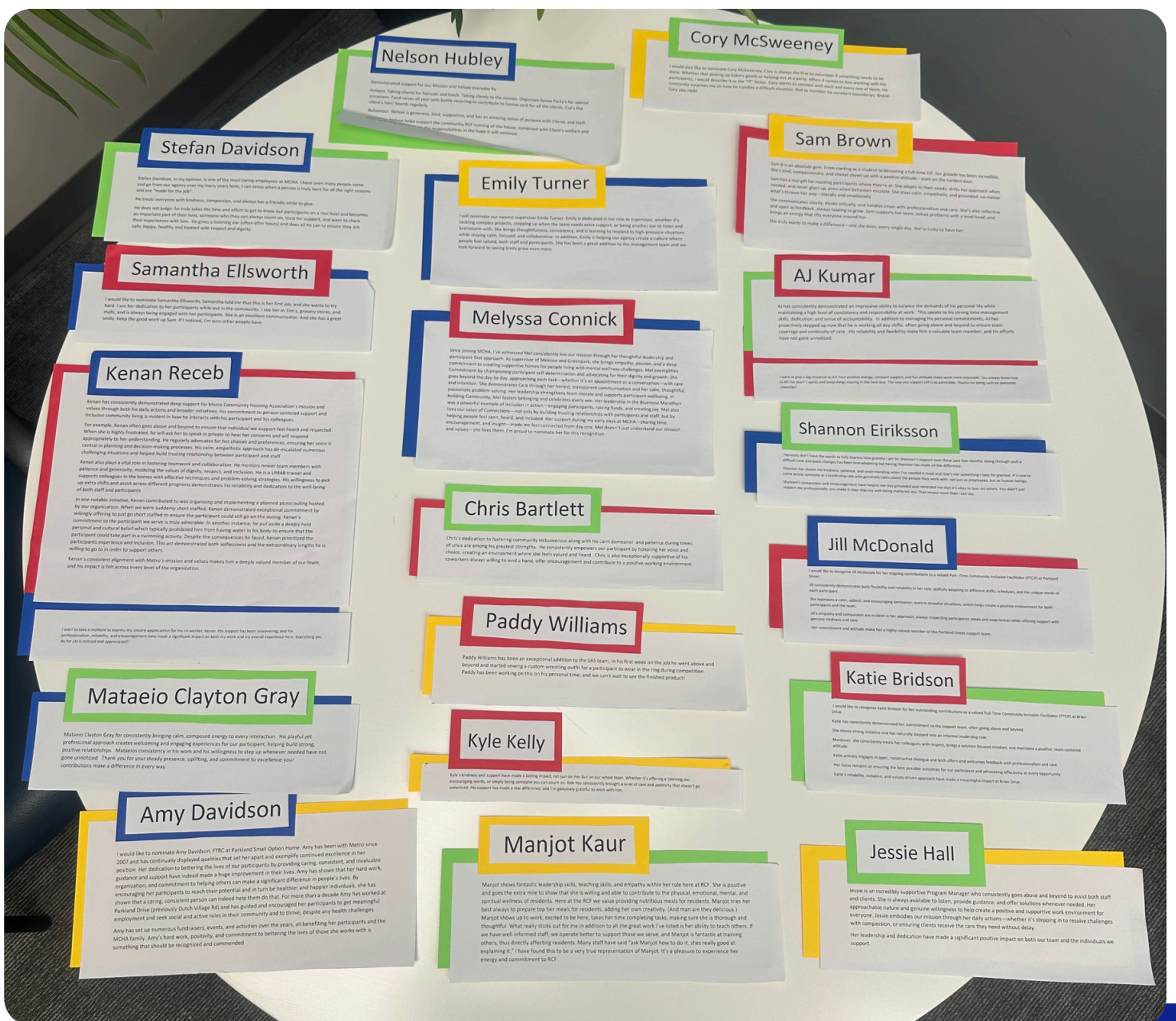


# Living Our Values: Staff Recognition Contest

This spring, Shauna, our HR Manager, launched a special initiative to celebrate the incredible people who bring our mission, vision, and values to life every day. Staff were invited to nominate a co-worker who truly embodies the heart of MCHA—someone who leads with compassion, integrity, and a deep commitment to the people we support.

Each nomination included a heartfelt write-up highlighting how that individual makes a difference in their role and uplifts others through their actions. It was inspiring to read the stories of teamwork, kindness, and dedication that are happening across our organization.

To add some fun, all nominees were entered into a draw—and a few lucky winners were selected for a special prize. Thank you to everyone who took the time to recognize a colleague. Your words reminded us of the power we have to support and celebrate one another.



## Mission in Action: Our Value Champions



Winner of a day off with pay....

Samantha Ellsworth

day off

Congratulations to the staff members whose names were drawn in our Mission, Vision & Values Recognition Contest!

Thank you for the energy, compassion, and commitment you bring to your work—you inspire us all!

## Save the Date- October 1st

Mark your calendars for Tuesday, October 1st—we're heading back to Hatfield Farms for an agency-wide celebration you won't want to miss! Participants told us this is one of their favourite spots, and we're thrilled to return for a day packed with fun.

Enjoy time with friends, meet the animals, bounce around in the rubber rodeo room, zip line through the trees, explore nature, and dig into the always-popular unlimited hotdog BBQ. It's a day to celebrate community, connection, and pure joy!

Stay tuned for more details—but for now, save the date and get ready for a rootin'-tootin' good time!



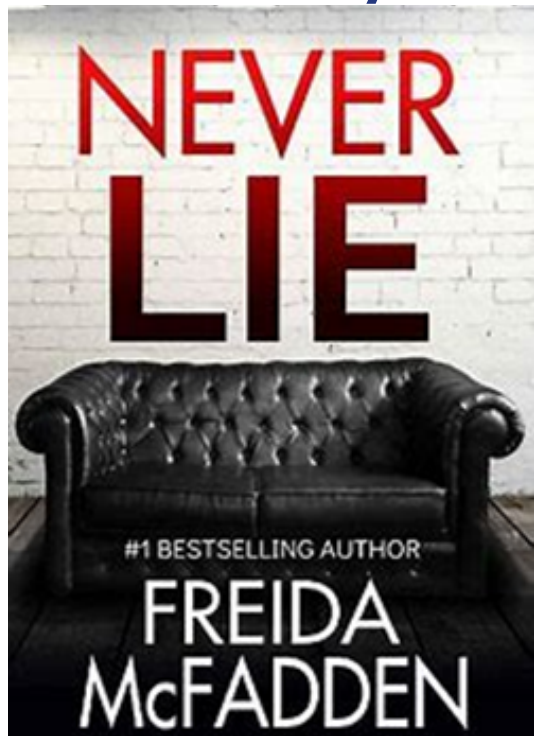
## Announcing the Social Inclusion Fund!

We're excited to launch the Social Inclusion Fund, a new initiative designed to help remove barriers and support participants in accessing meaningful experiences in the community. Whether it's attending a local event, joining a class, visiting a loved one, or exploring a new hobby, this fund helps make it possible. Staff can apply on behalf of participants to support opportunities that foster connection, belonging, and joy. Stay tuned for more details on how to apply and start dreaming big—we can't wait to see what this fund helps make happen!



## Participants Corner

### Book Review By Clare



**Summary:**

It starts with a couple driving to see their new house, which is an old psychiatrist's house, but they are trying to get there in a BLIZZARD! Once they get to the house, they notice a light on in the house and they think it is the real estate agent, but her car isn't anywhere to be found. They go inside the house and stay the night there but as the night goes on, the wife finds creepy things in the house (old tapes of the psychiatrist's old patients), But the husband shrugged it off and says it's fine, but the wife doesn't believe him. Before they know it, everything is not as it seems and everything is not fine.

**Review:**

Wow, this book is amazing! It might even be better than The Housemaid. I read this book in ONE DAY! This book is amazing. It's full of twists and turns that will keep you guessing until the very end of the book. I thought I knew the plot twist but at the very end it changed, and it shocked me to my core. I could not stop reading the book and I loved every second of it. I would recommend this book for people who love thrillers and love to keep guessing what is going to happen next. I loved it, four stars!

### Jogging By Larry

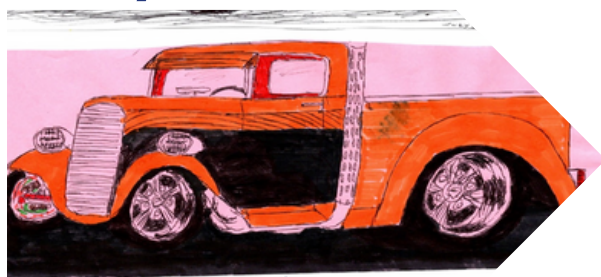


Recently, I started to jog every day, and I really love it. I have been jogging almost every day now for a month and it is great. I jog around the block, taking breaks here and there to catch my breath. I run more and more everyday as the days go by.

When I am done my jog I am usually sweaty and out of breath. I like the way it feels. It usually makes me feel great. If I had known how much I like it, I would have started jogging a long time ago. It has already started to help my cardio, and I get out of breath a lot less when walking up hills and it feels good.

I get great pleasure from running and probably will not stop in the near future. It's good exercise and I think if you wanted to start exercising you could start with walking. I think you'll enjoy it and the fresh air and getting outside is good. Have a good month.

### Art By Ed



## The life and times of all my stuffed animals. By Cathy

Frosty loves his Blue Jays baseball games. Fiona wears s Tiara and magic wand that makes a sound when you press the button. I have two frogs. Their names are Felicity and Francesca helped in the office last Wednesday answering the phones and typing on the computer.

I have two new bunnies their names are Michelle and Mikayla. They are new to my collection. Kaylee can be difficult, Mackenzie is the quiet one. She prefers to sit. Both Ross and Stefan are quiet bears, that says a few words.



I like June because of the pretty Mauve Lilacs, warmer weather, wear my summer clothes as well. It's Tim Hortons or MacDonalds for iced coffee for \$1.00 from mid June til September.

## By Andy-Here in Avalon

Come with me I'll show ya,  
Whenever you may go,  
There's a nice kind of place,  
At the end of the road,  
I believe in truth and never lie,  
And we crossed over to the other side,  
Paradise is waiting for us,  
To come along and go happily,  
Singing our merry song,  
In marry faith I can say truly,  
That each and everyone of us,  
Deserves a good day,  
And I can see rainbows,  
Flying high in the sky,  
And no more tears for ones who cry,  
I believe that we are right here in Avalon,  
In the eye of the storm,  
Here in our special place,  
Right here in Avalon,  
Where we go to have fun,  
In the eye of the storm here in Avalon.



## By Shelley

I gaze back upon an old photo. My Graduation picture, 1984. The face is flushed young( still chubby, baby-cheeks and all the hope in my eyes for a fantastic and brilliant future.

On into my 59th year, I realize I am still her, not as impatient or easily frustrated. Quietly content with having what I need. Grateful. But always on the edge of a dream. The great book? No. Screenplay? Perhaps. Poetry?? Always.

A collage of my life's concrete moments is laden with wondrous people and places. It is those moments together that can never be frozen in time, the people, friends, family, lovers, pets.

I stand as a collage myself. Of all the experiences I've ever had. A patchwork quilt of humanity. Keep adding to yourself because you are so worth it!!

## Home at MCHA

### A Home of Heart and Growth at Brian Drive

At Brian Drive, home is more than a place—it’s a feeling. Over the past year, this small but mighty household has been a quiet example of the transformative power of support, connection, and care

Each day at Brian Drive is filled with simple but meaningful routines, shared laughter, and moments of personal growth. The participants and staff here have built a unique sense of community, where everyone is encouraged to be themselves and to support one another in their journey. Whether it’s pursuing wellness goals, preparing for family visits, or heading out to volunteer, each step forward is celebrated.

One of the most touching moments this year was when Lily, a participant at Brian Drive, planted a tree in the yard to honour a beloved staff member who passed away suddenly. It was a quiet, heartfelt act of remembrance that speaks volumes about the relationships built in this home—ones grounded in kindness, respect, and mutual appreciation.

The staff team at Brian Drive leads with compassion and consistency, creating a safe and encouraging space where participants can flourish. Their dedication, paired with the courage and openness of the people they support, makes Brian Drive not just a house—but a home full of growth, resilience, and love.



## Recipe Corner

### Ingredients:

50g unsweetened cocoa  
140ml water  
3 eggs  
100g of brown sugar of your choice  
150g olive oil  
185g almond flour  
1 teaspoon of baking soda  
1 teaspoon of lemon juice

Preheat the oven to 350 Degrees. Cover a 10/11" tart pan with buttered parchment paper. \*

Put the cocoa in a small bowl. Boil the water and add to the cocoa, stirring well. In a large bowl, beat the eggs, then add the brown sugar. Beat thoroughly. Add olive oil and whisk/beat until the mixture turns light brown and silky smooth. Add the almond flour and baking soda to the centre of the mixture, then pour the lemon juice over the baking soda. Pour in the cocoa/water mixture and whisk until well blended.

Pour the batter into the tart pan, place on the centre rack, and bake for 40 minutes. Enjoy!

Tip: Tear off a sheet of parchment paper several inches larger than your pan, and butter one side. Crumple it together (butter side in), crinkle it well. This will make the straightened-out sheet much more malleable and easier to fit in the pan.



## The Final Page

### A recipe to try

## Gluten Free Chocolate Cake

Submitted by:  
Jennifer

