

FREE



Plot your course for physical activity on Dartmouth's new recreational asset map! See p. 3.

north dartmouth echo



linking our community

Putting Dartmouth North on the map

by Suzanne Rent

I'm not a fan of everything I find on the Internet. Yes, I know it's not always a pleasant place. But a couple of weeks ago, I found something that was made in jest, but is inaccurate and hurtful. It could be a daily occurrence if you look in the right places. (I don't recommend you do this!)

In this case, it was an image I saw making the rounds on Twitter. It was called (The Very) Judgemental Map of Halifax. It had a name for each region of the HRM, including Dartmouth North. I won't share those names here, but many were disturbing, cruel, and offensive to the people who live there.

Comments on the map were mixed. Some commenters thought it was funny. They told the commenters who didn't like the map to lighten up.

I know what the point of the map is; to get a laugh at the stereotypes of communities.

But here's the thing about maps; they're just drawings of places that ultimately provide directions to a place. That's it. They provide no insight beyond the coordinates or names of a place.

I have a career that allows me to be on the ground in these communities, including Dartmouth North, meeting the people who live and work here. And I can tell you one thing: communities are more than places on maps. They are certainly more than stereotypes. Communities are about people. No community is without its fault; I think most residents in

cont. page 2...



Photos: contributed by Dartmouth Family Centre

Learning and play come together at the Dartmouth Family Centre on Albro Lake Road!

Bridging the gap

Elder and Teen Night brings together youth and seniors in the community

by Kayley Dixon

For the past few months, I've been researching and putting together a project called Bridging the Gap Between Youth and Elders. I find myself absolutely fascinated and intrigued by social groups and the gaps

amongst those groups, especially the gap between our younger and older people. During my research, I personally went out and spoke with local community elders. I also conducted an online survey targeted mainly towards

youth. The responses were very helpful, honest, and unique. After a bit of research, I decided that although conversations and theoretical possibilities were great, I wanted to actually do something that would impact our

community and help bridge that gap. That's how Elder and Teen Night happened! I decided to host an evening that would bring young people and elders together. The theme of the night was coffee house vibes. The help I

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Putting Dartmouth North on the map

...cont. from p. 1

these communities are aware of what others say about the places in which they live.

People who live in Dartmouth North know there are issues that need to be addressed. They're also working on them every day. But those people are also sharing the stories that should inspire the best names on a map. We feature these people and stories in every issue of the *Echo*.

We live in a time where many people say others are too sensitive. I see it often, especially on

the Internet. The people who say everyone is so easily offended these days are the people who have traditionally benefited from offending people. It's just now those who were the offendees have a voice. Sometimes they find the voice on the Internet where the offences take place.

Ignorance and stereotypes solve nothing. To the creator of that map, I say put down your Photoshop and get outside into these neighbourhoods. Learn about the people who live there. Learn about what's being done about the issues that inspired some of your cruel labels. Then tell me how you'd label these communities. That's a map I'd like to see.

Photos: contributed



January was spent making friends and learning through play at Dartmouth Family Centre.

north dartmouth echo

The North Dartmouth Echo is published 5 or 6 times a year by The Dartmouth North Community Newspaper Society. This community newspaper is dedicated to celebrating many good news stories and activities that take place in the community, as well as keeping the residents informed of activities and issues that impact on our community.

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(go to local directories to download a pdf of the latest issue)

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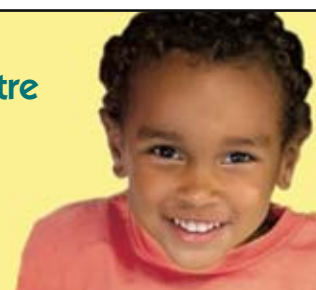
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On the map

The Dartmouth Recreation and Open Space Asset Map plots a course for physical activity

by Brianna Swinimer, Dalhousie Nursing Program, and Monique Mullins-Roberts, Coordinator, Dartmouth Community Health Board

We are excited to present the Dartmouth Recreation and Open Space Asset Map. This map was created for the Dartmouth Community Health Board by a fourth year Dalhousie Nursing student, Brianna Swinimer. The purpose of the map is to create public awareness of the extensive recreation assets within Dartmouth for becoming active and promoting wellness within the community.

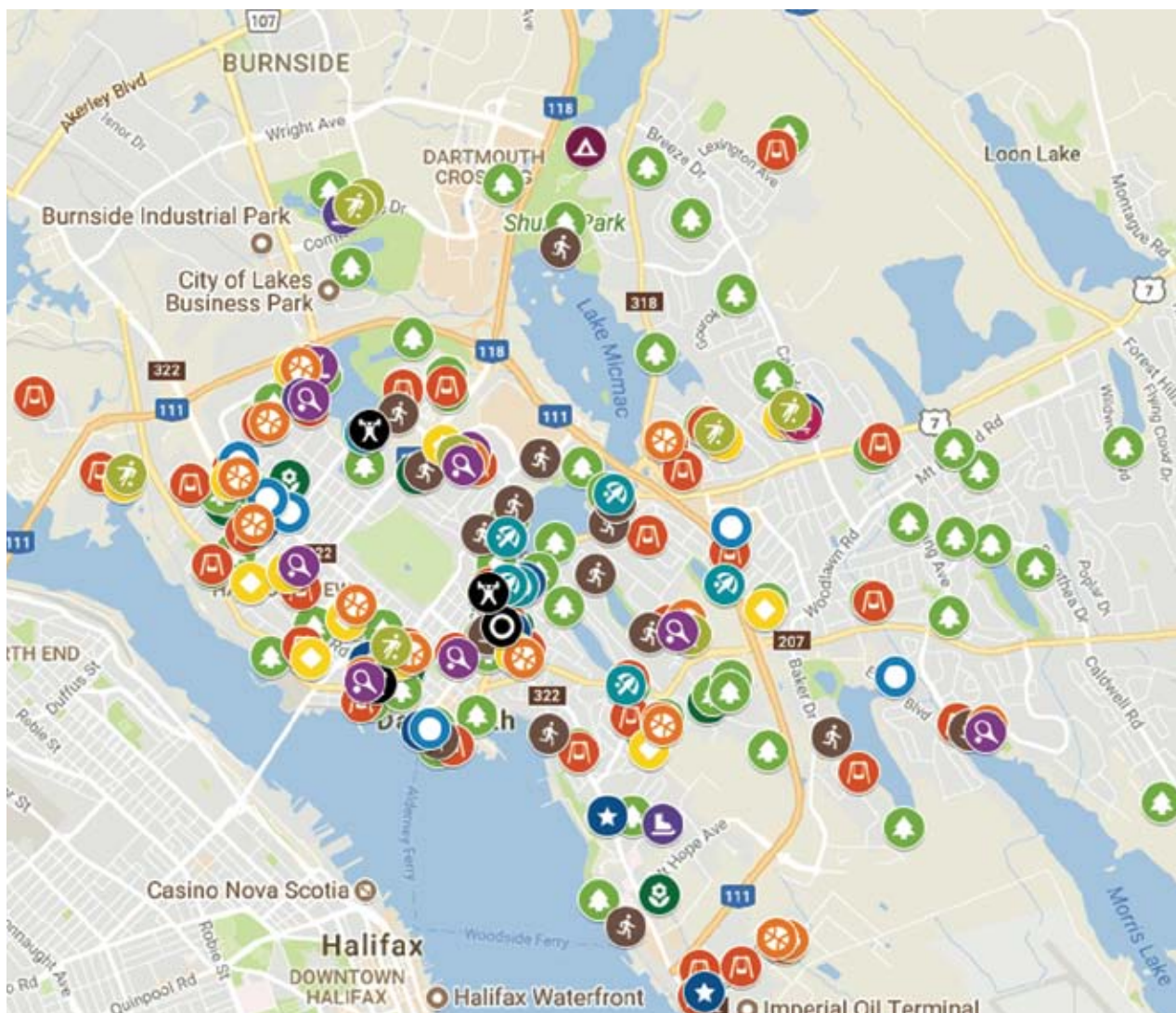
The idea started with voices from the Dartmouth community about how they wished to become more active or participate in physical activity, but they found this difficult due to barriers in accessibility and/or affordability. We acknowledge more resources need to be available to promote health within the community. However, this map identifies trails, parks, playgrounds, fields, or other recreational spaces available within the community that currently exist. It's important to

acknowledge the free and rich assets that are available in Dartmouth.

We also have identified facilities where low-cost programming is available to the public. Each asset is displayed on the map through colour-coded icons. For example, parks are light green with trees and green spaces are dark green with a flower. You can click on an icon and it will show you how to get there through Google Maps when you choose the direction arrow on the top right corner. This is also accessible through a mobile device.

The foundation for the map was based on the Vancouver Food Asset Map, which maps low-cost or free meals within Vancouver by the health authority.

We investigated the Google Map tool, because it is easily identifiable, trusted, and free for anyone to create a map. We consulted key stakeholders from the Dartmouth community who work in areas of recreation or other relat-



Go to the Dartmouth Community Health Board's Facebook page to access this interactive map of recreational assets in Dartmouth communities. And then get active!

ed fields. This included creating discussion with members of the TryDo Strategy, HRM Recreation, Primary Health Care and A for Adventure to name a few. Research was conducted through community members and existing resources. When the map began to come

together, a focus group was held to identify any issues and to affirm that this work was on the right track.

We recently launched the Dartmouth Recreation and Open Space Asset map on social media. We were able to immediately receive feedback from

the community and make appropriate changes. It is important for the public to be aware this is a community-based project, and we welcome continuous public engagement. We hope this map will help people identify ways to get active close to home.

The map can be

found on the Dartmouth Community Health Board Facebook page. We are currently looking into a way to distribute the map for those who do not have Internet access. We are planning to create a poster to encourage people to explore Dartmouth with a goal of getting active.

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A MESSAGE FROM

Darren Fisher, MP DARTMOUTH-COLE HARBOUR

Great news for caregivers and parents in Dartmouth-Cole Harbour

Back in Budget 2017 our government announced special measures to make it easier for parents and family caregivers to access Employment Insurance benefits, in order to provide more flexibility for families. I am proud to say that December 3, 2017 marked the beginning of a new era for families in Dartmouth-Cole Harbour.

We created a new Employment Insurance benefit for family caregivers of adults. For a maximum of 15 weeks, the benefit allows eligible family caregivers to provide care for an adult family member who is seriously ill or injured.

I would also like to point out that the Government of Canada replaced the benefits for Parents of Critically Ill Children with Employment Insurance benefits for family caregivers of children, which is an improvement. This also offers a maximum of 35 weeks of benefits.

More great news is that the Government of

Canada expanded the eligible support network to include all family members, rather than just parents. Another very important point, which applies to both family caregivers of children and family caregivers of adults, is that in addition to medical specialists, general practitioners and nurse practitioners are now authorized to sign the certificate attesting that the child or adult is critically ill. This also applies to family caregivers who use Compassionate Care benefits to provide end-of-life care or support to a family member—either an adult or a child.

This change facilitates the administrative process while allowing Canadians to focus on what really matters: being at their loved one's side.

We know that achieving a work-family balance is a challenge for most parents across Canada. That's why we're working hard to help Canadians find that balance. Now, parents of a newborn or newly adopt-

ed child are able to choose between two parental benefit options.

The first option is to receive parental benefits at the current rate of 55 percent for a period of up to 12 months by combining parental and maternity benefits.

The second option is to receive parental benefits for an extended period of time, at a lower rate corresponding to 33 percent of their average weekly income. Combined parental and maternity benefits could be spread over 18 months.

In addition, eligible pregnant workers are able to receive Employment Insurance maternity benefits up to 12 weeks before their expected delivery date! This is more flexible than the previous policy, which allowed benefits to be paid 8 weeks before the expected delivery date.

As always, if you have any questions regarding these changes, you are welcome to contact our constituency office at 902-462-6453.

Between the Bridges SPAN Grants

Making an impact in Dartmouth North

For the past year, Between the Bridges has been supporting our shared priority of Community Fabric with SPAN (Strength/People/Action/Neighbourhood), a grant program that has already provided funding for 11 fantastic events and projects in Dartmouth North.

Thank you to all of the residents and organizations who have stepped forward and worked together, including the Community Insight Team which has been meeting monthly to oversee SPAN.

We try to learn as we go, and also to share what we learn with the wider community. In the last issue of the *Echo*, we described the projects that have received grants so far. In this issue, we'd like to share some highlights of our exit interviews from the first seven projects that have been completed.

What was this experience like for you?

~ I was extremely happy with the entire process.

~ Amazing. The project was a great opportunity for teachers/students to build positive relationships.

~ There were lots of new faces at the event. While it was a lot of work, we weren't alone – lots of groups

worked to share the load which was awesome.

What new relationships were formed?

~ Lots of people mixed with each other at event.

~ From this experience a second committee has been formed to look at other ways to continue [this work].

~ Since launch, I fostered relationships with other social action groups promoting positive change.

How did any existing relationships change?

~ Planning this event together was very helpful to build that good relationship we now have.

~ This is the first time that all [these organizations] have worked together on a shared community project. We had fun together, we took our words and put them into action.

~ For the peer leaders and their families, that took part... this was a great opportunity to deepen the ties between our school and giving back to community.

What challenges did you encounter? What might you do differently next time?

~ We would use a ticketing system to make

sure everyone got some food.

~ We would take more time to plan which may also mean more people can be involved in preparation.

~ We would make it last longer—people didn't want to leave!

What is one story you can share that helps show the benefits of working together?

~ I saw a lot of kids start playing together, and then their parents would start talking to each other.

~ The halal food options were a first and we were really happy to see more residents from the Muslim community attend. For the most part people appreciated it and thought it was really great.

~ I had five calls that day from people just saying "how can I help?" Some of them I didn't even know!

Do YOU have an idea for a SPAN project? Do you have any questions about SPAN or Between the Bridges? Great! Contact Matt Spurway, 902-488-7446 or matt@betweenthebridges.ca.

Photo: contributed



North Dartmouth Outreach Resource Centre volunteers (l-r) Bob Black, Frances Hunter and Glen O'Hara after a busy day preparing 241 X-mas hampers. The Wednesday morning food bank filled more than 3100 client orders which helped provide for almost 5500 people this past year. Thank you all for caring about our community.



Community comes together at town hall, commits to ending violence

by Doris Buffett-MacDonald

Photos: Doris Buffett-MacDonald



Community members renewed their commitment to violence prevention initiatives at the recent town hall.

It was an uplifting, thought-provoking, and affirming event. In light of two recent homicides in Dartmouth North, Councillor Tony Mancini convened a town hall meeting, bringing together police, residents and community organizations such as Ceasefire, United Way, and Stop the Violence.

Chief of Police Jean Michel Blais, Superintendent Don MacLean, Halifax East Divisional Commander Inspector Richard Lane, and other local HRP members reassured those assembled that both homicides were not random and therefore the general public did not have to be fearful, but to use common sense in their daily lives. Other first responders were also present.

Community organizations reiterated their commitment to various

violence-prevention initiatives that recognize the factors that sometimes lead to violence, such as poverty, mental health issues, and barriers to education.

Councillor Mancini pointed to the quick action taken last year after the murder of Chelsea Probert at Farrell Park. HRP, Nova Scotia

Power and HRM partnered to have brush cut down and removed, and LED lights installed in Farrell Park. Plans are in place this spring for a dedicated path and more LED lighting. "We are taking back the park for community members," Mancini says.

Young community members were in atten-

dance, such as Cheyenne Hardy, recent winner of a Red Cross Humanitarian Award, and Quentrel Provo, founder of Stop the Violence, Spread the Love. Quentrel has undertaken Youth Mentorship programs in three different junior high schools, and also works with newly released offenders, to offer hope and encouragement as they reintegrate into society. He said more supports have to be put in place for people with mental issues. "Listening, just listening to our young people, can change the direction of their lives," Provo says.

"You could just feel the love in the room tonight," one resident said as she left the meeting. And that's what we were all there for, to listen, to affirm, and to encourage each other as we grow together in this great community of Dartmouth North.



Dartmouth North MLA Susan Leblanc; resident John Woods; Quentrel Provo, founder of Stop the Violence; and HRM Councillor Tony Mancini.



GOOD TIDINGS FROM DISTRICT 6

Greetings from HRM Councillor Tony Mancini

February is African Heritage Month

The African Nova Scotia Affairs website (ansa.novascotia.ca) outlines the 2018 African Heritage Month theme as "Educate, Unite, Celebrate Community." The theme embraces education and encourages all Nova Scotians to unite and ignite the culture and heritage we share as a community. Nova Scotia has over 50 historic African Nova Scotian communities, dating back over 400 years. These communities have a rich legacy of resistance, resilience and triumph that cries out to be shared.

Halifax Public Libraries has many events planned across the municipality this month to honour African Heritage. Events include an evening of African Dancing with Abena Tuffour (aka Abena Beloved Green) at the Alderney Gate Library on Tuesday, February 6; and African American Read-In on Sunday, February 24 at the Dartmouth North Library.

Check out the Halifax Public Libraries website at halifaxpubliclibraries.ca for more events.

Dartmouth North Public Library Update

A recent CBC article by reporter Pam Berman on the innovative project at our Dartmouth North Public Library highlights the outdoor library underway at this facility. It is the first outdoor library in Canada and is garnering much attention from other libraries across the country.

The concept involves replacing an exterior wall with a wall of windows/sliding doors. A deck and outdoor area, including playground, complete the new space. Books will be moved outside on portable racks. Ms. Asa Kachan, Chief Librarian and CEO of Halifax Public Libraries, explained that the outdoor area is intended to be a way for the community to connect and that it will be like their "back garden." Outdoor storytelling and family movie nights are planned for summer 2018.

Outdoor libraries are a new idea in Canada. The vision for this space is for the library to be able to spill into the community. Halifax Public Libraries is proud to launch a space that has all the regular benefits of a library — connection, learning, growth — combined with fresh air and active living.

The outdoor library project was funded through Halifax Regional Municipality capital funding, a \$500,000 grant from TD Bank's Friends of the Environment Canada 150 program, and a matching grant from the Atlantic Canada Opportunities Agency (ACOA).

Congratulations to all who helped to make this project a reality.

Snow Removal

Our first significant weather events have arrived and those who enjoy activities in the snow such as snowshoeing, sledding, skating and shoveling snow are having a blast! Yes, there are some people who enjoy shoveling snow — if the amount of snow is not too overwhelming. The fresh air is invigorating; the sense of accomplishment you feel after each shovel-full is removed from your driveway/walkway motivates you to tackle that next shovel-full. The end is in

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Literacy is a family affair!

by Susan Leblanc, MLA Dartmouth North

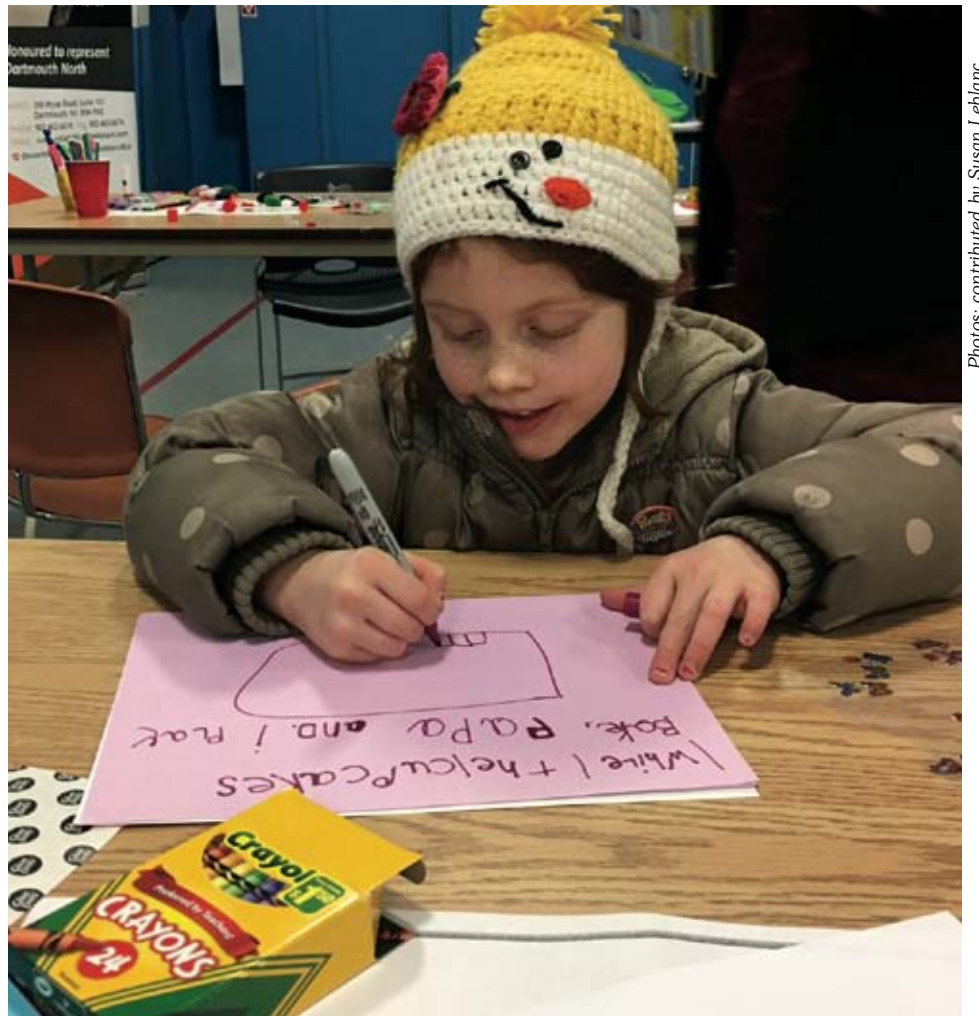
Family Literacy Day was on January 27. To celebrate, I was happy to attend an event co-presented by the Dartmouth Learning Network and the Dartmouth North Boys and Girls Club. Children were invited to bring pictures of themselves and their families (or draw original ones) and create a book, telling a story of their family. There were several families busily working away on books when I was there, and everyone seemed very pleased with their final product. Alison O’Handley, Executive Director of DLN, said that the most frequent comment she got about the day was that people were happy to spend time together as a family.

The Dartmouth Learning Network and



the Boys and Girls Club are two of the many incredible organizations that serve the people in our community. It was wonderful to see them come together and cooperate on this fun, family event. My MLA office also celebrated Family Literacy Day by making

a display of books we have here for community members to pick up. We have several titles, mostly for young readers, that are free for whomever would like them. Drop by and see us and get a book to read with your family!



(left) Tyler Colbourne from Dartmouth Learning Network and Dartmouth North MLA Susan Leblanc celebrating Family Literacy Day.

(above) Françoise Labelle tells the story of her family through words and pictures at a Family Literacy Day event.

Photos: contributed by Susan Leblanc



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Dartmouth Burnside Community Job Fair returns April 13

submitted by Dartmouth Learning Network

Are you looking for a job? Don't miss the third annual Dartmouth Burnside Community Job Fair coming April 13 at 2 pm to the Dartmouth North Community Centre. This year the job fair is a collaboration between the Farrell Hall Benevolent Society, Goodwill Career Centre, the Dartmouth North Library, the Centre for

Entrepreneurship Education & Development, the Greater Burnside Business Association, SimplyCast, and the Dartmouth Learning Network.

Whether you're looking for part-time or full-time work, to better your employment or to re-enter the workforce, the one-day job fair offers opportunities to meet

with decision makers and hiring representatives from contact centres, retail, local business, and other potential employers.

Come dressed for success and be ready to introduce yourself to local employers.

Representatives from Burnside businesses will be accepting resumes on site and are eager to meet with qualified and competent residents of Dartmouth. Candidates of all backgrounds and experience levels are encouraged to attend. Light refreshments will be provided.

For more information, please contact Amanda Sabo, Employment Readiness Coordinator, Dartmouth Learning Network, 902-463-9179 or by email: amanda@dartmouthlearning.net.

Dartmouth Burnside Community Job Fair

Friday, April 13th 2-4 pm
 Dartmouth North Community Centre
dartmouthlearning.net/jobfair

When community becomes a powerful word

by Cheyenne Hardy

There are so many words that are used to describe our community of Dartmouth North. Some of them are positive and some are not. I personally have used words like loving, caring and strong when describing our neighbourhood. But one word that I often forget to use is powerful.

Over the last few months I have seen firsthand how powerful the community of Dartmouth North truly is. With the two homicides that happened recently, I believe if we were honest, a few of us may have had our faith tested; and by faith, I don't necessarily mean our faith in a higher power, but rather, the faith we have in community. Let's face it, when something like this happens, for a little while at least, we may lose faith

in our leaders, our police force, and in each other. Everyone is just a little more untrusting. But I believe in the aftermath of an event such as a homicide, which shakes up our confidence, it is absolutely vital for communities to come together to re-establish a sense of collective trust and belief in one another.

Being a member of the Ceasefire Community Response Team I see how quickly this community rallies and takes comfort in one another, and we also reach out to the families of the loved ones whose lives were lost. In times of crisis, this community does come together to provide support and to try and make positive changes.

I attended the town hall meeting on January 29, and it was very uplifting to see our MLAs, city

council members, law enforcement, and some first responders in attendance. There were many organizations from around the neighbourhood that were present as well.

After the meeting I spoke to the sister of one of the victims, and although heartbroken, she conveyed to me how much the community meant to her and how overwhelmed she felt by the support given to her and her family. She even managed to hug me and give me a smile. My pride for this community was strengthened because I saw that all of us gathered together in solidarity with her and her family, was giving her a sense of comfort. What other word can be used to describe a moment such as this if not powerful?



Photo: contributed

Cheyenne Hardy with Program Manager of Ceasefire, Mel Lucas.

Community becomes even more powerful when it includes the entire community. For example, take the fire that occurred in Dartmouth North in early December. This hap-

pened just a few hundred feet away from our kitchen door. To witness the kids being thrown from their upstairs window, to see the dad on fire as he saves his entire family before collapsing on the

ground, and to experience the sounds, the smells and the sight of the homes burning and exploding in front of our very eyes, was about as devastating a scene as

...cont. on p.9



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A doorway to higher wages and job security

The GED is changing in Nova Scotia

contributed by the Dartmouth Learning Network

It took Bryan MacKenzie 10 years to go back to school. “I was nervous,” says MacKenzie, who left school in Grade 10. “I thought I couldn’t do it. I couldn’t see myself succeeding at school.”

Finally, tired of working dead-end jobs and being overlooked for jobs because he had only a Grade 9 education, MacKenzie enrolled in free classes at the Dartmouth Learning Network in September 2016, working towards his GED.

MacKenzie attended classes two days a week from September through June and then started writing his GED tests. He passed all of them except math on the first try.

“I was discouraged when I failed my math,” he says. “But, I went back to my instructor in the fall for some one-to-one support and guidance. I knew that he could help me.”

Just over a month

later, MacKenzie wrote and passed his GED math test. With his new credentials, MacKenzie found employment as a security guard within days. He now works at a job he loves at Costco. He earns more than minimum wage and will eventually be part of their benefits program.

“This is a job where I can have a future,” says MacKenzie. “Now that I have my GED, I feel more secure. I accomplished something I never thought I could.”

“We see a lot of people just like Bryan,” says Dartmouth Learning Network Executive Director Alison O’Handley. “While most are nervous to return to school, they quickly realize that the adult learning environment is very different from what they experienced as a child or teenager. And, like Bryan, while it’s normal to feel discouraged if they are unsuccessful with a GED test the first

time, it’s important to not give up, but instead seek help.”

This is especially true now as the provincial government announced on its GED website that after December 31, 2018, they will no longer use the 2002 GED test series. That means that anyone who hasn’t completed all five GED tests (Reading, Writing, Mathematics, Science, Social Studies) by that point would have to write all five over again with the new test series.

There are more than 30 community learning organizations like Dartmouth Learning Network across the province available to support adult learners with basic literacy, preparing for the GED tests or to achieve their high school diploma. It’s never too late to return to learning.

For more information on the Dartmouth Learning Network, visit www.dartmouthlearning.net.



Photo: contributed

Completing his GED helped Bryan MacKenzie find a job he loves. To find out how to upgrade your skills and education, contact the Dartmouth Learning Network.

When community becomes a powerful word

... cont. from p. 7

anyone in our neighbourhood had ever seen.

Hours later, after the fire trucks and ambulances had left, my mother and I stood outside the home that was now reduced to smoking black rubble. We listened to the eerie silence on our street that once was filled with the laughter of the children that were now in the hospital getting their broken bones and burns attended to. I said to my mom, “What now? What can we do to help?”

My mom replied, “It’s

not what just you and I are going to do to help, it’s what I know this community is going to do.”

And with that, my mom took to social media to spread the word about the affected families. A GoFundMe page was created, and the community got involved like we had never seen before! There were hundreds and hundreds of donations pouring in every day and the more the word spread on social media and throughout the community the more aid we received for these families. People came with furniture, clothing, toys, money, gift cards, food,

and even brand new tablets. And it didn’t stop until we had collected enough for every family involved.

By the first week in January, all three families were in their new homes. The dad who had been severely burned was released from the hospital and had a fully furnished house to come home to. And the children had so much clothing and toys given to them, much of it is being re-donated to other charities!

All of this was completed within four weeks!

When I remember that horrific night, standing there with my mother at the site of the fire, I

remember the feeling of despair and uselessness. Now, I am in awe of how quickly a situation that seemed so hopeless was changed to one filled with hope for the future. All of this happened because of the power of a community, and is proof that when all members of a community pull together, our power can become limitless.

We may not always agree or even get along with our neighbours, and we all know sometimes a community can be challenged, but I have learned from living in Dartmouth that in time of crisis, communities can come together. And that is what the people



Photo: contributed

Cheyenne with members of the Basenge family who escaped from their burning house in December.

of Dartmouth have always done, not because we are forced or feel we have to, but because we want to. It is because of our pure motives to help one another and to stand

by each other in the darkest of times that is what makes a place like Dartmouth great. And that is when community becomes a powerful word.



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



Photo: contributed



Happy Anniversary



Photo: Trish Johnston

BRIDGING THE GAP: Youth and seniors played games and chatted about their lives at a recent Elder and Teen Night at the Dartmouth North Community Centre.

Elder and Teen Night brings together youth and seniors in the community

...cont. from p.1

received from the community for this event was amazing. I reached out online, where more than 10 random strangers, along with friends, donated food and supplies for the event. The Dartmouth North Community Centre donated its multipurpose room for the night. Emad Aziz from Games On Board offered board games. And my friends and family were such a

great support in helping with set up and clean up. We ate, listened to music, played board games, and had great conversations. Everyone had such a great time and I heard nothing but positive feedback. Many even asked when the next Elder & Teen Night was happening.

Although this was a project, it was quite honestly so much more than that. It was a personal

journey during which I learned so much. That learning continues. This is just the foundation of my research and action regarding this topic. I will be continuing these conversations and events, and I plan to volunteer at my local senior complexes.

One thing I would like you to take away from my project, my research, and this article, is simply to speak with the people

around you. Have a conversation. The importance of conversation and face-to-face interaction has sort of been lost along the way. It is essential that we keep these things alive, otherwise what a lonely world this would be.

No matter what age, we are all human and we all rely on human interaction to live a life worth living.

January is a special month for the Hunters. On January 16, Orland Jr Hunter, celebrated his 90th birthday. On January 20, Frances and Orland Jr Hunter celebrated their 67th Wedding Anniversary. Surrounded by family members, they celebrated in style at their favourite restaurant. Their love and devotion to each other and their family is truly inspiring.

Get Fit—Have Fun—Meet New People

YMCA FOREVER FIT EXERCISE CLASSES

Dartmouth North Community Centre

Tues & Thurs 10:15 am

\$4/session
\$10 annual reg fee

FIRST CLASS FREE

Nutrition value per dollar spent

by Thomas Paul Kiré

As a follow up on the value per dollar method of grocery budgeting, I interviewed Dr. Ian MacLean, a retired biochemistry professor from Dalhousie University.

Just to remind you what the value per dollar ratio indicates about your grocery purchases, note the value per dollar ratio is usually kilograms of food sold per \$1.

This is calculated with

simple arithmetic, by dividing the size of the package, measured in kilograms, by the cost in dollars. This gives you the number of kilograms per dollar you spend.

Now some food items, such as potatoes, are more or less expensive according to what type of potatoes you purchase, and the value per dollar or kilogram per dollar ratio shows how much you purchase for

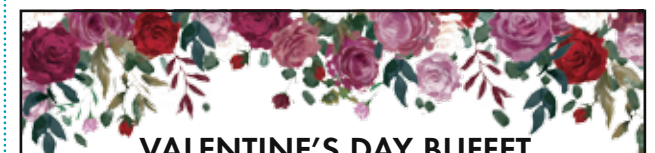
each dollar spent.

For instance, a litre of milk is about \$2.70 in the grocery stores. Divide \$2.70 into one litre and you get a ratio of 36.8 per cent.

This is a number called an indicator ratio, which is smaller for expensive goods and larger for cheap goods that are better deals. A comparison of the various goods you can buy is easily done if you use

this ratio.

Dr. MacLean from Dalhousie says in the past 200 years there has been a great increase in life expectancy in Europe and North America. It has been estimated that advances in medicine contributed to only 10 per cent of this increase. The remaining 90 per cent has been attributed to two major factors: improved sanitary practices, including water



VALENTINE'S DAY BUFFET

WEDNESDAY, FEB 14 / 12 NOON

Honey-Glazed Chicken
Fresh Seasonal Veggies
Fried Rice, Eggrolls
Chocolate Layer Cake
\$10 members/\$12 non-members

MARDI GRAS!

THURSDAY, MAR 1

ST. PATRICK'S DAY DINNER

SATURDAY, MAR 17

Corned Beef & Cabbage



45 Ochterloney Street • Dartmouth
902-465-5578 • www.dartmouthseniors.ca

...cont. p. 12



Spotlight on Youth

is supported by
Susan Leblanc
MLA Dartmouth North
902-463-6670
susanleblancMLA@bellaliant.com



Mr. David retires as bus monitor at Shannon Park School

submitted by Angela Yerxa-Weeks, Principal

June 30, 2017 was Mr. David's last day as a bus monitor at Shannon Park School, where he has worked for about 15 years. He also worked as a bus monitor at Harbour View Elementary.

Students throughout the early French immersion program at the Dartmouth High family of schools still recognize Mr. David well into their high school years. School community members are always pleased to see Mr. David at the mall, movie theatre or other school events like the spring fair or Grade 12 graduation.

Mr. David is still employed at Shannon Park as a daily lunch



Photo: contributed

Thank you Mr. David for taking such good care of the students at Shannon Park School!

monitor and he continues his long-standing volunteer work here. It's a pleasure to have this dedicated individual give so much of his time to help staff and students of

Shannon Park School. Please join us in wishing Mr. David a restful retirement from bus duty and thank him for all he does at Shannon Park School!



Photo: Benetta Sanchez

Recycling takes team work

submitted by Benetta Sanchez

Grade 3 students (and three Grade 6 students, not shown) from John MacNeil Elementary work as a team to recycle drink containers on a daily basis. These students are part of a bigger team that involves the teachers and all students

who make the commitment to recycling by disposing of recyclables in the proper bin. Then the recycling team collects, drains, sorts and bags the refundables.

At week's end, they are taken to a recycling depot that gives a cash return. To date, the team

has earned \$500 from its commitment to this initiative. The money is put back into the school for extras like trips, treats such as pizza day for the entire school and some much needed items.



Photo: Carolyn Sullivan

GUESS WHO'S COMING TO BREAKFAST? Breakfast with Santa at Harbour View Elementary included yummy pancakes and a special visit from Santa. Thanks to Ms. Appleby, Harbour View staff, Halifax Regional Police, volunteers from McGinnis Cooper and Take Action and other community members for their hard work. A big thank you to Santa for making the long trip to see our students. It was a wonderful event and a huge success!

GOOD TIDINGS FROM DISTRICT 6

...cont. from p.5

sight and, eventually, the goal of a clear and safe driveway/walkway is achieved.

Our Winter Operations staff take snow removal seriously. Their work starts prior to the weather event by brining/salting/sanding our streets/sidewalks, and does not stop until all streets and sidewalks are cleared. We do an initial cut-through on all streets, often during significant snow events, as an interim measure. The initial cut-through, which goes down the centre of the street, is to ensure you can exit your street and provides access for emergency vehicles if required. In the event of an emergency, 911 dispatchers will be in touch with municipal snow-clearing crews to ensure emergency vehicles have an efficient and accessible route. Once all streets receive the initial cut-through, crews start clearing to a two-lane width. Many residents have contacted me following the initial cut-through to advise me that their street has not been cleared and there remains 6-10 feet of uncleared space from the end of their driveways. This is temporary. The plows will return.

Crews are responsible for clearing 3,844 kilometres of roads (that's the same distance as driving from Halifax to Winnipeg), about 1,000 kilometres of sidewalks and walkways, and approximately 2,300 bus stops. To do this, a coordinated, strategic approach is required.

Streets are classified depending on whether they are an arterial, transit route or have an incline over 10 per cent grade. All other streets are identified as residential.

Sidewalks are classified and serviced in priority: those adjacent to street arterials; adjacent to transit routes; all oth-

ers are identified as residential, including walkways.

Crews clear and remove snow in line with best practices across the country, adapted to the Halifax region's unique climate and conditions.

Cul-de-sacs: These areas present a unique challenge for snow-clearing operations. Due to the low traffic volume, the fact that they are not thoroughfares, and the possibility that smaller or different pieces of equipment are required, cul-de-sacs and dead-ends are usually the last streets to be cleared. When you see plows going around your neighbourhood and they appear to be ignoring or missing your cul-de-sac, they are not. Whenever possible, a smaller plow is used to clean up the cul-de-sac and, when required, a front-end loader is used to complete the clearing. This type of equipment is first used for the clearing of main arterial routes and other priority areas.

In snowfalls greater than 30 centimetres, or in blizzard conditions, more time is needed to complete clearing. The same exception may apply when there are rapidly changing weather conditions, such as sudden freezing after rain, wet snow packed to ice and freezing rain. Crews will continue working until all streets and sidewalks are clear and safe. To find out the priority rating for your street, please view the Winter Operations website.

Winter Parking

The overnight winter parking ban is in effect every year from Dec. 15 until Mar. 31. However, it is only enforced during declared weather events and clearing operations. When the ban is enforced, it restricts on-street parking between 1 and 6 a.m. Vehicles in violation of the ban will be ticketed and/or towed.

The easiest way to know when the parking ban will be enforced is to register for notifications. Residents can also email a request to contact@halifax.ca or call 311.

Free Movie Night

The 1993 movie "Ground Hog Day" will be shown at the Alderney Landing Theatre on Thursday, February 1 at 7:30 p.m. Tickets are free and may be picked up at various downtown Dartmouth businesses. This event is being hosted by the Downtown Dartmouth Business Commission.

Daylight Savings Starts March 11

Don't forget to turn your clocks ahead one hour on Sunday, March 11 for Daylight Savings Time which begins at 2 a.m.

HRM March Break Camps

March Break runs March 12-16. The HRM Recreation Program provides day camps at various community centres such as the Dartmouth North Community Centre. Please call 902.490.5900 for more information or review the HRM Recreation program guide.

Plastics

Good news! Many coffee pods, such as Keurigs, are recyclable. Simply remove the coffee grinds (place in your green bin) then put the plastic pods with the blue bag recyclables. For more information on recyclables, please see our municipal website at halifax.ca.

Contact Me

I am honoured to be your elected representative on Halifax Regional Council. If you would like to contact me regarding a municipal program or service, please call me at 902.292.4823 or email tony.mancini@halifax.ca.

Crimestoppers hosts Trivia Night



Photos: contributed

The Halifax Board of Nova Scotia Crime Stoppers held its 13th Annual Battle of Wits on January 27 at the Atlantica Hotel in Halifax. Teams competed to become the Ultimate Trivia Champions, and top minds in the city had the opportunity to win bragging rights and a trophy. There were lots of laughs at this fundraiser for an organization that brings safety to our communities.

(Top) The computer team of Ken Wood & Stephanie Webber kept the trivia flowing.

(Above right) Ticket seller John O'Reilly.

(Right) Popcorn Boys Rod Wade & Les Kakonyi stoking up on more brain food.

Nutrition value per dollar spent

...cont. from p. 10

chlorination, and better living conditions, which reduced the problem of infectious diseases; and improved nutrition, which improves disease resistance.

Dr. MacLean also had a few things to say about improved nutrition resulting from improved food supply, which was the result of more scientific agricultural practices and population limitation. Improved nutrition depends, says Dr. MacLean, on the individual, as, for example, young children or pregnant women eat differently than the average person.

Dr. MacLean also discussed the increase in life span obtained by limiting caloric intake. Animals whose diet has sufficient protein, vitamins and minerals but whose caloric intake is limited to about half of normally fed controls live 30 per cent longer.

NOVA SCOTIA CRIME STOPPERS

Call Crime Stoppers With A Tip

You Could Be Holding The Piece Of The Puzzle That Solves A Crime

Remember We Want Your Information Not Your Name!
1-800-222-8477(Tips)
www.crimestoppers.ns.ca

Halifax Regional Police



A GUIDE TO POLICE SERVICES

Emergency	911
Non Emergency Police Dispatch	902-490-5020
General Info	902-490-5016
Divisional Commander Dartmouth	902-490-5171
Cst. Jeff Nicholson.....	902-292-1975
Neighbourhood Watch Co-ordinator.....	902-490-4071
Victim Services.....	902-490-5300
Anti-Bullying Hotline.....	902-490-7283
Office of Chief of Police	902-490-6500
Crime Stoppers.....	1-800-222 TIPS (8477)

Photo: Doris Buffett-MacDonald



SONLIFE WELCOMES NEW PASTOR! Rev. Chuck Kelades comes to SonLife with over 25 years of Pastoral church leadership. He has followed the ministry and life of SonLife since its beginnings and comes with strong people and preaching skills that he will fit into the role of Lead Pastor as our fellowship enters a new season. Pastor Chuck and his wife Eva (a practicing psychotherapist) have also led and played in numerous bands. He recently served in leadership at Corridor Community Church in Lantz, where he oversaw the Music and Worship ministry. Chuck has been educated at the University of New Brunswick, Masters College and Seminary (Peterborough, ON) and Christ For the Nations (Dallas, TX). Chuck and Eva have four adult children and presently reside in Lower Sackville.

Warm up for **WINTER** with New Beginnings

by Doris Buffett-MacDonald

A fantastic event took place on November 25 at the New Beginnings Ministries, Harbour View Site, as the church partnered with the Boys and Girls Club on Farrell Road to host Warm Up For Winter.

It was an afternoon of fun and fellowship, a yummy meal and so much more. There were tables laden with donated warm winter coats, scarves, hats and purses.

Jacquelyn, Lindsay and Jennifer from the Head Shoppe in Mic

Mac Mall offered free hair makeovers.

Pastor Matthew Thomas and the gang at New Beginnings Church, and all the fine people at the Boys and Girls Club want to wish everyone a Happy New Year.

Photo: Doris Buffett-MacDonald



(Left to right) Terry, Nadine and Liz stayed warm handing out tickets for door prizes and giving out information at the Warm Up For Winter event at the Boys and Girls Club on Farrell Road.

CHURCH EVENTS

BETHEL UNITED BAPTIST CHURCH
316 Windmill Road
Office 902-469-4731
Sunday 10:50 am
Family Worship
(Nursery provided)
11:00 am
Sunday School
(ages 4-12)
Wednesday 7 pm
Bible Study



HOLY TRINITY EMMANUEL CHURCH
30 Alfred Street
902-463-3713

COUNTRY MUSIC SHOW
FRANK GRANDY & CUTE AS A BUTTON
(Classic Country, Gospel & Rock & Roll)
Feb 11 & Mar 11
1:30-4:30 pm
Free will offering
Canteen open
All proceeds for upkeep of church

SPAGHETTI SUPPER
Sat, Mar 24 /3-5 pm
\$10 (children 10 & under, seniors \$5)

PANCAKE BRUNCH
Saturday, Apr 28
11 am-1 pm
Free will offering at door

FLEA MARKET
Saturday March 3
9 am-12 pm
Admission \$.50

FREE CLOTHING DEPOT
(NOTE SCHEDULE CHANGE)
1st & 3rd Wednesday of each month
9:30 to 10:30 am
Clothing and footwear for babies, children, ladies and men.



ST. ANDREWS PRESBYTERIAN CHURCH HALL
216 School Street

VALENTINE COFFEE PARTY
Thursday, Feb 15
10-11:30 am
Coffee, tea, muffins
Used books 50 cents
Donations only



ST. PAUL PARISH
199 Windmill Road
Office 902-463-5897

VALENTINE TEA & SALE
Saturday, February 10
11:30 am-1:30 pm
Admission: \$7
Turkey a la King with coffee, tea and dessert. (Take-out available)
Storm Date: February 17
Info: Jan at 463-5962

LOONIE TOONIE COFFEE HOUSE
Wednesday Feb 28 & Mar 28
7-9 pm
Cost \$2

FOOD BINGO
Saturday April 14 & 28
2-4 pm



STAIRS MEMORIAL UNITED CHURCH
44 Hester Street
Office: 902-466-4389

TURKEY SOUP TAKE OUT
Saturday, Feb. 24
Homemade soup, biscuit, roll, and carrot cake.
Cost \$10
All orders must be picked up between 3:30-4:30pm

WORLD DAY OF PRAYER SERVICE
Friday, Mar. 2/7 pm



Photo: contributed

In December, Holy Trinity Emmanuel Anglican Church celebrated the work and dedication of Joanne Dooley and Alphonse LeFrense. Archbishop Ron Cutler was there to present Joanne with her Lay Reader License, and Alphonse with a certificate recognizing his 32 years as a Licensed Lay Reader in the Anglican Church of Canada. Thank you Joanne and Alphonse for sharing your own ministries within and beyond the church.

COMMUNITY CALENDAR



is supported by
Tony Mancini
COUNCILLOR DISTRICT 6
902-292-4823

DARTMOUTH NORTH LIBRARY EVENTS

Call 902-490-5840 to register or for information.



VALENTINE'S DAY SCAVENGER HUNT
Feb. 10, 2:30 pm

FOOD FADS
presented by the Community Health Team
Friday, Feb. 16/10 am

COMMUNITY CHILI COOKOFF
Saturday, Feb. 17/12 pm

KNITTING & CROCHET CLUB
Tuesday, Feb. 27/6:30 pm

PUPPET SHOW
Wednesday, Feb. 28
10:30 am

ACOUSTIC SONG CIRCLE
Thursdays 7pm

MARCH BREAK PROGRAMS

PANCAKE BREAKFAST
Saturday, March 10/11am

PARANORMAL CHARCOAL ART
by artist Drew McSherry
Tuesday, March 13
2:30 pm

LEGO CONTEST
Wednesday, March 14
9 am-5 pm

DROP-IN GIANT BOARD GAMES
Thursday, March 15
9 am-5 pm

HOPE FOR WILDLIFE
Friday, March 16
2:30 pm

KNIT/CROCHET
Saturday, March 17
2:30 pm

KNIT/CROCHET
Tuesday, March 27
6:30 pm

PJ MASKS
Saturday, April 7
2:30 pm



BUILDING BETTER SLEEP
with the Community Health Team
Friday, April 27/10 am

DARTMOUTH HERITAGE MUSEUM

Call 902-464-2300 or visit dartmouthheritagemuseum.ns.ca.

MAIN LEVEL

DARTMOUTH IN WINTERTIME

Explore events and activities that took place in Dartmouth during the colder months of the past. See snapshots of historically frigid weather, tools that were used in Dartmouth's once booming Ice-Cutting Industry, and a small sample of the museum's extensive ice skate collection. The exhibit will be up until March 31.

UPPER LEVEL

EXPLOSION! DARTMOUTH'S ORDEAL OF THE 1917 DISASTER

Learn how the Halifax Explosion happened and how Dartmouth residents worked together to rebuild their community. It includes oral histories from survivors, eyewitness accounts, and artifacts from affected homes and families.

LOWER LEVEL

CARRIAGE ROOM PHOTOGRAPHY STUDIO

Come see our recreation of a 19th century Photographic

Studio to learn how the art of photography has developed through the years.

COMMUNITY EVENTS

FREE CREATIVE WRITING FOR YOUTH

Fridays, 4-5 pm
Dartmouth North Community Centre
(Info 902-490-5900)

LEARN TO KNIT!

Wednesdays, 10 am
Dartmouth North Community Food Centre
6 Primrose Street
All supplies are provided.

MEN'S COMMUNITY KITCHEN

Beginning February 20
New 6-week evening program at Dartmouth North Community Food Centre in partnership with the Nova Scotia Brotherhood. This set of cooking sessions is offered to men of African descent. Open to all levels of experience with cooking! Contact Rob at 902-407-4610 ext. 202. * * Registration is required

INCOME TAX SEASON, LETTUCE HELP!!

In March the Community Food Centre will be hosting the Community Volunteer Income Tax Program in partnership with the CRA. This program allows members in the community to file their taxes for free! If you have a simple tax situation we can help. Come into the Community Action Office and ask a Peer Advocate or give us a call at 902-407-4610.

COUNTRY MUSIC SHOW
Frank Grandy & Cute As A Button
(Classic Country, Gospel & Rock & Roll)

Holy Trinity Emmanuel Church Hall
30 Alfred St.

February 11
1:30-4:30pm

- Free will offering
- Canteen open

All proceeds for upkeep of church



Explosion! exhibit extended at Dartmouth Heritage Museum



Due to popularity, the Dartmouth Heritage Museum's exhibit, *Explosion! Dartmouth's Ordeal of the 1917 Disaster*, is being extended to the end of March. The exhibit examines Dartmouth's role in the Halifax Explosion. Since opening this exhibit in July, the museum has experienced its highest volume of visitors in four years.

Explosion! begins with a snapshot of the daily lives of people living in Dartmouth on the morning of December 6, 1917. The exhibit focuses on the cause of the explosion and how Dartmouth residents worked together to rebuild their community. The day had started like any other until, in the

blink of an eye, the collision between the Imo and Mont-Blanc turned the world upside down. A tableau in the corner shows the destruction that many Dartmouthians stumbled past in the wake of the disaster. The exhibit also explores the various relief efforts that occurred in the aftermath.

It features artifacts and images that relate to the explosion, including a pair of eyeglasses blown off their owner's face; the diary of Frank Baker, a British naval officer who was stationed on the HMCS Acadia; and four fragments from the Mont-Blanc.

\$5 for adults; members and children under 12 free. Located at Evergreen House, Tuesday to Saturday.

What's Up Dartmouth North!

Want to keep on top of news and events happening in our community? Check out the new Dartmouth North Facebook page:

What's Up Dartmouth North

See you there!

LOONIE-TOONIE COFFEE HOUSE

St. Paul's Church
197 Windmill Road

Feb. 28/March 28 • 7-9 pm
Admission: \$2



Community Brunch

East Dartmouth Community Centre
50 Caledonia Road

9:30 am—1:00 pm

Adults: \$8 • Children: \$5 (10 & under)
Big Breakfast: \$10

Sunday, February 25

UPCOMING DATES:
Sunday, March 25
Sunday, April 22



EVERYONE WELCOME

Presented by the
Kinsmen Club of Dartmouth

Celebrating the holidays at the Farrell Benevolent Society

by Doris Buffett-MacDonald

Over the years, the annual Farrell Benevolent Society Christmas party has become the signature event of that community-minded organization.

Excitement was in the air that December evening and there were plenty of smiles from the 160 community members in attendance, including 40 children under the age of 10.

There were treat bags for the children and tables filled with brand new books. The grown-

ups also got to select some books to put under the tree for a family member or a special child.

Along with tea and coffee for the adults and drinks for the children, there were trays of cheese and lots of chips and snacks. Yummy sandwiches were followed by tray after tray of every imaginable, mouth-watering sweet. Throughout the evening there were draws for Sobey's gift cards.

Linda Rowe would like to thank bingo volunteers Terry, Rocky, Sylvia, Sabina, Kenney and Tammy; board members Fred and Doris; and community members Anne and Shawn for helping make this event a complete success.

"The volunteers heard a lot of positive feedback about the food and how enjoyable the evening was," Rowe says.

We all are looking forward to enjoying another fabulous Christmas Social at Farrell Hall next year.




Barb James-Collicutt and her husband enjoy the evening's festivities.

Photos: Doris Buffett-MacDonald



Bingo volunteers serving the community.



YOUNG FAMILIES SUPPER
 Dartmouth North Community Food Centre
 6 Primrose Street

Mondays 5:30–6:30 pm
 Join a great group of volunteers for a delicious, nourishing supper. For parents and guardians with children school-aged and younger. Come enjoy a meal with your children and let us do the dishes!

COME SHARE YOUR VOICE!

at our **AGM**

Thursday, March 22

(Storm Date March 29)

Doors open at 5:30 • Meeting starts at 6:00

Seeking motivated individuals to serve on our Board of Directors. To apply, email farrellhall@ns.aliantzinc.ca or call 902-469-5769.



Everyone Welcome!

276 Windmill Road
902-469-5769

Farrell Hall

www.farrellhall.ca

The Echo needs your help!


As a non-profit society, the *Echo* depends on support from the community in order to operate. We are currently looking for people who would like to get involved by donating their time writing stories, taking photos, drumming up ad support or editing!

You can contact us at (902) 461-0149
 OR dartmouthnorthnews@yahoo.ca

Want to help but don't have the time or talent? A donation of any size will help cover the cost of getting our little paper designed, printed and into our readers' hands.

Thanks for your support!

North Dartmouth Community
 Newspaper Society



Weldon McInnis

BARRISTERS & SOLICITORS



- ❖ Real Estate and Real Property
- ❖ Family Law
- ❖ Wills and Estates
- ❖ Estate Litigation
- ❖ Personal Injury and Insurance Law
- ❖ Civil Litigation
- ❖ Corporate and Commercial Law
- ❖ Criminal Law
- ❖ Mediation and Collaborative Law

Please go to our website for further information:
www.weldonmcinnis.ca

OUR TEAM MEMBERS

M. Jean Beeler, Q.C.	Anthony Nicholson
Nancy G. Rideout	F. Alex Embree
Bruce V. McLaughlin	Andrew Trider
Peter Rumscheidt	Alicia Landry
Matthew J.D. Moir	Nicole Power
Ronan W. Holland	

118 Ochterloney Street, Dartmouth, Nova Scotia | Phone (902) 469-2421 | Fax: (902) 463-4452

Do you live in Dartmouth North?

Do you have an idea that promotes Community Pride or Neighbourhood Safety?



Over the next 12 months, Between the Bridges SPAN Projects can help **YOU** make it happen. **We can work with you to:**



SPAN



Strengths·People·Action·Neighbourhoods

Some ideas...

- Murals
- Recreation equipment
- Benches

- Mini-libraries
- Neighbourhood clean-ups
- Gardens

- Community meals
- Carnivals
- Record breaker challenges



For more information contact:

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