

Dartmouth North teen brings Project Comfort to families in Africa. See page 7.



north dartmouth echo

linking our community

Life with a living wage

by Suzanne Rent

Job hunting is a tough process in this city. I'm sure some of our readers can relate. I've worked in the media for a long time, including many times on contract, and have found myself looking for work more often than I imagined. The most recent job-hunting stint was in 2017 after I lost my job through cutbacks. When I was job hunting last year, I was horrified at the wages being offered for jobs that required post-secondary education and a long list of qualifications. I decided to work for myself, which is another story, but it was certainly inspired not only by the lack of opportunities in my field here, but the low wages.

I saw many postings for jobs that required a university degree, a few years of experience, but paid about \$12 an hour. A reminder that minimum wage in Nova Scotia is \$11/hour. Employers are paying just above minimum wage to qualified and educated candidates. I want to see the resumés for the executives hiring for these jobs. I'm not convinced these bosses have the education and experience to match their compensation, which I'm sure is higher than \$12/hour.

My first media job in Halifax paid me \$9 an hour, which was minimum wage at the time. I worked at least one other job while I was there. I didn't stay long and moved on to a contract that paid more. Eventually, I did make more money, but not without a fight. There are people in our communities who get stuck in a cycle of low-paying jobs and who have to work more than one job to support themselves and their families. Many young people fresh out of post-
cont. page 3...



Photo: SnickerdoodlePhotography

The Dartmouth Family Centre on Albro Lake Road offers many programs for children and families that make learning a whole lot of fun!

SonLife Church and Dartmouth North come together to get children ready for back to school

by Doris Buffett-MacDonald

To ease the transition from summertime fun to classroom return, SonLife Community Church on Windmill Road spent the last few

months organizing and preparing for its first ever School Supply Giveaway, which took place on Sunday, August 26.

With the support of community partners, there was fresh coffee, fruit, snacks, media stations, and games tables. KidsLife volunteers were kept busy registering

people, helping out at the tables, and handing out school supplies. The hour and a half passed by in a happy blur.

cont. page 3...

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GET IN TOUCH!

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Photos: SnickerdoodlePhotography



(Top left and bottom) The Sunshine Gang from the Dartmouth Family Centre visits the farm at the Community Food Centre on Primrose Street. (Top right) Baby & Me is just one of many programs offered by the Dartmouth Family Centre on Albro Lake Road.



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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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SonLife Church and Dartmouth North come together to get children ready for back to school

...cont. from p.1

Photo: Doris Buffett-MacDonald



Eugenia H. Stright, KidsLife Co-Leader at SonLife Community Church, is grateful for all of the community partners who helped out with the church's back to school initiative.

Half an hour prior to the 10 a.m. commencement, children and families were lined up outside the gym doors. By 11:40 a.m., 67 community children and 15 children from the church were in receipt of new school supplies.

"It was such an honour to have the opportunity to serve and show love to the young families of our community," says Pastor Chuck Kelades. "It was a great learning experience, and we are all happily look-

ing forward to doing it again next year."

A huge debt of gratitude is owed to Pastor Chuck, who is always so supportive and community minded, and all our SonLife attendees who stepped up very generously to make this event a success.

Thanks also goes to community partners, MLA Susan Leblanc, her assistant Kelly Wilson, Councillor Sam Austin, and his secretary Jennifer Weagle.

To the other community partners—Value Village; Sobeys, Wyse Road; Chater Meat Market, Shoppers Drug Mart, Wyse Road; Big Mike at the Market—thank you from the bottom of our hearts. And we will be forever grateful to our private donors, Heather Armsworthy, Sylvia Anthony and Barbara Dennis. None of

this would have been possible without our dedicated and caring KidsLife team—Eugenia, Elena, Sandra and Elizabeth, who helped in so many ways.

It takes a community and we thank our community of Dartmouth North for showing all the big love to the kids of Dartmouth North. See you all next year.

Life with a living wage

...cont. from p.1

secondary studies and burdened with student debt make these kinds of low wages, too. If this is the Nova Scotia quality of life our leaders are selling, it needs a serious rethink.

Some sectors are notorious for low wages: hospitality, childcare, and nonprofits, for example. These are important jobs that keep our economy and communities vital and functioning.

According to Living Wage Canada, the living wage in Halifax is \$19.17. Imagine how \$19.17/hour could improve people's lives.

A living wage is not the same as the minimum wage. The minimum wage is the legal minimum all employers must pay. A living wage is the hourly wage required to help a household meet its basic needs. And \$12/hour, or less, is not cutting it.

Readers, I'd like to hear from you about your experiences with wages and looking for work here. And employers, I want to hear your thoughts on wages in this city. Who are the leaders in paying a living wage here? I want to hear from you, too.

Real leaders pay their staff a living wage. Please show them the money.

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District 5 - Dartmouth Centre



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ECHO STAFFERS GET SNEAK PEAK OF NEW DARTMOUTH SPORTSPLEX

In July, Sylvia Anthony (right), founder of the Echo, and Suzanne Rent, editor, got a tour inside the Dartmouth Sportsplex, which is undergoing extensive renovations. The new facility will feature a double gymnasium, pool with waterslide, climbing walls, children's splash area, accessible features, fitness centre with three new studios, and community spaces. The design of the new space allows for plenty of natural light and views of the neighbourhood. The refurbished facility is set to open in December. Programs and services will be up and running in January and a grand opening event will be held then.

An invitation to a Between the Bridges Community Grants Conversation Café

by Matt Spurway

DARTMOUTH NORTH residents know from experience that when people work together, amazing things happen. Between the Bridges is supporting community members to do just that with its second year of community grants, which are now open and ready for your ideas.

You are invited to join with others to share a meal and engage in creative conversation about what's possible... and what can be next!

A Community Grants Conversation Café will take place at the Dartmouth North Community Food Centre, 6 Primrose St. on October 9. Dinner begins at 5:30 p.m. and the community conversation is from 6 until 8 p.m.

Grants of up to \$2,500 are available to small teams of community members who have an idea that will improve community pride, neighbourhood safety, and/or social inclusion. Between

the Bridges staff will support teams throughout the process, as needed.

A wonderful group of community members have volunteered to form the Community Grants Insight Team, which reviews applications for endorsement on a monthly basis, from now until March. They are mostly residents from around Dartmouth North, as well as representatives from the local public, non-profit, and private sectors. They also may

offer advice or additional support to strengthen proposals and help the ideas to be the best they can be.

For more information about the Between the Bridges Community Grants or the Community Grants Conversation Café, please contact Matt Spurway, community coordinator, Between the Bridges at 902-488-7446 or matt@between-thebridges.ca.

Feeding others of Dartmouth The story behind Margaret's House

by Kevin Little

I HAVE BEEN visiting Margaret's House or Feeding Others of Dartmouth (F.O.O.D) for 10 years now. In that decade, I have observed dedicated volunteers, and a community of guests, staff and volunteers who excel at hospitality and serving tasty and nutritious meals every day.

Almost everyone has heard of this special house; the only challenge may be which name you choose. When I say F.O.O.D. some scratch their heads, but then tell me, "But I love Margaret's House!" And for others, when I tell them about the wonderful Margaret's House people will look confused and then respond, "Have you been to Feeding Others of Dartmouth? It's great!" But whichever name you choose this is indeed a very special place, filled with special people, guests, volunteers, and staff.

In case you don't know Margaret's House, here is a brief overview of one of Dartmouth's most compelling stories of care and community. It began in the late 1960s as a nutrition/cooking class for low-

income women who were on social assistance. The number of people coming in for meals, as well as those requiring delivery, continued to increase throughout the 1970s. In the 1980s a group of Dartmouth churches, the Dartmouth Christian Relief and Development Coalition, co-sponsored the work of the hot-lunch program with Dartmouth Social Services to form what is now known as Feeding Others of Dartmouth.

In the summer of 1989, with the assistance of then Mayor John Savage, the current property at 43 Wentworth Street was loaned to F.O.O.D. as the location for the continuation of the program. From its initial schedule of serving three days a week in 1990, the program expanded to five days per week. Six years later, the service was further expanded to seven days as a way of decreasing the stress of emergency food service to single adults on weekends. An additional expansion occurred in 2000, when suppers on a twice-weekly basis were offered. The program now serves



Photo: contributed

a meal seven days a week, from 12 noon to 12:30 pm, with suppers on Mondays, Tuesdays, and Wednesdays, from 4:30 to 5:00 pm. Approximately 3,000 meals are served each month.

More recently a gazebo was built on the property and it was landscaped with flowers and shrubs. Both former Mayor John Savage and his wife, Margaret, were huge supporters of F.O.O.D. Thus, the house is now also known as Margaret's House.

Margaret's House sometimes serves as many as 100 people per meal, making things a little crowded, depending on the day. I used to go to Margaret's House every day but found I was often getting in the way of guests accessing their meals and connecting with each other and Karen Goudie, who is the executive director. Karen is a maternal figure, and

guests are drawn to her warmth, kindness, resourcefulness, and good humour. She credits the success of Feeding Others of Dartmouth with the astounding volunteer spirit and support that goes into every meal. While there is no present need for additional volunteers (there is a waiting list) they gratefully accept any donations from the community whether financial or material. To clarify what exactly is needed interested persons can contact Karen at 902-464-2919 or info@margarets-house.ca.

Kevin Little is the part-time community outreach facilitator for The Public Good Society of Dartmouth. As a navigator who travels to places and people in need, Kevin responds quickly to questions about available resources. He can be contacted at 902-476-0785 or thepublicgoodsociety@gmail.com.

A MESSAGE FROM

Darren Fisher, MP
DARTMOUTH-COLE HARBOUR



Photo: contributed

MP Darren Fisher getting tips from a senior at the Dartmouth Seniors Service Centre.

An update on our seniors

ENSURING THAT Canada's seniors have what they need to enjoy a secure and dignified retirement matters to me and it matters to our government. We are working to make meaningful improvements for today's seniors and for the seniors of tomorrow.

As soon as we took office, we made sure to restore the age of eligibility for Old Age Security (OAS) and the Guaranteed Income Supplement (GIS) to 65. This change is putting thousands of dollars back into the pockets of Canadians as they become seniors. We've also increased the Guaranteed Income Supplement top-up which is helping 900,000 vulnerable single seniors gain greater financial security.

Many of you have asked us to enhance the Canada Pension Plan (CPP). These enhancements require negotiations with the provinces and territories and benefit the seniors of tomorrow. I am pleased to say that for the first time in more than 20 years, Canada has reached an agreement to meaningfully improve the CPP. Once fully implemented, these enhancements will put up to 50 per cent more into the pockets of retirees.

We know that many seniors want to stay in their homes as long as possible, some just need the support to do so. That's why on top of the Canada Health Transfer our government is investing \$157 million dollars to support better home care across the province of Nova Scotia. And as you may know, we've taken the first step toward a National Pharmacare program in Canada. I have strongly advocated for this both publicly and within my caucus. The Advisory Council on the Implementation of National Pharmacare is working hard to find a path forward for National Pharmacare in Canada.

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KEEPING IN TOUCH

Susan Leblanc
MLA DARTMOUTH NORTH

Doctor shortage reaches crisis levels in Dartmouth

IF YOU OR someone in your family does not currently have a family doctor, it is important that you register with the Need a Family Practice Registry. The Nova Scotia Health Authority will use this registry to determine need, and when a new family practice opens, it will contact people on the list from within the region. It is important to note that certain family practices may use other methods for choosing new patients, but they are strongly encouraged to use the provincial registry.

Registering is easy. You can call 811 to register over the phone, or go to www.need-a-familypractice.nshealth.ca/FPSearchReasons/create. In both cases, you will need your health card number to register.

Dartmouth is facing a serious doctor shortage and I am often con-

tacted by people who can't find a family doctor. The latest statistics from the Nova Scotia Health Authority's website state that the Dartmouth/Southeastern region has 9,871 people currently on the Need a Family Practice registry, which amounts to 8.6 per cent of our population. That's the second highest percentage in the province. It is also expected that many of the family physicians in Dartmouth will be retiring in the next three to five years.

Again, I encourage all residents who do not have access to a family practice to register as soon as possible on the Need a Family Practice Registry. Let us hope this crisis is resolved soon so all people in Dartmouth and indeed all of Nova Scotia will have access to good, timely medical care.

Lifelong learning: the opportunities are everywhere

by Tyler Colbourne



Photo: contributed

Tyler Colbourne says there are endless opportunities for learning both inside and outside of traditional educational settings.

I HAVE BEEN in school or dedicated to a learning program for most of my 33 years of life.

Following high school, I went directly to university, dropped out, then went to another university, then college, then another college, then another university. It appears I was either confused about what I should become or I was greedy for student loan debt. Over the years I have studied biology, political science, English, and ecotourism. Later I went back to school in Newfoundland to become a professional mariner, sailing the high seas and looking for adventure, until I realized I get seasick, for which my classmates nicknamed me Chunky. Realizing a life at sea wasn't for me, I tried studying business. Turns out I don't have much of a knack for being a capitalist either.

Despite having gone to school and not completing a number of programs, it was this time last year I entered into my first year of a Bachelor of Social Work through Dalhousie University. It feels a bit like a natural progression, a culmination of the skills and knowledge I have gained over the years combined with a

new opportunity for learning, which will, I hope, give me the chance to do more community work. The only hold up through all of this is Dalhousie has identified me as a mature student. I am not sure when I became mature, seeing as I live with my mother, but apparently, there is a cut-off as to when you can be just a regular, plain, and practical student.

I feel incredibly lucky to be able to learn through school, to gain knowledge through work, and experience new things within our community. Whether it is at the Dartmouth Learning Network, the Dartmouth North Library, or the Dartmouth North Community Food Centre, it seems like there are always opportunities to get out of the house, engage with community members, and learn something new. I am inspired by witnessing people pushing themselves to try something new or relearn something they felt they have lost.

For many people in the community, school represents an institution or system which has been a challenge.

Traditional academic settings are not always as

cont. page 12...

GOOD TIDINGS FROM DISTRICT 6

Greetings from HRM Councillor Tony Mancini

Organizations and residents investing in Dartmouth North

DARTMOUTH NORTH has the most extraordinary volunteers and community spirit! Thanks to all the people who gave, and continue to give, of their time, Dartmouth North had a very successful community garden season. As I write the gardens are in full harvest mode! The Dartmouth Family Centre and Dartmouth North Community Food Centre offer many programs related to gardening, meal preparation and fitness such as: Garden Gab (Tuesday drop-in to learn more about gardening), a 12-week FoodFit Program (an opportunity to eat well, move more and meet some wonderful people), an 8-week cooking program, Adult Community Kitchen, drop-in breakfasts, yoga, walking group, art class/projects and much, much more!

If you are interested in hearing more about the magnificent work that has been done at this amazing facility, save the date and plan to attend their annual report presentation to the community on Tuesday, October 2 at 6 Primrose Street.

Six Primrose is a documentary by Truefaux and is about the Dartmouth North Community Food Centre and the people who engage in all that is offered through this facility. The premiere showing of this film will be on Thursday, October 25 from 2 - 4 p.m. at 6 Primrose Street.

Dartmouth North, you are doing amazing work in showing your pride in community and in putting Dartmouth, NS on the radar for others to see how truly wonderful this neighbourhood is. The Dartmouth North Outdoor Public Library has helped bring notoriety to this area. The continued commitment and innovation of our residents is a great motivator for me and I appreciate all that you do!

Investment in our neighbourhood is coming from other sources such as Nova Scotia Power. NSP has been instrumental in upgrades to its

cont. page 12...



Photo: contributed

Recent upgrades to Farrell Park include new lights and improved landscaping.

Photo: contributed



WE APPRECIATE YOU! N.S. Crime Stoppers board member Maureen Kakonyi presented the Wholesale Club store manager, Ryan Cleveland, with a certificate of appreciation for giving donations the past couple of years for the annual Battle of Wits fundraiser, and this year for Crime Stoppers' annual Green Event.

Celebrating the fruits of the season with a community corn boil

by Doris Buffett-MacDonald

Dartmouth North MLA Susan Leblanc's second annual Community Corn Boil took place Saturday Sept. 8 at Albro Lake. With a hint of fall in the air, it was the perfect afternoon to gather up some friends, supporters, and community members for a good old-fashioned corn boil.

There was plenty of catching up to do, together with fresh corn on the cob, hotdogs, beverages, sweets, and treats.

"This is such a great event Susan puts on," says resident Eva England. The little ones too were very enthusiastic, feasting on the fresh summer corn and frolicking about the beach. Dartmouth Centre Councillor Sam Austin dropped by for an ear of corn and to mix it up with community residents.

"My family and I thoroughly enjoyed ourselves and are looking forward to next summer's event," Leblanc says. "My staff and I will keep you all posted about the next community event. Happy fall to all."



Photo: contributed

Serving up the corn and hotdogs with MLA Susan Leblanc and volunteers at the second annual Community Corn Boil.

Smoking in Halifax

Recreational cannabis becomes legal on Oct. 17. Prior to this date, the **Halifax Regional Municipality is enacting by-law amendments.**

- Smoking and vaping of any substance will be prohibited on all municipal property. This includes streets, sidewalks, parks, and trails.
- Designated smoking areas on municipal property will be clearly marked through smoking-permitted signs (facsimile shown).
- Smoking on private property is governed by the property owner.
- Any smoking must adhere to the Province of Nova Scotia's Smoke-free Places Act.

For more information visit halifax.ca



HALIFAX

Dartmouth North teen travels to Africa

And takes a little piece of our community with her

by Rowena Hardy

Back in the spring, I attended a Jesus of All Nations Conference in Halifax with my daughter, Cheyenne. While there, we met a young man from New Brunswick who told us that he was travelling to Kenya in June. He had heard about Cheyenne and the humanitarian work she does both locally and globally and asked her if she had ever thought about traveling to Africa to do missionary work. She told him it was a dream of hers to travel to Africa to do her work someday.

The young man went back to his home in New Brunswick, called the pastor who owns a school for underprivileged kids with AIDS/HIV in Kenya, and told him all he had heard



about Cheyenne. The pastor was so impressed, he immediately contacted us and asked if we would be okay if she came to teach English at his school for the summer, if she was interested.

Back in September of 2017, Cheyenne was

one of four youth to be awarded the Prince of Wales Youth Leadership Award for the work she does in her community. With that honour came a \$2,500 cheque to do with as she pleased. Cheyenne put it in her bank account and said

she would wait to do something good and meaningful with it, something that would make a difference.

Cheyenne decided she'd use these funds to go to Kenya and help the children.

She decided she would purchase new uniforms for the students, pay some student fees, and collect supplies from around our community for the school and the students. But after she was there for a while, Cheyenne decided she would take some of the donation money that had been so generously given to her here in Canada, to purchase all of the materials and supplies needed to teach her students how to make memory blankets for the families

of the loved ones that have died in the community. In Dartmouth North, we call this program Project Comfort. Cheyenne helped create this program in Dartmouth with the help of the Ceasefire Community Response Team. It was meant to be a means of coming together as a community and making these blankets in memory of those who died from violence on our streets. The blankets are given to grieving families to show them their loved ones mattered and our community is there for them.

All communities experience death and loss no matter where you live. In fact, love, faith, and death are what connect us all to one another in this world. Whether someone has died from violence, from a health condition, malaria or AIDS, etc., we all know someone whose heart is breaking, and it is very hard to find a way to make them feel better, and it is hard as a community to heal.

Cheyenne decided she wanted to bring this project to Kenya to show her students that even though they are young, they can come together as part of the community, make these blankets in memory of someone that has passed away, and present it to someone who is grieving. She told her students that the blankets won't make the pain in their hearts go

away, but it will show them that their loved one mattered, and the community is there for them, and that will give them comfort.

The children and teachers embraced the project, which made them all feel like they were making these blankets out of love for their community members.

The really great news is the school is going to continue to run Project Comfort as a regular part of their curriculum. There is also talk of it being introduced to churches in the area and beyond. It's something the teachers, the students and the pastor at the school have expressed gratitude to Cheyenne for having brought to them. The pastor told me that it has made an unbelievable impact on his community.

When Cheyenne was at a Ceasefire meeting a few years ago, and she showed everyone how to make these blankets right there at the Dartmouth North Community Centre, no one would have dreamed that she would end up in Africa showing a community there how to make them as well, so they too would have a way to help themselves heal from tragedy.

I believe Cheyenne's journey proves that one person can absolutely make a difference. Now imagine this world if everyone at least made one small effort.



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Photos: contributed

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HFieldPark

Spirit of the Community

Thank you Constable Jeff Nicholson

by Sandra Weagle

The position of Community Constable in the area of North Dartmouth takes a very special officer to successfully fill. This officer has to be understanding of the composition of the population; aware of the ups and downs of the cultural diversity; compassionate and at the same time firm in dealings with situations arising.

For the past four years, we have been blessed to have had the

support and community commitment of Constable Jeff Nicholson. He has a smile and a caring demeanour that immediately calms and helps diffuse situations. He participates in community events and has knowledge of and working relationships with local business owners, landlords and agencies.

He appears regularly in the *North Dartmouth Echo* as he participates in many community activities. This exposure

assures that he is known to all and most importantly open to direct communication. This is such a valuable asset in a community officer.

Jeff, we want to thank you for being you and for all that you have done in your position of Community Constable for North Dartmouth. You are going to be missed as a friend as well as our rock. We wish you all the best and please don't forget your time here. We won't.



Photo: Echo archives

From patrolling the streets to reading to kids, Cst. Nicholson's caring and friendly presence in our Dartmouth North community not soon be forgotten.

Guests get crafty at the Community Food Centre

by Paul Kiré

Paint layering on beach stones, fabric art, and other arts and crafts are just some of the innovative activities happening on Monday mornings at the Dartmouth North Community Food Centre on Primrose Street. The arts program attracts a hodge-podge of different artists of all experience and skill levels.

"The people involved in the arts program are already coming into the food centre for the Monday morning drop-in, breakfast, and socializing at the community drop-in, and they know the art group is going on too," says facilitator Cheryl MacDonald. "I would say it's more crafts than art, to make something and take it home".

The arts program has been going on since spring under the supervision of Ms. MacDonald, who has a background in fashion design, arts, crafts and merchandising.

The program is also looking for volunteer instructors to help out. Contact the centre's volunteer co-ordinator at kcarey@dartmouthfamily-centre.ca to find out how you or someone you know can get involved.



Arts program volunteers enjoy the diversity of arts and crafts activities offered at the Dartmouth North Community Food Centre. Everyone is welcome to participate, and no previous art experience is required.

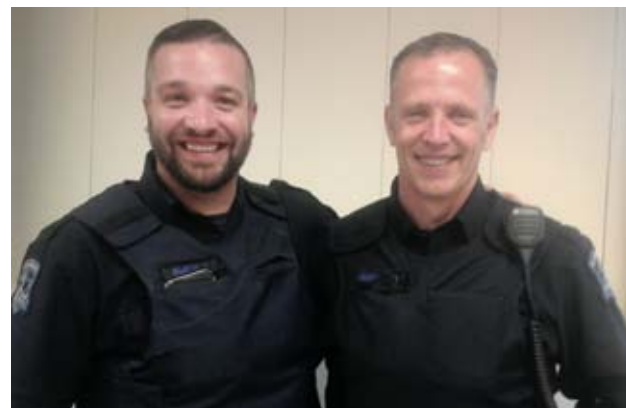


Photo: Sandi Weagle

Constable Jeff Nicholson (right) hands over his watch to our new Community Constable Jim Smith (left). Welcome to the community!



Photos: contributed



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



Photo: Doris Buffett-MacDonald



Local historian Frank Leaman shows off one of many treasures to be found at his North Dartmouth home.



Photo: Leigh Beauchamp Day

A quiet retreat at Tuft's Cove Cemetery

by Frank Crowell Leaman

At the end of Lovett Road, towards the harbour in Dartmouth North, is a bit of paradise for a person who needs a break from everyday pressures. This spot is known as the Old Tufts Cove Cemetery.

Someone once told me about cemetery thinking. He explained that when you have a very important or difficult decision in life, if you contemplate it in a cemetery, it helps remind you how you would think about it after you've passed.

As I sat on the thinkers' bench there, a gentle breeze carried the aroma of wild flowers and surrounding trees. I looked at the tombstones, mostly of descendants of this area's original founders and families, some of them connected to Gershom Tufts from Massachusetts, after whom the cove is named.

North Dartmouth's history can well be repre-

sented by the busy beehive that Tufts Cove is and was. When you realize that large square-rigged ships like the ones you see at our tall ships festivals were built at McKean's Shipyard in the cove, you begin to see a pattern of industry.

Near this area ran the other ferry to Halifax. Yes, there was once another one. The service was very busy, carrying those whose work took them to the city.

From this idyllic spot on my bench at the cemetery, I give thanks to Mr. Gary Wright, whose efforts restored this little memorial park to its present calm, peaceful state. In my mind I go back in time as I recall that Tufts Cove was the sight of another bridge that once crossed Halifax Harbour. Despite the best methods of engineering at the time, it floated away one

night, to the disbelief of everyone.

If you choose to visit this historic tranquil site, just follow Lovett Road almost to the harbour and you will find it.

THANK YOU FOR MANY YEARS OF GENEROUS ASSISTANCE!

(From left) Cheryl Manuel Carter, Wendy Clark-Perro and Linda Sitland celebrate the retirement of Stairs Memorial United Church secretary Wendy Clark-Perro. Wendy retired on Sept. 22, after serving for 20 years and one month. An integral part of the community, Wendy was generous with her time and assistance. Beyond her regular duties, she provided behind the scenes support for Stairs' special projects and community events. She was a friendly face and contact person for the North Dartmouth Echo and everyone who called or visited the church office. A luncheon in Wendy's honor was held at Pilot's Pub, Dartmouth. Thirty-two Stairs members attended. See the Stairs' Facebook page for more photos.

\$48

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- Departure: 9:30 am (at DSSC)
- Return: 3:30 pm (to DSSC)
- Cost includes: transportation, snack and lunch

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WHERE OLD FRIENDS MEET NEW FRIENDS

*Deadline for ticket purchases: Oct 1

NEW SUPER BINGO!

SUNDAY, OCT 14 1-4 PM

COMING SOON:

THURSDAY OCT 4
THANKSGIVING LUNCH

SATURDAY OCT 6
MERCHANDISE BINGO

SATURDAY OCT 13
KIWANIS SPAGHETTI DINNER

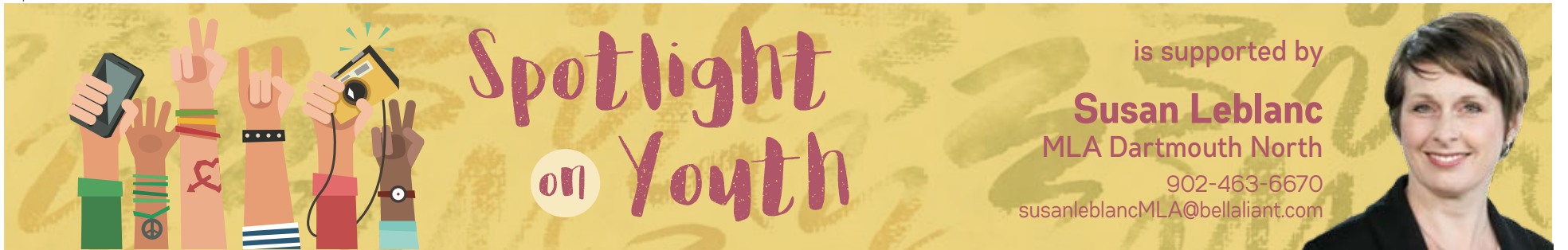
SATURDAY OCT 20
FALL FAIR

SATURDAY OCT 25
PAINT NIGHT

SATURDAY OCT 31
HALLOWEEN SPOOKY LUNCH



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902-465-5578 • www.dartmouthseniors.ca



A shooting star

Basketball star Aaliyah Johnson heads to Top Flight Academy in Ottawa

by Doris Buffett-MacDonald

In late August, Aaliyah Johnson and her dad embarked upon an exciting 13-hour journey that would change her life forever.

They were on their way from their home in Dartmouth to Top Flight Academy in Ottawa where Aaliyah was awarded a scholarship to hone her basketball skills on a national level, and pursue her academic Grade 11 studies.

All of this was set in

motion when Aaliyah’s coach Marcus Eaton submitted a video of her basketball skills to the folks at Top Flight Academy.

“To put it simply,” Aaliyah says, “basketball has been my life.”

During the summer months she hones her skills with the Haliqueens. Aaliyah’s March breaks have been taken up with coaching younger kids on the finer points of basketball at Dalhousie’s basketball

camp. She has a full roster of basketball-related extra curriculum activities and is a straight-A student, which did not escape the notice of the admission personnel at Top Flight Academy.

Aaliyah’s inspiration for basketball is close to home.

“My sister Shay,” she says. “And I am her biggest fan.” Shay plays basketball for Michigan State University and is a member of the Team Canada basketball team.

Aaliyah has another older sister who is embarking on her first year of teaching at Shannon Park School.

Aaliyah’s plans beyond high school include studying kinesiology and physiotherapy, in the field of sports medicine.

We all know this shining star will continue to reach the highest heights as she lives out her dreams with dedication, hard work, and lots of love.



Photo: contributed

A Community Celebration of Success

Honouring the hard work and futures of junior high grads

by Kayley Dixon



Photo: Kayley Dixon

Graduating junior high is a special moment for many youth. As you reflect on your growth and wonderful memories, you are also entering a new life

chapter where you will create new experiences, meet new people, and explore who you are and what you will become.

Personally, my graduation was a beautiful

emotional milestone that held great importance to me. I am a proud John Martin Junior High alumni, and I have been working within the community mostly with JMJH youth

for the last few years. They are some of the most creative, inspiring, and intelligent individuals I know, and I wanted those graduating to feel empowered and loved by

myself and this entire community. The idea of a “Community Celebration of Success” was born. I reached out to the community to support this event and the response was amazing. I thankfully received immense support from MLA Susan Leblanc, Councillor Tony Mancini, MP Darren Fisher, TD Bank Portland Street, Jacob’s Lounge Restaurant, The Take Action Society, Scott Penton and staff at the Dartmouth North Community Centre, Brandon Walker (DJ), friends, family, and other awesome community members.

The Celebration of Success was held at the Dartmouth North Community Centre and

consisted of a ceremony for parents and grads with certificates, speakers and refreshments. That was followed by a grad-only sit-down dinner and cake, then bubble soccer, henna, a photobooth, and music.

I am so thankful for the support and love this community provided for this event. The night was truly extraordinary and magical. To see the youth enjoying their special night was a beautiful thing. They deserve the world.

Be a support system and positive force for youth to follow. Allow your growth to benefit theirs. You never know, they may be our next prime minister, doctor, or teacher.

GOOD TIDINGS FROM DISTRICT 6

...cont. from p. 5

property, known as Farrell Park, to make the space more useable and attractive. They have installed five light standards to improve visibility after hours. Portions of the park overgrown with scrub and weeds have been cleared and will be top-soiled and hydroseeded. HRM is creating a meandering crusher dust pathway to run the entire length of the park. Wooden benches will be installed along the pathway and Farrell Street. Vegetation abutting a chain-link fence on the south periphery of the property will be selectively thinned for improved visibility from the adjacent residential neighbourhood. Farrell Park is looking phenomenal!

The Take Action Society is building community spirit through various projects that emphasize unity in the community. TAS believes that: "through our children, we can encourage a sense of belonging and pride that will make a difference today and in the future!" And man are they right!! Some of the youth involved in the projects say that their involvement has made them feel more "grown-up" and part of the community. They like being able to help others and overall, help their community. The youth appreciate the learning opportunities available through the variety of projects, and that helping and kindness to all are key when dealing with other human beings.

Thank-you Dartmouth North for being a community with heart!



Photo: contributed



Photo: contributed



(Above) At the Dartmouth North Neighbourhood Watch meeting Sept 17 residents were introduced to our new Community Cst. Jim Smith, as well as Cst. Jillian Forhan (left) and Cst. Kim Chambers (right). Constables Forhan and Chambers are the new Community Response Officers at Scotia Court. Warm welcome from the community!

(Left) Members of the Halifax Board of Nova Scotia Crime Stoppers had a great time at the Halifax Natal Day Parade on August 6, promoting safety in our communities.

Halifax Regional Police A GUIDE TO POLICE SERVICES

- Emergency911
- Non Emergency Police Dispatch.....902-490-5020
- General Info902-490-5016
- Divisional Commander Dartmouth902-490-5171
- Cst. Jim Smith.....902-229-9042
- Scotia Court
- Cst. Jillian Forhan.....902-483-5434
- Cst .Kim Chambers902-483-7472
- Neighbourhood Watch Co-ordinator
- Cst. Tanya Lambert902-490-2169
- Victim Services.....902-490-5300
- Anti-Bullying Hotline.....902-490-7283
- Office of Chief of Police902-490-6500
- Crime Stoppers 1-800-222 TIPS (8477)

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

Lifelong learning: the opportunities are everywhere

...cont. from p. 5

inclusive as they could be, but I see them getting better every year. Meanwhile, community organizations and programs are creating opportunities for youth and adults alike, allowing everyone to be a student of their own making within an occupation or commitment of their choosing. There are many opportunities to be a lifelong or mature student in and outside of traditional educational settings.

If you are like me and might be considered as being mature, even if you feel completely immature, I hope you still find a way to commit to learning. Take a free course with a community program, become a volunteer with the Dartmouth North Community Food Centre, or perhaps take courses with the Adult Learning Program if you need to finish your GED or high school. You never know what you might learn.

Photo: Doris Buffert-MacDonald



(L-r) Eva & Pastor Chuck Kelades of SonLife Community Church; Pastors Counsel Mark Levasseur, and Dartmouth North MLA Susan Leblanc know what it takes to get children ready for back to school. They were among the many community volunteers who took part in SonLife Church's School Supply Giveaway, which took place on Sunday, August 26. See page 1 for the full story!



Photo: contributed

Gabriel and Atinuke Adeoye, ministry leads for the Rejoice After School Club.

A MESSAGE FROM

Darren Fisher, MP
DARTMOUTH-COLE HARBOUR

...cont. from p. 4

Recently, Prime Minister Justin Trudeau announced a new Minister of Seniors. You might ask, "But what will a Minister of Seniors do for folks in Dartmouth-Cole Harbour?" Minister Filomena Tassi is tasked with ensuring the government better understands the needs of Canadian seniors. She will work to ensure that programs and services are specifically developed that respond to Canada's aging population. The goal is to ensure that seniors and all future retirees have greater security and a better quality of life.

The new Minister of Seniors will work on national seniors programming, like the New Horizons for Seniors, and will work across government with ministers on initiatives that will impact and benefit seniors. She will also be helping to design and implement initiatives to protect seniors from scams, fraud, high pressure sales tactics, overbilling and elder abuse.

I am pleased to say that Minister Tassi will be tasked with helping us fulfill our campaign promise to index OAS and GSI to a new Seniors Price Index which we know will improve financial security for Canada's seniors and those most in need.

We know that folks here in Dartmouth-Cole Harbour are struggling with the closure of Sears, and we need to move forward to protect workplace pensions. Minister Tassi will be consulting stakeholders and will coordinate the government's work to strengthen the protection of workplace pensions.

I look forward to working with the new Minister of Seniors to make life better for seniors here in Dartmouth-Cole Harbour. It's important to me that we continue to make investments that provide more support for seniors and work to close gaps in our system. At the end of the day, we need to make sure that every senior in Canada is cared for. Period.

As always, please don't hesitate to reach out to me and share your thoughts. I always like hearing from you on the issues that matter to you most!



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 7pm
Bible Study



DARTMOUTH FIRST CHURCH OF THE NAZARENE
Hester Street
902-466-5822

OPEN DOOR CLOTHING BANK
Wednesdays 8:30-11:30 am
Not open the last Wed. of each month



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

FLEA MARKET & BAKE TABLE
Sat, Oct 6 9am-12 noon
Admission \$.50

FRANK GRANDY & CUTE AS A BUTTON CONCERT
Sun, Oct 14 1:30-4:30pm
Free will offering/
Canteen/50/50 draw
(All proceeds go to the work of the church)

DESSERT & AUCTION
Sat, Oct 27
Dessert & Viewing 1 pm
Auction 2 pm
Admission \$5 (includes auction paddle, dessert, tea/coffee)
Proceeds to Xmas Hampers

JINGLE BELL ROCK/WALK
Sat, Nov 24 10am-2pm
Silent Auction, Bake Table
Canteen available
Proceeds to Xmas Hampers



ST. PAUL CATHOLIC CHURCH
197 Windmill Road
Office 902-463-5897
saintpaulparishdartmouth.com

JEWELLERY & AUTUMN BAKE SALE
Saturday, Oct 20 10am-12 noon
Entrance is the side orange door Jamieson St.



ST ANTHONY'S CHURCH HALL
29 Courtney Road
Info 902-469-5698

FALL FAIR
Nov 3 & 4
Saturday 9am-3:30pm/5-6:30pm
Sunday 10am-3:30pm
Flea Market, Bake Table
Admission Free
Meal \$8 (chilli, dessert, tea/coffee)

Rejoice After School Club starts October 4!

Another year of the Rejoice After School Club begins Thursday, October 4 at Northbrook Bible Chapel, 225 Victoria Road.

The After School Club is for children and youth ages 5-18. It's an opportunity to engage in the community, to learn about the Bible, have recreational fun, to earn weekly points for the Rejoice Store, to celebrate each other's birthdays, and to enjoy healthy snacks with friends at the end of the evening. The club is held every Thursday night throughout the school year from 6:30 - 8:00 p.m.

There is no registration fee to attend. Parents are always welcome!



Photo: contributed

CONGRATULATIONS to Simeon Johnson, son of Rev. Kevin H. Johnson and Annemarie Manfreda Johnson. Simeon completed six weeks of intensive training with the reserves and accepted an offer of employment with the Canadian Forces as a financial services advisor. His dad, Kevin, is the former lead pastor of SonLife Community Church and presently district superintendent of the Maritime District, Pentecostal Assemblies of Canada. Simeon's mom, Annemarie, is an artist and creative director with Trompe L'oeil Studios.

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.

ENGLISH LANGUAGE LEARNING

Tuesdays, 9:30am

PUMPKIN FEST

Saturday, Oct. 20/3pm

TEENS VIDEO GAME TOURNAMENT

Wed, Nov. 21/2:30pm

HOLIDAY KARAOKE PARTY WITH DJ BRANDON

Saturday, Dec. 1/2pm

HOT COCOA JARS

Thursday, Dec. 6/3pm

KNIT/CROCHET CLUB

Saturday, Nov. 10 &
Saturday, Dec. 8/2:30pm
Tuesday, Nov. 27/6:30pm



HOLIDAY PUPPET SHOW

Wed, Dec. 12/10:30am

SHINE ACADEMICS TUTORING

For kids aged 5-18
Wednesdays, 5-7pm

DARTMOUTH NORTH COMMUNITY FOOD CENTRE EVENTS

6 Primrose Street
Call 902-407-4610 to register or for information.

ANNUAL REPORT TO THE COMMUNITY & BIG SING

Tues, October 2, 5:30pm
Join the Dartmouth Family Centre and the Dartmouth North



Community Food Centre as we share stories, celebrate together, enjoy some light refreshments and then raise our voices in song thanks to our friends, George and Wesley, from The Big Sing. Space is limited. Volunteers and participants can register at the centre to save a space.

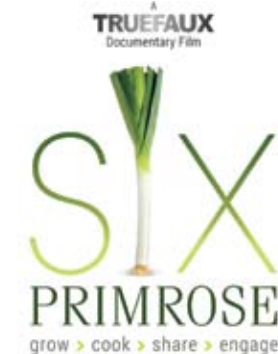
WOMEN'S HEALTH FAIR (for women over 40)

October 17, 5-7pm
A focus on breast health and screening. Join us for a delicious meal, visit health & wellness information tables, hear from a guest speaker and pre-register for a breast screening appointment. Space is limited. Please register at the Community Food Centre or Family Centre or by calling 902-464-8234.

VOLUNTEER INFORMATION SESSION

October 23, 3:30pm

Are you thinking of volunteering with the Community Food Centre? Join us for our next information session to learn how you can be involved. You must be 16 years or older to attend the session.



SIX PRIMROSE: A FILM

Thursday, Oct 25, 2-4pm

We are excited to announce the premiere of a documentary film about the great community members of Dartmouth North. A special screening for community members, staff and volunteers. Space is limited. Please register.

FAMILY FARM DROP-IN

Mondays 4-5:30pm

Join us on the urban farm! Get your hands dirty harvesting fall produce or just enjoy being on the farm with your children and friends. Children under 12 need to be accompanied by an adult. Youth aged 12-15 are welcome to volunteer, but will need a letter of permission from their parent/guardian. Join us afterwards for a delicious meal at our Family Supper (5:30-6:30pm).

COMMUNITY ART GROUP

Mondays at 10am

Oct 1 - Mosaics for Mental Health
Oct 15 - Bead Earrings
Oct 22 - Braided Fabric Trivets
Oct 29 - Halloween Papercraft
Supplies are provided

CHOP & CHAT

Tuesdays 3-4pm

Join us for conversation while helping to prepare food for the next day's community lunch. These drop-in sessions involve tasks that are done while sitting. No food prep experience needed!

COMMUNITY EVENTS

FREE FLU CLINIC

Offered by Public Health
Thursday, November 8, 12-2:30pm
Demetreous Lane Community Centre, 27 Demetreous Lane
No appointment needed.

LOONIE-TOONIE NIGHT

Wed, Oct 24 7-9 pm
Join the Sham-Rocks at Saint Paul Church, 197 Windmill Road for an evening of musical enjoyment.
Admission \$2

BINGO, BINGO, BINGO

Saint Paul Church
197 Windmill Road
Saturdays 2-4pm
Oct 13/Oct 27/Nov 10/Nov 24/Dec 1
Win a Meat Bingo from Chater Meat Market, freshly packaged that day.
Admission \$10

Break Out Your Dancing Shoes

Dartmouth Learning Network is proud to partner with the Dartmouth High School Class of 78-79 on the occasion of their 40th High School Reunion. We are co-hosting a **70s Dance and Fundraiser** at the **Perfect Pour Pub & Grill** on **Friday, October 19 at 8:00 pm**. Admission is free but you can buy an advanced ticket that will

enter you into a draw for free Moosehead tickets, get you a free drink (Bud/Light, draft or pop) and a tax receipt for your donation.



EVERGREEN WRITER'S GROUP

Evergreen Writers' Group welcomes newcomers to meetings at Evergreen House, 26 Newcastle Street. They get together the first Wednesday of each month, 10:15 a.m. to noon for discussion, encouragement, feedback, guest speakers and workshops. For information, call 463-5612 or email evergreen_writers@yahoo.ca.

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, October 28

UPCOMING DATES:

Sunday, November 25
No brunch in December



EVERYONE WELCOME

Presented by the
Kinsmen Club of Dartmouth

FARRELL HALL COMMUNITY BINGO

Join us for Bingo Monday and Saturday evenings

Doors open 6:00 pm

Mini Bingo at 6:45 pm

Regular Bingo 7:30 pm

Sunday Afternoon Bingo

Doors open 12:00 pm

Mini Bingo at 1:00 pm

Regular Bingo 1:45 pm

SUPPORT YOUR
COMMUNITY HALL
www.farrellhall.ca



Licence#AGD-113779-17

FARRELL HALL

276 Windmill Road
902-469-5769

Dartmouth North artist identified through stones unturned

by Doris Buffett-MacDonald

Throughout the beautifully manicured fields of Farrell Park are huge rocks of various shapes and sizes. Every artist knows that is all the inspiration required to create masterpieces of beauty and uplifting messages to share with our community.

These rocks have been painted with drawings of colourful flowers, beautiful butterflies, and all things that make a garden appealing. Other rocks celebrate Canada and pay thoughtful tribute to Remembrance Day. It is uplifting.

For many years, people were intrigued about

who the artist was. The mystery has been uncovered and just in the nick of time. Eunice Parsons is originally from Newfoundland, but has called Dartmouth North home for the past 16 years. Her inspiration for the creative designs and messages on the rocks?

“That’s easy,” she laughs. “They looked so bare!”

She soon will be bidding us a fond farewell and joining family in Ontario. The beautiful works of art and her sweet smile will be her enduring legacy and gift to the community of Dartmouth North.



Eunice Parsons with her artistic creations at Farrell Park.

Photo: Doris Buffett-MacDonald



The Babin family enjoyed the treats and the vibe at the annual Father’s Day Sundaes Sunday June 17 at St. Paul’s Church on Windmill Road.

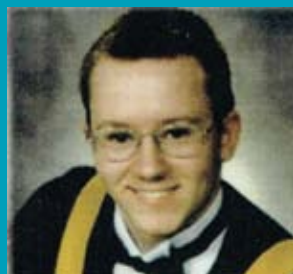
20TH ANNUAL WALK AGAINST VIOLENCE

Wednesday, Oct 17 6:30 pm

Join Us, Rain or Shine

Walk in unity to support the efforts of taking back our streets! Our walk will begin at the Boys & Girls Club, 60 Farrell Street.

We will be accepting donations for the Jason MacCullough Memorial Scholarship (awarded to a Dartmouth High School graduate each year)



Please leave your porch light on to show your support!

SAVE THE DATE!
 Downtown Dartmouth
HALLOWEEN SPOOKTACULAR
SATURDAY, OCTOBER 20, 2018
 STARTS AT 11 A.M. MORE DETAILS TO COME!
 Family costume parade with
 live music & free treats!



For more information call 902-466-2997 or email info@downtowndartmouth.ca



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Do you have an idea to increase community pride, safety, or inclusion?



Between the Bridges Community Grants can help **YOU** make it happen. **We can work with you to:**

 **develop**
your ideas

 **provide funding** to turn
your ideas into reality

 **find others**
to join in



For more information contact:

Matt Spurway, Community Coordinator | matt@betweenthebridges.ca | 902.488.7446 | [BetweentheBridgesNS](#)

Weldon McInnis

BARRISTERS & SOLICITORS



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	

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- ❖ Civil Litigation
- ❖ Corporate and Commercial Law
- ❖ Criminal Law
- ❖ Mediation and Collaborative Law