



We talk to the candidates in the upcoming municipal election. See page 6

north dartmouth echo

linking our community

Lessons from a pandemic

by Suzanne Rent

Well, it's been a long six months! The last edition of the *Echo* we had in print was in February. We now call those the "pre-COVID times." As the saying goes, we're now living in a "new normal," and the *Echo* is part of this new era, too.

Like newspapers elsewhere, we had to shut down production because business shutdowns affected our supporters who advertise in the paper. Advertising is our only source of revenue that pays the print bill. So, the *Echo* headed online. We now have a new Facebook group. You can find us by searching for the North Dartmouth Echo (facebook.com/North-Dartmouth-Echo). Doris Buffett-MacDonald, our longtime contributor and community volunteer extraordinaire, is always sharing good news stories and photos in our Facebook group, which has helped keep people in the loop on the good news still happening, even in a pandemic.

The *Echo*, though, is still a print publication. Our little newspaper gets a lot of news into the hands of people in the community who still love having a newspaper in hand.

Over the last several months, COVID-19 has exposed many challenges in our communities: the lack of affordable housing, low wages, precarious work, food insecurity, and issues around childcare. These challenges aren't new, but I hope we're facing them differently and learning about better ways to address these issues.

The community of North Dartmouth stepped up to the plate during the last several months.

cont. page 2...



Photo: Doris Buffett-MacDonald

Elizabeth McDowell, Susan Roper, Gina Rodenizer, Eva Kalades and Barb Chapman bringing the smiles at the SonLife Community Church Free School Supply Giveaway which took place on August 30. For more on this story see page 11.

Remembering Miya: a celebration of a young life

by Doris Buffett-MacDonald

The caring community of Dartmouth North came together for a celebration of life for Miya Darlene Harris, a 15-year-old who lost her life suddenly on June 9, 2020. This event was held at Farrell Park, with Brandon Walker as the emcee. Young friends shared memories, and

opening and closing prayers were offered by Liam O'Brien. Kayley Dixon delivered a powerful spoken word piece.

As guests arrived, they were offered forget-me-not flower seeds to plant in Miya's name, and paper for writing notes of remembrance and condolences to

Miya's family. Children were given bubble bottles so they could "blow kisses to Miya up in heaven."

Jade and Felicity delivered friendship speeches, and there was an open mic for those in attendance. Jahquoia Blake gave a soul stirring rendition of Lay Me Down. Miya's obituary was read by Braden. Matthew Bonn delivered a very touching and personal harm reduction talk. DeRico Symonds couldn't be with us but offered helpful tips on caring for one another and not trying to hide from the season of grief.

Candles were lit and flowers were passed out in Miya's memory. Brandon finished off the evening with closing remarks. The evening was poignant and beautiful beyond belief.

Thanks for making this gift of love in Miya's memory go out to Derico Symonds, Donna Nelligan, Pastor Adam Greenly of the Well Church, Adam Huffman and the entire Youth Advocate Team Program, Allison Bolten, Robyn Churney, Katelyn McLeod, Natasha Dalton, Jenn Sheppard, Amy Ernst, Kristen Berglund, Katie Black, Councillor

cont. page 3...



SUSAN LEBLANC
MLA Dartmouth North
Here to Help

902.463.6670 | susanleblanc.ca | susanleblancMLA@bellalliant.com
260 Wyse Road, Suite 102, Dartmouth, NS, B3A 1N3



DARREN FISHER
Member of Parliament
Dartmouth - Cole Harbour

Contact Our Office
82 Tacoma Dr, Suite 200
Dartmouth NS B2W 3E5
902 - 462 - 6453
www.DarrenFisher.ca

Lessons from a pandemic

...cont. from p.1

Photo: Susan Leblanc



Residents shared messages of hope and kindness in their windows and community organizations rallied their staff and adapted new ways to serve. If we ever needed an example of how communities can work together, this was it.

And last week, kids all over the HRM went back to school. This year, though, there was more anxiety about those first days back. Parents and teachers had to take extra precautions to protect themselves and, of course, our kids. That added to the

anxiety that already exists around heading back to class. On the first day of school, parents I know shared photos of their kids heading out the door. But this year, the kids were donning masks.

But the first weeks seem to be going well. My 17-year-old daughter complained only how she couldn't sleep in anymore. Maybe we're back to normal more than we think.

COVID-19 will be with us a little while longer, and we may get that second wave we've been hearing about since that first one hit in the spring. But maybe the good lessons we learned in the last while may stick around much longer.



North Grove welcomes new Board Chair

North Grove is pleased to welcome Cathy Chenhall as the new chair of the North Grove Board of Directors.

Cathy has a background in public health nutrition policy and research and North Grove is thrilled to have her step into this new roll.

As the organization welcomes Cathy with open arms, it sends the most heartfelt thanks to outgoing chair Anne Cogdon.

Anne led the board during the recruitment of a new executive director, a capital campaign to bring the two sites together, and

a rebranding process to find a new name for the shared home.

North Grove is grateful for all of Anne's hard work and good humour and is so happy she will continue to sit on the board as past chair.

(Right) Incoming North Grove Board of Directors Chair Cathy Chenhall, working hard at a North Grove gardening party.



(Far right) Outgoing North Grove Chair Anne Cogdon at our Blue Nose run.



Photos: the North Grove



Family programming at the North Grove engages kids in all kinds of fun and healthy activities. Check them out at the-northgrove.ca



Photos: the North Grove



ADVOCACY & SUPPORT
 PARENTING & CHILD DEVELOPMENT PROGRAMS
 MEALS AND PRODUCE
 COMMUNITY FARM & MORE

6 PRIMROSE STREET, UNIT 115 | 902-464-8234
 Visit us on Facebook or go to www.thenorthgrove.ca



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.

EDITOR:
SUZANNE RENT

AD SALES:
SYLVIA ANTHONY

GRAPHIC DESIGN:
NEWSWORTHY COMMUNICATIONS

PRINTING:
ADVOCATE PRINTING & PUBLISHING

CONTRIBUTING WRITERS:

DORIS BUFFETT-MACDONALD

TYLER COLBOURNE

SANDI WEAGLE

ROWENA HARDY

KAYLEY DIXON

PADDY MUIR

INQUIRIES, SUGGESTIONS AND STORY IDEAS:

(902) 461-0149

DARTMOUTHNORTHNEWS@GMAIL.COM

LOOK FOR THE ECHO ON THE FOLLOWING WEBSITES:

WWW.DARTMOUTHFAMILYCENTRE.CA

WWW.FARRELLHALL.CA

WWW.STAIRSMEMORIAL.CA

WWW.PUBLICGOODSOCIETY.CA

WWW.COMMUNITYHEALTHBOARDS.NS.CA/CENTRAL-ZONE

LETTERS TO THE EDITOR:

Letters should not exceed 200 words and must include the writer's full name and phone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned. Write to:

dartmouthnorthnews@gmail.com

OR NORTH DARTMOUTH ECHO

c/o The Editor

#3-644 PORTLAND STREET, SUITE 316

DARTMOUTH, N.S. B2W 2M3

NOTICE: The publisher assumes no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.

Remembering Miya by Kayley Dixon

She was so young
So much love to give
So many songs to be sung
The last words she said to me
Replay in my head
All the things I had up in there
Why couldn't they have been said
When I heard the news
I went blank
To my knees
I sank
I cried
And I pleaded
God why are our communities bleeding?
God why are our youth feeding into this?
God why does it feel like I can't do nothing about this?
God why am I getting used to this?
God you say you got a reason for this
But God why did you take her
When she was our reason to live
Her hug still remains with me
Man this pain is now ingrained in me
How do I take care of her family
How do I take care of my community
They say it takes a village to raise a child
But don't tell them how to raise a child in a system that is too far gone
And they never tell you what the village does if the child's gone
They don't tell you how to talk
With numbness in your lips
They don't tell you how to live
When your life is completely flipped
They don't tell you how to heal
When you are not equipped
They don't tell you how to breathe
When your lungs are being gripped
And they don't tell you how to grieve
When your heart is being ripped
All I know
Is that God you blessed us with a gift
And you did take her back too soon
But I know we'll meet again one day
So for now I will smile
When I look up at the moon



Photos: Doris Buffett-MacDonald

Remembering Miya

...cont. from p.1

Tony Mancini, MLA Susan Leblanc, Tyrell Johnson, Brayden Doucet, Liam O'Brien, Matthew Bonn, Jade Goodwin, Felicity Bungay, Brandon Walker, Kayley Dixon, and especially all the friends, family, and community members who helped shape this event.

We thank Councillor Tony Mancini for the glorious improvements seen throughout Farrell Park, which he undertook over the past several years with the cooperation of Nova Scotia Power. Such a venue was a perfect place to host the celebration of life for Miya. This joyous

The soft glow of candles and memories of Miya.



Spoken word artist Kayley Dixon delivered a heartfelt and moving tribute to her friend Miya.

KEEPING IN TOUCH

Susan Leblanc, MLA DARTMOUTH NORTH

Our strength and resilience will see us through

The last six months have been a real challenge for people in Dartmouth North, throughout Nova Scotia, and beyond. The COVID-19 pandemic has shone a light on many serious things, like lack of affordable housing, inadequate wages, food insecurity, and the inability to connect with people through technology. Over the last several months though, I have been amazed and inspired by the people who live and work in this community, who have come together quickly and effectively to serve those hardest hit by the pandemic.

When the province began shutting down in March, the Dartmouth North community mobilized very quickly. Through the leadership of Bette and Matt at Between the Bridges (BtB), a number of groups began meeting online to discuss how to support folks who might need extra help or simply to connect with others. BtB organized community hangouts on Zoom, and started an effort to find people who had no access to the internet in their homes, and get them connected.

The North Grove was able to pivot quickly, offering food boxes and meals for pick up and some programming over the telephone. The efforts at the North Grove were supported by Dartmouth North residents Chef Renée Lavallée and Doug Townsend, owners of the Canteen in downtown Dartmouth, who helped prepare hundreds of delicious take home meals. Lake City Works also went above and beyond for the folks they support, making sure they had food and activities to keep them engaged. In June and July, my office

was able to coordinate with Square Roots to offer free bundles of produce to community members.

When a small outbreak of COVID-19 cases happened in Dartmouth North, the community mobilized to set up a testing site at the Community Centre, spreading the word that they could get a COVID test easily and quickly. Thank goodness there were not a lot of new cases and so the site didn't remain open for long.

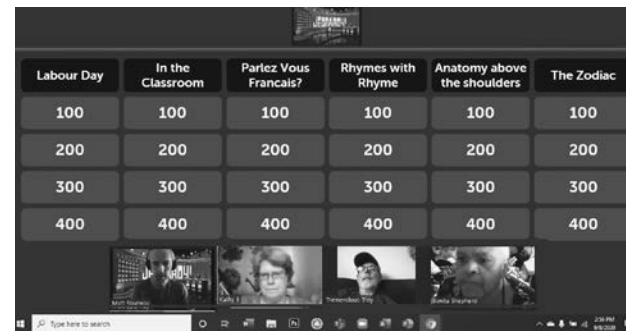
Isolation was a hard thing for many people and so I was heartened

to see hopeful and loving messages in the windows of homes in the area. Many children had happy birthdays seeing their neighbours decorate their windows in their honour, in lieu of visits and parties.

All of these efforts made dealing with a scary and unsettling situation easier. We still have a way to go until we see the end of COVID-19, but the strength and resilience of the people in Dartmouth North will see us through. We live in a truly inspiring and amazing community.



Community volunteer Shannon distributing produce bundles on behalf of MLA Susan Leblanc and Square Root.



Zoom socials helping residents to connect during COVID-19

contributed by Matt Spurway

In March, when the State of Emergency was called asking people to stay home, one of the first steps for Between the Bridges (BtB) was to find new ways to build and strengthen community and relationships that would support community members in this socially isolating situation.

What came together is what we call "Between the Bridges Zoom Socials," which bring resident members of our network together online to play custom-made versions of games such as Jeopardy, Wheel of Fortune, and Name that Tune. No experience needed!

Initially, Zoom Socials were held twice a week, and as things began to open up the sessions moved to once a week, currently Tuesdays at 2 pm. Five or six people typically participate, with a lot of laughs, learning, and getting to know each other. We like to wrap up

each social with a participant sharing an uplifting video they found.

Besides the connections and the laughter, the best part of this initiative may be learning technology together as we ALL get more comfortable and confident working and socializing with each other in a virtual setting.

Here are some samples of participant feedback:

"It was a real lifeline when I needed it."

"It is great to see faces I can't see in person right now."

"Having fun getting to know new people, I love to play games and I am learning!"

If you think you might like to participate in a BtB Zoom Social, or to learn more about Between the Bridges, contact:

Matt Spurway
Community Coordinator
902-488-7446, matt@
betweenthebridges.ca.

Election workers needed for municipal and CSAP elections

HRM is currently seeking workers to assist with the upcoming municipal and Conseil scolaire acadien provincial (CSAP) elections. There are a variety of paid positions available for interested residents ages 16 years and older. These roles cover a wide range of experience and skill levels.

Election workers are paid for their time during the advance polls (October 8 and 12), on Election Day (October 17) as well as other dates as required. Mandatory paid training is also provided. Workers are not required to be eligible to vote in the election but must be eligible to work in Canada.

Residents are encouraged to visit halifax.ca/election to learn full details about available positions, election pay and more. Those interested can also contact the Voter Help Line at 902.490.VOTE (8683) or 1-844-301-VOTE (8683) to learn more.



The new basketball court off Farrell Street is getting a lot of play during these warm days!

Eighteen years to get a degree, and learning along the way

by Tyler Colbourne

Later this month I will turn 36 years old and after 18 years of trying, I am finally graduating from university with a bachelor's degree.

I first tried my hand at higher education in 2002 at the age of 17 when I was fresh out of high school. I dropped out after four painful semesters of poor grades and lots of unintended learnings related to flavoured vodka and student loans. Following those two years of university, I worked and lived for a bit, then I followed my head and my heart to Newfoundland thinking I could be a great poet or become whatever a degree in political science allows you to be. When that didn't work out, I found myself back in Nova Scotia at NSCC where I enrolled in a tourism management program.

I graduated with a diploma in 2008, primarily due to the amazing support of the incredible teachers and staff at NSCC's Akerley Campus, yet I still felt like I needed to go back to university.

A couple of years later I headed back to Newfoundland with dreams of becoming a sea captain. It took just two semesters of studying nautical science to convince me that perhaps my dreams of sailing the seas were overly romantic and didn't reflect the true chal-

lenges of living and working at sea. Turns out it helps to be a sea captain if you don't get seasick.

I took one more stab at a university education thinking maybe I could finish a business degree. Turns out, I don't make a great capitalist either.

For many years I assumed the reason I couldn't finish a degree was because I didn't have the discipline, the tenacity, or drive to make it happen. As I got older, it seemed more and more out of reach as personal challenges with harmful substance use and undiagnosed mental health issues took their toll on my body, mind, and spirit.

After becoming sober from hard drugs and alcohol, I felt like I could try one more time. I applied to school with a lot of baggage, assuming I would be doomed to repeat the same patterns I had believed were personal failures. Now, I have completed a Bachelor of Social Work degree from Dalhousie University, and it honestly feels like a miracle to have reached this point.

That miracle is really just a series of events that gave me the space and freedom to return to school. In the fall of 2016, while living in my mother's basement (where I still live gratefully and happily today), I started a job with

Dartmouth Learning Network, where I got to be surrounded by people who were committed to learning new skills and expanding their knowledge every single day. I wasn't officially a learner at Dartmouth Learning Network, but working there gave me the opportunity to learn more than I ever thought I could. It taught me to believe I could keep trying to do something that felt important to me, even if it felt out of reach. The organization, the staff, the learners, and the community of people connected to the work in Dartmouth North showed me that it was always possible to start again.

For anyone who feels they are too old, or that their dream is out of reach, I hope you can find yourself in the same position I was privileged to find myself in. A position where you have the support from friends, family, and community to re-envision who you thought you could be. If you are someone who can offer that support, please do, as there are too many barriers to accessing education.

It might have taken me 18 years to become an adult, but it took me another 18 years to figure out how to be the person I always hoped I could one day be.

ON A MUSICAL NOTE:

CECIL MACDOUGALL

by Sandi Weagle

I would like to extend heartfelt condolences to those who have lost loved ones during this pandemic.

Circumstances have certainly changed the way we communicate and the way we socialize, evolving to largely a virtual community.

We, as Nova Scotians, overcame the new barriers like champions. We began having family Zoom meetings, Facetime chats and we created more than one music outlet. I have viewed some pretty spectacular musical conglomerations where groups of musicians each recorded their own piece of a song and when all individual pieces were assembled, it was brilliant.

That universal language of emotion could not be ignored. Have you experienced the delight of viewing folks putting themselves out there in the Ultimate Kitchen Party on Facebook? Musicians, groups, and everyday folks who never sang before sat in front of a video camera and sang their heart and soul for those who had been distanced from their need for music. I even wrote a song! I am proud to be Nova Scotian and to have been part of keeping the music going.

Meet Cecil MacDougall

It is my great pleasure to introduce you to Cecil MacDougall. I have been excited about this issue's article, waiting patiently for you all to meet him.

Cecil began his musical journey at the age of six, when his brother gifted him a guitar and showed him his first three chords. If you play guitar, you know those first three chords give you the ability to play a



Photo: YouTube

song and that is the most beautiful, proud moment for an aspiring musician.

Cecil carries the musical talent for his family and this is apparent if you have had the pleasure of hearing him play. Like many, he lists his mom as his biggest fan.

Cecil played his first gig at the age of 12 at a New Year's Eve party in 1966. With those first chords under his belt, he became a self-taught guitar player. Watching others play and asking questions gave him a great talent for playing. A strong singing voice combined with playing guitar has led him down a very successful path of entertaining others.

Cecil has been a member of many bands, including Short of Cash, Standard Pitch, Moody Blue, Dynasty, South Wind, Canadian Outlaw Band, Legends of Country Music, and currently, Back in The Day. They are a dance band playing every genre from the 1940s to modern day.

"East Coast music has a special something, a heart and soul that you don't hear anywhere else," Cecil says.

He toured Canada, the United States and Europe for 25 years. He has been writing songs since the age of 12 and has a two-disc compilation of 27 songs he wrote. When he was 14, he obtained special permission to perform in lounges as a band member. He developed a tribute to Merle Haggard show where Merle's life is depicted through songs and conversations. He sold out six of those shows.

Music has supported Cecil through life's ups and downs.

"Three marriages – I hate to love and love to hate....my guitar," he says.

As a musician on the road, it is hard on those you leave at home.

Cecil is a delightful person to get to know, a talented musician, and a good friend. He has a Facebook page you should connect with and a great Merle Haggard show that you should see if the opportunity arises.

Where would we be without the music in our lives?





DARTMOUTH VOTES

HRM MUNICIPAL ELECTIONS OCTOBER 17, 2020

We asked candidates running for municipal election in Districts 5, 6 and for mayor to tell our readers a little bit about themselves, what they love about Dartmouth and what they see as the biggest issues. Here is what they told us (unfortunately, not every candidate was able to respond by press time).



Sam Austin, District 5

TELL US ABOUT YOURSELF

I grew up on the Eastern Shore. I'm an urban planner. I live on Tulip Street with my wife and my two daughters. I don't have much free time, but the time I have that's not work or family, I love to spend in my garden or on my bike. Love riding out through Shubie Park on the trail network.

WHY ARE YOU RUNNING FOR COUNCIL?

I was first elected in 2016. I ran for office because municipal issues are near and dear to me and City Hall is where I could make a difference. It's where my heart is. It's been very fulfilling to be part of making our community a better place over the last four years and I'm hoping to continue the work in a second term.

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

The strong sense of place. Dartmouth North is a complete community with parks, shops, transit, and more with a lot of great people working to make it even better.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN NORTH DARTMOUTH?

Affordable housing. With the very low vacancy rate,

rents have been rising much faster than incomes. It's putting the squeeze on many people. HRM doesn't build affordable housing and we don't have jurisdiction over rents, but we do control planning. I want to see the launch of HRM's new housing fund (funded by a tax on large development) so that we provide meaningful assistance to non-profits who build and operate housing. It won't fix the problem (need provincial action), but it will help.

WHAT OTHER ISSUES ARE IMPORTANT TO YOU IN THE HRM?

Climate change is a crisis that requires urgent action. I want to see HRM take serious action to implement the recently adopted Climate Change plan. We need to continue to rework our streets and transit system to make two feet, two wheels, the bus, and ferry more attractive options. Finish the Sawmill River daylighting project. Take action to address deteriorating water quality in our lakes.



Ibrahim Manna, District 5

TELL US ABOUT YOURSELF

Dartmouth has been an integral part of my life for the past 25 years. I have lived, studied, worked, and raised a family here. I am bilingual and proud to be a

citizen of the best country in the world, Canada. My goal is to build and maintain a community that everyone can be proud of.

WHY ARE YOU RUNNING FOR COUNCIL?

As councillor, I will work hard to fight for affordable housing, community organizations, and business development. I will be the voice for the people and the community. My experience running a successful renovation/construction company for over a decade will prove to be valuable in helping our community grow and prosper.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN DARTMOUTH NORTH?

Food security: would like to have community greenhouse and allow more vegetable gardens between sidewalk and street to take advantage of space and grow food. Homelessness: to provide housing or accommodation and a secure and safe to sleep not on the street.

WHAT OTHER ISSUES ARE IMPORTANT TO YOU IN THE HRM?

Council needs someone who understands what it takes to get things done. Someone who can work with a budget and can overcome challenges and obstacles. Someone who is already involved with the community and understands what it takes to get things done. Always be mindful that I am there to serve the people who elected me, to listen, to consult, to keep you involved. At the same time, I will be my own person, a leader not a follower. As proud Dartmouthians, we want

to maintain our identity. You can count on me to keep Dartmouth in the forefront and with your support I want to help bring Dartmouth into the spotlight!



Mitch McIntyre, District 5

TELL US ABOUT YOURSELF

I was brought up in North Dartmouth with my military family. Shannon Park and Wallis Heights was the place to live back in the day. I always had dreams to be a police officer and got this opportunity when I was hired in 1980 by the Dartmouth City Police and then Halifax Regional Municipality. I served 34 years answering the call to the citizens of Dartmouth. I was fortunate to work in several different offices, including traffic, drugs,

shift, and peacekeeping. The job was changing, but I loved every minute of it because I like people.

WHY DO YOU WANT TO BE A COUNCILLOR FOR DISTRICT 5?

I love Dartmouth and I want to see our heritage remain. I feel we have lost track of what is important in this city and I want to help get it back. I want to speak to the residents and not tell them to call 311. A councillor's job is to answer the call and to consult with the people that live in the area that they were elected.

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

I love all of Dartmouth not just the north end, but I feel in some way the north end has been forgotten. I want to work closely with the councillor who is elect-

ed on the north side of Albro Lake Road.

WHAT ARE THE MOST PRESSING ISSUES IN YOUR DISTRICT?

Downtown Dartmouth has to be brought up to standards. I want to work with the merchants who are suffering with the COVID-19 blues like other areas. I would like to close part of Portland Street for pedestrian traffic only so the bars and restaurants can move out on the street to make it better for people to meet and enjoy an outing. Traffic concerns about speeders and loud mufflers, I could go on. The lakes in the City of Lakes, shame this hasn't been addressed in the last four years. To work with new development that works for Dartmouth.



SPEAK UP Weekly events from September 11th to October 16th, 2020

Due to the Corona Virus we have had to adapt our campaign and change things up a little. Each week will be a different focus, 3 different components to the campaign:

- In person:* Tuesday and Friday (weather permitting) table during food distribution from 12:00 - 2:00 with an opportunity to speak to Tammy or Amanda about the upcoming election.
- Online:* Fridays at 2 pm, videos featuring a different campaign focus
- In print:* Weekly information on the windows of the North Grove and going out in the distribution bags on Tuesday and Friday



Oct 2, 2020

All Candidates Zoom Question period!



Oct 9, 2020

Lets get people voting, Sign Competition!



Oct 16, 2020

Who?What?When? Where? Selfie Comp!



6 Primrose St., Unit 140
www.thenorthgrove.ca



**Tony Mancini,
District 6**

TELL US ABOUT YOURSELF

I am a first generation Canadian, born in Cape Breton. Both of my parents grew up in Italy and came to Canada after World War II to create a better life and raise a family. After growing up in Cape Breton, I moved to HRM and have spent the past 25 years living and raising a family in Dartmouth. Before being elected to Council in 2016 I was a senior partner with Priority Management – Atlantica for 30 years. Our company focused on training and consulting on productivity and workload

management programs.

WHY ARE YOU RUNNING FOR COUNCIL?

I have a tremendous sense of pride for my community and have been active in several community organizations throughout my 25 years of living in Dartmouth. I entered municipal politics in 2016 taking my passion for the community to a new level and working hard to improve the quality of life for the residents of District 6. I have chosen to run in this election because although I feel I have accomplished much in the past four years, there is more work to be done. I would like to build on the previous accomplishments and continue the work that I have started in areas such as building safe, healthy, active communities.

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

Dartmouth North is a wonderful, young, diverse community with a strong

spirit of care and support for each other. I have been able to witness this first hand on many occasions throughout my term on Council. The fire on Primrose Street resulting in a tragic death saw community members band together to help each other in their time of need. The Mosque in Dartmouth North opened its doors to house and feed those that were evacuated. Volunteers and community members quickly assembled to create space in the community centre for all those displaced by the fire. The North Grove (formally the Dartmouth North Community Food and Family Centre) sees dedicated volunteers come together weekly to improve access to healthy meals for residents in the community. The Take Action Society continues to guide and support youth. These are just a few examples that demonstrate the heart of Dartmouth North.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN NORTH DARTMOUTH?

The challenges in Dartmouth North are interconnected. Access to safe, affordable housing is related to issues of access to mental health support, addiction services, food security and services within the community that provide quality of life such as adequate recreational facilities to support healthy active living. Many of these challenges are complex and require collaboration from all levels of government as well as community organizations. In the past I have advocated strongly for services and facilities in Dartmouth North.

Affordable housing is the mandate of the Province, however HRM does have a role. We need to continue to advocate for rent control and Inclusionary Zoning, which will give HRM the authority to force developments to include affordable housing.

HRM needs to ensure that youth have access to safe spaces within the community. One of the first projects I brought to Dartmouth North was Canada's first outdoor library. This was a \$1 million project and the funds came from the TD Bank, the Federal Government and HRM. I also brought on Nova Scotia Power and together we cleaned up Farrell Park making it a safer public space with a lit pathway. This summer we replaced the old basketball court with a new regulation size court and next year a community garden will be added. We need to continue to promote community policing and increase the Neighbourhood Watch programs.

When it comes to food security, we need to continue to encourage urban agriculture like the farm at The North Grove and community gardens like at Harbour View School, soon to be at Farrell Park. I will continue to make sure HRM supports student nutrition programs

that provide nutritious meals to children through the schools and the library. I was able to secure \$80,000 for The North Grove One Roof Campaign and enlisted the support of local businessman Danny Chedrawe, who matched the HRM funds.



**Mike Savage,
candidate for mayor**

TELL US ABOUT YOURSELF

I grew up in Dartmouth, and my wife Darlene and I have been proud to raise our two children there. I believe that HRM is the best place in Canada to live. My family always placed a high value on public service, and I've continued that tradition through my work as mayor, MP, and as a community volunteer.

WHY DO YOU WANT TO BE MAYOR?

I think being mayor is the most rewarding job I have had. I enjoy meeting so many people every day and seeing progress in the city. Over the past eight years, Halifax Council has become much more effective in providing the leadership required to achieve the remarkable growth we were experiencing just before the pandemic hit. We've had years of record population growth, driven by immigration and migration from other parts of the country. There is a vibrancy in the municipality, as more young people with new ideas choose to stay or move here to work, start a business, and raise families. I want to continue the work to grow our economy and increase efforts to ensure the benefits of economic activity help more people. I believe the fundamentals are strong and despite COVID we can continue

to attract business and foster the innovation that will create new businesses. It's important that our pandemic recovery plan include measures to improve support for those people who were left behind, and who suffered most. That means things like increased affordable housing, food security, and an acceleration of our anti-poverty work must be priorities. And I believe we need to continue to address the issues that have created historic inequities in our community. No one should suffer social or economic discrimination because of their race, gender, religion, or sexual orientation. I feel deeply about all of these challenges, and I want to work with the new Council to address them as we navigate our way to a post-pandemic society.

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

The spirit of community and the determination of the people who live there to make North Dartmouth so special. I love the pride and support that members of the community show for each other.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN NORTH DARTMOUTH?

Poverty, lack of affordable housing, food security and lake water quality are among the issues in North Dartmouth that require immediate attention and action. All of these issues have been priorities of mine since I became mayor, and my platform in this election includes actions that I hope will bring both immediate and long-term improvement. I am proud to have played a role in the North Dartmouth Food Centre (now The North Grove), to support the creation of the North Dartmouth Public Library playground and to spend time with the Boys and Girls Club.

WHAT OTHER ISSUES ARE IMPORTANT TO YOU?

In North Dartmouth and throughout HRM, people

cont. page 12...

NORTH DARTMOUTH BUSINESS VENTURES



CHEAPY TIRE
 302 Windmill Road
 Dartmouth, NS B3A 1H1
 Bus: (902)469-3253 Fax: (902)461-1484
 cheapy@accesswave.ca

Basin Apartments Ltd.



MIKE BURGESS,
 PRESIDENT

101-10 Springhill Road
 Dartmouth, NS B3A 4H5
 T: 902-442-3595

You will be at home with us

OVER 30 Years!



tel 902-482-1000
 fax 902-468-9191
 sales@windowsplus.ca

Doors • Siding • Decks

95 Akerley Blvd, Unit E
 Dartmouth NS B3B 1R7

Since 1988
 windowsplus.ca

DARTMOUTH METALS & BOTTLE LIMITED

Dealers in ferrous and non-ferrous metals

468-1995 (Peter Giberson)
 14 Dawn Drive, Dartmouth
 (Across from Coast Tire Windmill Rd.)

Allan C. MacCULLOUGH
 Nova Scotia Land Surveyor



Russell Street
 Dartmouth, NS
 B3A 3N2

Bus/Fax:
 (902) 469-3746



Brandon Walker
 Owner/DJ
 brwalkerns@gmail.com

Cell: 902-497-2431
 Facebook: Brandon "The Babe" Entertainment
 Instagram: @Brandonthebabens
 Twitter: @BrandonWalkerNS

Brandon "The Babe" Entertainment

Serving Dartmouth North:

- Free prescription delivery
- Shoppers Optimum Points on prescriptions
- Blister Pack for easy medication management
- Medication reviews
- Expired meds service available


On Thursdays seniors receive a **20% discount** on front store purchases with their Optimum Card. (Some conditions apply – see store for details.)

8 am – midnight 7 days a week!

118 Wyse Road
 902-464-9644
 shoppersdrugmart.ca



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

WHOLESALE • RETAIL
 • FULL LINE OF DELI MEATS

Chater Meat Market
 SPECIALIZING IN FREEZER ORDERS

250 Wyse Road • Dartmouth
464-4777

Dartmouth Funeral Home

Est. 1940
Family Owned and Operated

Phillip Levandler
 AVAILABLE 24 HOURS A DAY

Complete Facilities
 Cremation
 Pre-Arrangements
466-2360
 29 QUEEN STREET, DARTMOUTH



- New Patients Welcome
- Computerized Insurance Claim Submission
- Cosmetic & General Dentistry
- Digital X-rays
- Nitrous Oxide Gas
- Free Parking

Dartmouth DENTAL CENTRE

FAMILY DENTISTRY

- Dr. Christopher Baker
- Dr. Lucy Lamond
- Dr. Erin Pegg

Dartmouth Shopping Centre
463-0001

Visit our website:
 www.dartmouthdental.ca



THE PUBLIC GOOD SOCIETY
 WILL HOST OUR
2020 AGM

ONLINE VIA ZOOM ON
 OCTOBER 1ST AT 10 AM.


PLEASE VISIT OUR BRAND NEW
 WEBSITE TO REGISTER!

WWW.PUBLICGOODSOCIETY.CA

The Public Good Society
 of Dartmouth
 902-476-0785 • thepublicgoodsociety@gmail.com
 www.publicgoodsociety.ca

VON
 Greater Halifax

VIAL OF LIFE Program



Not Only Saves Time

It Can Save Lives

TO OBTAIN A VIAL OR FOR INFORMATION CONTACT:

Kim Henry
 Community Support Services
 Coordinator, VON Greater Halifax
 902-455-6655 or kim.henry@von.ca

Spirit of the Community

Making the final cuts at Camillo's Barbershop

by Doris Buffett-MacDonald

Photo: Doris Buffett-MacDonald



Camillo Di Quinzio and his wife Anna left Italy and arrived in Canada to be greeted by a blinding snowstorm. Camillo remembers that date very well: December 23, 1973. What a welcome!

In 1976, upon the completion of barbering school, they happily opened up their new business, Camillo's Barbershop, at Primrose Plaza in Dartmouth.

"People told me it was a bad area, but all the time I worked at Primrose Plaza, I never had one problem," Camillo says. "Those years at Primrose Plaza were busy. We had

our hands full raising our family and looking after the business."

In February 2014 they set up shop in a new location on Victoria Road, in the Access Nova Scotia building. The new spot proved to be just perfect, with the right number of customers to keep busy, but nothing like the workload they had been experiencing at Primrose Plaza.

"We were very happy," Anna says.

When COVID struck in the early part of this year they could no longer continue on with the business. By the end of April, both Anna and Camillo retired from their beloved barber-

shop. Now they get to enjoy more time with family. Their daughter, son-in-law and three grandchildren, ages 18, 13 and 4, happily live just down the street. They love to barbecue for their friends and family. Their garden is lush and well tended, with grapes hanging down in beautiful clusters above their back patio table. If there was not a travel ban in place, September would have found them jetting off to their beloved Italy. But nevertheless, they are content.

Camillo is a truly gifted furniture maker and examples of his craftsmanship can be seen throughout

Giving comfort in a time of need

by Rowena Hardy



helps youth develop life skills by giving back to their communities. They responded, saying they could give her funding for an event if she followed new pandemic rules.

So she set about making a plan. She had a connection at

This has been a horrific year in Nova Scotia.

Cheyenne Hardy, who has been running Project Comfort for the last four years, wanted to organize an event where the community could come together to make blankets in memory of some of those we have lost during these difficult times.

Unfortunately, she had no funding left to pay for materials needed to make these blankets. She reached out to Taking IT Global, and asked if their Rising Youth program could help. Rising Youth is an amazing program that

Atlantic Fabric to get materials and scissors, measuring tapes and anything else that was needed, right away. Next, when she had purchased all the supplies, she planned on packing up kits to deliver to the doorsteps of volunteers who were willing to help make these comfort blankets.

Volunteers came from all over Dartmouth, ranging in ages from seven to 60 years, and even included some international students in our community who could not yet fly back home to their country

because of the pandemic.

After receiving commitments from the volunteers, Cheyenne subscribed to Zoom so she could have a community meeting, and then invited all the wonderful families to join in online.

Taking IT Global donated enough money to make 10 beautiful Nova Scotia tartan memory blankets.

Cheyenne has since contacted people who can, or have, helped her present these blankets to the families who have suffered a great loss. She says the families that she has already visited had tears in their eyes but also smiles of gratitude on their faces for the community.

"Their reactions serve as a reminder to us all why a community must come together in times of tragedy," Cheyenne says. "We must always try to give hope to those we may not even know personally, but need that comfort in knowing they are not alone and their loved ones will never be forgotten."

Rowena Hardy is the proud mom of Cheyenne, pictured above.



Photos: Rowena Hardy



SENIORS' CORNER
is supported by
Darren Fisher
MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



Photo: contributed



MaryAnn was matched with senior dog Teddy through her work with ElderDog Canada. The two are having great adventures, and they both have a new best friend!

A lovely surprise during a difficult time

by Paddy Muir

MaryAnn Walsh had always seen herself as a “big-dog person”. That’s not surprising. The four-legged companions who shared her family’s home over the years had been larger breeds such as labs and border collies. But something like a Covid-19 experience can change a person’s mind about many things.

With her teaching career now 12 years in the rear-view mirror and living alone, MaryAnn was enjoying a fulfilling and busy retirement. She had plenty of friends and satisfying activities. She was certainly not lonely. But during the quiet months of the lockdown she started remembering the special companionship of sharing her home with a dog. She knew, however, that she didn’t want the challenge of raising a puppy at this stage in her life.

Then a spark grew into an idea. For the past two years MaryAnn has been a volunteer with the Halifax Pawd (chapter) of ElderDog Canada, a not-for-profit organization that supports older people who need some practical help caring for their dogs. A few times a week MaryAnn takes Katie, a small dog who lives in a neighbouring building, for walks, something Katie’s human companion can no longer do herself.

MaryAnn called ElderDog’s volunteer coordinator and offered to foster a dog who might be in need of a temporary home. Fostering and finding suitable permanent homes for older dogs who have lost a human companion and are left without a caregiver, is another part of ElderDog’s purpose.

The timing was perfect. In Sydney, Teddy’s human companion had recently died and left him needing a home. White, fluffy and 13 years old, Teddy was certainly not a big dog. He might be a Yorkshire Terrier cross. Or maybe those big ears suggest a Pomeranian ancestor. None of this mattered to MaryAnn: “He was a sweetheart from day one,” she says.

Teddy arrived ready to move in, with his own leash and harness, a bed and food. In Sydney he had gone without grooming for a while and his teeth had been badly neglected, but ElderDog makes sure every animal coming into its care gets a

full medical checkup and any serious health issues addressed before permanent rehoming.

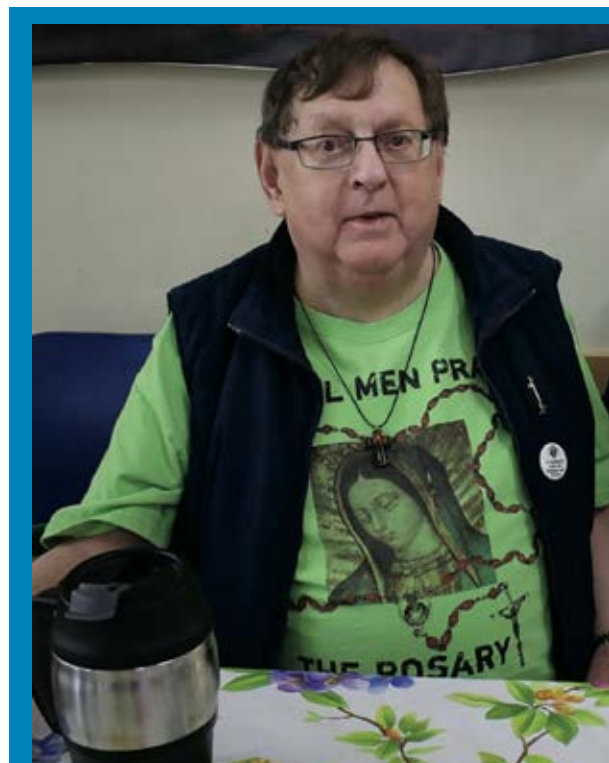
A groomer replaced Teddy’s tangles with a close-cut summer hairdo. And all those rotten teeth that had been causing considerable pain were surgically removed over several appointments. Teddy’s picky eating disappeared almost immediately, and he now has a champion’s appetite.

He may be small and a senior but Teddy is a great fellow for the outdoors, which suits MaryAnn to a T. She tested his endurance and enthusiasm carefully at the beginning with short walks, but quickly discovered he’s game for

any adventure. These days they’re often out on the trails for a four or five-kilometre walk. Teddy loves car trips and paddling in the ocean, and he gets along well with other dogs. “It’s been nice to reconnect with the dog community I used to know but lost touch with when my former dog died,” says MaryAnn.

MaryAnn was concerned in the early days about how Teddy might behave when left alone. She didn’t want her condo neighbours annoyed by a barking dog. Teddy, like most terriers, takes a keen interest in what’s happening in the outside world, and sometimes expresses

cont. page 12...



REAL MEN PRAY is a fitting t-shirt slogan for long-time Dartmouth North resident Gordon Jewers, who will celebrate his 80th birthday September 26. Gordon has been a dedicated parishioner of St. Anthony’s Church for many years. Best wishes for another happy and healthy year!

PHILIPS
Lifeline
Medical Alert Service

Savings Coupon

Subscribe to Philips Lifeline now and receive

2 months of HomeSafe Service

Quote Code

X A7447 X 1223

Coupon valid until

December 31st, 2020

VON Lifeline
1-877-838-3208

Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable for out of area installations. Discounts not available on GoSafe.

Seniors are at the

heart

of everything we do.

www.lifeline.ca

How Philips Lifeline works

1. Summon help

With a simple push of your Lifeline help button you’re always connected to our 24/7 Response Centre. With our advanced services, you have the option to include fall detection or locating technology in the event you can’t push your button.

AutoAlert and GoSafe options are locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able you should always press your button when you need help. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.

2. Hear a reassuring voice

A caring Lifeline Response Associate will quickly access your personal profile and assess the situation.

3. Know help is on the way

Our Associate contacts a neighbour, loved one, or emergency services – based on your preferences – and will follow up to make sure help has arrived.



Spotlight on Youth

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



Photo: Doris Buffett-MacDonald



Lydia Sawatzky and younger sister Becky get in a little board practice before the big day!

SonLife Community Church Annual School Supply Giveaway

by Doris Buffett-MacDonald

This year, due to COVID, we were not able to resume church services until mid July, putting in place such measures as masks, sanitizers and social distancing.

At the end of July the question of whether to go ahead with our 3rd Annual School Supply Giveaway came up at one of our Tuesday evening small group bible studies. Should we, or should we not? Why yes, of course! With less than a month, it would have to be all God and lots of helpers. That is exactly what took place.

A ginormous shout out of thanks to Charles Moore, sales manager of Staples at Dartmouth Crossing, his assistant Denise and store associate Matt, who provided 70 free-of-charge high-end backpacks, lunch bags and pencil cases, and so much more. This event would not have been possible without their generosity.

Thanks are extended to District 6 Councillor Tony Mancini for financially underwriting this project. The office of MLA Susan Leblanc provided a donation bin in her office. The response was so great it had to be emptied twice! We are appreciative of the quality items provided to us by store manager Jill of Value Village, Woodside. Thank you Tom McNeil of Sobey's on Wyse Road whose gift card donation made this event so refreshing.

The generosity of SonLife Community Church and its members is always a sure thing and this year was no exception. Sylvia Anthony made several trips in with sup-

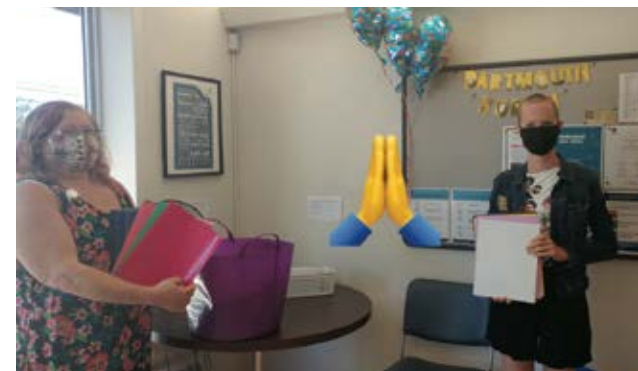


Photo: Doris Buffett-MacDonald

A big shoutout of thanks to those sweet people in MLA Susan Leblanc's office for their donation of School Supplies for the SonLife Community Church School Supply Giveaway on August 30.

plies donated by Barb Dennis. (Those zippered binders were a real necessity for the junior high kids.) Thank you once again, Sylvia and Barb.

We also received a much appreciated donation of supplies from Suzanne McIsaac Dorn. We couldn't have pulled this off without daughter Bethany Buffett, Fred and Darlene Paris, Barb Chapman, and sister June who made several trips picking up much needed supplies and donations for the kiddos.

Everything went smooth as butter, because God was at the helm pulling for the children of this Dartmouth North Community.

The big day arrived on Sunday, August 30 with sunny skies. Outside, people lined up, respecting social distancing and obligatory masks.

The Pastor's wife Eva has her professional clown license. (Her day job is a clinical psychotherapist.) With the skills to ham it up with the kids and produce 25 animal species of balloons she was in high demand. Elizabeth McDowell was a helper clown and made certain

the kids had lots of fun and plenty of bottled water.

Eighty-Five backpacks were distributed that day and 20 plus more in the days leading up to school's opening day.

A debt of gratitude is owed to Carla Foxe and the amazing staff at Dartmouth North Public Library who donated in excess of 135 children's masks for all the kiddos starting this new but absolutely different school year.

This event could not have happened this year without the hands on participation of Pastor Chuck Kelades, his wife Eva Kelades, Vinnie Hayward, Elizabeth McDowell, Barb Chapman, Sue Roper, Eugenia and Jada Hayward-Stright, Tracy Zwicker, Chelsea Sawatzky, and Gina Rodenizer.

We extend our heartfelt hopes and prayers to the children from this community and beyond for a safe, happy and successful learning experience this year with our hopes that we have made that return just a bit brighter.



John Martin Junior High would like to thank the community for a fantastic start to the school year!

A lovely surprise during a difficult time

...cont. from p.10

his opinion. By lowering the blinds before she goes out, MaryAnn can enjoy her morning tennis game and swim without worrying about what Teddy might be reacting to in her absence. And he's always waiting with a wagging tail when she comes home. In the evenings he's a cheerful but calm companion, curling up with MaryAnn when she reads or knits, and choosing often to sleep under an end table.

Teddy also turns on the charm for strangers. Thinking ahead to changing seasons, MaryAnn recently dropped by the Dartmouth SPCA thrift shop in search of a Teddy-sized coat. Within minutes he was invited in and being waited on by a team of personal shopper volunteers. There was no suitable winter coat that day, but he did go home with an appropriately masculine Canada-themed raincoat!

MaryAnn says the Covid-19 experience made her re-evaluate a number of things in her life. Some activities turned

out to not be as important as she'd thought and weren't resumed. She also discovered she really enjoys her own company. But finding that missing piece of the puzzle – a dear companion with a wet nose and a wagging tail – well that was a lovely surprise during a difficult time. The foster arrangement became a formal adoption within weeks. "It's hard to be grumpy if you have a dog around," she explains. "A dog just seems to lighten the mood."

Teddy and MaryAnn know that being older needn't mean an end to activity, adventure and new experiences. He's having the time of his life – and they both have a new best friend.

In its 11 years of operation, Lunenburg-based ElderDog Canada has established a presence in every province. It currently has 412 seniors registered for in-home support and has helped 576 dogs find new families. For more information, visit www.elderdogcanada.ca.

Dartmouth Votes

...cont. from p.7

are coming from around the world and living alongside people whose families have been here for generations. We must see new people and increased diversity as an opportunity, even as work to accommodate population growth. We must work to see the best in each other and to lift each other up.



Max Emerson Taylor, candidate for mayor

TELL US ABOUT YOURSELF

I am a 22-year-old copy writer and I am a video creator on the side. I owned and operated a small business in Halifax last year. I grew up in Halifax and I feel very fortunate to have been shaped by the city.

WHY DO YOU WANT TO BE MAYOR?

I am running because I want to get more people, especially young people, interested in municipal politics. This is the election that matters, because it's about

affordable housing and transit and community. I am using my platform to get out the vote!

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

What's not to love? Love the desserts and coffee at Two if By Sea and the Alderney Landing Farmers Market! A lot of my friends are from North Dartmouth so I can say it has produced some of my favourite people. The community there has been nothing but kind to me and I will always be appreciative of that.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN NORTH DARTMOUTH?

Over the coming weeks I plan to meet with North Dartmouth community members and get their perspective on what needs to change. It is important to hear from small business owners and the people who live there. I want them to tell me what the issues are.

WHAT OTHER ISSUES ARE IMPORTANT TO YOU?

It's extremely important we address the issues of affordable housing, transit, and environmental sustainability. In other words, cheaper rents, better bus routes, maybe even more water taxis and more parks. The next few years are going

to be challenging, going to need some creative thinking to get us through it.



Matt Whitman, candidate for mayor

TELL US ABOUT YOURSELF

Born in Halifax. I'm #4 of four boys. SMU grad. Dad to Kirk (22) and Morgan (19). 28-year career in finance and technology, including eight years on Halifax Regional Council. I've run marathons and I scuba-dive, bicycle, and love to network. I believe HRM is the best place to live in Canada

WHY DO YOU WANT TO BE MAYOR?

I love HRM and its residents. My professional career and Council experience make me the right choice to lead our growing municipality through the tough times post-COVID. We need a leader who will protect taxpayers' dollars and invest wisely. We can't spend our way out of this pandemic. I show up, speak up, and speak out.

My heart and soul are committed to this!

WHAT DO YOU LOVE ABOUT NORTH DARTMOUTH?

The people are warm, generous, resilient, and an example to all of HRM.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN NORTH DARTMOUTH?

Housing affordability. I firmly believe government cannot fix all the issues. We need to partner with those who want to invest private dollars in our success for all. Make it easier with less red tape to build smart affordable housing. Grow our community, not our City Hall bureaucracy.

WHAT OTHER ISSUES ARE IMPORTANT TO YOU?

Spending taxpayers' dollars wisely! Prioritizing smart investment in infrastructure. I'm all for spending wisely not frivolously overspending on silly pet projects like the \$7-million bicycle bridge ramp, \$3.5-million roundabout, million-dollar bathrooms, snowplowing bike lanes, and social media staff, speech writers and communication teams, secret executive severance packages, paid statue removal task-force, unenforced smoking bylaw, police tank, and a CFL stadium!

Beware: Seniors Phone Scam



Fraudulent phone calls targeting seniors have been reported. The callers claim to be a representative from Service Canada calling in relation to topping up Canada Pension Plan and Old Age Security payments due to Covid-19 and ask for personal details such as date of birth, address and bank account number. If you get a call from someone stating they are from Service Canada or another government agency, and they ask for your bank account number, this is a scam.

HOW TO PROTECT YOURSELF:

Don't trust call display. Scammers can use apps to choose any number they want to show on your call display. What appears to be an incoming call from a legitimate agency can be a scammer.

If you get a call from a person saying they represent a company or government agency and they ask for personal information, don't provide the information and hang up. Call the number on your account statement or the number listed in the phone book/online to verify that the caller is legitimate.

Never provide personal information such as your SIN, account numbers, passwords or other identifying information in response to unexpected calls.

Vehicle Theft Alert

Halifax Regional Police have received 88 reports of thefts from vehicles throughout the region in the last month. Police are reminding people to:

- Lock your vehicle, even when parked in your driveway.
- Never leave valuables in your vehicle, especially in plain view. Make sure to take your wallet/purse with you when you leave your vehicle.
- Leave outside lights or motion sensors on.
- If you suspect someone has stolen something from your vehicle, police encourage you to report it.
- If a licence plate is stolen, report it immediately.

Suspicious activity around parked vehicles or in neighbourhoods can be reported by calling 902-490-5020. Anonymous tips can be submitted through Crime Stoppers.

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
Neighbourhood Watch Co-ordinator	
Cst. Tanya Lambert	902-490-2169
Victim Services.....	902-490-5300
Kids Help Phone	1-800-668-6868
Office of Chief of Police	902-490-6500
Crime Stoppers.....	1-800-222 TIPS (8477)

Photo: Jan Clark



CHURCH NEWS

BETHEL UNITED BAPTIST CHURCH
316 Windmill Road
902-469-4731

STAIRS MEMORIAL UNITED CHURCH
44 Hester Street

FAMILY WORSHIP
Sunday 11:00 am
(All Covid protocols in place)

FREE COMMUNITY EXCHANGE MARKET
Saturday, Sept 26
9:30 am - 12 noon
Outdoors parking lot


HOLY TRINITY EMMANUEL CHURCH
30 Alfred Street

Give what you no longer need, and take what you need.

CLOTHING DEPOT CLOSED UNTIL FURTHER NOTICE

(Left) Life goes on at St. Paul Catholic Church without the social aspects of bingo, musical shows, flea markets, etc. We watch and wait as changes appear, with repairs being done to the steeple and the roof around it. We are so grateful for the blessings that St. Paul gives to all, especially in our community.

(Below) First day back at Sonlife Community Church with the new safeguards in place.



Tell yourself:

Everything will work out.	This too shall pass.
Things will get better.	You can be who you really are.
You are important.	The best is yet to come.
You are worthy of great things.	You are strong.
You are loveable.	You can do this.
The time is now.	

We believe what we tell ourselves



Photo: Doris Buffett-MacDonald

Thank You Reverend Kees

On Sunday, October 24, 2010 the congregation at Holy Trinity Emmanuel Church on Alfred Street welcomed the Reverend Kees Zwanenburg in a Celebration of a New Ministry. For the past ten years Rev. Kees has preached the word of God, taught the faith, and worked with all to build up Christ's Church. He shared our joys and our sorrows, and always took part in the church socials, fundraisers and programs held in church and in the hall. Shown in the photo is a group of parishioners with Rev. Kees when the last session of the Alpha Program was completed several years ago. At this time we want to say a special thank you to Rev. Kees for the years you have spent with the church and the parishioners, and wish you blessings and joy on your retirement journey. The memories will live on.



COMMUNITY CALENDAR



EVENTS AT THE NORTH GROVE

(Formerly Dartmouth North Community Food Centre and Dartmouth Family Centre)
6 Primrose Street
902-464-8234

FOOD & FAMILIES

This online program is for parents and caregivers with children aged 2 - 5 who are interested in making a meal together with some support.

Here's how it works. Register by messaging us on Facebook or calling our support line at 902-483-7376. Once you're registered, on Tues. Sept 22 you'll pick up your Food & Families box during our regular food distribution time (noon -2pm).

Your box will have all the ingredients and instructions you need to make dinner for the whole family.

At 2pm we'll post a video so we can prepare the meal 'together' when you're ready.

Special thanks to President's Choice Children's Charity for its support.

ART HARVEST

A program for all ages, where we'll have a chance to socialize and do some farm-inspired art activities outdoors. We'll also harvest some herbs and vegetables for everyone to take home.

THURSDAY, SEPT. 24
10-11:30AM



Evergreen House open by appointment

Dartmouth Heritage Museum is currently host to a film production crew involved in an upcoming Stephen King television adaptation. Due to shifting schedules and the time involved in building and tearing down sets, we expect to be closed intermittently throughout the fall, and will post in advance of all closures on our social media.

Quaker House will remain closed due to Covid-19 restrictions. Otherwise, Evergreen House remains open, by appointment, Tuesday-Friday, 10am to 5pm. Face masks are mandatory for all visitors.

To book an appointment, please email us at eventscoordinator@dartmouthmuseum.ca or by phone at 902-464-2300.



Photo: Doris Buffett-MacDonald

WHAT'S THE BUZZ? Jim Murphy is happy to be getting his porch haircut thanks to his neighbour, retired barber Buffy Lopez. Looking snazzy Jim!



Photo: contributed

FAREWELL ALLANA AND FAMILY—AND THANKS FOR THE MEMORIES! Packing up and leaving Dartmouth North after a lifetime of being in the same community felt bittersweet. Leaving family and friends behind is always sad but knowing we had everyone's best wishes gave us the courage to start again in a new community. Within the first week of arriving in Edmonton, Alberta we had the opportunity to give clothing to the homeless, help care for a litter of five abandoned kittens, and reach out and meet our neighbours. Dartmouth North taught us to welcome and accept others, help whenever and wherever there's a need, and always be kind and caring to your neighbours. You can always make a difference in your community.

— Allana Loh and family

Welcome Back! 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, Sept. 27

Upcoming dates: Oct. 25 and Nov. 22



Please respect COVID restrictions such as masking when not at a table, hand washing and physical distancing.

Presented by the
Kinsmen Club of Dartmouth

Photo: contributed



Huge thanks to Carla Foxe and the staff at the Dartmouth North Library for the mega donation of childrens masks, which were handed out at the School Supply Giveaway on August 30 at SonLife Community Church. And thanks to Echo writer and tireless volunteer Doris Buffett-MacDonald (pictured left) for consistently showing up, not only to help our community but to document every wonderful moment as it happens!



Photo: contributed by Tony Mancini

In June the city cleaned up the brush in front of the Victoria Road pedway. Now it is much easier to see the awesome mural

CALL FOR
Wellness
FUND PROPOSALS

WELLNESS FUNDS 2020-2021

Are for non-profit groups/organizations to address the Community Health Board (CHBs) Health Plan priorities.

Priority will be given to projects that use a population health-based approach to address the social determinants of health at the population level e.g. projects related to food security, housing, transportation, social isolation and community resiliency.

Proposals for projects in the amount of up to \$10,000 will be accepted

DEADLINE FOR PROPOSALS:
October 15, 2020

FOR MORE INFORMATION VISIT:
www.communityhealthboards.ns.ca/wellness-funds

or contact your local Community Health Board.




Community Health Boards
 Community Partnerships and a Voice for a Healthier Future

DOWNTOWN DARTMOUTH

Food • Drink • Art • Views

DOWNTOWNDARTMOUTH.CA

[/DOWNTOWNDARTMOUTHBUSINESSCOMMISSION](#) [@DT_DARTMOUTH](#) [@DOWNTOWNDARTMOUTH](#)

FREE FOOD OPTIONS IN DARTMOUTH NORTH

TAKE AWAY MEALS

FOOD BANKS

<p>Christ Church 8-11am Thursdays 61 Dundas Street 902-466-4354</p>
<p>North Dartmouth Outreach Resource Centre (NDORC) 8:30-10am Wednesdays 44 Hester Street 902-469-2188</p>
<p>Dartmouth First Baptist Food Bank 9am-12pm Tuesdays 107 Albro Lake Road 902-464-8234</p>



<p>The North Grove 12-2pm Tuesdays & Fridays 6 Primrose Street 902-407-4610</p>
<p>Margaret's House/Feeding Others of Dartmouth (F.O.O.D) 11:30-12:30pm Mondays-Fridays 43 Wentworth Drive 902-464-2919</p>
<p>Alderney Gate Public Library Saturdays, Mondays, Tuesdays Ask at desk 60 Alderney Drive (902) 490-5745</p>
<p>Dartmouth North Public Library 11:30-12:30pm Saturdays 105 Highfield Park Drive 902-490-5840</p>

Information provided by the Dartmouth North Public Library, ad space provided by Between the Bridges

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. | David Melvin |
| Bruce McLaughlin | Andrew Trider |
| Peter Rumscheidt | Anthony Nicholson |
| Ronan Holland | Mollie Morris |
| Matthew Moir | Nancy Rideout |
| Alex Embree | Daniel Walker |
| Nicole Power | |