



# north dartmouth echo

*linking our community*

## What the pandemic has taught us

by Suzanne Rent

We're almost at the end of this year and I'll be very grateful to see 2021. 2020 will be a year we won't soon forget. A pandemic, tragic shootings, closed businesses, unemployment, so much bad news. And we're not out of the pandemic woods just yet. The day before I wrote this, Dr. Robert Strang, the province's chief medical officer, confirmed there's community spread of COVID-19 in the province, specifically in the Central Zone, which includes Dartmouth North.

Even the *Echo*, our little good news newspaper, wasn't immune to it all as we stopped printing editions for a few months. We're back now and looking forward. This little paper is resilient.

While this year has been challenging, we have learned some lessons. I wanted to share a couple I learned the past several months.

First, our essential workers don't earn enough. During the lockdowns, it was workers in grocery stores, long-term care homes, and cleaners who worked on the frontlines of the pandemic. Like many of us, including myself, they don't have the option of working at home. They had to go into work and risk exposure to the virus. Yet, many of these workers make minimum wage or just above.

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## Connecting and carrying on during COVID times

by Kevin Little

On April 1, 2020 I received a phone call from Public Good Society of Dartmouth board member Ralph "The Van Man" MacKenzie. Ralph had been speaking to fellow board members Matt

Spurway and Robert Chisholm about how food banks in Dartmouth could deliver food to clients who could not leave their apartment buildings. At that time frontline agencies were struggling

with volunteer recruitment as the consensus emerged that persons over 60 and/or with a pre-existing condition ought not be interacting with the general public. Who would be able make these deliveries? Who was under 60 without pre-existing health conditions?

At the time I had been going to the food banks, offering my navigation services to clients standing in lineups to receive their food. But this was March and clients and my board members were anxious about these kind of interactions. I did not want to let anyone down. I kept at it but as April began I realized the province was moving to full lockdown, so for my safety and the safety of others I decided to stay home.

I called on the clients I served and heard from many who were struggling with isolation. I will never forget the call I received at 8 p.m. one night from a couple who were being evicted from their apartment. They were scared and alone. The power had been cut off. We talked for over an hour. I gave them several people and agencies to call the next day, but what they really wanted and appreciated was the personal connection.

Ralph, Matt and Robert wondered if I would be open to being a driver. I was. In fact, during the most severe part of the lockdown I

cont. page 4...



Photo: contributed

During early pandemic days Kevin Little was one of a handful of people on the road in Dartmouth North, performing an essential service by making deliveries to clients who needed their food.

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# What the pandemic has taught us

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Some employers gave them a bump in pay; “hero pay” they called it. But that increase was only temporary, taken back by employers when our daily routines seemed to go back to normal.

If the province locks down again, it’ll be these workers supporting all of us, including the most vulnerable, by stocking shelves, packing groceries, taking care of our seniors, and cleaning spaces to keep them free from the virus. Calling these workers heroes doesn’t decrease their risk and it definitely doesn’t pay the bills. They simply need to be paid better even when there’s no virus lurking around our communities. I’m hoping employers and governments see this and do better for them all.

Secondly, we all have to work together and look out for one another. Wearing a mask might be an inconvenience, but it’s a small price to pay to protect someone else. Social distancing seems weird and can be hard to do, but keeping your distance keeps others healthy. Pandemics aren’t a new phenomenon; they’ve been around for hundreds of years. And the rules and restrictions have always been the same: Quarantine, masks, social distancing, staying at home. We do this not just for ourselves, but for everyone else. So, if you feel safe it’s because others are helping to share the collective burden. Please wear your masks, stay home if you’re unwell, and stay two metres apart.

I know the holidays will look much different this year. No large family gatherings, no big work parties to celebrate the season. But we worked together to make it through 2020 and we can keep it going.

So, to all of you from all of us at the *Echo*, please have a safe, healthy, and fun holiday season, however it looks for you. Thank you to our readers, advertisers, community supporters, and our contributors. And of course, to everyone at the *Echo*, including Sylvia Anthony, Gaëlle McNeil, and Doris Buffett-MacDonald, a big thank you and virtual hug for keeping the paper going.

Next year is just around the corner and fingers crossed for better news heading into the New Year.

## Halloween at the North Grove

Check them out at [thenorthgrove.ca](http://thenorthgrove.ca)



Photos: the North Grove/Snickerdoodle



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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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Photos: contributed by Susan Leblanc

Dartmouth artist Margot Durling created HRM's latest public art exhibition on the Halifax Common.

## Chosen Family: a celebration of gender identity

submitted by Susan Leblanc

North Dartmouth is full of talented artists, and one of the newer members of our community is the creator of the HRM's recently launched public art commission at the Halifax Common, a sculpture entitled *Chosen Family*.

Margot Durling is a non-binary, transgender queer artist, designer, and musician who has built their career with beautiful, community-based, creative work. Currently they work as creative director at Fathom Studio, an architectural and planning firm in Dartmouth.

*Chosen Family* consists of five steel poles that are topped with symbols for various gender identities. These celebratory symbols reimagine the limiting symbols for male and female, man and woman, and remind the viewer that gender identity exists on a spectrum and there are as many gender identities as there are people. Each symbol is painted in bright colours from a myriad of pride flags. They also feature black and brown colours at the base and the necks of the poles to symbolize the importance of Black, Indigenous, and other people of colour

within the 2SLGBTQIA+ community.

I was happy to attend the unveiling of *Chosen Family* on a gorgeous day in mid-November. There were congratulatory speeches from Mayor Mike Savage, Councillors Lindell Smith and Wayne Mason, and Carmel

Farahbakhsh from the Youth Project, and a beautiful performance by another talented North Dartmouthian, poet Teo Ferguson.

As Margot said to the large crowd gathered (safely), "*Chosen Family* is a celebration of gender identity and expression

that encourages the viewer to think beyond the binary. A family of figures, who have chosen and accepted one another—each unique, heads held high, united in celebration—defying norms and honouring community."



Artist Margot Durling with Dartmouth North MLA Susan Leblanc at the installation unveiling.



## GOOD TIDINGS

FROM

## DISTRICT 6

Greetings from HRM Councillor Tony Mancini

We are beginning a new four-year term of regional council, and there is so much to celebrate and more to accomplish in Dartmouth North! Thank you to everyone who took the time to vote in the 2020 municipal election. Your new regional council has begun meeting and I'm looking forward to working with seven new colleagues along with my returning councillors. I am truly humbled by your support and proud to continue representing this great community!

### Budget survey

Regional council will begin deliberations on the 2021/22 budget for our municipality early next year and we are looking for your feedback about how to spend your tax dollars. Check out our Citizen Survey at [halifax.ca/city-hall/accountability-transparency/citizen-survey](http://halifax.ca/city-hall/accountability-transparency/citizen-survey) to provide your feedback on our financial priorities, including transit, recreation, and policing. The survey is available until Monday, December 14.

### Speed reductions

The Halifax Regional Municipality doesn't have the ability to reduce speed limits below 50km/h. However, after a review of available data, our staff applied to the provincial traffic authority for permission to post a speed limit of 40km/h instead of 50 km/h on several streets in the Dartmouth North Crystal Heights area and on Locks Road. I am happy to say that we recently received approval from the province, so we can move forward with implementation. Reduced speed sign installations will be completed late fall/early winter on Locks Road, Farthington Place, Crystal Drive, Pinecrest Drive, and Brule Street.

### Winter preparations

We've enjoyed a relatively warm November, but the snow is coming. Be prepared by checking out our website [halifax.ca/snow](http://halifax.ca/snow)

for details about the service standards for streets and sidewalks in your area. During a snowfall event, the municipality has 3,844 kilometers of roads and 1,000 kilometers of sidewalks to clear. We do our best to clear these areas as quickly and safely as possible, however, there is a prioritization system based on traffic volumes, infrastructure like hospitals and schools and major transportation routes that must be applied.

You can assist the municipality in clearing operations and ensure your property is protected by:

- Removing planters, lawn decorations and any other portable objects near the sidewalk before the winter.
- When bad weather is in the forecast, safely store items that may still be used during the winter, for example, sports equipment.
- Marking any permanent structures or objects with a reflector that will be visible above the snow. This helps crews identify obstacles.
- Trimming any tree branches and shrubs that originate from your property. These can obstruct access and visibility for snow-clearing equipment.
- Never park on the sidewalk and when parked in a driveway, make sure your vehicle isn't hanging over into the right-of-way.

### Happy holidays

As we enter the holiday season, I would normally be taking the time to publicize holiday events. This year will look a bit different, but we can still spread holiday cheer by supporting our local business community and by being kind and thoughtful to our neighbours, family and friends. Happy Holidays!



## Connecting and carrying on during COVID times

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remember driving over the bridge and Halifax and Dartmouth were ghost towns. When I arrived at the food banks and loaded up my vehicle, I was one of a handful of cars in Dartmouth North on the road. I was performing an essential service and I knew the clients needed their food. But they also needed to have some contact with the outside world. From a safe distance, wearing my mask, I was able to say hello and have a brief conversation. Several clients would call me in the afternoons, just to say hello.

As the food banks are now opening up gradually and safely, I am winding down my delivery role and ramping up my in-person navigation service. I will complete this journey in late December. Nine months of deliveries for three local food banks has been a most fulfilling role, however, I am also anxious to return to my role as the community outreach navigator, a role I have assumed for the last 12 years.

I am partnering with my colleague from NS Works, Rebecca MacEachern, an employment facilitator extraordinaire. Rebecca and her team of employment caseworkers have been finding jobs for many of the clients I work with. What I truly appreciate about Rebecca is that she has often (in pre-COVID times) come in-person to meet the clients herself and she responds to their calls in a timely fashion.

We are all working together in these very unpredictable and unprecedented times to serve those most vulnerable in our communities. These past nine months have been challenging, but not when I compare what I am doing with what those who struggle with poverty have to face every day. I keep my own challenges in perspective. I did not take any holidays this year but plan to in 2021. I was fortunate to spend more time with my wife during these months than I have in any of our previous 29 years of marriage, a blessing for me (not sure if she would agree). We are all finding our way through this. I am grateful to all whose resilience has been an inspiration and a role model to me.

*Kevin Little is the community outreach navigator with Connections that WORK at the Public Good Society of Dartmouth. You can reach him at 902-476-0785.*



Photo: Canva

## Government's response to COVID-19 means more learning and training opportunities for adults

submitted by Alison O'Handley, Dartmouth Learning Network

If you follow Canadian politics, you will likely remember the 2020 speech from the throne where our government outlined its priorities for the year. The priorities were three-fold: to fight the pandemic and save lives, to support people and businesses through this crisis, and to build back better to create a stronger, more resilient Canada.

In an effort to support people and businesses through the pandemic and restore employment to previous levels, the Canadian government committed to creating over one million jobs. While there are several strategies at play to do so, the strategy that Dartmouth Learning Network is most excited about is one to provide immediate training and quickly skill up workers to take advantage of new opportunities in the labour force.

"We're currently seeing calls for proposals from within the provincial government for innovative training and learning programs to support individuals hardest hit by the pandemic to develop skills, and to prepare for, secure and maintain employment." says Executive Director, Alison O'Handley.

Dartmouth Learning Network is excited to expand its computer and digital technology skills training offerings in the coming months so that individuals can gain the skills they need to access public information, navigate programs and services online, look for work and qualify for new employment opportunities in our changing economy.

"Before COVID-19, digital skills were growing in importance. The pandemic has accelerated this trend meaning that individuals need to quickly up skill so as not to be left behind," says O'Handley.

"Our goal is to bring small, socially-distanced groups of learners together for computer basics and cloud computing programs as well as to offer shorter term learning opportunities on topics such as video conferencing platform (think Zoom), and online learning platforms like Google Classroom so that individuals have the skills they need to live and work in an increasingly more modern economy."

For more information about skill building programs offered by the Dartmouth Learning Network you can visit their website: [dartmouthlearning.net](http://dartmouthlearning.net) or give them a call at 902-463-9179.



# Dartmouth North organizations sharing and learning together

by Matthew Spurway



In March, when the Nova Scotia Emergency Act required people to stay home, Between the Bridges reached out to a long list of organizations that are located in or serve Dartmouth North with an invitation to meet online.

The purpose was two-fold: to share what each organization was facing, and what they were doing in response to COVID-19. Information could then be shared more widely in the community, and we could look for opportunities to work together, share resources, and align efforts. People who already knew each other reconnected, and many new relationships were formed.

Early conversations helped everyone understand the status of different programs and services in the community so they could help get the word out. As things are still changing regularly, these online sessions have kept the pipeline of communications going as things continue to evolve.

It's inspiring to see how specific ideas or a call for help can be shared at this virtual roundtable, and then get moved to solutions and actions.

Some examples include finding storage and distribution for a new gluten-free food bank, supporting local communication for the temporary Covid Assessment Centre located in the community, and finding chairs for an organization setting up a new learning space. With all these meetings, information, support, and potential partnerships are now just an email or phone call away.

It's so wonderful to spend this time with this committed group of people who care deeply about the community and are keen to find new ways to adapt programs, services and find hope in these unusual and difficult times.

Dartmouth North organization meetings are currently scheduled monthly on a weekday from 3:45 to 5 p.m. If you are part of an organization that is serving Dartmouth North, you are very welcome to participate. For more information, or to add you or your organization to the standing invitation list, please email matt@betweenthebridges.ca.

*Matthew Spurway is the community coordinator with Between the Bridges.*

# Tiny homes may make a big difference in affordable housing

by Doris Buffett-MacDonald

The Tiny Homes team is a group that was formed following the Between the Bridges Housing Social Innovation Labs that took place early last year.

Members of this group include Kevin Hooper (United Way), Liam O'Rourke (Lake City Workers), Jillian MacLellan (HRM Planning), Mike Burgess (local landlord), and Vel Oakes and me, Doris MacDonald, as residents. We set about to learn everything we could about tiny homes, and whether there was a possibility in the future to place a tiny home in a backyard lot.

A huge blessing is the wealth of knowledge Jillian MacLellan as an HRM planner brings to the group regarding HRM bylaws and building codes.

Liam O'Rourke with Lake City Works has two tiny home builds under his belt, so he is a wealth of knowledge regarding the nuts and bolts of the execution of a tiny home build.

On Sept. 1, 2020, Halifax Regional Council approved amendments allowing secondary and backyard suites for single unit, two-unit, townhouses and row houses. This is a means of meeting affordable housing targets for Halifax, as adopted under the Housing and Homelessness Partnership.

In her presentation to council, Jillian MacLellan explained that these dwellings can increase the density of neighbourhoods and make for more rental accommodations, which is timely considering the one per cent vacancy rate in Halifax. She says these tiny homes can provide additional income for homeowners and also promote affordable housing in the city.

The new rules apply mostly everywhere in the HRM. Single detached houses, duplexes, or semi-



Photo: Doris Buffett-MacDonald

*Liam O'Rourke in front of his first tiny home built on behalf of Lake City Works. The tiny home was successfully raffled off last year.*

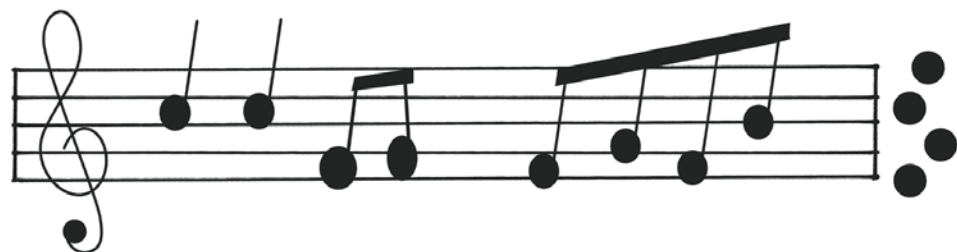
detached houses, town houses and row houses are all eligible. Secondary suites are separate units typically located within the home. They can be an in-law suite or basement apartment. Backyard suites are separate free-standing buildings either built overlapping an accessory structure (for example, a garage), or simply on their

own. They are often referred to as granny suites, carriage flats or they can take the form of a tiny house/home. The maximum floor area for secondary suites is 80 metres squared. The maximum floor area for backyard suites is 90 metres squared, or the maximum size permitted for an accessory building

(garage), whichever is lesser.

If you are interested in the possibility of a secondary or backyard suite, please call 311 for more information or to apply for a construction permit, or visit [www.shapeyourcityhalifax.ca/allowing-secondary-suites-as-a-permitted-use](http://www.shapeyourcityhalifax.ca/allowing-secondary-suites-as-a-permitted-use).





# ON A MUSICAL NOTE: *Sam Moon*

by Sandi Weagle

Photo: contributed



The holiday season is quickly approaching, a time of year traditionally filled with concerts, plays, social gatherings, and family reunions. The COVID-19 pandemic continues to cause us to develop new, socially-distanced ways to share our love and celebrate each other and the reason for the season.

Our family has tightened its bubble in response to the increase in local cases. Zoom meetings, FaceTime calls and video sharing will be avenues we'll use to stay in contact with loved ones. We are realizing what is really important: slowing down and taking the time to see the beauty of our community and the importance of our connections to family and friends. We are sharing our talents, our knowledge, and our hearts with others. I hope this never stops. The love and kindness we see in our neighbourhood shows our dedication to our fellow man. From our home to yours, have a very merry Christmas and a healthy and happy New Year.

## Meet Sam Moon

Sam Moon is a great friend and a phenomenal entertainer. Originating from Cape Breton, Sam's first influence was his sister who played piano. She loved to play but not sing, and Sam would sing the songs his sister loved. Their mum was often listening in the kitchen, encouraging her children and enjoying the talent.

When he was 13, Sam and some boys in the neighbourhood would have jam sessions. The other boys liked to play instruments and Sam knew the words and could sing the songs. Sam plays guitar and the kazoo and can produce accompanying sounds that could put any rapper to shame.

His early gigs began as basement parties, progressing to coffee houses and dances. Sometimes the group would get paid just \$10.

Sam has had many musical friendships such as Ritchie Oakley and Matt Minglewood. Sam and Matt formed the Moon-Minglewood band and came to Halifax. They played high school dances at Dartmouth High, Prince

Andrew, and Halifax West. Rinks were a common venue, hosting teen and Kinsman dances. Sam remembers playing at the Matador and the Village Gate. Moon-Minglewood played across Canada until the mid-70s when they split.

Sam is currently a member of the Sounds of Motown band and they have a few music video compilations on the Sounds of Motown Facebook site.

Sam has the happiest smile and a stage presence that is infectious. You will be keeping the beat and singing along and wearing that happy smile yourself while watching and enjoying the entertainment.

Sam has lived in North Dartmouth for half of his life. He has enjoyed watching the growth of the area and says he has formed lifelong ties and great friendships here. When I met Sam, he was a volunteer board member and coached floor hockey at the Dartmouth Boys and Girls Club. We have benefited from his community commitment for a long time. Thank you, Sam!

*"And then the whole world walked inside and shut their doors and said — We will stop it all. Everything. To protect our weaker ones. Our sicker ones. Our older ones. And nothing, NOTHING, in the history of humankind ever felt more like LOVE than this."*

This poem by Chelsie Diane went viral on social media during the pandemic. And has been shared on church bulletins in Dartmouth North.

It makes one stop and reflect.





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# 15th annual Drop Zone in support of Easter Seals Nova Scotia

by Brandon Walker

Photo: contributed by: Easter Seals NS



*Team Carpè Diem conquered their fear of heights at Drop Zone 2020 in support of Easter Seals Nova Scotia.*

energy and enthusiasm remained despite this trying time.”

Wanda Sinclair, director of development for Easter Seals Nova Scotia says, “I think it went well, all things considered. It was a very challenging year with COVID-19 and the restrictions and uncertainties that came along with it.”

Sinclair says that right up until the day of, there was doubt and thoughts of needing to cancel the event. “We are very fortunate to have been able to go ahead with our signature event, so overall I feel happy about that and the funds and awareness it raised.”

This year’s event raised \$41,585.49.

Justin Eweka rappelled for his first time this year. The adrenaline-seeking youth employment support worker wanted to see how fast he went down the building and jokingly wondered if he could nap during the rappel.

“The event brings great awareness and helps a community that often (gets overlooked),” Eweka says.

When asked what encouraging words she had, for those apprehensive about taking part next year, Diane Oram says to “just do it!”

“It’s an experience like nothing you can imagine,” Oram says. “The training beforehand is tremendous, and I guarantee will go a long way to ease any fears you may have. They tell you and show you everything you need to know.”

For more information about Easter Seals Nova Scotia, visit [www.easterseals.ns.ca](http://www.easterseals.ns.ca) or call 902-453-6000.

*Brandon Walker is a program assistant with Easter Seals Nova Scotia.*



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**P**icture this: you are 287 feet above ground, on the roof of the tallest office building in downtown Halifax. Adrenaline starts pumping as you prepare to step over the ledge and rappel down 23 floors.

This is what 23 brave souls did on Saturday, October 3 during the annual Drop Zone event in support of Easter Seals Nova Scotia.

Easter Seals Nova Scotia has been at the forefront of providing services and programs to people with disabilities for more than 88 years. They operate under their four pillar programs: New Leaf

Enterprises; Assisted Mobility; Camp Tidnish; and Take Part.

The weather stayed clear and consistent during the six-hour event, as rapellers took part in this 15th annual event. Unlike other fundraisers for Easter Seals Nova Scotia, such as its annual Bunnyland, cancelled because of COVID-19, Drop Zone 2020 persevered. Music sounded throughout the grounds, and the aroma of barbecue could be smelled from afar.

Diane Oram, captain of Team Carpe Diem, having almost turned the big 5-0, decided that she needed a bucket list, and that participating in Drop

Zone was the ticket. This year marked her third year rappelling.

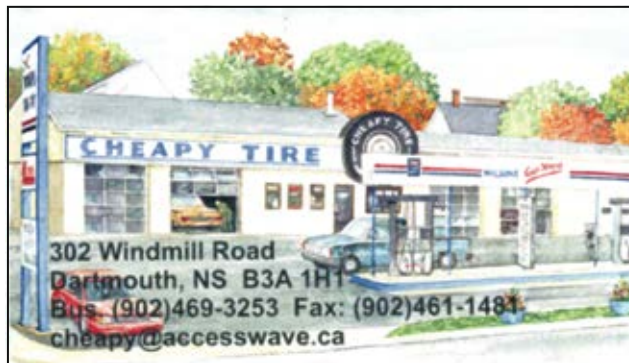
“Years would go by and I’d not give it another thought,” Oram says. “As I was about to turn 50, I would think to myself, I need a bucket list! And this was at the very top of it.”

It wasn’t just the fantastic and generous donors having all the fun—so did a few of Easter Seals Nova Scotia staff. For Ila Jay, it was the overall support during a pandemic which stood out to her.

“Drop Zone 2020 was certainly different than most years due to COVID-19,” says Jay, a second-time rappeller, “but the



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

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 www.dartmouthdental.ca

**THE PUBLIC GOOD SOCIETY OF DARTMOUTH WISHES ALL RESIDENTS A VERY HAPPY HOLIDAY!**

*Seasons Greetings One and All!*

THE PUBLIC GOOD SOCIETY OF DARTMOUTH  
 476-0785 • thepublicgoodsociety@gmail.com  
 www.publicgoodsociety.ca

The residents, staff and Board of Directors of the **Freedom Foundation of Nova Scotia** would like to take this opportunity to wish all residents of Dartmouth North a Very Happy Holiday and a Safe and Healthy New Year!



# Spirit of the Community

Photo: contributed



**THANK YOU FOR YOUR CONTRIBUTION!** On Sunday, September 20, Echo board member Sylvia Anthony presented Moya Fagade (left) and Tomisin Fagade (right) with a framed article from the December 2019 issue featuring the children's contribution to the paper. They had written about how much fun they had at the Rejoice After School Club at Northbrook Bible Chapel, and they had invited the community to join them for a Christmas night at the club. Rejoice has not yet resumed activities due to COVID-19 restrictions, but they hope to resume soon, stay tuned.

## Heartfelt ceremony to honour a day against violence in North Dartmouth

by Doris Buffett-MacDonald



The annual Jason MacCullough March Against Violence took on a different format this year due to COVID-19 restrictions. Jason's family and a small group of people gathered

at the Jason MacCullough Memorial Park. Rev. Kees Vandenberg offered comfort and heartfelt prayers in memory of Jason and others who have lost their lives to senseless violence. Jason, the Dartmouth

North community will never forget you!

If you have information on this crime or any other, please contact Crimestoppers at 1-800-222-8477.



Photo: Doris Buffett-MacDonald

**THANK YOU FOR THESE HANDS THAT SERVE SO MANY!** Sylvia Andrews, left, Dale Thomas, and Lillian Munroe were recognized by the Boys and Girls Club of Canada at a recent virtual national conference. Henk van Leeuwen, CEO of the Dartmouth North site says "We are very pleased they received this as their dedication, professionalism, and commitment to our programs and community programs are inspiring. They are among the longest-serving Boys and Girls Clubs of Canada staff in the country."

Sylvia and Lillian each have served 33 years and have been involved with the special events programs and the backpack program. They have served as lunch monitors at John Martin Junior High School, bus monitors, the breakfast program, and volunteered with the Breakfast with Santa event.

Dale Thomas has been with the club 32 years and has served as a custodian, bus driver, and special events volunteer.

Congratulations to these amazing community treasures!







# SENIORS' CORNER

is supported by

**Darren Fisher**

MP FOR DARTMOUTH-COLE HARBOUR  
902-462-6453



## Farewell to beloved Dartmouth North businessman and hobbyist, Peter Douglass

**P**eter Douglass was born in Dartmouth North at 87 Windmill Road on April 9, 1920. He lived most of his life in Dartmouth North on Limardo Drive, except for the last four years at Camp Hill Veterans in Halifax.

Douglass served time overseas in WWII. On his return he married Augusta, and raised two daughters. He passed away peaceful on July 3, 2020 at the tender age of

100 years and three months.

The funeral service was held on the grounds outside at his burial plot at Atlantic Funeral Homes on Main Street, Dartmouth on Sept. 26, 2020, as a virtual service for his family. He was able to have a Masonic Service and a Church Service with his minister present. He is sadly missed by his daughters Rebecca Douglass (Calgary) and Susan Smith (Dartmouth), and his grandchildren.

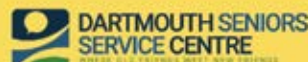


Photo: Rebecca Douglass



**CONGRATULATIONS BIRTHDAY BOB ON YOUR BIG DAY!** Robert Anthony celebrated his 87th birthday with family on Nov 10, 2020. We wish him many blessings and many opportunities to do what he loves best... sing! Birthday Bob is happy to sing birthday greetings, free of charge. Give him a call, he would love to make someone's day. 902-463-5806.

Peter Douglass never missed an opportunity to pay respect to our veterans. Here he is (centre) laying a wreath on Remembrance Day 2017 at Camphill in Halifax.



## Seniors Christmas Care Program



Submit your name or a friend's name by Dec 19, 2020 to join the Dartmouth Seniors Service Centre's Caring for Seniors Program on Christmas day. This includes Christmas Dinner, a visit from Santa, Christmas Carols and lots of love. You must be a single senior who is wanting to join our family at the Dartmouth Seniors Service Centre.

Call 902.465.5578 ext 214 to book a seat before Dec 19, 2020

Doors open at 12:30, lunch at 1 pm







# Spotlight on Youth

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



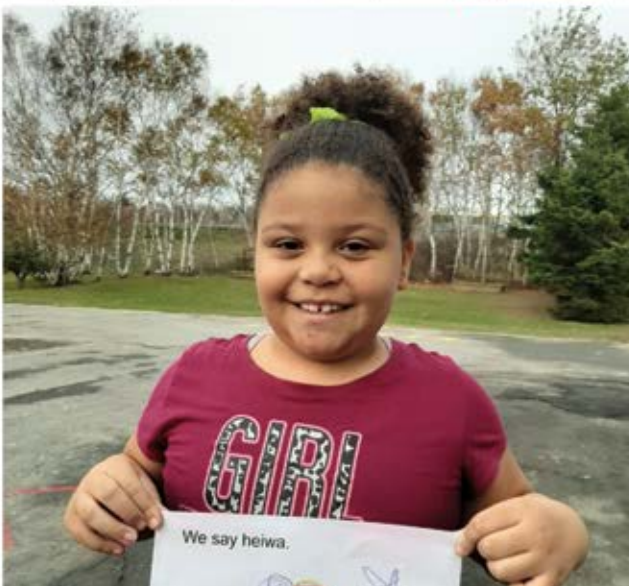
Photos: contributed by John MacNeil School



Remembrance Day went virtual at John MacNeil School as students recorded and presented over a school-wide Zoom call.



A Thank you message for our service men and women  
 1 Kendell



On behalf of staff and students at JOHN MARTIN SCHOOL, thank you to our community for making our 2020-2021 school year magical! Our collective safety paired with high quality learning remain our top priorities as we move forward.



*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”*

~ Barack Obama





# Finding joy on double red flag days

by Annemarie Johnson

Photo: Canva



It was a double “red flag” day... which means that beaches were closed to the public. In Florida the fine for swimming during a double red flag is up to \$500 US dollars. I was traveling with my daughter for some time away at a retreat centre in Florida. A hurricane was coming up the coast and the warning signs were out for all to see that it was too dangerous to go into the waters.

This reminded me of many days since COVID started in March. Sometimes social media was like a double red flag day... warning, careful what you post, friends, yes even good friends, may oppose your posts.

Walking down the road, in the store greeting people—sometimes they are having a bad day. That leaves us feeling we are navigating dangerous waters.

A double red flag day happens when waters are dangerous and unfriendly all around you. Where do you go? What do you do? This can happen at different times in our lives. Relationships change, friendships end. We feel we have lost our way. How do we cope with this?

## Retreat

Slow down, hide out, decide to self protect and isolate ourselves from others. Also back off from

starting any new friendships for fear of more salt on an already open wound. This is a good time to heal. After some time you may find things are better and you are ready to try again.

## Keep Sweet

This was something we often said among staff where I volunteered between high school and college. No matter how hurt you feel over a situation, never let your spirit become bitter or resentful. Keep sweet was a gentle reminder to each other to keep our spirit sweet, dissolving all offenses.

Hurt is real. Sometimes our opposition is not from strangers but rather friends and family. Those whom you trusted most have let you down. Forgiveness is a gift you give yourself. Let God take revenge on your behalf. He knows your every thought and hears your prayers. Sometimes he is answering our prayers before we even ask. Stay kind and caring without the root of bitterness that can creep in there.

## Keep Afloat

In the midst of dangerous waters grab a life support. Call a friend or family member who understands you. Friends, like-minded friends in particular, can be a good place of refuge. I have heard from others who say how someone with similar views and ideas make great friends when you are feeling down... this might even mean making new friends. You might feel challenged to ask for help, but remember that one can also find comfort in comforting others. Don't take away the blessing and opportunity for someone to be a friend in times of need. If you feel there is not a friend in this world who understands, call out to God. He is always listening. Prayer can be very comforting.

## Find Joy

Joy is the boat that helps you stay afloat. In the midst of dangerous waters joy is your strength. Find times to pray, cry, and release the burdens of your heart and SING! Find things to be thankful for each day. Take the difficulties and transform them into creative opportunities. Take a walk in the woods, hike, paint, play sports,

renovate, redecorate, sew, clean up, play music, play an instrument to let your sadness out.

On your double red flag day, retreat if you must, keep sweet, keep afloat. Make your life beautiful! You will FIND JOY once again!



Stop violence against women—wear a purple ribbon to raise awareness

There is no excuse for abuse. Abuse of women is a fact of life across Canada.

All kinds of women are abused, young, old, disabled, women of all races, religions or social classes. Violence affects us all. Whether it is physical abuse, sexual assault, or emotional abuse, it cannot be tolerated.

Between November 25 and December 10 let us wear a purple ribbon to remember all women who have died violently or who live with abuse in our communities, and also to honour the 14 university students who died in Montreal on December 6, 1989. For info call 902-463-5806.

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)



## RECYCLE, RECYCLE, RECYCLE!

Enviro depots around the province are collecting plastic bottle caps no larger than 2” in diameter. Plastic bottle caps from pop bottles, milk cartons, cleaning supplies, toothpaste, and prescription medicine jars all fall under this category. Peanut butter and mayonnaise caps are too large and usually messy so they will not be accepted.

The recycled caps will have an opportu-

nity for new life as part of bio filters at waste water treatment plants.

The goals of the program are twofold. It will mean less plastic gets taken to landfills. It could also reduce costs related to wastewater treatment.

So, instead of tossing your caps in the blue bag or garbage, save them up and return them to your nearest recycling depot to be repurposed. Let's work together to help our communities.

## Dartmouth Funeral Home

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## 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



Photo: contributed



ANNIVERSARY CELEBRATION: Stairs United Memorial Church celebrated its 107th anniversary on Sunday, Oct. 25 with a special service. Janet Sollows, president of Region 15 (Nova Scotia and Bermuda) was the guest speaker. She preached "A View from the Mountaintop," highlighting our history, and challenging us to live into a future loving God and loving our neighbours.

THE MOUNTAIN

If the mountain seems too big today, then climb the hill instead.

If the morning brings you sadness It's ok to stay in bed.

If the day ahead weighs heavy and your plans feel like a curse, there's no shame in rearranging don't make yourself feel worse.

If a shower stings like needles and a bath feels like you'll drown, if you haven't washed your hair for days, don't throw away your crown.

A day is not a lifetime a rest is not defeat, don't think of it as failure, just a quiet, kind retreat.

It's ok to take a moment from an anxious, fractured mind, the world will not stop turning while you get realigned.

The mountain will still be there when you want to try again, you can climb it in your own time, just love yourself till then.

-Author Unknown



CHURCH NEWS

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

FAMILY WORSHIP Sunday 11:00 am

BIBLE STUDY (in the Sanctuary) Wednesday 7 pm

HOLY TRINITY EMMANUEL CHURCH 30 Alfred Street

DUE TO COVID, CLOTHING DEPOT CLOSED UNTIL FURTHER NOTICE

(All Covid protocols in place)

Northbrook Bible Chapel Christmas Eve Service

You are warmly invited to join us on December 24th for our Christmas Eve Service at 6:30 p.m. at Northbrook Bible Chapel, 225 Victoria Road for Christmas music and a Christmas message. Everyone welcome! (Covid-related protocols are in place).

Thanks to the ladies of St. Paul's

Many thanks to the 12 ladies of St. Paul's Church on Windmill Road who volunteer their time and talent to prepare from their homes hot and tasty casseroles for delivery to Margaret House (Feed Others Of Dartmouth) located on Ochterloney Street in Downtown Dartmouth. This kindness and caring will continue to be done even though their church closed down on Nov 1st. It is their way of helping the community and enjoy doing it for their fellow neighbours. Blessings to each and every one of you for your thoughtfulness.

Order your Stairs goodies today!

Stairs Memorial United Church UCW is not able to have their Annual Bazaar this year. In its place, they are taking orders for the following goodies (however as of press time many goodies already sold out):

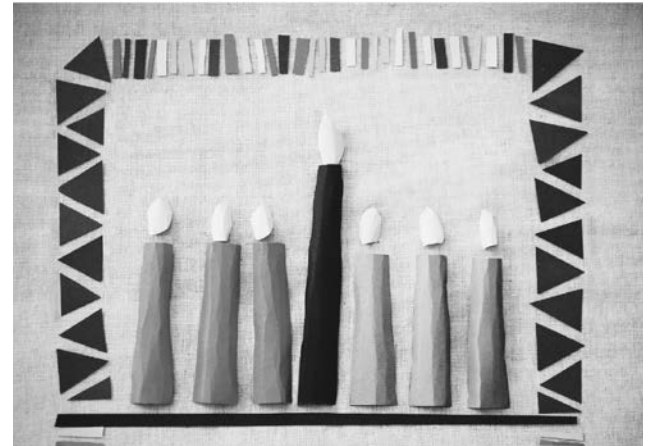
Krista's tea biscuit: \$10.00 for 1 1/2 dozen Boxes of fudge: \$7.50 for 15 pieces.

To place an order, please contact Sandra Jamieson at 902-225-6576 or sandrajamieson952@gmail.com. Last date to place an order will be Nov 30. Pickup will be Dec 5.



Photo: Canva

HAPPY KWANZAA!



FALL FLEA MARKET

ST. JAMES CHURCH HALL 181 PORTLAND ST.

SATURDAY, NOVEMBER 28 8:00 AM- 12:00 PM

Excellent Variety

Pictures/frames, lamps/shades, boots, shoes, handbags, TOYS, electronics, kitchen gadgets, baskets, seasonal items, dishes, movies, tapes, drapes, linens, craft items, BOOKS and MUCH MORE!!!

Please bring your own shopping bags.

ADMISSION: \$2.00

Exact change if you can, please.

NOTE: No jewellery sold at this time.

MASKS MANDATORY





# COMMUNITY CALENDAR



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

## NOVEMBER PROGRAMS AT THE NORTH GROVE

6 Primrose Street  
 902-464-8234

### FAMILY PLAYGROUP

Wed. Nov. 25 &  
 Mon. Nov. 30  
 10-11 am

In-person for children one and up and caregivers. Time to get together and play!

### STANDING TOGETHER WORKSHOP: PEER ADVOCACY

Wed. Nov 25  
 10:30-12 pm

(Inperson) Join the Community Action Program for a deeper look into advocacy and how the pandemic has changed what advocacy looks like.

### COFFEE HANGOUT

Mon. Nov 30  
 10-11:30 am

In-person for adults. Join us for coffee, conversation and craft time.

### GREAT BIG BOOK OF GRATITUDE

Wed. Nov 25 1 pm

Visit our Facebook page to join our Great Big Book of Gratitude, an incredible online event including performances by Rose Cousins, Joel Plaskett and spoken word poet Guyleigh Johnson.

### WALKING GROUP

Thurs. Nov 26  
 10-11 am

Join us for a group walk in the neighbourhood—all fitness levels welcome!

### COMMUNITY ACTION OFFICE

Get one-on-one support for issues like housing, income assistance, mental health support and more. By appointment only; call 902-464-8234.



Echo Editor Suzanne Rent with Echo board member Sylvia Anthony at a tour of the Dartmouth Sportsplex during renovations.

## Neighbourhood Watch on pandemic hiatus

Dartmouth North Neighbourhood Watch has not been having regular meetings for many months. When our lives get back to some form of normal, it will be looking for a new location in the community. Chairperson Sylvia Anthony would like to thank the Farrell Benevolent Society for hosting Neighbourhood Watch meetings for many years (23+). "Their dedication to our program has been much appreciated," she says. "I would also like to extend my sincere thanks to every member who came to the monthly meetings and others who participated in any way. Till we meet again, take care and stay safe. For more information please call 902-463-5806.

## Kinsmen Brunch suspended until January 2021

Greetings friends and community supporters, The Dartmouth Kinsmen are aware of the alarming trends both nationally and locally concerning the spread of Covid-19.

In light of these developments and in support of community safety the brunch on November 22 is cancelled. We continue to plan for the January brunch.

We greatly appreciate your ongoing support.

Dartmouth Kinsmen remain active in the community. We have maintained our support to Margaret's House and we are now planning for the Christmas Miracle project. This project supports families at Christmas by providing toys, games and clothing to children. Any support would be appreciated.

Please be safe and follow the guidelines as outlined by our government agencies.

Yours truly,

Geoff Hill  
 President  
 Dartmouth Kinsmen



Congratulations & special thanks to our long-time friend and editor SUZANNE RENT who celebrated her 10th year as part of the *Echo* team in September 2020.

Her caring and volunteer commitment has helped the community paper to thrive into its 17th year of publication. She was integral in encouraging school youth to get involved and helped create a positive interest in the youth of our community.

Suzanne, your dedication is much appreciated by *Echo* team members and the North Dartmouth community. Thank You for Just Being You!



## DOWNTOWN DARTMOUTH

## Visit Downtown Dartmouth for a dazzling holiday experience!

You'll also find the BEST GIFTS and BEST SERVICE at Dartmouth shops, or make a night of it with a FESTIVE MEAL or BEVERAGE at one of downtown Dartmouth's popular bars and eateries

Experience Our DARTMOUTH DAZZLES HOLIDAY LIGHT SHOW on the Old Post Office - December 5-6, 10-12 and 17-19 (5-8pm)

Check out our ANIMATED WINDOW DISPLAY at 122 Portland Street and vote for your FAVOURITE HOLIDAY STORE FRONT at [downtowndartmouth.ca](http://downtowndartmouth.ca)



[DOWNTOWNDARTMOUTH.CA](http://DOWNTOWNDARTMOUTH.CA)

[/DOWNTOWNDARTMOUTHBUSINESSCOMMISSION](https://www.facebook.com/downtowndartmouthbusinesscommission)

[@DT\\_DARTMOUTH](https://www.instagram.com/dt_dartmouth)

[@DOWNTOWNDARTMOUTH](https://www.twitter.com/downtowndartmouth)





Photos: Henk van Leeuwen

**OWOOOO!** It was a different kind of Halloween at the Boys and Girls Club on Farrell Street in Dartmouth North. For the “Trunk or Treat” event staff parked vehicles physically distanced from each other and served Halloween treats to the kids in a safe manner. Families took turns entering the parking lot to make the rounds of the vehicles, so that they didn’t have too large of a crowd at once.



# ≡ HAPPY ≡ HOLIDAYS

from the volunteer board of the Dartmouth North Community Newspaper Society to all of our readers and supporters. Have a safe and joyful holiday season!





# SEEKING



# NEW



# WINTER CLOTHING OR DONATIONS



Towards a winter clothing giveaway event for people in need living in Dartmouth

To donate, please contact Chuck Kelades at [chuckkelades@gmail.com](mailto:chuckkelades@gmail.com) or call  
SonLife Church at (902) 404-7000

Donations can also be dropped off at Susan Leblanc's MLA Office - 260 Wyse Rd



# Season's Greetings

from the lawyers  
and staff at

## Weldon McInnis

(902) 469-2421  
[www.weldonmcinnis.ca](http://www.weldonmcinnis.ca)

