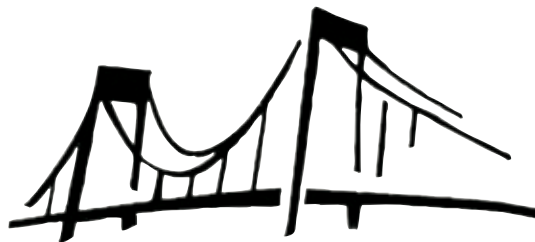


Happy Mother's Day!



north dartmouth echo



linking our community

Ending period poverty in Dartmouth North

by Suzanne Rent

The Pharmachoice in Highfield Park has only been open about seven months and it has already made its mark on the Dartmouth North community and beyond. In early April, the pharmacy on Highfield Drive announced it was giving away free menstrual products to those in need. Manager Cassidy Bellefontaine approached owner David Chiasson about offering free products after she heard about MLA Karla MacFarlane's private member bill that would provide free menstrual products to women on income assistance.

Not having access to menstrual products when you need them is known as period poverty. It's a reality for those who have to choose between buying food and buying menstrual products.

Just two days later the store launched its campaign with a post on its Facebook page. The story made national news and almost immediately had a ripple effect. The City of Lakes Pharmachoice announced it would do the same campaign. Both pharmacies asked the public for donations to help. When customers purchased menstrual products, the pharmacies matched the purchase with a donation for those in need. To get the free products, those who need them just need to ask the pharmacist.

While the immediate response was overwhelmingly positive, not everyone agreed, of course. A few online commenters suggested people would take advantage of the free donations. Imagine being so bitter with life that you

cont. page 2...



Photo: Rowena Hardy

Deputy Mayor Tony Mancini, Tobi Adeoye, Cheyenne Hardy, Dartmouth North MLA Susan Leblanc, and Ben Stevens (in front) came together recently, along with other community members, to make comfort blankets for the new Dartmouth emergency shelter.

Susan Leblanc
MLA Dartmouth North
GET IN TOUCH!

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Ending period poverty in Dartmouth North

...cont. from p.1

complain about some women and girls getting free tampons and pads. Trust me, many women would rather not have to need them at all.

According to Plan International Canada, one-third of Canadian women under the age of 25 have struggled to pay for menstrual products. The Always Confidence and Puberty Study from 2018 says one in seven Canadian girls left school early or missed classes entirely because they don't have the menstrual products they need.

There are local initiatives besides Pharmachoice working to address the issue. Suzanne Lively at Friendly Divas has been working to provide menstrual cups (Diva Cups) for free to women around the province who need them. The United Way has a campaign called Tampon Tuesday to which you can donate menstrual products. And Dignity. Period. is a provincial campaign to get free products to those in need. Dignity. Period. will even help you host a Pad Party to collect donations. Food banks can also accept donations of menstrual products to give to their clients.

But this issue isn't just about free menstrual products. It's really about eliminating the shame that girls and women are sometimes subjected to. In some cultures menstruation is considered dirty or a curse. The bible refers to menstruating women as unclean. Some religions traditionally have not permitted menstruating women to participate in prayer or receive communion. And around the world, girls and women still miss out on taking part in society, including going to school, when they get their periods. Grown women still tuck tampons up their sleeves as they sneak off to the washroom.

Menstruation is a natural part of life and not an embarrassment. We need to collectively get over the shame and give menstruating women and girls access to the products they need. We applaud retailers like Highfield Park Pharmachoice that are doing their part to address the issue. When we support them in their campaign we're supporting women and girls to live their lives free of shame.

OOPS

Our last issue contained some errors.

On page 7, Pat Friesen was incorrectly identified as Pat Frisen in the St. Pauls Valentine Tea photo.

The photo on page 3 with Rosanna Cleveland and Cheyenne Hardy was used without permission.

We apologize for any inconvenience this might have caused.



Playtime at the Dartmouth Family Centre on Albro Lake Road!

Photos: Dartmouth Family Centre

north dartmouth echo

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

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Amy Spurway writes from the heart

by Doris Buffett MacDonald

When asked about the inspiration for her critically acclaimed book, *Crow*, Amy Spurway remembers back to 2003.

“Matthew and I were living in Toronto,” Spurway recalls. “I was missing home but keeping busy with our three youngsters. I joined an online support group, where women shared their stories. Some women had gone through the experience of losing a child. It was a shock to my system and right then I knew I had to write something that would confront life and death, head on.”

The character referred to as Crow became that voice who needed to tell her story. Amy spent the next 13 years raising her girls and carving out blocks of time to write her book. In the book, *Crow* has been diagnosed with inoperable brain tumors and returns to Cape Breton, taking up residence in her mother’s trailer and intent on writing a memoir that would settle all the scores.

Things don’t go exactly as planned. In the end *Crow* makes peace with herself, her mortality, her friends and family and the Island of Cape Breton, which nurtured her soul in the growing-up years. The story of *Crow* is rife with Cape Breton humour, poignantly beautiful, and vulnerable in the telling.

“I am over the moon with the way this turned out,” Spurway says. “I am not one of those people who typically dream big, so the success of this book has exceeded all my expectations.”

Crow seems to be striking a chord with everyone.

“People come up to me after an event and tell me how closely they



Photo: Doris Buffett MacDonald

Dartmouth residents Amy and Matthew Spurway mixing it up with the more than 100 people who showed up on April 12 for the Cape Breton Launch of Amy’s critically acclaimed book *Crow*.

relate to the characters in my book,” Spurway says. “We all have these common threads we struggle with no matter where we come from, and humour is therapeutic when mixed in with all of these life events. I gave up a million times but my characters wouldn’t let me give up. They kept saying ‘Keep going, we have another story to tell.’”

The process of writing and getting to where your book is published is very slow.

“This involved plenty of hard work and lots of luck, too,” Spurway says.

She is no stranger to the literary scene, having landed her first writing gig with CBC at the age of eleven. She holds a BA in English from the University of New Brunswick, and a degree in Radio & Television Arts (with a concentration on writing) from Ryerson University. She has worked as a freelance writer, communications consultant, editor, and performer.

There have been recent book launches in Halifax, Dartmouth and Cape Breton. Stephanie Domet joined Amy at the

Halifax event. The Dartmouth launch was held at the Wooden Monkey with Wendy Lill. The Cape Breton event was on her home turf of Ross Ferry, Cape Breton, at the fire hall. All of the firetrucks had to be moved outside to set up. With more than 100 people present, 75 books were sold in under 10 minutes.

“It was hands down one of the most magical evenings of my life,” Spurway says.

There were also book signing events in Ontario this month in Kingston, Guelph and Toronto. *Crow* is available at all major bookstores. To find out more visit www.amyspurway.com.



Community Job Fair connects job seekers with potential employers

by Tyler Colbourne



Photo: Tyler Colbourne

Dartmouth Burnside Community Job Fair attendees Bhumika Tandon and Parkesh Kapoor were eager to be connected to potential employers.

Dartmouth North is a place of diversity and opportunity. On April 12, these elements were showcased at the annual Dartmouth Burnside Community Job Fair, hosted by Dartmouth Learning Network in collaboration with the Centre for Entrepreneurship, Education and Development (CEED); Farrell Hall Benevolent Society; Dartmouth North Public Library; and the Department of Community Services. This year the event was larger than ever, with 28 employers and more than 100 community members attending. This free event connected businesses and community members in the heart of Dartmouth North, at the Dartmouth North Community Centre.

Dartmouth North is home to the largest industrial park north of Boston and east of Montreal. There are more than 18,000 people working in Burnside Business Park every day,

and many employers from the business park were in attendance. In addition to businesses from the Burnside Business Park, there were employers with information and opportunities from Wendy’s, Department of Community Services, Halifax Public Libraries, Securitas, Nova Scotia Works, Home Instead Senior Care, Delta Hotels, Halifax Transit, and many more.

Laura Tremaine with CEED offered information on the employability and youth programs offered at the organization.

“I am super excited to be representing CEED and the Youth Employability Program,” Tremaine said. “I am excited to be a part of bringing jobs to Dartmouth North and bringing people to the jobs, and making the jobs more accessible.”

Tremaine said she believes Dartmouth North to be a place of opportunity, “beaming with amazing people and supportive employers.”

Attendees were encouraged to dress their best and be ready to introduce themselves to local employers.

Parkesh Kapoor is a newcomer to Canada, having only arrived a few months ago, and attended the job fair with fellow newcomer, Bhumika Tandon. Both Kapoor and Tandon were eager to be connected with potential employers. Kapoor found the day to be well planned and stated that the event is, “excellent, well organized, and there are very good companies here. People are helpful and friendly.” Throughout the event, attendees were given opportunities to provide feedback on the day, enter into a contest for a prize, and be connected with employers and even apply for jobs on the spot.

Alison O’Handley, executive director of the Dartmouth Learning Network, heard about several job offers occurring on the spot. She stated as well that employers were, “walking away happy because they had

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A MESSAGE FROM

Darren Fisher, MP

DARTMOUTH-COLE HARBOUR

As your Member of Parliament, I often have the honour of making announcements. Sometimes they're for companies, for example, I recently announced a \$250,000 investment in Ace Machining, so they can increase productivity while providing good jobs in Dartmouth. And sometimes they're for recreation, such as the Government of Canada's \$250,000 investment in the Dartmouth North Community Centre and Public Library. Who doesn't love the new outdoor library and playground? And sometimes the announcements are for big national strategies, like the National Housing Strategy.

With some announcements, it can be difficult to see the direct impact they'll make, as they're often long-term. And with others, it's immediately understood, and life-changing.

Shortly after announcing the National Housing Strategy, we launched the National Housing Co-Investment Fund. Through this fund, the Government of Canada is working with partners to build up to 60,000 affordable homes, and repair up to 240,000 existing affordable community housing units. This fund also includes investments to create or repair at least 4,000 shelter spaces for survivors of family violence.

Recently, I had the opportunity to make an announcement that I know will positively impact women and children in Dartmouth-Cole Harbour, and across our municipality. I announced that the new 24-bedroom Bryony House shelter for women and children fleeing family violence will be built in Dartmouth, with a \$2.33 million contribution from the Government of Canada.

cont. page 13...



MP Darren Fisher with Iain, the young entrepreneur behind Iain's Tartan Bakery, a popular gluten- and dairy-free bakery that sells at the Alderney Farmers' Market.

Literacy changes lives

submitted by Alison O'Handley

At the Dartmouth Learning Network, we love hearing from our past learners. Recently we had the opportunity to chat with Donna Burrell. Donna was enrolled in our programs from 2005 to 2007 and while with us, also served on our board of directors. She volunteered to share her story with us. We hope you are as inspired by it as we are.



Photo: contributed

Donna Burrell took her life-changing experience with the Dartmouth Learning Network and used it to help others learn and change too.

“When my son was in Grade 6, he really struggled with math and I couldn't help him. I couldn't do the work. His teacher gave me Dartmouth Learning Network's contact information. I put it on my fridge. It was there for about a year. Finally, I looked at it one day and said, 'Okay, it's time'.

I have a learning disability. I did get through Grade 12 but I didn't have the skills I needed to help my children. Dartmouth Learning Network helped with that. I worked on language, writing, computers, and math. I learned how to learn despite my learning disability. My skills improved and so did my confidence.

In fact, the support and help I got at Dartmouth Learning Network gave me the confidence I needed to go back to school. I took a continuing-care assistant course. It took me two years to get through it. I decided to take a lesser load so that I could learn better and do well. I was successful. In fact, I received three awards: a service-learning award, highest mark in the class, and honours. I worked hard at it as it was something I wanted to do. It was a dream for me.

I've worked in a nursing home and loved it. I felt it was more of a calling for me than anything else. From there I went on to work in an adult day program. It was very interesting and I worked hard to come up with programs that

would keep the seniors' interest. My last and most meaningful job was working as a caregiver for a young autistic man.

When I started working with Keiran, he was 20 years old and nonverbal. He communicated his wants and needs using an app on his tablet. At the time, he was mostly disconnected from the world. He didn't like to go out and would often sit in his chair and stare off into space for long periods of time.

It took me a while but I figured out how to teach him, with the help of a teacher that met with us once a week through Facetime. We started with how to write his name. It took us a year but we persevered. Then we did his last name, which took no time at all. Next, he learned the alphabet and the sounds of the alphabet.

Eventually, in addition to using his tablet to communicate, I would get Keiran to write down what he wanted or needed. By then, he could write in full sentences, with capitals and periods.

Keiran became a different person. As his skills grew, he came to life. In addition to learning and outings, Keiran got a job. He works at Shoppers Drug Mart

one day a week organizing their magazines and books.

It was hard work, but it was rewarding. Without the support of Dartmouth Learning Network, I wouldn't have had the confidence to go back to school and wouldn't have had the opportunity to work with Keiran. Dartmouth Learning Network made a difference in my life—and in Keiran's life as well.”

Over the years, we've seen lots of people like Donna who, despite having a high school diploma, didn't get the skills they need to live and work in a modern society. Throughout her story, Donna demonstrates the importance of lifelong learning. When faced with a challenge, Donna researched, talked to people, and took training to build her skills and knowledge.

In sharing Donna's story with you we are celebrating Donna, Keiran, and how literacy and learning throughout life can positively impact all lives.

If you'd like to learn more about Dartmouth Learning Network, give us a call at 902-463-9179.

Alison O'Handley is the executive director of the Dartmouth Learning Network

KEEPING IN TOUCH

Susan Leblanc
MLA DARTMOUTH NORTH

Since September, the Dartmouth North MLA constituency office has had an extra smiling face to greet people coming through the door or on the phone. Katrina Jarvis is a 3rd year Bachelor of Social Work student at Dalhousie's School of Social Work, and she has been doing her work experience placement at our office on Wyse Rd.

Her placement has included helping constituents navigate various government departments, community organizations and other services; attending community events and meetings with the MLA (me!); and volunteering at the Dartmouth North Community Food Centre and the Demetreous Lane Community Garden Committee.

Katrina brought with her an extensive background in working in government agencies. Before she went back to school to pursue social work, she worked at Workers Compensation and at the Nova Scotia Health Authority. She is a natural with people and throughout the time she was with us I witnessed her care, patience and wonderful listening skills.

The rest of the office staff and I feel very grateful that she joined us for the last several months and I know the people she helped enjoyed working with her.

Katrina grew up in Dartmouth North and still lives in the community with her partner Michael and her son Nasir. She will graduate with her degree in May and pursue work in social work in HRM. Fingers crossed that she will get a job in Dartmouth North so our community can continue to benefit from Katrina's kindness and skills! Thank you Katrina and good luck with your social work career!



Photo: contributed

Dartmouth North resident Katrina Jarvis is excelling in her work placement with MLA Susan Leblanc as part of her social work program at Dalhousie.

Between the Bridges network keeps growing

by Matt Spurway

Between the Bridges is dedicated to supporting residents, non-profits, businesses, and government to work together in new ways on issues that matter in Dartmouth North.

The number of people who are currently involved is steadily growing. Currently, more than 95 different people are sharing their time, experience, and wisdom to tackle some long-standing issues in the community.

The Student Success Alignment Team (A-Team), with members from across the school system and the community, have been meeting monthly and are currently working to identify areas for action. If you are a parent of school-aged children attending a Dartmouth North school and would like to know more about participating, please contact Matt Spurway, community coordinator, at 902-488-7446 or matt@between-thebridges.ca.

On affordable housing, Between the Bridges recently concluded a Social Innovation Lab, bringing 21 people together over six days (in November, February, and April). They learned about housing in Dartmouth North, shared their perspectives and understanding with each other, identified a large number of actions that could improve the current housing situation, and selected three ideas for further development. Three teams are now exploring

options for moving their ideas forward with the support of the Between the Bridges backbone and network.

On community fabric, our second and final year of grants wrapped up in March. Six projects received funding over the past year, including the Thanksgiving dinner at the Dartmouth North Community Centre, Project Comfort blankets, a cooking class at Harbour View Elementary, an upcoming Ramadan event at the mosque, enhancements to the Demetreous Lane community garden, and an outdoor free theatre production of Stone Soup, which is scheduled for later this year.

We continue to provide support as needed to the Dartmouth North Community Health Planning Team and its quest to increase health services in the local community. Recently, Between the Bridges has begun working with the community to identify ways to create more capacity and skill building for community members, such as the conflict resolution workshop hosted last October.

Thank you again to each and every person who has dedicated their time and energy to Between the Bridges and our shared goal of breaking the cycle in Dartmouth North. You have helped create the foundation for long-term positive change in the community. There are exciting days ahead.



GOOD TIDINGS FROM DISTRICT 6

Greetings from HRM Councillor Tony Mancini



Happy Spring everyone. I'm looking forward to the warmer weather and the events that bring our community together. Farrell Street Park underwent some major renovations last spring when Nova Scotia Power installed some new lighting and helped to clear the pathway. This summer, we are hoping to celebrate these enhancements with a community barbecue, so save the date, June 22. I have also been meeting with staff about commissioning a community art project on Robert Burns Drive. Make sure to keep up to date on everything going on in the district by subscribing to my e-newsletter by emailing me at tony.mancini@halifax.ca.

Congratulations

I want to extend my sincere congratulations to some amazing young women who have been recognized for their exceptional commitments to serving others and improving the Dartmouth North community. Thank you to Cheyenne Hardy who was recognized by the Progress Club Halifax Citadel last month with a Young Women of Distinction Award, and Kayley Dixon, the winner of a Nova Scotia Volunteer Award. With advocates like Cheyenne and Kayley, the future of Dartmouth North is bright.

Free public Wi-Fi

After the implementation of free public Wi-Fi at Grand Parade and the Dartmouth and Halifax waterfronts in 2017, Regional Council has now requested the installation of routers at the Alderney Ferry Terminal, the Halifax Ferry Terminal, the Lacewood Bus Terminal, the Bridge Bus Terminal, the Halifax Public Gardens (Horticultural Hall and Horticultural Plaza area) and the Oval pavilion.

We will also be starting a pilot program with the Halifax Public Libraries for Wi-Fi hotspots on up to 20 transit buses to gauge rider interest and usage.

Heads Up Halifax proposals

The Ecology Action Centre, Saint Mary's University Entrepreneurship Centre, Nova Scotia Community College, and Crosswalk Safety Society of Nova Scotia have submitted innovative proposals that will help to educate, promote and revitalize crosswalk safety in our region, and we are proud to support their efforts. We will be awarding these groups grants of \$1,000 to \$5,000 to implement their proposals this spring. If you have ideas about crosswalk safety, you can reach out to headsup@halifax.ca.

cont. page 7...

The Public Good Society of Dartmouth: Offering the services that change lives

by Kevin Little, community navigator, Public Good Society of Dartmouth

Suppose you are standing at the bottom of a cliff, and people are routinely falling to the bottom, injured as they land. Ambulances arrive to take the victims away to the hospital. Concerned citizens dial 911 and EMT vehicles arrive to mend broken bones. Then one day a prophetic person speaks up and asks why are people falling off the cliff? What is going on up there that is causing this hurt and pain? Likewise, with social change there are always lots of good people to mend bones and dress wounds. But who calls attention to the root causes of social distress?

When it comes to poverty, our social inclination is to feed the hungry, shelter the homeless, clothe the persons walking around with no change of clothing. But who is calling attention to the pervasive challenge of poverty?

Even 40 years ago when I heard activists call attention to this issue, I knew there were additional means of addressing these larger challenges, such as offering supports and resources to persons on the frontlines, so that people at risk have access to all

the free programs and services that currently exist. Neither a prophetic call to arms nor a hands-on passing out of resources, this approach would be at once strategic and creative, going where those most vulnerable congregate, and letting folks know what is available to build capacity, resource people, agencies and programs that are quite literally game changers when someone is in crisis.

Enter the Public Good Society of Dartmouth. A non-profit agency not dedicated to hands-on mending nor public advocacy, the Public Good Society of Dartmouth is a third way to address social change. The organization is committed to giving those who are exploring their agency for change the tools necessary to make real change. Rather than recreate the wheel, the society looks at what is already available and then attempts to put those resources in the hands of those who need the information, the support, the programming, and then follows up with a coffee, a phone call, ongoing and intentional encouragement.

The signature program of the society is

Connections that Work, the hiring of a part-time navigator (that's me!) to go to foodbanks, soup kitchens and outreach centres to build relationships, offer resources and support to some of the most vulnerable citizens in Dartmouth. In the last 10 years, more than 1,800 people have received personal support, referrals, and access to training and advice that in many cases has led to housing, jobs and better health care.

But there are other examples of the society making a difference. Board member Ralph MacKenzie formed a partnership with former HRM Councilor (and fellow Lockportite) Jim Smith to find funding for a community van the society now offers to agencies in Dartmouth to transport their clients to needed appointments and services. This van is used by countless groups, benefitting people who otherwise would not have access to this timely means of transportation. Ralph "the van man" has become the go-to person for agencies challenged by transportation issues, not to mention allowing foodbanks to transport clients to their home with heavy bags of groceries.

Whether it is placing staff at foodbanks offering information, resources and support, or a community van ready to take clients home, or helping to secure funding and space for the housing navigation service Dartmouth Housing Help, the Public Good Society is busy coordinating the kind of services that change people's lives. It's who we are. It's what we do.

For more information, visit www.publicgoodsociety.ca.

Project Comfort weaves a blanket of warmth in Dartmouth North

by Cheyenne Hardy



Photo: Rowena Hardy

Dartmouth's Better Together group were happy to put their skills to making comfort blankets at the Dartmouth North Community Centre.

On March 14 volunteers with Project Comfort gathered at the Dartmouth North Community Centre to make blankets for the community. About 20 community members joined in and we made 10 beautiful, cozy blankets for the new Dartmouth emergency shelter.

Along with our regular supporters we were lucky to see some new faces at our gathering as well. Deputy Mayor

Tony Mancini and MLA Susan Leblanc made blankets, while former Ceasefire members came by to congratulate us on keeping Project Comfort going. Even Dartmouth's Better Together group joined us, and it was such a pleasure having them. They had so much fun they plan on being forever members of Project Comfort.

Warren Wesson from the Dartmouth Shelter Society is absolutely thrilled with the

blankets. He said seeing everyone come together has given him renewed energy to keep fighting for the shelter. We are thrilled we could help him see the support this community is willing to give.

Thank you to everyone who has supported Project Comfort. We hope to see you all at the next community gathering, where we can chat and catch up as neighbours while giving a bit of comfort to those who need it.

COUNCILLOR SAM AUSTIN District 5 - Dartmouth Centre



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I look forward to
working with you
in our community

Congratulations Chili Cook-Off winners!

Congratulations to the winners of the Chili Cook-Off that took place at the Dartmouth North Community Centre on March 16. The all-female team entered by Halifax Regional Police took first place with their sweet and tangy chili. Second place

went to the Dartmouth North Community Food Centre, who were only one vote behind team police. Third place went to team Halifax Recreation—who used a secret family recipe. The public was served by a team of very nice neighbourhood firefighters. Other contestants includ-

ed: team Firefighters, team Dartmouth North Community Centre, team Library, team Boys and Girls Club. Not present this year were the reigning champs, team New Beginnings Ministry, as they are under new leadership—although they promised to make a return next year.

Community Job Fair connects job seekers with potential employers

...cont. from p.3

strong candidates booked for interviews.”

Finding a job can take hard work, consistency, and luck. Barriers to work often present themselves as challenges with transportation and a lack

of opportunity to meet the decision makers within an organization. Dartmouth Learning Network and their partners with the Dartmouth Burnside Community Job Fair took care of the

opportunity and luck, allowing attendees to meet decision makers, be their best selves, and make the connections to be successful in finding a job.



Photos: Tyler Colbourne



(Left) Laura Tremaine and Ryan Robicheau from the Centre for Entrepreneurship, Education and Development were excited to be making employment more accessible to residents of Dartmouth North.

(Top) Farnell Packaging staff Nicki Prinsenberg and Alan O’Leary talked to job seekers about opportunities in their industry.

(Above) Dartmouth Learning Network volunteer Linda Forward shared information on how literacy and learning improve opportunities for employment.

Good Tidings From District 6

...cont. from p. 5

Affordable accessible housing

Regional Council is committed to fostering partnerships that provide access to a full range of quality, affordable housing options. I recently put forward a motion requesting a staff report to look at waiving municipal construction fees for non-profit agencies developing affordable, accessible housing, or something of similar public

benefit. Waiving these fees would reduce barriers to the development of affordable housing and provide an incentive for non-profit organizations to get involved.

Community clean ups

As the snow melts, the evidence of a long winter and some careless garbage habits are revealed. Litter is an eyesore, poses health risks, affects water quality, and is often mistaken as food by wildlife. If you’re noticing a lot of trash in your community, why not consider joining or organizing a community clean up. This year

the Nova Scotia Adopt-A-Highway program has taken over the delivery of the Great Nova Scotia Pick-Me-Up, a volunteer-driven community clean-up program. You can apply to host a clean up with support from the Adopt-a-Highway program on their website: <https://clean.ns.ca/programs/waste/great-nova-scotia-pick-me-up/>

HRM Councillor Tony Mancini with Kayley Dixon, a youth activist from Dartmouth North and recent winner of a Nova Scotia Volunteer award.



Photo: contributed

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Complete Facilities
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 29 QUEEN STREET, DARTMOUTH


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

Thank you **AVANTI PIZZA** for supporting the *Echo* since the beginning and for serving up delicious pizza to Dartmouth North diners for 25 years! Your presence will be missed.

WHOLESALE • RETAIL
 • FULL LINE OF DELI MEATS

Chater Meat Market

SPECIALIZING IN FREEZER ORDERS

250 Wyse Road • Dartmouth
464-4777


cat

COMBAT AUTO THEFT

Free window sticker
 Provided by your Neighbourhood Watch Program
 FOR INFO CALL 902-452-8068

Persons operating a vehicle bearing this sticker between 1 and 5 a.m. are subject to a police stop which may involve police taking precautions for approaching a potentially stolen vehicle.

- 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 supports the work of:

- THE COMMUNITY VAN 902-222-0174
 ralph.mackenzie@hotmail.com
- CONNECTIONS THAT WORK 902-476-0785
 thepublicgoodsociety@gmail.com
- DARTMOUTH HOUSING HELP 902-466-3483
 info@dartmouthhousinghelp.ca

FIND OUT MORE AT
www.publicgoodsociety.ca

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 www.publicgoodsociety.ca



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902-461-9429 ex.240

96 Highfield Park Drive,
 Dartmouth, NS

f HFieldPark

Spirit of the Community

Photo: Doris Buffett-MacDonald



COMMUNITY LOVE: Pictured above with hearts as big as the sky are Dan and Charlie who help out at the Dartmouth North Community Food Centre on Primrose Street. Here they are going from table to table handing out fresh bread and rolls.

BETTER TOGETHER: (Right) Cheyenne Hardy and Dartmouth's Better Together organization peel vegetables for their St. Patrick's Day Irish Stew Social that was held at the First Baptist Church on March 13.

(Bottom right) Better Together members enjoying some hearty Irish stew at First Baptist Church.



Photo: Rowena Hardy

Photo: Doris Buffett-MacDonald



GETTING CRAFTY: Every Wednesday from 10 to 11:30 a.m. the ladies of Stitchin' for our Kitchen gather to knit and crochet at the Community Food Centre. They are also happy to teach anyone who wants to learn either craft. They often sell their creations at the Friday market. Seated from left are Catherine Wells and Vel Oakes; standing from left, Kathleen Boutilier and Krista Reid. Missing is Sheila Jones. All donations of knitting and crocheting materials will not go to waste.



Photo: Rowena Hardy



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



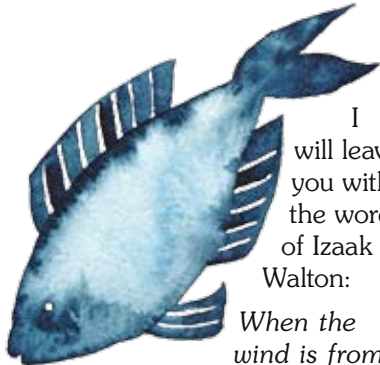
Memories of the fishing season

by Doug Downey

As spring and fishing season nears, fond memories take me back to the long ago days, when I fished in the lakes of my youth—Albro, Spectacle, Frenchman and Enchanted.

The dean of fly fishermen was the well-known boxer Bob Leadley. I recall watching him in action at Frenchman Lake, a sight to behold. Another master of the art was my boyhood friend Lloyd Day, who had great success with the blue upright.

I never mastered the art but had some luck with lures, such as the Super Duper, Mepps, Daredevil, Dartee, and Sparkie.



I will leave you with the words of Izaak Walton:

When the wind is from the North, the skilled fisherman goes not forth,

When the wind is from the East tis good for neither man or beast,

When the wind is in the South it blows the flies in the fish's mouth.

But when the wind is in the West then it is the very best.

Happy angling.

Doug Downey lives in Tufts Cove.



Julia Jacoy with the 10,000 pop tabs she collected to purchase a wheelchair for a child in need.

A woman in motion

by Doris Buffett MacDonald

Julia Jacoy is truly a woman engaged in community. In just one month, Julia has collected 10,000 aluminum pop tabs with some help from her friends. There were donations from security staff at Alderney Gate Library, the folks at Margaret's House, her neighbours, and friends from all over.

The pop tabs are being sent along to Hammond Plains Consolidated School, where they are filling a fish tank with the tabs in order to raise money for a child who needs a wheelchair. The pop tabs are worth 50 cents a pound. It's a fund raising idea used by The March of Dimes and Easter Seals to help purchase wheelchairs and other equipment. Bottle collection requires a lot of space and cleaning. The tabs are easier to collect, store, and transport.

Julia is light years ahead of the rest of us when it comes to fitness. She was a Nordic walking enthusiast when

most of had no idea what that actually was. She is also a well-known boxer at Tribal Boxing Club on Windmill Road. On Fridays she attends the Friendship Club hosted by Sarah and the staff at the Alderney Library, where they take a break for friendship, tea, and chatter. Julia is a member of the North End Walkers in Halifax. On Saturdays she gets her steps in at the boardwalk in Halifax and power walks at Park Lane Mall.

Julia is also engaged in community as we can see from her commitment to raising funds for a child who needs a wheelchair. She can usually be found at Dartmouth North community events and the monthly Neighbourhood Watch meetings.

The next time you run into Julia, take a few moments and ask her, "What have you been up to Julia?" No doubt you will see that great smile and learn something new to add to your day.

The Vial of Life: a program that may save your life!

Medical emergencies can happen to anyone, at any time. The Vial of Life program assists emergency personnel in obtaining important medical facts during a crisis in the home.

Paramedics and other emergency personnel will look for the Vial of Life symbol on your fridge door to find out vital information that could allow them to begin treatment immediately.

Just knowing that you do not take certain medications or have any chronic medical conditions may be important to paramedics. This information eliminates a number of possible treatments and may result in valuable life-saving time.

How it works:

The vial is a small snap-top container that you fill with your medical and prescription information. The completed vial is placed inside the fridge door, and a Vial of Life

sticker is placed on the outside of the fridge to indicate participation in the program. If medication or medical conditions change, you must update the forms. It's that easy!

Who should use Vial of Life?

- Seniors, particularly when living alone
- People taking medications
- People with chronic or disabling conditions
- Anyone can have an emergency at home

For more information, or to get a vial, contact the VON Greater Halifax Seniors' Information Line 902-454-5755.

VIAL OF LIFE



**MEALS-ON-WHEELS
LOBSTER SUPPER**

**Thursday, May 9
6 pm**

**DIGBY PINES TRIP
June 16 - 18**

Join us at Digby Pines Golf Resort and Spa for three days of fun and friendship!

Tickets: \$360 pp (includes transportation, meals, accommodation and activities!)

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

Photo: Doris Buffett-MacDonald



Gloria McCluskey, former mayor of Dartmouth and District 5 councillor, hands out her delicious homemade banana bread to the folks at the Dartmouth Food Centre on April 17, much to the delight of the good folk of Dartmouth North.



is supported by

Susan Leblanc
MLA Dartmouth North

902-463-6670
susanleblancMLA@bellaliant.com



Photo: Amanda Crawley



MAKING MUSIC:

Youth at Demetrious Lane Community Centre enjoy an African drumming session with Henry Bishop, who taught them the art of music and the history of creating songs with African drums. Youth of all ages attended, and it was a great experience for them as well as an opportunity to showcase their own creativity as they learned new drumming techniques.

Photo: Doris Buffett-MacDonald



A SHOOTING STAR VISITS HOME:

From left, Aaliyah Johnson, Mel Boutilier and Alexis Johnson, mom of Aaliyah Johnson, who has been pursuing Grade 11 studies and playing basketball on a national level via a scholarship at Top Flight Academy in Ottawa. While home on March break Aaliyah and her mom took time out to catch up with Mel Boutilier, founder / director of Metro Care and Share Society, a registered charity that helps young people achieve their academic goals. Aaliyah is one of many young people helped by the organization this past year.

Want to be a S.T.A.R.?

VOLUNTEER TUTORS NEEDED

Monday-Friday 11:10 am-12:45 pm / Wednesday 2:15-4:15 pm

Tutor training provided.

For more information, contact Liz at dntutoring@bgcgh.ca, call 902-410-1248 or drop by the school and visit the S.T.A.R. room!



Share the Art of Reading (S.T.A.R.) is a play-based tutoring program of the Boys & Girls Clubs of Halifax, held at Harbour View Elementary School for children in grades Primary-3 to help improve their literacy and math skills.



Boys & Girls Clubs of Greater Halifax

Casey the K9: policing in action



Photos: Shobha Cashus

At the March Neighbourhood Watch meeting a special guest named Casey arrived with K9 officer Cst. Joseph Malcolm. Casey gave a demonstration on finding hidden drugs, aided by Community Constable Jim Smith, dressed in civilian clothes, who played criminal for the evening. Thank you, Casey, for a job well done!



Cst. Joseph Malcolm with drug enforcement agent Casey the K9.



Photo: contributed

CELEBRATING VOLUNTEERS: Bev Mullin, a Victim Services volunteer, received the Volunteer of the Year award at the Halifax Regional Police Volunteer Appreciation Dinner on April 11. She was presented with the award by Inspector Lane and Chief Jean-Michel Blais. Chief Blais chose the Appreciation Dinner as his last public event. We thank you for your work with HRP and the citizens of Halifax Regional Municipality.

Casey the K9 demonstrates how to find hidden drugs with the help of Community Constable Jim Smith.



Halifax Regional Police


A GUIDE TO POLICE SERVICES

Emergency	911
Non Emergency Police Dispatch.....	902-490-5020
General Info	902-490-5016
Divisional Commander Dartmouth	902-490-5171
Cst. Jim Smith.....	902-229-9042
Scotia Court	
Cst. Jillian Forhan.....	902-483-5434
Cst. Kim Chambers	902-483-7472
Neighbourhood Watch Co-ordinator	
Cst. Tanya Lambert	902-490-2169
Victim Services.....	902-490-5300
Anti-Bullying Hotline.....	902-490-7283
Office of Chief of Police	902-490-6500
Crime Stoppers	1-800-222 TIPS (8477)

Dartmouth North Neighbourhood Watch

May 15 / June 19 at 7 pm
 3rd Wednesday of every month at Farrell Hall (Albro Lake Road & Windmill Road) All welcome to attend. Your co-ordinator can be reached at 902-463-5806 and Community Cst Jim Smith at 902-229-9042.

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

BURNSIDE WATCH

Burnside Watch volunteers assist in crime prevention in the Burnside Business Park and Dartmouth Crossing areas. In cooperation with Halifax Regional Police, the group conducts random patrols and reports suspicious activity to police. They relay information about break and enters, alarms, suspicious persons or vehicles, fires, accidents, and potentially impaired drivers.

Highlights

- Flexible shifts
- Training provided
- Valuable experience

Qualifications

- 19 years of age or older
- Valid Nova Scotia Driver's Licence & good driving Record
- Pass HRP security clearances, including a polygraph examination
- Minimum one-year commitment of at least 120 hours per year
- Mature, reliable, team player

Location

Based out of the Halifax Regional Police Dartmouth Office, 7 Mellor Avenue (Burnside Business Park).



Learn more about Burnside Watch at <https://www.halifax.ca/fire-police/police/volunteer-halifax-regional-police>, call 902-490-6976 or email hrpvolunteers@halifax.ca

A message from Darren Fisher, MP Dartmouth-Cole Harbour

...cont. from p. 4

Bryony House offers women and children a safe place to flee family violence. Their old space in Halifax is unable to meet their needs, and dates back to the 1800s. The new shelter will offer enhanced security and safety for women and children. The accessible, larger space will feature more bedrooms and will accommodate larger families. Our government is partnering with Housing Nova Scotia, the Halifax Regional Municipality, Halifax Transition House Association, and the Nova Scotia Advisory Council on the Status of Women to make this important project happen.

Our government has been making significant investments across Canada to benefit persons with Autism Spectrum Disorder and their families. Have you ever eaten the gluten-free and dairy-free baked goods from Iain's Tartan Bakery? He's usually at the Alderney Farmers' Market with a table of breads and sweets. When I first met Iain, the young entrepreneur behind Iain's Tartan Bakery, I learned of the importance of the Ready, Willing, and Able (RWA) Program. RWA helps create employment opportunities for persons with Intellectual Disabilities and Autism Spectrum Disorder. All Nova Scotian Members of Parliament advocated for the government to fund RWA, because we can see why this program matters to our communities. Budget 2019 includes a \$12 million investment in Ready, Willing, and Able, ensuring that this program continues and grows across the country.

Across Canada, more than 900,000 Canadians are working compared to when we took office, and unemployment is at a historic low. Whether short-term or long-term, investing in our community will always make a positive difference.

You can learn more about recent announcements in Dartmouth-Cole Harbour by visiting my website: www.DarrenFisher.ca.

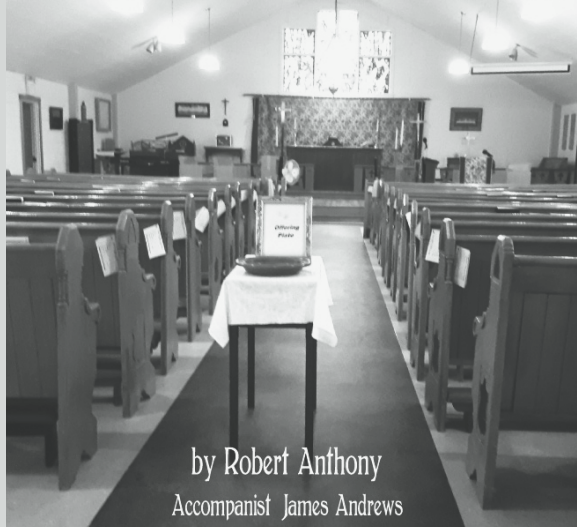


COME AS YOU ARE!

New Beginnings Ministries North Campus presents CAYA—Come As You Are, Saturdays at 10 am. The Ministry is now located at the Boys & Girls Club, 60 Farrell Street.

EVERYONE IS WELCOME!

INSPIRATIONAL HYMNS AND GOSPEL SONGS



Songs for Holy Trinity Emmanuel Church

All proceeds from the sale of this CD of inspirational hymns and gospel songs will go to support Holy Trinity Emmanuel Church. Vocals by Robert Anthony and music by James Andrews. Available at the church or by calling 902-463-5806. Thank you for your support!

Learning and prayer for Slovenia during World Day of Prayer

submitted by Sarah Mackay

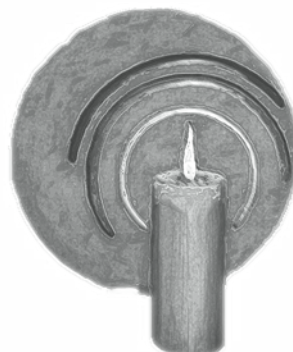
The Annual World Day of Prayer was held on March 29 at Holy Trinity Emmanuel Anglican Church, Alfred Street.

This prayer movement invited everyone to enrich their faith experience of Christians from other countries and cultures and to bring hope to women touched by injustice. This year the country of Slovenia was in our thoughts and prayers.

We shared our time together learning new things about our sisters and brothers in Slovenia. We sang songs, listened to folk music, and watched a short film on this fascinating country, and finally shared delicious treats together. Not

only were the participants a fabulous group but those who came to the presentation were energetic and supportive. Members of Holy Trinity Emmanuel Church and members of the other churches that participated will not soon forget all that we gained and in turn shared with everyone in this World Day of Prayer.

Many blessings.



Church Events

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

OPEN DOOR CLOTHING BANK
Wednesdays
8:30 – 11:30 am
(Not open last Wed. of each month)

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

FAMILY WORSHIP
Sunday 10:50 am
(Nursery Provided)

SUNDAY SCHOOL
Sunday 11 am
For children and youth

BIBLE STUDY
Wednesday 7 pm

SALVATION ARMY FOOD TRUCK
Thursday 6–8 pm
Soup, sandwiches, hot drinks for those in need.

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

AUCTION/BRUNCH
Saturday, April 27
10:30 am Brunch
11 am Auction
Cost \$5
Info: 902-464-5697

FLEA MARKET
Saturday, May 4
9am – 12 noon
Admission \$.50
Info 902-469-0937

FRANK GRANDY & CUTE AS A BUTON
Sunday, May 12
1:30 – 4:30 pm
Freewill offering
(All proceeds go to the work of the church)

SONLIFE COMMUNITY CHURCH
152 Windmill Road
gregedsnow@gmail.com

FAMILY GAME NIGHT
Thursdays
6:30–8:30 pm
Free Admission

ST. JAMES UNITED CHURCH HALL
181 Portland Street
902-464-8852

SPRING FLEA MARKET
Saturday, April 27
8 am–12 pm
Admission \$2
Children under 12 \$1

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

FOOD BINGO
Apr. 27, May 11 & 25, June 1
2–4 pm
Cards \$10

BOOK & CLOTHING SALE
Saturday, May 4
9–11 am

LOONIE-TOONIE COFFEE HOUSE
Wed, May 29
7–9 pm
Cost \$2

PERENNIAL PLANT SALE
Saturday, June 8
10 am – 1 pm

FLEA MARKET
Saturday, June 22
9 am – 12 pm

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

FLEA MARKET
Saturday, April 27
9 am–12 pm

DANCING QUEEN
An ABBA cover band in concert
Saturday, May 4
7 pm
Tickets \$15

COMMUNITY CALENDAR



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

DARTMOUTH NORTH LIBRARY EVENTS

105 Highfield Park Drive
 Call 902-490-5840 to register or for information.

SHINE ACADEMICS TUTORING

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

ENGLISH LANGUAGE TUTORING

Tuesdays 9-11 am



TEA PARTY WITH MOM
 Saturday, May 11
 2:30 pm

ACOUSTIC SONG CIRCLE
 Thursdays, 7-9 pm

FUN FACTORY
 Friday, May 17
 2:30-4 pm

PANCAKES WITH DAD
 Saturday, June 15
 10:30 am

SUMMER READING CLUB KICK-OFF PARTY
 Thursday, June 27
 2:30 pm

DARTMOUTH NORTH COMMUNITY FOOD CENTRE EVENTS

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



GENTLE YOGA
 Fridays 2-3 pm
 Great for beginners and those with mobility issues. Mats and equipment provided.

CHOP & CHAT

Tuesdays 3:30-4:30 pm
 Join us for conversation while helping to prepare food for the next day's community lunch. No food prep experience needed!

WALKING GROUP

(all fitness levels)
Tuesdays 10 am
 Walk the neighbourhood and finish back at the food centre for lunch. Stop in any Tuesday that works for you!



YOUNG FAMILIES SUPPER & MINI MARKET
 Mondays 5:30-6:30 pm

DARTMOUTH HERITAGE MUSEUM EVENTS

26 Newcastle Street
 902-464-2300
 info@dartmouthmuseum

EVERGREEN HOUSE

MAIN LEVEL

HELEN CREIGHTON AND THE WORLD OF FOLKLORE

Dr. Helen Creighton moved in to Evergreen House with her family in 1921. In 1928,

she began her career as a folklorist: collecting songs and stories from Nova Scotia, New Brunswick, and Prince Edward Island. A new permanent exhibit focuses on her long and significant career. This exhibit features many artifacts and includes audio-visual rooms. Listen to songs that Helen collected, and view snippets of documentaries on her life and work.

UPPER LEVEL EXPLOSION!

DARTMOUTH'S ORDEAL OF THE 1917 DISASTER

Focuses on the cause of the Explosion and how Dartmouth residents worked together to rebuild their community. It includes oral histories from survivors, eye-witness accounts, and artifacts from affected homes and families.

LOWER LEVEL THE CARRIAGE ROOM PHOTOGRAPHY STUDIO

Visit our recreation of a 19th century photographic studio to learn how the art of photography has developed through the years. Peer into the past through the lenses of select antique cameras, and witness the process of creating wet-plate photographs.

Open 10 am-5 pm
 Tuesday-Friday /10 am-1 pm, 2-5 pm Saturday.
 Admission is by donation. Members are free.



EVERGREEN CONCERT SERIES WITH MAMA'S BROKE

May 3, 7-9 pm
 The second in a concert series showcasing folk music from around the world. Guests will enjoy an intimate performance by Mama's Broke in Evergreen's double parlour. Mama's Broke is a powerful folk duo that deliver a compelling performance with heart and raw energy. Although highly influenced by their Canadian roots, Lisa and Amy are based out of nowhere and everywhere.

Their two strong voices blend to create haunting harmonies, while they artfully juggle fiddle, banjo, guitar and mandolin, and incorporate traditional dance and foot percussion into their performance. Their original - and often dark - compositions push the boundaries of tradition and the constraints of genre. Drawing from old-time, Quebecois, blues, punk, Celtic, Balkan and doom metal, they create a soundscape that is both familiar and new.

Tickets \$16 available through Eventbrite.

A LEGACY OF ROOTS AND RHYTHM

April 28 at 2 pm
 The Helen Creighton Folklore Society proudly announces the launch of *Sankofa Songs: A Legacy of Roots and Rhythm*.

Produced by folklorist Clary Croft and assisted by Dr. Henry Bishop, the CD features songs from

William Riley, singers from the Nova Scotia Home for Coloured Children, Delmore "Buddy" Daye, Murray Langford, and many others.

You're invited to the CD's official launch on April 28 at 2:00 pm at the Maritime Museum of the Atlantic, 1675 Lower Water St, Halifax.

COMMUNITY Spaghetti Supper

Presented by the Dartmouth North NDP

SATURDAY, MAY 25 | 4:30-6:30 PM

St. Anthony's Church Hall, 26 Courtney Road



\$10/PERSON
 FOR
 SPAGHETTI,
 SALAD AND
 DESSERT



EVERGREEN WRITER'S GROUP

Evergreen Writers' Group welcomes newcomers to meetings at Evergreen House, 26 Newcastle Street. They get together the first Wednesday of each month, 10:15 a.m. to noon for discussion, encouragement, feedback, guest speakers and workshops.

For information, call 463-5612 or email evergreen_writers@yahoo.ca.

Community Brunch

East Dartmouth Community Centre
 50 Caledonia Road

9:30 am-1:00 pm

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

Sunday, May 26

UPCOMING DATES:
Sunday, June 23

No brunch during summer, back Sunday, Sept. 22



EVERYONE WELCOME

Presented by the
Kinsmen Club of Dartmouth

MOTHER'S DAY TEA

Hosted by Claudia Chender, MLA

Saturday, May 11 11 am-1 pm

You're invited to Evergreen House for a special afternoon of classical music and delicious treats, including freshly made sandwiches and cookies from Linda Hartlen and piping hot tea.

Guests will be treated to music from Tidewater Trio (Jennifer Publicover with her children, Alistair and Lydia Maksym). They offer an eclectic mix of classical and traditional music, and jazz.

No charge, but space is limited. Please RSVP with Grace at chenderoutreach@gmail.com or 902-406-2301.

SPORTS EQUIPMENT GIVEAWAY

Saturday, May 25th at 10am
The Boys and Girls Club
 60 Farrell Street, Dartmouth
 Call (902) 223-7282 for details



Photo: contributed



(Above) Congratulations to Cheyenne Hardy (centre) who was recognized by the Canadian Progress Club Halifax Citadel last month with a Young Women of Distinction Award.

(Right) Paints and water play are favourite activities at the Dartmouth Family Centre on Albro Lake Road.



Photos: Dartmouth Family Centre



FARRELL HALL COMMUNITY BINGO

Join us for **Bingo Monday**
and **Saturday evenings**

Doors open 6:00 pm

Mini Bingo at 6:45 pm

Regular Bingo 7:30 pm

Sunday Afternoon Bingo

Doors open 12:00 pm

Mini Bingo at 1:00 pm

Regular Bingo 1:45 pm

**SUPPORT YOUR
COMMUNITY HALL**
www.farrellhall.ca



Licence#AGD-113779-17

FARRELL HALL

276 Windmill Road
902-469-5769



JANE'S WALK

Saturday, May 4th at 10:00am Start:

Zatzman Sportsplex (main entrance), 110

Wyse Rd., Dartmouth.

Exploring Community Hubs in Dartmouth

A community hub is a public space that makes it easier for local residents to access resources, services and connect with other community residents and neighbours. We'll learn more about Community Hubs in our midst like the Dartmouth Community Food Centre, the Dartmouth Seniors Service Centre, Canadian Mental Health Association, the Alderney Gate Library, Life.School.House, Zatzman Sportsplex and more.

Jane's Walk is a movement of free, citizen-led walking tours inspired by Jane Jacobs. The walks get people to tell stories about their communities, explore their cities, and connect with neighbours.



JOIN THE
DARTMOUTH
COMMUNITY
HEALTH BOARD

TO LEARN ABOUT
COMMUNITY HUBS
IN DARTMOUTH

LEARN ABOUT
WAYS NEIGHBOURS
CAN CONNECT WITH
NEIGHBOURS

ALL ARE WELCOME

FREE EVENT

FOR MORE
INFORMATION
CONTACT

Monique at 902-483-3745
Monique.mullins-
roberts@nshealth.ca

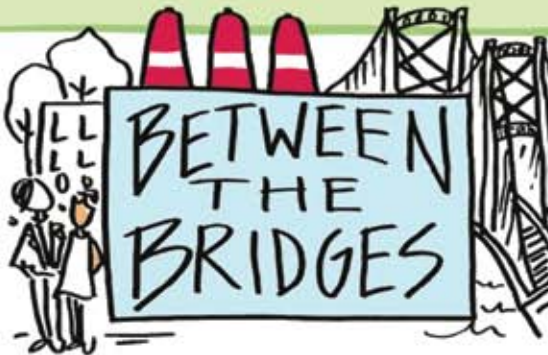
THANK YOU

Between the Bridges Network members!

Residents Roundtable

Strategic Roundtable

Student Success Alignment Team



Housing Social Innovation Lab

Community Health Planning Team

NEW Capacity and Skill Building Priority

Between the Bridges opened its "Base Camp" office in Dartmouth North in the Fall of 2016.

Today, a network of almost 100 people are working together in new ways on community priorities.

That's amazing!

To all those who are giving their time and wisdom as network members, and to the people and organizations who have contributed along the way - THANK YOU!

This is long-term work to build long-term solutions within the community.
While we still have a long way to go together, we are off to a great start!

For more information contact:

Matt Spurway, Community Coordinator matt@betweenthebridges.ca 902.488.7446

**Weldon
McInnis**
BARRISTERS & SOLICITORS



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

OUR TEAM MEMBERS

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

- ❖ 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