

Exploring stories, words, and the world at Family Literacy Day... see p. 5



north dartmouth echo

linking our community

Frances Hunter: a legacy of giving back

by Suzanne Rent

Dartmouth North lost someone very special last month. Frances Hunter passed away on January 4. Frances was a beloved resident and volunteer in the community.

Frances has a long resumé of the ways in which she gave back to Dartmouth North. She volunteered at her children's schools, church, and breakfast programs. She taught explorers and sat with shut-ins at Northwood Manor. She was a member of Stairs Memorial United Church and UCW, Garnet Rebekah Lodge #30, Topaz Rebekah Lodge #125, Ladies Auxiliary Patriarchs Militant, and Queen Ester Chapter 61 of Eastern Star. For more than 40 years, she volunteered with the food bank at the North Dartmouth Outreach Resource Centre.

I met Frances a couple of times. The first time was when she and her husband Orland were celebrating their 60th wedding anniversary. We sat in the living room of their home and they shared stories of what made their long marriage a success. She spoke lovingly about her four sons and one daughter and all their grandchildren. There were family photos all over the walls in the house. I remember Orland saying the family always went camping. Frances said she had fun no matter what they did. Having fun no matter what you do is a key to many good things.

Frances and I met again in March 2018 when I profiled her in a story for the *Chronicle Herald*. Again, I met her at her

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Photo: Rowena Hardy

The Better Together Organization's Love Attack Team of Emily, Victoria, Brent, Mark, Cheyenne, and Luke. See story p. 3.

Northbrook Freedom College rises in the heart of Dartmouth North

by Jack Potter and Megan Robitaille

Northbrook Freedom College opened its doors at the Dartmouth North Community Centre in February and is off to a great start. After meeting with Councillors Tony Mancini and Sam Austin, college founders Jack Potter and Megan Robitaille met with Mary-Angelo Munroe, HRM Area Manager, and

Christine Johnston, Co-ordinator of the Dartmouth North Community Centre. An agreement was made to collaborate to offer three courses (Financial Management 101, English 109 and Nutritional Studies 105) at the community centre with no rental fee.

This support from the city recognizes the need

for community centres and the broader community to provide free public spaces for new, grassroots, community endeavors, especially when they come from the community and address needs identified by the community.

Megan and Jack could not be more pleased than to have this opportunity to launch NFC in the

heart of the community and have all three courses start here.

There are many folks and organizations that have supported them in this endeavour, and for that they are grateful. People are welcome to sign up for any course as they get underway. They are particularly happy with the response to the

cont. page 3...

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Photo: Doris Buffett-MacDonald



Elizabeth Westlake is an enthusiastic participant at many of the programs offered at the Dartmouth North Community Food Centre. We met her there at the Friday Morning Market, and she also loves the Monday Drop In event. She is a member of the Tuesday morning walking group, and on Thursdays she is busy volunteering with the market and cafe prep for Friday morning. She particularly enjoys the learning and social aspects of the activities available at the Dartmouth Food Centre. Thank you Elizabeth for your cheerful dedication to this community treasure!



Cheyenne Hardy with two of the amazing ice sculptures found in Downtown Dartmouth during the recent Ice Festival in February.

Downtown Dartmouth Ice Festival a delight to behold!

by Cheyenne Hardy

In February 8 we kicked off the Second Annual Downtown Dartmouth Ice Festival. It is a three-day event, and although Mother Nature had given us a huge amount of ice on her own, that did not stop Dartmouth from getting three more truckloads

of special ice from a plant in New Brunswick. This ice is crystal clear, and when you give it to six very talented sculptors, downtown Dartmouth turns into a place that looks simply magical.

These ice carvers produced about 30 sculptures along Portland Street, on

Ochterloney, and Kings Wharf as well.

Thousands of people lined the streets and enjoyed a weekend of not only beautiful carvings, but also music, fire pit areas, hot chocolate, and horse drawn carriage rides as well.

My family and I went

walking around on Saturday night and all the sculptures were lit up with multi-coloured lights. And even though we were in the middle of this cold drab winter, the Dartmouth Ice Festival transported us to an enchanted winter wonderland.

Frances Hunter: a legacy of giving back ...cont. from page 1



home on a Friday, early in the evening. This time, her daughter Patricia was with us. A few more things stood out at that meeting. First, Frances' knitting was everywhere. Not only did she give countless

hours to her community through volunteer work, she found time to knit up a storm. She was very good at the craft.

Secondly, she and Patricia were obviously very close; I'd say they were best friends. As Frances shared the details of some of the community work she did over the years, Patricia filled in the blanks, clearly proud of her mother's accomplishments. I have a 17-year-old daughter and I hope we are just as close as the years go by.

And Frances spoke most about her work at the food bank. She told me she often sat with the clients there, holding their hand, and always leaving them with a hug. Frances' kindness knew no bounds.

We now live in a time when even the ways we give back to our communities have to be on display for the world to see and acknowledge. Some people simply can't give back unless they take a selfie of themselves doing so.

Frances represented something better about giving back. She was the perfect example of quiet charity. There's a saying, "Greatness is not what you have, it's what you give." Frances knew she had greatness in her family, her friends, her volunteer work, and her community. But she gave back greatness too from her own heart.

Dartmouth North is a better place because of her.



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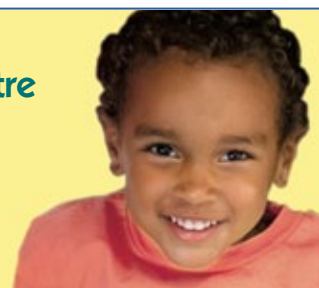
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At Dartmouth North Community Food Centre

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- food skills programs
- gardening programs
- community drop-in



For more information visit: dartmouthfamilycentre.ca

north dartmouth echo

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

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Swarms of love attacks in Dartmouth by Cheyenne Hardy

On February 5th I just had to take a break from university to help the Better Together Organization prepare their ammunition for what might have been their largest attack yet.

We met at the First Baptist Church in Dartmouth, and for a couple of hours the Better

Together team and our volunteers worked hard to create Valentine cards to pass out to members of our community. There was an excitement in the air as we decided our plan of attack. We discussed who we wanted to say thank you to, who we wanted to make sure felt special, and the places that we wanted

to visit to give out cards.

By the end of the night not a glue stick was unused, all the stickers had been strategically placed, and the glitter had found its way everywhere. More than 200 Valentine cards were created and every last one made its way around Dartmouth before Valentine's Day. You can

be sure that by the time the Better Together crew was finished, many people in the community knew how appreciated they truly are for all that they do.

And that's how we do Valentine's Day in Dartmouth!

Photo: Doris Buffett-MacDonald



Northbrook Freedom College celebrates its first class (Financial Management 101) held Tuesday evening February 4 at the Dartmouth North Community Centre. Pictured above, back row left to right: Jack Potter, co-founder, Megan Robitaille, co-founder and Adrienne Gerow, instructor. Front row left to right: students Samelia Grant and Cathy Spike. Classes are offered in Financial Management 101, English 109, and Nutritional Studies 105.

For more information on courses see page 9.

Working together, Between the Bridges

by Matt Spurway

Over the past three and a half years, Between the Bridges has been engaging a growing network of residents, community organizations, government, and businesses that are collectively working together in Dartmouth North.

Initially, the Shared Agenda of "Breaking the Cycle" was identified using multiple community engagement processes that involved a diversity of community voices.

Starting priorities were Student Success, Community Fabric, Access to Health Services and Affordable, Quality Housing.

Currently, more than 80 residents and cross-sectoral organizations/leaders are working together on the community priorities, known collectively as the Between the Bridges Network. It includes the Residents Roundtable; the Student Success Alignment Team; the Community Capacity & Skill Building Alignment Team; and a group of supportive leaders called the Community of Champions.

Additionally, three independent working groups formed out of last year's Affordable Housing Social Innovation Lab. BtB backbone staff also support a resident-led initia-

tive called the Dartmouth North Community Health Planning Team. Here are some highlights of recent progress within the network:

Community Capacity & Skill Building

Following consultation across the BtB network, a new priority was identified for Between the Bridges, helping to build the capacity and skills of residents in the community. About a dozen people came together over three preliminary meetings in the summer. The group was a balanced mix of local service providers and resi-

dents. Out of that developed the Community Capacity & Skill Building A-Team, which meets monthly.

The team currently has two areas of focus: learning more about what learning opportunities already exist for residents and finding ways to share that information; and organizing a skill-building opportunity that can be offered to residents.

Student Success

A strong team of enthusiastic and knowledgeable people, including residents

cont. page 9...

KEEPING IN TOUCH

Susan Leblanc, MLA DARTMOUTH NORTH

Dartmouth North's Darrell Ling heading to Invictus Games

In May, Dartmouth North resident Darrell Ling will travel to The Hague, Netherlands, to represent Canada at the 2020 Invictus Games.

The Invictus Games is an international sporting event for wounded, sick, or injured soldiers and other military service personnel. The Games started in 2014 in London, U.K. and have since been held in various countries, including in Toronto in 2017. Eighteen countries compete in events including swimming, cycling, chair events, and more.

Darrell is one of four Nova Scotians and 32 people across the country named to the Canadian team this year. He worked as a marine electrician in the Royal

Canadian Navy and served two tours in the war in Afghanistan. Darrell will be competing in the archery, sit-down rowing, and the wheelchair basketball competitions. He has been joining the Canadian team at various training sessions and will next travel to San Diego, California to train with the team. In May, he heads to The Hague to compete in the games.

Invictus, which means unconquered in Latin, is a fitting name to honour the hundreds of service personnel who gather to challenge themselves and each other in a spirit of recovery, and to search for ways to not be defined by their injuries.

Dartmouth North, and all of Nova Scotia, will be rooting for Darrell. We



Darrell Ling (centre) in training for the Invictus Games to take place in the Netherlands in May.

wish him all the best in his upcoming training sessions and then in the games in May. If you would like to send a message of support to Darrell, please email my

office at susanleblanc-MLA@bellaliant.com and we will pass it on to him.

Photo: contributed

GOOD TIDINGS

FROM **DISTRICT 6**

Greetings from HRM Councillor Tony Mancini

The Dartmouth North Community Food Centre and Dartmouth Family Centre are such an important part of the Dartmouth North community. The work they do to encourage healthy eating, strong families, and a sense of belonging is vital to continuing the growth of our exceptional community. That's why I was so proud to see my colleagues on Council unanimously support a special grant request for \$80,000 for their One Roof Campaign last month.

The Dartmouth North Community Food Centre and the Dartmouth Family Centre are currently located in separate areas. To allow them to build a thriving community and create a hub for all ages, they want to combine their services under one roof at 6 Primrose St.

They launched a capital funding campaign for more than \$500,000 to make it happen in the fall. With the support of the community, province, and Regional Council they are well on their way to meeting their goals, and I know many others will want to support this important cause. I particularly want to recognize Danny Chedrawe, a local business man who grew up in Dartmouth North and generously agreed to match the municipality's donation to the project after we toured the centre in the spring.

The funding from Council will contribute in part to creating a new children's discovery garden, adjacent to the 20,000 square-foot community farm. The remaining funds will be used for equipment and other program assets at the new site.

I want to thank the diligent staff, volunteers, and community who make the Dartmouth North Community Food Centre and Dartmouth Family Centre programs and services a reality, really making an impact in the lives of Dartmouth North.

I'm so excited to see what this next chapter will hold for this amazing organization. To learn more about the Dartmouth Family Centre visit their website at dartmouthfamilycentre.ca.

AFRICAN HERITAGE MONTH

February is African Heritage Month. The 2020 African Heritage Month theme is *The Ties that Bind: Faith, Family & Community*, recognizing the unique bond people of African descent share.

African Heritage Month is an opportunity to celebrate the legacy, achievements, and contributions, past and present, of people of African descent as part of our collective Nova Scotian heritage. In honour of African Heritage Month, City Hall will be lit with Pan-African Colours (black, green, and red) during the month of February.

Check out some of the events happening in our community to celebrate and learn more about the African Nova Scotian community:

FOOD DEMONSTRATION & TASTING: AFRICAN CUISINE
Tuesday Feb. 25, 2020 6:30-8:30 p.m.
Dartmouth North Public Library

Discover the flavours of Africa with Chef Mary Nkrumah of Mary's African Cuisine and Noble May Catering.

SNOW UPDATES

Don't forget to check out halifax.ca/snow for service updates, information on when your street will be plowed and the winter parking ban. We post updates on clearing operations and more at 7 a.m., 1 p.m. and 4 p.m. during winter events. Wishing you all a great February.

**A MESSAGE
FROM**

**Darren Fisher, MP
DARTMOUTH-COLE HARBOUR**

Investing in people

As you may know, for over four years, our government has made investing in people our top priority. Through government investments and the hard work of Canadians, Canada has built an economy that is strong and growing, adding over 1.1 million new jobs. And Canada has the lowest unemployment rate in 40 years.

We know that when you make life more affordable for Canadians, our country will be more prosperous. That's why we introduced programs like the Canada Child Benefit to help Canadians afford the cost of raising a family, made

improvements to seniors' benefits, and helped more students afford education.

In 2015, we brought in a middle class tax cut that helped more than nine million Canadians. We were just getting started. When we arrived back to the House of Commons in December, our priority was a new tax cut that, if adopted, will give relief to 20 million Canadians, including ensuring one million low-income Canadians pay no tax at all. We would do this by raising the Basic Personal Amount—the earnings you don't have to pay federal tax on—to \$15,000 by 2023.

And we'll make sure the wealthiest people in Canada—those in the top 1% of income earners—aren't the ones benefitting.

Our approach would make sure tax relief is going to those who need it: middle class Canadians and those working hard to join them. When fully rolled out, in 2023, individuals would save hundreds a year in taxes.

It's a change that would allow people to keep more of what they earn and help make life more affordable. When it comes to affordability, we know there's more work to be done—everyone in Canada deserves a chance at success, a

chance to work hard and get ahead. Our tax cut is a big part of our work to do just that, giving Canadians more money, tax free. We want folks to have more money in their pockets, so they can worry less about their bills.

Don't forget that whether you made income this year or not, you must file your taxes in order to receive the Canada Child Benefit. If you are experiencing any issues receiving this federal benefit, please do not hesitate to reach out to our office at 902-462-6453 for assistance.

Exploring stories, words, and the world

by Tyler Colbourne

For four years I have been photographing Family Literacy Day with the Dartmouth Learning Network and the Boys & Girls Club in Dartmouth. The event started while I was an employee with Dartmouth Learning Network and I am incredibly happy the event has continued to grow each year. Four years ago we wondered, how can we create something that offers a chance for families to engage in literacy awareness and also have the opportunity to receive a free family portrait? The event this year, held on Jan. 25, with more than 125 attendees, indicates the event has grown into something so much more than what we could have imagined it could be.

This year's event was an opportunity to learn about Mi'kmaq culture and traditions with Vanessa Copage. She shared knowledge and music, and the sounds of the Welcome song and traditional drumming were present throughout the



Photos: Tyler Colbourne



day. Halifax Public Libraries helped entertain and educate families with an Elephant and Piggie puppet show. This was a huge hit with the children and I would venture to say, probably some adults, too.

The Boys & Girls Club, hosting for the fourth year

in a row, offered crafting and literacy play. The Dartmouth Family Centre made trail mix snacks with families, sharing ideas for healthy eating. Frontier College held reading circles, creating space for families to share in the power of story. DLN staff facilitated activities for



Photo: Devon Bundy

EASTPORT FINANCIAL, HRM SERVE UP TURKEY DINNER

On December 19, HRM partnered with Eastport Financial, with the support of Halifax Regional Police, to bring the residents of Dartmouth North a turkey dinner with all the fixings. Through the generous financial support and hard work of Eastport Financial staff, they were able to supply more than 200 families with turkey dinners and nicely wrapped gifts. Eastport Financial recognizes the generosity and support of the Dartmouth North community.

families to do together, and provided free books. Winnie the Pooh and Cid the Service Dog, from the Village on Main business district, delighted many, while also being a little too surprising for some.

For me, one of the greatest things about this event has been getting to photograph the same families year after year. It has been a pleasure and a privilege to see the chil-

dren get taller each year, and to share laughs with returning and first-time families. This year the event was supported by William F. White International out of Burnside, who provided backdrops and stands for the photobooth, allowing the family portraits to be even more special.

Family literacy is more than just reading books to children. It is about engag-

ing in activities as a family that support the use of text and information to navigate and explore our world, and it can happen in many different ways. The staff of the Dartmouth Learning Network and the Boys & Girls Club have demonstrated an ability to grow a small idea about family literacy into something educational, unique, and fun. I am already looking forward to next year.

Holy Trinity Emmanuel on 30 Alfred St. has just completed a Major Accessibility Project on its Parish & Community Hall in Dartmouth



The venue is wheelchair accessible along with an accessible washroom. If you have concerns about whether we can meet your accessibility needs please contact us and we will be happy to discuss ways to make you feel welcome and comfortable.

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Photos: Carolyn Sullivan



Breakfast With Santa

Harbour View School celebrated their annual Breakfast With Santa in December. Thanks to all of our AMAZING volunteers, staff, Halifax Regional Police, McInnes Cooper and the Aucoin Family. It was a wonderful event filled with lots of festive fun and community spirit.

Top: Santa with the Aucoin Family, who helped so much with the event.

Right: Constable Amy helping at the breakfast.



Photo: HRM Mascots and Inflatables

Princess Anna and Queen Elsa with Noelle, Susan, and Mandy.

Shannon Park News by Susan Ramey

Shannon Park Elementary held its annual Scholastic Book Fair in November. Every year we have a different theme and our theme for this year was the Arctic. We had special guests, including Anna and Queen Elsa, who helped us launch our book fair.

They read a story to the Grade Primaries to Grade 2s. After story time they walked around to the Grade 3s. The students were really excited to see our special guests.

The book fair was held in the school library, which was decorated with stuffed animals and pic-

tures of white Arctic foxes, seals, polar bears, and penguins.

It was a successful event enjoyed by all.

This year the Shannon Park Spring Fair will be held on June 13 at Shannon Park School.

What's happening at John Martin Junior High

by Kyle Sarka

It is hard to believe how far along we are in the 2019-2020 academic year. Since the beginning of term two we have had many guest speakers join us at John Martin Junior High, have had many extra-curricular activities, and have continued to involve our broader community in many ways in the learning of our students.

In December we hosted our annual holiday dinner. We want to thank the O'Regan's Auto Group, Halifax Regional Police, Nova Scotia Power,

Councillor Tony Mancini, MLA Susan Leblanc, and the Halifax Regional Centre for Education for their support in this event. It was a great success.

Under the leadership of Mr. Warren, our athletics have thrived this year. Our boys' and girls' basketball teams continue to compete as their season progresses. We're already looking ahead to upcoming sporting opportunities. We wish all of our student athletes, and other students who contribute to extracurricular opportunities, the best of luck as the

year progresses.

A school advisory council is a committee of volunteers who engage in valuable discussion around schools and their broader communities. If any parents, guardians, or community members wish to join our school advisory council, please contact Mr. Sarka, vice-principal or Mr. MacDonald, principal, for further details. This is a great opportunity to add your voice to the John Martin school community.

We look forward to continuing the magic as the year progresses!



Photo: Robyne Gorman

Saving koalas at John MacNeil Elementary

by Robyne Gorman

After learning about the devastating bush fires in Australia and the effects on wildlife, Grade 5/6 students created koala art portraits they decided to sell in an effort to raise money for the cause. Since they started, there have been portrait requests from people on Twitter, Facebook and throughout the communi-

ty. A few of the portraits are being sent to friends and family that live in Australia.

The students have taken great pride in these portraits and there was even a bidding war for one of them. They have raised more than \$900 so far. The students believe that if they can do a small thing like drawing a por-

trait to help the animals then why wouldn't they.

Other classes are starting to do their own activities as well to support this cause. It is wonderful to see the students get so excited to help others. We are very proud of our students.



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Remembering a friend

by Sylvia Anthony



back to her church, Stairs Memorial United, just to name a few. Her proudest accomplishment was her 40-plus years at the North Dartmouth Outreach Resource Food Centre on Hester Street. Being at the door when the clients arrived made her day. Having private conversations, helping them in any way she could, made their day as well.

Many attended the Celebration of Life for Frances, which was one of loss and sadness. The celebration was emotional for some, but beautiful in its own way. There was some comfort in remembering this special lady in all that she was and all that she did for many years. Even though the weather had been dark and dreary, we left the service to see the clouds had lifted and the sun was shining, which showed us all that she had safely arrived in her new home in heaven. We felt the little gust of wind that said to us all, "Talk to you later. Bye bye."

Over the past number of years, our Dartmouth North community has lost many extraordinary volunteers, but their memories will always have a place in our everyday lives. Several weeks ago, we lost another. Her name was Frances Hunter, a long-time resident, who was well known to many. Her compassion, caring and dedication to family, friends and strangers made her a very special lady. She was involved with many organizations, volunteered at schools, sat with shut-ins, and gave

On a musical note

by Sandra Weagle



Photo: Sandra Weagle

Thank God for the Radio was written by Max D. Barnes and Robert Jones. There are very interesting lyrics in this gentle song. The lyrics: "Thank God for the radio when I'm on my own, when I'm far from home, and feeling blue. Thank God for the radio, playing all night long, playing all the songs that mean so much to me and you." This song was recorded by Alan Jackson and the Kendalls.

What is your favorite song? I have several that make me turn up the volume and sing along, smile and feel all warm and fuzzy inside. Isn't music a wonderful thing?

Introducing Bob Macdonald

Bob is retired from the Department of National Defense, having worked at the dockyard in Halifax. His first musical memory was playing a ukulele that his older brother Al gave him when he left for university. Al gave Bob the challenge to learn three chords and be able to play them well and quickly and the ukulele was his. He was around 10 years old. He practised the whole trip to Wolfville and when they were ready to leave Al said, "I guess this is yours now."

His family was musical, with dad playing piano and fiddle, and mom singing in the church choir. His two brothers, Al and John, are also musicians, and the three brothers

delight audiences by performing together from time to time. Bob's brother Al wrote the John Allan Cameron hit *Heading for Halifax* and hundreds more for local theatre groups and CBC Radio. The family talent is apparent in these brothers, if you get the chance to hear them together.

Bob started playing professionally with Al, in local pubs, etc. They formed a country band for a few years, until Bob joined another country band, Silver Dollar, and played drums for 17 years. Silver Dollar disbanded and Bob became a freelance drummer and base player. He started doing open mics at the North End Pub. This is where he met his future Sidewinder band members Carl James and Andrew Kent. They have been a successful band for the past 10 years, with harmonies that can only be heard to be believed. Sidewinder plays at the Newfoundland Club, the Fairview Legion and Nine Mile River Community Centre once a month for dances. If you are into sitting and watching a great country show they can be found at Woodlawn United Country Show or Blair's Country Jam. Sidewinder has a Facebook page, Sidewinder, The Band. Look them up, and like their page. Bob Macdonald plays drums, bass and lead guitar.

Bob Macdonald is retired from the dockyard but not from music—he plays drums, bass and lead guitar and his preferred genre is country!

Music is a universal language understood by all. Music initiates feelings. Songs trigger thoughts, memories, feelings, and can change a bad mood to good, most times, in four

minutes or less. The singer delivers the message by singing the song. The song itself can go deep into your soul. The lyrics are the vehicle that takes you there.

Property Tax Rebate for Seniors Program

This program at Service Nova Scotia is designed to help seniors remain in their homes by providing them with an annual rebate on their municipal property taxes.

The program provides eligible homeowners with a 50% rebate on the property taxes paid the previous year, up to a maximum of \$800 per year.

Some municipalities may also offer property tax rebates or assistance to qualifying applicants. Check with your local municipality to inquire.

You are eligible to receive the rebate if you were receiving either the Guaranteed Income Supplement (GIS) or the Allowance in January of the current year; and you are an owner of property

and regularly reside at the property for which a rebate is being claimed; and your previous year's property taxes were paid in full.

You can get an application form at an Access Nova Scotia office, online, or by calling 902-424-5200, Toll-free 1-800-670-4357 or go to www.novascotia.ca/sns.

Photo: Doris Buffett-MacDonald



Neil Baker a 20-year resident of Symonds Street has a treat for his tame crow, Buddy, who has been visiting for a year. The crow's mother gets jealous and beaks off every time.

Happy Anniversary to **Frank and Andrea Grandy** who celebrated their **59TH ANNIVERSARY** on Valentine's Day, **Feb 14.**

Northbrook Freedom College Winter 2020 Courses

Financial Management 101: Household Budgeting

This course will include a breakdown of budgeting and household finances. By dissecting a budget, participants will learn new ways to look at budgeting and find ways to save and reduce spending.

Participants will receive assignments to enhance understanding of each segment.

Tuesdays starting February 4, Dartmouth North Community Centre 6:30-8:30 pm (5 weeks)

Instructor: Adrienne Gerow, Assistant Estate Manager, MNP Ltd.

English 109: Writing for Life, Work & School

Each week participants will focus on a different aspect of writing, from punctuation and grammar to creating images, style, and structure. As well, participants will write and revise a bit of their own work each week.

Whatever your interest in writing, this course will get you started and will be both entertaining and rewarding!

Wednesdays starting February 5, Dartmouth North Community Centre 6:30-8:30 pm (10 weeks)

Instructor: Jack Potter B.A., M.A. English

Nutritional Studies 105: Eating Well With Little

Eating healthfully and heartily can be expensive and time consuming, but it does not have to be!

Join us for a six-week meal of a course in which we learn the basics of meal prep and planning along with simple affordable staples. Students will make recipes from scratch and take home scrumptious samples. Students will finish the course with the skills to prepare healthy meals for themselves, family, and friends!

Thursdays starting February 6, Dartmouth North Community Centre 1:00-3:00 pm (6 weeks)

Instructors: Megan Robitaille, 3rd Year Student in Nutritional Studies MSVU & Noah Pohlkamp-Hartt, CHNC (Certified Holistic Nutritional Consultant)

NOTE: Courses are open to anyone interested in learning and are free.

For further information or to sign up for any of these courses contact Jack or Megan at northbrook-freedomcollege@gmail.com, visit our Facebook site (Northbrook Freedom College), or call 902-240-9346 after 6:00 pm only.

It's never too late to follow your dreams

by Alison O'Handley

When people first walk through the doors at the Dartmouth Learning Network, most aren't thinking about their dream job. They've been out of school and working to make ends meet for so long that their immediate focus is upgrading their skills so they can get a job (or a better job). But, by the time they reach their learning goals, they are more confident in their abilities and ready to take the next step towards a brighter future. Take Shawn, for example:

"I dropped out of high school in Grade 10, when I was only 17 years old. It was not the smartest thing I could have done, but I thought I knew everything at that point. My parents gave me three options: go back to school, get a job, or move out. I have worked 29 years since that day.

"I started work as a stock boy for James F. Lahey Glass. During my breaks I'd go to the backroom, where the glaziers fixed old wooden windows or newer aluminium ones. I would watch, occasionally asking why they were doing things a certain way. When there was no one around, I'd take a little piece of glass out of the scrap bin and try to cut it. Before long, I was one of the glaziers. I did that for around 12 years.



Shawn's experience at the Dartmouth Learning Network gave him the confidence he needed to study Architectural Engineering at NSCC.

"The past 15 years I have worked for Industrial Cold Milling Ltd. I started at the bottom and worked my way up through the company, the same way I did as a glazier; watching, asking questions, and then doing. It was very hard work with very long hours and I am not getting any younger."

Ten years ago, Shawn began wanting something different. He attempted to go back to school but it didn't work out. More recently, with the encour-

agement of his girlfriend, he decided to try again. He enrolled at Dartmouth Learning Network and began attending GED Prep classes in the winter of 2018. By the end of the winter he had earned his GED certificate.

"The staff there were amazing, going above and beyond what they needed to do to help me succeed. The Dartmouth Learning Network showed me that I was selling myself short. Even though I had been out of school for 29 years,

I still had the ability to do well. Talking with the staff gave me the confidence that I could do even more than just pass my GED, and that it was never too late to go back to school.

"I am currently attending NSCC and upgrading from my GED to take the Architectural Engineering Technician program in September of 2020. I just finished my first semester of upgrading with a 94% average in my three courses (English 94%, Math 95%, and Physics 94%). My experience at NSCC has given me the confidence that I can do this, that I am smart enough, and that I did not make a mistake coming back to school.

"I have never been happier in my entire life. I wish I had done this years ago. Remember, you are never too old to follow your dreams, you just need to go for it!"

If you've been thinking about returning to school to get your GED, now's the time. If you have questions about what learning options are best for you, call Dartmouth Learning Network at 902-463-9179. "You are never too old to follow your dreams."

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

Working together, Between the Bridges

...cont. from page 3

and leaders from government and the nonprofit sector, have been learning together building relationships, sharing information and perspectives about the local context for supporting student success. They are working to identify a starting initiative that this group, working with others in the community, can begin to initiate in the coming months.

Affordable Housing

Three concepts were selected for prototype teams to continue to pur-

sue following the Affordable Housing Social Innovation Lab that took place in early 2019: Neighbourhood Beautification; Tiny Homes; and a Community Housing Development Navigator. Each group continues to work independently on their goals, with the support of BtB backbone staff as needed.

Residents Roundtable

A diverse group of residents from Dartmouth North come together monthly to get updates

from the BtB network and provide input and feedback. The group also decides how to spend meeting time, discussing current events or other items of interest in the community, and learning about topics of their choice.

If you have any questions, or would like to be involved with Between the Bridges, please contact: Matt Spurway, Community Coordinator, 902-488-7446, matt@betweenthebridges.ca



The Dartmouth North community van

by Ralph MacKenzie

The Public Good Society of Dartmouth, in partnership with the Freedom Foundation of Nova Scotia, has successfully managed the Dartmouth North Community Van for the past six years.

The van is available to non-profit organizations that need an affordable vehicle to help those with few or no transportation alternatives. It provides non-profits with a realistic opportunity to expand programming at an affordable cost.

The biggest use of the van is for those who

attend food banks. There are people who would find it tremendously difficult, if not impossible, to get home from the food bank because of mobility or general health issues.

Participating groups are charged 30 cents per kilometre, which is directed toward gas, insurance, and general maintenance costs. Additional funding is provided through grants, and van advertising, and it is supported by all three levels of government.

From January 2012 until December 2019, the community van has provided transportation for

24,332 residents of our community, and has travelled 71,832 kilometers.

There are currently 13 non-profit groups approved to use the community van. These include churches, food banks, transition homes, mental health organizations, and groups that support families. The community van is a volunteer-run program and since its inception more than 5,000 volunteer hours have been devoted to this project.

The community van is helping to build connections and make our community stronger.

Getting festive at Farrell Hall

by Doris Buffett MacDonald

Photo: Doris Buffett-MacDonald



Volunteers and board members donned their festive aprons and hats at the Farrell Benevolent Society's Annual Community Christmas party. Front row, from left, Sylvia Eady, Terry Thorne, Fred Corbett, Rocky Thorne and Fred Baltzer. Back row, Helen Wood and Kenny Brannen

It was all about making spirits bright as Farrell Benevolent Society hosted its annual community Christmas party on December 19 with 120 adults and 37 youngsters in attendance.

The tables were decked out with red tablecloths and festive centerpieces. There were yummy snacks and Christmas candies. Ham, turkey, and roast beef sandwiches were happily washed down with

water and a great variety of juice boxes.

Throughout the evening there were draws for Sobey's gift cards, which is a well-appreciated extra at this very special Christmas party.

All bingo volunteers and board members received a gift card as a token of appreciation for their dedication to Farrell Benevolent Society.

Our community children and their parents enjoyed browsing through the huge selection of brand new children's books, graciously provided by Dartmouth Learning Centre. It was a joy to see their happy, smiling faces.

Linda Rowe would like to send out a special thank you to Rocky and Terry Thorne who go the extra mile all year long. Thanks also to the volunteers and board members who helped make the evening extra special. Farrell Benevolent Society looks forward to serving the Dartmouth North community over the upcoming year.

Celebrate at SonLife Community Church

by Doris Buffett MacDonald

There was plenty of Christmas cheer and smiles at the SonLife Community Church's Christmas party, hosted by the KidsLife team on December 15.

Thanks to the generosity of Value Village, there were plenty of toys, games, and puzzles. There were also boots, scarves, hats, and socks. Children and adults enjoyed the craft table, and many

community families got to go home with well-appreciated gifts for the young ones in plenty of time for Christmas Day.

There were plenty of refreshments and it was a joy to share this event with our community. Thank you to the entire KidsLife team and others in the congregation who helped make this event a complete success.



Charlie and Adriana Beningo at the SonLife Community Church KidsLife Christmas Party.

Crimestoppers Battle of the Wits

The Halifax Board of Nova Scotia Crime Stoppers once again sponsored a fun evening for all those who attended the 15th Annual Battle of Wits on January 25 at the Atlantica Hotel in Halifax.

The volunteer board members showed their dedication and professionalism and made the evening of trivia an enjoyable one as the top minds in the city vied to become Ultimate Trivia Champions of 2020.

Board members welcome new chair of the Halifax board, Les Kakonyi, and look forward to working with him in the days to come.

Church Events

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

FAMILY WORSHIP
Sunday 10:50 am
(Nursery provided)

SUNDAY SCHOOL
Sunday 11 am
Ages 3 - 15

BIBLE STUDY
Wednesday 7 pm

HOLY TRINITY EMMANUEL CHURCH
30 Alfred Street
902-463-3713 or Lynn 902-464-5697

FREE CLOTHING DEPOT
Wednesdays
9:30 - 10:30 AM
(CLOSED ON SCHOOL CLOSURES)

TAKEOUT LUNCH
Friday, Feb 28 & Mar 27
11:00 am - 1:00 pm
Soup, Roll/Tea Biscuit & Cookies: \$6
Sandwich & Cookie: \$4
Delivery in North End only depending on # of orders

FLEA MARKET
Sat Feb 29
9:00 am - 12 Noon
Admission \$.50
Canteen/Bake Table

FRANK GRANDY & CUTE AS A BUTTON
Sunday, Mar. 8
1:30 - 4:30 pm
Freewill offering
Canteen/50/50 draw
(All proceeds go to the work of the church)

ST. ANDREWS PRESBYTERIAN CHURCH
216 School Street
Office: 902-469-4480

WORLD DAY OF PRAYER
Friday, Mar. 6 / 7 pm

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

SHROVE TUESDAY PANCAKE & SAUSAGE SUPPER
Feb 25 | 4:30-6:30 pm
Admission \$5

FOOD BINGO
Sat. Feb 29, March 14, March 28
2-4 pm / \$10

LOONIE/TOONIE COFFEE HOUSE
Wed. Mar. 25
7 - 9 pm / \$2
Music by the Sham-Rocks, the I-Chix and Open Mic

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

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

Volunteer Tutors Needed
Thursdays 11:15 am-12:45 pm

As a Volunteer Tutor, you will be a S.T.A.R. to the children. Tutor training is provided.

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

S.T.A.R. is a joint project of the Boys & Girls Clubs of Greater Halifax; Dartmouth North Association; Dept. of Education & Early Childhood Development; Halifax Regional School Board; and the Dartmouth Community Health Board.



Boys & Girls Clubs of Greater Halifax

Halifax Regional Police



A GUIDE TO POLICE SERVICES

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

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.



AFRICAN CUISINE DEMO WITH MARY'S KITCHEN
 Tuesday, February 25
 6 pm

ACOUSTIC SONG CIRCLE
 Thursdays, 7-9 pm

ENGLISH LANGUAGE LEARNING
 Tuesdays, 9:30 am

March Break

PERLER BEAD PALOOZA
 Monday March 16
 2:30-3:30 pm

SHAMROCK FEST
 Tuesday, March 17
 2:30 pm

NO BAKE COOKING
 Wednesday, March 18
 2:30 pm

VIDEO GAME TOURNAMENT
 Thursday, March 19
 2:30 pm

MAD SCIENCE
 Friday, March 20, 2:30 pm



To register, call (902) 490-5840



Photo: Sandra Weagle

Thank you to the staff and volunteers at the North Dartmouth site of the Boys and Girls Clubs of Greater Halifax for another successful Breakfast With Santa.

YOUR RIGHTS AT WORK

Free info session presented by the Halifax Worker's Action Centre



Tuesday, Feb 25 6:30pm
 Dartmouth North Community Centre
 105 Highfield Park Dr



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, March 22

UPCOMING DATES:
 April 26, May 24



EVERYONE WELCOME

Presented by the
 Kinsmen Club of Dartmouth

The
Public Good Society
 of Dartmouth

PLEASE JOIN US FOR THE

THE PUBLIC GOOD SOCIETY OF DARTMOUTH AGM

MARCH 26TH, 2020
 10 AM - 12 PM

100 OCHTERLONEY ST., DARTMOUTH

Parking available in back parking lot (off of Victoria Rd).
 Entrance to the church at the back door, or off of Ochterloney Street through the glass doors.

Storm Date: April 2nd, 2020

COME SHARE YOUR VOICE!

at our **AGM**

Thursday, March 12

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

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



Everyone Welcome!

276 Windmill Road
 902-469-5769

Farrell Hall

www.farrellhall.ca

THANK YOU

Between the Bridges Network members!

Residents Roundtable

Student Success A-Team

Community of Champions



Housing Social Innovation Lab

Community Health Planning Team

Capacity and Skill Building A-Team

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.
We have a long way to go together, and 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.

Bruce McLaughlin

Peter Rumscheidt

Ronan Holland

Matthew Moir

Alex Embree

Nicole Power

David Melvin

Andrew Trider

Anthony Nicholson

Mollie Morris

Nancy Rideout

Daniel Walker

- ❖ 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