

FREE

A new coat for Sarah, thanks to the Dartmouth North Winter Clothing Giveaway! See p.3.



north dartmouth echo

linking our community

Lessons to ride

by Suzanne Rent

In September I started taking horseback riding lessons as a pandemic-safe hobby that would get me outside once a week. I have always loved horses, but I never learned how to properly ride one. So, I joined Rocky Hollow Ranch in Beaver Bank.

I went to the lessons expecting to learn some basics and maybe go on a few rides. I am 50 years old, after all, and wasn't expecting to start show jumping. But I am learning more than I expected to learn.

At this farm, I learn it all. I can get a horse ready to ride, first brushing it and cleaning the mud (and let's face it, the poop) from its hooves. I put on its saddle, bridle, and reins. And then I get to ride. I am not galloping across open fields yet, but I can trot along nicely. Horses are hard work and they rely on us to take care of them. That's lesson one.

My trainer is named Marylyn. She reminds me a of the *Echo's* own Sylvia Anthony in a way. Resilient, no-nonsense, but loves to share jokes. Marylyn wants her students to learn, but she wants them to have fun, too. Marylyn, like Sylvia, loves her community. She's especially proud of the kids who seem to blossom under her guidance, but also the independence she fosters in them. It's quite a thing to see a young kid who's confident enough to handle a 1,200-pound horse. The kids aren't on their phones while they're at the farm and they don't seem to miss it. Another lesson: Learn to disconnect.

cont. page 2...



Photo: Doris Buffett-MacDonald

HAPPY VALENTINE'S DAY! *Malaysa accepted roses for all the female employees at Sobeys on Wyse Road from SonLife Community Church as part of the church's Ladies Valentine Event. Instead of an in-person event, church members drove around to local businesses distributing roses to all the ladies on the Valentines weekend. They were blessed with smiles, heartfelt thanks and genuine appreciation in return. See story p. 9.*



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Lessons to ride

...cont. from p.1

Marylyn likes to push her students from the get go. I think on my second lesson she gave me a rope and told me to go out to the paddock to get the horse I was to ride that day. The field was especially muddy and the farm's two donkeys, Jenny and Ruby, stood in front of the barn door as I tried to open it to get myself and the horse back in. I managed to figure it out. Learning how to safely get an ass out of my way is another lesson.

I read that horses are the mirror to your soul. I don't know if any of the horses I ride know me that well yet, but horses certainly can read emotions and mimic how you're feeling. If you're nervous, the horse will sense it. If you're angry and frustrated, the horse will respond back in frustration. Horses demand respect and this requires working with them, learning their behaviours, and how to assert your place as its rider. But the rider and the horse form a sort of bond and I always just feel better when I'm there.

Marylyn is teaching me about the hierarchy of the herd. There's a foal on the farm named DJ, but everyone calls him

The Baby. He's spent most of the last several months alongside his mother, Joey, in a separate field, but Marylyn's slowly introducing him to the rest of the herd. Rocky, the tallest horse in the herd and its leader, has so far taken a liking to The Baby. The Baby, meanwhile, likes to bug some of the other horses, nibbling at them when he gets a chance.

Now, I'm learning archery with the goal of learning how to shoot arrows while actually on the horse. Trust me, I have a ways to go. Let's say some of the first arrows I shot are somewhere in the

snow in the woods in Beaver Bank. Honestly, I don't think I've laughed so much as I have at the barn. And another lesson: Laughter always heals.

You're never too old to teach a middle-age pony like me some new tricks. The lessons of hard work, overcoming challenges, appreciating and supporting your community, disconnecting and getting outside, the power of laughter, and welcoming everyone into your group are lessons you can learn on a farm or just about anywhere else, if you care to look. Oh, and always have a Marylyn or a Sylvia in your life.



Echo editor Suzanne Rent with Rocky.

Photo: Marylyn, Andreus

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Photos: Snickerdoodle Photography





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north dartmouth echo

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

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Winter clothing drive brings community together

by Susan Leblanc



Photos: Susan Leblanc

Clothing drive helps Lindsay Martin from the public library, Echo writer and board member Doris Buffett-MacDonald and Darlene Kane, also from the library.

When Carla Foxe from the Dartmouth North Public Library pointed out that the library would not be able to give out used winter coats this year due to COVID-19 and renovations, members of the community came together to organize a winter clothing drive to fill the void. The drive was a great success and demonstrated the incredible willingness to help others that courses through our community.

The December drive was organized by representatives from various community groups, including Doris MacDonald from SonLife Community Church, Rachel Gardiner from Schools Plus, Carla Foxe from the library, Sylvia Anthony from the Echo, Rene Peltikian from Welcome Housing, Matt Spurway from Public Good Society and Between the Bridges, and myself. The group met weekly on a Zoom call hosted by Between the Bridges to plan the drive, including donations of money and new or very gently used coats, hats, mittens, and scarves. We put the word out through our various networks, got some attention from media outlets (thanks CBC radio,

Global News and CTV News) and watched as the generosity poured in.

Over the course of several weeks, we accepted donations at my constituency office on Wyse Road and financial donations were managed by SonLife. At the height of physical donations, my office was piled high with coats, hats, mitts and scarves. We received donations from individuals, community groups, schools, unions, and local businesses.

Shout outs to the Eastern Passage Education Centre, St. Paul's Church Men's Association, St. Paul's Church Women's Association, International Association of Machinists and Aerospace Workers Lodge Local 2797, Twigz in Micmac Mall, Christine Evans at American Eagle, staff at the Gap in Dartmouth Crossing, Clothesline Communications, the North Dartmouth Outreach Resource Centre, and the staff at Sobey's on Wyse Road, who set up a giving tree so customers could donate in-store.

Due to the sheer volume of donations the drive was also a major volunteer effort. The help of Hannah Minzloff (TrueFaux Films and the



Gluten Free Pantry), Doris and Sylvia, Pastor Chuck (SonLife Church), Darlene Kane and Lindsay Martin from the library and, of course, Rebecca Rose, Sandi Weagle and Ellen Niles from my constituency office, was invaluable. All of them worked hard to sort donations, match up coats with hats and mitts (and sometimes even boots) and assign clothing to the folks who needed it.

READY FOR WINTER: Young Sarah beams with delight after having her brand new winter coat delivered right to her door in December, thanks to the community wide Winter Clothing Giveaway. A shout out to Ralph MacKenzie and Sandi Weagle who did the deliveries via the Community van.

cont. page 5...

GOOD TIDINGS

FROM

DISTRICT 6

Greetings from HRM Councillor Tony Mancini

February is African Heritage Month. I hope you and your family will take the chance to commemorate the many contributions of our African Nova Scotian residents to our province and municipality. This year's theme is Black History Matters: Listen, Learn, Share, and Act.

Please continue to stay safe by practising good hygiene, physical distancing and wearing your mask.

Dartmouth North Library renovation

Construction on the Dartmouth North Public Library renovation began in December and is on schedule to be completed late summer 2021. So far, the interior demolition has been completed and work to the mechanical, electrical, and plumbing systems has begun. The new floor plan includes more natural light and will be more flexible to various uses.

An energy retrofit of the community centre and the library as part of the HalifACT target to achieve net-zero municipal operations by 2030 is also planned. This will include building envelope improvements, electrification through air to water heat pumps, controls upgrades, LED lighting, energy efficient equipment like fans and motors, ventilation optimization and a solar electric installation. To partially offset the cost of this work, the municipality will receive incentives through Efficiency Nova Scotia's business programs. The library portion of the project has been tendered and the remaining work is scheduled to be tendered in late March.

During construction, core library services including over a dozen public computers, WiFi, and a large collection of DVDs and books are temporarily located at Farrell Hall on the corner of Windmill and Albro Lake roads. Dartmouth North staff are providing the same amazing service from the temporary location with lots of fun activities. The outdoor library at the original location remains open for wifi access, play, and a 24-hour book drop.

Public safety meeting

Thank you to Police Chief Dan Kinsella and his team for co-hosting a virtual meeting about public safety in Dartmouth North this month. We had many community leaders attend and bring forward important issues for discussion. Thank you to everyone who organized and participated in this meeting.

Free transit for children

Halifax Transit buses and ferries are now free for children age 0 to 12. Halifax Regional Council voted unanimously to permanently eliminate these youth fares on January 12. This change comes after a successful pilot project that saw a huge increase in ridership and based on feedback from the public.

Municipal budget deliberations

Regional Council is in the process of reviewing the 2021/2022 municipal operating and capital budget. Budget Committee meetings will review presentations for each department and provide direction for their budgets.

You can provide feedback by sending your comments to the Clerk's Office (PO Box 1749 Halifax, NS B3J 3A5 or Clerks@halifax.ca). You can also watch the meetings online at halifax.ca under City Hall.

Winter operations

Don't forget to keep an eye on our website at halifax.ca/snow for updates on snow clearing and the winter parking ban.

Computer skills for everyone

contributed by Matt Spurway, *Between the Bridges*

It's almost like kids today are born with computer skills and it seems like there's nothing they can't do online. But for those of us who didn't grow up using computers, learning to navigate the digital world can be frustrating and intimidating.

Since the pandemic began, lots of the most important things we do are being done online, like accessing the health-care system and government benefits, online shopping and banking, training and education, meeting up with family and friends, streaming movies and shows, and even some types of employment. For all these reasons and more, feeling confident online is more important than ever.

For each of us, there are different skills we may still need to learn, including computer and internet basics, online safety, using email, using programs like Microsoft Word and Excel, social media, shopping, banking, job searches, and more.

Luckily, there are a number of ways to help you build up those skills. Some local organizations who offer digital literacy and computer skills help are the Dartmouth Learning Network, the Halifax Public Libraries, and the Immigrant Services Association of Nova Scotia (ISANS). While COVID-19 restrictions may limit their ability to offer in-person support, you are encouraged to contact them to learn how you can get involved.



Photo: Canva.com

For those of us who have internet access at home and enough experience to get online, there are also some fantastic resources to help you learn a lot of these additional skills on your own, such as ABC Life Literacy Canada, Northstar Digital Literacy, and Learn My Way.

If you'd like to learn more, please contact the organizations listed below, and if you can, try out these online resources, too!

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Online resources:

LEARN MY WAY:
www.learnmyway.com

NORTHSTAR DIGITAL LITERACY: www.digitalliteracy-assessment.org

ABC LIFE LITERACY CANADA: www.abclifeliteracy.ca/all-programs/internet-matters

Between the Bridges is hosting a Digital Literacy table dedicated to improving access to computer skills training for people in Dartmouth North. If you know of any other resources that can help people in the community learn how to use computers, please contact Matt Spurway, Community Coordinator, at 902-488-7446 or matt@betweenthebridges.ca.



Photo: contributed

GETTING TESTED! MLA Susan Leblanc volunteered at the pop-up COVID 19 testing site at the Dartmouth North Community Centre in December! She learned to administer the nasal swab test. Asymptomatic testing is very important in limiting the spread of the virus—look for opportunities to get tested when you can!

Winter clothing drive brings community together

...cont. from p.3

Photo: contributed by Susan Leblanc



Ralph MacKenzie, left, trusty delivery driver for the winter clothing giveaway with Sandi Weagle of Susan Leblanc MLA's office.

Due to tightened COVID-19 restrictions announced in late November, we decided that delivering the clothing donations was the best and safest option. Ralph MacKenzie from the Public Good Society offered up his time and the community van to do the deliveries, which was so helpful.

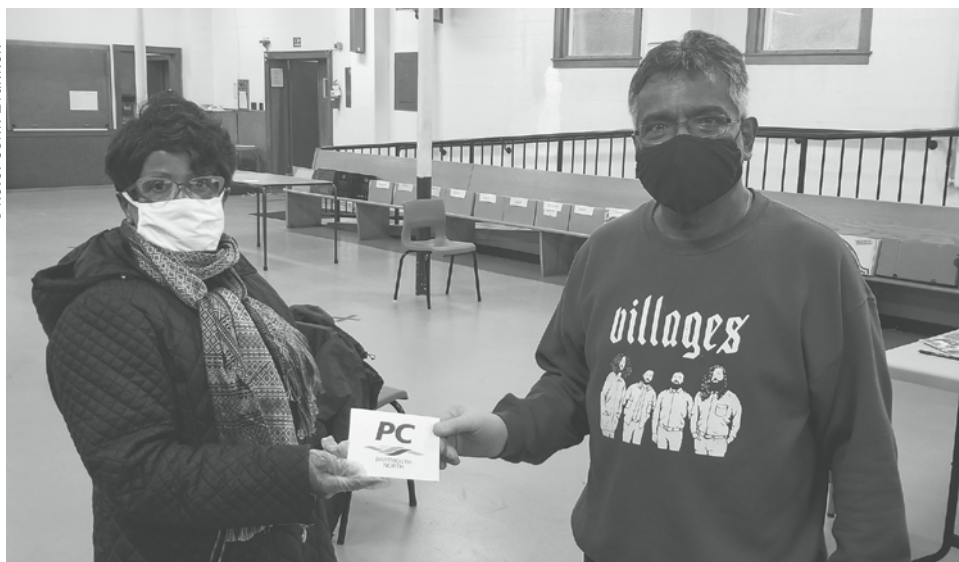
In the end, more than 100 adults and children

received coats and other warm winter clothes. They have one less thing to worry about this winter, and a little more money to spend on other essentials. Thank you to everyone who made donations and helped with this effort. It was truly a community collaboration.

2020 was a very challenging year for many people in North

Dartmouth. It was also a year where I was fortunate to witness the incredible strength, generosity, and commitment to each other that so many people extended. I know this has always been here, but it seemed to shine even brighter in 2020. The winter clothing drive was yet another example of this and a great way to end the year.

Photo: John Brannen



Betty Thomas of the Dartmouth North PC Association presents a donation to Sam Schwartz of the North Dartmouth Outreach Resource Centre.

PC Association: giving back to community

Betty Thomas of the Dartmouth North Progressive Conservative Association presented food items and a cheque for \$100 to Sam Schwartz of the North Dartmouth Outreach Resource Centre in December. The association gave the donation in Betty's name as she was guest speaker at their vir-

tual Annual General Meeting in November. Tim Houston, leader of the Progressive Conservative Party of Nova Scotia was in attendance. The association also provided various food items and non-perishable goods to the centre for distribution in the community. The North Dartmouth Outreach and Resource Centre assists

low-income families in the community of North Dartmouth to achieve self-empowerment and self-sufficiency and is hosted at Stairs Memorial United Church.

To learn more about the the North Dartmouth Outreach and Resource Centre: www.stairsmemorial.ca.

Dartmouth's hidden gem takes the stress away

by Kevin Little

I have been working in Dartmouth as the community outreach navigator with the Public Good Society of Dartmouth for 12 years, visiting foodbanks, soup kitchens, and recovery centres. At these locations I offer information, referrals and support to clients who are seeking to build their capacity for work, volunteering and community life. I have had thousands of conversations along the way. Stress and its attending side-effects is a common challenge for the persons I meet. Life is stressful enough but now we are in the midst of a pandemic and for those living in poverty stress grows in magnitude. And then add any mental health or addiction issues and the stress becomes almost unbearable.

Occasionally at the food banks I invite persons from the Nova Scotia Health Authority to share some of their excellent health and wellness programs. To meet the challenge of stress there are

mindfulness and yoga sessions and other programs. After 30+ years of working with persons building capacity for employment I have learned that each person requires their own recipe for stress reduction; what works for one may not work for another. The more variety of methods offered to reduce stress the better.

In conversation with members of the Indigenous community I have learned another method of dealing with stress: being in the middle of nature. I've been told I am on the hyper side of the energy spectrum. Stress for me is less about the accumulation of work demands, the crisis I encounter, or fatigue, and more about the drama that occasionally arises in my midst. There is no drama in me and when I am on the receiving end of it there is stress. When it comes, and it comes because drama is part of the human experience, I need to hit the pause button, process the experi-

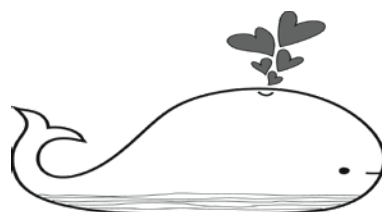
ence, and rest. And in Dartmouth there are many places to rest. In Dartmouth there are countless places to sit in the midst of nature and feel my stress melt away.

If I could recommend a place to walk, to sit, to just be, it would be the Dartmouth Harbourfront Trail. When I need to push the stress away I head for this location, this experience. It never disappoints. One-hundred per cent of the time, after some drama has come my way, I will walk, sit, and engage with all my senses, the natural beauty of this trail. To anyone looking for a new place to explore, to reduce their stress, I offer this suggestion. I call it Dartmouth's hidden gem.

Kevin Little is a Community Outreach Navigator with the Public Good Society of Dartmouth. He can be contacted either by email thepublicgoodsociety@gmail.com or by phone 902-476-0785.



Photo: Brian Williams



Pandemic shows us there are ways to reduce food bank usage

by Shirley Hazen

Does the beeping of a reversing truck annoy you? To the volunteers of the North Dartmouth Outreach Resource Centre (NDORC) food bank it is a much-anticipated sound on Tuesday mornings. It marks the arrival of the Feed Nova Scotia truck bringing food and other supplies. For many years, the NDORC food bank has operated out of Stairs Memorial United Church, serving clients who live between the two bridges in North Dartmouth.

Since the pandemic, Nova Scotians not only learned the phrase “flattening the curve,” they lived it, even wrestling it to zero periodically. The people at the food bank would

like to see the same happen to its client numbers.

“We know the curve can be flattened and client numbers can be greatly reduced, because we have seen it during the pandemic with government’s income assistance programs,” says Sam Schwartz, president of the NDORC. “We aspire to live in a world where people don’t have to face choices between eating or paying rent, or eating and paying for prescriptions.”

When the Canada Child Benefit was introduced, the food bank saw a reduction in families with children coming to the food bank for support.

With businesses shutting down at the start of

the pandemic, the people operating the food bank were concerned. Would demand increase and donations drop? How would operations continue, especially since many of their volunteers were in the high-risk categories? There was good news on all accounts.

The expected surge of clients did not happen. While the food bank did see an increase in new clients since the start of the pandemic, the growth in new clients has been slowing. As well, the number of food orders per week dropped, especially in the early months of the pandemic.

“We have actually seen our growth in new clients flattening and our overall

numbers for much of the year have been lower. We don’t know the full reason for this, but government programs certainly helped,” Schwartz says.

Fears of food shortage at the beginning of the

pandemic were also unfounded as restaurants that closed shipped their excess food to Feed Nova Scotia. Governments, businesses, and individuals increased support to food banks, ensuring that the

supply of food and necessities continued.

Meanwhile, operations had to undergo a drastic change. Prior to the pandemic, the food bank not

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All hands on deck when Feed Nova Scotia delivers food and supplies!

Photos: Shirley Hazen



Wednesday volunteers who served clients when the food bank operated in the parking lot.

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Birds of a feather: life lessons from the European starling

by Tyler Colbourne

The winter months can be hard. During this time of cold weather, dark days, and COVID-19, I look to the common European starling as an example of how we might support each other and make a difference in our community.

I have been fascinated with starlings since I had a chance encounter with one many years back. This one moment gave me a glimpse into the power and magic of these scrappy little creatures. I was returning home to my mother's place after a day of school at NSCC Akerley near Main Street in Dartmouth. While walking past the large concrete mural wall along the off ramp from Main Street towards Waverley Road, I spotted two tiny feet sticking out of a drainage pipe. I leaned over, considered my options and curiosity, and I plucked the feet out of the wall. The feet were attached to a plump juvenile starling that honestly seemed dead. I didn't think much about what I was going to do next, so I just continued walking with the lifeless bird in my hands.

I was pretty sure the bird was dead, so I started envisioning burying the small creature in a wooded spot somewhere near my mother's house. While

“While enduring through the winter months, I think of starlings and how they support each other in flight and how they are able to adapt to their context.”

pondering my next steps and funeral plans, the bird started to come back to life. Suddenly, the little feathered miracle got back on its feet and started squeaking and whirring from the palm of my hands.

I wasn't sure what to do. I stared at the freshly alive bird, and the bird stared back at me. This is how we stayed for a few minutes; in a silent stare down, while I stood along the side of the road. As I considered my options the bird gave a final squeak, looked me in the eyes, and took off. I stood there for a few minutes more while staring at my empty hands. That was the first time I noticed the magic of starlings.

As individual birds, starlings are beautiful enough with their scrappy little bodies and iridescent feathers. However, it is their flight patterns, called

murmurations, that amaze me the most. In flight starlings focus on their seven closest neighbours, each being able to create new constellations of birds or influencing the entire flock to move and shift in beautiful and amazing patterns in the sky. In parts of Europe, they can create murmurations with millions of birds in flight, sometimes so large that they can overtake large parts of the sky.

You can see them in this flight pattern all over Dartmouth. They are often in Shannon Park, they can be seen all over Alderney Landing, and I am guessing that if you are reading this near a window, if you looked outside you probably could see one in a tree or on a building near you.

Starlings are not native to North America, but they do quite well here. The first starlings were said to be introduced to North America by a fan of William Shakespeare, who released 60 starlings in Central Park in New York City in 1890. Starlings have since taken roost throughout the continent, to my pleasure, and to the dissatisfaction of many. It is another reason I love them. They might not be from here, but they adapted. They are incredibly hardy and thrive in many different types of environments, adapting to the conditions. While they can be considered an invasive pest by many, they just



Photo: Tyler Colbourne

Tyler sends out 100+ handmade linocut starling cards to people and places who are making a positive influence in the community.

make do with what they have been given.

While enduring through the winter months, I think of starlings and how they support each other in flight and how they are able to adapt to their context. Sometimes the challenges of this world seem insurmountable, but when I consider how starlings create these amazing mur-

murations, I feel more confident about the impact I have on the world.

I think it is easy to lose sight of the changes we can make as individuals, because sometimes all we can see is what is right next to us and not the greater impact overall. So, if you are finding the winter months to be a struggle and are looking

for a sign that even the smallest of actions can lead to significant change, look to starlings. Plus, I once saw one steal a French fry right out of the hands of a tourist on Halifax waterfront. If the murmurations don't inspire you, maybe that will.



Photo: John Yunker/Unsplash

The European starling is often considered a pest, but Tyler Colbourne says these hardy little birds can teach us how to adapt to new environments.

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Spirit of the Community

Photo: Doris Buffett-MacDonald



These many buckets of roses brought heartfelt cheer to the ladies of the North Dartmouth community on Valentine's weekend, courtesy of SonLife Community Church.

Celebrating the cherished women of North Dartmouth

by Doris Buffett-MacDonald

The patron saint for Valentine's Day is St. Valentine of Rome, a third-century Roman priest and physician who suffered martyrdom on February 14 during the persecution of Christians by the Emperor Claudius II. During his lifetime, he performed numerous marriages, which the Emperor didn't take kindly to, especially when he noticed that his married soldiers weren't as willing to go to battle. Claudius thought he would solve the problem by executing the marriage officiating priest.

According to legend, St. Valentine signed a letter "from your Valentine" to his jailor's daughter, who he had befriended, and it is reputed he healed her blindness.

SonLife Community Church's Valentine's event for ladies, Cherished, has taken place for the past 10 years. Because of gathering limits due to COVID-19, this year's event had to take place in a different format.

Rosa Johnson and her team decided to take the show on the road, and also, via SonLife Church's

Facebook page, take a trip down memory lane via pictures and song to revisit the Cherished events of yesteryear.

The planning for this year's event began in early February with daily posts of encouragement, pictures, and music from years previous. SonLife members donated items for gift bags and one super basket, to be drawn for on Valentine's Day. On the weekend prior to the event, Rosa Johnson and her helpers prepared roses for delivery, beautifully gift-wrapped cookies, and prepared the gift bags, including that grand prize basket.

The fun began on the Friday prior to Valentine's Day when deliveries were made to businesses that would not be open on the weekend. Throughout Friday and Saturday roses were delivered to each female bridge commissioner at the bridge terminal, Susan Leblanc's (MLA) office, Chater Meat Market, the North Grove, and other businesses in the Dartmouth North community, including new thriving businesses, some

of which we were discovering for the very first time.

The ladies were all genuinely surprised and very appreciative to be made to feel so special in this way. Sometimes appreciation is easily forgotten in the day-to-day of life itself. Each lady is a masterpiece, a one-of-a-kind creation from the Master's hand.

"It was a simple expression of our desire to share some appreciation and joy with those ladies, young and old, each one so special, who are part of the fabric of our community," says Pastor Chuck Kelades of SonLife Community Church.

The ladies' Valentine's event Cherished will always be that sweet and gentle reminder to each lady that they are cherished, whether they be single, married, divorced, or whatever the case may be. You are a creation of great worth and uniquely gifted for the world, to bloom where you are planted. The rose is just a reminder of how wonderful you are, each and every one of you.

Pandemic shows us ways to reduce food bank usage

...cont from p. 6

only offered an opportunity for people to socialize (with coffee/tea/cookies), it also offered navigator resources to help people. The Public Good Society's Kevin Little, Nova Scotia Work's job navigator, and the Dartmouth Community Health team could no longer help the clients. For the first months of the pandemic, the food bank operated out of the parking lot. As the Public Good Society's van couldn't be used to drive clients who needed assistance with their food home, the food bank introduced a "taxi chit" program to help clients who relied on the van service.

Clients are now allowed back in the building on Wednesday mornings with strict public health protocols in place, thanks to the changes in public health guidelines. Mr. Little is now able to interact with clients as navigator, giving people support in finding assistance.

Schwartz acknowledges that he and the dedicated volunteers are unlikely to be out of a job soon.

"Until such basic income programs exist, the volunteers at the NDORC food bank will be working hard to ensure that food is available for our clients and clients are

treated with respect that every individual deserves."

The food bank is open on Wednesday mornings from 8:30 to 10 a.m. New clients are asked to bring a health insurance card to register. The food bank is supported by several area churches (Grace, Port Wallis, and Stairs Memorial United churches, and Holy Trinity/Emmanuel and St. Andrew's Anglican churches) and the local community, and is a member agency of Feed Nova Scotia.

Shirley Hazen is a food bank volunteer.



Photo: contributed

From ElderDog volunteer to ElderDog client

by Elaine deBoer

Last fall, I unexpectedly transitioned from an active ElderDog volunteer to an ElderDog client. I was happily playing with Maggie, our 65-pound Lab/Great Dane foster when I took a hard hit to the pavement (fractured clavicle and mild concussion).

Not only did ElderDog have to scramble to fill my

regular dog walking shifts with other busy volunteers, but I needed help walking my dog when my hubby wasn't available. My fellow ED volunteers really stepped up and helped me. I appreciate each and every one of them for their generous and kind hearts!

I am doing well with my recovery, and have since resumed dog walking

and dog fostering. I can attest, unfortunately first hand, how invaluable the ElderDog services are. I am so very grateful for ElderDog and the essential work they are doing, country wide! Thank you, thank you, thank you ElderDog, on so many levels!"



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



Meet Fred Paris, a retired IT pioneer who keeps on giving

by Doris Buffett-MacDonald

Photo: Doris Buffett-MacDonald



Dartmouth North resident Fred Paris and his little buddy Nico in the family home on Symonds Street.

Fred Paris was born in Halifax and lived in Bridgetown until he was 17, when he moved to New Glasgow to live with his grandparents. His grandfather was a deacon in the Calvary Pentecostal Church.

"Everything in grampy's house was done by the Bible," Paris says. "He was strict, yes, but he was like a dad to me, and I had a lot of respect for him."

Fred met his future wife, Darlene, when they attended the same high school. There was never anyone else in Fred's eyes; she was the girl for him. They were married Nov. 26, 1977. Fred and Darlene worked and saved to purchase a home on Symonds Street where they have lived for the past 28 years.

Fred got a job with the provincial government in 1976, working in government printing. He worked there until retirement, then he took another two-year contract while he waited for Darlene to retire. Fred worked for the province for 35 years.

Fred and Darlene have four children, six grandchildren, and one great-grandchild. Friends and family know Fred is some kind of electronic and computer whiz.

"It is nothing for someone to knock on the door and ask Fred to help them with some complicated computer problem," Darlene says. "Even our grandchildren, when they are stumped, they always say,

'Call grampy, he will fix it.' And he does."

Before email came along, Fred set up a bulletin board system on the first home computer Darlene bought for him. The bulletin board system was started by U.S. Robotics. Members would stay in communication about the weather, important notices, and just generally staying in touch.

"The system was complex and amazing to me," Fred says. Eventually, all of that was replaced with email. "But," says Fred with a gleam in his eye, "I still have that computer downstairs."

All that tech savviness has been a Godsend for SonLife Community Church. When Pastor Chuck Kelades dreamed of a digital sign for the church, and that sign became a reality last year, Pastor Chuck dropped by Fred's house with the program of how to run the

sign. "Here, this is for you, Fred."

"I had to do the online training and I loved the challenge," says Fred.

He runs the graphics of that sign right from his home computer. "I can put up the weather, church notices, pictures from Facebook (with permission). "I am having a lot of fun with it," Fred says.

All we can say is thank you Fred Paris, you are a shining example, especially to young men out there, of a life well lived. Quiet, modest to the extreme, a beloved husband, father, grandfather and great grandpoppy, a good friend to all.

So, the next time you pass by SonLife Community Church on Windmill Road, have a gander at the outdoor digital sign. Perhaps you will think of Fred Paris and smile. I know I do, every time.



Happy Anniversary

Congratulations to Frank & Andrea Grandy, who celebrated their 60th Anniversary on Valentines Day, Feb 14. They also welcomed their first great-grandchild, a girl, Georgia, on Jan 15.

They are overjoyed to have her join their growing family.



BELATED BIRTHDAY WISHES: Happy birthday to Zita Kent, parishioner at Holy Trinity Anglican Church, who celebrated her 94th birthday on Jan 24. All the best in the days to come Zita!

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Spotlight on Youth

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




Thanks for the magic!

In behalf of staff and students at John Martin Junior High we want to thank our community for making the beginning of 2021 magical! Please phone us at 902-464-2408 if there are any changes in your information, such as your email address, phone number(s), or emergency contact.

Also, meeting public health protocols in order to keep our staff, students and extended school community safe remains a top priority. We appreciate the efforts our students have made in this regard.

Lastly, if you have interest in joining our School Advisory Council please contact vice-principal Mr. Sarka or principal Mr. MacDonald for further information. All the best!



Exploring Our Community

Students in Ms. Schmid's and Ms. Mather's classes at Harbour View Elementary went for a walk looking for special places in their community. Students talked and wrote about their special places to share with others. Students were proud to show where their siblings went to school, John Martin Junior High, where they learn to play soccer and play basketball, the Boys and Girls Club, the basketball courts and the church, where they go for groups, and the library, where some students attended programs and went with their families.



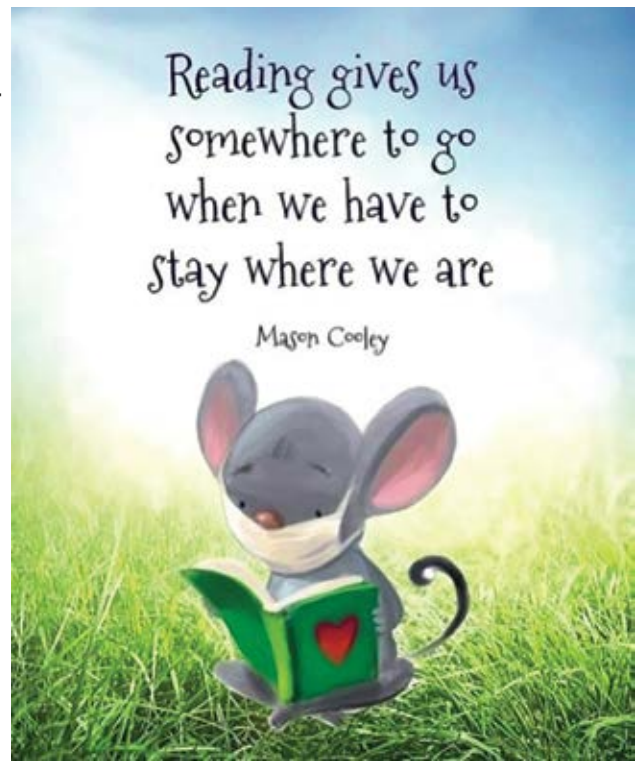
Ms. Schmid and her Grade 1-2 students on their community walk.

Photo: Carolyn Sullivren

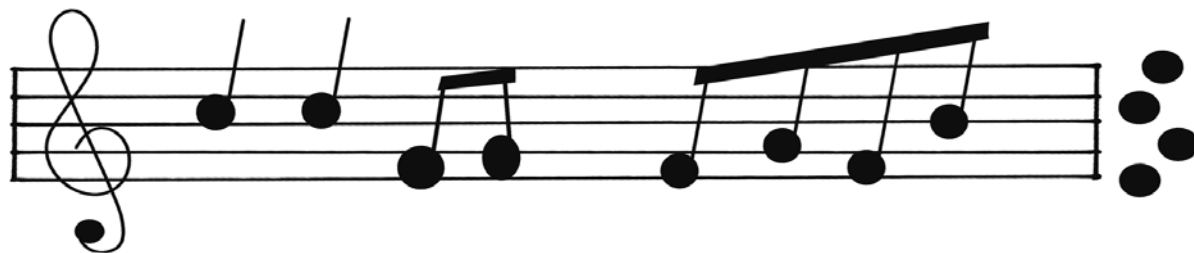


John MacNeil students and staff worked diligently on their entry for the 2021 African Nova Scotian History Challenge. Shown are Grade 2 teacher Ms. Douglas, student teacher Ms. Lynch and Jeniah Beals, a student in Ms. Douglas's class. The students are very proud of their collaboration, mounted on Kente cloth.

Photo: Erin Sampson




HAVE A HOPPY EASTER!



ON A MUSICAL NOTE: Ian Sherwood

by Sandi Weagle

Isn't it nice to see the days lengthening and the sun warming the air and your face when it is out? That groundhog, well he's a troublemaker. January, the long, cold month is over. February the short, colder month is passing by. Soon the birds will be splashing in the puddles and so will the kids. No matter what else happens, the seasons keep changing.

Music has seasons as well. There are the holiday songs, and the spring songs with their peppy beats. The lazy jazzy summer songs for those times by the lake or in the backyard with a cold lemonade. There are the stormy songs with the drums and the loud guitar solos representing the fall.

During the pandemic, the Internet has provided us some entertainment value and personal enjoyment through online concerts, kitchen parties and the like. I have a real treat for you this issue.

Meet Ian Sherwood

Ian was said to have sung scales and played drums with his tinker toys before he could talk. His grandmother was a song writer in Cape Breton and her songs have been woven into that history and are proudly sung to this day.

Ian joined the school choir in Grade 3. Although it was considered "uncool" by most of the kids, he loved it. The enjoyment continued in high school where he was in the school band and was a member of the band Slush Boy, performing at gigs with bands like Plum Tree.

Ian spent his teen years working for parks and recreation, at a preschool and then progressing to driving the "play wagon." The play wagon would visit areas where there were kids hanging around. It frequented areas that were considered underprivileged. Ian enjoyed bringing a van full of activities and supplies so the kids could do crafts, play games, and have an enjoyable experience. This does not surprise me; Ian has a kind heart and catching smile.

He auditioned for Grafton Street Dinner Theatre and although he did not get the job, they called him back for the following session. This was his first official entertainment gig.

Ian started his songwriting career in Toronto while taking saxophone. He wrote Dixieland Dirt Bovine for a band called the Jive Kings from P.E.I. He was a member of this band, which played swing. I asked him how many songs he has written; he says a couple hundred but not a thousand.

He played at Dawson City Casino in the Yukon, toured with Matt Andersen playing saxophone, and feels blessed to have done both.

During the pandemic the music dried up. He participated in a few online concerts. Ian said he will never forget the feeling of again being in a room of talented singers and musicians, and being part of making great music during the summer. He described it as an unforgettable feeling that was soul filling.



Photo: Ian Sherwood

Ian says being a musician is no different than any other thing you have a passion for. It doesn't matter your level of talent, your passion will make you do the work. You have to work at the boring stuff to do the fun stuff, he says. You have to practise and be committed.

Ian won the Best Contemporary Singer Award at the 2013 Folk

Music Awards. Watch for his two upcoming releases, one of which will be a Christmas album. Have a listen and a look. See the joy on his face and in his actions as he is performing. You will be hooked.

You can visit Ian's website at www.iansherwood.com.

Public safety meeting

submitted by Tony Mancini



Photo: contributed

Halifax Regional Police Chief Dan Kinsella (left) with HRM Councillor Tony Mancini at the recent Town Hall meeting.

On February 11, Halifax Regional Police Chief Dan Kinsella and HRM District 6 Councillor Tony Mancini hosted a virtual Town Hall meeting with community leaders from Dartmouth North to discuss policing and community safety.

There were many senior officers as well as 46 community leaders in attendance, including representatives from the Neighbourhood Watch Association, local schools, libraries and churches.

Some of the potential action items included

establishing a Neighbourhood Watch for the Leaman Drive area, more efficient dissemination of official information and details after a major event, increased surveillance for busy public areas, advocating for safe injection sites and needle boxes, working with partners to develop programs for women's safety, establishing a Dartmouth North Mobilization team and providing an update on gun reduction.

Thank you to everyone who organized and participated in this meeting!



Welcome back Cst. Jim Smith!

The Dartmouth North community is pleased to welcome Jim Smith back as our Community Constable. He can be reached at 902-229-9042.



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
Community Response Officers	902-490-5171
Neighbourhood Watch Co-ordinator	
Cst. Tanya Lambert	902-490-2169
Victim Services.....	902-490-5300
Kids Help Phone	1-800-668-6868
Office of Chief of Police	902-490-6500
Crime Stoppers.....	1-800-222 TIPS (8477)

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The pandemic's silver lining

by Doris Buffett-MacDonald

The new Dartmouth North Christian Food Bank opened in December 2020 in the newly renovated St. Anthony's Church Hall on Farrell Street in Dartmouth. This new food bank is a blend of food banks of First Baptist Church, which was formerly located on Ochterloney Street, and our Lady of Guadalupe Catholic Parish. They have partnered together to bring a ray of heavenly sunshine in the form of food security to folks in need in our Dartmouth North Community.

Before the opening of the new location, approximately 70 per cent of First Baptist's food bank clientele was from the North End of Dartmouth. The upside is they have far less distance to travel considering most do not have access to a vehicle.

The First Baptist Church is rebuilding at its new location in Lancaster Ridge. The St. Anthony Church Hall location is spacious, brightly lit, and everything is conveniently housed on one level. It has indeed proven to be a bountiful answer to the prayer for an ideal spot to

house their food bank while the church build is ongoing.

"Presently we have an average of five to six volunteers," says food bank coordinator Lis Jackson. "It is open every Thursday from 10 a.m. to 1 p.m."

Funds for the new food bank are sourced from Feed Nova Scotia, and First Baptist Church. Typically, they wait until something is on sale and then stockpile. This is wise planning because the contributions from Feed Nova Scotia are back to the pre-pandemic levels. The number of clients is steadily increasing with the average number of attendees well over the 50-plus mark.

How this all came about is a bit of a miracle in itself. Father James Mallon oversees the parish of Our Lady of Guadalupe Catholic Parish, which is comprised of the churches of St. Anthony's, St. Peter's, and Immaculate Conception in Dartmouth. One day he received a call asking if First Baptist Church could rent space for their food bank in the St. Anthony's Church Hall.

"It was a no brainer," Father Mallon says. "Considering our God-given mandate for outreach, we would not entertain the idea of First Baptist Church having to pay one red cent. Therefore, we were delighted to be given the opportunity to give them our church hall space for free!"

"It was totally a God thing," says Gavin McCombie, lead pastor of First Baptist Church, "so, much so that Thompson Moving and Storage also graciously offered to do our move for free. It just doesn't get any sweeter than that!"

Lis Jackson would also like to give a shout out to the Public Good Society, which partnered to shuttle clients from the food bank prior to the pandemic. This food bank is also another opportunity for Kevin Little of the Public Good Society to connect with clients, offering assistance in matters relating to employment, affordable housing and other issues related to poverty.

What this pandemic has taught us is that we can still "get it done."



Photo: Doris Buffett-MacDonald

Lis Jackson from the North Dartmouth Christian Food Bank stocking shelves with Lead Pastor Gavin McCombie of First Baptist Church.

Shoulder to shoulder, hand in hand. We have to pivot and find new ways of delivering services and touching lives, and the new Dartmouth North

Christian Food Bank is a shining example of this. With a generous measure of help from above the magic happened. The Dartmouth North Christian

Food Bank is located at 77 Farrell St. They may be reached at (902) 466-4270.

The show must go on at the Rejoice After School Club

submitted by Mary Hansen

Despite the challenges that have come about due to COVID-19, the Rejoice After School Club at Northbrook Bible Chapel is continuing to find ways to spend time together via Zoom. Every Tuesday evening, the children eagerly gather around their computers and join a Zoom call for a time to sing songs, listen to a Bible lesson, and even play a game together, all from the comfort and safety of their own homes.

With the features of Zoom, screen sharing makes it easy to share videos and trivia games such as Jeopardy. Seeing the enthusiasm and excitement of the children each week has been such an encouragement to our hearts as leaders. It's been challenging and lonely at times but having the ability to gather over Zoom to see the smiles of the kids and hear how God has been working in their lives has been encouraging beyond words.



Photo: contributed

Nick Hansen is one of the leaders at the Rejoice After School Club at Northbrook Bible Chapel, 225 Victoria Rd. Nick is leading one of the game quizzes following a lesson from the Bible. Points are earned for prizes.

CHURCH NEWS

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

FAMILY WORSHIP
Sunday 11:00 am
BIBLE STUDY
(in the Sanctuary)
Wednesday 7 pm

(All Covid protocols in place)

HOLY TRINITY EMMANUEL CHURCH
30 Alfred Street

DUE TO COVID, CLOTHING DEPOT CLOSED UNTIL FURTHER NOTICE

COMMUNITY CALENDAR



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

ONGOING PROGRAMS AT THE NORTH GROVE

6 Primrose Street
902-464-8234

MASKS AND SOCIAL DISTANCING ARE REQUIRED FOR ALL IN-PERSON PROGRAMMING.

COMMUNITY ADVOCACY PROGRAM

Have a question about Income Assistance? Need help with your landlord? Need someone to talk to? Come to the Community Action Office, where you can get one-on-one support from a trained volunteer or staff member. By appointment only. Call 902-464-8234 ext. 1024.

GOOD FOOD MARKET

Get excited for our Good Food Market restarting on Thursday, March 4! We will have produce for sale at affordable prices and much more!

MEAL PICK-UP

Drop by the Community Food Centre on Tuesdays and/or Fridays between 12:00 noon and 2:00 pm to pick up a meal, bread, and fresh produce. Anyone in need of food support is welcome to come by. I.D. is not needed.

PARENT-CHILD INTERACTIVE PROGRAMS

Sign-up for Wiggles & Giggles, Family Playgroup and more! You and your child can take part in fun activities, enjoy snacks, sing songs, and more. Registration required except for Baby & Me which is drop-in.

PROGRAMS AT THE DARTMOUTH NORTH PUBLIC LIBRARY

267 Windmill Road
(Farrell Hall)

The Library is trying something new at their temporary location at Farrell Hall – Theme Days.

MONDAYS are craft kit takeaways days.

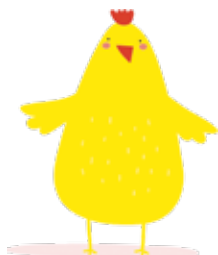
TUESDAYS feature a prize draw for a bag of candy.

WEDNESDAYS feature take away soup.

THURSDAYS are for take away hot chocolate.

FRIDAYS are "retro days" featuring a free chicken wrap lunch takeaway.

While supplies last.



Free menstrual products at municipal facilities

The Halifax Regional Municipality is now offering free menstrual products at municipal recreation facilities, community centres and Halifax Transit terminals, including the the Dartmouth North Library. Products are located in the washrooms of all facilities.

This initiative aligns with the municipality's commitment to reducing poverty through the Building Poverty Solutions Report developed in collaboration with United Way Halifax. Further, the municipality is committed to building healthy, liveable communities, where necessary health products are easily available for people who menstruate.



Free Income Tax Help

Registration for a Free Income Tax Service will be Monday March 1, 2021 at the temporary Dartmouth North Public Library at Farrell Hall location. Call (902) 490-5840 for more information.



Community Brunch Update

Greetings community supporters,

At a recent club meeting the decision was made to cancel all community brunches until September. Our decision is based on the need to respect and support community safety.

Club Members are keenly aware of the recent flare ups of the Covid virus in neighbouring provinces.

We intend to donate any food supplies on hand to Margaret's House and to supply items that helps their team provide a nutritious take away program. Our commitment to many other community groups will remain our focus.

This year so far, the club has donated to the Metro Care & Share Society, founded by Mel Boutlier. Kin Kindness Day was held on February 20th. The club has made a donation to the Dartmouth General Hospital Foundation in order to pay for transient visitor parking for the day. In addition we provided funds to a local elementary school to support a grab n' go snack and milk program.

Our club will honour its commitment to providing \$1000 awards in June to a graduating student at each of the 5 local High Schools. This award is known as the Dartmouth Kinsmen Community Service Award.

You can support our community service by playing the Metro Kin TV Bingo on Thursday evenings from the comfort of your home. Cards are available at local stores.

We look forward to the steadily improving pandemic free life of our community throughout 2021. Many front line workers are owed our gratitude.

Thank you again for your ongoing support. We are grateful to individuals and businesses that have supported our community service.

Keep Safe,

Geoff Hill, President
Kinsmen Club of Dartmouth



COME HAVE YOUR SAY

Due to Covid-19, things have changed in the way we live day-to-day. Come hear about what the Farrell Benevolent Society has been up to since our last AGM. This is your opportunity to hear about new ideas, ask questions and vote on specific motions! We need your support now, more than ever.

March 18th, 2021
Storm Date: March 25th, 2021
Start Time: 6:00PM

VIA ZOOM

SUPPORT COMMUNITY

PLEASE CALL 902-469-5769 TO RSVP.

Check out Dartmouth North Library's new digs!

by Doris Buffett-MacDonald



Photos: Doris Buffett-MacDonald

There's lots of free reads to take home and keep or share at the Dartmouth North Public Library's temporary digs at Farrell Hall.

The Dartmouth North Community Library needed to find a new location in December while renovations were underway at the library's Dartmouth North Community Centre site. Those will be ongoing until at least late Summer 2021.

Due to COVID-19 protocols, Farrell Hall could no longer host bingo. So, that location was just the ticket to set up new temporary digs for the library. Renovations took place, the WiFi was boosted, and the transition to the new location at 276 Windmill Rd took place seamlessly in mid-December.

Head librarian Carla Foxe and her staff are very pleased with their new Farrell Hall location. There is a huge WiFi bubble that operates 24 hours a day, requiring no login, extending even to some of the

buildings surrounding Farrell Hall.

On Mondays there are craft-kit takeaways. The highlight for Tuesday is the draw for a yummy bag of candy. Wednesdays the library reaches out to the community with a free soup and roll takeaway between 11:30 a.m. and 12:30 p.m. About 30 people show up each time. Donations of soup and rolls are always welcome.

On Thursdays there is a free hot chocolate giveaway. Fridays are Retro days where the staff dresses up in clothes of the past decades and has a great deal of fun with it. Also on Fridays is the free lunch takeaway of yummy chicken wraps and yogurt. This has proved mighty popular with as many as 50 people showing up each week.

Foxe wants to remind people that late fees for overdue items have been done away with. Also, there is a table chock full of free books for readers of every age and interest.

A popular and unique venture is the "clothesline" that holds new and gently used clothing items.

Carla Foxe is a phenomenal administrator who, through her work at the Dartmouth North Library and in the community, has a positive impact on the lives of children in our community. She works seamlessly with other community groups. She recently took the lead in the planning and preparation of the community-wide Winter Clothing Giveaway, which took place in December.

She was recognized in the House of Assembly in 2018 for her work around food security, and the

lunchtime program she and her staff undertook for the children who show up on a regular basis at the library.

Currently, all branches of the Halifax Regional Library are open for in-person service and curbside pickup with health protocols in place. Online programming is available. During the month of February there are plenty of activities for children, including puppet shows. There are also special events to honour African Heritage Month.

For more information you may contact Carla Foxe and her team at the Dartmouth North Library (Farrell Hall) at (902) 490-5840 or online at halifax-publiclibraries.ca.



Carla Foxe, Head Librarian at the Dartmouth North Library (Farrell Street site) with a take-home kids craft bag. The craft activity takes place on Mondays at the library.

Digital Literacy Matters

Learn Important Online Skills

If Google, Zooming, streaming, or tweets are foreign to you, you aren't alone. The organizations listed to the right can help you build skills to navigate the online world.

Info provided by the Between the Bridges Digital Literacy Table.

Dartmouth Learning Network:

Phone (902) 463-9179 Email executivedirector@dartmouthlearning.net
Online www.dartmouthlearning.net

Halifax Public Libraries:

Phone (902) 490-5753 Email asklibrary@halifax.ca
Online www.halifaxpubliclibraries.ca

Immigrant Services Association of Nova Scotia (ISANS):

Phone: (902) 423-3607 Email: info@isans.ca
Online: www.isans.ca

Online resources:

ABC Life Literacy Canada:
www.abclifeliteracy.ca/all-programs/internet-matters

Learn My Way:
www.learnmyway.com

Northstar Digital Literacy:
www.digitalliteracyassessment.org



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

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