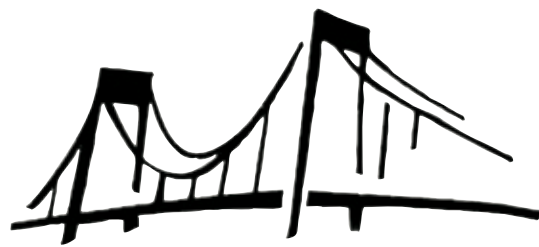


FREE



HAPPY BIRTHDAY TO ALL OF US!
The *Echo* turns 15 this month, and we couldn't have done it without our amazing North Dartmouth community and all of its wonderful, caring organizations and people. Give yourself some cake and celebrate yourself!

north dartmouth echo



linking our community

Simple acts of kindness go a long way

by Suzanne Rent

I was recently reading an article on how human kindness is the solution to our problems today. It sounds simplistic, but simple acts of kindness can go a long way towards doing good.

We often ignore the bad news because we don't know how to change it. But there are plenty of little things we can do to make life better for a lot of people. I have some suggestions.

Don't be a bystander. Speak up when someone is being bullied, harassed, is isolated, hurt or alone. Many things don't change because too many of us stand by and do nothing.

Be nice to retail and hospitality staff. Well, be nice to all customer service staff, but retail and hospitality staff often bear the brunt of our crankiness. I worked in both and have often said it should be mandatory that everyone work in these sectors. We'd all be nicer to each other.

Put your shopping carts and baskets back where they belong when you're done shopping. This is a personal pet peeve, but I think when we put our carts and baskets back, we're helping keep things in order, making less work for others, and not creating barriers by leaving carts unattended in the wrong places.

Volunteer. Everyone has a talent and a bit of time each month to give back to their community. Join an organization. You can even write good news stories for the *Echo*.

Make a donation. Sometimes even a few dollars can help someone in need.

Use your manners. Say please and thank you. Hold doors open for everyone. Help someone

cont. page 2...



Photo: Richard LaFortune

Dartmouth North's Erica Siba, aka Air-Wrecka, picks up the pace to outskate members of Les Duchesses, a roller derby team from Quebec City. Erica is one of a number of Dartmouth players in the Halifax league, Anchor City Rollers. See story page 7.

Shelter from the storm

by Doris Buffett-MacDonald

Warren Wesson sits happily beaming over his brood of men and women. It is 9 p.m. In they stroll from the ele-

ments, polite and smiling, each ready to make up their own bed and have a hot meal, and thankful to have a roof over their heads.

Frank MacKay House was conceptualized in the fall of last year, when Michelle Goueffic, SonLife member and outreach worker

for City Centre Ministries, approached Pastor Chuck Kelades to ask if he would be willing to offer up space for

cont. page 5..



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Simple acts of kindness

...cont. from p.1

get something from the top shelf at the grocery store. Give up your seat on the bus.

Don't litter. The other day I was driving and saw trash scattered all down the side of a hill. Cigarette butts are particularly bad and I see hundreds just left on sidewalks and in green spaces. Someone has to clean this up and if not, it's left to the environment to maybe break it down. Put your trash where it belongs and that's not on the ground.

Help a new parent you know by bringing them a meal, helping with chores, or offering to watch their children.

Give people compliments. If you like the outfit they're wearing or their shoes, tell them. If they did a good job on a project, let them know. If they have a talent, recognize it by saying something nice.

Sit with an elderly person. Our seniors have lots of stories they want to share. I guarantee you'll learn something fascinating.

Send a card to someone. Maybe it's a thank-you card for something they helped you with or a simple note to say hello.

Pay for the coffee of the person standing behind you in the lineup at the drive-thru or coffee shop.

If you're a kid, do some chores around the house without your parents asking first.

And finally, listen. We are very good at speaking our minds, but terrible at listening. If we sat quietly for even a moment and listened to someone's story or thoughts, we'd learn how others live in the world.

In that spirit, I want to thank everyone for reading and supporting the *Echo* in some way over the past 15 years. We'll be back in September after a summer break. Perhaps we'll see you at the beach.

SMILES ALL AROUND AT THE DARTMOUTH FAMILY CENTRE!



Photos: contributed by Dartmouth Family Centre

north dartmouth echo

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

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Between the Bridges community grants having an impact

by Matt Spurway

Recently, two very special community grant projects have made an incredible impact on the community and the relationships of everyone involved.

At Harbour View Elementary School, an after-school cooking club provided students with a chance to roll up their sleeves and learn to cook food together.

In May, the club hosted a volunteer appreciation dinner for more than 100 people in the community. The Caesar salad, spaghetti, and brownies for dessert were fantastic. The gym was decorated by students from all classes in the school and the cooking club students had a chance to show off their new skills. It was a very special event for students, staff, and volunteers alike.

Throughout the cooking club and community dinner, this project had a positive impact on relationships between students, staff, and the wider community. It was a great investment in our youth and they stepped up in a big way. Congratulations to everyone involved.

Also in May, during the Muslim period of Ramadan, the local



At the volunteer appreciation dinner in May, Harbour View School cooking club participants got a chance to show off their newly acquired skills, and community members got to dine in fine style!

(ABOVE back row, left-right) Cooking club members Carolyn Sullivan, Shelley Brown, Jenn Walker, Matt Spurway, Kim LeBlanc, Michael MacDonald, and Marg Myers. (front row, left-right) Joshua Briand, Kayla Livingston, Kyle Samillano and Carly Williams-Colley.

(TOP RIGHT) Harbour View parent Alisha Williams enjoyed the spaghetti dinner with her granddaugther.

(BOTTOM RIGHT) Some of Harbour View's amazing volunteers.

mosque hosted almost 400 friends and neighbours in a free community meal, which featured three speakers representing different faiths who spoke about how fasting plays a role in their spiritual practices.

Participants had wonderful things to say afterwards:

"Thank you for the lovely evening at your

mosque. It was an educational and enjoyable experience. The mosque is no longer a mystery in my neighbourhood, but feels like a part of my community."

"We really enjoyed it. It was a surprise to see so much love among people of different religions."

As a result, people who live near the

mosque had an opportunity to meet and learn more about their Muslim neighbours.

Lasting relationships have also formed between planning organizations like BDCANS and the Boys & Girls Club, which will serve to strengthen the community even more.

Finally, a community-wide grant was awarded



to a group of volunteers who are organizing a free outdoor performance of the fable Stone Soup, a story about people coming together to make something amazing, just like Dartmouth North!

Putting on a play is a lot of fun and a lot of work. With plans to stage the shows in September, the planning team is seeking people who want to be a part of this very special event. There are lots of ways to be

involved; if you are interested please email DartmouthNorthStoneSoup@gmail.com and check them out on Facebook at Dartmouth North Stone Soup.

For more information on Between the Bridges, please contact community coordinator Matt Spurway, matt@between-thebridges.ca or 902-488-7446.



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I look forward to working with you in our community

HALIFAX halifax.ca 311



Plants, plants and more beautiful plants decorated the hall at St. Paul's Church on Windmill Road on Saturday, June 8. Members of the St. Paul's Women's Association, Connie Marshall and Anne Whalen, were two of many residents who volunteered their time to make the plant sale another successful annual fund raiser.

Photos: Carol Nelson

A MESSAGE FROM

Darren Fisher, MP
DARTMOUTH-COLE HARBOUR

There has never been a better time to live in Dartmouth-Cole Harbour. Our city is vibrant, and you can feel a deep sense of pride. New businesses are opening, established companies are growing, and unemployment is down across the municipality.

Despite all of this, we know raising a young family is still not an easy thing to do. Paying for things like healthy food, hockey, baseball, dance, and music lessons can add up quickly. One of our top priorities is to help hard-working families provide the best start in life for their kids.

During the election in 2015, we campaigned on the Canada Child Benefit (CCB). And after the election, in 2016, our government made it a reality. You can see the difference the CCB is making in Dartmouth-Cole Harbour. I'm meeting more and more kids who are in organized sports for the first-time ever. And I'm chatting with parents who are letting me know that the CCB is helping them buy healthier groceries for their families.

This CCB is specifically targeted to middle-class families and those working hard to join the middle class. It is simple, tax-free and more generous than previous child benefit programs. In July 2018, two years ahead of schedule, the CCB was increased to keep up with the cost of living—and we are doing it again. Starting on July 20, 2019—on its third anniversary—the Canada Child Benefit will be increased once again so it can continue to support parents as the cost of living keeps rising.

And to support young families, the government introduced the Employment Insurance Parental Sharing Benefit. This benefit helps support a more equal distribution of home and work responsibilities by providing an extra five weeks of EI parental benefits when parents, including adoptive and same-sex parents, agree to share parental leave. Or an extra eight weeks for those who choose the extended parental benefit option. This use-it-or-lose-it approach is designed to create an incentive for all parents to take some leave when welcoming a new child, and to share equally in the work of raising their children.

Taken together, these measures mean that a child born today, over the course of 18 years, will receive \$49,157 more than before the introduction of the Canada Child Benefit—based on a \$50,000 annual family income. The same family can also access an additional \$1,547 thanks to five extra weeks of Employment Insurance Benefits. As a result of these changes, a child born in 2019 will receive almost \$51,000 more.

We believe in investing in Canadians. We've put a plan in place to invest in people, in communities, and in our future. When we brought in the Canada Child Benefit, we also cut taxes for the middle class in order to put more money in the pockets of over nine million Canadians. Our plan is lifting communities up, while driving economic growth. And we're working hard to make sure that no Canadians are left behind. Do you have questions about the Canada Child Benefit? Feel free to reach out to us at 902-462-6453 or Darren.fisher@parl.gc.ca.

The Public Good Society of Dartmouth is working on affordable housing

by Robert Chisholm

Since 2006 the Public Good Society has been working to make a difference in the lives of people in Dartmouth. A non-profit volunteer-led group, it is responsible for a number of initiatives including the Dartmouth Housing Help's office on Wyse Road. That project aims to promote housing retention and improved health and social functioning among individuals who experience housing instability.

That office has provided us a window into the on-the-ground status of housing in Dartmouth North. As time has passed, the situation has become even more serious with growing problems accessing safe, appropriate housing that fits into people's budgets.

Reviewing the most up-to-date research confirmed what we were hearing first-hand. There is not enough inventory, options are fewer and fewer, and prices are going up and up. People facing any sort of additional insecurity such as mobility challenges or mental health issues are finding it additionally difficult.

Should we try and build something ourselves? Could we do that? What is needed? Like many organizations, we wanted to contribute, but how and where to start was intimidating.

Recently, the Public Good Society was invited by Between the Bridges to participate in a Social Innovation Lab on Affordable Housing in Dartmouth North. It was exactly what we needed.

Working in teams made up of residents, other non-profits, and representatives from all three levels of govern-

ment, the Lab was designed to generate ideas and action. We went in with two thoughts: Could we initiate a new project? Or is there a role to play to help other organizations do that?

By the end of the Lab it was clear that major barriers to us and others who may want to build included a general lack of technical knowledge, financial and professional expertise, and familiarity with the wide range of government policies and programs involved with building affordable housing. We saw the best place for us to try and act was to find a way to help organizations to build affordable housing in Dartmouth North.

The idea of hiring a housing development officer and navigator that would be embedded right in the community was developed into a grant proposal, which is currently under review by the provincial government. We are excited about a potential partnership with Housing Nova Scotia, their confidence in us, and their commitment to tackling this problem together with the community. If the project is a success, it could serve as a model for other communities across the province.

Over the longer term, we are on a journey to find the best ways to respond to gaps in the system and needs of the community. For more information on the Public Good Society, please visit www.publicgoodsociety.ca.

Robert Chisholm is on the board of directors for the Public Good Society.

GOOD TIDINGS FROM DISTRICT 6

Greetings from HRM Councillor Tony Mancini

Summer weather is finally upon us. Last week, we celebrated the opening of Farrell Street Park with a free community barbecue. Nova Scotia Power and HRM staff cleared the brush and trees and added lighting along the path system last year. The work ensured better sight lines along the path system and has given our community a greater sense of security when using the popular pathway. We had bouncy castles, face painting, activities for the whole family and of course, food. Thank you to Nova Scotia Power for co-hosting and Glow and Sobeys for sponsoring the event. It was great to serve over 500 people and see the community come together in this beautiful new park!

Gray Arena Site Community Engagement

The Gray Arena Site was declared as surplus by the municipality, so we will be hosting community engagement sessions to hear more about what you would like to see on this site in the future. Staff have hosted a community gathering and several pop-up events already, and more engagement opportunities are to come.

Information and a short survey is available at shapeyourcityhalifax.ca/gray.

Spring Street Planting

Our Urban Forest Team is planning to plant over 250 trees in District 6 this season, on Farrell Street, Nadia Drive, Alfred Street, and Albro Lake Road along with resident requests and one offs across the district. They will also be working on warrantee replacements, replacement for damages incurred during winter snow removal operations and new planting requests. To request tree planting in your area or report an issue with a tree, please call 311.

Canada Day 2019

This year marks the 152nd anniversary of the founding of Canada and as part of the country-wide celebrations, the Halifax Regional Municipality will be hosting a series of free events and interactive celebrations at several locations. Atlantic Canada's largest free concert will be held at Alderney Landing with afternoon and evening shows, and the municipality's annual fireworks show will once again take place above the Halifax Harbour. Parking, transit, and other municipal program and service level adjustment details will be announced prior to Canada Day on halifax.ca. For more information and a complete list of events and schedules, visit the hrmcanadaday.ca webpage or call 311.

North American Indigenous Games

The 2020 North American Indigenous Games is the largest multi-sport event to be hosted in Atlantic Canada and will be held on traditional Mi'kmaw territory July 12 to 19, 2020 in K'ijipuktuk (Halifax) and Millbrook First Nation.

...cont. p.12

KEEPING IN TOUCH

Susan Leblanc

MLA DARTMOUTH NORTH

Work being done to address black youth underemployment

Recently we have seen a slight increase of young people moving to Nova Scotia instead of moving away. This is good news, and yet we know that employment statistics are showing that unemployment rates for African Nova Scotian youth still remain higher than for all Nova Scotian youth.

As MLA for Dartmouth North, an area that has a significant and vibrant African Nova Scotian population, this fact is very concerning to me, and so I was very interested

to discover the work that the One North End Community Economic Development Society (The O.N.E.) and Common Good Solutions are doing around this issue.

Through a social innovation lab the two organizations, based in north-end Halifax, have engaged African Nova Scotian youth, as well as employers, in looking at the issue and possible solutions. To this end, I was very happy to host an engagement session with several organizations and businesses that employ young peo-



Photo: contributed

ANS Youth Lab participants at Common Good Solutions.

ple in North Dartmouth. It was an excellent session, expertly led by Rodney Small, Josh Creighton, and Robert Nicols, where employers talked about their experiences and ideas about

the barriers that African Nova Scotian youth face in achieving employment, and also about what possible solutions could change the disproportionate rate of unemployment among young

Black people in our community.

I look forward to learning the results of the project and will share them with our community as they come available.

For more information about the work that Common Good Solutions is doing, you can check out commongoodsolutions.ca/current-projects.

Shelter from the storm

...cont. from p. 1

an emergency shelter at SonLife Community Church. Everyone knows Chuck to be a tad on the fearless side, and he responded with a resounding "yes."

Goueffic and Wesson joined with politicians and other interested parties to turn the concept into reality. It quickly became apparent that Wesson would be the driving force behind this project. He put the concept of a Dartmouth emergency shelter front and centre in the minds of residents through social media, radio and newspaper blitzes.

The steering committee included Michelle Goueffic, Christine Smith, Adam Bowes, Zack Pace, Colin McCrae and Warren Wesson. Community Constable Jeff Brown was also a huge help in the early stages. This was no small task. The paperwork, legal requirements and other business required prior to startup was for-

midable. Neighbours in the beginning had misgivings.

A community meeting was convened at the SonLife gym, the proposed shelter site. A 49-page policy and procedure booklet was handed out. The community expressed their support and misgivings, which helped put to rest some of the concerns, and the questions people absolutely needed to have answered.

Volunteers came out of the woodwork. Carpenters, tech people, and others caught the vision. Youth activist Cheyenne Hardy and the Better Together crew sewed up a storm of comfort blankets for the shelter clients.

Frank MacKay House opened without much fanfare in May. Located in the Sonlife Community Church on Windmill Road, it operates from 9 p.m. to 7 a.m. and welcomes guests on a first-come,



(Front, left-right) Eva England, Doris MacDonald, Kathy Riley, (back, left-right) Joe MacDonald and Commander-in-Chief Warren Wesson serving up Friday night deliciousness to the guests of Frank MacKay House, an emergency shelter at SonLife Community Church.

the kitchen dishes. Other times it is young people who can spare a few hours. There are those who stop by on their way to or from work to drop off some food which is heartily appreciated!"

There are 10 shelter beds and five for emergencies. The shelter is a resource the police utilize every other day.

"We have received so much community support," says Wesson. "It's incredible and heartwarming! All of the councillors and HRM have been in our corner from day one. Gloria McCluskey is one of our biggest champions. She will often drop by at 6 a.m. with breakfast, or pop in with supper and her famous banana bread!"

Wesson would also like to give a huge shout out to Sarah MacKay and Sylvia Anthony who graciously donated sum-

mer clothes from Holy Trinity Emmanuel Clothing Depot, including swimming trunks which Wesson says will be handy with those Zatsman Sportsplex day passes.

A well-known saying comes to mind...It takes a community.

"None of this would have happened without Pastor Chuck Kelades stepping up to offer up the space to house our shelter," Wesson adds. "He did this without hesitation, and believed in us right from the beginning. Few pastors would have been so magnificently generous, and I owe him a huge debt of gratitude."

That is what Frank MacKay House is all about: community, a warm bed and a hot meal, and shelter from the storm, which leads to hope and fresh starts!



Photos: Doris Buffett-MacDonald

OPENING NIGHT AT FRANK MACKAY HOUSE: (Front) Christine Smith, Paul K (Back) Kerry Adams, Joe MacDonald, Colin McCrae and Zack Pace.

first-served basis. Since the opening, Wesson and his crew have been unstoppable.

"People will come in with their kids to model

family serving," says Wesson, who is a full-time volunteer at the shelter. "They will dig in with meal prep, bed setup, or mopping up

Adult learners celebrate success in literacy, computer skills and adult education

by Tyler Colbourne

Dartmouth Learning Network is a place of magic and opportunity. When I had the privilege of working there I was lucky to be able to experience that magic as part of a team of dedicated educators and leaders who help people achieve their dreams. On June 6, 2019 the adult learners, their teachers and staff, and community members gathered at NSCC Akerley to celebrate the achievements and hard work of the many learners. Also in attendance were MLAs Tim Halman of Dartmouth East, Claudia Chender of Dartmouth South, and Susan Leblanc of Dartmouth North.

Learners with Dartmouth Learning Network participate in many levels of programming, from computer classes, to Levels 1 through 2 of the Adult Learning Program, through to GED classes. This year DLN helped more than 50 learners write individual GED tests, with six learners completing the GED process and receiving their certificates of completion. Other learners are finished their times with the adult learning program and moving on to other institutions to further their studies. Many will be returning in the fall to continue their work in communications, math, employment readiness, GED, and computer skills.

People who are interested in improving their skills in any of the above areas are encouraged to

contact Alison O’Handley over the summer to register for a spot in the fall. Learners of all skills and

knowledge are able to find their place at DLN. Taking the next step only involves a phone call.

Call 902-463-9179 if you are interested in finding success like these learners.



Photo: Tyler Colbourne

Adult Learners receive recognition for their achievements in Dartmouth Learning Network’s Level 1 upgrading programs.



Photos: Mike Wood



Photo: contributed



Property owner of the year

Congratulations to Mike Burgess, owner of Basin Apartments, on being awarded Income Property Owner of the Year by the Investment Property Owners Association of Nova Scotia (IPOANS). Mike received his award from IPOANS Executive Director Kevin Russell (left) and IPOANS VP Peter

Polley (right). The award is given to a member who demonstrates property management excellence and professionalism, a strong commitment to tenant relations, property maintenance, and community involvement, and a willingness to go above and beyond the status quo by delivering outstanding customer service.

(Above left) Achan Nyuago celebrates completion of the Nova Scotia School for Adult Learning’s Level 2 programming at Dartmouth Learning Network. She will attend Nova Scotia Community College in the fall to work towards her high school diploma.

(Above right) Adult learner Charles Ford (right) celebrates his many accomplishments with Dartmouth Learning Network tutor Andy Ewing (left).

NOT YOUR 1970S ROLLER DERBY!

by Grace Szucs and Daphne Ross Sleigh

Back in the 1970s, roller derby was something like a WWE wrestling show. With banked tracks and skaters being thrown over railings, there was more than a handful of theatrics. Today's roller derby is not just about sending skaters flying, though it happens a lot.

If you don't know, roller derby is a full-contact sport played on quad skates on a flat, oval track. Flat track derby is one of the world's fastest growing sports, with thousands of leagues. Halifax's Anchor City Rollers (ACR) boasts more than 100 skaters throughout HRM.

During play, each team fields four blockers and one jammer. The jammers score points by passing blockers and the blockers try to keep that from happening. But no one gets away with elbowing today. Rules are strict and focused on safe and respectful play for this hard-hitting sport.

Imagine trying to stay upright on eight wheels while someone else skates into you at full speed. It's a bit of a learning curve for any new skater.

Dartmouth North resident Erica Siba, 31, aka

Air-Wrecka, decided to try roller derby on a whim and fell in love.

"We wear a lot of padding to help with those falls that do happen to everybody at all levels," she says. "It's not really as injury-prone as people would say." Siba's only been sidelined once in nearly five years for an injury.

While some skaters come from sports backgrounds like hockey and rugby, plenty more join off the street and have little to no athletic background. Siba wasn't much of an athlete when she started.

"It's a strong community that is always working to build everybody up, regardless of what level you're at," Siba says.

With each practice, she grew to become an A-level skater on the Halifax Harbour Grudges, ACR's newly internationally-ranked A-team.

Think you're not cut out to play roller derby? "You're dead wrong," Siba says. "If you want to try it, you can do it. ACR has seen all ages, all body types, all genders, and all levels of athleticism find success in their league. They have excellent trainers and a strong



Richard LaFortune 2019

Photo: Richard LaFortune

community. Everyone's working to help build you up."

ACR also boasts two home teams, the Blackrock Bandits and the Dead Ringers, as well as a B-team, the Dockyard Brawlers. There are learn-to-skate programs happening a few times a year, as well as some weekend boot camps to give skaters the basics to get started.

And it takes a village to put on a game: referees keep the skaters in line while non-skating

officials (yep, no skates required!) track the vital statistics. If you're interested in roller derby at all, there is a place for you in the league. It's one of the most magical aspects of the sport.

ACR is a completely volunteer-run organization and a labour of love.

ACR's home for the summer is the Mayflower Curling Club in Halifax, but they used to play games in Shannon Park and have practised and held training camps at the Gray Arena. Finding

Dartmouth North's Erica Siba (aka Air-Wrecka), centre, says roller derby is for all ages, all body types and all levels of athleticism.

a practice space is a constant struggle, as most recreation centres don't allow roller skates on their floors. A number of teams around the province have folded because of lack of practice space.

"We're all a bunch of happy weirdos," Siba says, laughing. "I love the people. It's really brought me together with a lot of people who I

probably would not have met in other areas of my life."

If you want to skate, officiate, or be involved, reach out to the league online at www.anchorcityrollers.ca or on social media @AnchorCityRollers and @anchorcity-derby. You won't see Skinny Minnie Miller at the track, but you might just see yourself!

Photo: Karen Janik



Students from the Dartmouth Learning Network visit Hope for Wildlife in Seaforth, Nova Scotia.

Field trips aren't just for kids

contributed by Dartmouth Learning Network

Each year, Dartmouth Learning Network coordinates excursions and field trips for its adult learners who are improving their essential skills or working towards their high school equivalency. These outings provide the opportunity to learn about our culture and heritage and to explore Nova Scotia's varied geography and

museums. This spring, Dartmouth Learning Network enjoyed learning about life in coastal Nova Scotia in the 1940s at Memory Lane Historic Village. From there, they stopped in at Hope for Wildlife where they visited with both native and non-native species and learned about the rescue, rehabilitation and release work being done at the

shelter. DLN field trips are supported by Literacy Nova Scotia through funding from the Nova Scotia Department of Labour and Advanced Education. They are an important part of our learning journey each year, inspiring new topics of study and exploration.

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 ♦ Dr. Erin Pegg

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 ralph.mackenzie@hotmail.com
- CONNECTIONS THAT WORK 902-476-0785
 thepublicgoodsociety@gmail.com
- DARTMOUTH HOUSING HELP
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 info@dartmouthhousinghelp.ca

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 HFieldPark

Spirit of the Community

Photos: Dartmouth Community Health Board



Debra, Trevor and Monique were thrilled with the turnout at the second annual Sports Equipment Giveaway at the Boys and Girls Club in Dartmouth North.

Sports equipment giveaway—another huge success!

by Monique Mullins-Roberts, Dartmouth Community Health Board

A wonderful partnership has formed between a number of groups in Dartmouth North. The Boys & Girls Club, the Dartmouth Community Health Board, the Library, Schools Plus, HRM Recreation, the MLA's office, Zatzman Sportsplex and the Take Action Society all came together to assist with this community effort. The partnership began last year with an interest in seeing children and families active in our community.

In May, this committee of community-minded people held its second Sports Equipment Giveaway in Dartmouth North. Hosting over 125 children, youth and adults, the purpose was to give away sports gear for fun and recreation. And the event did just that! There were 125 soccer balls given away along with 150 basketballs, 55 ground hockey sticks, 75 t-shirts and jerseys and lots more.

Along with this equipment, we were able

to draw door prizes for larger items. An HRM Kids free week of camp and seven bicycles were drawn as door prizes.

These events are so much better with the support of local community groups. We saw lots of newcomers to the community, thanks to great support and promotion from the YMCA Centre for Immigrant Programs. We received a donation towards the purchase of some new equipment from Municipal Councillor Tony Mancini.

Refreshments were provided by MLA Susan Leblanc and the local Tim Hortons supplied coffee and treats. The group also had assistance from 211 who provided a hand-out with information about how to find funding programs that can help with sport registrations. There was so much evidence of a truly collaborative community effort.

Everyone in attendance had smiles on their faces. Families came and couldn't



Some smiling volunteers at the Sports Equipment Giveaway in May.

believe they could just take new and used equipment for themselves and their children. Children shared stories of how excited they were about the game of soccer, or how they couldn't wait to go home and ride their new bike. The smiles in the room certainly indicated how fun it is to pick out sports equipment at no cost.

The Boys & Girls Club was bustling with activity and people were connecting with groups and other community members. Our hope is that kids are outside having fun with their new equipment. We hope there are loads of basketballs being dunked and soccer balls being kicked in the community!

Rise 'n shine at the Friday morning market

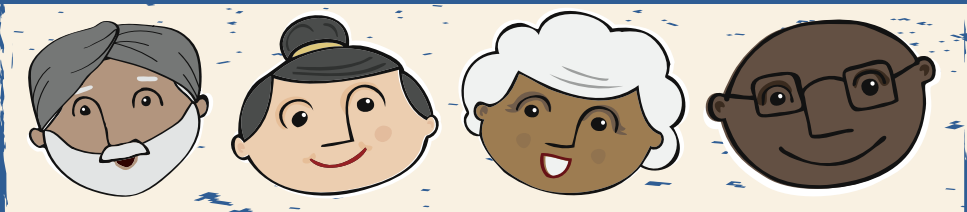
Photos: Doris Buffett-MacDonald



Rob MacNeish, program director for the Dartmouth North Community Food Centre Market and the Community Farm takes a moment to break out the smiles as he oversees the bustle of activity at the Food Centre's Friday morning market.



Jean Shields happily volunteers at the Community Food Centre twice a week. Thank you Jean for being a fine example of what community and caring are all about.



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR
902-462-6453



Photos: contributed

Keeping love in the home

by Paddy Muir

Many families can identify with this situation. An elderly relative living alone suffers a health crisis and needs a visit to the emergency department. This alone is worrying enough for family members. But when the senior has an animal companion, their worry is compounded. In an ideal situation, family or friends can take care of the pet but sometimes this is impossible.

This is what happened to Hazel in March. Nearly 102 years old and extremely independent, she has lived in the same house since 1943. Since the death of her husband 25 years ago and her own retirement from full-time work, she has shared her home with many dearly loved dogs. She adopted beautiful Montana, third Sheltie, several years ago when Montana's career as a prize-winning show dog finished. They have been inseparable ever since.

Hazel's one day in emergency stretched into two, then three. At home, Montana, was alone. A neighbour visited several times a day to feed her and let her out in the yard, but she was very lonely. And probably also very confused because Montana is deaf.

When Hazel's daughter, Sandra, learned that her mother would need to be admitted, she reached out for help with Montana. Fortunately, she knew about ElderDog because a neighbour in the rural community where she lives had been a volunteer walker with the organization and Sandra had heard that ElderDog could also provide temporary care in an emergency.

She called, and within 24 hours Montana was safely with an ElderDog foster family and Sandra could focus her attention on the unfolding story at the hospital and her mother's needs.

A health crisis is only one of the potential challenges for older people and their pets, who are also often senior animals. As we age, even routine care for a beloved animal companion sometimes becomes difficult. Mobility issues can become an obstacle to providing regular exercise. Giving up a car may be an impediment to visiting the vet. Vision or dexterity loss can make grooming or administering medications a challenge. Even for active and healthy older people, accidents occur and surgeries are sometimes needed.

Sadly, many seniors start to worry about whether they will have to give up their companion because there does not seem to be an alternative. For many, this potential loss is unbearably painful.

Dr. Ardra Cole recognized these issues and drew on her expertise to establish ElderDog Canada in 2009 to help address them. ElderDog's mandate is to honour and preserve the human-animal bond through care, companionship, commemoration, and education. The organization, headquartered in Lunenburg County, officially has Pawds (chapters) coast to coast and is 100 per cent volunteer run.

What do these volunteers do? The list is long and varied. They bathe and brush. They trim nails and administer eye and ear drops. They lis-

Thanks to ElderDog, Montana is able to continue to live with her human, Hazel, who is almost 102 years old!



ten to stories and laugh at antics. They comfort and support when someone is grieving the loss of a beloved animal. Some foster. Some transport. Others bake and do crafts to raise funds, or organize community events to spread the word.

And they walk. Oh, do they walk! Slow toddlers around the block with some dogs, brisk marches for others, and for a few, perhaps, a sprint on the trail. These dedicated people seldom feel the need for a Fitbit!

Happily, Hazel made a good recovery and after seven weeks in hospital her healthcare team felt she was ready to go home—with some help around the house and regular visits from the VON. When Hazel was settled, Montana went home, too. Their reunion was pure joy.

But the ElderDog bond continues. Every day a volunteer takes Montana for a walk to

help her stay fit and have an opportunity to check out the smells and sights in her neighbourhood.

Everyone hopes that Hazel and Montana will be together for a long time, but if there comes a day when living alone in her home becomes too much for Hazel, ElderDog will be there, if needed, to help with an adoption to ensure Montana continues to have a loving home carefully chosen to meet her needs.

Thank you, Hazel, Sandra and Montana for letting us share your story. We love happy endings!

To learn more about the work of ElderDog or volunteering opportunities, visit elderdog.ca. Or drop by DeWolf Park in Bedford on Sunday, September 29 at 11 a.m. (rain date October 6) for ElderDog's annual awareness dog walk. All two- and four-legged friends welcome. Lots of fun and treats for all!



Photo: contributed

HAPPY 70TH BILL! On Friday evening of May 17, family and friends celebrated at a surprise 70th birthday party for Bill Yochoff, a long-time member and volunteer at St. Paul's Church on Windmill Road. Bill is accompanied by his wife Paula in the photo above. A grand time was enjoyed by all.



HOPE FOR WILDLIFE TRIP Thursday, July 18

\$20 includes lunch and transportation
(Must be paid in full by July 10)

Limit 36 people. Act fast.

Bus departs 9 am sharp, returning
approximately 4 pm.

RESERVE YOUR SPOT TODAY

Call 902 465-5578 ext 213 for tickets.

Donations gratefully accepted for the animals. Consider donating eggs, towels, blankets, seeds, root vegetables (no potatoes) animal carriers, leafy green vegetables (not iceberg lettuce)

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Photo: contributed



Plastic has to go

When I was seven, my uncle threw a McDonald's cup and straw on the ground. It made me think we would go to jail because you can get fined for littering.

When I was eight, I went to visit a farm with the Boys and Girls Club. It had plastic baby toys and bags. Most importantly there was plastic everywhere! This was bad. Worse than anything, it made me upset. Plastic was all around the world!

When I was 10, my teacher asked me to look up stuff about plastic ruining animals' lives because of us. I found a picture of a turtle with a straw up its nose. It made me horrified. That's what inspired me to make a stop motion video about a plastic bag killing a duck.

Stop, think, please don't litter!

*Mekhi Burt
Grade 5, John MacNeil Elementary*

Mekhi Burt with one of the stop motion figures he created for his video about plastic awareness.

Dartmouth North teen invited to first ever Youth Summit in Ottawa

by Cheyenne Hardy

I recently had the honour of being invited to join 300 youth in the first Canada Youth Summit at Carleton University in Ottawa. While there we had opportunities to share stories and discuss issues with youth from all across Canada.

We also got to do community service for a day at several different venues around the city. Myself and another youth from Halifax, Tylia Farmer, helped pack over 2100 lbs of food for youth and their families that were living in local community housing and to be honest, that was probably my favourite part!

Some other highlights were hanging out with the Prime Minister (of course!) but we also got

to hear inspirational stories from some pretty awesome people, like an astronaut, an Olympian skater, and a dancer who did not have use of his legs but was incredible! We also got to chat with some other ministers, including my friend, the Honourable Maryam Monsef!

We made lots of new friends from across the country, and we got to take part in interesting discussions, including the Prime Ministers town hall meeting.

My main take away from this Youth Conference was no matter where we live in Canada, today's youth are worried about a lot of the same things—health care, poverty, and education, to name a few. We all just want our

families to be healthy, we want a chance at a good education, we want to be treated fairly, and to just be secure about our futures.

We are hoping that our government, no matter who's in office and no matter what branch of office, will really listen to us and realize just because we are young doesn't mean we don't know what the issues are. As a matter of fact, if the ones in power really take the time to have conversations with us, they will see that we are capable of offering up some really valid solutions!

All in all it was a really great experience. Maybe next time it could be a little bit longer, or not have so many people, because at times it

was really difficult for everyone to have their voices heard just based on time limits. But considering it was the first one, I think for the most part it was pretty good.

I ended my trip with my friend from Carleton University picking me up and taking me to see Parliament! It was beautiful, and as I was standing in front of one of the most important buildings in Canada, I could not help but feel very blessed to not only be there in Ottawa, but to be living in this great country of ours!



Photos: contributed

Cheyenne Hardy met up with the Hon. Maryam Monsef, Minister of Women's Rights and International Affairs while at the first ever youth summit in Ottawa.

Cheyenne also spent a day with Tylia Farmer of Halifax packing food for youth and their families living in community housing.

Photo: Maureen Kakonyi



HRP Officer Ahmed El Shair joined Crime Stoppers in giving safety tips to the public at the recent Police Day in May.

Police Day at hit at MicMac Mall

Halifax Regional Police Day was held at MicMac Mall on Saturday, May 11. Many partner agencies attended booths for the day, including Nova Scotia Crime Stoppers. Vehicles on display in the parking lot included the “shredding truck” which was available at no charge to the public. Indoors, Halifax Regional Police Officer Ahmed El Shair and Crime Stoppers mascot (Stephanie Webber) were happy to share tips on safety in communities.



The new Sarge and his handler dropped in on a recent Neighbourhood Watch meeting.

Good Tidings from District 6

...cont. from p. 4

There will be 5,000 participants from Canada and the USA competing in 17 sports and the Halifax Common will feature a multicultural village with performances and a marketplace for traditional Indigenous arts, crafts and demonstrations. Visit NAIG2020.com for more information and how to get involved.

Bike Route Map

This month we celebrated recreation month and Halifax Bike Week. In order to make biking more accessible, HRM has released a new, interactive Halifax Bike Map app. The new app will allow users to see existing cycling infrastructure, suggested cycling routes, bike lockers and other features including schools, libraries, transit terminals, recreation centres, and public washrooms. Users will also be able to search for specific routes and pan and zoom around the map to locate routes near their neighbourhood and click for more information. For more details visit halifax.ca/bikemap.

Neighbourhood Watch gets a visit from the new Sarge

The monthly Neighbourhood Watch meeting held on Wednesday, May 15 at Farrell Hall included a surprise for all who attended. We had a visit from the new horse that will replace the retired Sarge, although the name will continue until he is officially renamed. The police horses come from Kentucky where they are trained for a minimum of three years, training with the same student for the term. They are then sold to police departments, and if a horse is healthy, they work until they are 19 years old. We look forward to seeing the new Sarge again when we can call him by his true name.

The June 19 Neighbourhood Watch meeting was held at the 911 Centre in Woodside and members were given a very informative tour of the centre. A special thank you to our Divisional Commander Inspector Lane for giving the members this great opportunity.

A safe and happy summer to all and we look forward to our next meeting at Farrell Hall on Wednesday, Sept. 18 starting at 7 p.m.



Photo: contributed

CRIME STOPPERS FREE SHRED-IT DAY: On a recent cloudy and windy day, Nova Scotia Crime Stoppers held its annual Free Shredding Day at the Canadian Tire location in Bedford Commons. A delicious barbecue was enjoyed by those who dropped by and children were delighted by a popcorn treat.

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)

NOVA SCOTIA CRIME STOPPERS

Call Crime Stoppers With A Tip

You Could Be Holding The Piece Of The Puzzle That Solves A Crime

Remember We Want Your Information Not Your Name!

1-800-222-8477(Tips) www.crimestoppers.ns.ca

Photo: Doris Buffett-MacDonald



CELEBRATING DAD: Why go home and turn on the stove when you can stay after church for a delicious potluck barbeque complete with hotdogs and burgers? Why indeed! All the deliciousness and sharing took place at SonLife Community Church on Father's day afternoon.

Photo: Mary Lynne Doiron



Enjoying the last Loonie Toonie night of the season at St. Paul's Church in May are: (front row l-r) Pat Mombourquette and Debbie Stokes; (back row l-r) Mary Lynne Doiron, Pauline Hingston, and Pat Miller.

Loonie Toonie all the way....

The final Loonie Toonie night held on May 29 in the hall of St. Paul Catholic Church was another evening of great entertainment, fun and laughter for

the community members and friends that gathered for the event. The crowd enjoyed the many talented performers that helped make it another successful musical evening.

Mark your calendars for the next one which will take place on Wednesday, October 30, starting at 7 pm, in the church hall.

Thank You from Holy Trinity Emmanuel Church

contributed by Lynn Orton

A huge and sincere thank you to everyone in the community who supported our take-out lunches over the last several months. When we decided to give them a try, we were not sure of the response we would receive, but they were a great success because of your support. We have taken a break for the summer but will resume again in September.

Benefit for Mel and Paulette Rogers

Holy Trinity Emmanuel Church will be holding a benefit fund raiser on Saturday, July 20 from 2 to 4 p.m. to help cover the costs of a specialized wheelchair for Mel. The cost of this wheelchair is more than \$4000.

Music will be provided by Frank Grandy and the band, Cute as a Button. There will be a free will offering at the door, an envelope auction, and 50/50 draw.

For further info, please contact Lynn at 902-464-5697.

Church Events

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

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



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

CLOTHING DEPOT WILL BE CLOSED JULY-SEPT 4

FLEA MARKET
Saturday, Aug 3
9am-12 noon
Admission \$.50
Info call Sarah 902-469-0937

FRANK GRANDY & CUTE AS A BUTTON CONCERT
Sunday, July 14 and Aug 11
1:30-4:30pm
Freewill offering
Canteen/50/50 draw
(All proceeds go to the work of the church)



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

July & August
Throughout the summer check the outside sign, Church bulletin or Seaside FM for possible BINGO games.



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

ANNUAL STRAWBERRY SHORTCAKE DINNER
Tuesday, July 23
2-4pm in church hall
TAKE OUT
Dinner: Ham, potato salad, coleslaw, tomato, cucumber, lettuce, roll.
Dessert: Homemade biscuit, fresh strawberries with real cream.
Cost \$12



Photo: contributed

WELCOME NEW CITIZENS! Cavita Persad-Colombet and Antoine Colombet, parishioners at St. Paul's Church on Windmill Road, received their Canadian Citizenship on May 23. Antoine is from France, and Cavita is from Trinidad-Tobago. This exceptional couple were married this past February at Abbaye de Saint Philibert de Tournus, in Saone-et-Loire, France. Cavita is an altar server and Antoine belongs to the Men's Association. They have two turtles, love living in North Dartmouth, and are hoping someday to raise children in our caring community.

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.

ARTY PARTY TUESDAYS
Tuesdays (July 2-Aug 20)
2-4pm | Ages 3+

FIND IT FRIDAYS
Fridays (July 5-Aug 23)
All day | Ages 5+
Group registration required*

BEST IN STUFFIES SHOW
Wednesday, July 3
2-3pm | Ages 3+

KARAOKE PARTY WITH DJ BRANDON
Saturday, July 6
1-4pm | All ages

GLOW IN THE DARK PUPPET SHOW
Wednesday, July 17
10:30-11:00am | Ages 3+

ALBRO LAKE BEACH POP-UP LIBRARY
Fridays (July 5-August 9)
2-4pm | All ages

SUMMER SPLASHDOWN & PEACE PICNIC
Friday, July 27
2:30-3:30pm | All ages

KIDS IN THE KITCHEN
Tuesday, July 31
2-3pm | Ages 8+
Registration required*

GOOD MORNING YOGA FOR KIDS
Friday, July 13
10:30am | Ages 5+



PJ PARTY CAMPOUT
Saturday, August 10
2:30-3:30pm | Ages 5+

END OF SUMMER PARTY
Friday, August 16
2:30-3:30pm | All ages

OUTDOOR MOVIE NIGHT: AVENGERS ENDGAME
Friday, August 23
7:30pm | All ages (movie rated PG13)

DARTMOUTH NORTH COMMUNITY FOOD CENTRE EVENTS

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

YOUNG COOKS AND YOUNG FARMERS

July and August
6-week programs to get children growing, harvesting, cooking and eating delicious foods! Children can be registered for both Cooks and Farmers, or just one of these programs. Call Melissa or Rob: 902-407-4610.

YOUNG COOKS:
Tuesdays 10-12 noon
(children 8-12 years old)
YOUNG FARMERS:
Thursdays 10-12noon
(children 6-12 years old)



GARDENING WORKSHOPS

JULY 8: DEALING WITH WEEDS
Learn to identify and deal with common garden weeds. We'll discuss types of weeds and what some weeds can tell you about your soil health and which weeds are edible!

JULY 22: MID-SUMMER HARVEST
Learn how to harvest summer plants as well as plant maintenance to ensure a productive harvest for the rest of the summer.

FARM DROP-IN AND TOURS
Participate in any or all drop-in farm sessions (see Mon & Wed on the calendar) where you will be supporting the farm to grow food for the community. No need to be a volunteer to do this—just drop by during any farm drop-in session on the calendar!

Are you curious about the farm but aren't sure what's growing? Join us during farm drop-in for a short tour.



Photo: Matt Spurnacy

CHOP & CHAT

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

WALKING GROUP

(all fitness levels)
Tuesdays 10-11:30 am
Walk the neighbourhood and finish back at the food centre for lunch. Stop in any Tuesday that works for you!

YOUNG FAMILIES SUPPER & MINI MARKET

Mondays 5:30-6:30 pm

SOLIDARITY SUPPER: RENTERS ROUNDTABLE

Tues, July 16, 5-7:30 pm
Learn from our panel of guest speakers as they discuss everything from eviction prevention to health and safety conditions your landlord must maintain.

ART BIKERS

Wed, July 10 and 24
A mobile community arts program, free and for all ages, operating in parks and public green spaces throughout HRM. Join us for some art making at the picnic tables. Come on out and get creative!

Beating the odds

One of Dartmouth North's great champions and volunteers, Roseanna Cleveland, suffered a debilitating spinal stroke last September. She was told she would never walk again — but if you know Roseanna, you know that is just not something she could accept. After almost eight months away in rehab, Roseanna came home standing on her own two feet!

The community came out in full force one Friday night in June for a welcome home party and fund raiser to help with things Roseanna needs like some home renovations, medical equipment, and other needs that arise from her condition.

We are happy to have her home and we wish her all the best in the days to come!

A welcome home party and fund raiser for Roseanna Cleveland was well attended by family, friends and community members on June 14 at the Zatzman Sportsplex. Her strength and determination to recover from her medical journey is indeed a great part of her recovery. Keep up the good work and get well quickly!



EVERGREEN WRITER'S GROUP

Evergreen Writers' Group welcomes newcomers to meetings at Evergreen House, 26 Newcastle Street. They get together the first Wednesday of each month, 10:15 a.m. to noon for discussion, encouragement, feedback, guest speakers and workshops. For information, call 463-5612 or email evergreen_writers@yahoo.ca.

What would YOU like to see on the lands at the GRAY ARENA site? The arena is reaching the end of its life and the Municipality wants to hear your ideas for the future re-use of the whole site or parts of it.

SHARE YOUR IDEAS IN JUNE & JULY

Visit our website at

WWW.SHAPEYOURCITYHALIFAX.CA/GRAY
to learn more & fill out a short survey.
Call Leticia @ 902-490-4083 or send an email to smillil@halifax.ca.

Thank-you!

HALIFAX

north dartmouth echo AGM

Join us Wednesday, June 26 at 7 pm at the Dartmouth North Community Centre, 105 Highfield Park Drive as we celebrate our 15th year at our Annual General Meeting. Thank you for helping us bring the positive side of our community to our readers.



Photos: Kaley Dixon

TAKE ACTION IN THE COMMUNITY: Dartmouth North kids had a marvelous time at the Easter Egg Hunt held April 17 at Jason MacCullough Park. The egg hunt, organized by the Take Action Society drew almost 100 participants in search of Easter goodness!

FARRELL HALL COMMUNITY BINGO

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

Doors open 6:00 pm

Mini Bingo at 6:45 pm

Regular Bingo 7:30 pm

Sunday Afternoon Bingo

Doors open 12:00 pm

Mini Bingo at 1:00 pm

Regular Bingo 1:45 pm

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



Licence#AGD-113779-17

FARRELL HALL

276 Windmill Road
902-469-5769



Successful Easter egg hunters showing off their booty!

Photo: Mary Lynne Deitron



IN HONOUR OF MOTHERS: Enjoying the Mother's Day Brunch at St. Paul's Church, Windmill Rd. on May 12 are Jim and Debbie Stokes with their daughter Katie and grandchildren Elena and Aidan.

DARTMOUTH NORTH OUTDOOR COMMUNITY PERFORMANCE

share your skills and talents
all welcome

join in now for a late September
event

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Please go to our website for further information:
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