



## COUNCILLOR TONY MANCINI DISTRICT 6 ONLINE NEWS

HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

### Together We Can Build Safe, Healthy, Active Communities

#### WELCOME DECEMBER



Happy Holidays District 6! The usual ceremonies, gatherings and traditions may not be possible this year due to COVID-19 restrictions. As the Premier and Dr. Strang have stated, *“We may need to start new traditions”*. 2020 has been an extremely tough year so I hope this holiday season, lets some joy into your life. Our Parks and trails are still open, so take

advantage of getting outside with your family. Please stay safe and follow all the Public Health protocols.

Virtual meetings are continuing for Regional Council for the time being, you can check out our meeting schedules and the link to view online meetings [here](#).

Merry Christmas, Buon Natale, Joyeux Noël, Happy Hanukkah and Joyous Kwanzaa!

#### BIENVENUE DECEMBRE

Joyeuses Fêtes, district 6! Les cérémonies, les rassemblements et les traditions habituels ne seront peut-être pas possibles cette année en raison des restrictions de la COVID-19. Comme l’ont déclaré le premier ministre et le Dr Strang, « il se peut que nous devions commencer à adopter de nouvelles traditions ». *L’année 2020 a été extrêmement difficile; j’espère donc que ce temps des Fêtes laissera un peu de joie dans votre vie.* Nos parcs et sentiers sont encore ouverts, alors profitez de sortir avec votre famille. Veuillez rester en sécurité et respecter tous les protocoles de santé publique.

Les réunions virtuelles se poursuivent pour le moment pour le Conseil régional; vous pouvez consulter nos horaires de réunion et le lien pour consulter les réunions en ligne [ici](#).

Joyeux Noël, Buon Natale, Merry Christmas, Joyeuse Hanukkah et Joyeuse Kwanzaa!





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HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

## POLICE URGE CITIZENS TO FOLLOW NEW COVID-19 REQUIREMENTS

Halifax Regional Police is reminding people to follow the new public health measures that came into effect on November 26<sup>th</sup> in parts of the Halifax region. We strongly advise members of the public to educate and re-educate themselves on these public health directives and COVID-19 enforcement measures, including, those related to illegal gatherings and associated fines.

For more information on the public health directives and new restrictions, visit:

- [Halifax County restriction alerts](#)
- [Penalties for violating public health directives](#)

Enforcement of these restrictions remains a vital part of the overall strategy to curb the pandemic. We all must follow the rules and do our part to slow the spread of COVID-19 in our communities.

## DARTMOUTH NORTH PUBLIC LIBRARY UPDATE



The interior renovation at Dartmouth North Public Library has begun. During renovations, the outdoor library and community centre at 105 Highfield Park Drive will remain accessible and the library material curb side pick-up will now be happening from Farrell Hall. For more information, see our [website](#).

## FREE PARKING

We are now providing 15-minute free parking at paid parking locations for the month of December to facilitate short-term pick-ups and loading while providing more flexibility for business owners and customers. This option is available through both the HotSpot app as well as the on-street pay stations. Residents can input the amount of time they will be parked in a parking zone, and the first 15-minutes will be automatically free.

## CITIZEN CONTACT CENTRE

Our 311 contact centre provides information on municipal services and allows residents to report operations issues in their community. You can reach our customer service agents in person at Alderney Landing, through phone by dialing 3-1-1 or through email. 311 now has a new email address: [contactus@311.halifax.ca](mailto:contactus@311.halifax.ca).

## WOODLAWN UNITED CHURCH

Many of our church communities are still active and involved in the community despite not being able to have traditional meetings. You can check out the Woodlawn United Church's recent activities by reading their current newsletter [here](#).

**COVID-19 Contact Tracing: Preventing Spread**

**CONTACT TRACING** is a process used to identify and monitor people who have had close contact with someone known to be infected with COVID-19. These people have a higher risk of becoming infected too, and spreading the virus to others. **CONTACT TRACING** helps people understand their risk and limit further spread of the virus through self-isolation for close contacts.

**SYMPTOMS:**

- Fever
- Sore Throat
- Runny Nose
- New or Worsening Cough/Headache

**PREVENTION:**

**Clean Your Hands**  
Wash hands for 20–30 seconds with soap and water, or rub hands with alcohol-based sanitizer. Cough or sneeze into a tissue, elbow, or wear a protective mask. Avoid touching your face.

**TAKING CARE:**

**Look Out For Each Other**  
Keep in touch by phone, video, or social media — Is everyone okay? Do they need anything? Are they coping? — For some people, you may be the **ONLY** person they can depend on.

**CONTACT TRACING PROCESS:**

A person tests positive for Coronavirus (COVID-19). A Public Health nurse contacts the person to identify anyone who they had contact with beginning 48-hours before symptom onset or 48-hours before test was taken if person had no symptoms. Assessment of each person is done. Each assessment is then sorted into a risk category.

LOW RISK	MODERATE RISK	HIGH RISK = CLOSE CONTACT
<p><b>Low Risk Contact is a Person Who Has:</b></p> <ul style="list-style-type: none"> <li>• Had simple interactions like walking by a person, being in the same room for a brief time, or stayed far apart.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• No extra measures are required.</li> </ul>	<p><b>Moderate Risk Contact is a Person Who Has:</b></p> <ul style="list-style-type: none"> <li>• Been caring for a person using appropriate precautions.</li> <li>• Spent time with a person, but not within two meters.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Monitor for 14 days.</li> <li>• Avoid close contact with anyone at higher risk.</li> <li>• Contact 811 immediately if symptoms develop.</li> </ul>	<p><b>High Risk Contact is a Person Who Has:</b></p> <ul style="list-style-type: none"> <li>• Had close contact (within 2 metres).</li> <li>• Been caring for a person without consistent use of precautionary measures.</li> <li>• Had direct contact with bodily fluids.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Isolate for 14 days. Monitor symptoms daily and keep record of temperature.</li> <li>• Testing is arranged. Follow-up direction is provided.</li> <li>• Negative test result: continue 14-day isolation if tested because of travel or referred by Public Health;</li> <li>• Positive test: added as new COVID-19 case. Start <b>Contact Tracing</b> process.</li> </ul>

Do you need anything? Are you okay?

Provided by NSHA Public Health — Updated May 6, 2020



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### AFFORDABLE HOUSING

It's been a busy time for affordable housing developments, with both funding for non-profits and the sale of municipal property coming before Council. Over \$8,000,000 in funding for non-profits has come through HRM's participation in the federal government's Rapid Housing program. The program really lives up to its name. HRM had just a month to respond to the federal government's invitation, which was quite challenging given that the municipality doesn't operate housing directly. As a result, HRM has little in the way of staff resources and no pipeline of shovel-ready projects to put forward at times like this. The only way for HRM to access the Rapid Housing program was to involve non-profits that do build and operate housing in HRM as partners. Several HRM planners and non-profits had to drop everything to work on this and quickly put together applications. It was a marathon effort delivered in a sprint timeline. Despite the timing challenges, council approved the following three projects to be submitted for funding:

- The Mi'kmaq Native Friendship Centre - \$2,878,400  
Renovating former halfway house at the corner of College and Carleton to provide a 30 bed shelter, 10 room shared housing, and 7 one to two bedroom units targeted towards homeless indigenous residents.
- The North End Community Health Association - \$1,227,625  
Renovating a vacant home on Maitland Street to provide 10 units of shared housing aimed at homeless Black Nova Scotians. Both the Friendship Centre and North End Community Health Association projects will include program supports in hopes of transitioning residents to permanent housing.
- Adsum for Women and Children - \$3,977,188  
Expanding their existing shelter in Lakeside to 25 units for women and children in vulnerable situations fleeing domestic violence.

The result will be over 50 new units, and new shelter beds to help some of our community's most vulnerable residents. I'm so glad that HRM and the non-profits were able to rise to the occasion and make the federal government's timelines work. This is really great news!

### True North Crescent in Dartmouth North

The other housing project that Council was able to help advance was the Affordable Housing Association's proposal to build townhouses on municipal property on True North Crescent in Dartmouth North. The property on True North was acquired by the former City of Dartmouth just before amalgamation for the purpose of developing affordable housing. When amalgamation was finalized, the service exchange dictated that the Province was responsible for providing housing. The property was forgotten for years, until staff brought it forward as surplus to HRM's needs. Rather than sell the property to whoever would pay the most, HRM opted to make the land available for affordable housing. The result was an offer from the Affordable Housing Association of Nova Scotia, who are interested in developing townhouses on site. HRM's contribution to the project was to sell the land for \$1.



### PLAYING FIELD STRATEGY SURVEY

The municipality is developing a Playing Field Strategy to guide the planning and development of playing fields over the next 15 years to meet community needs across the region. The strategy will include an examination of sports fields and ball diamonds.

Whether you use playing fields for organized sports, leisure, or other recreational uses, your input can help. Complete the survey [here](#) by January 18<sup>th</sup> to provide your feedback.



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## MUNICIPAL HOLIDAY CELEBRATIONS



Over the past few years, I have really enjoyed hosting the Shubie Park and East Dartmouth Community Centre Tree Lighting. Due to the impacts of COVID-19, there are a

number of changes for annual holiday celebrations organized by the municipality including Shubie Park and East Dartmouth Events.

### Dartmouth Tree Lighting

The in-person Dartmouth tree lighting event is cancelled for this year. In its place, a variety of holiday illuminations will be on display in downtown Dartmouth throughout the month of December. You can find details [here](#).

### Halifax Christmas Tree & Menorah Lighting

The in-person tree lighting ceremony at Grand Parade Square was cancelled and broadcast at the end of November instead. The Menorah lighting ceremony was also cancelled but the Menorah will be lit in Grand Parade from Friday December 11<sup>th</sup> – Friday December 18<sup>th</sup>. Further, a holiday projection and light show at Grand Parade Square begins on Saturday, November 28<sup>th</sup> until Friday, January 1<sup>st</sup>. Residents who wish to view the lights show must abide by all public health protocols, including physical distancing of 6 feet. For the full schedule and details, [visit the website](#).

### New Year's Eve

A studio broadcast of the New Year's Eve show will be held this year. There will be no in-person outdoor gathering due to current COVID-19 regulations. More information, as well as an artist announcement, will be made this month.

For more information on all of these events, visit our [website](#).



## Volunteer Awards Nominations

The deadline to nominate an individual or group for the 2021 volunteer awards is Dec 18, 2020.

HALIFAX

[halifax.ca/volunteerawards](http://halifax.ca/volunteerawards)

## IMPAIRED DRIVING STATISTICS

Halifax Regional Police charged 30 drivers with impaired related offences during the month of October and 27 drivers in November.

Police received 13 calls throughout the month of October and nine in November from citizens who suspected impaired drivers.

We thank citizens for calling in suspected impaired drivers.

## ACCESSIBILITY AND INCLUSION STRATEGY

The municipality joined our community in commemorating the International Day of Persons with Disabilities (IDPWD) on December 3<sup>rd</sup>. This year's theme, *Not all Disabilities are Visible*, focuses on spreading awareness and understanding of disabilities that are not immediately apparent.

The municipality is committed to improving accessibility across our organization, within the communities we serve, and in our programs and services. In support of these efforts, the Office of Diversity & Inclusion/ANSAIO is in the process of developing an Accessibility & Inclusion Strategy to be introduced in 2021. This strategy will set the course for the organization in alignment with the [Accessibility Act](#) aimed at achieving an accessible Nova Scotia by 2030.



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### MICMAC RENAMING?



Last month, council accepted Councillor Sam Austin's motion to look at renaming all municipal streets, a park, and a transit

terminal that use the word Micmac. In District 6, this would include Micmac Drive.

Not all Mi'kmaq people have a problem with the name Micmac, and there was a good discussion in the press with [Dan Paul](#), [Rebecca Thomas](#), and [Don Byrd](#) presenting the different views on this issue. As Thomas explains, Mi'kmaq tends to be favoured by the younger generations, but many elders use Micmac.

In light of the Cornwallis panel and concerns expressed by many Mi'kmaq, it's time to properly look at our use of Micmac as a municipal name. Their [report](#) wasn't just about Cornwallis, it also looked at how to restore and commemorate Mi'kmaq history in HRM.

Recommendations 13 and 14 commit HRM to working with the Mi'kmaq community to increase the diversity of street signs in HRM and to explore opportunities to use the Mi'kmaq language, particularly in adjusting currently anglicized names back to their Mi'kmaq original.

In Dartmouth, Micmac is quite a common name. Besides the streets, there is the mall, paddling club, tavern, and a dental office. Lake Micmac was originally called Second Lake until 1922 when it was renamed as the result of a contest.

There is a lot of work to do to make Truth and Reconciliation real. Being willing to re-examine history and what's in a name, especially when it's something that has been noted as objectionable, is a small part of that work.

We need to involve the Mi'kmaq in decisions about the

use of their name. HRM will also need to engage with residents and businesses in the affected areas. That will take time. It's important to note as well that HRM can only change the name of the streets, not private businesses, clubs, or the Lake.

Whether we change some street names to Mi'kmaq, come up with new names entirely, or restore some lost Mi'kmaq place names is really an open question. More to come on this issue over the next few years!

### SUPPORT FIGHT4LIFE

Help Fight4LifeHalifax support our first responders to maintain mental wellness and deal with the challenges they face in their day to day work place activities by purchasing a Fight4Life calendar [here](#).



### ELECTRIC BUS PROPOSAL

Check out this short [video](#) about the Electric Bus Proposal. Electric buses will reduce greenhouse gas emissions and operating costs for Halifax Transit by converting more than 200 buses (over 50% of the fleet) to low carbon or zero emission by 2028.



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### WINTER PREPARATION

The Halifax Regional Municipality is reminding residents that it's more important than ever to be prepared for whatever the season may bring.

#### Think before you park

When and where you park in the winter can have a big impact on clearing streets and sidewalks during a winter storm. Residents are reminded to secure off-street parking for the winter months so that snow plow operators can safely and efficiently clear the streets and sidewalks. As in previous seasons, the overnight winter parking ban will be in place from December 15<sup>th</sup>, to March 31<sup>st</sup>. The ban will be enforced between 1:00 a.m. and 6:00 a.m., during declared weather events and extended clearing operations. In addition to the overnight parking ban, Section 139 of the [Nova Scotia Motor Vehicle Act](#) states that tickets can be issued and vehicles can be towed any time, day or night, if they are parked in a manner that interferes with snow clearing. The easiest way to know when the parking ban will be enforced is to sign up for the municipality's alert system, [hfxALERT](#).

#### Do your part

Residents are also asked to assist in clearing efforts by proactively removing any obstructions or hazards from their property that may interfere with the ability of crews to properly clear streets and sidewalks of snow and ice. For tips on how to protect your property and ensure clearing efforts go as safely and smoothly as possible this season visit our [website](#).

#### Winter safety tips

- Never plow or shovel snow from your driveway onto the street or sidewalk. It is against By-Law S-300 and can cause serious problems for pedestrians, particularly those with mobility issues.
- If possible, don't drive during a storm. It's much safer to stay at home and wait until conditions improve.

- During a storm, major arterial routes are cleared first and salted more frequently than residential side streets and sidewalks.
- Watch for ice, especially on bridges, overpasses and in shaded areas of the roadway and sidewalks.
- Even if roads appear to be salted, remember that salt becomes much less effective in melting snow at temperatures below -10 degrees Celsius.
- Adjust your speed. Wet roads can freeze even if the air temperature is above zero.
- Follow at a safe distance. It can take up to 12 times longer to stop on snow and ice than on dry pavement.
- Never pass a plow when it is clearing snow from the road. Whiteout conditions are often created in the front of plows which reduces visibility and increases the chance of an accident.
- Keep your vehicle in top working order.
- Have a [survival kit](#) in your vehicle.
- Children should not play in the snow along the side of the road or anywhere a snow plow is likely to operate.

#### Municipal snow clearing updates

For minor (0-5 cm) and average (5-15 cm) winter events, snow clearing updates will be posted three times a day: 7:00 a.m., 1:00 p.m., 4:00 p.m. on the [service updates page](#) and via Twitter. For major events (15+ cm accumulation), updates will be posted four times a day: 7:00 a.m., 1:00 p.m., 4:00 p.m. and 8:00 p.m. For the most up to date information before, during and after a winter storm, visit [Halifax.ca/snow](#) and follow us on Twitter [@hfxgov](#). If we work together, we can all be better prepared for whatever the season may bring.

### SUPPORT THE NORTH GROVE

BOYNECLARKE LLP and two other donors have agreed to match all year end donations to the North Grove as part of the We Stand Together matching campaign. Supporting the North Grove allows them to continue providing weekly meals and fresh produce to vulnerable families, provide social support and online and in-person programming. Visit their [website](#) for details.



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### LOCAL STUFF CHALLENGE

Mayor Mike Savage has engaged local business districts in a friendly holiday shopping competition to support an important cause.

Each of the participating districts will fill a stocking with products from shops in their area. The stockings will then be auctioned off in support of Shelter Nova Scotia's efforts to help homeless and precariously housed people throughout HRM.

Follow along with #stuffit2020 on Twitter and Instagram as the BIDs shop, taking advantage of curbside pick-ups, delivery options and COVID-cautious in-person alternatives as we build to the stocking reveals and auction dates in the days ahead.

### EGG-LAYING FOWL LEGISLATION

Regional Council is considering whether to allow households to keep and raise egg-laying fowl in residential areas for personal use.

Staff have been collecting resident feedback and expect to bring a report back to Regional Council for a decision in February 2021.

If you'd like to get more information, visit our Shape Your City [page](#).

### CONGRATULATIONS HALIFAX TRANSIT

Members of Halifax Transit's ferry team received the Canadian Urban Transit Association's (CUTA) Individual Leadership Award for the bravery they displayed last year when a passenger fell overboard.

Congratulations and thank you to our amazing Halifax Transit ferry team!

### BACKYARD AND SECONDARY SUITE LEGISLATION

In the Fall, Regional Council approved amendments to allow secondary and backyard suites.

The new Land Use By-laws for each area has now been updated with these new legislative amendments.

You can find your Land Use Bylaw [here](#), and more information about this change can be found [here](#).

### HALIFAX WATER CUSTOMER CONNECT

Halifax Water is pleased to announce that customers can now access their Halifax Water accounts and a suite of services online through Customer Connect.

Sign up for Customer Connect with ease by visiting [www.halifaxwater.ca](http://www.halifaxwater.ca) and clicking the "My Account" button in the menu bar at the top of the page.

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# COUNCILLOR TONY MANCINI

HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

## HOLIDAY SHOPPING SAFETY TIPS

Holiday shopping season is in full swing. Whether you're going to stores or shopping online, Halifax Regional Police have a few simple tips to grinch-proof your holiday purchases.

### Online shopping

- Shop from your personal device at home on a trusted network.
- Use different user ID and passwords for different accounts. Update your passwords frequently.
- Verify secure connections and make sure you are on a secure website. Look for the padlock icon in the address bar and check for the valid certificate by clicking on the padlock icon.
- Unlike secure order forms on a websites, email and text messages are not private. Don't send confidential personal or financial information by email or text.
- Shop smart. If a deal online looks too good to be true then it probably is, so don't make the purchase.
- Watch out for email scams. Be wary of clicking on links in an email message, even if the deal seems great.
- Stay organized. After making purchases keep the receipt, confirmation number and postal tracking numbers in a safe accessible place.
- If you are at an online store that you are unfamiliar with, read and understand the online shop's policies. It's always a good idea to check a site's reviews before making a purchase.

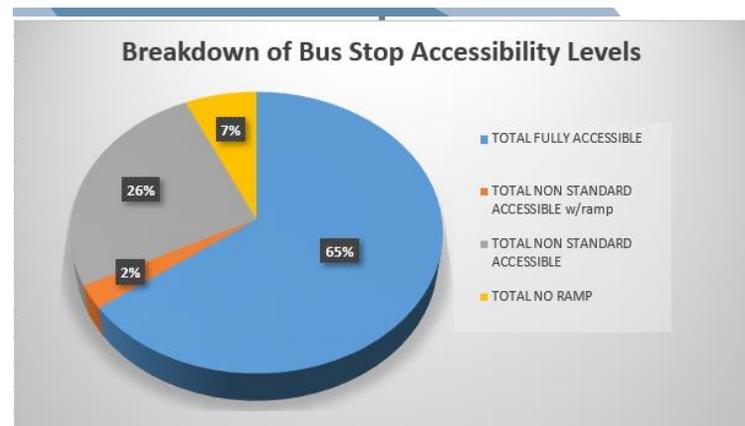
### In-store shopping

- When shopping in-person, remember to wear your non-medical mask and make sure you are up-to-date on COVID-19 provincial directives by visiting: <https://novascotia.ca/coronavirus/>
- Always lock your vehicle, park in well-lit and busy areas.
- Keep valuables out of sight. Would be thieves will look for shoppers storing valuables in their vehicles. If you're going to drop off your

purchases and return to the stores, lock your packages in the trunk and move your vehicle to another location in the parking lot.

- Don't leave high-end purchases in your vehicle. Thieves sometimes watch shoppers exiting a store. Shop strategically; wait until the end of your shopping trip to make high-end purchases, or make a special trip to take high-end items home and then return to continue shopping.
- Protect your PIN when using bank and debit machines. Cover the keypad to prevent someone from observing your key strokes or from recording your PIN. It's a good idea to change your PIN frequently.
- After a day of shopping, don't leave parcels or valuables in your vehicle upon returning home. Police recommend removing all valuables to keep your vehicle free from clutter; even an empty shopping bag can create the appearance that there's something in your car worth stealing. Remember to always lock your vehicle, even in your own driveway.

No matter whether you shop in-person or online, it is especially important to monitor your bank and credit card statements closely. Immediately report any discrepancies to your bank or to the company that issued the credit card.



## GRAND PARADE CHRISTMAS TREE

Check out this short [video](#) that goes over the history of our Grand Parade Christmas tree!



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HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

## LIBRARY UPDATES

On Wednesday November 25, in response to the Public Health order, the Library suspended all in-person visits and adjusted services. A summary of current programming is below. Reach out to your local branch for more information.

### *Borrowing*

Library materials will continue to be borrowed. Community members may request specific items or ask for general selections. Staff will respond to requests, pick materials and prepare them for curbside pick-up. Curbside pick-up is available at all of our branch locations during the regularly scheduled open hours of the branch. Items can be returned to any branch location and all of our book drops remain open. Much of the content our community loves, such as e-books, streaming services, and online resources, are always available, 24/7. For individuals who cannot come to one of our locations, the Library offers home delivery or borrow by mail services.

### *Curbside Services*

In addition to picking up materials, Library staff are offering as much service as possible curbside. This includes printing documents, distributing activity packs for different age groups (from preschool to seniors), free menstrual products, information services, technology support, general support and referrals.

### *Technology Lending*

The Library is lending chrome books curbside for members of the public to use either outside or to take home for the day.

### *Food Literacy*

The Library has been working to help address food insecurity and improve food literacy in our communities. Through a grant from the province, several branches have been offering healthy snack packs and full lunches to anyone in our community who needs them. This will continue with snack packs and lunches offered to-go curbside and are also continuing to offer virtual cooking programs.

### *Phone Service*

Many individuals in our community do not have the technology required to access important information. The Library offers a phone service where staff can answer questions, access and convey information, and help our customers with anything they need. In addition, staff proactively reach out to vulnerable members of our community to help reduce the social isolation many feel during this time.

We continue to work with community partners to share and create content that is relevant to our community.

## **P** WHY PAID PARKING?

The municipal parking program is comprised of a number of tactics to help balance the priorities of Council as they relate to the Integrated Mobility Plan and the needs of residents. These tactics include:

- Residential parking restrictions (Urban, Suburban, Rural)
- Permit parking (residential and commuter - Urban)
- Paid On-Street Parking (Central, Urban)
- Paid Off-Street Parking (Metro Park, Alderney Landing)
- Park & Rides (Urban, Suburban, Rural)
- "Free" or un-restricted parking (Urban, Suburban, Rural)

**Did you know?**  
On-street parking in the municipality hadn't changed in over 15 years before Council approved the recent changes.

It is estimated that each on-street parking space costs around \$1,750 to build and \$400 to maintain annually.[1]

Offering parking for free, or at a highly subsidized rate, further incentivizes car culture and provides benefit to the individual as opposed to the broader community.

### Why Incremental Rates?

Renowned Parking economist Donald Shoup believes that "if meters are priced right, cars will fill most of the curb spaces, leaving one to two vacant spaces per block." (Shoup, 2019 p. xxvi)

Pricing on-street parking appropriately results in turn over for businesses, creates spaces for when residents need them, reduce the need to "circle the block to find parking" resulting in decreased carbon emissions and has been shown to drive consumer behaviour to consider alternate modes of travel such as transit, active transportation, ride sharing etc.

Our incremental rate system prices the first two hours well below off-street value and then increases for the subsequent hours, encouraging motorists to make informed choices about how they use parking.

### How Can Technology Help?

The municipality's parking system is designed to accommodate incremental and time of day pricing. Our rates are set by Council via By-Law P500 for on-street paid parking and By-Law P1200 for permits.

The system can show us time of day usage and help inform staff on setting the appropriate rate(s) for the area and demand based on time of day.

Staff are exploring future use of sensors that provide real-time information on space-occupancy. In the interim, we are leveraging system data and field studies to monitor performance of the current rate system.

### Questions?

Contact us:  
parking@halifax.ca

[1] Shoup, D. C. (2019). The High Cost of Free Parking. London: Routledge.



## COUNCILLOR TONY MANCINI

HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

### FREE VIRTUAL HEALTH PROGRAMS

The Nova Scotia Community Health Team are offering free virtual health programs in the new year beginning in February.

#### Beyond Weight

Thursdays February 4<sup>th</sup> to April 8<sup>th</sup> from 12:00 -1:30 p.m.

This program will help participants make achievable and realistic goals, taking the focus off of weight as a measure of health success.

#### Low Intensity Exercise

Starts end of February to early March 2021.

This 10 week, virtual program is supported by physiotherapists from the Community Health Teams. The Low Intensity Exercise Program is for people who are limited with their walking -due to a chronic health condition. The program involves participating in an exercise program which may include aerobic, strengthening, balance and stretching exercises.

If you are interested in attending either of these great programs please call 902-460-4560 to complete a screen to see if these are the right programs for you. Space is limited!

### SPEED LIMIT CHANGES

As I announced in a previous newsletter, the Halifax Regional Municipality is advising residents that speed limits have been reduced from 50 km/h to 40 km/h in the Locks Road/Shubie Park and the Crystal Heights Neighbourhoods.

This initiative, which reflects Council's focus on making communities safer by reducing speeding in residential neighbourhoods, is part of the municipality's road safety actions to move toward zero fatalities and injuries for people using any mode of transportation.

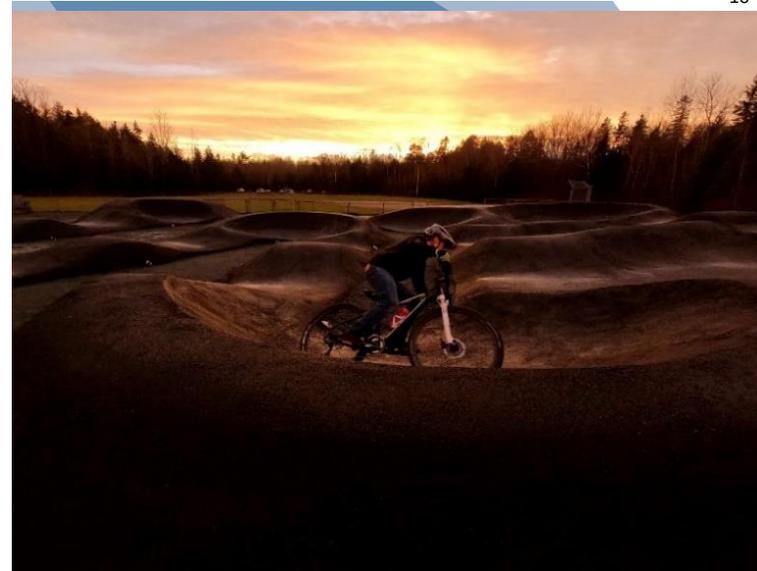
### HALIFAX TRANSIT VIRTUAL HOLIDAY TURKEY DRIVE

This holiday season, Halifax Transit is supporting Feed Nova Scotia by encouraging online donations to the Halifax Transit Holiday Turkey Drive.

Since 1991, Halifax Transit and its employees supported Stuff-a-Bus, an annual Feed Nova Scotia food drive that collects food and monetary donations to provide assistance to local families over the holidays. This year, due to COVID-19, Stuff-A-Bus is unable to take place - but the need for donations remains greater than ever.

Through the Halifax Transit Holiday Turkey Drive, Feed Nova Scotia will be accepting online donations to purchase turkeys for local families. There is no minimum donation requirement, however, a donation of \$25 is equivalent to one turkey.

To learn more and to donate to local families this season, please visit Feed Nova Scotia's [website](#).



Great picture from the Shubie Park Pump Track by Terry Tomlin



# COUNCILLOR TONY MANCINI

HARBOURVIEW - BURNSIDE - DARTMOUTH EAST

## FACILITY BOOKINGS AND RECREATION PROGRAMMING

According to the new public health directives issued last month, the municipality is providing updates on facility bookings and recreation programming. All HRCE and HRM recreation facility rentals have been cancelled until at least December 10<sup>th</sup>. All recreation programs are cancelled for the rest of the fall season. Municipal staff will begin contacting fall registrants on next steps. Your patience is appreciated during this time. A further announcement on winter programming will be made in consultation with public health. While facilities are closed, residents are reminded to use [REC at Home](#) which offers a variety of activities that you can enjoy with your family - from arts and crafts, to at-home workouts.

## DRIVING SAFETY TIPS

With winter weather just around the corner, Halifax Regional Police is sharing some basic winter safety tips for motorists:

- Make sure your vehicle is prepared for winter weather: winter tires, extra windshield washer fluid, a shovel, a bag of salt or sand in case you get stuck, a snow brush and an ice scraper are all a must.
- Plan ahead by checking the weather forecast and road conditions.
- Before you hit the road, clear all snow from the roof, hood, license plate, windows, mirrors, lights, turn signals and cameras of your vehicle.
- Don't drive distracted;
- Adjust your speed, leave extra space between you and the vehicle in front of you and remember not to accelerate or brake too quickly when the roads are slippery.
- Be mindful that winter conditions also create challenges for pedestrians who may walk in the road way to avoid snow-covered or icy sidewalks.



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**Currently serving on:**  
**Harbour East Marine Drive Community Council**  
**Regional Centre Community Council**  
**Environment and Sustainability Committee**  
**Special Events Advisory Committee**  
**Shubenacadie Canal Commission**  
**Liaison to the HRM Acadian Francophone Community**  
**SAC for Prince Andrew High School**  
**Greater Burnside Business Association**  
**Alderney Landing Board of Directors**  
**Halifax Public Library Board of Directors**