



COUNCILLOR TRISH PURDY

DISTRICT 4 ONLINE NEWS

COLE HARBOUR - WESTPHAL - LAKE LOON - CHERRY BROOK

DEAR RESIDENT,

Hello, and Happy May, District 4!

It is with a somber tone that I wish you all a beautiful May! We find ourselves in yet another lockdown with all of the complexities that a lockdown entails. I am very grateful to announce that we have a little group of community volunteers who are willing to be ‘runners’ for folks in our district who may be isolating, quarantining, or too afraid to go out in public places for this lockdown period. We can pick up orders that you make online and drop it off to your doorstep. If you are in need of other services, there is a list of provincial and federal helps included in this newsletter. We are a community. No one should be alone. As we hunker down for this month, I hope you make time to get outside and enjoy the warmer weather and find the time to do some of the things that you still enjoy!

MAY VIRTUAL MEETING DATES

Regional Council:

Tuesday, May 4th at 1:00 p.m.

Tuesday, May 18th at 10:00 a.m.

Harbour East Marine Drive Community Council

Thursday, May 6th at 6:00 p.m.





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SUMMER REGISTRATION FOR RECREATION PROGRAMMING

The Halifax Regional Municipality is advising residents that summer recreation programs have been planned in accordance with public health guidelines.

Currently, Public Health is allowing for multiple cohorts of 15 children in day camps. Full-day and half-day camps are planned to be offered for this summer. If there are changes to COVID-19 guidelines, staff will work with Public Health to assess and adjust programs as needed to balance the safety of all participants and staff. Registration is scheduled to begin at 10 a.m. each of the following days for all ages:

Day camps and dryland programs

- Wednesday, May 5 – July programs (Postponed)
- Wednesday, June 2 – August programs

Indoor/outdoor pool and beach programs

- Thursday, June 3 – July programs
- Wednesday, July 14 – August programs

Please be advised that program registration for May 5th has been postponed due to current COVID-19 restrictions. A new registration date is expected to be announced later in May, following updates from Public Health.

Information on registration and programs can be viewed [online](#).

Participants are encouraged to register by phone at (902)-490-6666, online or in-person at their [local recreation centre](#).

If registering for programs at municipal partner recreation facilities, please contact those facilities directly.

Residents are reminded they may continue 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 fitness workouts.

RECREATION FACILITY UPDATE

All recreation centres, gymnasiums, fitness centres and pools are closed as of Friday, April 23 until at least May 20. As a result, all indoor recreation programming and services in these facilities are also cancelled.

Additionally, municipally-run spring programming is cancelled for the remainder of the season. Once public health restrictions are changed, Parks & Recreation plans to provide alternative recreation delivery options for the spring. Please contact your [local recreation centre](#) and partner facilities for more information on impacts to spring programming and memberships.

Municipal staff will begin contacting spring registrants and facility members on next steps. Your patience is appreciated during this time. Additional questions can be submitted by email to myrec@halifax.ca.





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NATIONAL YOUTH WEEK

During the first week of May, we celebrate National Youth Week. It is a week dedicated to the celebration of youth and their active participation in their community. Whether it is recreation, drama sport dance, civic engagement, art, volunteerism, or leadership, everyday young people are involved in meaningful activities during their free time. National Youth Week is a time to honour their involvement!

Please visit our [webpage](#) for more information on scheduled events.



MAIN STREET/HIGHWAY 7 SPEED LIMIT CHANGE



The Halifax Regional Municipality is advising residents that the speed limit has been reduced from 70 km/h to 60 km/h on Main Street (Highway 7) in Dartmouth, from Broom Road to Salmon River Bridge.

This initiative, which reflects Regional Council's focus on making roads safer for all users, is part of the municipality's road safety actions to move toward zero fatalities and injuries for people using any mode of transportation.

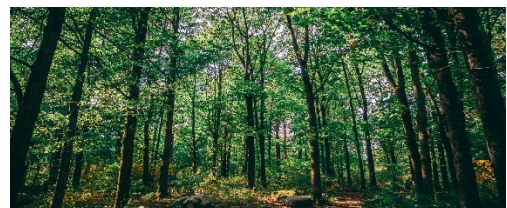
COMMEMORATIVE NAMING

The Halifax region has almost 6,000 streets, many of which are rich in history and paint a picture of our past. As the Municipality continues to grow, new streets, parks, sports fields, and buildings all require names. You can help to keep the tradition of commemorative naming alive and play an important role in building the Municipality by submitting names of notable people or groups, historic events, geographic features, or native flora and fauna. Your submission could end up on a street sign or at a new park in your community.

PARK AND TRAIL SAFETY TIPS

Police are sharing some tips to keep in mind when heading out to enjoy the spring weather at the many parks and trails in our community.

- For everyone's enjoyment and safety, follow park/trail regulations and COVID-19 public health directives related to social distancing and gathering limits.
- Ensure your vehicle is always locked, take your wallet/purse with you and don't leave valuables in your vehicle, especially in plain view. If it's necessary to leave items in your vehicle, lock them in the trunk out of plain view before you arrive at the park/trail.
- Take your cell phone with you so you can call for help if you need it.
- Tell a trusted family member or friend where you're going and when you plan to return, particularly if you're not familiar with the area.





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COVID-19 INFORMATION AND UPDATES

Information and updates on COVID-19 are changing almost every day. For the most recent messages from Nova Scotia Public Health, please visit their [website](#). Below are lists of various resources that you may find helpful. Our health professionals, government officials, community groups, and volunteers are working hard to ensure that everyone had access to information and necessities in this trying time.

COVID-19 FEDERAL FUNDING PROGRAMS

[Canada Emergency Wage Subsidy:](#)

If you are a Canadian employer who has seen a drop in revenue during the COVID-19 pandemic, the wage subsidy can cover part of your employee wages. For more information, click

[Canada Emergency Rent Subsidy :](#)

If you are a business, non-profit organization, or charity that has seen a drop in revenue during the COVID-19 pandemic, the rent subsidy can cover part of your commercial rent.

[Employment Insurance:](#)

EI has changed to support more Canadians through the pandemic. It is now more accessible and generous.

[Canada Recovery Benefit:](#)

Gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits.

[Canada Recovery Care Giving Benefit:](#)

Gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care.

[Canada Recovery Sickness Benefit:](#)

Gives income support to employed and self-employed individuals who are unable to work because they are sick or need to self-isolate or have an underlying health condition that puts them at greater risk.

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1 MENTAL HEALTH MOBILE CRISIS TEAM 902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1 am to most Halifax area communities.



2 KIDS HELP PHONE 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3 NSHA & IWK MENTAL HEALTH AND ADDICTIONS INTAKE LINE 1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4 CMHA NOVA SCOTIA 1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit [novascotia.cmha.ca](#).



5 HEALTHY MINDS PATIENT NAVIGATOR 902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM 1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit [strongestfamilies.com](#).



7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit [ns211.ca](#)

Mental Health Foundation
of Nova Scotia



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SPRING ROAD SAFETY

With Spring in full bloom, our neighborhood streets are busy with people out and about enjoying the warm, sunny weather. Halifax Regional Police is encouraging everyone to do their part to safely share our roadways.

Motorists:

- Avoid distractions and focus on driving.
- Drive within the posted speed limit and for the conditions.
- Keep an eye out for pedestrians, particularly near crosswalks, traffic lights and intersections.
- Keep an eye out for cyclists and ensure you allow for 1-meter clearance when passing them.
- Yield to pedestrians who are in a crosswalk. Remember that not all crosswalks are marked, and any intersection of streets is considered to be a crosswalk.
- Only pass cyclists if it's safe to do so.
- Always park your vehicle so it doesn't cause a safety issue, block in other vehicles or make roads impassable for traffic or emergency vehicles. Never block driveways, or park on private property or in no parking zones.
- Make sure everyone in your vehicle is wearing their seatbelts.

Cyclists:

- Check your bike to make sure brakes, reflectors and lights are in working order.
- Always wear a helmet.
- Ride on the right side of the road, in the same direction as traffic.

- Ride in single file.
- Obey all road signs and traffic signals.
- Signal your intentions before turning or stopping.
- Be visible and stay alert for vehicles and cyclists.

Pedestrians:

- Stay alert for vehicles and cyclists, particularly when no sidewalk is available.
- Use crosswalk lights when available and obey traffic light signals.
- Always look both ways before crossing the road. Make eye contact with vehicle driver and make sure the vehicle has come to a stop before crossing.
- Wear reflective bright clothing to be more visible.

PLEASE DRIVE SLOWLY SIGNS AVAILABLE

If you are interested in a slow down sign for your lawn/personal property, please email me. These signs are made of plastic and come with the lawn stakes for installation. Please be informed that the District 4 "Please Drive Slowly" signs are NOT a traffic calming measure, and they have no authority to direct or slow down traffic or make children safer on the streets.



HALIFAX



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CIVIC NUMBER SIGNS



The Halifax Regional Municipality By-law C-300, Respecting Civic Addressing, requires property owners to post their property assigned civic number on all structures or facilities.

How to post your civic number:

- Post your house number so it is highly visible from the street day or night, 12 months a year.
- Post at the beginning of your driveway if your house is more than 100 ft. (30 m) from the road or hidden from view. The sign should be at least 48 inches (1.2m) from the ground to meet regulations.
- The minimum height of numerals on residential properties shall not be less than 4 inches. On non-residential properties, the minimum height of numerals shall not be less than 8 inches.
- The colour of the numerals shall clearly contrast with the background upon which the numbers are displayed.

How to get a blue & white civic number plate:

Although blue and white civic numbers are not mandatory, they do meet all the requirements and are highly recommended. Please visit our webpage for a [list](#) of Fire Stations and private suppliers for blue and white civic number signs.

NEW TECHNOLOGY TO INCREASE ROAD SAFETY

The Halifax District RCMP Traffic Unit will be using new traffic surveyors to increase road safety in Halifax Regional Municipality.

The equipment surveys the speed of each vehicle that passes, as well as the date, time and direction of travel. The traffic surveyors do not collect images or any identifying information about vehicles or occupants. The Halifax District Traffic Unit will analyze the data collected by the surveyors and use it to deploy resources where they are most needed, in order to best serve our communities.

In the RCMP coverage areas with Halifax Regional Municipality, there are approximately 2,000 motor vehicle collisions each year, which result in 300 injuries and 16 fatalities. Analyzing traffic patterns and behaviours is an important first step in addressing this.

The Halifax District RCMP Traffic Unit consists of five members and is designed to enhance and focus operations related to Traffic Safety, Education, and Enforcement throughout the District. The priority of the unit is, but not limited to, the four causal factors of serious injuries and fatalities on our highways which are aggressive driving, occupancy restraints, impaired driving and distracted driving.





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IMPAIRED DRIVING STATISTICS FOR MARCH

To keep citizens informed about enforcement on our roadways, the Nova Scotia RCMP is releasing statistics for all RCMP detachments in Nova Scotia for March 2021 on drivers charged for driving impaired by drugs or alcohol. For the month of March, Nova Scotia RCMP charged 102 drivers with impaired related offences.

- 54 charged with Impaired Operation of a Conveyance by Alcohol
- 2 charged with Impaired Operation of a Conveyance by Drug
- 8 charged with Refusal of a Demand Made by a Peace Officer
- 38 issued driving suspensions for Operating a Conveyance While Having Consumed Alcohol.

COMMUNITY COUNCIL SCHEDULE AND AGENDA

The Harbour East – Marine Drive Community Council normally meets on the first Thursday of each month, at 6:00 p.m. in the HEMDCC Meeting Space, Main Floor Alderney Gate, 60 Alderney Drive, Dartmouth. Due to COVID-19 restrictions, Community Council is meeting virtually. Meeting dates, time and location are subject to change.

You can find agendas, report, and minutes [online](#).

COMMISSIONER OF OATHS

As Councillor, I am also a Commissioner of Oaths. While in office, I may administer oaths and take and receive affidavits, declarations and affirmations within the Province for use within the Province. If you require a Commissioner of Oaths, please contact me.

CONTACT

Should you wish to discuss municipal services or programs, please contact me at trish.purdy@halifax.ca or **902-240-3067**. For routine municipal matters, please call our **Citizen Contact Centre at 311**.

To reach my office, please call Emily Smith at **902-490-7177**.

For information on all things municipal, please visit our [website](#).