

COUNCILLOR CATHY DEAGLE GAMMON
DISTRICT 1 ONLINE NEWS
WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

WELCOME FEBRUARY!

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As we commence African Heritage month, I think of the wise words that we have to talk about liberating minds as well as society. To do that we have to identify and dismantle systemic racism that has been embedded in our world for much too long. I hope we all find a way to dismantle those structures of systemic racism and embrace the reality that we are all one but unique in that oneness!

Keep reading for more information on the 2023/24 budget discussions, winter operations, Shannon Park lands public hearing, summer jobs with HRM Recreation, Property Valuation and much more!

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FEBRUARY MEETINGS

Budget Committee

Wednesday, February 1st at 9:30 a.m.

Friday, February 3rd at 9:30 a.m. (Contingency Date)

Wednesday, February 8th at 9:30 a.m.

Friday, February 10th at 9:30 a.m.

Tuesday, February 14th at 9:30 a.m.

Wednesday, February 15th at 9:30 a.m.

(Contingency Date)

Friday, February 17th at 9:30 a.m.

Wednesday, February 22nd at 9:30 a.m.

(Contingency Date)

Regional Council

Tuesday, February 7th at 10:00 a.m.

Tuesday, February 21st at 10:00 a.m.

North West Community Council

Monday, February 6th at 7:00 p.m.

Please confirm meeting dates and times on the [municipal website](#) as they are subject to change.

NWCC UPDATE

The January 16th meeting of the North West Community Council (NWCC) dealt with:

[Case 23293: Development Agreement at Beaver Bank Road and Windgate Drive, Beaver Bank](#)

Public hearing was held and closed.

NWCC did not approve the proposed Development Agreement to permit a four-storey apartment building containing 46 units near the intersection of Beaver Bank Road and Windgate Drive in Beaver Bank for the following reasons:

- Lack of traffic infrastructure to support the development with emphasis on the Beaver Bank Road and Windgate Drive intersection.
- Lack of available medical facilities, schools and other needed community amenities; and

It was noted that the development does not fit the community landscape and there are potential environmental implications and issues surrounding storm water. The area has established infrastructure but low-density residential development surrounding it and has potential to accommodate an increase in residential intensity.

[Case 23720: Development Agreement for lands at 9 Crestfield Drive, Hammonds Plains](#)

Notice of Motion was given to enable a 53-unit seniors housing development at the corner of Crestfield Drive and Hammonds Plains Road and schedule a public hearing. Date to be determined.

[Case 24205: Development Agreement for a Conservation Design Development on Hemlock Drive, Upper Tantallon](#)

Notice of Motion was given to consider the proposed development agreement to allow a conservation design development on Hemlock Drive in Upper Tantallon and schedule a public hearing. Date to be determined.

[Case 24193: Development Agreement for 57 Sanctuary Court, Fall River](#)

Notice of Motion was given to consider the proposed development agreement to permit a change to the main use of the property from an



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equestrian business to a tree service business for 57 Sanctuary Court, Fall River, and schedule a public hearing. Date to be determined.

[Case 23405: Land Use By-law amendment for Sackville Plan Area](#)

First Reading was given to consider approval of the proposed amendment to Section 4.1 of the Land Use By-law for Sackville to allow for a larger maximum footprint for accessory structures on large residential lots and schedule a public hearing. Date to be determined.

[Case 20110: Request for additional time to sign the approved Development Agreement for an Open Space Design Development, Windgate Drive, Beaver Bank](#)

NWCC put forward a motion to require that the development agreement for Case 20110 be signed by the property owner within 360 days (an extension of an additional 120 days from the original 240 days), or any extension thereof granted by Council on request of the property owner, from the date of final approval of said agreement by Council and any other bodies as necessary, including applicable appeal periods whichever is later; otherwise this approval shall be void and any obligations arising hereunder shall be at an end.

To view the full meeting agenda, [click here](#).

DID YOU KNOW ...

February is [African Heritage Month](#).

February 2nd is [Groundhog Day](#)

February 4th is [World Cancer Day](#)

February 2023

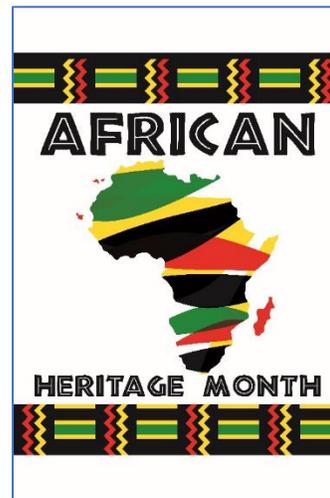
February 14th is [Valentine's Day](#)

February 15th is [National Flag of Canada Day](#)

February 20th is [Nova Scotia Heritage Day](#) (2023 Honouree: [Elder Rita Joe](#))

February 26th is [Pink Shirt Day / Anti-Bullying Day](#)

AFRICAN HERITAGE MONTH



This year's African Heritage Month provincial theme, *Seas of Struggle - African Peoples from Shore to Shore*, outlines the struggles of People of African Decent faced from the shores of Africa to the shores of Nova Scotia.

Recognizing that the one thing that has remained constant in our history is the Atlantic Ocean. In the long-standing history of People of African Descent in the development of Canada, the sea has played a vital role. This theme explores the struggle and adversity that was overcome and examines the effects of slavery and sea faring of African Nova Scotians.

The theme also aligns with the United Nations' International Decade for People of African Descent (DPAD) 2015-2024. The goal of DPAD is to strengthen global cooperation in support of people of African descent, increase awareness



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and the passage towards presence in all aspects of society.

Nova Scotia has 52 historic African Nova Scotian communities with a long, deep and complex history dating back over 200 years. African Heritage Month provides us with another opportunity to celebrate our culture, legacy, achievements and contributions of our people – past and present.

From the beginning

The commencement of Black Heritage Month (now referred to as African Heritage Month) is traced back to 1926. Harvard-educated Black historian, Carter G. Woodson, founded Negro History Week to recognize the achievements made by African Americans.

Woodson purposefully chose February because of the birthdays of Frederick Douglas and Abraham Lincoln who were both key figures in the emancipation of enslaved Black people. In the 1950's Negro History Week was celebrated in Canada, and in 1976 it was expanded to Black History Month.

Black History Month in Canada

Over the past decades, contributions of African-Canadians have been acknowledged informally, however; Nova Scotia has set a path for Canada's recognition of African Heritage Month. Our province has been a leader in the promotion and recognition of our African heritage to our country. Some efforts of Nova Scotia include:

- 1985 – The “official” opening night of Black History Month at the North Branch Library

- 1987 – First meeting of the Black History Month Association
- 1988 – First Black History Month in Nova Scotia
- 1994 – Black History Month Association was officially incorporated in Nova Scotia
- 1996 – Black History Month renamed to African Heritage Month in Nova Scotia

Some of these efforts have influenced our country to take action on a national level:

- 1995 – The House of Commons officially recognized February as Black History Month following a motion introduced by the Honourable Jean Augustine, the first Black Canadian woman elected to Parliament.
- 2008 – The Senate officially declared February as Black History Month by Nova Scotia Senator Donald Oliver, Q.C., the first Black man appointed to the Senate. His motion was the final parliamentary procedure needed for Canada's permanent recognition of Black History Month.

About the African Heritage Month Information Network

The African Heritage Month Information Network (AHMIN) is a partnership between the Black Cultural Centre Society, African Nova Scotian Affairs, African Nova Scotian Music Association, African Heritage Month Southwest Network, Black Educators Association, Black History Month Association, Cumberland African Nova Scotian Association, Valley African Nova Scotian Development Association, Halifax Regional Municipality's African Nova Scotian



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Integration Office, and Guysborough, Antigonish Strait African Regional Network.

The AHMIN facilitates African Heritage Month events and municipal proclamations across the province. A full listing is available at: <http://www.ahm.bccnsweb.com>.

For more information about African History Month, please contact:

Black Cultural Centre for Nova Scotia

Phone: (902) 434-6223

Email: contact@bccns.com

AFRICAN DESCENT ADVISORY COMMITTEE



The Halifax Regional Municipality is forming a new advisory committee that would include adult and youth volunteers for the [African Descent Advisory Committee](#).

The African Descent Advisory Committee will advise Regional Council, through the Executive Standing Committee, on the impact of municipal policies, programs and services for People of African Descent. The formation of this Committee aligns with the municipality's [Anti-Black Racism Framework](#).

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Detailed information on the Committee's objectives, member information and terms of reference can be found in [Administrative Order 2021-004-GOV – Respecting the African Descent Advisory Committee in the Halifax Regional Municipality](#).

INCLUSION TRY-IT DAY - FEBRUARY 4TH

Presented by the Parks & Recreation Inclusion team

INCLUSION TRY-IT DAY

FEB. 4, 2023 | 10 A.M. TO 12 P.M. & 1-3 P.M.
SHUBIE PARK FAIRBANKS CENTRE RAIN DATE FEB. 11

Parents and Children with diverse needs are invited to stop by and try out our inventory of accessible outdoor equipment, including:

- Adaptive Snow equipment
- Hippocampe with ski attachment
- Kick Sleds
- Sledges
- Loose parts play
- And more!

No registration required. For more information, email us at Inclusion@halifax.ca or give us a call at **902-490-4410**.

Parents are required to stay with their child while using equipment and participate at their own risk.

Please be aware that there will be a photographer on site. Photo release forms will be available.

ree | HALIFAX

Join HRM's Parks & Recreation team for an accessible winter equipment try-it day at the Shubie Park Fairbanks Centre on February 4th



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from 10:00 a.m.-12:00 p.m. and 1:00 – 3:00 p.m. (rain date February 11th).

There’s a whole inventory of accessible outdoor winter equipment for anyone to try, including adaptive snow equipment, hippocampe with ski attachment, kick sleds, sledges, loose parts pay and more!

No registration is required. For details visit <http://halifax.ca/recinclusion> or contact Inclusion@halifax.ca or 902-490-4410.

CASUAL SUMMER JOB OPPORTUNITIES - PARKS & RECREATION



Halifax Regional Municipality has launched recruitment efforts for casual Parks & Recreation summer staff positions. A diverse range of positions are available in aquatics, inclusion and recreation at municipal facilities across the region. With hourly wages ranging from \$16.30

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to \$19.30, this opportunity is ideal for students and young adults looking to spend their summer working outdoors, supporting children’s recreation and contributing to their local community.

Job applications are available at halifax.ca/recsummerjobs. The municipality will be visiting job fairs, schools and community events throughout the winter to support recruitment. A full list of dates and locations can be found at halifax.ca/recsummerjobs.

ROAD SAFETY FOCUS - FEBRUARY 2023

INTERSECTION RELATED

All collisions occurring within an intersection



YOUNG DEMOGRAPHIC

Collisions that involve people under 25



PEDESTRIAN COLLISIONS

Collisions that involve any person who is not riding in or on a vehicle



AGGRESSIVE DRIVING

Collisions that result from behaviours like following too close, speeding, disobeying traffic control, improper passing and more



✓ DISTRACTED DRIVING

Collisions that result from inattention



IMPAIRED DRIVING

Collisions where the driver is impaired or under the influence of drugs or alcohol



BICYCLIST COLLISIONS

Collisions that involve someone on a bicycle



The Road Safety Team is focusing on **Distracted Driving** this month. Distracted Driving Collisions



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is one of the seven emphasis areas in the [Strategic Road Safety Framework](#), indicating that it is a priority area to focus resources to have the greatest impact on reducing fatal and injury collisions. Distracted driving related collisions include all collisions involving driver inattention.

Distracted driving puts you and everyone on the road at risk. It's one of the main causes of fatal & serious injury collisions in HRM. Phones, music, & passengers are all distractions that compete for attention and affect your ability to drive safely. Stay alert, arrive alive.

Here are some tips to help avoid distracted driving:

- Keep your cellphone out of reach. Reduce the temptation to use it by keeping it out of sight (for example, in a bag in the backseat) and turn the ringer off.
- Plan your route ahead of time. Before you get in the car, know where you're going and how you're getting there. If you use a GPS system, program your route prior to starting the car.
- Avoid eating and drinking while driving. If you need to take a drink, wait until you are stopped at a red light.
- Keep music or radio at a reasonable volume and don't use headphones. Music should never be so loud that you would not be able to hear a siren, or the screech of brakes from another vehicle.
- Keep pets away from the front seats, especially on a driver's lap.
- Offer help. If you're a passenger and notice the driver trying to use the phone, offer to send a text or make a call for

them. You can also offer to help navigate the GPS.

- Talk to new drivers. Remind them of the importance of staying focused behind the wheel and the serious risks when driving distracted.
- Model good behaviour. Kids are always watching.

COMMUNITY GRANTS PROGRAM

Applications are now **open** for the **Community Grants Program**.

This program provides cash grants to registered non-profit organizations and charities.

HALIFAX

Halifax Regional Municipality's [Community Grants Program](#) is currently accepting applications for the 2023 program. This program provides annual cash grants

to registered non-profit organizations and charities located throughout the Halifax region.

There are two types of grants:

- a project grant of up to \$5,000 OR
- a capital grant of up to \$25,000.

The application deadline is March 31st. Applicants should review the Program Guidebook prior to applying for a grant.

Application forms and program guidebooks are now available. You can access them in several places:

- www.halifax.ca/business/doing-business-halifax/community-grants
- At an HRM Customer Service Centre:



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Alderney Gate, 40 Alderney Drive, -
Dartmouth, 1st floor
Musquodoboit Harbour Strip Mall, Corner
of Hwy #7 & East Petpeswick Road
Bayers Road, 7071 Bayers Road, 2nd floor

- By contacting 311 - www.halifax.ca/home/311
- Or by emailing nonprofitgrants@halifax.ca

For further information, please email nonprofitgrants@halifax.ca or call 902.490.7310.

CARROLL'S CORNER FEDERAL FUNDING ANNOUNCEMENT



It's days like this that make my day even brighter! Recently, the Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship and MP for Central Nova, came to the [Carroll's Corner Community Centre](#) to make the announcement of \$322,727.00 in support of rural communities. Funding projects include:

- [Eastern Shore's Gallery](#) \$100,00 for Galley Renovations and much more!

February 2023

- [Ecum Secum Fire Department](#) \$30,000 for an accessible outdoor kitchen
- [Harbour Lites New Horizons Club](#) \$17,727 for Building Upgrades.

Congratulations to the community groups that had a vision, applied for funding and were successful.

HRM DISTRICT CAPITAL PROJECTS

HRM has announced funding for the following district capital projects for District 1:

- [Meaghers Grant Community Hall](#) \$25,000 for flooring
- [Carroll's Corner Community Centre](#) \$150,000 !!!! for a fully accessible Outdoor Playground.

Special thanks to Halifax Parks & Recreation staff for combining our resources for a playground replacement with this enhanced outdoor playground. True collaboration and thinking just a bit outside the box!

Special kudos to the Community Volunteer Boards that make our rural communities thrive.

2023/24 MUNICIPAL BUDGET

The municipality's 2023/24 Budget and Business Planning process has now started and will continue until into the spring of 2023. Over the winter, municipal business units present plans to Regional Council with their intentions for the upcoming fiscal year and outlining the required budgets to achieve their goals. During this process, Regional Council will ask questions,



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discuss, debate, and consider each department's proposed priorities and budget. This can result in revisions to budget plans along the way.

The 2023/24 Budget and Business Plan approval date is scheduled for April 25th, 2023, where Regional Council will finalize what next year's budget.

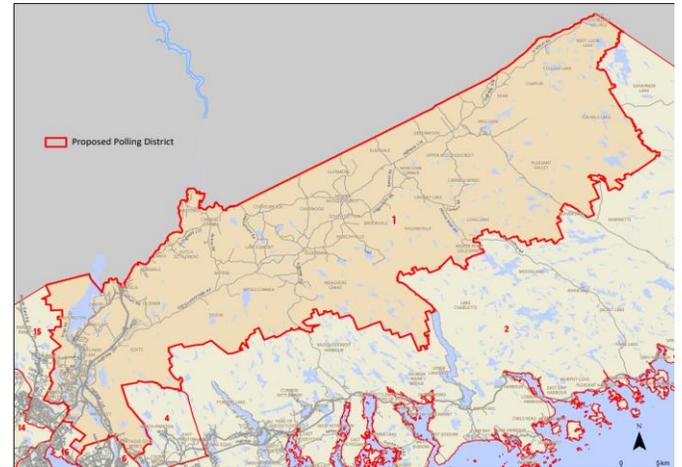
You can review the proposed schedule of budget presentations, learn about the budget process, and keep up to date on upcoming milestones here: www.halifax.ca/budget

HAVE YOUR SAY ABOUT THE BUDGET:

During every budget meeting, members of the public also have an opportunity to share their views on any aspect of the proposed municipal budget. You can speak directly to me as your Regional Council about budget priorities and, during each meeting, time will be set aside for the public to provide insight and comments. If you wish to make any presentations before HRM Council about the municipal budget, then please contact the Municipal Clerks Office at clerks@halifax.ca or call 902-490-4210. Written submissions are also welcomed.

Dates could change, so the most up to date information and more background on the budget process can be [found here](#) or on the municipal events calendar [here](#).

DISTRICT BOUNDARY REVIEW



Proposed District 1 District Boundaries

The Municipal Government Act (MGA) requires that all municipalities in Nova Scotia conduct a review of the number and boundaries of polling districts in the municipality every eight years. The last review was conducted in 2014 and the resulting district boundaries are currently in effect.

The current District Boundary Review process has been ongoing over the past year to review the number of councillors and the boundaries for each polling district. Any changes coming from this review will not come into effect until the 2024 Municipal Election.

The final decision on municipal polling districts and boundaries is made by the [Nova Scotia Utility and Review Board \(NSUARB\)](#) and is binding on the municipality. The NSUARB is conducting public hearings about the boundary review in early 2023.

More information on the District Boundary Review process can be found [here](#).



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SHANNON PARK LANDS



The Shannon Park Development was before the Harbour East-Marine Drive Community Council on January 12th with a public hearing scheduled for February 2nd. See full report [here](#).

WSP Global Inc., on behalf of the property owner Canada Lands Company CLC Ltd. (CLC), proposes to develop the 85-acre former military community lands known as Shannon Park into a mixed-use urban community. The major aspects of the proposal are as follows:

- 23 new city blocks.
- 3,000 dwelling units within a range of building forms.
- 145,000 square feet of commercial space.
- 7.5 acres of public parkland, including a waterfront park.
- Both on and off-street active transportation trails and pathways.
- Proposed to be constructed over 4 phases.
- Includes new public streets, municipal services such as water and sewer, and a transit hub.

RCMP ROAD SAFETY STATS

RCMP Road Safety Stats
December 2022, District 1
Fall River / Waverley Rd. / Musquodoboit Valley

- 537 Calls for Service in Dec. 2022 – Down 12.8% from Dec. 2021
- 23 Summary Offence Tickets (vs. 7 issued in Dec. 2021)
1 cellphone, 6 speeding, 4 aggressive driving, 12 other MVA (e.g., no insurance, no registration, invalid inspection sticker, etc.)
- 92 Proactive Assignments (vs. 225 in Dec. 2021)
- 48 Cell Phone/Impaired/Seatbelt/Speeding Checkpoints/Radar Enforcement
- 86 Traffic Stops (vs. 49 in Dec. 2021)
- 1 Impaired Driving Charge (same as Dec. 2021)
- 0 Impaired Driving Suspensions (vs. 1 in Dec. 2021)
- 17 Motor Vehicle Accidents (vs. 31 in Dec. 2021)
 - None of these accidents resulted in injuries
- 1 Vehicle/Pedestrian/Cyclist Accident (vs. none in Dec. 2021)
 - This accident did not result in injuries

Please Drive Safely!

RCMP statistics for the area of George P. Vanier Junior High School in Fall River.

RCMP Road Safety Stats
From Jan. 1, 2021 – Dec. 31, 2022, 7 tickets were issued at the Georges P. Vanier Junior High School address in Fall River.

46 more were issued between Roland Rd. and the Hwy 2 intersection on Fall River Rd.

During this time period for the area, 53 tickets were issued in total:

- 1 stunting
- 7 speeding
- 4 cell phone
- 2 seatbelt
- 6 other aggressive driving
- 30 other MVA
- 3 other provincial stat
- No tickets were issued for parking

Please Drive Safely!



2023 PROPERTY VALUATION



[Property Valuation Services Corporation \(PVSC\)](https://www.pvsc.ca/your-property-assessment-notice) assesses every property in Nova Scotia and mails over 638,000 Property Assessment Notices to property owners every January. If you are a property owner, you should be receiving your latest Property Assessment Notice in the coming weeks.

There is an option to appeal/refute your assessment, but keep in mind PVSC must receive your appeal within 31 days of the date on your Assessment Notice. Details about proceeding with this option and contact information to discuss your assessment with PVSC Assessors are provided within your Property Assessment Notice once you receive it in the mail.

Visit <https://www.pvsc.ca/your-property-assessment-notice> to learn more.

Please note the Property Assessment Notice is not a tax bill and is not calculated or sent by the municipality.

SENIOR SNOW REMOVAL PROGRAM



There's no denying it – winter is here! Did you know that there is a snow removal

program available for seniors (65+) and persons with disabilities to help ensure safe access to their home?

The snow removal is a [YMCA](#) program provided in partnership with Halifax Regional Municipality, and oversees the clearing of front and back steps, walkways, ramps, and access to fuel tanks. Please note that the program **does not include driveway clearing.**

Those 65+ or persons with disabilities must also meet the following eligibility criteria:

- reside in a single dwelling home which is owned or rented
- not exceed a total gross household income of \$32,000, and
- may not be a landlord

The Senior Snow Removal operates on a first-come, first-serve basis. When maximum capacity is reached, the program will come to a close and individuals will be placed on a waitlist.

Call 902-483-3678 for more information.

You can download the 2022/2023 application package online [here](#).

Completed applications may be faxed to 902-423-8530 or can be mailed or dropped off in person to:



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YMCA Senior Snow Removal
Community YMCA
2269 Gottingen Street
Halifax, NS B3K 3B7

- receive the Guaranteed Income Supplement (GIS) or the Allowance from Service Canada

PROVINCIAL HEATING ASSISTANCE



The Province of Nova Scotia's Heating Assistance Rebate Program helps low-income Nova Scotians with the cost of home heating. You can apply until March 31st, 2023. Your rebate amount is based on your 2021 net income, as reported to Canada Revenue Agency.

To qualify for the rebate, you need to pay for your own home (residential) heat and meet 1 of the following criteria:

- have a net income of \$29,000 or less and live alone with no kids or dependents
- have a combined net income of \$44,000 or less and live with kids, dependents or other adults
- receive Income Assistance from the Department of Community Services

To apply, visit www.novascotia.ca/heatinghelp to learn more about eligibility and apply online. If you cannot apply online, there is a printable application available at:

www.novascotia.ca/heatinghelp. Or contact the Heating Assistance Rebate Program directly to request an application by mail:

Phone: 902-424-5200

Toll-free: 1-800-670-4357

Fax: 902-428-2164

Mailing address: PO Box 641, CRO, Halifax NS B3J 2T3

LAKE | POND ICE THICKNESS



Residents are asked to take safety precautions for themselves and their families by avoiding any recreation activities on frozen lakes and ponds – including walking, ice fishing, snowmobiling, and skating – until ice thickness testing resumes. If the ice is not sufficiently thick, the consequences of heading out on a frozen body of water can be tragic.

HRM provides ice thickness testing during the winter, however it has not yet begun for the season. Testing will begin once ice has formed,



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and it is safe for staff to begin testing. Currently, it is not safe to be on frozen lakes or ponds, as there is noticeable thin ice and open water in many lakes across the region. Visit www.halifax.ca/icetesting for ice thickness testing results for more than 70 lakes and ponds throughout the region once testing has begun for the season.

The [Canadian Red Cross](#) recommends that ice be at least 15 centimeters thick for individual skating, and at least 20 centimeters thick for group skating. Extreme caution is advised in areas where streams flow into and out of lakes. It is also important to note that ice conditions may vary over the entire surface of lakes and are subject to change with weather conditions.

The Red Cross recommends the following:

- 15 cm for walking or skating alone
- 20 cm for skating parties or games
- 25 cm for snowmobiles

See a complete list of guidelines from the Canadian Red Cross regarding ice safety: <https://bit.ly/2R1Ejbl>

HALIFAX ROADS: WINTER OPERATIONS



With each weather event, snow clearing crews are responsible for approximately 3,844 lane kilometres of streets and about

1,000 kilometres of sidewalks! We cannot

control Mother Nature or what this winter has in store, but if we work together, we can all be better prepared for whatever the season may bring.

For more information on our municipality's Winter Operations program, and tips to help you prepare for inclement weather, please visit www.halifax.ca/snow.

SERVICE STANDARDS:

HRM has service standards for streets, sidewalks, and bus stops and the timing varies depending on the priority level. We prioritize commonly used streets, bus routes and roads that provide access to hospitals and schools. When the snow stops, operators work as quickly and safely to have all the roads cleared by 24 hours and major roads and bus routes within 12 hours.

Before contacting 311 about snow clearing, please ensure the service timelines for your area have expired. You can find detailed information about snow clearing service timelines on the interactive map or in the "when should clearing be complete?" section on the website (www.halifax.ca/snow).

If your street or sidewalk has not been cleared by the indicated time in each chart, please e-mail ContactUs@311.halifax.ca or call 311 so crews can be dispatched to address the issue. If an emergency vehicle needs to access a street, staff dispatch a plow immediately to that street.

Residents should note that in snowfalls greater than 30 centimeters or in blizzard conditions, more time may be needed to complete clearing.



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The same exception may apply when there are rapidly changing weather conditions. Crews will continue working until all streets and sidewalks are clear and safe. Of course, some roads are taken care of by the province, depending on where you live. Provincial road information is here:

<https://novascotia.ca/tran/winter/losmap.asp>.

WINTER PARKING:

The municipal overnight winter parking ban is in effect annually from December 15th to March 31st. The ban is enforced from 1:00 a.m. to 6:00 a.m. during declared weather events and snow removal operations only. Sign up for hfxALERT notifications to receive important updates from the municipality, including Winter Parking Ban notifications: www.halifax.ca/fire-police/fire/emergency-management/hfxalert.

For more information on service standards, winter parking, and winter’s impacts across our municipality, visit: halifax.ca/snow or keep up to date on clearing operations and municipal service updates via [@hfxgov on Twitter](https://twitter.com/hfxgov).

HRM - ATLANTIC CANADA /NOVA SCOTIA’S TOP EMPLOYERS



The municipality is proud to be selected as one of [Atlantic Canada’s Top Employers](#) and one

of [Nova Scotia’s Top Employers](#) for the second year in a row.

The Top Employers designations recognize employers that lead their industries in offering exceptional places to work and progressive HR programs and policies.

“These designations are an important recruitment tool and support our goal of growing a skilled and diverse workforce,” says Britt Wilson, Acting Executive Director, Human Resources & Corporate Communications. *“They also showcase the exceptional efforts of our Human Resources team in supporting employee-focused initiatives.”*

The selection criteria acknowledged the municipality’s in-house wellness programming, mental health coverage, flexible work opportunities, paid sick days, strong benefits package and diverse learning and development opportunities. [Click here](#) to view full details and reasons for selection for both designations.

As part of the selection process, employers are evaluated across eight criteria and compared to other organizations to determine which deliver the most forward-thinking programs and offerings:

- Physical Workplace
- Work Atmosphere & Social
- Health, Financial & Family Benefits
- Vacation & Time Off
- Employee Communications
- Performance Management
- Training & Skills Development
- Community Involvement



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WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

Do you know someone who may be interested in working at the municipality? HRM is always looking to grow the team and provide ongoing opportunities for employees to develop in their careers. Visit halifax.ca/careers, follow us on [LinkedIn](#) and view the weekly Career Opportunities email for the latest external job postings.

We are currently hiring for a number of casual Parks & Recreation summer staff positions. Job applications are available [here](#).

doing it! There are many challenges that can get in people's way. Don't forget your [Community Health Team](#) is here to support you and your clients! Check out the free wellness programs and navigation services below.

Group wellness programs are open to all residents of NS age 18 or older with a valid Nova Scotia health card. To find out more about a program and to register, [click on the program title](#) you are interested in. If a program is full, try checking back later as seats sometimes become available.

Below is the list of programs being offered in February that still have space to register.

FREE WELLNESS PROGRAMS

FREE FEBRUARY IN-PERSON WELLNESS PROGRAMS

- [Your Heart Matters – 4 Week Program](#)
- [Prediabetes](#)
- [Introduction to Beyond Weight – 2 Week Program](#)
- [Be Good to your Gut](#)
- [Stretching and Balance](#)
- [Take Charge of Your Stress – 4 Week Program](#)
- [Self-Compassion – 4 Week Program](#)
- [My Child is Anxious – Should I Worry? – 2 Week Program](#)

FREE FEBRUARY ONLINE WELLNESS PROGRAMS

- [Food & Mood – 2 Week Program](#)
- [Beginners Guide to Plan Based Eating](#)
- [The Truth About Weight and Exercise – 2 Week Program](#)
- [Free Time and You](#)

February is heart month. The best way to take care of your heart is to stay active, choose healthy foods more often and reduce stress. However, if it were that easy, we would all be

February 2023



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- Introduction to Take Charge of your Stress
- Keep it Going with your Health Goals
- 24 Hour Movement Guidelines – Make your Whole day Matter

FREE WELLNESS NAVIGATION – available to residents of the greater Halifax area

Everyone needs a little help sometimes. Wellness navigation helps you identify what’s getting in the way of your health and connects you to available resources in your community and online. This is a free non-urgent service for individuals, families and youth offered by health professionals and is available to residents of the greater Halifax area with a valid NS health card.

Appointments can take place in person, by phone, or Zoom for Healthcare. To speak to someone to see if a navigation is a good choice for you, call 902-460-4560 and choose option 1 for Bedford, 2 for Chebucto, 3 for Dartmouth or 4 for Halifax.

For more information on the Community Health Team, check out www.communityhealthteams.ca Or call 902-460-6750 (option 1) to speak with someone at the Bedford/Sackville Community Health Team to set up a time to meet.

Why not follow your Community Health Teams on social media? Right click on the icons below.




February 2023 FREE Wellness Programs

Programs open to residents of NS 18 years of age or older with a valid NS health card. For more information and to register, visit www.communityhealthteams.ca

FREE In-Person Programs:

- Your Heart Matters – 4 Week Program
- Prediabetes
- Introduction to Beyond Weight – 2 Week Program
- Be Good to your Gut
- Stretching and Balance
- Take Charge of Your Stress – 4 Week Program
- Self-Compassion – 4 Week Program
- My Child is Anxious – Should I Worry? – 2 Week Program

FREE Online Programs:

- Food & Mood – 2 Week Program
- Beginners Guide to Plan Based Eating
- The Truth About Weight and Exercise – 2 Week Program
- Free Time and You
- Introduction to Take Charge of your Stress
- Keep it Going with your Health Goals
- 24 Hour Movement Guidelines – Make your Whole day Matter



www.CommunityHealthTeams.ca 902-460-4560

IN THE COMMUNITY



Such fun we had Saturday evening January 21st at the [Musquodoboit Valley Bicentennial Theatre](#) for Robbie Burns Night! Larry Harrison, MLA Colchester Musquodoboit Valley, and I had the best time; he giving the Toast to

the Lassie and I, The Lassie's response. Good humor, good food, great entertainment and a fond tribute to the late Jim Reid. Thank you to the fabulous organizers - you did a fantastic job!



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SATURDAY BRUNCH @ WAVERLEY LEGION

Jan
28

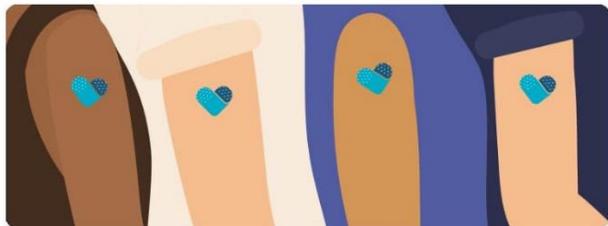
Feb
18

Mar
18

\$13 PER PERSON
SERVED BUFFET STYLE FROM 9AM-12PM
EGGS, BACON, SAUSAGE, PANCAKES, HASHBROWNS
TOAST BAR, JUICE BAR, COFFEE & TEA

2234 ROCKY LAKE DRIVE, WAVERLEY
902-860-2144 TO ORDER TAKE OUT

Brunch is on at the Waverley Legion!!! Serving from 9:00 a.m. to 12:00 p.m. noon! Lots of great home cooked breakfast and hot beverages! Bring the family. \$13 per person! No limits.



CENTRAL
ZONE

Drop-in COVID-19 Vaccine Clinic

Musquodoboit Valley Family Resource Centre

12280 Highway 224 Suite #2, Middle Musquodoboit
Wednesday 15 February from 10:30 a.m. - 2:30 p.m.

Pfizer Primary series 5+
Pfizer Bivalent Booster doses 5+

Flu vaccine will also be available

Eligibility criteria is available at
nshealth.ca/coronavirusvaccine.

Please bring your health card
number and ID if you have it.

Appointments are also available
online for COVID-19 Vaccine at
this clinic

Nervous about needles? Let us know. We are ready to help.



Vaccine outreach clinics are healthcare environments. Masks are required.

February 2023

HALIFAX

Holy Cross Church TAKE-OUT PANCAKE SUPPER



Tuesday, February 21st, 2023

PICK-UP 4:00-5:30 pm

at Holy Cross Church, Middle Musquodoboit

Adults: \$10.00 Ages 5-12: \$6.00

Children under 5 eat free!



Meal Includes:

Pancakes - Sausages - Beans
plus Biscuits and Dessert

Please call and pre-book:

Betty Lou: 902-384-2961 / Judy: 902-384-2183

QUEEN'S PLATINUM JUBILEE MEDAL RECIPIENTS



Special congratulations to 10 of the 5,000 Queen's Platinum Jubilee Medal recipients who are from District 1: Steve Sinnott, Cheryl Sinnott, Barry Dalrymple,

Sarah MacDonald Miles, Rita Nigam, Dan McNaughton, Kirk Stephen, Jason Crowell and Alan Billard.



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The purpose of the medal program is to recognize individuals who have made significant contributions to the province or to a particular region, community or field. The medal honours Queen Elizabeth II's lifelong service to Canada, as well as those residents of Nova Scotia who, like Her Late Majesty, devoted their lives to making this province a better place.



LAND LEASE COMMUNITIES BY-LAW PROJECT



Are you a resident or an owner/operator of a land-lease community? A land-lease community is one in which residents own their home but lease the lot it is placed on. Land-lease communities are also known as mobile home parks, mini-home communities, or manufactured home communities.

The Halifax Regional Municipality is reviewing and updating its Mobile Home Park By-laws. There are currently three Mobile Home Park By-laws

- [By-law 29 – Halifax County Municipality Mobile Home Park By-law](#)
- [By-law M-200 – City of Dartmouth By-law Respecting Mobile Homes and Mobile Home Parks](#)
- [Ordinance 143 – City of Halifax Ordinance Respecting Mobile Home Parks](#)

These Mobile Home Park By-laws serve to regulate the operation and permitting of current mobile home parks, as well as the creation of new mobile home parks within the municipality. These By-laws pre-date amalgamation and may no longer appropriately consider today's



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development and permitting standards. The Halifax Regional Municipality’s goal is to modernize and update land-lease community regulations, which will apply to all areas of the municipality, and all land-lease communities, regardless of housing type (mobile home vs other forms of housing).

We are proposing a two-step approach to updating regulations.

1. The first step is to review the requirements that land-lease community owners must comply with to get a license to operate a land-lease community, such as maintenance or drinking water requirements.
2. The second step of the project would deal with built-form requirements, such as the placement of homes within a land-lease community, and the requirements for constructing new land-lease communities.

The new By-law would apply modern standards to the operation of land-lease communities. An essential step towards this goal is to hear from residents, owners and developers of land-lease communities. This input will serve as a critical part of drafting a new land-lease communities By-law that addresses the concerns and opinions of all stakeholders.

[Take the online survey to join the conversation and share your thoughts.](#) The survey will be available until Monday, February 13th.

In addition to the survey, we are holding in-person, drop-in, information sessions to provide an opportunity for you to share your thoughts. Everyone is welcome to attend any session:

- February 1st from 6:30 p.m. - 8:30 p.m.
Sackville Heights Community Centre, Gold & Silver Room, 45 Connolly Road, Middle Sackville
(Snow date: February 8th from 6:30 p.m. - 8:30 p.m.)
- February 6th from 6:30 p.m. - 8:30 p.m.
Chocolate Lake Recreation Centre, Multi-Purpose Room, 1014 Purcells Cove Road
(Snow date: Thursday, February 9th from 6:30 p.m. - 8:30 p.m.)

HALIFAX’S SISTER CITY - PORTSMOUTH, ENGLAND



Mayor Savage and Lord Mayor of Portsmouth, England Councillor Hugh Mason signed a sister city agreement to advance business and trade opportunities between the two cities.

This agreement opens the potential to expand on both cities’ work to develop opportunities for businesses in shipbuilding, oceanology, satellite applications and for maritime small businesses. Our cities are also keen to explore a partnership between naval bases and ports, visitor economy links, and best practices on clean technology and



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sustainability as both cities are committed to achieving net zero carbon emissions.

Read more [here](#).

COMMUNITY HALLS / CENTRES

District 1 is home to many Community Halls and Non-Profit Organizations. Check out their website or Facebook pages to find information on local events as well as opportunities to volunteer in your community. Here is a list of some of the great organizations in our district:

- [Elderbank Recreation Club](#)
- Lemmon Hill Sports Association [Facebook](#)
- [Upper Musquodoboit Nova Scotia Nunavut Command](#)
- [Upper Musquodoboit Community Hall](#)
- Upper Musquodoboit Fellowship Centre (902)568-2536
- [Musquodoboit Valley Bicentennial Theatre](#)
- [Musquodoboit Valley Family Resource Centre](#)
- [Musquodoboit Valley Food Bank](#)
- [Carrolls Corner Community Center](#)
- [Meaghers Grant Community Hall](#)
- [Gordon Snow Community Centre](#)
- [Wellington Fletchers Lake Station House](#)
- [Grand Lake Oakfield Community Centre](#)
- [Waverley Heritage Museum](#)
- [Waverley Legion Dieppe Branch 90](#)
- [LWF Community Hall](#)
- [Windsor Junction Community Centre](#)
- [Helping Hands Families Helping Families](#)
- [Barefoot Farmers Association](#)

For those I have missed this time around please reach out let me know and I will add to the list!

HERITAGE DAY 2023



PHOTO: Eskasoni/

The 2023 [Heritage Day](#) Honouree is Rita (Bernard) Joe, a member of the We'koqma'q Mi'kmaq Community and published author, who was instrumental in paving the way for other Mi'kmaq authors. At the age of twelve, Rita attended the Indian Residential School in Shubenacadie. She would suffer the hardships experienced from the residential school that would eventually lead her to begin writing. She wanted to share her experiences through writing and celebrate Mi'kmaq culture with a focus on language.

Elder Rita's words of wisdom would inspire the country and lead her to receiving an Order of Canada in 1989. Then in 1992, she would become a member of the Queens Privy Council. In between times, she would receive Honorary Doctorates from Mount Saint Vincent University and University College of Cape Breton. She would receive an Aboriginal Achievement Award and be named Poet Laureate of the Mi'kmaq.



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Elder Rita was given the title of “Gentle Warrior” and that would become the title of a poem written about her.

PROVINCIAL & FEDERAL REPRESENTATIVES

The following are the [provincial](#) Members of the Legislative Assembly (MLAs) and [federal](#) Members of Parliament (MPs) representatives for [municipal district 1](#).

Provincial MLAs:



MLA Larry Harrison
Colchester-
Musquodoboit Valley
Constituency office:
87 Main Street West
PO Box 219
Stewiacke, NS B0N 2J0
Phone: 902-639-1010
Fax: 902-639-2598

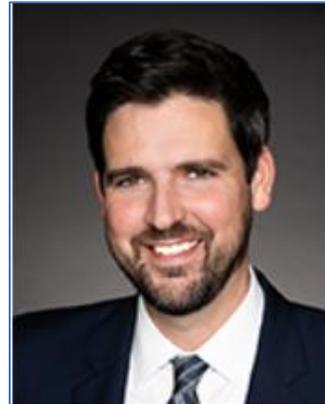
Email: larryharrisonmla@gmail.com



MLA Brian Wong
Waverley-Fall River-
Beaver Bank
Constituency Office:
1265 Fall River Road
Suite 101
Fall River, NS B2T 1E6
Phone: 902-576-3411
Email:

brianwongmla@gmail.com

Federal MPs:



MP Sean Fraser
[Central Nova](#)
House of Commons
Ottawa, ON K1A 0A6
Phone: 613-992-6022
Fax: 613-992-2337
Email:
sean.fraser@parl.gc.ca



MP Darrell Samson
Sackville-Preston-
Chezzetcook
Constituency Office:
2900 Highway 2
Suite 2nd Floor
Fall River, NS B2T
1W4
Phone: 902-861-2311
Fax: 902-861-4620

Email: darrell.samson@parl.gc.ca





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COUNCILLOR DEAGLE GAMMON



COUNCILLOR CATHY DEAGLE GAMMON
 DISTRICT 1
 Fall River - Waverley - Musquodoboit Valley
 Phone: 902.717.2718
 Cathy.deaglegammon@halifax.ca

Halifax Regional Municipality
 PO Box 1749
 Halifax, NS B3J 3A5

HALIFAX halifax.ca 311

distribution list, if you wish to be added to the list, please contact my Council Constituency Coordinator at: 902-490-1562 or email: Chris.Newson@halifax.ca.

LAND ACKNOWLEDGEMENT



I currently serve on Regional Council, North West Community Council, Chair 2023, and the following boards and committees:

- Accessibility Advisory Committee
 - Appeals Standing Committee
 - Audit and Finance Committee (Vice Chair)
 - Environment and Sustainability Committee
 - Executive Standing Committee (newly appointed December 2022)
 - Grants Committee (Chair)
 - Halifax Regional Water Commission
 - Halifax Partnership (newly appointed November 2022)
 - North West Planning Advisory Committee
- Community Committees:
- Halifax International Airport Authority
 - Goffs Quarry Community Liaison
 - Aerotech Community Liaison Community Committee

The Halifax Regional Municipality honours and recognizes the importance of the Indigenous people (First Nation, Métis, and Inuit) and their cultural contributions to the tapestry of our region. The municipality recognizes the significant contributions of the Indigenous people and actively work together towards reconciliation and ensuring that our Indigenous members continue to enrich the fabric of the Halifax region.

Land Acknowledgement

The Halifax Regional Municipality is located in Mi'kma'ki, the ancestral and traditional lands of the Mi'kmaq people. The municipality acknowledges the Peace & Friendship Treaties signed in this Territory and recognizes that we are all Treaty People.

E-NEWSLETTER/SUBSCRIBE

My monthly e-newsletters are available on my municipal [website](#). I also maintain a mailing

February 2023

