

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

WELCOME JULY!



Happy Canada Day! So happy to be welcoming July, and to celebrate our wonderful country Canada. A country I was able to appreciate and value more by attending both the Federation of

Canadian Municipalities and Nova Scotia Federation of Municipalities conferences in April and May. The discussions and workshops I attended have given me a deeper understanding of shared issues and the importance of networking with our neighbouring municipalities and provinces. Have an amazing, fun-filled summer!

Keep reading for more information on the Municipality's strategic planning process, Wildfire risk assessment, Natal Day Parade applications, and many more interesting articles on what's going on in the community!

Contact me if you have questions regarding municipal programs/services by phone at 902 717-2718 or by email at <u>deaglec@halifax.ca</u>.

TABLE OF CONTENTS

JULY MEETING DATES
DID YOU KNOW
CANADA DAY (JULY 1)2
HALIFAX PRIDE WEEK (JULY 17 – 27)
WORLD DAY AGAINST TRAFFICKING IN PERSONS (JULY 30)
UPDATE ON COUNCIL VOTE REGARDING BIKE LANE CONSTRUCTION
COUNCIL APPROVES NEW REGIONAL PLAN TO SUPPORT GROWING POPULATION
HRM MOVES TO BLUESKY
FREE WILDFIRE RISK ASSESSMENT FROM FIRESMART
HFX ALERT 6
FLOOD READY
RURAL TRANSIT INITIATIVE APPROVED BY TRANSPORTATION STANDING COMMITTEE
URBAN FOREST MANAGEMENT PLAN
HRM'S NATURALIZATION EFFORTS
WEEKLY GREEN CART COLLECTION
CAMPFIRES IN MUNICIPAL PARKS
HELP KEEP PARKS CLEAN
NATURAL PLAYING FIELDS OPEN9
ADAPTIVE EQUIPMENT AVAILABLE9
OFF LEASH DOG PARKS9
REQUEST PARK REPAIRS9
TICK CHECKS
NATAL DAY10





TEST DRIVE AN ELECTRIC VEHICLE	.10
FREE SWIMMING LESSONS	.10
HALIFAX SUMMER SERIES	.10
OUTDOOR POOLS AND BEACHES OPENING FOR 2025	. 11
REC VAN VISITING COMMUNITIES ACROSS THE REGION	. 11
STUDENT TRANSIT PASS PROGRAM TO CONTINUE	. 11
IN THE COMMUNITY	.12
COMMUNITY CENTRES	.17
PROVINCIAL & FEDERAL REPRESENTATIVES	. 18
COUNCILLOR DEAGLE GAMMON	. 19
E-NEWSLETTER/SUBSCRIBE	. 19
LAND ACKNOWLEDGEMENT	. 19

JULY MEETING DATES

Regional Council:

Tuesday, July 8 at 10:00 a.m.

NorthWest Community Council:

No scheduled meetings

Standing Committees:

Environment and Sustainability Standing Committee

No scheduled meetings

Audit & Finance Standing Committee

No scheduled meetings

Community Planning & Economic Development Standing Committee

No scheduled meetings

- **Executive Standing Committee**
 - No scheduled meetings

DID YOU KNOW...

The month of July was named to honor Roman dictator Julius Caesar (100 B.C.– 44 B.C.) after his death. Julius Caesar made one of his most significant contributions to history - With the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar we use today. July is Juvenile Arthritis Awareness month, Recreation and Parks month and Independent Retailer month.

July 1 - Canada Day July 4 to 13 – Calgary Stampede July 11 - International Town Criers Day July 15 - World Youth Skills Day July 17 to 27 - Halifax Pride Festival July 18 - International Nelson Mandela Day July 20 - World Chess Day July 20 - World Chess Day July 25 - International Day of Women & Girls of African Descent July 25 to 27 - Africville Reunion July 30 - International Day of Friendship July 30 - World Day Against Trafficking in

Persons

CANADA DAY (JULY 1)



Join us for KANA'TA: Canada Day 2025 celebrations on Tuesday, July 1, 2025. This re-envisioned format for Canada Day offers a variety of new and refreshed cultural, musical, and family-oriented

events to enjoy. Developed in close collaboration with Indigenous communities, KANA'TA: Canada







Day 2025 offers programming that honours the traditions of the Mi'kmaw Nation and celebrates pan-Indigenous communities that call the municipality home.

KANA'TA: Canada Day 2025 programming will include the Mawio'mi on the Halifax Waterfront, ANSMA Free Concert on the Dartmouth Waterfront, a Multi-Stage experience on the Halifax Waterfront featuring multiple genres of music and at night the July 1 Fireworks Show returns!

KANA'TA: Canada Day 2025. The Halifax Citadel National Historic site will also offer free admission on Monday, July 1 as well!

HALIFAX PRIDE WEEK (JULY 17 - 27)



Pride week celebration (July 17-27)

The 2025 Halifax Pride Festival is just around the corner, taking place July 17 to 27 across our municipality! For 11 days, we'll come together to celebrate the strength, spirit,

and vibrancy of our 2SLGBTQIA+ communities through more than 30 Signature Festival Events and 100+ community-led gatherings.

The Halifax Pride Parade will take place on Saturday, July 19 at 12 p.m. This parade is one of the city's most cherished community events, bringing people together to celebrate identity, show solidarity, and stand up for equity. If you're part of a group that wants to join in, I encourage you to get involved and help make this incredible day even more powerful. This festival is about connection, activism, and creating spaces where people of all sexualities and gender identities can flourish. Halifax Pride's guiding principles – community, self-expression, and growth – are a reminder of the ongoing work we all share in building a more equitable society, free from oppression.

WORLD DAY AGAINST TRAFFICKING IN PERSONS (JULY 30)



On July 30, we pause to reflect on the devastating impacts of human trafficking, a crime that continues to thrive in the

3

shadows, even within our own communities. As we mark World Day Against Trafficking in Persons 2025, we're reminded that this global crisis is ongoing and growing in scale, reach, and violence.

This year's campaign, "<u>Human Trafficking is</u> <u>Organized Crime – End the Exploitation</u>," shines a light on the powerful criminal networks driving this exploitation. From 2020 to 2023, more than 200,000 victims were identified globally, yet we know that's only a fraction of the true toll.

Victims are trafficked farther, held longer, and subjected to greater harm, all in pursuit of profit.

Organized crime is at the root of this crisis, using migration routes, global supply chains, digital





platforms, and economic loopholes to fuel forced labour, sexual exploitation, and coercion into criminal activity.

Despite growing awareness, we must do more. The campaign calls on governments, law enforcement, civil society, and citizens to take stronger action through cross-border cooperation, tougher laws, smarter technology, and victim-centred supports. We need justice systems that hold traffickers accountable while protecting survivors with dignity and care.

As community members, we also have a role to play: learning the signs, supporting awareness efforts, and sharing reporting resources. By doing so, we help build a future where every individual can live free from exploitation.

To learn more, visit https://www.un.org/en/observances/endhuman-trafficking-day

UPDATE ON COUNCIL VOTE REGARDING BIKE LANE CONSTRUCTION

At the June 11 meeting, Regional Council considered a motion brought forward by Mayor Andy Fillmore regarding upcoming bike lane projects.

The motion proposed that the municipality temporarily pause awarding any new bike lane design or construction capital project contracts until Council received a supplementary staff report outlining:

1. A list of bike lane projects proposed in the current four-year capital plan that could

reduce vehicular traffic capacity and/or increase traffic congestion; and

2. An assessment of the feasibility of alternative network solutions that could achieve active transportation goals while maintaining or improving current traffic flow.

The motion was defeated in a 12–5 vote.

Following the vote, Council considered and approved a separate motion related to the <u>Morris Street project</u> directing staff to provide alternatives that would allow two-way traffic on Morris Street while still meeting the project's transportation goals. That report is expected to come forward at the July 8 meeting of Regional Council.

A Brunswick Street alternative motion, which sought to maintain vehicular lanes while delivering a protected bike lane, was defeated.

At the June 25 meeting, Council voted in favour of a new motion requesting a staff report outlining:

- A list of AAA bike network capital projects proposed for the 2026–2029 fiscal years and their estimated budgets;
- An assessment of alternative network solutions that could reduce future costs; and
- Opportunities for additional external funding sources.

The motion also included a request to break down project budgets by general traffic, public space, pedestrian, and bike lane components. A proposed amendment to include a full costbenefit analysis was not adopted.

JULY 2025





The requested staff report is expected to return to Council in December.

For more information on Council decisions or to review meeting materials, visit halifax.ca/council.

COUNCIL APPROVES NEW REGIONAL PLAN TO SUPPORT GROWING POPULATION



Halifax Regional Council has approved a new Regional Municipal Planning Strategy to guide development as the municipality prepares

for a population that could reach one million by 2050.

The updated plan replaces the 2014 version and sets policies for how and where growth should occur, aiming for 75 per cent of new development in serviced urban areas. It also expands environmental buffer zones, supports commercial solar projects in rural zones, and allows short-term rentals on rural lots.

The plan includes changes required by the province's Minimum Planning Requirements, such as allowing residential uses in most zones and lifting bedroom mix requirements until 2027.

With the plan now approved, staff will move ahead with suburban planning work and a strategic growth and infrastructure plan to assess future servicing needs.

HRM MOVES TO BLUESKY



As directed by Regional Council, and following a recent staff report, the municipality will be phasing out its use of X (formerly Twitter) and moving to Bluesky, a growing platform where

users can view short posts that include text, images, and videos.

This change reflects feedback from the public, emerging trends in other jurisdictions, and input from provincial and partner organizations.

The following official Bluesky accounts are now active:

- <u>@hfxgov.bsky.social</u> (main municipal account)
- <u>@hfxtransit.bsky.social</u> (Halifax Transit)
- <u>@hfx-fire.bsky.social</u> (Halifax Regional Fire & Emergency)
- <u>@hfxevents.bsky.social</u> (Halifax Events)
- <u>@hfxrec.bsky.social</u> (Halifax Parks & Recreation)
- <u>@hfxplanning.bsky.social</u> (Planning & Development)

Content on Bluesky will mirror what has traditionally been posted to X—such as updates on programs, services, events, disruptions, and emergency notifications. While an account is not required to view content on Bluesky, residents can follow and engage more actively by signing up.

Municipal X accounts will be discontinued by July 14, 2025.





This change does not affect Halifax Water, Halifax Regional Police, or Halifax Public Libraries, as they manage their own social media platforms independently.

Residents are encouraged to stay informed through a variety of channels:

- Sign up for hfxALERT for emergency and operations notifications
- Download the HFX Recycles app for solid waste info and reminders
- Use the HFX GO app for transit fare payments and service updates
- Visit halifax.ca/news for the latest PSAs and news releases
- Explore Shape Your City Halifax to participate in municipal engagement
- Subscribe to the municipality's RSS feeds
- Call 311 with any questions

FREE WILDFIRE RISK ASSESSMENT FROM FIRESMART



Wildfires are becoming more frequent and severe, especially in areas where homes meet natural vegetation.

To help reduce this risk,

Halifax Regional Fire & Emergency is offering free, voluntary FireSmart property assessments to residents.

As part of this service, trained staff will visit your home, identify potential wildfire hazards—like flammable materials or overgrown vegetation and provide personalized tips to help you make your property safer. Request your free assessment today at <u>halifax.ca/firesmart</u> or call 311 to learn more. Taking action now can make a big difference in protecting your home.

HFX ALERT



Get notified when it matters most.

Sign up for hfxALERT, the Halifax Regional Municipality's mass notification system, to receive critical and

non-urgent alerts, as well as municipal winter parking ban notices.

To find out more and to register, visit: http://halifax.ca/hfxalert

FLOOD READY



Floods happen in the HRM. Climate change is increasing the risk. With the new municipal flood maps and resources, you can learn:

- what flooding is;
- where a flood could occur;
- how the municipality is building resilience;
- how to get flood ready.

Learn more here: <u>halifax.ca/flood-ready</u>





RURAL TRANSIT INITIATIVE APPROVED BY TRANSPORTATION STANDING COMMITTEE



The Transportation Standing Committee has approved a set of recommendations to help strengthen transit service in rural communities

across Halifax Regional Municipality.

The recommendations follow a review of the Rural Transit Funding Program, which was first implemented in 2014 to provide financial support to non-profit providers that serve areas outside Halifax Transit's main service boundary.

The report was based on extensive community engagement, a gap-and-needs analysis, and consultation with stakeholders, service providers, community members, and members of Regional Council.

Key initiatives include creating a Rural Transit Advisory Group to guide implementation, adding a new capital grants funding stream, developing a professional training and support program for providers, exploring fare integration with Halifax Transit, and preparing a Microtransit Service Plan to address gaps in service delivery.

This work is expected to proceed in phases starting in the 2025/26 fiscal year, with funding already approved in the current budget. Additional funding may be considered in future reports as initiatives move forward.



Urban Forest Management Plan Discover how the municipality is growing a greener, more climate resilient Halifax

Halifax's updated Urban Forest Management Plan has been approved by Regional Council. The plan outlines a long-term strategy to grow, protect, and care for the region's urban forest over the next 25 years.

7

Originally developed in 2013, the updated plan reflects current environmental priorities, equity considerations, and the needs of a growing population. It includes five objectives, 17 strategies, and over 100 actions—such as planting at least 1,000 net new trees annually.

URBAN FOREST MANAGEMENT PLAN

The plan was shaped through extensive public engagement in 2024, including input from historically underrepresented communities. It emphasizes climate resilience, community health, and inclusive stewardship of the urban forest. Learn more and view the plan at <u>Shape</u> <u>Your City Halifax</u>.

HRM'S NATURALIZATION EFFORTS

In mid-May, the municipality worked with Helping Nature Heal Inc. to facilitate a community-based planting workshop along Penhorn Lake's shoreline. The initiative relates to the municipality's naturalization efforts.

Learn more at: <u>halifax.ca/naturalization</u>





WEEKLY GREEN CART COLLECTION



Weekly green cart collection returns across the municipality starting Monday, July 21, and will continue until Friday, September 12.

This enhanced summer service is a helpful way to manage food waste during peak heat months.

While in previous years it ran through the full summer, Regional Council approved a slightly shorter collection period this year as part of the 2025–26 municipal budget process.

To ensure pickup, please have your green cart at the curb by 7 a.m. on collection day—and remember to keep items secured from wildlife.

The easiest way to confirm your schedule is by checking the Halifax Recycles app or by visiting <u>halifax.ca</u>

Here are a few simple tips to keep your green cart clean and odour-free during the heat:

Wrap wet food waste in boxboard or newspaper

Use paper liners in your mini-bin and green cart

Empty your mini-bin daily

Place your cart at the curb even if it's not full

Freeze food scraps until collection day

Store your cart in a shaded, well-ventilated area

JULY 2025



Please note: Printed collection schedules distributed before June 10 are no longer accurate. For the most up-to-date information, always refer to the app or municipal website.

Bi-weekly collection will resume starting Monday, Sept. 15.

Thank you for doing your part to keep our community clean and green!

CAMPFIRES IN MUNICIPAL PARKS



While the municipal Open Air Burning Bylaw allows campfires in wooded areas, this does not apply to the region's parks.

8

The Parks By-law

clearly states that there are to be no campfires at any time. Learn more at: https://brnw.ch/21wSHu5

HELP KEEP PARKS CLEAN



Municipal staff are working hard to keep park spaces clean. Did you know we service more than 1,400 litter receptacles across the municipality?



NATURAL PLAYING FIELDS OPEN



Game on! Natural ball diamonds and playing fields are now open for play.

Find up-to-date information on field conditions at:

https://brnw.ch/21wT4xx

OFF-LEASH DOG PARKS



Select playing fields are available as offleash dog areas from June 1 to Nov. 1.

Please note that dogs must be on leash in municipal parks unless signage indicates otherwise.

For more information, call 311.

REQUEST PARK REPAIRS



Notice a hazard in a municipal park or green space?

Report hazards and request maintenance, or repairs by calling 311 or emailing

contactus@311.halifax.ca.

ADAPTIVE EQUIPMENT AVAILABLE



Adaptive equipment

We have a variety of adaptive equipment available to borrow to help you get out and about this spring and summer.

Hippocamps

Beach chair

GRIT chair

For further information please email <u>inclusion@halifax.ca</u>

TICK CHECKS



As we spend more time outdoors, it's important to be aware of ticks and how to protect yourself. Ticks can be found in wooded

9

areas, tall grass, and shrubs — even in urban parks and backyards. To reduce your risk:

Wear light-coloured clothing to spot ticks more easily

Tuck pants into socks and shirts into pants

Do a full body check after being outdoors — on yourself, children, and pets

Shower within two hours of coming inside

For more information on tick safety and prevention, click <u>here.</u>







COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

NATAL DAY PARADE APPLICATIONS



The 128th Pepsi Natal Day Parade is scheduled for 10:30 a.m. on Monday, August 4, 2025. Float registration is now open and applications will be accepted until Friday, July 18.

Learn more and apply for the parade at http://halifax.ca/natalday

FREE SWIMMING LESSONS

The Halifax Regional Municipality is offering residents free swimming lessons at rural beaches and lakes this summer for children and youth. The new weekly swim programs include general swimming lessons and lifesaving programs (including Bronze Cross and Workplace First Aid). All lessons are free and ages for each program differ. For more information, including program schedules and registration, visit our website.

HALIFAX SUMMER SERIES



Discover the exciting events happening in Halifax this summer! The Halifax Regional Municipality is hosting and promoting a variety of activities through its

Summer Series, running from June to early September. Events include live music, familyfriendly activities and fireworks. Many events are free for residents. Plan your summer today: halifax.ca/SummerSeriesEvents

JULY 2025



TEST DRIVE AN ELECTRIC VEHICLE THIS SUMMER



Curious about what it's like to drive an electric vehicle (EV)? Now's your chance to find out, right here in our community.

The municipality's Clean Energy team is once again partnering with Next Ride to offer free EV test drives across the region this summer. Last year, 338 residents had the chance to get behind the wheel, learning firsthand how EVs perform and how our growing charging network supports their use.

With more Level 2 and Level 3 fast chargers being installed across the municipality, it's easier than ever to consider making the switch to electric. Whether you're interested in reducing your emissions, saving on fuel, or just curious about the technology, this is a great opportunity to learn more.Sixteen events are scheduled for this year, and some locations do fill up quickly. If you're in a rural area like Musquodoboit Harbour, we'd especially love to see more local engagement, so please help spread the word!You can find full event details and learn more about the municipality's EV charging network at halifax.ca/ev.

10



OUTDOOR POOLS AND BEACHES OPENING FOR 2025 SEASON

The Halifax Regional Municipality is advising residents that the Bedford and Cole Harbour outdoor pools, as well as all supervised municipal beaches (pending water testing results), will open for the season on Tuesday, July 1.

A full list of supervised beaches can be found on <u>our website</u>. Please note that Taylor Head Beach will now be supervised and Malay Falls will no longer be supervised.The Halifax Common pool, as well as municipal splash pads, opened on Sunday, June 15. Please note these facilities will now have extended hours of operations for the summer.

The municipality will also begin testing water quality for bacteria levels and monitoring for blue-green algae at all municipally supervised beaches on Tuesday, July 1. Testing will continue until Sunday, August 31.

High bacteria levels can be caused by a number of factors, including dogs, birds, wildlife, heavy rainfall and impacts from climate change such as high temperatures, lower water levels and decreased rainfall.

In the event of a recreational water quality advisory due to high bacteria levels, staff will continue testing the water and lift the recreational water quality advisory when the results are within Health Canada guidelines for swimming. In the event of a closure due to a possible blue-green algae (cyanobacteria) bloom or mat, staff will investigate the bloom and reopen the beach when the risk of high levels of blue-green algae toxins has passed. For more information, visit <u>our website</u>.

REC VAN VISITING COMMUNITIES ACROSS THE REGION

The Halifax Regional Municipality is advising residents that the Rec Van will once again be travelling across the region this summer. Starting Wednesday, July 2nd, the Rec Van will travel to different rural communities from Mondays to Thursdays every week. A range of recreation activities will be offered, including baseball, basketball, soccer, washer toss, giant checkers, archery, skipping and more. Rec Van services are free for residents and open to all ages. The final day of the Rec Van will be Friday, Aug. 22. For more information, including the complete Rec Van schedule, visit: halifax.ca/RecVan

STUDENT TRANSIT PASS PROGRAM TO CONTINUE IN 2025-26 SCHOOL YEAR

The Halifax Regional Municipality is announcing that the Student Transit Pass Program will continue for the 2025/26 school year, and 2024/25 passes are extended until Sept. 12, 2025. All students in grades 7 to 12 attending junior high and high schools registered at the Halifax Regional Centre for Education and Conseil scolaire acadien provincial will have access to free travel on all Halifax Transit services. Starting in September 2025, registered homeschooled students in grades 7 to 12 who live in the Halifax region will also be eligible to receive a free Student Transit Pass. Information on pass distribution for homeschooled students will be shared in early September. The continuation of the program has been made possible through a funding agreement between the Province of Nova Scotia and the Halifax Regional Municipality.





For up-to-date information on the Student Transit Pass Program, visit our <u>website.</u>

IN THE COMMUNITY



Join Halifax Solid Waste and the Gordon R. Snow Community Centre Youth Leadership Program for a community clean-up. Stop by anytime between 10 a.m. and 1 p.m. on Tuesday, July 15 to talk about litter and waste management and grab some free supplies to pick-up litter outside. This event will happen rain or shine.





New Federal Disability Benefit Coming July 2025 Applications open June 20 through Service Canada

What is it?

Up to \$200/month for low-income Canadians aged 18–64 who qualify for the Disability Tax Credit.

How to apply

Apply online, by phone, or in person at a Service Canada Centre starting June 20, 2025. Most eligible applicants will receive a letter with a unique code.

🗸 What You'll Need

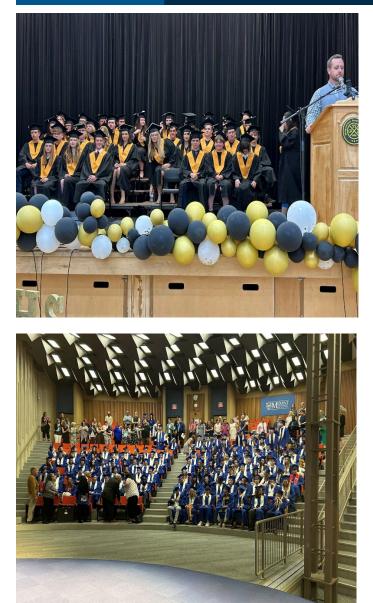
- Social Insurance Number
- Direct deposit info
- 2024 tax info (line 23600)
 Mailing address (if no letter received)
- Maining address (if no terrer received

Learn More

Visit canada.ca/canada-disabilitybenefit for details and a benefit estimator.

ΗΛLΙΓΛΧ





I was pleased to be at the graduation ceremonies at <u>Musquodoboit Rural High School</u> in the morning and <u>Lockview High School</u> in the afternoon.

Congratulations to all graduates! Onward you go!



Clarification - In my print newsletter I stated in the Update: The all-weather turf field is scheduled to open in September 2025. While the field is anticipated to be done by the end of September 2025, the fieldhouse construction is expected to be complete by Spring 2026. Without the fieldhouse complete, there would be no field monitor, equipment storage or location to store the scoreboard controller. Public bookings would likely start after the fieldhouse is complete.

13



halifax.ca | 311







McDonald Sports Park Local contractors Corey Ronald Horrocks and Paul Fraser are hard at work in the park this week doing trail repairs and landscaping. Please respect trail closures and watch out for heavy equipment - give them the room they need to make our park better! The Big Five-O Activity Challenge

Join us in the month of July as we celebrate our 50th anniversary with the big Five-O Activity Challenge! Open to all ages, you can complete one of the following challenges:

#1 - July Month Long Challenge:

Throughout the month of July, walk, run, bike, or paddle a total of 50km in McDonald park. If you don't have a fitness app to track your activity, an easy way to do it is a total of 10 laps of the park using the trails shown on the map below. If you're paddling (or swimming!), the length of Lake Thomas from our dock to the highway 102 bridge is approximately 1.5km.

#2 - The 50 Minute Challenge:

On the "Big Day" (July 26th, rain date July 27th) walk, run, bike, paddle, or swim for a total of 50 minutes in the park or in Lake Thomas.

#3 - The 50km Challenge:On the "Big Day" (July 26th, rain date July 27th) walk, run, or bike a total of 50km in the park in one day (you just might see some of the WAAA board members in this one!To register, send your name along to info@mcdonaldsportspark.com.

Let us know which challenge you'd like to participate in, and you'll receive a certificate of accomplishment on the "Big Day".



JULY 2025







Progress at the Middle Musquodoboit Park.



Windsor Junction Community Centre docks are out!



Souls Harbour Rescue Mission, NS at the Rock Church in Lower Sackville, where Northwest Community Council was presented with a plaque for our support of the Coldest Night of the Year walk.



Kings Rd and Community Emergency planning meeting

ΗΛLΙFΛΧ

JULY 2025

halifax.ca | 311

15





Congratulations to our newest volunteer firefighters who received their black hats this evening. Volunteer Firefighters truly are committed to the safety and welfare of our communities. We are so thankful and appreciative of your dedication and service.

Congrats to:

Fall River Fire Department - Station 45 Clayton Blanchette and Johnathan Pare'

Wellington - Grand Lake and District Firefighters Association Aaron Farkas

<u>Waverly Fire Station #41</u> Manuel Fischer, Bobby Green

FIRE STATION 40 - Dutch Settlement & Area Mike Smith



Atlantic Canada Aviation Museum



Hiking at Sandy Lake on a beautiful day

JULY 2025







Community plays a vital role in enhancing individual wellbeing, fostering a sense of belonging, and providing essential support systems.

Sense of Belonging and Identity

Being part of a community offers individuals a sense of belonging and identity. This connection is crucial for psychological well-being, as it helps people feel valued and accepted. Communities provide a shared space where individuals can relate to others with similar values, interests, and experiences, which strengthens their self-perception and emotional health.

Emotional and Practical Support

Communities serve as a support network during challenging times. They offer emotional support, practical help, and advice, which can significantly alleviate feelings of isolation and stress. When individuals face difficulties, having a community to turn to can make a substantial difference in their coping mechanisms and overall mental health.

Health Benefits

Research indicates that being part of a strong community can lead to better physical health outcomes. Individuals who engage with their communities often experience lower blood pressure, reduced stress levels, and improved overall health. The social interactions and support found within communities contribute to a healthier lifestyle and can even mitigate the effects of loneliness, which is linked to various health issues.

Personal Growth and Development

Communities encourage personal development and collective action. By participating in community activities, individuals can enhance their skills, gain new perspectives, and contribute to shared goals. This engagement fosters a sense of purpose and fulfillment, which is essential for happiness and life satisfaction.

JULY 2025



COMMUNITY CENTRES

Elderbank Recreation Club

Lemmon Hill Sports Association

<u>Upper Musquodoboit Nova Scotia Nunavut</u> <u>Command</u>

Upper Musquodoboit Community Hall

Upper Musquodoboit Fellowship Centre (902)568-2536

Musquodoboit Valley Bicentennial Theatre

<u>Musquodoboit Valley Family Resource Centre</u> <u>Musquodoboit Valley Food Bank</u>

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 to let me know and I will add you to the list!



PROVINCIAL & FEDERAL REPRESENTATIVES

The following are the <u>provincial</u> Members of the Legislative Assembly (MLAs) and <u>federal</u> Members of Parliament (MPs) representatives for <u>municipal District 1</u>.

Provincial MLAs:

MLA Scott Armstrong



Colchester-Musquodoboit Valley

Progressive Conservative Caucus Office:

1601 Lower WaterStreet, Halifax, NS B3J3P6 Phone: 902-424-2731 Fax: 902-424-748

E-mail: PCcaucus@novascotia.ca

MLA Brian Wong



Waverley-Fall River-Beaver Bank

Constituency Office:

1265 Fall River Road

Suite 101 Fall River, NS B2T 1E6

Email: brianwongmla@gmail.com

Federal MPs:

MP Sean Fraser



MP Braedon Clark



4793 TTY: 613 -995 -2262 Email: <u>braedon.clark@parl.gc.ca</u>

<u>Central Nova</u>

House of Commons Ottawa, ON K1A 0A6

Phone: 613-992-6022 Fax: 613-992-2337

Email: <u>sean.fraser@parl.gc.ca</u>

Sackville-Preston-Chezzetcook

House of Commons, Ottawa, Ontario

K1A 0A6

Toll -free (Canada): 1 -866 -599 -4999 Telephone: 613 -992 -

ΗΛLΙΓΛΧ





COUNCILLOR DEAGLE GAMMON



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

- Audit and Finance Committee (Chair)
- Canadian Capital Cities Organization
- Community Planning and Economic **Development Standing Committee (Chair)**
- Environment and Sustainability Committee (Vice Chair)
- Executive Standing Committee
- Halifax Regional Water Commission
- Halifax Partnership

Community Committees:

- Aerotech Community Liaison Community Committee
- Halifax International Airport Authority
- Goffs Quarry Community Liaison

E-NEWSLETTER/SUBSCRIBE

The District 1 newsletters, are available on my municipal website, or to request to be added to the distribution list, please contact my Council **Constituency Coordinator, Nancy Viner at** Nancy.Viner@halifax.ca.

LAND ACKNOWLEDGEMENT



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

SUMMER

When the days get longer, the stars shine brighter, your hair get lighter, the water gets warmer, the music gets louder and life gets better.

