

# Have an aMAYzing month!



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

## WELCOME MAY 2026!



Spring has sprung, the weather is warming up, and flowers are starting to bloom. Summer will be here before we know it!

I would like to take this opportunity to congratulate this year's Volunteer Award recipients for District 1. Thank you for all the work you do to make our community a great place to live, work and play.

On May 10<sup>th</sup> we will celebrate Mother's Day. I am so thankful to the amazing mothers and mother figures who work tirelessly taking care of both their families and our communities. Thanks for all you do!

As many of us start our spring cleaning, it's a great time to download our Halifax Recycles App, which will keep you up to date on your collection schedule, what goes where, and any upcoming special household waste depots.

Keep reading for information on the HRM Volunteer awards, Halifax Transit mobile tickets and passes, household special waste depots and much more!

May 2026

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## COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

### MAY MEETING DATES

Regional Council, North West Community Council and Standing Committee meetings will be held on the following dates:

**Regional Council:**

Tuesday, May 12 at 10 a.m.

Tuesday, May 26 at 10 a.m.

**North West Community Council:**

Monday, May 11 at 6 p.m.

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**Standing Committees:**

**Environment & Sustainability Standing Committee**

Thursday, May 7 at 1 p.m. - **Cancelled**

**Audit & Finance Standing Committee:**

Wednesday, May 13 at 10 a.m.

**Community Planning & Economic Development Standing Committee:**

Thursday, May 21 at 10 a.m.

**Executive Standing Committee:**

Monday, May 25 at 10 a.m.

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

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### DID YOU KNOW....

The month of May was originally named for the Greek goddess Maia. She is often associated with spring and growth, reflecting her nurturing qualities; and her name means "nursing mother" or "grandmother".

May is Asian Heritage Month, Canadian Jewish Heritage Month, Polish Heritage Month and Gaelic Awareness Month.

- May 1 - 30 is [Asian Heritage Month](#)
- May 1 - 30 is [Cdn. Jewish Heritage Month](#)
- May 1 - 30 is [Polish Heritage Month](#)
- May 1 - 30 Gaelic Awareness Month
- May 3 - 9 is [Emergency Preparedness Week](#)
- May 4 - 9 is [Safety and Health Week](#)
- May 4 - 10 is [Mental Health Week](#)
- May 5 is [National Day of Awareness for Missing and Murdered Indigenous Women and Girls / Red Dress Day](#)
- May 10 is Mother's Day
- May 15 is Bike to Work Day
- May 17 is [International Day Against Homophobia, Transphobia, and Biphobia](#)
- May 18 - 24 is National Public Works Week
- May 18 is Victoria Day
- May 30 - is World MS Day, an international awareness day for everyone affected by multiple sclerosis (MS)
- May 31 - June 6 is [National Accessibility Week](#)

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# COUNCILLOR CATHY DEAGLE GAMMON

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## HALIFACT HOME ENERGY UPGRADE PROGRAM



**The HalifACT Home Energy Upgrade program**

Financing for energy upgrades on your home.

The HalifACT Home Energy Upgrade (HHEU) program has just launched. The program helps homeowners cut their energy use by 50 per cent to

improve home comfort and lower energy costs, provides financing and valuable technical support services to property and homeowners to cover initial costs and help project manage cost-saving energy upgrades.

The HalifACT Home Energy Upgrade program directly advances Regional Council's priority of strengthening communities by reducing carbon emissions through initiatives for homeowners. Through the program, residents can affordably upgrade their properties leading to future cost savings that help enhance quality of life throughout our municipality.

The Home Energy Upgrade program is limited, with financing available for approximately 100 homes.

For complete program details, eligibility requirements, and application information, [click here](#).

## ANNUAL SPRING WEIGHT RESTRICTIONS LIFTED

The Halifax Regional Municipality has lifted spring weight restrictions on roads maintained by the municipality as of 11:59 p.m. on Sunday,

May 2026

April 19. The municipality's spring weight restrictions are consistent with those of the Nova Scotia Department of Public Works, which have also been lifted on roads in the municipality that are maintained by the province. More details of can be found on the provincial [website](#).

## AQUATICS REGISTRATION



The Halifax Regional Municipality is advising residents that registration for aquatics at summer pools and beach sessions 1 and 2

will open on Tuesday, June 16, while beach sessions 3 and 4 will open on Tuesday, July 21.

Registration for all programs will begin at 10 a.m. each day. Click [here](#) for more information. Residents can register through their [MyREC account](#).

Click [here](#) for information on inclusion and accessibility recreation programming.

Click [here](#) for information on the [Affordable Access Program](#) which allows residents municipal subsidized programs. This application allows residents to apply once and have their application package sent to all the programs of interest.



## COUNCILLOR CATHY DEAGLE GAMMON

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### COMMUNITY LITTER CLEAN UPS



As Spring weather arrives, you may be noticing more litter in your community. Why not organize a litter pick up with family, friends,

neighbours or your local community organizations by registering with the Great Nova Scotia Pick-Me-Up?

Participating is easy!

- Select an area within the municipality where you would like to run a clean-up event.
- Register a minimum of two weeks prior to your event. (Residents who are conducting clean-ups on roads maintained by the province should register with the [Adopt-A-Highway program](#).)
- Team coordinators will receive a confirmation email from Great Nova Scotia Pick-Me-Up once they have registered containing important details, including where to pick up supplies for their event and how to dispose of their waste after the event.
- Pre-packaged litter kits (nitrile gloves and bags) can be picked up at Halifax Public Libraries or at the Bayers Road and Alderney Gate Customer Service Centres.
  - If teams require safety vests or pick sticks for their events, the team coordinator must contact Solid Waste staff via [wasteless@halifax.ca](mailto:wasteless@halifax.ca) to arrange the pickup of these materials. These items are limited in number

and are available on a first-come, first-served basis.

- Participants are encouraged to bring/use their own garden/work gloves.
- Determine how you will dispose of the litter you collect:
  - Collection with household waste
  - Drop off at the Otter Lake Facility:
    - Team coordinators can contact Halifax Solid Waste ([wasteless@halifax.ca](mailto:wasteless@halifax.ca)) at least two weeks before their event to arrange drop-off of litter directly to the Otter Lake Facility where tipping fees will be waived.
  - Collection by HRM staff
    - Teams who are unable to dispose of material curbside or by delivering to the Otter Lake Facility may contact 311 at least two weeks before their event to request this service.
    - Teams may be asked to move the material collected to a secure location to ensure it is not disturbed before collection.

This program (along with NS Adopt-A-Highway) is administered by Coastal Action and is supported in-kind by Halifax Regional Municipality. You can learn more about litter clean up events on our [website](#).



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## MAY 15 IS NATIONAL BIKE TO WORK DAY



The National Bike to Work Day is an initiative that helps to apprise residents that cycling is a healthy and safe alternative to driving that also reduces traffic congestion, air pollution, and

helps cut greenhouse gas emissions.

Residents are encouraged to take part in an opportunity to learn how cycling can remain a practical and enjoyable way to get around the Halifax Regional Municipality any time of year. With the right clothing, gear and preparation, you can cycle 365 days per year!

Click [here](#) for more information on local cycling including a bike map and [Regional Centre “AAA” Bikeway](#) projects. The total proposed network is about 57km of safer, connected bikeways in the Regional Centre (the Halifax peninsula and Dartmouth inside Highway 111). The goal to complete the full network is 2028.

The implementation of this network is being funded by the federal, provincial, and municipal governments through [the Investing in Canada Infrastructure Program](#). The Regional Centre AAA Bikeway Project represents a \$25 million investment from these governments to support safety, accessibility and the expansion of transportation options that help reduce greenhouse gas emissions.

## COMMUNITY DEVELOPMENT TRAINING



Our Neighbourhood and Volunteer Services (NVS) Team will be offering a wide selection of FREE 101-level workshops for residents who want to be more involved in their community or better serve the community organizations they're

working with.

Check out the training catalogue and the spring 2026 workshop schedule on our [website](#) for details.

## LINK NOVA SCOTIA ANNUAL REPORT



The 2025 Link Nova Scotia Annual Report is now available.

Link Nova Scotia is a provincial Crown corporation tasked with long-range strategic transportation planning across Nova Scotia to plan for all modes of transportation

consistent with the region's growth and development to ensure the safe, efficient, and coordinated movement of people and goods.

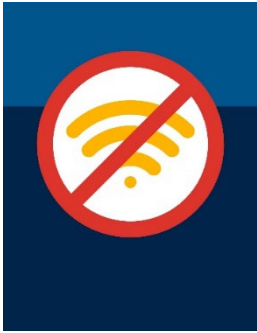
You can find the report [here](#).



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## PUBLIC WI-FI DISCONTINUED



Public Wi-Fi at Halifax Transit Terminals and Parks has now been discontinued.

Over the past few years, use of public Wi-Fi has declined significantly, with nearly 45 per cent fewer users from 2023 to 2024. Ending this

service at transit terminals and select parks will result in approximately \$450,000 in annual savings.

Before you ride, be sure to purchase your fare. HFXGO tickets and passes can be bought using mobile data or any Wi-Fi connection. Once purchased, you don't need internet access to activate or use them on Halifax Transit.

Free public Wi-Fi will still be available at all of our public libraries.

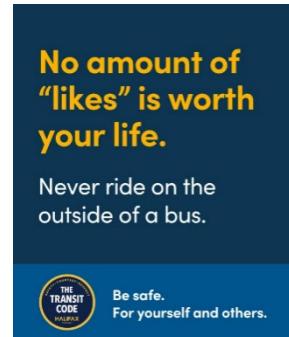
## MOBILE TICKETS AND PASSES FOR FERRY USE



Taking the ferry? Activated HFXGO mobile tickets and passes must now be scanned when boarding, just like on the bus. Hold your phone to the validator to scan your ticket or pass QR code. You'll hear a beep and see a message when it's accepted.

HFXGO tickets are activated for 2.5 hours and can be used to transfer between ferry and the bus or different bus routes. Access-a-bus passengers can still show their tickets to the operator before boarding. Learn more on our [website](#).

## TRANSIT SAFETY

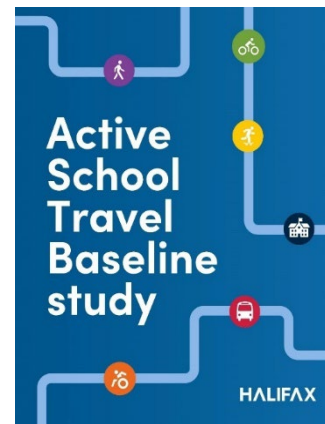


We're aware of dangerous behaviour involving young people riding on the outside of buses and recording it for social media. This puts lives at risk, including the person involved, passengers and others on the road. It can also lead

to a fine of up to \$10,000 and a charge under the Nova Scotia Motor Vehicle Act. No amount of "likes" is worth your life – or someone else's. Never ride on the outside of a transit bus.

Learn more about the Transit Code on our [website](#).

## ACTIVE SCHOOL TRAVEL PROGRAM



The Active Transportation team are looking for teachers interested in facilitating in-class activities for our Active School Travel Program Baseline Study.

Active School Travel (AST) refers to any human-powered way to get to or from school, including walking, biking, and rolling with scooters or mobility devices. Every school community and every student can benefit from AST!

The municipality has created several activities for teachers to promote the program in their classrooms. You can also take part in a survey to provide your feedback.

Learn more about the project on our [website](#).

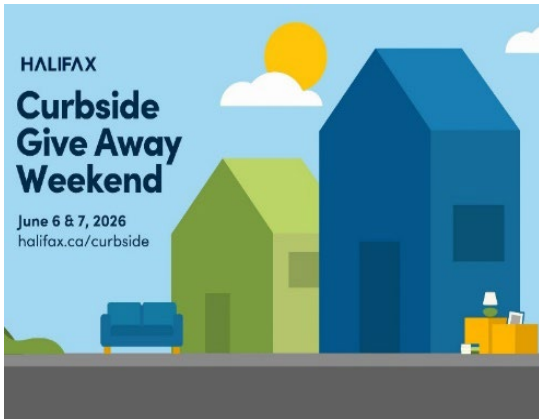
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## CURBSIDE GIVE AWAY WEEKEND



Free yourself of clutter and find some great free items of your own during Curbside Give Away Weekend.

This event takes place rain or shine, twice a year all across the municipality.

The next event is June 6 and 7.

[Click here](#) for more information.

## MOBILE HOUSEHOLD SPECIAL WASTE DEPOTS



Bring your unwanted Household Special Waste to a Mobile Depot near you to be handled and disposed of

by experts. The depots will operate rain or shine from 9 a.m. to 4 p.m.

[Click here](#) for a list of accepted items and more details about upcoming dates.

You can also dispose of special household waste at the HSW Depot at 20 Horseshow Lake Drive.

May 2026

## HRM VOLUNTEER AWARDS



Volunteers are the hearts of our communities. I am so pleased to recognize this year's HRM Volunteer Award recipients from District 1. Congratulations and thank you for your time, leadership, and care you share so generously.

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Pictured with Deputy Mayor Cuttell and I: Brenda Humphrey, Leanne Penney, Jeannie Brown, Regan Byrne, Avery Hynes, and Marc Bonin

## NEW DATASETS AVAILABLE

The Halifax Regional Municipality released four new datasets related to planning and subdivision applications on [Open Data](#) as part of an ongoing commitment to provide public access to data created and managed by the municipality.

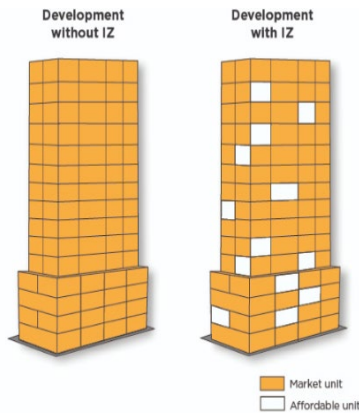
There are over 285 datasets available on the Open Data platform. Learn more [here](#).



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## INCLUSIONARY ZONING STUDY



Staff presented a report to Regional Council on Tuesday April 14 reviewing the findings of the Inclusionary Zoning Market Analysis and Policy Options Final Report.

Inclusionary Zoning is a policy tool that allows municipalities to require that affordable housing units be provided as part of a new development. This can be through the allocation of affordable units on site in the new development, or through the provision of a public benefit, such as cash-in-lieu. In May 2023, Regional Council directed staff to initiate the development of an Inclusionary Zoning program including a Fiscal Impact Analysis to determine the financial impact of potentially requiring Inclusionary Zoning units on the private market in HRM.

The municipality engaged SHS Consulting to complete an Inclusionary Zoning Market Analysis and Policy Options study. Due to the rapid rise in construction costs and interest rates in HRM and across Canada in recent years, it was determined that inclusionary zoning would negatively impact the supply of market units and the rate of construction.

At this time, Regional Council voted not to proceed with inclusionary zoning but plans to review a potential program again in five years.

HRM will continue to support non-profit housing through the [Affordable Housing Grant Program](#).

You can find out more information including the full report [here](#).

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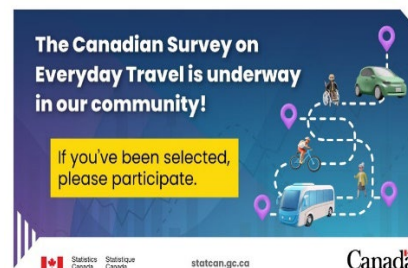
## PEDESTRIAN PATHS THROUGH WORK SITES

Regional Council approved amendments to our Administrative Order on Construction Site Management to address the need for Pedestrian Management Plans around construction sites on April 14.

Pedestrian management includes having a protected, accessible walkway when sidewalks need to be closed for construction.

You can find out more [here](#).

## STATS CANADA EVERYDAY TRAVEL SURVEY



Statistics Canada is collecting data on how Canadians travel for everyday trips.

Check your mailbox – If you have an invite to complete Statistics Canada’s Canadian Survey on Everyday Travel please participate! Your responses will help us plan and improve transportation across the region.

This data feeds into a travel demand model (co-owned with Link Nova Scotia), which lets us test projects and understand impacts without the need for investment or construction, road closures, or detours.

A strong, representative sample helps ensure decisions are based on accurate, real-world travel patterns.

Learn more [here](#).



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## WINTER OFF-LEASH ACCESS ON SPORTS FIELDS ENDS

Winter off-leash access to sports fields ends Saturday May 2nd



The Halifax Regional Municipality is advising residents that the winter use of sports fields as off-leash dog areas will end for the season on Saturday, May 2.

While some playing fields are designated

off-leash areas from Nov. 1 to May 1, restricting access during the summer months helps maintain safe and high-quality playing surfaces for recreational sports and activities. Keeping dogs off fields during this time reduces turf damage, minimizes the need for repairs and waste collection and lowers the risk of sport-related injuries caused by holes from digging.

Residents are encouraged to use designated off-leash dog parks available throughout the municipality during the summer months. For a full list of impacted fields and available off-leash locations, visit [halifax.ca/off-leash-parks](http://halifax.ca/off-leash-parks).

For questions or to report dogs on sports fields during the restricted period, residents can call 311.

## TICK SEASON



Tick season has begun - As temperatures rise, ticks become more active. Nova Scotia is home to several kinds of ticks, but only blacklegged tick bites can cause illnesses like Lyme disease, Anaplasmosis, Babesiosis and Powassan virus.

Reduce your risk of getting a tick-borne illnesses by educating yourself, staying safe and performing tick checks after being outdoors.

Learn more [here](#).

## SPRING CLEANUP



The municipality's multi-week spring cleanup program includes street, sidewalk and bicycle lane sweeping, removal of debris and litter, emptying of garbage cans and other general spring maintenance.

Street and sidewalk cleaning.

A substantial street cleaning program takes place every year between April and November to ensure streets are kept reasonably clear of debris for motorists, cyclists and pedestrians. The program also helps decrease the amount of debris and sediment entering the storm drain system.

Eight municipal vacuum street sweepers and two tandem broom trucks are used for an initial cleaning of approximately 1,500 kilometres of roadway and 3,000 kilometres of curb in the core areas of Halifax, Dartmouth and Bedford.

To learn more about our spring clean up programs, visit our [website](#).



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WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## ASIAN HERITAGE MONTH



ASIAN HERITAGE MONTH

HALIFAX

May is [Asian Heritage Month](#), a time to honour the rich history, cultures, and contributions of Asian communities in Canada. It's an opportunity to learn, reflect, and celebrate the diversity that strengthens our country.

You can take part by:

- Exploring books, films, and stories that highlight Asian Canadian experiences
- Attending local or virtual events, exhibitions, and cultural festivals
- Supporting Asian-owned businesses in our community
- Starting conversations about the importance of inclusion and cultural understanding

Stay tuned for more updates on events taking place across the municipality to celebrate Asian Heritage Month on our [website](#).

## FIFA WORLD CUP CELEBRATION



Proud to support local events bringing the World Cup closer to Halifax!

Stay tuned for details about the official East Coast launch and FIFA World Cup Trophy tour.

## POLICE ROBOT NAMING CELEBRATION



The Halifax Regional Police robot has received a new name. Thanks to a thoughtful request from Cam Mamye 11, of Halifax our Police Robot is now called Robbie!

Cam first met officers and the police robot three years ago as a

participant in the Accessible Easter Egg Hunt for children who are blind or have low vision. Each year, Cam returns to the event and continues to take a special interest in the robot.

The robot now has a name plate that includes Cam's name, and the name plate is fittingly repeated in braille.

The Halifax Regional Police robot is an MK3 Caliber robot. It is used for remote handling of suspicious items, disposal of explosives, delivering and retrieving items safely, and as a tool for safely gathering information about a scene or communicating with suspects and/or victims.

## PACK IN AND PACK OUT



When enjoying our beautiful parks, trails, and beaches, remember to pack-in and pack-out. That means bringing everything you need, and taking it all with you when you leave. Keeping our shared spaces clean helps protect nature. Let's all do our part to keep Halifax green and clean.



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## EMERGENCY PREPAREDNESS WEEK

## SAFETY AND HEALTH WEEK



**Together** We can create **safe workplaces** and **communities**



Emergency Preparedness Week is from May 3 to 9. Are you and your family equipped to handle any unexpected situations that may arise? Residents have a big role to play when it comes to ensuring their own safety.

This year's Safety and Health Week runs from May 4 to 9. Its goal is to encourage employers, employees, partners and the public to focus on the importance of preventing injury and illness in the workplace, at home and in the community. Together, we can create safer workplaces and communities.

If an emergency happens in your community, it may take emergency workers some time to get to you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. This week serves as a great reminder to get prepared by:

Here are a few quick reminders to ensure your health and safety stays top of mind as you go about your daily life:

- Checking your 72-hour emergency kit
- Knowing your key contacts
- Knowing the support services available in your area
- Where to find accurate information to stay informed

Follow safety guidelines and regulations when using equipment and machinery.

To stay informed about emergencies and operations, residents are encouraged to sign up for [hfxALERT](#), the municipality's mass notification system. Subscribers may receive urgent and non-urgent notifications by phone, email, and/or text message. During emergencies, the municipality communicates with residents via public service announcements, web updates, social media ([@hfxgov](#)) and hfxALERT. Residents may also contact 311 for more information about emergency operations.

Install smoke detectors and carbon monoxide alarms in your home and ensure they are functioning correctly.

Regularly check your vehicle's safety features, including seat belts, airbags, and brakes.

By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere. Visit our [website](#) to stay informed and to learn more.

Be cautious when walking or cycling on busy roads and wear clothing that increases visibility.

By following these community safety tips, we can protect ourselves and those around us from potential harm and ensure a safer environment for everyone.

Stay safe!

May 2026



## COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

### MENTAL HEALTH WEEK



Mental Health Week, which runs from May 4 - 10 is an opportunity to raise awareness about the importance of mental health for Canadians.

Mental health is an essential part of overall health and well-being, and it

is crucial to take care of our mental health just as we take care of our physical health.

In Canada, 1 in 5 people experience a mental health problem or illness each year.

The Canadian Mental Health Association (CMHA) is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection.

Together, we can strengthen mental health, build healthier communities, and help more people feel connected.

During Mental Health Week, Canadians are encouraged to prioritize their mental health and to seek support if needed. By doing so, we can promote a healthier and more resilient society.

The Canadian Mental Health Association has a great list of resources on Mental Health.

Check them out by downloading one of their helpful and informative toolkits on their [website](#).

### NATIONAL DAY OF AWARENESS FOR MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS / RED DRESS DAY



Wear red on May 5 in support of the National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG).

According to the National Inquiry into MMIWG, Indigenous women and girls represented 16% of all female homicides in Canada. Service agencies estimate that of the trafficked or exploited women and girls they served, 51% of were Indigenous.

This day calls on each of us to speak out against the staggering rates of violence against Indigenous women, girls and 2SLGBTQ+ people.

In recent years, red dresses have become a symbolic representation of the more than 1,000 MMIWG across Canada. According to tradition, red is the only colour spirits can see and is a way of calling the spirits of those missing and murdered back to their loved ones.

On May 5, wear red to not only honour the voices of these women and girls, but to show your support of survivors, community members and those affected by the intergenerational trauma of this ongoing issue.

To learn more about this important day, visit this [website](#).



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA AND BIPHOBIA



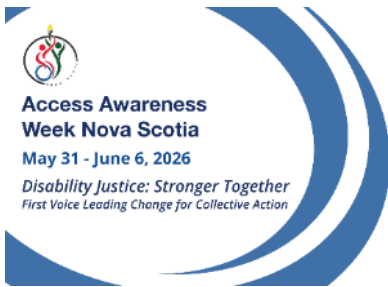
The International Day Against Homophobia, Transphobia and Biphobia is recognized

annually on May 17 as it was on this day in 1990 that homosexuality was declassified as a mental disorder by the World Health Organization.

We all share a responsibility to actively promote equity, diversity and inclusion and to stand against the prejudice, discrimination, stigma, hostility and violence experienced by the 2SLGBTQI+ community.

For more information, visit this [website](#).

## ACCESS AWARENESS WEEK



Access Awareness Week is May 31 – June 6 and is a time to reflect on how we

can build a more inclusive, accessible community for all.

There's been progress, but there's still work to do to reach a barrier-free Nova Scotia by 2030. Let's use this week to listen, learn, and continue moving toward full inclusion and equity.

Learn more [here](#).

## WINDSOR STREET EXCHANGE UPDATE

On March 31, Regional Council approved a report on Phase 2 of construction of the Windsor Street exchange. Staff will continue with awarding the construction contract for Phase 2 including future proofing new structures along the corridor where municipal lands permit to accommodate future dedicated transit lanes and separated pedestrian and cycling facilities. Council also approved an increase in the project budget by \$30,000,000 as included in the 2026/27 Capital Plan.

On April 7, the Federal Government announced funding for the Halifax Water work that is part of the project. Coordinating Halifax Water's infrastructure work with the municipality's construction does mean that more work is completed within a single, longer construction phase. However, delivering the projects together under the progressive design-build model approved by Council reduces the overall duration and inefficiencies that would result from two separate projects occurring in the same area at different times, or together without integration. This approach minimizes repeat traffic disruptions and avoids reopening recently reconstructed streets, resulting in fewer and shorter impacts overall for residents, businesses and road users.

The Windsor Street Exchange project is a major transportation and trade infrastructure investment designed to improve safety, reliability and connectivity for people, goods and transit in the Halifax peninsula area.

Learn more about this project and other traffic impacts that may occur [here](#).



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## GUIDED BIRD WALK – MAY 30

**Bird Week**

**GUIDED BIRD WALK**  
McDonald Sports Park, District 1

Saturday May 30th 10:00 AM - 11:00 AM  
Please Register Online

Bird Week is seven days of beginner bird walks and education events about birds across HRM hosted by Bird Friendly Halifax. This year Bird week runs from May 25 to 31.

Volunteer leaders and helpers lead guided, beginner birding walks in all 16 HRM districts. You are invited to join these bird walks, discuss local bird conservation, and engage with the community.

Please register by clicking [here](#).

## IN THE COMMUNITY



There were many standing ovations when Prime Minister Mark Carney took the stage at the Halifax Chamber of Commerce breakfast back in March. I particularly liked his Nova Scotia Strong message.

Thank you to my table partners and Council colleagues Trish Purdy, Janet Steele, and Deputy Mayor Patty Cuttell for making the morning even more enjoyable.

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**Gypsy**  
The music of FLEETWOOD MAC  
SATURDAY, JUNE 20 | 7PM | \$40

Don't miss Gypsy-a high-energy, authentic tribute that brings all your favourite Fleetwood Mac hits to life and will have you singing and dancing all night long!

Saturday, June 20, at 7 p.m.  
Musquodoboit Valley Bicentennial Theatre



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY



I attended the Federal Funding Announcement for the Windsor Street Exchange Redevelopment Project where \$28 million from the Federal Government for a component of Halifax Water’s project at the Windsor Street Exchange was announced. I was joined by Federal MP’s Lena Metlege Diab, and Shannon Miedema, Mayor Fillmore, Halifax Water GM Kenda MacKenzie, and Council colleagues Trish Purdy, Jean St-Amand, and Deputy Mayor Patty Cuttell.



I learned so much from our youth at the 4H event - from horse grooming, to baking, the future of farming, working a Christmas Tree Lot, the love of Books, the foaming mountain and so much more. The Divert Speech on the recycling of electric car batteries was both educational and thought-provoking. Great job all and thank you for the invitation to spend time with such a great group of 4H - Head Heart Hands and Health!

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What a great way to spend a Saturday! Judging the 2026 Halifax East Hants 4-H County Rally with John A. MacDonald. Our category was Senior Public Speaking and Divert Public Speech.



I attended an event at the IWK Foundation to show appreciation to the Orchid Gala organizers who provided \$800,000 to the Women’s Health Initiative.

May 2026



## COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY



I visited Alderney Landing Farmer's Market for the Life Mobile Tour presented by GOODLEAF Farms and Sobey's – a multicity initiative showcasing leadership and innovation in sustainable Canadian food production.

I attended a joyous celebration at Carrolls Corner Community Center, commemorating 50 Years of Table Tennis in the Musquodoboit Valley, and acknowledging the unwavering dedication of Joe Fisher, supported by his wife Shelia Fisher; whose collective passion and commitment have profoundly enriched the sport. Their tireless efforts were warmly recognized and celebrated. Numerous accolades were presented for the days tournament champions held at the high school, marking a wonderful culmination of the day's spirited competition.

May 2026



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY



On our way home from Meaghers Grant after a delicious roast beef dinner, six beautiful deer on the roadside were there to say hello! Thanks to the Musquodoboit Valley Lion's Club.



I was unable to participate in the annual litter clean up this year, but I made a point to stop by and see how the team was doing, and according to Dave, a tremendous number of volunteers showed up. Thanks to all!

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**Mother's Day Weekend**  
**COMMUNITY BREAKFAST**

Carroll's Corner Community Centre  
 in partnership with  
**STATION 40 DUTCH SETTLEMENT**

Hosted by Carroll's Corner Community Center  
 in partnership with  
 Station 40 Dutch Settlement Fire Dept.

**MAY 9, 2026** | **8:00 AM - 11:00 AM**

**CARROLL'S CORNER COMMUNITY CENTRE**

PRICES	MENU
Kids (12yrs & under) ..... <b>FREE</b>	• Eggs
Seniors ..... <b>\$8</b>	• Bacon
Adults ..... <b>\$10</b>	• Sausages
Family ..... <b>\$25</b>	• Pancakes
	• Toast

**Cash Only**

*Bring, Mom, family, and friends out to enjoy a warm, delicious breakfast while supporting your local community!*



A convoy of trucks rolled into Lockview High, bringing excitement and opportunity to support a great cause - the high school prom fundraiser.



## COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY



The tent was standing room only for the 90th Anniversary of the Moose River Gold Mines Cave-in and Rescue, paying tribute to the spirit of community and the courageous volunteers. Thank you to the wonderful volunteer organizers. His Honour Lt Governor Mike Savage and Her Honour Darlene Savage were in attendance along with Scott Armstrong MLA for Colchester/Musquodoboit Valley, and my council colleague David Hendsbee.



Congratulations to our volunteers with Citizens on Patrol and RCMP on a needed partnership. To learn more about volunteering with Citizens on Patrol, visit their [website](#).



I boarded HMCS Sackville for a tour and discussion of history with my colleagues Tony Mancini, Jean St-Amand, Laura White and Nancy Hartling. It was a very well attended luncheon with many members and volunteers of the Canadian Naval Memorial Trust, charged with shepherding HMCS Sackville's preservation and value as a floating museum - the very last Corvette of the Second World War. On May 15, on the 85th anniversary of the vessel's original commission, HMCS Sackville will be recommissioned into the Royal Canadian Navy.



Oh what a night! Congratulations to the organizers of the annual fundraiser for the Saint Margarets of Scotland Church in Oakfield. We had a great time and went home with a few auction items.

May 2026



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## 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.

- [Elderbank Recreation Club](#)
- [Lemmon Hill Sports Association](#)
- [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 may have missed, please reach out to let me know, and I will add you to the list!



## WHAT'S HAPPENING AT THE GORDON R. SNOW COMMUNITY CENTRE

Fitness Centre Hours:

Monday-Friday 7:00 a.m. - 9:00 p.m.

Saturday & Sunday 8:30 a.m. - 5:00 p.m.

Drop by and check out the space and equipment.

Various membership options are available.

Upcoming Adult Workshops:

- Saturday, May 16 – Cookie Decorating  
2:00 - 4:00 p.m.  
Course ID 51700
- Saturday, May 23 – Water Colour Painting  
1:00 - 3:00 p.m.  
Course ID 54920

Recreation Day Events – June 6 from 2:30 - 4:30 p.m. Hosted by our Youth Ops team – enjoy an afternoon of free, fun activities for the whole family. Course ID 54815

Summer Camp Registration

Opens on April 14<sup>th</sup> and is on-going:

- Preschool Camps weekly from 9:00 a.m. – 12:00 p.m.
- Children's Camps weekly from 8:30 a.m. – 4:30 p.m.
- Variety of half-day camps available for ages 5-14
- Youth Leadership ages 13+ - Information sessions: June 2 (Course ID 59631) and June 4 (Course ID 59633)

Link to full summer camp listings can be found [here](#).

Call or drop by the Centre; for more information, call 902 860-4570.



## COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

### 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](#).

MLA Scott Armstrong



Colchester-Musquodoboit Valley  
Progressive Conservative  
Caucus Office: 1601  
Lower Water Street,  
Halifax, NS B3J 3P6  
Phone: 902424-2731  
Fax: 902-424-748

Email: [PCcaucus@novascotia.ca](mailto:PCcaucus@novascotia.ca)

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](mailto:sean.fraser@parl.gc.ca)

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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](mailto:brianwongmla@gmail.com)

MP Braedon Clark



Sackville-Preston-  
Chezzetcook  
  
House of Commons,  
Ottawa, Ontario  
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Phone: 902-861-2333

Email: [braedon.clark@parl.gc.ca](mailto:braedon.clark@parl.gc.ca)



# COUNCILLOR CATHY DEAGLE GAMMON

WAVERLEY - FALL RIVER - MUSQUODOBOIT VALLEY

## COUNCILLOR DEAGLE GAMMON



### Councillor Cathy Deagle Gammon

DISTRICT 1  
Waverley – Fall River – Musquodoboit Valley

902.717.2718  
cathy.deaglegammon@halifax.ca

HALIFAX

halifax.ca | 311

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

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

Community Committees:

- Aerotech Community Liaison Community Committee
- Halifax International Airport Advisory
- 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](mailto: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'kmaq people. The municipality acknowledges the Peace & Friendship Treaties signed in this Territory and recognizes that we are all Treaty People.

## MOTHER'S DAY – MAY 10

To all the Mothers,  
Grandmothers,  
Aunts, Sisters  
and other women  
in our lives that care for  
us and love us  
unconditionally,

*Happy Mother's Day!*