

COUNCILLOR PAUL RUSSELL DISTRICT 15 NEWSLETTER

Lower Sackville



HALIFAX REGIONAL MUNICIPALITY

DECEMBER 2023



GREETINGS, FRIENDS & NEIGHBOURS:

At the beginning of Council on Tuesday, November 14, I read the following statement:

I have a very public role in serving my community. I am fortunate enough to meet a lot of people, discuss problems and solutions, and work to move my community forward. My role, and my ability to help my community, is an honour and an incredible privilege, and it is not something that I take lightly.

For the next two or three months there will be a significant change in my ability to meet and to work as much as I have been. There will likely be unscheduled absences and last-minute cancellations. I will not be around the community anywhere near as much as I would like. This is a big change for me, and it would be irresponsible of me to not provide an explanation.

I have recently been diagnosed with cancer in my head and neck area. Beating this cancer will require almost two months of radiation and chemo treatment. Surgery is not recommended. We caught this cancer early, and I do expect to recover fully.

Through this treatment, and for some time afterwards, I am putting my health above everything else. I need to do this so that I can continue to work for my community. I live in an incredible community. I want to do what I can to help move it forward, and I can only do that if I am healthy.

Through this time, I am asking for your patience and understanding as I navigate this chapter of my life. Aside from this, I also ask each and every one of you to tell your loved ones that you love them.

Treatments for my cancer have started (radiation every weekday and chemo once a week) and are scheduled to continue through mid-January. Temporary side effects from treatments will include no energy and a weakened immune system. I will, therefore, not be scheduling any in-person meetings. My energy and my immune system will recover over time, and when they do, I will resume going to coffee shops, community meetings, and more.

As usual, if you have routine non-emergency municipal issue then please call 311 first.

For further help, if I am not available, please contact:

Vicki Palmeter, who helps me out at City Hall
902-490-2012 victoria.palmeter@halifax.ca

Lisa Blackburn, my neighbouring Councillor
902-579-7164 lisa.blackburn@halifax.ca

Steve Craig, MLA for Lower Sackville
902-864-6271 stevecraigmla@gmail.com

I hope you have a Merry Christmas and a wonderful time through the holidays.

Paul

HALIFAX



COUNCILLOR PAUL RUSSELL

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IMPORTANT CONTACTS

Provincial Government Services	211
Municipal Contact Centre	311
Directory Assistance	411
Provincial Road Conditions	511
Phone Repair Service	611
Public Health Inquiries	811
Emergency	911
Paul Russell, District 15 Councillor	902-240-0441
Vicki Palmeter, Constituency Coordinator	902-490-2012
Councillors' Office	902-490-4050
Mayor's Office	902-490-4010
MLA Steve Craig	902-864-6271
MP Darrell Samson	902-861-2311
RCMP, Sackville Detachment	902-244-7208
Police, Non-Emergency	902-490-5020
Fire, Non-Emergency	902-490-5530
Halifax Water	902-420-9287
Sackville Sports Stadium	902-869-4141
Kids Help Phone	902-668-6868
Mental Health Mobile Crisis Team	888-429-8167
Victims of Human Trafficking Helpline	833-900-1010
Red Cross Home Equipment Loan	902-423-3680
Poison Control	800-565-8161
NS Legal Aid	902-420-7921
Access Nova Scotia	902-424-5200
NS Occupational Health & Safety	800-952-2687
NS Power	902-428-6230
NS Power Outage Line	877-428-6004
NS Property Valuation Services Corporation	800-380-7775

HFXALERT

hfxALERT is the municipality's mass notification system for informing residents about emergencies and operations updates.

hfxALERT will send urgent and non-urgent notifications from Halifax Regional Police, Halifax Fire & Emergency's Emergency Management Division, as well as municipal winter parking ban notices.

You must sign up with hfxALERT to receive certain notifications. This will ensure the municipality can reach you to share important information quickly based on set locations, such as your home or workplace.

Subscribe to HfxALERT by visiting halifax.ca/hfxalert.

hfxALERT

Notifications when you need to know.

HALIFAX

WINTER PARKING BAN

The municipal overnight winter parking ban is in effect annually from Dec. 15 to Mar. 31. The ban is enforced from 1 a.m. to 6 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.

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 (X).



Please recycle.

Delivery Note:

Due to the delivery routes followed by Canada Post, it is possible that some of these newsletters may appear in other Districts. If you are not in District 15 then I hope you will still find this useful.

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