

A unique
friendship
reminds us of
our humanity
See Page 7



north dartmouth echo

linking our community



Welcoming new neighbours

by Suzanne Rent

We all know it's the time of year to give back. There are plenty of ways to do that. Buy new toys and clothes for a child in need. Help stock your local food bank. Donate items for Christmas hampers. Each year, we see many inspiring ways to keep our neighbours happy and healthy over the holidays.

Soon, however, there will be newcomers to our community who will need many things to get settled here. And there are ways to give to them, too.

Canada will soon be home to thousands of Syrian refugees who had fled their war torn homeland. These newcomers to our country will need a hearty welcome from all of us.

Organizations in our community are already getting ready for these families to arrive. The folks at Dartmouth Kiwanis, for example, are gathering items such as household goods that any family will need when they set up a new home. If you have household goods you plan on replacing, set them aside and donate them to the group, who can then pass them along to the families. In some cases, new items like mattresses and bed linens are preferred over used items.

Everyone can get involved in welcoming our new neighbours. Parents can help these new parents find resources or stores where they can access what they need for their families or to run a home. Teachers can help their new students with studies, learning a new language and understanding new routines and a new school. Students, too, can take these new young peers under their care, show them around their class and school, help with homework and, more importantly, be a friend. Together, our community can work as a collective welcoming committee.

cont. page 2...

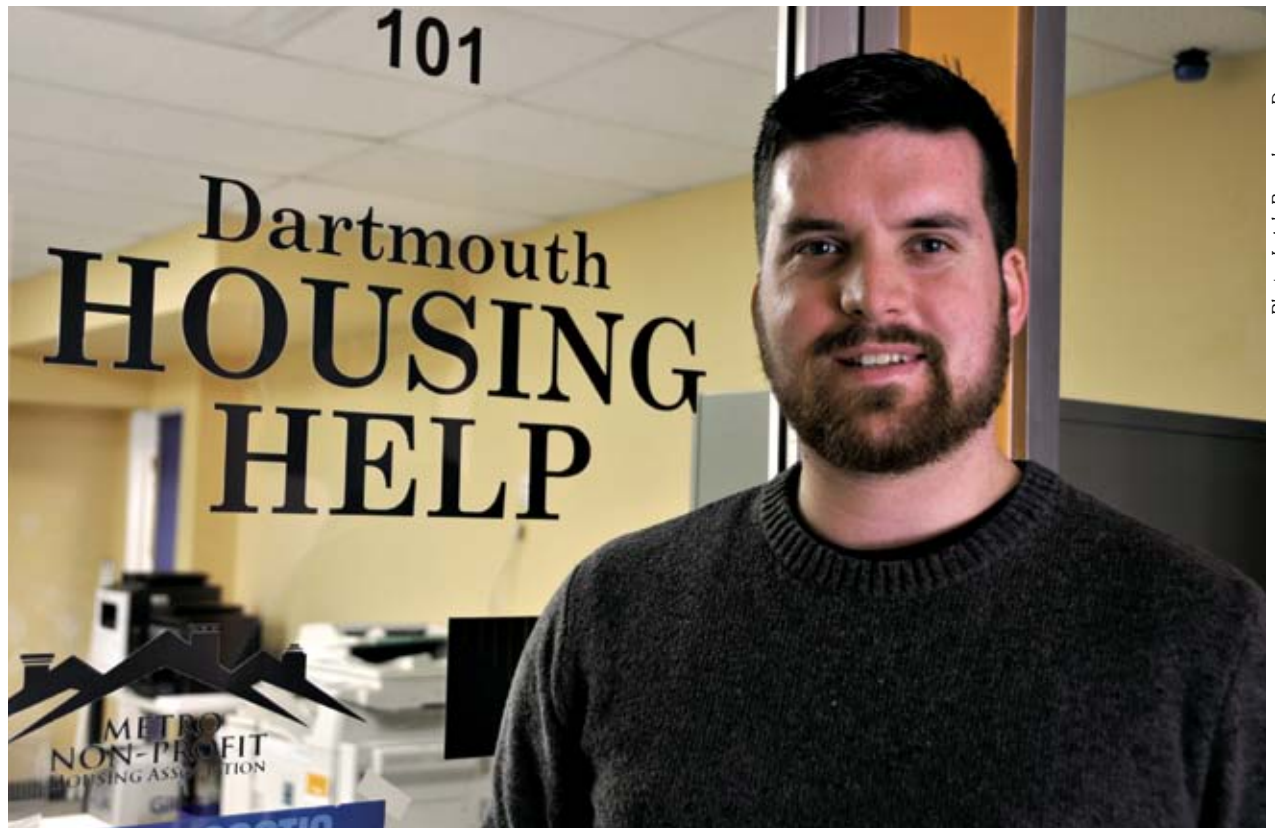


Photo: Leigh Beauchamp Day

Darcy Gillis helps low-income individuals find affordable housing in North Dartmouth.

A helping hand

Dartmouth Housing Help links people with affordable housing

by Kate Watson

The Dartmouth Housing Help (DHH) office at 260 Wyse Road offers an innovative approach to helping people obtain and keep a place to call home. Darcy Gillis, DHH's new housing outreach worker, fills us in on what's being done to help people find affordable housing in our community.

Echo: What services does the Housing Help office offer?

DG: Dartmouth Housing Help works with low-income individuals to find affordable housing within the community. We act as a liaison between Department of Community Services (DCS), the landlord, and the renter in trying to instill and sustain positive relationships with all parties. Our goal is to provide long-term and meaningful support for everyone we work with.


We also have access to a Trustee Program,

which allows individuals to get their finances in order and pay bills on time, while alleviating the stress attached to managing finances.

Echo: What does a typical day on the job look like for you?

DG: What I really like about the job is that I don't have a typical day. However, some common tasks that happen throughout the week include completing intakes with individuals, and communicating with

cont. page 5...



Joanne Bernard
MLA Dartmouth North
 260 Wyse Road
 Unit 102
 444-9693 • dnorthmla@eastlink.ca

Welcoming new neighbours

...cont. from p.1

But what these families will really need is a friendly and positive connection to the community. Invite them to your places of worship, social groups and neighbourhood gatherings.

And when they are settled, encourage these families to volunteer at some of the organizations in Dartmouth North. That will give them a real connection and place in the community that welcomed them home.

Of course, any time of year is a good time to give back. Remember, all those community organizations and families need help year round. If you have time, talent, money or items to donate, they will always find a welcome home.

To help Syrian families arriving in Canada, visit the website for the Immigrant Settlement Association of Nova Scotia (ISANS). They have a complete list of items Syrian families need to set up their homes.

Finally, we here at the *Echo* want to wish all of our readers and advertisers a happy and joyful holiday season. We know well the ways in which you show your support. Thanks for always giving to us your stories, advertising dollars and continued readership. We are always grateful.



*A Happy and
Healthy Holiday*



Like us on Facebook: www.facebook.com/DartmouthCHB

In the game for the good of the community



Bluedrop Training and Simulation hosted its annual baseball tournament at Carl Morash Memorial Field on September 12 in support of the North Dartmouth Outreach Resource Centre Food Bank. Six teams from local businesses participated in a fun-filled day and raised \$2510. The funds will help provide food for individuals and families living in North Dartmouth.

north dartmouth echo

The North Dartmouth Echo is published 5 or 6 times a year by The Dartmouth North Community Newspaper Society. This community newspaper is dedicated to celebrating many good news stories and activities that take place in the community, as well as keeping the residents informed of activities and issues that impact on our community.

EDITOR:

SUZANNE RENT

AD SALES:

SYLVIA ANTHONY

GRAPHIC DESIGN:

NEWSWORTHY COMMUNICATIONS

PHOTOGRAPHER:

REBECCA DOUGLASS

CONTRIBUTING WRITERS:

DORIS BUFFETT-MACDONALD

ALLANA LOH

KATE WATSON

PRINTING:

ADVOCATE PRINTING & PUBLISHING

INQUIRIES, SUGGESTIONS AND STORY IDEAS:

(902) 461-0149

DARTMOUTHNORTHNEWS@YAHOO.CA

LOOK FOR THE **ECHO** ON THE FOLLOWING WEBSITES:

WWW.DARTMOUTHFAMILYCENTRE.CA

WWW.FARRELLHALL.CA

WWW.STAIRSMEMORIAL.CA

WWW.PUBLICGOODSOCIETY.CA

WWW.CDHA.NSHEALTH.CA/COMMUNITYHEALTH/DARTMOUTH/COMLINKS.HTML

(go to local directories to download a pdf of the latest issue)

LETTERS TO THE EDITOR:

Letters should not exceed 200 words and must include the writer's full name and phone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned. Write to:

dartmouthnorthnews@yahoo.ca

OR NORTH DARTMOUTH ECHO

c/o The Editor

#3-644 PORTLAND STREET, SUITE 316

DARTMOUTH, N.S. B2W 2M3

NOTICE: The publisher assumes no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.



107 Albro Lake Rd
Dartmouth, NS
902-464-8234

6 Primrose St
Dartmouth, NS
902-407-4610

SEASON'S GREETINGS FROM DARTMOUTH FAMILY CENTRE AND DARTMOUTH NORTH COMMUNITY FOOD CENTRE!

Both centres will be closed from December 20-January 3

www.dartmouthfamilycentre.ca



Photo: Rebecca Douglass



WE REMEMBER Ninety-eight years ago North Dartmouth was decimated when a munitions ship exploded in the harbour. Every December 6th, North Dartmouth residents, community leaders and dignitaries gather at Pinehill Park to remember the victims of the Halifax Explosion of 1917, which killed 2,000 and injured 9,000 more. Shown above are some of this year's attendees.



Photo: Rebecca Douglass

CHILI 'N CHOWDER The Freedom Foundation of Nova Scotia celebrated the beginning of its 26th year in October. Attendance was at capacity as Glen served his World Famous Texas Chili and Maritime Seafood Chowder. Residents conducted tours of the house and guests were treated to a fine feast and enlightened conversation. Thank you for the support from all those who attended.

Between the Bridges

A community in action for change

by Allana Loh

Finding innovative ways to address the challenges faced by children and families in Dartmouth North is the goal of Between the Bridges. Community groups, residents, government and the United Way Halifax are taking a collaborative, action-oriented approach to this project, one that will identify the strengths of the community, work to overcome the challenges of those living here and act on the aspirations of the community.

Cheyenne Hardy, a student at John Martin Junior High School, spoke at a community gathering held at Harbour View Elementary on September 30 (see Cheyenne's story on page 9). Her words were inspirational, and to the crowd of residents, educators and other community representatives she expressed her hope "for the kids of this community to be educated, healthy and safe."

Cheyenne emphasized the need for "more and more participation from youth and adults in our community."

Those who attended this community event shared great ideas for action to address the challenges faced by our community: meeting basic needs; programs and services that work; mental health and addictions; education; employment; opportunities for youth; crime and safety; the look of our community; respect for and within the community; and breaking the cycle of feeling trapped by circumstances.

Everyone agreed Dartmouth North is a community with many strengths and a great sense of pride.

Community leaders are emerging within the residents and community groups. A collaborative approach to a brighter future could see Dartmouth North change from a community of possibilities to a community of choice.



Photo: contributed

Anna Quon and Stanley M. were just two of many volunteers who helped spread the word about mental illness at the Festival of Hope.

both fun—particularly since he was the winner of a draw for Tim Horton's gift certificates—and educational.

"It's important to see what's out there. There are a lot of booths, and a lot of information."

Susan Kilbride Roper is a recovery strategist with The Empowerment Connection, an organization that works to promote mental health, raise awareness of mental illness and help others navigate the mental-health-care system.

"This event really brings the mental-health community together to celebrate and highlight the resources we have," she says. "We have a wealth of lived experience among us. The hope is that the Festival of Hope shines a light on some of the resources that are out there, particularly for someone who might be feeling lost and alone."

Out of the shadows

Festival of Hope creates awareness of mental illness and celebrates resiliency, recovery

by Kate Watson

Everyone is touched by mental illness, according to Marg Murray, co-manager of the Canadian Mental Health Association Halifax-Dartmouth branch.

"One in five people in any given year in Canada will experience it."

Murray is one of many people involved with the organization of the Mental Health

Community Festival of Hope that is held each year during Mental Illness Awareness Week in October.

She sees the annual event as a way "to take mental illness out of the shadows and to celebrate resiliency and recovery."

"The festival is a fantastic opportunity to share the many resources and organizations that people may not know

about," she says.

This year's festival, which was held in the Alderney Market, had displays from close to 40 community organizations. The atmosphere was one of celebration, with people sharing spoken word, poetry and music from a small stage.

Cory Marriott was one of the more than 200 people who attended the event. He described it as



Your Member in the Legislature

A MESSAGE FROM JOANNE BERNARD, MLA DARTMOUTH NORTH

Youth raising their voices

I have attended many events both inside and outside of the Between the Bridges Project and am always encouraged with the amount of young people who attend and actively participate. They are committed to making their community a better place to live, work and play.

In an effort to have a more concise and focused conversation with the youth of our community, I recently organized a Youth Roundtable at the Dartmouth North Community Centre. I had the help of Jodene Dunleavy of the Nova Scotia Department of Education and Gary MacDonald from the IWK.

Seven Grade 8 and Grade 9 students from John Martin Junior High and Bicentennial School spent two hours discussing everything from their dreams for Shannon Park redevelopment to racism in our community to fighting against stereotypes, particularly those attached to North-end Dartmouth.

Every one of these young people faced different challenges in their lives, celebrated their cultural diversity, looked forward to continuing their education and overwhelmingly loved living in Dartmouth North.

All of them were disheartened at the negative stereotypes attached to their neigh-

bourhoods and schools and talked of facing those stereotypes head on when participating in school events in other parts of HRM. Positive action, language and attitude are their tools to defeat cynicism both in their own schools and when visiting other area schools.

Most of the participants had either been bullied, or witnessed bullying in their schools and had taken positive action to no longer be bystanders by starting peer mentoring programs, participating in We Act and We Day. The prevalent spirit of the day was our ability and responsibility to change the message on what peo-

ple outside of our community think about Dartmouth North. To that cause, I am hoping to generate interest in the spring on some measure of a public relations campaign/contest with youth telling their stories about their neighbourhoods to the wider community.

It has always been my experience that shifting attitudes and perceptions about any negative roots firmly when the voices of youth are the foundation. I have seen it time after time. The youth roundtable and the vision of that day further affirms that belief in our ability to embrace change and opportunity.

Monthly bus passes should cost less for low-income residents

by Matt Spurway

Almost two years ago Council was prepared to move on a pilot project to offer 500 transit passes each month at a 50 per cent discount to low-income residents.

The regular price of \$78/month can be unaffordable for someone who is struggling to pay rent or feed themselves and their family. This \$39 option could change their lives.

The pilot project is not perfect. The 500-person cap would exclude many in need. Disqualifying people who receive any transportation assistance from the Department of Community Services is an issue. Finally, the income threshold they propose is problematic.

Imperfections aside, the project is worth doing because it will help 500 low-income people in our community and provide valuable data on which to base future decisions.

In April 2014, city staff told Council a transit pricing bylaw was needed before they could start the program. Council agreed that staff would draft just such a bylaw and once it was enacted, the low-income transit pass project could begin.

Where is the transit pricing bylaw council asked for? It has yet to be seen.

It was mentioned once, back in February, in an unrelated report. The report said, "This

[low-income transit pass] pilot project will be implemented pending the adoption of a Transit Fare Bylaw which is being developed by Legal Services' staff."

Ten months after the request from Council, a draft bylaw was still "being developed". Another 10 months have passed and the first draft has yet to see the light of day. What is the problem?

People who rely on transit the most are often people who can afford it the least. It's not okay that we have busses driving around nearly empty during the day while people are stuck at home because they can't afford to go anywhere.

Transit is not just about employed commuters who leave their cars at home. It's also about the people who don't have any other choice. They need the bus every time they want to get to the grocery store (or food bank), to go to the doctor, or visit a friend. They deserve an affordable transit system.

City staff must make this bylaw a priority so we can start the pilot project as soon as possible. Only then can we finally move towards a long-term plan to make sure everyone who needs transit can afford it.

Matt Spurway is a candidate for municipal council in the January 23 by-election for District 6. He can be reached at dartmouthmatt@gmail.com or 902-488-7446.

Big Brothers Big Sisters honour two community members with awards

by Allana Loh

Big Brothers and Big Sisters of Greater Halifax honoured two community members at its Inspire Awards recently. David Moir and Joanne Bernard were honoured at a gala event on November 4 at the Seaport Market in Halifax.

David is the recipient of the Big Brothers Big Sisters of Greater Halifax 2015 Inspire Learning Award. You can read about David's remarkable learning journey in the article by Lesley Dunn, "An Award to Inspire" on page 7.

The Honourable

Joanne Bernard, MLA for Dartmouth North and Minister of Community Services, is the recipient of the 2015 Inspire Public Service Award.

Joanne Bernard is no stranger to public service. Her work in the non-profit sector includes the organizations of Alice Housing, Bryony House and the Marguerite Centre. As the MLA for Dartmouth North, Joanne connects with many residents, organizations and community groups every day.

"Leadership is growing in Dartmouth North," she says, "and we're

inspiring others to lead positive change." Joanne believes we must empower youth, to give them opportunities to get involved in their community, and to become the leaders of tomorrow. That's why she spends time meeting with and talking to youth, to understand what's important to them and what challenges they face.

Joanne is currently championing the Between the Bridges project, which is focused on improving the education and life outcomes of the children of Dartmouth North.



Addictions Program

The Addictions Program aims to support adults who are looking to make changes to their substance use, tobacco use, and/or gambling. Sarah, from the Addictions Program will be available at the Food Centre Monday mornings during drop in hours. No appointment necessary! Drop in and chat privately with Sarah about helpful strategies to make changes to your use, and explore available supports and resources.

**Monday mornings,
10:00 am to 12:00 pm
Dartmouth North
Community Food Centre,
6 Primrose, Unit 140**

***MOVING TO
WEDNESDAY starting in
JANUARY 2016**

Dartmouth Funeral Home

Est. 1940

Family Owned and Operated

Phillip Levandier
AVAILABLE 24 HOURS A DAY

Complete Facilities
Cremation
Pre-Arrangements

466-2360
29 QUEEN STREET, DARTMOUTH

A helping hand

...cont. from p.1

DCS, landlords, and the clients who come in seeking our services. When possible, I try to provide outreach to individuals who may not have the means to access our office in the community. I also try to attend the food banks to reach out to individuals as well.

Echo: Why is what you do important?

DG: Our work is important because we are dealing with people's lives. Everyone deserves a healthy environment to live in. Unfortunately, many individuals are unaware of their tenancy rights, are not comfortable addressing issues with landlords, or have poor past experiences. We try our best to provide as much support as possible through the process of securing somewhere to live.

Echo: Tell us a little about your education and work experience.

Darcy Gillis: I began attending Saint Mary's in

2009 to study Criminology. I became involved with the Co-operative Learning Program in 2011 and landed my first two placements with Metro Turning Point (MTP), the largest shelter in the city for men... I was fortunate enough to return to MTP (in 2013) to begin working as a casual employee, and I was soon bumped up to part-time hours... I graduated in 2014... and eventually secured full-time hours as a housing retention worker, working with individuals housed from the shelter and their landlords to keep a positive relationship. I worked in this role for over a year and was then fortunate enough to secure the position at the Dartmouth Housing Help office.

Echo: Who else works at the office, and what do they do?

DG: We are fortunate enough to share our office with The Nova Scotia Brotherhood Initiative. They work closely with African Nova Scotian men to connect them with the proper health services that they

may not have sought or been attached to before. Although usually on the road, Kevin Little with the Connections That Work program also calls 260 Wyse Road his home base. Kevin is a community outreach facilitator who connects with different organizations within the community to try and connect people with the services and supports that they are seeking. And Danielle MacDonald also works as a housing support worker in the office several days a week.

Echo: Give an example of someone who has benefitted from coming into the office.

DG: We have had one individual who has come into our office that has had some issues with the everyday struggles in life. Unfortunately, her past landlord could not recognize these issues which led to this person living in an undesirable living environment. We were fortunate enough to find this amazing landlord who takes a lot of pride in their building and tenants and the two hit it off. Through communication since the tenancy began both the individual and landlord are extremely happy with their situations and we couldn't have asked for a better fit.

Echo: Any plans to add other services?

DG: We have currently formed a partnership with the Dartmouth Learning Network through the Employment Readiness Program. We will be having one of their students come in on a volunteer basis to assist with general office tasks. The goal is provide support to individuals in an office setting while they gain experience that they can transfer into paid employment. I am also currently looking at the Community Volunteer Income Tax Program and will be hoping to offer it out of our office. We run into lots of individuals with their income assistance frozen due to failing to file for their income tax. We are hoping to provide another option for the people of Dartmouth and speed up the process.

The Dartmouth Housing Help Office is a joint project of The Public Good Society of Dartmouth and Metro Non-Profit Housing. Funding for the program is provided by United Way of Halifax and the Department of Community Services through Housing Nova Scotia. Learn more about Dartmouth Housing Help by visiting www.publicgoodsociety.ca/housing.html. You can also contact them at dartmouthhousinghelp@gmail.com or (902) 466-3483.



Photo: Rebecca Douglass

Mrs. Happy Face was presented with a community award by Monique Mullins-Roberts (right) and Jennifer Melanson (left) of the Dartmouth Community Health Board.

A winning smile

Debbie Power wins community award for her Happy Face Museum

by Kate Watson

There were plenty of smiling faces when Debbie Power accepted her Community Leadership Recognition Award on November 2.

Power is the creator of the International Museum of the Happy Face located on Wentworth Street in Dartmouth. She opened the museum in 2000 as a place to share hundreds of toys, happy face items and inspirational quotes. She gives tours free of charge and also spreads her sunny positivity by volunteering at community events as a giant Happy Face.

The award was presented by Monique Mullins-Roberts and Jennifer Melanson of the Dartmouth Community Health Board in recognition of Power's contribution to the health of the community.

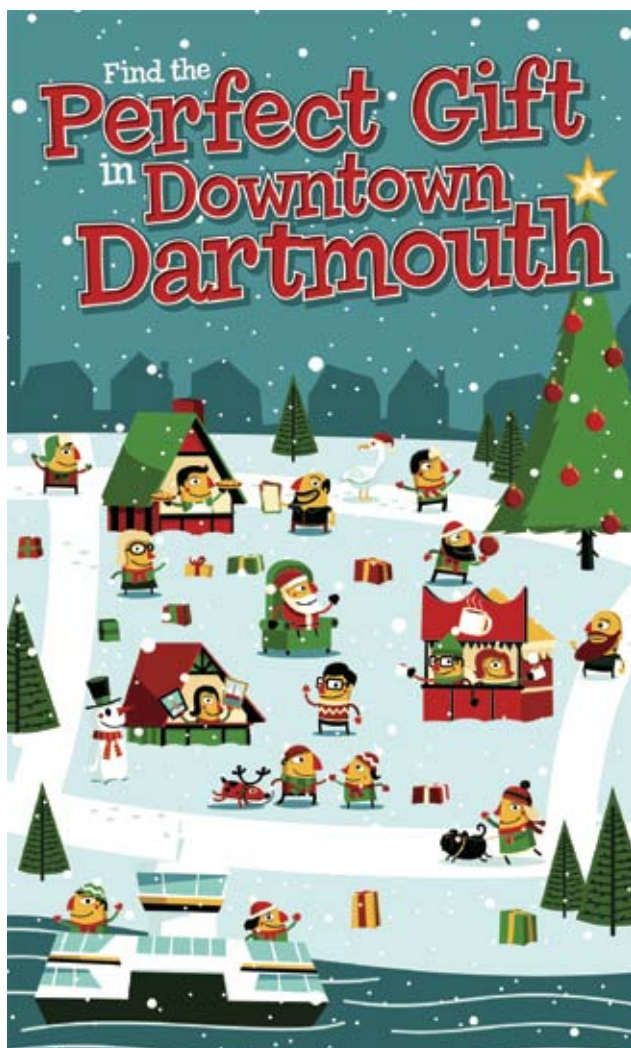
"There are so many different ways to measure health," Melanson says. "Debbie brings the power of happiness and joy. It builds a real sense of community, and makes everybody, from the young to old, smile."

A Community Leadership Recognition Award recipient is chosen once a month from people nominated by members of the community.

"I never expected to receive an award," says Power, who was clearly delighted by the recognition. "I just feel it's important to share myself and some of the positive things in life."

To arrange a tour of the museum, contact Debbie Power at 902-463-6287.

You can nominate someone for a Community Recognition Award by emailing Monique.Mullins-Roberts@nshealth.ca.





Heating Assistance Rebate Program

Nova Scotians who buy energy to heat their homes may be eligible to receive an energy rebate.

For more information, please contact my office.

Eligibility based on program requirements.

JOANNE BERNARD
MLA
Dartmouth North

260 Wyse Road, Unit 102 Dartmouth, NS B3A 1N3 902-444-9693 dnorthmla@eastlink.ca

NORTH DARTMOUTH BUSINESS VENTURES

Infinity Martial Arts Karate
KARATE AND SELF-DEFENCE CLASSES

INSTRUCTOR:
O'Sensei Mike Smooke,
Hichi-Dan
469-0000
Kai-Shin Association (est. 1967)
Infinity Martial Arts Karate (est. 1982)




Lancaster Children's Centre
Licensed Daycare for Children Aged 2-5
Kathy McLean
Director
44 Lancaster Drive
Dartmouth, N.S.
B3A 4Y9
Phone: (902) 463-0811
E-mail: mcleank@eastlink.ca
www.lancasterchildrenscentre.ca



Windows Plus
Home Improvements
Trusted For Superior Quality Since 1988

95 Akerley Blvd., Unit E
Dartmouth, NS B3B 1R7
Phone: (902) 482-1000
Fax: (902) 468-9191
Email: sales@windowsplus.ca
Website: www.windowsplus.ca

25 YEARS!

Siding Decks
Windows Additions
Entry Doors Patio Doors

DARTMOUTH METALS & BOTTLE LIMITED
Dealers in ferrous and non-ferrous metals

468-1995 (Peter Giberson)
14 Dawn Drive, Dartmouth
(Across from Coast Tire Windmill Rd.)

Aqua Fresh Laundromat
BRAND NEW WASHERS

newly renovated • drop off service
dry cleaning • biggest and fastest dryers

HOURS: Mon-Thurs 6am-11pm
Fri-Sat 6am-midnight • Sun 7am-11pm

172 Wyse Road • 407-3335



I'm Over Hair
Master Stylist **Debra Hallett**
Unit 1, Suite 7, 192 Wyse Road
902-719-8736

Basin Apartments Ltd.

Season's Greetings
from Mike Burgess and staff!



101 - 10 Springhill Road
Phone: 442-3595




Avanti Pizza

179 Boland Road
466-4141

Established 1975

SPECIALS
2 Medium • 12" \$21.99 (plus tax)
Large • 16" \$16.75 (plus tax)
X-Large • 18" \$21.99 (plus tax)



CHEAPY TIRE

Jim Smith
302 Windmill Road
Dartmouth, NS B3A 1H1
Bus: (902)469-3253 Fax: (902)461-1481
cheapy@accesswave.ca



SEASON'S GREETINGS

CAMILLO'S BARBERSHOP
CAMILLO & ANNA DI QUINZIO
190 Victoria Road, Ste 105 • 463-6806

WHOLESALE • RETAIL
• FULL LINE OF DELI MEATS

Chater Meat Market
SPECIALIZING IN FREEZER ORDERS

250 Wyse Road • Dartmouth
464-4777

Allan C. MacCULLOUGH
Nova Scotia Land Surveyor




Russell Street
Dartmouth, NS
B3A 3N2

Bus/Fax:
(902) 469-3746


THE PUBLIC GOOD SOCIETY OF DARTMOUTH WISHES ALL RESIDENTS A VERY MERRY HOLIDAY!

Seasons Greetings One and All!



The Public Good Society of Dartmouth
476-0785 • thepublicgoodsociety@gmail.com
www.publicgoodsociety.ca

Season's Greetings



- New Patients Welcome
- Computerized Insurance Claim Submission
- Cosmetic & General Dentistry
- Digital X-rays
- Nitrous Oxide Gas
- Free Parking

DARTMOUTH DENTAL CENTRE
FAMILY DENTISTRY

• Dr. Christopher Baker
• Dr. Lucy Lamond
• Dr. Erin Pegg

Dartmouth Shopping Centre
463-0001
www.dartmouthdental.ca



Serving Dartmouth North:

- Free prescription delivery
- Blood collection – Saturday mornings
- Shoppers Optimum Points on prescriptions
- Blister Pack for easy medication management
- Medication reviews
- Expired meds service available

On Thursdays seniors receive a **20% discount** on front store purchases with their Optimum Card. (Some conditions apply – see store for details.)

8 am – midnight 7 days a week!



118 Wyse Road
902-464-9644
shoppersdrugmart.ca

SHOPPERS DRUG MART
R.MARTIN PHARMACY LTD

Spirit of the Community

Photo: Big Brothers Big Sisters



David Moir received a learning award from Big Brothers Big Sisters. He is shown here with Angela Yerxa-Weeks, principal of Ecole Shannon Park School (left) and Carol Goddard, Executive Director of Big Brothers Big Sisters.

An award to inspire

In 41 years, David Moir never missed a day of work or volunteering

by Lesley Dunn

David Moir is a remarkable man. Big Brothers Big Sisters of Greater Halifax took an opportunity to recognize just how remarkable he is at their INSPIRE Awards Gala on November 4.

Known affectionately as Mr. David, this Halifax Regional School Board employee has never missed a day in 41 years as a bus and lunch monitor. Most of his career has been spent at École Shannon Park School, close to where he lives and the school he attends, the Dartmouth Learning Network, where he works to improve his reading and math skills.

David is an avid volunteer. Once his bus and lunch monitor duties are over for the day, he spends his time at the school lending a helping hand to the staff and students where needed.

He has also been involved with Scouts Canada for more than

30 years. His Beaver colony affectionately refers to him as Malik (the great owl).

David has been recognized by CTV as Maritimer of the Week, as well as by Living Halifax for his dedication to the children living in his community. Mr. David is so loved and respected by the children whose lives he has touched that he is often invited to their high school graduations.

“David is a great role model,” says Lousie Pothier, chair of the board at the Dartmouth Learning Network.

“David has been with us for several years and is working hard to achieve his high-school diploma, something that he was not able to do in the past. His continuous desire to learn and help others reach their learning goals is an inspiration to us all. David embodies the true definition of lifelong learning.”

When asked how he felt about being a recipient of an INSPIRE Award, Mr. David responded with: “You know me, I just love to learn and help people.”

For nearly 50 years, Big Brothers Big Sisters of Greater Halifax has been there to provide a positive influence for children. The organization believes in the value of mentoring, as evidenced by its commitment to delivering quality youth mentoring programs. It also recognizes that mentoring takes place throughout the community. Business leaders, coaches, community elders, neighbours, artists, family members, and people from all walks of life can be amazing mentors who inspire others to achieve their goals. INSPIRE Awards are one small way of recognizing their achievements. To learn more visit www.bigbrothersbigsistershalifax.ca.



Photos: contributed



A community of friends

A unique friendship reminds us of our humanity

by Allana Loh

Three years ago, as I walked my granddaughter, Alyssa, to school, she spotted a haggard-looking old man walking down Victoria Road. He was wearing one boot and one sneaker, and he had a cigar in his mouth. Alyssa wondered what would happen if she said “good morning” to that man. My first response was going to be that we shouldn’t talk to strangers, and to be honest, I felt quite uneasy about approaching him to say hello. But instead, I told her he would likely respond with a “good morning” right back. Well, guess what? He did!

Following that encounter, Alyssa became curious about the “homeless man” as she called him. Where does he sleep? What does he eat? Does he have any friends? Does he have money? Is he hungry? Why does he wear one boot and one sneaker? I

had no answers for her.

Bound and determined to make sure he was okay, Alyssa had many conversations with the man. She learned his name was Les. After all, he lived in our neighbourhood and was now her “friend.” Over the past three years, she saved our recyclables to give to him, and gave him water and snacks whenever they met. When she could convince her Papa to buy them for Les, he got cigars.

At Easter, Alyssa wanted to bless Les with a gift of \$50 from our church, so he would know that people cared about him, especially her. She packaged in a shoebox a crisp \$50 bill, two bottles of water, some chocolate bars, granola snacks and cherries, along with three cigars and a card.

For days she looked for her friend. He was nowhere to be found. We even drove around to places we usually saw

him but could not find Les anywhere. On the Easter weekend, late one evening, Alyssa saw him going into a Tim Horton’s in Woodside. She and her Papa raced home to get her shoebox gift. When they returned, Les was having a bowl of hot soup. He remembered Alyssa from Dartmouth North and was so happy to receive her gift.

The friendship between Les and Alyssa reminds me that we are all people first.

Friendships can develop despite our different circumstances, if we take a moment to see the person and simply care. Alyssa saw Les as a member of her community, gave him the dignity of attention and received friendship in return.

Les passed away on October 20 and he will be missed not only by his young friend, Alyssa but by everyone who saw him as a valued member of our community.

HIGHFIELD PARK
10 MINUTES FROM EVERYWHERE!

UNFURNISHED SUITES FROM **\$690**/MTH

Furnished suites also available
902.461.9429
www.oxfordresidential.ca/highfieldpark



Spotlight on Youth



is supported by
Joanne Bernard
 MLA, Dartmouth North
 902-444-9693 • dnorthmla@eastlink.ca



Photo: Allana Loh



Mr. Skeete, Principal of Bicentennial School presented Grade 9 student, Dylan Oxner with an iPad Mini.

Walking supports learning at Bicentennial School

by Allana Loh

Bicentennial School recently held a fundraiser to directly support each classroom. With the goal to raise \$5000, students had just two weeks to gather sponsors for the all-school walk-a-thon. Students canvassed friends, families and neighbours for support of their school. And the response was overwhelming, with the goal being surpassed. With more than \$6000 raised to support student learning, teachers and students

were all smiles on the walk held October 22. Daily draws were held and prizes were given to the top fundraisers in the elementary and junior high levels. The top fundraising classes, Mr. Fisher's Grade 7 junior high class and Mr. Wade's Grade 5/6 elementary class, get to enjoy a pizza party. The grand prize draw for anyone who raised \$50 or more went to Dylan Oxner in Grade 9. He took home an iPad Mini.

Dartmouth North Library December Happenings

EAST COAST CAROLING Saturday, Dec 12/3pm

All ages
 Since 2005, founder John Lindsay-Botten and his musical friends have provided a cappella quartets in the HRM and now, it's the most wonderful time of the year again! This enchanting performance will close the Festival of Lights, happening 1:30-3:30pm.

THE SHORTEST DAY NFB FAMILY FILMS Monday, Dec 21/2:30pm

All ages
 A celebration of short films by talented Canadian filmmakers.

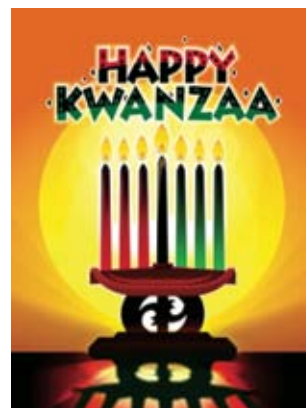
MUSICAL MUNCHKINS WITH SYMPHONY NOVA SCOTIA

Thursday, Dec 3/10:30am
 Ages 3-5
 Introduce your munchkins to music and motion in a fun and comfortable environment.

PUPPET SHOW 'Twas the Night Before CHRISTMAS

Wed, Dec 16/10:30-11am
 All ages
 Watch as your favourite story comes to life.
 Group registration required

Visit halifaxpubliclibraries.ca for more information on programs.



Celebrating the season at Shannon Park School

by Sherene Kirincich

With the holiday season upon us, it was time for Shannon Park's annual Cookies with Santa on November 28. It's a very popular afternoon for the community and it didn't disappoint this year. There was a great turnout of current and former students, families, and friends of the community. Guests made Christmas crafts, shopped at a vendors' market with a dozen or so local businesses, sang carols, drank hot choco-

late, decorated cookies, wrote letters to Santa, and, of course, took a photo with special guests, Santa and Mrs. Claus. There was also a toy and food drive, which was a nice way of giving back to people in need during the holiday season.

It's always fun to gather to celebrate the start of the holidays and reconnect with people we haven't seen in a while. It's also fun for students to see their friends outside of the

school day.

The event was organized by some of our wonderful teachers. Thanks to all who helped organize and to those who came to join our school community in the festivities, especially Courtney Crofton, Tara MacNeil, Grace Rice, and Catherine Currie, and our very supportive home-and-school committee.

Happy Holidays to everyone!



A grandmother's pride

by Allana Loh



Photo: Brenda Dooley

When our children and grandchildren succeed in school, it's always a reason to celebrate. Josephine Anderson, a resident of Dartmouth North, is celebrating and bursting with pride. Recently her grandson, Nicholas Dooley, received an academic achievement award from Sackville High School. Achieving honours in high school requires hard work and dedication to your studies. Nick, who has Down syndrome, doesn't let his intellectual challenge stand in the way of his success. Nick's mother, Brenda Dooley, who lived in Dartmouth North for 20 years, was so pleased for the recognition Nick received at his school. A certificate and medal reminds Nick of a job well done.

Congratulations, Nick!

Josephine Anderson and her grandson, Nicholas Dooley, who received an award for his dedication to learning.

Spanning a community

One student from Dartmouth North finds inspiration and purpose at Between the Bridges

by Cheyenne Hardy

On September 30, I had the great pleasure of attending and speaking at a Between the Bridges meeting held at the Harbour View Elementary School. I was invited to the event, along with my classmates Nyssa and Kayley, by Mr. Gary MacDonald. He is a school mental health clinician from the IWK. He was working with some students at John Martin and heard about the Between the Bridges initiative and thought it was a great idea to attend. So, he got a few of us on board.

About 90 people were in attendance, and it was the second of its kind to take place this year. The meeting was an open call for any community members of Dartmouth North to attend and discuss solutions and goals for the citizens of our community.

Education was a major topic at the meeting. The goal is for students of Dartmouth North to achieve assessment scores at the levels of the rest of HRM, to lower the dropout rate from high school, and encourage students to pursue post-secondary education. I spoke with Jodene Dunleavy, senior policy analyst with the Department of Education. She says it's her feeling that student engagement is critical to helping students stay in school, engaging them not only intellectually, but socially and emotionally as well.

Other important concerns brought to light during the meeting were that the basic needs of the community were not being met and mental health and addictions aren't being adequately addressed. Concerns about income assistance and how it should be



Dartmouth North MLA Joanne Bernard and Cheyenne Hardy demonstrate how different generations can work together at Between the Bridges.

easier to get off of was also voiced by our residents.

The meeting was geared toward not just identifying the problems in our community but together discussing and working towards ways to fix the issues.

One of the outcomes of the meeting was a roundtable created by Joanne Bernard, MLA for Dartmouth North and Minister of Community Services. When I asked her what her favourite part of the evening was, I was very flattered to say she responded, "To be honest, it was when you spoke. Change for me has always started with young people. Listening to you is when you realize the art of possibility."

Joanne had been talking to my mom at the meeting about how much she loved my speech, and suddenly said, "You know what? I'm going to try and start a youth

roundtable. Because listening to your daughter has been inspiring and youth is the key to change."

Since then we had the first official meeting of the youth roundtable on November 13. The table included Joanne, Gary, Jodene, me and other youth from around the community.

We are focused on what is seen through the eyes of our Dartmouth youth and what we believe is needed, and what we feel can be done to help our peers stay in school, and want to get a post-secondary

education. Also we will be discussing how to keep our youth safe and involved in community activities.

From the Between the Bridges meeting came much talk, including discussion with our different government agencies, United Way, Take Action Society, and most importantly, members of our community. Plans were made, solutions discussed, and hope renewed.

I asked everyone I interviewed that day if there should be other community meetings like this. Everyone agreed there should be. When I asked what should we improve on at the next meeting some of the suggestions were: more involvement of businesses, maybe to have better representation of Mi'kmaq, maybe a different location so we would be going to residents instead of residents feeling like they have to come to us. And last but not least, less talk and more action from all!

I also wanted to add on a personal note, what a phenomenal experience the Between the Bridges meeting actually was. It was so impressive to see so many community members coming together and trying to find solutions to make Dartmouth North an even better place to live.

I am humbled by the kind words said to me by some of the people I was very fortunate to have met that day.

cont. page 10...



Tom Martin, who investigated the murder of Jason MacCullough, was guest speaker at the annual March Against Violence, held in October.

A march for Jason

Community gathers to stop violence, honour victims

by Doris Buffett-MacDonald

The 16th annual Jason MacCullough March Against Violence took place in October and was sponsored by the Boys and Girls Club, and organized by Lillian Munroe, Robyn Gorman, Allan MacCullough, Sylvia Anthony and Jenny Norman.

Two hundred strong, community members marched from the Farrell Road Boys and Girls Club to Jason MacCullough Memorial Park. Rev. Kees Zwanenberg from Holy Trinity Anglican Church lead those present in silence and prayer to honour Jason's memory and also the memory of other young ones who have lost their lives to senseless violence.

Back at the club, a very special candle lighting ceremony took place, and people listened to an inspiring poem by J. Tee Thompson, with music by Louisa Manuel.

Guest speaker Tom Martin, lead investigator in Jason MacCullough's homicide case, expressed hope for the community. There was a sea of young people, who far outnumbered the adults present, gathered together to remember Jason's young life, joining together as one powerful illuminating light.

The community marches to declare, with one voice, that we own our streets and stand as one community, forever united against violence.



Photo: Doris Buffett-MacDonald

Photo: Rebecca Douglass



ROCK AROUND THE CLOCK: Some of the rockers at the Jingle Bell Rock fundraiser for Xmas Hampers at Holy Trinity Emmanuel Anglican Church. Two of the rockers, Mel Rogers and Robert Anthony, were surprised with a birthday cake and best wishes as Mel turned 75 and Bob turned 82 that week. Thanks to all of the volunteers, rockers, and those who attended!

Spanning a community

...cont. from p. 9

Sometimes when you are a kid, you can be oblivious to the amount of people that work hard every day to ensure your basic rights and freedoms. So many people wanting us to be safe, and educated, and people we don't even know, wanting us to be successful in this life. They are fighting for our youth and our community, so we can grow up with every available opportunity to make something of ourselves.

Thank you to everyone who told me I was inspiring but, I was just giving my opinion. The incredible residents I met that day, as well as

Carole McDougall, the Director of Communications for United Way, Rhonda Behan Hawley and the amazing ladies from the Take Action Society, and of course, Joanne Bernard, Gary MacDonald and Jodene Dunleavy; you are all my inspirations and I thank so very much for what you do for our community.

Those who couldn't make the meeting but who still have a suggestion on how to improve our community your emails are welcomed at betweenthebridges@novascotia.ca.



Photo: Jan Clark

Veterans John Arsenault (left) and Bill Withers attended the Remembrance Day service at St. Paul's Catholic Church in November.

Rejoice with Northbrook

submitted by Janice Wells

The Rejoice after-school club at Northbrook Bible Chapel started a new year on October 8 by welcoming several first-time children and youth. In the weeks since they have been delighted to welcome additional newcomers.

The club is an opportunity for children and youth ages five to 18 to come out and have fun playing recreational games, learning about the bible, and earning points for the "rejoice store." Healthy snacks are served and special pizza nights add to the fun. The club is held every Thursday night throughout the school year from 6:30 - 8:00 p.m. Parents are always

welcome. No charge to participate.

Christmas is fast approaching and folks in our community will be busy with preparations and spending time with family. Northbrook Bible Chapel would like to warmly invite the community to come with friends and family to hear a Christmas message on Sunday, December 20 at 11 a.m. There is also a Christmas Eve service on Thursday, December 24 at 6:30 p.m.

Following the service on Christmas Eve, everyone is invited to stay and enjoy the Christmas spirit and festive refreshments with family, friends and new acquaintances.



Dartmouth North
COMMUNITY FOOD CENTRE

DECEMBER HAPPENINGS

COMMUNITY LUNCH

(Drop-in) Join us for a free, healthy and delicious meal prepared by Chef Andru and volunteers. Everyone is welcome!

Wednesday and Friday, noon to 1:30 pm.

FAMILY SUPPER

(Drop-in) Join us on **Mondays** for a family/children's supper. If you have children who are school-aged or younger, this is a great time to enjoy a night out with the kids and not have to cook! Supper served from **5:30 to 6:30pm.**

LOW-COST PRODUCE MARKET

Veggie Village & Good Food Café **9am to noon every Saturday!** Visit our weekly market to pick up your produce, enjoy coffee and snacks made by Melissa and volunteers, chat with your neighbours, and get crafty!

**Last day of programming December 19.
Reopening January 4.**

**6 Primrose Street, Dartmouth
902-407-4610**

**Halifax
Regional
Police**



**A GUIDE
TO POLICE
SERVICES**

Emergency	911
Non Emergency Police Dispatch.....	902-490-5020
General Info	902-490-5016
Divisional Commander Dartmouth	902-490-5171
Cst. Randy Wood	902-223-2735
Dedicated Beat Patrols.....	902-476-2660
Cst. Jeff Nicholson.....	902-292-1975
Neighbourhood Watch Co-ordinator.....	902-490-5462
Victim Services.....	902-490-5300
Anti-Bullying Hotline.....	902-490-7283
Office of Chief of Police	902-490-6500
Crime Stoppers.....	1-800-222 TIPS (8477)

NOVA SCOTIA CRIME STOPPERS

**Call Crime Stoppers
With A Tip**

You Could Be
Holding The Piece
Of The Puzzle
That Solves A Crime

Remember We Want Your Information
Not Your Name!

1-800-222-8477(Tips)
www.crimestoppers.ns.ca

Community Calendar

FESTIVAL OF LIGHTS

Saturday, Dec 12

1:30 - 3:30 pm

Dartmouth North

Community Centre

A multicultural celebration with music, food & activities for all ages! Free Admission

Dartmouth Heritage Museum

26 Newcastle Street

Join us for wine, cheese, hot mulled cider and song. \$10/ person. Bookings advised. Call 902-464-2300.

Museum closed December 20 - March 1, 2016. We are sorry for any inconvenience.

COOKIES/SQUARES

PLATTER SALE

St Paul's Catholic Church

Windmill Road

Sunday, Dec 13

11:00 - 12:00

CHRISTMAS AT THE OPEN

DOOR CLOTHING BANK

Wednesday, Dec. 16

9:00 - 11:30am

Dartmouth First Church of The Nazarene, 1 Henry Street

CHRISTMAS CHEER &

SONG FEATURING ACACIA

Friday, December 18

3:30 to 5:30 pm

ST. ANTHONY'S CLASSIC

COUNTRY SHOW WITH

GROVER COUNTRY

Hosted by Beverley Cheverie

Sunday, Dec 20

St. Anthony's Church

Farrell Road

Doors open at 6 pm

Show starts at 7 pm.

Admission \$7

XMAS LOONIE

TOONIE NIGHT

St Paul's Catholic Church,

Windmill Rd

Wednesday, Dec 23

7 - 9 pm



Christmas Break Day Camps

3 locations to choose from:

NORTH DARTMOUTH*
60 Farrell Street

EAST DARTMOUTH
50 Caledonia Road

COLE HARBOUR
50 Ritcey Crescent

7:30 am – 6 pm (*7 am – 6 pm)
\$21 per day per member

Not a member? Not a problem!

Contact Lisa to become a member at
902-435-3204 or registration@bgcgh.ca



**Boys & Girls Clubs
of Greater Halifax**
902-435-3204
www.bgcgh.ca

AD SPACE SPONSORED BY GUY HARRISON



Season's Greetings

T-shirts, mugs, beans,
art and gift certificates
available.

Join us for breakfast, lunch or a hot beverage.
196 Windmill Road • darksidecafe@hotmail.com

- Human Hair
- Synthetic Hair
- Wigs
- Kids Hair/Products
- Organic Products
- Beauty Products



172 Wyse Road
902-469-2433
blackvelvetbeauty@hotmail.com

*Black Velvet Beauty
Supplies & Accessories*



Photo: Rebecca Douglass

Ho Ho Ho: Laughs, homemade snacks and musical entertainment made for a great evening at the monthly Loonie Toonie night at St. Paul's Catholic Church on Windmill Road. The X-mas Loonie Toonie night will be held on Wednesday, Dec 23 from 7-9 pm. Drop in and give Santa a hug before he starts his deliveries. Left to right: The I-Chix—Pat Millar, Pat Mombourquette, Mary Lynne Doiron and Pauline Hingston; The Sham-Rocks—Jim Stokes, Sean Brownlow, Ern Reti and Bill McCallum.

Community Brunch

East Dartmouth Community Centre
50 Caledonia Road

9:30 am—1:00 pm
Adults: \$7 • Children: \$5 (10 & under)

Sunday, January 24
UPCOMING DATES:
Feb. 28, Mar. 27, Apr. 24

Thank You to all who supported this fundraiser in our community.

EVERYONE WELCOME
Presented by the
Kinsmen Club of Dartmouth

A very Merry Christmas and good health and happiness in the new year!

COUNCILLOR GLORIA MCCLUSKEY
District 5 - Dartmouth Centre

Cell: 902.476.1667
E-mail: gloria.mccluskey@halifax.ca
halifax.ca/councillors/district05

HALIFAX halifax.ca 311

The residents, staff and Board of Directors of the Freedom Foundation of Nova Scotia would like to take this opportunity to wish all residents of Dartmouth North a Very Happy Holiday and a Safe and Healthy New Year!

Stairs Memorial United Church

44 Hester St., Dartmouth

ADVENT SERVICES

SUNDAY, DECEMBER 13, 10:30 AM
Advent 3 followed by Christmas potluck

SUNDAY, DECEMBER 20, 10:30 AM
Advent 4 Christmas Carol Service

THURSDAY, DECEMBER 24, 7:00 PM
Christmas Eve Family Service

FRIDAY, DECEMBER 25, 11:30 AM
Christmas Day Brunch (Free)

REV. SARAH REABURN
Everyone Welcome!

Season's Greetings!

Celebrate our

Open House Xmas Social

Thursday, Dec. 17
5:30 - 7:30 pm

Refreshments, caroling & give-a-ways

All welcome.

Farrell Hall 276 Windmill Road
469-5769

UPCOMING DARTMOUTH NORTH RECREATION PROGRAMS!

Dartmouth - Gerald B. Gray Arena
CLASSES: 8 - SUNDAY, JANUARY 10, 2016

Dartmouth North Community Centre
105 HIGHFIELD PARK DRIVE - 902-490-5900

WINTER

Program Name	Description	Age	Time	Code
Boots to Blades Fee \$30	Instruction through movement and games adapted to enhance skating skills. This level is for children with no previous skating experience. Parent must accompany child on the ice.	3-4	2:00PM-2:25PM	349715
		3-4	2:00PM-2:25PM	352218
		3-4	2:00PM-2:25PM	352220
		3-4	2:00PM-2:25PM	352221
		3-4	2:00PM-2:25PM	352222
		4-5	2:30PM-2:55PM	349716
		4-5	2:30PM-2:55PM	352223
		4-5	2:30PM-2:55PM	352224
		4-5	2:30PM-2:55PM	352225
		4-5	2:30PM-2:55PM	352226
Mini Gliders Fee: \$45	This course is designed for children who can stand up and shuffle on the ice unaided.	4-6	3:05PM-3:50PM	349717
		4-6	3:05PM-3:50PM	352227
		4-6	3:05PM-3:50PM	352228
		4-6	3:05PM-3:50PM	352229
		4-6	3:05PM-3:50PM	352230

PRESCHOOL

Program Name	Age	Day	Time	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	3-5	Sa	10:00AM-10:45AM	Jan 16	8	349718 \$24

CHILD

Program Name	Age	Day	Time	Start	Classes	Code	Fee
Camps	March Break Camp	6-12	M-F	8:30AM-4:30PM	Mar 14	5	349711 \$108
Dance & Drama	Hip Hop Dance	6-8	Sa	12:00PM-12:45PM	Jan 16	8	349712 \$24
	Musical Theatre	6-8	Sa	11:00AM-11:45AM	Jan 16	10	353480 \$30
General Interest	Kidz in the Kitchen	8-12	F	3:15PM-4:45PM	Jan 22	8	349713 \$16
Wellness	Children's Yoga	5-12	Sa	9:15AM-10:00AM	Jan 16	5	350160 \$15
	Children's Yoga	5-12	Sa	9:15AM-10:00AM	Feb 20	5	350161 \$15

ADULT

Program Name	Day	Time	Start	Classes	Code	Fee
Arts & Crafts	Acrylic Painting	F	10:00AM-12:00PM	Jan 22	8	349703 \$68
General Interest	DSLR Photography	W	7:00PM-8:30PM	Jan 20	6	349704 \$40
Sports & Fitness	Zumba	Tu	6:30PM-7:30PM	Jan 19	10	349705 \$43
Wellness	Hatha Yoga	Sa	10:15AM-11:15AM	Jan 16	5	349706 \$25
	Hatha Yoga	Sa	10:15AM-11:15AM	Feb 20	5	350157 \$25

* Everyone on the ice must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.

PUBLIC SKATING

Gray Arena
Please visit halifax.ca/rec/publicskates.php
for latest information. Dates/Times subject to change

NIGHT HOOPS

Harbour View Elementary (ages 8-12)
Jan 8 - March 25
6:00 pm - 7:00 pm
FREE

NIGHT HOOPS

John Martin Jr High (ages 13-17)
Jan 8 - March 25
7:30 pm - 9:00 pm
FREE

FESTIVAL OF LIGHTS

Cultural Celebration
Saturday, December 12th
1:30 p.m. - 3:30 p.m.
FREE

halifax.ca/rec



HALIFAX

Thank You!

from the volunteer board of the Dartmouth North Community Newspaper Society to all of our readers and supporters, have a safe and joyful holiday season!

Sylvia Anthony, President

Doris Wournell, VP

Tania Anthony, Secretary

Sandra Weagle,
Treasurer

Suzanne Rent, Editor

Rebecca Douglass,
Photographer

Doris Buffett-MacDonald,
Writer

Leigh Beauchamp Day,
Writer/Photographer

Kate Watson, Writer

Allana Loh, Writer

Gaëlle McNeil, Design