

Online Newsletter: A great way to learn about upcoming events and opportunities, and to stay in touch with your community.

Greetings,

The summer of 2010 has certainly shaped up to be a busy one. I hope you have taken some time to enjoy your own community and to explore a few of the many events and festivities held in HRM.

This summer has been particularly busy for me as I have become more involved on committees that celebrate our beautiful municipality. With that comes many hours of planning as well as the commitment to host activities, and often represent the Mayor and Regional Council.

There has been no surprise that it takes a lot of work and time to do this job! Thank you for your consideration and support. This newsletter is yet another means of staying in touch, and I appreciate the many kind e-mails and phone calls I receive in response to the work I do. Take care and enjoy the remaining weeks of the summer of 2010!

Jackie

Back to School Safety

As we approach the beginning of a new school year, I would like to pass along some back to school safety tips that our students should be mindful of:

Cross Walk Safety

Be very clear in your intention to cross the street. Stop at the curb, wait for cars to stop, make eye contact with all drivers, even wave to them to be SURE they see you and when crossing always keep a watchful eye on any other cars ensuring they stop before you continue to cross.

Stranger Awareness

A stranger is someone you don't know. Never go anywhere with a stranger no matter what story they tell you. Never accept candy, money or get into a car or go into a building with them. If a stranger approaches you like this, always tell your parents or teachers or anyone who you know and trust.

School Bus Safety

When riding on a school bus, enter the bus when the driver has opened the door, upon getting in take your seat and remain seated until you have reached your destination and its time to get off the bus. Please do not yell or scream or make loud noises as it can be very distracting for the driver.

RCMP CHARGE A HIGH NUMBER OF PEOPLE NOT WEARING SEATBELTS RECENTLY

Halifax Regional Municipality (HRM), N.S.... Members of the Royal Canadian Mounted Police (RCMP), Halifax District conducted two check points on Forest Hills Drive in Cole Harbour recently.

The morning checkpoint, RCMP officers check 725 vehicles and charged 32 individuals for not wearing a seat belt. In the afternoon checkpoint another 500 vehicles were checked and 21 individuals were charged for not wearing a seatbelt. In Nova Scotia it is the law to wear a seat belt under section 175 of the Motor Vehicle Act and the fine is \$167.21.

Transport Canada has seven tips to success on wearing your seatbelt.

1. Buckle the seat belt, making sure the latch clicks firmly into place.
2. Adjust the lap belt so that it fits snugly across your hips and not your abdomen.
3. Make sure the shoulder belt retracts so that it fits snugly across your chest and over your shoulder.
4. Never wear your shoulder belt under your arm. In a collision, your upper body will pivot forward and your head will strike the vehicle interior. The belt will press into your abdomen and likely cause serious or even fatal injuries to internal organs.
5. If you're pregnant, take extra care when adjusting your seat belt. Sit as upright as you can, and wear the lap belt under your abdomen and as low over the hips as possible. The shoulder strap should go between your breasts and off to the side above your belly.
6. The seat belts are less effective if they are not properly fitted. Bulky winter clothing or large body types can pose a particular risk. Always try to place the lap belt below the bottom edge or fold of a winter jacket or below the lowest part of your belly so that it sits closer to the lap than to the belly button.
7. The shoulder belt found in the front seat can be adjusted in height to improve the fit.

The Nova Scotia International Air Show is being held this year on September 11th and 12th at the 12 Wing Shearwater Airport. For more information please visit www.nsairstow.ca

Dartmouth Heritage Museum

As a proud member of the Dartmouth Heritage Museum Board of Directors, I am pleased to announce the Dartmouth Heritage House Tours on September 25th and 26th, 2010. No autumn would be complete without including this incredible event! Homeowners have agreed to share their present and past with the community: their stories, the architecture, and the families who lived there since the 1800's. Tickets will go on sale in September. Advance tickets - \$15 and may be purchased at www.ticketatlantic.com or the Dartmouth Heritage Museum, Evergreen House, 26 Newcastle Street, Dartmouth.

TEA BY THE SEA!

August 19

2:00 - 4:00

Evergreen House, 26 Newcastle Street

In the backyard of Evergreen House, 26 Newcastle Street and previous home of Helen Creighton, join David Stone, Margo Carruthers and other performers as they entertain us with their lively songs of the sea! These musical artists will be performing free of charge to promote the Halifax Harbour Sea Music Festival in early September and to help the Dartmouth Heritage Museum as a fundraiser. This event will be held in the back yard of Evergreen House.

Due to the large quantities of people expected, we will be changing our usual sit down tea for this one event to a buffet style and cost of event will be by donation only. Please R.S.V.P. to 464-2300.

TIME TRAVEL IN DARTMOUTH WALKING TOURS

Until August 31

Wednesdays - Sundays (weather permitting)

Short Tour - 10:30 - 11:30 (~2.5 km) - \$5

Long Tour - 2:00 - 4:45 (~4 km) - \$10

Have you ever wondered if there's a larger story behind Sullivan's Pond and its inhabitants? Perhaps you don't know Dartmouth's connection to the Royal Family of Spain. Thanks to the Time Travel through Dartmouth Walking Tour, back for the second year in a row, it's now easy to find out juicy historic bites like these! This summer, the Dartmouth Heritage Museum is pleased to bring you the story of Dartmouth. In partnership with the Downtown Dartmouth Business Commission, the Shubenacadie Canal Commission, and Forrestall Fine Art, the Time Travel in Dartmouth Walking Tours cover many interesting aspects of art, architecture, sports, industry and more! Explore Dartmouth's most interesting personalities this year with Sarah, our resident Quaker tour guide. We are sure you will enjoy her stories, humour and energy!

FUNDRAISING TEAS - COME AND SUPPORT THE MUSEUM

August 26th.

Seatings at 2:00 and 3:00

Evergreen House, 26 Newcastle Street

Only \$5 tea/coffee, scones baked on the premises, homemade spreads and fruit jams/jellies as well as our friendly tours of Evergreen.

Please call 464-2300 to reserve your table.

CURRENT EXHIBIT

Food, Factories, and Foundries: Dartmouth's Industrial Past

June 24 - September 11, 2010

Tuesdays - Sundays 10:00 - 5:00

Dartmouth Heritage Museum

Evergreen House, 26 Newcastle Street, Dartmouth

\$2 admission

Ice making, hemp-weaving, dairy & rope

Shipyards & steelyards & chocolate & soap.

Molasses & boilers & sugar for beer

And skates, nuts & bolts, they all were made here!

GROUP VISITS!

Programming for group visits is always an option. From children to seniors, we have a solution! If your group is 10 people or more, we have interesting and delicious solutions from historic detectives, to reminisce kits, to tea room rentals! Please visit www.dartmouthheritagemuseum.ns.ca for more information. Remember, if you have more than 10 people, you can reserve the tearoom for your party for \$5 per person (offer only during Evergreen opening hours Tues. - Sun. 10-5 during the summer or Tues. - Sat. off season). Please call Lisa at 464-2916 to pre-book your party.

Symphony Nova Scotia 2010/11 single tickets on sale August 3

Halifax, NS – Single tickets for Symphony Nova Scotia's 2010/11 concert season go on sale this coming Tuesday, August 3. Featuring guest artists like Red Green, Denise Djokic, Basia Bulat, Jon Kimura Parker, and the Barra MacNeils, Symphony Nova Scotia presents more than 40 performances in one of

its most exciting seasons yet. Don't miss your chance to have the best seats available for highlights like these:

- Performances of some of the greatest works of the symphonic repertoire, including Beethoven's Fifth, Brahms' Violin Concerto, and Mozart's Requiem
- A collaboration with guitarist/pianist/autoharpist Basia Bulat as part of the Halifax Pop Explosion
- Halifax's own Denise Djokic returns to perform Saint-Saëns' Cello Concerto
- Three huge (and sure to sell out) performances of The Music of the Beatles
- The return of Cape Breton musical icons The Barra MacNeils
- Performances with favourite local stars Erin Costello, Meaghan Smith, and Sons of Maxwell
- A salute to the best of soul with crooner Dutch Robinson
- A one-of-a-kind collaboration with Canada's oddest handyman, Red Green
- the grand finale of the season, the Scandinavian Festival, featuring performances of Sibelius' Violin Concerto and Grieg's Peer Gynt
- Many, many more, including concerts with conductor Howard Cable, harpsichordist Alexander Weimann, pianist Jan Lisiecki, and the Nova Scotia Youth Orchestra

Tickets are only \$29-52 (HST included), and are already limited for these performances. Call 494.3820 or visit www.SymphonyNovaScotia.ca <<http://www.symphonynovascotia.ca/>> to reserve your seat today.

Under age 30? Pick up a TD Access Pass at the box office and attend any of the orchestra's classical music concerts for only \$15 per ticket! And for under-30s who want to choose from the entire concert lineup, the

ever-popular Under-30 U-Pick includes admission to four concerts of your choice for only \$18 per ticket.

Interested in more than one concert? Symphony Nova Scotia's ticket packages are still available, and offer the best seats, exclusive benefits, and discounts of up to 30%. Call 494.3820 or visit www.SymphonyNovaScotia.ca <<http://www.symphonynovascotia.ca/>> .

About Symphony Nova Scotia

Symphony Nova Scotia is Nova Scotia's orchestra. Each year more than 50,000 audience members (including 15,000 young music lovers) join us in communities across Nova Scotia for performances of the music they love – from baroque and classical to pop and rock and folk. Under the inspirational leadership of Music Director Bernhard Gueller, Symphony Nova Scotia is recognized as one of the finest orchestras in the country. Visit www.SymphonyNovaScotia.ca <<http://www.symphonynovascotia.ca/>> to learn more, listen online, or get tickets today!

Symphony Nova Scotia is grateful to the Canada Council for the Arts, Nova Scotia Tourism, Culture, and Heritage, and the Halifax Regional Municipality for their continued support.

For more information, please contact:

Heidi MacPhee

Director of Communications and Marketing, Symphony Nova Scotia

902.421.1300 x. 226

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www.symphonynovascotia.ca

Volunteer Opportunity - Woodside Visioning

HRM is recruiting residents of the Woodside area to be part of the volunteer Community Liaison Group (CLG). As a member of the CLG you will be part of a team that will guide and champion a community driven process to develop a 25-year Vision and Action Plan. Visioning involves residents working with local government to identify priorities. It is one of the tools used by HRM to guide future decisions and it helps citizens continue to undertake their own local initiatives.

Members of the CLG will be able to make a volunteer commitment of up to one year (8-10 hrs each month). Some of the responsibilities include:

- ! Taking part in an orientation/ training session
- ! Helping develop and lead a public consultation that reflects the diversity of the Woodside area
- ! Building on the area's strengths
- ! Preparing and presenting the Draft Vision & Action Plan to the Regional Planning Advisory Committee and Halifax Regional Council

To receive an application or learn more about Community Visioning:

visit www.halifax.ca/visionHRM

Email visionHRM@halifax.ca

Phone 490-5857

Once your application is filled out, mail or fax it to us.

VisionHRM

Halifax Regional Municipality

Woodside CLG

PO Box 1749 Halifax, NS

B3J 3A5

Fax 490-3976

Or drop it off at HRM's Eric Spicer Building (Mount Hope Ave.) in Woodside!

The Deadline for applications is September 17th. All applicants will be contacted once the

application forms reviewed.

Sobey Art Award: 2010 Atlantic Long List

August 7-November 21, 2010

Each year, 25 artists from the five regions across the country are nominated for the Sobey Art Award. This exhibition highlights the excellence of artistic production in the Atlantic Region through the diverse practices of the contemporary artists who, through various connections, identify themselves as Atlantic Canadian.

More about this exhibition (<http://cpro20.com/Tracking/t.c?BeI1-AWny-TqkyZ7>)

Current Exhibitions

The Navy and Halifax: 100 Years Together

Until August 15, 2010

Annapolis Royal

Until January 16, 2011

Upcoming Exhibitions

Sobey Art Award: 2010 Atlantic Long List

August 7-November 21, 2010

Stephen Kelly: Open Tuning (Wave Up)

August 28, 2010-January 9, 2011

Arboretum

October 16, 2010-January 9, 2011

EASTERN PASSAGE and AREA---The Seniors' College Association of Nova Scotia (SCANS) plans to bring their program of lifelong learning to the Eastern Passage area, with the prospect of multi-

week courses being offered this fall and winter.

Two public information sessions will be held at the Marine Interpretive Centre at Fisherman's Cove, on Monday August 30th – the first is from 4p.m. to 5.30 and the second from 6:00p.m. to 7:00 p.m.,

- to explain the program and assess interest in this area for their course offerings.

Since 2007, SCANS has offered non-credit academic opportunities in the Halifax area for those over 50 years of age, who wish to continue their life-long learning, without the need for tests or exams.

Students come from every walk of life, but share common interests in wanting to learn, stay involved in community and of course meet some new people!

Courses range from Astronomy to Religion, from Shakespeare to Roman History from Poetry to Music Appreciation, with more variety being added every year.

Instructors are usually retired professors or someone who has an expertise in a particular subject.

The SCANS expansion to Eastern Passage is part of a broader effort to reach out to communities beyond HRM with its program, including course offerings in Kentville and Truro and Mahone Bay. Sessions are two-hours long, once per week for 6 to 10 weeks, depending on the instructor and the subject.

Annual Membership in SCANS is \$120.00, which includes participation in any of the courses, in any location, including HRM, attending guest speaker lectures and involvement in all SCANS activities for the year.

To indicate your interest in attending one of the information sessions

please call Margaret at 463-6320 or to learn more about SCANS

see: www.thescans.ca

Online Newsletter

I have started an online update newsletter. If you would like to be included on the mailing list, email me at barkhoj@halifax.ca with "Online Newsletter" in the subject line, to provide your email address. Keep up to date on what is happening in your community. Addresses will not be shared.

Community Memo Board

Residents are welcome to advertise community events. Please submit full content by email to

me prior to the 18th of each month, and it will be included in that months online newsletter.

Several seniors have contacted me looking for a handyman to do light renovations including door hanging, deadbolt installation etc. You will be paid for your service. If you or someone you know is interested in having your contact info passed on, please let me know as soon as possible at barkhoj@halifax.ca