

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

It's Summer!

How exciting it is to look through the list of events planned throughout HRM over the next few months.

As a council representative on both the Canada Day and Natal Day Committees, I have the good fortune to participate in the planning of these events. This summer the Navy Centennial Celebrations, Regatta for the Cure, Concerts on the Common and so much more, should ensure that Halifax is Hopping' right through until Labour Day!

Take some time to enjoy the Halifax Regional Municipality and all that there is to offer within our wonderful communities. Good wishes for a fun-filled and safe summer.

Best regards, Jackie

Events On the Halifax Common

This summer, the Halifax Common will again be the site of several major events and concerts. HRM is doing its part to relay information to help ensure any disruption is kept to a minimum.

The Halifax Common will be the site of one of the largest Pow-Wows in the nation. The Mawio'mi Grand Chief Membertou 400 Pow-Wow 2010 marks the 400th anniversary of the baptism of Grand Chief Henri Membertou. The activities will be held on the grounds of the Common from June 25 to June 27, 2010. This is a free family event.

Set up for the Pow-Wow begins on Tuesday, June 22 and continues through to Thursday, June 24. Event equipment will be removed June 28 and 29. Activities will occupy the majority of the Common area, but access through the area is not restricted. Streets are not expected to be blocked to traffic at any time. Some parking spots on Cunard Street and Cogswell Street will be reserved for event purposes. For more information visit: www.Membertou400.com.

In July and August, the North Common will be the site for two major concerts: Halifax Rocks 2010 on July 23 and 24 and Country Rockfest 2010 on August 6 and 7.

Soon after the major summer events end, HRM will be preparing the North Common area

designated as the speed skating oval location for the 2011 Canada Winter Games.

For more information relating to these major events on the Halifax Common for 2010 go to: www.halifax.ca/EventsOnTheCommon/.

Chimney Sweep Scam

HRM Partners in Policing are warning citizens to be cautious when contracting out services for their homes.

The HRP/RCMP Integrated Financial Crime Unit has received a number of complaints about a group claiming to be professional chimney sweeps going door to door offering to clean chimneys. The reports indicate that after inspecting the chimney, the homeowner is told it requires major work. Several homeowners have agreed to the repairs only to be provided with an excessive bill for work which was either minimal in nature or incomplete. There have also been questions raised about the validity of the group's qualifications.

Regardless of the type of work being done, police offer the following tips in an attempt to limit risk to citizens:

- Always use reputable companies. Contact the Better Business Bureau to verify businesses' authenticity.
- Insist on a detailed quote of the work required.
- Ensure the bill itemizes the work done.
- Do not pay by cash unless you are sure of the legitimacy of the company and their work.
- Ensure the information on the receipt is correct, including the company name, address and phone number.

Dartmouth Heritage House Tour

The DHHT is still looking for a few houses to participate in this year's Tour. If you or someone you know lives in Old Dartmouth in an older home with unique or historical features, or has a great history about their home, please send us a message! www.dartmouthheritagemuseum.ns.ca

Upcoming 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

Ice making, hemp-weaving, dairy & rope
Shipyards & steelyards & chocolate & soap.
Molasses & boilers & sugar for beer
And skates, nuts & bolts, they all were made here!

Time Travel in Dartmouth Walking Tours

STARTING June 16 - August 31

Wednesdays - Sundays

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? Or how about what Dartmouth's connection is 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! This summer, the Dartmouth Heritage Museum is pleased to bring you the story of Dartmouth from a female perspective. In partnership with the Downtown Dartmouth Business Commission, The Shubenacadie Canal Commission, Forrestall Fine Art and the Halifax Regional Municipality, the Time Travel in Dartmouth Walking Tours cover many interesting aspects of art, architecture, sports, industry and more! Explore Dartmouth's most interesting personalities and get some great exercise while you're at it.

Backyard Composting

Composting is the natural breakdown of organic materials by living organisms (including bacteria, fungi, worms and small insects). Any material from a living source - plant or animal - is called "organic". The end product is a dark, earthy, soil-like substance called compost.

In nature, the breakdown of organic materials occurs all around us. For example, the fertile dark earth on the forest floor is a mature form of compost called humus produced mostly from decomposed leaves.

How to Compost

Backyard composting can be done in commercial bins, home-made bins, or simple open piles. Enclosed bins have advantages over open piles in terms of containing the material, controlling the process, and minimizing pest problems.

Compost "Ingredients"

All composting "ingredients" generally fall under one of two categories - "browns" or "greens". "Browns" are dry, carbon-rich organic materials which include dry leaves, straw/hay, wood chips,

sawdust, napkins, dryer lint, newspaper, and vacuum cleanings.

"Greens" are fresh, moist, nitrogen-rich materials which include grass cuttings, fruit and vegetable peelings/scrap, tea bags, pasta, coffee grounds, stale bread and eggshells.

Do not place the following in your backyard composter:

Meat, fish, bones, fats and oils

Dairy products

Weeds that have gone to seed

Pet manure and kitty litter.

Getting Started

Backyard composting containers are available at the following local retailers in HRM: Kent Building Supplies, Home Depot and Canadian Tire.

Plans on how to build your own composter can be found on the RRFB Nova Scotia website. The composter should ideally be located in a shady or partially shaded site, convenient to the house.

Place a layer (15 cm) of brown material and a handful of soil in your composter.

Alternate layers of green and brown material in your composter. Always cover kitchen waste with brown material. It's a good idea to stockpile bags of leaves or other brown material in the fall, for this purpose.

Add water as needed - the pile should stay moist, but not wet. If your pile is too wet, adding browns will solve the problem.

Once the pile is about a meter high, either turn the pile every two weeks (for faster composting), or simply poke a few holes into the centre of the pile (for slower composting).

Keep adding to the pile, always covering your green material with a layer of brown.

It's that Easy!

What to do with Finished Compost?

Compost is an excellent all-purpose soil amendment, improving fertility, structure, aeration, and moisture-holding capacity of the soil. Adding compost to your garden helps your flowers and vegetables by supplying needed nutrients and by conditioning the soil.

Add compost to the garden by mixing it into the top 6" of soil. Use it around trees, shrubs, vegetables and flowers.

Compost can be used as an ingredient (about one third compost by volume) in potting and transplant mixes.

Screened compost can be spread over lawns. Compost is most effectively incorporated into the soil following core aeration of the lawn.

More Composting Tips can be downloaded RRFB Nova Scotia 's web site.

Community Gardens

Community gardens provide many benefits for residents. They offer opportunities to interact with other neighbours, add beauty to your neighbourhood, encourage environmental sustainability and

promote active living. Community gardening is also an opportunity to share and learn with others about the environment around you. For more information please visit the following link:
<http://www.halifax.ca/crca/CommunityEngagement/CommunityGardens.html>

We are at it again!!

The summer is here and we need some help.

We have a couple of kids events this year there is a Navy Salute on July 24th with Pirates Landing and the Mother Goose Festival that is July 31st that we need volunteers for.

If you are a returning volunteer and are interested in the Haunted House those applications are now available as well.

The volunteer website :

<http://vol.wufoo.com/forms/alderney-landing-volunteer-form/>

The Haunted House website :

<http://vol.wufoo.com/forms/fear-the-darkness-haunted-house-volunteer-form/>

Summer Students

This summer, the Friends of McNabs Island have hired two Dalhousie students through the Canada Summer Jobs program. Robert Ruggiero, a graduate planning student and Heather Grant, a 3rd year marine biology/environmental studies student are with the Friends of McNabs Island for 10 weeks until August 13.

Robert & Heather are offering guided tours of McNabs Island for schools and other groups visiting McNabs Island. They will also be offering guided tours on Saturday and Sunday until August 8 for anyone visiting McNabs. Tours begin at NOON from Garrison Pier. For more info contact mcnabs@chebucto.ns.ca or visit our Website <http://www.mcnabsisland.ca/> or Facebook page <http://www.facebook.com/group.php?gid=7429991612&ref=ts>. Robert & Heather will also be administering a Visitor Survey to gather opinions from island visitors, doing McNabs Island research and organizing our McNabs Island Picnic on July 17.

We are looking for TWO sturdy bikes for Rob & Heather to use while they are on the island. If you have a bike in working order and are willing to donate or lend it to the Friends of McNabs Island, please contact me at 434-2254 or mcnabs@chebucto.ns.ca.

McNabs Island Picnic - Saturday July 17

The Picnic is going to be a great way to celebrate our 20th anniversary, and the opening of our newly built trails. What better way to celebrate National Parks Day, than to be on McNabs Island!

Picnic planning is well underway, but we need more volunteers to help out.

We need our members to buy and promote the ticket sales.

Ticket prices are considerably discounted to make this an affordable event (\$13 for adults and \$8 for children/youth under 16). We need to sell all 300 tickets! Details on how to buy tickets through Ticket Atlantic are below.

You can help by joining one of the following Picnic organizing committee:

- 1) Publicity, Promotion, Sponsorship and Ticket Sales
- 2) Picnic Set Up and Picnic Take Down
- 3) Entertainment, Music, Games
- 4) Greeters, Tour guides, Food and Beverage servers

Please let Cathy McCarthy know how you can help out. Her contact info is as follows:

Cathy McCarthy
Friends of McNabs Island
902-434-2254 home
902-456-9167 cell
cathymc@accesscable.net
www.mcnabs@chebucto.ns.ca
www.mcnabsisland.ca

McNabs Island Picnic
Saturday, July 17, 2010
9:30 am - 5:30 pm

Join the Friends of McNabs Island Society on beautiful McNabs Island Provincial Park for their

20th Anniversary celebrations. Learn to play quoits, the popular 18th century game played on McNabs long ago. Listen to ghost stories from the past. Musical entertainment and games for all ages. Visit Hangman's Beach, the setting for Thomas Raddall's novel.

Celebrate National Parks Day by visiting McNabs Island on July 17!

Events include:

- a.. the opening of the island's newly rebuilt trails,
- b.. commemoration of the Sisters of Charity's work at the quarantine station on the island in the 19th century,
- c.. geocaching,
- d.. guided bird and nature walks
- e.. history tours to the island's historic Fort Ives and Fort McNab. Tour the homes of "midway king" Bill Lynch and his family (subject to NS Natural Resources approval).
- f.. Hangman's Beach book tour
- g.. children's scavenger hunt and games
- h.. musical entertainment
- i.. Food & beverage will be available for purchase, or bring your own picnic lunch. Open campfires are prohibited.
- j.. Departure Times:
- k.. Depart 9:30am, Return 2:30pm
- l.. Depart 11am, Return 4pm
- m.. Depart 12:30pm, Return 5:30pm

Information

- a.. Ticket reserves a spot on the ferry for a specific time to/from McNabs Island.
- b.. Ticket cannot be used for a different departure/return time than the one purchased.
- c.. Ferries departing from Murphy's on the Water 1751 Lower Water St, Cable Wharf, Halifax
- d.. Ticket Price Adult \$13 each
- e.. Children under 16 years \$8 each
- f.. Prices include tax and service charge.
- g.. Tickets subject to an additional \$4 per order fee if ordered on-line.
- h.. Depending on availability, a limited number of tickets may be available for sale the day of the event.

Ticket Availability

- a.. Ticket Atlantic Box Office Charge by phone at (902) 451-1221
- b.. The 17 participating Atlantic Superstore outlets
- c.. Buy online at www.ticketatlantic.com

Teddy Bear Picnic

Location: MacDonald Park/Community Garden

Date: Sunday, August 1, 2010

Time: 1-2:30 pm

Lots of treats and activities for your family to enjoy. Bring a blanket and teddy bear, and join Councillor Barkhouse and friends, for a fun filled event in the garden! Games and prizes galore. "Smiles strongly encouraged"

Fruit Flies

Here are some handy tips on controlling fruit flies that I thought you may find helpful:

Remove the food source and breeding areas. Fruit flies have a life-cycle of 10 days, giving them plenty of time to punish you for leaving moist, fermenting, organic material in which they may lay eggs. Most fly trap ideas only serve to illustrate the flies' progress in taking over your home, and some will themselves provide a breeding ground. Sanitation is the only effective resolution! Address these frequent problem spots:

- Wash all dishes. Clear the drains.
- Launder the dishrags, or at least wash them thoroughly with soap, rinse them well and wring them dry before hanging them up (don't leave them in the sink).
- Store trash in a covered bin.
- Do not toss food garbage into waste-paper baskets.
- Cover your fruit bowl or store fruit you wish to keep in the refrigerator. Also, raisins, dates and prunes are favorite attractants.
- Use or discard all overripe fruit.
- Clean opened containers of fruit juice, fermented or vinegar products, for example ketchup, siracha or cooking wine. Seal them well. Keep these in the refrigerator if possible.
- Wipe up crumbs and spills from your cabinets, counter and floor.
- Take out all trash--do not re-use the plastic liner garbage bags.
- Clean the seals of your refrigerator door, the top and under the fridge, especially clean the evaporation pan if it has one.
- Clean under and around your dishwasher and stove.
- Dump mop water, clean the pail, launder the mop rag.
- Remove damp lint from the laundry room.
- Take out your compost and keep your collection bin covered and food additions to your pile buried beneath yard waste.
- Do not use manure, beer or rank water for fertilizer near the house.
- Use screens for your doors and windows.

RCMP -- Constable Larkin has left his position as our community officer and moving to patrol in Cole Harbour. I would like to express my thanks and sincere appreciation for the great work Mark has done in the community. Constable Bart Leppan has replaced Mark and started on May 24. I would like to take this opportunity to welcome Constable Leppan to his new post.

Cow Bay Road Storm Drainage Study

HRM and Halifax Water staff have met with residents regarding storm drainage concerns generally along the 200 block of Cow Bay Road. Utilizing the information gathered at that meeting as well as other initial investigations by staff, the plan is to hire an engineering consultant to complete an analysis and study of the issue. A request for proposals for the study work is being prepared and it is anticipated that a consultant will be engaged this summer. The anticipated work will first involve a site survey including basement elevations. Notification of the work will be delivered to residents affected prior to starting the survey. Once the necessary field information is collected, it is anticipated that a draft study report will be ready by the end of fall.

Erindale Estates

Currently, a subdivision application has been submitted to HRM and is in the design review process. Staff from HRM and Halifax Water are aware of the storm drainage issues along Cow Bay Road and will consider them as part of the design review process of Erindale Estates.

HRM's Vision

“HRM is a vibrant, caring, and connected community. Our community is built upon diverse cultures, respects the environment and our heritage, supports economic prosperity, and celebrates active citizenship.”

**Jackie Barkhouse
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Woodside - Eastern Passage
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If you would like to sign up for my online newsletter, please email me at barkhoj@halifax.ca with "Online Newsletter" in the subject line. E-mail addresses will not be shared and will be used only for the online newsletter.