



THE BARKHOUSE REPORT

YOUR MONTHLY ONLINE NEWSLETTER.

KEEPING YOU IN TOUCH WITH UPCOMING EVENTS AND OPPORTUNITIES.



I am thrilled that my online newsletter is reaching so many residents. In light of your interest, and the increase in those who have signed up to receive it, I have decided it was time for a new format.

Starting this month, I am sending the newsletter in a Word document as well as in PDF. This allows for more artistic freedom and is easier to read. Please let me know if you like the changes I have made.

As a mom, wife and career woman, I have always enjoyed easy and delicious meals for my family. I believe sharing recipes is in the heart of every community, and I thought it would be fun to share some of my favourites with you each month. I hope you enjoy!

Regards,

Jackie

SENIORS SNOW REMOVAL PROGRAM

The snow removal program is available to seniors (65 years of age or older who meet eligibility criteria) and persons with disabilities in Halifax Regional Municipality. The program applies to residential properties only - commercial properties are ineligible.

How it Works:

The program offers assistance to clear snow from steps, walkways and sidewalks. This includes front and back steps, walkways and access to fuel tanks.

To find out more about this program, please call 864 2165 or 1-902-558-1049 (toll free in HRM)

Application for the program ends on December 1st OR earlier if the program reaches full capacity.

FOCUSING ON RECREATION

I would like to take another opportunity to focus on recreation, which has been a priority for me in our community. After many hours spent meeting with staff and gathering information, we now agree to the need for a re-evaluation of recreational programming and service delivery in the Eastern Passage/Cow Bay area.

Your input is required to help determine how to best meet the recreational needs of our community. By way of a survey, I am requesting that you take the time to participate, and to share your views and opinions about this matter. The survey will be available until the end of October. With your cooperation, we will be able to collect enough information to make a convincing case that will affect change.

I encourage you to take the time to get involved in this study. It is something that you as residents have asked for, and I am happy to be bringing it to you now, so you can help me to help you. Recreation is for everyone, all ages and all activity levels. Everyone's input will matter.

To participate please call 490-5713 or email: CFMP@halifax.ca.

It is a pleasure to be working together with you on this important initiative. Thank you for your support and participation in bringing the needs of our community forward.

OCTOBER TRAFFIC UNIT UPDATE - BUCKLE UP!

In their continued effort to address traffic safety and educate citizens on the rules of the road, the Halifax Regional Police/RCMP Integrated Traffic Unit will focus on seatbelt enforcement during the month of October.

It is well known and documented that seatbelts save lives and HRM Partners in Policing are reminding motorists to buckle up.

During September when our children headed back to school, the Unit monitored school zones for speeding, as well as crosswalk and parking violations. The Unit issued 677 tickets during the month.

FUNDRAISING TEAS

October 21 (Halloween Tea Leaf Reading)

November 4

November 18 (Harpist Leigh Day performs in the Red Room)

December 2 (Pysanky Christmas Ornament Demonstration)

2:00 - 4:00

\$5 admission

Evergreen House, 26 Newcastle Street

Come in from the cold and spoil yourself with tea or coffee, fabulous scones made at the Museum, jams, jellies and spreads. This \$5 Tea includes a tour of Evergreen House. We encourage that you call ahead 464-2300 to reserve your table to avoid disappointment.

NEW EXHIBIT

A Loop in Time: An Exhibit of Rug Hooking by the Dartmouth Heritage Matters Group

September 21 - December 17, 2010

Tues.-Fri. 10-5 / Sat. 10-1 & 2-5

Dartmouth Heritage Museum

Evergreen House, 26 Newcastle Street, Dartmouth

\$2 admission

Colour, texture, beauty and utility combine to showcase true crafters celebrating 30 years in the community!

HOOK IN HAND DAYS

October 23 & November 13

10:00 a.m. - noon & 2:30 - 4:00 p.m.

Dartmouth Heritage Museum

Evergreen House, 26 Newcastle Street, Dartmouth

\$2 admission (also includes tour of Evergreen and current rug hooking exhibit).

Members of the Dartmouth Heritage Matters will be available to help you try rug hooking. They'll have the hooks, hoops and materials available for use. Stay and pull a few loops, if you're not afraid of getting "hooked". Note that this is not a workshop, but simply an opportunity to try the art of rug hooking.

HALLOWEEN AT HELEN'S HOUSE

October 16-30, 2010

Tues.-Fri. 10-5 / Sat. 10-1 & 2-5

Dartmouth Heritage Museum

Evergreen House, 26 Newcastle Street, Dartmouth

\$2 admission

Helen Creighton was the author of "Bluenose Ghosts" and was a firm believer in the supernatural. Evergreen House was Helen's family home, where she had many "experiences" of her own! Join us for a week-long celebration of Halloween traditions.

VICTORIAN CHRISTMAS AT EVERGREEN HOUSE

November 30 - December 23, 2010

Tues.-Fri. 10-5 / Sat. 10-1 & 2-5

Dartmouth Heritage Museum

Evergreen House, 26 Newcastle Street, Dartmouth

\$2 admission

Come and see Victorian decorations, real Victorian toys, and Evergreen in all her splendour! Guided tour 3:00 p.m. Tues - Sat. (during other museum hours, tour booklets will be available). Learn from our guides how the trimmings were made and how our community celebrated the season over a hundred years ago.

REMINDER NOT TO LEAVE VALUABLES IN VEHICLES

Halifax Regional Police reminds the public that it is not advisable to leave valuables in a vehicle while it is unattended.

As part of our Community Response Model of Policing, our Integrated Criminal Operations Section, which analyzes crime statistics, has noted a trend in thefts from motor vehicles.

Thefts from vehicles are generally a crime of opportunity, with the sight of items being a temptation for would be thieves. It is recommended that citizens remove all items from their vehicles. If it is absolutely necessary to leave items in your vehicle, they should be locked in the trunk out of plain view before arriving at your destination.

Anyone observing suspicious activity in or around parked vehicles should report it to police immediately at 490-5020. Anyone with information about these incidents is asked to contact Halifax Regional Police at 490-5016. Information can also be provided anonymously through Crime Stoppers at

1-800-222-TIPS (8477) or online at www.crimestoppers.ns.ca.

NOVA VOCE NEW CD MAKING WAVES RELEASED

Nova Voce (Nova Scotia's provincial men's choir) have released their long-awaited second CD, Making Waves, recorded at St. Anselm's Roman Catholic Church in West Chezzetcook, Nova Scotia. Making Waves explores the ocean, ships and lakes that speak of Canada's Ocean Playground. The choir also explores the waves of emotion and inspiration that it takes from their province and the warm resonant sound-waves of the male voice for which Nova Voce has become well-known.

CDs are now available from choir members, or through the choir's website (www.novavoce.com) at \$20 each. The CD was partially funded by the Halifax Regional Municipality through the Community Grants Program.

For more information, please visit www.novavoce.com.

MUSICAL MUNCHKINS SYMPHONY NOVA SCOTIA'S MUSICAL MUNCHKINS PROGRAM RETURNS THIS FALL

Halifax, NS - Symphony Nova Scotia is delighted once again to present Musical Munchkins! After yet another overwhelming success in 2009, the Musical Munchkins program is back this fall to introduce even more 3- to 5-year-olds to music and motion in a fun, interactive way.

Beginning October 19, Symphony Nova Scotia will offer 19 free-of-charge Musical Munchkins sessions for kids and parents at public libraries throughout the Halifax Regional Municipality. Parents and guardians can register their children by calling their preferred library (dates and times are listed below).

For more information about Musical Munchkins, contact Symphony Nova Scotia at 902.421.1300.

This program is co-presented by Symphony Nova Scotia and Halifax Public Libraries with the generous sponsorship of Maritimes & Northeast Pipeline.

MUSICAL MUNCHKINS SESSIONS 2010

Alderney Gate Public Library

Tuesday, October 19 / 10:15 am and 10:45 am

To register: call 490-5748.

Cole Harbour Public Library

Wednesday, October 20 / 10:30 am

To register: call 434-6177.

PARKING LOT UPGRADES

I am happy to announce that the North Woodside Community Centre's parking expansion is completed. The lack of parking at the centre for the past several years has caused problems for users and problems for those in the community, as many used side streets surrounding the community centre, and the congestion at times was a problem. Halifax Regional Municipality provided Capital Funds this summer to overhaul the main parking lot. The centre now has an additional 8 spots as well as complete new paving and relining. A new opening was created which provides easier entry and exit. Removal of an old walkway which was hazardous was completed and two more spots were created because of this removal.

WOODSIDE VISIONING

With the Community Liaison Group now recruited, we'll be kicking the visioning process off very soon! Keep a look out for upcoming public meetings to talk about what you want to see Woodside look like in 5, 10 and 25 years! Topics range from transportation to the look of the community and much more.

For more information about the Woodside Visioning process, please contact Lee Moore at 490-5451 or moorel@halifax.ca. You can also search "WOODSIDE" on facebook or visit <http://www.halifax.ca/visionhrm/>

KRIS KRINGLE LUNCHEON

"Kick off" your season celebrations and join us for an afternoon of 'fun & excitement!'

Ocean View Manor Foundation presents:
8th Annual Kris Kringle Luncheon
Sunday, November 28, 2010
12:00pm – 4:00 p.m.
Holiday Inn Harbourview, Dartmouth

Luncheon Events

Full Course Turkey Dinner --- Musical Entertainment
Christmas Readings by:
Peter Coade, CBC Meteorologist
Olga Milosevich, CBC Radio
Door Prizes --- 50/50 Draw --- Balloon Pops
Silent Auction Table

Tickets

\$35.00 each
\$250.00 table of eight
(A portion of the ticket price is tax deductible)

Phone: 465-6020 ext.163
E-mail: foundation@ovm.ca
Available at: OVM reception desk

MORE INFORMATION CAN BE FOUND ON MY HRM WEB PAGE

To view my complete profile, photos, current events and quick access to various HRM links, please visit my website at www.halifax.ca/districts/dist08/dist08.html



From Jackie's Kitchen

Chickpea Curry

- 1 medium onion, chopped
- 1 clove of garlic, minced
- 1 medium green pepper chopped
- 1 19 oz can of chick peas, rinsed and drained
- 1 1 28 oz can of chopped tomatoes
- 1-2 Tbsp. tomato paste
- 1-2 heaping Tbsp. (to taste) of your favourite curry paste. I use Pataks
- 1 Tbsp white sugar
- salt and pepper to taste...

In a large saucepan, sauté onion and garlic in olive or vegetable oil until soft. Stir in curry paste to coat the onions and garlic...then, stir in the tomatoes and tomato paste...mix to combine and let simmer for about 10 minutes...add your chickpeas and simmer 10 minutes more. If the sauce is too acidic just add a Tbsp or so of sugar. Season with salt and pepper to taste.

I also add a handful of fresh chopped parsley to the end just before serving...serve over rice or noodles.

COMMUNITY MEMO BOARD

THE FOLLOWING ARE SPECIAL FUNDRAISING EVENTS TAKING PLACE THIS FALL AT THE NORTH WOODSIDE COMMUNITY CENTRE:

Merchandise Bingo Fundraiser

Sunday, October 24/10, 2-5pm. Doors open at 1pm.

\$5.00 per booklet.

Great prizes to be won! Canteen on site.

230 Pleasant St. Phone: 463-9276

Kris Kringle Breakfast and Bazaar

Saturday, November 13/10, 9am-1pm

Featuring pancake breakfast, craft tables, bake tables, flea market tables and fun games for children! \$1.00 admission; \$4.00 for pancake breakfast.

Table rentals - \$10.00 each. 230 Pleasant St. Phone: 463-9276