

TRAX – Car Free Day

International Car Free Day will once again be celebrated around the world in over 1000 cities on Wed. Sept. 22. It is a special day to consider the impacts of car use in our communities and explore attractive alternatives.

Metro Transit will honour Car Free Day with **FREE** ferry rides for all cyclists on Sept. 22.

The TRAX program of the Ecology Action Centre is celebrating Car Free Day with:

- A movie night: Documentaries and a feature film, Mon. Sept. 20, Dal Planning School, 7 PM
- A Public Forum: Tues. Sept. 21, City Hall, 7 PM
- A Street Parade: Wed. Sept. 22, leaving from Victoria Park at 11:30 AM and ending with a party in the Grand Parade, noon - 3 PM

For more info, check www.trax.ns.ca, or call TRAX at 429-0924.

Nova Scotia International Air Show

This year, the 24th annual Nova Scotia International Air Show will be held from September 10th to 12th at the Halifax International Airport.

On Saturday, September 11th, NSIAS will have a tribute to honour the many people and agencies involved in Halifax's efforts in the 9/11 tragedy. On Sunday, September 12th, NSIAS will bring awareness and recognition to the efforts of veterans of the Canadian military whose units participated in the preparation and execution of Operation Overlord in the Spring and Summer of 1944.

For more information, please call 465-2725 or visit our website at www.nsairstow.ca

Word on the Street

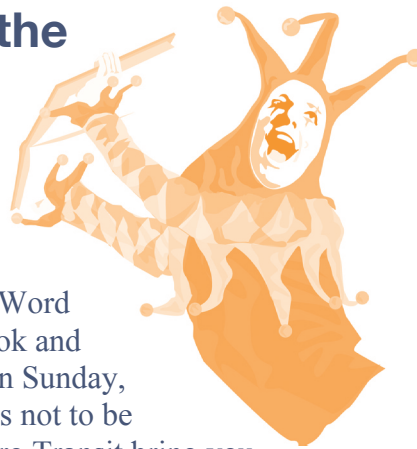
Calling all families, readers, learners and fun-seekers!

The 10th annual Word on the Street Book and Magazine Fair on Sunday, September 19th is not to be missed! Let Metro Transit bring you down to Pier 20 on the Halifax waterfront for a fabulous free day of authors, books, activities and free entertainment — all under one roof by the sea! Whether you want to browse through the books and magazines, take in an author reading or meet a storybook character, there will be something for everyone down at the Pier. If you're looking for something fun to do with your family that's absolutely free, be sure to come to the Word on the Street between 11 AM and 5 PM. Check us out today at: www.thewordonthestreet.ca or by calling 423-7399 for more details. See you at the Pier!



Metro Transit

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GO Times

Fall 2004

Inside

- August Route & Schedule Changes
- Community Events & Fundraisers

THE 2004
Terry Fox Run



HOW FAR WILL YOU GO?

HALIFAX
REGIONAL MUNICIPALITY

Fall Route and Schedule Changes Effective August 22, 2004

Route 6 Quinpool

Schedule change - please refer to schedule book

Route 10 Dalhousie

Additional trip leaving Micmac Mall at 7:49 AM going to Dalhousie

Route 18 Universities

Three (3) additional PM trips - departing St. Mary's University to Lacewood - 2:27 PM, 2:55 PM, and 3:40 PM

Route 50 BIO

Will no longer be in service

Route 51 Shannon

Will supplement service from route 50 with trips arriving at BIO at 7:35 AM, 8:05 AM and 8:35 AM, departing at 4:11 PM and 5:11 PM - please refer to schedule

Route 59 Colby

Three (3) additional AM peak trips, departing Penhorn Mall 6:23 AM, 7:32 AM and 7:52 AM

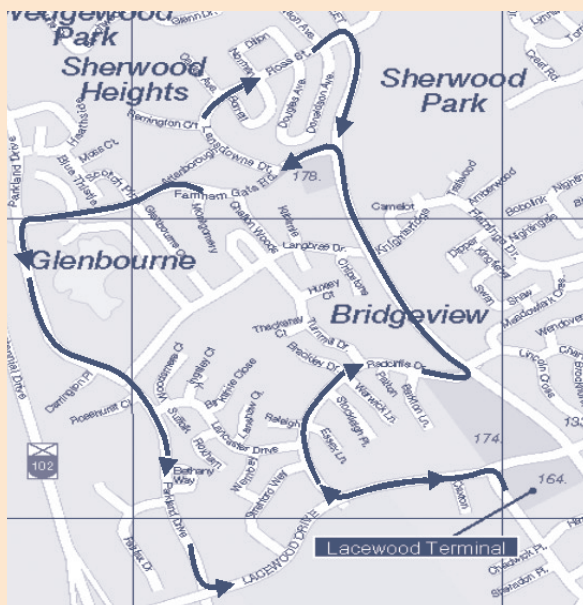
For more information, refer to the new edition of the Riders' Guide and Route Map, our website at www.halifax.ca/metrotransit or call the HRM Call Centre at 490-4000.

Route 61 Auburn-North Preston

Extended 5:43 PM trip arriving at Auburn/Serocco to North Preston

Route 4 Rosedale

Will be re-routed and will no longer travel Lancaster Drive - please refer to route map below



Parker St. Food Bank



Parker Street Food & Furniture Bank,
2415 Maynard St.,
Halifax NS.
446-3993

Providing food, furniture, household items, clothing and emergency funding to low-income families in metro Halifax since 1983. Parker Street also hosts NS Community College accredited computer skills courses and vocational training (flooring installation and automotive inventory).

Terry Fox Marathon of Hope

THE 2004
Terry Fox Run

Have you or someone you know been affected by cancer?

Please join us in finding the cure for all cancers. The 24th Annual Terry Fox Run will be on Sunday September 19th 2004. Check the website or contact our office for times and locations of the 24th Terry Fox Run.

Phone (local in Halifax): 902-423-8131
Toll Free: 1-888-TFOXRUN (836-9786)
Web: www.terryfoxrun.org

Introducing More ALF Routes

Route 14 Leiblin Park and Route 61 Auburn - North Preston will begin operating fully accessible low floor (ALF) routes effective August 22, 2004.

