



**COUNCILLOR RUSSELL WALKER**  
DISTRICT 10 ONLINE NEWS  
HALIFAX - BEDFORD BASIN WEST

## Holiday Shopping Tips from Halifax Regional Police

Holiday shopping season is in full swing. Whether you're shopping in the stores or shopping online from the comfort of your home, Halifax Regional Police have a few simple tips to help citizens take precautions to make their holiday shopping merry and bright!

### In-person shopping

- Always lock your vehicle.
- Park in well-lit, well-travelled areas.
- Keep valuables out of sight.
- Don't leave high-end purchases in your vehicle.
- Protect your personal identification number (PIN) when using bank and debit machines. Cover the keypad to prevent someone from observing your key strokes or from recording your PIN
- After a day of shopping, don't leave parcels or valuables in your vehicle upon returning home. Remove all valuables such as purses and wallets, laptops, global positioning

system (GPS) devices and other electronics, and keep your vehicle free from clutter; even an empty shopping bag can create the appearance that there's something in your car worth stealing.

- Monitor your bank and credit card statements online. Electronic statements allow you to review your purchases and payments as they happen. Immediately report any discrepancies to your bank or to the company that issued the credit card.

### Online shopping

- Shop from your home computer. It's much safer than shopping at a public terminal.
- Use different user identifications and passwords for different accounts.
- Go directly to a store's website by manually typing its address into your web browser.
- Don't click on links in an email message even if you know who sent it.
- Verify secure connections. When shopping online, don't enter any financial information if you see a broken key or open padlock symbol on your internet browser, this means the transaction is not secure and could be intercepted by a third party. When the key is



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complete or the padlock is locked, your browser is indicating a secure transaction.

- Consider using a company acting as escrow (reliable third party), a credit card with a low credit limit or a single-use payment card.
- Unlike secure order forms on a website, email messages are not private. Don't send confidential personal or financial information by email.

### Think Before You Park Halifax Winter Parking

**When and where you park in the winter can have a big impact on clearing streets and sidewalks.**

The overnight winter parking ban is in effect every year from Dec. 15 until Mar. 31; however, it is only enforced during declared weather events and clearing operations. When the ban is enforced, it restricts any on-street parking between 1 a.m. and 6 a.m. Vehicles in violation of the ban will be ticketed and/or towed.

The municipality has enhanced enforcement in areas around hospitals and schools, bus routes and problem streets for snow equipment and emergency vehicles.

If possible, consider leaving your car at home. If you need your vehicle, plan ahead and make arrangements for off-street parking when the parking ban is enforced or bad weather is forecasted.

To help avoid a ticket, as well as the inconvenience and cost of being towed, residents should ask themselves these four questions when considering parking on the street this winter:

Is the overnight parking ban currently being enforced?

Is your vehicle causing a safety issue?

Is it making the road impassable?

Will it impede snow operations underway in the area?

If the answer to any of these questions is yes, do not park on the street.

#### Stay informed

- The easiest way to know when the parking ban will be enforced is to register for notifications at <https://www.halifax.ca/transportation/winter-operations>. Residents can also email a request to [contact@halifax.ca](mailto:contact@halifax.ca) or call 311.
- For those who signed up last season, you will continue to receive notifications when the ban is enforced.

#### Know your options

<https://www.hfxridematch.ca/Public/Home.aspx> a free online service which is supported by the municipality and administered by RideShark. This ride-matching system allows commuters to quickly and securely find carpool partners. By registering, you can find people who are interested in carpooling to.





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# MOBILE FOOD MARKET

The next Fairview Food Market will be held on Saturday, December 15<sup>th</sup>, from 12 p.m. – 1:30 p.m. at Macdonald Laurier Place at the corner of Ford Street and Main Avenue. For more information visit <http://www.mobilefoodmarket.ca/>

## Canada Games Centre Winter Programs

Kick off your New Year at the CGC with one of their many programs open to everyone from the young to the young at heart.

### 1-Day Workshops — Free for Annual Members

The CGC is offering more 1-day workshops this winter. With options ranging from Self-Care to First-Aid to Try It sports, there are plenty of opportunities to discover a hidden talent or a new passion. Register early so you don't miss out.

### Recreation

- Exercise your mind and learn strategies in the beginner and intermediate chess program for ages 6-12
- Youth ages 5-12 can play games and work through drills in a basketball program
- Open to males and females ages 5+ and with previous wrestling experience, the Canada Games Centre Wrestling Club (CGCWC)

offers the opportunity to learn fundamental skills and advanced training

- Build physical literacy skills like agility, jumping and running in a multi-sport program for ages 5-7
- Enjoy the popular game of pickleball with an evening session from 6:30pm-7:30pm

### Fitness and Wellness

- Are you an avid cyclist? Don't miss out on this 75 minute ride each week and get ahead on your training schedule
- Adaptive programs are open to all fitness levels and provides additional physical support and modifications for participants.
- Aqua yoga, a low impact program, held in the leisure pool, is suitable for those with mobility issues and pre or post-natal mom's
- Stroller Circuit will now offer a restore-your-core circuit on Fridays with a focus on core strength, stability and endurance
- Choose from one of these adaptive programs — strength, yoga or Pilates
- Take time for yourself this January and join one of these wellness programs - Self-Care & Recovery, Mindfulness & Meditation or Tai Chi
- Pound workout transforms drumming into an incredible cardio work-out

### Aquatics

- Lifesaving Society's Swim for Life Programs develop strong foundational swimming skills and are fun for the entire family — parent & tot, preschool, school aged swimmer levels, teen and adult lessons
- Private coaching and training available for those interested in stroke improvement, endurance and/or aquatic fitness



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- Aquatic leadership programs are a great next step after swimming lessons. The program offers first aid and lifesaving training, and can be a great path for youth employment
- First Aid Training is available for small or large groups, including Emergency First Aid, CPR & AED Responder
- The CGC Swim Academy competition season is well underway, but there are still a few spaces available on the freshman year-round swim and water polo teams. If you have any questions, please reach out to Lauren at: [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca)

### SAVE THE DATE | 2018 NEW YEARS EVE FAMILY EXTRAVAGANZA

The CGC's New Year's Eve Family Extravaganza returns on **Monday, December 31st from 2:30-5pm**. This annual event provides a fun afternoon of zip lining, obstacle course racing, swimming, face painting, and snacks! Registration will open on November 14th at 8am. Stay tuned to our website for details

Register for programs and events online at:

<https://canadagamescentre.ca/>



### Crosswalk Safety in Halifax



Heads Up Halifax and Crosswalk Safety Awareness

Heads Up Halifax is a campaign designed to help raise awareness about the responsibility shared by drivers, cyclists, and pedestrians when it comes to crossing the street safely. We're now looking for some bright ideas from the public to make crosswalks safer for everyone.

We believe our communities can do amazing things, so we're asking you: how can we improve crosswalk safety? This year's initiative is all about finding new ideas to promote crosswalk safety awareness and encourage safer behaviour. If you want to make a real difference in your community, here's your chance — funding is available to bring the best ideas to life!

Submissions kicked off with Crosswalk Safety Awareness Day on November 19, 2018, and the deadline to submit is January 3, 2019. Our judges will evaluate and announce the winners in March 2019. Funding for successful proposals will begin in April 2019. Go to:

<https://www.halifax.ca/transportation/cycling-walking/crosswalk-safety> to download the submission form. Complete and send along with any attachments to [headsup@halifax.ca](mailto:headsup@halifax.ca). Any questions can be directed to this email as well. Hard copy can be mailed to: Halifax Regional Municipality, PO Box 1749, Halifax NS, B3J 3A5 Attn: Heads Up Halifax/Corporate Communications

#### Safe Crosswalk Behavior

Since 2012, there have been over 1,000 victims of crosswalk collisions in the Halifax region. As part of the ongoing Heads Up Halifax campaign, remember to stop and make eye contact with drivers, pedestrians, or cyclists when approaching a





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crosswalk to ensure you are seen and your intentions understood. Safe behaviour around crosswalks includes:

- slowing down as you approach a crosswalk and scanning the street when approaching crosswalks and intersections
- pressing the button to activate the overhead lights (when they exist) and not crossing the street when the flashing hand sign is present
- avoiding all distractions when driving or walking into a crosswalk area, whether people or cars or bikes are present or not



In February 2018, Regional Council provided direction for Halifax Transit to work with Corporate Communications to create an online advisory hub as an ongoing method of public engagement. This online engagement will feature regular surveys and feedback mechanisms, and will be complemented with in-person consultation to be more inclusive.

On October 22, 2018 Halifax Transit launched *Talk Transit* – a platform for current and potential transit users to let us know their thoughts on important transit topics. Every month, registered users will receive an email notifying them of the topic we're looking to get feedback on and directing them to the new survey. Surveys will be open for a month, and when one closes another will open. After each survey closes, staff will be creating a report on results and publishing that for residents to see.

There's also an ongoing survey on Talk Transit asking residents what they want to talk about next. At any time, residents can go on and either select from the topics Transit is thinking of surveying or make suggestions of their own.

We recognize that an important piece of this is giving all residents the opportunity to fill out surveys, so we will be supplementing this digital survey with in-person surveys once we identify (via basic information in registration form) where gaps are in respondents.

If residents are interested in providing feedback to Halifax Transit, we encourage them to register at [www.shapeyourcityhalifax.ca/talktransit](http://www.shapeyourcityhalifax.ca/talktransit).



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### Youth Live Is Hiring

Between 16 to 24 years old? Looking for work? Learn more about Youth Live and if you are eligible to apply. If you're between 16 and 24 years old and having trouble finding meaningful work, you may be eligible to participate in the Youth Live Program. In Youth Live, you'll have up to 21 weeks of life and job skill development along with access to learning sessions. For more information about this opportunity visit <https://www.halifax.ca/about-halifax/employment/youth-opportunities/youth-live-program>



Open 7 days a week from 8:00 am to 8:00 pm Monday to Friday and 9:00 am to 5:30 pm Saturday and Sunday (closed Christmas Day & New Year's Day)

### Contact

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