



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

Nova Scotia RCMP want you to recognize, reject and report fraud

March is Fraud Prevention Month and the Nova Scotia RCMP want to help you recognize, reject and report fraud.

Every year, thousands of Canadians fall victim to fraud, losing millions of dollars. Most don't think it could happen to them, but fraudsters use sophisticated ways to target people of all ages. According to the Canadian Anti-Fraud Centre, Nova Scotians lost \$375,476.87 to fraudsters in 2018.

The top five scams in Nova Scotia in 2018 based on dollar losses were:

1) Romance scams

Scammers capitalize on the vulnerability of those looking for love or companionship to extract significant amounts of money from victims.

2) Extortion scams

Scammers come up with new reasons why you urgently need to pay them money.

3) Merchandise scams

Scammers sell fake, imitated or poor quality products and advertise them at low prices so the victim thinks they're getting a good deal.

4) Sale of merchandise by complainant

Scammers pose as online buyers and trick the seller into taking their merchandise, money, or both.

5) Service scams

Scammers pretend to represent a well-known computer based company and claim the victim's computer has viruses, or has been hacked, and must be cleaned. The victim pays for a service that was never needed.

The Romance scam has continued to be the number one scam affecting Nova Scotians for the past three years for both the general population and seniors specifically.

The best way to fight these types of crimes is through awareness and education. Throughout the month of March, Nova Scotia RCMP is sharing tips and tricks on social media to help you fight fraud, so be sure to follow us on Facebook ([Royal Canadian Mounted Police in Nova Scotia](#)) and Twitter ([@RCMPNS](#)). Also review the



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Competition Bureau of Canada's [Little Black Book of Scams](#) to learn about the twelve most common scams affecting Canadians, how to protect yourself and what to do if you're a victim.

For further information:

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fundamentals and strategies from local chess experts

- **Robotics Camp:** Maneuver your robots around a course, launch balls, view people with infrared technology & much more
- **CGC Swim Academy Camps:** Focus on stroke technique in the Swim Academy Competitive Swim Camp or build teamwork skills and improve fitness in the Swim Academy Water Polo Camp
- Other camps including Multi-Sport, Dance, Basketball, Coding, Wrestling and more!

Adult Fitness and Wellness

- Live out your dream of joining a band or just rock out your stress while getting a dose of adrenaline-inducing music and a full body workout with Drum-Fit
- Get a double hit with Introduction to TRX & Kettlebell and Iron Circuit. Improve strength, mobility, and balance with this unique blend of suspension training exercises and weight conditioning intervals
- Start your day in the active way with Early Morning Bootcamp
- Restorative Yoga will help you unwind and recover from all your busy summertime activities
- Join Introduction to Yin Yoga if you've never tried Yin or build on your Yin experience in For the Love of Yin



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)

Summer Program Registration at Canada Games Centre

Summer is an exciting time and just around the corner at CGS! Programs begin on July 2nd

Here are some highlights of our Summer 2019:

Summer Camps

Summer Camps are available for kids ages 5-12 years, starting July 2nd and run weekly to August 30th. There are 25 themed camps to choose from, but here's a little preview of the fun to look forward to:

- **Superhero Training Camp:** Race through superhero obstacles courses and be creative as you design your own superhero tools
- **Safari Camp:** Learn all about the creatures of the jungle through adventurous games and wild crafts
- **NEW! Chess Camp (Ages 7-9):** Get a brain workout to go along with your active day. Learn

Aquatics

- Dive into summer with swimming lessons, starting at the Parents & Tots level through to Adult Lessons
- Now offering an increased level of inclusion lessons outside of group swimming lessons, as well as private coaching & training for stroke improvement, endurance and/or aquatic fitness
- The CGC Swim Academy is excited for the summer competition season! The CGCSA features all of the aquatic sport teams under one umbrella, and with lots of opportunity to try them all – Summer Swim Team, Lifesaving Sport Team and Water Polo Team



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Summer Registration Dates Reminder:

MEMBERS

Online | March 26th, In-person | March 28th

[Click to view the 2019 Summer Camps & Programs Guide](#)

NON-MEMBERS

Online | April 2nd, In-person | April 9th

(registration opens at 8am for all dates listed above)

Visit the CGC website for more information:

<https://canadagamescentre.ca/>



Halifax West Ecumenical Food Bank in need of Donations

Location: 50 Gesner St., Fairview
Salvation Army building

Donations of food or money are always welcome and can be dropped off on Tuesday mornings between 8:00am and 10:30am

ITEMS MOST REQUIRED ARE: TUNA, CHICKEN, HAM, APPLE JUICE, BABY FOOD(FRUIT), CANNED MILK, POTATOES.

For further information contact the food banks, Harold Smith at: 902-445-3469. Food bank phone line is open on Tuesday mornings after 8:00am at: 902-443-1776

Accessible Parking Public Engagement



The municipality wants to know your thoughts about accessible parking in the region.

Your input will help us to identify the criteria that should be considered when planning for the future of on-street accessible parking.

Please join us at any one of four public engagement sessions being held in April.

**Thursday, April 4 | Halifax Central Library
BMO Community Room
2-4 and 6-8 p.m.**

**Thursday, April 11 | 60 Alderney Dr., Dartmouth
Harbour East-Marine Drive Community Council Room
2-4 and 6-8 p.m.**

These engagement opportunities will allow us to share what we learned from residents during last year's broader accessibility and inclusion consultation and focus specifically on the needs of residents who require accessible parking options.

Go to:

<https://www.shapeyourcityhalifax.ca/accessibleparking>
to take the accessible parking survey and to find out more information.



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MOBILE FOOD MARKET

The next Fairview Food Market will be held on Saturday, May 23rd from 12 p.m. – 1:30 p.m. at MacDonald Laurier Place. For more information visit

<http://www.mobilefoodmarket.ca/>

Bedford Highway Public Engagement

Phase 2



You're invited to continue the conversation about how we can improve the way people move along the Bedford Highway. Based on your feedback and our research we've developed a draft plan. We would like for you to review that plan and tell us what you think. Are we on the right track? Does anything need to change? What works? What doesn't work?

Please join us for one of the sessions:

Wednesday, March 27, 2019 from 6:00 - 8:00 p.m.
Rockingham United Church Hall, 12 Flamingo Drive &

Thursday, March 28, 2019 from 6:00 – 8:00 p.m.
LeBrun Centre - Lion's Den, 36 Holland Avenue, Bedford

The Bedford Highway is an important transportation corridor running approximately 11.5 km between Windsor Street and Highway 102. It serves as a key north-south connection for both local and regional travel, providing a direct link between the Regional Centre and suburbs along the west and north sides of the Bedford Basin. It currently accommodates more than 20,000 vehicles per day, and is served by 10 Halifax Transit routes. As a key commuter route, it is subject to heavy volumes and congestion during weekday morning and afternoon peak periods. Various studies have been completed in the past that have considered opportunities to improve transportation capacity between Halifax and Bedford, however, there has yet to be a detailed investigation of the Bedford Highway itself in terms of its ultimate potential to move people.

The municipality's aim is to improve the sustainability of transportation in the region by reducing the reliance on private automobiles for travel. To meet the targets included in the Integrated Mobility Plan increased priority and improved infrastructure for transit, walking and cycling will be required. The IMP identifies the Bedford Highway as a proposed 'Transit Priority Corridor', where increased transit priority measures are desired. The IMP also endorses further consideration of the potential for commuter rail service via CN's Bedford-Halifax corridor, which runs directly adjacent to the Bedford Highway. Though the IMP does recommend strategic "bottleneck" improvements to the roadway network where possible, it also discourages further investment in additional roadway infrastructure in favor of encouraging non-automobile options. Recognizing the two-way relationship between transportation and land use planning, it will be essential to consider the development potential along the Bedford Highway based on proposed corridor configuration scenarios. A pertinent example is the potential for

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commuter rail service – the implications of this potential higher order transit service for the Bedford Highway corridor will be an important consideration, both in terms of the transportation infrastructure required to accommodate access to the service and the land use planning and development needed to provide sufficient density to enable the service to succeed.

The Bedford Highway Functional Plan will result in design drawings that depict how the entire length of the Bedford Highway should look, feel and function in support of moving people within and through the corridor. This plan will guide future investments and land use planning decisions over the next several years.

Go to:

<https://www.shapeyourcityhalifax.ca/bedfordhighway>
for more information on the IMP and the Bedford Highway public engagement sessions.



Contact

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