

JOYFUL HOLIDAYS TO YOU AND YOURS



north dartmouth echo



linking our community

The quiet deeds of kindness

by Suzanne Rent

November 13 was World Kindness Day, which was started in 1998 as a way to encourage and celebrate random acts of kindness in communities around the world. This year on Twitter and Facebook, the hashtag #WorldKindnessDay was shared countless times, encouraging people to be kind to others.

On the same night, Barack Obama, the 44th president of the United States, visited Halifax for the In Conversation with Obama event. Nine thousand people attended that event, many of whom paid hundreds of dollars for their tickets. Attendees were enraptured by the thoughts, humour, intelligence, and humanity of the world leader.

Afterwards, many who attended shared their thoughts about the conversation on social media: How Obama had inspired them to be kind, to do good work, to be connected with their communities, and even to be better humans.

Obama is certainly an inspiring man and World Kindness Day an inspiring event, but something about the responses to both bothered me. Why do we need world leaders and hashtags to be kind?

I'll tell you another story. A friend recently shared with me a story of a colleague of theirs who on a recent trip to a grocery store, was stopped by a woman outside who was asking for money. Rather than give this woman a few dollars, the colleague of my friend instead offered to take her shopping for groceries. Together, they shopped for dinner for that night, for bread and milk, but also picked out a few treats, including peanut butter and ice

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Photo: Stoo Metz

The Dartmouth North community loved the recent musical theatre performance of Stone Soup, which involved kids, youth and adults in a powerful collaboration.

Stone Soup helps community recognize its capacity for generosity and sharing

by Susan Leblanc

On October 5, the streets of North Dartmouth came alive with a colourful, musical theatre performance of the age-old Stone Soup story.

The free perfor-

mance began at the Dartmouth North Community Centre, then traveled down Robert Burns Drive, with scenes along the way, and ended up at the Dartmouth North

Community Food Centre, where the audience of about 100 people sat down to watch the rest of the show. At the end, everyone went inside the food centre and shared in a delicious

and hearty stoneless soup dinner, prepared by the staff there.

The story of Stone Soup is one where a community that has little realizes its capacity for generosity and sharing.

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north dartmouth echo

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The quiet deeds of kindness

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cream. But they also shared stories. The woman who was waiting outside of the store was a single mom of two recently out of a job. She was struggling to pay her bills and she needed a few dollars to buy her children some dinner. The groceries were purchased and both women went on their way. In one short shopping spree and with \$70, two people bonded over the most basic of needs. This is kindness in action, not a hashtag on social media.

As we head toward the holidays, we will see more acts of kindness, for sure. These happen in North Dartmouth, too, through the sharing of Christmas dinner, giving gifts, and reaching out to others. We talk about some of these acts of kindness here in the *Echo*, but many occur

organically, never seeking recognition. The *Echo* doesn't have a hashtag, or Twitter or Facebook accounts!

Kindness is not a hashtag or a trend. Kindness is the quiet acts done every day, from holding open doors for others or giving to your food bank. It's a part of our humanity and we're all better humans when we are kind. There's no need to post it on Facebook or Twitter or to hear it from world leaders to make it real. We should want to be kind every day without prompting.

It's the end of 2019, and we want to thank our readers, advertisers, and community organizations for their continued support of the *Echo*. We will see you in 2020!



Photo: Mary Lynne Doiron

Neighbourhood denizens enjoyed a spook-tacular evening at the Loonie/Toonie Coffee House at St. Paul Church, Windmill Road on October 30. Left to right: Eleanor Beazley, Delia Murphy and Fred Donaldson.

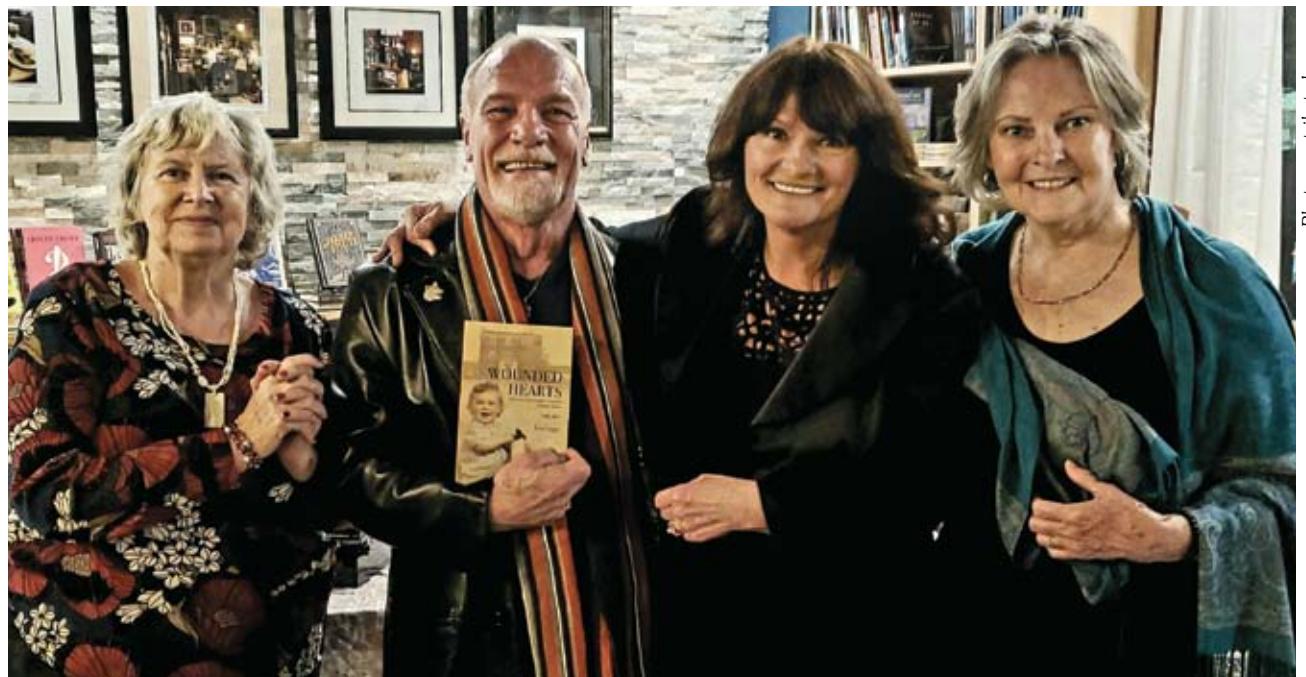


Photo: contributed

From left to right: Doris Buffett-MacDonald, Paul Sabarots, author Lois Legge and Leigh Beauchamp Day at the book launch of *Wounded Hearts*, stories of children who spent part of their young lives at the Halifax Protestant Orphans Home. Paul Sabarots was one such child. The book launch took place at the Nimbus Publishing offices and bookstore on Strawberry Hill in Halifax. Kate Watson, former writer for the *Echo*, was the publicist for this book launch.

Stone Soup helps community recognize its capacity for generosity and sharing

...cont. from p.1

Each community member contributes to a giant pot of soup, and the end result is a wonderful meal that feeds everyone.

Our Dartmouth North version was no different: The play was an entertaining and inspiring show that explored the themes of real and symbolic hunger, and how a community can discover its power by coming together.

Dartmouth North Stone Soup featured about 20 child performers, four youth performers, 10 adult performers, five visual artists, musicians, many local writers/script editors as well as the New Beginnings Ministries Dartmouth North Praise Team and

the Club Inclusion Choir. Almost everyone who participated was from North Dartmouth.

Dartmouth North Stone Soup was an incredible community collaboration, but it would not have been possible without artistic producers Ryan Rogerson and Jeff Schwager; youth producers Jade Grimes and Emily Hooper, the Dartmouth North Library, the Dartmouth Community Health Board, the Take Action Society, and the many amazing people who took part in the show. Thank you to them and to all who contributed to the show.



Photos: Stoo Metz

Along with the performers, Stone Soup featured visual artists, musicians, choir members, local writers and editors... it takes a community to make a really good soup!



The Jason McCullough Walk Against Violence

by Doris Buffett-MacDonald

For the people of Dartmouth North, the annual Jason McCullough Walk Against Violence, which was held on October 16 this year, is a time to remember and contemplate how far we have come standing against violence and proverbially taking back our streets.

Indeed, there has been some progress in the 21 years we have joined together in memory of Jason, who tragically lost his life in August 1999 while walking along a pathway in a park that has been renamed the Jason McCullough Memorial Park.

We now have community constables who connect with the locals and attend community events, including the monthly Neighbourhood Watch Meeting held at Farrell Hall. The former Northbrook Elementary School is now a full-fledged satellite police building. Crime statistics point to the fact that vio-

lent crime is down. That is not to say that there has not been the tragic loss of young lives. The family of Chelsea Probert has, for the second year, joined our walk to remember this precious young lady who lost her life on the Farrell pathway. Deputy Mayor Tony Mancini, together with HRM and Nova

Scotia Power, worked diligently to clear shrubbery and install lighting to improve overall safety along this community pathway. After marchers returned to the Boys and Girls Club, CEO Henk van Leeuwen introduced participants in the evening's program. Speakers were (Club Youth)

Kamara Izzard and Ronnie Harris. A message was delivered by Quentrel Provo, CEO/ Founder of Stop the Violence, Spread the Love. Music was provided by Louisa Manuel. Zoe Shields was the recipient of the Jason McCullough Memorial Scholarship. Members of

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The McCullough family with friends at the candle lighting ceremony at the Boys & Girls Club following the 21st Walk Against Violence on October 16.

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I look forward to working with you in our community

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Photo: Doris Buffett-MacDonald



Recipients of the Bhayana Family Foundation Award (front row l-r): Dave Green (Family SOS), Corey Wright (John Howard Society), Bonnie Hill (Supporting Housing for Young Mothers), Kari Plaggenborg (Club Inclusion), Jessie Dale (Mobile Food Market), Bev Cadham (Canadian Mental Health Association), and Kevin Little (Public Good Society). Back row (l-r) The Honourable Myra Freeman, MLA Susan Leblanc, MLA Tim Holman, Leader of Nova Scotia NDP Gary Burrill, Deputy Mayor Tony Mancini.

The importance of getting back to people

by Kevin Little

Recently I received an award from the Bhayana Family Foundation. The recipients were vetted by our local United Way. It was an honour to be recognized in this way; it was unexpected, and a total surprise. The best parts were having the general public become more aware about the Public Good Society of Dartmouth and having my 80-year-old father be there to hear such nice things being said about one of his sons.

But I will be honest with you, and this is not false modesty for my wife and daughter would back me up on this, I really don't bring a lot of skills or knowledge to this work. When it comes right down to it, my skill set is pretty limited; I have a good memory, a good work ethic, people like to talk to me, and I return all correspondence. I am also a good public speaker, but that has no

bearing on my work as a community outreach navigator. Just about every other staff member I have met who works for just about every other non-profit or government agency knows more than I do about this work, is more aware of the best practices, policies, and resources that are out there.

But I have one asset in this maze of agencies and staff: I call/email/text people back. That should not be exceptional; rather it should be routine. But it isn't. Time and time again clients who call me tell me the reason they reach out to me was less about me having the answer to their challenge but more about their confidence that I would call them back. If I did not have the answer these clients were sure I could track it down. And the same is true for other agency staff. One frontline worker has nicknamed me

"the badger" because I politely, pleasantly, keep calling other agency staff, government staff, until I get a call returned.

I am amazed, surprised and concerned that returning messages is considered such a big deal. I honestly do not understand why it is so hard for people to return messages. Considering how clever, how much knowledge, and how many resources other staff have I hope this will change. We might think others will understand we are "busy". But clients interpret no response as "I don't matter to you". Surely, we all deserve the respect of a returned call.

Kevin Little is the community outreach navigator with the Public Good Society of Dartmouth. You can reach him at 902-476-0785 or email thepublicgoodsociety@gmail.com. He will get back to you.

RECYCLE , RECYCLE, RECYCLE!

Enviro depots around the province are collecting plastic bottle caps no larger than 2" in diameter. Plastic bottle caps from pop bottles, milk cartons, cleaning supplies, toothpaste, and prescription medicine jars all fall under this category. Peanut butter and mayonnaise caps are too large and usually messy so they will not be accepted.

The recycled caps will have an opportunity for new life as part of bio filters at waste water treatment plants.



The goals of the program are twofold. It will mean less plastic gets taken to landfills. It could also reduce costs related to wastewater treatment.

So, instead of tossing your caps in the blue bag or garbage, save them up and return them to your nearest recycling depot to be repurposed. Let's work together to help our communities.

GOOD TIDINGS

FROM DISTRICT 6

Greetings from HRM Councillor Tony Mancini

The Halifax Regional Municipality hosted its annual volunteer conference mid-November. The event offered lots of engaging workshops to help volunteers from across the municipality develop new skills to better serve their organizations. I was honoured to bring greetings to open the conference and meet some of the amazing volunteers that give their time, skills and knowledge with compassion and commitment to help their neighbours and those in need. Dartmouth North has the volunteerism spirit down pat. With organizations like the Take Action Society, Dartmouth Family Centre, Dartmouth North Community Food Centre, Big Brothers Big Sisters, Public Good Society, and amazing individuals like Janice Borden, Cheyenne Hardy and Kayley Dixon, it's no wonder this community is growing, thriving and changing for the better. As the holiday season approaches, may we all keep our eyes and ears open to the needs in our own neighbourhoods, and be ready to provide a helping hand, make a commitment to one of the great organizations in our community, or sacrifice that extra stocking stuffer to give to a family in need. I'm so proud to represent this thoughtful, compassionate community.

WE WANT TO HEAR FROM YOU!

The Halifax Regional Municipality is inviting residents to provide input on two important initiatives through online surveys.

First, we are seeking your input about Sustainable Transportation like transit, walking and bicycling options. Tell us how you currently travel, how satisfied you are with the existing sustainable transportation network, and what motivates you to use sustainable transportation. The survey closes on November 29 and can be found on shapeyourcity-halifax.ca under Integrated Mobility Program.

You can also give your feedback about short-term rentals and their effect on our municipality. Temporary accommodation platforms like AirBnB and Home Away are becoming more popular and municipalities across the country are continuing to explore ways to monitor their use. This survey can also be found on shapeyourcityhalifax.ca under Short Term Rentals and will be available until November 30.

MUNICIPAL MASS NOTIFICATION SYSTEM

Last month, the Halifax Regional Municipality launched hfx-ALERT, a new mass notification system that provides timely alerts with important municipal notifications from evacuations to winter parking bans. The notifications will be sent via email, automated phone call and/or text message. To sign up, visit our website halifax.ca/fire-police/fire/emergency-management/hfxalert. Notifications will be sent by Halifax Regional Police, the Halifax Regional Fire & Emergency's Emergency Management Division and by the Corporate Communications department of the Halifax Regional Municipality.

HELP TO OTHERS (H2O) PROGRAM

Halifax Water is proud to offer customers the opportunity to obtain assistance when they need it. The H2O program is a water, wastewater, and stormwater assistance fund that can be used by Halifax Water residential customers who are having a hard time making their bill payments. Approved applicants will receive assistance once in a 24-month period to a maximum of \$275. They also offer programs to keep water flowing to empty rental units or assist with treating lead. You can find more information about all of these programs at halifaxwater.ca/assistance-programs.

Triumphing over adversity

by Susan Roper

October 6 to 12 was Mental Illness Awareness Week and several awareness events, such as the Festival of Hope, took place in HRM. On October 10 something lovely happened for the first time—the first event in the Triumph Over Adversity Show series. The series was created by members of SonLife Community Church to raise funds for Frank MacKay House of the Dartmouth Shelter Society. It was included as a mental illness awareness event, because homelessness can become an outcome of untreated mental illness.

Triumphing over adversity is something that takes place every time someone steps through the front door of Frank MacKay House. Located on the first floor of the church, the house opened its doors to the public in May of this year. It relies on government grants and private donations to fund its operations.

Frank MacKay House is the first and only emergency shelter to operate in Dartmouth, and the need for the services it provides is great. Wonderful volunteer staff, such as house manager, Warren Wesson, and others from the Dartmouth community provide delicious food and beverages, comfortable beds and good conversation. Guests of the shelter are informed about resources they can access, and receive bus tickets to help with travel.

The Triumph Over Adversity Show was filled with inspirational music by Larry Williams and friends, and fine comedy from the Stand Up for Mental Health Nova Scotia comedians.

The show was pulled together by several church members and a talented performer who is well known to the non-

profit community as a musician and an organizer of events. That performer is Larry Williams, a man who grew up in Dartmouth and has been performing music for almost 50 years. Larry's career almost ended before it began when he lost both legs in a train accident in Dartmouth at the age of eight. Music turned his life around and he decided to give back. On October 10, Larry gathered up the talents of like-minded musicians and they entertained the audience, moving some to tears with their talent and song selection.

Larry stood behind our cause because, in his own words:

"The need for an emergency shelter is a reality. Sadly, most people look the other way when a person who appears to be in trouble comes into their space. Homelessness and mental health issues are very closely tied together and I personally know several people who have mental illness and remain homeless, caught in a vicious cycle that is incredibly hard to escape."

The Stand Up for Mental Health comedians came together 10 years ago as a project of the Healthy Minds Cooperative. The members have lived experience with mental illness, are in recovery and have turned their issues into comedy, which has been delighting audiences across the province. Three comedians from the original troupe performed, and more than a few audience members experienced tears of another kind, tears of laughter.

Comedian Mike Smith had become homeless at two points during his life, and deeply understands the necessity of a place like the Frank MacKay House.

Michelle Goueffic, a founding board member

of the shelter says "The Triumph Over Adversity Show was an amazing way for the community to learn about and support the shelter. The coffeehouse ambiance, combined with the exceptional talent, made for an evening enjoyed by all."

Pastor Chuck Kelades of SonLife Church says "It was a great event that brought together business and other financial backers, the entertainment community and, of course, a great facility, SonLife Church. Together, we stood behind a great cause.

"We appreciate so much those who bought tickets and enthusiastically enjoyed the music and comedy, with all of its variety," he adds. "We all worked together in great respect to see it become such a success; something we will surely do again."

For further information, check out their website www.dartmouthshelter.ca or phone 902-407-1754.



Photos: contributed

Top: Larry Williams performed soulfully at the Triumph Over Adversity Show held at SonLife Community Church in October. Bottom: Larry's wife Marlene, Susan Roper and Larry Williams, all members of the Triumph Over Adversity Show planning committee.

Northbrook Freedom College postpones first courses

contributed by Jack Potter and Megan Robitaille

The Northbrook Freedom College (NFC) had to postpone offering its first three courses this fall due to difficulty in finding free space in the community to hold the classes. The organizers—Dartmouth North residents Megan Robitaille and Jack Potter—were surprised to discover that there was little or no free space in the community to host these courses; there is classroom space, but at a cost. Megan and Jack have met with deputy mayor and councillor Tony Mancini and councillor Sam Austin to discuss the problem and are looking into possible sites. They are hopeful that space can be found in time to properly promote and offer these

free, no cost, courses to the community in January 2020.

The courses (Financial Management 101, English 109 and Nutritional Studies 105), as outlined in the last issue of the *Echo*, will remain as the first three courses. As several community members have said—"these are exactly the courses that we need!"—a response that is well supported by the research that has been done by community organizations and current projects.

Despite the lack of time to promote the NFC, pending space, Megan and Jack are thankful for a lot of strong support from community members for the college, and the folks

who have already registered for these courses are hopeful for a January 2020 start.

As well, after reading the article about the launch of NFC in the last *Echo*, Dr. Michael Welton, a renowned Canadian author, historian, social theory critic and teacher in the field of Adult Education, sent the following note that beautifully captures what this initiative is all about:

"Just a quick note to say that your education venture looks really good. The Antigonish gang would approve! Old Coady once said that adult education ought to begin at points of suffering (Jimmy, too, spoke of "real adult education is rooted in the hearts and pains of the people)."

Dr. Welton is well-known for his work on the Antigonish Movement, a movement that has inspired our own Freedom College. Our educational work should help people develop various capabilities that enable them to take care of themselves with others. Courses on budgeting and writing and eating well on little, are intimately linked to life-world requirements.

People can learn to live the slogan: "Each one, teach one."

For more information, or to sign up for these courses, contact us at northbrookfreedomcollege@gmail.com or visit Northbrook Freedom College on Facebook.

Photo: Sarah White, (United Way)



Trendy tiny homes

by Doris Buffett-MacDonald

As an offshoot of Between the Bridges Housing Labs, a group comprised of local residents, city employees and other organizations convened to investigate the concept of tiny homes as a viable option for affordable housing in Dartmouth North.

The group is led by Kevin Hooper, homelessness and housing facilitator for the United Way. Other members include Liam O'Rourke, executive director of LakeCity Works, Mike Burgess, landlord from Dartmouth North, Jillian MacLellan, HRM planning, and Vel

Oakes and myself as residents of Dartmouth North.

We set about to educate ourselves on what a tiny home actually is. Is there a possibility of perhaps being able to place a tiny home in a backyard? This is commonly referred to as the backyard model. There is much to learn.

Jillian MacLellan is a wealth of information regarding the Centre Plan, city bylaws, and building codes. We found out that HRM is considering amendments to allow backyard suites that would make it easier to move ahead with such a

concept. We also found out the tiny home model would have to go from a tiny home on wheels to a tiny home on a foundation, in order to meet with the approval of HRM bylaws.

There is already a builder in Halifax that produced several of these backyard models via a breezeway connecting to the main dwelling. We were pleased to have him come in and connect with us in regard to the amazing homes he created for people.

The exciting thing for our group is that we have Liam O'Rourke from LakeCity Works

The Tiny Homes group taking a tour of a tiny home under construction by LakeCity Works. Left-right: Brent Munroe (LakeCity Works), Marcus (summer student), Asia (summer student), Neil (summer student), Liam O'Rourke, Executive Director, LakeCity Works, Doris MacDonald, resident, River (summer student helper), Kevin Hooper, Homelessness and Housing Facilitator, United Way; Amanda MacDonald, United Way; and Mike Burgess, President, Basin Apartments Ltd. Absent: Vel Oakes, resident.

who has already participated in the construction of a tiny home on wheels, which was successfully raffled off as a fundraiser for LakeCity Works. Again this year, along with Brent Munroe from LakeCity Works and a hardworking team of summer students, a second tiny home construction was completed. It was so fabulous they took it on the road for the Natal Day Parade.

Tickets are being sold for \$25, or 5 for \$100. The draw will take place

on February 7, 2020. To purchase tickets, go to www.lakecityworks.com.

The great thing about tiny homes on wheels is that they can be moved to any approved site where the new owners can live happily ever after for a fraction of the cost associated with home ownership or rental.

The 2019 model has a washer/dryer hookup. It is wired for 60-amp service. There is a propane stove, and a heat pump to dramatically

save on energy costs. It includes a loft for a king size bed, a skylight, and a sturdy steel roof.

We are learning as we go and are grateful for the guidance of Matt Spurway and Bette Watson-Borg of Between the Bridges, and NouLab, a Social Innovation Lab organization from New Brunswick. They have helped us flesh out the concept of tiny homes as an option for affordable housing in Dartmouth North.

Photo: Doris Buffett-MacDonald



Susan, Terry and Scott, volunteers at Dartmouth North Community Food Centre, serving up a whole lot of delicious food and warm smiles!! Thank you for your giving hearts on behalf of the folks of Dartmouth North.

THINK BEFORE YOU PARK

When and where you park during the winter can have a big impact on clearing.

The municipality is stepping up winter parking enforcement in areas around hospitals and schools, bus routes and problem streets for emergency vehicles and clearing equipment. Plan ahead. Walk, carpool, take the bus or make arrangements for off-street parking when the overnight parking ban is in effect or there is bad weather in the forecast.

Learn more at: halifax.ca/snow

HALIFAX

Innovation at Dartmouth Learning Network

by Tyler Colbourne

Non-profits and charities are often challenged to raise funds and do things with very little, but Dartmouth Learning Network has a history of doing a lot through building community and trying out new things.

One of its newest innovations was a fundraiser called the Ultimate East Coast Quiz Show. It took place on Friday, November 15 at Volta Innovation Hub in downtown Halifax.

The Ultimate East Coast Quiz Show had a suitable home at Volta, as the event was an innovative way to bring people together, have some fun, and raise money for programs and services. The Dartmouth Learning Network is a registered charity, with the majority of its funds coming from the provincial government.

The quiz show was hosted by board member Jennie Sanford, who wore a sequined blazer and pants, looking every bit the part of a game show host. The event brought together local celebrities Cindy Day, Dartmouth North resident Fat Apollo, and the cast of Hello City, Halifax's premier improv troupe, which regularly sells out monthly shows. The cast of local celebs and a few guests from the audience were tested

on trivia related to weather, geek knowledge, and local facts and history.

Highlights of the night included Fat Apollo's drawing of a woodland creature, Cindy Day describing the difference between the definition of the weather phenomenon hail for U.S. and Canadian meteorologists, and ongoing hijinks and revelry of the cast of Hello City. The guests and host brought the energy level of the event up to a roaring level, with jokes and quips being passed between contestants at a dizzying pace.

The event was brought together through the hard work of the board of directors and staff, with each individual taking on a different role from hosting, serving popcorn and drinks, and checking in with attendees and guests. The event brought together 81 attendees and raised more than \$1,800. At the end of the event, a 50/50 draw was held, and the kind winner donated the amount back to the organization. Additional prizes were given out from sponsor Moosehead Brewery.

The money raised will support programs and services at Dartmouth Learning Network, which works with individuals looking to improve their

literacy levels or computer skills, or wishing to work towards completing their GED.

If innovation is described as doing or creating something new, then the board and staff of Dartmouth Learning Network demonstrated a fine capacity for being innovative. They brought together comedians, celebrities, and community members for an excellent night of laughs and trivia. Dartmouth Learning Network has built a community dedicated to literacy and adult-education, but with this event they stepped outside their comfort zones and built awareness, capacity for their programs and services, and a sense of joy across the water.

(Top) Jennie Sanford, board member with Dartmouth Learning Network, stands with Cindy Day, Fat Apollo, and the cast of Hello City following the Ultimate East Coast Quiz Show Fundraiser.

(Centre) Henri Gielis performs with the cast of Hello City at DLN fundraiser, the Ultimate East Coast Quiz Show.

(Bottom) Fat Apollo and Peter Sarty of Hello City compete in a game of Pictionary at the Ultimate East Coast Quiz Show.



Photos: Tyler Colbourne



ONE ROOF MATCHING CAMPAIGN

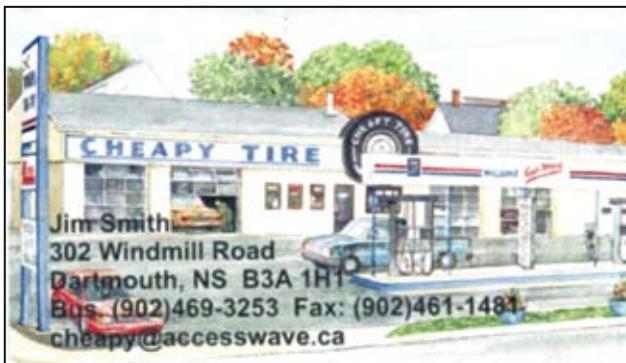
Together we can do more!

A fundraising campaign to help bring the Dartmouth Family Centre and Dartmouth North Community Food Centre together, under one roof at 6 Primrose.

www.oneroofcampaign.ca

Dartmouth Family Centre/Food Centre will be closed Dec 23, 2019 - Jan 3, 2020 for the holidays.

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250 Wyse Road • Dartmouth
464-4777

Dartmouth Funeral Home
 Est. 1940
Family Owned and Operated

Phillip Levandier
 AVAILABLE 24 HOURS A DAY

Complete Facilities
 Cremation
 Pre-Arrangements

466-2360
 29 QUEEN STREET, DARTMOUTH



Season's Greetings from **Dartmouth DENTAL CENTRE**
 FAMILY DENTISTRY

Dr. Christopher Baker • Dr. Lucy Lamond • Dr. Erin Pegg
 Dartmouth Shopping Centre
463-0001 www.dartmouthdental.ca

THE PUBLIC GOOD SOCIETY OF DARTMOUTH WISHES ALL RESIDENTS A VERY MERRY HOLIDAY!



Season's Greetings One and All!

THE PUBLIC GOOD SOCIETY OF DARTMOUTH
 476-0785 • thepublicgoodsociety@gmail.com
 www.publicgoodsociety.ca



PET FRIENDLY LIVING!

Call to book your viewing today!
902-461-9429 ex.240

96 Highfield Park Drive,
 Dartmouth, NS

HFieldPark

Spirit of the Community

Photo: Doris Buffett-MacDonald



Left to right: Bill Campbell, Jim Smith and Darren Smith of Cheapy Tire, Windmill Road are always happy to offer free smiles with their excellent service.

Exemplary customer service, community connections at Cheapy Tire

by Doris Buffett-MacDonald

“I remember back in the day,” states Jim Smith from Cheapy Tire, “the customer would hop up on a trailer to pick out their tires.” Mike LeBlanc started as owner in the original building in 2001. Jim Smith joined shortly after. “I bought half in 2002 and we went on to rebuild and expand the location. We both have pictures on the wall,” Jim says. “We finished in 2003, put up the sign and expanded about 33 per cent. In 2005 I bought the other half.” Wilsons Fuels came on board with Cheapy Tire right around that time. “They were a welcome addition that fit like a glove,” Jim says. “Two growing and successful companies. They share our space and we run it.” Cheapy Tire, located at 302 Windmill Road in Dartmouth, is an auto

service centre for tires and auto repairs. The company receives rave reviews on Yelp, a site that invites people to rate their customer experience. The consensus seems to be that Cheapy Tire is staffed by people who are willing to go the extra mile with a genuine smile on their face. Cheapy Tire is also famously known by the locals as the cheapest place to buy gas. Jim Smith recently sold the business. The new owners are Mike LeBlanc and Andrew MacFarland. Bill Campbell is a Red Seal mechanic and general manager at Cheapy Tire who provides excellent customer service. Although retired, it is easy to see that Cheapy Tire is part of Jim’s DNA. Many days you can still find him there mixing it up with a cus-

tommer. He has a quiet, caring demeanor and is all about making a difference. “It’s the one-on-one I enjoy,” he says. “Helping to make someone’s day a little bit better. For every dollar you save someone, you gain a customer.” Along with Bill Campbell, Darren Smith and the other employees,

they are still providing that exemplary customer service. And for Jim Smith, retirement doesn’t mean “so long” but rather “see you around.” You can drop by Cheapy Tire and find out for yourself. They are your neighbourhood business in the heart of our community and you truly will be treated like family!



Photo: Doris Buffett-MacDonald

Relatives of Chelsea Probert, her aunt Susan Marriott, with Shayla and Treleigh, light candles in memory of Chelsea and other victims of violent crimes at the Jason McCullough Walk Against Violence.

The Jason McCullough Walk Against Violence

...cont. from p.3

the Jason McCullough and Chelsea Probert families participated in a moving and poignant candle-lighting ceremony. We may take heart that things are improving in our community, but we know that Jason’s murder and others remain unsolved. We will continue to march in solidarity with the McCullough and Probert

families and others who mourn the loss of young people taken far too soon. If you have any information concerning Jason McCullough’s death or any other unsolved crime you can safely and anonymously contact Crime Stoppers at 1-800-222-TIPS or www.crimestoppers.ns.ca.



SENIORS' CORNER

is supported by

Darren Fisher

MP FOR DARTMOUTH-COLE HARBOUR

902-462-6453



Photo: Sandra Weagle



Retired teacher Bev Cheverie is enjoying a second career playing country music and even performed this year at the Sunrise Festival in Inuvik!

On a musical note

by Sandra Weagle

Dartmouth North has many talented people. Among the talented are bands of musicians, singers, radio personalities, teachers, and, of course, those soloists who sing in the shower. We all know and love them.

I have had the pleasure of organizing a few jamborees and have hosted some jam sessions. Most of the local churches have variety shows or jamborees. You meet some mighty nice folks you would never even think were musically inclined.

There are accountants, bus drivers, painters, radio DJs and janitors. If you see someone tapping their foot to the music, you may be looking at musician or singer.

Each issue we would like to feature one or two local talents. If you are a local talent or know one, email the *Echo* with contact information and let us know. We will do the rest. You might just be surprised at the names that come through this column.

Meet Bev Cheverie

A retired teacher, Bev Cheverie still resides in the community where she grew up. There are currently three CDs in her repertoire, produced by George Longard, formerly of the Don Messer Show.

Bev's first musical memory is at three years old singing for her great-grandfather by the woodstove for five cents. I guess that was her first paying singing job.

Growing up on Jamieson Street, Bev sang at Farrell Hall with her two sisters Mary and

Darlene. Together they were the Cheverie Trio. In 1974 she won the Country 101 Talent Contest held at Farrell Hall singing the song, *Both Sides Now*. Music memories from her Farrell Hall days include singing with Doug Bell, Art MacAulay, and Vic Mullens to name a few. Singing at weddings, funerals and other events rounded out the venues for Bev. The year she got married, she sang at four other weddings.

The TV show *Country Time* is another musical memory for Bev. It was filmed at Dartmouth High and she says felt like she was in Nashville watching the talent sing on the set. While teaching at Harry R. Hamilton Elementary she had a choir of 465 children performing the song *You Light Up My Life* in sign language. That one gives me goosebumps. In 2019 she traveled to Inuvik to visit family. She performed at the 2019 Sunrise Festival. Her love of music is so great there's no stopping her from singing on any stage.

She is the host of St. Anthony's Country Show, which ran for 35 years at the Courtney Road location. Recently, the show was moved to Woodlawn United Church and is still held on the third Sunday of the month from 7 p.m. to 9 p.m. The show features local talent with three guests per show. The Christmas Show will be December 8. As a director and newsletter editor for the Nova Scotia Country Music Hall of Fame, Bev has a lot of contact with talents from across the province. Email Bev at beverleycheverie@gmail.com to contact her about her monthly shows or the Hall of Fame.

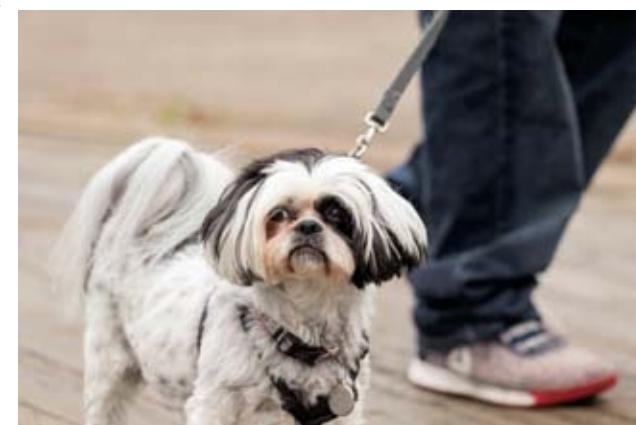


Photo: Tanya Ozard

A walk in the park to celebrate ElderDog Canada

by Kayle Dickson

On September 29, the ElderDog Canada Halifax Pawd held its annual walk at the beautiful DeWolf Park. The walk celebrates the important bond between a person and their dog, and provides an opportunity for dogs, volunteers and the public to learn more about ElderDog and offer support. Donations collected at the event allow ElderDog to continue to offer various programs.

After a stroll along the boardwalk, human walkers were treated to a delicious barbecue, inspiring speakers, and of course, doggie kisses!

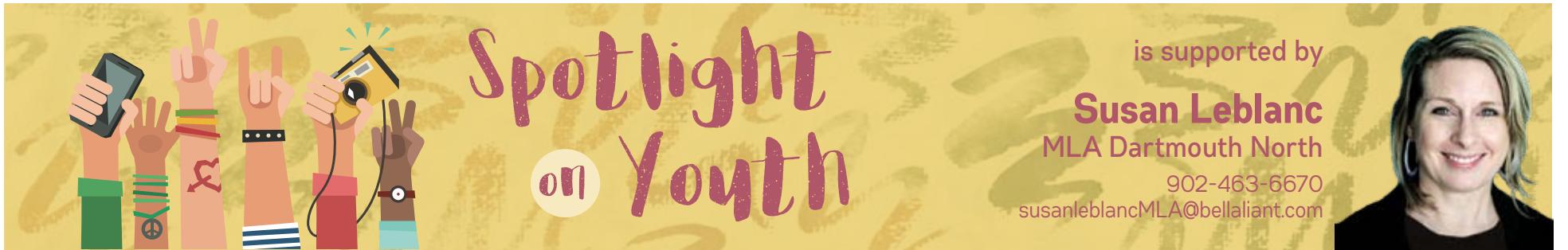
ElderDog Canada, founded in 2009 by Dr. Ardra Cole, strives to preserve the bond between seniors and their furry companions. ElderDog works with seniors to help them care for their beloved dog, often allowing them to keep their companion in the home for longer. Other programs provide temporary foster homes during hospital stays and help match senior dogs to new homes when their situations change. This unique organization is homegrown, with headquarters in Lunenburg, but now has Pawds (chapters) across Canada.

...cont. p.15

Free to be happy, happy to be free



It is with great sadness that we learned the news that Debra Rose Power—Mrs. Happy Face—has passed on. Mrs. Happy Face was an inspiration to all who knew her, and brought smiles to everyone in the community as she made her rounds at community events. She lived and breathed her motto: "Free to be happy, happy to be free."



Spotlight on Youth

is supported by

Susan Leblanc
MLA Dartmouth North

902-463-6670
susanleblancMLA@bellaliant.com



Free lunches for youth in North Dartmouth

submitted by Carla Foxe, Dartmouth North Food for Youth Task Force

Attention parents and youth living in North Dartmouth! Did you know that there are a number of free weekly lunch options for students?



During the school year, the Take Action Society serves up a delicious homemade meal on Tuesdays at 11:45 a.m. at the Dartmouth North Community Food Centre (105 Highfield Park Drive).

On Wednesdays at noon, people of all ages are welcome to a freshly prepared free lunch at the Dartmouth North Community Food Centre (6 Primrose Street). On Fridays at 11:45 a.m., students can enjoy lunch prepared by library staff & neighbourhood youth volunteers inside the Dartmouth North Public Library (105

Highfield Park Drive). Please note: elementary age students are welcome to attend, however, permission forms to leave school property must be completed with school administration. Volunteers are an important part of our community. If you wish to volunteer to assist with food programming, please contact your local school or reach out to the Take Action Society, Public Library, or Food Centre directly.

On Wednesdays at noon, people of all ages are welcome to a freshly prepared free lunch at the Dartmouth North Community Food Centre (6 Primrose Street). On Fridays at 11:45 a.m., students can enjoy lunch prepared by library staff & neighbourhood youth volunteers inside the Dartmouth North Public Library (105



Photo: contributed

Tomisin, 9, and Moyo, 7, love attending the Rejoice After-School Club, especially the singing, bible teaching, games and snacks!

'Tis the Season at Northbrook Chapel!



contributed by Ann Osborne

Tomisin and Moyo are excited about Christmas coming. They extend a warm invitation to the children and their families in the community to come out and enjoy the Christmas Rejoice After-School Club on Thursday, Dec. 19. A festive evening with a Christmas story

from the Bible, games with prizes, gifts and refreshments is planned from 6:30-8 p.m.

The After-School Club is held every Thursday from 6:30-8 p.m. at Northbrook Bible Chapel, 225 Victoria Rd, throughout the school calendar year. There is no cost to attend.

Christmas Eve Service

Everyone is warmly invited to come out for Christmas carols and a Christmas message on Christmas Eve, December 24 at 6 p.m. Coffee, tea, sweets, and sandwiches to follow.



Photo: Carolyn Sullivan

A moving ceremony of remembrance took place at Harbour View Elementary School on November 8. Each class placed symbols of remembrance and there was a moment of silence to remember the sacrifice of the many who fought for our country, and to acknowledge the courage of those who still serve. Students dressed in their cadet uniforms and stood at attention. Shown are C.J. Willams-Colley (left) and Kaycee Williams (right).

Celebrating the school year at John Martin Junior High

by Kyle Sarka, Vice-principal, John Martin Junior High

It is hard to believe that Term 1 is almost over here at John Martin Junior High. We have experienced a lot of exciting opportunities and events as a school. We look forward to what

the remainder of the year has to offer.

One item of particular notice is that our Citizenship 9 group achieved an incredible community food drive. In total, our Grade 9 classes

donated more than 1,000 food items to local organizations. This contribution was acknowledged by our Dartmouth North MLA, Susan Leblanc.

Ms. McKenna, Citizenship 9 teacher, with Dartmouth North MLA Susan Leblanc.



Photo: Kyle Sarka

Policing & Engagement Town Hall

A Town Hall on Policing and Engagement took place at Farrell Hall on November 20. The moderator was Deputy Mayor /District 6 Councillor Tony Mancini.

More than 50 community members of all ages attended the session. Invited guests included HRP Chief Dan Kinsella, Divisional Commander Inspector Richard Lane, Police Chair Natalie Gordon, HRM Public Safety Advisor Amy Scilano, Dartmouth North Community Response Officers, and MP Darren Fisher.

Chief Dan Kinsella shared his background of policing for 33 years in Hamilton, Ontario before moving his family to Halifax. He also shared his vision and strategy for Halifax Regional Police. Three priorities were identified:

- the development and well-being of the membership (of HRP)
- building, maintaining a relationship with the community
- public trust.



Halifax Regional Police Chief Dan Kinsella shared his vision for policing at a recent town hall in Dartmouth North.

"It takes a lifetime to build (trust)," he said. "You're always working to achieve and maintain it. Communication is key, teamwork is vital. Together we are stronger."

Community members had the opportunity to ask questions and make comments to Chief

Kinsella during the evening.

The general consensus from those who attended the session was that Halifax Regional Police provide the community with effective policing with respectful and timely responses from the officers.



Supporting the annual Jason McCullough Walk Against Violence, held on October 16, are Regan, HRP Cst Amy Edwards and Sylvia Anthony, Dartmouth North Neighbourhood Watch Co-ordinator.

Photo: Doris Buffett-MacDonald

Neighbourhood Watch

Dartmouth North Neighbourhood Watch members please be advised that our "City Watch Call Outs" will no more be happening. The new system is hfxALERT. To sign up visit the website halifax.ca/fire-police/fire/emergency-management/hfxalert. Further information is provided in this issue by Councillor Tony Mancini.

Join us in the new year at our first meeting for 2020 on Wednesday, January 15 at 7 p.m. at Farrell Hall. For info please call 902-463-5806.

Farewell and thank you Inspector Lane



Our Divisional Commander, Inspector Richard Lane, is returning to HRP's Criminal Investigation Division to oversee oper-

ations in a few specialized units.

It has been a very rewarding experience to have him working on safety concerns in our community, and he will be missed. Thank you and we wish you all the best in your future endeavors.

We look forward to working with his replacement, Inspector Dean Simmonds. Inspector Simmonds can be reached at simmonds@halifax.ca.

Halifax Regional Police  **A GUIDE TO POLICE SERVICES**

Emergency	911
Non Emergency Police Dispatch.....	902-490-5020
General Info	902-490-5016
Divisional Commander Dartmouth	902-490-5171
Cst. Jim Smith.....	902-229-9042
Scotia Court	
Cst. Jillian Forhan.....	902-483-5434
Cst .Kim Chambers	902-483-7472
Neighbourhood Watch Co-ordinator	
Cst. Tanya Lambert	902-490-2169
Victim Services.....	902-490-5300
Anti-Bullying Hotline.....	902-490-7283
Office of Chief of Police	902-490-6500
Crime Stoppers.....	1-800-222 TIPS (8477)

NOVA SCOTIA CRIME STOPPERS 

Call Crime Stoppers With A Tip

You Could Be Holding The Piece Of The Puzzle That Solves A Crime

Remember We Want Your Information Not Your Name!

1-800-222-8477(Tips)
www.crimestoppers.ns.ca

Stop violence against women—wear a purple ribbon to raise awareness



There is no excuse for abuse. Abuse of women is a fact of life across Canada. All kinds of women are abused, young, old, disabled, women of all races, religions or social classes. Violence affects us all. Whether it is physical abuse, sexual assault, or emotional abuse, it cannot be tolerated.

Between November 25 and December 10 let us wear a purple ribbon to remember all women who have died violently or who live with abuse in our communities, and also to honour the 14 university students who died in Montreal on December 6, 1989. For info call 902-463-5806.

Photo: Doris Buffett-MacDonald



Pastor Chuck Kelades with Delaney Caldwell (left), feeling the love from his flock on Pastor Appreciation Sunday, October 29 at SonLife Community Church, Windmill Road.



Photo: Jan Clark

Shown (left to right) at St. Paul Church's Remembrance Day service are Victoria Robinson, Fr. Charlie Burke and Denis Couvrette, with a photo of Bill Withers. Bill and Denis are veterans, and Victoria is a currently serving in the navy.

Photo: Susan Kolesar



HAPPY ANNIVERSARY! Stairs Memorial United Church celebrated 106 years recently, with cake, friends and special guests, including the Honourable Mayann Francis. The former Lieutenant Governor for Nova Scotia was a guest speaker at the event. She is shown here cutting the cake with Violet Oicle and Francis Hunter.



Church Events

BETHEL UNITED BAPTIST CHURCH
316 Windmill Road
902-469-4731

FAMILY WORSHIP
Sunday 10:50 am
(Nursery provided)

SUNDAY SCHOOL
Sunday 11 am
Ages 3 - 15

BIBLE STUDY
Wednesday 7 pm

KEEP CHRIST IN CHRISTMAS WALK
Dec. 1, 2:00 pm
Beginning at St. Paul Church and walking to Bethel Baptist Church.

CHRISTMAS EVE SERVICE
Dec. 24, 7 pm

HOLY TRINITY EMMANUEL CHURCH
30 Alfred Street
902-463-3713 or Lynn
902-464-5697

CLOTHING DEPOT IS OPEN EVERY WED. FROM 9:30 - 10:30 AM
Closed for the month of December. Open again on Jan. 8, 2020.

FRANK GRANDY & CUTE AS A BUTTON
Sunday, Dec. 8
1:30 - 4:30 pm
Freewill offering
Canteen/50/50 draw
(All proceeds go to the work of the church)



ST. PAUL CATHOLIC CHURCH
197 Windmill Road
Office 902-463-5897
saintpaulparishdartmouth.com

FAMILY CHRISTMAS FEAST
Saturday, Dec. 8 / 1pm
\$15/adult \$10/under 10

FOOD BINGO
Saturday, Dec. 14
2-4 pm / \$10

COOKIE/SQUARE PLATTER SALE
Saturday, Dec. 15
10:15-11:30 am

CHRISTMAS LOONIE/ TOONIE COFFEE HOUSE
Wednesday, Dec. 18
7-9pm / \$2
Music by the Sham-Rocks, the I-Chix and Open Mic



STAIRS MEMORIAL UNITED CHURCH
44 Hester Street
902-466-4389

FOOD BINGO
Saturday, Nov. 30
1-3 pm / Free Admission
Bingo Cards 3 for \$10
Coffee, tea & sweets available
Bake/New to You tables



CHRISTMAS TEA & SALE

Saturday, December 7 / 12-2 pm
(Doors open at 11:45 am)

St. James United Church Hall
181 Portland Street

\$10 Adults/Children Under 12 \$4

Call church office (464-8852) for tickets or purchase at door

TEA: Sandwiches, Sweets, Tea, Coffee
SALE: Baked Goods, Crafts, Collectibles, Christmas Treasures, "New-To-You"

SILENT AUCTION: Excellent Selection

COMMUNITY CALENDAR



is supported by
Tony Mancini
 COUNCILLOR DISTRICT 6
 902-292-4823

DARTMOUTH NORTH LIBRARY EVENTS

105 Highfield Park Drive
 Call 902-490-5840 to register or for information.

YOU GOTTA SING!
 Saturday, Nov. 30
 2:30-3:30PM

NAILED IT!
 Cupcake edition
 (ages 10-17)
 SATURDAY, NOV. 30
 1-2PM

KNIT/CROCHET
 Saturday, Nov. 30
 10:30am-12:30pm



ACOUSTIC SONG CIRCLE
 Thursdays, 7pm

HEALTHY HOLIDAY EATING
 Presented by Sobey's
 Saturday, Dec. 14
 2-4pm



"DECK THE DECK"
 HOLIDAY PARTY &
 CHRISTMAS KARAOKE
 Saturday, Dec. 14
 1-4pm



TREE TRIMMING/ OPEN HOUSE

Dartmouth Learning Centre
 73 Tacoma Dr. Suite 802

Thursday, December 12
 2-4:30 pm

Drop in and help us trim our tree and sip on some hot chocolate or cider.

RSVP KAREN:
 admin@dartmouthlearning.net
 or 902-463-0179



IT'S CHRISTMAS CHEER & SONG TIME AT EVERGREEN HOUSE!
 Saturday, December 7
 2-5 pm



Open house featuring entertainment, cookies and crafts. Suggested donation \$10.

26 Newcastle Street
 902-464-2300

HOMELESS MEMORIAL SERVICE

Please join us in remembering and honouring those who have lost their lives while experiencing homelessness and poverty.

Friday, December 20
 10:30 am

St. Patrick's Catholic Church
 2263 Brunswick Street
 Halifax

All are welcome to a luncheon reception following the service.

Brandon Walker
 Owner/DJ
 brcwalkerns@gmail.com
 Cell: 902-497-2431
 Facebook: Brandon "The Babe" Entertainment
 Instagram: @Brandonthebabens
 Twitter: @BrandonWalkerNS

Brandon "The Babe" Entertainment



BIRTHDAY BOB

Robert (Birthday Bob) Anthony celebrated his 86th birthday with family and friends on November 10. Congratulations, that's quite a number!

Birthday Bob is happy to sing birthday greetings, free of charge to your family members and friends. Give him a call, he would love to make someone's day!
 902-463-5806

STAIRS MEMORIAL UNITED CHURCH

Sunday Morning @ 10:30 am

Dec 1 – Hope
 Dec 8 – Love – Children's Pageant
 Dec 15 – Joy – Potluck to Follow
 Dec 22 – Peace – Communion
 Dec 29 – Breakfast With Jesus ~ Potluck Brunch

Special Services

Dec 1 – UCW Vespers @ 4:30 pm
 Dec 8 – Memory Tree Service @ 3 pm

Christmas Eve Services

4 pm – For little people and those who love them.
 7 pm – Carols, Candles and Christ

Boys & Girls Clubs of Greater Halifax **BREAKFAST WITH SANTA CLAUS**
 Everyone is welcome!
 When? Saturday December 14, 2019
 Time? 8:30 am – 11:00 am
 Where? 60 Farrell Street, Dartmouth North Site
 Free admission, but cash donations welcomed!
 All proceeds will go to the Jason MacCullough Memorial Scholarship Fund.
 *Menu includes: Pancakes, eggs and ham or sausage, and a beverage (juice, coffee or tea).
 *while supplies last
www.bgsgh.ca

ANNUAL MERCHANDISE AUCTION

Stairs Memorial United Church
 44 Hester Street

December 14

Showing at noon
 Live Auction at 1pm

Admission \$5

AUCTIONEER
 Blaine Hendshaw

Community Brunch

East Dartmouth Community Centre
 50 Caledonia Road

9:30 am—1:00 pm

Adults: \$8 • Children: \$5 (10 & under)
 Big Breakfast: \$10

Sunday, January 26
 (No brunch in December)

UPCOMING DATES:
 Sunday, February 23

EVERYONE WELCOME
 Presented by the
 Kinsmen Club of Dartmouth

Celebrating 100 Years of Community Service 1920-2020

Kinsmen Club of Dartmouth
 Proudly Supporting the Dartmouth Community For 65 Years

NEW MEMBERS WELCOME
 Call 902-464-3580 or visit www.dartmouthkinsmen.org for more information

Annual Community Donations

- Hal Rogers Endowment Bursaries to Students
- High School Bursaries to four area schools
- Halifax Search and Rescue
- Margaret's House
- Greater Halifax Boys and Girls Club
- East Dartmouth Community Centre
- MS Alliance
- CF Foundation
- Individual Community Support
- Christmas Miracle Gifts for Children
- Children's Trust Fund
- Food Nova Scotia
- Church and NSOC Food Banks
- Bryony House
- Make Care and Share Society
- Community Groups
- Kin Kindness Day. Kinsmen pay for all extra parking for one day at DGH

Dartmouth Kinsmen Brunch Dates 2019-20

- Sunday September 29th 2019
- Sunday October 27th 2019
- Sunday November 24th 2019
- Sunday January 26th 2020
- Sunday February 23rd 2020
- Sunday March 22nd 2020
- Sunday April 26th 2020
- Sunday May 24th 2020
- Sunday June 28th 2020

10 Years of Community Brunches
 12,000 Brunches Served with over \$40,000 raised

East Dartmouth Community Centre
 50 Caledonia Road, Dartmouth

A walk in the park to celebrate ElderDog Canada

...cont. from p. 10

The entire organization is volunteer-based, and relies on donations and fundraising to support programs.

Many seniors worry about how they will be able to care for their companion as they age.

ElderDog helps to ease this worry, providing support through dog walking, assisting with transportation to and from vets, and ensuring a loving home will be provided when the time comes. Whatever the need,

ElderDog is ready to help.

Mary adopted Shiloh, a senior puggle mix, through ElderDog almost a year ago. The two share a special bond that is immediately clear to all who meet them. Shiloh

is an ElderDog client, receiving daily strolls around Halifax trails. She enjoys meeting and greeting people and other dogs. A sweet, loving soul, Shiloh also volunteers at a local nursing home, supported by Mary's niece Margie. Shiloh has many regular walkers who adore her, as evidenced by the slew

of hands that shot up when Margie asked who in the crowd knew Shiloh.

The walk provided an opportunity for the public to meet the many lovely dogs that are helped by members of the Halifax Pawd and learn more about the organization. Many dogs left with several new walkers added

to their roster. The event was a huge success, thanks to the volunteers and the support of many sponsors. We hope to see you next year.

Do you know someone who could benefit from ElderDog? Or perhaps you would like to get involved? You can find out more at www.elderdog.ca.

You are invited to
**SUSAN LEBLANC'S
HOLIDAY OPEN
HOUSE**

When: Thursday December 12,
2:00-4:00PM
Where: 260 Wyse Road, Suite 102
What: Free vegetarian chili,
snacks, refreshments & holiday
cheer!
More info:
susanleblancMLA@bellaliant.com



Photo: Joanne Dooley

Santa and Mrs. Santa with the friendly elf that surprised everyone at the Holy Trinity Emmanuel Church Rockathon on Saturday, Nov. 23. The senior rockers enjoyed their time together while visitors had a great time looking over the bake table, new-to-you table, and silent auction. Entertainment was provided by Frank Grandy and Hayden Stover. Thanks to everyone who helped out and showed up to make this a very successful fundraiser for the church.

Season's Greetings!

Celebrate our

Open House Xmas Social

Thursday, Dec. 19
Doors open at 5:30 pm

Refreshments, music
& give-a-ways

All welcome

Farrell Hall 276 Windmill Road
902-469-5769

WE DELIVER

WHOLESALE

WE CATER

& RETAIL

PIZZA

179 Boland Rd. • 902-466-3393

Pizza, donair, subs, sandwiches, salads, poutine, wings, pasta, pita wraps, pizza slices and more!

\$5 Lunch Special (tax in)

- Slice of Pizza
- Small Donair
- Small Poutine
- Small Subs
- 1Pc. Fish & Chips
- 2Pcs. Eggrolls

*All comes with 355ml can of pop (Available from 11am-3pm)

Dartmouth Location Only! • Pick Up Only!

Debit at your door

WEEKLY LUNCH

YOUTH OPTIONS



* Elementary youth must have permission slips signed by parents to leave school property.

Tuesdays
The Take Action Society

Wednesdays
Dartmouth North Community Food Centre

Fridays
Dartmouth North Public Library

Season's Greetings

from the lawyers
and staff at

Weldon McInnis

(902) 469-2421
www.weldonmcinnis.ca

**Weldon
McInnis**
BARRISTERS & SOLICITORS

