

Councillor Russell Walker District 10

Halifax - Bedford Basin West



Boards, Committees & Commissions of
Halifax Regional Council & Community Councils

AN OPPORTUNITY to SERVE! Is making a difference in your community important to you?

The Halifax Regional Municipality is submitting nominees to sit on the Halifax International Airport Authority Board of Directors. The Halifax International Airport Authority (HIAA) is a locally controlled, non-share capital corporation which was incorporated in November 1995 and directly manages the Halifax Stanfield International Airport as of February 2000. The HIAA Board consists of 13 directors, 10 of which serve on behalf of the nominating entities (Federal, Provincial and Municipal Governments and the Metro Halifax Chamber of Commerce) and 3 of which are appointed independently by the Board.

Nominees to the Halifax International Airport Authority Board of Directors should have:

- Significant senior management experience in either the public or private sector
- Breadth of experience across a number of sectors

- Ability to think strategically and bring diverse interests to the table
- Experience in enterprise risk management, and
- Time, energy and ability to serve on an active Board of Directors

If you are interested in growing your community and are up to the challenge, please submit a cover letter and resume outlining:

- Why you are interested in serving on the Board of the Halifax International Airport Authority, and
- How you have demonstrated these competencies in your private sector and/or public service.

Please submit the cover letter and resume to: The Office of the HRM Municipal Clerk, Halifax City Hall, PO Box 1749, Halifax NS B3J 3A5, or by email at clerks@halifax.ca on or before Friday, February 21, 2014. Thank you for your interest in Nova Scotia and the Halifax Regional Municipality!

Nominations are made in keeping with the Public Appointment Policy adopted by Regional Council in August 2011, to be found at <http://www.halifax.ca/boardscom/documents/Citizenrecruitmentpolicy.pdf>. In accordance with the Bylaws and Articles of incorporation of HIAA, appointments to the Board are made at the discretion of the HIAA Board.



HRM focuses on youth during African Heritage Month! Even though there's snow on the ground many students across

HRM are already starting to think about their summer employment plans.

The African Nova Scotian Affairs Integration Office at HRM recognizes there are many youth across the municipality who could use some tips or advice as they prepare for that all-important seasonal employment job interview.

In recognition of African Heritage Month, HRM is holding a series of free training workshops for youth of African descent.

If you're wondering what to say in your resume or unsure what's appropriate for a cover letter, this workshop is for you. Do you feel ill-prepared for a job interview? HRM human resource experts will be on hand to help ensure you are on top of your game when you apply for seasonal employment.

The final session will take place on Tuesday, Feb. 18th from 6:30 p.m. to 9 p.m. (George Dixon Centre in North End Halifax).

Nova Scotia's Heating Assistance Rebate Program 2013/14

If you need assistance with the cost of heating your home or apartment Access NS has a Heating Assistance Rebate (HARP) Program. The deadline for applying is March 31st, 2014. You must be able to show that you paid the bill and that you are applying for a rebate from this program.

It is really worth checking to see if you are eligible. The Program distributes rebates to low-to-modest income Nova Scotians to help with the cost of heating.

This program offers a one-time rebate cheque of up to \$200. Single people with a net income of \$27,000 or less, or households of two or more with a net income of \$42,000 or less can qualify for this rebate. Seniors who receive the Guaranteed Income Supplement or applicants who receive Income Assistance from the Department of Community Services also qualify. You can access the information at www.accessns.ca.

HRM Community Grant Program

HRM is now accepting applications for the 2014-2015 Community Grants Program. The deadline for applying is March 31st, 2014. Application forms and program guidebooks are available on-line at www.halifax.ca/grants, by calling 311 or from one of HRM's Citizen Contact Centres.

The HRM Community Grants Program is a centralized program that provides annual grants to registered non-profit organizations and charities located throughout HRM. There are two types of grants: (1) a project grant of up to \$5,000 and (2) a capital grant of up to \$25,000. Grants are one-time and project-specific within the following funding sectors: Environment; Recreation & Leisure; Affordable & Supportive Housing; Emergency Assistance; Neighborhood Safety; Community History; Community Diversity; and Arts & Crafts.

For information see:

www.halifax.ca/boardscom/bccgrants/CommunityGrantsProgram.html.

Budget Meetings Open to Public



SHAPE YOUR
CITY
SHAPE YOUR
BUDGET

Over the next few months, Council will be meeting with the Directors of each HRM Business Unit to discuss the 2014-2015 budget. This will be done in Committee of the Whole, which

includes a public participation segment. All residents are welcome to attend and to comment on departmental budgets. When these meetings are complete, HRM staff will prepare a draft budget based on the comments received from Council and the public. For more information on the budgeting process and the remaining dates of the budget meetings, please visit www.shapeyourcityhalifax.ca.

otherwise be unable to participate in sport, art, cultural, and recreation activities.

At this time, HRM supports registered non-profit organizations only.

To apply to the Jumpstart/ReckKids Program, please review the following steps:

1. Review the [Jumpstart/ReckKids Program Guidelines](#) to ensure all of the requirements are met
2. Choose a program of interest
3. Download and complete the [Jumpstart/ReckKids Program Application Form](#)
4. Mail, fax or drop-off the completed application form (all contact information is contained in the application form)

For more information, call 490-3895



Working together to provide recreation opportunities to children, youth and families in financial need

Upcoming Events at the Oval



**C100 Skating Under the Stars
Friday, February 14th from 7:00 -**

9:00 pm - Grab your Valentine & your longjohns. C100 is providing the tunes for skating under the stars at the Emera Oval! Red rosy cheeks and fun for all your little sweet hearts. A special Valentine's Skating Under The Stars at the Emera Oval with C100! Please note: there is no charge for this event.



The Jumpstart/ReckKids Program is a joint effort between HRM Community Recreation Services and the Canadian Tire Jumpstart Program.

Jumpstart is designed to provide assistance to those who, due to lack of funds, would



**Third Tri-the-Oval
Winter Triathlon,
Sunday, February 16,
2014 9:00 am start -
Come to the Emera**

Oval and have some great fun this winter! This event will include a 5 km skate, 6 km mountain bike (on snow hopefully!) and 4.2 km run. Not sure about doing all 3 events? Participate as a team!!! Good exercise, good laughs, good weather (of course!) and good homemade cookies at the end! Nice toque to all participants and very special medals!

1st wave @ 9 am and 2nd wave @ 10 am (TBC)

Location: Halifax Skating Oval, North Commons.
Maximum 120 participants/teams (2 waves of 60)
Minimum age 16 + for the individual race, 14 for the team event (with parents approval)
**Bring warm clothes to cheer the athletes in the alternate wave!

Facebook event Organizers Facebook
<https://www.facebook.com/TriTheOval>

Still have questions? Email the organizers.
Want to register? Visit
<http://www.atlanticchip.ca/events/details.php?show=1284>



**CTV Broadcast from the Emera Oval
Thursday, February 20, 2014**

Join CTV as they broadcast live from the Emera Oval. Start your day with Cyril Lunney from CTV Morning Live as he laces up his skates and hits the oval during the Public Skate from 7-9am. Then at 5, Maria Panopolis will host the CTV News at 5 from live from the Emera Oval. Come out and be part of the excitement that comes with making live television.



**BOUNCE Road Show on Ice Friday,
February 21st at 6:30pm - Get off the**

February 13, 2014

couch and party with The BOUNCE on the ICE! There will be lots of fun, prizes and of course they'll be spinning Halifax's Hit Music at the Emera Oval for the BOUNCE Road Show on Ice! Please note: there is no charge for this event.



**2014 Skate the Common Marathon
Saturday February 22nd and
Sunday, February 23rd** - The Nova Scotia Masters Speed Skating Club is pleased to be hosting the 2014 Skate the Common Marathon on February 22nd-23rd, 2014 at the Emera Oval on the Halifax Common.

Friday, February 21st 4-6:00 pm - Practice time on the oval

Saturday, February 22nd 7-11:00 am

7:00 am - Warm Up
8:00 am - 10K Big Ice Challenge (\$25)
9:00 am - 5K Big Ice Icebreaker
\$20 Individual
\$25 Parent and child skating together (one chip)
10:00 am - 3K Big Ice Sledge Race
Free for registered sledge hockey players

Sunday, February 23rd 7:00 am - noon

7:00 am - Warm Up
8:00 am - Sprint Racing (Details to follow)
10:00 am- 25K Big Ice Marathon (\$40)



C100 Family Skate

Sunday, February 23rd at 1:00pm -

Get your longjohns on. C100 will be spinning the tunes for an awesome Family Skate at the Emera Oval. Your favourite people. Your favourite radio station. In the open air. The Family Skate at Emera Oval. Please note: there is no charge for this event.

Open 7 days a week from
7:00 am to 11:00 pm
except Christmas Day and
New Year's Day



safety of all children, will be releasing new educational resources to help address growing concerns related to the online sexual exploitation of teens. The “How Can Parents Keep Teens Safe from Online Sexual Exploitation?” guide will complement a new educational kit for teachers of students in Grade 7 and 8. Lessons include information about healthy and unhealthy relationships, establishing personal boundaries, and what constitutes inappropriate adult-child interactions.

Teachers also play a critical role in teens’ lives and in recognition of this, the Canadian Centre will be distributing over a million internet safety materials to schools across Canada free-of-charge. Both parents and teachers alike can access age-specific internet safety information by visiting The Door That’s Not Locked website at

www.thedoorthatnotlocked.ca. The Halifax Regional Police also encourages parents and others to sign up for www.cybertip.ca alerts – a new notification system that offers vital information to the public concerning technology trends and new resources designed to increase children’s personal safety. Visit www.cybertip.ca to sign-up today!

About the Canadian Centre for Child Protection: The goal of the Canadian Centre for Child Protection www.protectchildren.ca is to reduce child victimization by providing programs and services to the Canadian public. Its four national programs include Cybertip.ca www.cybertip.ca, Canada’s tipline to report the online sexual exploitation of children; MissingKids.ca www.missingkids.ca, a national missing children resource and response center; Kids in the Know www.kidsintheknow.ca an interactive child personal safety program for children in Kindergarten to Grade 9; and Commit to Kids www.commit2kids.ca, a program to help child-serving organizations create safer environments for the children in their care and reduce their risk of sexual abuse.



Parents: Help Better Protect Your Teen Online

Halifax Regional Police is making sure that parents and teachers have access to important resources as a part of Safer Internet Day which was recognized on February 11th.

In response to emerging online risks and recent tragedies involving young people in Canada it has become even more important to work together to reduce the incidence of adolescent sexual exploitation.

As a part of International Safer Internet Day, Halifax Regional Police is letting the citizens of Halifax know about the comprehensive internet safety resources and tools available through the Canadian Centre for Child Protection. These tools are available to assist parents (and teachers) make sense of how they can help youth understand online risks and better protect them in an ever-changing technological world.

The Canadian Centre for Child Protection, a national charitable organization dedicated to the personal

Stepping Up Halifax

Stepping up Halifax is a collaborative partnership among the following organizations: Capital Health, Dalhousie University, Halifax Regional Municipality, Halifax Regional School Board, Heart & Stroke Foundation of Canada, IWK Health Centre and the Province of Nova Scotia.



Step up and make physical activity the easy choice!

How do you get involved?

- Your organization can start Stepping Up by signing the Declaration of Leadership Commitment, signifying your commitment to being a champion of physical activity.
- Use the guiding principles, objectives, and action plans within the Stepping Up strategy document to develop activities for your organization.
- Join our online community and exchange ideas, events, resources, and tools with others committed to promoting physical activity. Sign up to our newsletter. Visit our facebook page today and every day to see what's new!

Ideas to Get you Started!

There are many easy and inexpensive (even free) ways you can create opportunities for physical activity within your organization. Here are just a few ideas to get you started:

- Post signs encouraging people to use the stairs (e.g. Stairway to Health)
- Encourage walking meetings and gatherings
- Provide a space for stretching, yoga, or other exercises
- Post maps of interior and exterior walking routes
- Provide a bicycle friendly environment (bike racks, for example)

Be part of the movement today!

To find out more information on how to get involved in the Stepping Up Halifax Program visit <http://www.steppinguphalifax.ca>

Contact

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 District 10 – Halifax - Bedford Basin West
 Phone: 902-497-7215
 HRM website: <http://www.halifax.ca>

