

Councillor Russell Walker District 10

Halifax - Bedford Basin West



2013-14 Budget Approval Process

HRM Regional Council is entering the final phase of the approval process for the 2013-14 consolidated budget. The proposed budget was presented to the Audit and Finance Standing Committee of Council on April 24th. The proposed budget is available for public viewing online at www.halifax.ca/budget. Regional Council will consider and debate the proposed budget at their next meeting on Tuesday, April 30th. The Regional Council meeting agenda with reports and start time for this meeting will be available at www.halifax.ca/council/agendasc/cagenda.html on Friday afternoon, April 26th.

Regional Council meetings are live streamed on HRM's website at www.halifax.ca/council/live/video.html and broadcast on channel 10 on Eastlink television. All Regional Council meetings

held to deliberate the budget next week will be live steamed on the website.

Upcoming Community Events

Fairview Heights Elementary Spring Fair will be held on Saturday, April 27th from 10:00 am – 1:00 pm at 210 Coronation Avenue

Ecole Burton Ettinger School Annual Spring Frolic will be held on Saturday, May 4th from 10:00 am – 1:00 pm at the school on Alex Street

Ecole Rockingham School Fun Fair will be held on Saturday, May 11th from 10:00 am – 1:00 pm at 31 Tremont Drive.





HRM's Solar City Program has launched! Halifax Regional Council approved the program on December 11th, 2012. The \$8.3 million Solar City Program is using an innovative financing and delivery mechanism which allows the municipality to provide turn-key installations for up to a 1,000 solar water heating systems per year to homeowners. Learn more about this innovative program by checking the website at <http://www.halifax.ca/solarcity/>

If you are a registered homeowner and you want to learn more check out the already registered page or the FAQs on the website. There are currently 1,600 homeowners signed up for this pilot program. The program is being administered on a first come first serve basis and registration is currently closed. However, we would encourage residents to express interest by sending an email to solarcity@halifax.ca so that, if and when, the registration opens again you can be contacted.

Helpful Hints when Completing Home Projects

HRM Partners in Policing are offering some tips to help prevent property owners from being victimized as they arrange to have projects completed around their homes.

Every year, the Police Department receives complaints from citizens who feel they have been defrauded after arranging to have work done on their property. The most common complaints involve chimney, paving, landscaping and roofing work where an up-front deposit is required and little or no work is completed. The people involved in this type of scam also frequently change their company name which makes it difficult to hold them accountable when follow-up or warranty work is required.



To help limit your risk you should: check with the Better Business Bureau at www.atlanticprovinces.bbb.org to ensure you are dealing with a reputable company; check with the Nova Scotia Registry of Joint Stock Companies at <https://rjsc.gov.ns.ca/rjsc/acceptTerms.do?lang=en> to determine how long the company has been in operation and the status of the company; and/or query the name of the business and owner's names on the Internet to see if there is any information that will

help guide you in making a decision. Be leery of paying an up-front deposit. Consider the following: pay for supplies directly and have them delivered to your property or pay in installments as work is completed. Although some of these cases may be civil in nature, if you have gone through a similar experience you should report it to the Police by calling 490-5020 as there may be grounds to pursue criminal charges. Remember, doing your homework before entering into an agreement may save you money in the long run.

MSVU – Meet Smart on Campus



Whether you need a comfortable lounge for your monthly book club or a large auditorium for a national symposium, Mount Saint Vincent University can take care of the details. For 1 or 1,000 they have the solution. Their Conference Services Department is there for you. For more information contact reservations@msvu.ca

At an on-campus meeting! Passing through town and need a night's stay! Looking for

space for the whole family! From May to August you can choose from traditional residence rooms or apartment-style suites. With more than 350 rooms available, Mount Saint Vincent campus has the solution to your summer accommodation needs. Their unbelievable rates include a full breakfast, parking and daily access to the MSVU Fitness Centre. Group rates and discounts are available – call them for details. Mount Saint Vincent University is located at 166 Bedford Highway and can be reached by calling toll free: 1-800-405-1805, 902-457-6364, 902-457-6355 or visit the website at www.msvu.ca/meet.

PhysioCare At Home

PyhsioCare at Home is pleased to be offering a year-long FREE interactive and practical lecture series for seniors in partnership with Lawton's and the 3 Parkland Seniors Complexes. Their mission is to offer complete physiotherapy at your doorstep – or in hospital if needed. They strive to help keep seniors as active as possible and hope to reach those in the public who have the same desire. For information about their programs, you can call 902-404-4200 or visit the websites: www.physiocareathome.com or <http://www.servingseiors.info>

Contact

Russell Walker, Councillor

District 10 – Halifax - Bedford Basin West

Phone: 902-497-7215

Lucille Walsh, Constituency Coordinator, 490-4090

HRM website: <http://halifax.ca>

SPRING
2013**FEEL THE BEAT**

DAVID SCULTHORPE CEO, CANADA
HEART AND STROKE FOUNDATION

It starts with you

Make Health Last by taking care of yourself

There are 140,000 Heart and Stroke Foundation volunteers across the country. That's more than twice the number of mail carriers. Together, *you* are part of something remarkable. *You* are changing your community and *you* are making Canadians healthier every day. It's hard to put a figure on the profound impact you have had on the lives of Canadians.

Why does your contribution matter so much? Because heart disease and stroke still take a life in Canada every seven minutes. Many of you understand this reality all too well. We hear it in the stories you share about

why you volunteer with the Foundation – stories of courage and love, hope and generosity.

With your help, we are creating healthier lives free of heart disease and stroke. Together, we're building an incredible community of life-savers. And that community is sure to grow, especially with the buzz that's been generated around our *Make Health Last* movement. *Make Health Last* is inspiring Canadians to make positive changes so that they can maximize their healthy years, and pursue vitality through healthy living.

So while we're urging Canadians to make health last, I'm also urging you to make your own health last. Please take the risk assessment at makehealthlast.ca.

Take care of yourself: Nothing matters more, to the Foundation and to all the people you love.

Promoting a healthy lifestyle puts kids on the path to a healthy life

Students at Burton Ettinger School carry on a 30-year legacy of Jump Rope for Heart

Physical education teacher, Barry Sutherland is helping students of Burton Ettinger School (BES) carry on a legacy started 30 years ago by retired teacher Nancy Tokaryk.

By participating in Jump Rope for Heart, kids are inspired to get physically active and be heart healthy while giving back to the community.

Barry says he has, "had great success incorporating the teacher resources and activity charts into my physical education classes. The jumps, particularly the footwork can be

performed before children develop the coordination skills to actually use the rope. As the students progress, I add the rope skills to the mix. From the charts, I made up a skill booklet that students can track their own progress."

Barry's family has a history of stroke. "Strokes are now less devastating, thanks to programs like Jump Rope for Heart and Hoops for Heart. Educating the public young and old is important. We need to create and reward the new culture around diet and exercise."



Kids participating in Jump Rope for Heart get inspired to be physically active while giving back to the community. Burton Ettinger School sets a 30 year example!