

Engaging Cole Harbour - Westphal  
By Councillor Lorelei Nicoll

HRM's amazing bike week is happening once again and runs until June 9. As part of the festivities Cole Harbour Recreation is hosting its own event on Saturday, June 8 with a Kid's Bike Rodeo at Bissett Lake Park from 10:00 am until 12:00 pm. School-aged children can ride along the trail with their family and stop at each station. There will be bike repair, a bike wash, helmet safety, a bike valet and the HRM SmartTrip Program. Free snacks and drinks will be provided. All participants will receive a free water bottle. For more information contact Cole Harbour Recreation at 490-4711.

This is a great opportunity to check out the new trail bridge that runs over Bissett Brook. The bridge opens the Colby Village area to quick access, not only to Cole Harbour Heritage Park, but by use of the Heritage Trail and Salt Marsh Trail, one may now travel all the way to Lawrencetown Beach. In the opposite direction, there is now access, through the Shearwater Flyer, to Eastern Passage and Shearwater.

I have long seen the need for this active transportation connection in the community. Its completion means the heavily populated areas of Cole Harbour can connect to the Bissett Road area and the parklands/trails. Those from the Bissett Road area can cross to Colby Drive and catch a Metro Transit bus, if desired. The trail system also connects many of the schools in the district, providing an opportunity to encourage and promote physical activity for students. Trails can have a fundamental impact on the quality of life in HRM by encouraging healthier lifestyles through increased physical activity. HRM's Active Transportation program aims to help residents bike, walk, roller blade and use other "human powered" ways to move around the municipality. It's not just up to an individual to adopt active transportation, our communities, workplaces and schools must also support active transportation.

HRM is calling on residents to participate in Curbside Give Away Weekend, June 8 - 9. The aim of this weekend event is to reduce the amount of garbage ending up in HRM's landfill by diverting unwanted items to be reused. Reusing and recycling household items instead of discarding them reduces demands on our municipal facilities, and is a great way to not only get rid of your under-used items, but to find some great treasures of your own. For more information please visit: <http://www.halifax.ca/wrms/CGAW.html>