

Engaging Cole Harbour - Westphal
By Councillor Lorelei Nicoll

Astral Drive Elementary School's Family Fun Run/Walk

I thoroughly enjoyed participating in Astral Drive Elementary School's Family Fun Run/Walk held October 5th at Bissett Lake Park and Trail Bridge connection. Thank you to Ms. Steele for utilizing this great community resource and encouraging a healthy, active lifestyle.

HRM Volunteer Awards - Nominate a Community Volunteer

Do you know an outstanding individual or group making a difference in your community? Nominate someone now for the 2014 Volunteers Awards. There are three award categories – Adult, Youth (13-19) and Community Group. Deadline for nominations is Friday, December 13, 2013. For a nomination application, visit www.halifax.ca/volunteerservices or call 490-6577.

Rose & Kettle Tearoom

The goodness of the Rose & Kettle Tea Room at the Cole Harbour Heritage Farm will continue all year round! Scones, biscuits, homemade soups, quiche, pies, cookies, muffins and casseroles will be available to order from November 1st to April 30th (The kitchen will be closed between Tuesday, December 24th and Sunday, January 5th inclusive) Orders must be placed by noon on Monday's and Wednesday's for pick up on Tuesday's/Thursday's between 10 am and 4 pm. Call 462-0154 to place an order. For more information on the Tea Room and the Cole Harbour Heritage Farm visit their website at www.coleharbourfarmmuseum.ca

Light the Night Walk 2013

On Saturday, October 19, I had the pleasure of participating in the 2013 Light the Night Walk in memory of my mother-in-law. Each year, in communities across Canada, teams, families, friends, co-workers and local and national corporations come together to raise funds for The Leukemia & Lymphoma Society of Canada. Light the Night events raise over 100 million dollars a year across North America. All the money raised goes toward curing blood cancers and helping families and individuals affected by the disease.

Shape Your City Halifax

A major public consultation process is now underway for HRM's solid waste resource system. Regional Council wants to hear from residents on potential changes to the waste system - things like clear garbage bags, reduced bag limits, and more frequent green cart collection are all under consideration. For more information or to complete a survey visit the new HRM Shape Your City portal at <http://shapeyourcityhalifax.ca/solid-waste-management>

Snow Removal for Seniors and Persons with Disabilities

The snow removal program is available to seniors (65 years of age or older) and persons with disabilities in Halifax Regional Municipality. The program applies to residential properties on. The total gross household income of all people living on the premises must not exceed \$30,000. The program offers assistance to clear snow from steps, walkways and sidewalks. Deadline for applications is December 1 or when the program reaches capacity. For further information: <http://www.halifax.ca/services/seniorssnow.html> or call 311

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