Conservative Party Brings its Federal Leadership Race Road Show to Halifax
By Bruce Holland

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Deepak Obhrai garnered the biggest laugh of the night when he described the extent of his French language abilities at the previous French language debate as, “Bonjour, from there it all went downhill”, he said. The audience roared at this response. All of the candidates vowed to learn French prior to the next federal election and the candidates vowed to learn French and kept to his strategy of talking about how he would improve the conditions and the many partnerships that are positive relationships with groups, organizations, schools and businesses in the Bedford Sackville and the many partnerships that are developing the same great relationships with all of the communities.

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successful candidate in this leadership race.

A tour of the candidates’ hospitality suites after the debate showed that Mr. O’Leary certainly does have the financial resources behind his campaign. While other candidates had rather small hospitality suites where 30-40 people stood elbow to elbow in a room so loud you couldn’t hear yourself think, Mr. O’Leary had a room that held 200-plus people, complete with a band and catering. There was no comparison.

Mr. O’Leary took the opportunity to show his rock-star side when he took the stage with the band and comfortably played lead guitar. He seemed quite at home on stage with the band.

It will be interesting to see who Conservatives choose to lead them into the next federal election.

Historic value, please do not hesitate
the articles we write, and anything
Mr. O’Leary had a room that held 200-

The snow will not stop falling during the winter but there are some easy tips to help prevent injury.

• Start your warm up in bed lying on your back. First pull your knees to your chest and hold for several seconds. Secondly with your knees bent let them slowly fall to one side then the other. These two simple exercises can help with bending and range of motion. The two big moments with or without snowfall is the morning, get on and off the toilet 10 times to help with the bathroom attacks (for those who have known this). Vigorously can be an activity with heavy resistance, especially if the snow is wet. Without a proper 6- to 10-minute warm up, this activity places the muscles and joints at risk of injury and may result in a fast heart rate with possible adverse effects (heart attack) for those who have known or unknown heart issues. Shovelling without warm up can lead to poor motor control, strain of the muscles, and possible low back bending injuries such as sprains and disc herniations. The repetitive bending and rotation (as with shovelling) is one of the big risk factors for low back disc injuries.

• As you leave your room, gently
up and down the stairs several times or do some deep knee bends. Even simple things such as when you go to the bathroom first thing in the morning, get on and off the toilet 10 times. That’s ten deep knee bends.

• Once outside, take your shovel, place it across your shoulders and do a few gentle bending motions.

• Once you start to shovel take frequent mini breaks and try to switch sides. This is a suggestion that people find difficult but it really helps reduce one sided strain. Try to switch on the right then 10 on the left.

• Push the snow whenever possible rather than using a lift and throw.

• These suggestions cannot guarantee you won’t get injured, but will reduce the chances of both muscular and joint injury. As with all exercises, you should consult with a physiotherapist to ensure the exercises are right for you.

Linda MacLagan, Physiotherapist M.S.P.T., B.C.P.T., A.O.C.A. Lifesport Sport Canada Games Centre 902-404-3888

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Atlantic Superstore .......................210 Lake Drive
Atlantic Superstore .......................745 Sackville Drive, Lower Sackville
Better Friends Pet Supplies ..................287 Bedford Drive
Camela Games Centre .....................26 Thomas Russel Dr.
Chickaburger ..................................1531 Bedford Road
CIDO 97.5 FM Radio Station ................11 Glendale Ave., Lower Sackville
Enlighten Laser ..................................1475 Bedford Hwy #106, Bedford
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A Valentine’s Day Present After All!

By Hayley Reddick

It was the day after Valentine’s Day when we were home in Clayton Park after a couple of snow storms, said Lacosta. “I got the message about winning, I was really excited. It was Valentine’s, but because of the storms and being inside for two days, I wasn’t able to get my boyfriend Larry a Valentine’s Day present. So by winning the contest, I was able to gift him a Valentine’s Day present after all and I was really happy about that.”

Included upon arrival at the Seaport was a miniature beer sampling mug with ten inside, allowing for the tasting of diverse local beers. Each ticket could be used at one of the 30+ decorated cottage-themed booths.

At least several hundred people filled the market space, many of whom wore red, white and green plaid flannel shirts. The mood was light, upbeat and convivial. Mac and Hawes, one of Halifax’s local standup rock bands, plied songs by Hootie and the Blowfish, The Tragically Hip and The Rankins while spectators danced and smiled.

All ages were present and appeared to enjoy the lively sing supporting setting that contrasted the coldness of winter. A Tikibar with surfboards, flowers and twinkling lights seemed to attract a modest crowd as well as another booth where two expressive lumberjack servers from Ticker’s Craft Beer poured beer directly into the sample glasses from artificial handmade ladders.

A Night at Decadence

By Andy deChant

It was a great pleasure last month, on the one hand, letting December cool down to the verge of cold and into the Prince George Hotel to decide on one of the main events of the Savour Food and Wine Festival. Hundreds attended, and I daresay we all felt happy.

The festival is put on by the non-profit Restaurant Association of Nova Scotia (RANS), whose aim is to promote the local food and beverage sector and celebrate our cultural love of great taste. Now in its fifteenth year, Savour is working closely with the JWK Foundation to give back to the supportive community.

Coincidentally, my date was a stunning and exceptional woman who paid the bill at the JWK for fifteen years, the same length of time she’s been married to me.

The idea of the evening was to pay high-quality chefs (and later, the most delectable chocolate) with supreme wines in order to light up the taste buds for a night of utter indulgence. There were dozens of dishes to sample, all crafted by Nova Scotia’s most accomplished chefs.

Melinda Dye, HCF Director, said to the young people, “You matter. She acknowledged recent tragedies and negative media coverage, but highlighted the fact that there are also positive stories in the community. “We see you, we love you, we appreciate you. We want to encourage you and support you and make you matter. And you have a community that stands with you and behind you to make sure that you get what you need in terms of your achievements and we want to celebrate them as people who are doing things to make not only your life better but also the lives of others.”

A very important point, I think, was made by Councillor Lindell Smith, who said “We don’t need to have a certain skin colour to accomplish amazing things.”

Congratulations to all the successful young people recognized last month. Your community is very proud of your accomplishments!

A Tikibar with surfboards, flowers and twinkling lights seemed to attract a modest crowd as well as another booth where two expressive lumberjack servers from Ticker’s Craft Beer poured beer directly into the sample glasses from artificial handmade ladders.

Facebook through Parkview News for Christmas baskets and things like that. I wasn’t the winner those times but when I saw this contest come up I said, I’m going to put my name in.”

The tickets cost $75 a person and the event took place at one of HRM’s largest public venue, the Halifax Seaport Farmers Market.

“Kate Lacosta was very surprised when she received a message from Parkview News via Facebook. She won the contest giving away two free tickets to the local Craft Beer Cottage Party in Halifax. “I had a couple of prize contests on Facebook through Parkview News for Christmas baskets and things like that. I wasn’t the winner those times but when I saw this contest come up I said, I’m going to put my name in.”

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### Embracing our New Canadians

**By John Moore, Columnist**

We are blessed to be living in such a wonderful ethnically diverse and culturally rich community. It’s quite a feeling to be a part of such a broad-based population representing literally every corner of our planet. Yet, how many of us have taken the time to meet and speak with any of these newcomers, especially those who have arrived recently from war-torn countries like Syria? I’m pointing to mine going from sudden fear to to rebuild the former lives they once had. Immigrants and the stories they must have to tell.

As a proud Nova Scotian I really applaud our province for allowing all these immigrants and refugees to come here. It speaks volumes as to the kind of people we are and it defines our humanity in the best way possible.

We should embrace all our new immigrants as friends and give them hugs and encouragement as they go forward to make their new lives in this great community and country of ours. After all, it’s not easy for them, especially for those who can’t speak English. They have a big hill to climb to get themselves re-established and to rebuild the former lives they once had.

A Korean acquaintance recently told us of her struggles when she first came to Halifax 20 years ago. She couldn’t speak English and her husband who could have decided to leave her and her two children to go back to South Korea. She opened a business which became successful and now with her sons grown and making their way in life she’s successfully adjusted to her new life. That, to me, is an inspiration to all of us who are ‘homegrown Canadians’ and think we have it tough some times. We need to step back and count our blessings and really appreciate everything we have every day of our lives. We also need to really appreciate all those who have chosen Canada as their new home and make them feel at home in every way possible.

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### Bedfro News

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**The Bedford–Sackville Bugler**

**SPREADING THE GOOD NEWS IN OUR COMMUNITY**

**Bedford News**

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**Call for No Obligation Appointment Today**
CONGRATULATIONS to all the VOLUNTEERS and SPONSORS who made SACKVILLE SNOW DAYS such a huge SUCCESS!

The snow arrived just in time to make the Sackville Snow Days events a huge success with hundreds of children and parents participating in events from snow-shoeing to a costume party to an open mic night and many more.

Congratulations go out to Michelle Champness and the Sackville Business Association who are the main organizers of this fabulous community event!

We all know community spirit building events like this are not possible without the support of many volunteers and sponsors. To all those who volunteered, sponsored or supported the Sackville Snow Days Carnival in any way, please accept a great big thank you! We appreciate all that you do!

The Parkview News is pleased to present this feature page of photos of the event. More photos can be seen at www.sackvillebusiness.com or on the Sackville Business Association Facebook page.
UPCOMING COMMUNITY EVENTS

BEDFORD LEISURE CLUB

1800 Bedford Highway, Bedford, 902-496-4075

10:00am – 12:00pm – Elks

3:00pm – 5:00pm – Variety of Music

Thursdays

7:00-9:30pm – Woodcarvers

9:30am – Just for Fun Guitar Group

10:00am – Elderobics

12:00pm – Bridge

1:00pm – Orchestra

7:00pm – Bridge

1:00pm – Just for Fun Guitar Group

9:30pm – Elderobics

By Andy de Champlain

A few members of the orchestra entertained members after the business of the meeting. We heard a couple brilliantly played classical pieces from cellist Jude Williams and flautist Kathy Chisholm, later joined by Keith Fillmore on banjo. Keith also played a big band hit, On the Sunny Side of the Street, with his grandson Jeremy on vocals and keys. Young Jeremy had considerable talent, as he also proved to be a great cello player.

Now, it’s likely that you’ve heard of the Bedford Leisure Club, but if not – I had not – then it may certainly be worth considering a visit. The activities offered are good for body and soul, and for me, at least, it was a very warm introduction.

For the Birders

By Andy de Champlain

The Halifax Armdale Report

By Hov. Louis Melcher, O.C.

It was a pleasure for me to celebrate Heritage Day this year in two different venues. First, by hosting a family swim at the Spryfield Wave Pool, and with a very special citizenship ceremony at the Maritime Museum of the Atlantic. As we honoured the contributions of the Mi’kmaw people, we also welcomed 34 new Canadians from 16 different countries to our community.

The ceremony was a truly beautiful snapshot of our province’s diversity. I’d like to thank the Wave Pool staff for their assistance, and sincerely congratulate all those who took the citizenship oath on February 20th.

Last month was an exciting time for Halifax as the brand new Discovery Centre opened to the public at its new site on the waterfront. It was a thrill to attend the grand opening, and get a fresh look at all the exciting and interactive exhibits that are there to explore. Children, families, and science lovers of all ages are in for a real treat, and I would encourage everyone to plan a visit in the days ahead.

I’d like to remind you that the province is looking for public feedback and presentations on both bill 59, the Accessibility Act, and the proposed province-wide open data policy. I encourage you to contact my office for help with the applications.

The Nova Scotia Office of Immigration would also like to remind employers that staff are available to assist you in filling persistent labour gaps through sponsorship of a newcomer. Nova Scotia will receive 800 additional spots to fill in 2017, and I encourage employers with questions to call 1-877-292-9979 for more information.

I’m very proud to represent the people of Halifax Armdale, and I encourage you to contact me at (902) 455-1630 or info@melcher.ca if you have any comments, concerns or questions about provincial matters.

For the Birders

Common Goldeneyes, by Harald Florijn

Let’s talk Goldeneyes! Every year we get an interesting bird visitor in the form of a huge blue-green duck that typically isn’t found east of Canada in the Barrow’s Goldeneye. These can be found by the keen observer in the Bedford Basin in winter. Unlike the similar but more common Common Goldeneye, the Barrow’s Goldeneye, by Peggy Tozier, has a round white cheek patch, the Barrow’s has a reddish-brown white cheek patch. If you’re interested in learning more about birds, check out the Nova Scotia Bird Society on Facebook or on their website; walks and talks are always free!

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Lieutenant Governor’s “Evenings at Government House” Series Features Dr. David Divine

By Bruce Holland

Professor Divine was appointed the 2nd James R. Johnston Chair in Black Canadian Studies (2005-2010) at Dalhousie University, Halifax. He is a graduate of Edinburgh University Scotland, Aston University in the United Kingdom and the London School of Economics.

Dr. Divine’s presentation featured a talk entitled “Passing the Torch... African Nova Scotians and the Next 150 Years.” The presentation began with a very insightful history of African Nova Scotians and the many strides made over the past 150 years to grow as a culture and the many individual accomplishments that have been made during that time by African Nova Scotians. Dr. Divine reminded the audience that the gains made by African Nova Scotians historically came with a very insightful history of African Nova Scotians. Dr. Divine reminded the audience that the gains made by African Nova Scotians must get back to their roots and begin to once again support each other in attaining the goals of the community and individuals.

In closing his presentation Dr. Divine stressed the importance of defining the expectations for the youth in the community and preparing them for the future, enabling mature adults to enter identified public roles, supported by those more experienced, and the importance of elders in the community allowing others to enter into roles currently occupied by them (including Dr. Divine) and acting as mentors where needed and sought.

It was a thoroughly interesting presentation and the reception afterwards was most enjoyable. Anyone interested in attending one of these “Evenings at Government House” are welcomed to view upcoming events on the Lieutenant Governors website and register online to attend.

The Honourable J J Grant and Mrs. Grant chat with guests.

The Honours Lieutenant Governor J J. Grant and Mrs. Joan Grant invite Nova Scotians, particularly those that have never visited Government House before, to attend a new public event series designated to showcase civic and cultural excellence in Nova Scotia. These events will be called “Evenings at Government House” features diverse presenters and performers from a range of communities across Nova Scotia, including musicians, authors, scientists, sporting figures and more.

In recognition of African Heritage Month, Dr. David Divine was guest speaker at an “Evenings at Government House” event that was to have taken place on the evening of Tuesday, February 14th, but due to the blizzard that evening, the Lieutenant Governor’s website and the Lieutenant Governor’s Facebook page announced that the event would take place the following Tuesday.

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So What is the Canada Games Centre?
By Bruce Holland

The Canada Games Centre began in 1967 as part of Canada’s Centennial celebrations and are held every two years, alternating between winter and summer games. The Canada Games represent the highest level of national competition for up-and-coming Canadian athletes and is Canada’s largest multi-sport and cultural event for youth.

Halifax has hosted the Canada Games on two occasions, in 1969 and 2011, and our community has benefited from its legacies on both occasions, most recently, with the construction of the present Canada Games Centre in Clayton Park.

In the mid 1990s, after city staff deemed the aging Northcliffe swimming pool and community centre were too far gone to be repaired, a volunteer community steering committee (a committee I was honoured to serve on) was brought together to find a solution to this problem. The result was the development of a new facility and when Halifax was awarded the Canada Games for 2011, it made sense that this new facility would also serve as one of the venues for those games and thus the Canada Games Centre was built.

In 2017 we will celebrate the 50th Anniversary of the Canada Games at the Canada Summer Games will be held in Winnipeg in July. To celebrate this milestone, the Canada Games flag is making a cross-country tour celebrating each of the past host communities. In late February, as part of the tour, the Canada Games Flag Relay and Community Celebration were held at the Canada Games Centre in Clayton Park.

Gary Farlong, Canada Games Centre General Manager said, “We are very proud to be a part of the Canada Games legacy and a stop on the Flag Relay in celebration of 50 years of high performance sport in Canada. We wish Winnipeg every success in being this year’s host city.”

The Canada Games Centre is more than a centre for elite athletes though. With over 9,000 participants in aquatics, recreation and fitness programs every year and offering low-cost swim, track and parent/child swim, it also employs over 200 youth, ages 15-24 (60% of all staff). The centre is truly a community hub in a fast-growing community. The centre partners with Time and Canadian Tire Jump Start to provide financial assistance and access to the centre, is the venue for over 40 tournaments and community events annually and hosts the Annual Free Food Run/Walk in support of Feed Nova Scotia.

Mr. Farlong went on to say, “The Canada Games Centre inspires and energizes me and all of the staff each and every day we come through the doors. The users of this facility range from the very young to the very young at heart and they make it a community hub that is dynamic, diverse and inspiring place to be!”

As part of the 50th anniversary celebrations, Mayor Mike Savage was on hand to raise the flag in front of the centre. Also in attendance were RBC Olympian and Canada Games alumna Hannah Vaughan and former city councillor Gloria McGivney.

As a community member who attends a lot of community meetings, events and activities at the Canada Games Centre, I can attest that it is truly a big part of “The Heart of our City”!

Fairview Historical Society to Hold Fairview Community Reunion
By Bruce Holland

The success of the Friends of Fairview open houses last year and the subsequent creation of the Fairview Historical Society have culminated in a Reunion Weekend event which will take place this summer from Friday, July 28th – Sunday, July 30th at two locations, the Halifax Forum Multipurpose Room and the Fairview Legion.

Gerry MacLeod, President of the Fairview Historical Society said, “After the responses we had to our original open houses and the dance in the fall, along with the response we’ve received to this event already online, we expect there will be hundreds of people who will come to the reunion weekend.”

Due to the numbers the organization is expecting they have reserved the Halifax Forum Multipurpose Room for Friday’s opening night Wine and Cheese Reception and Registration (6:00 pm-10:00 pm) which will include a historical display of Fairview’s past and the music of “The Fine Tuners”. On Saturday afternoon (12:00 noon-2:00 pm) guests will again be able to view the historical displays. Saturday night, again at the Halifax Forum Multipurpose Room (7:30 pm-12:00 am), guests will dance to the music of the legendary “Tim Gangien and Friends”.

The weekend will wind up on Sunday when guests are invited to the Fairview Legion (11:00 am-4:00 pm) for a “Kitchen Party” and closing reception which will include lots of local Fairview talent performing on stage and a light lunch buffet (sandwiches, tea, coffee and a cash bar) where people can say farewell to friends old and new.

Don’t be disappointed, get your tickets now by contacting Gerald and Grace MacLeod (902-445-1230), Don and Devonna Edwards (902-456-0919), or Wayne Kelly (902-445-2152). Tickets may also be purchased at the Fairview Legion corner of Main and Hillcrest in Fairview any day of the week after 2:00 pm.

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Halifax Transit is hiring bus operators. Find out more at one of these information sessions:

- March 30, 6:30 p.m., Maritime Hall at Halifax Forum (2901 Windsor St.)
- April 4, 12 noon, Dartmouth North Community Centre (105 Highfield Park Dr.)
- April 5, 6:30 p.m., Sackville Fire Hall (1 Metropolitan Ave.)
- April 10, 6:30 p.m., Black Cultural Centre (10 Cherrybrook Rd.)

Open for applications on halifax.ca/employment from April 12 – 26.

Eligible candidates will be entered into a pool for future hiring opportunities.