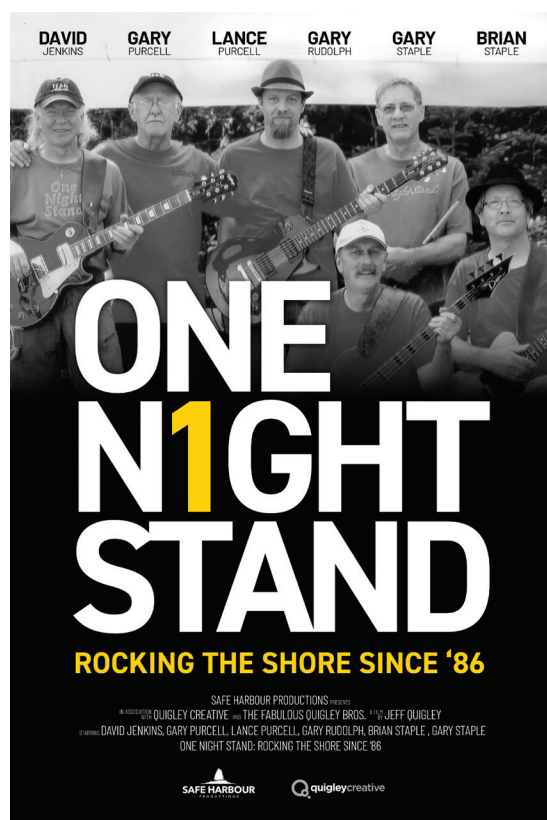


## One Night Stand Premiers

By Richard Bell



Congratulations to Jeff Quigley on the world premiere of his documentary, *One Night Stand*, at the Dartmouth Cineplex on October 18. The One Night Stand band began performing in 1986. Three of the six current members have been playing together at dance halls, churches, rinks, Legions, and private parties on the Eastern Shore from the band's first show.

The film features vintage footage from the band's early days, recent interviews with all members, and a rollicking three-song set recorded at the Old Number 7 Pub. Quigley spent a year editing all the materials, with help from his sons, Liam and Ethan. The interviews are especially compelling, as each of the band's current members (Dave Jenkins, Gary Purcell, Lance Purcell, Gary Staple, Gary Rudolph, and Brian Staple) talks about his life-long love affair with rock'n'roll music. The audience of friends and neighbors was with the film all the way, applauding at especially good lines, with a standing ovation at the end.

The film is now available online on Jeff Quigley's YouTube channel at: [www.jeffquigley.com/ons-doc](http://www.jeffquigley.com/ons-doc)

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# HALIFAX

## DISTRICT 2 COUNCILLOR'S COMMUNIQUE

NOVEMBER 2023 — ISSUE #312 — LEST WE FORGET

### VETERANS' WEEK OBSERVATIONS

Each year, from November 5 to 11, hundreds of commemorative ceremonies and events will take place across our country to commemorate Veterans' Week. These will be opportunities for all Canadians to recognize the contribution our veterans and military personnel have made and to honour those who made the ultimate sacrifice on behalf of Canada. Please remember them at the 11th hour, on the 11th day, of the 11th month in your own special way. Be sure to buy a poppy and pause to observe a two-minute moment of silence. We Shall Remember Them! Lest We Forget!

### 23rd HRM VOLUNTEER CONFERENCE

The Volunteer Conference is a celebration of the tremendous contributions of volunteers throughout our region. It gives residents an opportunity to participate in training, networking and learning that help them become more effective in their work and provide strong volunteer capacity in the municipality. This year marks the 23rd year of the annual Volunteer Conference hosted by HRM.

When: Friday, November 17, 8 a.m. to 4:30 p.m.  
Where: Delta Hotel, 240 Brownlow Avenue, in Dartmouth (Cost: \$35.00)  
Register online at [www.halifax.ca/myREC](http://www.halifax.ca/myREC) using course code 00077457 or call the registration line at 902.490.6666. Find more details at [www.halifax.ca/volunteerconference](http://www.halifax.ca/volunteerconference).

### 2024 VOLUNTEER AWARDS NOMINEES

Each year the municipality recognizes the extraordinary contributions of individuals and groups who volunteer their time and skills to provide services and programs in our communities. Nominations are now being accepted for the 2024 Volunteer Awards in three categories: adult, youth (ages 13-19) and community group. Successful nominees will be notified in March 2024. An awards ceremony will coincide with National Volunteer Week (April 14 to 20, 2024). The deadline for nominations for the 2024 awards is Friday, January 5.

To find out more information about the awards, nomination criteria and to nominate someone in your community, visit [www.halifax.ca/about-halifax/volunteering/volunteer-awards](http://www.halifax.ca/about-halifax/volunteering/volunteer-awards) or by Fax 902-490-4535 or by regular post to PO Box 1749, Halifax, NS B3J 3A5. Please note that a volunteer cannot have received this award in the last five years. To find out if nominees have received this award in the past, please contact Meaghan Dalton at [meaghan.dalton@halifax.ca](mailto:meaghan.dalton@halifax.ca), by telephone: 902-456-9683 or by emailing [volunteerhelp@halifax.ca](mailto:volunteerhelp@halifax.ca).

### TAX EXEMPTION FOR LOCAL GROUPS

The municipality can help some local non-profit organizations reduce their property tax payments through the Tax Relief for Non-Profit Organizations Program. Applications must be filed by November 30, 2023. There are various types of tax reduction programs including Commercial to Residential Tax Rate Conversion, or to tiered level tax rate with 25%, 50%, 75% or 100% tax exemption.

For more information about this tax relief program can be found at [www.halifax.ca/business/doing-business-halifax/tax-relief-non-profit-organizations](http://www.halifax.ca/business/doing-business-halifax/tax-relief-non-profit-organizations) Application forms can be retrieved online at [https://cdn.halifax.ca/sites/default/files/documents/business/grants/application-form-fillable\\_0.pdf](https://cdn.halifax.ca/sites/default/files/documents/business/grants/application-form-fillable_0.pdf).

Applications with all relevant documentation should be sent to HRM Grants Program: Non-Profit Tax Relief c/o HRM Finance & Asset Management PO Box 1749, Halifax, NS, B3J 3A5. Or drop it off at the HRM Customer Service Centres in Musquodoboit Harbour and Alderney Landing in Dartmouth. For assistance, contact the Grants & Contributions office at 902-490-7191 or by emailing [nonprofittax@halifax.ca](mailto:nonprofittax@halifax.ca).

### NS HUMAN RIGHTS NOMINATIONS

The NS Human Rights Commission (NSHRC) is seeking nominations for the 2023 NS Human Rights Awards. People and groups who are committed to advancing human rights in our Province can be nominated until November 3. Nominees are being sought in the categories of youth, individual and group/organization. The 2023 NSHR Awards will be presented on the United Nations International Human Rights Day, December 10. For more details and to submit a nomination, visit the NSHRC website at <https://humanrights.novascotia.ca/>.

### SENIOR SNOW REMOVAL PROGRAM

There is a snow removal program available to seniors (65 years of age or older) and for persons with disabilities throughout all areas of HRM. Its mandate is to provide a resource to clients for the removal of snow for safe access. The program offers assistance to clear snow from front steps and walkways, ramps and access to fuel tanks and/or firewood. The program does not apply to the clearing of driveways. You must reside in a single dwelling home that you own or rent. The program is limited to those households with a combined total income not exceeding \$32,000. The program is NOT available to landlords. For more details, please call 311 HRM Contact Centre, the YMCA at 902-483-3678, or visit these websites for further details, visit [www.halifax.ca/transportation/winter-operations/senior-snow-removal](http://www.halifax.ca/transportation/winter-operations/senior-snow-removal) or <https://ymcahfx.ca/snowremoval/>.

Registration deadline is December 1 or sooner, depending upon the demand. All previous year's clients will be called directly to ensure their renewal in the program. Be advised that this is a first come first served process, once we meet our maximum capacity, then the program will be closed, and new applicants will be placed on a waitlist. All applicants placed on the waitlist will be contacted if a space opens for them in the program. It is important to note that only applications with proper documentation will be considered for the program. Completed applications may be faxed to 902-423-8530 or e-mailed to [ssr@halifax.ymca.ca](mailto:ssr@halifax.ymca.ca) or can be mailed or dropped off in person to: YMCA Senior Snow Removal, Community YMCA, 2269 Gottingen Street Halifax, NS B3K 3B7. Download forms at <http://ymcahfx.ca/wp-content/uploads/2022/08/SRP-Details-and-Application-Form-2022-2023-2.pdf>.

### COASTAL PROPERTY CONSULTATION

The Province is contacting people who own coastal property in Nova Scotia and inviting them to provide input on how to plan and adapt development along the coastline in response to climate change. This will be the first time the Province is contacting coastal property owners directly to ask for their input on how to protect coastal structures and ecosystems, and keep people safe.

Property owners will be mailed a postcard with information about the consultation and how they can share their input online at <https://novascotia.ca/climate-change-coastal-protection-consultation/> by email to [coastalconsultation@novascotia.ca](mailto:coastalconsultation@novascotia.ca) or by mail to Nova Scotia Environment and Climate Change, ATTN: Climate Change Division, P.O. Box 442, Halifax, N.S., B3J 2P8. The deadline for submissions is November 7. For more information about the Provincial Plan: *Our Climate, Our Future: Nova Scotia's Climate Change Plan for Clean Growth*, visit <https://climatechange.novascotia.ca/sites/default/files/uploads/ns-climate-change-plan.pdf>. Learn about the NS Coastal Protection Act by visiting [https://nslegislature.ca/legc/bills/63rd\\_2nd/3rd\\_read/b106.htm](https://nslegislature.ca/legc/bills/63rd_2nd/3rd_read/b106.htm).

### COMMUNITY HAZARD RISK VULNERABILITY ASSESSMENT (HRVA) SECOND SESSION

There was an initial HRVA meeting for District 2 held on Thursday, September 14 at Eastern Shore Community Centre Rink. An additional HRVA engagement session will be held on Tuesday, November 14, from 1 to 3 p.m. at the Sheet Harbour Lions Centre. You can also provide your input via an online survey at [https://www.shapeyourcityhalifax.ca/hrva/survey\\_tools/hrva-survey-2023](https://www.shapeyourcityhalifax.ca/hrva/survey_tools/hrva-survey-2023). More information about the HRVA engagement process can be found by visiting [www.shapeyourcityhalifax.ca/hrva](http://www.shapeyourcityhalifax.ca/hrva).

### GSAR TEAMS ANNUAL HRM GRANTS

There are four Volunteer Ground Search and Rescue (GSAR) teams in HRM that provide assistance to all three levels of government in the event of a missing person search, an evacuation, natural or man-made disaster, or evidence search. HRM Operating Grants are based on an average of three years of core recurring operating expenses and exclude search call-out claims that are reimbursed by the agent of jurisdiction. Here are the 2023-24 Operating Grant awards:

- Eastern Shore GSAR - \$31,046.00
- Sheet Harbour GSAR - \$33,352.23
- Musquodoboit Valley GSAR - \$52,865.55
- Halifax Regional GSAR - \$82,601.00

### MUNICIPAL ARCHIVES DONATIONS

The Halifax Municipal Archives gladly considers donations of records that should be preserved and made accessible to the public, including documents, photographs, maps, plans, books, sound recordings, and film created by individuals, families, businesses or community organizations active within the municipality. Grassroots community organizations are not adequately represented in Canadian archives, and HRM intends to offer advice to community groups on caring for their historical records either in-house or through donating to an established archive. HRM Archives encourages community groups to use this Guide at <https://cdn.halifax.ca/sites/default/files/documents/about-the-city/archives/GuideToArchivingForCommunityOrgs.pdf>.



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# Home Made Cough Remedies

By Savayda Jarone, herbalist

We are in full swing with our annual cold and flu season, so I would like to share a few practical tips on how to deal with coughs.

With my last cold, I had the worst cough ever; a strange sequence of a dry, irritated cough, followed by mucus congestion, ending with prolonged spasmodic hacking – basically, a little of everything. But I had what I needed in my garden and spice cabinet.

## Dry Cough

In this case there may be a scratchy feeling in the throat, and no mucus rattling in the lungs. Soothing, moistening remedies are called for, to reduce the irritation. Simply stirring a spoonful of honey into hot water may do the trick. Seaweed infusions are also very soothing – kelp or Irish moss, steeped in cold water for 30 minutes, will form a thick, gel-like consistency, similar to aloe vera gel. You can purchase locally harvested seaweeds at health food stores; they are great to have on hand for other medicinal and culinary purposes.

Marshmallow root and licorice root teas are very effective at soothing a dry cough, along with common garden violet, red clover and plantain.

## Wet cough

This is when the spice cabinet doubles as a medicine cabinet. Make a strong tea with any or all of the following: clove, cardamom, anise, fennel, coriander, black pepper. The spiciness of fresh ginger, garlic, and onion help to “melt” the mucus, making it easier to cough up. The needles from spruce, fir and pine trees can also be brewed in a tea to produce a more productive cough.

I’m a fan of the following cough syrup recipe because the ingredients are often on hand in the kitchen, it is easy to make and it tastes better than it may sound.

## Onion and Garlic Syrup

Peel and slice 6 cloves fresh garlic  
Peel and thinly slice one medium onion  
1 cup sugar, preferably evaporated whole cane juice.

In a clean wide mouthed glass jar, cover the bottom with a layer of sugar. Cover with a layer of onion and garlic. Alternate layers until all the onion and garlic are used up. Cover with a paper coffee filter or a clean, cotton cloth

(secure with elastic band). Let sit 8 hours. Mixture will liquefy. Strain into another jar and cover tightly. Store in fridge for up to two weeks. Take 1 tsp as needed for cough.

## Endless Hacking Cough

This is the kind that keeps you up at night, or persists to the point where your ribs hurt. It may be dry or wet. Relaxing herbal teas are helpful, chamomile, lavender, skullcap. Also, warm compresses on the chest. When it is especially disruptive, wild cherry bark, coltsfoot, valerian and crampbark can be used as teas or tinctures to suppress the cough.

Steam inhalations are helpful for clearing lung congestion. Use either essential oils, or herbs with a strong fragrance. Add a few drops of eucalyptus or peppermint essential oil to a bowl of hot water, inhaling the fumes. Or, simmer a pot of water with herbs and inhale the steam.

During cold and flu season I always have a bottle of the following homemade cough syrup in the fridge.

## All Purpose Cough Syrup

3 cups water  
1 cup elderberries  
1/4 cup thyme  
5 tbsp cinnamon  
1 cup honey

Gently simmer the herbs for about 15 minutes, or until the liquid is reduced by half. Strain the liquid. While still hot, stir in the honey. Pour into a glass jar and label. Store in the fridge for up to 2 months. Take 1 tsp as needed for cough and sore throat.

Other herbs and spices can be substituted, while keeping the elderberries for their well researched anti-viral properties. Elderberries are from a shrub that can be found throughout Nova Scotia, usually in damp places, the dry berries can be purchased from health food stores.

There’s a new **free** online skills-training service for Nova Scotians, SkillsOnlineNS. The service offers dozens of online skills-training courses, from basic computer programs (Outlook, Excel, etc.) to marketing strategies to workplace health and safety. The program is offered through a partnership between the Department of Labour, Skills, Immigration and the NS Association of CBDCs. The website is: <https://skillsonline.ns.skillspass.com>.

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