

# The Armdale Report

## by the Honourable Lena Diab, MLA for Halifax Armdale

I was very proud to announce funding to support three new projects that connect people to their communities. The NS government is investing in 29 projects across the province to encourage healthier living, reduce our environmental footprint and give Nova Scotians more options for how they travel between destinations. The three new projects: \$50,000 to build the Chain of Lakes bridge and community connector linking St. Margaret’s Bay Road with the Chain of Lakes Trail; \$25,000 to Bicycle NS for a plan to connect the Chain of Lakes Greenway and the peninsula; \$2,300 to BayRides, a new community based transportation service in St. Margaret’s Bay.

Thank you to those who attended the MLA Town Hall I co-hosted with Clayton Park West and Fairview-Clayton Park on private refugee sponsorship. If you would like to help, please view: [www.novascotiainmigration.com/support-for-refugees](http://www.novascotiainmigration.com/support-for-refugees). I was pleased to be part of the grand opening of the Refugee Health Clinic. This clinic will provide refugees with primary and preventative health services during their initial integration into the Halifax area. This represents a new way of working together and is a partnership with ISANS, Halifax Refugee Clinic and the Dept. of Health and Wellness.

I was happy to join with volunteers at the TD Tree Day event at Dingle Park. TD and Clean Nova Scotia teamed up to plant 200 trees. Together we can work towards inspiring environmental change for a cleaner Nova Scotia. I also joined students and staff from John W. MacLeod - Fleming Tower School who were running with pride to Frog Pond for the Terry Fox Run. I enjoyed connecting with residents and experiencing local culture at Bethany United’s successful fall fair.

I’m honoured to be a recipient of this year’s Progress Women of Excellence Awards by the Canadian Progress Club Halifax Cornwallis. This great organization supports Phoenix Youth programs, Special Olympics of Nova Scotia, Adsum House and many more. I would like to congratulate all recipients of this year’s award and I encourage you to support them by attending the November 18th event. For more

information visit: [www.cpchalifaxcornwallis.ca](http://www.cpchalifaxcornwallis.ca).

I will be hosting an open house on Sunday, November 8th from 3:00 to 4:00 pm for constituents to drop in. I encourage anyone coming to bring a non-perishable food item or donation in support of St. Paul’s United Food Bank. My office door is always open to listen to your concerns. You can contact me at 902-455-1610 or email [info@lenadiab.ca](mailto:info@lenadiab.ca).

## Picnic area at Long Lake

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silence that they are not alone and that there is help. The first bench was placed at Long Lake Provincial Park on the night of October 19th. With over 250 people attending, the family gave an emotional speech about their mother and what she meant to them. Thank you to all that attended and thank you to the family for sharing.

This month we saw a lot of paving and road maintenance in our communities. While this is a positive thing, it can, at times also try our patience. So thank you all for being very patient on your daily commutes while our roads are repaired.

It has also been a busy month of community actives and engagements. We saw the St James sword fish dinner; Chebucto connections clothing bonanza; community clean ups; Harrietsfield Craft show and many more events. Thank you to all of the volunteers who helped organize these events and for all who attended. If you are looking for information on upcoming events, please add me to your Facebook as I am always updating the community.

Lastly I wanted to remind everyone that the Legislature is back in session on November 12th. This means I will not be as available as I usually am. If you have any questions or concerns you can still contact Kelly at my office at 902-444-0147. She is there from 9am – 5pm, Monday through Friday, and always willing to help. I will try my best to return calls in a timely manner.

Have a great month of November, please feel free to reach out to me anytime.

# Black Belts

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two rounds back to back with different opponents, demonstrate 10 self-defense techniques, and finally they do five breaks.”

Carl Hines, a second dan Black Belt started taekwondo in 1985. When asked what he felt was the most difficult part of the test, he said, “”The fitness and cardio part of it. Continuing when you wanted to stop.”

This sentiment was echoed by several of the testers. Gracie Weir, the youngest tester in the group at 11 years old, was a black stripe ranked student before she did her test. Ms. Weir was successfully awarded her Black belt, but has no intention of stopping there. “I’d like to go to at least my third (dan), normally if/when people stop (training), they stop at their first or second dan, and I want to go further.”

Christopher Perks also started the day as a black stripe and was awarded his black belt. Chris has vowed to continue training in taekwondo for as long as his body will allow. He enjoys training and learning taekwondo, but also has taken an active role in teaching younger members of the club. Chris was initially apprehensive of the day of testing, but, like the other testers, he persevered and overcame all of the obstacles. “Each section of the test has its own difficulties... the speed that everything will go at makes me nervous”, said Mr. Perks. “Forms are my weakest aspect, but I enjoy them because I understand their purpose”

David Aladers, who earned his second dan black belt, started taekwondo because his daughter inspired him, and he has been with Chimo for twelve years. He has no strategy or specific determination for how far he wants to take his skills, but will rely on his body to tell him when he’s had enough. His advice for future testing black belts? “Keep going, and don’t give up.”

Jacob Scanlon, another determined youth, has been with Chimo since he was 8 years old. On this day, he was testing for his third Dan black belt. Mr. Scanlon was confident going in to the test, but was slightly worried about the board breaking. His breaks consisted of three combination breaks, each one having to consist of 6 strikes. If there was an aspect of taekwondo he would emphasize to new students, he tells us, “I never enjoyed forms until I got my Black belt. Now they’re something I understand that are important and can be fun to do.”

Katie Berakos achieved the prestigious title of Master Berakos, by receiving her 4th Dan. Master Berakos has been with the Chimo club since 2003, and is not intimidated by the physical work required for the black belt test, but finds the mental strain daunting. Upon reflection of her start with taekwondo twelve years ago, she had this to say, “It doesn’t matter what anyone else is doing. Worry about yourself. Regardless of how far other people go.... it has nothing to do with you. Keep going”

Master Greg Drummond, who is new to the Chimo Taekwondo family, having recently moved to the area from Ontario, has practiced the sport since the early 1990’s. He views a black belt degree with a standard of integrity and encouragement that can be shared with others. “Once you’re a black belt, you’re held to a level of admiration and in some ways that’s inspirational,” said Master Drummond. “You have this encouragement behind you from all the little kids in the classroom and adults in the classroom that want to see what you can do.”

The testers this day did not disappoint, and all, proudly, passed their test. Congratulations to all!

To sum up the day’s accomplishments, I will rely on a simple yet meaningful Korean proverb that applies 100% to any striving student of taekwondo, new or experienced—

“Go-saeng Ggeut-eh naki eun-da”, of which the literal translation is “At the end of hardship comes happiness.”

Interested in trying Taekwondo? Chimo Taekwondo Club is offering an introductory package special that includes your initial uniform and 12 classes for only \$100. Remember, every black belt started as a white belt.

## ENERGY – Government supports sustainable transportation in Halifax

Government is supporting two sustainable transportation projects in Halifax.

Halifax Atlantic MLA Brendan Maguire, on behalf of Energy Minister Michel Samson, announced the support at an event on Oct. 1st, at The Boys and Girls Club of Spryfield. Projects led by Genuine Progress Index Atlantic and Heart and Stroke Foundation of Canada received funding through the province’s sustainable transportation grant program, Connect2.

“Halifax is home to great sustainable transportation infrastructure, and we’re pleased to support two projects that help encourage even more people to enjoy it,” said Mr. Maguire. “Government is proud to partner with community organizations like Genuine Progress Index Atlantic and Heart and Stoke Foundation to encourage and support community-driven sustainable transportation solutions and promote active lifestyles.”

Government is providing \$10,000 to Genuine Progress Index Atlantic for its Youth Connect project. Youth Connect aims to encourage and enable youth to be direct agents of positive change in overcoming obstacles and creating solutions for youth access to sustainable transportation.

“Young people can provide a wealth of insight, not to mention energy and enthusiasm, to the planning process for sustainable transportation,” said Gwendolyn Colman, executive director, Genuine Progress Index Atlantic. “This Connect2 grant will allow more young people to partner with community organizations to identify and create solutions to barriers affecting people of all ages in our communities.”


Mr. Maguire also announced a \$2,500 grant to the Heart and Stroke Foundation to plan and host a Planning Walkable Communities workshop to improve the state of walkability in Halifax.

“Walking is the most accessible form of active transportation for Nova Scotians of any age, yet walkability can often be an afterthought in the planning and design process,” said Charlotte Comrie, CEO, Heart and Stroke Foundation, Nova Scotia and Prince Edward Island. “This workshop, for planners and others interested in active transportation, is about making our communities more walkable and more accessible for everyone, from children to seniors.”

Connect2, launched in May, aims to create and promote active transportation options for trips of two kilometres or less between community hubs in rural and urban parts of the province.

More projects will be announced in the coming weeks, and all will be completed by March 10.

For more information, visit <http://novascotia.ca/sustainabletransportation/>.





**Honourable**  
**Lena M. Diab**  
**MLA Halifax Armdale**

*Constituency Office*  
*Open House*  
*Sunday, November 8*  
*3:00 PM – 4:00 PM*

*1 Craigmore Drive, Suite 101*  
*Halifax, NS*  
*B3N 0C6*

*I encourage anyone coming to bring a non-perishable food item or donation in support of St. Paul’s United Food Bank.*

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