



NOMINATION FOR COLE HARBOUR, NS

LIEUTENANT GOVERNOR'S
COMMUNITY SPIRIT AWARD

May 31, 2018



May 31st, 2018

Dear Selection Committee:

We are so grateful to be able to partner with community members to nominate our community for this award. Cole Harbour has so many great stories, experiences, and projects underway, which demonstrate why residents here are proud to be a part of, and to say; we live, work & play, in Cole Harbour!

Cole Harbour has over 160 small business and over 30 non-profits. These are locally based businesses and organizations dedicated to serving our community. Whether you are swimming at Cole Harbour Place, enjoying the Salt Marsh Trail or local beaches, having a hotdog at one of Cole Harbour's community BBQs or events, or grabbing a bite to eat at one of several multicultural influenced restaurants-Cole Harbour has something to offer every one.

We have 11 public schools in our community and there is hardly a time when there isn't an event going on at one of them. These events benefit our students, schools, and in turn, our entire community. Our goal-everyone's goal in Cole Harbour, is to support residents here to be successful in reaching their full potential. Especially, to find innovative solutions that will enable our youth to stay in the community; to become leaders and contributors here. When it's time, to take the torch so to speak, from our respected elders, who have laid the groundwork in establishing this great community.

As co-founders of a new, Cole Harbour based non-profit, created through passion for the development of this very community; we say, thank you, for the chance to apply for this exciting award. Every day is a reminder as to why we love living and working in Cole Harbour. Together, with our community and supporting partners, we are proud to share the Cole Harbour story with fellow Nova Scotians.

Forward Together,

Ryan Rutledge
Co CEO
Community Connexions Network NS

Marisa DeMarco
Co CEO
Community Connexions Network NS

In Collaboration with Cole Harbour Community Partners:

- Community Connexions Network Nova Scotia
- Cole Harbour Parks and Trails Association
- Westphal Cole Harbour Firefighters Association
- Cole Harbour Rural Heritage Society
- Parents and Children Together
- Cole Harbour District High School
- South Eastern Community Health Board
- Cole Harbour Place
- Tony Ince MLA Cole Harbour-Portland Valley
- Boys and Girls Club of Greater Halifax
- Darren Fisher, MP for Dartmouth-Cole Harbour
- Councillor Lorelei Nicoll, Westphal-Cole Harbour
- Rehtaeh Parsons Society
- Hillside Wesleyan Church
- Cole Harbour and Area Business Association
- Cole Harbour Citizens on Patrol
- Woodside United Church
- Auburn High School
- Cole Harbour Harvest Festival Society
- Cole Harbour Citizens on Patrol

Celebrating History, Tradition, and Heritage



The rail line from Dartmouth to the Eastern Shore became a reality in 1916. It took two years to complete the line across Cole Harbour. The Cole Harbour line continued to Musquodoboit Valley and transported passengers, lumber, gravel, lime and wood chips, fish and agricultural products. The tiny train station was simply known as 'Cole Station', for some reason the word "harbour" was omitted. The fare from Cole Harbour to Dartmouth was \$0.25 at the start of service, and gradually increased to \$2.00. CN discontinued the line in the mid 1980s, and the abandoned rail corridor was converted to trails

named the 'Salt Marsh Trail' & 'Shearwater Flyer Trail', parts of the Trans Canada Trail.

Halifax County Poor's Farm (later called the County Home), was established in 1887 to house the aged, poor and "harmless insane." People who lived on the working farm cared for livestock and grew produce, which was sold to local citizens. The "inmates," as they were called at the time, were housed in institutional-style dormitories. The home closed in 1929, when a large portion of the co-ed dormitories burned down. No one died in the fire. Residents of the home were subsequently transferred to the poorhouse in Halifax. Ten years after Poor's Farm closed, a rehab centre was built across the road. The facility was then abandoned in the 1990's; it has since served as the set for the television show Trailer Park Boys. In 2011, the building was torn down.

In 1825 the Methodist Chapel was built; it is known today as the Meeting House. The House is situated at the top of "Long Hill" overlooking the harbour. In 1961 the old Meeting House was vacated by the church for a new church built nearby on Bissett Road. Special services are still held in this building 2 or 3 times a year. The meeting house underwent renovations in the 1870's, and in 1892. In recent years renovations have been completed to accommodate for community use. The meeting house is owned and preserved by the Cole Harbour Rural Heritage Society.

The Cole Harbour Heritage Farm Museum sits on a small piece of former farmland now completely surrounded by modern development. It is accessible by city bus and there is no admission. The two hundred year old Giles House was moved to the site in 1976. The site also includes a 150 year old farmhouse, The Harris House, and barns, original to the site. The farm houses and barns contain artifacts dating from the 1790's to the 1960's, which tell the story of Cole Harbour's agricultural history

Cole Harbour's first school was opened in July 1814 in a converted sheep barn on the south side of Cole Harbour Rd. The original school was eventually replaced by a new one room school house, built across the street from the original school. That one room school house operated until it was replaced in the mid 1940's by a larger two room school house, that operated until 1965 when it became a community hall, now referred to as "The Box".

As previously mentioned; one of our community's most notable gems is the Cole Harbour Heritage Farm Museum. Founded in 1976, and seeping with historical relevance and tradition, it is dedicated to keeping Cole Harbour's agricultural heritage alive. The museum houses a comprehensive collection of local farm, household and personal artifacts, local archival material-including oral history tapes and hundreds of photographs and documents.



Having a fully operational blacksmith's shop that offers blacksmithing workshops to the public, The Farm Museum helps maintain a part of Cole Harbour history that everyone can experience and appreciate. As part of Canada 150, there was a wonderful opportunity to build on an already strong community asset.



The Cole Harbour Heritage Farm garden was chosen as one of the 150 gardens across Canada to become part of the 150 Gardens Tour, in celebration of our Nation's birthday celebrations. With the help of numerous volunteers from the farm and a student horticulturalist, the Farm planted and maintained an expanded garden; a beautiful array of vegetable plants and flowers. This became worthy not only of the recognition it fostered from Canada 150, but also the endless praise from the visitors and residents fortunate enough to have experienced the beauty of that great addition to the Farm.

Our Community: Unique Strengths, Citizenship, Culture and Pride

Cole Harbour has a long, proud history of community partnerships, spirit, and participation. As many of the community's events can depict, we may be small, but there's a lot of heart and passion for working together. One of the many strengths we have here in Cole Harbour is our hockey history. Cole Harbour is proud to say we have contributed to the making of Joe Dipenta, Nathan McKinnon, and Sydney Crosby, all athletes in the NHL. As a community that is proudly represented by all divisions of hockey, from local to national, we appreciate the recognition these tremendous athletes bring to our area. The community's hockey playing residents have the resources to play locally at Cole Harbour Place, a beautiful recreation centre that has 2 indoor hockey rinks. Cole Harbour is definitely a 'hockey town'!

Cole Harbour District High School (CHDHS) has an internal Skills Trades lab/program where students learn carpentry, welding, and other trades. We are one of the only high schools that offer these programs. Students experience authentic jobsite requirements in terms of safety, attitude and appropriate practise. This gives them a tremendous advantage moving forward; to attain a seat at NSCC or via the school's COOP and O2 programs. The students in the CHDHS Skills Trades courses, along with instructors, have applied for and attained grants to build projects that benefit other schools, community centres, and their own school grounds.

<https://www.youtube.com/watch?v=bSSb4OPSeSA> – Cole Harbour District High Renovations Video

Cole Harbour youth service organizations invest all their time and resources into bettering the lives of young people. Under the guidance of The Southeastern Community Health Board, in 2008, a group of committed organizations started a Youth Service Provider Network meeting for Cole Harbour and surrounding communities. It is with this network that youth serving individuals and organizations come together to discuss the issues they are facing, highlight upcoming events or initiatives, while working together by sharing information and ideas. Currently, the Youth Service Provider Network has over 20 representatives that attend monthly meetings at Cole Harbour District High School.

Cole Harbour has no shortage of community pride. We have many community celebrations like; kids' carnivals, Family Safety Day, and Military Family Day. The 24hr First Responder's Appreciation Day is hosted by the MLA, his team, with the help of numerous volunteers and community partners. Everyone takes shifts over the 24 hours, providing refreshments, as a community show of appreciation for these dedicated women and men. The local business community, through the Cole Harbour and Area Business Association, has developed two celebrated traditions as well. The annual Christmas Tree Lighting, held at the Fire Hall, and the Heritage Day Family Skate held at Cole Harbour Place. Both are fine examples of residents helping to create tradition in bringing people together. Our biggest community get-together would be the Cole Harbour Harvest Festival. The purpose of the Cole Harbour Harvest Festival is to bring people together to



celebrate the richness of Cole Harbour. Although this event centres on a music concert, it is also a time to build community pride, respect, and awareness. Participants enjoy games, physical activities, a Health Fair, Farmers' Market, food, and a music concert, showcasing the talent of local youth and adults.

Cole Harbour's Tapestry of Diversity and Inclusion



One of the many ways we celebrate inclusion and diversity is through our community initiated Global Tour Program. Global Tour is a program run by a volunteer committee, that identified there were issues with grade 9's transitioning into high school. As Cole Harbour is a connecting community for 7 smaller, more rural communities, all the students attend high school here. So, students from each of the JR. Highs, are brought together for a tour to the different communities, to gain awareness and respect for diversity, and to learn about the culture, heritage, and people. It's an amazing project; as this area is proud to have the largest African Nova

Scotian Community in Canada, and this is a great opportunity to celebrate this diversity! When the students get together for this program, the experience helps eliminate stigma, bias's, and stereotypes. Global Tour is immensely valuable and unique to our community.

Many schools in our community have taken on the role of providing a safe and supportive place to Syrian refugees', where children can learn English, develop their skills, and get an education. The Woodside United Church has generously sponsored a Syrian family to come live in Cole Harbour, and is currently working on sponsoring a second family! Cole Harbour Cares is preparing to sponsor a second Syrian family. The Alasadi family is made up of Father, Ziad Alasadi (38), Mother, Israa (28), daughters Jana (9), Mona (5), and a seven-month-old baby boy. Unfortunately, the Alasadi family is currently living illegally in Lebanon, sharing a three-bedroom house with three other families. Since they are illegally living in Lebanon, Ziad is not allowed to work and the children are not permitted to attend school. Their application to come to Nova Scotia has been approved and the family is waiting to be called to Beirut for medical and security interviews. Once they pass the interviews they will be given plane tickets to come to Canada. If everything goes as planned and based on the church's previous experience, the Alasadi family is expected to be living in Cole Harbour very soon!

The Hillside Wesleyan Church takes yearly trips to Haiti to help re-build, strengthen, and educate the people of Haiti after a devastating earth quake. Hillside takes a team from their church, with much needed supplies, tools, and tricks of the trade, to empower Haiti to 'be the change they want to see'. Cole Harbour is very proud and supportive of this project, as we can see, our community members are taking time out of their busy lives to teach the skills of sowing, carpentry, cooking, gardening, and so much more, to those in need!

Auburn Drive High School services a wide range of families and cultures in Cole Harbour and surrounding areas. They welcome students from around the globe through the Nova Scotia International Student Program. This year alone, ADHS has 21 students from 15 different countries. Other programs at ADHS that celebrate inclusivity are Jack.Org-a student run mental

health awareness chapter, and Best Buddies-a volunteer team of students who work with the learning centre students, creating a welcome bridge of inclusion as they work together. Auburn High school is home to Aubcon, a comic-convention run by the nerd and geek community (self and proudly named). The students spend a year organization the day-long event, that showcases the best of this active community. They welcome local vendors, have contests the celebrate the uniqueness of these students, and workshops to support their interests and gameplay culture. The entire Cole Harbour community is welcome to participate in the full day celebration.

Building Community; Challenges, Partnerships, and Positive Change



There is a wide range of demographics in our community. Although many Cole Harbour families enjoy an excellent quality of life, an unfortunate concern remains; many individuals and families require extra support from their community resources. There is a substantial concern regarding food insecurity and the lack of a youth shelter for the area. One of our local churches, Woodside United Church, offer families the only food bank in our community. As the need for food banks rises, discussions are being held to start more foodbanks and options to garner more sustainable food security for those in need. The MLA's Office, and many local churches' congregations, help provide Christmas food hampers for families in need during the holidays. Plans are

being made through Community Connexions Network, to hold The Amazing Grace-a pilot food drive event. It's dedicated to stocking our existing food bank, and to developing partnerships to create other resources that will help improve food security standards in Cole Harbour.

Providing a high-quality education is very important to our community. Recently; Cole Harbour schools went through the largest school review ever conducted in Nova Scotia. Over 300 residents participated in each session! 17 schools were reviewed by a board referred to as the Schools Options Committee-SOC. The SOC, a volunteer based community group, dedicated hundreds of hours of their time to represent each school, its students, and their families. They were tasked with reviewing the schools' operational and utilization factors. This review will identify resources that could offer the best-case scenario for our students, thus fostering the highest standards in education possible.



Cole Harbour's MLA Office has partnered with a local non-profit, Connexions. In this partnership, round table discussions & workshops are being developed and facilitated by Connexions volunteers, and hosted by MLA Tony Ince. Held at the YMCA-NS Works, Cole Harbour site these sessions help identify local issues that business owners are facing. On May 25th, our first Small Business Roundtable, was held with great success. Local business owner participants' feedback will help identify challenges with shopping local initiatives, cross marketing, and customer

retention. Ten local businesses came together to discuss these challenges and now the process begins of collaboratively coming up with solutions that can be acted upon. Other round table discussions for our community are currently being planned as well; Parent Caregivers for Adult Children, Non-Profit and Partnership Building, Children with Disabilities, Seniors Concerns, and Local Social Responsibility Initiative Options. In order to encourage other topics of interest from residents, community engagement for discussion ideas will be put forward via social media.



Westphal Cole Harbour Firefighters Association is dedicated to making a difference in the lives of those fighting the challenges of Muscular Dystrophy. For 29 years, this community-based group of volunteers, all of whom are active or retired fire fighters, raise money with their annual Don Crook Memorial Ladder-A-Thon. The member volunteer sits atop a truck ladder for 50 hours, in the effort to raise money for this worthy cause. Over the span of the past 29 years over \$850 000.00 has been raised for Muscular Dystrophy Canada by this WCHFFA community effort.

In the challenge to stop bullying and sexual violence, several community efforts have been initiated. The Rehtaeh Parsons Society is a local, parent led organization dedicated to raising awareness to stop sexual violence and bullying via social media. The organization offers workshops and presentations on the subject. RCMP-CH Detachment, Constable Blair Dole, volunteers as a coach for a local Bantam hockey team. After witnessing a bullying incident at one of the arenas, he realized the need for a hockey related anti-bullying initiative. So, he started the now, Canada-wide recognized, Pink Tape Campaign. Players put pink tape on their sticks during their games to raise awareness about this important issue.

This year Cole Harbour High School was successful in retaining a \$7000 grant through the Provincial Sexual Violence Prevention and Support Grant Application Process. They will be using the funds to build awareness and connections with community based support groups across the HRM.

Cole Harbour Embracing & Engaging Youth and Seniors



Boys and Girls Club in Cole Harbour have several great child and youth programs on the go. One in particular, is a leadership program called Torch Club. Torch Club is a B&G initiative that gets children & youth to become proactive in the community – learning how responding to issues important to them can make a difference. Whether it is experiencing new

opportunities, overcoming barriers, or learning skills for life, Torch Club gets the children and youth engaged in democracy, volunteering, and decision making. In 2016-2017, Torch Club raised over \$6,000 and donated over half to local community projects that were important to them. They volunteered over 5,000 hours of service last year to Cole Harbour. Between community clean ups, volunteering with seniors, helping out with younger children, or spreading random acts of kindness, Boys and Girls Club's Torch Club is always ready to help.

The local Constituency office has partnered with other youth serving organizations to start a youth engagement initiative. We will gather local community organizations, youth champions, mentors, and coaches to start a youth advisory council for our community. In collaboration with Connexions, MLA Tony Ince's office holds *Democracy, Your MLA and You!* workshops for grade 6 students-which offers a nonpartisan learning experience about the democratic process and grass roots citizenship, by teaching about the role of an MLA. This aligns with the fun, *MLA for a Day* award/event, where workshop students elect a peer to represent them as their MLA for a Day at the constituency office. This MLA initiative also partnered with the Duke of Edinburgh's Award Program, by forming the Cole Harbour-Portland Valley Duke Group, where CO staff trained as Duke Leaders to promote and mentor youth throughout their achievement levels of the Duke of Edinburgh's Award Program.



One of our community's most successful projects is the KD lunch for Cole Harbour High students. Every church in our Cole Harbour community has come together to buy, cook, prepare, and serve our student lunch. Statistics show, that young people are not always eating as they should throughout the day. Some students claim this KD lunch is the first meal they have all day. While there are many community partners to thank for this program-Thank You All!; the Hillside Wesleyan Church has taken the initiative to oversee this project. Over 150 students walk to the church at lunch time to sit and enjoy each other's company, meet community members, while having a bit to eat to help get them get through their day!

Just as we hope to pass our community on to the next generation, we remember who passed it on to us. Cole Harbour has many on-going senior's projects to help keep seniors engaged, healthy, and living a purposeful life. Cole Harbour is home to several seniors' facilities, including independent living and retirement condo housing. We have a large population of people over 65 here who are able to benefit from seniors' programs available at Cole Harbour Place and from activities planned by the Campbell's Seniors Club. The local community health team also facilitates several health awareness workshops and activities for seniors.

Belles of St Andrew are an inclusive, senior hand bell choir with the mission to engage seniors with mobility issues. The belles of Saint Andrew perform at senior's homes all over HRM, bringing joy and happiness with their music.

The Cole Harbour Citizens of Patrol, are a volunteer group of retired police officers, first responders, and military veterans. Under the umbrella of the local RCMP detachment and the steadfast collaboration of the RCMP Community Liaison Officer, these dedicated men and women serve our community by doing safety patrols across Cole Harbour and parts of Eastern Passage.

This small but dedicated force will be co-hosting the first annual Cole Harbour Family Safety Day, planned for August 2018.

Every year, Symphony Nova Scotia, in collaboration with Cole Harbour's St. Andrew's Anglican Church, present a free concert for the recreational, and cultural enjoyment of all local seniors.



Cole Harbour's Recreational and Environmental Activities



Cole Harbour can boast that an easily recognized community hub, is also one of the best recreation facilities around. Cole Harbour Place has a pool, sauna, playground, running track, football field, soccer field, baseball diamond, squash court, fitness centre, 2 rinks, multipurpose rooms, and a library. So many great recreational activities happen at this centre. Whether it be yoga, Zumba, kick boxing, dancing, hockey, swimming lessons, squash, and so much more-there's something for everyone. Many community groups use this great facility to meet and plan great

community events, fundraisers, and projects. Cole Harbour place even offers child care throughout the summer.

We have many groups that service the environment. Cole harbour has at least 15 community clean ups that happen every year. Whether its the kids from Boys and Girls Club, the schools, leadership groups, sports teams, organizations, or the community it self, Cole Harbour does it's



very best in cleaning up our community so people can enjoy the beautiful sights Cole Harbour has to offer. Every year, the Cole Harbour and Area Business Association organizes an Earth Day event where the community can come together to keep Cole Harbour beautiful. So many of our small business, corporations, local restaurants, non-profits, and community members attend this event. It just one of the great stories we have here in Cole Harbour; about how the community comes together to care about the environment.

Wait, there's more!...



When the Cole Harbour Parks and Trails Association (CHPTA; a volunteer run organization responsible for the operation and maintenance of local parks and trails), realized that storms in late January 2018 had stirred up thousands of shotgun waddings from the Salt Marsh and deposited them along the Salt Marsh Trail, they sprung in to action. This proactive environmental response included reaching out to all levels of

government and to fellow community members with a friendly, yet critical, “Call to Arms (legs...knees, etc.) for the Salt Marsh Trail”. MLA Ince’s Constituency Office team created a poster of the ‘call’ for volunteers’ email, and a constituent NSCC student volunteered to post copies at the NSCC campus. The turn out, according to CHPTA Chair, Michael McFadden, was ‘nothing short of fantastic’. Over 40 volunteers, from 5 to 75 years of age, turned out for the afternoon cleanup on February 25, 2018, and over 4 XL bags of the shotgun wadding were collected. Thus, thankfully removed off the trail.

<https://www.youtube.com/watch?v=ntD2iGt0OQ8> – Shotgun Wadding along Salt Marsh Trail

<https://www.youtube.com/watch?v=C8NjDKKE77A> -Cole Harbour All Weather Turf Sport Field (referenced in MLA Ince’s letter of support)

In Conclusion

When Connexions decided to take this nomination package on, Sunday May 27th 2018, we thought “we can do this!”... with some slight reservations. On Sunday night; requests were sent out for submissions and by Monday at lunch time, we were overwhelmed with the response. We would like to thank MP Darren Fisher, MLA Tony Ince, and Councillor Lorelei Nicoll, for their letters of support. We would also like to thank all of the community partners, who despite the time crunch, came together to support us with this nomination. There’s no better gratification from preparing this nomination, than having had the opportunity to listen and read about the experiences of our community partners; gathering history, hearing testimonies, and learning about community champions.

Go Cole Harbour!