



**E-Bulletin- Volume 8, No. 02 Feb 16, 2012**

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## HIGHLIGHTS

February 12<sup>th</sup> to 19<sup>th</sup> is **Family Violence Prevention Week**. Wear something **purple** on Friday February 19<sup>th</sup> to show your support for the victims of family violence.



Family violence affects seniors too. Call the **Senior Abuse Line** for information or to talk about a situation of abuse. Your call will be kept confidential. 1-877- 833-3377

**Save the Date:** Community Links will present: **Bridging the Gap - A Dialogue Between Youth and Seniors** on Saturday March 24th from 10 am until 3:30pm at the Bloomfield Centre in Halifax. Youth and seniors will meet to learn and share about ageism, technology and incomes and to discover how together they can strengthen communities. Watch for more information soon.

## EVENTS

**Provincial Forum on Age Friendly Workplaces in the Non-Profit Sector** Monday, February 27th, 2012 9:30 am – 3:00 pm Holiday Inn, Truro, Nova Scotia. This forum is part of a five-month provincial research project launched by Community Links to study how the nonprofit sector can mitigate the impacts of an aging work force and support mature workers to continue working. The forum is an opportunity to present the research findings to date, garner feedback from the nonprofit community, and identify potential recommendations in moving forward.

Registration is FREE. Deadline to register is February 23rd, 2012. To register, please visit [www.nscommunitylinks.ca](http://www.nscommunitylinks.ca) to download a registration form. Fax to (902-422-9322) or to Veronica McNeil, Project Coordinator at [vmcneil@accesswave.ca](mailto:vmcneil@accesswave.ca) or call 902-404-0107 and leave contact information.

## Women and Heart Disease

Speaker: Rosalind Benoit, Nurse Practitioner, Capital Health  
Monday, February 27, 2012 1:30 - 3 p.m.  
Royal Bank Theatre  
QEII Health Sciences Centre Halifax Infirmery  
1796 Summer Street, Halifax.  
These presentations will be broadcast across Nova Scotia Via the TeleHealth Network at various community locations. For brochures or inquiries, Telephone 473-8603  
Light refreshments by "At Home HomeCare"  
Presented by the HEALTH Committee

Recreation Nova Scotia is seeking nominations for the **38th Annual Provincial Volunteer Award Ceremony**. For more information and to obtain nomination forms go to [www.recreationns.ca/volunteerawards](http://www.recreationns.ca/volunteerawards) or contact Michelle at Recreation Nova Scotia at 425-1128 or via email. Deadline for Nominations: February 28, 2012.

## Become a Mental Health First Aider!

A mental health first aid course will take place at Debert Court March 22, 29 and April 4 and 12. Contact Cheryl Myers at 902-641-3902 for information or to register. Find out more about Mental Health First Aid by visiting: [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

## FREE Personal Development Workshop For Permanent Residents

Increase your English Skills (ESL)  
Improve your English pronunciation skills  
Learn the techniques for tutoring adults and children  
Sunday, March 25, 2012 1:00 PM to 4:30 PM  
Dalhousie Student Union Building, 6136 University Ave., Halifax. Pre-registration is required. Contact John Munro (902) 494-7003  
[jmunro@frontiercollege.ca](mailto:jmunro@frontiercollege.ca)



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## OPPORTUNITIES

### Intergenerational Awards Program 2012 - NOW OPEN.



The Department of Seniors is pleased to announce that nominations for the Intergenerational Awards Program 2012 are now open.

The deadline for nominations is **February 24th 2012**. For more information on the Program or to

nominate someone for an award, please visit: [Intergenerational Awards Program](#)

### The Atlantic Charities Learning Exchange

offers free information sessions for registered charities and allied professionals who work with charities. These sessions can be geared to your individual needs and cover such topics as: the fundraising ratio- how to calculate yours and how to lower it; navigating the CRA's fundraising guidance; what Board members need to know about charitable reporting, and much more. To arrange a session or to find out more, contact Anne Corbin at Community Links Provincial office 902-422-0914 or visit

[www.atlanticcharities.ca](http://www.atlanticcharities.ca)

**Do you have a community project that would improve the quality of life in Metro Halifax?** Five Rotary clubs in metro Halifax invite proposals from established and registered non-profit organizations seeking funding or support for programs or physical projects which have significant potential to enhance life in metro Halifax. No project is too big or too small, but we are looking for projects that will have a BIG impact on our community and its people. **The deadline for submission is 12 noon, Monday, March 19, 2012** Visit

[http://www.dartmouthrotary.ca/clubp\\_communityprojects.php](http://www.dartmouthrotary.ca/clubp_communityprojects.php) for the Criteria and online Application Form. No phone calls please; email enquiries only.

**The Heart and Stroke Foundation** is looking for individuals to test our new Beta site for a walking program designed for Nova Scotians. Beta testing is a phase in the launch process of a website. The website is designed to support walking in Nova Scotia as part of a larger, comprehensive walking initiative. We're looking for individuals to commit a few hours to review the site features and provide feedback on ease of use, functionality and overall satisfaction and understanding of the site.

If you are interested in participating in our Beta testing and being a crucial part of this development process, please visit [www.walkaboutns.ca](http://www.walkaboutns.ca) and click the "sign up for beta testing" button or contact Victoria Horne at [vhorne@heartandstroke.ns.ca](mailto:vhorne@heartandstroke.ns.ca) or 902-423-7682.

The HRM Grants Program opens January 2012 with grant applications due by March 31, 2012. For more information:

<http://www.halifax.ca/boardscom/bccgrants/CommunityGrantsProgram.html>

### E-Quiz

January's E-Quiz winner was a tie between Brenda Sangster and Krista Cullen.

The first person to answer correctly receives a prize!

Pronounced as one letter,  
And written with three,  
Two letters there are,  
And two only in me.  
I'm double, I'm single,  
I'm black, blue, and gray,  
I'm read from both ends,  
And the same either way.  
What am I?

Send your response to:  
[bernie@nscommunitylinks.ca](mailto:bernie@nscommunitylinks.ca)