

**\$10 PEHRA  
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# COMMUNITY FALL 2023 NEWSLETTER

## PEHRA CONTACTS

### CHAIR

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Norman Steele – Facebook  
Hugh Millward – Facebook  
Melanie Weaver – Instagram  
Leila Bautista – Newsletter  
Tamer Sobeih – Events

Community Message Board –  
contact Linda Gray at  
[messageboard@pehra.ca](mailto:messageboard@pehra.ca)

See more PEHRA news and  
past newsletters at  
[www.pehra.ca](http://www.pehra.ca)

## SHARE YOUR IDEAS AT OUR YEAR-END MEETING!

**Where?** Woodlawn Public Library, Program Room

**When?** Tuesday, November 21st, 7:00-9:00 pm

**Who?** All residents of Portland Estates & Hills.  
PEHRA memberships (\$10 annually per household)  
are available at the door. Paid up members can vote



PEHRA is YOUR association, serving all residents of Portland Estates and Hills. Hear from the Board about our recent activities and offer YOUR input on what's needed going forward. **Help us identify community needs, and plan for actions and activities in 2024 and beyond.**

## THANKING OUR VETERANS

November 11<sup>th</sup> is a day to remember the sacrifices of the fallen and those who continue to serve. Lest we forget. We wanted to recognize the service of three veteran residents and hear what they love about our community!

**Faye Beaton** - Faye joined the Royal Canadian Navy (RCN) in 1963 as a Radar Plotter. At the time, women accounted for 1.5% of the population of the RCN. She served ashore in Halifax and Shelburne, NS, the CNE in Ontario, and travelled as a Flight Attendant with the Royal Canadian Air Force. She was released as a Sargent in 1973 due to pregnancy. Faye has lived in the neighbourhood for 4 years. She loves the peacefulness of our natural trails and the friendliness of the people she meets while walking.

**Andy Parker** - Andy joined the Canadian Armed Forces in 1978 as a Boatswain. He was born and raised in New Brunswick, however, elected to serve onboard West Coast ships. He travelled to Australia, Russia, China, Korea, Japan, Mexico, Peru, and Dubai, (just to name a few), retiring from National Defence HQ in Ottawa after 33.5 years of service. Andy has lived in the neighbourhood for 13 years. He loves the spirit of the community, the cleanliness of the area and the absence of crime. He believes the Residents Association is a genuine asset to the community!

## CELEBRATING OUR VETERANS cont.

**Dana McLellan** - Dana joined the Canadian Armed Forces in 1984 as an Oceanographic Operator. Born and raised in Ottawa, she served in shore establishments and ships in Nova Scotia, Newfoundland, England, Quebec, Washington State (USA) and Ontario, retiring in 2019 after 35 years of service. Dana has lived in Portland Hills for 13 years and she calls the community her 'outside family'! She loves meeting the people and their animals, the abundance of green space, the phenomenal trails and the feeling of safety day or night!

## PEHRA TENNIS TOURNAMENT: GREAT PARTICIPATION AND FUN!

Players gathered on Sept. 9th at Birches Park tennis courts and were paired into "tree" named teams - Maples, Willows, Elm, Pines, Poplars, Spruce, Birches and Oaks! The tournament was a great way to get members of all ages from our community interacting and learning from one another. After an 8 Team Compass Draw Tournament, the Elm Team took the win! Below are winners Nigel Mailman and Connor MacKay, with Councillor Becky Kent and event lead Tamer Sobeih.



Our sponsor HEADSTART TENNIS, provided 2 trophies, and Gift Coupons for all participants. Councillor Becky Kent presented the winners with their trophies. SUPERSTORE sponsored the PEHRA Hot Dog stand and refreshments. A BIG THANKS to our Sponsors, our PEHRA volunteers, and all our participants for making it another fun community event to enjoy in our park!



## 2<sup>nd</sup> MOVIE IN THE PARK SUCCESS

On Sunday October 1<sup>st</sup>, around 600 residents gathered in Birches Park to see the 2019 live-action movie "Lion King". Pop Up Cinema also offered delicious movie snacks of popcorn, drinks, and even cheesecake on a stick! Thank you to our volunteers for helping to organize the event! And THANK YOU to our sponsors for making this fun evening possible! We really appreciate your continued support of our community. Looking forward to another movie under the stars next year!





## HRM LAKEWATCHERS PROGRAM UPDATE & CALL FOR VOLUNTEERS

Written by Environment Committee Chair – Norman Steele



The HRM LakeWatchers' program started in Spring 2022. The program monitors various HRM Lakes by taking measurements of parameters such as conductivity, pH, dissolved oxygen, and temperature. Pictured below and on the right is volunteers recording these measurements. Water samples are also collected and sent to a certified laboratory for chemical analysis.



Some of the data is collected by an Environmental consultant while Morris and Russell Lakes are collected by our dedicated PEHRA volunteers. Once there are a few rounds of data HRM and PEHRA, along with other community groups can study the data and look for trends, and levels of harmful contaminants, and assess the overall "health and safety" of our lakes. PEHRA volunteers will be providing the data and a summary of the results soon, once all the lab results are in for the 2023 sampling events.

If you want to make a difference in caring for our wonderful lakes, contact our PEHRA Environment committee [environment@pehra.ca](mailto:environment@pehra.ca) or **join our community team of LakeWatcher volunteers!** It is a great way to learn a new skill and stay informed on the health of our lakes. Keep an eye out on our PEHRA Facebook Group for info as well.

To learn more about the HRM program, [visit this link.](#)



### LET'S MAKE 2024 A GREAT YEAR FOR COMMUNITY EVENTS!

Our fun and free community events are made possible by helpful volunteers, fun ideas, sponsors, and a lot of teamwork!

### NEW in June 2024 PAWS FOR A CAUSE EVENT



Calling all pet owners, dog lovers, or community enthusiasts! Contact [birchespark@pehra.ca](mailto:birchespark@pehra.ca) or visit PEHRA social media for more details.

Lend a helping hand at an event to connect with your neighbours or for students to gain volunteer experience and references!

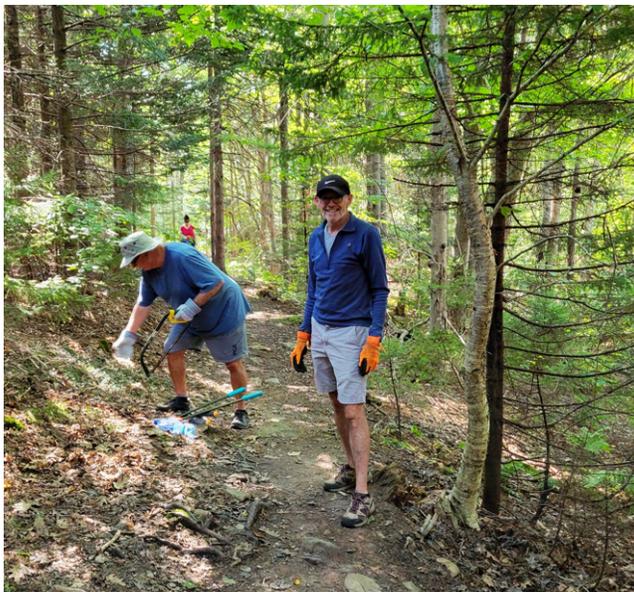
## COMMUNITY TRAILS UPDATE

Written by Trails Committee Chair – Hugh Millward

The PEHRA Trails and Parks Committee continues its work of monitoring our trails and lobbying for maintenance and improvement. This summer was a busy one with many initiatives where we liaised with HRM Parks and Recreation to address two main concerns:

**1. Lobbying for the replacement of trailhead signage** which had been damaged by hurricanes. We visited five trailhead locations with the new Superintendent of Parks East, Chris Poole. Mr. Poole was very willing to replace signs at all the locations but wished to follow the design standard now being used at other HRM parks. The new signs will include a map of the trails and parklands, and will be installed next summer.

**2. Trails Maintenance** - HRM Parks Operations is supposed to trim trail shoulders at least twice each growing season, but our main trail (the Portland Lakes Greenway) seems to be off their radar. After complaints from the community, a first trim was finally made in early August, but there has been no second trim to date. Thank you to our Trail Stewards who maintain our trails in the meantime! The map below shows the nature trails on HRM parkland in Portland Hills. These trails are pleasant but fairly rough, and HRM Parks has largely discontinued maintenance. Our PEHRA trails team, however, monitors the trail, cuts back bush and reports major issues such as blockage by fallen trees. **To learn more or volunteer as a Trail Steward, contact [trails@pehra.ca](mailto:trails@pehra.ca)**



## CELEBRATING VOLUNTEER DEDICATION - 68 YEARS OF SERVICE

The PEHRA board of volunteers has some dedicated people that we wanted to recognize by providing a lifetime PEHRA membership! We wanted to recognize Hugh Millward, Dalyce Mallion, and Norman Steele by asking them about their PEHRA volunteer history, roles, and passion for the community! The community is lucky to have their expertise and talents. Thank you Norman, Hugh and Dalyce (continued on page 5).



**Norman Steele** - I have been the Environment Committee Chair for 12 years, and have also been an administrator of the PEHRA Facebook group for several years. I care about our community and its ecological environment, in particular our Dartmouth Lakes. Growing up in Dartmouth and as a former swimmer, lifeguard, and windsurfer I understand the significant recreational and aesthetic value of our lakes. As an Environmental Professional, I am concerned with the continued deterioration of the ecological health of Morris and Russell Lake and want to protect their future. There are so many things to appreciate living in Portland Estates. Our Lakes, Trails, and Parkland are most valuable to me.



### **Hugh Millward – PEHRA Chair, Trails Committee Chair**

I have been a part of PEHRA for a combined total of 26 years. I was the President/Chairperson from 2007-2013 and 2021-present. I have been the Chair of the Trails and Parks Committee from 2001 to the present, which is a committee I established. I have continued my passion for our community trails through other roles such as the HRM Active Transportation Advisory Committee, Halifax Regional Trails Association and Dartmouth Lakes Advisory Board. A loop trail along Ellenvale and Russell brooks has been named after me, and its maintenance by HRM has continued. I have also been an administrator on the PEHRA Facebook group for more than 15 years.

### **Dalyce Mallion – Birches Park Chair and past PEHRA Chair**

I joined PEHRA 30 years ago when Phil O'Hara founded our association. I was excited to get involved right away with the gate restoration project (1994) then initiated the Gates & Garden Committee (2001) and the Birches Park Committee (2005) to continue to help identify improvements. I enjoyed collaborating with HRM and our Councillors on the many projects that have impacted the park...relocating the playground (2007), building the Community Message Centre (2010), landscaping the field (2014), building our wonderful Gazebo (2018), and supporting our PEC Scouts with the addition of an accessible equipment storage container (2021). As Chair (2016 - 2021) I organized the annual Community Fun Fests to generate community spirit and particularly enjoyed emceeing the picnic races, watching children have so much fun with the old-fashioned sac race. I am proud of our neighbourhood. I appreciate living in a community that is safe, clean, has trails, a wonderful park and good facilities. Volunteering with PEHRA has been a rewarding way of preserving what we have here while working with a team of caring individuals.



## **SUPPORT THE WORK PEHRA DOES, BECOME A MEMBER!**

For \$10 annually you can join PEHRA and grow our community's voice when making asks to HRM and other partners. We are also offering a **NEW Lifetime Membership option. For \$100 per household**, you will not have to pay annual fees again. To become a member and show your support, visit [pehra.ca/join](http://pehra.ca/join)