

\$10 **PEHRA**
MEMBERSHIP

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Celebrating 30 Years in our Community

COMMUNITY

SPRING
2020

NEWSLETTER

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UPDATE ON COMMUNITY EVENTS

SOCIAL DISTANCING TO KEEP SAFE AND HEALTHY!

Dear residents, this is a very difficult and unprecedented time as every effort is being made to limit the spread of COVID-19. With each day that passes, the coronavirus is presenting new challenges for many of us, with changes in work, school and community settings. Cleaning our hands and limiting social contact are two very important actions we can do as a community. Events and gatherings of more than 5 people are being cancelled or postponed until further notice. Please stay safe, calm, and follow the advice and updates on the official Nova Scotia Coronavirus Site - <https://novascotia.ca/CoronaVirus/>
It has pages for all the questions and concerns residents may have.



THE EASTER BUNNY WILL VISIT US AGAIN NEXT YEAR!

To be safe during the COVID-19 pandemic, PEHRA cancelled our Easter Egg Hunt event that was scheduled for April 11th. We hope you still share your Easter celebrations with us from your homes! Post your favourite Easter photos on our PEHRA Facebook site to lift everyone's spirits through these uncertain times.

ANNUAL SPRING CLEAN-UP Tentative Date: May 2nd, 9am-12pm

We will have 3 pick up locations: Birches Park, Portland Hills Park & Superstore. Gloves and bags will be provided. Social distancing will be encouraged to keep our clean-up safe. Check our Facebook site for event updates given COVID-19.

ANNUAL COMMUNITY YARD SALE Tentative Date: May 23rd, 8am-12pm

Add your address to our yard sale map! Contact secretary@pehra.info. Check the PEHRA Facebook site for event updates given COVID-19.



5th ANNUAL COMMUNITY FUN FEST - June 20th: POSTPONED until further notice!

Our annual festival attracts over 500 neighbours to share an afternoon of live music, food, and fun in Birches Park. This year, PEHRA is postponing the festivities until it is a safer time for residents to gather together. Please check our website or Facebook site for event updates. We look forward to being able to share our park with neighbours, family and friends once again!

GOOD NEIGHBOUR SPOTLIGHT

MEET OUR TREASURER – Dilkeerat Dhillon



Dilkeerat Dhillon is a Dalhousie University student currently enrolled in the Medical Science undergraduate program. He has been PEHRA's treasurer since February 2019 and has been chosen to receive the "Halifax Volunteer Award 2020" and "NS Provincial Volunteer Award"!

We would like to recognize Dilkeerat for all of his amazing work! We asked him a few questions to learn more about his volunteer experiences.

How did you start volunteering?

I started volunteering as a Youth Leader at Halifax Recreational Centre, where I served for four years. Following this, I contributed my time as a Mentor/Youth Leader to encourage and develop children's interests for science, technology, society, and environment through FIRST Lego League (FLL). Since my high school years, I've been providing free tutoring services to students, volunteering as PEHRA's treasurer, and volunteering weekly at the Dartmouth General Hospital.

What has been your most memorable volunteer experience so far?

The most memorable volunteer experience is when I visited Ecuador in South America in 2018 through MEDLIFE to help impoverished families break health inequality by setting up and participating in mobile clinics.

Is there any advice you would give to youth about getting involved?

I would encourage the youth to get involved in volunteering at early age because it is the best way to spread compassion, as well as build relationships that last a lifetime! Volunteering helps you grow as a person, build confidence and brings fun in life. This is a great way to connect with others, make friends and feel good about yourself.

Congratulations Dilkeerat, keep up the great work!

ENVIRONMENTAL TIPS FOR THE SPRING

Written by Norman Steele

In recent years, we are noticing impacts from climate change and from the housing development activities in our area. As the environmental chair of PERHA, I am responding to more and more concerns about our local environment. We mostly rely on our governments to take action, but there are many things we can do on a small scale that can add up to real change. I've compiled the following "tips" you can follow to make a difference!

1. Take part in a community clean-up event
2. Take part in a tree planting campaign
3. Participate in a local environmental community group (PEHRA)
4. Try to walk, bicycle, or take public transportations (we have lots of great multi-use trails!)
5. Practice energy saving such as turning off lights, turning off taps tightly, and recycling
6. Reduce and/or eliminate the use of household and commercial hazardous products
7. Make use of Household Hazardous Waste Depots and avoid pouring used cleaners, paints, chemicals or other materials down your drains or into storm water systems such as gutters, ditches, storm sewers, or streams
8. Pick up after your pet, and dispose of the waste in the garbage - pet waste is toxic to soil and waterways
9. Limit your use of lawn fertilizers, or try alternatives such as compost
10. Ask your municipal council and representative to fund and support climate change and environmental initiatives in our community

LET'S ALL DO OUR SHARE!



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PEHRA OVER THE YEARS – 30th ANNIVERSARY!

PEHRA has been an active force in our community for 30 years! Formed in 1990 as the Portland Estates Residents' Association (PERA), we changed our name in Fall 2007 to reflect the growth of the community and our widened mandate. The association began life following a successful Earth Day clean-up of city-owned green spaces. Over the years, we have been a strong voice for environmental protection and have successfully lobbied HRM for many recreational amenities. We have also hosted many community social events. Here are some highlights of our achievements (Compiled by Hugh Millward)

- **1990** PERA members worked with Dartmouth city staff to design and construct the first phase of Birches Park.
- **1990** onwards our Environment Committee has organized an annual Spring Clean-Up event to pick up garbage and recyclables from our parklands and trails.
- **1998** PERA led a community fight to prevent a proposed highway through our communities, between Caldwell Rd, and the Circumferential; the “No Way to the Highway” campaign achieved a major victory at city hall ensuring no through-road would be built.
- **2000** our Gates & Garden committee was born, negotiating with HRM to replace crumbling Portland Estates Gates with new gates and a low maintenance garden to enhance the community
- **2002- 2007** PERA joined the Halifax Regional Trails Association (HRTA), and received funding for a professionally prepared trail development plan, constructing a 2.2 km main trail, 1.5 km of side trails, a boardwalk, and 3 lakeside viewing stations.
- **2007** PERA name change to PEHRA to include our new Portland Hills Development
- **2010** our Birches Park committee designed and constructed a message board for the park entrance, raising \$14,000 through a “perpetual plaque” funding drive.
- **2009 – 2011** PEHRA negotiated \$25,000 in HRM funding and \$600,000 in Federal Infrastructure funds to prepare a detailed plan and upgrade our main trail to a paved “active transportation” route
- **2010** awarded the Lieutenant Governor’s Community Spirit Award, and hosted a “community celebration” in Birches Park with Her Honour Mayann Francis personally presenting the award.
- **2009 and 2011**, PEHRA worked with Clean Nova Scotia, to improve the Ellenvale and Russell Lake brooks for fish migration and habitat using deflectors and digger logs.
- **2011** PEHRA teamed with HRM Parks to plan and install an outdoor gym at a central location in Birches Park
- **2013-2014** our Birches Park committee pursued HRM for \$60,000 in landscaping and drainage improvements to the open field
- **2016-2019** using the improved field PEHRA has hosted community events such as the Easter Egg Hunt and Annual Community Fun Fests featuring bouncy castles, train rides, traditional picnic races, live music, food and fun for the whole family
- **2017- 2018** assisted in the designing and building of the Birches Park Gazebo as PEHRA’s Canada 150 project in cooperation with HRM Parks staff and hosted a grand opening event to celebrate this welcome addition to our park

With your help, PEHRA volunteers will continue improving our community in the years ahead!



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SAVING OUR LAKES

MLA Claudia Chender continues efforts in saving our lakes!
The **LAKE EXPO** information forum at Findlay Centre on April 21 from 6pm to 8pm has been postponed until further notice due to Covid-19. We continue to be concerned about the health of our lakes and appreciate your input and participation. For more information, contact environment@pehra.info.

VOLUNTEERS NEEDED – COME JOIN US!

Available positions in PEHRA:

COMMUNITY MESSAGE BOARD

Holly is retiring in June! Thank you Holly for placing fabulous messages on our community message board over the last 3 years! This is an important role to help keep residents informed. Flexible to fit your busy schedule!

GATES & GARDENS COORDINATOR

Your gardening expertise can help our community entrances look wonderful! From May to October

EVENT PLANNER

Plan terrific events to use our New Gazebo in Birches Park... outdoor concerts, movie nights and more!
Events contribute to a fun community!

NEWSLETTER DISTRIBUTION COORDINATOR

Important role to reach out to all residents
March and September

If interested in any position, please contact chair@pehra.info or call 902-448-1010

UPDATE ON TRAIL TO BAKER DRIVE

The Baker Drive end of our main trail is unpaved, but our Trails Committee has been pressing HRM for upgrading to Greenway standards (3m width, paved). We were expecting this would happen in 2020, but last winter a large retaining wall collapsed adjacent to the trail. It must be re-built before the upgrade can occur, so we are now expecting the trail upgrade in 2021 (fingers crossed!).



NEW “HUGH MILLWARD” TRAIL

Halifax Regional Council recently approved naming the loop trail along Ellenvale and Russell brooks for Hugh Millward, in appreciation for his 30 years on PEHRA's Board, and 20 years as our Trails and Parks Chairperson. Hugh was largely responsible for planning the trail system, gaining funding and approval for the trails, contracting their construction, and ensuring their maintenance by HRM. We thank Hugh for his many efforts!



PEHRA MEMBERSHIP

To renew your PEHRA membership and for more information, please visit website at <https://pehra.info/membership/> or contact Brian at membership@pehra.info

ADVERTISING IN PEHRA NEWSLETTER

The PEHRA Community Newsletter is circulated to the residents of Portland Estates & Portland Hills. If you have a business or service that needs to reach our readership, you can advertise a business card sized ad in our newsletter for a low cost of \$50 per issue.

To place an ad in our newsletter, please contact Leila at newsletter@pehra.info
Please note that PEHRA has the right to edit and/or refuse ads if they do not meet our association's mandate.