



The South Dartmouth Post



HYPERLOCAL NEWS PUBLISHED BY THE PLEASANT-WOODSIDE NEIGHBOURHOOD ASSOCIATION • OCTOBER 2025 • SOUTHDMOUTH.CA



Players say they find a second family in the all-ages sport. (Photo: Dartmouth Lawn Bowls Club)

‘What are they doing down there?’: Blink and you’ll miss one of Dartmouth’s sports institutions

By Colin North

If you were cruising down Pleasant Street at a steady pace, you wouldn’t be the first to miss one of Halifax Regional Municipality’s three available lawn bowling clubs. The Dartmouth Lawn Bowls Club, founded in 1987 and located right next to the fire station on Pleasant Street, is home to some 170 paying members of all ages and skills. If you’ve walked down Pleasant Street or worked nearby, you may have noticed the club (and its players) down slope from the sidewalk.

Sue Ellen Horne, a former lab worker at Dartmouth General Hospital, didn’t even realize her retirement passion was just next door.

“I used to say, ‘What are they doing down there?’” she told the *Post*. “I worked in the lab with a woman who was already bowling. She said, ‘You should try it.’ So when I retired, I did come down, and I loved it right from the start.”

Horne, competitive by nature, is drawn to the simplicity of the sport; the game isn’t physically taxing, and can be enjoyed by casual and hardcore players alike. The mental component is where much of lawn bowling’s depth comes in, an aspect that is appreciated by its playerbase.

“I believe one of our men is in a nursing home,” said Horne. “Someone picks him up, brings him here, and he’s back to what he remembers and loves.

“He’s still very good at it. I think that is very beneficial.”

It doesn’t take long after seeing people walking on the greens or conversing in the clubhouse to understand why the Dartmouth Lawn Bowls Club continues to draw its membership. But a key question remains: how did the club end up here on Pleasant Street?

John Siteman is the public relations chair of the Dartmouth Lawn Bowls Club, and a strong player in his own right, having competed for Team Nova Scotia and traveled internationally for the sport.

He said that areas such as the Dartmouth Commons and the now-Mount Edward Ballfield were considered before settling on the current location on Pleasant Street.

“It’s just where the roads kind of connect,” Siteman told the *Post*. “We have a major benefit with visibility. Most [other] clubs are, unfortunately, very sheltered in their locations.”

The club continues to push for growth in various ways; they’ve secured federal funding via the New Horizons for Seniors Program to purchase lawn bowling equipment, as well as looking for ways to combat the stereotype that lawn bowling is an “old person’s game.”

“The sport has been very much changing to be a sport for all ages — all ages, all abilities,” said Siteman. “At the last world championship, the average age was under the age of 30.”

For competitive play, ages can be much younger; at 19, England’s Jamie-Lea Winch was the youngest lawn bowler to ever compete at the Commonwealth Games. According to Bowls Canada, however, the average player age in Canada is around 62.

The club is adding more elements to appeal to the competitive streak of some of its members; however, at its base, the club is a social gathering. Horne said that after the first year as a member, fellow players become like a second family.

“Every holiday, they have a meal that is prepared and everyone sits down and eats together,” she said. “It’s social. It’s an activity. It’s companionship.” □

LOCAL POLITICS IN-DEPTH

Is Halifax losing self-determination?

HRM Councillors Becky Kent and Sam Austin discuss municipal politics amid changing power dynamics in Nova Scotia and beyond

By Matthew Townsend

Anyone following local politics in the past year may have found themselves suffering from a bit of vertigo. Headlines and press conferences have abounded around confusing debates between the Province of Nova Scotia and the Halifax Regional Municipality about all manner of topics: road congestion, development plans, and mayoral systems, to name a few. Recent provincial pronouncements have raised questions about just who makes decisions for Halifax.

In Canada, municipalities are “creatures of the province” that have their authority established by provincial statutes. Statutes can change. So, where does that leave us in the neighbourhood? Is the Province more involved in municipal business?

“Yes, overwhelmingly so,” Dartmouth Centre (District 5) Coun. Sam Austin told the *Post* during an hour-long joint interview with Coun. Becky Kent of Dartmouth South - Woodside - Eastern Passage (District 3). Austin and Kent



Councillors Sam Austin and Becky Kent (Credit: samaustin.ca & HRM)

represent the northern and southern parts, respectively, of the Pleasant-Woodside neighbourhood.

“This [provincial interference] is different. It’s not just Nova Scotia. It’s across the country,” Austin explained. “At the Federation of Canadian Municipalities Conference, the topic on everybody’s lips was provincial governments interfering in municipal affairs.”

Kent agreed. “What we’re seeing now is that they’re expanding their space of what they — certainly the Premier [Tim Houston] — are feeling they can start to interfere with, which is contradictory to HRM’s charter,” she said. “Our charter is very specific about what we should

be doing, and we take that very, very seriously. And to have that interference is concerning.”

Kent also noted that higher levels of authority, such as provinces, increasingly act with a “bravado” visible in the United States.

More locally, Austin and Kent said interference manifests in the Province making decisions directly related to HRM without consulting or even contacting the municipality. “Oftentimes, over the last number of years, we’ve found out about legislation that’s going to impact us on the day it was announced in the House — with no chance to offer any meaningful feedback or anything to it,”

Continued on the next page

Neighbourhood invited to PWNA annual meeting on Nov. 5

Learn about your neighbourhood, meet elected representatives, and eat some yummy snacks

If you’ve been reading the Post, you may have noticed reference to the Pleasant-Woodside Neighbourhood Association (PWNA) — the non-profit group that organizes community events (including the annual Spring Clean Up) and publishes this newsletter.

Neighbourhood resident Kate Crane recently called up PWNA Board Chair Grant MacDonald to discuss the group’s upcoming Annual General Meeting — what it’s all about, what one can expect, and why one should go (besides the snacks!).

Hi Grant. Can you tell us why the Pleasant-Woodside Neighbourhood Association has an annual general meeting?

We are required by law to have one, as we are an organization incorporated under the Societies Act of Nova Scotia. It’s in our by-laws to have one at least once a year. So, we have to do it!

What is the purpose of an annual general meeting?

Generally, the PWNA reports to the members of the community on what’s happened over the past year. It’s also to gather ideas, and learn what members’ expectations are for the future. It’s an opportunity to connect with our community. This is a chance to meet with PWNA members. Primarily and ideally, it’s a chance to get feedback from community members, provide updates to them, and learn how to participate (either by serving on

the board or serving as volunteers). Also, it’s an important opportunity to select or elect new board members. Some people will be stepping down, some will be volunteering, so it’s a chance to confirm with the community that these people are helping the organization move forward, and also how they can be contacted if community members have questions or ideas.

What can one expect? What is the format?

There will be the more routine, legal things, like verbal or written reports from the board members, a review of finances, the election of new board members, etc. But we will also incorporate an informal Neighborhood Forum which will give community members a chance to hear from their elected representatives and others about what’s going on in the neighbourhood, and a chance for the community to share their hopes and aspirations. There will be a few simple presentations with lots of chances for questions, feedback, ideas.

What’s on the docket for this AGM?

The agenda is sent out in advance via the Facebook page, email, and *The South Dartmouth Post’s* webpage. We’ll touch on PWNA projects like the *Post*, the Harbour Front Trail, the Welcome to Neighborhood Initiative, our Meet & Greets, the annual Spring Clean Up, etc. But much more time

will be taken up on more general, civic kinds of concerns.

Why should I go? Is it important that I go?

You should go to get a sense of what your own neighbourhood group is doing and find out from your elected representatives what they’re up to, and to share your ideas and concerns, both municipally and provincially. It’s a chance to see your councillors in an informal, face-to-face setting. You should also come to meet new people and neighbours! It’s a chance to come with ideas to make the neighborhood a better place to live, work, and play.

Can we bring our kids?

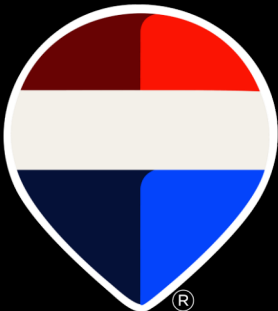
Yes, you can! We’ll set up a little supervised play area, with colouring, etc. We are happy to have the kids. We’ve got a kitchen space and will offer treats and snacks.

For a copy of the agenda, visit Facebook.com/pleasantwoodside, southdartmouth.ca, or send an email to pleasantwoodside@gmail.com.

— The PWNA AGM —

Where: COVE, 27 Parker Street
Day: Wednesday, Nov. 5
Time: 6:30 p.m. – 9:30 p.m.
All welcome!

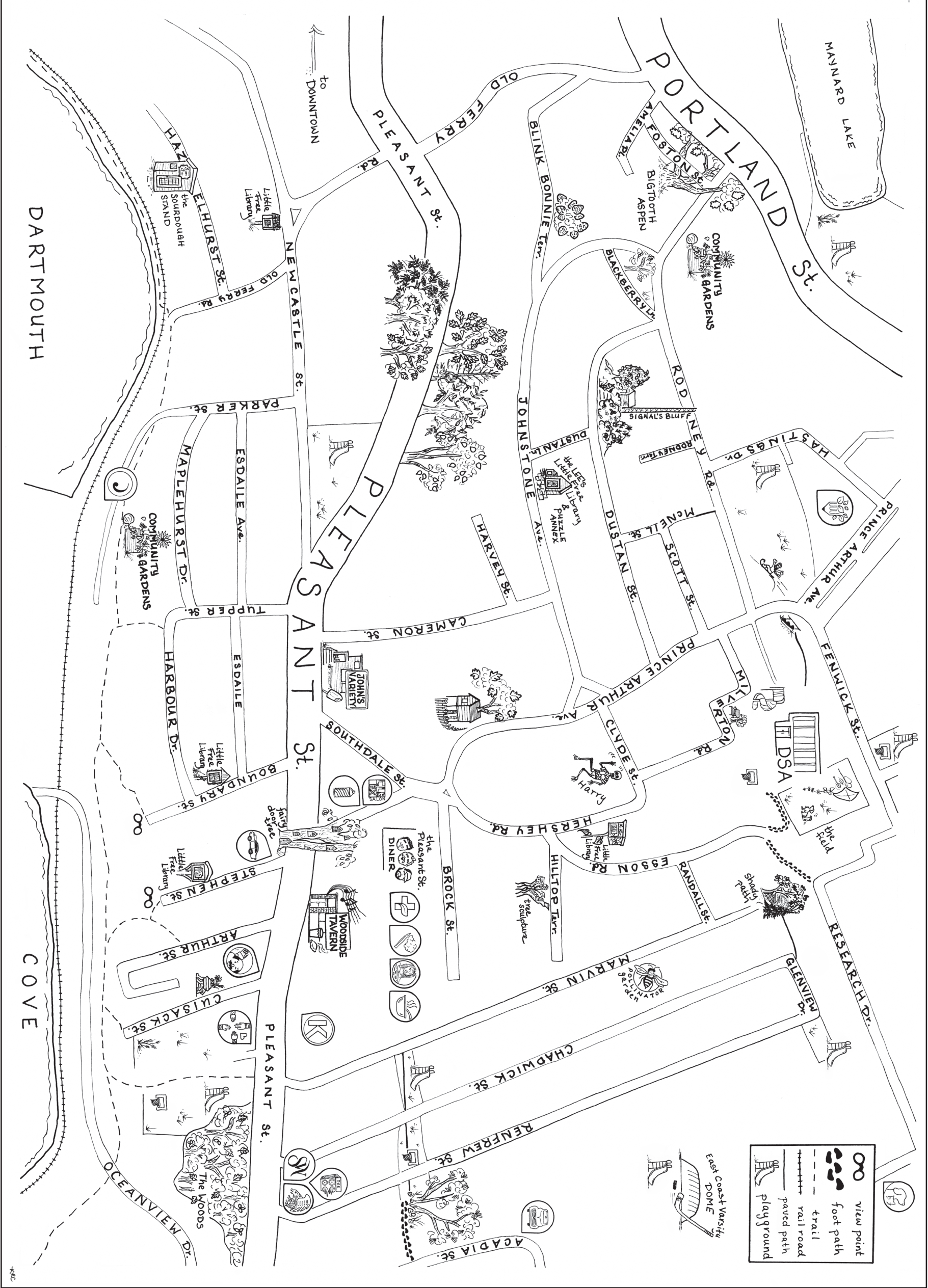
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BUSINESS KEY

	Alexandra's Pizza		BIDE Awhile
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	Domenico's		Distortion Guitar Exchange
	Eagle's Nest Tattoo		Efty's Dishes
	HDR Vapes		Jerry's Auto
	Mackay's Pharmachoice		North Woodside Community Centre
	Overall Collision		Pizza Tonight
	Pre-Primary (DSA)		Strength & Wellness Studio
	C.O.V.E		

MORE PLEASANT-WOODSIDE BUSINESSES, SERVICES, AND ORGANIZATIONS

- 1 Fish, 2 Fish
 - Birdies Bread + Café
 - Charger Burger
 - CBI Health Centre
 - Dartmouth Naturopathic Health Centre
 - The eBike Centre
 - Habaneros Taco Bar
 - Homebridge Youth Society
 - Ken Evans Plumbing + Heating
 - NoFrills
 - Ocean Park Dental
 - Pleasant Street Medical Group
 - South End Baptist Church
 - Tim Hortons
- Weedman Lawn Care
 - Dartmouth South Professional Centre
 - Bowlarama
 - Cheesecurds Burgers
 - CIAA
 - Dartmouth General
 - Guardian Pharmacy
 - HFX Games & Collectibles
 - Krave Burger
 - McDonald's
 - NSCC Ivany
 - Pilot's Pub
 - Subway
 - St. Alban's Anglican Church
 - Value Village
 - Nova Scotia Hospital

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FROM THE EDITOR

Why a neighbourhood map?

As the *Post's* volunteers planned our summer issue, Christian and Luisa Ensslin, frequent contributors, suggested a novel idea aligned with a point Christian has made about our effort: it needs to be fun! (And not just local politics!) Their idea? A map of the neighbourhood that shows all the cool things about our little corner of the world.

The project took months. It began with the father-daughter team going about the neighbourhood to chart points of interest. Kate Crane hand-illustrated the fruits of their labour. Kate Sinclair-Sowerby of Co. & Co. digitized the massive il-

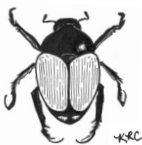
lustration, and Rory King topped it with calligraphy. The map's printing (along with this issue) was then kindly sponsored by T. Chandler Haliburton of RE/MAX Nova.

All of these creative people live in this neighbourhood. This is our map of *our* neighbourhood. **We hope to use the map for future scavenger hunts for kids, so please hold onto it.** And if you'd like to see a glossy colour version, we plan to have them available for purchase (as a fundraiser) at the Nov. 5 AGM. See you there.

—Matthew Townsend

GARDENING COUPS WITH CÙ

Fighting Japanese beetles: A year-round endeavour



By Cù Chulainn Robertson

Japanese beetles got you down? In the last couple years this pernicious pest has been wreaking havoc across the province. Our neighbourhood and the rest of HRM have faced considerable damage.

It can be quite disheartening to see your favourite fruit tree, grape vine, or rose bush turned into a skeleton, not to mention the damage to your lawn the larval (grub) stage can inflict.

The best approach is multi-faceted and is as follows:

1. Treat your lawn and garden in mid-May and mid-Sept., using a beneficial nematode to eliminate the larval stage. These can be preordered from a garden centre like Halifax Seed (where I work) and applied to all the dirt you can reach with your hose via a hose-end sprayer. After applying, you will have to ensure the ground stays moist for 10 days to two weeks.

2. *Strategically* place beetle traps. Traps can be very effective but it must be understood that they use the same pheromones that the beetles produce to attract mates. Traps should be placed as far away as possible from plants/trees you

are trying to protect.

3. Remove and kill adult beetles. To kill adult beetles, you should *NEVER* squash them, as this is akin to bursting a water balloon of beetle pheromone which will attract more beetles! Beetles should be knocked into a bowl of soapy water; only a drop is necessary to break surface tension.

4. Plant more beetle-friendly plants. The more varieties of plants they eat the better, as this will prevent beetles from focusing on one plant and decimating it.

5. Planting species belonging to the *Apiaceae* family will attract the Winsome Fly, which parasitizes the Japanese beetle. Examples include Queen Anne's Lace, lovage, carrot and parsnip.

6. Finally, planting grass with long roots, like tall fescue, and ideally mixing with micro-clover can deter beetles from laying eggs. This greatly reduces the issue at the source. Fewer eggs = fewer beetles.

Eventually our local birds and other wildlife will begin to realize that Japanese beetles are a good food source, and the numbers of adult beetles will go down; until then we will have to keep working together to battle this invasive insect with all our might. □

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NEIGHBOURHOOD CHIT-CHAT

‘It's O.K. to cross’ Getting to know DSA’s crossing guards

By Winifred, age 4

Two crossing guards help Dartmouth South Academy students and parents safely cross Prince Arthur Avenue on school days: Debbie and Gordie. They recently spoke with neighbourhood resident Winifred, age 4, (and her dad), who asked them questions at the top of her four-year-old mind. The crossing guards, who are employed by HRM, also offered some important safety tips for parents.



Debbie and Gordie, crossing guards at Dartmouth South Academy (Photo: Matt Townsend)

Do you like candy?

Debbie: Oh yes.
Gordie: I don't. I don't eat candy.
Debbie: I do, unfortunately. Sour, sour — anything sour!

What's your favourite dessert?

Gordie: Mine's ice cream. Any kind of ice cream. I like to eat butter rum.
Debbie: Chocolate ice cream or chocolate cake.

I like chocolate, too! What's your favourite colour?

Debbie and Gordie: Blue!

What do you like about your job?

Debbie: The people. The kids.
Gordie: I'd say the same thing. It's a good retirement job. It's a lovely retirement job.

How long have you been doing the job? What did you do before?

Debbie: I'd say nine years. I worked in an office for 32 years.
Gordie: I'd say 15. I was in construction.

Where do you live?

Debbie: At the bottom of the hill on Fenwick Street.
Gordie: At the top of Gaston Road.

Do you have a family? Kids, grandkids?

Debbie: Yes, I do! Grandkids, I have a granddaughter.
Gordie: I do! Kids and grandkids.
Debbie: They're the best!
Gordie: That's where my money goes.

What's your favourite movie or TV show?

Debbie: *It!* [laughing and pointing to her *It*-themed baseball cap featuring a red balloon.] Stephen King's *It*.

I really like *Inside Out*.

Debbie: I like that movie, too! I like scary movies.
Gordie: I don't watch many movies. I like mostly talk shows on TV.

Do you have a pet?

Debbie: Yes. I have three of them! Two dogs — two big dogs and a cat.
Gordie: I don't have any pets.

Do you know any jokes?

Debbie: That's one thing I'm not good at. I know jokes — not good jokes [laughing]. I don't know too many jokes, unfortunately.
Gordie: Yeah, same.
Debbie: Do you know jokes?

Why did the skeleton just stand on the sidewalk?

Debbie: Don't know.

He was waiting for people to talk to him!

[Winifred's dad] What do you think people should be aware of about the roads right now, about kids?

Debbie: Slow down.
Gordie: Yeah.
Debbie: I was almost hit yesterday morning down there.
Gordie: See that sign, “End of School Zone” [on Rodney Road, just after Prince Arthur]? It shouldn't be there no more, now

that the pre-primary school is there. I've been talking to people about it. It should be taken down.

[Winifred's dad] Anything else you think people should know?

Debbie: Just to slow down and be aware of the kids.
Gordie: Most of the drivers are O.K., but just to pay more attention. It is a dangerous job. You gotta stand out in the middle of the road.
Debbie: Yeah, you gotta stand out in the middle, and you see them coming barreling down the hill or whatever.

Gordie: Sometimes they don't stop.
Debbie: Yeah, exactly. That's just it, right? And the kids have to learn to not just walk out with us. And I keep trying to stress that point. Wait till we get out there and say, “It's O.K. to cross.” It's so hard because even parents will just bring their kids out with us.

[Winifred's dad] I didn't know that.

Debbie: Yeah, because especially the way they come down the hill. With the second tree right by the stairs, you can't really see me until you get around there. So let me get out there first. I'd rather them hit me than hit a kid.
Gordie: Sometimes parents will cross the kids [at the top of hill, where there's a flashing light but no crosswalk]. Kids then think they can do that, too.

[Winifred and dad] Thank you both very much.

Gordie and Debbie: Thank you! □

HALLOWEEN EVENTS GUIDE

Spooky events abound in Dartmouth this month

By Christian Ensslin

Evenings are getting dark earlier in Dartmouth, ever more reason to get out and enjoy some seasonal events.

For a warm belly as the nights grow colder, the Downtown Dartmouth Food Crawl is back on October 23! This is a self-guided tasting tour through the streets of Downtown Dartmouth between 5:30 p.m. to 8 p.m., where local businesses offer a special and folks get to come and enjoy! Head out early, for the best treats often sell out.

If, however, you are seeking spine-tingling chills, then head over to join the Ghostly Gala at the Cole Harbour Heritage Farm on Sunday, October 26, from 7 p.m. to 9 p.m.! Prepare for a truly spooky experience as storytellers recite ghostly tales and spooky stories. There will be a bonfire in the farmyard, and three story locations: the ghostly Giles House, the spooky Settle Barn, and the haunted Harris House. Costumes are encouraged, and fireside

beverages and treats are available (tickets required, age 10+).

For a musical Halloween, over at the Woodside Tavern on October 30, the Global Centric Brass Band is inviting you to its Halloween extravaganza. This Nova Scotian seven-piece, New Orleans-style group are hosting a Mardi Gras Masquerade Party, a “Spooktacular” time with lots of “thrilling” music, door prizes and best mask contest. Don't be scared — and don't forget your mask! □



Cole Harbour Heritage Farm

If you would like to propose an event (yard sales, community events, clubs or classes) for inclusion in this column, please email details to southdartmouthpostevents@gmail.com