



Wednesday, February 1st 2017

**Spring Garden Area
Monthly Newsletter**

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Halifax Community Ramp Project

Are you looking to make your business more accessible? Did you know that our city offers a program to provide you with custom wheelchair ramps? The Halifax ramp project uses basic materials to build ramps to make improvements to accessibility throughout the urban centre.

For more information on the program or to obtain a ramp contact the SGABA at 902.423.3751

February Morning Mixer

Join us this month on February 15th at Fantasie Music located at 5512 Spring Garden Road for our morning mixer! Learn from Fantasie Music staff about the musical instruments for sale and the variety of lessons they offer. We will be there from 8:30am until 9:30am with treats and smiles!

All are welcome; we can't wait to see you there!

A big thank you to Duly Noted for hosting our January mixer, it was a great turnout and a lot of fun!



Spring Garden
Monthly
Morning Mixer
Join us for coffee, tea and conversation

First Aid Training Course

Due to the overwhelming response we received for our January first aid training, we have decided to host a second session for those who missed out. Join us on February 8th for a one-day first aid training course with St. John Ambulance at the Lord Nelson Hotel from 8:30 am – 4:30 pm. Cost per employee is \$90.00 and must be received in advance of training. Morning refreshments and lunch will be provided by SGABA.



St. John Ambulance

SAVING LIVES
at work, home and play

Space is limited. Please contact Rachel Brown at rachel@springgardenarea.com to register.

Valentine's Day Contest

It's that time of year again; Valentine's Day is almost here! Make this holiday easy by entering to win a wonderful prize package with gifts donated from Spring Garden area businesses. This could be the perfect gift for someone special or a treat for you! Enter online at www.springgardenarea.com to win. Thank you to Thumpers Salon and Jennifer's of Nova Scotia for your prize donations! Contest closes on February 14th at noon. Good luck to all!



Proposed Changes to Parking Fines

Last week, council was presented with a plan from city staff to increase the cost of a parking ticket from \$25.00 to \$50.00. We have been asked to share a statement from District 7 Councillor Wayne Mason on the potential changes. [Click here to view the statement.](#)

Recognizing this could have significant impact on the downtown, SGABA is asking you, our members, to provide us feedback on this issue as soon as possible. We want to know if you are in support or against an increase, including how it will impact your business so that we can bring forward your comments to council.

Comments can be sent to info@springgardenarea.com.

Connect with Us!

Jennifer Malec, our Operations and Membership Coordinator, is working on connecting one-on-one with members to hear your feedback, concerns and suggestions about the work of the Association and the Spring Garden area. If you are interested in arranging a brief, informal meeting, please contact Jennifer at jennifer@springgardenarea.com or 902.423.3751. We would greatly appreciate the opportunity to meet with you at your convenience!

Member of the Month

February isn't just about love and romance, it's also known as Heart Health Month. As an organization committed to raising awareness about living heart healthy, the Heart & Stroke Foundation works hard to improve the lives of people all across Canada. "Since 1952, Heart & Stroke has been working to reduce the toll of heart disease and stroke and tangibly improve the health of all Canadians. Over this period, the cardiovascular death rate in Canada has declined by more than 75%," says Manager of Communications Victoria Boutilier.



Through a variety of different campaigns and initiatives, Heart & Stroke is focused on making an impact on three main priority areas: preventing disease, saving lives and promoting recovery. "We work on achieving goals in these three areas by empowering Canadians of all ages to learn about and establish healthy lifestyle choices, enabling faster, better cardiac emergency, stroke response and treatment and by enhancing supports for survivors and their care partners when it is most needed," says Boutilier.

The foundation is constantly working to make improvements and changes in the lives of those who have been or will be affected by heart disease and strokes. "We are evolving and pushing harder to make medical breakthroughs and win the fight against heart disease and stroke. We are doing things differently, in order to get a different result. Some of the ways we've transformed include working to accelerate research breakthroughs and propel Canadian heart and stroke research leadership by developing a new research strategy." (Boutilier)

To support the Heart & Stroke Foundation, Spring Garden businesses are invited to participate in their Paper Hearts Program. "Be part of Heart Month by selling paper hearts at a price ranging between \$2-5 each, your staff, clients, patrons, and other paper heart buyers will help fund medical breakthroughs and give Canadians more moments," says Boutilier.

For more information on how to get involved with the Heart & Stroke Foundation, visit www.heartandstroke.ca.

Media Mingle on February 28th

Join us on Tuesday February 28th for our first media mingle! We've invited six different representatives from television, radio and print to provide you with information about advertising options available to you. This event will take place at 12:00pm and go until 1:30pm at the Halifax Central Library in the Lindsay Children's room, lunch will be provided. We ask that you RSVP to rachel@springgardenarea.com.

DAVIDs TEA Break

DAVIDsTEA on Spring Garden wants to thank you for being a fantastic neighbour with their new Tea Break program! This is an opportunity to thank your team and invite them to take a break and enjoy some delicious teas.



DAVIDs TEA staff will offer your team the experience to learn about two teas from their collection of over 150! All supplies will be included for each individual to sample tea in a fun and friendly environment.

If you are interested in applying for the Tea Break, please visit <https://www.davidstea.com/tea-break> to fill out the application. If you have any questions, please contact j.dingwell@davidstea.com.

Business Navigation Program

To help businesses navigate the often complex regulatory environment, a Business Navigation Service is being piloted in Nova Scotia. Business Navigators have a single focus: help businesses navigate the rules and requirements that apply to their business so they can focus on succeeding.

Business Navigators will help businesses: Find timely information on rules and regulations specific to each business, understand how to comply with provincial regulations, secure the status of their business registration, find the status of permit and license applications and complete applications and forms.

You can contact a Business Navigator, Monday to Friday - 8 am to 5 pm at 1-844-628-7347(1-844-NAV-REGS) or by email BusNavigation@novascotia.ca.

New SGABA Initiatives in 2016

Throughout 2016, the Association introduced a variety of new initiatives for our members. We began hosting Monthly Morning Mixers at a different business in the Spring Garden area providing members the opportunity to connect with one another. We also began hosting Lunch and Learns on a variety of topics.



If you have any suggestions on initiatives, projects, events or guest speakers you would like to see the Association take on, we encourage you to contact us at info@springgardenarea.com or by telephone at 902.423.3751.

Halifax Magazine CO-OP Opportunity

The Spring Garden Area Business Association is pleased to partner with Halifax Magazine to provide our members a cooperative opportunity for advertising throughout the year. The cost to participate is only \$300.00 per insertion and there is still time to be included in the February issue. If you are interested in advertising or for more information on this opportunity, please contact Rachel at rachel@springgardenarea.com. The deadline is February 14th.



For more information regarding any of the articles in this newsletter please contact **Rachel Brown** at rachel@springgardenarea.com or by phone at 1.902.423.3751.

5670 Spring Garden Road, Suite 610
Halifax, Nova Scotia
B3J 1H6
Phone: 1.902.423.3751
Email: info@springgardenarea.com
www.springgardenarea.com



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