

Upcoming Events

Here are a few upcoming events around Halifax. Hope you get to go out and enjoy some of them...

“A Sizzling Evening in Monte Carlo”
Canadian Liver Foundation Fundraiser
Friday, November 19
8:00pm – 1:00am
The Lord Nelson Hotel & Suites
\$85 per couple, \$50 per person
For more information:
<http://www.masks4liver.ca/>

Holiday Parade of Lights
Saturday, November 20
6:00pm
Downtown Halifax

A Beary Merry Christmas with The
Stadacona Band, for The Salvation Army
November 22 & 23
7:30pm both nights
Rebecca Cohn Auditorium, Dalhousie
University
\$5 + Teddy Bear per ticket

Mamma Mia!
November 26 – 28
Halifax Metro Centre

Symphony Nova Scotia’s Annual
Nutcracker Performance
December 3 – 11
Rebecca Cohn Auditorium, Dalhousie
University
\$38 Regular & \$19 Child/Student

Christmas in Song
Sunday, December 12
3:00pm
\$8 or Children under 16 free (contact Box
Office for Child ticket)
Rebecca Cohn Auditorium, Dalhousie
University



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Sustainability Corner

Here are a few tips that will help you along your sustainability journey. If you haven't started this journey, now is the time to do so. Remember, the small changes we make today will make for a better future.

- **Buy second-hand.**
- **Avoid food waste and spoilage by only buying what you need.**
- **Share or borrow items with friends, family and neighbours rather than buying new.**
- **Re-upholster furniture rather than buying new.**
- **Keep a pitcher of water in the fridge instead of running the tap until it gets cold.**
- **Try to make one less car trip a week - It will be easier on your wallet and the environment. Take the bus, walk, or ride your bike when possible.**



“Our world has enough for each person’s need, but not for his greed.”

- Mahatma Gandhi

Health & Wellness

- **Daydream** – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a dream destination or a favourite place from your past, let the comforting environment consume you and take you to a place of peace and tranquility – awaken your senses.
- **Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.
- **Enjoy hobbies** – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.
- **Treat yourself well** – Get plenty of rest, eat right, exercise, see a doctor regularly. Keep your mind active and exercised through learning new things, reading and interacting with others regularly.



Getting to know...

Lonnie Ratchford

Manager, Campus Security



Where are you from?

I've been in Toronto for the last 21 years but originally from New Waterford, Cape Breton.

Tell me a little bit about yourself.

Last 21 years I was with the Toronto Police Service, most of the time was with the Drug Squad and training/teaching at the Toronto Police College. I'm married to a girl from Nova Scotia so we are both back home.

Do you have any hobbies?

My hobbies include hockey, my son's sports – swimming is one of them, fishing, and camping. I enjoy doing lots of things so I can go on and on.

If you could be any animal, what would you be and why?

A Lion, because you get to be the king of the jungle – the 'Top Dog'. Don't really have to worry about other people attacking you.

Any words of wisdom you would like to share with your new co-workers?

Be safe and take care of yourself and the people around you.

Getting to know...

John Thompson Day Shift Campus Custodial



Tell me a little bit about yourself.

I raised my nephew William when he was younger. Met someone and bought a house together. Her Name is Eva – I'm a very lucky man. I find that if you have outside interests like plenty of friends, hobbies and stuff, you tend to enjoy work more. Need friends to get you through – they are a good support system. I believe in treating everyone how you would like to be treated. There's only one race – the human race.

Do you have any hobbies?

Hiking, hanging out, walking, curling, and ball hockey when I was younger – you get to meet people.

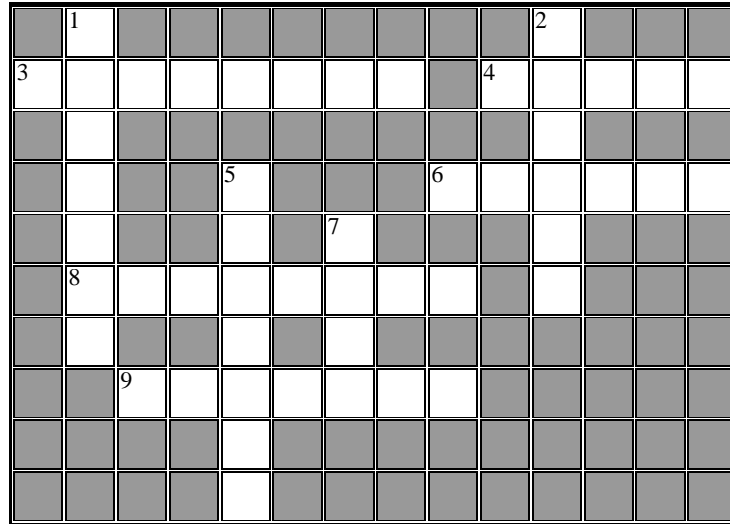
If you could be any animal, what would you be and why?

I would be a dog because they're loyal.



Crossword Puzzle

All of the answers can be found in this issue of the Facilities Management Newsletter!



ACROSS

3. Enticing description of one of the upcoming events.
4. Most of us are very fond of ours and musical enthusiasts love them too.
6. Past career of one of our very own.
8. This is a part of taking care of yourself.
9. Get you through in life.

DOWN

1. When you hear this, Baseball or a nice cold one comes to mind.
2. This suffers everyday no matter how much we try to avoid it.
5. This sport holds a special place in one of our interviewees' heart.
7. "Hear me roar!"



“Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks.”

- Johann Gottfried Von Herder