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Monday Memo



NOVA SCOTIA FEDERATION  
OF MUNICIPALITIES

## Special Meeting of the Members: Organizational Change THIS THURSDAY

The NSFM Board of Directors would like to announce a Special Meeting of the Members. The purpose of this meeting is to continue discussion on proposed changes to the NSFM by-laws. Pursuant to Article 10 (b) of the NSFM by-laws, this information provides notice of proposed by-law changes.

We've received a number of inquiries about why this meeting is being held in person. The NSFM Board understands that in-person meetings can be a challenge for members who are located further away from the meeting location. Currently, the NSFM by-laws do not allow for hybrid or virtual meetings and so all decisions made in these formats require in-person ratification. The Board is proposing that decision making processes become more accessible and inclusive by changing these by-laws to allow decision making via virtual meetings, evotes, and hybrid meetings.

For this reason, the Special Meeting of the Members will be taking place in person on **January 26<sup>th</sup> from 10 a.m. - 4 p.m. at the Westin Hotel in Halifax.**

[You may register for the Special Meeting of the Members via this link.](#)

If you have any questions in advance of this meeting, please contact NSFM at [info@nsfm.ca](mailto:info@nsfm.ca).

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### Call for Expression of Interest

As part of the provincial Agency, Boards, and Commissions (ABC) recruitment process, the Building Advisory Committee is seeking a nominee from NSFM. The Building Advisory Committee provides the Minister of DMAH with advice and assistance concerning the Building Advisory Act and regulations. For more information including Committee member requirements, please visit the Committee's [ABC Profile and Selection Criteria](#) page.

If you are interested in participating and meet the posted requirements, please submit an Expression of Interest to [info@nsfm.ca](mailto:info@nsfm.ca). While the NSFM Board of Directors nominates an elected official, the selection process is completed at the provincial level.

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### Looking for Topic Suggestions for 2023 Events

Soon, the NSFM conference planning committees will be meeting to develop the program content for our spring and fall conferences.

The committees would appreciate input from the membership in terms of topics you would like to see considered. Our events are a great opportunity for professional development and we want you to get the most out of them.

The committees will review all suggestions received at their initial meetings. Even though we may only be able to accommodate a few suggestions, we sincerely appreciate your input. We will also ensure that those suggestions that cannot fit into the two major events are considered for webinars or future events.

If you have any suggestions, please provide your topics via e-mail directly to [jwebber@nsfm.ca](mailto:jwebber@nsfm.ca) by **JANUARY 27<sup>th</sup>**

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## Announces Second Round of Consultation

This round will focus on sanctions that can be imposed if there is a breach of the code, and options related to the investigator model process.

[In order to ensure a robust discussion during consultation the COCWG is providing elected officials and senior administrators with the proposed sanctions and options in advance for their review.](#)

To maximize the amount of feedback the COCWG can receive, there are going to be virtual and in-person consultation sessions. Although the virtual sessions are listed by region, the COCWG encourages elected officials and senior administrators to attend as many sessions on whichever dates best fit their schedule.

Please [register using this link for which consultation session](#) you plan to attend. The details for the consultation, including the virtual links and locations will be shared with the invitations. If you are unable to attend any of the proposed sessions, or should you have any questions about the consultation please email [dmah-consultation@novascotia.ca](mailto:dmah-consultation@novascotia.ca).

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## GoodLife Fitness Corporate Membership

From AMANS

Did you know you have access to a GoodLife Corporate Membership?

Both new and existing GoodLife members can take advantage of this great offer. An added benefit of the Corporate Membership Program is the ability to add a family member to your Corporate Membership.

### What is the Corporate Membership rate?

GoodLife is pleased to offer employees more membership options this year. Employees will continue to enjoy \$0 enrollment, and access to professionally trained staff, all while taking advantage of a **30% corporate discount** off of [regular club pricing](#).

### Registration Process:

- Step 1: Contact Rebecca Kolstee at [rkolstee@amans.ca](mailto:rkolstee@amans.ca) to obtain your unique login information to register online for your GoodLife Fitness Corporate Membership.
- Step 2: Use the unique login information to register [here](#)

The enrolment process will take approximately 10 to 15 minutes to complete. Have your payment information and your existing GoodLife Membership number or key tag barcode (if applicable) readily available. If you also wish to enroll a family member, have their information available before you begin the registration process. GoodLife will send you a copy of your membership agreement electronically after you've completed the online registration process.

### Frequently Asked Questions

To find a list of frequently asked questions, visit the Municipal Wellness Program webpage: <https://nsmunicipalwellness.ca/wellness-priorities/physical-health.html>

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## AMANS and NSFM are participating in Bell Let's Talk Day on Wednesday, January 25

*Creating positive change for mental health awareness*

Together we can take a big step to reduce the stigma around mental health issues, inspire one another to take action, and contribute to a supportive workplace culture where everyone can access the mental health support they need. While there have been positive advancements in mental health awareness, we can always do more. We are encouraging all municipalities to join the conversation and raise awareness about the importance of mental health and well-being.

The COVID-19 pandemic has highlighted the importance of providing a comprehensive and accessible range of mental wellness supports, services, and educational programs. The Municipal Wellness Program remains committed to supporting municipalities in creating and maintaining healthy and

**1. Mental Health Resource Guide(s):** We have created Mental Health Resources Guides that include mental health information/supports that employees can access immediately. Forward the Mental Health Resource Guide to employees/elected officials to help take meaningful action to increase mental health awareness and understanding.

**IMPORTANT:** Resource Guides have been created for **NSFM Benefit Plan members and non-members**. Please choose the guide that represents your municipality:

- [Mental Health Resource Guide- for Municipalities who participate in the NSFM Benefit Plan](#)
- [Mental Health Resource Guide \(no benefit plan members\)](#)

**2. Email Template:** Use the email template below to help send a message to your employees and elected officials:

**SUBJECT LINE: Let's Talk about mental health and end the stigmatizing of mental illnesses**

**January 25 is Bell Let's Talk Day; Join the conversation** -This time of year can be tough; with the holidays behind us, short days spent mostly indoors and summer a distant dream, it is easy to get the winter blues, and then there are the ever-changing circumstances and uncertainty around the ongoing pandemic that has impacted our lives for almost three years. *A perfect cocktail for depression, stress, and anxiety.*

Talking about mental health and mental illness, sharing resources, and connecting with others who have been through similar experiences are all ways to increase our understanding of mental health and to reduce the stigma associated with mental illness. That's why we will be among other municipalities across the Province to take part in the world's largest mental health conversation with [Bell Let's Talk](#) again this year.

The Bell Let's Talk campaign encourages us all to keep listening, keep talking, and showing up for ourselves and each other— and that message has never been more important. We are committed to supporting you by offering a range of mental health services as outlined in this resource guide. We encourage you all to reach out for help and to encourage others who may need help, regardless of their level of need.

**3.** Visit [Bell.ca/LetsTalk](#) for more ideas. Encourage the use of #BellLetsTalk on social media

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## Infrastructure Canada Launches Call for Applications to Disaster Mitigation and Adaptation Fund (DMAF).

The DMAF is a national, competitive, and merit-based contribution program intended to support infrastructure projects designed to mitigate current and future climate-related risks and disasters triggered by natural hazards, such as floods, wildland fires, droughts, and seismic events.

Eligible projects include new construction of public infrastructure and/or modification or reinforcement of existing public infrastructure, including natural infrastructure, that prevent, mitigate, or protect against the impacts of climate change, disasters triggered by natural hazards, and extreme weather.

[Information on the DMAF, including the applicant's guide, eligibility criteria, and how to apply, is available at this link.](#)

Applications must be submitted to Infrastructure Canada through the application portal accessible via the DMAF website. Applications will be accepted at any time before the portal closes on **July 19, 2023, at 3:00 p.m. (EDT)**.

[For program questions, contact \[dmaf-faac@inf.gc.ca\]\(mailto:dmaf-faac@inf.gc.ca\)](#)

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[CAMA Launching Updated CAO Performance Evaluation Toolkit](#)

Council".



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