

INFORUM

The Nova Scotia Barristers' Society semi-monthly e-newsletter

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- TREASURY BOARD: [Province issues RFP to improve collaboration & service-sharing across government \(Aug. 28\)](#)
- HEALTH/WELLNESS: [New program waives ambulance fees for low-income Nova Scotians \(Aug. 30\)](#)
- JUSTICE: Find all DOJ announcements at <http://www.gov.ns.ca/just/communications/> (no new releases since last *InForum*)
- SNSMR: Find all news releases at <http://www.gov.ns.ca/snsmr/> (no new releases since last *InForum*)
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 - *Mid-Winter Meeting, January 31 - February 1, 2013*
 - *Serious Personal Injury, May 10, 2013*
- [The 1st Southeast Asia Pro Bono Conference – September 2012](#)
- [Forum 2012: "Revitalizing Courts with Enhanced Technology and Thought-Provoking Reforms: The Modernization Challenge" – October 24 - 25](#)
- [The Seventh Annual Halifax Rock for Dimes – October 25](#)
- [APTLA's Information Conference: Modern Litigation & the Art of Intelligence Gathering – November 2](#)
- [Ambiguous Crossroads: Persons with Mental Health Problems and the Criminal Justice System](#), presented by the Canadian Institute for the Administration of Justice – February 1, 2013

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Career Opportunities

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:: NOTICES ::

SOCIETY NEWS

Barristers' Library in Halifax moving to temporary location at Summit Place – October

Due to renovations to upgrade the heating, ventilation and air conditioning systems at The Law Courts on Upper Water Street, the Barristers' Library will be moving to temporary quarters on the fifth floor of Summit Place (1601 Lower Water Street).

The move is anticipated to happen in mid-October 2012. The Society will do its utmost to minimize disruption to services and access to the library collection during the move.

It is anticipated the Barristers' Library and Library & Information Services staff will remain at Summit Place for approximately one year. The Society will provide further details on the website and in *InForum* as they become available.

Notice of Referral to Hearing: Michael Iosipescu

The Hearing Committee of the Nova Scotia Barristers' Society will hold a hearing respecting charges against Michael Iosipescu, a member of the Society, at a date and time yet to be determined.

For more details, see the Notice of Referral to Hearing, posted August 28, 2012 on the [Public hearings](#) page of the Society's website.

“The Revolution in Legal Services Delivery” – presentation by Darrel Pink now available on Society's YouTube channel

In his inaugural address at the Annual Meeting this summer, President Tim Daley QC asked the province's legal profession to engage with the Society in its ongoing analysis of major changes ahead in the delivery of legal services. Pointing to the fundamental shifts already underway in England, Australia and other jurisdictions, Mr. Daley asked lawyers in Nova Scotia to “begin to think about how we can get ahead of the tsunami of change in self-regulation, change in business structures and particularly, change in the ways in which legal services are going to be delivered in the future.”

Executive Director Darrel Pink provided a detailed presentation on these changes, titled “The Revolution in Legal Services Delivery”, also at the Annual Meeting on June 16. A video of his 44-minute presentation is now available for viewing on [the Society's YouTube channel](#), in four parts.

A text version and presentation slides are also available on the Society's website. For links to all of the above, including Mr. Daley's address, see the **Recent presentations** page at <http://nsbs.org/recent-presentations>, under For lawyers > Professional Development.

A direct link to the new YouTube channel is also now available at the bottom right of the Society's homepage at <http://nsbs.org/>, beside the links to the Society's Twitter feed and LinkedIn profile.

For further reading on just some of the changes happening in the delivery of legal services, and their relevance to maintaining competence in your legal practice, here are several recent articles:

[The confidence of the dinosaurs](#)

Law21 / by Jordan Furlong / August 29, 2012

[Risks and Benefits of Legal Technology – Recognized](#)

SLAW / by David Bilinsky / August 28, 2012

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Only the New Can Change the Profession

SLAW / by Mitch Kowalski / Aug 16, 2012

Lawyers (and judges): get over your fear of social media

Legal Briefs / by Michael McKiernan / Aug.13, 2012

NSBS in the news

Conflict of interest rule rankles big firms: Supporting commentary seen as cause of controversy

Lawyers Weekly print Aug 24, 2012 issue posted Aug 20, 2012

Invitation to the 2012 Recognition Reception – September 14 at 4:00 pm

Friday, September 14, 2012, 4:00 – 5:30 pm

Nova Scotia Barristers' Society, Cogswell Tower – 8th Floor

The Nova Scotia Barristers' Society cordially invites you to attend the 2012 Recognition Reception on September 14, 2012 at the Society's offices in Cogswell Tower.

Please join the Society in celebrating excellence in Nova Scotia's legal profession, as we present the **2012 Distinguished Service Award to Edwin C. Harris QC**. An outstanding lawyer, scholar and teacher, Mr. Harris is a nationally recognized leader in the areas of corporate, estate and tax law. A former Chair of the Canadian Tax Foundation, he has served on numerous public bodies advising in such diverse areas as education, transit, industrial development and oversight of the economy.

Several other achievements will also be honoured:

- **Presentation of 50-Year Practising Certificate to Lawrence Hayes QC**
- **The 2012 NSBS Presidents' Leadership Award**: Presented to a graduating law student, this annual award recognizes substantial involvement in the law school and the community. Currently articling with Patterson Law, **Alayna Kolodziechuk** co-founded the Dalhousie Women and the Law Society's Better Practices Program and co-chaired the Canadian Bar Association's newly created student section, among other efforts.
- **The 2012 Race and the Law Paper Prize: Jalana D. Lewis** received the fourth annual prize, sponsored by Stewart McKelvey, for her paper, "Contextualizing 'Nine Sneaky Words': Situating s. 718.2(e) of the Criminal Code in the Past, Present and Future of Aboriginal Offenders in Canada." Jalana is going into her third year at Schulich School of Law.

Please RSVP by Tuesday, September 4: Shirley Shane, sshane@nsbs.org

Changes in Category – August 20 to September 4, 2012

This feature is now available in every edition of *InForum*, for timely updates on changes of category.

The following member has changed to the Practising Lawyer category:

- Jeffrey Michael Larsen

The following members have changed to Non-Practising status:

- Nathan Andrew Baines
- Jeannine Yvette Bakeeff
- David Robertson Campbell QC
- Marsha Ann Curry
- Susanne Margaret Litke

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- Anthony Joseph Magliaro
- Audbur Vance Wirth

The Society welcomes the following new articulated clerk:

- Noel William Fellows

Code of Professional Conduct – Conflicts of Interest amendment notice

The Society's *Code of Professional Conduct* Committee made recommendations to Council regarding the adoption of amendments to Rule 2.04(1) through (11). These recommendations were considered by Council at its June 2012 meeting and on July 20, 2012, the amendments were adopted. The rule now begins with a general prohibition on acting where there is a conflict of interest, and the commentary that follows makes it clear that the rule applies to all situations, including those involving conflicts of interest between current clients.

Some of the changes to note include the definition of conflict of interest, which is referred to in the commentary to Rule 2.04 (1), which has been amended to make specific reference to the duty of loyalty. The revised definition recognizes that the duties flowing from the lawyer-client relationship require prohibition of both conduct that would have an adverse impact on the representation of the client, and conduct that might impair the relationship between a lawyer and the client. The commentary to Rule 2.04(1) (the general prohibition on acting in situations of conflict of interest) also highlights the importance of the duty of loyalty, and includes a list of examples of areas where conflicts may occur.

The general rule prohibiting a lawyer from acting where there is a conflict of interest is followed by an exception permitting a lawyer to act where there is express or implied consent from clients and the lawyer reasonably believes that he or she is able to represent each client without there being any material adverse effect upon either the representation of or the loyalty to the clients. The rule on consent and the commentary that follows it contain important clarifications on the use of implied consent and consent obtained in advance in order to provide reasonable, principled relief from the strict prohibition. The ability to obtain consent in advance and, in certain circumstances, to infer consent would permit a lawyer to act in situations otherwise proscribed by the general prohibition on acting when there is a conflict of interest.

The amendments to Rule 2.04 are now available on the Society's website in the [Code of Professional Conduct](#). If you have any questions about these amendments, please contact Elaine Cumming, Professional Responsibility Counsel, at 422 1491 or ecumming@nsbs.org.

Society's new CPD Requirement Handbook online

The [NSBS CPD Requirement Handbook](#) is now available on the website, in the section [For lawyers](#), under the [Professional Development](#) heading. It should answer most questions about the Society's new mandatory continuing professional development requirement, which **came into effect on June 1, 2012**.

Effective June 1, all practising lawyers in Nova Scotia will be required to complete at least 12 hours of continuing professional development annually, and to report this education on their Annual Member Reports.

For further details about the new CPD requirement, please visit the [NSBS CPD Requirement](#) page of the Society's website, and the [CPD Requirement Chart](#). Also see the special feature section of the April edition of the [Society Record](#).

For links to examples of CPD programming and providers, visit the [CPD resources](#) page and [Upcoming events](#).

For any further questions not addressed on the website or in the new handbook, please email the Society at cpd@nsbs.org, or phone the **NSBS CPD line: 902 422 1491 ext. 371**. A staff member will respond to your query within five business days.

Follow the Society on Twitter.com/NSBS

If you would like to receive Twitter updates from the Society, please follow us at <http://twitter.com/NSBS>.

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FROM THE COURTS

Notices to the Bar

Important updates for the legal profession are routinely posted on the Courts Nova Scotia website, on the "Notices to the Bar" page under the RESOURCES links on the left side of the website. Subscribe to the new Twitter service to be automatically notified whenever something new is added to this web page. For instructions, visit <http://www.courts.ns.ca/General/bar.htm>.

Several Twitter accounts have been set up to better serve the legal profession, the general public and the media, replacing the RSS Feed service that was previously available on the website.

- **Decisions of the Courts:** Receive Tweets when the Courts post new decisions on the website. The Tweet will link you directly to the decision itself. Choose to receive Tweets about decisions released by one or all of the Courts. http://www.courts.ns.ca/decisions_recent/decisions_weekly_list.htm
- **Notices To The Bar:** These Tweets include notices about Court schedules, the Prothonotary's "Hints And Tips", amendments to the *Civil Procedure Rules*, and changes to the online dockets of the Court of Appeal, Supreme Court in Kentville/Windsor, and the Bankruptcy Court. <http://www.courts.ns.ca/General/bar.htm>
- **News of the Courts:** Follow news about the Courts as it is posted on the website. These News Tweets will be in addition to news releases regularly emailed directly to the media. <http://www.courts.ns.ca>

Other notices to the Bar:

Federal Court: Ongoing updates are posted on the [Notices to Parties and the Legal Profession](#) web page.

FROM THE PROVINCE

Note: Find direct links to more provincial announcements on the What's New page at the start of *InForum*.

Call for applications: Small Claims Court Adjudicator for Cape Breton Regional Municipality

The Department of Justice wishes to receive applications from practising members with a minimum of three years at the Bar (in good standing with the Nova Scotia Barristers' Society) in the Cape Breton Regional Municipality area who are interested in an appointment as a Small Claims Court Adjudicator.

Applications must be returned to Joanna Forgeron by 4:30 pm on Friday, October 5, 2012.

An information sheet and application form are available by contacting:

Joanna Forgeron
Department of Justice
Court Services Division
P.O. Box 7
Halifax, Nova Scotia B3J 2L6
Tel: (902) 424-4025; Fax (902) 424-7596
Email: forgerij@gov.ns.ca

Call for applications: Small Claims Court Adjudicator for Cumberland County

The Department of Justice wishes to receive applications from practising members with a minimum of three years at the Bar (in good standing with the Nova Scotia Barristers' Society) in the Cumberland County (Amherst area) who are interested in an appointment as a Small Claims Court Adjudicator.

Applications must be returned to Joanna Forgeron by 4:30 pm on Friday, October 5, 2012.

An information sheet and application form are available by contacting:

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Joanna Forgeron
Department of Justice
Court Services Division
P.O. Box 7
Halifax, Nova Scotia B3J 2L6
Tel: (902) 424-4025; Fax (902) 424-7596
Email: forgerjl@gov.ns.ca

Notice from the Nova Scotia Office of Immigration: Proposed regulatory changes to Federal Immigration Categories

On Saturday, August 18, the Government of Canada pre-published [proposed regulatory changes](#) to the Federal Skilled Worker Class (FSWC), the Canadian Experience Class (CEC), and the new Federal Skilled Trades Class (FSTC).

Pre-publication in Part I of the Canada Gazette provides the public an opportunity to review and comment on a proposed regulation.

- It is proposed that the language threshold would be set by the Minister in all three classes (FSWC, CEC, FSTC) based on criteria listed in the regulations. The threshold would be applicable across all four language abilities (speaking, listening, reading and writing). Initially, the thresholds are likely to be set at:
 - FSWC - Canadian Language Benchmark (CLB) 7
 - CEC - current levels will continue to apply:
 - Applicants in National Occupation Code (NOC) 0 and A occupations - CLB7
 - Applicants in NOC B occupations - CLB 5
 - FSTC - CLB 5
- A provision is also being proposed in the FSWC regulations that would require applicants in certain regulated occupations to have their educational credentials assessed by a professional body, should one be designated by the Minister to perform Educational Credential Assessments.
- Proposed changes to CEC would also merge the two streams of the CEC. Applicants would now be able to qualify under a single stream in the CEC (requiring 12 months of work experience).

You are invited to review the draft proposal and provide your feedback on the regulatory changes. The proposed Regulations were pre-published in the Canada Gazette on Saturday, August 18, 2012, and will be posted for 30 days.

The following background materials explaining the proposals under consideration and a copy of the regulatory changes are attached for your reference:

- [Proposed FSWP Grid Changes](#)
- [Propositions de changements à la grille de sélection du PTQF](#)
- [FSWP Package](#)

Please send your comments to Selection@cic.gc.ca.

Error & Omission notices

A number of new *Land Registration Act* and *Registry Act* Error & Omission notices have recently been posted online. Please note the new notices from the **Cape Breton, Halifax** and **Pictou County** Land Registration Offices. To view these notices in full, refer to the Errors & Omissions page on the [Property Online](#) (PO) website.

Call for nominations and applications: Queen's Counsel Appointments 2012

Dear Member:

In the fall of this year the Advisory Committee on Queen's Counsel Appointments, chaired by the Honourable Justice Peter Bryson, will consider candidates for the next Queen's Counsel appointments.

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The criteria for these appointments are:

- a. fifteen years or more as a member of the Bar of Nova Scotia as of October 31, 2012 and eligible to practise law in Nova Scotia;
- b. demonstrated professional integrity, good character and outstanding contributions to the practice of law through one or more of:
 - i. recognition by other members of the profession as an exceptional barrister or solicitor,
 - ii. exceptional contributions through legal scholarship, teaching or continuing legal education,
 - iii. demonstration of exceptional qualities of leadership in the profession, and
 - iv. (iv) engaging in activities of a public or charitable nature in such a way as to raise the esteem in which the legal profession is held by the public;
- c. the Advisory Committee on Queen's Counsel Appointments is asked to consider regional, gender and minority representation among the persons recommended for appointment as Queen's Counsel.

In order to be considered as a candidate for a Queen's Counsel appointment, you must apply pursuant to this request. The Committee will not consider applications or nominations from previous years.

A complete application or nomination package must consist of an original and 12 copies of the following documents:

- a. application or nomination form;
- b. authorization for disclosure of information and release; and
- c. Information form. Ordinarily the information will be confined to the form provided. However, if you find the space on the form insufficient, additional material that you may wish to provide (not exceeding two pages in length), will be considered by the Committee. Material exceeding two pages will not be forwarded to the Committee.

These forms are available on the [Queen's Counsel process](#) page of the Nova Scotia Barristers' Society website. In addition, please ensure you have provided with your application materials a current telephone number where you can be reached. If you wish, you may include two letters of reference for consideration by the Committee. The inclusion of reference letters is optional.

Persons may either apply personally or may nominate a member of the Bar. All applicants will be treated equally by the Committee whether they are nominated, or whether they apply personally.

Your complete application or nomination must be received by Justice Bryson **no later than 4:00 pm, Wednesday, October 31, 2012**. It may be mailed or delivered to:

**Advisory Committee on Queen's Counsel Appointments
c/o The Honourable Justice Peter Bryson
The Law Courts, 1815 Upper Water Street
Halifax, NS B3J 1S7**

Thank you for your attention to this matter.
Judith F. Ferguson, Deputy Minister of Justice

LABOUR/ADVANCED EDUCATION: Province consults with construction sector

(August 9, 2012) The province is asking builders, architects, engineers, municipal building officials and other interested parties for input on 24 recommendations prepared for the Building Advisory Committee.

A discussion paper, in English and French, and the complete Review of Obligations under Letters of Undertaking are posted at www.gov.ns.ca/lae/policy/BuildingCodeLettersofUndertaking.asp.

Letters of undertaking, provided by architects and engineers, help municipal building officials confirm that a building's design meets or exceeds the minimum standards of the Nova Scotia Building Code and that the construction conforms to the design.

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The department will review comments that are received by Dec. 14. Responses will be reviewed by staff and summarized for the Building Advisory Committee in early 2013, and the committee will make its final recommendations to government later in the year. See the [August 9 announcement](#).

OTHER NOTICES

Notice of Opportunity for Fixed-Term Agreement(s) as Agent(s) of the Director of Public Prosecutions (Also find this [posting](#) on the Careers page of the Society's website: <http://nsbs.org/careers>.)

Judicial districts:

- Halifax County
- Lunenburg & Queens County
- Yarmouth County (not including *Fisheries Act* matters)
- Shelburne County
- Victoria and Cape Breton Counties

The Atlantic Regional Office of the Public Prosecution Service of Canada (PPSC) is seeking private-sector lawyers or law firms to assume responsibility for the conduct of prosecutions and related proceedings arising from the enforcement of various federal statutes.

The responsibilities will include all prosecution-related activities associated with the conduct of criminal prosecutions of all levels of complexity, including court work, advice to enforcement agencies, disclosure and related tasks, the preparation of legal documents, briefs and argument.

Applicants must possess criminal litigation or regulatory experience. Sound case preparation and advocacy skills are required.

Candidates must be members of the Nova Scotia Barristers' Society.

Candidates may be asked to complete a written exam and to attend at an interview to evaluate their qualifications.

For more information, please visit the PPSC website at www.ppsc-sppc.gc.ca.

Date posted: 2012- 08-29

Closing Date: 2012- 10- 26

Reference No.: NS-12

Applicants must specify the judicial district for which they are applying.

Paula R. Taylor, Team Leader
Agent Supervision Unit
Public Prosecution Service of Canada
Suite 1400, 5251 Duke Street
Halifax, Nova Scotia B3J 1P3
Fax 902-426-1351

paula.taylor@ppsc-sppc.gc.ca

linda.sparks@ppsc-sppc.gc.ca

Avis de possibilité d'entente(s) à terme fixe à titre de mandataire(s) du Directeur des poursuites pénales

District judiciaire:

- Comté de Halifax
- Comtés de Lunenburg & Queens
- Comté de Yarmouth (à l'exclusion de La loi sur les Pêches)

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- Comté de Shelburne
- Comtés de Victoria & Cape Breton

Le Service des poursuites pénales du Canada (SPPC), Bureau régional de l'Atlantique recherche des avocats ou des cabinets du secteur privé pour prendre en charge la conduite de poursuites et de procédures connexes découlant de l'application de diverses lois fédérales.

Le titulaire sera responsable de toutes les activités liées à la conduite de poursuites criminelles de différents niveaux de complexité, notamment la plaidoirie devant les tribunaux, la prestation de conseils aux organismes d'enquête, la divulgation de la preuve et les tâches connexes, ainsi que la préparation d'actes de procédure, de mémoires et de documents juridiques.

Les candidats doivent posséder une expérience en poursuites pénales ou réglementaires. Ils doivent posséder également de solides habiletés en plaidoirie et en préparation de dossiers.

Les candidats doivent être membres du Barreau de la Nouvelle Écosse.

Les candidats peuvent être invités à compléter un examen écrit et d'assister à une entrevue afin d'évaluer leurs qualifications.

Pour de plus amples renseignements, veuillez consulter le site du SPPC au www.ppsc-sppc.gc.ca.

Date d'affichage : 2012-08-29

Date limite : 2012- 10-26

No. de référence : NS-12

Les candidat(e)s doivent spécifier le district pour lequel ils appliquent.

Paula R. Taylor, Chef d'Équipe
Supervision des Mandataires
Service des poursuites pénales du Canada
Pièce 1400, 5251, rue Duke
Halifax, Nouvelle-Écosse, B3J 1P3
Télé 902-426-1351
paula.taylor@ppsc-sppc.gc.ca
linda.sparks@ppsc-sppc.gc.ca

AWARDS & APPOINTMENTS

Roland A. Deveau QC appointed permanent Vice-Chair of NSUARB

The Province has appointed Roland A. Deveau QC to be permanent Vice-Chair of the Nova Scotia Utility and Review Board. The appointment was approved late last month.

A member of the Bar since 1987, Mr. Deveau was first appointed to the board in December 1998. Prior to that appointment, he practised with the firm Pink, MacDonald, Harding in Yarmouth and Point de L'Eglise, with a focus in the areas of municipal, administrative and commercial law. He is a Past President of both AJEFNE (L'Association des juristes d'expression française de la Nouvelle-Écosse) and the Yarmouth Chamber of Commerce, and sits on the board of directors of Golf Canada, where he also chairs the audit and risk committee.

Mr. Deveau served on the Council of the Nova Scotia Barristers' Society from 2006 to 2009, and continues to serve as a member of the Society's Supreme Court Liaison Committee (Criminal), and the Lawyers' Fund for Client Compensation Committee.

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Several lawyers among Nova Scotia's Diamond Jubilee Medal recipients

Dozens of deserving Nova Scotians have been recognized in recent weeks with the Queen Elizabeth II Diamond Jubilee Medal, for contributions to the province. Lawyers Glenn Anderson QC, of Halifax, and W. Brian Smith QC, of Dartmouth, were among the recipients nominated personally by Premier Darrell Dexter, receiving their medals at a ceremony on August 17.

"The Diamond Jubilee Medal celebrates outstanding contributions made by Canadians and Nova Scotians," said Premier Darrell Dexter at the event in Halifax. "Today's recipients are making Nova Scotia a better place to live, and are great examples of what can be achieved when you get involved in your community."

The Queen Elizabeth II Diamond Jubilee Medal commemorates the 60th anniversary of Her Majesty's accession to the Throne, and honours her service and dedication to Canada. Throughout the year, 60,000 Canadians will be honoured with the medal, including hundreds of Nova Scotians.

For more information on the Diamond Jubilee and the medal, visit www.novascotia.ca/diamondjubilee.

2012 LEXPERT ZENITH AWARDS: Celebrating Leadership Through Change

Honouring lawyers who have been change-agents for forty or more years, for their clients, firms, companies, departments, faculties, profession, colleagues and/or communities.

*With special keynote speaker: **The Right Honourable Adrienne Clarkson, Former Governor General of Canada***

October 11, 2012

The Ritz-Carlton, Toronto

6:00 p.m. Cocktail Reception

7:00 p.m. Gala Dinner and Awards Presentation

Seating is limited; \$5,500 for a table of eight

Please contact Grace So at 416-609-5838 or grace.so@thomsonreuters.com to purchase your table.

Watch this [event link](#) for further details about nominees.

Call for nominations in Nova Scotia: Human Rights Awards 2012

(August 2, 2012) Nova Scotians are encouraged to nominate people and organizations that promote human rights in the province for the 2012 Human Rights Awards. The awards are presented by the Human Rights Commission and Partners for Human Rights.

The awards will be presented to recipients at the International Human Rights Day celebration, Monday, December 10 at Millwood High School in Lower Sackville. The theme this year is Voice It! Change It! Award winners in 2011 were Tringa Rexhepi, Dartmouth and Doreen Crick, Halifax, and the Halifax Refugee Clinic.

The deadline for nominations is Friday, September 28. For more information and nomination forms go to www.gov.ns.ca/humanrights.

VOLUNTEER & PRO BONO OPPORTUNITIES

Nova Scotia College of Early Childhood Education looking for new Directors

The Nova Scotia College of Early Childhood Education is a non-profit institution located on Quinpool Road, which offers courses leading to an Early Childhood Education diploma and also operates daycare centres at the three Halifax campuses of the Nova Scotia Community College.

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We are looking for new members for our dynamic Board of Directors. If you would like to find out more about helping with the direction of an organization that trains many of the daycare workers in the province, please contact Jane Cawley (Executive Director) by phone at 423-7114 or by email at janecawley@nscece.ca.

Register soon: 4th Annual Play in a Day fundraiser

STAGE CALL! Spaces are limited to participate in the popular Fourth Annual Play in a Day fundraiser in support of the Legal Information Society of Nova Scotia (www.legalinfo.org). This year's production is the original "The Godmother Part 7: Gangstas Gone Wild", to be performed at the Bella Rose Arts Centre on Saturday, October 20.

This unique event involves a group of fearless participants producing a play in just 24 hours. Teams from all over HRM fundraise in support of LISNS then come together on October 19 at the Bella Rose Arts Centre to see the top secret original script for the first time, before being divided equally into cast and crew and getting to work. Participants have less than 24 hours to learn the script, create the set, make costumes, create props and rehearse! The accomplished actor/director/producer, [Jeremy Webb](#) and his team of theatre professionals will guide participants in the production of this year's play.

Jane's on the Common provides catering throughout rehearsals and at the pre and post curtain parties on October 20th. This is a fun event and a fantastic way to meet others in the legal community and beyond. If you would like to register a team (minimum of 2) or find out more, email: philanthropy@legalinfo.org or visit our website: <http://www.legalinfo.org/events/5-play-in-a-day-2012.html>.

IF YOU WANT TO JOIN A TEAM: "The Legal Gangsters" are looking for one more gangster to join their Play in a Day team! Email philanthropy@legalinfo.org for more information.

Alex's Safe Harbour Society – seeking members for Board of Directors

Alex's Safe Harbour Society is a registered charity in Halifax Regional Municipality that provides grief support to children, teens and families at a time when they need it the most, when someone they love has died.

We are presently seeking individuals to enhance our Board of Directors who may have expertise in the following fields: Legal, Business Management, Accounting, Banking, Insurance, Public Relations, Advertising, Technology, Fundraising, Medical, Social Work and Community Services.

Would you, or someone you know, be willing to donate some time and expertise to help us help others?

Our organization has received funding from private and corporate donors, the IWK Health Foundation, local Community Health Boards and the Mental Health Foundation of Nova Scotia.

If you would like more information, please call our Bereavement Coordinator, Trish Dominie at 902-448-8396 and visit our website www.alexssafeharbour.com.

Help promote access to justice for Nova Scotians

The Legal Information Society of Nova Scotia is celebrating 30 years of helping Nova Scotians access information about the law so they are better prepared to deal with their legal issues and questions.

Thousands of Nova Scotians access its services every year through a variety of channels. LISNS is now busier than ever, with a number of important projects underway and special events planned over the coming months.

LISNS is a small charity with limited resources and it needs your help. We are actively recruiting volunteers to work on various projects and special events, to join our committees, and to serve on our Board of Directors. Committees include Finance, Legal Content, Philanthropy, PR and Communications, and Community Connections. We seek people with a wide range of skills and interests from all backgrounds.

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For more information about the various volunteer opportunities available, please contact lisns@legalinfo.org. To learn more about LISNS and its services, visit www.legalinfo.org.

Artists' Legal Information Services (ALIS)

Artists' Legal Information Society (ALIS) is a non-profit legal support volunteer organization based in Halifax. Our mission is to make a stronger, more vibrant arts community in Nova Scotia by helping to resolve legal issues for artists living here. This will be accomplished by providing free clinics, workshops and library resources to artists in Atlantic Canada. We work with all types of artists to help them understand how the law impacts them, and provide a framework for navigating potential obstacles.

If you are a lawyer with experience in contract law, entertainment law, tax law, or just have an interest in the needs of local artists, then we would love to hear from you. We are looking for support from the Atlantic Canada legal community on a *pro bono* basis.

If you are interested in getting involved, please contact us at info@nsalis.com. For more information please visit www.nsalis.com.

reachAbility Volunteer Opportunities

reachAbility's Legal Referral Service is a community-based service that bridges the gap between existing local resources and public need. We provide an opportunity for persons living with disabilities to better understand their legal rights, as well as providing lawyers with an opportunity to use their legal skills in a volunteer capacity to address the needs of an often marginalized segment of our community.

reachAbility's Legal Referral Service offers access to free legal advice for any person with a disability. Lawyers throughout the province volunteer their time and expertise to our clients and we're always looking for new perspectives. The time commitment that we ask from our volunteers is small – a single one-hour consultation each year – but it is a commitment that will make an immediate difference in the life of a Nova Scotian with a disability.

Join other members of the legal community by completing our online lawyer volunteer form at: <http://reachability.org/legal/vla>

For further information, contact us: (902) 429-5878 or legal@reachability.org
OR visit us online at <http://reachability.org/legal>.

LIANS and NSBS Mentorship Program

For information, visit the [Mentorship Program](http://lians.ca/rpm/mentorship_program/) section on the LIANS website, under the Risk and Practice Management heading at http://lians.ca/rpm/mentorship_program/. Documents available on the website include the **Mentorship Program Application Form**, a **Model Mentoring Activity Plan** for participants and a **Mentoring Guidelines** booklet.

CAREER OPPORTUNITIES: nsbs.org/careers

To post career opportunities relating to the legal profession, use the Society's new [online form](#).

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:: CONFERENCES & SEMINARS ::

Please visit the [events](#) page on our website for the most up-to-date listings.

NSBS ADMISSIONS & PROFESSIONAL DEVELOPMENT

Visit the [CPD](#) page at [NSBS.org](#)

Land Registration Act Training

Registration is open for the Online *Land Registration Act* training program.
Cost for this program is \$600 plus HST and registrants have one week to complete the course.

Dates for next LRA course:

- September 19 to 26, 2012
- November 14 to 21, 2012
- January 23 to 30, 2013
- April 17 to 24, 2013
- June 19 to 26, 2013

[Register online](#)

OUTSIDE CONFERENCES & SEMINARS

Upcoming events from CBA-NS

Conferences:

[Tax Law: Tips and traps for Non-Tax Practitioners](#)

October 26, 2012 – Casino Nova Scotia

[Legal Assistants' Conference on General Civil Litigation](#)

December 7, 2012 - Marriott Harbourfront Hotel

[Mid-Winter Meeting](#)

January 31 – February 1, 2013 – Marriott Harbourfront Hotel

[Serious Personal Injury](#)

May 10, 2013 – Casino Nova Scotia

Online CLE:

- September 28, 2012 – [Procedural Notice Quirks Suing the Provincial/Federal Crown](#)
 - October 12, 2012 – [Rule 62](#)
 - November 30, 2012 – Snowbirds: Cross Border Planning
 - December 14, 2012 – Fracking/Windmills/Mining Projects
 - January 18, 2013 – Being an Executor: How to Stay Out of Court
 - February 22, 2013 – Technology - 45 Tips in 90 Minutes
 - March 22, 2013 – Property Condition/Disclosure Statements/Home Inspecting
 - April 12, 2013 – Immigration law: Impact of Criminal Charges
 - April 26, 2013 – The Status of Pension and Disability in Wrongful Dismissal Claims
 - June 7, 2013 – Small Claims Court
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The 1st Southeast Asia Pro Bono Conference to be held in September 2012

The 1st Southeast Asia Pro Bono Conference will bring together lawyers, academics, students, policy makers and representatives from non-profit organisations to develop pro bono initiatives to strengthen access to free legal advice in Southeast Asia. Organised by BABSEA CLE in cooperation with the National University of Laos Faculty of Law and Political Science, the Conference will take place on 28 and 29 September 2012 in Vientiane, Laos.

"Greater access to justice is crucial to improving the situation of millions of people across Southeast Asia," said Bruce Lasky, Co-founder and Director of BABSEA CLE. "Lawyers, academics and students are uniquely placed to offer pro bono legal assistance. This Conference will provide legal professionals with the skills, knowledge and expertise they need to do just that. But more than that, the Conference will include decision-makers from regional non-profit organisations, including non-government organisations and law faculties, looking to form partnerships to work on meaningful pro bono projects."

The two-day Conference will consider a range of topics, including the role of pro bono as a form of legal assistance to socially excluded persons, professional excellence and how to manage working pro bono partnerships, and the current situation of pro bono in Southeast Asia. Interactive workshops will look at how lawyers can develop a pro bono culture at their firms and how to incorporate pro bono into the curriculum of law students through clinical legal education.

Bridges Across Borders Southeast Asia Community Legal Education Initiative (BABSEA CLE) is an international access to justice, legal education organisation that focuses on legal-capacity development and community empowerment. BABSEA CLE has been working with universities, law faculty, law students, lawyers, members of the legal community and justice-related organisations to develop clinical and community legal education programmes across the region. These clinics provide pro bono services while educating the next generation of social justice, pro bono champions. For further information on BABSEA CLE see www.babseacle.org.

For further information contact Laura Milne at probono@babseacle.org or on (+84) 0919982812 (Vietnam).

Forum 2012: "Revitalizing Courts with Enhanced Technology and Thought-Provoking Reforms: The Modernization Challenge"

October 24 - 25, 2012 | Montréal, Québec

Extension of Early Bird Registration deadline to August 15, 2012, and Webcasting Opportunity!

The Canadian Centre for Court Technology and the Association of Canadian Court Administrators are pleased to announce an extension of the Early Bird Registration deadline for the Canadian Forum on Court Technology ("Forum 2012"), which is being held October 24 - 25, 2012 in Montréal, Québec. The theme for Forum 2012, "*Revitalizing Courts with Enhanced Technology and Thought-Provoking Reforms: The Modernization Challenge*", is designed to challenge attendees with leading edge sessions, including *Enhancing Access to Justice Using Technology and Going Beyond Technology: Revisiting Fundamental Assumptions About Traditional Litigation*.

Another highlight of Forum 2012 will be the *Canada Showcase - How Technology is Enhancing Access to Justice in Four Canadian Jurisdictions*.

Forum delegates will have the chance to visit the Montréal Cyberjustice Lab during the event – this unique experience is available on a "first registered, first served" basis for up to ninety (90) forum delegates. Other Forum 2012 delegates will have the opportunity to be part of this visit by way of a remote presentation provided by the transportable courtroom - the McGill Mobile unit - which is connected to the Cyberjustice Lab at Montreal University.

Conference registration is now open, so register early for the opportunity of experiencing the Montreal Cyberjustice Lab and to take advantage of the special Early Bird Registration conference rate – the special registration rate ends August 15, 2012!

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For those who are unable to attend Forum 2012 in person, we are providing a unique alternative - the opportunity to attend as a remote participant via webcast at two sessions of the Canada Showcase on the afternoon of October 25, 2012, and for Forum 2012 closing address.

We encourage you to take advantage of this unique opportunity – you can watch live from within your own office, along with your colleagues! Registration for webcasting will be available in the near future:
Cost - Single: \$150; Group of two or more: \$250.

To find out more about the forum, the exciting discussion and presentations planned and about the opportunity to experience the Montréal Cyberjustice Lab, go to the Forum 2012 website at <http://www.modern-courts.ca>.

The Seventh Annual Halifax Rock for Dimes: Halloween Dance Party, October 25, 2012

On Thursday, October 25, 2012, local amateur musicians will once again strap on their rock instruments to battle for the title of Halifax's Best Band and raise funds for Nova Scotians with physical disabilities.

More than \$120,000 has been raised to date by March of Dimes Canada at this annual event in Halifax. The two previous events in Halifax – “Retro 80s” and “Canada Rocks vs Britain Rocks” – were among the biggest and best Rock for Dimes events across Canada in March of Dimes Canada history.

This year's costume-musical theme for the “two stages” event will be **HALLOWEEN DANCE PARTY**. Another excellent opportunity to dust off creative and spectacular costumes for this one! As always, the Battle will include not only lawyers but also other local professionals, such as medical professionals and software experts, which proves to be a very entertaining cross-disciplinary experience for the audience. The big change this year is a different venue. The Battle of the Bands will take place at the **CUNARD CENTRE**, on Marginal Road, with lots of parking for everyone.

Mark your calendars now. The date is **Thursday, October 25, 2012**. Doors open at 7:00 pm. For tables (of 10), tickets and more detailed event and sponsorship information, visit www.rockfordimes.ca or call 1-800-263-3463.

Halifax Rock for Dimes benefits March of Dimes Canada's Conductive Education (CE) Nova Scotia Program, which helps children and adults in our province. CE is an innovative program that blends elements of education and rehabilitation to improve the independence, mobility and confidence of children with disabilities, and has proven especially beneficial to children with cerebral palsy, multiple sclerosis and developmental apraxia. March of Dimes Canada is a nationally registered charitable organization providing support services to people with disabilities, their families and caregivers across Canada. In 2010, November 2 became March of Dimes Conductive Education Awareness Day at Province House in Halifax and prominent Nova Scotia MLAs delivered resolutions in the House of Assembly recognizing the "immense benefit" of March of Dimes and Conductive Education in Nova Scotia.

APTLA's Information Conference: Modern Litigation & the Art of Intelligence Gathering Friday, November 2, 2012 | Delta Halifax, Halifax, NS

Information wins cases. More information is now available to litigants than ever before. But what exactly is available and where? How can I get? What information is protected from disclosure? Find out the answers to these and other questions at APTLA's Intelligence Officer Training School for Litigators.

Learn from national policing instructors, engineering experts and leading lawyers about:

- the uses and limitations of freedom of information requests in securing information vital to your case;
- what crash data secrets lie within the “little black box” and how you can use it for your client;
- how your client's footsteps can be retraced using GPS and other data located in their “smart phones”;
- how to preserve electronic data from cell phones, computers and more;
- protecting your client's right to privacy in their own medical records;
- recognizing and advancing claims for solicitor/client, litigation, spousal and settlement privilege;

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- ensuring you have received all of your client's information from the insurance adjuster's file; and why you and your client need to pay attention to Facebook and other social media or suffer the consequences.

You will also hear directly from the Bench about the latest in eDiscovery.

APTLA's *Modern Litigation & the Art of Intelligence Gathering* is open to APTLA Members and Non-Members, lawyers and non-lawyers. [Complete conference information and registration.](#)

APTLA ONLINE LEGAL EDUCATION

The Atlantic Provinces Trial Lawyers Association invites you to enhance your practice through online legal education. Eliminate travel expenses and hear from top trial lawyers from the convenience of your office, home or hotel room using a desktop computer or laptop. **SeminarWeb Live!** provides real-time delivery of papers, presentations, podcasts and video presentations. Participants can ask questions, participate in surveys, and post comments from their computers. There is also a broad selection of self-paced online programs, canvassing all areas of a litigation practice; including:

- Case Intake and Evaluation
- iPhone and iPad for Lawyers: Apps You Need to be Using
- Trying a Case on a Budget
- Powerpoint and Trial: Persuading a 21st Century Jury
- After 25 Years: Lessons Learned Every Trial Lawyer Should Know
- Chronic Pain & Unemployment Equals Depression: A Rateable Disease

To learn more about upcoming programs or the list of available self-paced seminars, visit APTLA's SeminarWeb Live! page at <http://www.seminarweblive.com/ap> or call support at 800 443 1757. More information about these and APTLA's other legal education events can be found at www.apvla.ca.

Ambiguous Crossroads: Persons with Mental Health Problems and the Criminal Justice System

Presented by the Canadian Institute for the Administration of Justice

Friday, February 1, 2013

Schulich School of Law, Dalhousie University, Halifax, Nova Scotia

[Brochure and Registration](#)

This conference is intended to bring together many of the actors responsible for ensuring equitable treatment for persons with mental health problems who come into contact with the criminal justice system. As many challenging cases have revealed and as the ratification by Canada of the Convention on the Rights of Persons with Disabilities mandates, this is a time for change. Persons with lived experience and their advocates, police officers, lawyers and judges, among others, will collaborate to present and discuss the latest developments and preferred practices at the often difficult intersection of criminal justice and mental health. The goals of the conference include updating attendees, fostering discussion and enabling participants to emerge with better tools and firmer links to other justice, health and social service professionals and to the community. [More information...](#)

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:: LIBRARY & INFORMATION SERVICES ::

WiseLII – a mobile legal research tool

WiseLII is a free app developed by Toronto law firm Wise Law Office that allows case law and legislation on CanLII to be searched, viewed and saved on a mobile phone.

For details, see Omar Ha-Redeye's post on WiseLII on [Slaw](#). See also an interview with creator Garry Wise in the [Financial Post](#).

Canadian Forms & Precedents volume missing

Library & Information Services subscribes to several forms and precedents collections for the use of lawyers, some for use in the library only. One such updated title in LexisNexis Canada's *Canadian Forms & Precedents* series, **Commercial Transactions – Corporations**, has gone missing from the library.

We ask that this volume be returned to the library immediately. Thank you.

:: NEW DECISIONS ::

CONTRACTS *Bernard v. Bella Marble and Granite Inc.*, Claim No. SCT 369639, Parker, Adjudicator, August 28, 2012. [2012 NSSM 28](#)

CRIMINAL LAW *R. v. Perrin*, C.A.C. No. 374749, Beveridge, J.A., August 21, 2012. [2012 NSCA 85](#)

CRIMINAL LAW *R. v. Brown*, Cr. Am. 391524, MacAdam, J., August 20, 2012; August 1, 2012 (orally). [2012 NSSC 306](#)

EXPROPRIATION *Guysborough (District of) v. PEV International Research and Development Inc.*, C.A. No. 375965, Hamilton, J.A., August 28, 2012. [2012 NSCA 87](#)

FAMILY LAW *Pellicer v. Williams*, No. 1201-063597, O'Neil, J., July 16, 2012. [2012 NSSC 267](#)

FAMILY LAW *Campbell v. Campbell*, C.A. No. 370421, Farrar, J.A., August 22, 2012. [2012 NSCA 86](#)

FAMILY LAW *L. (C.) and S. (S.) v. Nova Scotia (Minister of Community Services)*, C.A. No. 398039, Farrar, J.A., August 21, 2012. [2012 NSCA 88](#)

FAMILY LAW *Kedmi v. Korem*, C.A. No. 381259, Farrar, J.A., August 22, 2012. [2012 NSCA 90](#)

FAMILY LAW *Chiasson v. Sautiere*, C.A. No. 394221, Farrar, J.A., August 27, 2012. [2012 NSCA 91](#)

FAMILY LAW *DeMont v. Hill*, S.F.H.M.C.A. No. 080703, Gass, J., August 29, 2012; August 28, 2012 (orally). [2012 NSSC 304](#)

FAMILY LAW *Gaunt v. Hawes*, No. 1201-56166, Gass, J., August 13, 2012; April 16, 2012 (orally). [2012 NSSC 305](#)

FAMILY LAW *Abbott v. Algarvio*, S.F.H.M.C.A. No. 081703, Jollimore, J., August 17, 2012. [2012 NSSC 312](#)

FAMILY LAW *Nova Scotia (Minister of Community Services) v. B. (H.) and T. (J.)*, S.F.H.C.F.S.A. No. 082163, Jollimore,

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J., August 9, 2012. [2012 NSSC 314](#)

FISH AND GAME *R. v. Shatford et al.*, No. 1937487; 1937486, Burrill, J.P.C., August 22, 2012; August 16, 2012 (orally). [2012 NSPC 75](#)

INCOME TAX *R. v. Martin*, No. 2276770-2276795, Atwood, J.P.C., August 28, 2012. [2012 NSPC 76](#)

INJUNCTIONS *Fynn v. College of Physicians and Surgeons of Nova Scotia*, Hfx. No. 401520, McDougall, J., August 16, 2012. [2012 NSSC 308](#)

INSURANCE *Royal & SunAlliance Insurance Co. of Canada v. Meridian Construction Inc.*, C.A. No. 349660, Bryson, J.A., August 23, 2012. [2012 NSCA 84](#)

PRACTICE *Coates v. Sharp et al.*, Hfx No. 375221; 375222, Moir, J., August 20, 2012. [2012 NSSC 311](#)

PRACTICE *Gillis v. Roy Stutley Plumbing and Heating Ltd.*, Hfx. No. 183960, Hood, J., August 10, 2012; November 30, 2011 (orally). [2011 NSSC 514](#)

PRACTICE *Aliant Inc. et al. v. Ellph.com Solutions Inc. et al.*, C.A. No. 356044, Saunders, J.A., August 23, 2012. [2012 NSCA 89](#)

PRACTICE *Innocente v. Canada (Attorney General)*, Hfx. No. 311509, Wood, J., August 22, 2012; August 10, 2012 (orally). [2012 NSSC 309](#)

SUPREME COURT of CANADA — recent decisions

Library & Information Services - Keeping you informed

No new decisions have been released on the [Supreme Court of Canada Judgments](#) website since the last *InForum*.

:: NOVA SCOTIA BILLS ::

There are no new bills at this time.

Nova Scotia Bills: <http://nslegislature.ca/index.php/proceedings/status-of-bills/>

:: PROCLAMATIONS UPDATE ::

No proclamations were published in the *Royal Gazette, Part II* since the last issue of *InForum*.

Proclamations are published in the *Royal Gazette, Part II*, which is issued every other week and is available by [subscription](#). Unofficial copies of the *Royal Gazette, Part II* are available [online](#) through the Registry of Regulations website.

The Office of the Legislative Counsel maintains a Proclamations of Statutes database, providing the effective dates of proclamations for statutes from 1990 to date. The database is updated with information received weekly from the Executive Council Office. To access the database, go to the Office of the Legislative Counsel's [website](#), then select

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Proclamations from the list of links on the left side of the page. The information provided by the database is for convenience only. For purposes of interpreting and applying the law, please consult official sources.

The orders in council authorizing the proclamations can be searched via the [Orders in Council](#) database maintained by the Executive Council Office. This database contains information about orders in council dating back to 1991.

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:: LIANS TIPS ::

RISK AND PRACTICE MANAGEMENT TIP: Two-step verification

In the last five years, password hacking has become further advanced, which has led to some very reputable websites such as Google, LinkedIn and Amazon being hacked. It may no longer be enough that passwords are long and include a random mixture of letters, numbers and symbols. Instead, many websites now are offering optional two-step verification.

Two-step verification offers an extra layer of security. When signing in, the website sends a one-time code directly to your smartphone that you use to complete the sign-in process. This dramatically decreases the chances of your account being compromised as hackers would not only need to know your password, they would also need your smartphone to get the verification code.

*If you have any questions on these, or any other risk- or practice-related matters, do not hesitate to contact Stacey Gerrard, LIANS Counsel with the **Risk and Practice Management Program** at sgerrard@lians.ca or call 423-1300 ext. 345.*

FRAUD ALERT: Business representation scam from “Kew Lew Kimora of Futaba Corporation”

We have received several fraud reports from Nova Scotia lawyers who had received the following email as a suspected scam attempt:

Dear Sir/Madam,

Futaba Corporation is a Japan based company dealing in the manufacturing, sales and supplies of Vacuum tubes, Vacuum Fluorescent Displays (VFD) and field emission display (FED). We require your firms Legal services in some outstanding payment matters with a number of debtors in your locality.

Please confirm your firm's availability in this regards for services, as we await your prompt reply.

Do have a nice day.

*Kew Lew Kimora
Senior Executive Manager
Futaba Corporation
Mobara, Japan
futabacorporation@japan.com*

Remember that **you must always confirm** a prospective client's identification in accordance with the [Client ID Regulations](#) of the Nova Scotia Barristers' Society. Be sure to Google any potential clients you are unable to meet in person, **do not** deposit cheques in advance of a deal being signed and **do not** release funds until you verify with your bank that the cheque has cleared.

If you do decide to proceed with a transaction, be sure to go to the bank website to verify branch transit number, address and phone number on the cheque. Wait until the bank confirms that the funds are legitimate and are safe to withdraw from the deposit. Where possible, use the [Large Value Transfer System \(LVTS\)](#), an electronic funds transfer system that allows large payments to be exchanged securely and immediately.

As always, trust your instincts – and when in doubt, contact Cynthia Nield, LIANS' Database and Information Officer, at cnield@lians.ca or 423 1300 x346 to help you debunk any emails or potential “clients”.

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NSLAP WELLNESS TIP: Body image and loving how you look

The following is an article excerpt from Homewood Human Solutions™, your health and wellness provider.

For some of us, our body image is directly tied to our self-esteem, so it's important to have a positive body image. But how can we feel good about ourselves and love how we look?

Are you happy with how you look? Have you ever looked in the mirror, or seen a photo of yourself and immediately focused on the negatives? Better yet, do you constantly want to look 'better' or more appealing? When we evaluate ourselves, we are forming our own body image, or how we feel about our body's aesthetics.

Body image is the mental picture you have of your body as well as your feelings about it. This picture may have little to do with how you actually look or how other people see you. A person's body image is a product of his or her personal experiences, personality, and various social and cultural forces. Specifically, a person's sense of his or her own physical appearance, usually in relation to others or in relation to some cultural "ideal," can shape his or her body image.

A person can have a negative or positive body image. A number of factors influence whether someone feels good or bad about how they look — the media and advertising can play a prominent role.

Sometimes when we do not look like people we see in print or television, we form unreal expectations of ourselves. Our body image is then affected, and so is our confidence and overall happiness. It's important to accept how we look individually, and important to stay away from comparing ourselves to others. It's crucial to know what a positive body image is, and some characteristics of a person with positive body image are described below:

Understanding that physical appearance says little about your character and value as a person. What you look like does not define who you are, and your physical appearance should not define you to others, nor define your self-worth.

Feeling comfortable and confident in your body. Loving yourself and truly appreciating your body will help you feel generally more comfortable. This comfort increases confidence and encourages a more positive outlook on life. This will help in social situations and general day-to-day interactions.

Speaking positively about yourself and your body. You like how you look, so tell people about it! Try to stay away from saying things like 'I look fat' or 'I wish I had the body to wear that'.

One common misconception about body image is that only women are concerned with it. The truth is that men, women and even children are affected by how they look, or how they feel about how they look. And contrary to popular belief, improving on someone's body image doesn't always mean losing weight. Current research indicates many men wish to become more muscular, often desiring an additional 15 to 26 pounds of additional muscle mass.

Building a positive body image is important for building confidence, reducing stress and feeling good about yourself. It positively impacts your mental health and your behaviour in social settings. The Dietitians of Canada have outlined ten steps for improving body image. Five of these steps are listed below. To see the rest of the steps, please visit <http://www.dietitians.ca/Your-Health/Nutrition-A-Z.aspx> and look for "Body Image":

Forget dieting. Dieting can bring temporary weight loss, but the weight is often gained back quickly. The cycle of losing and gaining can be harmful to your health and can lead to frustration, anger and an even poorer body image.

Focus on your health, not your weight. A healthy lifestyle and healthy weight go hand-in-hand. Aim to be healthier with each passing day.

Experience the pleasure of eating well. Celebrate the pleasure of healthy eating. By eating a balanced diet of delicious nourishing foods you will be able to enjoy your favorite indulgences occasionally with no worries. Your weight will result from what you do most of the time, not what you do once in a while.

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Enjoy being active. How about a noon-time walk, a family hike or a swim with friends? Physical activity lets you enjoy the outdoors and helps you deal with stress while making you feel more energetic. All this helps you feel good about yourself.

Accept yourself. Feeling good about yourself starts with accepting who you are and how you look. Healthy bodies come in all shapes and sizes. Focus on all your good qualities instead of perceived negative qualities. Feel what it's like to love your body unconditionally.

We all have days when we feel awkward or uncomfortable in our bodies. The key to developing positive body image is to recognize and respect our natural shape and learn to overpower negative thoughts and feelings, replacing them with positive, affirming, and accepting ones. Doing so will improve our lives in multiple areas and improve our general wellness.

*For more information and support on dealing with body image, along with resources and counselling to improve your health and wellness, visit the NSLAP website at www.nslap.ca. Please note that **LAP** is your "company" name when you register. When you call the NSLAP number at **1-866-299-1299**, your call will be answered any time, day or night, 365 days per year.*

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:: CLASSIFIEDS ::

Office for rent in historic downtown Halifax building

One office for rent in the St. Paul's Building, a historic downtown building located at 1684 Barrington Street, Halifax. Located on the fifth floor, with elevator and stair access. Great light, lovely views. Use of shared conference room included.

Available October 1.
\$600/month plus HST.

To view or inquire, please contact ewozniak@nsimmigration.ca.