

President's Message - Summer 2020

~ By Devon Cassidy, CCI-NS President and Lawyer with Cox & Palmer

The last three months have challenged all of us, and changed the way we live. We have all had to adjust to washing our hands constantly, wearing masks in some situations and maintaining 6 feet of distance between ourselves and those we encounter in the world. Perhaps even harder, we have all been home, sharing our common element space with each other as we navigate the changing health directives. As someone who lives in a world frame condominium, where sound travels, this has been particularly difficult. That said, it seems that we are turning a corner in dealing with COVID-19. As Nova Scotia begins to slowly open up again, we wanted to have an issue which focuses on next steps as we enter this new phase of life in the time of COVID-19 and beyond.

In this issue we have the much awaited Strategic Plan Summary. The CCI NS Board began the Strategic Plan process in July of 2018. Following almost two years of review, discussion and input from our newer Board members, we are finally in a position to have an accepted Strategic Plan for our Board to implement. It was a long road, but we are so excited to dig in and help build an even better CCI-NS.

As we enter AGM season, and deal with limitations on how to conduct AGMs virtually, or to make the decision to delay, we are emphasizing the Provincial rules to consider as Board members discuss how to proceed.

Our renewals will be going out this month, in order to renew your CCI-NS membership for 2020/2021. We at CCI-NS realize that the last few months have caused financial strain to our members due to financial uncertainty and additional costs incurred to keep our Condominiums clean and safe. In recognition of this fact, and to show our appreciation for your support of CCI-NS, the Board of CCI-NS has voted to provide all of our seminars and courses this year only for free to all of our members. Our seminars and courses will likely be all held online for the next year, and it is our hope that more of our members will be able to participate with the removal of the fee and with the online access.

As life in Nova Scotia slowly reopens, and we all adjust to the next phase of life in a COVID-19 world, I would like to draw your attention to the resources which CCI NS is pleased to be able to provide:

- 1) The CCI National Resource Center (<https://cci.ca>) has a section dedicated to COVID-19 Updates/Resources which provides information in respect of what chapters across Canada are doing to face this pandemic head on.
- 2) Zoom calls among CCI-NS members to discuss and problem solve the issues we are all facing as we try to navigate through COVID-19. Please reach out to us at info@ccinovascotia.ca if you wish to be added to the list for these calls.

Please stay safe, look after each other and be kind...we are all in this together.

STUMPS, ENDS, TOPS and PEELS

~ By Neville MacKay CAFA PFCI

What with all we've been going through the past few months, isn't it wonderful that we are now able to get outside and enjoy the beauty of Nature again? Now, I know a lot of us are not, well.... "good" at gardening, but I always applaud an effort, regardless of the outcome! Like many things in life, this is a good way to get into gardening on the patio, deck, or balcony.... start small and simple and learn from every experience!

David and I moved into an apartment above our store a couple of years ago after being in the country (with full access to very large gardens!) for over 20 years and the adjustment for me was a lot to take. How will I ever get to grow all my pretties and Vegetables? Well, my Petals, here's what I have done; with various degrees of success.

We get sun partially throughout the day, so placement has always been important. Look where the sun is (and remember it will move as the Summer approaches) and plant accordingly. I potted all my flowering plants where they will get as much sun as possible, and also planted things that require less light (some ivies, begonias, ferns, etc) Also, space is always an issue, especially when you want to also have a

~ Continued on page 4

THE FUTURE FOR THE CCI NEWSLETTER

~ By the Newsletter Team

The plan would be to transition forward with a totally electronic newsletter.

The growth possibilities available through this transition are currently unavailable to CCI-NS.

With the advanced system CCI would benefit allowing the opportunity for information gathering, updating data, and greater efficiency.

Throughout the transitioning we would continue to sell advertising and at the same time ensure that all advertisers would get increased coverage.

The Newsletter Team has set deadline and distribution dates for the Summer

Deadline Summer -- June 12th and June 30th for Distribution by August the Newsletter committee will begin to get ready for the newer system in the Fall and by Fall we anticipate the new system would be in effect. Michael from LS Graphics will produce the design of the Template with info from CCI-NS and CCI-NS will continue to seek stories and operate the system.

IT'S RENEWAL TIME !!

~ By Lorena Mac Donald, CCI -NS Membership Chair

It's that time of year again and membership renewal forms are on their way. 2020 has been a challenging year for everyone and as condo owners we have had to make lots of adjustments due to Covid-19. Here at CCI, we would like to reward members for making it through these challenging times.

This year only, all of our courses and seminars will be free to all our members. Get your renewals in and enjoy free access for all your condo owners to the informative and educational seminars.



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REVIEW is published four times a year: Fall, Winter, Spring and Summer.
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WHAT DOES THE FUTURE LOOK LIKE FOR CCI-NS

~ By Barb Hart, CCI Board Member and Newsletter, Committee Chair and Editor

In recent times the CCI-NS Board of Directors began to revisit the strategic orientation of the organization and set a refreshed direction to lead the organization into the next three years. The Board also felt it was important to survey the membership to ensure that the direction set was reflective of what they felt were priorities and opportunities for improvement.

Our Mission

To cultivate and support a positive, strong and informed condominium community through the delivery of resources and guidance.

In addition to insight from the board and the membership, there were a number of external variables that were also key informers for the strategic planning discussions. The first was the current provincial landscape both with respect to the unit demographics (number, type and geographical spread) but also the complexity of needs facing condominium associations and owners today.

A second key informer was the current configuration of the CCINS Chapter with respect to governance models, membership and size and service slate.

A third key reference point was key charter defining documents from CCI National which outlined

expectations and commitments both from a fiduciary perspective but also from a membership support and service perspective.

Finally, from a planning perspective, it was important to also consider provincial housing trends driven by a number of factors including positive increases in economic prosperity, rise in community diversity and an aging demographic wall which would suggest that over the next decade, there will be even more importance placed upon a strong and informed condominium community that they are able to easily navigate the complexities of the landscape.



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STUMPS, ENDS, TOPS and PEELS

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place to sit outside and/or perhaps BBQ, so hanging pots and railing planters are a plus for sure (If you're allowed, of course) You know, I hung Sweet 100 tomatoes that trailed to the main floor and were loaded with fruit! They looked great as I also had a passion flower that wound all through them, for added colour.

Our neighbours have children, so I decided to teach them a little about gardening. I am planting potatoes in a pot for them (use the sprouted ends from organic potatoes that are STILL in the bottom of the fridge or go get some!) I have done this myself and it's SO easy! Just get a tall pot, put about 20cm soil in the bottom, drop a few spud ends, and cover them with about 10cm more soil. (Use good potting soil...now's NOT the time to cheap out!) Once they grow about 20 cm, cover them again, and repeat until they reach the top of the planter.... Then let them grow! This Autumn you should have potatoes the whole way through the planter!

Save the tops from Carrots and set them in a pot...they will grow leaves that are edible AND tasty! And those rotten onions you have that are sprouting? Plant them and they will grow and have a cool flower!

I also got some herbs to plant and will show the kids what to do with some of them. (Take the flowers from chives, leaves from thyme, oregano, etc. and put them in white vinegar...in a week or so you'll have pink flavoured dressing!)

I planted peanuts also, which is a lot of fun! They are always a surprise in the fall when you dig them up...You can buy the seeds or get a bag of mixed bird seed and pick the peanuts out. I do this with sunflowers, too!

Try something different and be patient with whatever you decide to try. I have had rhododendrons, massive palms, passion vines, ferns and even a blueberry bush on my balcony (why not? They are beautiful and, in the fall, would make lovely gifts for someone with a garden) I also have a fig tree I drag in the apt every fall that has 4-6 fruit on it faithfully every year. The price you pay for annuals can be as much or more than some of the tropical offerings, so why not give it a go?

Look, the real take away from all my words is simple. Get out and have a little fun with your good weather plantings! The best balconies, decks and verandas are the most interesting, so go for it! You'll have a lot to talk (or curse!) about, and hopefully you'll be the talk of the neighbourhood! (in a good way for a change!) Stay well and stay safe. Share LOVE through the Beauty of Flowers!

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Developing Relationships

Our condominium law team represents over 400 existing condominium corporations in Nova Scotia and continues to grow their services throughout Atlantic Canada. With extensive experience in this area since 1982, our lawyers advise on all areas relevant to condominium boards and owners. Our team also has extensive experience with the development and registration of new condominium corporations.

From strategic advice to development solutions, our team is committed to your legal needs every step of the way.

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BUY LOCAL IN NOVA SCOTIA DURING COVID-19

~ By Cheryl Van Varseveld, CCI Newsletter Committee

Choosing Nova Scotia products will be easier than ever thanks to increased funding for Select Nova Scotia, the province's buy-local marketing initiative.

A new \$250,000 investment by the province doubles program funding to \$500,000 for Select Nova Scotia beginning this year. The successful provincial marketing program launched in 2007 to promote local food products by increasing consumer awareness.

"Government recognizes the importance of promoting local food to support our farmers and the local economy," said Jim Morton, MLA Kings North, on behalf of Agriculture Minister John MacDonell. "Buying local is good for Nova Scotia consumers and good for Nova Scotia businesses. It's a win-win."

The additional funding will allow for a more robust marketing campaign, which began on television and online in late March. It also includes a redesign of Select Nova Scotia's logo to showcase the provincial flag--making it even easier to identify local products.

"As business owners who add value to a primary product and sell directly to the consumer, we know first-hand the importance of producer/customer relationships," said Jeanita Rand, co-owner of Fox Hill Farm. "Today's

consumers want to know where their food comes from, how it's made, and they want to have a relationship with you. Select Nova Scotia builds on this by increasing consumer awareness and connecting producers to consumers."

More than 400 businesses across the province are part of the Select Nova Scotia network. Since Select Nova Scotia began, awareness of buying local has increased 33 per cent among Nova Scotians, more farmers markets are popping up across the province, and Nova Scotians are buying more local food.

Visit www.selectnovascotia.ca for information on local products, where to buy local, recipes for seasonal foods, events and attractions featuring local products, and the benefits of eating and buying local.

North End Business Association www.opencithalifax.ca has information about special events starting June 27th and running for four consecutive weekends to promote local businesses in HRM.

Visit www.selectnovascotia.ca for information on local products, where to buy local, recipes for seasonal foods, events and attractions featuring local products, and the benefits of eating and buying local.



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Holding Meetings - Direction of the Minister under a Declared State of Emergency

(Section 14 of the Emergency Management Act) (20-004)

During the Provincial State of Emergency declared on March 22, 2020, and under the authority provided to me in Section 14 of the Emergency Management Act, in addition to any other directives I have issued, I direct that effective retroactively to 12:00 noon on March 22, 2020, the following:

- A.) all companies incorporated under the Companies Act;
- B.) all co-operatives incorporated under the Co-operative Associations Act;
- C.) all societies incorporated under the Societies Act; and
- D.) all other companies, corporations, co-operatives, societies or other bodies corporate incorporated by or under the laws of the Province of Nova Scotia or otherwise; including but not limited to condominium corporations and statutory corporate boards;

shall not hold any statutorily required shareholder or member meeting in-person if doing so would require a gathering of more than 5 people.

In place of a required in-person meeting above, whether or not such is otherwise permitted or provided for or by any other applicable law including an enactment, article, bylaw or governing agreement, I direct that the options provided below shall be permitted:

1. Virtual Meeting Option

A virtual meeting, or hybrid of a virtual and in-person meeting, may be held in the place of a required in-person meeting where the persons entitled or permitted to participate have access to the telephonic, electronic or other communication facility which is to be used and where a virtual meeting is held:

- (i) it shall be deemed an in-person meeting for the purposes of any law of the Province of Nova Scotia including an enactment, article, bylaw or governing agreement;
- (ii) a person entitled or permitted to be present who, through telephonic or electronic means, votes at or establishes a communications link to the meeting shall be deemed to be present at the meeting;
- (iii) it shall be deemed to be held at the place where permitted in accordance with an enactment, article, bylaw or governing agreement;
- (iv) where consistent with this directive, all other requirements for a meeting should be met including, but not limited to, quorum, record, and notice ; and
- (v) the telephonic, electronic or other communication facility used for the meeting permits all participants

to communicate adequately with each other during the meeting.

2. Meeting Deferral Option

A required in-person meeting can be deferred, without penalty or recourse, for a period of up to 90 calendar days after the last date of the declared state of emergency, and where a meeting is deferred all person entitled or permitted to be present for the meeting must:

- (i) be notified in advance of the date of the meeting as required by the applicable law for the corporate body including an enactment, article, bylaw or governing agreement, and where none is provided no less than 7 calendar days advanced notice; and
- (i) be provided the notice by any method permitted by the applicable law for the corporate body including an enactment, article, bylaw or governing agreement

Please note that these directions are in addition to any requirements established in a Medical Officer's order under the Health Protection Act.

A failure to comply with this direction could result in a summary conviction with fines between \$500 to \$10,000 for individuals and up to \$100,000 for a corporation per incident.

This direction will remain in place for the duration of the Provincial State of Emergency unless it is terminated in writing by me earlier.

Dated April 11, 2020.

CCI continues to receive calls regarding CCI AGM meetings. As of June 26th, 2020 the above directive continues

Hon. Chuck Porter

Minister of Municipal Affairs and Housing

PLEASE MAINTAIN 6 FOOT DISTANCE



What we do today
will define tomorrow

THE RULES OF THE GAME – GOVERNANCE OF A CONDOMINIUM

- By Dan Campbell, CCI-NS Board member and Lawyer with Cox & Palmer

A condominium is an odd sort of property. When I owned a house, I could point to the four corners of my lot and say that I owned everything within, including the house, lawn, driveway – everything. But now, living on the seventh floor of a high-rise condominium, I own a space in the air. My space is bounded by gyprock walls and a concrete slab floor and ceiling, but I do not own them – just the space between them. I am dependent on my co-owners for access to my unit, to maintain the walls and slabs that surround it, to keep the elevators running, and many, many other things; and I must pay a monthly fee to cover my share of the costs. Such a complex living arrangement requires clear rules.

Nova Scotia condominium corporations are governed by a hierarchy of documents: the Condominium Act, the Regulations, the Declaration, the Bylaws, and the Rules and Regulations, each with its own scope of coverage, methods of amendment, and methods of enforcement.

The Act and Regulations

The Act and Regulations are made by government. They create the legal status of condominiums (the joint ownership of common elements and so on) and

the administrative infrastructure (the Registry of Condominiums, the office of the Registrar). While we can advocate to the government for changes, we cannot do anything directly about the Act and Regulations.

The Declaration

The Declaration is our document – the Constitution of our condominium. It defines the units that we own and sets our percentage ownership of common elements and our responsibility for cost. But the Declaration can also include limits on the rights of owners within their units. Two such restrictions that have been the subject of attention lately are non-smoking rules and minimum rental rules (to discourage Airbnb-type operations). Many condominiums in Nova Scotia have adopted either or both of these provisions in their declarations.

Because the declaration can greatly affect the rights of owners, it can be amended only with the support of at least 80% of the owners – all the owners, not just those at a meeting.

The Bylaws

The condominium's Bylaws usually include the provisions about governance of the condominium – meetings of

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net without a goalie...*



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THE RULES OF THE GAME – GOVERNANCE OF A CONDOMINIUM

~ Continued from page 7

owners, election of directors, powers of directors and so on. However, they can also include provisions with respect to the use of the common elements of the condominium. The Bylaws can also govern the use of units “for the purpose of preventing unreasonable interference with the use and enjoyment of the common elements or other units”. However, because it is not clear how far these restrictions can go, is usually better practice to put any such restrictions in the Declaration.

Because the bylaws are limited in how they can affect value unit owners’ rights, they can be amended with a lower level of support, requiring only 60% of all owners.²

Rules and Regulations for the Common Elements

Finally, the corporation can make rules and regulations governing the use of the common elements. Because these have relatively small effect on the rights of owners, they can be made by a simple process. The Board adopts them and gives notice to the owners, and if no owner objects they go into effect in 10 days. If there is objection, the rule or regulation can be approved by a simple

majority of members attending a duly-called meeting. Review your documents

Each condominium Board should review its bylaws and rules and regulations to determine whether any of the provisions are beyond the scope of what is properly in each document.

In future newsletters we will have articles on amending the declaration and bylaws, and on enforcing the declaration, bylaws, rules, and regulations.

²More specifically, the owners of that percentage of the interests in the common elements. Different units may have different ownership interests. We must weigh the votes – we do not just count them!

³Some condominiums have exclusive use common elements – areas like balconies, parking spaces, or storage lockers, that are used exclusively by the owner of one unit, but which are nevertheless part of the common element. The bylaws can cover these exclusive use common elements.

COVID-19, EXERCISE TO AID IN A HEALTHY LIFE-STYLE

An Excerpt from Mc Master University Article

There is no doubt that the COVID-19 pandemic has made it more challenging to stay active as gyms and studios have closed their doors and access to outdoor amenities has been limited. Canadians have had to reimagine their fitness routines and get creative with ways to exercise from home. As things slowly begin to open back up and the weather gets nicer, people will slowly be able to safely adjust their workout regimens. Staying active is an important part of keeping both your mind and body healthy.

National Health and Fitness Day is a day dedicated to raising awareness about the importance of physical activity. Numerous studies have confirmed the benefits of regular physical activity for older adults. Having an active lifestyle can help improve things such as balance and decrease your risk of chronic conditions such as heart disease, diabetes, obesity and even cancer. Exercise helps our brains release endorphins and other “feel good” chemicals that can help enhance mood, provide a sense of well-being and reduce symptoms of depression.

Finding a form of exercise that works for you and your body is important. Walking, yoga, strength training, dancing, Tai Chi and high intensity interval training are just a few of the many options available. Whether you’re thinking of trying something new, or simply continuing to do what you love, making exercise a part of your daily life

is an essential part of healthy aging.

Regardless of the type of physical activity you are engaging in, it is important to follow current public health guidelines around physical distancing to stay safe. To learn more about the many benefits associated with different forms of exercise, read through our blogs below.

Featured Resources

- Blog Post: Looking for exercises to do at home? Pilates and yoga can help you keep physically and mentally fit!
- Blog Post: Walking: An age-old strategy to boost your health
- Blog Post: Yoga for diabetes: breathe, relax, stretch... and reduce your blood sugar levels?
- Blog Post: Struggling with your weight? Get active and improve your health with high intensity interval training!
- Blog Post: 3 research-based benefits of yoga for healthy aging
- Blog Post: Build strength to age well! The benefits of progressive resistance training

To view our full library of exercise-related content, visit <https://www.mcmasteroptimalaging.org/age-well/healthy-lifestyles-and-wellness/exercise>

Over the last few years, fire departments throughout North America have reported a higher than average number of fires caused by potting soil and/or peat moss.

Some Examples of Large Fires Caused by Potting Soil Catching Fire

- Calgary, AB – March 2010: Fire caused by a cigarette left smoldering in a flowerpot left 250 people displaced
- Edmonton, AB – July 2014: Fire caused by a cigarette in a flower pot left 400 people displaced
- Edmonton, AB – May 2015: Fire caused by carelessly disposing of cigarette in flowerpot left 155 people displaced
- Montreal, QC – August 2016: Fire starting in a flowerpot left 30 people displaced
- Langley, BC – December 2016: Fire caused by a careless disposal of a cigarette butt left 100 people displaced
- Calgary, AB – May 2018: Large fire loss due to improper disposal of cigarette in a planter on balcony left 200 occupants displaced

There Are Two Main Causes

1. Careless disposal of smoking materials
2. Spontaneous combustion

The majority of smokers today light up outside where there are often insufficient ashtrays or receptacles for cigarette butts. Many butt out in any available container, such as a patio planter.

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There have also been reports of fires where potting soil has self-ignited. This can occur if a plastic planter is left in direct sun, neglected and allowed to completely dry out. Fire departments advise that the chance of this happening is relatively low, however, if a potted plant is allowed to dry out and something hot is placed in it, such as a cigarette, it will burn.



Many people think that they can safely butt out in a plant or flower pot, however, both the plants and soils contain chemicals that can ignite. A problem related to fertilizers in the soil is that they act as oxidizers that accelerate fires. Many potting soils on the market today contain less dirt and more organic substances that are flammable, such as shredded wood, bark, peat moss, styrofoam pellets and vermiculite.

Helpful Prevention Tips

- Provide smokers with a designated smoking area, and provide proper receptacles for cigarette disposal.
- Advise smokers not to use any pots containing potting soil as an ashtray.
- Maintain planters, keep plants fresh and watered and check them frequently in hot sunny dry weather.
- Discard any dead plants in planters.
- Do not keep potted plants near combustible materials.
- Do not store bags of potting soil in direct sunlight and/or near any combustible materials.
- Avoid plastic containers – use clay planter pots whenever possible, as they may keep potting soil fires better contained.

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Heather Nickerson.....	Condo 51 Management Ltd.....	902-830-2010
Parker Deighan.....	Open Door Property Management.....	902-880-1335
Brian and Angel Dort.....	Providence Property Management.....	902-292-6156
Lisa Power.....	Real Estate 360.....	902-464-7777
Brian Lugar.....	Nova Corp.....	902-462-8666

OTHER SERVICES

Kirk Mock.....	BroMoc Print & Litho Ltd.....	902-481-2704
Wayne Sajko.....	Fennell and Associates Appraisers Limited.....	902-453-5051
Rob Mabe.....	Maxium Financial Services.....	905-780-6150

REAL ESTATE SERVICES - REALTORS

Stacy Wentzell, FRI, ACCI.....	Harbourside Realty Limited.....	902-456-2740
Bonnie Hutchins, FRI.....	RE/MAX Nova.....	902-488-2820
Alex Astbury, FRI, ACCI.....	Red Door Realty.....	902-499-1119

RESERVE FUND STUDIES

Rachel Smith, P.Eng.....	WSP Canada (Halifax).....	902-425-4466
Jim Fletcher, MASC., P.Eng.....	Bluenose Engineering.....	902-403-3001

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