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Chebucto News

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Introducing the new 379 acre Shaw Wilderness Park



Left to right: HRM Councillor Steve Adams, Allan Shaw from The Shaw Group and provincial Minister of Lands and Forestry Iain Rankin

On Monday, January 20, well over 100 people were in attendance at The Saraguay Club for the announcement of The Shaw Wilderness Park. This 379-acre park, which came at a cost of approximately \$8 million, was the result of the work of many partners. HRM contributed \$4 million, with Nature Conservancy of Canada, the province, federal government, and other donors funding the balance.

Mayor Savage, local MP Andy Fillmore, and Minister of Lands and Forestry Iain Rankin, all spoke, thanking the many individuals and groups which worked together to bring this to fruition. Minister Rankin noted that, "Councillor Adams had contacted me early on in this process, when I was Minister of Environment, seeking \$1 million to help with this project." The province did contribute \$1 million to the total.

Mayor Savage went so far as to say, "I appreciate the comments from Craig and Mr. Shaw about HRM and myself, but let there be no doubt about the fact that the impetus for Halifax' involvement was Councillor Adams. He brought it to us, advocated for it and made the case to Council. It would not have happened without his leadership".

This park will remain protected, in perpetuity, for all to enjoy.

Special Events at St. Paul's United

by Carolyn Mont

I'm sure that readers of the Chebucto News are familiar with church fundraisers. Several of the churches around The Loop host well attended

(See St. Paul's on page 2)

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St. Paul's

(continued from page 1)

events that serve several purposes, not the least of which is fellowship. That is, the members of the congregation, as well as members of the community, get together to provide festivals, musical events, meals, plays and flea markets. These are usually open to anyone who wishes to attend. If you are a member of a congregation that is preparing a fundraiser and you don't know a lot of people in your church, then volunteering is a great way to get to know the people you see on Sunday morning. It is also a great way to contribute to your church and, believe it or not, to enjoy yourself.

If you are not affiliated with a church but see one of these events advertised, drop in. Chances are you will have a great meal, hear some toe tapping music, find an unexpected bargain, or meet someone from your community whom you have not yet met. You will also be contributing to an organization that does a lot of good in your community.

Of course, not everything that goes on at a church costs money. For example, in September, St. Paul's United Church in Spryfield celebrated our first Cultural Connections Festival where members of various cultures were invited to share some aspect of that culture with the community. Also, at St. Paul's, every Tuesday at noon, we offer a free lunch of soup and sandwiches to any who wish to join us at Soup's On. Keep your eyes and ears open to what is going on at the various churches around The Loop.

Another advantage of these fund-

raisers is that they create an opportunity for the community to familiarize themselves with the various churches. The folk at St. Paul's just met to decide on what events we will host until spring. Mark them on your calendar and as we get closer to the actual dates, more details will be forth coming.

Saturday, February 22: 5 pm. Spaghetti Dinner. This will include salad, rolls, spaghetti, dessert and tea or coffee. The cost will be \$15.00 per person and must be preordered by calling Valerie Connors at 902-423-2441. Takeouts are available and must also be preordered.

Saturday March 28: 11:00-2:30. Upscale Flea Market. There will be more details in next month's Chebucto News, when we will confirm what we will be offering for lunch.

Sunday, April 5: 2:00pm. The Halifax Pop Singers will present a wonderful concert of popular tunes that you will know and enjoy. This group is led by Paul Simons, one of the region's finest music arrangers, directors and teachers. Tickets, \$15.00, for this afternoon concert can be reserved by calling Susan Latham at 902-479-0918.

Friday, April 24: 7:00 pm. Hal Bruce, well known and loved local musician will be returning to St. Paul's. There is always a full house for Hal's concert with the audience often singing along or dancing in the aisles. Tickets can be ordered from Eventbrite or by calling Heather Embrett at 902-440-7552.

A Friday in May, exact date to be determined: For a number of years we have held an auction of new items, with Jerry Lawrence volunteering to be our auctioneer. This is always popular with both members of our congrega-

tion and the greater community.

The Spryfield Farmers' Market will be back at St. Paul's United in May. They are open from 12:00pm to 3:00pm. Vendors come from the community and from afar to participate in this market.

Family Resources Institute (FRI). This is the community ministry component at St. Paul's United Church. Many people are aware of our weekly Soup's On, a free lunch every Tuesday, and of our Food Bank on Wednesdays. FRI operates on funds from the United Church of Canada and the United Way. We are also fortunate to have donations of money and volunteer hours, without which we would not be able to continue our programs. The programs themselves sometimes change due to the changing needs of the community and the funding available to support those programs.

For a number of years, one FRI program has been the Community Volunteer Income Tax Program. Low income clients can drop their tax information off to Kristen Hollery, the community ministry director. Kristen then passes them to a volunteer who completes the forms for free. Even though we think of income tax season as being in March or April, this volunteer program is active all year long.

I mentioned community involvement in local churches. The board of FRI is made up of at least 50% members of the church congregation, leaving spaces on the board for community members who might wish to participate. If you are interested in becoming involved at the board level, call board chair, Donna Martin at 902-477-5922 or Kristen Hollery at 902-479-1015.

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Who or what is the Urban Farm Museum Society of Spryfield?

by Patricia MacLean, Past President
Our Urban Farm Museum Society of Spryfield is a small nonprofit organization run entirely by volunteers. We do not have paid staff other than a summer student for 8 weeks during June and July. We have a volunteer board of 8 - 10 members and a small number of very dedicated volunteers. Founded in 1996, we teach practical knowledge and methods appropriate for growing local food. The Urban Farm operates on 3.5 acres of land licensed from the Kidston family and over the years, has turned an overgrown heritage farm field into productive vegetable and flower gardens.

Interested in researching local traditional recipes passed down through the generations, the society produced a practical everyday cookbook in 2002 "Foods of Spry's Field", now in its 4th printing. Over a 10-year period, we developed a teaching garden curriculum "Come Grow With Us - A Family Guide to Growing Vegetables". We offer a weekly CGWU program to young families, youth and anyone interested in growing their own food. By promoting local and seasonal eating, the society is celebrating the past and helping to produce a healthy, safe food supply for the future. With financial assistance from United Way, the society's vegetable and fruit planting guides have been translated into five languages - French, Arabic, Farsi, Mandarin and Spanish - all are available free to heritage and community gardens. Immigrant and refugee families are warmly welcomed at our Urban Farm, encouraged to share their customs and skills, and learn new Canadian ones.

Our Urban Farm offers 6 youth garden plots, 12 family plots, 18 market garden plots and 23 member plots, a Monarch Butterfly garden, a small storage barn and "outhouse" bathroom facilities. Programs and space are provided to IWK Youth Mental Health, Autism Nova Scotia, Boys and Girls Club, Youth Farmers, local schools, and summer day camps. Our UFMSS has also partnered with Phoenix Youth and the YWCA in providing job placement. When requested, we also provide "one on one" volunteer mentors for the Youth Restorative Justice program at our Urban Farm.

In addition to gardening programs,

we host a yearly Seedy Saturday/Plant Sale in May to celebrate Spring; School Farm Day in June for students, seniors, special guests, chickens and baby goats; a Strawberry Shortcake Social in July to celebrate Spryfield Days; Evenings in the Garden during the summer with music and special guests and a Harvest Fair in September with food, fun, and entertainment. The formation of a new garden committee is planned for early spring - details will be posted on our Facebook page. Our UFMSS has received many accolades

...our Urban Farm "Museum" could have approximately 6 1/2 acres of land to create a heritage museum...

over the years including the Bluenose Recreation Award acknowledging the importance of exercise in our CGWU program and the first Lieutenant Governor's Intergenerational Award. Our volunteers have been awarded Queen Elizabeth Medals, HRM and Provincial Volunteer Awards and Volunteer Appreciation Certificates for the many hours they give freely to the success of our Urban Farm.

At our 20th Birthday celebrations in June 2016, our UFMSS received a very special gift of 2.2 acres of land from Ralph and Shirlee Medjuck. This heritage land of "old-growth forest" was not given just to our UFMSS, but to our community of Spryfield for their use and enjoyment. It is special because it once belonged to the Kidston family and will now enable our UFMSS to expand its programs such as the children's Forest School - their "Fairy Door Trail" was a huge success and must be repeated! Large sections of the old stone walls will be restored and nature trails constructed with appropriate signage.

In the spring of 2018, our UFMSS participated in a program through the Association of Nova Scotia Museums to evaluate our readiness to become an accredited museum. It involved a full update and preparation of new governance documents and a site visit by 3 museum professionals. We scored 96.4% for our detailed documentation, thanks to the dedication and hard work of 9 board members

over a 5-month period. Many hours of preparation by farm and board members and summer staff at our farm site earned our UFMSS a total score of 71.4 - causing one evaluator to remark in the final report that "they felt as though they were witnessing the birth of a museum rather than visiting a full-grown museum". Plans are being discussed concerning the possibility of accepting Ms. Kidston's offer to sell our UFMSS her 1822 farmhouse, antique contents and surrounding land. Conceivably, our Urban Farm

arrived at 8am armed with chainsaws and assorted tools ready to repair damage to our old-growth forest. After a full day's work, our new land was restored to a safe place for children and adults to enjoy along with four new nature trails. We hope you will visit us over the winter to experience this amazing part of your community, we also have a Geocache on site - maybe you can find it and leave your own message.

We sincerely thank you for all your emails and letters of support in reply to Ms. Kidston's article last month. In answer to your inquiries of "What can we do?" we would like to encourage you to join our UFMSS and help us keep alive our dream of having a farm/heritage museum in Spryfield. We celebrate our 24th Birthday on April 18th - we cannot let this be the end of such a wonderful organization! Membership brochures are available at the Capt. Wm. Spry Community Centre Library or you may visit us on Facebook, Website or Gmail. Our UFMSS has charitable status and can issue charitable receipts for membership dues and donations starting at \$10.00 - although our UFMSS sincerely appreciates every donation in any amount. Our mailing address is: The Urban Farm Museum Society of Spryfield, 211 - 339 Herring Cove Road, Halifax, N.S. B3R 1V5; our gmail address is urbanfarm-spryfield@gmail.com.

"Museum" could have approximately 6 1/2 acres of land to create a heritage museum extending just beyond the city gate on Kidston Road above the Capt. Wm. Spry Community Centre, along the "old Kidston Road", past the 2 entrances to our Urban Farm, ending at the gate on Rockingstone Road. What an exciting future for our UFMSS and our entire community of Spryfield!

On November 27, 2019 our UFMSS hosted one of our largest volunteer groups through United Way's "Day of Caring". Twenty three DND employees and four farm volunteers



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DISCOVERING OUR PAST

Jollimore Girl Guides one of many organizations for young girls

by Iris Shea

In the mid-1930s in Jollimore young girls had an opportunity to become Brownies or Girl Guides thanks to Mildred Jollimore, a local woman who organized the two groups. Mildred was instrumental in bringing together a group of young teenagers, all of whom attended the old Cunard School in Jollimore, to form the Jollimore Girl Guides (see attached photo). Young girls who joined the Jollimore Brownies in the 1930s with Mildred Jollimore as Brown Owl were Ruth Atwood, Betty Hunter, Erva Hunter, Phyllis Jollimore (sister of Brown Owl), Shirley Jollimore, Edna McCarthy and Nellie Powell. In the 1950s Gladys Melvin formed the Jollimore Girl Guides, holding weekly meetings in the new St. Augustine's Church Hall.

Jollimore girls and boys were part of the North West Arm Softball League during the 1930s. They played against teams from Kline Heights, Spryfield and Purcell's Cove. Women's sports gained a lot of attention during the 1930s in our area with two organized softball leagues in operation. The North West Arm League included Jollimore, Melville Cove and Purcell's Cove, and the South West Arm League included Spryfield, Kline Heights and Rockingham.

The Jollimore women had their own executive, made up of Phyllis Jollimore, Florence Jussup, Evelyn Slauenwhite as Secretary and Theda Forward, Treasurer. Captain of the team was Mrs. Ethel (Innes) White; their manager was Doug Young. Players on the Jollimore team were Eleanor Powell, Annie Innes, Doe Powell, Edith Jollimore, Florence Melvin, Ethel White, Freda Wynn, Doris Innes and Phyllis Jollimore. Substitutes were Evelyn Slauenwhite and Muriel Boutilier.

In the 1970s a girls' softball team from Jollimore made a name for itself. The team had a very successful "first season" in 1970 which was attributed to coaches Howard Dobson, Dick Fines, Jack Robinson, Jim Pineo and their assistants, Nancy Robinson, Diane Wood, Herbie Fines, Debbie White and Clarence Moore. In 1972 a team of all stars called Jollimore Joliettes, coached by Doris MacLean



Jollimore Girl Guides (About 1935). Back Row: Muriel Boutilier, Freda Wynn, Sis Jollimore, Doe Powell, Edith Jollimore, Rita McDonald, Jean Jollimore; Front Row: Mildred Jollimore, Minnie Slauenwhite, Phyllis Ashby, Evelyn McCarthy, Doris Innes, Ruth Wright

and Greg Umlah, won the Provincial Bantam Championship. The team was made up of Tammy Binder, Janice Wood, Julie Nolan, Tina Levy, Judy MacLean, Donna Fines, Beth Dimock, Dale Stafford, Debbie Fines, Kathy Dobson, Patty White, Paula Tomney, Kathleen Tomney, Claire Mitton, Alayne Sullivan and Beth Driscoll. This Bantam team went on to win their second straight Provincial Championship in 1973.

In most communities, music teachers played an important role in the lives of children. From 1920 to 1975 Myrtle (Topple) Umlah taught piano lessons to the children and adults of Jollimore. Each year in June Mrs. Umlah's piano students would perform at a recital held out of her own house in Jollimore. Her 1936 recital pupils were Edgar Umlah, Edna McCarthy, Laurence Umlah, Muriel Boutilier, Evelyn McCarthy, Phyllis Jollimore and violinist, Miss Helen

Topple. A list of her recital pupils in June 1945 were Mrs. Harold Boutilier, Jean Church, Gloria Boutilier, Ann Thomas, Carmel Romo, Thelma Fader, Beverly Burgess, Peter, Paul and Philip LeCocq, Ann Jollimore, Pat White, Briant Burgess, Eva Boutilier and Dorothy Bignell. Ann Jollimore went on to further studies in music and taught piano lessons in New Brunswick. In 1953 the annual recital was held at the new St. Augustine's Hall. Those who participated in that June recital were Helen Boutilier, Billy Boutilier, Michael Craig, Shawna Thomas, Ronald Thomas, Patricia Slauenwhite, Iris Umlah, Joan Pace, Hazel Walker, Joan Edwards, and Connie Scarfe.

The Armdale Chorus under the direction of Mary (Dee) Girroir was a talented group of local young singers who had a weekly radio program and sang nationally and internationally. It started in 1937 in Melville Cove and

continued until the 1970s as the Armdale Choir. Carmel (Romo) Carrigan of Jollimore, a former piano student of Mrs. Umlah, was a member of the Armdale Chorus and taught singing and piano lessons from her home in Jollimore for many years. Her sister Caroline, also a piano student of Mrs. Umlah and a member of Junior Armdale Chorus, was well known as a regular soloist with Don Warner and his Orchestra in Halifax and in Toronto with the CBC Orchestra.

Most of these organizations will be featured in the upcoming Heritage Tea and Display on Saturday, February 15th, 2020. The 27th annual event, sponsored by Mainland South Heritage Society, is open to the public free of charge and will take place from 1 pm to 4 pm at the Captain William Spry Community Centre, 16 Sussex Street in Spryfield. The theme of this event is Sports and Leisure Activities in our Local Communities.



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St. Augustine's Anglican Church (2010 Purcell's Cove Rd)
Service of Holy Communion every Sunday at 10 am

City Church (276 Herring Cove Road)
Sunday Prayer Time: 10:00 am
Sunday Family Service: 10:30 am
Nursery & Children's Ministry 10:30 am
Wednesday Night Prayer: 7:30 PM

Spryfield Christian Community Church (91 Thornhill Dr)
Church services Sunday 11-12 am

Oromo Gospel Church
Sunday worship service: 3 pm
Tuesday prayer: 10 am.

Parkhill United Church (5 Kirk Rd, Jollimore)
Sunday Service at 9:30 am
Feb. 9 Short service followed by Annual Meeting

St. James United Church (3811 Old Sambro Rd, Sambro)
Sunday Choir Practice at 10 am; Service at 11:15 am
Feb. 16 Short service followed by Annual Meeting

Emmanuel Anglican Church (322 Herring Cove Rd.)
Every Sunday (except February 23rd): 8:00am traditional service.
10:00am contemporary service with choir and fellowship time
Feb. 2nd: Celebrating Women's Ministry
Feb. 9th: Guest preacher and celebrant, Rev. Charles Bull
Feb. 16th: 10am Family Service
Feb. 23rd: 8am service cancelled, to be combined with 10am service, followed by AGM
Feb. 26th: Ash Wednesday. 10am and 7pm Ash Wednesday liturgy with imposition of the ashes. 10am service to be followed by Lenten Bible Studies.
We are an affirming church. Everyone is welcome at any of our services.

St. Michael Catholic Church (6 St Michaels Ave, Spryfield)
Saturday: 5 pm
Sunday 11 am

St. Paul Catholic Church (137 Hebridean Dr., Herring Cove)
Sunday: 9 am

St. Paul's United Church (173 Old Sambro Road)
Regular Service:
Sunday, 9:50, Prayer Circle meets
Sunday 11:00, Sunday worship and Sunday School

St. Peter's Catholic Church (195 Ketch Harbour Road)
Saturday 6 pm

Salvation Army (328 Herring Cove Rd)
Regular Sunday worship at 11:00am. Preceded by a prayer meeting at 10:30am

Send in your service details by February 21 for March's issue.

Send us your comments!
Write to: chebuctoeditor@gmail.com

Richard Bernard: a life-long Ambassador

by Isaac MacEachen

You probably have seen Richard Bernard around Spryfield: Maybe it was at Sobey's as he manned the Christmas Kettle, or as he walked along Herring Cove Road on his way to serve at the Salvation Army breakfast program. If you were lucky, he shared a greeting and always a wide, happy smile.

Richard was born in south-end Halifax, in the less affluent district of South Barrington. His father, a carpenter, and his at-home mom lovingly raised their brood of seven boys and one girl.

Richard left school at a young age in order to help his parents provide for the rest of the family.

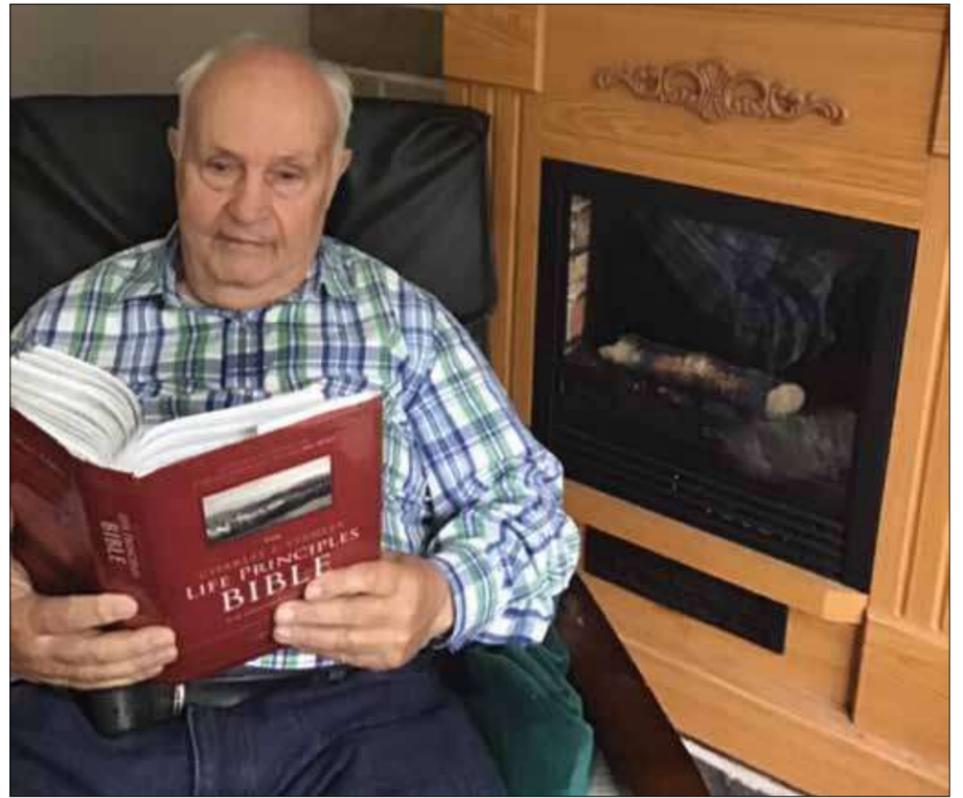
At 15 he got a part-time job at a local fruit and vegetable market and then a year later he got a job with the City of Halifax working in Point Pleasant Park as a labourer. He performed a variety of tasks at the park from collecting garbage to building and painting benches and tables. One day he was interrupted in his work by President Bill Clinton and his entourage as they were out for a morning jog. Mr. Clinton stopped, shook Richard's hand and commented on the great job he was doing maintaining the park. During the 30 years that he worked there he met and conversed with people from all over the world, such that he became known as the

Ambassador of Point Pleasant Park. A great deal of changes occurred over the years, but the event that struck him the most was the devastation left by Hurricane Juan in 2003, a few years after he retired. Seeing the rows and rows of toppled trees, tears came to his eyes. He said to me, "When I left the park, I figured that everything would fall down, but not like this."

Even in his younger days Richard was very much aware of how hard his parents worked to support their family. Their rented home was not in good shape and winters were especially tough as they tried to keep warm. When he was only a young boy Richard told his mother that he was going to save his money to buy her a house so that she could be more comfortable.

At the age of 20 he purchased a small house on Dentith Road in Spryfield, in the area of the current shopping centre. With his parents and some of his siblings he settled into this new home and became a permanent resident of Spryfield, travelling into Halifax each day to work at the Park.

In 1984 at the age of 30 Richard had a life altering experience at a Cursillo weekend at Mount St. Vincent University. Here he discovered Jesus as his Lord and Protector and has remained an Ambassador of Christ ever since. Richard joined the



Salvation Army Church in the 1990's, partly as a way of thanking them for the help they provided to his family in earlier years. He immediately became a hard-working member of their organization serving the people of the Spryfield community. To this day he enjoys volunteering at Arbourstone Nursing Home where he helps patients in whatever way he can. He told me he would sit with people for hours, just talking, playing cards, or assisting them with meals. Richard feels truly

blessed to be able to help them.

Richard can often be seen at other churches in the area. I asked him about this and he said, with a pleasant smile, "I love to attend all faith worship events because I have such a desire to know my Lord and Savior even more deeply."

Richard is presently writing a book about his faith journey. Perhaps someday our "Ambassador" will get an additional title as the "Author from Spryfield".

spry seniors

community programs

WINTER 2020

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 **Spryfield**
Business Commission

NEWS & VIEWS

from the desk of
Bruce Holland



Winter is in full swing and it's a great time to hunker down and grow your skillset and your business. What are some of the goals you hope to reach this year?

WORKPLACE EDUCATION

The SBC is proud to work in partnership with the Department of Labour and Advanced Education to bring valuable free courses to Spryfield for anyone who is employed, self-employed, or a business owner. The classes take place in the Spryfield Business Commission Training Centre in the Royal Bank Building at 339 Herring Cove Road, Suite 211.

Our WordPress II course, set to begin in January, was postponed, so it's not too late to take advantage of the opportunity to build your WordPress skills. A prerequisite is that you must have previously taken WordPress I or demonstrate that you have sufficient skills to take the Word Press II Course. You will learn about Google's new algorithms and develop strategies for page and post building to improve your site's position in search engines, how to work with video on your site, and you'll finally master Gutenberg and theme functionality.

A new start date has not yet been set, but I am taking names and contact information for those interested. Contact Bruce at 902-452-7472 today to reserve your spot.

CBDC BLUE WATER

Could you use some help with the technical or financial aspects of your business? CBDC Blue Water's Business Development Officer can help you find your way with development and training. CBDC Blue Water is in the offices of the Spryfield Business Commission every Thursday from 9:30 a.m. to 3:30 p.m. Book your appointment with Alayne Jackson by phoning 902-889-7523.

SPRYFIELD DAYS FESTIVAL

Organizational meetings for the 2020 Spryfield Days Festival will commence in late February. If you are interested in becoming

involved, would like to sponsor an event, or want to volunteer during the Festival, please send me a message with your contact information.

RURAL BUS SERVICE UPDATE

Further to the approval of the Pre-implementation project and the subsequent public meeting which was held in December at the Ketch Harbour Community Hall, we have proceeded to issue a "Request for Proposals" (RFP) to companies who may be interested in contracting with us to provide the bus service. After the pre-implementation project is complete, we can apply for the funding to put the bus on the road. We anticipate this will happen in late spring/early summer.

We are seeking community minded members of the general public to sit on a steering committee which will eventually take over the management/operation of the Rural Bus from the Spryfield Business Commission. If this is something that interests you, please give me a call or send me an e-mail.

We will continue to share the progress on this project as it unfolds.

WELCOME NEW MEMBERS

Spryfield continues to grow and the Business Commission is pleased to welcome two new members:

Sushi Cove, located at 335 Herring Cove Road (in the former Blooming Café location), 902-480-9999. They offer a large menu at reasonable prices, and they're kid friendly!

Barber Kings has opened at 181 Herring Cove Road (former Umlah Insurance building). They do cuts, fades, shaves, beards and grooming, and kids' cuts.

I look forward to seeing further growth as 2020 progresses. What businesses would you love to see come to our area? Please send me an e-mail with your thoughts and suggestions, to bruce@discoverspryfield.ca.

IRON MATRIX



Creating a business is hard enough in a large market, where there seems to be clients to spare - let alone a small-scale city like Halifax. Seemingly, this issue has been lost on Sonny Wilson and Leanne McDow. With combined entrepreneurial power and know-how, a once dream of opening a gym has not only manifested into reality, but doubled.

IronMatrix, with two locations, one on Herring Cove Road and one on Tacoma Drive in Dartmouth, is the product of years of patience, planning and proper execution of self-education in small business. These locations now stand as brick and mortar bookends just outside the somewhat saturated HRM market; providing group fitness classes, personal training and nutritional services.

“I always knew I’d open a gym one day, I just needed to figure out when,” said Wilson. Wilson has maintained a successful IT business since 1996 and it has been this focus and self-motivation that successfully translated into a brick-and-mortar facility.

Originally coming from a boxing background in the heart of Cape Breton, Reserve Mines, Wilson’s own athletic background is enough to build a business. Having been coached in boxing and mixed martial arts, not to mention participation in triathlons and running events later in life, physical and mental drive rounds out what Wilson brings into any business plan.

Being his own fitness guinea pig, he knows what it takes to be motivated and to motivate a friend or client to reach any goal.

Wilson has been actively involved in the Halifax fitness community, always happy to help and learn about how the business is run and how best to run a group fitness class. Certified to teach a collection of group fitness classes from indoor spinning to kickboxing to the most modern of fitness apparatus like kettlebell, maces and Indian clubs, IronMatrix is a culmination of what he has seen work, inspire, draw clients and challenge communities to grow around an element of bettering their health.

“It’s important to build an environment that allows for people to not only bond over a good workout, but also take that time to learn a skill,” said Wilson.

Where Wilson has tried, tested and proven to have a successful fitness business model within the walls of gyms like Quinpool Road’s Fitness FX and Lady Hammond’s ROGUE (under his personal business banner, PunchIIT Fitness), McDow created for herself The Hustle Workout, a business built on grassroot group bootcamps from which came one-on-one personal training clients. Given her role in the creation of IronMatrix, it’s hard to believe McDow’s fitness journey all started from a bet.

“My friend bet me that I wouldn’t go to his bootcamp so, of course, I did,” she said. It wasn’t long that McDow became an assistant teacher in the bootcamps and after taking her talents to a collection of gyms, she started her own personal training business out of her basement and took her bootcamps to local baseball fields. Her introduction to Wilson happened as organically as the growth of her business.

Looking for something for her own training, she walked down to the basement of Fitness FX one day to take a kickboxing class.

“I had known about Fitness FX for a while and knew they had kickboxing classes,” she said. McDow quickly became a regular in the classes which, as is famously the case amongst those close to Wilson, soon translated to invites to group outings, dinners at the Wilson and wife Claudine Wright’s house and being talked into a collection of fitness challenges and events like 10km running races, still the bane of McDow’s existence but part-in-parcel of affiliating with a group involving Wilson.

Two owners and two locations:

Though they seem to share the administrative work behind the scenes, McDow seems to (wo)man the Dartmouth location, teaching classes and allowing her loyal personal training clients to transition from her basement gym into her new, state of the art facility and with newly minted equipment.

As such, Wilson takes lead at the Spryfield location. Again, as with McDow, trading off for classes back in Dartmouth from time-to-time.

With decades of experience and seemingly countless certifications between them, Wilson and McDow’s IronMatrix joins the HRM fitness market with an ever-ready presence and proven draw that will no doubt continue to create a community from clients, and friends out of fellow fitness enthusiasts.



www.ironmatrix.ca 902-442-8464

Meet the last fisherfolk of Purcell's Cove

by Isaac MacEachen

The alarm wakes her up at 4:30 and minutes later, after a quick nourishing breakfast, she packs the lunches prepared the night before, bundles up in her Helly Hansen oilskins and floater coat, and heads out into the minus 5-degree December morning air. The sun is just beginning to rise over McNab's Island as Marlene Duggan and her husband Bary, drive down to their wharf in Purcell's Cove. Bary knows it's going to be a great day for lobster fishing and both of them anticipate a really good day's catch. They load today's supply of fresh bait onto the boat and then Bary starts up the outboard. Marlene pulls her orange toque down over her ears and starts cutting bait as Bary skillfully maneuvers the 23-foot Cape Islander "The Cari Lynn", through the rising mist over the frigid waters and heads to Sleepy Cove where today's work will begin.

Marlene and Bary have been doing this same procedure many days through the late fall and winter and early spring for many years. In 1970, while still in her teens and with a full-time secretarial job, Marlene began her part-time career as the deckhand on the Duggan boat. Marrying into a fishing family from Purcell's Cove, Marlene knew she would be involved in the business of harvesting fish. Besides, she soon realized that if she wanted to see much more of her new husband, who was then working full-time at Maritime Tel and Tel, it would have to be in their 18-foot fishing boat, "The Mabaca".

She had so much to quickly learn: getting up at a painfully early hour on those mornings when the temperature can hover around -15 degrees, how to deal with persistent icy winds which seemed to always blow directly into your face, choosing between eating lunch with bulky smelly gloves on or with half-frozen fingers. There was also the challenge of trying to keep your lunch down as their boat lunged and tossed in the choppy waters around the shoals known as Hens and Chickens off Point Pleasant Park. One of the most difficult lessons, and perhaps the most important one for her, was the proper way to handle a flailing lobster and the safest way to slip a band around its pinching claws. The damage that this crustacean could do to her fingers was always in the forefront of her mind. Today Marlene can show you several hand scars and misaligned fingers—all the work of aggressive lobsters. Another challenge for her was dealing with the bulky clothing that seemed to be designed for men much larger than her petite frame. There were also those awkward rubber gloves that made doing her job so much more difficult. Because of the inconvenience of many layers of clothing and no washroom facilities, Marlene



quickly learned that coffee for breakfast was a major NO NO!

I asked Marlene about getting seasick when she first started fishing. "Well, I was so busy all day that I never even had time to think about it," she responded with a laugh. There was so much to do on the boat. Bary

so much to quickly learn: getting up at a painfully early hour on those mornings when the temperature can hover around -15 degrees, how to deal with persistent icy winds which seemed to always blow directly into your face, choosing between eating lunch with bulky smelly gloves on or with half-frozen fingers...

would empty the lobsters onto the table, allowing Marlene to grab them one at a time and band their claws. Sometimes she would be the one to refill the trap with fresh bait before the trap was dumped back into the water. Occasionally she would have to take the wheel and guide the boat to the next buoy, an extremely tricky job in those strong winter winds. After eight to ten hours on the water, they would have checked at least 150-200 traps, each one containing as many as eight lobsters. Seldom on one trip were they able to manage to check all 250 traps set in the waters around Halifax Harbour.

Marlene told me that she was the captain of this license for 16 years through the 1980s and 1990s. Bary was officially her deckhand- and

don't think she didn't take advantage of her position, at least on the boat. She did, however, graciously allow him to handle the trap hauler during those long winter days on the water.

Marlene and Bary had some interesting adventures over the years. While preparing the boat one day,

Bary heard a sudden scream and looked over to see Marlene flailing in the icy waters just off the wharf. Using a long pole, he was able to rescue her before she succumbed to the freezing temperatures. Bary did give her the day off to dry out and to be ready for the next day's trip.

The Duggan's have been battling with the seals in Halifax Harbour for many years. Bary has had to rework his trapping system several times to stay ahead of seals which seem to have a real appetite for the raw mackerel he uses for bait. Then there are the eels which often get caught in the traps. Marlene insists that removing a slimy, wiggling eel with massive teeth is not included in her job description.

One day Bary forgot to insert the

scupper in the back of their 18-foot boat and, as they sped out to the middle of the harbour, Marlene noticed the boat was filling up with seawater. They began to bail but quickly realized that the powerful sea was getting the upper hand. With the aid of a nearby fishing boat, they got things under control and the Duggan's quickly got back to fishing lobster. "Just another day on the water" Bary told me.

Then there are the storms. On really bad days the decision to fish is made early, perhaps the night before, but there are some days when a storm comes up quickly causing a complete change in the weather. The waves are continually pounding the boat, but when the spray hurls across the bow and over the deck, things can get pretty icy and make for a very dangerous workplace. In the winter a snowstorm can come up quickly so that even the shoreline and familiar landmarks are invisible. These are the times Bary and Marlene will decide to curtail fishing for the day and head back to the safety of their little cove. Winter fishing is a very challenging profession.

So, the next time you are driving through Purcell's Cove and see the little Cape Islander either heading out or returning to the wharf, give a toot to the last fishing folk of this area. And the next time you enjoy a feed of lobster, think of that woman who might have been the one to slip the bands over its tasty claws.

Valentine's Day... history and mystery

It's February, the shortest month of the year. It is also the month where people feel the most pressure to be romantic. Red and pink hearts are decorating every store, roses fill the florists' refrigerators, and heart-shaped boxes of chocolate take over the candy aisles. Jewelry stores up the ante with commercials about diamonds and love; insinuating that the more you spend, the more you love your significant other. All because of Valentine's Day.

There is much speculation as to the origins of this holiday, and the how the traditions we currently follow came about.

One school of thought is that Valentine's Day was named after a 3rd century Roman priest, Father Valentine, who performed Christian marriages in secret. When the local authorities found out, he went into hiding at the home of a local nobleman and his family. While there, he was rumored to have performed a miracle on the nobleman's daughter, causing the whole family to convert to Christianity. He was discovered and ordered beheaded. The day of his beheading was set for February 14th. Before the decapitation, it is said that he sent a letter to the child he healed and signed it "your Valentine". Valentine was quite a popular name at that time and there have been a number of saint Valentines. Two of them are credited with being the Valentine in this story, but there is no evidence that either ever existed.

Others believe that it started as a Christian attempt by Pope Gelasius I to overtake a pagan Roman festival called Lupercalia, which took place on February 15th. For those unfamiliar with this festival, there are many interesting, yet unproven, activities relating to love and sex, associated with Lupercalia. One of the more risqué activities involved random pairings of couples. Women would write their names on clay tablets which were placed in a jar. Men would then draw the tablets from jar and the couples would spend the night together. Another activity that is commonly associated with Lupercalia was being slapped by mostly naked young men with a piece of goat skin. According to the ancient writer Plutarch, married women believed this would make them more fertile and make childbirth easier.

However, as with the Roman priests, this has been largely debunked. There is no real evidence that either of these have anything to do with the current holiday.

More closely linked to this holiday would be a poem, "Parliament of Fowls" by Chaucer in the 1370s or 1380s. In it he writes the following line, "For this was on Saint Valentine's Day, when every bird comes there to choose his mate."

It was during this time that many poets and writers were fascinated with the idea of romance, and unrequited love, especially between knights and already married noble ladies. By the 1400s noblemen were writing love

letters, commonly called valentines, to their ladies.

Still, even Chaucer cannot take all the credit for this holiday. When he wrote "Parliament of Fowls", he was picturing a mid-spring day; May 3rd to be exact. It is believed by scholars that Chaucer wanted to honor King Richard II's betrothal to Anne of Bohemia, which is said to have taken place on that day, and discovered that May 3rd was the feast day for Valentine of Genoa; thereby forever making the connection between Valentine's Day and romance.

As for the traditional gifts that lovers give each other for Valentine's Day, they make sense when historical association is taken into account. Printed cards, which are really nothing more than a prettier version of a love letter, became popular starting around the 1700s. These cards usually depicted the Roman god of love, Cupid, on the cover. Chocolate has an historical reputation as an aphrodisiac. Although he never patented it, Cad-

bury is believed to be the first to put chocolates into heart shaped boxes. Flowers have always been associated with fertility, love, and marriage, making them an obvious gift for someone with romance on their mind. As for jewelry, it has long been a token of marriage, so it only makes sense that it became associated with the romance holiday.

Whatever the truth is behind Valentine's Day, it can be a fun way to break up the shortest, yet most miserable, month of the year. If you have a significant other, have fun together. If you are solidly single, treat yourself to something special. After all, a made up holiday is whatever you want it to be.

PHOTO: CAN STOCK

Sammy says



The Sambro Area Community Association (SACA) is thrilled to announce that the Bluenose

travel was common, the lighthouse was a welcoming beacon to newcomers as they started their new lives in a strange, exciting new country. It has guided many generations of mariners safely around the treacherous Sambro Ledges on their approach into Halifax Harbour.

For soldiers departing Halifax during war time, the Sambro Lighthouse would have been the last thing they would see of Canada, and for those lucky enough to come back home, it would have been the first thing that welcomed them back to the safety of our country.

The Bluenose II and the Sambro Lighthouse both have a rich history - one who is mobile and one who is stationary. Together, they make the dream team of Atlantic Canada. It will be magical to see them reunited during the Sambro Sou'Wester Days, the annual festival where friends new and old gather together to celebrate our community's rich history.

Stay tuned as plans for this year's festival continue to come together. If you'd like to volunteer your time or sponsor an event during this momentous weekend, please contact Kim MacKay at 902-475-1583.

Sammy Sambro is SACA's mischievous mascot. You can follow him on Twitter, Instagram and Facebook.

II is coming to Sambro from August 8-10, 2020, during the annual Sambro Sou'Wester Days festival.

The Bluenose II is a Canadian icon and a travelling goodwill ambassador. The original Bluenose's voyages into Halifax Harbour saw her sailing by our iconic Sambro Island Lighthouse. In fact, the Sambro Lightship was a marker during the early Fishermen's Cup races; a highly dramatic, thrilling race which the Bluenose tenaciously won.

The Sambro Lighthouse is the oldest lighthouse in the North and South Americas, and known to some as the Canadian Statue of Liberty. Before air

PHOTO: TRUDY TRITES



LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd. 902-477-5601

Douglas Alfred Irons

Age 80, Harrietsfield, passed away surrounded by his family on December 17, 2019 at home. Born in Halifax, he was a son of the late George and Emily (Wright) Irons. Doug is survived by son, Douglas (Terri); daughters, Debbie Irons-Kelly (Mike), Heather Irons (Mike); brothers, Harry, Donnie, Bobby, Billy, Bruce, Greg, Gerald and Keith; grandchildren, Corey, Chad, Breanna, Brennan and Brycen; great grandchildren, Ryder, Hunter and Maverick and several nieces and nephews. He was predeceased by his wife Colleen (Fiander); son, Derek. And think of him as living in the hearts of those he touched... For nothing loved is ever lost and he was loved so much. To place words of comfort and condolence, you may visit www.walkerfh.com

Kathleen Marie LeBlanc

Age 83 of Halifax passed away peacefully on December 30, 2019 surrounded by her children. Kay was the last surviving child of the late William and Lillian Houlihan. Kay grew up proudly in the north end of

Halifax before marrying and then making Spryfield home for her family over the next 59 years. Kay was a woman of strong faith and a very loving mother. She was a very kind and generous woman always giving back to her family, friends and community. Kay was a member of St. Michael's Catholic Church for nearly 60 years and a part of the CWL for over 25 years. She is survived by her sons; Gary LeBlanc, Philip LeBlanc (Sandra), Alan LeBlanc (Denise), Peter LeBlanc (Ann-Marie) and David LeBlanc; daughter, Valerie LeBlanc (Don); 13 grandchildren; Brittany, Christine, Tony, Craig, Alana, Mitchell, Emily, Ryan, Lindsay, Andrew, Patrick, Devin and Leah; 9 great-grandchildren; and special niece Susan and many more nieces and nephews. She is predeceased by her loving husband of 59 years William Harold LeBlanc, and her eight siblings. A special thank you to the kind people at Maplestone Enhanced Care Nursing Home for all of the wonderful care and support given to Mum over the past four years. In lieu of flowers, donations can be made to the Nova Scotia Alzheimer's Society. Words of comfort and condolence can be sent to the family by visiting www.walkerfh.com.

Warren Alfred Leo Pelrine

Age 68, Harrietsfield, passed away January 3, 2020 at the Halifax Infirmary, QEII. Born in Halifax, he was a son of the late Lawson and Amanda (Haines) Pelrine. He is survived by his loving wife, Judith "Judy" (Langille); children, Stephen (Ashley); Melissa (Bethany), both of Halifax; Amanda (Justin), East New Annan; siblings, Bella Clark; Keith (Wendy), both of Halifax; grandchildren, Lilly, Sadie, Parker and Tanner and several nieces and nephews. He was predeceased by a brother, John and a sister, Marg. he worked as a plumber at the CN Hotel, he was an RSM in the Princess Louise Fusiliers. Warren was a long-time member of the Spryfield legion. From a young age he loved spending his time in Little Dover with his Uncle Tom. To place words of comfort and condolence, you may visit www.walkerfh.com

Patrick Jerome Stanton

Age 64, Halifax, passed away suddenly at home on January 4, 2020. Born in Halifax, he was a son of the late Dr. John and Margaret (MacLean) Stanton. He is survived by his sister-in-law Lil Stanton; nieces, Dr. Amanda Stanton and Javessa Stan-

ton and numerous cousins. He was predeceased by brother, Terry Stanton. Arrangements are under the care of J. Albert Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. where a visitation will be Thursday, January 9th from 6-8 pm. Funeral Service will be held in the funeral home chapel on Friday, January 10th, 2020 at 2 pm. Interment to take place at a later date. In lieu of flowers, donations may be made to the Nova Scotia Heart and Stroke Foundation. Messages of condolence may be left on his tribute wall by visiting www.walkerfh.com.

David Harold Travis

Age 62 of Brookside. It is with heavy hearts that we announced the passing of our step father Dave, surrounded by his family and his close friend Marcus Costandi. Dave went to Heaven to be with the love of his life Maxine on December 26, 2019. Dave had a 20-year career in the cleaning industry working with chemicals. Dave was very passionate about the environment and focused on sustainable cleaning with the industry. Dave held positions from sales management to vice president of Operations from various companies. Dave and Maxine owned and operated Ricks Fine Foods in Moncton for many years. Their latest endeavor was 1st choice Vapour in Spryfield, where they made many new friends. Dave truly enjoyed camping and made Halloween weekend at the camp ground the biggest event of the season with all his ghoulie decorations. Every chance Dave and Maxine had they were on a plane heading south, they

loved revisiting spots where they had made many good friends. He is survived by his stepchildren, Rick (Anne) Tanner and Linda (Billy) McCulloch; Seven grandsons, Andrew, Kyle, Alex, Keith, Lucas, Ethan and Dennis; two great grandsons, Kaiden and Liam; nieces, Leita, Lori, Debbie and Brenda; nephew, Shawn; brother Wayne; and many other brother and sister in-laws. He is predeceased by the love of his life Maxine Tanner; parents Harold and Marguerite Travis; sister, Cheryl Travis; brother, Patrick Anderson. Special thanks to Dr. Drucker, Dr. Ferris, Nurses Angela and Fernando for their excellent care they gave Dave in his final days, also to the staff of 5A and 11th floor VG site. To place words of comfort and condolence, you may visit www.walkerfh.com

Florence Jacqueline Billard

Age 76, Halifax. It is with heavy hearts, that we announce the passing of our mother, grandmother and great grandmother on January 6, 2020. She is survived by daughters, Donna Fleming, Alberta, Patricia Bond (Bruce), Chester; sons, Clayton (Crystal), British Columbia, Robert (Rosa), Seabright; brother, Sunna, Peter, Ontario; seven grandchildren and one greatgrandchild. She was predeceased by her husband, Clayton; infant child, Sidney; parents, James and Marjorie Brackett; several brothers and sisters. Donations in Jackie's memory can be made to the SPCA in honour of her two special loves, Clay & Star. To place words of comfort and condolence, you may visit www.walkerfh.com



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WANTED: Sports Writer

The *Chebucto News* is looking for a new reporter to cover sports events in Spryfield! If you have an interest in writing, the time to cover and report on at least one event a month, and are interested in this volunteer position, please email the editor at: chebuctoeditor@gmail.com.



**Reg Horner
Memorial**

Chebucto News

Sports Page

Hiking in February

Hike Nova Scotia is inviting everyone to join them at the beginning and end of February for two fantastic hikes, both of which are free to the public. Please come prepared with appropriate footwear, hat, mitts, jacket, scarf, and water. Participants may win a “trail” prize. For more information about these hikes or other hikes organized by Hike Nova Scotia, check them out online at www.hikenovascotia.ca

The first hike, on February 2nd at 2pm, will be around the Dingle, Fleming Park. If the trail is snow covered, participants are encouraged to bring their own snowshoes. This 5 km round trip hike is considered an easy trail and good for all levels and ages. Registration is not required for this hike. Participants should assemble at the lower parking lot by the Dingle playground (Fleming Park). This hike is being run by Leah Jabbour with Youth Running Series. Jabbour can be reached via youthrunningseries@gmail.com or you can go online to www.youthrunningseries.ca.

The second hike will take place on February 29th at 9am. This time, the trail will be the McIntosh Run Watershed Route. This hike does require pre-registration which can be done online at mcintoshrun@gmail.com. This is a 10km “point to point” hike and is considered challenging. Hopefully, there will be snow and snowshoes are highly encouraged for this hike. To get to the start point of this trail, you will take the Herring Cove Road 9.5km from the Armdale Roundabout until you get to Norawarren Drive. Turn left onto Norawarren Drive and you will find the trailhead for McIntosh Run. This hike finishes at the end of Drysdale Road in Spryfield. After the hike is over, participants can catch the bus back to the trail head (Route 9B), or pre-arrange with friends to leave a vehicle at both ends of the trail and shuttle back. This hike is being run by Kaarin Tae and the McIntosh Run Watershed Association. They can be reached via email at mcintoshrun@gmail.com or online at www.mcintoshrun.ca.

Snowshoeing

Wood framed snowshoes have been used for thousands of years as a way of walking over deep snow. At the Natural History Museum in Halifax, examples of snowshoes created by local Mi’kmaq tribes have long been on display. Mi’kmaq snowshoes were fashioned to resemble beavertails, with a wide foot surface and a thin tail.

When choosing the right snowshoes, it is important to consider what type of use they will get. Are you using them for recreational hiking, adventure hiking, or backcountry hiking? All of these factors will play into choosing the right pair for you. The

shape of the snowshoe is less important than the construction of the shoe. You want something that is lightweight and durable. Wood frames are still used by some, but many people have switched to aluminum or durable plastic frames. For stability, or increased cardio, some people choose to use poles with their snowshoes.

If you are interested in giving snowshoeing a try, but aren’t ready to commit to purchasing a pair, Halifax Rec has made pairs available to borrow, free of charge. In the Loop, you can find them at the Captain William Spry Recreation Centre (www.halifax.ca/recreation/facilities-fields/rec-centres/captain-william-spry-community-centre) or Chocolate Lake Community Centre (www.halifax.ca/recreation/facilities-fields/rec-centres/chocolate-lake-community-centre). For more information on snowshoeing, you can check out hikenovascotia.ca



Photo credit Sam Ramsay. Snowshoes handmade by Lloyd Ramsay.

Meet more Spryfield Attack hockey team players



Evan Dutrizac is a 20 year old goalie from Sackville with a lot of experience on the ice, having played with the Sackville

Blazers, the Avon River Rats, the Windsor Royals, and the Brookfield Elks before settling in with the Attack. Both on and off the ice, Evan brings a positive attitude to the rink. For the 2019-2020 season, after 11 games, his GAA stands at 4.20 with his SVS% at .870.



Jacob Evans, 20, is a new goaltender with the Attack, coming to the team from the Amherstview Jets in Ontario. Previously,

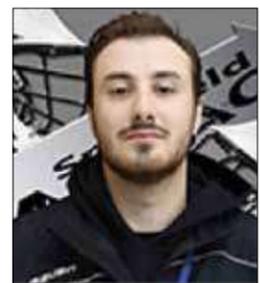
Jacob played with the Bracebridge

Pioneers of the Canadian Premier Junior Hockey League and Kings-Edgehill. Jacob’s infectious enthusiasm is contagious in the dressing room and on the ice. He has a GAA of 3.05 and an SVS% of .920 in 10 games this season.



Demitri Georgantas is the youngest goaltender on the team, at 17 years of age. He comes to the Attack from Eastern Shore

Thunder. Dimitri is a former all-start in the Metro High School League and will be one of the teams’ future goaltenders.



Greg Delano, 24, is in his second year as the head coach for the Spryfield Attack. Prior to coaching Spryfield, Greg played

right wing with Spryfield, appearing in 29 games, scoring 27 goals and adding 23 helpers.



Sam Kammermans, 22, is the goalie coach for the Attack. Having played with the Attack for the last two seasons, he is a

familiar face with the team. Sam was a key factor in the Attack’s 2 provincial titles, winning playoff MVP in 2018-19. In Sam’s past two seasons with Spryfield, he had a GAA average of 3.07 and 3.97.





We have the largest selection of Darts, Dartboards and Dart Supplies in Spryfield



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COMMUNITY EVENTS

(continued from page 14)

• **Community Connections 55+** welcomes you to a monthly get-together the 3rd Tuesday of the month, 1:00 to 2:30 pm at the Spryfield Legion, to do a different activity each month and socialize with others.

• **Urban Farm Museum Society of Spryfield** Our next Board meeting will be on February 10th, 2020 at 7pm Come and join us at the Captain William Spry Centre to find out about the upcoming season.

• **Heritage Tea and Display** Mainland South Heritage Society invites you and your friends to the 26th Annual Heritage Tea and Display on Saturday, February 15, from 1 pm to 4 pm at the Captain William Spry Community Centre. The theme is Sports and Leisure. Free admission, donations grateful accepted. Refreshments served. Entertainment offered by Quarter Note Singers.

Note: Church Service notifications are listed separately on page 5.



Check our Facebook page for late arriving events and changes or updates to listed events

First responders to be joined by the nearest snowplow in emergencies when streets not yet cleared

by Stephen Adams, HRM Councillor, District 11

On January 14, Council approved motion to award a Design-Build contract for Station 62 (Williamswood) to Bird Construction Group at a cost of \$4,551,041.

We will now hold a series of design/project meetings with the contractor to confirm the new fire station's design requirements and resolve any issues. From January to March the contractor will proceed with the development of the construction documents and obtain all required permits to start construction in April 2020.

We are still on schedule to be opened in the Fall of 2020.

This is another significant milestone in the construction of our new station. In the upcoming March issue of the Chebucto News, I will outline the amenities which will be included in our new station.

In mid-January, the Halifax Regional Centre for Education put out a request via various media outlets to consider the renaming of J.L. Ilesley High School, or to keep the existing name. Should you wish to offer your opinion, paper copy name submissions' forms are available at the front desk of all Junior High feeder schools which include Cunard, Elizabeth Sutherland, Rockingstone Heights and Herring Cove Junior High Schools. You may also visit hrce.ca, search on capital and scroll down to *7. New High School to replace J.L. Ilesley*. You can provide your suggestion using this electronic process, as well. (I apologize for not being able to provide the direct link).

This HRCE request has raised the "Who was James Lorimer (J.L.) Ilesley?" question. Here is what Wikipedia provided:

"James Lorimer Ilesley, PCKC (January 3, 1894 – January 14, 1967) was a Canadian politician and jurist, born in Somerset, Nova Scotia. He attended both Acadia and Dalhousie Universities, and was admitted to the Nova Scotia bar in 1916. He practiced law in Yarmouth, until he was elected as an MP in 1926 and re-elected in 1930, as a member of the opposition.

When the party returned to power in the 1935 election, Prime Minister William Lyon Mackenzie King brought Ilesley into Cabinet as Minister of National Revenue. In 1940, he was promoted to Minister of Finance. He held that position for the duration of World War II during a period of massive expansion in expenditure due to the war effort.

He was recognized for his service in 1946 when he was appointed to the Imperial Privy Council, and given the honorific of "Right Honourable".

The same year, he became Minister of Justice. He served in that position until he retired from politics in 1948. The next year, he was appointed to the Nova Scotia Supreme Court, and became Chief Justice of Nova Scotia in 1950. He served in that capacity until his death in 1967 in Halifax at the age of 73."

When the request for this process was announced, it was posted on Facebook and Twitter, and was covered by The Halifax Herald. To say that I was flattered to be mentioned in the Herald and in social media posts as a possible name for the new school would be an understatement. As graduate of J.L. Ilesley in 1979, this makes me very proud. However, our J.L. Ilesley name should remain.

The construction and installation of the new playground at Governors' Brook began in late Fall, but has stopped because of the earlier than usual onset of colder temperatures and snow. This work will resume when the weather breaks in the Spring.

And speaking of snow, we've had a few storms over the past months. Some have had more snowfall than others; however, they all present their own challenges. Blowing snow, freezing rain and light, but steady snow falls are troublesome. With all types of weather events, the standards are the same with respect to clearing. The main roads are cleared first (such as Herring Cove Road) and then the secondary streets get some attention. The shorter streets with fewer homes are the last to be cleared. This is not a reflection of importance of the residents on the street, but rather that of vehicular

volumes.

Concerns have been expressed if a medical emergency occurs at a home on a street which has yet to be plowed. This is a very valid point. I understand the anxiety the prospect of this scenario could pose. We have a plan in place to address such a possibility. If a medical emergency arises, 9-1-1 will dispatch our first-responders and the nearest plow (or plows) in the vicinity. I recall an instance whereby this strategy was deployed to help a person who had been injured. He made a full recovery.

In the run of a week, I get messages in all forms. Emails, phone calls, texts, Facebook posts, Facebook messages and private Facebook messages. Due to the volume of various messages, at times it can be difficult to ensure that I see them all. In fact, I have missed some Facebook messages and for that I apologize. The best way to address issues is to call 3-1-1 and send me the reference number. Email is also a good way to communicate. My email address is adamss@halifax.ca.



Celebrate our 27th Anniversary with our February Specials on the back cover!



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The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

I would like to extend my best wishes to all Nova Scotians as we mark our annual Heritage Day on February 17. This year's honouree is the community of Africville, and the day coincides with the 10th anniversary of the Africville apology, an important moment for our African Nova Scotian community. As part of the Heritage Day weekend festivities, I will be partnering to host a free family bowl at the Bayers Road Bowlarama. Everyone is welcome to attend for some afternoon family fun, and you can find all the details on the event page on my Facebook (@LenaDiabNS).

Over the last month, a lot has happened on the wilderness front. Currently, the province is asking Nova Scotians for their feedback on six new protected areas, including Terence Bay, Pleasant River, and the Archibald Lake area. Protected areas are important to us, as they help preserve our natural habitat and allow great opportunities for recreation, education, research, and tourism. If you'd like to provide your thoughts about these potential protected areas, please visit novascotia.ca/parksand-protectedareas/ or submit feedback to protectedareas@novascotia.ca before March 9.

Closer to Armdale, I was very pleased to attend last month's official establishment of the Shaw Wilderness Park. Thanks to partners and supporters of the Nature Conservancy of Canada, as well as provincial and municipal support, 153 hectares of urban wilderness has been conserved for people and wildlife. This space will be one more natural treasure in our community, and will be accessible off the Purcell's Cove Road across from the Royal Nova Scotia Yacht Squadron. I encourage everyone to experience it for themselves and enjoy the benefits of time spent in nature.

January also brought more welcome news for trail users. At an announcement at Ashburn, the Nova Scotia Trails Federation and Recreation Nova Scotia launched their new online trail guide for the province. We have so many beautiful trails in Nova Scotia, and this new resource will make it easier for residents and visitors to learn about them and plan their own routes. Check out the guide by visiting nstrails.com/trailguide.

On the health care front, I'd like to share some important developments over the last few months that should strengthen our public health care system.

New leadership from physicians will bring an important perspective to the job of managing the health of Nova Scotians as the top positions within the NSHA and the Department of Health and Wellness are now filled with doctors. Dr. Brendan Carr, the new CEO and President of the NSHA, brings 25 years of firsthand experi-

ence with him to his new role, while incoming DHW Deputy Minister Dr. Kevin Orrell, an orthopaedic surgeon from Cape Breton and assistant professor at Dalhousie Medical School, joins the Department with 31 years of medical experience. These appointments of highly qualified physicians in senior leadership roles is encouraging news for patient care and our health, and I want to thank both Doctors Orrell and Carr for their service.

On a final health-related note, in late November, Doctors Nova Scotia members ratified two new four-year agreements with the province worth roughly \$135 million. This substantial investment in our health care system covers many different priority areas, including primary care, emergency care, psychiatry, and anaesthesia. The agreements also help address several areas that affect the province's ability to retain and recruit doctors, including more competitive compensation, physician engagement, reducing administrative burdens, and improving work environments. As our physician workforce changes, I'm also pleased to see that these agreements include the province's commitment to support succession planning, allowing retiring and new-to-practise physicians to work side-by-side to seamlessly transition a practice. This investment is a critical one for our province, and I look forward to the effects it will have on access to care, recruitment, and the collective health of Nova Scotians.

With more data coming in on how Nova Scotia grew in 2019, I'm pleased to share with you an update on employment: Our province experienced the fastest employment growth and labour force growth since 2004 last year. In fact, the unemployment rate averaged 7.2 per cent in 2019, the lowest rate since the early 1970s. Almost half of that annual job growth is attributable to improved employment for youth—an encouraging sign as we work to help young people launch their careers here.

In closing, I'd like to remind residents to reach out to my office for assistance with applications for provincial government programs. This includes both emergency and non-emergency heating help for the winter months, as well as newer programs such as assistance with non-insured losses due to Hurricane Dorian.

I also want to encourage everyone to take time this month to mark African Nova Scotian Heritage Month. Both government and community groups are running events throughout February, and I would encourage you to check out ansa.novascotia.ca or the Office of African Nova Scotian Affairs Facebook page to find out more about what's going on in our area.

Thank you for your continued support.

Spryfield's Troy Ryan named coach of the women's national hockey team

by Brendan Maguire, MLA for Halifax Atlantic

If I could describe January in one word it would be SNOW.

This past month we saw several snowstorms, trying everyone's patience.

The men and women at the Department of Transportation worked long hard hours to make sure our roads were plowed and safe.

Remember that provincial roads are not salted because the communities they run through rely on wells for water. Brine and salt make a big difference when it comes to clearing our roads.

The plowing of the provincial roads in our community is done in-house by the Department and their operators.

In the future if you have questions about snow clearing or maintenance of our provincial roads, please email me at Brendan@brendanmaguire.ca or call or text me on my personal cell at 902-499-5500 and I will do my best to answer your questions.

Congratulations Troy Ryan

Spryfield's very own, Troy Ryan will take over as the women's national hockey team coach and will guide team Canada at this spring's women's world hockey championship in Nova Scotia.

I have met Troy several times and I can tell you he is one of the nicest people I have ever met. What a well deserved honour for a great coach and person.

New recycling policies

Nova Scotians are now able to bring more types of electronics to our local environment depots to be recycled.

The Department of Environment made regulation changes that will now allow microwaves, game systems and components, e-readers, modems, and hard drives to be recycled. The change took effect Jan. 1.

Spryfield welcomes two new businesses

Iron Matrix gym opened this past month at 357 Herring Cove Road. I was happy to be there for their grand opening to welcome them to the community; here's to many years of success.

Sushi Cove opened at 355 Herring Cove Road; welcome to the community. I have personally been there to eat and I can tell you the sushi is top notch!

Over the next few months, I will be working with students, community members and groups to put a green lens on our communities. There are opportunities with the Federal and Provincial government for funding and programs. The idea is to use these programs to make our communities a

leader in green communities; to create opportunities for our citizens and our businesses.

January 20th was a huge day for our community as the Shaw Wilderness Park officially opened.

The wilderness park consists of 153 hectares of rugged backcountry with forests, lakes and rocky terrain offering panoramic views of the Purcells Cove Backlands.

A special thank you to Stephen Adams, Andy Fillmore and the Nature Conservancy Trust.

Working together, we have been able to protect an important piece of diverse land in our community and leave it natural for generations to come.

Please contact me anytime
Email Brendan@brendanmaguire.ca
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Cell (902) 499 5500
or add me to Facebook

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WE CARE

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebuctoeditor@gmail.com. Check our Facebook page for updates & late arrivals

COMMUNITY EVENTS FOR FEBRUARY

Earl Francis Spryfield Memorial Legion (7 Sussex Street) Events:

- Bingo every Sunday 1pm. Doors open 12pm
- Chase the Ace: every Wednesday. 5 to 7pm. In partnership with Young at Heart Club. Open to the public.

Food Banks:

- Emmanuel Anglican Church (322 Herring Cove Rd) Call Wed. Pick up Thurs between 9:30am and 10:30am. 902-477-1954
- St. Paul's Family Resource Institute (173 Old Sambro Rd). Call Mon/Tues. Pick up Wed between 10am and 12pm. 902-477-5090.
- Greystone Food Bank; Call in Monday and Tuesday, 902-477-5090. Pick up at 9 Cranberry Court, Wednesday at 1:30

Free meals for those in need:

- **Mondays:**
 - Mobile Soup Kitchen 7pm Bread of Life Ministries (McIntosh St. & 500 Block of Herring Cove Rd)
- **Wednesdays:**
 - 2nd Wednesday of the month, Spry Café 5:30pm at the Chebucto Family Centre (3 Sylvia Ave). Call 902-479-3031 ext 302. Registration required.
 - Salvation Army offers continental breakfast during the week and a full breakfast on Thursday mornings.

Harrietsfield/Williamwood Community Centre (1138 Old Sambro Road) Events:

- We are currently looking for volunteers. If you are able to volunteer for a couple of hours a month at our various events please contact Natasha at 902-293-7427
- For any rentals for private events contact Natasha at 902-293-7427
- Sparks, Brownies Monday nights
- Pre-teen dance Feb. 11th. 6:30 to 8pm. \$3 at the door. Canteen items \$1. No hats.

Quarter Note Singers (Captain Spry Centre) Events:

- JOIN THE CHOIR! You'll Be Glad You Did! The Quarter Note Singers is a mixed adult community choir that has been making music for over a decade at the Capt. William Spry Community Centre. Singers of all levels are welcome; there is no audition. Please contact Mary Jo Mackintosh at 902-423-5636 for more info.

Rotary Club of Halifax North West (Smitty's Restaurant at 362 Lacewood Drive in Clayton Park.) Events:

- Retired? Bored? Check out our club! We are known for the Toonies for Change 50/50 draw in Spryfield, which benefits eight charities in the Spryfield area, but we also support other local causes as well as international projects. To meet great community-minded people and to get involved, join us for

lunch any Tuesday at 1200 noon. For more information call Roger Chiasson (902-445-5905) or go to www.rotary-clubhalifaxnw.ca

Spryfield Lions Club (111 Drysdale Road) Events:

- Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.
- Spryfield Lions Club meet every 2nd and 4th Tuesday of the month, 7 pm at the upstairs den of the Spryfield Lions Rink. 111 Drysdale Road. Anyone interested is encouraged to sit in on a meeting, meet some great people and see how you can help your community. For additional information, please call 902-475-1878
- Spryfield Lions also collect hearing aids, CPAC machines and glasses for refurbishment and distribution. Items can be dropped off at regular bi-monthly meetings or our weekly bingo at the Rec Centre.

Pond Playhouse (6 Parkhill Rd, Spryfield) events:

- TAG will be presenting Dracula – The Bloody Truth beginning March 19th and running until April 4th. Check out their website for all the details.

Forever Young Seniors' Club (212 Herring Cove Rd):

- Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.
- Chase the Ace: Every Wednesday. 5pm to 7pm. In partnership with Spryfield Legion 152. Open to the public

City Church (276 Herring Cove Road) events:

- City Church Telephone #: 902-479-248 c.citychurch@ns.sympatico.ca www.citychurchhalifax.ca
- City Church Christian Radio Station Life 94.7 FM

Emmanuel Anglican Church Hall (322 Herring Cove Rd.) events:

- 902 477-1783, website emmanuelanglicanchurch.net
- Prayer Group meets on Thursday, February 13th and 27th, at 1:00 pm in the church basement (Use the side door). All are welcome to join us.
- Our hall is available for rentals. Call 902-477-1783 and leave a message.
- Food Bank is open every week. Please call ahead at 902-477-1954 to arrange for help.
- Feb. 8th from 9am to 6pm. Day of Enrichment. Pre-registration is required. Call 902-477-1783 for more details and to register.
- Feb. 25th Shrove Tuesday Pancake Supper. 5pm to 7pm. Pancakes, sausages, tea, coffee, dessert (gluten free available). \$10 per adult, \$4 children 12 and under. Family rate of \$25.

Salvation Army (328 Herring Cove Rd) Events:

- Tuesday afternoons at 2:00 pm we have a time of prayer and cell group

ministry.

- Sewing Club is on Mondays 9 am to 1 pm.
- Kid's Club is every Thursday at 3:30 pm until 4:30 pm
- Baby Song is Wednesday at 9:30-1100 am.
- Ladies Fellowship is on the 2nd Thursday of the Month at 2:00pm

St. James Anglican Church (2668 Joseph Howe Drive – at the Armdale Rotary) events:

- Meeting space is available for rent. Please contact Sarah-Jane at 902 477-4106

St. James United Church, Sambro (3811 Old Sambro Road) Events:

- Fri Jan 17th at 12noon. Soup Lunch. Cost by donation.

St. Michael's Church (14 St. Michael's Avenue, Spryfield) Events:

- Bingo! Every Friday in January. Doors open at 5:30pm. Mini game starts at 6:30pm and regular games begin at 7pm. 50/50 draw, canteen, and more!
- Playgroup every Tuesday morning at 9am.
- CWL's annual penny auction will be held on Feb. 16th with a snow date of Feb. 23rd. Doors open at 1pm and the auction starts at 1:30.
- Valentine's Dance. Feb. 15th. Doors open at 7:30. Dance: 8:00 to 12:00am Cost: \$5.00 per person, tickets sold at the door. Band: Nee Deep Bar: open 8pm. There will be door prizes, light lunch, snacks and fun for all.

St Paul's United Church (173 Old Sambro Road) Events:

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 to have them picked up
- Residents will be able to fill up water jugs inside the church kitchen Tues to Fri 9 to 3pm.

Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community room is available for rent on Tuesday and Wednesday evenings and daytime Monday through Friday! Includes access to kitchen, bathrooms, storage, and parking. Please contact Rev. Pauline Coffin at 902-477-4099 email: sccc@gmail.ca, facebook: Spryfield Christian Community
- Chimo Taekwondo Club. Training: Monday, Thursday @ 6:30 Saturday @10:30 am

Other Events and Notices:

- **Hand in Hand** (440 Herring Cove Road) which is operated by the St Vincent de Paul Society: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 5pm and Closed on Sundays.

- **Girl Guides of Canada** We are in desperate need of leaders. If you can give of

your time and have an interest in seeing girls succeed in life, please contact us at NS-HarboursideAC@girlguides.ca. Toll Free Phone: 1-800-565-8111. Office in Halifax: 902-423-3735 Website to Volunteer: www.girlguides.ca/volunteernow

• Harrietsfield Williamwood

Residents: For those Harrietsfield residents who get water at St. Paul's, note the change in time. When the cold weather sets in the outside tap will be turned off at St. Paul's Church. Residents will be able to fill up water jugs inside the church kitchen Tues to Fri 9 to 3pm.

- **3rd Spryfield Cub Pack** (ages 8 to 10) and **Scout Troop** (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday night at St. Paul's United Church on Old Sambro Road. Contact Robyn Parsons (902-477-1090) or Dan Drabble (902-477-2657) for more info or visit www.scouts.ca.

- Join **Chebucto Family Centre** at Freeman's Fairview every Thursday from 6-8 pm for Chase the Ace! More details online at www.facebook.com/ChebuctoFamilyCentre

- **Chebucto Family Centre** is seeking board members who are passionate about community and families. More details and posting are available on their website, www.HomeOfTheGuardianAngel.ca/board-of-directors

- The future is calling! **The Halifax Community Learning Network** offers FREE tutoring and GED classes for adults at the Captain William Spry Community Centre.

If you wish to learn in a relaxed and friendly setting and work toward the GED high school equivalency test, please call 422-7648 or 490-5715. You can get your GED!

- **Women's Choir Seeking New Members:** Do you like to sing? Looking for an easy going outlet for musical stimulation? Then join the Sorella Singers choir! You don't have to read music, but do need to sing in tune. Practice: Tuesday evenings, 7:15-8:45pm, location: Melville Cove area. For more information or to ask about trying us out for a week, call director Shirley at 902-405-8333.

- **Lion's Rink** offers a seniors' public skate Tuesdays and Thursdays 10am to noon, \$2 admission.

- **Nursing History Nova Scotia** meets every third Wednesday of the month at 1 pm. Tel: Edie @ 902-435-1475 for more information and details if this is of interest to you.

(See Community Events on page 12)

www.DanDoherty.ca



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It's been a chilly winter but the market is heating up. If you're soon thinking of selling your home, please give me a call so that I can provide you with some valuable information on how to prepare for today's market. I've lived in "The Loop" for over 30 years with 10 years of Real Estate experience; I would love to help you with any questions you may have!

Donna Flemming
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