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Chebucto News

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March 2020

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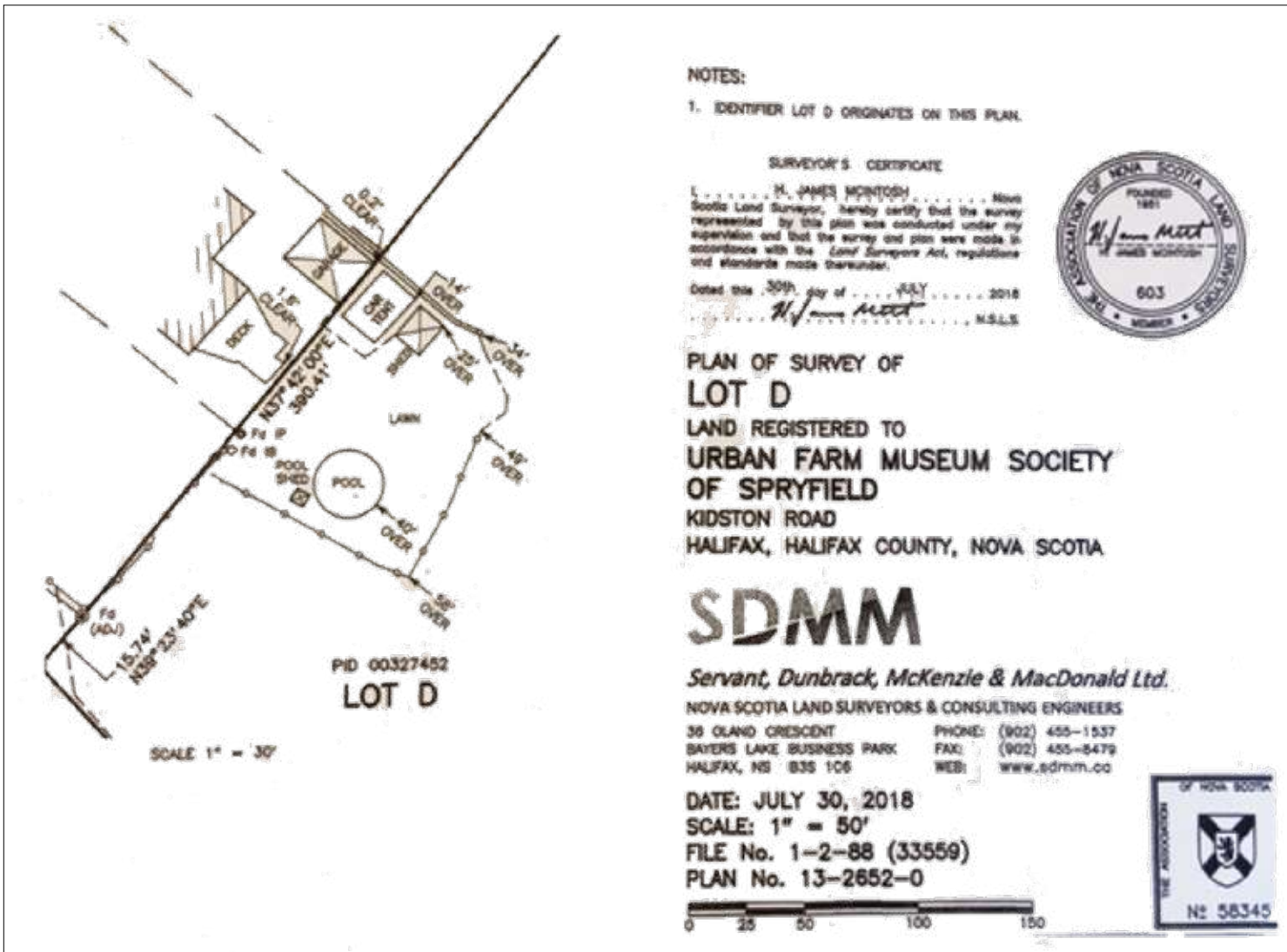


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Urban Farm Museum Society needs your help to save its programs



nal Medjuck property over the years. The Board of Directors offered him a 5 year License Agreement to use their land which would be renewed yearly until the Urban Farm was ready to expand.

He refused their offer and hired a lawyer demanding a permanent easement of half the land he had encroached upon or the full amount as shown on the survey map. The UFMSS was unable to meet this demand because of the legal document signed with Mr. Medjuck. Unfortunately, after these negotiations were unsuccessful, the UFMSS had to seek the court's assistance in order to regain their land and resolve the case.

(See Urban Farm on page 2)

Young people are welcome here

by Carolyn Mont

St. Paul's United Church has long had children from Beavers to Cubs and on to Scouts. Every year, on Baden Powell Sunday, they troop into the church as a group, recite their pledges and display their flags. This year, Baden Powell Sunday was on February 16, and as usual, it was a treat to see these young people, in the appropriate uniform for their group, be welcomed at the worship service. Troop Scouter of the 3rd Spryfield Scout Troop, Dan Drabble, explained to us that Robert Baden Powell was a British Army officer who trained boys to act as scouts for the military, thus beginning the world wide Boy Scout, and subse-

(See Young people on page 2)

by Lorrie Boylen

For almost 24 years, a small group of dedicated volunteers with the Urban Farm Museum Society of Spryfield ("UFMSS") have worked hard to raise funds in order to some day implement their big plans for future improvements.

Now all their hard work is in jeopardy as the Urban Farm is being faced with legal bills in order to reclaim part of their land. Money that has been painstakingly set aside for years is

going towards defending themselves in court. This means that there is little money left to run the programs this summer, run the forest school and other expanded programming, and to eventually create a summer baby farm animal stable.

In 2016, the Farm was gifted a piece of adjoining land by Mr. Ralph Medjuck, who had originally planned to build duplexes on the property. This plan never materialized and Mr. Medjuck eventually gave the old

growth forest land to the Urban Farm. Both parties agreed to a legally signed Memorandum of Agreement, stating that the land could never be sold, given away or divided. The land gift was to be taken over by the Farm, but used and shared with the entire community of Spryfield.

A boundary survey completed in 2018 showed that a neighbouring property owner, who was a former member of the UFMSS, had made a significant encroachment on the origi-

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Urban Farm

(continued from page 1)

The Farm had big plans to establish nature trails, a children's forest school, including a fairy door trail, and restorations of sections of old stone walls where sheep were historically kept. In addition, there were plans to purchase the Kidston's 1822 farmhouse including antique contents and surrounding land, thus expanding the Farm to 6-1/2 acres. The board worked hard to get a museum evaluation and are on their way to receiving museum accreditation.

The Farm is a treasure, a special oasis run entirely by volunteers. The only paid staff member is a student for 8 weeks in the summer, but this year they may not even be able to afford that. Previous funding from the United Way is no longer available, and grants and other funding are not easy to come by.

Volunteers turned this formerly overgrown farmland into a fertile teaching space for people of all ages and races. Youth have a safe place to learn and grow, and newcomers from other lands are able to learn how to grow and cook local food, and also share their own knowledge from their home countries. With food insecurity lurking, spaces like the Farm are an important part of our heritage, and this helps retain and sustain growing techniques.

Tragically, without assistance, the UFMSS will be forced to seriously reduce its 2020 summer activities, events and programming at the farm.

How can you help? By purchasing an Urban Farm membership, and/or making a donation. Charitable receipts

will be given for any amount \$10 and up, but they will gratefully accept donations of any size. Etransfers may be sent to urbanfarmspryfield@gmail.com.

Membership brochures are available at the Captain William Spry Community Centre Library. Memberships to the farm are very reasonably priced. Adults \$10.00, Families \$15.00, Students and Seniors \$5.00, and/or volunteering at the farm. You'll even get a charitable receipt for any amount over \$10.00.

Young people

(continued from page 1)

quently Girl Guide, movement. If anyone is interested in joining this group, they meet at St. Paul's United Church at 173 Old Sambro Rd. on Wednesday evenings at 7:00. Some of the children attend St. Paul's but church membership is not a requirement.

On that same day, we had the youngest choir member ever to sit in our choir. Young Rose Gillis, daughter of Darcy and Roger Gillis, sat in the choir with her mother. It should be noted that she did not sing, being just 4 months old. This was not Rose's first time at church but it certainly was her initiation into the choir. We do have a section in our sanctuary, with rocking chairs, where parents may wish to sit with their children and still be a part of the worship. This is our "Pray Ground", a child centered area with some colouring materials and stuffed animals. We would like parents to feel comfortable and welcome in bringing their small children into our worship service.

On Saturday, March 28, we will

Letters of support and donations to the Urban Farm Museum Society of Spryfield can be sent care of: 211-339 Herring Cove Road, Halifax, NS B3R 1V5.

To find out more, check them out on Facebook @Urban Farm of Spryfield or their website at urbanfarm-spryfield.com.

(Lorrie Boylen is a Freelance Writer, Administrative and Communications Professional and CBC Radio's Community Contact for Sambro)

have an Upscale Flea Market in our church hall, from 10:30 am until 2:00 pm. You may wonder what it means to be an Upscale Flea Market. We will not be selling clothing but will have areas set aside for books, home decor items, jewelry, purses and scarves, toys and miscellaneous items. Everything will be clean and in working order. Starting at 11:30 we will serve a lunch of your choice of several homemade soups and biscuits as well as dessert and tea or coffee. The charge for lunch is \$8.00 and we will not be selling tickets in advance. There is no charge to get into our Upscale Flea Market.



Check out our March Specials on the back cover!

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chebuctoeditor@gmail.com

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Email to: "The Editor"
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Advertising Inquiries:

Marian Munro 902-719-8389
chebuctonewsads@gmail.com

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Developmental Pickup Hockey for those 40 and older

When newly retired Ronald Bulmer felt an urge to play some pickup hockey during the day, he never dreamed he would be starting a whole new endeavor. After emailing the Spryfield rink, he discovered there was no seniors' pickup hockey currently available. However, rink board chairman, Peter Mowat, was intrigued and offered to help him make it happen.

There is an all-ages daytime pickup program at the arena, so Bulmer checked it out. He found a great group of people with a variety of skill levels, who were generous with the puck. However, he felt that a program where the players' skill levels were more in-line with each other would be an asset. From here, he spoke with a friend who had over 20 years of experience with running pickup sessions for people 40 and over. At this age, the skill set seems to even out, so that was the age limit they decided upon for their program.

Neither of the two wanted to see everyone's skill level stagnate, so the next thing they discussed was how to develop everyone's skills while on the ice. Sessions are great, but a player only controls the puck for a short period of time. Bulmer's friend invited him to a skill building session in Bedford, run by Jaro Sevcik. There, he was able to practice passing, puck handling, and shooting. Hi says it felt great to practice all of these skills, and he knew he needed to make this a part of his program. After talking with Sevcik, it was decided that every fourth session would be a skills building session and he would be the coach.

Developmental Pickup Hockey is what they are calling this program. The sessions are open to all genders 40 years and older. These sessions are more about recreation than competition and all skill levels are welcome. The game is played with full gear, but no intentional body contact or slap shots.

The plan is for the sessions to run on Fridays between 10am and 4pm, working around current rentals and starting when they have enough players signed up to make it financially viable. Bulmer is hoping for 20 players plus goalies. Regular players would pay \$10 per session, while spares

would be charged \$15. Goalies play for free, as is the tradition in pickup hockey.

If you are 40 or older and are interested in putting your stick back on the ice, contact Ronald Bulmer at 902-497-2068 or email him at ronald-bulmer@gmail.com

Bruce Holland to run for Council

Bruce Holland, who has been the Executive Director of the Spryfield Business Commission for the past 10 years, has thrown his hat in the ring for the upcoming municipal election this fall. As of the end of February there were three declared candidates and it is expected that several more people will declare in the coming

months. Bruce has been heavily involved with a number of community groups over the years and has been instrumental in the planning of many community events including the Santa Claus Parade, Spryfield Days and the organization of the Long Lake Provincial Park Association.

Do you enjoy writing?

Do you have a passion for your community? If so, why not join our team? The Chebucto News is currently looking for community oriented people to contribute to our monthly publication. The mandate of the Chebucto News is to publish stories that highlight the people, places, and events that make our communities great. Our writing staff are all volunteers with a passion for different aspects of our communities. This position only requires as much time as you want to give, and the stories you cover should be ones that you want to

tell. We need people to cover the sports teams in our communities, from little league to high school hockey. Someone with an interest in the local arts community would be a fantastic addition to our team. An unbiased political writer would be welcome, as well. Or a school liaison, who can keep us updated on the events, fundraisers, and issues in our local school system. If any of these positions sounds like something you would be interested in, please contact the editor, Tangelene Ramsay, at chebuctoeditor@gmail.com.



BURGER WEEK
March 26 to April 1, 2020

For Burger Week only, Spinnakers Restaurant will be featuring "The El Chapo". This delicious Mexican burger, complete with salsa, guacamole, lettuce, tomato and jalapeno havarti, is served with your choice of fries or greens, for \$15.


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DISCOVERING OUR PAST

Harrietsfield's history well documented by Eric Salmonson

by Iris Shea

Among the many letters I received from Eric Salmonson over a period of several years was one in which he wrote of his experiences attending school in Harrietsfield. Eric died November 19, 2017, aged 88 years. He left a legacy of historical information about Harrietsfield in his letters which, with his permission, were published in a booklet "Memories of Harrietsfield" as a fundraiser for Mainland South Heritage Society. This particular story on his school life in Harrietsfield has never been published and I am including it here as Eric wrote it, March 4, 2001.

"When students arrive for classes in schools, with Harrietsfield as an example, many of the student body will be transported by school bus. Heat will be regulated by thermostat. Water will likely be available by the push of a button on a water cooler. Modern bathroom facilities are provided within the school. Telephones are available for regular or emergency use. Electricity, other than providing adequate light, also allows for various teaching aids. Plans for outings to museums and other places of interest are a usual part of the school year.

The Harrietsfield school of the 1930s, located at the summit of Run Lake hill on the west side of the road as one faced south, on land cleared from thick woods of that area, was a contrast in every respect. The building, dating back prior to 1859, had served the dual purpose of a school and a church with three church style peaked windows on each side. Four unmarked graves were in a corner of the school grounds and were confirmed as such by seniors of that time.

Students, whether they lived in the area of the present Betty's Store, or the Gilfoy Farm in the opposite direction, or the end of Fraser Road, had no way to school other than to walk

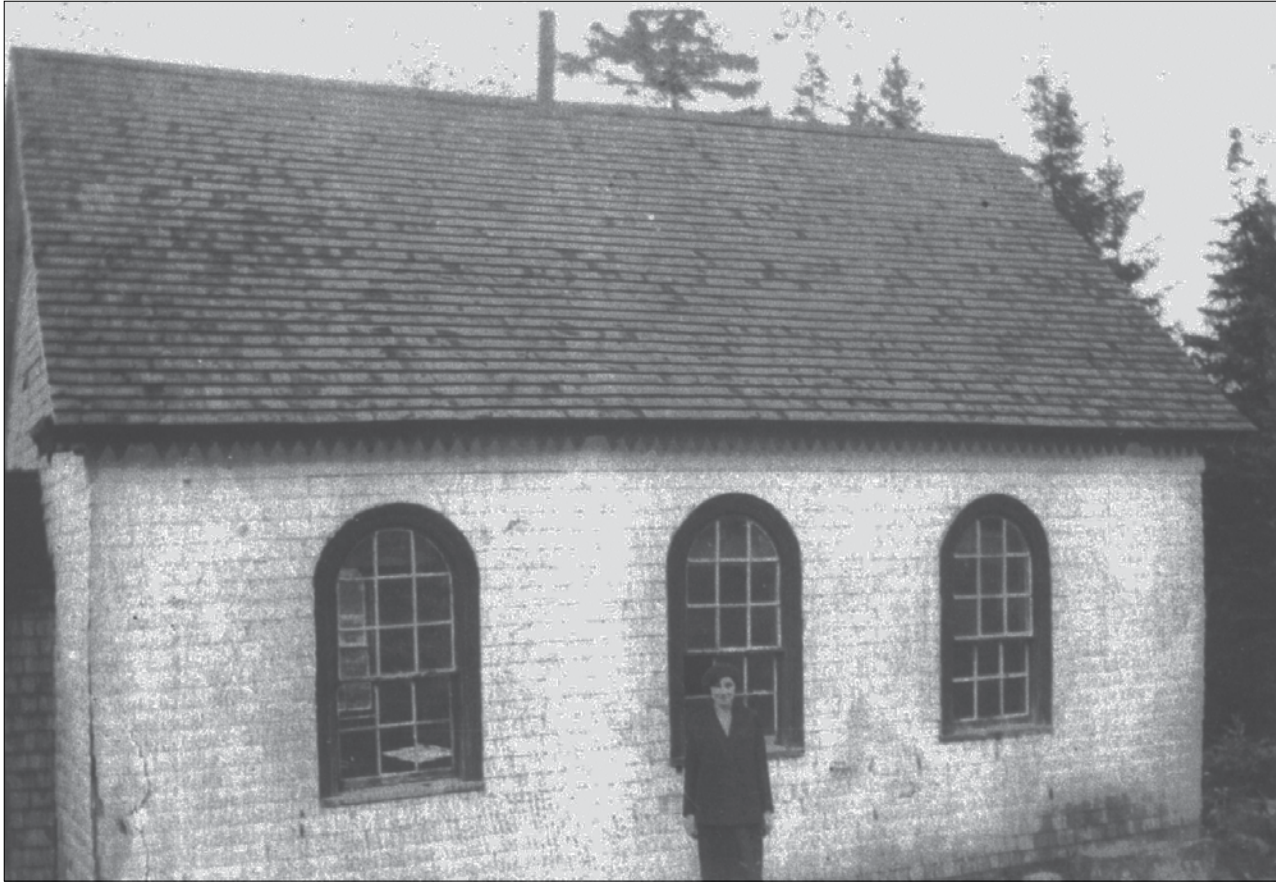


Photo of Harrietsfield's first schoolhouse with teacher, Janet Mont, 1929. Photo courtesy Mainland South Heritage Society. In the summer of 1929 Miss Mont was a student at Dalhousie University, on her summer break at the time, when school classes in Harrietsfield were held only during the summer months. The schoolhouse was torn down in 1941 and replaced with another one-room school at the same location.

When roads overflowed after a storm, which was frequent as roads were not elevated, older students would carry the younger ones across the flooded area, and teachers, especially if young and attractive, could expect a piggy-back across the troubled waters.

Paper and kindling, and birch bark from surrounding woods, were kept in the school and a joint effort was made to heat the school to a bearable degree before classes began. A potbellied stove was in the centre of the room.

A spring, which ran from under a large rock and which was located across the road from the school, was the source of water. The spring was likely about ankle deep and provided cold and clear water. Making the trip to the spring was a task shared equally and a coveted job as the stroll to the spring was at an extremely leisurely pace with extra time taken from the exertion of dipping the water, which made for an extended absence from the classroom. This was often debated by the teacher. The spring would be still there and a few years ago I went there and reflected on the several generations of pupils who brought water

from that spot.

There was no phone or electricity, and one has to wonder what could have been the result if a serious accident or sickness had occurred. This did not happen but if it had and someone ran for an hour to the nearest house, there were still no phones in the community and, at best, three vehicles. Seating in the school was long benches, best described as pews, which, no doubt, they originally were. The water bucket sat on a table at the back of the room with a common drinking ladle.

Due to the fact that roads were never plowed, which would have made walking extremely difficult for the smaller pupils, add to that the water source would be frozen and the stove could not adequately heat the building, classes would be held all summer, and the winter months were holiday. The winter off was gratefully accepted, but lovely summer days in a classroom much less so.

Grade nine, possibly grade ten, was the limit that could be provided at the school, and a person's education would end at that point, unless you

had somewhere to stay in the city and able to be accepted. School days began with 'God Save the King'. Sanitary facilities were, in fact, very unsanitary. The double toilet, one side female, the other male, though not so marked by any sign, was as ancient a construction as the school. With each side equally guilty, peep holes had come into being over the years by removing knots from the overly dry wood, or boring strategically placed holes in the boards. There were more holes than are found in a Swiss Cheese, and moss was constantly used to plug the offending holes. Organized outings were unheard of.

School activities, always confined near the school, were fun times."

Some changes have occurred in Harrietsfield since this story was written 19 years ago. I am grateful to Eric for sharing his memories with me and with the Mainland South Heritage Society. His love of Harrietsfield and its people was evident in his written "Memories of Harrietsfield".

Sports writer wanted

The *Chebucto News* needs a 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.



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Letter to the Editor

Dear Editor,
 I found a ring (J. L. Ilsley class of 1987) in the parking lot of the old Canadian Tire Store, Herring Cove Rd. in the winter of (I think 1990). It was laying in the slush. I returned to the store and talked to the manager. I showed him the ring and gave him my phone number so that if anyone came looking for the ring they could contact me. No one ever called.
 I then made a call to J.L. Ilsley and talked with a lady, told her about the ring and asked if she could check the school yearbooks to see if the initials J. M. B. matched any of the students from the late 1980s. I finished the call by leaving her my phone number. After 3 weeks of not hearing from her, I called and spoke with her again.

This time she informed me that she was quite busy and would get around to looking at yearbooks at some other time.
 About 6 months later I called again and this time talked to a man. I informed him about my previous calls and asked if he could look into it for me. He said he would pass along the information and that someone would get back to me. They never did.
 I kept the ring in my top dresser drawer for many years and then put it in a shoe box with other keepsakes. I came across it again just last week. I believe it is a girl's ring as it is not very large. It would be nice to return it to the person who lost it, so I am appealing to your readers for help.
 Dave Singer

MARCH Religious Services Directory

****To have your church/synagogue/mosque added to our directory, please contact the editor: chebuctoeditor@gmail.com****

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
 March 1 First Sunday in Lent – a communion service

St. James United Church (3811 Old Sambro Rd, Sambro)
 Sunday Choir Practice at 10 am; Service at 11:15 am
 March 1 First Sunday in Lent – a communion service

Emmanuel Anglican Church (322 Herring Cove Rd.)
 Every Sunday: 8:00am traditional service.
 Every Wednesday during Lent, 10:00 am communion service followed by Bible Study. Theme: Encounters with God
 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's United Church (173 Old Sambro Road)
 Regular Service:
 Sunday, 9:50, Prayer Circle meets
 Sunday 11:00, Sunday worship and Sunday School

Stella Maris Church
St Michael's Catholic Church (6 St Michael's Ave, Spryfield)
 Saturday 5pm
 Sunday 11am

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

St John the Baptist Catholic Church (Purcell's Cove Rd.)
 Sunday 10am

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 March 13 for April's issue.



Recruiting new members – Healthy Minds Around the Loop

Are you looking to contribute to a good cause in Spryfield and area and are passionate about mental health and well-being? Do you have some free time on your hands and want to share your ideas with others? Sounds like it could be a match. Healthy Minds Around the Loop Association is looking for new members and that could be you!

As a community association, we dream big. Our vision is for greater individual and community mental health and resilience in Spryfield and area. We've also set as our mission fostering the development of a people-centered system of accessible and inclusive mental health services in our community.

In the past couple of years, we've done a lot to help make our goals a reality. We've attended many community events in and around Spryfield sharing information on mental health resources; we've hosted mental health workshops and a summer Walk+Talk series at Long Lake; we've advocated for more mental health services in our community; and several members have received Mental Health First Aid Training.

There's a lot more we'd like to do and we are currently recruiting new members with fresh ideas to join our

group as we continue to move forward. We're looking for new members who...

- Are eager to brainstorm ideas for mental health programs and advocacy in our community
- Want to help out at our wellness events
- Are respectful and open to diverse views and perspectives
- Have a special skill they'd like to

offer (e.g. social media, promotions, grant writing, accounting, etc)

• Simply want to lend a helping hand

As a member of Healthy Minds Around the Loop, you are invited to attend Board Meetings (10x per year, 3rd Tuesday of every month at St. Paul's United Church) and help out in any way you can. If you are interested in becoming a Director or Officer on

the Board, we'd welcome that too and are always looking for more community members to take on a leadership role.

If you want to talk to us about getting involved, feel free to contact us at healthymindsaroundloop@gmail.com.

In the meantime, see what we're up to and follow us on:

Facebook@hmatla

Twitter @MindsLoop

Instagram @Healthymindsaroundloop

"We believe that gathering community together creates a sense of mental well-being"

-Healthy Minds Around the Loop

Boys and Girls Club of Spryfield

Did you know there is a place in Spryfield where your child can hang out after school and learn new skills or get homework help? The Boys and Girls Club of Spryfield offers an after school program, 5 days a week, for children in grades primary through six. Students attending Central Spryfield, Chebucto Heights, Fleming Tower, and John W. MacLeod schools are eligible for this program. Please note, the Club does not offer transportation services.

In-service Days, March Break, Christmas Break, and Summer Vacation programs are also available, with children participating in on-site activities, as well as off-site adventures. Team leaders are focused on getting

children outdoors, learning new skills, and playing games; all in a safe, supportive environment.

Fees for these programs are reasonable, with the afterschool program being offered for \$155 a month, March Break programs are \$125 per child, and In-Service Days are only \$25 per child.

The Spryfield Boys and Girls Club also hosts a very special program called Raise the Grade. This is an

academic success and life after school skills program for youth in grades 7 through 12. This program aims to encourage youth and support families through free access to technology and tutors, all in a safe, supportive environment.

If you are interested in getting involved with this great non-profit Club, either through enrollment, volunteering, or donating, you can contact them at www.bgcg.ca.



Boys & Girls Clubs
of Greater Halifax

spry seniors

community programs

WINTER 2020

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- > Gentle Chair Yoga Class (JAN - APR)
- > St. Patrick's Day Seniors' Social (MAR 17)
- > Health and Wellness Clinic in partnership with Hearing Institute Atlantic (MAR 12)
- > And More!



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Business Commission

NEWS & VIEWS

from the desk of
Bruce Holland



March break is upon us this month, so it won't be long before winter draws to a close. What are you doing to make the most of your time?

WORKPLACE EDUCATION

The SBC, proudly in partnership with the Department of Labour and Advanced Education, continues 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.

We're working on running two WordPress courses beginning in April, a beginner's course and an intermediate course.

WordPress Level 1 is suitable for beginners, and you will learn how to build a WordPress website from the ground up, including best practices for domain and web hosts, backing up your site, installing WordPress, building pages and posts, updating themes and plugins, search engine optimization, Google Analytics, adding video and more.

WordPress Level 2 participants must have previously taken WordPress Level 1 or demonstrate that you have sufficient skills to take the WordPress II Course. You will learn about Google Tag Manager, Facebook Pixel, working with images, keyword research, search engine optimization, fixing crawler errors, Google Analytics metrics, page load speed and caching, advanced video techniques, basic HTML coding, finding and repairing broken links, Gutenberg and much more.

An exact start date in April has not yet been set, but I am taking names and contact info for those interested. Contact Bruce at 902-452-7472 today to reserve your spot.

CBDC BLUE WATER

CBDC Blue Water is in the offices of the Spryfield Business Commission every Thursday from 9:30 a.m. to 3:30 p.m. Their Business Development officer can lend a hand with navigating technical and financial aspects of your business. Book your appointment with Alayne Jackson by phoning 902-889-7523.

SPRYFIELD DAYS FESTIVAL

Organizational meetings for the 2020 Spryfield Days Festival have commenced. If you are interested in becoming involved, would like to

sponsor an event or volunteer during the Festival, please send me a message with your contact information. Many hands make light work and we have something for everyone.

RURAL BUS SERVICE UPDATE

We are awaiting the "Request for Proposals" (RFP) to come in from the companies who may be interested in contracting with us to provide the bus service. After the pre-implementation project is complete, we can then 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.

SOCIAL MEDIA

We recently held a social media contest in honour of Valentine's Day. Congratulations to Training First Consulting, who won a \$50 gift certificate to Spinaker's Restaurant and Horizons Catering by Chef Andy Thomson. Stay tuned for our next contest, coming soon! The Spryfield Business Commission has a dedicated hashtag #SBCbiz which you can follow.

WELCOME NEW MEMBERS

Spryfield continues to grow and the Business Commission is pleased to welcome two new members: THRIVE Home and Respite Services helps older adults remain in their own homes as they age. THRIVE provides home respite, meal preparation, light housekeeping, outings and family consultation, while focusing on strengths and social connectedness. Check them out at www.thriveservices.ca.

I'm excited about what the next few months bring for the Spryfield Business Commission, and our business district as a whole. What exciting things are happening in your business? Shoot me an e-mail at bruce@discoverspryfield.ca.

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HALIFAX

Keeping seniors in their homes longer

by Lorrie Boylen

THRIVE Home and Respite Services is challenging the way we think about conventional home care. In addition to providing home respite, meal preparation, light housekeeping, outings, and family consultation, THRIVE focuses on the client's strengths and social connectedness.

Founder Mandie Hatcher is a trained recreation therapist with a Master's degree in family studies and gerontology, and has taught counselling techniques and foundations of recreation therapy. She's always loved working with older adults, and has gained a lot personally from the wealth of information they so readily share.

During her 15 years of working with the elderly, mostly in long term care, she became intrigued with the issue of how to keep people living in their homes longer. She recognized that many people don't willingly choose to leave their home, their family, their community, their belongings, everything they've known, to live in one room in a nursing home. Nursing home beds are in short supply and the expense is high, so other options need to be explored.

THRIVE's service is focused on building rapport and helping the client continue doing the things they enjoy while building and maintaining connection. For instance, making meals

is not just a task, it's an opportunity to engage in meaningful conversation and if the client is able to assist with the preparation they can do so.

Mandie has done a lot of research on the importance of social engagement. As adults age, their social circles are smaller, their kids often don't live with them and they may only get sporadic visits or phone calls. A lack of connection can result in higher rates of falls, increased mental health conditions like depression, higher mortality rates, and a poor appetite which can lead to other issues.

If you don't know Mandie, you probably know someone who does. She grew up in Williamswood and is now in Spryfield. She loves the Sambro Loop and has never wanted to live anywhere else. Some care services consider parts of the Loop rural and will refuse service or charge extra, but THRIVE does not.

Mandie gets her entrepreneurial spirit from her mother, Kathie Hatcher, who had her hairdressing business first in Williamswood and now in Spryfield. She watched with pride as her mother made her own decisions and didn't have someone else dictating what she could do and when she could do it. Inspired by that, Mandie is forging her own independent career path.

As the business grows, THRIVE will hire employees as needed, but the



goal will still be to provide its clients with the continuity of having same person all the time, in order to maintain the level of comfort the client feels when having someone in their home.

She's very excited about the consultation piece of her service. Navigating the health care system can be confusing, and Mandie can help guide clients towards government funding opportunities, resources and guidance such as dementia education, nail and foot care providers, etc. In the end, the client may discover that they don't need to hire her ongoing services, but just need some help setting up a family plan.

Her initial interview and assessment with the client and family members covers health concerns, assistance needs, background, previ-

ous job, friends and family members nearby, favourite card game, past interests, current interests, identifying their strengths and challenges, and personal goals, all of which helps her come up with a plan that makes sense.

Visits run a minimum of 3 hours to allow ample time to complete tasks and spend time interacting with the client.

You can contact THRIVE Home and Respite Services at (902) 229-4979 or email thrive.respite.services@gmail.com. They have a website at ThriveRespiteServices.ca, and social media channels @THRIVEHomeRespite on Facebook, and @thriverespiteservices on Instagram.

(Lorrie Boylen is a Freelance Writer, Administrative and Communications Professional and CBC Radio's Community Contact for Sambro)

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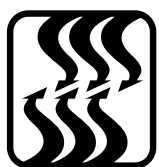
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Hiking around the Dingle

Article and photos by Sam Ramsay

It was cold, but not unbearably so, on Sunday the 2nd of February when a group of intrepid hikers gathered at the Dingle for a guided hike organized by Hike Nova Scotia and the Youth Running Series. The hike started at the playground and went through the forest trails, finishing at the Dingle tower. Despite the ice, there were only a few parts of the trail that were slippery enough to give the hikers pause – uneven ground and the recent snowfall helped with traction, although the snow also made it more difficult in places to see where the ice was. The hike took a little more than an hour, and before leaving, a random hiker was awarded a subscription to Hike Nova Scotia. Winter isn't necessarily the season people most commonly associate with hiking, but the trail was beautiful and it was a great way to stay connected to nature in a season that tends to make people want to stay indoors. If hiking in the winter still isn't your thing, however, the trail is sure to be beautiful later in the year too, with a combination of forest and water landscapes that will look lovely come spring.



PHOTOS:
Top left: The trail begins near the playground at the Dingle

Left: Hikers finish the trail with a beautiful view of the Dingle tower

Bottom left: The forest trail contains some hilly areas – be careful on them in the winter

Below: The leader of the hike wore a bright orange jacket, making her easy to recognize for the hikers



LOCAL OBITUARIES

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

Frances Sandra Griffiths

Age 77, of Halifax, passed away peacefully on January 13th 2020, at the Halifax Infirmary, QEII. Fran was born in Halifax to the late Frank and Jessie (Burden) Warrington on December 30, 1942. Fran was an active member in the Spryfield Legion and the Forever Young Senior's Club and loved playing darts and BINGO. She is survived by her brother, Kenneth Warrington, Jeddore; sister, Gail Cullen, Riverview, NB.; children, James Warrington (Amy-Joe), Tommy Griffiths, Frances Kirby (Bob), Debbie Flemming (Stephen), and Valerie Griffiths; grandchildren, Stephenie Douglass (Steven), Austin Griffiths, Corey Griffiths (Roy Donovan), Laura Griffiths (Adam Smith), Jennifer Griffiths, Anthony Griffiths (Alessandro Spagnoli), Jenna Flemming, Justin Flemming, Connor McGaffin, Riley McGaffin and Anaya McGaffin; great-grandchildren, Colton Griffiths, Bryce Gosbee, and Chase Gosbee; nieces and nephews, Hedley Cullen, Juanita Cullen, Danny Warrington and Jessie Warrington. She is predeceased in death by her husband, Thomas and brother, Hedley Warrington. Memorial donations, in lieu of flowers, may be made to the Heart and Stroke Founda-

tion or Huntington Society of Canada. The family would like to thank the Nurses of 7.4 for the loving care that was provided to her and the support to her family. To place words of comfort and condolence, you may visit www.walkerfh.com

Andrea Hutchinson Lowden

Age 72, of Williamswood, passed away peacefully on February 2nd, 2020, at the Halifax Infirmary QEII. Born in Scotland, she was the daughter of the late James and Jean Grubb. She is survived by her loving husband of 52 years, Ian; sons, Phillip (Lindsay), Steven (Tammy Kelly); grandson, Connor, and Jodi. Andrea was well known in the community for her involvement with Chebucto Minor Hockey and volunteering her time with St Agnes Jr High and J W MacLeod schools. She also spent countless hours in the rinks supporting both her sons and grandson Connors love of hockey, making many friends and memories along the way. She was predeceased by son, Brian in infancy and sister, Elizabeth "Betty". To place words of comfort and condolence, you may visit www.walkerfh.com

Terrance Marriott Sr.

70, Halifax, passed away unexpectedly at his home on Tuesday, February 11, 2020. Born in Halifax, Terry was a son of the late William "Barney" and Edna (MacPhee) Marriott. Many will remember Terry for the love of his family and friends, and for all the time he enjoyed with his children, grandchildren and friends. "Big T" loved listening to country music, often by the fire enjoying a Keith's beer. He was a fan of the Maple Leafs and his great sense of humour will never be forgotten. He is survived by his loving wife, whom he recently married in July 2019, Darlene (Richards), and his children, Patrick, BJ, Natasha and Shannon. Affectionately known as "Gramps", he will be fondly remembered by his grandchildren, Taralee, Trenton, Alexis, Casey, Everett, Felicia, Matthew, Victoria, Carlie and Brynn, as well as his great-grandchildren, Carson, Cash, Cooper, Cole, Carter and Haiden. He will also be missed by his siblings, Harold (Kathy), Robert, Pat (Lisa), Beverly Harnish (Graham) and Marlene Shaw (Steve), and his daughter-in-law, Nadine, along with many nieces and nephews. Terry was predeceased by his parents, his son, Terry Jr. in 2009, his brothers, Gary, Billy, Ricky and Darrell, and sisters, Debbie and Sandra. In lieu of flowers and in memory of Terry, donations would be appreciated by the family. To place words of comfort and condolence, you may visit www.walkerfh.com.

Dorothy Annabelle Barnes

Age 91, Halifax, passed away on

February 8, 2020. It is with deeply saddened hearts that we say goodbye to our mother, Dorothy Annabelle Barnes. Born in Halifax on February 10, 1928, she was the oldest daughter of the late Ronald and May MacQuilkin, wife to the late William Isaac Barnes, proud and loving mother to Bruce Barnes (Sharon) and Jo-Ann Barnes (Michael Noel). Also left to mourn are her grandchildren; Corey, Laura, Jennifer, Anthony, Laura May, Ian and Erin; great grandchildren, Coltin and Lily. She was predeceased by her sisters, Jean, Daisy and Robin, as well as her brother in law and dear friend Bert. Mom was a long time hairdresser and took pride in making people look and feel beautiful. She was a long time parishioner of St. Michaels Church, long time member of the CWL and the senior choir. Mom and her sister, Jean, spent many an hour baking and preserving for the myriad bake sales, fairs and fund raisers at the church. One of mom's favourite places was the family homestead in Chimney Corner, Cape Breton, especially when

Jean and Bert were with her. The local berry bushes would end up bare and the counter would be full of jam and jelly. The family would like to thank all of the family and friends who have helped in her care for the last 5 years, and special thanks to the staff of the 3rd floor, Arborstone Enhanced Care Facility for taking over her care for the last 6 months. Where we could not, you could. You provided care and compassion, not just to Mom, but to us as well. Thank you. Mom was very strong in her faith and had no fear of going to live with God. She is with everyone she loved that has gone before her. She is smiling down at those she loves that she left behind. She has become a guardian angel for us. She will be the butterfly that delights your eye on a beautiful day. We love you mom. There's no pain anymore, there's no forgetting anyone or anything. There's just peace, happiness, love and beauty. In lieu of flowers, donations can be made to the Alzheimer's Society or the SPCA. To place words of comfort and condolence, you may visit www.walkerfh.com.

Tag Theatre Audition call

TAG will be hosting an audition call for their next play, Mrs. Warren's Profession, on March 15th from 4pm to 6pm and March 18th from 7pm to 9pm. Auditions will take place at the Pond Playhouse, 6 Parkhill Road, and the play is scheduled to run from June 4th to June 20th. This production will be directed by Michele Moore and produced by Joshua Law. The stage manager will be Eileen Woolley.

Mrs. Warren's Profession was written by George Bernard Shaw in 1893 and was first performed on the stage in London in 1902. According to the TAG website, the play "follows the interplay between two strong-willed women and the four men who encircle their lives. What happens to the already strained relationship between Mrs. Warren and her daughter Vivie when she discovers her mother's hidden profession which funded her high-end education? The stage is set for a battle royale about love, sex, money and morality. Full of brilliant argument, wit, and especially unrelenting challenges to the conventional mores of his time. It is funny, shocking, politically stimulating and ultimately very moving."

The roles being cast are: Mrs. Warren, a strong-willed, outspoken, somewhat vulgar but self-made woman; her daughter Vivie who is a well-educated, self-confident woman; Praed, a gentle, artistic longtime friend of Mrs. Warren; Sir George Crofts, who is a rich, aging opportunistic playboy; Frank Gardner, an enthusiastic young suitor; and Reverend Gardner, who is pompous, loud, and obsessed with respectability.

Readings will be done from the script and no appointments are neces-

sary. For more information, contact Michele Moore at michmoore41@gmail.com or visit their website at www.tagtheatre.com

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Sammy says: dinner theatre is back in Sambro with lobster and dreams of Fort Mac

Photos by Theresa Pickart

St. James United Church in Sambro is pleased to present another Sambro Dinner Theatre. This fundraiser is always a popular event and tickets sell fast.

This year's production is "Alberta Bound", which follows the story of two brothers from a Sambro family who have fished there for generations. The playwright's synopsis reads "Jim is tired of fishing with his father and brother. He thinks the secret to happiness is in Fort McMurray where he can make lots of money, but his girlfriend Megan is expecting him to propose, not leave the province. Everyone in Sambro has an opinion about what Jim should do, from his nieces to his grandma. Will Four Strong Winds blow Jim out West to be a Working Man? Or is Life a Highway that will lead him back to Sambro For a Good Time (not a long time)? It's a truly Canadian story based on classic Canadian music."

The cast features local actors of all ages, including a group of young people and children. Directed by Shawn Woodard, with music provided by Susan Feltmate, John Stewart, Carla Leblanc and Gary Burns, this show promises to be full of fun and frivolity, served with a delicious three course lobster dinner for just \$40. (Please note that this year there is no alternate meal offered, with apologies from the organizers).

Shows are on Friday April 24 and Saturday April 25 at 6:30 pm, Sunday April 26, 4:30 (please note earlier start time on this date), Friday May 1 and Saturday May 2 at 6:30. Guests should plan to arrive 30 minutes before the show to be seated. Each evening there will be a lively auction featuring locally designed art, crafts and other treasures.

To purchase tickets, go to Eventbrite at SambroDinnerTheatre.Eventbrite.com.

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



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Municipal water and sewer for Phase 2B of Herring Cove too costly for homeowners under current funding

by Stephen Adams, HRM Councillor, District 11

The new Williamswood Fire Station is on track to be open this fall, and will have an emergency generator with a 72-hour run time with 100% building load accommodated.

The facility will accommodate four (4) career fire staff and fifteen (15) to twenty (20) volunteers. Community groups will have access to a community room (HRFE training room) which can be used independent of firefighting operational crews and which can also be used as a comfort centre (this includes access to two universal washrooms). Also, there is a recycle/donation room accessible from the main entrance area to allow the public to drop off donations of food, clothing, etc.

We are also working on a 'safe room' for individuals who may feel threatened or afraid. The intent would allow those folks access to the building and then be able to secure the door. This has not been worked out with the designers, but it is something we're hoping we can do depending on code/exit requirements.

At our January 28th meeting of Council, we discussed the process and next steps to bring municipal sewer and water to another area of Herring Cove; also known as Phase 2B. This motion did two things.

The first was an accounting procedure to put the Federal and Provincial contributions in place. This amount

totalled just under \$5.8 million. The second part of the motion was to undertake the detailed design for Phase 2B, and to include the detailed design for Phase 4 with costs coming back to Council for approval. What this does is combine the detailed design for the two remaining phases, thereby allowing the last phase to be "shovel-ready", which is generally a requirement to qualify for funding.

There are a number of additional steps required to see this project through. There will be a public meeting, a by-law to establish a Local Improvement Charge (LIC), and other processes. The estimated LIC per household would be in the \$26,000 to \$30,000 range.

This LIC is too high, when compared to the initial LIC when the project began in 2005. Our staff has committed to exploring additional funding opportunities from other sources. These options will include, but not be limited to, Halifax Water, the Province and HRM.

I am not comfortable in proceeding with a public meeting, until I am confident that the project will be reasonably affordable and will have the support of our community. At present, the available funding is inadequate.

There has been some discussion on social media and throughout our community regarding this project and the announcement in August of 2016.

Although our application was for a total of \$14 million, we received \$3.4 million. I met with our engineering staff and Halifax Water to determine how many properties could have been serviced; however, the LIC was in the \$40,000 range. As such, we decided not proceed at that time.

The chain of events as a result of this decision had confused some residents and angered others. The funding allocated to Herring Cove was subsequently transferred to the Fall River project. At first look, this seemed to be an odd decision, with people questioning why the money was given away. I certainly understand why some would be upset.

The infrastructure program has deadlines in place and criteria which must be met. These funds had to be spent by March 31, 2017. Had these monies not been transferred to Fall River, they would have been lost, and no one would have benefited. Fall River was the only project available which qualified for this transfer. As we have seen in previous news stories, the cost to service Harrietsfield is approximately \$21 million. Given that these funds had to be spent by the following spring and couldn't be 'banked', neither Herring Cove nor Harrietsfield could have utilized them.

As I attend our community events, there is a great deal of discussion regarding potential candidates for our upcoming election in October of this year. I have met with about 10 individuals, all with differing interests, strengths and areas of expertise. If you, or someone you know is interested in offering, please have them contact me. I assure everyone that our discussions and the identity of those with whom I meet will remain confidential.

I will end off with the same closing as in the past few articles. In the run of a week, I get messages in all forms. Emails, phone calls, texts, and all forms of Facebook. 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. My assistant Ken is always available at (902) 490-7184. Email is also a good way to communicate. My email address is adamss@halifax.ca.

More docs

(continued from page 13)

- provide funding to hire a new Crown prosecutor dedicated to prosecuting human trafficking cases and for specialized training for Crown prosecutors on human trafficking issues

- designate six province-wide positions from the Additional Officer Program as dedicated investigators in the areas of gender-based violence, specifically domestic violence, sexual violence and human trafficking investigators

- provide funding to re-open the Jane Paul Indigenous Women's Resource Centre in Sydney.

This past month marked the one year anniversary of the tragic Barho family fire. The community was rocked by this event and shaken to our core. To this day, Barho remains in hospital after suffering burns to 80 percent of his body and extensive internal damage. Over the past year, he has undergone nearly 15 surgeries, hours of physiotherapy and speech therapy – all with his wife, Kawthar, by his side. The entire family remains in our thoughts and prayers.

I would like to thank everyone who came out for our annual Heritage day bowling event in Spryfield. Over two hundred community members enjoyed free bowling, pizza and most importantly each other's company,

What a community!

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COMMUNITY EVENTS

(continued from page 14)

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.

• **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** The Urban Farm Museum Society of Spryfield invites you to become a member/volunteer at our Urban Farm or simply come and learn what we do at the Urban Farm! The Farm Committee meeting will be held Wed. April 15th at 7pm at the Capt. Wm. Spry Community Centre. Everyone welcome! Refresh-

ments will be served. Hope to see you all there!

• **2020 Homecoming for Nurses' Alumni** Calling all Victoria General Hospital School of Nursing graduates. We are celebrating the 100th anniversary of our Nursing Alumni, the longest continuous Nursing Alumni in North America, 1920 to 2020. Set aside the week-end of September 11-13, 2020. Invite your nursing classmates to attend with you. It will be fun. It takes place in Halifax at the Westin Hotel (formerly the Nova Scotian Hotel). For more information and to register check out our Nursing Alumni website at www.halifaxvghnursesalumni.ca

• Thursday, March 5, 2020 1 pm. **Women for Music** meeting. Special Guest Nick Leblanc, a student at Citadel High School, is a member of the Nova Scotia Youth Orchestra. He plays percussion and studies voice. New members welcome. Maritime Conservatory, 6199 Chebucto Road. Parking. No admission charge. www.womenformusic.ca

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



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The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

Happy March everyone! As we slowly inch towards spring, I'm happy to be back in the legislature working with my colleagues to advance the priorities of Nova Scotians.

Last month, I was thrilled to be back at Chebucto Heights Elementary with Premier Stephen McNeil, Education Minister Zach Churchill, Principal Craig Myra, and staff, for the announcement of the final roll-out of Nova Scotia's free, universal Pre-Primary program. By September, every four-year old in the province will have access to pre-primary. This final phase includes an expansion of the program to 48 additional school communities. Busing will also be available to all eligible pre-primary children in September.

The John W. MacLeod-Fleming Tower school community will have their pre-primary site located at Cunard Junior High in September. The school office is currently taking names at (902) 479-4437. If you have any questions regarding the program they can be directed to Principal Emily Quigley at equigley@hrce.ca or Mr. MacRae at imacrae@hrce.ca.

For me, this program is a win-win-win: a win for our children and grandchildren who all get a great start at learning, a win for families who save on childcare costs, and a win for the province as we better support students and level the playing field for all children. Introducing beneficial programs like this is one of the most rewarding parts of being an MLA.

As you may have heard, as of April 1, the province's minimum wage will be increasing by \$1.00 an hour. This represents the largest increase to the minimum wage in a decade. Our province is also eliminating the inexperienced minimum wage, which previously allowed employers to pay a lower rate to employees with less than three months' experience in the kind of work they do. Furthermore, Nova Scotia will be taking action to close the gender wage gap through updates to the Labour Standards Code, including expanding equal pay provisions, allowing individuals to have greater

access to pay information at a new job, and prohibiting employers from barring employees from discussing or disclosing their own wages or those of other employees.

The province is also making big investments in important community projects. In February, Nova Scotia announced the largest Capital Plan in our province's history, including over \$1 billion in investments in healthcare infrastructure; schools; medical equipment and ambulances; highways; and public buildings. These priority investments will help shape transportation and service delivery for decades to come, and are accounted for within the province's fifth consecutive balanced budget.

Nova Scotia is again smashing records when it comes to our growth. In 2019, our province welcomed a record setting 7,580 new permanent residents, helping to grow the population and strengthen our economy and communities. This incredible number surpasses our previous record of 5,970 in 2018. Our immigration growth is something to celebrate, and the outreach we do to attract the labour force our employers say they need is making a difference. This is the fastest growth over a 12-month period since 1972, and we should all be excited to see it. What's also encouraging is that we are also retaining a record number of the international students who come to study in our province. This growth not only helps sustain our public services, but also strengthens our workforce and economy as a whole.

Two recent statistics highlight the progress we're making on access to health care. According to a recent report, over the last four years, access to community mental health and addictions care at the IWK has improved by 75 per cent. Young people who need emergency care are seen immediately and nearly all cases assessed as needing urgent care are seen in under four days. For non-urgent care, 72 per cent are seen within 28 days and the average wait is 22 days. This is thanks to improvements in practices that came through feedback from families, and

frontline and senior staff. I'm also pleased to share that the percentage of residents in Armdale/Spryfield/Herring Cove who have not yet been placed with a primary care provider has fallen 1.4% as of February 1, 2020. While more work remains, access to care is improving, and I'm happy to see this important progress.

In addition to these improvements, I'm very happy to share that the province has also welcomed the first four family doctors through our Practice

Ready Assessment Program. These physicians will soon begin work in communities with the greatest need, while nine potential candidates are being interviewed for the program's second group. Internationally-trained medical professionals will play an important part in our health care system in the years to come, and I'm pleased to see this first group joining our health care teams.

Thank you again for your continued support.

More family doctors coming to practice in Nova Scotia

by Brendan Maguire, MLA for Halifax Atlantic

Healthcare update—more family doctors:

Four family doctors from Nigeria are now ready to work in Nova Scotia after completing the province's new Nova Scotia Practice Ready Assessment program.

They are the first doctors to complete the program, which is designed to ensure family doctors trained outside of Canada meet Nova Scotia licensing requirements. The doctors will practice under certain conditions and supervision.

As part of the program, the doctors will work for at least three years in communities based on need. They will be practicing family medicine in Truro, New Glasgow, Hubbards and Glace Bay.

Nine potential candidates are being interviewed for the second year of the program.

The program is a partnership between the Dalhousie Department of Family Medicine, Nova Scotia Health Authority, the College of Physicians and Surgeons of Nova Scotia, and the Department of Health and Wellness.

Six more dialysis chairs coming to Halifax Infirmary

Government is investing \$5.98 million to add six more dialysis chairs to the Halifax Infirmary. As a result, 24 more patients will be able to be treated at the hospital each week.

A construction tender will be issued next month. Construction will start this spring and is expected to take a year to complete. Patients admitted to the Halifax Infirmary will continue to be treated there, while people traveling for treatment will be seen at the Victoria General site.

Youth mental health:

Young people needing mental health and addictions help at the IWK no longer have to wait to get an appointment.

The IWK can now see emergency cases the same day, which covers children at immediate risk of harming themselves.

Under the old model, there was a list of more than 1,000 children waiting for services for upwards of 20 months before they were able to even book an appointment.

Now, as soon as someone calls the central referral department, they're booked for an appointment. They know exactly when they're coming in and who they'll see.

Labour code update:

Changes introduced this month to the Labour Code make it easier for military reservists to get time off sooner from their civilian jobs, and makes it easier for them to get more time off to fulfill their military obligations. The changes reduce the eligibility period required to have access to reservist leave from one year to three months and increases the length of the leave from 18 months within a three-year period to 24 months within any 60-month period.

This month, changes made to the Labour Standards Code will make it harder for employers to pay women less than men for doing the same work.

The amendments prohibit employers from asking prospective employees about their wage history and is intended to make it more difficult to establish a wage based on what people earned previously.

The changes would also prevent companies from barring staff from disclosing their wages to other employees.

The changes an important first step toward narrowing the gender wage gap in a province where, on average, women in make 73 cents for every dollar earned by a man doing roughly the same job.

Investments made to combat human trafficking and exploitation


Government is investing more resources to combat Sexual Exploitation and Human trafficking.

This past month government announced investments into programs, services and supports that will raise awareness, prevention and directly help victims and survivors, with an added focus on Mi'kmaq and African Nova Scotian communities.

The investments included:

- hiring family and victim support navigators for Halifax Regional Municipality, Cape Breton Regional Municipality, and the South Shore

(See More docs on page 12)



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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 MARCH

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/Williamstown 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
- Annual Easter Egg Hunt – Sat April 4th 10:00 – Egg hunt, cookie decorating, face paint. \$5.00 per family, paid at the door

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, March 12 and 26, 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.
- Busy Hands Social Club: We have started a knitting, crocheting and needlework club, with opportunity to visit and enjoy each other's company. The 2nd and 4th Tuesday of each month (March 10 and 24), 10 - noon, in the Ladies Parlour in our lower hall (use the downstairs door on the right).
- Bible Study following Wednesdays in Lent worship, about 10:45 in the church. Theme: Encounters with God.
- Inner Peace Through Divine Love: Spiritual exercises from the Igna-

tian tradition, a meditative home retreat, the four Sunday evenings in March, 7 - 8:30 pm. Call the church for more information and to sign up.

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:

- Dinner Theatre "Alberta Bound." Performances: Friday, 24 April 6:30; Saturday, 25 April 6:30; Sunday, 26 April 4:30; Friday, 1 May 6:30; Sat, 2 May 6:30. A 3-course lobster dinner will be served at all shows. Tickets \$40 online with credit card at sambrodinnertheatre.eventbrite.com

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

- Bingo! Every Friday in March. 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.
- Soup luncheon in the Church Hall at 6 St. Michael's Avenue on March 15th at 12:00 noon.

There will be beef barley soup, chicken soup and corn chowder. Dessert is gingerbread cake. The cost is \$10 for adults and \$4 for children.

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.
- Concert with Hal Bruce, Friday April 24th at 7pm. Hal Bruce is a One-Man, One-Voice, One-Guitar, BIG SOUND, full-time entertainer/producer/songwriter, from Nova Scotia, Canada. Tickets for sale on Eventbrite www.eventbrite.ca or Heather Embrett 902-440-7552 Cost \$25.00

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 Williamstown 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
(See Community Events on page 12)

www.DanDoherty.ca



Sharon Kenney REALTOR®
902-483-7325
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www.alreadyhome.ca



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