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Vol.21 • No.4
December 2019

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The Spryfield Santa Claus Parade Organizing Committee was pleased to present Councillor Stephen Adams with the "Peter Saulnier Memorial Heart and Soul Award", presented each year to someone who has shown exemplary service to our community over the years.

With Councillor Adams' retirement from elected public office after 28 years of service, it was unanimous that he be presented the Award this year!

Christmas 2019

by Lorrie Boylen

At this festive time of the year, it's sometimes easy to slip into stress mode, with so much to do, see and buy. Here are some quick tips to help ensure you survive the season.

It's not about how much money you spend. You don't need to go into debt to show your loved ones how much you care. Fewer, well thought out gifts will mean more, and you won't break the bank. Make a budget and get creative on how to honour it. Plan some shared experiences (even better if you can do them together!)

Don't get lost in the busy-ness. Don't get so bogged down with shopping, cooking, baking, decorating, etc. that you forget to relax and enjoy spending time with loved ones. Don't be afraid to ask for help. Time spent together in the kitchen can be a real bonding experience.

Slow down and look at the lights and decorations. They take so much time and effort to put up, make sure you take the time to enjoy them.

Ensure pet safety. The holiday season is full of hazards for your pet. Things like chocolate, alcohol, grapes, raisins, tinsel, and many plants including holly, mistletoe, amaryllis and lilies can be toxic for your pets. Consult your local vet for a full list of what to avoid.

Observe your family traditions, or make your own. Whether you're practicing the time honoured traditions of your family, or starting new ones, these experiences are a great way to connect on a deeper level with friends and family.

Don't forget friends and neigh-

(See Christmas on page 2)

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Christmas

(continued from page 1)

bours who may be alone over the holidays. Take some home baked treats and spend an hour visiting with them. They'll appreciate it more than you know.

Remember those less fortunate. There are many food banks and non-profit organizations collecting food and Christmas gifts for those living in poverty. If you are able, consider contributing. You could be part of making the season magical for someone else, and the reason that a child's face lights up Christmas morning.

Not everyone has a home for Christmas. Soup kitchens and shelters are busy during the cold months. Socks and warm clothing are always needed for the homeless. You can help a person living on the streets feels a little less desolate.

Got the holiday blues? Maybe you've lost a loved one this year, or are a new empty nester who's feeling a little lost this holiday season. Helping out at a soup kitchen, a food bank, or somewhere else that serves those less fortunate could be just what you need to turn your holiday season around. In addition to making some new friends, you'll be surprised how good it makes you feel. Who knows?

Maybe this will be the start of a new holiday tradition.

Lastly, if someone wishes you Merry Christmas, Joyous Kwanzaa, Happy Hanukkah or another cultural or religious celebration which you do not observe, I hope you'll take it in the good spirit in which it was offered, and that you'll feel the warm hug of a joyful season.

I'm wishing all my readers a blessed and peaceful holiday season, however you choose to celebrate. Stay safe.

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

A month of celebration at City Church

The spirit of Christmas Celebrations is in the air as City Church moves through December. Each Sunday, the congregation at 276 Herring Cove Road will hold Sunday morning services filled with Christmas carols and special messages dealing with the Christmas Gospel story.

Pastor Gerald Kendrick says that the morning gathering offers a casual, friendly atmosphere, featuring a relevant Christmas message, contemporary and traditional music, and other special features. It will provide a challenge for Christians to rethink their faith and belief in a life filled with faith and purpose. The Sunday morning 10:30am service will also provide an opportunity to learn about the variety of activities at City Church. The church offers nursery and children's Sunday ministry activities. It will conclude with light lunch refreshments. For more information call

902-479-2489.

December is also the month when City Church presents its always popular Christmas Musical Comedy. The dates for this year's production are Friday, Saturday and Sunday December 13th, 14th, and 15th at 7pm. Free attendance is open to all and there will be a special bag of candy given to all young people attending.

The theme of this year's production is "Who Forgot Christmas?" and is packed with comedy moments and musical selections that will delight the hearts of all ages.

Another congregational attraction at City Church this month is the Christmas Eve Service at 7:00 PM on Tuesday, December 24th. This one hour filled gathering is a Candlelight Communion Service, and it traces, in music, the Gospel Story of the Bethlehem birth of Jesus Christ.

For more details you may call City

Church at 902-479-2489 or check out our website at www.citychurchhalifax.ca.

Another ministry of City Church is the operation of a popular Christian radio station - Life Radio on the FM dial at 94.7 FM. This inspirational radio features Christmas music during December and can also be heard on the internet at liferadio94.7fm.com - available 24 hour as day.

Chebucto News

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Check out our contest on page 9!



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Pond Playhouse performs 21st Pantomime

by Sam Ramsay

The Theatre Arts Guild has been performing pantomime for twenty years now, and for their twenty-first pantomime they wanted to do something special. A pantomime, or “panto”, is a British style of performance including songs, jokes, and plenty of audience interaction. They’re often fairy tales performed around the Christmas season, and include cheering the heroes and booing the villains.

This year’s panto is “The Wizard of... Oz?”. It was written by Adrian Barradell, but the Theatre Arts Guild took some artistic license to include plenty of local references, as well as tributes to, and even characters from, other pantos they’ve performed.

The play is a mash-up of different characters and stories that nevertheless is also The Wizard of Oz. Its cast

of fun and colourful characters engages the audience and is very enjoyable to watch. It’s easy to laugh and cheer along with the heroes, but you may find it difficult to properly “boo” the villain – she’s simply too much fun to watch! The play also features magic tricks, a PSA from a mind-reading duck, and even a few references to Star Trek and Doctor Who for the nerdier audience members (myself included).

The play runs from November 21st to December 7th, and is performed at the Pond Playhouse on Parkhill Rd. If you’re looking for the chance to check out some local theatre, it’s certainly worth your consideration!

Photos taken by TAG photographer, Bruce Goodick



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DISCOVERING OUR PAST

Sanitation a major concern of Halifax County Council during 1950s

by Iris V. Shea

Reading through the annual minutes of Halifax County Council meetings provides information on the communities from Armdale to Pennant (Districts 11 and 12 at that time) and on the people who served those communities in an official capacity. During the early 1950s when poliomyelitis (an infectious viral disease that affects the central nervous system and can cause temporary or permanent paralysis also known as Polio) was prevalent in each community, Council emphasized the need to follow the Medical Officers' recommendations pertaining to sanitation. In 1953 the incidence of poliomyelitis was much reduced over the previous year and the Medical Health Officer for Halifax County West, Dr. J.H. Charman, reported no major epidemics that year. Dr. Kevin Smith of Spryfield was appointed Health Officer in 1956.

For several years during the 1940s and 1950s, Walter Brown of Herring Cove was councillor for District 11, followed by Gerald Spears of Ketch Harbour in 1956. This district included the communities from Purcell's Cove to Pennant and Harrietsfield, plus part of Spryfield south of Dentith Road.

Some of the residents who held offices in District 11 in 1953-54 were: Presiding Officer Ernest Brown, Herring Cove; Deputy Presiding Officers Mrs. Aurrell Icton, Purcell's Cove, Mrs. J. Scallion, Portuguese Cove, William Tough, West Pennant, and Mrs. Stanford Brunt, Harrietsfield. Members of the Board of Health under Chairman Walter Brown were Russell White, Purcell's Cove, Gerald Spears, Ketch Harbour, Lendell Findlay, Sambro and Paul McKay, Harrietsfield. Serving as Overseers of the Poor were Walter Drysdale, Herring Cove, Seymour Gallagher, Ketch Harbour, and George P. Gray, Sambro. Building Inspector was Erylin Harrigan, Herring Cove, who also served as Sanitary Inspector for that community. Other Sanitary Inspectors were Aurrell Icton, Purcell's Cove, Owen Purcell, Portuguese Cove, Samuel Gray, Sambro Head and Paul McKay,



Photo G.K Butler School, Spryfield, 1972-1973, courtesy Mainland South Heritage Society. Opened under the name of West Spryfield School in 1954, changed to G.K. Butler in 1972 and closed in 1981. The Captain William Spry Community Centre is located on the site of this former school.

Harrietsfield. The Pound Keeper was James Mackey, Ketch Harbour. Fence Viewers were James Gray, West Pennant, and James Mackey, Ketch Harbour. Constables appointed that year were Basil Spears, Ketch Harbour, Walter Drysdale, Herring Cove, Aurrell Icton, Purcell's Cove, Alfred L. Gray, Sambro, and Paul McKay, Harrietsfield. Percy Smith of Sambro Creek was the Sheep Valuer.

William A. Sullivan of Herring Cove, Building Inspector and Sanitary Inspector from March 1952 to February 1953 in that community, reported that the water in Long Pond was analyzed and found to be heavily contaminated.

In 1955 the Medical Health Officer for Halifax County West reported on the fine new school (West Spryfield), built despite his previous warnings that the site was "thoroughly unsatisfactory and grossly polluted". Sewage effluent from septic tanks was running within a few yards of the school's playground. Permits, according to the Health Officer, should never have been issued to build houses on steeply sloping ground with no main sewer facilities since it was obvious the sewage effluent from these houses

would flow downhill (Olie Street). The school was opened before any attempt was made to cope with this menace to the health of the children in this school.

District 12 was represented by Councillor Frederick Leverman and covered Jollimore, Melville Cove, Armdale, Fairview, Kline Heights and Spryfield north of Dentith Road. Mr. Leverman began serving as councillor in 1951 and was appointed warden in 1956, a position he held until 1961. Officers in District 12 were: Presiding Officer H.J. Howard, Armdale; Deputy Presiding Officers were Mrs. H. Moir, Armdale, Mr. Fred Bignell, Jollimore, Thomas Killeen and John Egan, Spryfield. Serving on the Board of Health, headed by Councillor Leverman, were William White, Spryfield, George Craig, Jollimore, Gregory Kelley, Kline Heights, and A.M. Ferguson, Armdale. Overseers of the Poor were Alfred Power, Spryfield, George Craig, Jollimore, Gregory Kelley, Kline Heights, and A.M. Ferguson, Armdale. Appointed as Constables were Robert Baker, Spryfield, Daniel McNeil, Spryfield, Fred J. Bignell, Jollimore, Edward J. Rent, Armdale, and Reginald Mar-

riott, Kline Heights. Building-Plumbing Inspector and Sanitary Inspector was John W. Hollohan, Sambro Road, who reported that of the 19 wells inspected in 1954, only one was condemned.

The Medical Officer for Halifax West reported on the method used to dispose of sewage from the newly built Armdale Rural High School (now Chocolate Lake Centre). The sewage effluent from the school's septic tanks would be chlorinated before being disposed of in the Northwest Arm and therefore "would provide no menace to the Public Health despite objections from Halifax City." He pointed out how odd it seemed that the city should object to this "when there are at present most glaring instances of pollution of the Northwest Arm by the City." The Medical Officer gave two exam-

ples: "that there is a City sewer discharging into the Arm near the so-called Public Baths (Horseshoe Island) and apparently the City tolerates a horse barn draining directly into the Arm near the Public Baths". He added that "horse manure is the main source of Tetanus (or Lockjaw) and is bound to constitute a potential hazard to bathers. The County Council can be reassured that their projected method of sewage disposal for the school is satisfactory and safe."

In 2019 several communities in these same two districts (now Districts 9 and 11) still rely on septic tanks and wells on their own property to provide clean water and adequate sanitation. Some homeowners in Harrietsfield whose wells are contaminated by industrial waste have been promised by Halifax Regional Municipality to have their contaminated water problems resolved. A Facebook page called "City Water for the communities Harrietsfield Williamswood?" has been posting updates on the water situation there. The page is open to the public. According to Marlene Brown, administrator of the Facebook page, "It's now going on 6 years that Saint Paul's Church in Spryfield opened their water taps to Harrietsfield and Williamswood residents so they can have safer drinking water."



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DECEMBER Religious Services Directory

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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
Christmas Eve Candlelight Service – December 24 – 7 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
Dec 1 Advent 1 Hanging of the Greens All Ages Service
Dec 8 Advent 2 White Gift Service
Dec 15 Advent 3 Service
Dec 22 Advent 4 Communion Service
Dec 24 Christmas Eve Service at 4:00 pm
Dec 29 First Sunday after Christmas Service of Carols

St. James United Church (3811 Old Sambro Rd, Sambro)
Sunday Choir Practice at 10 am; Service at 11:15 am
Dec 1 Advent 1 Hanging of the Greens All Ages Service
Dec 8 Advent 2 White Gift & Mitten Tree Service
Dec 15 Advent 3 Service
Dec 22 Advent 4 Communion Service
Dec 24 Christmas Eve Family Service at 6:30 pm
Dec 29 First Sunday after Christmas Service of Carols

Emmanuel Anglican Church (322 Herring Cove Rd.)
Every Sunday: 8:00am traditional service.
10:00am contemporary service with choir
During Advent (December 1 - 22) we will be lighting the Advent candles each Sunday and adding to the Jesse Tree, which helps us remember the history of God's love for God's people throughout the ages.

Sunday, December 22, at 10:00 am we will have our Christmas Cantata (as well as communion).
Sunday, December 29, at 10:00 am we will have a service of Carols and Devotions instead of communion.

Special Services for Christmas:
Sunday, December 15, 7:00 pm, Service of Compassion and Hope, a contemporary communion service with candles, particularly for those who are feeling sad this Christmas and would like to acknowledge their loss and sadness while celebrating Christmas.

Tuesday, December 24, Christmas Eve:
6:30 pm, Family communion service with blessing of the Crèche.
9:00pm, Contemporary communion service with choir and a carol sing at 8:45.
Wednesday, December 25, Christmas Day: 10:00 am Traditional communion service with carols.
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
Christmas Service times:
Dec 1(11:00 am) Advent 1- "Prepare Him Room: Hopeful Joy"
Dec 8 (11:00 am) Advent 2- "Repeat the Sounding Joy: Loving Joy"
Dec 15 (11:00 am) Advent 3- "Make the Blessings Known: Unabashed Joy"
Dec 18 (7:00 pm) Service of Light- "Elusive Joy"
Dec. 22 (11:00am) Advent 4- "Make the Nations Prove: Peaceful Joy"
Dec 24 (7:00 pm) Christmas Eve- "The Lord is Come: Incarnate Joy"
Dec 29 (11:00) Sunday After Christmas- "Wonders of His Love - Compassionate Love"

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 December 11 for January's issue.

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Celebrating Joy at St. Paul's United Church

by Carolyn Mont

December 1st is the first Sunday of Advent, a time of waiting and looking forward. In the Christian faith, we celebrate this as a joyous time of looking forward to the arrival of the Christ child. For many people around the world, this has evolved into a delightful season of decorating our homes with treasures both old and new, gift giving (and receiving), listening to well loved Christmas music and of special meals shared with family and friends. At St. Paul's United Church, we celebrate all of these components of Advent and would love to have you share in this with us. This year, our theme is "Heaven and Nature Sing! 300 years of Joy to the World".

As she was preparing for this season, Rev. Anne Hoganson said, "Rather than "joy" being yet another word for "happiness", we will discover that the depths of joy can be found in the midst of suffering, the work of justice, and the presence of compassion- all part of the coming of Jesus to this world and a message the world so desperately needs. Come and rejoice with us." A full list of our Christmas services can be found on the Religious Services page of this paper.

In addition to these worship services, St. Paul's will be hosting a Christmas Carole Sing at 2:00pm on the afternoon of Sunday, December 15. Music will be provided by our or-

ganist, Skippy Mardon as well as our very own Worship Band. There will also be guest musicians and we can't forget that music will also be provided by you, the audience. Light refreshments will be provided. There will be a free will offering.

Throughout the Christmas season, there will be special Christmas lights in memory of those who have gone before us. Lights can be purchased for \$15 and names of those remembered will be in the Christmas bulletin.

FRI: (St. Paul's Family Resources Institute): Christmas is without a doubt the busiest time of year for the folks at FRI. This is the community ministry at St. Paul's and it is the Food Bank component that is so very busy. For the past few years, we have given out over 200 Christmas hampers in one afternoon. We are never sure of the numbers until after the event because names are being added to our list almost until the last day. Because these hampers are so large, drivers are provided to get folks home. At our Food Bank, we also have a Toy Store where parents are able to choose suitable, age appropriate new toys for their children. Hamper Day this year is the afternoon of December 18 but the work begins on the Monday when staff and volunteers begin filling the hampers. If you would like to help, donations of food and new toys are welcome. If you would like to

volunteer to help, please call Kristen at 902-479-1015. If you are looking for food, call the Food Bank line at 902-477-5090 to register. There will

be lots for volunteers to do but please call first to be sure of the type of help you might be able to provide and to be sure of suitable times.



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NEWS & VIEWS
from the desk of Bruce Holland



TREE LIGHTING POSTPONED

The second annual Tree Lighting is postponed to Wednesday, December 11, 2019 from 6-7:30 p.m. due to inclement weather. The Spryfield Business Commission, Councillors Steve Adams and Shawn Cleary, and Spryfield Tim Hortons are cosponsoring the event. Not only will there be treats and hot chocolate, Sterling Stevens and members of local church choirs will be leading us in Christmas carols. Please join us in the pocket park at Herring Cove Road and Williams Lake Road across from St. Michael's Church.

SANTA CLAUS PARADE

A huge thank you to all parade sponsors, participants, and observers. This is the longest running parade east of Montreal, and something that we all look forward to every year.

SALVATION ARMY

The Salvation Army is well known for its humanitarian work, lending a helping hand to those less fortunate with its community support programs. Their Kettle Campaign run from November 21 to December 24th and is their largest fund-raising campaign, with multiple kettle locations within the community where people can donate while they shop and run errands.

They are seeking volunteers to cover shifts at the kettles. Clubs or organizations may choose to "sponsor" a kettle for a day or two, and the Salvation Army will provide advertisement on that particular kettle stand for the duration of their sponsorship. Other individuals may choose to volunteer for 2-hour shifts, which run throughout the day. All the money raised from the Kettle Campaign stays within the HRM.

Christmas Distribution Day is their "boots on the ground" event which occurs on Tuesday December 17th from 12 pm to 7 pm. On this day they distribute Christmas support to families who have registered. Last year they served over 450 families and this year hope to increase their capacity to 500.

If you are able to assist, either by volunteering your time, money, food or goods, please contact Krista Riendeau, (902) 477-5393 ext. 0

CBDC BLUE WATER

CBDC Blue Water is now in Spryfield one day a week. Every Thursday from 9:30 a.m. to 3:30 p.m. you can meet with a business development officer. CBDC assists small businesses with things like financial assistance, business counselling, development and training, and technical assistance.

Contact Alayne Jackson at 902-889-7523 to book your appointment.

RURAL BUS SERVICE UPDATE

I am very pleased to advise that we have received notice from the Minister of Communities, Culture and Heritage and our MLA Brendan Maguire that our application to proceed to the next stage of the Rural Bus Project, the Pre-Implementation Project, has been approved in the amount of 75%, up to \$18,500.00. The other 25% will come from funds to be sourced by Councillor Adams through Metro Transit.

As part of the pre-implementation we will be conducting a public information session at the Ketch Harbour Community Hall, 964 Ketch Harbour Road, Duncan's Cove, on Thursday, December 12, 2019 at 7:00 pm. The purpose of the information session is to share the proposed route, frequency, amount of the bus fare, and other details that are being proposed.

We caution the public that this is the part of the project that allows us to proceed to take the necessary steps to put everything in order prior to actually starting up the Bus Service, and it could take up to another 6 months before there is a bus on the road. The main item that must be accomplished is to have the Bus Service approved by the Utility Review Board, which is a lengthy process.

Having said that, this is very positive news! We are another step closer to having a "Community Bus Service"! Our thanks to MLA Brendan Maguire and Councillor Stephen Adams for their assistance in moving the project along!

We look forward to seeing everyone at the public meeting on December 12th.

WORKPLACE EDUCATION

In partnership with the Department of Labour and Advanced Education we are offering a WordPress 2 course beginning Tuesday, January 7, 2020 at 9 a.m. This program will build upon your existing WordPress skills and cover Gutenberg, theme functionality, improving your site's position in search engines, how to use video to influence visitors, and more.

We offer these free 40 hour courses to anyone who is employed, self-employed, or a business owner.

What programs would you like to see offered in future? Let us know!

HAPPY HOLIDAYS!

The staff and members of the Spryfield Business Commission wish the entire community a safe and peaceful holiday season.

The GED explained, and how it can open doors to success, security and prosperity

Most of us continue to learn and develop throughout our lifetimes. If you are an adult who, through any circumstance, didn't complete high school, the Halifax Community Learning Network (HCLN) may be able to help. We offer free Adult Learning Programs at several locations, including three in Spryfield.

You may have left high school before completing your diploma for a variety of reasons, most of which have nothing to do with intelligence or the ability to learn. Life is complicated, and it sometimes puts obstacles in our way. With the support of volunteers, funding from the Nova Scotia Department of Labour and Advanced Education, and partners such as Halifax Public Libraries, HCLN has helped hundreds of adults work toward their goals and find their way to brighter futures.

The GED (General Education Development) is the equivalent of a high school diploma and is recognized by employers and post-secondary institutions. To attain the GED, you must be 19 years of age, and pass a series of five tests including Language Arts Reading, Language Arts Writing, Social Studies, Math, and Science. Achieving the GED certificate tells the world that you have completed

something of significance, and it can open the door to a satisfying career path. It gives you the choice to learn new skills through higher education or on-the-job training, with the ability to set and achieve goals and make decisions that will set a new course for your future.

At HCLN, a GED instructor or volunteer tutor will work with you to determine your strengths and weaknesses and customize a schedule that works with your daily commitments. We use a combination of formal instruction and self-directed effort to tailor a learning plan that will lead you to success. We celebrate your achievements, and the team at HCLN is always delighted when our participants achieve their goal and move on to the next step in their career path.

Jessica just completed the 5 courses to achieve her GED diploma in a seamless display of hard work and determination, with her family cheering her on all the way. We expect great things from this hard-working mother of two as she embarks on a new career. Natalie attained the GED last year while juggling a full-time job and is about to start the Business Administration program at NSCC. Krystal achieved the GED in January 2019 and has not looked back since. With a lot

of hard work, a little help from HCLN and the support of friends, Krystal graduated from Eastern College in November and was chosen as class valedictorian – all while being a wonderful mother and role model to her daughters. Somehow, she managed to find time to speak at an Adult Learners' Week Celebration at the Central Library and was one of several HCLN

students and volunteers honoured at Province House for her efforts. Krystal was also the deserving recipient of the second annual Constance Glube Achievement Award presented by HCLN in Spryfield on November 27th. Go, Krystal!

This could be you – please call us at 902-422-7648 to find out how we can be part of your path forward!



Krystal at Province House

Beaver Enviro Depot

HOLIDAY HOURS

Closing:
Saturday, Dec 21 at 5 PM

Opening:
Saturday, Dec 28 at 9 AM

Closing:
Dec 31 at 12 NOON

Opening:
Jan 2 at 9 AM

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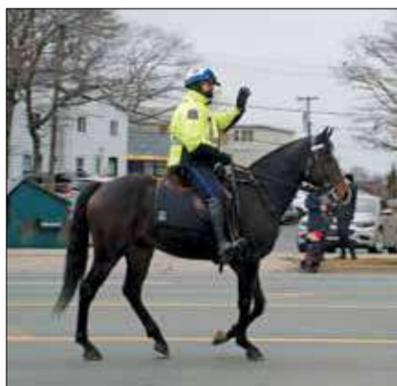
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Photos by Sam Ramsay



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December 24th

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and

- One entry for every winery
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LOCAL OBITUARIES

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

Barbara Ann Harnish

Age 78, Herring Cove, passed away peacefully at home, surrounded by loved ones on October 19, 2019. Born in Herring Cove, she was a daughter of the late Seymoure and Florence (Goodall) Harnish. Barbara went to work for Moirs Chocolate Factory at age 15 to help her parents support her younger siblings. She retired 44 years later and was proud to be one of the longest serving employees. She was an avid outdoors woman and enjoyed her time spent at the camp on the Walton Woods Rd., where she would watch her hummingbirds every morning while having her tea, before tending her garden. She loved quad running, hunting and fishing, berry picking and night drives into Walton. The "Shore" community was close to her heart and she looked forward to attending the Summerville Fish Suppers, Bramber bingos and jam sessions and many other events around Walton. Always on the go with Clarence they shared many adventures, her favorites where their trips to Lake Louis and P.E.I., or simply just fishing at Lake Frederick and New Germany. She is survived by her husband of 58 years, Clarence Doubleday; special niece Diane (Kevin) Gorham; sisters, Pearl and Nancy (Jim); brothers, Donnie (Theresa); George (Sheila); David

(Dorothy); Danny; Randy (Jane); many nieces and nephews and her extended Doubleday family. Besides her parents she was predeceased by brothers, Jasper, Albert, Raymond and Harry; sisters, Margaret, Iris, June, Brenda and Marie. The family would like to send special hugs of thanks to sister, Nancy, nieces, Karen and Kathy, who along with Palliative Care helped make Barb's wish to stay at home possible. Donations in her memory may be made to St. James Anglican Church Cemetery Fund. To place words of comfort and condolence, you may visit www.walkerfh.com

Angus A Kingsley

Age 66, Halifax, passed away suddenly on October 23, 2019 at home. Born in Halifax, he was the son of the late Angus Kingsley and Elizabeth (Gates) Ash. Angus worked for the Department of Natural Resources for 36 years in Ottawa before returning back to Halifax after his retirement. Angus was an avid dart player and loved to spend most of his time at the Spryfield legion where he was a proud member. Angus is survived by his companion Pauline Martell and his daughter, Corinne "Corrie" (Leonard); sister, Ellen Kingsley; grandson, Dylan LeBlanc. Words of comfort and condolence can be sent to the family by visiting www.walkerfh.com.

Gerald Joseph Dempsey

89 of Herring Cove, NS died peacefully at home surrounded by his children Lorne, Stuart (Heather), Brenda, Gregory and Peggy (Dave Wheaton). Gerald was predeceased by his loving wife Frances (Dempsey) and his son Phillip (Doreen). He was born of the late Lorne Dempsey and Margaret (Hanrahan) and is survived by his siblings Margaret Ann (Elliott), Janet (Scallion) and Daniel. He was also predeceased by his sister Lorna (Anderson) and brothers, Frank, Brendan, Kevin and Brian. Gerald will be missed by his nine grandchildren (Jason (Lee) ; Adam (Rebecca), Sara (Jason Knowles); Emily (David Beaver); Meghan (Billy Henneberry); Kyle; Miranda (Matt Hume); Katie (Shawn McGee); Connor (Lauren) ; and eleven great-grandchildren (Aniela, Daria, Cohen, Max, Dempsey, Andrew, Emry, Davis, Frankie, Grace, Daniel) whom he loved dearly. Gerald spent his career in Sales, was known for his brute strength and was a seven time winner of the Gloucester, MA and Lunenburg, NS International Dory Races. Gerald participated actively in community affairs and was a lifelong member of St. Paul's Parish. The family would like to extend its sincere gratitude to the VON and EHS for their caring and competent support. To place words of comfort and condolence, you may visit www.walkerfh.com

Rose Ann Drysdale

Age 67, of Halifax, passed away

peacefully on Tuesday, November 4, 2019. Born in Sandy Point, Shelburne NS, she was the daughter of the late Cecil and Viola (Buchanan) Stuart. She will be remembered as a loving wife, mother and grandmother. Rose was a woman of incredible faith, and a constant witness of the love of God and was an active member of City Church. Rose worked at Mikes No-Frills (Superstore) for 15 years. She loved to travel, go bowling and meet her friends at McDonalds. She was a social butterfly who was also a mother to many children other than her own. Rose fought a good fight, she finished her course, and she kept the faith. Rose is lovingly remembered by her husband, Robert Drysdale; daughters, Tracy (James) Pottie, Dawn (Neal) Frail; grandchildren, Damian (Rachel), Zachary, Jacob, Riley (Olivia), Tristan, Adrian and Leandra; sisters, Helen Lightfoot, Vera Mae Davis; brother, Floyd Stewart. She was predeceased by her parents and brother Martin Stewart. To place words of comfort and condolence, you may visit www.walkerfh.com

David John Gough

Age 66, of Harrietsfield, died unexpectedly at home on November 10, 2019.

A big man with an even bigger heart, David will be remembered fondly by all those who knew him through paving, plowing, darts, or baseball. His ever-present smile and kindness were as well-known as his love of fast cars, a good time, and his family and friends.

David is survived by his loving sons, Robert (Vanessa Downey), Christopher (Alicia Hogue); sisters, Diane (Garry Newcombe), Christine (Michael Coolen). He will be greatly missed by his four beloved grandchildren, Gracie, David, Brooklynn, and Carter; two generations of nieces and nephews; and his furry side-kick, Brock.

David was predeceased by the love of his life, his wife, Kathleen Pearl "Kathy" (Lovelace), as well as his parents, Robert Frederick "Bob" Gough and Alice Sarah "Sally" (Perrin). In lieu of flowers, donations can be made in David's memory to the Victorian Order of Nurses (VON) of Canada through their website <https://www.von.ca/en/donate-now> given their tremendous support to both David and Kathy in recent years. To place words of comfort and condolence, you may visit www.walkerfh.com

Gertrude Bennett

known affectionately by all as "Grammy", Passed away peacefully at the QE II, Halifax infirmary on November 13, 2019 at the age of 91. She will be lovingly remembered by her daughter, Debbie; granddaughter, Ashley (Douglas) both of Halifax as well as her extended family across Canada and cherished friends. Gertrude worked for the Archdiocese of Nova Scotia with Archbishop James Hayes for over 30 years. She retired to Cowie Hill to live with her family. She was a member of St. Michael's Parish. She was a member of the

Catholic Women's League, love to cook, knit, play cards, "help" Ashley play video games and sharing her chair with her beloved dog, Gravy. She loved everyone she met and made them part of the family becoming "Grammy" to all. Special thanks to the QE II 8.3 staff especially Chloe and Jennifer, Meredith Skinner, Dorothy Baker, Chris Doane, Rick, Father David, Keith and Danielle Goyetche, for making her last days filled with family and friends. Donations in Gertrude's memory may be made to a charity of choice. To place words of comfort and condolence, you may visit www.walkerfh.com

Douglas Frederick Power

Age 98 of Halifax, formerly Herring Cove, passed away November 19, 2019 at the Halifax Infirmary QEII. Born in Halifax, he was a son of the late Frederick and Jean (Baker) Power. He is survived by his wife, Florence (Hill); son, Gordon (Monalee); daughter, Linda Cleveland; sister, Helen Lapierre; 12 grandchildren; 15 great grandchildren; 6 great-great grandchildren; son-in-law, Bill Steele; sister-in-law, Viola Power and many nieces and nephews. He was predeceased by son, David; daughter, Coleen Steele; brothers, Francis and Kenneth and son-in-law, Barrie Cleveland. Doug was a devoted husband (recently celebrated their 75th wedding anniversary), father and grandfather who loved, and was loved, by all his family. Doug most often expressed his love through the many things he did for family. He was a man of few words but showed us, through example, the value of giving and hard work. His commitment to family was truly inspiring. Doug worked on the Waterfront in Halifax as a young man. In 1942 he joined the Air Force (Marine Squadron) and served his country until 1944. Shortly after that Doug became employed at the Department of National Defense as a Firefighter where he spent 35 years and retired as a Captain. During those years, Doug also worked doing carpentry, employed at Holliday's and Piercy's Building Supply where he manufactured and installed windows. Doug enjoyed woodworking, crafting and creating. In his later years, Doug built beautiful models of the Bluenose and dollhouses and enjoyed many hours creating things in his workshop. "Puppy", as he was fondly called by most of the younger family members, will be greatly missed. We all have been touched by his strength, stability and generosity. We love you "Pup". To place words of comfort and condolence, you may visit www.walkerfh.com

Something to say, or something to share?

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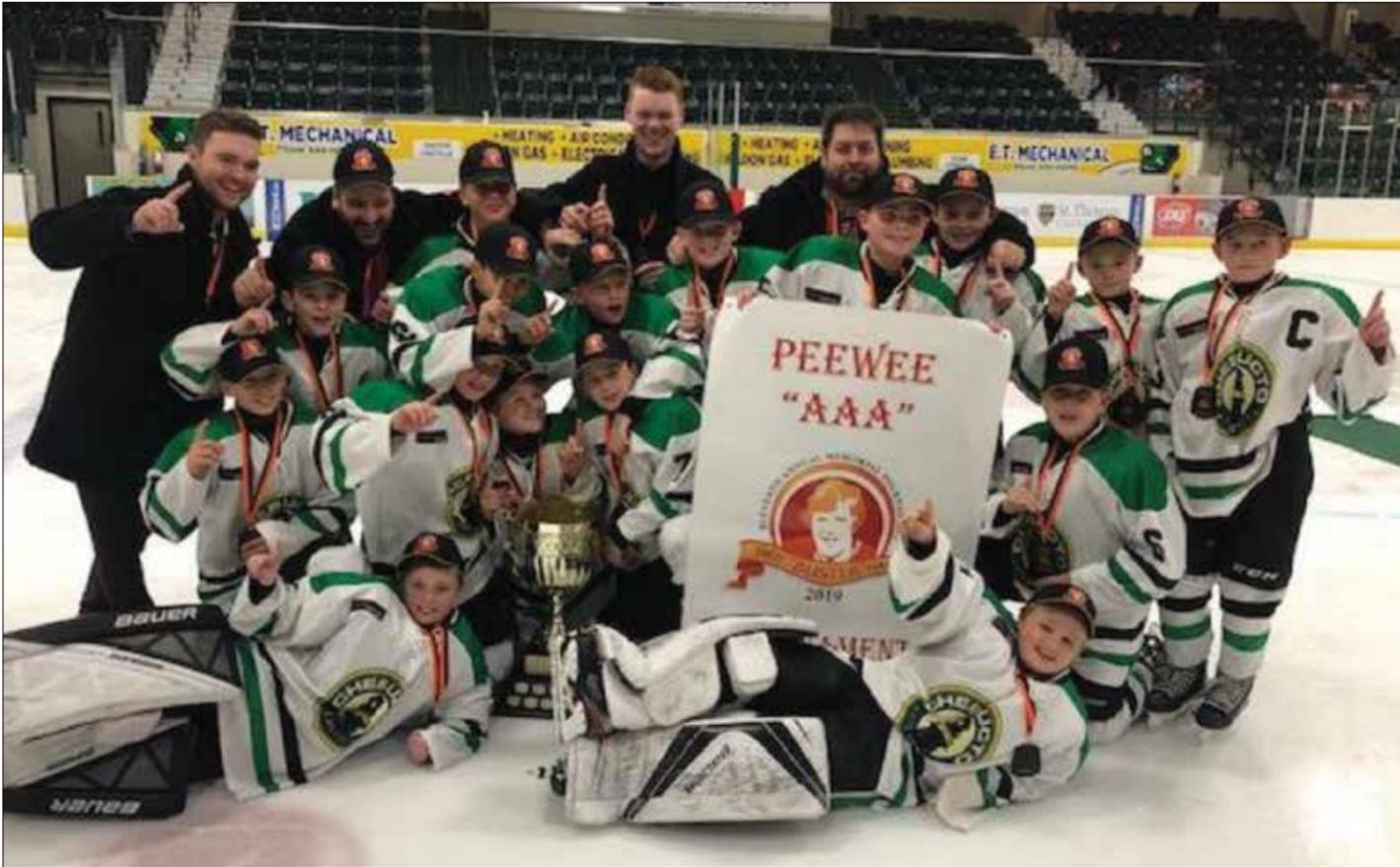


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Reg Horner Memorial *Chebucto News* **Sports Page**



Chebucto Atlantic wins Buster Harvey Memorial Tournament

The Chebucto Atlantic's Peewee AAA hockey team won the Buster Harvey Memorial tournament over the Remembrance Day weekend in Fredericton. This is one of the largest Peewee AAA tournaments in Atlantic Canada with 30 teams. They had a 2-0-1 record in the round robin and went on to beat Miramichi, NB in the quarter-finals 4-1, Truro 4-2 in the semifinals and defeated local rival Bedford 4-3 to win the championship.

2019 Fredericton Fall Classic Team Judo Kai Coach's Report

This year Team Judo Kai was proud to be represented by the following Judoka;

- Bazyl Burns-Bahadur*
- Ella Thoms
- Kaden Areny
- Isaac Filmore
- Abbi McCullough
- Josh Cherrett
- Barbara Story-Brown
- Chris Cormier
- Kandice Verge

Day 1

Isaac and Kaden were the first to face the challenge and that's exactly what they did. After an intense battle Isaac pulled off a nice Ippon win. He later went on to face TJK teammate Kaden Areny and their professionalism and will to win made it one of the most exciting fights of the day, with Kaden coming out on top this time. They later went on to lose once each after a couple of unfortunate incidents finishing tied at Silver. More on that later...

Kandice has been working extremely hard and it showed! All of her fights were filled with great technique and incredible sportmanship. Gold with all wins!

The Seniors and Masters were up next and there was some tough competition! Chris was his usual fast

moving self, securing a solid win and a fourth place finish.

Josh brought his enthusiasm and energy to the mat for some very exciting fights. While he did not secure a win this time, he is a guy to watch.

Abbi and Barb shared a division with a third lady, all warriors! This respect was apparent with the amazing fights they put up. Very exciting to watch with Abbi eventually securing 2 wins and Gold, and Barb sharing the podium for Silver.

Day 2

For the second day we had Ella and Bazyl on the matside. Bazyl arrived fired-up and ready but was unfortunately taken out by a stomach ailment. We look forward to seeing him perform at the N.S. Provincial Championships.

Ella was just fantastic. Her calmness and professionalism was only outshined by her sweetness when her opponent was hurt. Ella had some great fights, all wins, and a Gold!

This tournament we did a few things differently, with Abbi taking on most of the heavy lifting regarding registrations, weigh ins, etc and also with Ella And Kandice travelling without parents! I have to say it was a pleasure to spend time with them

both; they are strong smart young ladies, and I look forward to seeing them continue to succeed.

Special shout out to Carol Lavoie for arranging their travel, room, food, and who knows what else!

Occasionally at tournaments (and in life I suppose) something happens that ends up in what you might consider an unfair result. In my opinion this happened this weekend. When this happens we have a choice to make. We can hold on to anger and disappointment and let it sour our attitude. Or, we can put it behind us knowing that we did our genuine best, and move on to fight another day. I was very impressed with all of our Judo family this weekend, both how you treated the successes, and how you dealt with disappointment. You are truly what a Judoka is supposed to be.

To say I am proud of this team is an understatement, and I am honored to be your Sensei.

See you on the mats
Sensei Mike Lavoie
Team Judo Kai
Spryfield/Dartmouth

All fights can be viewed here:

<https://www.youtube.com/playlist?list=PLff0-7iB8sDBslZw-fYT6mQNVPaKXunqs5>



Save the date!

**Saturday December 7th
2019 Nova Scotia Judo
Championships**

This will take place at J.L. Ilsley school, Spryfield.

Come on out and see some amazing Judo action with Competitors from age 5 and up coming from 3 different provinces.

All are welcome with no cost at the door. Canteen will be onsite.

Where else can you watch a martial arts tournament for free? Come on out and support your local athletes!



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supplies in Spryfield*

Permanent repair coming to breakwater early in 2020

by Stephen Adams, HRM Councillor, District 11

In previous articles, I stated that there would be a new crosswalk installed this Fall on Old Sambro Road at Schnare Street. I apologize that this will not be done this year. It has been rescheduled to be completed by June 15, 2020.

There were several factors which contributed to this delay and subsequent postponement.

In total, our staff bundled 5 similar projects, to take advantage of better pricing. 3 with overhead flashing lights (RA-5), which are common on Herring Cove Road and 2 with the rectangle strobe lights, similar to that on Williams Lake Road.

At our Old Sambro Road location, high voltage overhead lines, access to power and land issues all presented challenges to the installation. In addition to these issues, service locates, civil works and shop drawings were required for each location. These processes can take up to 2 months to complete, and the contractor is unable to order the RA-5 components until these are finished. After the preparatory work was done, the lead-time to order the RA-5 infrastructure was 16-20 weeks.

Preliminary Work could have commenced in the Fall; however, the unpredictability of the weather would not only affect the quality of the work, but could also prevent it from being finished.

The 2 systems with the rectangular flashing strobe lights will be installed at their planned locations, as the materials and equipment are in available.

In summary, there were a few factors which contributed to this delay. Our staff determined that the best course of action would be to

commence the work in April, with a completion date of June 15, 2020.

You may recall from my October article that the Atlantic Pilotage Authority and CBCL Engineering held a meeting in Herring Cove on September 15. The CEO of the APA, Captain Sean Griffiths, informed everyone that its wharf would be repaired as soon as possible and that a temporary fix would be made to the breakwater before winter set in, with a more permanent repair to be made in the spring. Damage to the breakwater caused by Dorian was significant, as 12 meters of the concrete structure broke off and lay in two sections in the cove. Captain Griffiths then stated that a follow-up meeting would take place later in the fall to provide an update to the community on the status of the repairs.

This second meeting took place in Herring Cove on November 17, with Captain Griffiths stating that repairs to the wharf were completed by the end of September. CBCL got to work designing potential repairs to the breakwater, which it presented at the November 17 meeting. CBCL did a wave analysis of a typical storm and a hurricane strength storm to support their findings.

From the research, it was decided

that a temporary fix to the breakwater would not be necessary, as it would not add any significant protection to the current structure. Instead, the APA will be doing a permanent repair of the breakwater early in 2020 by having the existing structure surrounded by a rubble mound of armourstone (8-10 ton rocks). This option will allow for public access on the structure while protecting it from further damage.

At this point, CBCL is finalizing more detailed plans which are required for the permitting process. The permits should be approved in mid-December with tenders posted for the removal of the two concrete slabs currently underwater and the full construction project. The work is expected to begin in January 2020 and be completed before the sailing season begins in the spring.

The initial meeting impressed me. The second meeting, with the promised follow-up and action steps, was even more impressive. The turn-around time for this was simply amazing. Congratulations to Captain Griffiths, Elaine Selig and the team from CBCL for a job well-done.

In keeping with Herring Cove, I have had a few inquires regarding the work on the bridge at Powers Drive in Herring Cove. Our staff have been

keeping me updated on an ongoing basis. As of mid-November, we are waiting on approvals from the provincial department of environment. These approvals are expected to be in place shortly. As soon as we get permission, work will commence. The target for completion is before the end of December; which is subject to change.

As 2019 comes to a close, it gives us an opportunity to reflect on the past year. From a personal perspective, I will be looking at the past 28 years. This has been an experience I wouldn't trade for the world.

If anyone is considering offering in the 2020 election, please contact me. I have compiled a list of community members who can help describe some of the issues and a summary of the time commitments and expectations as a member of Council. And, of course, confidentiality is assured.

I wish all of you a very Merry Christmas and a Happy, Healthy and Prosperous 2020. There will be many activities for all to enjoy, including our Santa Claus Parade, tree lightings, community events and many family gatherings over the festive season. As in the past, I ask that you to please remember those less fortunate in our communities.

Update from Ottawa by Andy Fillmore, MP for Halifax

Happy holidays, everyone! I love this time of year. It's a chance to catch up with loved ones and enjoy some much-needed relaxation. After a long, hard-fought campaign in Halifax, I'm taking every chance I can get to spend time with my daughter Daisy. When you run for office, your family runs with you, and she has been such a champ over these last few months.

This is my first column since my re-election as Member of Parliament for Halifax, so let me take this chance to say thank you. I mean it when I say serving my hometown in Canada's Parliament has been and continues to be, the privilege of a lifetime. My commitment to you is the same as it has always been: that I will never stop listening to you, working for you, and showing up when it counts. I am proud of my record over the last four years, and I'm looking forward to what's ahead.

There's lots of talk in the national press about a divided Canada. But I'm optimistic. In returning a minority parliament, the message Canadians sent is clear: they want us to work together in pursuit of our common interests.

To be sure, the challenges that await us are serious and require our urgent action. Yet, on climate change, income inequality, reconciliation, global unrest, and so much more, Canada is in a position to be a force for good. We must rise to the occasion.

As your MP, I will work day in and day out with people from every background, from every region, and of every persuasion to build a better Halifax, a stronger Canada, and a more

just world. That's my promise to you.

In our second mandate, our Liberal government has an ambitious agenda. It includes cutting taxes for the middle class, lowering cell phone bills, implementing national pharmacare, increasing Old Age Security by 10% for seniors over 75 and the CPP survivor's benefit by 25%, increasing the Canada Child Benefit by 15% for kids under the age of 1, and making maternity

and parental benefits tax tree.

I always appreciate hearing from constituents on the issues that matter to them. It makes me a better representative, so I hope you'll reach out as I begin my second term. I can be reached on social media @andyfillmore, by phone (902) 426-8691, or email andy.fillmore@parl.gc.ca.

Enjoy the holiday season, and see you in 2020.

COMMUNITY EVENTS

(continued from page 14)

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.

• Thursday, December 5 **Women for Music meeting**. Join us for our special Christmas music meeting, including a sing-along of favourite music led by Riet Vink, soloist Barbara Fris and pianist Faith Daley. New members welcome. Maritime Conservatory, 6199 Chebucto Road. Parking. No admission charge. www.womenformusic.com

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

December is here, and I want to begin by wishing everyone a very Merry Christmas, Happy Holidays, and all the best in the New Year. May the peace and joy of the holiday season be with you throughout the coming year. Thank you for the kindness and support you've shown me this year.

À nos communautés Acadiennes et francophones, je vous souhaite de meilleurs vœux de paix et de joie pour Noël et pour la nouvelle année. Je vous remercie pour votre appui et votre collaboration en 2019.

I'd like to remind residents of the numerous festive events taking place this month, and wish all our students the best as they complete their studies before the break. On Sunday, December 8, the New Players Choral Society will fill St. Agnes Church with music as they perform "A Very Players Christmas Concert." The afternoon promises to be filled with holiday fun and joy, and I encourage you to contact the New Players at (902) 423-2049 if you'd like to reserve tickets for the show. On December 11, the Christmas caroling continues at the rescheduled Spryfield Tree Lighting at the pocket park at the corner of Herring Cove Road and Williams Lake Road. There will be songs, treats, hot chocolate, and good cheer, and all are welcome to take part.

The last year has been a steady one of progress for our communities and our province. Nova Scotia's pre-primary program has continued to expand, while investments further strengthen inclusion in our public school classrooms. At the same time, major projects such as the QEII Redevelopment and the construction of the new Bayers Lake Community Outpatient Centre have moved forward. 2019 also saw Nova Scotia reach a record high population and record low unemployment rate, while we welcomed thousands of new residents and welcomed back more of our youth. This year also saw a significant strengthening of our commitment to combat climate change through the setting of ambitious emissions reductions goals and a commitment to carbon neutrality by 2050. Furthermore, our province maintained its

prudent, balanced approach to fiscal management, allowing for strategic investments in the services that matter most. This is progress that I am proud of, and look forward to building upon in the coming year.

On health care, I want to highlight some good news that we've received in the past weeks: Recent investments in crisis and urgent care services are helping to reduce wait times for people who most need mental health services. Nova Scotians in crisis now have faster access to emergency care through the 24/7 provincial Mental Health Crisis Line, as well as crisis response teams at our regional hospitals. For Nova Scotians requiring urgent, non-crisis care, they are now being seen within the recognized target timeframe in 96% of cases, up from 85% last year. This improvement is made possible through targeted investments, including the province's creation of 10 additional health-care positions to expand mental health teams across the province and at the IWK Health Centre, as well as enhancing the provincial Mental Health Crisis Line.

While work continues to train new doctors and welcome more internationally-educated physicians to Nova Scotia, progress is being made on connecting more Nova Scotians with primary care providers. The success in our communities is notable: In January, 6.3% of residents in the Armdale/Spryfield/Herring Cove area were waiting to be placed with a primary care provider. As of November, that proportion has fallen to 2.6% as some 800+ residents came off the waiting list. I often hear from constituents about the importance of having a family doctor monitoring their health, and I'm pleased to see more of our residents find a care provider.

Last month I had the unique opportunity to travel to Delémont, Switzerland as the chargée de mission for the Region of the Americas for the 32nd session of the European Regional Assembly of the Francophone Parliamentarians Assembly (l'APF). There, I was pleased to work with francophone and francophile colleagues from many different jurisdic-

tions, and to present to them a report on the activities of our APF section of the Americas. Themes of the session included the judicial principle of the right to self-determination of peoples, as well as direct democracy and citizen input in the legislative process.

Finally, I was proud to attend the annual Order of Nova Scotia induction ceremony last month, where a posthumous award was given to David M. McKeage of Halifax Armdale. David was a father, husband, dreamer, optimist, and a four-time cancer survi-

vor whose tireless work brought about Brigadoon Village in the Annapolis Valley. Today, Brigadoon Village is Canada's largest pediatric illness camp program where children can be children regardless of their illness and challenges, and where no child is defined by their diagnosis. David made Nova Scotia a better place for all, and I was proud to see his widow accept the Order of Nova Scotia on his behalf.

Thank you for your continued support and all the best over the holidays!

Special Olympics champ, Jackie Barrett inducted

by Brendan Maguire, MLA for Halifax Atlantic

Jackie Barrett makes history:

This past month saw Spryfield raised Jackie Barrett become a Nova Scotia Sports Hall of Famer. Jackie became the first-ever Special Olympics athlete to be inducted into the Nova Scotia Sport Hall of Fame. His Special Olympic career is an all time great one. Jackie brought home 20 gold medals in his career and holds the Special Olympics Record, dead lift record of 656 pounds! Congratulations Jackie, we are all so proud of you.

Herring Cove Government Wharf update:

This past month a meeting was held in Herring Cove with the Atlantic Pilotage Authority. Captain Sean Griffiths told the residents that repairs to the government wharf were completed in September.

Atlantic Pilotage Authority will be doing a permanent repair of the breakwater early in 2020 by having the existing structure surrounded by a rubble mound of armourstone. The repairs will also allow for continued public access to the breakwaters. The work is expected to begin in January 2020 and be completed before the sailing season begins in the spring.

The Dolly Parton imagination library is coming to our community:

A big thank you to Minister Glavine of Communities, Culture and Heritage for stopping by our community this month and announcing a year's worth of funding for this incredible program.

This program will provide children ages 0 to 5 with new books mailed to them monthly.

Thank you to Trevor Ford and Chebucto Connections for reaching out to me and helping make this a reality.

Literacy matters!

Check out <https://imaginationlibrary.com> for details.

Nova Scotia loses Gordie Gosse

When I first became MLA, Gordie approached me and gave me great advice. He took me under his wing and explained to me what being a good public servant meant. How being an MLA is a privilege and that this job should never be about you or your ambitions; that it should always be about the people.

I saw Gordie a while back when he was in Halifax and was able to give him a hug and tell him how much I loved him. He told me he was watching me

and was proud that I listened to him.

We love to talk people up after they pass, but there truly are not enough kind words to say about Gordie.

I am blessed to have spent that brief moment in time with him.

Old Sambro Road update:

Thank you to everyone who brought forward the white line issue on Old Sambro Road. I brought your concerns forward to the Department of Transportation and we were able to get the painting done before the first real snowfall. Keep the requests coming!

Mental Health

On a personal note, I have lived with anxiety and depression for most of my life and I have been able to cope and live with it. Every once in a while, I need to step back, slow down for a minute and breathe. Many people live with depression and anxiety and they suffer in silence. I speak of my own experiences because I hope to show you that no matter who you are, or what you do, mental health can impact you. Anxiety and depression does not care where you live, how much money you have, or how many friends you have. With the help of loved ones, I have been able to deal with those moments in my life. It usually requires me to slow things down, exercise, and breathe. If you are going through a similar situation, please take some time and reach out to someone, or go for a walk, try and do something that makes you relax and feel good about yourself. Remember that you are loved and you are beautiful, but most importantly remember you are not alone!

A quick reminder that we will be holding our annual Holiday Dinner at the Boys and Girls Club on December 22nd at 2pm. Please call my office to register.

Lastly as 2019 winds down I want to thank all of you for your support. It has been a great year for our community, we have seen a lot of investments and the most exciting development has been the fencing off of the JL Ilsley field and the start of the new high school!

From Rena, Oliver, Rufina, Isla, and me I want to wish you and yours a Merry Christmas, Happy Holidays and a Happy New Year! I am personally excited to see what 2020 brings.

Please contact me anytime
Brendan@brendanmaguire.ca
Office (902) 444-0147; Cell (902) 499 5500 or add me to Facebook



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COMMUNITY EVENTS

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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 DECEMBER Community Health Team (16 Dentith Rd) events:

Free Health Programs for December:

- December 3rd. 1:30pm to 3pm. Holiday Eating Survival Guide at the Community Wellness Centre
- December 11th. 8:30am to 11:30am. Personal Wellness Profile at the Community Wellness Centre

To register, call 902-460-4560 or go to www.communityhealthteams.ca

Capt William Spry Library Events:

- December 1st. 3pm to 4:30pm. Winter Holiday Bingo. All ages
- December 3rd. 10:30am to 11am Symphony Nova Scotia: Classical Munchkins for preschoolers
- December 7th. 11am to 11:30am Puppet Show: Bear Stays up for Christmas
- December 7th. 2pm to 3pm. "Home for Christmas" Christmas concert. All ages.
- December 21st. 11am to 11:30am. Puppet Show: Santa Duck
- December 27th. 1:30pm to 2:30pm. A Latkes Tale. For adults. Cooking demonstration
- December 31st. 11am to 12pm Happy "Noon" Year Family Party. Ages 0 to 6

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/Williamswood 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
- Tai Jitsu Wednesday and Thursday nights, 5:20 – 8:00 ages 5 and up, to register contact Natasha 902-293-7427
- Annual Tree Lighting with Santa Dec 2nd from 6:30 – 7:30 with cookies and face painting.

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.
- Coffee House Thursday, December 5, from 7-9. Refreshments will be served. Donations gratefully accepted. Special Guests: Hydrostoners Ukulele Ensemble

Rotary Club of Halifax North West (Smitzy'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.rotaryclub-halifaxnw.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 Parkill Rd, Spryfield) events:

- TAG will soon be auditioning for their next production, Dracula – The Bloody Truth. Auditions will be held Sunday, December 8th and Tuesday, December 10th, from 6pm to 9pm. Performance dates for this production are March 19th through April 4th. Check out their website for all of the details. Tagtheatre.com or find them on Facebook.

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
- Christmas Craft & Bake sale, to be held on Saturday, 9 November 2019, from 9 a.m. to 2 p.m. at The Golden Age Centre at 212 Herring Cove Road. Tables to rent \$10.00 plus \$1.00 admission fee. Lunch will be available for a small fee. Contact Edna @ 902-477-5842 to rent a table.

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

- Dec 13-15 7 PM... A Christmas Musical Comedy: "Who Forgot Christmas?" FREE ADMISSION

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

- 902 477-1783, website emmanuelanglican-church.net
- YMCA Older Adult Fitness Class - "Forever Strong" Monday, Wednesday, Friday 10:00-11:00 AM Annual registration fee \$10 Drop in fee/ class \$4
- Hall for rent, Call, 902-477-1783.
- Food Bank on Thursday mornings 9:30 - 10:30. Please call ahead, 902-477-1954.
- Christmas Bazaar, Saturday, December 7, 10 am - 2:00 pm. Bake table, crafts, jewellery, flea market, cake bingo, Christmas things and more. Plus lunch: soup, rolls, desserts for \$8 (kids \$4).
- Prayer Group, Thursday, December 12, 1:00 pm in the church basement. Use the side door. All are welcome.

Parkhill United Church (5 Kirk Road) Events:

- Church Indoor Yard Sale: Saturday, 16 November, 9 am to noon

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:

- Down home Christmas Concert on Sunday, December 8th at 6:30pm to 8:45 pm. Free will offering/Encourage Food bank donations St James Choir, Sambro School choir and many talented musicians from the surrounding communities

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

- Bingo! Fridays, December 6th, 13th and 20th. 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.
- New Year's Dance Tickets go on sale October 15th. \$15.00 person. Band: Nee Deep.
- St Michael's Annual Roast Beef dinner Sunday November 17th; Time: 4-6 pm Adults \$15.00; Children \$7.00 Children under 5 free
- 3rd Annual Community Christmas Dinner will be held December 25th at 12:30pm, with doors opening at noon. Traditional turkey dinner will be served, along with some international dishes. This event is free to all and no reservation is required. For more information, contact Sr. Anne Marie at 902-403-7700 or Evelyn at 902-877-3116. Find us on Facebook at [kairoblessings](https://www.facebook.com/kairoblessings)

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
(See Community Events on page 13)
(continued from page 14)

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 Williamswood 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,
(See Community Events on page 12)

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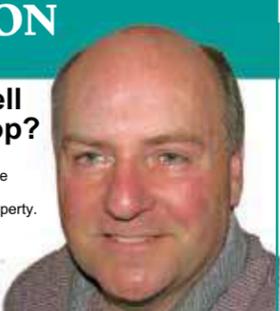
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