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July 2019

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The cardboard boat race gets off to a great start at the 2018 Spryfield Days event. More about the upcoming festivities on pages 8 and 9. Photo courtesy of Polycorp

Great social life at the Market

by Yvonne Macor, Spryfield Market Board member (VP)

Why do I go to the Farmer's Market? It isn't just the fresh veggies that keep so much longer because they're local; it's the sense of adventure! I never know who I will run into - old friends or new people to get to know. One good conversation can make your day. At the first few Spryfield Community Farmers Markets I had several interesting new encounters, particularly with new vendors.

The Market aspires to be more than just a shopping excursion; it strives to be a full experience. There's a new musical performer (or group) every hour to liven up the atmosphere, with a diversity of musical styles, and each has their own special story for why they like to play at the Market. There are cafe tables, both inside and outside, to help you enjoy a light lunch from one of the many food vendors, such as the Nomad Gourmet food truck, or Brother Kurshid's Halal Shack. Be sure to make another foray for dessert to one of the bakery tables or the Sweet Ideas food truck for luscious pastries or ice cream confections. Children are more than welcome at the Market. In fact, children enjoy a special activity corner, with crafts and games guided by a volunteer, while you explore tempting new products to try.

It isn't just food at the market, there are also vendors selling natural health remedies, such as CBD oil and magnetic jewelry. I became well-informed about these unique products

(See Market on page 2)

Busy times at St. Paul's

We have had a busy couple of months at St. Paul's United Church. On Sunday, May 5, Rev. Anne Hoganson gave a public talk about her pilgrimage to the Holy Land. The talk was fascinating and her excitement about the trip was obvious. She is an excellent photographer and we saw a perspective that was new to us. Rev. Anne presented a picture of the issues facing Christians in Palestine and

Israel. Members of the congregation had a bit of insight into what we would learn as she had shared bits of her journey to us on Sunday worship but it was nice to see people from the community at large take advantage of the opportunity to hear of her experiences.

On the first Sunday of June, the sanctuary was decked out in Pride colours. The United Church of Canada

celebrates Pride Sunday on that day and we at St. Paul's will keep the flag and Pride banners on display through July, which is celebrated as Pride Month in Nova Scotia.

On June 7th and 8th, we hosted our Dinner and Theatre. The dinner was scalloped potatoes and ham, tea and coffee, with carrot cake for dessert. Those who worked in the kitchen put in several long, hot, tiring days to put a wonderful meal on the table. They work behind the scenes and don't

(See Busy times on page 2)

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Market

(continued from page 1)

by the knowledgeable vendors.

I also enjoyed tasting a variety of hard ciders made the traditional way, at the Stone Poste Cidery table, and am enjoying a glass as I write. One focus of our Community Market is to help “incubate” new enterprises, so each market day may bring a new surprise as some aspiring entrepreneur tests out their dream business in an affordable way. Our website lists the vendors under “Home/Vendors list” - check it biweekly for updates.

Our big initiative this year is Spryfield Market \$ tokens! Not enough cash? No problem! Use your credit or debit card to buy tokens, worth \$5 each, and buy that unique hand-crafted gift that you just thought “that would be perfect for...”. All vendors accept the tokens as cash value and are reimbursed at the end of the day for the tokens they take in trade. Tokens can also be purchased for distribution to food bank customers both at the market and through the GoFundMe campaign on our website.

As a volunteer, I love meeting other new volunteers, making new friends, and the opportunity to try my hand at new jobs. Do you have a good idea? Or the muscle to help set up tables? Come join the Market Volunteer team.

Join us from 12-3:00 pm Sunday afternoons at St. Paul’s United Church at Old Sambro Road and Sussex Streets, to relax and enjoy the market ambiance. Summer dates are July 7 and 21, August 4 and 8.

Contact: spryfieldmarket.ca for more information.



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SPRYFIELD Water N Wine

Busy times

(continued from page 1)

get the recognition they so deserve. Many thanks to them.

After the delicious meal, the audience moved upstairs to the sanctuary where the play, written by our own Eva Mae Gray, was performed. This is, of course, amateur theatre but my goodness, the audience had a wonderful time. They laughed from beginning to end. The music was stimulating and people were singing along under their breath, trying not to interfere with the music from the performers. Some comments were “charming”, “great fun”, “very good family entertainment”. One couple who were here on holiday said it was the highlight of their vacation! Credit must be given, not only to the performers who certainly got into their roles but to the props people for their creativity. The ambulance that came roaring through our sanctuary was a sight to behold.

The church groups are largely finished for the summer. The United Church Women (UCW) had their season closing at Jim’s on the Bedford highway. Over 20 women gathered to enjoy a pleasant meal and celebrate summer. Even though they will not

have regular meetings in the summer, they will gather again on Monday, July 29 for their annual pot luck supper to be held at the church hall. This is open to any who attend St. Paul’s, and their guests, not just the UCW members. It is an opportunity to enjoy a meal with friends and acquaintances we don’t see often through the summer, or with those we see every day. We hope to see you there.

With the coming of summer, our Community Ministry, St. Paul’s Family Resources Institute (FRI) will be changing some of the programming. Our Soup’s On lunch on Tuesdays is postponed for the summer because, in that space, we run a summer day camp for children ages 5 to 12. This is a very reasonably priced day camp that runs from week to week throughout the summer. For specific information call Kristen at 902-479-1015.

On September 21 and 22, we will be hosting our first Cultural Connections Festival. This will be a multicultural/interfaith weekend, an opportunity for us to celebrate the diversity in our community. On Saturday we will focus on the multicultural aspect and on Sunday we will have an interfaith service in our church. This is not a fundraiser; the event will be free to both participants and guests.

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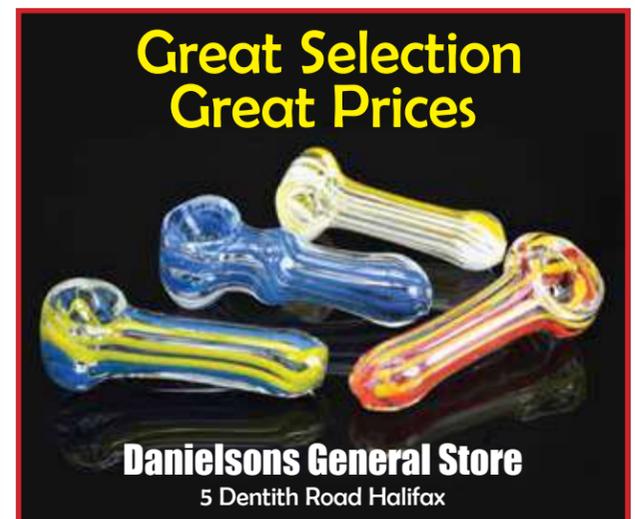
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Harrietsfield cleanup project announced



PHOTO: PEXELS

Harrietsfield residents, after a 30 year wait, are finally seeing a positive outcome for their water woes. Thanks to a number of people; Marlene Brown, MLA Brendan Maguire, Halifax MP Andy Fillmore, and Melissa King chief among them, a \$15 million project aimed at cleaning up the area has been announced.

Andy Fillmore has stated that this will be a joint initiative with Ottawa, who will pitch in \$6.7 of that \$15 million. Cleanup of the land will hopefully start before the end of the year.

Restoration of the area will include cleaning up and proper containment of 10 hectares of contaminated soil in a former landfill and debris disposal facility in the HRM. This should improve ground water for the community. The construction of an

on-site treatment facility which will treat contaminated groundwater and stormwater over the course of 25 years is also part of the restoration process, as is the removal of existing buildings, and removing and recycling debris buried outside the landfill area.

It is believed that contamination from a recycling plant previously operating on this land was leaching into wells in Harrietsfield. This contamination had made the water unsafe for drinking, and is believed to have caused a number of illnesses, some life threatening, in this community. With the advancement of this project, families are hoping that, sooner rather than later, they will be able to turn on their kitchen tap and drink safe, clean, uncontaminated water; some for the first time in their lives.

Sammy says



Summer is here and that means it won't be long before Sambro Sou'Wester Days will be upon us! Community

co-ed baseball games will take place during the week leading up to the festival. To play, phone Bill McPhee at 902-222-7559.

This year our family movie night will include two movies, a children's feature followed by an action movie for teens. Fun for the whole family!

Our corn boil and ceilidh is back. If you're interested in performing, contact Tara at taramichellepaul@gmail.com. The Sambro Spirit Awards will be presented during this event as well, and the SACA board looks forward to revealing this year's recipients.

Our community parade is always a popular event, with prizes awarded at the end. Put your thinking caps on for your float ideas! Entry is free and applications are at Mishoo's store in Sambro or by emailing Natasha at nroscoe75@gmail.com.

Other events include a barbeque, family carnival with bouncy castle, washer toss tournament, Kyle Mackay Memorial Tailgate Party with live entertainment by Lime Rickey, community breakfast, blessing of the fleet, cake walk, rubber duck race, fish cakes and beans, brown bread and strawberry shortcake, parade of sail and closing fireworks.

Donations, sponsors and volunteers are needed to keep all the events running smoothly. Give Kim MacKay a call at 902-475-1583 to find out how you can help.

For updates and event listings, go to the Sambro Sou'Wester Days Facebook page.

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

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DISCOVERING OUR PAST



Entertainment on the Northwest Arm

by Iris V. Shea

It has been more than half a century since the Northwest Arm was a showcase of summer events. Thousands of spectators used to stand or sit on both sides of the Arm to watch the entertainment. When Halifax celebrated, the Northwest Arm became the focal point.

During the last decade of the 19th century, the annual Bankers' regatta attracted thousands of enthusiastic sports fans as they filled every available vantage point on the eastern shore of the Arm and on the water. They came in steamships, tugs, sailing boats, canoes, rowboats, carriages and on foot to watch the ladies' and men's double sculls, four, the five and six-oared rowboats and the canoe races.

In 1899, with the building of the Northwest Arm Rowing Club near the foot of South Street, boating on the Arm became more popular. The immediate success of this club enticed others to follow and by 1909 four more clubs had been added on the eastern side, one of which was St. Mary's Amateur Athletic and Aquatic Club. Their star athlete was John O'Neill, formerly of Ketch Harbour, and one of the top scullers in the world who competed in many of the Northwest Arm regattas. On August 7, 1909, in Detroit, O'Neill became the first Canadian to win the North American Amateur Singles Championship. In 1904, the Halifax Amateur Athletic Club (later called Halifax Independent) built a boathouse at the foot of Oakland Road; in 1908, the Waegwoltic Club erected a large boathouse at the foot of Coburg Road and opened its membership to both ladies and men where families could take advantage of boating, tennis, quoits and billiards; the Jubilee Boat Club opened at the foot of Jubilee Road in 1909. The Arm soon became a showcase of annual events, including regattas and illumination nights organized by the boat clubs.

F.W. Bowes purchased Bloomingdale and Bircham, the former Jones and Morrow estates on the Northwest Arm. Bircham was converted into a tourist hotel in



Photograph, opening day of Memorial Tower at the Dingle, August 5, 1912. Courtesy Mainland South Heritage Society.

1906. It was expanded by adding a ballroom and several elegant suites and renamed the Birchdale Hotel. Guests were offered a full view of the summertime activities on the Northwest Arm.

The Duke of Connaught and other important dignitaries attended the dedication of the Memorial Tower in August of 1912 and, according to the Evening Mail, "the illumination spectacle rivaled the Arabian Nights in its splendour." The gaily lighted and decorated steamships Canada, Aberdeen, Earl Grey, Kinburn, Scotia, Dufferin, Chebucto, Scotsman, Alfreda and Patricia paraded up and down the Arm while thousands of spectators, some in smaller decorated boats, others seated on the sloping banks of both sides of the Arm, were treated to one of the most beautiful scenes ever witnessed. The night ended in a display of fireworks. Throughout the first half of the 20th century, illumination nights and fireworks attracted thousands of visitors to the Arm for each event.

Band concerts were another highlight of the celebrations on the Northwest Arm as the individual boat clubs hosted musical events to coincide with the regattas and illumination nights. The Evening Mail, July 11, 1921, reported that a large number of craft converged on the Northwest Arm when a band concert was held at the Dingle, "the most successful concert of the

season." The bandstand at the Dingle was built in the summer of 1926 and for many years regular summer concerts were held there on Sunday afternoons. Robinson's Ferry at the foot of South Street, Mont's Ferry at the head of the Arm, Adam Marr's Ferry at the foot of Coburg Road and Joe Boutilier's Ferry between the Dingle and Oakland Road, transported hundreds of people to the Dingle to listen to the bands.

An August event that attracted large numbers of spectators to the Arm during the 1920s and 1930s was the five-mile swim sponsored by the Halifax Herald and Mail. Doris Gidney of Melville Cove won the first race in 1927. Young Nellie Barry of Boulderwood (who later became Mrs. Earl Hartlin of Jollimore) was a regular competitor, outlasting scores of experienced swimmers, men and women who could not endure the cold temperature of the water. The Sunshine Club practiced near the Waegwoltic and was made up of adult swimmers who competed in short and long-distance swimming on the Arm. Mrs. Norman Arthur, a member of the club, was a regular race winner.

Racing regattas on the Arm during the 1920s and 1930s featured Henry Pelham of Herring Cove in the four-oared shell, representing the Jubilee Boat Club. His team rowed to national and international victory at St. Catherine's, Ontario, in August of 1930 and in subsequent years.

In 1936, another local athlete, Bill Martin of Melville Cove, competing in single scull races, earned the title "Maritime Champion Novice and Junior Single Sculler". Enthusiastic spectators could pay 50 cents to rent a canoe or rowboat from Joe Boutilier's boathouse at the Dingle and get a closer look at the start and finish line. When you were hungry while visiting the Dingle, you could buy a meal at Ken's Canteen or the Dingle Canteen.

The Halifax Independent, Jubilee and Northwest Arm boat clubs have disappeared to make way for housing developments; the ferries stopped running in the early 1960s; Ken's Canteen, a fixture at the Dingle since 1935, ceased operating in 1966; and a sandy beach and public boat launch has replaced Joe Boutilier's boathouse at the Dingle. Venetian Night, interrupted by World War II, resumed for a few years after the war but, like the racing regattas, is now just a fond memory. A private ferry service is operating from the Dingle for the summer of 2019 and will take you to the foot of Jubilee Road or to the wharf below Oakland Road. Check out the Facebook pages called North West Arm Ferry and North West Arm Boat Tours for more information. The owner and operator is David Backman.

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Letters to the Editor

To the Editor:

A few weeks ago, on a Sunday morning, I was driving along Old Sambro Rd. when I noticed bags of garbage on the side of the road, lots of them. At first, I thought that they had been left behind after Friday's garbage pickup but soon realized that was

not the case. For one thing, this was a long stretch where there were no homes. Then I saw people, wearing bright vests, picking up garbage in the ditches. These were the Scouts and Cub Scouts from St. Paul's United Church and they do this annually on the stretch of road from St. Paul's, at

the corner of Rockingstone Rd and old Sambro Rd. to Fish Brook, just past the Irving Station.

I spoke to Dan Drabble who is the Scout Leader of the 3rd Spryfield Scout Troop and he is assisted by Hank Bird who looks after coordinating the vests, bags and paper work. Dan told me there were about 20 people, Scouts, parents and volunteers, working on this project. They collected almost 100 bags of garbage. Think about that for a minute. That is a huge amount of garbage that was just thrown out car windows or deliberately dumped. Don't these people know that you can simply put your garbage in a bag and drop it at the end of your driveway? Of course, there was the usual array of beverage containers but also they picked up wood, car bumpers and even a cooler of fish. Dan said it was a real disappointment to see fresh debris on the side of the road the next

morning on his way to work.

Who are the people who do this? I have never actually seen anyone throwing things out the car window, which would imply to me that they only do it when they suspect they will not be seen. That is, they are totally aware that what they are doing is wrong. A couple of weeks ago, someone actually dumped an old sofa beside the dumpster at St. Paul's United Church. That means they had to put it in their vehicle and take it there. Amazing!! Churches do not have city garbage pick-up so the church had to pay to have it removed.
Carolyn Mont

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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

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)
 Regular Services: Sunday: 9:30 am

St. James United Church (3811 Old Sambro Rd, Sambro)
 Regular Service: Sunday: 10 am Choir Practice 11:15am Worship and Sunday School

Emmanuel Anglican Church (322 Herring Cove Rd.)
 Regular Service: Every Sunday, 8am Quiet service 10am Lively service

St. Michael Catholic Church (6 St Michaels Ave, Spryfield)
 Saturday: 4 pm
 Sunday 11 am

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

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

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

Ed. note: send in your service details by July 17 for inclusion in our August issue.

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—Friends of McNabs Island Society Annual Cleanup



Photography courtesy of Jennifer Barnable 2019



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My philosophy is, you're never too old to do something.

- Rosie

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On Sunday June 9th, two hundred volunteers travelled to McNabs Island in Halifax Harbour for our 28th annual Beach Cleanup. Volunteers wrapped up Oceans Week and Environment Week by scouring the island for ocean debris – collecting approximately 350 bags of garbage and recyclables, and over 50 lobster traps.

In total, volunteers have collected 13,900 bags of garbage and recyclables from the beaches of this provincial park and national historic site since 1991. The McNabs and Lawlor Islands Provincial Park cleanup is the longest-running and largest cleanup in the Maritimes!

Since 1990, the Friends of McNabs have improved the trails and park facilities, organized community beach cleanups and offered guided tours to island visitors

Marine debris, including rope, motor oil containers, hundreds of lobster bands and tags, and over 50 lobster traps were hauled off the beaches. Interesting items discovered this year included a gold post for someone's expensive dental work, parts for a coffee percolator dating to the 1940s, and the bottom of a bottle from the 1800s, plus a 30 year-old sun catcher.

The bulk of the items collected were plastics – plastic sheeting and containers, and pieces of Styrofoam as large as a bed frame. Plastic tampon applicators and cotton

swabs from Halifax's sewage system, and Tim Horton's coffee cups, which have a plastic liner, continue to litter the beaches.

Thanks to students from Ecole Secondaire du Sommet, staff from McInnes Cooper, Halifax Water and RBC, along with many families and groups of friends, who volunteered to pick up garbage that was littering the island beaches.

Thanks to McInnes Cooper, Develop Nova Scotia, Halifax Water and Oceans North for supporting the volunteers; HRM and Adopt-a-Highway for providing garbage bags; Source Atlantic for providing gloves; Murphy's Cable Wharf and A & M Sea Charters for transporting volunteers; Nova Scotia Department of Lands and Forestry staff for getting the garbage to the main wharf and A&M Sea Charters and Develop Nova Scotia for transporting the garbage back to Eastern Passage where it was picked up by HRM garbage trucks for final disposal and/or recycling.

The Friends of McNabs Island Society is a volunteer-driven registered charity dedicated to preserving and protecting McNabs and Lawlor Islands Provincial Park and Fort McNab National Historic Site.

Since 1990, the Friends of McNabs have improved the trails and park facilities, organized community beach cleanups and offered guided tours to island visitors – making McNabs Island a welcoming park for everyone.

A special priest in our midst

by Isaac MacEachen

Father David Bangsiibu is currently the pastor of St. Michael's Parish in Spryfield and St. Peter's/ St. Paul's Parish in Ketch Harbour/ Herring Cove. He left his home in Ghana in the late fall of 2017 and came to Halifax. He says that he was immediately taken with the cold temperatures. We hesitated to tell him that November days are quite mild when compared to what was coming in January, afraid that he might abandon us and fly back home.

Father David joyfully looks after the three churches in "The Loop". He really enjoys the people who live in this area and has gotten to know many of the families that live in the two parishes. While he passionately enjoys his African meals of fufu (yam) and banku (corn meal) he is beginning to develop a taste for some of our local delicacies: Sambro lobsters, fresh mackerel caught off the Ferguson Cove wharf, Mary's buttermilk biscuits, Keith's chili and Susan's homemade bread. He is still developing a taste for Leiblin Park jigs dinner and Father Duncan's Cape Breton homemade cheese.

Father grew up in a small town in northern Ghana, the second youngest of ten children. He lost his father, a member of the Gold Coast Army, when he was only three years old, so his mom was left to look after the young children. When Father David was a young man he followed in his uncle, Father Francis', footsteps and entered the seminary in Tamale where he was ordained a priest in 1985. After several years as a parish priest in his diocese of Wa, he became a chaplain to the Ghanaian Army, travelling a great deal and fulfilling various roles. He eventually rose to the rank of Colonel.

When Father David first came to Canada he encountered various challenges adjusting to the new culture. One of those was the process of obtaining his Nova Scotia driver's license. He told me that he would practice driving around the church parking lot afraid to venture out onto the "chaotic" streets. Of course, another challenge was the weather. During those early winter days Father could be seen heading out wearing several jackets, huge woolly mitts and a fur-lined cap with ear flaps that hung down almost covering his face; he was only going over to the church, approximately 50 steps away.

Father David has a tremendous sense of humour. He always laughs as he tells about his first winter in Canada and how the bitter winds of Ketch Harbour even penetrated his 5 layers of clothing. We often kid him that he must have been raised in West Pennant or Herring Cove because of the jovial manner in which he responds to our jokes and stories.

Often he injects a bit of comedy into his homilies. Recently, when discussing new communication modes, he referred to his younger days when he had to type on a manual typewriter. As he spoke he did all the actions and even vocalized the accompanying dings and whizzes. Needless to say we were all in stitches. When attending our occasional kitchen parties he always joins in on the fun.

Right: Father David celebrates Palm Sunday with some Parishioners at St. Michael's

All of the parishioners enjoy Father's singing. He can break into song at any time during our weekend liturgies, sometimes slipping in an African beat that gets us all swaying in our pews. During the Easter Vigil service this year, he sang the complete gospel text which is usually read. We recently found out that Father David wrote the music for parts of the mass for his diocese of Wa, Ghana. During our liturgies, when there is lots of music with a great deal of congregational singing, Father looks around proudly and beams his radiant smile.

Many people truly admire the humility of our Father David. Everyone he greets he does so in a very gentle manner, treating them with all the respect he knows that they deserve. When you bring forward the gifts at our Sunday mass, Father will receive them with a respectful bow and a sincere handshake. At funerals, he takes the time at the end of the service to speak to the grieving families in very sincere, comforting words, blessing them all as they go forward in their sorrow. Father's humility is even reflected in the car he drives - a twelve-year-old PT Cruiser, which has been known to occasionally let him down.

So if you are passing one of the Catholic Churches in the area on a Sunday morning and you hear a charismatic voice, with a beautiful African accent, you might want to poke your head inside. You could be in for an uplifting experience.








from the desk of Bruce Holland

The Spryfield Business Commission, in conjunction with the Department of Labour and Advanced Education, are pleased to offer two new programs starting in mid-August: **Excel** and **WordPress**. Please contact me for further details on these valuable free programs.

The grant application for the Ketch Harbour/Sambro/Spryfield Rural Bus has been submitted and is awaiting approval. We hope to have a pilot project up and running by the fall. Over the next few months, we'll be reaching out to community members and the general public to ensure everyone is on board. I'd love to hear from anyone interested in serving on an Advisory Committee.

During Oceans Week, members of the SBC, in partnership with the Royal Bank in Spryfield, conducted a beach cleanup at Crystal Crescent Beach, followed by a barbeque. Lots of fun was had by all.

During Bike Week, No Frills, Canadian Tire Spryfield, and Credit Union Atlantic sponsored a Children's Bike Rodeo in the Spryfield Mall parking lot, where HRM Police provided safety tips to youngsters in attendance. Mike's

No Frills Banana Mascot was a big hit as were the goodies passed out by Canadian Tire.

On June 13th, the Spryfield Business Commission hosted its annual Awards Night and Annual General Meeting. I am pleased to announce this year's award winners. The Jason Doherty Memorial Business Person of the Year was Dina Shay of the RBC. The Business of the Year Award was taken home by The Orb Factory. This year's Small Business of the Year was Duckish. The New Business of the Year was awarded to CUA. The Volunteer of the Year was Pat MacLean and the Volunteer Organization of the Year was presented to the St. Paul's Family Resource Institute

The new Spryfield Business Commission's Board of directors are: Clyde Paul, Dan Doherty, Scott Reinhardt, Irene Swindells, Kurt Ryan, Alice Morris, Nadine Garrison, Wyatt Redmond, Mike Caron, Dina Shay, Mallory Gunn, Councillor Steve Adams and Councillor Shawn Cleary, Ex-officio members. I look forward to working with you all, to make Spryfield bigger and better than ever.

*Bruce Holland, Executive Director
bruce@discoverspryfield.ca*






SPRYFIELD DAYS FESTIVAL

The 2nd Annual Spryfield Days Festival will take place on July 13 and 14, 2019. It's a time to gather together and celebrate what we've all built together over the years and what is yet to come, to reconnect with old friends and make some new ones. Maybe you'll even learn something new or discover a new business that you didn't know we have here!

We've moved many of our events to the J. Albert Walker Memorial Sports Field next to Chebucto Heights Elementary School. Parking will be available at the school and on the street. The new location should be a prime spot for our spectacular fireworks display!

This is a budget friendly weekend of fun with something for everyone. For the more active among you, there will be a 5K run, as well as outdoor fitness and family-friendly yoga classes. For those who like to eat, we invite you to put your money where your mouth is by participating in our Hot Dog Eating Contest, or trying out our BBQ. Fireworks, a talent show, and an open air concert are sure to delight everyone, young and old. A favourite event from last year, the Duct Tape Cardboard Boat Race, is making a return this year. There are many more events going on this weekend as part of Spryfield Days, so

be sure to check the official schedule for times and locations of everything you don't want to miss.

Also during the festival we are pleased to once again host the Trade Show and Business Expo showcasing local businesses and community groups. Learn what's out there, shop local, and put your money back into your community. Local businesses won't want to miss out on this great opportunity to network and expand your business.

This year's Motorcycle Show and Shine is presented by Sobey's and A'rmunn Motorcycle Club, a family based, community oriented veterans' riding clan who do great work in our community and beyond. Last year during the festival they raised \$1,100 for the J.L. Ilsley Judges football team.

This year's festival is shaping up to be even better than last year, and may hands make light work. If you would like to volunteer, donate, sponsor an event, participate as a performer, or be a part of our business expo, please reach out to me at 902-452-7472.

Bruce Holland
Executive Director
Spryfield Business Commission
bruce@discoverspryfield.ca





SPRYFIELD DAYS FESTIVAL

Spryfield Days
July 13 and 14, 2019

Schedule of Events

SATURDAY, JULY 13, 2019

10:00am-4:00pm **Independent Security Services** presents **Family Fun Day!** Bouncy castles and other fun activities for the children (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School). Contact: Shawn Drysdale 902-209-3159

9:00am **RH Fitness and Wellness** presents a **5K Family Fun Run** open to walkers, joggers, strollers, kids and friendly dogs (Long Lake Park Upper Parking Lot off Northwest Arm Drive). Pre-register at funrun@rhfit.ca or arrive early on site Contact: Rayanne Hunter 902-240-2948

10:30 a.m. **Fitness Room** presents an **Outdoor Fitness Class** (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Anna Townsend 902-480-8555

11:00am-6:00pm **Mike's No Frills, Shoppers Drug Mart and Independent Security Services** present a **Fundraising BBQ** in support of SBC's J.L. Ilsley Scholarship Fund (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Shawn Drysdale 902-209-3159

11:00am-2:00pm **Spryfield Business Commission** presents **Community Trade Show & Business Expo.** Local businesses and community groups will be presenting their goods and services. (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Bruce Holland 902-452-7472

11:30-12:15pm **Aumbience Yoga** presents an **Outdoor Family Yoga Class.** Open to all ages. (J. Albert Walker Memorial Sports Field, 51 Mountain Road) next to Chebucto Heights Elementary School) Contact: Michelle at 902-479-0803

12:00pm (check-in) 1:00pm-4:00pm **POLYCORP** presents the **Duct Tape Cardboard Boat Races.** (Long Lake Park lower

parking lot, off Old Sambro Road) Go to FunDuctRaiser.org for more details and the full race package. Contact: Breagha at 902-442-9435 or email marketing@polycorp.co

2:00pm-9:30pm **Clyde A. Paul & Associates** present the **Open Air Concert** Featuring Headliner JJ Roots and other local talent. (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Bruce Holland 902-452-7472

3:00pm-3:45pm **Harding & Associates** presents the **Hot Dog Eating Contest** (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Bruce Holland 902-452-7472

9:30pm **Spryfield Business Commission** presents **FIREWORKS** (J. Albert Walker Memorial Sports Field, 51 Mountain Road next to Chebucto Heights Elementary School) Contact: Bruce Holland 902-452-7472

SUNDAY, JULY 14, 2019

11:00am-2:00pm **Sobeys and A'rmunn Veterans Motorcycle Club** present a **Motorcycle Show and Shine** (Sobeys Parking Lot) Contact: Darrelyn Jennings 902-219-8657

11:00am-2:00pm **Lawtons and Spryfield Business Commission** present a **Tailgate Talent Show and Fundraiser BBQ.** All proceeds go to the SBC's J.L. Ilsley Scholarship Fund (Sobeys Parking Lot) Contact: Bruce Holland 902-452-7472

2:00pm-4:00pm **Urban Farm Museum Society of Spryfield** presents **Strawberry Shortcake Social, Monarch Butterfly Presentation and Children's Craft** (at the Farm on Rockingstone Road) Contact: Pat MacLean 902-497-3683

7:00pm **Spryfield Christian Ministerial Gospel Concert** (City Church, 276 Herring Cove Road) Contact: Pastor Jerry Kendrick 902-479-2489

LOCAL OBITUARIES

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

Maryanne Florence Stowe

Age 97 of Timberlea formally of Spryfield, passed away peacefully May 15, 2019 at the V.G QEII Palliative Care Unit surrounded by loving family by her side. Born in Ferryland, Newfoundland she was a daughter of the late Michael and Philomena O'Brien. Florence was a very kind and giving person, she loved to quilt and knit socks and mittens for family and friends. She will be greatly missed by all who loved her. She is survived by her son, Robert (Marion Ritchie); daughter, Sylvia (Bill) Power; grandson, Michael (Sarah); great grandson, Christopher Power; brother, William O'Brien, Halifax; sister, Annie Jordan, Ferryland, Newfoundland. She was predeceased by her husband, Charles Stowe; brothers, Jack, Pat, Leo and Jim; sisters, Gertie and Mary all from Newfoundland. The family wishes to thank her special girls at Closing the Gap and to all the staff on 6B and 7A at the V.G. Hospital.

Henry Joseph Drisdelle

70, Halifax. A long-time resident of Spryfield. He is survived by his only daughter, Sarah; brothers, Ivan (Patricia Pitts), Victor (Rosemary), Douglas; sister, Pamela Drisdelle (Ted Burchell); several nieces and a nephew. Henry is also survived by

his longtime friend, Jennifer Oake. He was predeceased by parents, Arthur Drisdelle and Nola Drisdelle (Babineau). May he rest in peace.

Harry Melborne Harnish

Age 73 of Herring Cove, it is with heavy hearts that we announce the passing of Harry Melborne Harnish, who passed away peacefully on Saturday May 25, 2019, at his youngest daughter's house surrounded by loved ones. He was born on December 20, 1945 in Herring Cove, NS. He was a son of the late Zenus and Florence (Goodall) Harnish. He was a hard-working man, working for Goodall Trucking and Guilfords in his younger years. Moving into the glass business which he took pride in every job he had done. Starting with GM Kidston Glass for many years and ending his Glass career with Halifax Glass and Mirror Ltd to start his retirement. Harry was an outdoors man and loved hunting and fishing especially on the weekends at his cottage. He loved spending time with his family, attending to the gardening, going on 4-wheeler adventures, playing card games, having late night fires and ending every night going for a late-night drive on the Walton Woods Road listening to the oldies. He always had to stop at a place he called "McCullochs" to listen for Coyotes. He thought the world of his family especially his grandchildren. Harry is survived by his wife of 46 years, Ruth (McCulloch) Harnish; daughters, Jean (Keith) Blaxland, Sheila (Ronnie) Smith; grandchildren, Brayden, Keith and Trenton; brothers, George, Danny, David, Donny and Randy; sisters, Barbara, Pearl and Nancy; many nieces and nephews. He was predeceased by bothers Jasper, Albert and Raymond; sisters, Iris, Marie, Margaret, Brenda and June. A big thank you to the palliative care unit especially Amber Phillips and the VONS for the care they gave and offered dad and support they gave to the family. Donations can be made to the St. James Anglican Church in lieu of flowers.

Brenton Stewart Gray

Age 92 of West Pennant, Brenton (Dad) passed away peacefully on June 1, 2019 surrounded by family at the VG site, QEII, Halifax. Dad was born in Sambro Head at home to his loving parents, Samuel and Margaret (Gaskin) Gray. He was founder and President of Brenton Gray's Boatyard in Sambro Head from 1966 to 2009. Before that, he was a fisherman and later learned his shipwright skills from his father and then built his own fishing vessel, the Canuck, in 1948. Being the eldest son, Dad was pulled from school after grade 4 to work with his father to help support the family. Dad is well known for building boats (over 200) ranging from fishing vessels to brigantines, and also refitting fishing vessels, tour boats, sailing vessels, barges, coast guard vessels, pilot boats and

even Theodore Tugboat. Most of all, Dad is best known for his friendship and his amazing story telling and archival-like memory. His kindness, generosity, knowledge and love was easily shared with everyone he met. His welcoming personality made you feel like his best friend and his gentle teasing manner filled us all with laughter. Dad loved music and could play the accordion, guitar, mandolin and banjo mandolin. Some of his favourite memories were from the many kitchen parties playing all the old songs from "Between Two Trees" to "Maple Sugar". You can't mention Dad without thinking of Ragged Lake where he spent most of his weekends hunting, fishing, barbequing and just generally having fun. We were blessed to have such a loving Father, Pup and Great Pup and will forever cherish and honour his memory. Dad, we will miss your wonderful smile and laughing eyes. Dad leaves behind to mourn his children, Brian (Sarah), Joyce (Bob) Henneberry, Brenton (Shelly) and Scott (Kristal) and daughter-in-law Maria; grandchildren, Kelly, Benjamin, Sophee, Dennis, Darren, Chad, Meghan, Courtney, Evan, McKayla, Jordon, Maddison and Rachel; great grandchildren, Jemma, Ava, Kyley, Brooklyn, Carter and Riley; siblings and in-laws, Patsy, Shirley Miller (special buddy), Margaret McGrath, Claude (Linda), Violet, Mary Boutilier, Goldie (Sherman) Hart, Murray (Phyllis), Shirley (Gary) Withers and Wayne (Glenda). Dad is also survived by his dear friends, William and Joan Tough. Dad was predeceased by his loving wife, Madeline; his eldest son, Joseph; his mother-in-law, Lillian; his brothers, Arthur and Donald; his brothers-in law, Harold Miller, Melvin Gray, Winslow Boutilier and Don McGrath. In lieu of flowers, donations in Dad's memory may be made to Feed Nova Scotia or St. Peter's Catholic Church.

Frederick William Holt

87, Whitehead Road, Harrietsfield passed away on June 9, 2019 at Northwood Manor. Fred had a love for the outdoors, hunting, fishing and animals especially his dogs, rabbits and cats. He also loved to walk outside in Harrietsfield and he had a great sense of humor. He was the love of our lives and gave us so much laughter in our life and we were so lucky to have this wonderful man for our Dad. Fred worked for Bens Bakery, Canada Packers, Enn-Ess Abattoir and CP Express throughout his life. He is survived by his wife, Barbara (McLeod) Holt; son, James (Nancy) Holt, Herring Cove; daughter, Donna Holt, Fairview; grandchildren, Jillian, Chad and Brad; great-grandchildren, Cheyenne, Cadence, Carter, Jameson, Chasse and Landon. He was predeceased by his parents, James Edward Holt and Dorothy (Chase) Maslanka; sister, Joyce; brother, Robert. He was also predeceased by his aunt and uncle Delores and Jack Holt who raised him as one of their own children. A special thank you to the staff of 8C Northwood Manor for their care and support to Fred during his stay. In

lieu of flowers donations in Fred's memory can be made to the Diabetes Association of Canada or Alzheimer's Association of Nova Scotia.

Olive Mary Martin (Brown)

age 93 of Herring Cove, passed away peacefully May 21st, 2019 at the Halifax Infirmity. Born in Halifax, she was the daughter of the late Patrick and Veronica Brown. Olive was a devoted wife, mother, sister, grandmother and friend; known in the community for her quiet compassion and selflessness. Survived by her children Barbara Swinimer, Janice Lethbridge (Gus), David Martin (Wendy), Peter Martin (Debbie), Glenn Martin (Lisa), and Angela McNeill (Chris). Much loved "Nanny Olive" of David and Daniel Swinimer, Michelle Martin, Kristin Whitehead (Chad), Jenna and Lee-Ann Martin, Mary Elizabeth and Kathleen McNeill, Megan and Taylor Martin, and Ed, Tracey and Cheryl Lethbridge. Great-grandmother to Danielle, Kameron and Axl. Also survived by many nieces and nephews. Predeceased by husband Frederick Martin; son and daughter-in-law Donald and Janet Martin; son-in-law Rupert Swinimer; siblings Arnold, Allan, Audrey and Wallace. The family would like to send a special thank you to Janet Beattie and Susan Neklia for their care and support. In lieu of flowers, donations may be made to a charity of your choice.



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Chebucto News Sports Page

Halifax Hurricanes Lacrosse celebrates 20th anniversary

This year marks the 20th anniversary of the founding of the Halifax Hurricanes Lacrosse Club. Back in 1999 the first team began as the Herring Cove Hitmen, then became the Halifax Southwest Lacrosse Club and is known today as the Halifax Hurricanes Lacrosse Club.

The Club was founded by Mike LaLeune. Originally from Burnaby, B.C. but long time resident in Herring Cove, he introduced his sons Joe and Andre to the sport of Lacrosse one summer while visiting family on the west coast. After seeing the Burnaby Lakers Junior Lacrosse game both LaLeune boys were hooked and really wanted to play. When they returned home the LaLeunes became obsessed with the idea of having a local team. They wanted to give others the opportunity to play, (after all Lacrosse is Canada's official summer sport), and to become as passionate about the sport as they were. There were a few youth playing lacrosse in Sackville and Dartmouth at the time but LaLeune knew that this was an opportunity to form more teams and create an actual league.

Over the winter of 1999 five lacrosse enthusiasts from the metro area got together and figured out how they could get lacrosse going in the Halifax region. Those five: Wayne Finck, Bruce Hamilton, Steve Brown, Brian Thompson and Mike LaLeune were the cornerstones for what became the Metro Minor Lacrosse Association.

In April of 1999, a group of young players met for the very first time at the tennis courts behind the Volunteer Fire Hall in Herring Cove. Their uniforms consisted of old hockey gear; pads, helmets, and gloves with the fingers cut out. They did have newly purchased lacrosse sticks and a couple dozen balls. Tim Hatcher, a dad of one of the players, fabricated regulation goal nets and Liz Pace, who worked with Sport NS helped secure a startup grant for goalie equipment. The players were all new to the sport but what they lacked in skill and technique they made up for in enthusiasm and passion. The players themselves chose their name that year...The Herring Cove Hitmen. The name suited their interest and their excitement for the game. That year they won the Pee Wee championship.

The team roster included: Mike Billard, Ben Dempsey, Pat Gilbert, Andrew Hatcher, Chris Ivanko, Joe LaLeune, Keith Lamontagne, Andrew MacArthur, Anton Manson, Ryan Norton-Orr, David Pace, Bradley Palmer, Scott Pelham, Nick Power, Mike Sellars, Andrew Steeves, Mike Willems and Craig Wournell, with Mike LaLeune and Francis MacArthur



Former Halifax Hurricanes Lacrosse players André and Joe LaLeune with the Canadian Universities Field Lacrosse Championship Cup in 2011. (Photo credit: P. LaLeune)

on the bench.

As the popularity of lacrosse grew across Canada, so did it grow for the Halifax Southwest Hurricanes. The success of the Metro Minor Lacrosse League and the participation numbers skyrocketed in the early years. Parents and players learned about the game together and many helped with coaching, refereeing, organizing, and being time keepers. The Spryfield arena became a full time home for many people during the months of May, June, and July. Practices, regular games, play-offs and tournaments filled peoples' lives. Soon there were also winter practice nights at Herring Cove Junior High. Mike LaLeune and Sean Harrison coached as many as 40 young people. The players ranged from brand new beginners to experienced players. They were there to learn some new techniques and throw the ball around. These winter sessions kept the lacrosse stick in the players' hands through the offseason and added to the development and popularity of the sport. It was always a sure sign of spring when you saw kids outdoors with lacrosse sticks playing 'ding the post', or tossing the ball, getting ready for the upcoming season.

Over the years Halifax Southwest Hurricanes players have had many opportunities to use Lacrosse to further their education, to travel, and to make friendships by representing Nova Scotia at Universities in the province and beyond. Several of the

club members were on the Bishop's University Lacrosse Team when they won the National Championship in 2011. In the early years many Hurricanes played on Provincial and National teams including Jamie Dunbar, Joe LaLeune, Andre LaLeune and Joe Martin. Since those early

years, other players followed in their footsteps and continue to develop and experience the benefits of playing lacrosse.

Above all, the Halifax Hurricanes Lacrosse Club has created friendships that now span the globe. 20 years later the club is still going strong.



Anderson off to world championships

Sailor Ryan Anderson, from Jollimore, beat out 27 sailors to win the Canadian Laser Radial Championship recently at a regatta held in Montreal.

In the 4 race regatta Ryan posted 3 first place finishes.

Anderson, who sails out of

the Royal Nova Scotia Yacht Squadron, captured the National Youth Championship in 2018 and as a result was selected to represent Canada at the 2019 Youth World Sailing Championships set for July in Poland.

Playgrounds, ballfields and maintenance issues

by Stephen Adams, HRM Councillor, District 11

As you may be aware, I had shoulder surgery on May 15. My recovery has gone well, and I have been able to attend all our Council meetings, except one. Fortunately, I have not missed any Community Council meetings or Standing Committee meetings. However, it has been difficult to attend our many community meetings and events, which has been quite disappointing. I have always enjoyed the many AGMs, community celebrations and school fairs in the past.

I would like to thank everyone for their cards and messages while I was recovering. This was very thoughtful of you all.

There was one main topic discussed and debated at Council this past June; that being the Centre Plan. This planning document is intended to be a blueprint for parts of the peninsula and downtown Dartmouth for years to come. This should provide certainty and predictability for planning applications, and streamline the processes in the future. A Public Hearing date has been tentatively set for September 10. As this date approaches, I would encourage you to check our web page, Halifax.ca for confirmation.

In previous articles, I had mentioned the use of social media to raise issues or contact me. Given that I was off for the last 6 weeks, it demonstrated that this method is not the best way to have your concerns addressed. If I was tagged in a post, I didn't respond as I was away from Facebook. Had individuals called or sent me an email, they would have been directed to staff members who could have offered immediate assistance. Again, I encourage you to utilize our 3-1-1 system. This allows our staff to track issues and progress toward resolution. You will be given a reference number, which you can utilize to follow-up. As well, you can send me the reference number, so that I can also be made aware of the issues.

I had received calls regarding some of our playgrounds and fields over the past month. There have been a number of factors limiting our ability to address concerns that have been raised. We are in the process of hiring additional technical staff who will be fixing our facilities. As well, the weather has been less than stellar, which has prevented our existing staff from responding to concerns that were raised about the safety of the playground in Portuguese Cove. I have sent this to our staff for their action.

The Hartlen Playground has also been the subject of concern. Last year, a piece of equipment was removed as it was deemed unsafe. In this year's budget, I had set aside \$10,000 for a new piece of equipment. However, our parks and rec staff are hesitant to replace a single piece of equipment, as the other structures are nearing the end of their lifecycle. Their suggestion is to ensure the existing playground is safe and replace all of the equipment at the same time. I have submitted a request to have this work done in our 2020-21

budget year.

Residents have also raised concerns with respect to the condition of the ball field/sport court/playground facility in Williamswood. There are trees and shrubs growing through the fencing, the asphalt needs to be repaired or replaced and the ball fields require some grooming. This situation is different from the others, for a few reasons.

Ball field grooming and maintenance is done through our parks and rec staff. The degree of this maintenance is based on scheduling for league play. Through research, we found that these fields had not been used by organized leagues since 2008-09. As such, the maintenance was not regularly scheduled. This would be an opportune time to have local teams book dates in advance to play.

The last, and most restrictive aspect of the maintenance of this facility is that it sits on provincial land. Our staff is negotiating with the Department of Lands and Forestry to develop an agreement. I have suggested that we lease these and all other provincial lands that host our recreation facilities for \$1.00. What was explained to me, however, is that

the market value is being sought. I am cautiously optimistic that the \$1.00 a year option will be agreed upon.

On June 20, the Long Lake Provincial Park Association held their AGM. Eric Caines was elected as the new president. Scott Reinhardt assumed the responsibilities as president over the past few months, and did an admirable job. He worked diligently to bring the AGM together, and spent countless hours laying the foundation for the upcoming year. As with many of our community groups, they don't seek out recognition nor praise. They simply want to improve our community.

I would like to thank our outgoing president, Donna Flemming, for her service to the board and our community. For the past 5 years, Donna has dedicated her time and efforts to ensure our park grew to what it has become today. Perhaps the most impressive aspect of her work is that Donna had no previous experience in chairing a community group. With every meeting and every event, I watched her confidence grow. Her leadership and professionalism is simply outstanding.

I watched her develop and gain

more confidence with every meeting. I am very impressed with her initiative, as she stepped out of her comfort zone, and accepted a challenge. Her leadership and professionalism is simply outstanding. I would like to thank Donna for her outstanding and unselfish service as the president. When she assumed the position, I recall her angst, as she had never previously chaired meetings. I watched her develop and gain more confidence with every meeting. I am very impressed with her initiative, as she stepped out of her comfort zone, and accepted a challenge. Her leadership and professionalism is simply outstanding. I would like to thank Donna for her outstanding and unselfish service as the president. When she assumed the position, I recall her angst, as she had never previously chaired meetings. I watched her develop and gain more confidence with every meeting. I am very impressed with her initiative, as she stepped out of her comfort zone, and accepted a challenge. Her leadership and professionalism is simply outstanding.

In closing, I wish you all a very safe and relaxing summer.

Update from Ottawa by Andy Fillmore, MP for Halifax

Hello, Halifax!

Canada's Parliament has wrapped up for the summer and I'm so excited to be back in Halifax. It's been a busy session, and we've made a lot of important progress on issues that matter to Haligonians.

For example, as of this July we're increasing the Canada Child Benefit once again.

The Canada Child Benefit supports millions of Canadian families each month. It has lifted over 300,000 children out of poverty since its introduction in 2016. In May of this year, 6,370 payments helped 10,710 children just in Halifax alone. This is a total investment of almost four million dollars into families right here at home.

With all the good that this benefit is doing in our community, we must ensure that it keeps up with the reality of cost of living increases. Budget 2018 strengthened the Canada Child Benefit by indexing the benefits annually—meaning the benefit will be raised each year to ensure it keeps up with the realities of cost of living in our communities. Accordingly, this July 20th your CCB will be even more generous than before.

Another important development over the last few months is an investment to clean up contaminated land in Harrietsfield.

Since 2015, even before my time as your MP, I've met with members of the Harrietsfield community about the contaminated land on Old Sambro Road at the site of a former landfill.

We spoke about the environmental degradation, about public health - about your health. We spoke about your worries about your friends and neighbours, and about raising your

families here.

And I told you I would work with our partners, including Brendan Maguire and the Province of Nova Scotia, to take action.

This May, Brendan and I delivered on that commitment, and delivered for Harrietsfield.

We were pleased to announce that the federal government will be contributing \$6.7 million towards the Harrietsfield Remediation Project, and the Province will be contributing \$8.3 million. This project will restore 10 hectares of contaminated soil in a former landfill and debris disposal facility in Harrietsfield which will directly improve ground water in this community. It will include the construction of an on-site treatment facility that will treat contaminated groundwater and stormwater over the course of 25 years.

The project will also include, at long last, the removal of existing buildings, and removing and recycling debris buried outside the landfill area.

Once this work is done, the residents of Harrietsfield will have a cleaner local environment, and pollutants in your wastewater and soil will be managed and treated.

A special thanks goes out to everyone in the community who for years advocated for Harrietsfield, never wavering in your commitment.

And that's it for this month's update! Share your views on these updates, or anything else at any time - call my office at 902 426 8691 or email me to set up a meeting at andy.fillmore@parl.gc.ca. Or, just stop by my office at Rm 808, 1888 Brunswick Street, Halifax.

*Until next time, Andy Fillmore
Member of Parliament for Halifax*



**COUNCILLOR STEPHEN ADAMS
DISTRICT 11**

Spryfield - Sambro Loop - Prospect Road

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The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

I want to wish a very Happy Canada Day to everyone! I hope you all have a wonderful long weekend and get a chance to relax and have some fun as we celebrate our wonderful country together.

I'd like to start by sharing a bit about my first Seniors Expo, held last month at St. Agnes Church. The expo was well attended, and I was delighted to hear so many people share how helpful it was to talk to our various presenters and leave with important information on services for seniors. A very big thank you is due to all of our wonderful presenters for their wisdom, advice, and enthusiasm. I think attendees learned a lot, and I was glad to see some of our 34 presenters sharing information amongst each other, all to better serve residents in our area. I also need to thank St. Agnes Church for welcoming and accommodating us, and everyone who helped spread the word. Our first Seniors Expo was, overall, quite a success, and I'm looking forward to making it an annual event.

As I spoke with the organizations at the Expo, I learned a great deal. One fantastic local group is Caregivers Nova Scotia. For those who don't know, Caregivers Nova Scotia is a registered charity which offers free programs, services, and advocacy for people providing unpaid care for their loved ones. Their support is available regardless of the income or age of the caregiver, and is available through (902) 421-7390. Some of their services include workshops and training for those learning how to provide care, and support groups for those managing the demands of being a caregiver. They can also help caregivers access available financial assistance that is unique to Nova Scotia. If you believe you could benefit from their resources, visit Caregivers Nova Scotia online at caregiversns.org.

On August 2, I hope you'll come out and join me for my MLA Summer Picnic at the Dingle Gazebo in Sir Sandford Fleming Park. From 4:00pm onwards we'll be set up to enjoy some

food, refreshments, and the summer weather as we go into the Natal Day long weekend. Everyone is welcome to attend, and I'll be sharing more details on my Facebook page as the date approaches.

Speaking of summer activities, there is so much going on this month that I'd encourage you to take in. July sees our city welcome the Lebanese Festival, Halifax Pride, Nova Multifest, Halifax Jazz Fest, the Halifax Buskers, and so much more. The Spryfield Days Festival is also a go for July 13-14, and this year they've moved their festivities to the J. Albert Walker Community Sports Field next to Chebucto Heights Elementary. The festival will include a Family Fun Day, a Business/Community Expo, the Fun Duct Tape boat races, and a concert under the Big Tent and fireworks. I'll be sharing more details on these and much more on Facebook, and I hope to see you at some of these great family events.

Nova Scotia recently hit two major milestones related to our population and our workforce: This quarter, our province's population reached a new record high of 966,858. Since January 2019, our population has grown by 1,476 people. This quarter is our 14th consecutive quarter of positive inter-provincial migration, meaning not only are we welcoming more immigrants, but also more Canadians are moving here from their province to make Nova Scotia home. On the jobs front, we also recently reached record high employment numbers; more Nova Scotians are working today than at any other time in our history, and our unemployment rate is near an all-time low of 6.5%. Youth unemployment is also the lowest it's been in 11 years, allowing more of our young people to see and build a future for themselves here.

Over the summer months, I'm able to meet with many constituents, and often have the pleasure of attending special events and helping to celebrate milestones. For special occasions of all types, from weddings and anniversaries, to birthdays, communions, and graduations,

I'm always happy to prepare a congratulatory certificate. If you know of a community member with a special day coming up, I encourage you to reach out to my office and let me know.

Thank you again for your continued support. I hope to see you out in the community over the summertime. If ever I can be of assistance, please don't hesitate to contact my office.

Private companies starting to invest in youth

by Brendan Maguire, MLA for Halifax Atlantic

Healthcare update:

Supports for Nova Scotians with Autism Spectrum Disorder

A new pilot program is supporting parents of toddlers with autism spectrum disorder.

QuickStart Nova Scotia is a one-on-one parent-coaching program that uses play-based activities to help parents further develop their child's communication and social skills.

The pilot program is initially being offered in Halifax through Autism Nova Scotia. The QuickStart Nova Scotia program is a model adopted from the QuickStart Early Intervention Program in Ottawa in partnership with Emerging Minds. Additional partners include the IWK Health Centre, Nova Scotia Health Authority, Nova Scotia Hearing and Speech Centres, and Nova Scotia Early Childhood Development Intervention Services.

The province is investing \$2 million over four years to support QuickStart which will be delivered to up to 35 toddlers (12 -36 months old) in its first year, and up to 50 in each of the following three years.

New doctor requirement position to concentrate on Dalhousie Medical students.

There is a new job posting with the Nova Scotia Health Authority, it is a position that will focus on keeping Dalhousie University medical residents in Nova Scotia and help bring Nova Scotia residents studying medicine elsewhere back home.

Whoever fills the position will work directly with communities across Nova Scotia to help graduating students find the job and community that is right for them.

It is crucial that we show graduating doctors how important they are to our province and to help them settle into our communities.

We all know there is more to do, but these are all positive steps forward.

Environmental Cleanup for Harrietsfield

It has been a long time coming but I finally had the pleasure of announcing a total of \$15 million in Provincial and Federal funding for the cleanup and remediation of the C&D site in Harrietsfield.

This project will help bring the 10 hectares of land back to its original green state. As part of this, there will be construction of an onsite water treatment facility that will deal with soil and water contaminants. Also included is removal of onsite debris and dealing with the current leaking cell.

Getting this site cleaned up has been top of mind for me ever since I first got elected and I am so proud to have played a role in this cleanup,

but there are so many more people to thank.

Thank you Marlene Brown, Melissa King, MP Andy Fillmore, Minister Iain Rankin, East Coast Environmental Law, Lisa Mitchell, and the entire community of Harrietsfield for never giving up, for always fighting and for making this happen!

Investing in our youth

For over a year, I have quietly been working with HRCE, The Department of Education, staff at JL Ilsley High School, and Dexter Construction to create The Road to Dexter Program.

This program will allow youth from our high school to train with the Dexter Institute which is a private college, to get work experience and professional advice from construction experts, while completing their high school diploma.

At the end of high school, they will be given an opportunity to go to work for Dexter or they will be given an opportunity to further their education in the Dexter Institute.

Private companies are starting to see the opportunity to work with our schools, to invest in our youth. This allows our youth to see a bright future for themselves to envision themselves in different careers and to have experts guide them along the way!

I am so proud to have worked and partnered with Municipal Group to bring this to life. My hope is that it is the start of something big.

Nova Scotia Sports Hall of Fame

Spryfield's very own Jackie Barrett will be inducted into the Nova Scotia Sports Hall of Fame.

I am so proud of everything Jackie has been able to accomplish. He truly is a role model. I cannot wait for November to see him go into the Nova Scotia Sports Hall of Fame.

Congratulations to Emily Alford for becoming the Canadian Jr. Girls Dart Champion; way to go Emily.

This past month our community lost a great man, Brenton Stewart Gray. To the entire Gray family you are in my thoughts and prayers and know that Brenton was loved.

This past month also saw the passing of Helen Pelham of Herring Cove. To say Helen was a force is an understatement. I have many childhood memories hanging around the Pelham's house. To the entire Pelham family, love and prayers for a lady who we will never forget.

I wanted to end off by saying have a fantastic summer, I hope to see you at the many events and on your doorsteps. Not a day goes by that I don't realize how privileged I am to be your MLA, it is a huge honour.

See you out there

Brendan Maguire, Proud to be your MLA



Honourable

Lena Metlege Diab

MLA-Députée Halifax Armdale

(902) 455-1610 • info@lenadiab.ca • @LenaDiabNS

MLA Summer Picnic

Friday, August 2, 4:00pm

at the Dingle Gazebo

Join us for food, refreshments, and fun! All are welcome.



Armdale • Fleming Heights • Cowie Hill • Fairmount • Kline Heights • Regatta Point
Melville Cove • Stanley Park • Long Lake Village

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 JULY

Community Health and Wellness Centre (16 Dentith Rd) Events:

- Canada's New Food Guide, July 5th 2pm to 4pm at the Capt. William Spry Library
- Personal Wellness Profile, July 17th 8:30am to 11:30am at the Wellness Centre
- Heart Healthy Living: Two week program . July 22nd and 29th 10am to 12noon at the Wellness Centre
- To register call 902-460-4560 or go to www.CommunityHealthTeams.ca

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

- Bingo every Sunday at 1pm. Doors open at 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.

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

- Wed/Thurs Tai Jitsu accepting new students ages 7-12 yrs
- 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

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 Cap't. 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.rotaryclubhalifaxnw.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.

Urban Farm Events:

- Monthly meeting will be held July 8th at 7pm. At the Capt. William Spry Centre. All welcome

Young at Heart 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:

- July 14th 7pm Gospel Concert

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

- 902 477-1783, website emmanuelanglicanchurch.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
- Food Bank, ongoing. Please call before Thursday, 902-477-1954
- Hall for rent, Call, 902-477-1783.

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 (3811 Old Sambro Road) Events:

- 902-868-2791 church office office.sambrojollimorepc@gmail.com
- Sunday School every week at 11:15am
- Halibut Supper (ham alternative) on Saturday, June 15 from 4 to 6pm. \$15.00 for adult and \$7 for child. Everyone Welcome!

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

- Bingo! Friday July 5th and 19th. 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.

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
- Outdoor water tap is now on 24 hours a day.

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, has new operating hours: 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 Williamswood Residents:** For those Harrietsfield residents who get water at St. Paul's, note the change in time. The outdoor tap is now on 24 hours a day.

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

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

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

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

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

• Women's Choir Seeking New Members:

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

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

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

- **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.

- **BC Silver High School** alumni will be having a **50th reunion** for the 1969 graduating class. Students from all BC Silver High School years are welcome to attend. Reunion will be on September 6th at the Sackville Legion. A Meet & Greet, Dinner and Dance are planned. Check our web site at: www.bcsilver.com for registration, updates and information on all our alumni events. Or call 902-471-0257 for more information.

- **The Halifax Antique Car Club** is holding its 56th annual Show and Shine July 21, 2019 at the Halifax Exhibition Centre, 200 Prospect Rd, Halifax. Car registration opens at 9:00 am with doors opening to the public at 10:00 am. Admission is \$5.00 per person, accompanied children under 12 free. Hundreds of antique and classic cars will be on display along with draws, bake table, and an auction. Proceeds go to our charity of choice Building Futures Employment Society.

- **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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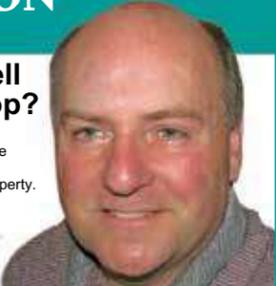
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