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Chebucto News

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January 2019

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What a generous community we have

by Carolyn Mont

As the New Year begins, we at St. Paul's United look back at December and the Christmas season at FRI. Some of you will know that FRI's full name is St. Paul's Family Resources Institute and that it is the community ministry of St. Paul's United Church. Phew! Now that I have that long name out of the way, I can tell you what is special about FRI and Christmas.

We have a Food Bank at FRI, overseen by Food Bank Coordinator Rena Eldersaw, and Kristen Hollery, the Community Ministry Director, along with a number of very dedicated volunteers. At Christmas, FRI prepares Christmas hampers for 200 individuals and families. We also have a "toy store" where parents are given the opportunity to choose age appropriate toys for their children.

Members of the congregation support FRI with food and monetary donations. As well, the children in Sunday School, for several weeks, brought food donations with them when they came to church. However, we also get a tremendous amount of support from other churches in the community, individuals, businesses, and non-profits.

It's always risky giving thanks to a great many people as it is possible to leave some out. I couldn't possibly name all of the individuals who helped out with organizing the food bank itself, sorting food into the correct categories, packing boxes, helping with folk who came for food and providing drives to those who needed them. Thanks to all of you!

The United Way Day of Caring worked with people from the Depart-



Thank you to Sobeys for donating over \$1900 to St. Paul's Family Resources Institute's Christmas Hamper program

ment of Fisheries and Oceans and ACOA to provide a team of volunteers. They helped to sort out the rooms, set up tables and prepare bags for the next group to fill. Preparing bags means doubling Sobeys bags, which is important as each family was given a turkey and the bags had to be doubled to support the weight. That seems like a simple task, but is very time consuming and tedious. It was a greatly appreciated task by the next group, who had to stuff the bags. As

this group came before the packing of food, they may not have seen the value of their efforts.

The 1st Shoreview Guides and 4th Shoreview Sparks put together treat bags to go in each food hamper. These would be things we received as donations, like candy, toiletries, and notions that are not categorized as food but are welcomed by the recipients. These young people also made donations of food and toys. The Halifax Hurricanes Ringette U14B

Team made a large donation of toys. High school students who belong to Pathways to Education made valuable donations of their time to help with the organization as well. It is so very encouraging to see all these young people who are happy to give time or money to help those less fortunate.

Another group that helped us with setting up for our big day was called Maritime Resident Doctors. They are not doctors, but people who work for doctors. We are very thankful that they chose us as a charity to help.

I mentioned earlier that we have a "toy store" set up in the hall where people come to get their food. We are very fortunate that we have space and lots of toys for them to choose from. Certainly the volunteers would not know what each individual would want. This year, our "toy store" was especially good since Canadian Tire in Spryfield delivered a wonderful donation of \$2000 worth of modern, up to date toys, to add to the selection.

(See Generous on page 2)

Setting your goals for 2019

by Lorrie Boylen

The new year is typically a time of making resolutions or setting goals for the coming year, with varying degrees of success. How many of your new year's resolutions have you broken so far?

Although the start of the new year (See Goals on page 2)

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Goals

(continued from page 1)

is traditionally a time to think about what you want to achieve and change in your life, it may be more effective to revisit your goals periodically throughout the year.

Time is often the most challenging aspect of implementing changes, but time can often be reclaimed by deciding to stop doing things that no longer serve you. For instance, try an experiment where you go without TV and/or social media for a week. It's amazing how much time and brain space this will free up, and you may even decide to make the change more permanent. At the very least you will recognize where you are leaking time, and you can take steps to limit your time spent on these time sucking activities.

If one of your goals for 2019 is to read more books, try going to bed an hour earlier to get some reading in. If you're reading an actual paper book, as opposed to an ebook, this could give you the added gift of a better night's sleep. According to the National Sleep Foundation, the artificial blue light emitted by electronic devices like TVs, phones, tablets and video games can interfere with your body's internal clock, suppress your sleep inducing hormone melatonin, and delay REM sleep. Without restorative sleep you can wake up exhausted and cranky with poor memory and inability to focus.

If you struggle with overwhelming debt, even small steps can render significant results. Try eliminating unnecessary extras when shopping, maximizing reward programs like

Airmiles and PC points, selling off unwanted items, working overtime or taking on a part time job. Any extra funds garnered from these actions can go towards paying off your debt. Paying off the smallest debt can give you a big win and gain momentum to keep going. A quick search on the internet for "snowball debt calculator" will produce lots of great tools to help you get there.

Perhaps your goal is to be more charitable this year, either with your time or finances. Many organizations offer the opportunity to make smaller, regular monthly contributions which won't be so hard on your pocketbook. There are also many opportunities

to devote your time such as delivering meals to shut ins, helping out at a food bank, serving meals to the homeless, sewing quilts for cancer patients, collecting or sorting clothing and used items at a non-profit charity shop or knitting hats for preemies at the hospital.

What changes do you want to make happen for yourself this year? Remember, if you keep doing the same things you've been doing, you'll get the same results you've always had.

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

Generous

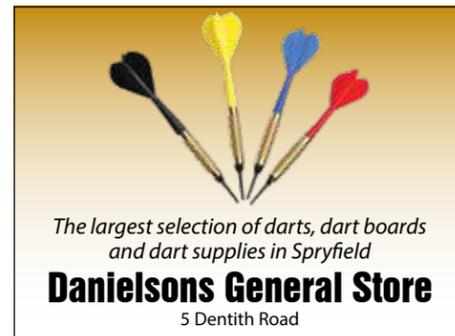
(continued from page 1)

We get food from Feed Nova Scotia and from donations. Sobeys in Spryfield donated \$1,900 worth of food to us. That meant that anything we might run short of could be supplemented by the Sobeys' order. We organized hampers for single people, couples and families. Each of those baskets had the same amount of food as others in their category and the same selection. Because of Sobeys, we were very pleased with the variety and quality of the food. Also, we were able to supplement where shortages occurred.

The turkeys were delivered to the church on Tuesday and "give out day" was Wed. Dec. 19. We certainly don't have room to store that many turkeys in our fridges and were extremely grateful for P A Yeoman Marine Services in Harrietsfield for taking care

of them for us. Food safety is always crucial and we do not have a space in which we can safely store 200 turkeys/chickens. Marine Services have large refrigerated storage areas they allowed us to use.

We are thrilled at how many made the choice to help FRI fulfill its goal at this very special time. So many people in our community have been helped by your donations of time, money, gifts, and food. Our thanks go out to you; we truly could not do it without you.



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J.L. Ilsley Coffee House a triumph



JL Carollers sing out!



Kyle Hardy, Ben Thompson and Kal



Spenny Lee and the Ball Pit Quartet

by Jake Wilke

A tradition running for more than twenty years at J.L. Ilsley High School, the seasonal Coffee House is a time when students and the community come together to support art students at the school. Visitors were welcomed with singing trumpets, strumming guitars, and powerful voices.

This event has been run for six years by Students' Council as well as J.L.'s own music teacher, Vanessa Mignault, with the purpose of bringing students together to perform in a relaxed, intimate, and supportive environment. "This atmosphere really brings the pressure down," said Ben Thompson, a performer in the show. Thompson also commented on the initiative the performance gives stu-

dents to practice and work with their classmates

Jess Dufour and Melissa Walker, students in the audience, shared their thoughts on what the coffee house does to improve students' confidence and the community at large. "It's a great experience that is supportive and inspiring all J.L. students," Jess explained.

"Warm drinks in a cold time," Melissa added. "It makes you feel the community, and there's no greater feeling than J.L.'s Coffee Houses."

So why should the community get involved? The one-of-a-kind J.L. spirit brings warmth to everyone, between the sweets, drinks, and music. Nothing is more inspiring to these musicians than seeing the community come out to support them.

(Jake Wilke is the founding member of the JL Writing Club)



THINK BEFORE YOU PARK

When and where you park during the winter can have a big impact on clearing.

The municipality is stepping up winter parking enforcement in areas around hospitals and schools, bus routes and problem streets for emergency vehicles and clearing equipment. Plan ahead. Walk, carpool, take the bus or make arrangements for off-street parking when the overnight parking ban is in effect or there is bad weather in the forecast.

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halifax.ca/snow

HALIFAX

See more carollers on page 11

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DISCOVERING OUR PAST

Hosterman's Mills served the world from the Head of the Northwest Arm

by Iris V. Shea

In 1752 Rev. Aaron Cleveland, Giles Harris and Joseph Chadwick, as joint owners, received a grant of 300 acres of land at the head of the Northwest Arm. The land, situated between present day Melville Cove and the Armdale Round-about, extended from the shores of the Arm to beyond the western shoreline of Chocolate Lake. The most important feature of this grant was the stream that flowed downhill from Chocolate Lake to the Arm which provided enough force to operate a series of mills on that stream for 150 years.

Cleveland, Harris and Chadwick immediately began to develop a sawmill one-third of the way up the stream from the Arm. They soon ran into financial difficulties and by 1755 the land and sawmill were auctioned off to the highest bidder. Rev. Cleveland was a Congregational clergyman from New England. He returned to the United States where, generations later, one of his descendants, Grover Cleveland, would twice become President.

Three new names then entered the picture: John Fillis, a Boston merchant who had recently settled in Halifax, his brother James Fillis, and John Scutt, a Halifax merchant, none of whom had any interest in operating the sawmill. John Fillis, Esquire, became an active participant in this province's business and political circles; James Fillis soon left Halifax to take up residence as a farmer in Horton, Nova Scotia, and John Scutt died within a few years of acquiring the property. His share went to his widow, Susanna, and her new husband, Thomas Bridge. Bridge held a seat in the House of Assembly and served as a magistrate, a Justice of the Peace, a coroner, and a clerk of licenses. In 1771, he received a grant of 200 acres on the western side of the Arm which later became Boulderwood, Jollimore and part of Fleming Park. A chocolate mill replaced the saw mill at the head of the Arm, and in 1788 a grist mill "where formerly stood the old Chocolate Mill" was built by John Hosterman, a young entrepreneur.

Hosterman, with his parents and siblings, were part of a group of foreign Protestants from Germany who settled in Lunenburg, N.S. in 1753.



Hosterman Tenement House, 1936. Torn down in the 1950s, it was located just above the stream on the Herring Cove Road. Courtesy Mainland South Heritage Society.

The name was originally spelled Österman. As a baker and spruce beer maker, Hosterman resided in Halifax in 1770 when he married Anna Felicia Weinman of Lunenburg. He purchased the one-third share of land at the head of the Northwest Arm in 1780 from Thomas and Susanna Bridge and, with permission from John and James Fillis, established the first grist mill on the stream and, at times, leased its operation to others.

The Hosterman name remained associated with this property for two more generations following John's death in 1818. Thomas, John's only surviving son, bought out the shares of his nine sisters. As for John and James Fillis, no deed was found to determine when they relinquished their shares, but it was apparent that the Hostermans controlled the entire 300 acres. Thomas Hosterman had been a business partner with Benjamin Etter in a jewellery and silversmith company and married Etter's daughter, Eliza. Today, the Hosterman-Etter coin of 1815 is a valuable collector's item.

In 1823 Thomas Hosterman, in partnership with William A. Black, erected a more sophisticated grist mill at the head of the Northwest Arm, the largest of its kind in the province, to manufacture flour and shelled barley. Machinery was brought in from Great Britain to produce flour which would compete with that imported from the

United States. Among their purchases were a drying kiln, an oatmeal mill and a pair of stones for manufacturing "superfine" flour. Black was another well-established merchant in Halifax. His father, William Black, was the Methodist minister whose visits to Sambro in the early 19th century encouraged the congregation to build a Methodist church in that community in 1821.

During the 1830s, ships transported grains from as far away as the Baltic and Black Seas, sailing up the North West Arm to the grist mill, their cargo to be ground into flour. Following Thomas Hosterman's death in 1863, his sons, John Edward and Charles Owen, inherited, in addition to several properties in Halifax, the real estate at the Northwest Arm including the "Mill Property, Nail Factory, Foundry and Forge, and all machinery".

Until Thomas Hosterman's sons took over, none of the previous owners of the mill property chose to live at the head of the Arm. Thomas Hosterman's summer cottage "Armview" overlooked the Arm but the family lived on Argyle Street in Halifax. Before his death, Thomas Hosterman built a large tenement house overlooking the mill stream on the Arm hill. His son, John, occupied this house as did the men employed at the Hosterman nail factory and iron foundry. Charles Owen Hosterman built a large

house on what was later known as Edmonds' Grounds. Charles and John continued to operate the heavily mortgaged Melville Iron Foundry and nail factory. The untimely death, however, of Charles in 1870 at the age of 35 years made it difficult for John to pay off creditors. Charles left behind four sons and one daughter, all under 10 years of age, and his wife, Charlotte. Creditors foreclosed on the loans and sold off the business assets outside of the Hosterman family. The next generation of Hostermans relocated to Halifax and to the eastern United States.

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Letters to the Editor

To The Editor:

The winner of the Forever Young Seniors Club Christmas Lottery Ticket Tree 2018 was Robert Marryatt. The Forever Young Seniors Club wishes to thank the community of Halifax mainland south and beyond for your support.

We also wish to thank Mike Macintye, manager of Spryfield No Frills, for allowing our club to sell tickets at his store.

Dennis Findlay, President
Forever Young Seniors Club

To the Editor:

Loretta Moran is the winner of St. Michael's CWL Christmas Basket 2018. Congratulations! Ticket draw was on December 1, 2018. Thank you everyone for your support.

Maureen A Wile
CWL Communications

Send your letters or comments to:
chebuctoeditor@gmail.com

Meaningful community discussion to continue

Spryfield Community Association recently hosted a consultation about Spryfield's new high school. The room was packed with community members and elected representatives. We now have a surplus of challenging, thoughtful, and innovative ideas, which we are organizing for our report to the Minister of Education. While someone's got to file the paperwork, it's not a chore: the result is a fascinating catalogue of what-ifs. To all those who wrote and came to the consultation with your views and ideas, thank you!

To round out Spryfield's look at the school-building process, we've gathered a panel of professionals who are eager to discuss some of the finer details of this complex project. We're going ask them some questions in an interactive panel discussion that will let folks in Spryfield take a deeper dive into the stuff that happens in and around the building itself. The real bricks and mortar that build an education include family support systems,

safe transportation, poverty reduction, mental health, and transition to adulthood. In short, what can the school do for the community, and what can the community do for the school.

Join us with your questions, comments, and an open heart on Thursday, January 24th, 6:30 to 8:30 pm at the Capt. Spry Centre. As a community we've still got a lot to discuss. Check myspryfield.org for more info.

*Wishing everyone
a safe, happy and
prosperous 2019*

*from all of us at
Chebucto News*

JANUARY Church Services Directory

St. Paul's United Church

173 Old Sambro Rd.

Regular Sunday Schedule:

9:50 Prayer Circle meets

10:30 Coffee and Fellowship Time

11:00 Sunday Worship and Sunday School

Wednesday, January 23, (always the 4th Wednesday) Messy Church.

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Ed. note: send in your service details by January 18 for inclusion in our February issue.



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PEI Works peas, corn, fried onion, hamburger, gravy	7"	6.99	9"	8.99
Add Cheese Curds				2.00
Newfie Fries dressing, gravy	7"	5.99	9"	7.99
Add Cheese Curds				2.00
Add Turkey				2.00
Chilli Cheese Fries chilli & nacho cheese	7"	6.99	9"	8.99
Bacon Cheeseburger Fries bacon, burger & nacho cheese	7"	6.99	9"	8.99
Sweet Potato Fries served with curry dipping sauce	7"	5.99	9"	7.99

OTHER FAVOURITES

2 Danair Egg Rolls & Fries	7.99
1 lb Bothers Pepperoni	9.99
Danair Egg Rolls with dipping sauce	3pc 5.99 6pc 11.99
NEW Chilli Cheese Nachos chilli & nacho cheese	7" 5.99 9" 7.99
Old School Donair	reg 7.99 lrg 9.99

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Turkey Bacon Swiss Wrap fresh turkey, bacon, swiss cheese, lettuce, tomato and mayo	7.99
Crispy Chicken Breast Wrap chicken, cheddar cheese, lettuce, tomato and mayo	7.99
Haddock Tip Wrap haddock tips, cheddar cheese, lettuce, tomato and ranch sauce	7.99
NEW Smoked Ham & Cheddar Wrap sliced ham, cheddar cheese, lettuce, tomato and honey mustard	7.99
NEW Mozza Meatball Wrap mozza cheese, ranch sauce, meatballs, lettuce	7.99

Fresh Sliced Turkey	5.99
B.L.T.	6.99
Western	4.99

MAKE IT A PLATTER

Fries	2.49
Wedges	3.49
Onion Rings	3.49
House/Cesar Salad	3.99

SOUPS & SALADS

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Chicken Caesar Salad	7"	7.99	9"	9.99
Greek Salad	7"	5.99	9"	7.99
House Salad	7"	4.99	9"	6.99

French Daily Soup	10oz	3.99	14oz	5.99
NEW Chilli	10oz	4.99	14oz	6.99
Seafood Chowder	10oz	5.99	14oz	7.99

SPRY' STYLE

GRILLED CHEESE

Grilled Donair Sandwich mozza grilled cheese, stuffed with grilled donair meat and donair sauce for dipping	7.99
Grilled Crispy Chicken Bacon fresh turkey, bacon, swiss cheese, 2 slices of bacon and ranch sauce for dipping	8.99
Grilled Triple Cheese Triple Bacon swiss, mozza, cheddar, 6 slices of bacon and ketchup for dipping	8.99
Grilled Meatloaf Sandwich swiss, mozza, cheddar, 2 1/2 slices of bacon and brown sugar sauce for dipping	8.99
NEW Grilled Fried Egg & Bacon Sandwich egg, 2 slices of bacon and ketchup for dipping	8.99

Classic Cheddar Grilled Cheese	4.99
Classic Swiss Grilled Cheese	4.99
Classic Mozza Grilled Cheese	4.99
NEW 3 Cheese Grilled Cheese swiss, cheddar & mozza	6.99

MAKE IT A PLATTER

Fries	2.49
Wedges	3.49
Onion Rings	3.49
House/Cesar Salad	3.99

SIDES

Fries	sm	3.49	lrg	4.99
Wedges	sm	3.99	lrg	5.99
Onion Rings	sm	3.99	lrg	5.99
Mashed Potatoes	sm	3.49	lrg	4.99
Coleslaw			3.5oz	1.00
Gravy			3.5oz	1.00
Any Sauce			3.5oz	1.50
Tartar Sauce			3.5oz	1.50



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W&R Eggs Benny Breakfast 2 1/2 Homestyle english muffins, 2 eggs poached or fried, your choice of meat and potato	13.95
*Add any cheese for 99¢	8.99
Kiddo's Breakfast 1 egg, 1 toast, 1 meat & hashbrown	4.99

BENNY BREAKFASTINE Add a fried egg to your Benny for 99¢	8.99
W&I Homefries, topped with chopped sausage, chopped bacon, cheese curds & hollandaise sauce	

ENGLISH MUFFINS, SANDWICHES, OMELETTES & MORE

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Egg N Meat	4.99
Bad Boy Egg, Bacon, Ham, Sausage round, bologna	5.99
Add cheese for 49¢	
Western Sandwich	4.99
Grilled Cheese	4.99
The Works Omelette Onions, green pepper, mushroom, bacon, ham, sausage, bologna, cheddar cheese & your choice of potato	9.99
The Veggie Omelette Onions, green pepper, mushroom, cheddar cheese & your choice of potato	8.99
The Egg-n-Double Omelette 3 eggs, loads of cheddar cheese and loads of mozza with your choice of potato	8.99
Pancakes Add 99¢ for chocolate chips	3pc 5.99 5pc 7.99
French Toast with syrup & butter	2pc 4.99 4pc 7.99
W&R Homefries	2.99
W&R Spicy Homefries	2.99
Two Hashbrown Patties	1.99
W&R Specialty Potato grilled, mashed & onion	2.99
3 Bacon Slices	1.89
3 Half Bologna Slices	1.89
3 Half Ham Slices	1.89
3 Sausage Links	1.89
2 Eggs Any Style	2.49
2 Pieces of Toast	1.49
3oz Hollandaise Sauce	1.99

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LOCAL OBITUARIES

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

Wayne Vienneau

58, Williamswood, passed away on November 17, 2018. Wayne worked for Canada Post for many years and had a love for music, fishing and anything to do with the outdoors. He is survived by his mother, Cecilia Shields (Arseneau); father, Gilbert Vienneau; stepmother, Hazel Vienneau (Merrigan); daughter, Melissa Laidlaw; brother, Bruce (Dawn) Vienneau, Marc (Susan) Vienneau; stepbrother, Brent (Lynn) Roeding; two grandchildren and many nieces and nephews. He was predeceased by his brother, Larry; stepfather, Ron Shields. Special thank you to Dr. Volker Eichorn and the nursing staff of 5.2 Halifax Infirmary

Ryan Michael "Neils" Nehiley

25, Halifax, passed away suddenly on Friday, November 23, 2018. Born in Halifax, he is a son of Robert "Bob" Nehiley and Sheila Brown. Ryan was a graduate of J.L. Ilesley High School and was known for playing competitive hockey. He was a guy who loved style and always looked perfectly manicured. He was a friend to many and always enjoyed socializing. Over and above all, Ryan was a loving father. He treasured his children Chase and Maci. Ryan is survived by his parents, Bob and Sheila, his beloved

children, Chase and Maci, and their mother and his best friend, Darrah Pelham, his brother, Shawn and his two children, Haiden and Carter, as well as numerous aunts, uncles, and cousins. "Neils" will be sadly missed and fondly remembered by his many, many friends. He was predeceased by his grandparents. In lieu of flowers, a donation in remembrance of Ryan may be sent to the Go Fund Me account "Ryan's Family, organized by Anjilique Nicholson".

Robert Ernest Morehouse (CPO, CD, CCM, ret'd)

91, Armdale, passed away on Thursday, November 23, 2018. Born in Sandy Cove, Digby County on July 6th, 1927, he was the son of the late Emden and Addie Morehouse. Robert served 25 years as a member in the Canadian Armed Forces serving on a number of ships and establishments including HMCS Naden, Stadacona, Cornwallis, Albro Lake Radio Station, Portage, Iroquois, Skeena, Nippigon, Huron, and Bonaventure. He was a life member of WO'S and SGTS Mess, CFB Halifax. Robert is survived by his wife, Doris (Harber); daughters, Margaret and Joanne (Keith Power); son, Michael; grand and great-grand children, Dennis, Jesse, Lucas, Finnley, Julia, Hannah, Riley, Kyle and Dahlia. He was predeceased by son, David.

Gladys Marie Langille

84, Spryfield, passed away peacefully surrounded by her family in the Halifax Infirmary, QEII. Born in Martins Point she was a daughter of the late William and Idella Hirtle. Gladys spent most of her adult life living in Halifax, with the exception of several years in Bridgewater. Mom was a resident of Melville Heights where she enjoyed wonderful relationships with Staff and residents. She will lovingly be remembered by her daughter, Heather (Kevin) LeBlanc; grandchildren, Chad (Stacey) and Krista Langille, Jacob (Maggie) and Benjamin LeBlanc; great grandchildren, Dante and Lyric Paris; sisters, Shirley Wentzell, Emily Hirtle; brothers, William (Ruth) and Kenneth Hirtle. She was predeceased by her husband of 45 years, Donald Langille; son and daughter in-law, David and Ann (Calahan) Langille; sister, Betty Land.

Eileen Marilyn Forgeron-Costello

72, Spryfield, passed away peacefully surrounded by loved ones on Wednesday, December 5th, 2018. Born May 20, 1946 in Halifax, she was the daughter of the late Nellie Blanchard. Marilyn was loved by all the people whose hearts she touched and showed compassion to. She lived a life of standing up and speaking for the people who did not have a voice. Pouring her unending love and offering her endless wisdom to all her dear friends and family, who could always count on her shoulder of strength and

an ear of understanding. Marilyn will be missed by so many but will be deeply missed by her husband, Kirk Costello and children, Bernadette (Andrew) and Wayne; many cousins locally and back in Newfoundland. Nanny's memory will be treasured by her grand children, Jacob, Allison, Meghan and Mason (Mother Anna Jean). Sadly, she leaves behind her extended family of children who she cherished like her own; niece, Shelia who tirelessly sat by her side in the hospital; nephews, Patrick and Joseph; great nephew, Kyle and great niece, Stephanie. The family would like to thank all of the doctors and nurses on 8.2 at the QEII Halifax Infirmary for the compassion given to Marilyn while in their care.

Sharon Margaret Reid

72, formerly of Herring Cove, passed

away on Monday, December 10, 2018 in Northwood, surrounded by her family. Born in Halifax, she was a daughter of the late Gordon and Margaret Poulsen (Doubleday). She worked for many years at the Chronicle Herald before taking ill. She fought a long difficult battle with MS for 30 plus years. She is survived by her daughter, Krista (Kori), Spryfield; son, James, Herring Cove; granddaughters, Lola-Wan and Kwynn Jaymes; sisters, Carol Anne (Ray) Sabine and Valerie Poulsen and "sister friend" Dale (Skip) Walker; along with many aunts, uncles, nieces and nephews. The family would like to thank the staff of 1 centre Northwood Halifax campus for their continued care and support during her time with them.. In lieu of flowers, donations in Sharon's memory can be made to the MS Society.

The future is calling: is it time to get your GED?

The Halifax Community Learning Network (HCLN) provides free Adult Learning Programs, including GED classes, at the Spryfield branch of the Halifax Public Libraries, the Captain William Spry Community Centre, and at our newest location, Rockingstone School.

Over the years, HCLN has helped hundreds of adults improve their literacy levels and reach their goals, great or small. Some wish to improve their basic reading and writing skills, others hope to pass the GED so they can get a better job or move on to further education.

For Malone, passing the GED was something she decided to do after retiring from a very full career. The time was finally right for me to get

my high school diploma at age 65. Learning is about finding your voice and HCLN helped me to do that. Kyle joined the class for other reasons. Having left school in Junior High, he knew the GED was the best way for him to look towards new opportunities such as NSCC or university.

Both graduated with their GED through HCLN and we are here if you decide you are ready to learn. Classes are small, tutoring is one-to one and we will do our best to support you on your learning journey.

Check us out online at www.hcln.ca @<https://www.facebook.com/halifaxhcln/> or @<https://twitter.com/HalifaxHCLN> or call us at 902-422-7648.

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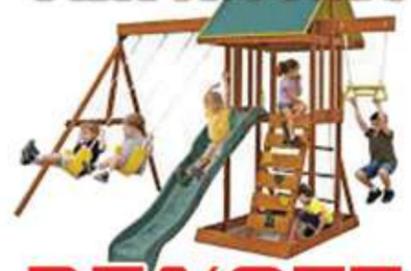
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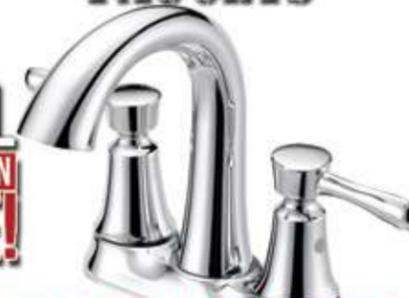
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Reg Horner Memorial **Chebucto News** Sports Page

Atlantic Karete Club celebrating 50th anniversary!



Atlantic Karate Club Chief Instructor Glenn Euloth demonstrates the finer points of an elbow strike to the chest with student David Hogenbirk

Atlantic Canada’s oldest martial arts dojo is celebrating a rare milestone in the business. The Atlantic Karate Club, established in 1969, marks its 50th anniversary of service to the Halifax community this year.

“It’s quite an honour and achievement for the AKC. We’re proud of the fact that we’ve played such a positive role in the lives of so many youth and adults over the years. Our goal isn’t just to teach karate but to enhance the lives of our students by the many benefits of traditional, authentic karate training,” states Chief Instructor Glenn Euloth. “With karate, you truly do enhance your life.”

The AKC has classes for youth and adults in the style of karate called Chito-ryu, which was developed by the renowned Okinawan karate master Dr. Tsuyoshi Chitose. He noticed many of the techniques in karate were

detrimental to the bodies and joints of its practitioners, so he took the most effective parts of karate and applied his medical knowledge of human physiology. Chito-ryu, an “ergonomic style”, was then created to maintain a healthy body and to be more effective in self-defense.

“We teach a traditional karate curriculum and aim to make our classes a fun learning environment,” says Euloth. “Our youngest members start at five and members of our adult classes come from all walks of life. And this year we are introducing a family karate membership to give parents the opportunity to train alongside their children.”

The AKC, located on the top floor of the Chocolate Lake Centre, is now accepting new members for 2019 with complimentary trial classes.

More Coffee House carolling...



Kali Cameron and Nina Jollymore-Ward



Luke Stevens and Ben Thompson



Spencer Scott and Leif Dunbar

We have to spend our tax dollars wisely!

by Stephen Adams, HRM Councillor, District 11

In December, there were 2 general issues that came before Council, which generated extensive discussion and debate. The topics at hand were requests from The Hospice Society of Greater Halifax and the YMCA. These groups requested \$1,000,000 and \$1,500,00 from Council, respectively. Both groups had made presentations to our Audit and Finance Committee earlier this year. As a result of their presentations, a staff report was brought forward on each request. I was opposed to both requests.

Although the Hospice Society requested \$1,000,000, our staff recommendation was not to provide any funding. The rationale was that health care does not fall within our mandate. There were attempts by some to justify this expenditure, but I simply could not support it. To be clear, I agree that having a Hospice to allow patients with terminal cancer to die with dignity is very worthy. We have all been touched by someone who has passed away with cancer, or is battling this ugly disease. However, it is not something we should be funding.

There were extensive discussions at the Audit and Finance Committee level, with a recommendation to Council for a one-time contribution of \$250,000. Council had then requested

a total of \$500,000 over a two-year period. This was subsequently amended to a one-time grant of \$500,000. When this came to council for a final decision, the financial statements from the Hospice demonstrated that they had sufficient funding; however, Council provided the contribution.

The second request came from the YMCA of Greater Halifax. As with the Hospice request, this initially came to our Audit and Finance Committee. As noted above, the request was for \$1,500,000. When the staff report came back, the recommendation was for a contribution of \$1,000,000 to be considered in the upcoming budget deliberations. For the reasons noted below, I opposed this request.

The YMCA offers a multitude of programming, which benefits residents throughout our many communities. However, this request was for their gymnasium and pool on the corner of South Park Street and Sackville Street. This facility is part of a larger complex, which is a condominium.

In 2012, Council supported an increase in the height of the building, which was to be used to help fund the Y's project. According to those who presented, no additional funding would be necessary from HRM,

should this be approved. This concession increased the height just over two-fold, which should have been a significant boost to all involved. This should have been the end of the discussions for any additional request for resources. However, that is not the case.

Even if the additional height was not granted, I would have still been opposed. We, as a municipality, provide recreation to our citizens. We have pools, gyms, sport fields and a great deal of programming. This money could be better used to support our own facilities. When this request comes to us for additional discussion, I will not support it.

As you may have read, or heard on local radio stations, there are a number of scenarios being considered with respect to a tax increase. Until we can fully examine the budget documents, any initial comment on tax increases is premature. However, I will leave you with this: The \$1,500,000 amount discussed above is unbudgeted. This means that it would have to come from our reserves, or savings so to speak. And, put another way, an unbudgeted amount of \$1,500,000 is equal to a 0.3% tax increase.

As I mentioned in last month's column, 4 of our Council meetings in November and December were held at the Marriott Harbourfront Hotel. There had been some other speculation as to why they were held at the Marriott. Given that Council chambers were in need of technological upgrades, we needed an alternate venue for our meetings. In the New Year, we will be back at City Hall.

On November 27, a public hearing was held to consider changes to our Land Use By-Law and Municipal Planning Strategy for the property at 383 Herring Cove Road. This was the site of the former Shell gas station across from Central Spryfield School. The vote by Council was 16-0 in favour of the proposed changes.

This site will now be the location of a 7 storey building, with 6 floors of

residential units (with 60 total units) and the ground level floor accommodating 7380 square feet of commercial space. There will be underground parking, as well. Perhaps the most significant aspect of this development is that the site will be remediated, further protecting the McIntosh Run.

On December 10, I met with Pete Rose of Ketch Harbour and George Fancy of Herring Cove to discuss the possibility of having generators installed in both the Ketch Harbour and Herring Cove Community Centres. Given the increasing frequency of power outages, it would make sense to have these buildings become comfort centres for residents who have lost power. This would allow for hot water, a hot meal, and shelter from the cold. We will be assessing the Harrietsfield-Williamswood Community Centre in early January. I appreciate that Erica Fleck, Division Chief with Halifax Fire, met with us to offer her suggestions and expertise.

We have started to paperwork for grants and expect these to be installed within a month or so.

Winter is here!

As winter is upon us, snow storms are inevitable. If you have concerns with respect to snow and ice control, please contact 3-1-1. Our customer service representatives will take your information, and ensure appropriate staff are contacted. For additional follow-up, you can provide me with the reference number, and I will do my best to assist.

—Councillor Stephen Adams

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The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

Happy New Year to all! I hope you had a lovely holiday season, and that you are looking forward to everything that 2019 will bring.

Last month, I was proud to join the announcement of a transformative new cultural centre in downtown Halifax. Through collaboration between the Government of Canada, Invest Nova Scotia, HRM, the province, and private partners, a new culture hub, dubbed the Link Arts Centre, will be established in the former World Trade and Convention Centre. The centre will be a state-of-the-art performing arts hub for theatre, dance, film, television and music with additional space and programming for cultural entrepreneurs. Invest Nova Scotia's funding will help establish the new centre and support business incubation for cultural entrepreneurs, including ten new office spaces, hot desks, workshops and business advisory services. This is an exciting project for artists, performers, and audiences across Nova Scotia and the Maritimes, as it gives Halifax the capacity to welcome larger concerts and performances, while driving economic growth in the culture sector.

I also recently had the honour of attending the Nova Scotia Human Rights Awards on the 70th Anniversary of the Universal Declaration on Human Rights. Each year, the Nova Scotia Human Rights Commission recognizes Nova Scotians nominated by their peers for work in the field of human rights, social justice, and advocacy. I was proud to present one of this year's Individual Awards, and I want to congratulate all the recipients and thank them for their passionate work.

December was also a big month for health care news, as the province and the IWK Health Centre announced plans to double the size of the emergency department and replace an aging MRI scanner. The expansion will help address the increase in patients being seen at the emergency department and accommodate more complex

cases. Construction on the expansion is expected to begin during summer 2020, while the new MRI equipment is expected to be in place by spring of next year. As the IWK Health Centre is the Maritime region's leading health care and research centre dedicated to the well-being of women, children, youth, and families, these investments are particularly important for our growing city and communities.

The province has also initiated its search for the team that will design, construct, finance, and maintain the new construction of the QEII New Generation project, Nova Scotia's largest health project to date. Two requests for supplier qualifications for the public-private-partnership (P3) design, build, finance and maintain have been issued, including one request for the Community Outpatient Centre in Bayers Lake and another for the Halifax Infirmary site. This includes the construction of the new QEII Cancer Centre, outpatient centre, inpatient centre, including hospital beds and operating rooms, and the new innovation and learning centre. This major project is moving forward as planned, and I will be sure to provide you with updates as it progresses.

With regards to access to health care, 2018 saw a number of advances. As of December 1, about 25,025 people in the Central Zone (which includes Halifax) had found a primary care provider as tracked through the Need a Family Practice Registry and alternative routes by the Nova Scotia Health Authority. Since April, 31 specialists and 25 family doctors have started in the Central Zone, taking on new patients. Nova Scotia has also created a new Practice Ready Assessment Program to assess internationally trained family doctors to work here, with the first group of candidates expected to begin assessments this year. The province also continues to add new hires to collaborative family practice teams, including nurse practitioners, family practice nurses, and social workers.

Finally, the province recently unveiled its five-year road plan. The plan will make Nova Scotia's roads, highways, and bridges safer through a \$300 million investment in capital spending for 2019-20. Major construction on new highways and bridges accounts for the \$15 million overall increase with much of the additional funding focused on twinning portions of Highway 101, 103, 104 and 107. With more than 23,000 kilometres of roads and highways and 4,100 bridges in the province, this plan is an important step in connecting our communi-

ties and creating jobs.

Remember that there is still time to apply to the province's Heating Assistance Rebate Program if you require assistance paying for your home heating this winter. To check your eligibility, visit novascotia.ca/heatinghelp. If you need help completing your application, you can contact my office at (902) 455-1610 or info@lenadiab.ca.

To keep up-to-date with news, events, and more, like my page on Facebook (@LenaDiabNS). Thank you for your continued support and all the best in 2019.

Our community has a hero!

by Brendan Maguire, MLA for Halifax Atlantic

Health Care update:

This past month was a big month for health care. Lots of positive announcements were made that will have a positive impact on all Nova Scotians.

It was announced that government will invest in doubling the size of the IWK emergency department and the purchasing of a new MRI machine. This investment will create a more efficient and modern emergency room and will allow staff at the IWK to deal with more patients in a timely manner.

A plan for a new entrance was unveiled this past month for Dartmouth General. When completed, the new entrance will separate emergency vehicles, drop-offs and parking into a logical and straightforward sequence. This will help eliminate confusion and crossover at the hospital. This is all part of a \$140 million expansion of Dartmouth General. When completed, the plan will create an additional 48 beds on the fifth floor, eight new operating rooms to replace the current four as well as pharmacy and outpatient clinic spaces. It will also allow for expanded diagnostics.

This past month it was announced that 18 new doctors from abroad have committed to moving to, and practicing in, Nova Scotia. It is great to see more progress being made on the family doctor issue.

Our Government has put out a call for tenders for the 2 billion dollar redevelopment of the QEII. I will keep you updated as more information becomes available.

Caregiver Program

A new program will help children separated from their parents stay with family until they can be reunited. Alternative Family Care aims to keep children out of provincial care by offering financial help to extended family, such as grandparents, who are caring for the children.

The program will give caregivers a start-up amount of \$500 for the first child and \$250 for each additional child, up to \$1,000 in the first month. They will then receive \$250 per month, per child, to help cover expenses like food, clothing and other costs.

Money from the program is not taxable and does not affect the Guaranteed Income Supplement or other social programs. Alternative Family Care is available through families'

protection workers. About 400 children are expected to benefit from the program each year.

Community

Huge congratulations to Herring Cove's own Shane Bowers on making the World Junior Hockey Team. We are all so proud of you bud.

Our community has a hero! This past month West Pennant resident Kevin Tough was awarded the prestigious Medal of Bravery award. Kevin risked his own life and rushed into a burning building to save a life. If you see Kevin, shake his hand and thank him for being a Nova Scotian hero.

Thank you to all the volunteers and staff of the Boys and Girls Club for helping us with our 5th annual Holiday dinner. Because of your dedication we were able to give almost 100 people a healthy holiday dinner.

Thank you to Lori Hennessey and David Dodge for partnering with me to open up the Lions Rink for a free community skate this past month. Even though I was clearly the worst skater, I, along with many others, had a blast that day.

It is with a sad heart that I write the next paragraph. This past month Nova Scotia lost a true role model. Patti Melanson lost her battle with cancer and passed away. Patti spent her lifetime fighting for those who did not have a voice. She will be remembered for her kindness, her heart, and her willingness to listen to anyone. As a former JL alumni and Phoenix Youth, I will forever be in her debt. Rest in peace Patti, you were a godsend.

Lastly I want to wish all of you a fantastic 2019. My commitment to you is to continue to be one of the most accessible MLAs in Nova Scotia. I plan on knocking on 3000 doors this year to have even more one-on-one conversations. I will continue to listen to you and fight for our community.

We have some really big announcements coming up this year, ones that will positively impact all of us. So keep your eyes and ears open. We truly live in the best communities in all of Nova Scotia

I want to thank all of you for your continued support and, from my family to you and yours, may you have the best year ever.

See you out there

Proud to be your MLA

Brendan Maguire



Honourable

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**All the Best in
the New Year!**

*Joyeuse
Nouvelle Année!*



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 JANUARY

Chebucto Community Health Team (16 Dentith Rd):

- First Things First Time Management January 29th. 1:30pm to 3:30pm
- Crave. 4 week program Mondays: Jan 21st to Feb 11th. 6pm to 8pm
- How to Speak Assertively, 4 week program Tuesdays – Jan 15 – Feb 5 10 am –noon
- Positive Aging-Healthy Living, 4 week program. Mondays: January 7-28 6:00-8:00 pm
- 902-460-4560 or go to www.CommunityHealthTeams.ca for more information

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.
- Seniors Dance Jan 7th. 12:30pm to 4pm. Music by June's Tunes. \$5 per person

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 Community Centre Association (2 Indigo Walk). Call Mon. Pick up Tues. 7:30am to 12pm. Call 902-431-8087 between 9:30am and 12pm on Mondays

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. Centre (328 Herring Cove Rd)

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

- 5:20 – 6:00 – Lil Samurai (ages 5 – 7 Wednesday)
- 6:00 – 7:00 – Juniors (ages 8 – 12 Wed and Thurs)
- 7:00 – 8:00 – Adults (ages 13 & up Wed and Thurs)
- 7:00 – 8:00 – Women Only (Wed & Thurs)
- Girls Guides of Canada is also open for registration
- Sparks and Brownies every Monday night
- Pathfinders/Rangers every Tuesday night

- Girlguides.ca to register
– Volunteers needed. Contact Natasha for more information. 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.

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

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

- YMCA Older Adult Fitness Class - "Forever Strong" Monday, Wednesday, Friday 10:00-11:00 AM Annual registration fee \$10 Drop in fee/ class \$4
- All are welcome to our prayer group, Thursday, January 10 and January 24, 1:00 - 2:00 pm
- We are praying for each other, our church and the community of Spryfield. Come join us.

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:

- Soup Lunch Jan 18th at 12 noon. Cost by donation
- Sunday School every week at 11:15am

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

- Bingo! Every Friday in January. Doors open at 5:30pm. Mini game starts at 6:30pm and regular games begin at 7pm. 50/50 draw, canteen, and more!
- Playgroup every Tuesday morning at 9am.

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 or Jackie at 477-3776 to have them picked up
- For those of you who use the outside taps, please note that they are now turned off for the winter. Water jugs can now be filled inside from 9am to 3pm Tuesday through Friday

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 Registration** is now ongoing! Interested girls and aspiring leaders can go to www.girlguides.ca for more information. Or call 423-3735.

- **Harrietsfield Williamswood Residents:** For those of you who use the outside taps, please note that they are now turned off for the winter. Water jugs can now be filled inside from 9am to 3pm Tuesday through Friday

- **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.

- **Women for Music Society** meeting, Jan. 3, 1-3pm, with special guest, Susan Sayle, Principal Violist with Symphony NS. Refreshments, tea, and social. No admission-charge. New members welcome. Maritime Conservatory of Performing Arts, 6199 Chebucto Road, Halifax, B3L 1K7. www.womenformusic.com.

- A panel discussion about the new High School is being hosted by Spryfield Community Association on THURSDAY, JANUARY 24, 6:30 to 8:30 PM at the Capt. Spry Community Centre. You'll get to hear all kinds of ideas - and add your own questions and comments.

- **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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SPRYFIELD Water 'N' Wine

Great Food paired with Great Wines

Over the next few months we are going to share some recipes with you. Some will be our own favourite recipes, some will be classic recipes that we have put our own spin on, and some will be recipes from friends. Following each recipe there will be a suggested wine pairing from a Sommelier who is associated with Water 'N' Wine in Spryfield and her recommended pairings can be made from wine kits available at Water 'N' Wine Spryfield. If you have comments or suggestions please email us at waternwinespryfield@gmail.com.

Tête de Veau

This French recipe was given to us by a Dutch family who emigrated to Canada in the 1950's

INGREDIENTS:

- 4-5 lb veal shank
- 1 lb ground beef
- 1 lb ground pork
- 1 cup bread crumbs
- 1 egg
- 1/8 tsp nutmeg
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 large can tomato paste
- 3 tbsp sugar
- 2 tbsp butter

Cook the veal shank in salted water until it is well done. Drain and reserve the veal stock
 Cut the meat up into bite sized pieces and set aside.
 Combine the ground beef, ground pork, bread crumbs, the egg and the salt, pep-per and nutmeg in a large bowl and mix well and then form into small meatballs and set aside.
 In a large heavy metal pot caramelize the 3 tablespoons of sugar while stirring then add the butter.
 Stir in the can of tomato paste as well as the reserved veal stock and bring to a boil. While continuing to stir slowly, add the meatballs to the boiling liquid, being careful not to splash boiling water.
 Cover pot and let cook for 45 minutes.
 Add the cooked cubed veal and supper is ready!
 Serve with soda bread biscuits and a nice glass of Nebbiolo, an Italian red wine.

*This hearty meat soup would pair well with our **EN PRIMEUR Valaola** wines or our **Cru Select Italian Nebbiolo** and **Cru International Italy Nebbiolo** Style wine kits.*

JANUARY SPECIALS

\$10 OFF Regular price. Offer expires January 31, 2019

EN PREMIEUR Valpola:

A fruit forward nose with aromas of raisins, dark cherries, and toasted oak. Notes of sweet chocolate, prunes and firm tannins grace the palate. Fermenting your wine on GenuWine Winery Crushed Grape Skins will enhance the bouquet and contribute soft velvety tannins for a round, juicy mouthfeel.



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Cru Select and Cru International Nebbiolo

The Piedmont region of Italy is famous for several wines including Barolo and Barbaresco; both of these wines are made from the prized Nebbiolo grape. Wines made from our Nebbiolo Kits feature flavours of violet, cherry, and cocoa. Undertones of blackberry, toasted oak, dark fruit and firm acidity dominate the long finish of this great Italian classic



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