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# Chebucto News

Vol.22 • No.5  
January 2021

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# A different Santa Claus parade in 2020



Santa and Mrs. Claus were disappointed the Spryfield Santa Claus Parade had to be cancelled this year so instead they drove around the community greeting boys and girls all over!

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# Chebucto Family Centre – serving your community

by Meg McCallum, Executive Director  
We want to welcome you! Located at 3 Sylvia Avenue, The Chebucto Family Centre provides a variety of free services and supports to families and community members.

Did you know that the Chebucto Family Centre offers a FREE Lunch to Go every Wednesday at noon? That's just one of the many programs that serve our community. We also offer Breakfast to Go on a regular basis.

We supply a Community Emergency Food Cupboard and Basic Needs Shelf. This provides canned and frozen foods, dry goods, diapers, wipes, and personal hygiene items on a bi-weekly basis.

Our Parenting Programs provide in-person support to families with children of all ages.

Our online Prenatal Classes offer information and support to expectant parents. We also offer postnatal and breastfeeding support.

We are home to the Chebucto Family Centre Home Child Care Agency. They approve Early Learning Centres and help care providers offer quality, accessible and affordable child care for families in the community.

Our Playgroups for preschoolers, Infant Massage Classes, Rock and Rhyme, and Story Time are a hit with families of young children.

Our Volunteer Doula Program provides pregnancy, birth and postpartum support to families throughout HRM.

Please call 902-479-3031 or visit [www.chebuctofamilycentre.ca](http://www.chebuctofamilycentre.ca) to receive a calendar of upcoming events. We'd love to see you soon!

## Herring Cove Breakwater repairs update

Happy New Year!

I am very pleased to report that this will be my final update regarding the repair of the breakwater as the refurbishment was completed by McNally Construction on December 9, 2020.

I wish to thank Josh Campbell and his crew at McNally Construction for doing this work and to Jeff MacKenzie and his team at CBCL Engineering for the design, tender process and oversight of this project.

I also wish to thank the citizens of Herring Cove for your patience and support throughout this challenging year.

The breakwater is now open to the public once again, but please take note of the new signs to keep off the rocks that surround it.

As always, please feel free to contact me at any time.

Yours sincerely,

Captain Sean Griffiths  
Chief Executive Officer  
Atlantic Pilotage Authority  
Tel: 902-426-2553  
Email: [sgriffiths@atlanticpilotage.com](mailto:sgriffiths@atlanticpilotage.com)

## Sammy says



Happy New Year from the Sambro & Area Community Association! Here's hoping that 2021 will be a better year for all of us.

SACA will continue to navigate Covid restrictions as we decide what activities and events we can host throughout this year.

The Sambro Ketch Harbour Elementary School received a cheque from SACA for \$2,085.13, which is SACA's share of the draw held in October, once Rafflebox's fees and lottery fees were taken out.

We're so very proud that we were able to contribute these funds towards the school's greenspace plans! SKHES hopes to break ground in the spring. We can't wait to see it!

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

## Chebucto News

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**Advertising Inquiries:**

Dan Doherty 902-479-6397  
[dan@dandoherty.ca](mailto:dan@dandoherty.ca)

**Design and Layout:**

Sharon Ward Graphic Design  
Phone: 902-406-1305  
[wards@eastlink.ca](mailto:wards@eastlink.ca)

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# ANDY FILLMORE

Member of Parliament  
Halifax

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# New HRM Councillors experience the wilderness



Councillor Shawn Cleary at the Williams Lake dam with Margo Kerr of WLDA, Cathy Deagle-Gammon, Dr. Melanie Dobson of WLCC and Kathryn Morse. PHOTO: CATHY VAUGHAN

by Cathy Vaughan

It was people-power that established the Shaw Wilderness Park. The collaboration of citizen-action groups, three levels of government, environmentally committed businesses, conservation groups and generous individuals made this urban, wilderness park a reality. Councillor Shawn Cleary, District 9, was an early and strong supporter of the creation of the park.

Cleary values the partnership it took to make the Shaw Wilderness Park, on Williams Lake, happen for the people of HRM, by the people of HRM. He wanted to share the wilderness park with the newly elected HRM councillors.

Kathryn Morse of Halifax-Bedford Basin West; Cathy Deagle-Gammon of Waverley, Fall River, Musquodoboit Valley; and Patty Cuttell of Spryfield, Sambro Loop and Prospect Road eagerly accepted his invitation, tied on their hiking boots and took a walk on the wild side.

The new councillors were welcomed to the park by representatives from two concerned community

oriented groups - the Williams Lake Conservation Company (WLCC), caretakers of the Williams Lake watershed for 75 years; and the newly formed citizen-action group, the Williams Lake Dam Association (WLDA.)

“Both of our groups have the shared goals of restoring the lake to its full recreational potential, protecting the large financial investment in the park, and re-establishing the lake as a vital asset to the Shaw Wilderness Park by fixing the Williams Lake dam,” says Margo Kerr, founder of the WLDA.

Dr. Melanie Dobson, a molecular biologist with Dalhousie and dedicated member of the WLCC, has recorded water levels and analysed water quality of Williams Lake for almost 20 years. She spoke to the new councillors about the remarkable history of Williams Lake. The lake served as a source of hydro-power for mills from the 1700s, as an ice supply for early Halifax, and as a recreational spot for Haligonians for over 200 years.

Dr. Dobson also outlined the critical ‘tipping point’ of the health of

Williams Lake, the impact of development on the fragile watershed, as well as the problematic issues with the leaky dam.

As councillors observed the dam, Cleary detailed the history of the repairs to the structure and how its current state of disrepair is affecting, not only the plant and animal habitat, but the recreational aspect of the Shaw Wilderness Park. He also explained the park’s unique biodiversity; rare flora and fauna, and distinctive animal and bird habitats as two bald eagles chirped and circled overhead.

Councillor Patty Cuttell voiced her appreciation of the lake and the pristine wilderness. “This lake is loved by so many people in the city. People come out from the city to swim and play here all summer long. Kids use it. Adults use it. I think it is really

important to find a way to maintain the recreational aspect as well as the ecological value of this wilderness park.”

Kathryn Morse, of Halifax, Bedford-Basin West felt that the park was a very impressive treasure to help people stay connected to nature.

“As we become denser as a city, it is so important to have nature conserved in the urban area, to have nature in your backyard and to stay connected to the wild life now and for future generations. This park is an incredible asset to our HRM community because it came from the community,” said Kathryn Morse.

“It is a phenomenal park. Beautiful lake and access to hiking trails. Come see the Shaw Wilderness Park. It is worth the trip!” said Cathy Deagle-Gammon.

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## DISCOVERING OUR PAST

### Many local families have connections to Melville Island

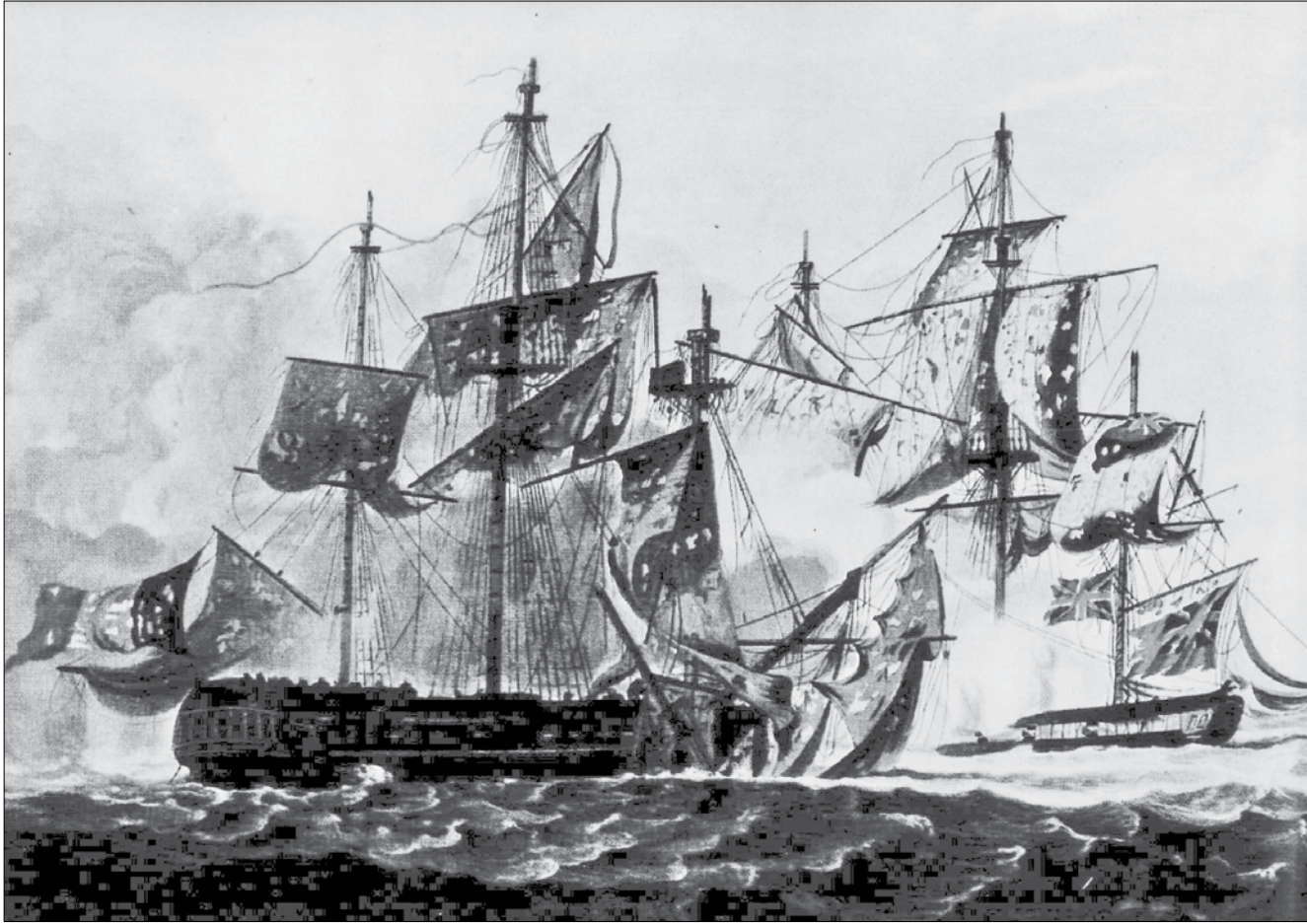
by Iris Shea

When the British schooner *Bonne Citoyenne* captured the French frigate *La Furieuse* in 1809 in mid-Atlantic off the Grand Banks of Newfoundland it took 27 days for the ship to reach Halifax. The officers of *La Furieuse* were given parole and taken to Preston; the rest of the crew were sent to Melville Island. Among the prisoners incarcerated on Melville Island were seamen Francois Bourneuf, Louis Métier and Dominique Vaumalder. Sebastien Richard, a midshipman, was paroled to Preston. All four men settled in Nova Scotia where their descendants continue to live.

Francois Bourneuf, a sailor from Normandy, was working with fellow prisoners, helping to build the Prospect Road in 1812 when he escaped in a small rowboat owned by Patrick Purcell of Purcell's Island in Prospect. His adventures and escapades are recorded in his autobiography, written in 1859, edited and translated by J. Alphonse Deveau as *Diary of a Frenchman*, and published in 1990 by Nimbus. Bourneuf made his way to the French Shore of N.S., eventually settling at St. Mary's Bay where he became a prosperous businessman and shipbuilder. He was an MLA for that area from 1843 to 1859. Several of his descendants followed in his footsteps.

Louis Métier, after swearing an oath of allegiance to the crown, was released January 27, 1813 "to the inhabitants of Halifax". During his captivity, he is known to have volunteered to work on the Truro Road which passed through the Hammonds Plains area. After his release, Louis Métier lived near Louis Lake on a 12 acre farm located in the Hammonds Plains/Kearny Lake/Nine Mile River area. He had three daughters who married into local families, namely Gibson, Smith and Elliott.

Dominique Vaumalder, sometimes known as Vonmalder and Vanmalder, pledged the oath of allegiance and was released to the inhabitants of Halifax where he became a house painter. He had several children from two marriages. From his first marriage was a daughter, Ann, who married Thomas Brown of Herring Cove in 1840. The couple lived in Herring Cove for several years following their marriage. Thomas Brown was the son of



Photograph is of an engraving by Webster, from Charles N. Robinson, *Old Naval Prints and their Artists and Engravers*, London, 1924, plate LXXX, Killam Library, Dalhousie University. It shows the capture of the French frigate *La Furieuse* by HMS *Bonne Citoyenne*, July 6, 1809, following a mid-Atlantic ocean battle

George and Margaret Brown.

Sebastien Richard, a midshipman, was paroled to Dartmouth (Preston) where he worked on a farm. He went back to France at the end of the war to settle his affairs but soon returned to marry the girl on the farm next to where he had been working. The couple settled in Dartmouth and their descendants continue to live in the area. Sebastien died at the age of 88 years and is buried at St. Peter's in Dartmouth.

Among those names found associated with Melville Island when it was used as a prison by the British Admiralty during the Napoleonic Wars and War of 1812 were William Drysdale, Samuel Gaines, William Kent and William Sutherland.

William Drysdale was one the crew aboard HMS *Curlew* when it was captured by an American ship in 1814. Drysdale was taken as a prisoner of war to Salem but was fortunate enough to be exchanged for one of the American prisoners on Melville Island and returned to Halifax. William Drysdale had come to N.S. as a nine-year-old with his parents and siblings who emigrated from Scotland in 1787. The Drysdales were the first permanent settlers in Brookside, Halifax County. When William was discharged from the British Navy, he was given a grant of land adjoining his father's land in Brookside and later married the widow Elizabeth Blake. William's son, George, married Sarah Jane Eliza Umlah of Goodwood who was the youngest daughter of my great-great grandfather. Their descendants continue to live in the Halifax area

on Melville Island. His son, Robert Kent, was born on Melville Island. In 1817 William Kent received a grant of land that later became known as Kent Island, Halifax County. His descendants continue to live on the island and in Smelt Brook near Oyster Pond, Halifax County.

William Sutherland lived and worked on Melville Island as steward to the French prisoners during the Napoleonic wars, to the American prisoners during the War of 1812, and to the Chesapeake Blacks in 1815. His three eldest children were born on Melville Island. In 1816 Sutherland resigned his position as steward to take up residence in Spryfield on a farm he purchased from George McIntosh, Esquire.

Known as the Alva Farm, it consisted of 500 acres of lot number three in Leiblin Manor and was located at the top of Sussex Street. The Sutherland family donated the land for Spryfield's first church school where Elizabeth Sutherland, William's granddaughter, taught in 1859. William Sutherland was buried on his own land, now Emmanuel cemetery. The Spryfield Mall is on William Sutherland's land.

I would like to draw your attention to an online petition and ask that you and your friends support the restoration of Fleming Cottage on the Dingle Road. Information on the history of the cottage, designated as a heritage building by its owners, Halifax Regional Municipality, may be seen by going to the address below. Please sign the online petition. <https://www.change.org/HelpSaveFlemingCottage>.

Samuel Gaines of Connecticut, a seaman, was captured from the USS *Guerriere* and died of "Mania" on Melville Island in 1815. He married Sarah Martin of Ketch Harbour in 1810 and the couple had one son, John. Samuel Gaines is among the 195 American prisoners of war believed to be buried on Deadman's Island. His name is listed on the War of 1812 monument on the island. Samuel's widow later married Patrick Ronayne in Ketch Harbour. John Gaines is mentioned in the will of his grandfather, John Martin, of Ketch Harbour.

William Kent was a native of Woolwich, England, and was an officer of the Royal Navy for 15 years. He fought at the Battle of Trafalgar in 1805, and at the Battle of Nile in 1798. On discharge from the Royal Navy in 1813 he was given the position of turnkey at the prison



## Help Us Help You!

We are asking community members to complete a short survey to help us refocus our programs URL.

Those who complete the survey are eligible to be entered to win a \$25 gift card.

The survey will close on February 12, 2021.

# Shoppers Drug Mart raises money and awareness for women's shelters

Halifax area Shoppers Drug Mart locations champion women's health in 2020, donate more than \$34,000 to local women's shelters

LOVE YOU by Shoppers Drug Mart™ programs raised over \$5 million across Canada and \$68K in Nova Scotia

Local Shoppers Drug Mart pharmacies in the Halifax area are proud to announce that, together with customers and store colleagues across Canada, they have raised more than \$5.2 million in support of women's health initiatives in 2020. This includes donations to three local women's shelters in the Halifax region.

Donations were raised through numerous fundraising initiatives throughout the year, including:

- Run for Women, Canada's first and only women's and girls' running series, which was held virtually in September with more than 26,000 participants, raising \$2.8 million for 17 recipient charities across the country

- In-store Fall Fund-raising Campaign in October and Holiday Beauty Mingle events in November, which raised more than \$2.4 million for 300 local women's shelters including a total of \$34,238 for Bryony House, Adsum House and Alice House. This year, we identified an urgent need to support women's shelters across Canada due to an increase in demand for these services and a rise in operating costs at shelters due to COVID-19.

Shoppers Drug Mart also support-

ed the Shoebox Project for Women in December, which provides homeless or at-risk women with a shoebox filled with small gifts and self-care items (the 2020 version of the campaign was virtual). The goal of the program is to give women a boost in a time of personal turmoil, promote confidence and remind them that they are not alone.

All of these programs are national in scope but are locally based, with customers and employees donating directly to organizations in their own communities to ensure that resources and programming are available to meet the needs of women across the country. This need has been especially critical during the COVID-19 pandemic.

"LOVE YOU by Shoppers Drug Mart™ is our overarching commitment to growing women's health in Canada," noted Curtis Chafe, pharmacist/owner with Shoppers Drug Mart on Fenwick Street in Halifax. "We are striving to put women's health first by supporting women's health initiatives in communities across the country including here in Nova Scotia, and we want to thank our customers for their support."

When you support the LOVE YOU by Shoppers Drug Mart™ program, 100 per cent of your donation goes directly to a women's health charity in your community. Since 2011, the program has raised and donated over \$75 million to charitable organizations across Canada focused on women's

health.

About LOVE YOU by Shoppers Drug Mart™

LOVE YOU by Shoppers Drug Mart™ represents the organization's commitment to improving the health of all Canadian women in body, mind and spirit. Brought to life through partnership programs created with leading experts and institutions in

women's health, this national initiative connects women to health information and resources that help ensure their health only gets stronger. Since 2011, the LOVE YOU by Shoppers Drug Mart™ program has raised and granted over \$75 million to women's health causes in Canada. More information can be found at [shoppersdrugmart.ca/womenshealth](http://shoppersdrugmart.ca/womenshealth).

## Stay safe on our lakes this winter

*Reprinted from a previous issue*

January in Nova Scotia is a great time to enjoy winter sports, many of which take place on a lake. Ice skating, hockey, cross country skiing, snowmobiling, and ice fishing are all fantastic ways of enjoying our lakes this winter. But, where there is ice, there can be danger. Keeping these simple things in mind can help keep you and your family safe this winter as you enjoy our local lakes.

Ice thickness is probably the most important thing to know before venturing out on the ice. Throughout the winter, Halifax tracks the ice thickness at many of the lakes around the municipality. Go to <https://www.halifax.ca/recreation/programs-activities/skating/ice-thickness> to find out when your favourite lake is safe to venture out on. If you want to check it yourself, here are some guidelines to thickness safety. If the ice is less than 8cm thick, avoid going out on it. It isn't safe. Once it has reached 10cm, it is safe enough for skating, skiing, walking, or ice fishing. If you are thinking about snowmobiling, the ice needs to be at least 12cm thick. That thickness is good for a single snowmobile or ATV. Anything larger should be kept onshore until the ice is much thicker. A minimum of 20cm is required before a small vehicle can be safely driven across the lake. Keep in mind that ice thickness is not a uniform thing. It may be 10cm thick in one spot, but only 6 or 7 in another.

It is always good to take the previous week's weather into account before venturing out, as well. Snow acts as an insulator, which will warm the ice and weaken it, so if you have an area you like to frequent, clearing it as soon as possible after a snow event is a good idea. Contrary to popular belief, cold snaps are not good for ice. They actually weaken it. If the ice is cloudy, it is likely to have soft spots that will make it more dangerous. Only venture out on clear, thick ice.

When planning a trip to your local lake this winter, it is always a good idea to have a few extra things with you, just in case. Warm blankets, an extra hat and mitts (not gloves), as well as an extra pair of socks are good to have on hand. If you are snowmobiling, a waterproof suit or PDF is

a good idea. A throw rope that you know how to use can mean the difference between life and death if someone falls through a thin spot on the ice. And, finally, an ice pick. One that is small enough to fit into your pocket so it will be within reach if necessary. Should someone break through the ice, getting them warm and dry as soon as possible is vitally important; especially when the weather is extremely cold.

Should you fall through, it is important not to panic. Your clothes will trap air and help keep you buoyant. Turn towards the direction from which you just came and place your hands and arms flat on the solid ice. Kick your feet to try to push yourself up on the solid surface and slide your body across it. At this point, instinct is to stand up, but don't. The more you spread yourself out across the surface of the ice, the less likely you are to break it further. Roll yourself away from the break until you are sure you are back on thick ice.

Should someone else fall through, you will need to stay calm and think the situation over. Do not run up to the hole, as you will increase the chances of falling through yourself. Find something you can throw to the submerged person, preferably a proper throw rope. If you don't have a throw rope, improvise. A set of jumper cables, a ski, a good sized branch, can all be a lifeline to safety. If you are unable to rescue the person immediately, call 911.

Once you have rescued the person, getting them dry and warm is vital. Once a person falls through the ice, they have about 10 minutes to get out and start warming up before hypothermia starts to take hold. Getting them out of their wet clothes should be the first priority. A good winter hat on their head will help their body conserve heat; as will mitts and dry socks. The extremities are the first to develop frostbite in this situation. Wrap them in blankets and get them to a vehicle as soon as possible.

With just a little preparation and some knowledge, our local lakes can be a fantastic, and inexpensive, place to get some exercise and have some fun with friends and family this winter.

**Chebucto News** Community businesses serving community needs.

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# What's happening at the Urban Farm

by Joshua Barss Donham

Now that the trees and bushes are bare on the farm, and the grasses and goldenrod have died back, bird's nests previously hidden are visible. There is a robin's nest behind the shed, a warbler's nest in some low shrubs near the old 1840s apple tree, and two crows' nests high in trees at opposite corners of the woods. Between the butterflies and other insects, and the many species of birds, a great variety of creatures make their home on the farm.

As we move into winter, many of the summer inhabitants of the farm have dispersed. The warblers that livened the old apple tree have found their way to the southern US, some as far as Central America. The Ruby-throated hummingbirds that spent the summer feeding on the bee balm in the perennial bed that greets you as you step onto the farm, began leaving for the south in late August. These minuscule winged emeralds fly thousands of miles to Central America where they can now be found sipping the nectar of tropical flowers in the rainforest of Costa Rica.

Of all the regular summer inhabitants on the farm, the most ambitious long-distance traveler is the red-eyed vireo. Last spring in May, before the trees leafed out, I found a vireo's nest from the previous year in an apple tree behind the shed on the farm, deftly woven from thin strips of birch bark and bound together with strands of



A Crow's nest in the northeast corner of the wood PHOTO: ANN HART

spider's web. The dapper vireo has an olive green back, pale chest and belly, grey cap and, as its name suggests, striking ruby-red eyes. They nested on the farm again this year, and in June and July the male could be heard, perched high in a tree, singing his song over and over from dawn till dusk. As snow settles on branches of the maple where the vireo most often sang, those young hatched at the farm this summer have completed a journey of 6000 kilometres to their winter home in the Amazon River basin in South America.

The Monarchs that emerged here on the farm, have spent the last few months traveling south, through the hardwood forests of New England, down the coast to the Carolinas, across arid stretches of land in Texas, and on into Mexico. On the farm, as the snow accumulates on the garlic bed, heavily mulched with straw to insulate the bulbs from frost, the monarchs congregate in the tens of millions, blanketing the fir trees in which they spend the winter in the highlands of southwestern Mexico. This month the last monarchs will have settled in, and the scientists who monitor them will begin the tedious task of calculating how many are overwintering this year.

These days on the farm, the woods ring with the calls of raucous blue jays. Black-capped chickadees flit about the spruce near the shed sending up sprays of snow when they take flight, and the occasional cardinal passes through on its way to the backyard bird feeders on Ardwell Avenue. Overhead, herring gulls wheel about riding the wind, moving inland ahead of a winter storm. The farm's migrants, birds and butterflies, unhampered by borders and travel restrictions, have spread out south over the length of two continents. It is humbling

to think of the role the farm plays in the world far beyond its boundaries.

A reminder that 2021 membership dues can now be remitted. A membership form will be enclosed with our annual newsletter, or you can contact us through our gmail - urbanfarm-spryfield@gmail.com, our Facebook page or by calling Pat at 902-497-3683. Our mailing address is 211-339 Herring Cove Road, Halifax, N.S. B3R 1V5. Charitable receipts will be issued for all membership dues and donations over \$10.00. The cost remains the same - Seniors/Students \$5.00, Individuals \$10.00, Families \$15.00 and Groups \$25.00. Your support is greatly appreciated.

Plans are underway for 2021 youth and children's programs and you may indicate on your membership forms if you would like one of our 12 Come Grow With Us Family garden plots, or by contacting us at urbanfarmprogrammer@gmail.com



A red-eyed vireo singing from one of his favourite perches PHOTO: JOSHUA BARSS DONHAM



A ruby-throated hummingbird feeding on bee balm in the flower bed that greets visitors to the farm PHOTO: JOSHUA BARSS DONHAM

## 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.

Learn more at: [halifax.ca/snow](http://halifax.ca/snow)



HALIFAX

# Organics & Garbage Collection Schedule



# 2021

The 2021 Organics & Garbage Collection Schedule will not be mailed out this year. If you'd still like a copy, cut one out or visit [halifax.ca/recycle](http://halifax.ca/recycle) for more information.

Download the Halifax Recycles app and never miss another collection day.



- Find out What Goes Where
  - Create a personalized collection calendar
  - Receive notifications by app, email, text or phone call
  - Receive advance notice of special events
  - Receive real-time alerts of weather related service disruption
- No smartphone or tablet?** No problem. This information can be found online: [halifax.ca/whatgoeswhere](http://halifax.ca/whatgoeswhere)

- Halifax
- Sackville
- Beaver Bank
- Cole Harbour
- Eastern Passage
- Fall River, Waverley to Dutch Settlement and area

If your community is not listed, please check **Area II** or call **311** for assistance.

- Organics collection
- Garbage collection
- Holiday (no collection)
- Alternate collection day for holidays
- Curbside Give Away Weekend



Recycling collection is weekly in some areas and every two weeks in other areas. For specific information about your area, contact 311 or visit [halifax.ca/recycle](http://halifax.ca/recycle).

If your collection day falls on a holiday and that holiday is a Monday or Tuesday, collection takes place the preceding Saturday. If the holiday falls on a Wednesday, Thursday or Friday, collection takes place the following Saturday.

## HALIFAX

### AREA I

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For more details on what goes where, how it works and for the Household Special Waste Depot Saturday operation schedule, visit us on the web at [halifax.ca/recycle](http://halifax.ca/recycle) or call 311.

Please note there will be no change to collection services due to the Christmas and New Year's holidays.

Distributed Winter 2021



Download the Halifax Recycles app and never miss another collection day.



- Find out What Goes Where
  - Create a personalized collection calendar
  - Receive notifications by app, email, text or phone call
  - Receive advance notice of special events
  - Receive real-time alerts of weather related service disruption
- No smartphone or tablet?** No problem. This information can be found online: [halifax.ca/whatgoeswhere](http://halifax.ca/whatgoeswhere)

- Dartmouth
- Bedford
- Hammonds Plains
- Preston
- Lake Echo
- Porters Lake
- Lawrencetown
- Chezzetcook area
- Musquodoboit Valley
- Musquodoboit Harbour area
- Sheet Harbour area
- Herring Cove
- Harrietsfield
- Ketch Harbour
- Beechville
- Timberlea
- Tantallon
- Goodwood
- Prospect
- St. Margaret's Bay
- Sambro
- Peggy's Cove
- Hubbards

If your community is not listed, please check **Area I** or call **311** for assistance.

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- Curbside Give Away Weekend



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## HALIFAX

### AREA II

JANUARY 2021						
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# Looking forward to 2021 at St. Paul's United Church



Kristen Hollery in the toy store

*by Carolyn Mont*  
 Covid 19 has certainly placed restrictions on us all and we have had to learn how to adapt to the ever changing protocols. That is true for churches as much as it is for individuals. Most churches have worked at connecting with their congregations while not being able to gather in the actual church building.

At St. Paul's United Church in Spryfield, our weekly services have been recorded and posted online, including during our brief return to in person gatherings in the fall, before restrictions were tightened again. After trying different formats for online worship, we have learned that what best suits our congregation is a combination of worshipping together "live" on Zoom, and recording the service for later viewing online. In person worship will be reassessed in January.

December is always the busiest time of year for our Family Resources Institute (FRI) as the staff and volunteers prepare for the Christmas hamper give out. They prepare hampers for close to 200 individuals and families. Normally, the clients come into the hall, take a number and walk to various stations where they gather their specialty food items to be added to already full hampers. This year, since we could not gather indoors, adjustments had to be made. As they

*(See St. Paul's on page 12)*

*This was a new way of doing things for FRI but it went smoothly.*



Kristen Hollery and Rena Eldershaw with full hampers from FRI for Christmas

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 QC - MLA - Députée Halifax Armdale

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# Two motions, one step closer to protecting Williams Lake



by Cathy Vaughan, Williams Lake

Two motions, by Councillor Shawn Cleary, to protect Williams Lake were passed and set into motion the studies that will inform the remediation of Williams Lake leaky dam and protection of the lake's fragile water shed.

At the recent meeting of the Environmental and Sustainability Community Committee (with HRM city council) Cleary's motion to study a remediation plan for the Williams Lake dam, in the Shaw Wilderness Park was passed. In June, his motion to examine the rezoning of the properties, owned by the Church of Christ, in the Williams Lake watershed passed as well. The combination of these two critical motions is a huge move toward protecting Williams Lake.

"We applaud Councillor Cleary! He has consulted with us, studied the documents we supplied, he knows the issues with the inflow and outflow of the water in the lake and he uses the Shaw Park. He is totally on board to get this dam fixed!" says Margo Kerr, founder of the Williams Lake Dam Association, a local, citizens-action organization, whose focus is to fix the dam.

"We have a vested interest as a

city to make sure our city-owned access points, the non-motorized boat launch off Acorn Drive, the Williams Lake beach, behind Cunard school, the Pine Bluff Island swimming area off Wyndrock, and the Shaw Wilderness Park, have a lake." said Cleary, while touring the Shaw Wilderness Park with some of HRM's new councillors.

These significant initiatives are welcomed by the Williams Lake Conservation Company, a group that have been caretakers of the lake for 75 years. "These two motions are really critical for protection of Williams Lake," said WLCC president Murray Coolican. "Remediation of the dam will bring the lake back to regular water levels. Rezoning of the lake's watershed will ensure protection for water flowing through the watershed into the lake."

HRM staff will be developing a solution which protects the Williams Lake watershed, restores water levels in the lake and protects HRM's investment in the Shaw Wilderness Park.

Community groups are prepared to work with HRM staff to understand the complex issues and develop practical solutions to save and protect Williams Lake for HRM.

Left: Councillor Shawn Cleary, Shaw Wilderness Park, December, 2020 PHOTO: CATHY VAUGHAN



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

- Rosie



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## NEWS & VIEWS

from the desk of  
Bruce Holland



Current public health information can be found at [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus), provincial COVID information at <https://novascotia.ca/CoronaVirus/> and programs for individuals and businesses at <https://www.canada.ca/en/departement-finance/economic-response-plan.html>

### WORKPLACE EDUCATION

The SBC and the Department of Labour and Advance Education, are partnering to offer three new training programs this month, WordPress I, Social Media 1 - Digital Marketing, and Human Resource Essentials. Contact [bruce@discoverspryfield.ca](mailto:bruce@discoverspryfield.ca) or 902-452-7472 to register.

### CBDC BLUE WATER

SBC and CBDC are partnering to offer four free virtual programs for small businesses:

- The Big Four (Social Media Platforms) (1hr. + 15min Q&A) – January 13th 1:30pm
- Branding Your Business (1hr. + 15min Q&A) – January 20th 1:30pm
- Content Strategy (1hr. + 15min Q&A) – January 26th 1:30pm
- Content Creation (1hr. + 15min Q&A) – January 28th 3:30pm

Check out our Facebook page @SpryfieldBusinessCommission for full details and registration links. Each session is limited to 20 participants, so register early!

### MEET OUR SBC MEMBERS

We'd love for you to get to know our members and associate members better, so we're doing a weekly feature. Here's a teaser:

Irene Swindells has been the Administrator and Marketing Agent for Melville Heights for the past 25 years and is a board member of the Spryfield Business Commission. She's been involved with many associations over the years, such as Mount Saint Vincent University Board, Chair of the Halifax Voca-

tional School Board, Canada Mortgage and Housing Board, Advisory Council for the Order of Nova Scotia and Rockingham Heritage.

Clyde Paul is the Chairman of the Board of the Spryfield Business Commission. Clyde has lived and practiced law in Spryfield for more than 47 years. He and his wife Pat have always been proud members and supporters of the community. Some words of wisdom from Clyde: "Some people dream of success while others wake up and work hard at it."

Mike Caron is a board member with the Spryfield Business Commission, and a member of Rotary Club Northwest in Halifax, where he has recently become the Project Leader for the Toonies for Change charity 50/50 draw which supports many deserving charities in the Spryfield area...

Marshall Smith is a real estate agent with Exit Realty Metro, and is on the board of directors of the Spryfield Business Commission. His favourite quote is modified from JFK: "Ask not what your community can do for you, but what can you do for your community"...

To read their full profile features, go to @SpryfieldBusinessCommission on Facebook. #MeetOurMembers

### SCHOLARSHIP

To donate to the Eric Caines Memorial scholarship and make a difference in the life of a J.L. Ilsley High School grad., contact [admin@discoverspryfield.ca](mailto:admin@discoverspryfield.ca).

Please e-mail me at [bruce@discoverspryfield.ca](mailto:bruce@discoverspryfield.ca) with any questions, comments or ideas.

Take good care!  
Bruce Holland, Executive Director

Reg Horner  
Memorial

**Chebucto News**

**Sports Page**

## Online meetings – a positive impact on team building

By Rebecca MacEachern

Although they may not be zooming up and down the ice right now, many ringette players are still “Zooming”, albeit in a different arena.

Julia Jericho, a goalie with the Halifax Hurricanes Tier 1, has been participating in Zoom meetings arranged by her coaches. They meet weekly during the times when they would usually be together either practicing or playing ringette.

“Our coaches have arranged quizzes and fun things to do or talk about when on the calls,” wrote Jericho, during an email exchange.

Jericho, a grade 10 student at Spryfield’s J.L. Ilesley High School, wrote that the Zoom calls allow her and her teammates to stay connected. She said that she misses the excitement and challenges of playing teams from other provinces.

Jericho has been working on her eye-hand coordination by throwing tennis balls against a wall and is staying fit by taking hikes and daily walks with her dog.

“We have also done virtual dryland and yoga a few times (on the Zoom calls),” wrote Jericho.

When asked what she misses most about ringette, Jericho gets right to the point.

“What I miss the most about ringette is everything...I miss seeing my friends and my team,” said Jericho. “I miss the competition and drive to do better every time I’m on the ice. As well as practicing and learning new skills and drills.”

It seems that Zoom calls are yet another handy tool that may one day be included in future Coaches Manuals. Taylor Dempsey, head coach of the U16 Halifax Hurricanes Tier 1, sees the value and importance of using Zoom as part of what some people may consider the “new normal” of coaching.

“We have been using Zoom to stay connected during the Pandemic and it has been really good,” said Dempsey, who is also an assistant coach with the U-19 Excellence Program through Sport Nova Scotia. “We do a check-in before the meetings and also organize activities and games that we can play virtually.”

Players are also missing out on training together so, like Jericho’s team, Dempsey uses the Zoom meetings to cover dryland training.

“We discuss the different training that can be done at home then they (the players) have a chance to talk about what training they have done,” said Dempsey, who grew-up in a family heavily involved in ringette.

For Breanna Marriott, who coaches a Halifax Hurricanes U12 Team, the virtual platform has allowed the team to brainstorm exercises that players can do at home. Marriott has been impressed with what has transpired



Julia Jericho in nets during the 2019-2020 season



Julia Jericho on the ice March 2019

during the team Zoom meetings.

“The girls have had a lot more time to get to know each other and to kind of see what is unique with each girl,” said Marriott. “We had only

played two or three games (when the shutdown was announced) so the girls didn’t even know each other’s names to call for passes.”

As Marriott pointed out, it can be

challenging time-wise to organize team-building activities off the ice during a “normal” season but the Zoom meetings have provided lots of opportunities for the girls to connect and bond as a team.

Usually, this type of team building happens naturally over time as a result of practicing and playing together as a team and by attending various tournaments but these opportunities have been nixed by the shutdown.

Marriott’s young players were in the process of choosing a team captain when the shutdown was announced and were wondering if they would be able to go ahead with it.

“They were quite worried about it,” said Marriott during a recent phone interview. “Actually, we were able to take more time doing it and we discussed leadership and what it really means.”

The players on Marriott’s team, Purple Fire, were also wondering when they would get the go-ahead to start playing ringette again.

“We couldn’t really give them an answer as it is out of our control... we explained we would be back once it was safe for everyone,” said the 22-year-old Marriott.

Whether it’s ringette, hockey, or curling, athletes are chomping at the bit to return to their favourite sport. Jericho shares this sentiment as she describes what it will mean once restrictions are lifted and she can get back to playing ringette.

“...I am looking forward to seeing my friends and seeing my team again and being to be able to be active almost every day. I am also looking forward to simply just playing ringette.”

## Ringette keeps growing in popularity

By Rebecca MacEachern

Most people are familiar with the adage of “Six degrees of Separation”, the idea that we are all six, or fewer, social connections away from one another. But when it comes to Nova Scotia, I maintain that its residents are more like “1 degree” of separation (maybe .5 for Cape Breton!).

So, it should not have been that surprising that when I set out to do a short article on how ringette players are coping during the Pandemic that the names of potential interviewees sounded a tad familiar.

I had been given the names Danielle and Taylor Dempsey as possible players/coaches to interview for the story. Again, these names were ones that I had seen and heard before but figured it was because the two sisters are accomplished and high caliber ringette players.

A few minutes into my phone interview with Taylor, it hit me! I had coached both her and Danielle many, many years ago when they started out

playing ringette at the Spryfield Lions arena. I had coached both the Bunnies (6 years-old and younger) as well as older players in the Tweens Division (these division names have given way to the more appropriate U10, U12 and U18 etc.).

So here it was, almost two decades later after I had been a volunteer coach with the Chebucto Ringette League, and one of my former players was helping me by volunteering her time to patiently answer my interview questions. There are lots of existing and former ringette players who got their start at community rinks like Spryfield Lions.

My own introduction to ringette dates to the early 70s when I tagged along with my dad and older brother, Ross, to hockey registration night at our local arena in Ottawa. While my dad was busy at the registration desk, I noticed a poster on one of the bulletin boards announcing a new sport for girls called Ringette.

The poster went on to advertise

that for one dollar any girl could register to learn and play ringette. So, a few of my friends (who were also there with their brothers) decided to put up the one-dollar fee and register.

The following week we returned to the arena to try out this new sport. We were relegated to the outdoor rink that had been built beside the arena while our brothers were inside playing hockey.

The first few games were chaotic and frequently interrupted by the ref (a friend’s dad) who would stop play to patiently explain the rules to us. Plus, with the frigid temperatures of an Ottawa winter, the ref had to stop frequently because his whistle kept freezing.

The following year, our family moved to my dad’s native Nova Scotia and we settled in Halifax. We soon discovered that ringette was also a new sport here. My two older sisters became ringette referees and together with a few other families, we travelled

(See Ringette on page 11)

# LOCAL OBITUARIES

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

## Marilyn Shirley Howard

Age 72, Herring Cove, Marilyn Shirley Howard passed suddenly in her home November 17th 2020. Born in Halifax, Marilyn (Marnie) was the first born of three girls to the late Richard Howard & Bertha (Bowser). Marnie graduated from B.C Silver High School & shortly after began her 30 year long career at MTT. Marnie also loved going to church every Sunday at St. Michael's Catholic Church, this is where she also taught Sunday school that gave her great joy. Marnie had started her battle with dialysis at the age of 60 going up to four times a week. Always in good spirits, Marnie was extremely caring and loving, she would reach out to help anyone she could, wheelchair bound Marnie would still watch the daily mass on television and say her daily prayers. Marnie was an avid reader especially for romances, she also loved doing her crossword puzzles while listening to country music in the kitchen all the while being kept in good company by the family cat Max. Marnie never married nor had children of own, she lived in the family home with her sister Roberta and helped raise her nephew Richard (Ricky) she was indeed a second mother to him. Marnie also loved the Christmas season, decorating the house and putting the tree up made her so happy. This Christmas will simply not be the same without

her and her lovely smile, Marnie you are forever in our hearts, may you rest in eternal peace, you will be deeply missed by all. Marilyn was survived by her sisters Roberta and Bernadette Howard; nephews, Richard Howard (Chantal DeMone) and their daughter Addisen, and Steaven Probert (Jackie Glaser); great nephew Anthony Howard (Jacqueline Sampson) and their daughter Arizona. As well as several cousins. The family would like to give a special thanks to Access-A-Bus and the dialysis unit at the Dickson building. In lieu of flowers, donations can be made to the QEII Health Centre Foundation Dialysis Unit at the Dickson Building. Condolences can be left on her tribute page at [www.walkerfh.com](http://www.walkerfh.com).

## Gladys Lorena Gray

Age 76, West Pennant, passed away December 2, 2020 at the Halifax Infirmary QEII. Born in Milton, she was a daughter of the late Joseph and Phoebe (Foster) Hart. Gladys is survived by children Richard and Evelyn Gray; grandchildren, Dale (Allison), Cody (Katie) and Candace; loving friend, Godfrey Foster; step sister, Catherine Gilkie; son-in-law, Doug Cassibo; special niece, Dorothy Harnish (David) and several other nieces and nephews. She was predeceased by her husband, Edwin; brothers Arthur and Francis Flemming; step sisters, Geraldine and Jennie and daughter-in-law Charlene Slaunwhite. To send words of comfort, please visit [www.walkerfh.com](http://www.walkerfh.com)



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Because we're a smaller firm, we can give more personalized service and attention to detail. Be assured that you will be treated like one of our own.



Erin D. Jennings, Managing Director

Proudly serving the community for over a decade

[www.walkerfh.com](http://www.walkerfh.com)  
902.477.5601

## Ringette

(continued from page 10)

to smaller towns throughout the province and conducted demonstrations of the sport.

Perhaps because of the popularity of hockey at the time, many of the smaller towns and communities embraced this new sport and it really took hold. I ended up playing on a team in Bedford and continued to play right into my late teens before becoming a coach. I was also fortunate to have represented Nova Scotia on the

first Provincial Ringette Team (I think that almost everyone who tried out made the team...Lol).

Today, I treasure the many opportunities, experiences, friendships, and mentorships ringette provided me throughout my younger days.

But, even more than that, it warms my heart to know that ringette has grown in popularity and is now played throughout Canada and internationally at the highest levels and that it continues to engage young girls and women to strive to be their best and to have fun time doing it.



## Councillor Patty Cuttell

District 11  
Spryfield - Sambro Loop - Prospect Road

City Hall - 1841 Argyle Street  
PO Box 1749, Halifax, NS B3J 3A5

902.221.6893  
[patty.cuttell@halifax.ca](mailto:patty.cuttell@halifax.ca)

# Commercial/ Office Space



## Available Immediately

Commercial C2A Zoned Space (approximately 1000 sqft) in high traffic area on Herring Cove Road with 20,000 to 25,000 vehicles passing by daily.

Some of the allowed uses include office, studio, retail and service industries.

The space is located on the second floor a building and has recently been renovated.

**Please call Dan at 902-478-4023 to arrange a viewing.**

## History and Facts About Ringette

(taken from the Ringette Canada and Ringette Nova Scotia Websites)

- Ringette was invented in 1963 by Sam Jacks, of North Bay, Ontario, when he saw a need for a Winter sport for girls (Jacks was also responsible for the development and introduction of floor hockey in 1936).
- Ringette is played on ice and players have a straight stick (no blade) and use a rubber ring instead of a puck.
- Rules make Ringette a wide-open and dynamic sport with an emphasis on play-making and skating skills
- Ringette was introduced to Nova Scotia in the 70s with the first Ringette Association forming in 1974
- Ringette is played internationally in Finland, Sweden, the United States, France, Slovakia, Russia, Asia, the Czech Republic and Abu Dhabi
- 32,540 players registered in over 2,000 teams Canada-wide
- Ringette has been a part of Canada Winter Games since 1991
- Atlantic Ringette Championships 2021, scheduled for Fredericton, NB, have been moved from February to April

For more information check out the Ringette Nova Scotia and Ringette Canada websites: [ringette.ns.ca](http://ringette.ns.ca), and [www.ringette.ca](http://www.ringette.ca)

# New year, new beginnings. Welcome 2021!

by Patty Cuttell, HRM Councillor, District 11

After a year of great challenges for so many of us, I very much look forward to 2021 with the hope it brings a renewed focus on the issues and initiatives important to our District. While it has been an unusual start to this new term on Regional Council, I do believe the 2020 Municipal Elections resulted in some groundbreaking changes at City Hall and a clear call for a focus on community. With gender parity on council for the first time, I would like to recognize the female politicians who have served and helped pave the way for myself, and many others in the future. Nancy Elizabeth Wooden, Michelle Raymond, Linda Mosher, Bernadette Jordan, Mary Clancy, Megan Leslie, Alexa McDonough, and Denise Rafuse; thank you. And now with the election behind us, it is time to continue forward!

Much of the first eight weeks on Council have been spent in orientation becoming familiar with the many business units that make up Halifax Regional Municipality. This has been great in terms of better understanding different areas of responsibility and current initiatives, and valuable in preparing for priority and budget discussions starting soon. Supporting local economic development, road safety, climate change, environmental protection, and the regional plan

review remain top priorities, as does affordable housing. In the last few meetings of 2020, Council pushed three affordable housing projects through the Federal Rapid Housing Initiative, approved the sale of surplus land for \$1 for affordable housing in Dartmouth, and amended Administrative Order 50 to include Affordable Housing as a category respecting the disposal of Real Estate Property. There is much more work to do, but these are important steps in the right direction.

As part of Regional Council I have been appointed to sit on the following: Halifax and West Community Council, Appeals Standing Committee, Community Planning and Economic Development Standing Committee, Halifax Water Board of Commissioners, Heritage Advisory Committee, Community Design Advisory Committee, Otter Lake Community Monitoring Committee, Halifax Western Common Committee, Community Liaison Committee, and the Discover Halifax Board of Directors. You can find most of these committee schedules and agendas on the Halifax web-

site. Thank you to all the District 11 residents who put their names forward to sit on various HRM committees. I look forward to working with those who were selected and encourage others to apply again. Having residents sit on HRM committees is one of strongest forms of public engagement in HRM.

With winter upon us, there have been lots of calls about snow clearing. District 11 has both municipality owned and provincially owned roads. Who plows your road depends on who owns your road. If you are not sure, look up 'Winter – Street Information' at [www.halifax.ca](http://www.halifax.ca) and do a search for your street on the interactive map. For snow clearing issues on HRM roads email [ContactUs@311.halifax.ca](mailto:ContactUs@311.halifax.ca) or call 311. For Provincial roads call 1-844-696-7737. Please note, before you call 311 check the clearing standards. For Priority 2 residential streets, 'cut-throughs' should be completed within first six hours after 10cm of snowfall, and 24 hours after the weather event, your road should be snow-covered passable. I'm happy

to help if you have an issue.

I want to give a special shout out to all the organizations who ran special holiday support programs for individuals and families in our District this year. It was a tough year for many. The generosity of donors and volunteers is what the true spirit of community and the holidays is all about.

In the next couple of months there are several things coming up that are important to District 11. The Regional Plan Review is set to begin public consultations. The Herring Cove Functional Plan is due. HRM has launched a survey on Playing Fields on the HRM website. And for those in the area of 48-50 Old Sambro Road, look for a mailout with information on how to provide public input regarding the rezoning application.

To contact me please email [patty.cuttell@halifax.ca](mailto:patty.cuttell@halifax.ca), call 902-221-6893, or set up an appointment through Ken Benoit, Council Constituency Coordinator, at 902-490-7184.

Happy 2021 everyone! Hope we can meet again soon.

Patty

## St. Paul's

(continued from page 8)

came into the parking lot, clients were given a number indicating if they were single, double or a family. At the next stop, they gave the ticket to a runner who then put their hamper in their vehicle.

Some people had registered for toys from our toy store and they were given tickets as they arrived. As in entering any other shop, they had to wear masks and just two people at a time were allowed in the shop. As usual, parents were very appreciative of the choices available to them.

This was a new way of doing things for FRI but it went smoothly. Valerie Fraser was driving a friend to pick up a hamper and she said, "First time I have ever seen the Christmas hamper production...and could not help but be impressed by how much was going on in such a small space and a short time. Kudos to everyone who helped to organize the event." We would add a very special thanks to all of the individuals, organizations, and businesses who donated food, toys, and time to add significantly to the success of the day.

The day after the hamper collection, we were thrilled to have our new stove arrive. We have been struggling for some time with a stove that has long been past its life expectancy. Thanks to Joey Keddy for disposing of the old stove and installing our new one. Those volunteers who regularly cook on our stove, the ladies who prepare our free Tuesday lunch program, Soup's On, and those who cook for our fundraiser dinners, are looking forward to cooking without the worry of the stove breaking down.

Did you get a look at our Memorial

Christmas tree? Thanks to the many people who dedicated lights in memory of loved ones or for causes they wanted recognized. We had previously put the lights in our sanctuary but since we were unable to gather there

this year, we were pleased to share this lovely memorial with passersby in the community.

From all of us at St. Paul's United Church, we wish you a joyous and healthy 2021.

Supporting Your  
Community

**ROYAL  
CANADIAN  
LEGION**

Earl Francis  
Spryfield Memorial  
Branch 152



**WE CARE**



The new stove, waiting to be installed.

*We wish everyone a  
more hopeful and  
brighter year in 2021!  
Management and Staff  
Chebucto News*

# The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

## Looking Forward to 2021

From my family to yours, Happy New Year! May the new year be a time of renewal and hope for you and your loved ones. With COVID-19 vaccines continuing to arrive and the first shots being administered, we have reason to be hopeful that a more “normal” future is on the horizon. I look forward to working with our communities to build upon our successes and to rebound economically.

Nova Scotia’s response to COVID-19 has continued to evolve, and I want to highlight a number of decisions our province has made. Last month, I was proud to announce, as Minister of Labour and Advanced Education, a one-time \$750 COVID-19 Response Grant to 13,000 Nova Scotia post-secondary students studying in our province and receiving Nova Scotia Student Assistance. This will help cover shortfalls in earnings and unexpected costs associated with their studies. To further support public school students, the province is investing \$14.3 million from the federal Safe Return to Class Fund in healthy food programs, math and literacy programs, touchless water stations, PPE for staff and students, and other initiatives to keep schools safe. Finally, by managing the virus competently and avoiding wide community spread and hard, lengthy shutdowns, Nova Scotia’s economy has shown remarkable resilience. Our province added 10,000 jobs in November, resulting in the highest level of full-time employment on record. As of that time, 97% of jobs lost since April had been recovered, resulting in our province having the lowest unemployment rate in Canada for the first time in 44 years. By acting wisely and cautiously, and investing in our people, we will recover better than before and position our province to succeed for years to come.

Ensuring Nova Scotians can continue to access the mental and physical health services they require during the pandemic is vital. Last month, the province announced a \$1.6 million investment in the Mental Health Foundation of Nova Scotia, allowing the organization to fund mental health and addictions support programs offered by community organizations. The grants will be reviewed by an independent committee and will be assessed based on whether they address a unique need, empower positive change, or promote recovery and reintegration for Nova Scotians living with mental illness and addiction. The Province has also extended physicians’ billing codes for virtual care services until March 31, 2021, ensuring that patients can receive telehealth and virtual appointments with their health professionals in a safe, convenient, and efficient way. With over 1.2 million health services being offered this way in Nova Scotia between March and December, it’s clear that patients appreciate the opportunity to

receive care over the phone or virtually when appropriate.

I also want to remind all Nova Scotians that the province’s new law on organ and tissue donation comes into effect on January 18, 2021. The presumed consent system that it creates means that Nova Scotians who do not register a decision and are eligible will be seen to have consented as a potential organ and tissue donor following their death. The choice to become a donor remains yours alone, and you can change it at any time. Do reflect on this choice and have this conversation with your loved ones. You can learn more about the new law at [novascotia.ca/organdonation](http://novascotia.ca/organdonation). You can also record your decision regard-

ing donation of your own organs and tissue at the link above or by calling 902-496-7008. This new law is one that will change lives and I am proud of our province for introducing this monumental piece of legislation.

As Minister of Labour and Advanced Education, ensuring Nova Scotians are able to meaningfully connect with our labour force is critical to me—especially at a time where COVID-19 has caused disruptions and shifts in our workforce. That’s why I was proud to partner with the federal government last month in highlighting the agreement of an additional \$37 million to help respond to the increased number of Nova Scotians looking to re-enter the workforce, particularly those in hard-hit sectors or disadvantaged as a result of the pandemic. Supports to be provided by this funding include skills training, on-the-job training, employer-spon-

sored training, financial assistance and benefits, employment counselling and services, and job opportunities. This is in addition to other investments we have already made, and it will allow our province to support a number of programs, including the Apprenticeship START program, the Digital Skills Education Project, Post-Secondary Accessibility Services, preventive programming for at-risk youth with disabilities, and more.

I also want to remind you that applications for Nova Scotia’s Heating Assistance Rebate Program (HARP) are open until March 31. This annual program helps lower-income Nova Scotians with the cost of home heating by providing a rebate from \$100 to \$200 depending on family size and income. Contact my office for assistance or apply online at [novascotia.ca/heatinghelp](http://novascotia.ca/heatinghelp).

Happy New Year to all!

## Ongoing changes to provincial Covid 19 restrictions

by Brendan Maguire, MLA for Halifax Atlantic

### Covid 19 update:

Effective 12:01 a.m. on Dec. 21 to 11:59 p.m. on Jan. 10, the following restrictions are in place provincewide:

For gatherings and events:

Gatherings in your home can have 10 people total, including the people who live there. People can have a close social group of 10 without physical distancing.

Social events, festivals, special events, arts/cultural events and sports events are not permitted.

Faith gatherings, wedding ceremonies and funeral services can have a maximum of 150 people outdoors or 50 per cent of an indoor venue’s capacity, to a maximum of 100. Wedding and funeral receptions are not permitted

For businesses:

Restaurants and licensed establishments outside the areas of HRM and Hants County must stop service by 10 p.m. and close by 11 p.m. Fitness facilities like gyms and yoga studios can operate at 50 per cent capacity and must ensure three metres distance between participants during high intensity activities. Outdoor fitness classes can operate at full capacity and must ensure three metres distance between participants during high intensity activities. Personal services such as hair salons and spas can resume providing all services. Retail and shopping mall rules currently in place for areas of HRM and Hants County will extend to the entire province, including operating at 25 per cent of their capacity; their food courts can remain open with public health measures in place including physical distance between tables.

For sports, museums, libraries and long-term care:

Athletic practices and training, along with arts and culture rehearsals, are limited to 25 participants without physical distancing but games,

tournaments and performances are not permitted. Art Gallery of Nova Scotia, museums, and libraries can reopen at full capacity with physical distancing and other public health measures in place.

Each long-term care resident can have two designated caregivers and facilities can allow a limited number of visitors.

Nova Scotians are still asked to avoid any unnecessary travel. There is no longer a recommendation specifically around travel into and out of areas of HRM and Hants County.

### This month saw the official opening of Station 62 in Williamswood.

This is a beautiful new facility servicing the Harrietsfield, Williamswood, Sambro and area features a community room, emergency shelter, all gender bathrooms, special hurricane proof quick opening bi-fold doors, solar panels, a quiet room, full accessibility, electric charging station, and more. Shout out to all who worked on making this project happen, delivered on time and under budget. A first of its kind facility in HRM.

### Long Lake closed for the winter.

Please be advised that Long Lake Park is now closed for the winter. You will now find that the parking lots on Dunbrack St and Old Sambro road are closed. Thank you to all the volunteers who make this park a reality year after year.

### Changes to 2020 Tax Credit Regulations for Volunteer Firefighters

All volunteer firefighters who responded to at least 20 per cent of emergency calls this year will remain eligible for a \$500 refundable tax credit.

Finance and Treasury Board is amending regulations to the Volunteer Firefighters and Ground Search

and Rescue Tax Credit to waive the requirement for volunteer firefighters to attend 20 per cent of meetings and training sessions.

“Every day, volunteer firefighters and search and rescue teams help keep Nova Scotians safe. This tax credit recognizes their ongoing commitment,” said Karen Casey, Minister of Finance and Treasury Board. “These changes will ensure volunteer firefighters are still able to qualify even though the pandemic has impacted their ability to attend meetings.”

My heart goes out to the crew of the Chief William Saulis and their families. I can guarantee you that you are in the hearts and minds of every single fishing crew from every corner of this province.

Growing up around Herring Cove and Sambro I have always had, and will always have, a great deal of admiration and respect for our fishermen and women; and for their families who pray for them every time they go out to sea. I am so proud of all the fishermen and women in our community; you are in our hearts and minds every time you go out to sea.

As 2020 comes to a close, I bid thee farewell! This year has tried our patience, our resilience, and our mental and physical health. I am personally looking at 2021 wide eyed and hopeful. The vaccine is here, it is out for distribution and the future is brighter. I want to thank all of you for all you have sacrificed, all you have given, and all you have done. This community is strong because of you.

I have never been more proud than now to be your MLA

Call or text me anytime (902) 499-5500

From Rena, Oliver, Rufina, Isla and myself Happy New Year

# 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](mailto:chebuctoeditor@gmail.com). Check our Facebook page for updates & late arrivals

## COMMUNITY EVENTS FOR JANUARY

### Food Banks:

- Emmanuel Anglican Church (322 Herring Cove Rd)
- St. Paul's Family Resource Institute (173 Old Sambro Rd). Food Bank clients call the Food Bank line, 902-477-5090, on Monday and leave a message. Those messages are answered on Tuesday and then the food orders are filled

### Free meals for those in need:

- Salvation Army offers take out breakfast
- St. Paul's Family Resource Institute (173 Old Sambro Rd) Our Tuesday lunch program, Soup's On, is still operational but as takeout only

### Spryfield Lions Club events:

Regularly scheduled meetings on the 2nd and fourth Tuesday evenings, 7 pm at the Lions Rink Den. We are encouraging anyone who might be interested in attending to call ahead so we can ensure COVID health code regulations are met - 902-479-2917. We will also be starting up our bingos in the future but need more time to work out details. We want to thank

the community for their support and wish everyone the best of health.

### City Church (276 Herring Cove Road) events:

- City Church Telephone #: 902-479-248 [c.citychurch@ns.sympatico.ca](mailto:c.citychurch@ns.sympatico.ca) [www.citychurch-halifax.ca](http://www.citychurch-halifax.ca)
- City Church Christian Radio Station Life 94.7 FM

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

- Food Bank will be changing our hours as of January 1. Pick up time will be Wednesday from 11:00 am to noon. Orders may be called in up to 10:00 am Tuesday each week. Call 902-477-1954 and leave a message. We are grateful to our volunteer staff for their faithful work for the food bank and its clients.
- We are cautiously resuming activities, with Covid protocols in place. Everything is subject to change without notice so please call or email to confirm or check our webpage for updates.

Our website: [emmanuelanglicanchurch.net](http://emmanuelanglicanchurch.net)

### Salvation Army (328 Herring Cove Rd) Events:

- Breakfast to-go bags: 9:30-10:30am Monday to Friday
- Family Services by phone call 902-477-5393 ext 0.
- Immigration Support by limited appointments call 902-477-5393 ext. 226
- Our hours are reduced from 9:30-12:00pm

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

With Covid, the church is largely closed but Kristen Hollery, our Community Ministry Director will be on site on Wednesdays, Thursdays and on Friday morning and can assist those who rely on the church for clean drinking water.

### Developmental Pickup Hockey

Looking for players 40+ years old. Spryfield Lions Rink Fridays 12-1pm. Starts Friday, Oct 16. Skills sessions first week, next 3 weeks pickup. We call it Developmental Pickup Hockey. Skills to increase puck time on your stick and improve your game. Pickup at a bit slower pace.

Let me know if you're interested.

902-497-2068 or [ronaldbulmer@gmail.com](mailto:ronaldbulmer@gmail.com)

**Improve your reading, writing and math skills**, work toward the GED in person or from home. The Halifax Community Learning Network is here to help! We offer free adult learning programs in several locations. COVID protocols are in place for your safety. Call 902-422-7648 for more information. Let's get learning together!

*Chebucto News* looks forward to returning to a robust community events page when the current crisis ends. In the meantime, we will endeavour to keep you informed.

Check our Facebook page for late arriving events and



changes or updates to listed events.

## Religious Services Directory for January

**\*\*To have your church/synagogue/mosque added to our directory, please contact the editor: [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com) by January 13 for February's issue\*\***

**PLEASE NOTE THAT DUE TO COVID-19, MANY OF THESE SERVICES MAY BE POSTPONED OR CANCELLED. CALL AHEAD TO CHECK WITH YOUR CHURCH.**

### St. Augustine's Anglican Church

(2010 Purcell's Cove Rd)  
Service of Holy Communion every Sunday at 10 am

### City Church (276 Herring Cove Road)

Sunday Prayer Time: 10:00 am;  
Sunday Family Service: 10:30 am;  
Nursery & Children's Ministry 10:30 am; Wednesday Night Prayer: 7:30 PM

### Spryfield Christian Community Church (91 Thornhill Dr)

Church services Sunday 11-12 am

### Oromo Gospel Church

Sunday worship service: 3 pm and Tuesday prayer: 10 am.

### Emmanuel Anglican Church (322 Herring Cove Rd.)

We plan to resume in-person worship in January, with 2 services every Sunday:

- 8:00 am a quiet, traditional, contemplative service of Holy Communion, and
- 10:00 am a lively, contemporary communion service with music.

We will be livestreaming our 10:00 am worship every Sunday morning on our Facebook page and website.

Anyone is welcome to join us, in person or on-line. We are an affirming church.

The service schedule could, of course, change at any time. Please check our website for the most up-to-date details.

### Open Door Community Church (11 Aldergrove Drive)

Church services - Sunday 10:30 -

11:30 AM.

Due to updated mandates, we are returning to online services only. Join us weekly at [www.opendoorhalifax.ca](http://www.opendoorhalifax.ca)

### St. Paul's United Church (173 Old Sambro Road)

Rev. Anne Hoganson does the church service alone and posts it on our Facebook page. She is available if you wish to speak with her, at 902-237-3318.

We now have a paid Zoom account and members of the congregation will be able to be a bit more involved in the worship service. As had previously happened, the service will be posted on our Facebook page for those who couldn't join the 11:00 am service. If you would like to be part of that service but are not a member of the congregation, or if you are a member but we don't have your email address, please call the church at 902-477-3937 to be added to our list.

### Stella Maris Church at St

### Michael's Catholic Church

All welcome, wherever you are on your faith journey! Saturday 4:00 pm and Sundays 10:30 am. Registration required at [www.stellamarishalifax.com](http://www.stellamarishalifax.com) and all COVID protocols must be followed.

### Salvation Army

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

### The Sambro-Jollimore Pastoral Charge (Parish):

**St. James United Church: 3811 Old Sambro Rd, Sambro**  
**Parkhill United Church: 5 Kirk Rd, Jollimore**  
In-person Sunday Services at Parkhill United Church at 9:30 am; St. James United Church at 11:15 am. For those unable to attend in person the service will be live-streamed at 11:15 am on St. James Facebook Page. Information 902-868-2791 or <https://www.sambrojollimorepc.com>

# www.DanDoherty.ca



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



**Dan Doherty REALTOR®**  
902-478-4023  
Dan@DanDoherty.ca  
www.DanDoherty.ca



**Donna Flemming REALTOR®**  
902-4330-3833  
donna@donnaflemming.com



## HERE'S TO A SAFER WORLD IN 2021

**—Your team when it comes time to sell!**

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**Dan Doherty**  
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www.dandoherty.ca

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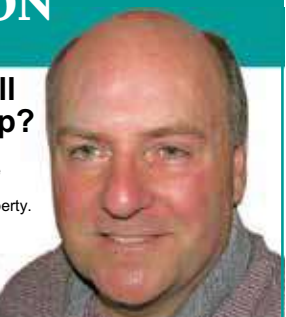
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