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Vol.19 • No.4
 December 2017

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Annual Santa Claus parade comes to town!



The weather held off just enough this year and Spryfield showed up for another successful Santa Claus parade. Wishing a very Merry Christmas to all our readers, friends and family!

Christmas at Emmanuel Church

by Michelle Bull

Christmas, for all of us, is a time of busyness; getting ready for visiting relatives, for all the meals and parties, decorating, buying or making presents, sending cards and letters, and for the big day itself. It's a good time, but it can also be kind of tiring as well. In our churches, we also have a lot of extras: extra services, Cantata, Christmas hampers, and parties.

If you have ever felt you're running around in circles and just need

some time to breathe, or would like to remember the spiritual element in your lives at this holy time, we invite you to join us for some services or charitable activities. We have a lot to choose from.

Every Sunday morning leading up to Christmas, we will be celebrating Advent, the time of waiting and preparation. At our 10 am services we will have the lighting of the Advent wreath, lighting one more candle each week. We will also be decorating

the Jesse tree. It starts as a bare tree and then each week the children add decorations symbolizing God's faithfulness and care for God's people. On December 17 we will have our Christmas Cantata, a wonderful selection of music and inspirational readings.

For some people, Christmas is a difficult time. If you've suffered a loss of a family member through death or divorce, the loss of a family home, or a job, it might be hard to get into the joyful festivities. We have a service

for you too; our Service of Compassion and Hope on Sunday evening, December 17, at 7 pm. This service will give us a chance to acknowledge our sadness, while at the same time, acknowledging God's presence with us.

On Christmas Eve we have two services, a 6:30 pm one for children and a 9 pm quieter, more traditional service. And a really quiet one on Christmas Day at 10, though all will
 (See Emmanuel Church on page 2)

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Sammy says



at 8:30 am at St. James United Church in Sambro.

Up to 100 meals of scrambled eggs, pancakes, sausage, juice, tea or coffee will be served. The cost is just \$6 for Adults, \$3 for Age 5-12 and Children under 5 eat free. There will be music, raffle tickets, and Christmas cookies for the kids to decorate. What a great opportunity to gather with friends and family of all ages to enjoy some festive fun! Unfortunately, Santa is unable to join us this year, but will hopefully return in 2018. Everyone is welcome! Your attendance will help ensure that SACA continues to host

My friends at the Sambro Area Community Association ("SACA") have planned a delicious Christmas breakfast on Saturday, December 9 starting

community events in the future.

Would you like a chance to win some free lobster or a polar fleece blanket? SACA volunteers and

Mishoo's are selling tickets for \$2 each or 3 for \$5 for a Christmas draw. The first place lobster prize is being generously donated by Victor Gray and the second prize polar fleece blanket will keep you toasty during cold winter nights. Get your tickets before the draw on Wednesday, December 20, 2017.

Wishing all my friends near and far a peaceful and prosperous holiday season!

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

Emmanuel Church

(continued from page 1)

have carols. And if you want to see the New Year out with some joyful worship, we have a service of Lessons and Carols on December 31, at 10 am.

If anyone wants to help the less fortunate this Christmas, we have several ways you can do that. Our food bank prepares many Christmas hampers for those who can't quite make ends meet at Christmas. These include Christmas dinner and also gifts for the recipients, especially the children. We also collect items for the Mission to Seafarers shoeboxes, which are given to visiting seafarers in the Port of Halifax.

Everyone is welcome to attend any of our services or events at any time. We'd love to see you.

Chebucto News

Publisher: Dan Doherty, 902-479-6397
Fax to 902-477-NEWS (6397)

Editor: Tangelene Ramsay,
chebuctoeditor@gmail.com

Mailing Address: P.O. Box 20141
Halifax N.S. B3P 1L1

Circulation:

12,500 copies
Agent: Canada Post
Printer: Transcontinental Printing

Delivered free-of-charge to households in: Armdale, Bald Rock, Ferguson's Cove, Harrietsfield, Herring Cove, Jollimore, Ketch Harbour, The Pennants, Purcell's Cove, Portuguese Cove, Sambro, Spryfield, Williamswood

Letters to the Editor / Editorial Inquiries:

Letters should not exceed 200 words and must include the writer's full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher.

Email to: "The Editor"
chebuctoeditor@gmail.com

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Design and Layout:

Sharon Ward Graphic Design
Phone: 902-406-1305
wards@eastlink.ca

Copies of Chebucto News are available at Spryfield WaterN'Wine and Danielsons General Store, while they last.

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Banners along Herring Cove Road and Dentith Road honour war dead

In early November the utility poles on both sides of the Herring Cove Road, between Cowie Hill and Sussex Street, plus two on Dentith Road, were decorated with 24 hanging banners. Their purpose is to honour local servicemen who were killed in action during World War I or World War II. All 24 men had ties to the communities from Armdale to Pennant. Information and photographs were compiled by members of the Mainland South Heritage Society from their research files, from family members and from friends of the society. A committee of four, Star Bogue, Jackie Brousseau, Fay DeViller and Iris Shea, assisted by society president Leslie Harnish, worked on this project for the past four months. Seven of the veterans have no photograph but are shown as a silhouette. The society is hoping family members will come forward with a photograph of the following men: Everett Marryatt,

Lester Borden Young, Joseph Frank Tooke, Harold W.A. Smith, all of Sambro, Cyril Oakley and Edward (Ted) Kidston of Spryfield, and Leonard Thomas of Herring Cove.

The society is grateful for the funding and support received for this project, from the Province of Nova Scotia, Halifax Regional Municipality, Spryfield Business District and New Century Signs, all of whom helped make it possible. The banners will remain on the poles until the first week of December and it is expected this project will become an annual tradition.

Photo on right: Members of Mainland South Heritage Society committee, from left to right, Fay DeViller, Iris Shea, Starr Bogue and Jackie Brousseau, standing on Dentith Road under the banner of Gordon MacDougall, Shipwright, Royal Canadian Navy. He was the son of Edward and Annie MacDougall of Spryfield, and was lost at sea 22 October, 1940 at the age of 24 years.

PHOTOGRAPH BY ROBERT DEVILLER



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DISCOVERING OUR PAST



A family's story of the Halifax Explosion

by Iris Shea

On the day of the Halifax Explosion, December 6, 1917, my mother, Myrtle Toppie, was only 14 years old. She lived in Jollimore with her parents, William and Margaret, two older brothers, Walter and Charlie, and two older sisters, Helen and Millie. The Toppies owned and operated the Lower Arm Grocery Store in Jollimore, located next door to their house. Myrtle's 17 year old sister, Millie, worked in the family store. At 8:15 that morning, Myrtle and her 15 year old sister, Helen, walked down the steep hill to the Dingle in Fleming Park as they did on every school day. They crossed the Northwest Arm on the small ferry boat, a row boat owned and operated by Mr. Josiah "Joe" Boutilier. Following the short ferry ride to the foot of Oakland Road, Myrtle and Helen walked another 25 minutes to Morris Street School in south-end Halifax.

Myrtle was in grade eight, Helen in grade nine. They were already seated in their upstairs classroom at 9:04 am when the building began to shake and windows were blown in. Shattered glass flew everywhere, some into the faces of the young pupils. Myrtle and Helen were not injured but were certainly very frightened. Their teacher, Miss Cunningham, told the class to get in line and leave the building "in single file and do not run!" The frightened teenagers paid no attention and ran as quickly as they could, some falling down the stairs. The plaster walls began crumbling all around them. The water pipes burst and they had to wade through waist-high water to get out of the building. Both Myrtle and Helen were wearing new winter coats and were upset, thinking their mother would be angry because their coats would be ruined.

The Oakland Road ferry across to Jollimore was still operating, despite the turmoil that was taking place in Halifax Harbour. Myrtle and Helen hurried to Oakland Road, down the steps to the ferry wharf. Their father, anxious about the welfare of his two daughters, was about to board the ferry at the Dingle when he saw them coming down the steps on the other side of the Arm. He waited to greet them and told them to hurry home,



Myrtle Toppie, 1917, age 14; Allan Umlah, 1917, age 19. Photos courtesy Iris Shea



that their mother was worried. Myrtle and Helen were concerned about their brother, Walter, who had gone to work that morning in Halifax, and their sister, Edith, who lived in north-end Halifax with her husband and eight month old baby, Hazel.

When the explosion destroyed the north end of Halifax, Edith was standing at her kitchen sink. The windows of her rented flat on Robie Street blew in with such great force that the shattered glass embedded in her eye. Her husband, Arthur White, had already left for work and was not injured. Edith walked the ten miles to her parents' house in Jollimore, carrying baby Hazel. It was a very cold winter day.

Walter Toppie was 24 years old at the time of the explosion. He went to work that morning on the same ferry as his two sisters. He worked as an assistant wire-chief at the telephone company on Barrington Street in Halifax. When the explosion hit, everyone except Walter left the building. He stayed behind to disconnect the lights on all of the telephone switchboards because he thought there might be a fire. Walter's girlfriend, Daisy Shrum, came to look for him. She worked as a teller for the same company and lived in Dartmouth. Daisy had travelled to work that morning by the Halifax Harbour Ferry but was unable to go

home that day to Dartmouth after the explosion. She and Walter walked to Jollimore. Daisy was wearing a black fox fur and a very large fur muff. The streets were full of people running away from the explosion area wearing only light clothing. One woman carried her baby wrapped in her apron and Daisy gave her the fur muff for the baby who fit nicely inside it. When they arrived at the Toppie home in Jollimore, Daisy recalled seeing Walter's sister, Edith, sitting in the rocking chair with her baby. Her eye was badly damaged and bleeding. Edith lost her eye as a result of the shattered glass. One year later, when an epidemic of influenza raged through Halifax, Edith died of influenza. Her daughter, Hazel, then two years old, went to live with her Toppie grandparents in Jollimore. Walter and Daisy married two years later and lived in Dartmouth. Walter Toppie served as mayor of Dartmouth, 1934-35. Toppie Drive in Dartmouth's Burnside Park was named in his honour.

Myrtle and Helen did not return to school for two months. Morris Street School was used as a temporary hospital during the first few days following the explosion. It was later condemned because of the damage done by the explosion. The two sisters then attended Tower Road School, but for

only half a day because the children from the north end of Halifax, whose schools were demolished in the explosion, had to share the classrooms

My father, Allan Umlah, also lived in Jollimore where he boarded with Mrs. Samuel Jollimore and her family near the Jollimore shore. Allan had joined the Army in February of 1917 and was stationed outside of Halifax Harbour at Sandwich Battery near York Redoubt. When the explosion happened on December 6, 1917, he was 19 years old. He had spent the night on guard duty at the fort, walked to his home in Jollimore, and was about to eat breakfast when the explosion occurred. Because it was wartime, he thought the Germans had bombed Halifax. He ran outside, as did the neighbours. It was not long before people were crossing the Arm to the Dingle by ferry with the story of the devastation in Halifax. Allan, taking the ferry to Oakland Road, walked to his mother's house on North Park Street. He discovered she had taken her young family to the Halifax Commons, not far from where she lived with Allan's younger brother, two younger sisters, and two infant half-sisters. He spent all day in Halifax with his friends, assisting those who were injured. The raging fires where once stood the homes of so many north end families, left their mark on Allan for a long time. That night, instead of reporting for night duty at the fort, he was told to report to the Halifax Armouries where he was given orders to search for anyone alive.

For a whole week Allan and his soldier comrades searched the ruined houses and debris in the streets. They placed bodies in wagons pulled by teams of horses. The drivers of those teams transported the bodies to the temporary morgue at Chebucto School. Occasionally they found people who were still alive but badly injured, and they helped them into another wagon that would take them to the nearest hospital. My father had great difficulty talking about the Halifax Explosion and I remember how upset he was when the Bedford Magazine exploded in 1945. I am sure it brought back terrible memories of the devastation that occurred as a result of the 1917 Halifax Explosion.



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Christmas at St. Paul's United Church

by Carolyn Mont

As Christmas approaches, most of us are busier than usual. That doesn't just mean the last minute search for that "perfect" gift; it also includes those Christmas events like the school concert, the staff party, the family dinners to plan or attend. It is special time of year but often we are left wondering where the magic went.

I would suggest to you that the magic may be found in the many churches in our community. Certainly, it is true at St. Paul's United Church in Spryfield, where you could join us for our regular Sunday worship which begins with coffee and conversation at 10:30 on Sunday morning, before the worship service at 11:00. You might want to stop in to Soup's On each Tuesday at noon, where folk gather for fellowship and a free lunch of soup, sandwiches, tea and coffee. You might come to the Food Bank on Wednesdays, if you have called ahead

to register at 902-477-5090. If you enjoy music, you might have joined (or plan to join) one of our bands or choirs.

If it is Christmas magic you want instead of the regular every day magic, continue reading. We have an Advent Discussion group starting on Sunday, November 26 at 7pm and continuing for the next 3 Sundays, December 3, 10 and 17. Advent is the time leading to Christmas; a time of waiting and expectation. The discussion is on the Isaiah Poems. These poems from the prophet Isaiah touch the deepest longings of our heart. The mystics say that the root longing of our soul is for God. In this season of Advent, we listen to the poems written in the book of Isaiah as words for our souls and as guidance for our congregations or small groups. We prepare for the One who is always coming into the world. Please feel invited to come to one or all four weekly sessions.

On December 2, from 10 am to 3 pm, we will be hosting an Advent Retreat. Retreat Facilitator Darlene Brewer, PhD, will lead us in talking about cultivating compassion and fearlessness from the Christian and Buddhist perspectives. Through meditation, personal and group reflection, and a time for creativity, we will explore this call into courage and resilience. Don't worry if you are not used to meditation. Just come and be you! To register, please contact Darlene Brewer, dr.brewer2008@gmail.com or leave a message with the Church office (902-477-3937). Everyone is welcome.

Christmas music is certainly a big part of the season for many people. On Thursday, December 7, at 7pm we will host an East Coast Caroling Concert. Nothing resonates as much as a live quartet singing your favourite Christmas songs. Be it "Gabriel's Message", "Carol of the Bells", "We Wish You a Merry Christmas" or another memorable carol sung by four lovely and enthusiastic vocalists, you and your friends will simply

experience the wonder and beauty that shines through the hustle and bustle the holiday season sometimes brings. The cost for this is \$10.00.

On Thursday, December 21 at 7pm, we have our Service of Light and Hope. For those who are hurting for any number of reasons, the merriment of the Christmas season can amplify feelings of pain, grief, loneliness or despair. This service provides a setting where we can come together, acknowledge our pain, and be reassured that we are not alone in our feelings. A time of refreshment and gathering follows the service, as a reminder that no one need be alone in their grief. Wherever you are in the journey of grief, regardless of your faith perspective, all are welcome.

In December, St. Paul's Family Resources Institute (FRI), the community ministry at St. Paul's, focuses almost exclusively on providing Christmas support to our clients. This is a huge undertaking which involves organizing the food, the registration as well as drives home for clients. We prepare hampers for over 200 individuals and families. If you wish to register for assistance, please call our food bank number at 902-477-5090.

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"Soap Opera Christmas" free musical comedy to be presented by City Church

Many days of practice are drawing to a close as City Church prepares for its annual Christmas outreach presentation. This year they will be presenting three performances of the special musical comedy "Soap Opera Christmas".

This annual event is designed for the whole family featuring lots of comedy and musical moments. Admission is FREE and the dates of presentation are December 8th, 9th and 10th, and all performances start at 7:00 PM. City Church is located at 276 Herring Cove Road, across from Sobeys.

City Church Lead Pastor, Gerald V. Kendrick invites everyone to experi-

ence the joy of Christmas with Sunday services at 10:30 AM and 6:00 PM featuring the music and messages of the Season. Nursery and Sunday School are available at the Sunday morning services.

The City Church Christmas Eve Candle Light Service which will be held on December 24th at 7 PM. This is always well attended and appreciated.

To help keep you in the spirit of the season, City Church's radio station Life 94.7 FM is programming Christmas music every day this month until December 26th. You can also hear this radio station on the internet at www.life947fm.com.



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Help NCC create an urban wilderness park near Purcell's Cove



by Craig Smith, Nova Scotia Program Director, Nature Conservancy of Canada

In September, Halifax Regional Council voted unanimously to move forward with a proposal by the Nature Conservancy of Canada for a 379-acre urban wilderness park near Purcell's Cove. The tentative agreement between the Nature Conservancy of Canada (NCC), Halifax Regional Municipality (HRM) and the property owner — The Shaw Group — presents an extraordinary opportunity to conserve a rare landscape and habitat, while creating a park designed for outdoor recreation and nature ap-

preciation, all within a densely populated part of the city. The project has already come a long way, but to make the park a reality, NCC will need wide support from the community.

The property, which borders on the Purcell's Cove Backlands, includes Williams Lake and Colpitt Lake, and is already a popular spot for swimming and hiking. The Williams Lake Conservation Company and members of the Backlands Coalition have been advocating for its protection for many years.

Once considered for a suburban housing project, this beautiful property should be conserved because it contains a rare forest type known as

jack pine and broom-crowberry barrens, found only on exposed, glacier-scraped rock near the Atlantic coast. The property also includes sections of mature pine forest and many small wetlands, which provide habitat for more than 40 species of breeding birds and other wildlife.

The vision for the urban wilderness park is to conserve the ecology and landscape for both wildlife and people, so future generations will always be able to get outside and connect with nature. The park will be easily accessible by road and by public transit. Most trails will be marked but kept narrow and natural. Year-round low-impact activities such as hiking, birding, interpretive walks and outdoor education will be permitted. The lakes will be open for unsupervised swimming and non-motorized boating.

As Canada's largest charitable land trust, NCC has helped conserve 2.8 million acres (more than 1.1 million hectares) of ecologically-significant land across the country, including 33,000 acres in Nova Scotia. With 50 years of experience behind us, we recognize the Backlands as a rare chance to conserve a significant and accessible natural landscape in an urban centre, in partnership with a willing land owner and a supportive municipi-

pal government.

To help create the park, NCC has committed to raising \$3.5 million: \$2.5 million for a conservation agreement with HRM ensuring no development or resource extraction can ever occur on the property; and \$1 million for legal and associated costs, including the establishment of a stewardship fund to ensure long-term care of the property. As with all our conservation projects, the Nature Conservancy of Canada uses professional appraisals conducted by independent third parties to determine fair market value of the lands to be protected.

Over the next year, NCC will be seeking financial support from a wide range partners, but particularly Nova Scotian businesses, local communities, and citizens of Halifax Regional Municipality, in order to raise the necessary funds for this project. We invite people to show their support by donating online or contacting our Halifax office. With the help of the citizens of HRM, NCC can ensure in 2019 that the urban wilderness at Williams Lake will become a permanent sanctuary in the city.



Wishing all of our clients, family and friends a wonderful holiday season. Thank you so much for your continued support! Supporting local means everything.

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 902-479-2489
c.citychurch@ns.sympatico.ca
www.citychurchhalifax.ca

Remember ... The City Church Christian inspirational radio station - **LIFE 94.7 FM** is programming Christian music every day until December 26. You can also listen to this radio station on the internet at www.life947fm.com.

Local IMages girls' group spreading Kindness one rock at a time

This fall the local IMages Yoga Program for Girls participated in the Kindness Rocks Project. The Project involves painting rocks with inspirational messages or images on them and distributing them among the community. The rocks can be dropped individually in random places, or as a cluster to be dispersed over time. The purpose of the project is for people to take a rock if they find its message inspirational or if someone they know needs a kind or encouraging word. People can also add new rocks with inspirational messages to the spots chosen in the community.

The project, which was started in 2015 by Megan Murphy in Cape Cod Mass., began with the dropping of only a few rocks on a beach, and has now become an international movement called the #Thekindnessrock-project. The project is based on the notion that one word or message at the right time can change someone's day.

The IMages (which stand for I'mAGirl Empowered and Strong) Yoga Program is a local program for girls age 5-12. The program, which was launched last year by the owner of Longa Yoga, Natalie Longaphy, promotes self-esteem and acceptance, and empowers girls to follow their dreams and make positive changes in the community. As part of the program the girls are asked to volunteer in the community and perform an act of kindness. A few of the acts of kindness last year included collecting cans and donating the proceeds to different animal rescue groups, preparing a meal for a woman's shelter, donating hair to cancer patients, volunteering



with Special Olympics, and donating bus tickets to a youth program.

One of the acts of kindness the girls in the group led this year was to place groups of these rocks in different community and school gardens around the loop. Each rock was hand painted by the girls, with the #Thekindnessrockproject on the bottom so that others can join the movement and

share their pictures and stories on The Kindness Rocks Project website. Keep an eye out for these rocks, and who knows, they just might be what you need that day! Please feel free to add other rocks to these gardens or start your own (with permission from the city or a privately owned site).

For more information on the IMages group and winter program

starting in January visit <https://www.facebook.com/IMages-Yoga-Program-260054404434218/>

**Please remember when dropping several rocks or starting a rock garden to get permission from your city or site and to respect the environment. Visit Thekindnessrockproject.com for more information on getting your own project started.

International Students join us at Ilsley



by Ciara Harris

JL Ilsley has welcomed over two dozen International students this year; two foreign students who are really making their mark are Thomas Libert, of Belgium, and Carlos Astudillo Abad, who hails from Ecuador. They live in Herring Cove with their host mother, Terry Spearns. "I have the best host mother, and now I have a brother from Ecuador," Thomas says. Carlos echoes this sentiment: "My host mother and my host brother Thomas are both dear to me."

Carlos and Thomas are studying English, Canadian History, Drama and Physical Education this semester. When asked how Canadian school differs from home, Carlos says: "It's different, but I love it." Thomas finds the schoolwork easier than in Belgium, but is pleased that there are school sports, which do not exist for him at home.

Both grade 12 boys have been focused not only on academics, but on

athletics and community involvement as well. Carlos plays on the school's soccer team, and Thomas plays both soccer and volleyball, and runs cross country. Thomas says his fondest memory of Ilsley so far is when his team beat CP Allen High School at soccer. "We were down 3-1 at the half, and we ended up winning the game 4-3."

Carlos says that he will tell people back home in Ecuador that Halifax is "the most beautiful city in the world." His fondest memories of his semester with us include going to school and spending time with his many Nova Scotian friends. Thomas and Carlos have developed excellent friendships with local students, because they are both friendly, outgoing, and good-natured young men.

If you are interested in learning more about the Nova Scotia International Student program or about becoming a host family, you can contact Terry Spearns, Homestay Coordinator at 902-233-6598 or tspearns@hrsbc.ca.

On left: Carlos Astudillo Abad and Thomas Libert

LOCAL OBITUARIES

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

John D. "Jack" King

Age 96 of Herring Cove, passed away peacefully at the VG Hospital on Monday October 16, 2017 after a brief illness. Born in Yarmouth he was a son of the late Clifford and Rose (Herman) King. Jack attended school in Yarmouth, Weymouth and Kentville. During the 2nd World War he served with the Royal Canadian Engineers, principally on the West Coast. Following the war, he worked with Dominion Atlantic Railways in Kentville and Halifax Transfer. After finishing a business course at the Maritime Business College, he went to work with the Provincial Government; first with the Department of Highways and Public Works and then with the Office of the Auditor General, until his retirement. He was an avid stamp collector and long-time member of the Nova Scotia Stamp Club. Jack is survived by his wife, Helen Celeste "B" King. A special thanks to the support provided by close friends, Calvin and Colleen Avery and Gary and Sharon Skidmore. Jack was predeceased by brother, Carl "Bud" and sister, Eleane. In lieu of flowers, donations may be made to a charity of choice.

Anita R. Garside

73, Spryfield, passed away on October 23, 2017 at the VG Site, QEII, Halifax, NS. Born in Halifax, she was a

daughter of the late Arthur and Dorothy (Jones) Pemberton. Throughout her life, "Neat" worked as a self-employed contractor who could do just about anything, a Jane-of-all-trades. She was a private person and will be remembered for being a decent and good living person. She is survived by her siblings, Marjorie Pemberton and Richard Pemberton both of Spryfield, Elta Courtemanche (Herve), and Monson "Sonny" Pemberton (Eleanor), both of Lower Sackville, NS, Dorothy (Harry) Beazley, Upper Nine Mile River, Leona Lorman (Robert), Bridgewater, half-sister, Bonita Boussey, Amherstburg, ON, as well as numerous nieces, nephews, great-nieces, great-nephews, many cousins, aunts, especially Leona and uncles, as well as devoted friends, Dot, Shirley, Faye and Harold. She was predeceased by her parents, daughter, Brenda Lee, half-brothers, Delbert and Arthur, sister Georgina Pemberton. Donations in memory of Anita may be made to the Phoenix House. Condolences may be sent by visiting www.walkerfh.com.

Jeanetta Adele Chamberlain (Bernard)

Age 84, Spryfield, passed away October 24, 2017 at Arborstone Enhanced Care. Born in Halifax, she was a daughter of the late Daniel and Marion (Chisholm) Bernard. Adele was a member of St. Michael's Roman Catholic Church where she had been a Sunday School teacher for 25 years as well as a member of the St. Michael's Senior Choir. She is survived by son, Howard (Janice); daughter, Linda Hunt (Glen); brothers, Jim (Betty); Daniel (Grace); Richard; Frank and grandson, Allan. Adele was predeceased by husband, Allan; sons, Daniel and Glen; brothers, Willis, Joseph, George and James. In lieu of flowers, donations may be made to 105.9 Seaside FM.

Brian Douglas Farrell

66 of Spryfield, passed away on October 25, 2017 at the QEII Halifax Infirmary. Born in Halifax he was a son of the late Francis and Alice (Kirby) Farrell. Brian grew up in Spryfield and was a long-time member of the community. He was also a member of City Church, and the City Church food bank. He was a friend to many and a loving husband. He is survived by his wife Irma (McGrath) Farrell, Spryfield; son Kirk Farrell, Halifax; sisters, Sandra (Stan) Lacey, Lakeside, and Doreen (Bob) Mitchell, Lakeside; brother, Harvey (Donna) Farrell, Halifax and Many nieces and Nephews. He was predeceased by his sister Glenda Hayden. A special thank you to Donna and Harvey for all their support. Donations in Brian's memory can be made to City Church.

Jane Susan Burchell (Wilkie)

Age 77, Spryfield, passed away on November 1, 2017 at Melville Lodge

Nursing Home. Born in Sugarloaf, Cape Breton, she was a daughter of the late Charles Wilkie and Julia (Jennie) Jobe. Jane enjoyed dancing and listening to country music at her home in Melville Gardens and enjoyed her special friendships with staff and residents there. She especially liked family gatherings and singing songs with her sisters. A good friend and tutor Paul Dawson helped her write poetry and stories about her Cape Breton home. She wrote letters and sent cards to express her compassion for others. Surviving are her sons, Tom; Ted (Pamela); John (Jacqueline); granddaughters Julia, Jasmin, Alexandra; sisters, Annie (Floyd) Woodworth; Diane (Sonny) Oakley; Pat (Winston) MacPhee; Frances (Pete) Davidson; Dale (Rick) Smith; brothers, Doug (Linda) Wilkie; Charles (Karen) Wilkie.

Marion "MeeMee" Coleman

79 of Spryfield, passed away peacefully on November 7, 2017 at home. She was a daughter of the late Roy and Minnie Creelman. Marion had an amazing presence in her community. Always with an open door and a warm welcoming smile, whether she knew you or not. Loved by all who has had the chance to meet her. A true lover of sports especially hockey and her beloved Montreal Canadians. Her greatest joy and love was her family. She is survived by daughter, Marriann;

son, Peter (Simone); special niece, Florence; grandchildren; Melissa (Andrew), Keith (Jade), Brett, Ashley (Ed), Michael and Jacob; great-grandchild, Chloe; brothers, Walter and Roy; sister, Linda. She was predeceased by sisters Barb, Betty, Lillian; brothers, Billy, Gerald and Pat.

Stanley "Eddy" E. Dodge

61, Spryfield, passed away peacefully at home, surrounded by his family, on Tuesday, November 7, 2017, after a courageous battle with cancer. Born in Halifax, he was a son of Rita Loretta Dodge and the late Stanley Joseph Dodge. Eddy worked for HRM for 33 years as a heavy equipment operator. He loved his family and they were the focal point of his life. He was the best husband, father, granddad and friend you would ever want to have. He had a big heart and would help anyone in need. He will be missed by all who knew and loved him. Eddy is survived by his wife of 37 years, Linda; children, Ray (Kelly), Barry (Sherri), Heather (Randy) and David (Shauna); many grandchildren; brothers, Billy (Lynn) and Jimmy; sister, Louise. He was predeceased by sister, Rita. Special thanks to Dr. Hugh Matheson and Fran of the Spryfield Medical Centre for their compassionate care and support. In lieu of flowers, donations in Eddy's memory may be made to the Canadian Cancer Society.

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Spryfield
Business Commission

**NEWS
& VIEWS**
from the desk of Bruce Holland



Rural Bus Service Moving Forward!

Planning for the new Rural Flexible Bus Service for the Ketch Harbour Sambro Spryfield Loop continues to move forward! In October, a meeting was held in which local stakeholder groups and organizations were offered the opportunity to give input into what the bus service should look like. A second meeting was held Nov. 20th where the public was invited to come and share their opinions on what they want in a bus service. The Feasibility study will be complete in mid-December. After that we are required to create a Business Plan and we are still waiting for the Province to give us some indication if they are prepared to fund the cost of the Business Plan.

Holiday Open House and Networking

This month's morning mixer will actually be an afternoon Holiday Open House and Networking Session and will be graciously hosted by our Chairman Clyde Paul and Past-Chairman Ryan Brennan at Clyde A. Paul & Associates new offices located at 531 Herring Cove Road on Thursday, December 14th, 2017 from 4 p.m.-6 p.m. Please come out and help us to celebrate a year of significant achievements for both Clyde A. Paul & Associates and the Spryfield Business Commission!

44th Annual Spryfield Santa Claus Parade

This year's Spryfield Santa Claus Parade was held on Sunday, November 26th. The Spryfield Business Commission was pleased to organize and host the Parade again this year on behalf of the commu-

nity. It was my pleasure to organize things with my Parade Co-Chair and Parade Marshall, Gina Gray. Gina and I would like to thank all of the Participants, the Sponsors and all of the Parade Volunteers, including the local Cadets for helping out. Special thanks to Chris Macaulay, manager, and the staff of Spryfield Sobeys for designing and building the float for Santa Claus to ride on this year!

Take the Fast Train to Spryfield

I am pleased to report that in addition to the development of the Rural Bus for the area, the Spryfield Business Commission, along with the other HRM Business Improvement Districts and various stakeholders, is taking a pro-active initiative and forming a coalition to study the possibility of bringing a network of "Light Rail Fast Trains" to the Municipality in an effort to reduce travel time and congestion to and from the peninsula and downtown and to reducing our carbon foot print. This initiative is in the very early stages and I will report from time to time on the accomplishments of the coalition.

Newsletter

The Spryfield Business Commission is committed to keeping our members and the community informed of our activities and events. In addition to this regular Chebucto News column we invite you to join our regular monthly Mailchimp E-mail Newsletter. Please let me know if you would like to join the newsletter distribution list. You can reach me at sdbc@eastlink.ca or by phone at 902-452-7472. Many thanks, Bruce Holland!

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

Whitman youngest rider to compete in mountain biking at the Canada Games

This summer at the 2017 Canada Games in Winnipeg, Manitoba 16 year old Maura Whitman from Herring Cove was the youngest competitor in the Sport of Woman's Mountain Biking. As the youngest rider there in the U23 woman's category, she placed 16th in her first event. The cross country course was very technical and had many challenging elements. It was a 6.3 km loop, where competitors did 5 laps in 39 degree weather.

With Maura's second event a few days later she had time to really dial in the course and worked tirelessly with her coach, Lola Doucet practicing elements over and over again to do her part in the Team Relay. The

three NS girls battled for 3rd place with BC throughout the race. Team NS finished in 4th place!

Maura's third event was sprints which is super exciting to watch as a spectator. It is crazy fast and 4 riders battle it out on a technical loop, often riding side by side or trying to pass their opponent on tricky elements. After qualifying lineups, 4 riders start and the first two across



the finish line move onto the next round. Surprising both herself and her coaches, Maura moved onto the semi-final round of heats. In her final heat she pulled out an 11th place finish.

Maura's teammate, Mackenzie Myatt won the silver medal!

For Maura the Canada Games was a life changing experience not only as an athlete but as a person.

AKC hosts Karate Master



Sensei Shane Higashi (right), Supreme Instructor of the World Chito-Ryu Federation, instructs on the finer points of a throwing technique by Russell Hovey (centre) as the Atlantic Karate Club's Glenn Euloth safely breaks his fall. Higashi travels the world conducting clinics on Chito-Ryu Karate which is the style of karate taught at the Atlantic Karate Club

One of the world's top karate masters was in Halifax on October 20 - 22 for a clinic hosted by the Atlantic Karate Club.

Sensei Shane Higashi conducted black belt gradings and teaching sessions for Chito-Ryu Karate students in Nova Scotia. The event was held at the Saint Agnus Church Gymnasium and the Chocolate Lake Centre which is home to the AKC, Atlantic Canada's oldest martial arts school.

"We're always honoured to have Sensei Higashi come to Nova Scotia

to share his expertise with us. He's an inspiration and a role model for so many. A master of Chito-Ryu Karate and true gentleman," says Sensei Glenn Euloth, Chief Instructor at the AKC.

Higashi, 10th dan and Hanshi (leader of the style), is the Supreme Instructor of the World Chito-Ryu Federation. He started training in karate in 1961 under Masami Tsuruoka, the "Father of Canadian Karate". He continued his training under Tsuruoka's teacher in Japan, O'Sensei

Dr. Tsuyoshi Chitose, who was the Supreme Instructor of the All Japan Karate Association and founder of Chito-Ryu Karate. Fifty-six years later, Higashi travels the world conducting clinics and gradings as well as running his own dojo, Higashi School of Karate, in Toronto.

"He is one of the true karate masters in the world today with a direct lineage to the old masters," says Euloth. "It's amazing to watch him in action and even more amazing when you realize the depth of his

karate knowledge and wisdom. We're very fortunate to be able to learn from him."

The Atlantic Karate Club, established in 1969, offers classes for youth and adults on the top floor of the Chocolate Lake Centre, 14 Purcells Cove Road, in Halifax.

Spryfield ATTACK

Schedule for 2017-18

These are all **home games** and start at **8:00 pm**.

January 6 vs. Cumberland/Colchester Colts

January 13 vs. Cumberland Colchester Colts

January 20 vs Avon River Rats

January 27 vs. Eastern Shore Thunder

February 3 vs. Avon River Rats

There are a few games remaining to be scheduled. Fans can go to spryfieldattack.com for schedule updates and game hi-lites or our league web page nsrjhl.com

Come Out and Support Your Local Junior Hockey Team

Fire Hall and Rec Centre renovation proposals delivered to HRM

by Stephen Adams, HRM Councillor, District 11

In January of this year, a community meeting was held in Herring Cove to look at options with respect to the future of the former Fire Hall and Recreation Centre. Our staff made a presentation outlining the history of the site, along with the processes to be followed which would allow for a community group to take it over.

In the spring, I asked that our building management staff meet with interested individuals to determine what repairs would be needed to the building, along with the viability of renovating it. A few more site meetings followed, and a committee of local residents was formed to submit a proposal to HRM.

Over the past 4 months, this committee has had weekly meetings and additional site visits, along with countless phone calls and emails to develop a business plan for submission. In early November, their plan was delivered to HRM offices. Their proposal will be assessed by our staff and they will bring a recommendation to Council for a decision. The length of time for this process will vary, depending the number of proposals submitted, along with other factors.

I cannot begin to tell you how impressed I am with the dedication, knowledge and professionalism demonstrated by this committee. Their methodical approach ensured that all criteria asked of them were met. Decisions and conclusions were developed through concurrence, ensuring all opinions were heard and respected.

We are fortunate to have such determined residents working to make our communities better for all to enjoy. Thank you, to Janice Rafuse-Crowe, Leanne Smith, Katie Dickinson, Chris Sabine and George Fancy.

As of the writing of this article, the paving of Leiblin Drive has begun. This has been an extremely long process, and has caused sig-

nificant inconvenience for many residents.

I have forwarded your concerns with regard to lawn damage, curb damage and other issues that have arisen. They should all be addressed within the next few weeks. If I have missed any, please let me know.

Along Leiblin Drive, some areas have had additional paving between the road's edge and sod, while others have gravel. Unfortunately, there are no plans to continue the paving for the entire length of Leiblin Drive. I met with our engineering staff in

October, to discuss the options available, and how we could proceed. Not only would additional paving be aesthetically pleasing, it would help protect against water and snow plow damage. Our winter works' staff will monitor this situation on an ongoing basis.

As of November 27th, there will be a significant change to transit service which will directly affect residents in District 11. Route 19 and 20 will be combined into the new Route 9. Generally speaking, it will offer service from Herring Cove to down-

town Halifax. If you go to the following website <https://www.halifax.ca/transportation/halifax-transit> and click on the 'New Route 9' icon, it shows the map and schedule.

As we approach Christmas, and the ensuing holidays, please be safe. It is a wonderful time of year to gather with family and friends, and pause to reflect on 2017. From my family to yours, we wish you a very Merry Christmas and a healthy and prosperous New Year. And, please remember those less fortunate.

Meeting your health and wellness needs in your community

by Shawn Cleary, HRM Councillor, District 9

In late October, I met with two health professionals who work with one of the four Community Health Teams that serve the Halifax Regional Municipality.

If you're like me, you may have seen the Community Health Teams' program schedules in your doctor's office, local library or other community organization. You may know the schedule contains information about services and programs but your knowledge, like mine, may end there.

I was surprised to learn that the Chebucto Community Health Team, located in the Community Wellness Centre at the old Spryfield Shopping Centre, offers free health and wellness and navigation services to community members. The team is an initiative of Primary Health Care within the Nova Scotia Health Authority in partnership with the IWK Health Centre and community partners.

The Community Health Team offers health and wellness programming in the areas of reducing your health risks, nutrition and weight management, physical activity, emotional wellness and parenting.

The specific programs are tailored to respond to needs identified by community members and include *Making the Most of Your Food Dollar* and *Don't Hibernate, Participate!*

I learned that many community members who are attending a Community Health Team program for the first time often chose to attend the Personal Wellness Profile.

Ashley South with the Chebucto Community Health Team told me that during this session you complete a health survey and get to have various measures collected such as blood pressure, weight, waist circumference and cholesterol. This

program is a great starting point that helps you to identify your health and wellness needs.

If you're not sure where to start, the Community Health Team also offers wellness navigation to help you prioritize health and wellness goals and connect you to the resources you need.

For more information on the Chebucto Community Health Team you can call 902-460-4560 (option 2), visit communityhealthteams.ca or connect on Facebook at [facebook.com/CommunityHealthTeams](https://www.facebook.com/CommunityHealthTeams) or Twitter at twitter.com/CHTs_NS_HA.



Watch our Facebook page and website for our Customer Appreciation Draws being held on December 18, just in time for Christmas!
For details and more December Specials, check out our ad on pages 6 and 7!



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HALIFAX halifax.ca 311

The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

It's time to hang our advent calendars and start counting the days, and I want to wish you and your family a very Merry Christmas, Happy Holidays, and best wishes for a fulfilling and prosperous New Year! As we get into the holiday spirit and jump from office parties to Christmas concerts, I hope you'll be generous with your time and your giving and especially careful on the roads. As always, we had a wonderful kick-off to the season with the annual Spryfield Santa Claus Parade this year. A number of great holiday events are going on across Halifax over the next few weeks, including the IWK Tree Lighting Celebration on December 6, and I'll be updating my Facebook with details on many of them. We will also be marking the 100th Anniversary of the Halifax Explosion this month, and I encourage you to visit 100Years100Stories.ca for details on commemorative events.

Last month I had an exciting opportunity to travel as part of my ministerial responsibilities. Me, my staff at the Office of Immigration and the Office of Acadian Affairs and Francophonie, along with our partners at Le Conseil de développement-économique de la Nouvelle-Écosse and local employers took part in the Destination Canada Fair in Paris and Brussels. Our goal was to attract potential francophone immigrants to Nova Scotia by providing them with the information and assistance they need to live and work here. I'd say it was a very successful trip, and it was a pleasure to speak directly with European citizens who are interested in making Canada's east coast their new home. International immigration strengthens our economy by addressing persistent labour gaps faced by employers. With 10% of Nova Scotians speaking French, and demand for French education and services high, it makes good sense to invest time and resources in attracting our newest Néo-Écossais/es.

The province has also moved forward with a number of positive initiatives recently. Through the Solar Electricity for Community Buildings Pilot Program, Halifax will soon be generating a lot more renewable pow-

er while reducing its carbon footprint. The Atlantic School of Theology, The Hospice Society of Greater Halifax, The Ecology Action Centre, Dalhousie University, and the Nova Scotia Community College Ivany Campus have all been approved to generate solar electricity, which will be sold back to the grid. This is a great initiative for institutions in our community, and I look forward to seeing the program expand over the next two years.

The province has also taken important steps to support victims in court proceedings. Victims of sexual assault now have access to up to four hours of free legal advice thanks to a federal-provincial pilot project. We know we can do better when it comes to supporting victims of sexual violence, and this partnership will provide them with the advice they need to make informed decisions about how they want to move forward. Survivors' privacy and autonomy will be respected, and the service will be offered through an independent agency, 211 Nova Scotia.

It's with a special feeling of pride that I also note that Nova Scotia has achieved an important justice milestone: with the appointment of Ann Marie Simmons as a new provincial and family court judge last month, Nova Scotia has reached gender parity on the provincial and family court. This is a historic moment for our province, as 18 of our 35 full-time provincial and family court judges are now women. Having served as chief federal prosecutor with the Public Prosecution Service of Canada, and having led many complex criminal prosecutions over her 31 years practicing law, Judge Simmons will be a fantastic addition to the bench and I wish her well in this exciting new role.

Two more seasonal reminders bear mentioning: during the winter months, HRM supports the YMCA in delivering its Snow Removal Program for Seniors and Persons with Disabilities. If you or someone you know are 65+ or live with a disability, you may be eligible for assistance with snow removal from your property. To inquire about eligibility, please call the YMCA at (902) 483-3678. Applications are also open for the province's

Heating Assistance Rebate Program. Rebates on your home heating costs of up to \$200.00 per family are available, and applications are available both online and through my constituency office.

I'd also like to take a moment to mention that our local favourite The Armview will once again be participating in the Annual Christmas Feed. On December 19, 50% of every dollar

spent at the Armview will be donated to Feed Nova Scotia to help those in need. I encourage you to stop in for a delicious meal that will make a difference. What better way to end a day of last-minute Christmas shopping?

Remember that constituents can always contact me at (902) 455-1610 or info@lenadiab.ca with comments, questions, and concerns. I thank you for your continued support.

COMMUNITY EVENTS

(continued from page 14)

vocalists will bring Christmas music. Cost is \$10.00.

- Thursday, December 21 at 7:00pm; Service of Light and Hope. For those who may have suffered a loss, loneliness or grief, this service reminds us that we are not alone. It will be followed by refreshment and fellowship.

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 Judy at 902-477-4099 email: spryfieldccchurch@hotmail.com facebook :Spryfield Christian Community Church
- Christmas Eve Service December 24 @ 6pm.
- Bible Studies Sundays 6-8 pm. Special Bible Study for Advent "Because of Bethlehem Love is Born Hope is Here"
- Church services Sunday 11-12 am
- Oromo Gospel Church: Sunday worship service: 3 pm Tuesday prayer: 10 am.
- 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 in the Harrietsfield/Williamswood area who fill water jugs at the St. Paul's United Church outside tap, please note the following change: now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email weneedsafewater@gmail.com with questions or to arrange an alternate pick up time.
- **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.
- Every Tuesday, St. Paul's Resource Centre offers their **Soup's On Program** from 12pm to 1:30pm. This is a great opportunity to socialize with new friends, catch up with old friends, and just get out of the house for a little while. All are welcome to partake in this free lunch

program.

- **Herring Cove Polar Bear Dip:** On January 1, 2018 join us at St Paul's Church Hall in Herring Cove, starting at 10:00 am. DIPS will begin at NOON. We welcome all jumpers and those who come to support them. To register for the DIP or for more information visit our website at www.Herringcovepolarbeardip.com Money raised goes to Feed NS and local food banks. If you would like to volunteer you can contact us at polarbear@eastlink.ca Or through our website.

- Thursday, December 7 1-3 pm

- **Women for Music Society** meeting with guest artists singer/songwriter Jim Petrie and pianist Patricia (Pat) McCormack. Petrie is a singer and actor involved in dinner theatre who has just released a new CD, "Spirit of the Island". CDs will be available. Refreshments, tea, and social.

No admission charge. New members welcome. Maritime Conservatory of Performing Arts, 6199 Chebucto Road, Halifax. www.womenformusic.com

- **The 55+ seniors group** have a monthly drop in at the ACICC at 341 Herring Cove Rd. We meet the third Wednesday of every month. Contact for the group is: erincxdesmond@gmail.com or 902-452-0876

- **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. Soprano and alto voices welcome. 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.

- **In the Nick of Time PopUp Sale** by Spryfield & District Community Market and Prospect Farmers Market. Dec. 17th from 1pm to 4pm. Arts, crafts, food and more! Family friendly. Free admission.

The crafters and artisans of both the Spryfield & District Community Market and the Prospect Farmers Market have joined efforts. They are bringing their best efforts to you on December 17, 2017 from 1-4PM. Perfect shopping opportunity for those last minute gifts for family, friends, teachers, Secret Santa exchanges, etc. There will be sea glass, pet-themed accessories, bags, purses, cupcakes, Christmas baking, hard cider, paintings, pottery, wooden birds, jams and jellies, leatherworks, photographs and so much more available. Avoid traffic and line ups. Support local. Free admission and family friendly.



Check our Facebook page for late arriving events and changes or updates to listed events

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Merry Christmas and Best Wishes for the New Year

Joyeux Noël et meilleurs vœux pour la nouvelle année!

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 DECEMBER

Chebucto Community Health Team (16 Dentith Rd) Events:

- Community Health Team Social: Wed. Dec. 20th from 1:30 to 3:30.
- Understanding Pain: Dec 11th. 1:30 to 3:30
- Food Fads: Fact or Fiction: Dec. 6th. 1:30 to 3:30

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield, and around the Sambro Loop. Please call 902-460-4560, go to www.community-healthteams.ca or drop-in to register.

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

- Bingo every Sunday at 1pm. Doors open at 12pm
- Seniors Xmas Party & Dance Monday Dec 11th Cost: \$8.00 p/p. Band Chain & Anchor. Doors open at 11am. Music starts 12pm. Turkey Dinner 1pm. Tickets sold in Advance
- Turkey Shoot Dec 9th Open to the Public. Time: 12pm Cost: \$10.00 p/p
- New Years Eve Dance Sunday Dec 31st. Cost: \$15.00 p/p. Seafood Chowder Served from 7:30-8:45pm. Dance 9-1am. Band: Higher Limits
- New Years Day Dance. Monday Jan 1st 2-6pm. Band: Touch of Gray. Free Admission

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.

Free meals for those in need:

- **Mondays:**
 - Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9am to 10am.
 - Mobile Soup Kitchen 7pm Bread of Life Ministries (McIntosh St. & 500 Block of Herring Cove Rd)
- **Tuesdays:**
 - Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9am to 10am.
 - Soup's On Program 12pm to 1:30pm at St. Paul's Family Resource Institute (173 Old Sambro 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.
- **Thursdays:**
 - Hot Breakfast 9am to 10am Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)
- **Fridays:**
 - Continental Breakfast 9am to 10am. Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)

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

- Dec. 5th. Tree Lighting from 6:30 to 8.
- Dec. 6th and 13th. Parent/tot playgroup
- Wednesdays and Thursdays, Tai Jitsu

Urban Farm Museum Society of Spryfield (Captain Spry Centre and Farm at Ardwell and Rockingstone) Events:

- Monthly meeting will be held on Dec. 11th at 7pm at the Spry Centre. All welcome to attend.

Quarter Note Singers (Captain Spry Centre) Events:

- Thursday nights from 7pm until 9pm. Singers Wanted! We are 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 are no auditions. For more info please call Steve Trussoni at 902-477-2664
- Coffee House: Dec 7th. From 7pm to 9pm. Refreshments served. Donations gratefully accepted.
- On Dec. 5th we will be performing as part of 100 years-Songs of the Halifax Explosion. Tickets are \$15 each and performance will be held at St. Patrick's Church 2263 Brunswick Street.

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.

Emmanuel Church Hall Events (322 Herring Cove Road) Events:

- December 2: Christmas bazaar from 10:00 - 2:00. Crafts, jewelry bake tables and a soup lunch.
- December 17, 7 pm Service of Compassion and Hope
- December 24 10 am, Contemporary communion service for Advent 4: 6:30 pm, Contemporary Family Communion service for Christmas Eve with blessing of the Crèche; 8:45 pm, carol sing; 9:00 a traditional communion service for Christmas Eve.
- December 25, Christmas Day, 10 am, Traditional Communion service
- December 31, 10:00 am, Service of Lessons and Carols

Sambro Jollimore Pastoral United Churches (Parkhill @5 Kirk Rd and St. James @3811 Old Sambro Rd):

- Dec. 3 Advent 1: Hanging of the Greens
- Dec. 10 Advent 2: White Gift Service/ Mitten Tree
- Dec. 10th. Down Home Christmas music and entertainment event at 6:30 p.m. All welcome. At St. James
- Dec. 17 Advent 3: Advent Communion Service
- Dec. 24 Advent 4: No am service at Parkhill. Am St. James Sunday School Service
- Dec. 24: 4 pm Parkhill Service. 6 pm St. James Service
- Dec. 25 10 am Parkhill
- Dec. 31 10 am Joint Service at Parkhill. No service at St. James
- Jan. 7 Epiphany Service: 9:30 am Parkhill. 11:15 am St. James

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
- Worship Services:
 - Sunday: 08:30 am Holy Eucharist (BCP)
 - Sunday: 10:00 am Choral Eucharist and Sunday School (BCP and BAS alternation) Coffee hour following service.
 - Wednesday: 10:00 am Holy Eucharist – Chapel (BCP) Fellowship and coffee following service.
 - Wednesday: 11:00 am Bible Study
 - Wednesday: 5:00 pm Christian Meditation – Narthex. All are welcome!
- Second Wednesday of each month: 7:00 pm Mother's Union – Townsend Room in church hall

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

- BINGO! Dec. 1st, 8th, 15th, 22nd, and 29th. Doors open 5:30. Bonanza game starts at 6 p.m. Mini bingo starts at 6:30 p.m. Regular games start at 7 p.m. 15 regular games, 5 special games, postage stamp, toonie pot, 50/50 draw Canteen: pop, water, chips, bars, Tea, coffee, (cookies, squares)
- New Year's Eve Dance with music by Eclipse. 8:30pm to 12:30am. Doors open at 8. \$15 per person. Light lunch and bar available.
- Playgroup Tues. mornings at 9am. Preschool age.

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

- Choir Practice- every Monday evening at 7:30, under the direction of Skippy Mardon. Newcomers are welcome.
- UCW (United Church Women)- On the second Tuesday of every month, at 7:00. All are invited to attend.
- Bell Choir- Every Wed. evening at 6:45 the Bell Choir practices under the guidance of June Bates. June assures us that you don't have to read music to play the bells.
- Community Drum Circle- On the fourth Tuesday of each month at 7:00. Please feel invited to come and experience both the creation of group rhythms and a sense of community. If you don't have a drum, we have a few shakers

available and no experience is necessary.

- Worship Band-Thursday evening at 7:00. This is a group of people who enjoy getting together to play music.
- East Coast Carollers-Enjoy an evening of wonderful Christmas music. December 7, 7:00 pm, cost \$10.00.
- 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 in the Harrietsfield/ Williamswood area who fill water jugs at our outside tap, please note the following change: now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email weneedsafewater@gmail.com with questions or to arrange an alternate pick up time.
- Sunday, Nov.3, Dec 3, 10 and 17 at 7:00 pm; Advent Group discussion on the Poems of Isaiah.
- Saturday, December 2, 10:00am to 3:00pm; Advent Retreat: Opening to God in Compassion and Fearlessness. Register at dr.brewer2008@gmail.com or the church at 902-477-3937.
- Thursday, December 7 at 7:00pm; East Coast Caroling Concert. A quartet of (See Community Events on page 13)

Supporting Your
Community

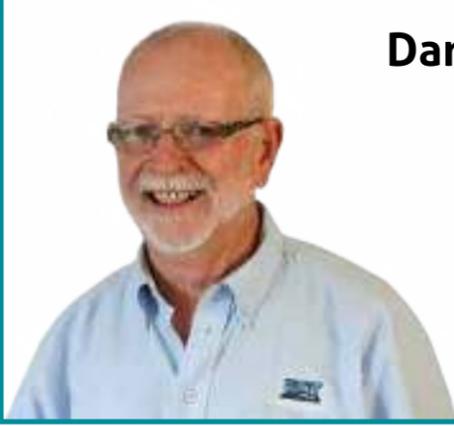
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