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Chebucto News

Vol.19 • No.6
February 2018

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Community leaders recognized

Chebucto News Owner, Dan Doherty, along with Irene Swindells (Melville Heights), Clyde A. Paul (Clyde A. Paul & Associates), Wyatt Redmond (Beaver Enviro Depot),

and Bruce Holland (Spryfield Business Commission) are shown here receiving Community Recognition Certificates from the Honorable Lena Diab.



Left to right: Irene Swindells, Clyde A. Paul, the Honourable Lena Diab, Dan Doherty, Wyatt Redmond and Bruce Holland

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Snowshoeing grows with Hike NS

Now that winter is upon us, rather than hibernate indoors, Hike NS says to get out and try snowshoeing. You'll be in good company, since everyone seems to be trying it.

"Snowshoeing is probably one of the fastest-growing outdoor activities in our province," says Janet Barlow, Hike NS Executive Director. "We've had the highest number of events registered across the province this season, even surpassing our fall hike series. Last year, people came out in droves."

Hike NS and 38 host organizations partnered up to offer the guided snowshoeing series in January, February and March. Over 65 snowshoe hikes are scheduled province-wide. Hikes are led by local folks and participants qualify to win trail prizes. Hikes are free or low-cost and pre-registration is required unless otherwise indicated.

The full schedule with registration details and directions is found



at www.hikenovascotia.ca. Hikes are listed by date and region (Halifax, South Shore, Valley, Fundy, Highland and Cape Breton). Hike NS thanks its local partners for organizing the hikes on the ground as well as Goose Lane Editions and the NS Department of Communities, Culture and Heritage

(See Snowshoeing on page 2)

Making the most of Valentine's Day on a budget

by Lorrie Boylen

This month brings Valentine's Day, a time to show your loved ones how special they are (although ideally we should all be doing this more regularly than once a year).

For this festive celebration of romantic love many people shower their spouse or partner with cards, flowers, jewelry or other gifts, and may arrange a romantic meal in a restaurant or night in a hotel. It's easy to get carried away and think you need to spend a fortune to show what's deep in your heart, but it need not be.

In my house, we celebrate February 14th as a family, which includes the kids. I cook a special meal which I serve on fine china, complete with tablecloth and candles. We all exchange cards and usually gifts of inexpensive sweet treats. It's a nice pick-me-up in the middle of winter.

Do you find yourself dreading yet another overly commercialized "holiday" close on the heels of the expense of Christmas? It needn't put a strain on your budget. You can celebrate the month of love with those you care about the most in ways that are mean-

ingful and won't break the bank.

You could buy an attractive notebook and write down favourite memories from throughout your relationship; things that you love about the person; things that make them special and unique. This can be done for your romantic partner, as well as your kids or any other loved ones you share this day with. This is a gift that lasts; because they can look back and read through the journals again on days when they are feeling low (you know we all have them!).

You can make a book of coupons

filled with things you can do for them, or experiences you can share together. Use your imagination! I always loved getting the coupon books from the kids when they were younger.

You can schedule a special road trip together and play tourists. We live in one of the most beautiful places in the world, so get out and explore something new together!

It's always a good time for a picnic, whether it's on the above-mentioned road trip, or in the middle of the living room floor. Why not slip

(See Valentine's Day on page 2)

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Valentine's Day

(continued from page 1)

a few love notes in there while you're at it?

A free activity you can share with your special someone(s) would be a walk in the woods, a stroll along one of our beautiful beaches, geocaching, or ice skating.

You don't even have to spend money on a card. Some of my favourite cards have been homemade, and you can write your very own heartfelt and loving message.

You could get sentimental and recreate your first date with your loved one. Include as many original details as you can and make it another date to remember.

You can choose a book that you can read together while sipping tea



or sharing a bottle of wine. Lock the doors, turn off your phones, and enjoy a quiet evening to yourselves.

Whatever you do to celebrate, I wish you all a month of love and happiness.

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

Snowshoeing

(continued from page 1)
for their support.

Wondering where to find snowshoes? Not to worry, since you can easily find snowshoes to borrow, rent or buy using Hike NS's online guide, with 75 listings. A growing number of municipalities, businesses and organizations are buying sets of snowshoes to lend or rent. There are at least 55 venues listed where you can borrow them for free.

Hike NS encourages and promotes a growing hiking culture throughout the province, striving to be the voice for those who hike, walk and snowshoe.

For more information on these events or Hike Nova Scotia contact: Janet Barlow, Hike Nova Scotia (902) 932-6902; info@hikenovascotia.ca; www.hikenovascotia.ca

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Cathy Jones rocks the stage on behalf of Chebucto Connections

Saturday night Chebucto Connections hosted what could only be called a Grand fundraiser to help grow its many wonderful initiatives and programs. The fundraiser was organized by a tremendous group of volunteers lead by their “fearless leader” Margo Kerr. Cathy Jones brought back her one woman show “Stranger

to Hard Work” which brought down the house. Cathy Jones also helped secure a fabulous starting lineup that included Owen William, Veronique Mackenzie, Megan McDowell, and Rhys Bevan John. A silent auction and delightful food set the mood and energy for a night full of laughs, connecting with old friends, and fun



conversations. At every corner you could see people waving and smiling from across the room as they found their friends and family amongst the 400+ attendees. The fundraiser for Chebucto Connections, a community development organization that serves the Spryfield and surrounding area, will help the organization continue to serve the community and reach the many new residents moving into this part of the HRM. Chebucto Connections believes that vibrant communities are possible when all its citizens are engaged and have a role to play.

“Finding innovative ways to encourage and support people to engage in their community is crucial to this community continuing to be a place people want to live,” says Adrianna Mackenzie, Executive Director. The event, held at the Spatz Theatre, was a definite success and Chebucto Connections is proud to have been the recipient of such generous donations and contributions. Although numbers are still being tallied we know that the money raised will have a ripple effect in our community.

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DISCOVERING OUR PAST



Remembering local veterans of the First World War

by Iris Shea

The third Monday in February is Heritage Day. To remember our heritage, Mainland South Heritage Society will be honouring local veterans at the society's 24th Annual Heritage Tea and Display. This event is open to the public and takes place on Saturday, February 10th, 2017 from 1pm to 4 pm at the Captain William Spry Community Centre, 10 Sussex Street in Spryfield. We hope you will attend.

This year's topic for the Heritage Tea and Display is in keeping with the 100th anniversary (1918-2018) of the end of World War I. Every community in Mainland South (the communities from Armdale to Pennant) had men of all ages enlisting to go overseas between 1914 and 1918. Their stories are told in their Attestation Papers which may be accessed online by searching for Canadian Expeditionary Force. Click on "Personnel Records World War I" and scroll down that page to "Search: Database". Enter a name and read the papers relating to that particular soldier.

For the purpose of this article I chose the names of a few local soldiers and gathered some information about them from the database. Many of the soldiers enlisted just before the war ended and did not have a chance to go overseas. They were sent to Camp Aldershot in Kings County, Nova Scotia, to prepare for battle overseas but the war ended. They were demobilized and discharged a few months later. Others veterans experienced the horrors associated with fighting in Belgium and France.

A resident of Jollimore, William Joseph (Joe) Jussup was a native of Burgess Hill, Sussex, England, and came to Nova Scotia long before the war began. His marriage as a 23 year old to Matilda Charlotte Oakley of Spryfield is recorded in the Halifax County Marriage Register for 1906. Mr. Jussup served in Canada's Militia from 1907 to 1915 and enlisted in the Canadian Expeditionary Force in September 1915. He served another six years and four months with the 1st Siege Battery of the Royal Canadian Artillery. He was later transferred to the 97th Siege Battery. His service overseas was with several campaigns in France; at the Battle of Somme

which took place from July to November, 1916; at Vimy Ridge at the Battle of Arras in April, 1917; at the Battle for Hill 70 in August 1917 which ended with a victory by the Canadians over the Germans; and at Passchendaele in October of 1917. Mr. Jussup was promoted to Sgt. Major in 1918, returning to Canada when the war ended. His three sons, George, Walter and William, served in the Canadian Army during World War II.

From Pennant, brothers Arthur and William Nickerson enlisted to go overseas. They were the sons of George H. Nickerson and Charlotte Yeadon. Arthur was 22 years old when he enlisted in November 1915. He had already served one year with the 66th Regiment, Princess Louise Fusiliers, stationed at York Redoubt. Overseas he served in Belgium and France and in 1916 suffered a gunshot wound to his left arm. On 22 June 1916 he was admitted to No. 8 Stationary Field Hospital at Wimereux, Boulogne, on the northern coast of France. From there he was transferred to the Royal Victoria Hospital at Netley, England, where a large Red Cross Hospital had been built to accommodate wounded soldiers of World War I. His wound became septic which prolonged his stay in hospital. He was transferred to Shorncliffe Military Hospital 24 June 1916 and discharged from there 4 October 1916, returning to the battle fields in France. Arthur Nickerson received a good conduct badge in September 1917, and on 5 August 1918 was promoted to Lance Corporal. He served a total of 48 months before arriving back in Canada in 1919.

George William "Will" Nickerson, Arthur's brother, was 20 years of age when he enlisted in 1918. He was sent for training at Camp Aldershot, NS, where, shortly after his arrival, he was diagnosed with appendicitis. His appendix was removed on 4 June 1918 at Camp Hill Hospital in Halifax. Following discharge from hospital he returned to Camp Aldershot until he was demobilized in February 1919 and discharged from the Canadian Army in June 1920.

Stanley William Schnare of Sambro enlisted in March 1916 at the age of 21 years. He was the son of Charles and Alberdeen Schnare. He served in



William Joseph "Joe" Jussup (left) and Fred Bignell of Jollimore standing in front of the Jussup house on Purcell's Cove Road near corner of Parkhill Road. Both men enlisted to go overseas in September 1915. Photo is courtesy Mainland South Heritage Society, about 1915.

the 85th Battalion Canadian Infantry as a Private at Vimy Ridge in France. In April 1917 he suffered wounds to his right hand and right thigh while at the front line in a shell hole. A shell burst overhead and fragments embedded in his hand and femur. He was hospitalized at the 3rd Canadian General Hospital in Boulogne, France, with a compound fracture of his right femur. The wound in his thigh was deep, becoming very septic with necrosis of the bone. His condition

resulted in a lengthy hospitalization. He was transferred from the hospital at Boulogne to the Croydon War Hospital in England on 17 April 1917. In January 1918 he was transferred to Orpington Military Hospital, about 15 miles from London, England; a hospital built and completely funded by the government of Ontario, Canada. It was staffed by Canadian nurses and medical personnel. Private Schnare was invalided to Canada in May 1918 and was admitted to Camp Hill Hospital, Halifax. His discharge papers, dated 2 January 1919, show that he had a permanent disability with impaired function of his right leg.

Sidney Andrew Kidston was born in Harrietsfield in 1895, son of Archibald Kidston and Alice Drysdale. He was a Gunner in the 10th Siege Battery and enlisted in February 1918. Prior to going overseas he was admitted to Pier II Military Hospital in May 1918 with influenza, an illness which lasted two weeks. He sailed aboard HMS Nellore on 4 August 1918. His training took place at the Canadian Machine Gun Depot in Seaford on the south coast of England near Brighton. He served in England, France and Canada. Following demobilization, he was discharged in Halifax 13 July 1919.

Photographs may be viewed of these five veterans and many more in the upcoming Heritage Tea and Display on February 10th, 2017.

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Letter to the Editor

To the Editor

On behalf of the Herring Cove Polar Bear Dip Committee, we would like to say thank you to all participants, sponsors, and spectators who braved the cold on January first to help raise funds for local charities. We had around 250 brave souls participating in the 24th annual dip and raised over \$5700 for Feed Nova Scotia and Local food banks. It was a great way to start a new year and we are looking forward to our 25th Anniversary dip on January 1st, 2019.

Send us your opinions!
Write to
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if you have something to say.
We'd love to hear from you.

From The Editor's Desk

March Break Notices

Does your group or organization have special events or day camps planned for March Break?

Email the editor at chebuctoeditor@gmail.com to have your events or camps included in our listings next month.

The deadline for submissions is Friday, February 16.

She was long standing member of the CWL at Saint the John the Baptist parish. Norma led the rosary at the parish for few years. She was an active participant in the Marian gathering group as secretary. Norma was struck with Parkinson's and dementia in her later years but managed to stay home for as long as possible before going into Saint Vincent's Nursing Home last summer. In lieu of flowers, donations may be made to the Parkinson's Society. The Gillespie family wishes to thank the caring and supportive staff on the fifth floor of Saint Vincent's Nursing Home under the leadership of clinical nurse Dennis and LPN Janet.

Jenkins Tarpeh Cooper

64, Spryfield, passed away peacefully on January 10, 2018 at the VG Site, QEII, with his daughter, Unity by his side. Born on April 11, 1953 in Monrovia Liberia, he attended school in Monrovia and its suburban. He was married and had three children, Maurice, Armah, and Unity. Due to the civil war, he traveled to Ghana from where he migrated to Canada on September 16, 2005. Canada has been a big blessing as he strived to give his family a better future, especially his young daughter, Unity. Mr. Jenkins Tarpeh Cooper was very innovative, peaceful and his infectious smile will leave a gap in our hearts. Mr. Jenkins Cooper passed away on Wednesday, January 10, in the hospital with his daughter by his side, after a courageous battle with illness. He was a family man and his expeditious vision and moderate spirit was rewarded when he worked in the Coast Guard and the security field protecting his fellow mankind. Death has left us with a permanent scar. Jenkins Tarpeh Cooper left his mark on this earth. Our love for him will live on in our memories forever.

Left behind to grieve him are his sons, Armah and Maurice; daughter, Unity.

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OBITUARIES

(continued from page 6)

which depended on her expert organizational and packing skills. She loved cruising. Family was of utmost importance to her and as a result, she along with her sisters complied a book of their family history, entitled "Rolle a Story Worth Telling". She loved having her family around and organized many get-togethers and celebrations. There are also many wonderful memories of the time spent at the family cottage in Clam Harbour in the 70's. Norma was a proficient knitter and made sweaters for all members of her family, she especially enjoyed knitting Barbie clothes for Janet and Lisa and later Christmas stockings for everyone. She also enjoyed bowling and was a member in several leagues.

Ambassador for Peace awarded to Tom Parsons



Mr. Tom Parsons (left) was presented with an Ambassador for Peace Medal and a letter signed by Mr. Lee Myung-bak, President of the Republic of Korea by the Earl Francis Spryfield Memorial Legion. President Comrade Terry Bobbitt

LOCAL OBITUARIES

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

Pauline Teresa Holland

92, of Halifax, formerly of Shad Bay, NS, passed away peacefully on Wednesday, January 17, 2018 at Melville Lodge, Halifax, NS. Born in Mulley's Cove, Newfoundland, she was a daughter of the late Allen and Susanna (Delaney) King. Throughout her life, Pauline had worked at the VG Hospital in various capacities and was active in St. Joseph's Catholic Church, Shad Bay, NS, especially with the CWL. She was a proud member of White's Lake Legion, RCL, Branch #153. She is survived by her children, Patricia "Patsy" Francis (Harold), Victoria, BC, Anthony "Tony" Holland (Elsie), Shad Bay, NS, Catherine "Cathy" Fleet (Wayne), Shad Bay, NS, Brian Holland (Vicki), Barrington Passage, NS, Collette Robertson (Glenn), BC, Bruce Holland (Fe Leonor Baculi), Halifax, NS, Blair Holland (Fay Clarke), Halifax, NS, and Brenton "Brent" Holland (Tanya Moore), Halifax, NS, her sister, Dorothy Slade, Toronto, ON, as well as her 15 grandchildren, 15 great-grandchildren, many cousins, nieces and nephews. She was predeceased by her parents, her husband, Bernard, a daughter, Phyllis, a son Peter in infancy, and a sister, Sarah Reynolds. The family wishes to extend their gratitude

to all the staff of Melville Lodge for the exceptional care given to Pauline while in their care and to Rose who kept Mom's hair looking so beautiful. The family would appreciate remembrances in memory be given to the charity of one's choice. Words of comfort may be sent to the family by visiting www.walkerfh.com

Darrel Brian McLeod

61, Spryfield, passed away on Tuesday, December 12, 2017 at Arborstone Enhanced Care. Born in Summerside, PEI, he was a son of the late Kenneth Sr. and Dorothy (Westlake) McLeod. He is survived by his son, Michael (Andrew), Halifax; daughter, Sheri (Les) Rice, Cold Lake, AB; granddaughters, Brianna and Alexa; brothers, Ken Sr., Winnipeg, MB, Donald (Ann), Halifax, Victor (Donna), Yellowknife, NWT and Gary (Darren), Tweed, ON. He was predeceased by brothers, Gordon and Gregory. Many thanks to the staff of Arborstone Enhanced Care for their compassionate care and support.

Jessie Beatrice Umlah

89 of Terence Bay & Stewiacke, NS. It is with deep sadness that we announce the passing of our dear mother, and grandmother, Jessie Beatrice Umlah, on December 13th, 2017. She passed away peacefully at The Magnolia in Enfield, NS. Daughter of the late Everett and Myrtle Jollimore, Jessie was a long-time resident of Terence Bay, Upper Stewiacke, and Stewiacke. Jessie was predeceased by her loving husband, Gordon in 2001, after 49 years of marriage. She had a passion for travel. From Boston, Mass., to visit family, to Bridgewater, NS to visit close friends or just a road trip for the day, Jessie was always active and on the move. Many summers were spent camping with family and friends. Jessie and Gordon camped in many places; two of her favourite camp sites were Montavista Camping Park, Enfield in earlier years, and in later years at their travel trailer in Sherwood Forest, Kentville. She loved the many friends who camped with them and everyone loved her extra special chocolate cake. Jessie was an avid and skilled card player, and attended regular card games wherever she happened to be traveling. Jessie is survived by her loving sons, Jim Umlah, Warren Umlah and Bruce (Rosalyn) Umlah; grandchildren, John Umlah, Roy Umlah, Shauna Crowe, Nicolle Umlah and Kelly Wyles. She is also survived by her sisters, Bernice Gray, Florence Harrison, Myrna Hudder. She was predeceased by her brother, Willie Jollimore.

George Austin Weir Sr.

59, Spryfield, passed away suddenly at home on December 16, 2017. Living in Spryfield all his life, he was a

son of the late Madge Himmelman. George is survived by his children, George Jr., Halifax and Melissa Weir (Jeff), Timberlea; siblings, Sidney (Lisa), Mike, Ronnie, Helen and Lilian; grandchildren, Jayden, Katelynn, Nicholas, Brianna and Justin and numerous nieces and nephews. He was predeceased by brother, Bobby and sister Emma. He will be greatly missed by his children and many friends.

Shirley May Goulden

86, Spryfield. It is with profound sadness and heavy hearts that we announce the passing of our beloved mom, 'Nan', and mom-in-law; Shirley May Goulden, after a long courageous battle with ALS. Shirley is survived by her sons, Terry (Maria), Glenn (Marlene); cherished granddaughters, Melissa (Corey) Murphy, and Stacy (partner Burnell Lyons); great-grandsons, Ethan, Connor, and Owen Murphy; sister, Elizabeth "Betty" Slate. Shirley was predeceased by her husband of 39 years, Russell Goulden; parents, George and Muriel (Yeadon) Burton, and her sister, Barb McNamara. She was also predeceased by her long-time companion, Weldon Whynot. Shirley is also survived by Weldon's family whom she loved as her own, Tim (Lorraine) Whynot, Kevin (Leslie) Whynot and Weldon's grandchildren, Kate, Mylene, Bridget, and Thomas. We'd like to extend a warm heartfelt thank-you of gratitude to the wonderful staff of the first floor at Northwood Centre and the staff on the third floor of Northwood Manor for the exceptional care of Mom, especially during her final days. We'd also like to thank the ALS Society of Nova Scotia for your tremendous help of knowledge and resources. In lieu of flowers we ask if it is your wish to make a small contribution in Mom's name to the ALS Society of Nova Scotia or Alzheimer Society of Nova Scotia. Thank you.

Tammy Mayo

50, Spryfield, passed away peacefully on Monday, January 1, 2018 in the QEII, VG Site. Born in Halifax, she was a daughter of Connie (Newell) and the late Cecil Mayo. She is survived by her daughter, Janita; granddaughters, Serenity and Avianna King; sisters, Tina Mayo and Tricia (Rod) MacLennan; care giver, Johnny Thibeault.

Bruce Edward Benedict

57, Spryfield, passed away peacefully with his loving wife by his side January 6th, 2018 at the QEII, V.G. Site. Born in Halifax, he was a son of the late Edward and Rita Benedict. Known to many by "Papa Bear or Gumpy", he thoroughly enjoyed working on cars, playing guitar and singing with his loved ones. If you ever had any issues with your computer, Bruce was always the person to call. He was always a reliable source with great movie selections and laugh-

ter when it came to funny voices and impressions. A favorite pastime of his was building model cars, wood-working projects and most of all creating fun, laughter and unforgettable memories with his grandchildren and family. He was survived by his wife of 35 years, Wendy Benedict; children, Sherry, Nicole, Brucey and Lacey; grandchildren, Sharisha, Tyrel, Tomaz, Tova, Kyra, Anina and Alaura; siblings, Heather (Royce) Tucker, Darlene Benedict, Susan Benedict and Tim (Donna) Benedict and many loving nieces, nephews, extended family members and loving friends. He was predeceased by nephew, Adam Swimmer. In lieu of flowers, donations may be made to the Palliative Care Unit of the V.G. Site Halifax, thank you for your welcoming care.

Gary "Mac" MacDonnell

71, Herring Cove, passed away surrounded by his family on January 4th, 2018 at the Halifax Infirmary QEII. Born in Halifax, was a son of Edith (Kinch) and the late Ronald MacDonnell. Mac had a long career with NS Power, retiring in 1999. He was an avid sports fan and loved the Toronto Maple Leafs. He is survived by his loving wife, Carol; son, Greg (Annette); daughter, Jennifer (Malcolm) Brown; grandchildren, Lucie and Callum; brother, Kevin. In lieu of flowers, donations can be made to the Emmanuel Church Food bank or a charity of your choice.

Norma Janet Gillespie

Spryfield. Our sixty years journey together has ended. Our lord took my dear wife, Norma on January 8, 2018. Norma was born in Montreal in 1937 to Joseph Rolfe and Irene Settle, Halifax Explosion survivors, and married Robert John Gillespie on November 4, 1957. She was part of a large family including deceased brothers, Donald (Bev), James (Muriel), Robert and Gordon (Elsie), she was extremely close to her sisters Shirley (Ed), Doris (Don) and Carol (Hugh). Although not living near her sisters, she enjoyed many "surprise" visits with them. Norma grew up in Montreal, Regina and moved to Halifax in 1955. She made many friends during these times and remained in contact with them throughout her life. Norma was a loving and proud mother to Janet (Brian), Lisa (deceased) and Paul. Her grandchildren, Sara (Ben), Rhonda (John), Mathew and Nathan will always treasure the memories of the annual cookie day and the fun times in Montreal. Norma was blessed with three great grandchildren, Lucas, Paige and Zoey. Norma first started work at the Motor Vehicle Safety office in 1956 where she met lifetime best friend Betty Bowbridge. She finished her working career with the Federal Government, Public Works in 1979. Norma loved to travel which included family road trips driving and camping across Canada in a VW bug (See more Obituaries on page 5)

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Health care works best when you have easier access to it. I am pleased to announce that as part of our commitment to you and our community, we will be opening a new blood collection clinic at the Community Wellness Centre, 16 Dentith Road, Spryfield, on Jan. 23, 2018.

As of Jan. 23, Spryfield Blood Collection will be open:

- Tuesdays: 7 a.m. to 2:30 p.m.
- Fridays: 7 a.m. to 2:30 p.m.
- Saturdays: 8 a.m. to 3:30 p.m.

Our commitment has been demonstrated by our bringing in a new nurse practitioner and a family practice nurse to our community, and now this clinic. We are currently working to fill an opening for a new family doctor.

You and your loved ones expect me to help secure the frontline health care services for you, and it is a responsibility I take very seriously. Please know that I will continue to be your advocate and to work on your behalf.

Proud to be your MLA

Brendan Maguire MLA Halifax Atlantic
brendan@brendanmaguire.ca
349 Herring Cove Road Suite C
902 444 0147



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Halifax Regional Fire: 100th Anniversary of the Halifax Explosion

On a very rainy December 6th, 2017, Halifax Regional Fire held their annual service honouring the nine firefighters killed in the explosion; the largest number of fire fighters killed in an incident in Canada. Outside of Station 4, an aerial ladder truck was positioned with a Canadian Flag hanging from it as hundreds of fire fighters, officers, politicians, and the general public came together to remember the fallen. Fire fighters from New Glasgow, Moncton, D.N.D. Cape Breton, and other communities were also in attendance. New Glasgow Fire Department brought a steam engine for display. At 11am on Dec. 6th, 1917, this engine was placed on a train with fire fighters. It then proceeded to Halifax and, along with other departments, assisted at the explosion site.

This year, a contingent from the Boston Fire Department, led by the Boston Fire Commissioner Joe Finn, attended the service. Members of the Boston Fire Department's Pipe and Drum Band marched and played alongside the Halifax Pipe and Drum Band. The Halifax Pipe and Drum band had just returned from Boston, where they played at the annual Boston Tree lighting Ceremony. This ceremony was also attended by Premier Stephen MacNeil and Boston Mayor Martin Walsh.

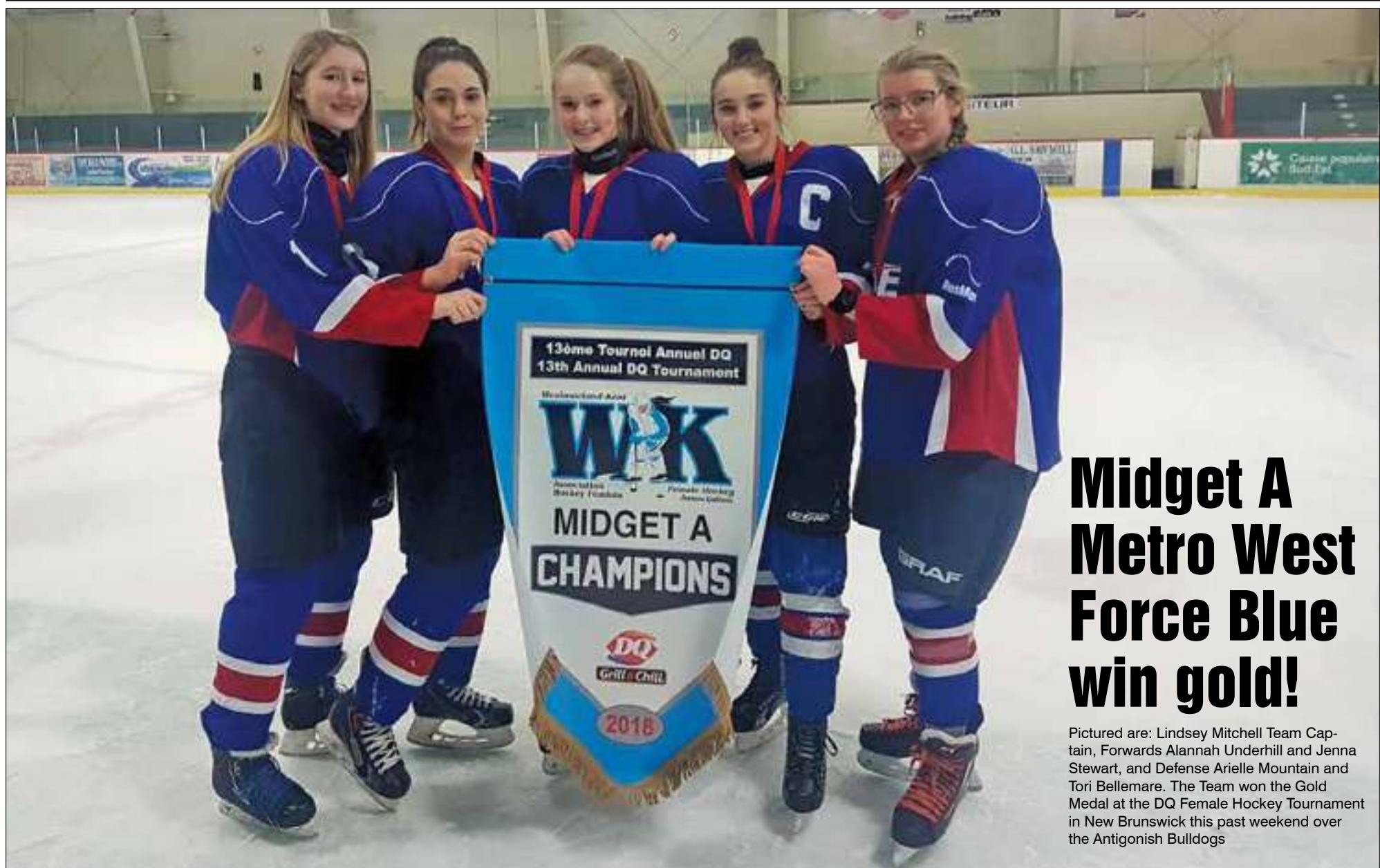
Boston Fire Commissioner Joe Finn, and IAFF president and Boston Fire Fighter Ed Kelly spoke and mentioned that Halifax and Boston have a shared heritage as the oldest fire departments in Canada and the U.S. They talked about the tremendous bond between the two cities. Premier Stephen MacNeil, Mayor Mike Savage and Halifax Regional Fire Chief Ken Steubing also took time to speak to those in attendance.

Family members of the deceased fire fighters, escorted by local fire fighters, laid wreaths for the nine men being honoured. Wreaths were also laid by the Premier, Mayor Savage, and Councilor Lindel Smith.

Inside Fire Station 4, located at 5830 Lady Hammond Road, there was a display of fire fighting artifacts, a steam engine, and a 1917 LaFrance fire truck. Both vehicles had been brought in from New Glasgow.

Being the 100th anniversary of the explosion, the entire service was filmed and DVD copies will be available for purchase. After expenses, all proceeds will go to the Regional Fire Fighters Museum and the Pipe and Drum Band.



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

Midget A Metro West Force Blue win gold!

Pictured are: Lindsey Mitchell Team Captain, Forwards Alannah Underhill and Jenna Stewart, and Defense Arielle Mountain and Tori Bellemare. The Team won the Gold Medal at the DQ Female Hockey Tournament in New Brunswick this past weekend over the Antigonish Bulldogs

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Two important updates for families

by Andy Fillmore, MP for Halifax

1. Canada and Nova Scotia sign a transformational child care agreement

As a parent who has struggled with finding affordable childcare, I know that for many families in our communities, child care is an ongoing struggle.

Working parents – juggling more responsibilities than ever before – spend too long on wait lists for a limited number of spaces.

And often, once a space does open up, it is simply unaffordable, causing families to make almost impossible decisions when it comes to their monthly budgets.

Parents are faced with choices like, do I leave my job? Or, do I compromise on the level of care my child receives?

Our government believes that every child deserves the best possible start in life, and that high-quality, affordable child care is fundamental to the economic security of families, and especially of women.

That's why in January, our federal government signed a bilateral agreement with the province of Nova Scotia that invests \$35 million dollars in early learning and childcare across our province, by putting that money into the pocket of families that need it.

It's just one part of our government's ambitious, long-term plan to get families the child care they need, with an historic \$7.5 billion investment over the next decade.

In Nova Scotia, that plan begins today. Over the next three years, we will fund 15 new child care centres with 500 new spaces.

We'll fund 90 new home-based child care sites, and make substantial improvements to child care subsidies for middle and low-income families who need it most.

And that's just the start.

We won't stop until we build an early-learning and child-care system in Nova Scotia - and across Canada - that supports parents and allows children to not only grow, but thrive.

2. We've expanded parental leave benefits for new parents.

Effectively immediately, our government is expanding parental leave from 12 months to 18 months. This

is going to make an enormous difference in the lives of new parents, who will be given the flexibility to decide which option best meets their family's needs.

In addition, we're changing the Employment Insurance - or EI - rules so that pregnant workers will be able to receive maternity benefits earlier, up to 12 weeks before their due date. This is going to allow pregnant workers to consider their personal, health, and workplace circumstances when choosing when to begin their maternity leave. Think for example of a mother needing bed rest, or a mother

working in an environment that could be considered hazardous to an unborn child.

Now, what about caregivers? We're creating a new 15-week benefit for those who provide care to a critically ill or injured adult family member.

And, for immediate and extended family members taking care of children who are critically ill – they will receive, for the first time ever, a new benefit that was once only available to parents, and it'll provide support for up to 35 weeks.

Importantly, both doctors and now

nurses will be able to sign off on the paperwork for these new caregiver benefits, making the process quicker and simpler.

All in all, these changes are going to help Canadians and their families achieve a better work-life balance, and who couldn't use some of that?

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

Until next time.

No limits to bags of recyclables on garbage day

by Stephen Adams, HRM Councillor, District 11

Over the Christmas holidays and into January, we experienced some severe weather which hindered, and in some cases postponed, our waste collection. Although our staff did a very good job in accommodating issues around collection, there was some confusion with respect to bag limits. Our web site references Bag #1 and Bag #2 for recyclable materials. In reading this, it looks as though there are limits on the number of bags for recycling. To be clear, there are no limits on the number of bags for the recycling of paper. The same applies to the recycling of metals, plastic and glass. Please remember to keep your paper separate from other recyclable material. For additional information, you can visit halifax.ca/home-property/garbage-recycling-green-cart/collection-schedules.

Over the next few months, Council will be deliberating both our capital and operating budget. During this time, we will discuss projects for our respective communities, as well as regional initiatives. New paving, chip sealing, recreational improvements, and other upgrades are amongst the topics for discussion. Once our budget is approved, I will outline what we can expect.

We had a few key learnings from last years' construction season. The most problematic issue was that of timing. There were a lot of projects

occurring at once, which caused numerous traffic delays. It was as if we got through one traffic delay, only to come upon another. I met with our engineering staff, and asked that they prepare tender documents earlier in the year, and utilize pre-approved capital funding for the work spread out over the construction season.

Another concern was the ability of contractors to complete the work awarded in a timely manner. I have noted the past performance of all contractors, and will apply that information when the tenders come to Council for approval.

During the run of a week, residents contact me in person, by telephone, email, text, Facebook and Facebook messenger. If you have an operational question, such as snow removal, garbage pick-up missed or other more immediate concern, 3-1-1 is the best way to ensure your concerns are logged and sent to the appropriate staff. They will give you a reference number, which will allow you to

follow your issue as our staff works toward a solution. If you are unable to get through 3-1-1, for whatever reason please contact me. Email is my preferred method of contact for those items whereby an immediate action is not required, such as a zoning question, variance issues, capital requests or other issues that may arise from time to time. An email gives an accurate description of the issue, and helps ensure that I can articulate your issue accurately. It also allows me to immediately send your concerns to the appropriate staff member(s), and also keeps my assistant informed.

Social media is suitable to discuss current issues, but isn't the best method to have an issue addressed. Although a post about lack of snow-plowing will generate discussion, it may not get your street plowed.

I wish you all the very best in 2018, and look forward to working with you to make our communities better for all to enjoy.

Improvements coming for selected crosswalks

by Brendan Maguire, MLA for Halifax Atlantic

Good Neighbour Energy Fund

This month I was proud to announce that the province is increasing income thresholds for the Good Neighbour Energy Fund thresholds. Now, single-income Nova Scotians with annual earnings up to \$21,000, and families with incomes up to \$39,000 are eligible to apply. If approved, homeowners will receive \$400 toward their heating costs. Government will be adding \$800,000 to the fund. This program which provided assistance to 1,877 families in 2017 will now provide assistance to even more. To apply, drop by the local Salvation Army, go to their website, or call my office for an application.

Habitat for Humanity Key Ceremony

I wanted to take a moment to recognize and thank Habitat for Humanity for their continued investment in our

communities. This month saw two more families receive keys to a new affordable home. We need to continue to invest and work with groups like Habitat to provide affordable housing and home ownership. Thank you for inviting me to say a few words. I have been to several over the last few years; the excitement in the air and the smiles on the families' faces is something I will always remember.

Chebucto Connections fundraiser

The Spatz Theatre was packed to the roof for Cathy Jones' one woman show, Cathy Jones: Stranger To Hard Work. The proceeds from the event were graciously donated to Spryfield's very own Chebucto Connections. I want to thank the Chebucto Connections board for all their hard work; an event like this could not happen without them and countless volunteers (See Improvements coming on page 13)



**COUNCILLOR STEPHEN ADAMS
DISTRICT 11**
Spryfield - Sambro Loop - Prospect Road

PO Box 1749, Halifax, NS B3J 3A5
Home: 902.477.0627
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The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

February is a month where we reflect upon our history, and I'd like to wish all Nova Scotians a happy and meaningful African Heritage Month. The theme for 2018 is centered on the importance of education, and I encourage you to take some time this month to discover something new about the rich history of the African Nova Scotian communities that have contributed so much to the social and cultural fabric of our province.

Last month, I had the distinct pleasure of hosting a Community Recognition Ceremony in Armdale. This is something I've been doing since my first term, and it's always one of the highlights of the year for me as an MLA. At the ceremony, I had the opportunity to welcome and recognize a variety of community leaders and volunteers who have, through their acts, made a mark in our city and province. From outstanding educators, talented athletes, and entrepreneurs to neighbourhood fundraisers, patriots, and advocates, I was proud to present certificates of recognition to the inspiring people I've had the chance to pay tribute to in the legislature. I'm always interested to hear about those doing good work in our community, and if you know an individual or organization that's making a difference, please do let me know.

Speaking of people who are making a difference, I was immensely proud to attend Saint Mary's University's winter convocation last month, where Halifax Armdale's own Mel Boutilier was awarded an honorary degree. As many likely know, Mel has a decades long commitment to philanthropy and social enterprise. Having risen from poverty in his childhood to a long and successful career, his retirement years have been marked by the founding of the Parker Street Food Bank, the Metro Care and Share Society, the Halifax Scholars Program, and a number of other initiatives designed to help those who need it most. Mel's contributions to our city and to people's lives are simply impossible to measure, and it was moving to see his tireless work being recognized by my alma mater.

This month, I'm hosting two events in our community as the MLA. On Tuesday, February 6, I'll be holding a Mental Health Information Session at St. John the Baptist from 6:30-8:30pm. This will be a unique opportunity for people to meet the service providers and organizations that make up our mental health care system in Nova Scotia. It's an excellent opportunity to learn how the system operates, ask questions you may have, and leave with a better understanding of how we address mental health issues in our schools and communities. The event is open to the general public, and the space is accessible to those with limited mobility. I encourage you to spread the word, and to attend on the 6th for what will be a very informative evening.

As I did last year, I'll be sponsoring

a Free Family Swim at the Spryfield Wave Pool to mark the Heritage Day Long Weekend. On Sunday, February 18, join us at the Wave Pool (16 Sussex Street) at 2:00pm. Everyone is welcome to attend. Wave pool staff will be on hand to monitor the pool's capacity, and will be enforcing the arms-length rule for parents with children under 8-years old. I hope you'll also join us in the community room afterwards for refreshments and conversation.

Parents across the province will be happy to hear that last month Nova Scotia partnered with the Government of Canada to sign the Canada

– Nova Scotia Early Learning and Child Care Funding Agreement. This three-year, bilateral agreement provides \$35 million in funding that will support more affordable, accessible, and inclusive regulated child care across our province. This will be done through improvements in workforce development, strengthening inclusion in facilities, and changes to the subsidy program. This funding is a big step forward for regulated child care in Nova Scotia, and will help parents directly by increasing subsidies, expanding which families can qualify for them, creating new spaces in communities that need them most, and creating and sustaining inclusive child care environments for children from different backgrounds. I was tremen-

dously excited to attend the signing and announcement of this agreement, and I'm confident it will make a real difference for families across HRM.

A final reminder that assistance is available for Nova Scotians paying to heat their residence. The province's Heating Assistance Rebate Program is open to low and moderate income families to help with regular winter heating costs, while the Good Neighbour Energy Fund is available to individuals or families facing a home heating emergency. Information about both programs is available by contacting my constituency office.

Remember you can always reach me at (902) 455-1610 or info@lenadiab.ca. Thank you for your continued support.

COMMUNITY EVENTS

(continued from page 14)

- 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 weneedsafe-water@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.

- Thursday, February 1, 2018 1-3 pm Women for Music Society** meeting with special guest Christine Feierabend, flute and piccolo player with Symphony Nova Scotia. Refreshments, tea, and social. No admission charge. New members welcome. Maritime Conservatory of Performing Arts, 6199 Chebucto Road, Halifax, B3L 1K7. www.womenformusic.com

- Super Heroes Wanted! Halifax's 6th Annual Rope For Hope** is an annual, signature 'rappel-down-a-tall-building' fundraising event that takes place coast-to-coast for Make-A-Wish every summer. Location: Westin Nova Scotian on Friday, June 22. To have a chance to rappel, each participant must raise \$1,500. We have several 'how-to' tools to aid our participants in achieving this fundraising goal. This rappel event requires you to find your 'inner hero' and to be brave for just 15 minutes at something

that is challenging to do. The children that we serve often need to be brave to endure medical procedures, and some must be brave over their entire childhood. To sign up, contact ngilkie@icloud.com

- Hemlock Ravine Snowshoe Hike:** Feb. 3. Hike Nova Scotia and the Chebucto Hiking Club present a guided snowshoe hike at Hemlock Ravine Park in Halifax on February 3 at 9:45 am. Bring your own snowshoes. Qualify to win a trail prize. See www.hikenovascotia.ca for details.

- The Mainland South Heritage Society**

Improvements coming

(continued from page 12)
working tirelessly to pull it off.

Crosswalk Safety

This month I met with the Department of Transportation to discuss crosswalk safety. Over the last few months we have seen multiple vehicle and pedestrian accidents. One of the most common complaints that I have heard from both pedestrians and drivers is that crosswalks are hard to see especially at night. I have asked the Department of Transportation to put brighter lights and a bright flashing light on a couple of provincial crosswalks. I am hoping that when these are installed, it will help make everyone better aware of crosswalks.

Snow Removal

Just a quick reminder that if you have any issues with snow removal over the winter, please do not hesitate to contact me via email, phone or social media.

Last, but not least, a big thank you to everyone who put together this year's annual Herring Cove Polar Bear Dip, especially Sarah O'Brien, Sherri Hendsbee, Robert MacLellan and the entire board. A great time was had by all.

Please contact me anytime: Email Brendan@brendanmaguire.ca Office number (902) 444-0147 or add me to Facebook

Proud to be your MLA

will hold its **24th annual Heritage Tea and Display** at the Captain William Spy Community Cente on Saturday, February 10, 2017, from 1pm to 4 pm. In celebration of the 100th anniversary of the end of the First World War, our theme is "Remembering our Veterans from all Wars". Admission free, bring your friends.

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



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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 FEBRUARY

Captain William Spry Library Events:

- Feb 9th. 3 - 4:15 p.m. Live Performance: Amadou Kienou and the Djeli Sira
- Feb. 15th: 7pm. Author John DeMont The Long Way Home: A Personal History of Nova Scotia
- Feb. 16th. 2:30pm Cooking with Produce Packs with Dietitian Ashley South
- Feb. 21st. 7pm to 9pm A Celebration in Song Nova Scotia Mass Choir
- Feb. 23rd. 2:30pm Chinese Lantern Workshop. Registration Required.
- Feb. 25th: 2:30pm to 4:30pm. F.A.M.E - Fashion, Art, Music, Eat! All ages
- Feb. 27th: 7pm. Far More Than the Funnies. Registration Required
- Thursdays: 1pm to 4pm. Bridge Club
- Fridays: 1pm to 3pm. English Conversation Group for Women
- Feb. 3rd and 17th. 11am to 11:30am Puppet Show. All ages
- Tuesdays: 10:30am. Family Drop-ins. Ages 0 to 5
- Fridays: 10:30am. Storytime. Ages 0 to 5

Chebucto Community Health Team (16 Dentith Rd) Events:

- Feb 7th and 21st: 8:30-11:30. Personal Wellness Profile at Community Wellness Centre
- Feb. 28th: 1:30 to 3pm. Fat, Sugar, Salt. Want to learn more? At Community Wellness Centre
- Feb. 26th: 6pm to 8pm. Don't Hibernate, Participate! At Community Wellness Centre
- To register call 902-460-4560 or go to www.CommunityHealthTeams.ca

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

- Bingo every Sunday at 1pm. Doors open at 12pm
- Feb. 10th: Valentine's Day Dance 9pm to 1am. \$10 per person. Silver Flame performing. Doors open at 8pm
- Feb. 16th. Cribbage. Open to the public. 7pm. \$5 per person
- Feb. 19th. Seniors Dance. 12:30pm to 4pm. Chain and Anchor Band. \$4 per person. Light lunch served

Food Banks:

- Emmanuel Anglican Church (322 Herring Cove Rd) Call Wed. Pick up Thurs between 9:30am and 10:30am. 902-477-1954
- St. Paul's Family Resource Institute (173 Old Sambro Rd). Call Mon/Tues. Pick up Wed between 10am and 12pm. 902-477-5090.
- Greystone Community Centre Association (2 Indigo Walk). Call Mon. Pick up Tues. 7:30am to 12pm. Call 902-431-8087 between 9:30am and 12pm on Mondays

Free meals for those in need:

- **Mondays:**
 - 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:

- Parent/tot every second Wednesday
- Tai Jitsu every Wednesday and Thursday
- Pre-Teen Valentine's Day Dance. Feb. 15th from 6:30 to 8pm. Canteen available.

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

- Please Note: Our next meeting will not be held until April 9th at 7pm at the Captain 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

Sambro and Area Community Association Events:

- Feb. 13th: Shrove Tuesday Pancake Supper 5-6:30 p.m. at St. James United Church, 3811 Old Sambro Road, Sambro. Adults \$6, Youth \$3 and children under 3 years old eat free.
- March 8th: 6pm to 7:45pm. Children's Movie Night at St. James United Church, 3811 Old Sambro Road, Sambro. \$5 includes popcorn and a drink. All are welcome. Children under 5 need an adult to stay with them

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) Events:

- Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.

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

- Tuesday, Feb. 13 - Shrove Tuesday Pancake Supper, 4-6 pm, Parish Hall, Adults \$8, children under 10 \$4, Everyone welcome.
- Wed. Feb. 14 - Ash Wednesday: 10:00 am traditional communion service with imposition of ashes. 7:00 pm, contemporary communion service with imposition of ashes.
- Wed. Feb. 21 and Wed. Feb. 28, 10:00 am mid-week Lenten communion service, followed by Bible Study. All are welcome.

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. James United Church (3811 Old Sambro Road) Events:

- Feb. 16th. 12pm to 1pm. Soup lunch. Cost by Donation.

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

- Feb. 10th. 7pm to 11pm. Valentine's Day Dance. Band Knee Deep. Canteen. Light Lunch. Cash Bar. Free will donation

at the door

- Feb. 18th. (Storm Date Feb. 25th) Annual Penny Auction. Doors open at 1pm. Event starts at 1:30pm. Fudge, Refreshments, Fun for all ages.
- BINGO! Feb. 2nd, 9th, 16th, and 23rd. 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 is up to \$4022.00, 50/50 draw ...Canteen : pop ,water , chips , bars, Tea , coffee, (cookies , squares)
- Playgroup starts at 9am every Tuesday.

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

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, callElaine 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.

Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community Room available for shared costs for birthday parties, board meetings etc. our facility includes a good size kitchen, 2 washrooms and storage available. Wheel chair accessibility and plenty of parking. Contact: Judy @ 902-479-0772 or email spryfieldccchurch@hotmail.com
- Sundays 11am to 12pm: Church Services
- Sundays 6pm to 8:30pm: Bible Studies
- Sundays 3pm: Oromo Gospel Church Service
- Tuesdays 10am: Oromo Gospel Prayer group
- Mondays and Thursdays at 6:30pm and Saturdays at 10:30am, Chimo Taekwondo Club

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. (See Community Events on page 13)



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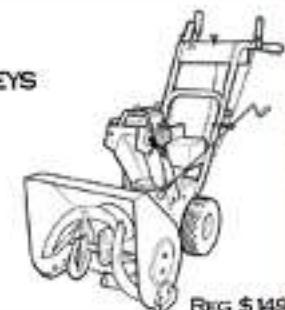
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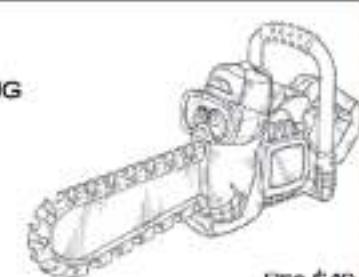
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