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# Welcome back to the Spryfield Market this summer (easy parking on site &



Market is Open and all safety protocols are in place. Pictured are volunteers Jenn MacKay-Myra, Carrie Ellis, and Maggie Morrison

by Diana Dibblee Market Volunteer, Dietitian, Teacher @dibbsondining Instagram

Our local and fabulous Community Market is back for in person shopping! The Spryfield Market operates

on Sundays from 12-3 pm in the parking lot of the Guardian Drug Store, at 205 Herring Cove Road. We have some wonderful vendors waiting to serve you. You are cordially invited to visit us rain or shine every Sunday

orful T-shirts, soaps, crafts and more. During my recent visit, I picked up seasonal produce including rhubarb, asparagus and strawberries. If you want to save yourself a trip to the Valley, come to the Market. Many of our vendors are located in ca, found on Hartlen Avenue. Khan's

right on bus routes). There is a great

selection of vendors including fresh

produce, bakery, local brewery beer,

jams and jellies, prepared meals, col-

Halifax, including Khan's @Khanhfx. serves up a variety of delicious foods including dishes such as butter chicken, biryani and many curries. Their mango chutney is a personal favorite. Jamdoun's offers popular choices including their pulled pork sandwiches and BBQ chicken; so yummy. One

of our newest vendors is Serpent's Brewing. They sell a huge selection of popular Belgian beers including a refreshing Watermelon Wit; check out their new deck behind Canadian Tire. There is always lots of fresh farm produce too, from farms around Nova Scotia. There is something for everyone: soap from Halifax's Lodestone Soaps or a tie dye T-shirt for the young and old, from Seventh Chakra.

To make purchasing easy, we have a market token program. If you forget your cash, you can buy (or donate to the food bank) \$5.00 wooden tokens. Every vendor will accept these and provide you with change. At our Volunteer Booth, you can purchase one of our amazing student designed Tote bags. The "Nothing Beets Spryfield" (See Welcome back on page 2)

# **Another fan of the market** is heard from

Ed. note: There is so much excitement around the opening of the Spryfield Farmers' Market that we have two articles this month so we decided to include both with a few edits to eliminate some repetition.

The Spryfield Farmers' Market tells a story of a community coming together to ensure access to fresh, local, and affordable food; to create spaces that support small local business and in turn stimulate the local economy. You'll recognize many of the vendors from the Spryfield community and past markets. Others are new to the area, or just getting their business

When it comes to selection, the market has it all. The best part: everything on offer is made, baked, and grown in Nova Scotia. Look for locally grown fruits and vegetables, farm fresh meat and eggs, homemade breads, pastries, and sweets, jams and jellies, spice blends, preserves, and more. Make it an afternoon event with lunch-to-go from local classics like Khan's HFX or Jamdouns' Jamaican Canadian food truck. Don't forget to stock up on home essentials like handmade soaps, and take time to browse the impressive assortment of local artisan crafts, such as handmade jewellery and environmentally

(See Another fan on page 2)



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# **Another fan**

(continued from page 1) conscious clothing.

The market is more than just your one-stop-shop for local products. It's a place for the community to safely connect and gather. Take some time to chat with your local producers and get to know the story of your food from farm-to-table. Meet your local makers and learn of the passion and care that goes into their process. Catch up with your neighbours set to the sounds of local musicians, and leave feeling refreshed by the sense of community that embodies Spryfield and surrounding areas.

The market relies on a supportive network of vendors, volunteers, musicians, and customers. It wouldn't be possible without YOU. Help keep this awesome resource in the community, and spend a piece of your Sunday afternoons with us. The market is open on a weekly basis from June 6th through October 31st. Please know that we have COVID-19 protocols in place to ensure your safety and that of the community.



For more information, check out our website: spryfieldmarket.ca and follow us on facebook @spryfieldmarket for market updates and a current list of vendors. Did you appreciate the convenience of online ordering and pick-up last year? You're in luck! We're continuing our partnership with the Prospect Farmers' Market to offer online orders and pick-ups in Spryfield starting soon. Stay tuned!

Interested in lending hand with set-up and function of the market?

Volunteering at is a great way to meet your neighbours and try your hand at new tasks! Join the market volunteer team by sending an email to maggie@novaleamarket.ca

# Welcome back

(continued from page 1) bags are great for shopping and carry-

ing your market goodies home.

A reminder that our Market vendors are following the Provincial Health Covid Safety plan. The route is well marked with directions, hand sanitizing stations, and social distancing in place. The vendors are spread out so there is lots of room to walk around and admire the sights and sounds of our Community Market place. If you have any questions or would like to join us as a volunteer or vendor, you can find us at @spryfield-market.ca. Hope to see you there on

Sunday!

# Chebucto News

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# To fish or not to fish!



Sadie and her dad, Ryan Woodgate, on Williams Lake's non-motorized boat launch on Wyndrock Dr. Photo: Margo Kert

by Cathy Vaughan

To fish or not to fish. A really dumb question for avid anglers. With plenty of public access to lakes in the Spryfield area, fishing is an enjoyable outdoor sport to introduce to your kids. Their natural curiosity and bonding time with you is a unique opportunity to get them away from their screens and out into the natural sights and sounds of the environment around them. Low tech gear, high volume of snacks, sun block, fly repellent and you are good to go.

Anglers of all ages are cautioned to help curb the spread of COVID-19 by staying informed of, and following, the current public health guidelines while fishing by limiting contact with others, remaining two metres apart and adhering to gathering limits.

Catch fish, not Covid!

"Angling is a sport that benefits physical and mental health and supports our rural economy. We encourage our members and all licensed anglers to be safe around the water, follow public health guidelines and enjoy the great sport fishing opportunities Nova Scotia provides as the new season begins," says Shannon Cunningham of Nova Scotia Federation of Anglers and Hunters.

Many of our favourite fun activi-

ties have been modified so that together we can snuff out the pandemic and get everyone in Nova Scotia back to a normal life. For anglers, a normal life begins on the opening of fishing season. Sport fishing season opened on the first of April.

The Nova Scotia Department of Fisheries and Aquaculture, Inland Fisheries Division offers a "L2F" (Learn to Fish) program geared toward youths aged 8 – 12 to teach them the basics of fishing and the importance of ethics and environmental stewardship. "The angling education program recruits the next generation of

stewards of our aquatic resources by teaching safe and ethical angling skills to youth," states the L2F handbook.

Seasoned fishers will tell you, for your first kid-centred fishing expedition, to start small, stay local and keep a short time frame. Use kid-friendly gear, bring loads of snacks and be prepared for it to all go amuck! They will get bored, distracted by the frogs, curious about the critters on the shore line, compete for the most rocks skipped and be covered with muck from their exciting exploration of the lake with you. Big-time bonding. Big kid. Little kid!

# **DONATE YOUR RECYCLABLES!**

Long Lake Provincial Park Association and Beaver Enviro Depot have teamed up to help raise funds for the Park. You can do your part and show your support by dropping off your



recyclables at Beaver Enviro Depot and tell them that it is a donation to the park.



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## DISCOVERING OUR PAST



## Sir Sandford Fleming's journals reveal his love for family and the Dingle

by Iris Shea

Much has been written about Sir Sandford Fleming's life as an engineer and of the many accomplishments with which he is credited. We recognize him locally as the driving force behind the building of the Memorial Tower at the Dingle on land which he donated for that purpose. He kept journals and diaries and wrote letters to his family whenever he was away from them, many of which are kept at the Library and Archives Canada, Ottawa. These documents reveal much about his personal life, his love for his children and grandchildren, and his love for his "Dingle Lands".

Sandford Fleming married Ann Jane Hall in Peterborough, "Upper Canada" on 3 January 1855. Fleming always called her "Jeanie". They had nine children – five sons and four daughters, but only four sons and two daughters lived to adulthood. His children, in chronological order, were Frank (Francis Allen), born in 1856 in Ontario; Sandford Hall in 1857 in Ontario; Minnie (Mary Ethel) in Ontario in 1859; Lily Frances in Ontario 1861; Jeanie in Ontario in 1864 (died in 1873, aged nine years); a son, Paul, born in Halifax December 27, 1865, died in Halifax 28 Feb. 1866, aged 2 months.

Fleming wrote in his diary on May 22, 1868, "To England on SS Washington, Jeanie, Frank & Bob and baby." Bob refers to Fleming's 2nd son, Sandford Hall. The baby was Maude, born in 1867. She died on 26 July 1868 on the passage home from England, according to the Presbyterian Witness. Her death was recorded in the NS Registry of Deaths for 29 July 1868, aged 10 months. Walter Arthur was born in 1868 in Halifax, according to the 1891 Ontario census; and Hugh Percy, born in Ontario in 1872.

The Flemings lived in Halifax between 1865 and 1869 on Brunswick Street while Fleming was surveying for the Intercolonial Railway. They moved to Ottawa in 1869 where Fleming bought a large home which he named Winterholme. Fleming, at that time, was appointed chief engineer for the Canadian Pacific Railway. He purchased his Dingle Lands on the western side of the Northwest Arm in 1870-1871, and bought Blenheim Lodge in Halifax in 1873. The family travelled between Ottawa and Halifax by train each summer. On July 11, 1870 he wrote in his journal: "Halifax.



Sir Sandford Fleming and his family in the conservatory at Winterholme in Ottawa, Christmas Day 1899. Photo courtesy of Library and Archives Canada MIKAN 3643756

Children delighted to be back." One day later he wrote, "Jeanie & I drove round the Head of the Arm to the Old French Prison & had a ramble over part of 260 acres recently purchased." Fleming acquired some of this land at public auction and some through direct purchase from William Cunard, Esquire, Luke Kelly and Frederick Jollimore.

In his journals Fleming wrote of his frequent visits to the Dingle with his wife and children during the 1870s and 1880s. Journal entry, July 29, 1874, "Arrived Halifax at the new house at the Arm." This refers to Blenheim Lodge in Halifax. Journal entry, August 3, 1874, "Spent a few days very charmingly between our new house & the Dingle laying out work with the boys. Left by night train for Ottawa." His family and servants spent their summers, from July to September, at The Lodge with frequent trips to the Dingle for picnics. Fleming's cottage on the Dingle Road was occupied by his caretaker, James Hutton and family, from the late 1870s until 1910. Fleming, in his journals, referred to the cottage as Hutton's

Journal entry, Mar. 26, 1888, "Early this morning my poor dear

wife breathed her last and left me with my children...the comfort and kindness of my children which nothing will exceed."

Fleming's daughters, Minnie and Lily, lived with their father until they were married, both in their early thirties. Fleming did everything he could to discourage their suitors but without success. When William Exshaw arrived on the scene in 1890 to ask Fleming's permission to marry Lily, a series of letters and interviews were mentioned in Fleming's journals, none in Exshaw's favour. Journal entry, September 3, 1890, "Minnie's birthday. Wrote Mr. Exshaw. NW Arm illuminated in honour of Stairs who was with Stanley in Africa." Journal entry, February 18, 1891 "Exshaw and Lily engaged." They married in Ottawa June 9, 1891. Fleming and Exshaw became very good friends and partners in the Western Canada Cement Company in Alberta. Fleming named the town of Exshaw, Alberta after his son-in-law.

It was Minnie's turn next, in 1893. Thomas O. Critchley wrote to Fleming that he and Minnie were engaged. Fleming put a stop to that, telling Critchley to find an occupation. On Jul. 12, 1894 Fleming wrote in his diary "Received telegram from Bob that my daughter Minnie was married to T.O. Critchley today"; Jul. 13, "Miss Minnie very much."

Fleming was happiest when his children and grandchildren were living with him. Lily and her son, Noel Exshaw, spent five months in Ottawa with him in 1901, and he frequently visited the Exshaws in Scotland and in France where Lily and her husband's family owned and operated vineyards. His journal entries show that Minnie and her family, husband Tom and two sons, moved into Hutton's house (the cottage on the Dingle Road) in 1911. Fleming's eldest son, Frank, died in 1913 which would have been a devastating event in Fleming's life. In the summer of 1915 Fleming was visiting his daughter, Mary Ethel (Minnie) Critchley, at the Dingle cottage when he died on July 22, 1915, of pneumonia at the age of 88. His body was transported by train to Ottawa accompanied by several family members and was buried in Beechwood Cemetery beside his wife. For further information about Sir Sandford Fleming check the website https://www.memorialtowerhalifax.ca

# **Discover Mcnabs Island** on a guided Heritage or **Nature Tour this summer!**

Discover McNabs Island this summer by joining the Friends of McNabs Island on guided Heritage and Nature tours of McNabs Island. Tours will be held every Sunday throughout July and August. July 5, 11, 18, 25, and August 8, 11, 18 and 25.

Hike through Canadian history on a Heritage Tour! Learn why the Island was important to the Mi'kmaq First Nations, the early French settlers, and the British, who built several forts on the island to protect the Port of Halifax. Admire the panoramic view from Fort McNab National Historic Site. Discover where Bill Lynch, the Midway King, got his start in the fairground business. Learn the tragic story of the SS England, stricken with cholera and quarantined off McNabs Island in 1866. Visit the Victorian Gardens and the ruins of the A.J. Davis Soda Pop Factory.

On a Nature Tour, you'll watch Nova Scotia's provincial bird, the osprey fish in the island's coves; see where the endangered barn swallows live and learn about coastal plants and island animal habitats. Observe the ebb and flow of the tide in McNabs Pond, and maybe even go for a swim at sandy Maugers Beach.

Departure from Eastern Passage

with A&M Sea Charters, 87 Government Wharf Rd, Fisherman's Cove. Cost: \$25 (members) \$15 (children/ youth under 16), \$35 (non-members). Babies and toddlers under 3 are free. Space is limited to 25 people per trip to ensure social distancing. Times: 10:00-3:30 and 11:00-4:30

For Tickets: https://www.eventbrite.com/o/friends-of-mcnabs-islandsociety-10724104906

For more information: https:// mcnabsisland.ca/events or info@ mcnabsisland.ca; https://www.facebook.com/McNabsIsland; https:// twitter.com/McNabsIsland; https:// www.instagram.com/friendsofmcnabsisland/

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

Since 1990, the Friends of McNabs Island Society has improved the trails and park facilities, organized community beach cleanups, and offered guided tours and outdoor recreation programming to island visitors - making McNabs Island a welcoming park for everyone.

# Chebucto News Community businesses serving community needs.

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Share your thoughts and opinions with us: chebuctoeditor@gmail.com

# Summer at St. Paul's United Church

by Carolyn Mont

Most churches have been "making do" with Zoom and YouTube in order to bring worship to their congregations. Like most things, this has both advantages and disadvantages. At St. Paul's United Church in Spryfield, one of the times that Zoom felt inadequate was in April when Rev. Anne Hoganson told us that she would be leaving us at the end of June. This was a message she would much rather have given in person. Much as we wish her well in her future endeavours, we would much rather that she could stay with us.

Rev. Anne has been with us for five years and we have been her first full time pastoral charge. She is an amazing speaker and will most certainly be missed. Due to Covid restrictions, we will not be saying in person farewells to her until sometime in the summer when, hopefully, restrictions will be somewhat lifted.

In the United Church, choosing a new minister is a fairly complicated procedure. That means that there will not be an immediate permanent replacement for Rev. Anne but rather, we will have a series of supply ministers, at least through the summer. The first three weeks, June 27, July 4 and July 11 will be covered by Rev. Natalie Buchanan. For the few weeks following Rev. Buchanan, worship will be led by members of the congregation. Watch this space for news of

pulpit supply later in the summer.

Zoom allows for something close to in person worship and before the service we have had a bit of time to chat with members the congregation who are attending via Zoom. Since we are also on YouTube, members of the congregation and the general public can tune into past and present services. These services can be found at St. Paul's Spryfield United Church YouTube. If you would like to join

The Sambro Area Community Association (SACA) is running another

Ticket sales are available online at www.rafflebox.ca/raffle/sambro. Prices are: 1 for \$5; 3 for \$10; 7 for \$20; 20 for \$50; 50 for \$100.

Congratulations to Gail Gallagher, who won \$872.50 in May's draw. Gail joins other past winners: Cheryl Foulkes \$2,382.50; Penny Henneberry \$1,030.00; Jill Gray \$2,550.00; Cyndi Garrison \$1,250.00; Terry Lovett \$700.00

We're also still selling beautiful hand crafted Sambro Lighthouse ornaments created by Sarah Eastwood of Eastwood Pottery for just \$20 each. They make a perfect gift for someone special (or for yourself!). Contact Kim MacKay at 902-475-1583 or fill out the form at https://forms. gle/7GXA9uGuwyvZQAgs7.

us "in person" via Zoom, please call 902-477-3937 and ask to be included in the Zoom invitation.

Other things will continue as usual. The gardeners in our community garden have been planting their seeds and transplants and are looking forward to an excellent growing season. The outdoor tap is turned on so people from Harrietsfield who do not have access to clean drinking water may avail

themselves of our water. The Food Bank continues as usual, with clients calling in on Monday, staff and volunteers filling the orders on Tuesday, and clients picking up their orders on Wednesday. Camp Paul, a week long day care, will run through the month of July, following all Covid protocols. For further information on FRI (Family Resources Institute) programs, call Kristen at 902-479-1015.



All of our fundraising efforts go towards our continued plans for a future community centre, our two J.L. Ilsley scholarships, and a barrier-free, accessible fishing area at Grand Lake.

We're disappointed that our Sambro Sou'Wester Days is not proceeding this year due to Covid, but we look forward to seeing everyone at next year's festival!

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

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# Can you help?? Fleming needs you!!



by Linda Levin and John MacManus
The Friends of Sir Sandford Fleming
Park has received many emails from
individuals offering to support the
creation of a new non-profit society to
take on the management of Fleming
Cottage and surrounding site. We are
excited that so many in the community appreciate the historic significance
of Fleming Cottage and want to see it
preserved for everyone to enjoy, as Sir
Sandford himself would have wanted!

Friends of Fleming has done a lot of research and groundwork to set up such a management group, and we are almost ready to go, once we get confirmation that HRM agrees to restore the cottage, but we still require some key roles to be filled before it could become a reality.

Below you will see a list of positions still vacant, the most critical being the Chair, Vice Chair, Secretary and Treasurer. If you have ever thought about volunteering to help a community cause, please seriously consider this one!

Have a look at the details below and contact John MacManus at cottagevol-unteers@gmail.com if you can help, or to have your questions answered.

Here's the 'nitty-gritty':

1. This link to the Societies Act Province of Nova Scotia Societies Act (nsleg-

islature.ca) provides details on what is required for setting up a non-profit.

- 2. Time line and major activities anticipated:
- The non-profit society would not be formed if HRM does not approve funding for the restoration of Fleming Cottage.
- If all volunteer positions are filled, an organization-in-waiting will be created.
- Several meetings will be convened to set up the structure, elect key positions, complete governance and registration materials, and begin fund raising. \*Note: Significant support is already available to expedite this process.
- If setting up this non-profit society is successful, HRM would be notified that this organization is available to take on the management of Fleming Cottage and the surrounding site.
- Funding for the cottage is expected to be decided for the 2022 fiscal year and that decision should be made sometime in March of 2022.
- 3. The following list identifies volunteer positions available. If you are interested in more than one volunteer area please let John know all that appeal to you.

Position:

Recognized Agent (The contact person for receiving all legal correspondence for the society)

Chair

Vice Chair

Secretary

Treasurer

Board of Director (probably would

include the above)

Volunteers Committee Opportunities: The following list is a best guess on what committees could be set up. The official committee structure would be established when the volunteers meet and proceed to set up the formal organization.

Membership

Acquisitions and Archives

**Exhibits Curation** 

Grounds

Cottage

Programing

Reading, Research and Resources Events

Social Media (Web page, Facebook, etc)

**Fund Raising** 

What do you think? Does it sound appealing? Why not add your name to our volunteer list!

Wouldn't you be proud to see this wonderful little cottage restored to its former glory? It is significant not only to Halifax, but to Canada and beyond. Sir Sandford Fleming was important figure and his legacy should be known and celebrated!

If you haven't seen them, or want to see them again, here are two great videos that will tell you more about the cottage, Sir Sandford Fleming and why you should participate in this project: https://vimeo.com/556393090/b431dc8114; https://vimeo.com/535598223/53ad1ffd3a

Please email cottagevolunteers@gmail.com to get involved!



Councillor Patty Cuttell
District 11
Spryfield - Sambro Loop - Prospect Road

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

902.221.6893 patty.cuttell@halifax.ca

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# Flatten your Covid curves!

by Cathy Vaughan

Editor's note: Warning for those struggling with eating disorders, the following article discusses caloric intake and burn

What do kayaking and Covid have in common? Calories!

Covid puts them on. Kayaking takes them off!

The lockdown, the couch, and Netflix is a nasty combo for unchecked caloric intake. Many calorie-counting diets promise that exercising can melt away those unwelcomed pounds. Common sense will tell you that. But who would have paired paddling with Covid-flab?

Keen 'yakers' (kayakers) will pontificate that the caloric burn can be up to 400 calories every hour you are paddling. It is an upper-body workout that challenges not only your core muscles but your back and shoulders as well.

Yakers will also tell you kayaking is just the best way to pump up the endorphins to counteract your Covid concerns and build your strength while experiencing the sights and sounds of nature on your favourite lake.

You are never very far from a quiet, accessible lake in HRM. The "Lake Ordinance (158)" keeps HRM's lakes free of powerboats. So let the serene, repetitious movement of paddling on a tranquil lake calm your nerves and

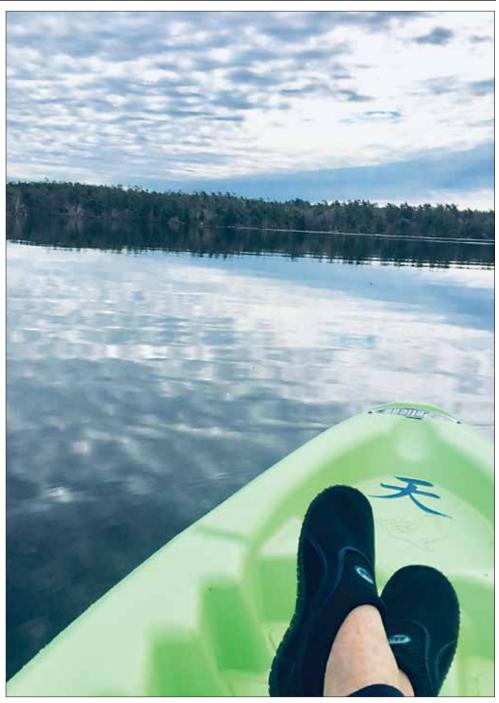
flatten your Covid curves.

In the Spryfield area, you can launch your kayak, canoe or paddle board from four public-access points on Williams Lake. There is an HRM non-motorized boat launch on Acorn Drive, off Williams Lake Road. You can paddle your lake-lounger from HRM's Williams Lake Beach behind Cunard Junior High school. You can picnic, swim and paddle from the canoe launch off Wyndrock Drive. You can put your paddle-board into the lake from the Shaw Wilderness Park on the Purcell's Cove Road.

Did you know that stand-up paddle boarding burns between 300 to 700 calories depending on how rigorously you paddle? It certainly looks like an upper-body challenge! Arms, legs and abdominal muscles are all working in sync as you stroke through the water. The synapses in your brain that control your balance centre are working straight time as well. Good mental exercise for us golden-agers!

Trout for supper tonight? Bringing home supper, while fishing from a kayak, is a delicious, low-cal benefit of paddling on a lake when the fish are rising. Anglers and kayakers together at last! Trout, skillet fried in olive oil, with lemon and garlic, is only 140 calories. Pairs well with a 'near-beer!'

Paddle off the pounds. Shake off the Covid stress. Trout for supper tonight!



Kayaking on Williams Lake burns off Covid curves. Photo: Cathy Vaughan



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# What's happening at the Urban Farm Photos by Joshua Barss Donham



After 20 years of gardening, we need to upgrade our fencing and wooden raised garden beds. Thank You! You can contact us through our gmail urbanfarmspryfield@gmail.com, our Facebook page or by calling Pat at 902-497-3683. Our mailing address is 211-339 Herring Cove Road, Halifax, N.S. B3R 1V5.

The Urban Farm of Spryfield is having it's first Rafflebox 50/50 draw. After 20 years of gardening we need help in repairing some of our fencing and wooden garden beds. Check us out





Urban Farm Museum Society 50/50 Cash Raffle Fundraiser!

www2.rafflebox.ca

A green metallic sweat bee in the perennial herb garden at the farm

by Joshua Barss Donham In July there is a gentle rhythm about the garden. There is always work to be done, but most seeds have been sown and plants have been planted. The monarchs have arrived, mated, and by the end of the month will have begun to lay eggs on the milkweed. The young of many birds that nest on the Farm have already fledged: starlings, chickadees, robins, cardinals and sparrows. Some birds will go on to rear another brood before the summer is over.

While sitting and weeding in the garden, one is surrounded by sounds: the buzz of a passing hummingbird on its way to the bee balm, birds calling, and on especially warm days the air is filled with the dull drone of bees and other winged insects.

The vegetable gardens are surrounded by, and interspersed with, flower beds. At the end of each vegetable plot there is a section set aside for flowers as well. The insects that are drawn to the bright red poppies and fragrant purple-blue borage blossoms as they work their way further into the gardens and pollinate the squash plants, the tomatoes, and the beans.

We often think of honeybees as the primary pollinators. Besides honeybees, which were actually introduced from Europe, there are a myriad of native bees: tiny green sweat bees, mason bees, and leaf cutter bees. Some are even more effective pollinators than the honeybee. There are also a variety of wasps and flies, and even a group of beetles called pollen beetles that contribute to pollination. There are the butterflies too, of course.

The smaller insects attract damselflies and dragonflies. A single dragonfly can eat over a hundred mosquitos

a day. Damselflies also eat aphids and leafhopper nymphs, which suck sap from plants. Sky blue damselflies called bluets and iridescent green ebony jewel-winged damselflies come up from Kidston Brook. Bright orange and red meadowhawk dragonflies traverse the gardens and rest on the vegetation growing along the paths through the woods.

This month and into the early fall the Farm is frequently visited by darner dragonflies; large dragonflies over three inches long. They are often heard before they are seen, making a dry rattling sound as they systematically patrol the edges of the gardens in search of prey. On warm afternoons they occasionally land and rest on one of the wire fences that surround the back gardens. The common green darner is a long-distance migrant, flying all the way from the Southern United States and Mexico to arrive in Nova Scotia in the early summer. They mate, lay eggs, and die. The next generation, after having fed well on mosquitoes, makes the long return trip south in late summer and fall.

Insects are a great draw for birds as well. Before fruit and seeds are available, birds rely heavily on insects, many of which damage plants and developing fruit in the fruit trees. Song sparrows hop in and out of the plots feeding on caterpillars that eat vegetable plants. Yellow warblers and northern parula warblers, both of which nest on the Farm, probe the outer tips of the branches of the apple trees in search of aphids and insect larva.

The Urban Farm is having its first Rafflebox 50/50 draw - https://www2. rafflebox.ca/raffle/ufms. We hope to do a few repairs this summer, and outside funding is in short supply.

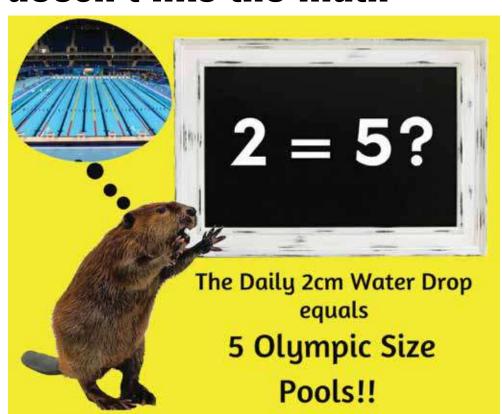


A meadowhawk dragonfly rests on the milkweed in the butterfly garden



The male yellow warbler surveys his nesting territory from high up in a maple tree

# Williams Lake Dam Assoc. doesn't like the math



Graphic by Dana Oakley, Williams Lake Dam Association

by Cathy Vaughan

Williams Lake Dam Association (WLDA) is looking at the math! This citizen-action group is very concerned with Williams Lake losing the equivalent of FIVE Olympic-sized swimming pools of lake water every day!! All year!

The Williams Lake dam is a relic and deteriorating rapidly. It does not hold the lake water to seasonal levels. The water level drops by 2 centimetres daily as it leaks out of the lake under the dam.

When you drive by Williams Lake, look at the high-water-marks on the rocks. Go to the Williams Lake Dam Association face book page and "Watch the Drop!" Sign the Petition too!!

We need government action to fix the dam so that everyone can enjoy HRM's Williams Lake.







Dear Friends,

This is a follow-up to our full-page ad and social media campaign regarding the proposed changes to the Herring Cove Road. We had 377 people fill out the online survey and many more e-mails and messages regarding this project. Predominantly, the majority of the respondents were from the Spryfield/Sambro Loop area.

Over 70% of the respondents were in favour of both bike lanes and rapid transit lanes and 70% were in favor of Scenario II.

We are pleased to advise that the SBC letter to the Mayor and Members of Council generated a number of meetings, one with HRM planning staff in charge of the Herring Cove Road (HCR) project, along with a subsequent meeting with Councillor Waye Mason, who is the Chair of the Transportation Standing Committee, which generated the report.

These meetings have been most productive and have revealed several positive issues around the design that were not part of the report and were never conveyed to the SBC or the public, to our knowledge.

The first positive issue identified is that we have been given assurances from HRM staff that they will not, under any circumstance, be using Scenario 1 outlined in the report which is the bollards and barriers protruding out into the street. We believe this has caused a lot of the concern around the report. Scenario II will be used.

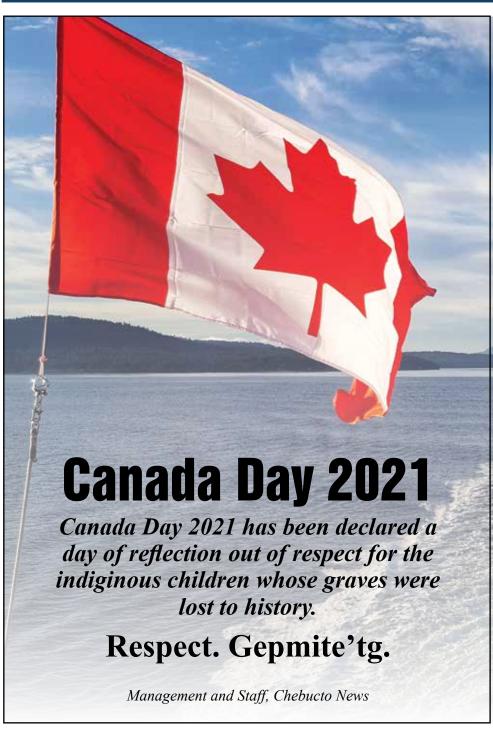
Second, we have been assured that the proposed bike lanes are going to be Multi Use Trails (paved), with a raised curb, which will be located on one side of the street and can be used for walking or cycling with a sidewalk on the other side of the street. Much like what you see with the upgrades to Bayers Road. We find this to be an acceptable design.

Third, only Phase 1 of the project has been approved to date and that is the improvements from approximately where Glenora Ave. meets the HCR down to the Rotary. This will not happen overnight as they need to acquire land to do it and they need to finalize the construction drawings. At this point, our understanding is that it will again incorporate the Multi Use Trail on one side, a sidewalk on the other, with 3 lanes of traffic, allowing for a reversing Rapid Transit Lane. We do not believe this will alleviate the traffic congestion leading into the Rotary and are told by both HRM staff and Councillor Mason that the goal is not to alleviate traffic congestion, but to get people out of their cars and into buses.

Phase 2 of the project is along the HCR going south, predominantly through the current Business Improvement District, out to the 500 block. While it is our understanding that this Phase has not been approved yet, we are being told it will be proposed to again incorporate the Multi Use Trail on one side with a sidewalk on the other side. We do not believe there will be a reduction in the number of lanes, but that the two outside lanes will be dedicated Rapid Transit Lanes. This section should look almost identical to what they have done with Bayers Road.

We would like to thank you the residents of the district for participating in this process, we thank HRM Staff and Councillor Waye Mason for meeting with us, and we look forward to being included in this process in a meaningful way as Phase II continues to develop.

Clyde A. Paul, SBC Chairman On behalf of the Spryfield Business Commission Board of Directors



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# LOCAL OBITUARIES

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

## **Ulysse Joseph Comeau**

87, of Halifax passed away on June 1, 2021 at home. Born in Digby he was a son of the late Desire and Virginia (Belleveau) Comeau. For many years Ulysse worked as an auto body tech at ACE towing. He had a great sense of humor and loved to tell jokes. Camping was a joy for him and he loved to spend time with family and friends. Ulysse was a great husband, a wonderful person to be around and he will be missed dearly. He is survived by his wife, Nancy; daughters, Kathy, Sandra, Darlene, and Christine; sons, Marshall and Randy; sister, Yvonne; as well as a large circle of grandchildren, great grandchildren; nieces and nephews. He was predeceased by his daughter, Joyce; brother, Paul; and sister, Cecille. In lieu of flowers memorial donations may be made to the Heart and Stroke Foundation. Please visit www.jasnowfuneralhome.com to leave a message of condolence for the

## **Garry Gerald Newcombe**

It is with great sadness, at the age of 78, the combined family of Garry Gerald Newcombe announce his passing on May 19, 2021. He is survived by his wife of 37 years Diane Newcombe, Middle Sackville, NS; Daughter Tina Melanson, Tantallon, NS; Stepdaughter Lesa (Clinton)



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McPhee, Bear Island, NB; Stepson Michael Miller (Lorrie Meehan), Middle Sackville, NS; Granddaughter Brianna McPhee, Bear Island, NB; Granddaughter Haley Melanson, Tantallon, NS. Garry was born on July 25, 1942 and resided for some time in Pleasant Point NS, and eventually moved to Dartmouth as a teenager to finish his education. Once he graduated, he started to work in the printing industry. He worked his way up in the business and received his certification as a Lithographer, of which, he was very proud of this fact. Over the years he became the Production Manager and had over 50 employees under his supervision. Also, during this time, Garry started his own printing company, Canway Graphics, which he worked at in his free time. When he left Lawson Graphics, he then worked at Canway Graphics fulltime. Garry and Diane moved their business to Spryfield in the early 90's. Garry created and published a local community newspaper called the Mainland South Newspaper. This featured many local businesses and local interest stories. During this time, he was the member of the Spryfield Lyons Club, Spryfield Police Advisory Board, and the annual Spryfield Santa Claus parade, to name a few. Those who knew Garry would say that he was larger than life, always had an opinion (he was always right), and that he always knew something about every subject. We would call him Mr. A&E. This was a running joke with us. He loved to travel, go camping, play the guitar and sing (he had a great voice), and take long drives. His idea of a day drive was to end up in the United States, as they did a few times over the years. They eventually purchased a travel trailer to tow with their van. Over the last few years, they enjoyed travelling around the Maritimes, along with their dog Buddy, who Garry loved spending time with. Garry was predeceased by his son, Terry Newcombe; Mother, Muriel Acker (Slauenwhite); Stepfather, Malcolm Acker; Father, Gerald Newcombe. He will be missed by all of us. In lieu of flowers, you can make a donation to the Diabetes Association of Nova Scotia in Garry's honour. To leave words of comfort for the family please visit www.walkerfh.com

## Arnold Mitnitski

The family of Arnold Mitnitski is sad to announce that Arnold died on May 26th after a brief illness. He leaves to mourn his wife Larissa, daughter Julia and family who loved him very dearly. Arnold was a loving grandfather and a great inspiration to his two grandchildren, Ida and David, who follow in his footsteps in medicine and science. His family will forever cherish the memories of exploring the great outdoors where he loved to bring them, from Herring Cove in his home province of Nova Scotia, to Cap-Lumière on the shores of New Brunswick. A brilliant, kind,

and humble man, with a deep appreciation of music – not for nothing is Julia a classical pianist – Arnold was much beloved and admired by a wide range of friends and colleagues, in many disciplines, here and in many countries. An established mathematician and scientist in the former Soviet Union, after some years in Montreal, in 2000 Arnold moved to Halifax. He began as an Assistant Professor in the Department of Medicine to work full time on mathematical aspects of ageing with his friend and colleague Kenneth Rockwood. Arnold's fundamental contributions to understanding frailty drew international attention, and in 2020 he was made University Research Professor of Medicine. Arnold retired, more or less, two years ago, and was honoured to have been acknowledged as Professor Emeritus of Medicine. He had a special love for Dalhousie, and especially the opportunities afforded to him by the Department of Medicine. Arnold was very grateful for the skilled care of Dr Nick Forward, and with his friends and family of the excellent and compassionate care of Dr Ward Patrick, and all the staff at 3AICU at the VG. Donations in his memory can be made to the QEII Research Foundation, or the Dalhousie Medical Research Foundation, long-time supporters of his outstanding contributions to science and to health care. To leave words of comfort for the family please visit www.walkerfh.com.

## Tanya Swinemar

Tanya L. Swinemar (nee Sawler)
The death of Tanya Swinemar occurred on May 27, 2021 in Halifax.
She was predeceased by her husband
Garnet Swinemar in 2016. To leave words of comfort for the family please visit www.walkerfh.com.

## **Gregory Bernard Marriott**

65, Halifax, passed away peacefully on Saturday, May 29 2021 at the Halifax Infirmary, Palliative Care, Halifax. Born in Halifax, he was a son of Ronald and the late Margaret (Morrissey) Marriott. Throughout his life, Greg has worked in various trades and had a special love for cats. He is survived by his father, Ronald, Timberlea, his son, Ronnie (Maryann Howlett), Timberlea, his daughter, Margaret (Byron Frizzell), PEI, and his granddaughters, Victoria and Danielle, as well as nephews, Sean and Christopher, an aunt, uncles, many cousins and friends, and his ex-wife, Patsy Dahr. He was predeceased by his mother, Margaret, his sister, Mary, a brother in infancy, Edwin, a niece, Rebecca, and his girlfriend, Tanya Swinemar, who passed away on May 27, 2021. In lieu of flowers, donations in memory of Greg may be sent to the Canadian Cancer Society. Due to COVID restrictions, a burial will take place at a later date. To leave words of comfort for the family please visit www.walkerfh. com.

## Frank Stirling Duggan

It is with heavy hearts that we share the sad news of the passing of Frank

"Lindy" Sterling Duggan, on May 31, 2021, in Halifax, NS. He was 89 years-young. Son of the late Frieda (Marryatt) and Gordon Duggan. Frank was a longtime employee of The Chronicle Herald, until his retirement in 1987. For much of his life, he was an avid hunter. He greatly enjoyed venturing into the wilderness, as well time spent at his camp during hunting trips, with family and friends. Frank was also a talented musician who played guitar, fiddle, banjo, dobro, steel guitar, mandolin, harmonica and keyboard, as well as a gifted singer. Frank played in several bands, entertaining countless people, throughout his lifetime. Frank is survived by his two sons: Gordon Duggan (Rose) Lower Sackville, Danny Duggan (Marie) New Ross; two daughters: Pauline Bell (Tim) Maitland ON, Donna Duggan (Allan) Williamswood; grandchildren: Angela, Gordon, Chris, Jonathan, Jeremy, and Alex; and several great-grandchildren. He was predeceased by, and now reunited with the absolute love of his life, wife, Vera (Henneberry) as well as his son Dennis. Frank was also predeceased by his brother, Don. To leave words of comfort for the family please visit www.walkerfh.com

## **Danny Lynn Kierstead**

With broken hearts we sadly announce the passing of Danny Lynn Kierstead on June 2nd, 2021. Loving husband to Wayne White, he passed away quietly surrounded by family and love, at the Halifax Infirmary. Danny was 67 years of age, born in Moncton, NB on April 16th, 1954. He was the son of the late Murray and Vera (Keith) Kierstead of Havelock, NB. He is survived by his husband, Wayne White, sister, Shawna (Quentin) Bannister, brothers, Paul and Lance (Linda), sisters-inlaw, Ruby Elson, Inez (Peter) Calloway, Wanda (Maurice) Newhook, Sharon (Brad) Hannson, Nyla (Keith) Pretty, and Beverly Oxford. brothersin-law, Bruce (Debbie) White, Russel White (Joy Mercer) and several aunts, uncles, nephews, nieces and many friends.

Danny was predeceased by sister, Misty Leigh, and brothers, Kevin and Michael. Danny worked as a professional photographer and with corporate travel for many years. For 10 years prior to his retirement, he worked with Shannex Health Care. If you had the pleasure to get to know Danny, you'd know his passion for painting and gardening. He took pride in everything he did, mainly his beautiful gardens. He was a kind, loving, giving, gentle spirit, he had a laugh and a smile to light up any room. He was one of the good ones and will be forever missed by all. In lieu of flowers, please make donations in memory of Danny to the QEII, Halifax Infirmary 4.1. To leave words of comfort for the family please visit www. walkerfh.com

## Michael John Shea

Age 81, Herring Cove, passed away suddenly at home on June 9, 2021.

(See Obituaries on page 11)

## Reg Horner Memorial

# Chebucho News Sports Page



Back row- Kendall Martell (Coach), Abush Butler, Cassidy McNeil, Phoenix Martell, Ryan Currie, Nicholas Topple, Brooke Brown, Teri-lynn Flemming, Korri Gorman (Coach). Front row- Nathan Topple, Thomas Drysdale, Scott Topple (Coach), Austin Carter, Emma Brown.

by Rebecca MacEachern

The phrase "Play Ball" is music to the ears of many young soccer and softball players who spent much of last summer away from local fields when the Pandemic triggered one of the longest "time outs" in recent sports history.

"I'm excited about getting back into playing with friends and having fun," says 14-year-old Logan Topple who plays in the Spryfield Minor Softball Association.

Logan's father, Scott Topple, who is the President of the Spryfield Minor Softball Association, echoes his son's sentiments.

"The players, parents, and coaches are all very excited to get back to playing," says Topple, who grew-up in Spryfield. "The kids are now seeing the names on the team rosters."

For many local players, last year's season ended early and abruptly with barely a dent made in the regular season schedule. Teams only played about a dozen of their regular 27-game schedule before the forced ending of the season. The Pandemic also affected player registrations.

"Our numbers were down significantly last year... players and parents were a little unsure about playing," says the father of three children. "But this year, numbers are up, and we are hoping that players decide to come back."

But not all players will be returning, especially the youth who have "aged" out of the league, which accommodates players from 12 to 17. "Unfortunately, the players who were in their final year of playing won't be back and I do feel bad for them as it was their last year in a league that they have been with for years," says Topple. "One of my kids was one of those players."

Topple credits the coaches, parents, families, and sponsors with helping to keep things together and is appreciative of all their support the past year. Now, everyone is anxious and eager for the official start of the season.

"We've taken the registrations and we've made up the teams, so we are just waiting for the go ahead to get started," says Topple, who developed his softball skills playing in the same league as his children.

Halifax City United Soccer is another club that is anxiously awaiting the start of the new season and the easing of restrictions. Mike Whyatt, Executive Director of the Club, says that he expects the upcoming season to go better than last year.

"It seems a different feel from last

year during the first wave of the Pandemic as people weren't sure what to make of it all but this year it is more of a "let's get on with it"," says Whyatt.

Whyatt notes that the Pandemic also affected some of the youth players who, for various reasons, have opted not to return to the game. "It has had a major impact on many of the youth players who have kind of lost those playing years because of the lockdown," says Whyatt, who adds that children can start playing at age three. "Some of them have not returned and many have found other ways to replace that social aspect." As with many non-profit community groups, the Pandemic has also left its mark on club coffers. Whyatt describes the impact as "quite damaging financially." But there was also a little good that has come out of the Pandemic.

"It has shone a different light on what the game is all about, or maybe parents are more focused on the kids having fun and enjoying playing," says Whyatt, whose two children will be playing soccer this summer. "Many parents were just so pleased for the chance to have their kids do something physical and to enjoy it."

But you don't have to be a kid to

have fun.

Whyatt, the married father of two young soccer players, had an opportunity recently to be involved with a group of young girls, all new to the sport.

"I had the opportunity recently to be involved with a group of young girls, all new to the sport.," recounts Whyatt. "We had a blast! I had forgotten how much fun it can be when helping out with brand new players."

## OBITUARIES

(continued from page 10)

Born in Montreal, Que. He was a son of the late William and Rose (Forest) Shea. Michael had worked with Telesat Canada in Lake Cowichan, British Columbia, and Harrietsfield, NS. Following his work there, Michael and Iris owned and operated three Subway Franchises in Halifax from 1990 to 2004, including the Spryfield Subway. He is survived by his loving wife, Iris (Umlah); children, Derek and Deanna Shea, both of England; sister Barbara Moore, Sherbrooke, Que; brother Gary (Edna), Calgary, AB. And several nieces and nephews and great nieces and nephews. To leave words of comfort for the family please visit www.walkerfh.com

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# Joan's Table follow-up Time to re-set the table

by Rebecca MacEachern
Now that many of the Covid-19 restrictions have been lifted, volunteer cooks and bakers can once again create delicious and aromatic meals from their home kitchens for Joan's Table Meal Donation Service.

"During the lock down there were occasional (and very generous) takeout meals arranged and delivered," says Catherine Woodman, who, along with her daughter, Maura, are the founders of Joan's Table. "But now, despite the forced shut-down, we are rolling again, and volunteers can make and deliver meals."

Joan's Table, started in 2017, is a Spryfield-based meal program with close to 200 volunteers that provides meals to 11 men (with another tenant expected to move in soon) who live permanently at the Shelter Nova Scotia-run Herring Cove Apartments. The tenants, ranging in age from 29 to 79, all previously experienced longterm and chronic homelessness. Although the tenants contribute financially to housing, food insecurity remains a huge issue so Joan's Table is a vital and valuable part of the men's daily lives. The men have felt more than the absence of nutritious homecooked meals.

"The guys have definitely

missed 'the lady Joan' these past weeks" says house manager Brittney Sinclair. "And they've missed the comfort of a caring community that's so evident when homemade meals are arriving. The guys are all too familiar with isolation having been alone and ostracized in the past. The outpouring of love from this community is making a profound difference."

Both Catherine and Maura agree that the most recent lockdown was an "unhappy setback". Prior to this shutdown, Joan's Table was enjoying the benefit of having lots of volunteers who were scheduled to make and deliver meals to the men. But then came the big pause which affected so many community endeavors, Joan's Table being among them.

"We were really feeling the powerful strength of community with so many meals on the schedule," says Maura Woodman. "Then we needed to contact donor after donor to cancel scheduled meals; so much energy and hope goes into inspiring meals so cancelling is heartbreaking."
While Joan's Table volunteers were not able to provide home-cooked meals during the shutdown, many volunteers sponsored take-out meals for the men while house staff were able to use money from the funds raised by Joan's Table to provide nutritious meals for the tenants.

Now that it is in full operation again, Joan's Table is looking to fill the meal schedule for the next several months. As evident on its website, volunteers range from community and church groups, to work colleagues (including the IWK Nurses) to families, friends and even the grandchildren of its namesake and community supporter, Joan Mayo. But even during the shutdown, Joan's Table was still on the minds of others, including an anonymous donor who provided a major financial gift.

"We received a \$4,000 donation from what I would describe as a "new friend" of Joan's Table who found us through our website," says Catherine Woodman. "It will be used to sustain meals over the long run as well as to make improvements--a kitchen pantry and a new industrial sink."

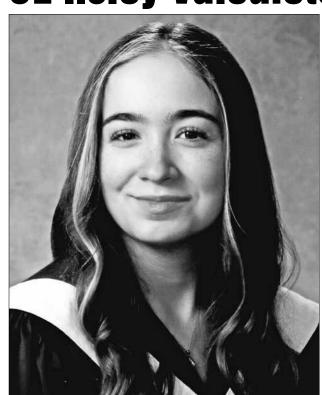
There are also the much-desired garden essentials which were donated by the Spryfield Sobeys, a major supporter of Joan's Table.

Securing the meal bookings required for the summer months can sometimes be a little more difficult compared to other times of the year, but Catherine and Maura are looking at the positive effects of the pandemic to bring more people to the table.

"With the added awareness and community spirit that the pandemic has engendered we are hoping for a good response," says Catherine Woodman.

For more information and to book a meal, please check out Joan's Table Website: www.joanstable.com

# **JL IIsley Valedictorian speech 2021**



by Jessica Norman J.L. Ilsley High School Class of 2021 Valedictorian

While this year has been anything but easy, the graduating class of 2021 has been able to excel under the given circumstances and thrive as a community. While facing unprecedented odds, we were able to keep our family and friends safe, make wonderful memories with our peers, and graduate high school. The greatest part of this in my books, however, is that we were able to do all of this while remaining together. I will stay forever grateful that we've been fortunate enough in Nova Scotia to enjoy our last year of high school in person, alongside our friends and teachers.

Back on the morning of my first day at JL Ilsley, I watched a presentation as a nervous young tenner. In this presentation, I watched a man speak to a fully packed set of condemned old bleachers. He talked about ways to stand out in high school, and the importance of making a statement with your first impression. His speech always stood out to me for the rest of my high school career. I'll never for-

get the moment I watched this man, Nicholas Down, cut up a perfectly good twenty dollar bill, just to make a statement. Powerful message - questionable delivery! We all gained our first lesson at Ilsley together, gathered in those death trap bleachers as a team. The lesson: don't ever lend your money to Nick Down.

To all my fellow graduates, I would like to offer my own congratulations on all of your successes. Many people seem to think that high school success is measured only by mere numbers associated with academic standing, or by

your physical ability and athleticism. I would disagree with this cliché, because I believe that our class, above that of any other year, would know this: success is not black and white, and it cannot be fit into a cardboard box. I know and am friends with many of you personally, and I would like you all to know that all of your victories, big and small, have not gone unnoticed. With all the challenges we've faced this year, both global and personal, sometimes success can simply be to get up in the morning and face the day. Instead of allowing our class to graduate defeated or beaten down, I would rather we all elected to celebrate our grade as being the year of incredible successes.

One of my most trusted role models once told me the following: "Jess, you control the weight, the weight does not control you." While it was originally in reference to the dumbbells I was holding, I knew as he said it that his words were about much more than cast iron and stainless steel. Over time, I realized that "the weight" can take the shape of any serious problem or minor inconvenience. The

weight is something we all have to carry. The weight can be exam stress, or a tense week in a friendship. The weight can be having our school torn down around us, or it can be an unprecedented global pandemic. The thing I have only just recently realized about the weight, however, is that we are the only ones who can control how much of it we carry at any given time. The dumbbells I was lifting that day meant nothing. My real lesson was on the value of mental strength.

Briefly before I close, I would like to thank my parents for always supporting me, and for being so dedicated to aiding all my successes. I would also like to give thanks to all my friends who have been the lights of my life for so many years, and with whom I have been so lucky to make such amazing memories. I'm looking forward to many more nights spent out on the road with you all. Lastly, I am offering my greatest appreciation to any and all teachers who have guided me in my educational journey. Finding truly exceptional teachers is always such a blessing, and I am incredibly grateful to all those who have helped all of us along the way.

In closing, it is my hope that our J.L. Ilsley Class of 2021 will be able to maintain the courage and bravery we've learned this year throughout any hardships we may face in life. No matter where our lives may take us, and no matter what obstacles might block our course, there is an important lesson to remember, one that a very dear friend taught me: No matter the issue, the sun still rises. Though this time in our lives may have been trying, we have all adapted and grown to be stronger and better versions of ourselves. I hope that the knowledge we've gained in our time at Ilsley may be preserved for many years to come, and that the fruits of our hard work will be enjoyed as long as we live. Congratulations to all of you, and best of luck in the future!

# Supporting Your Community

# ROYAL CANADIAN LEGION

Earl Francis Spryfield Memorial Branch 152



**WE CARE** 

# Thank You, Merci, Wela'lioq Armdale

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

I want to begin by sharing my immense gratitude to the people of Halifax Armdale. From the first doors I knocked on as a candidate over eight years ago, to the conversations I've had with you recently, you have been consistently kind, fair, and supportive. I count it as one of my life's greatest privileges that I've had the opportunity to represent you in the Nova Scotia House of Assembly and give back to this community that did so much to raise and support me. Serving as an MLA is exciting, demanding, rewarding, and a never-ending learning experience. You've trusted me with the role, and I hope I've made you proud.

As you may have heard, I have decided not to re-offer in the next provincial election. I am, however, seeking the federal Liberal nomination in the riding of Halifax West, and sincerely hope to have the opportunity to put my experience and skills to work for our wider community and province in Ottawa. The decision wasn't made lightly, but I believe that these last two terms have primed me to take on the challenge and deliver for all of our residents.

One of my most treasured pursuits has been serving as Nova Scotia's Minister of Immigration since 2013, and I'm proud to see where we are today. As of April 1, our province has more than 982,000 residents—a record high. This year, we had the largest first-quarter increase in population since 1971. We had many years of population stagnation, but the growth since April 2015 has been incredible. My team and I have been innovative and responsive and have launched numerous immigration streams to fill our labour shortages. We have also concentrated our efforts on retaining more international students in Nova Scotia after their studies. As a province, we've dramatically increased our proportion of francophone immigrants through our first Francophone Immigration Action Plan, and reversed the decades-long trend of youth outmigration. I'm deeply proud to have led this work, and I am grateful to my staff, our partners, and all Nova Scotians who made this possible. I have worked to not only grow Nova Scotia, but also to build bridges between levels of government, settlement service providers, newcomer and cultural communities, and all Nova Scotians. Today, we are on the path to one million residents, and it will be a very happy day when we get there!

The last two terms have also seen meaningful investments made in our community. I think of the significant increases in funding for public education and home care, and the long-awaited construction of our next generation of healthcare infra-

structure. I also take pride in the upcoming completion of our new J. L. Ilsley High School which will serve many of our families. I'm also glad to see the continued and growing enthusiasm for pre-primary, which I know has been extremely important for both Chebucto Heights and John W. MacLeod-Fleming Tower.

Of course, local level improvements matter greatly. In our area, I think back to many projects that have (and will) benefit residents. In my time as MLA, these included investing in breast imaging equipment at the Halifax Shopping Centre, accessibility upgrades at Bethany United and St. James Anglican, park upgrades at Long Lake and the Dingle, and funding a social enterprise pilot for The Club Inclusion.

I also think of projects of lasting importance, such as the creation of new nursing home beds at Melville Gardens, the rehabilitation of the Northwest Arm sewer system, and the funding of the Graves Oakley community clubhouse. These are investments in the health, safety,wellbeing, and inclusion of our residents, and they matter.

However, securing investments is just one part of any elected representative's work. There are many other legislative projects that I've been proud to see come forward in my time as MLA. As a province, we've created Lebanese Heritage Month, established Heritage Day, and apologized for systemic racism while pursuing needed reforms. We've also taken other meaningful steps to bet-

ter people's lives, including banning conversion therapy, implementing an opt-out system of organ donation, and establishing a framework to make our province fully accessible by 2030. I also take personal pride in my work to enshrine grandparents' rights in the Maintenance and Custody Act. These decisions matter, and I'm proud to note that Nova Scotia has made these changes while also consciously and continuously elevating many deeply qualified women and members of underrepresented groups within our public service and judiciary.

As Nova Scotia takes the next steps in building our greener, post-COVID future, I've never been so optimistic about where our province is headed. Thank you for allowing me to be part of charting Nova Scotia's future. I wish you and your family a wonderful summer.

# The Maguire Report

## by the Honourable Brendan Maguire. MLA for Halifax Atlantic

## **Covid restrictions lifted**

Well done Nova Scotia - June 16 we entered Phase 2 of our reopening. That meant gathering limits increased to 25 outdoor & 10 indoor, restaurants can now offer indoor and outdoor dining, and retailers and fitness can operate at 50% capacity. We were able to open thanks to all of your hard work.

Nova Scotia is also now one of the top provinces in the Country for first shot vaccines. At the time of this writing over 60% of the population has had their first shot. Even more impressive is the fact that we are now able to get our second shots earlier than expected. Nova Scotia is crushing this third wave.

# **Chebucto Lighthouse Foghorn update**

I have been working with our local MP Andy Fillmore on what we can do as a community to prevent the Coast Guard from decommissioning the Chebucto Lighthouse fog horn. There is a 90 day community feedback period that ends August 26th. To have your voice heard, please email

claire.maclaren@dfo-mpo.gc.ca to save our foghorn

## **Spryfield Market reopens**

It was great to see our Spryfield Market back in operation. If you have never been to the Spryfield Market, you don't know what you are missing! Check them out Sundays at the Guardian Pharmacy parking lot in Spryfield.

## **Congratulations and Thanks**

I would like to extend a huge Congratulations to all of our grade 12, 9 and 6 graduates.

To the JL IIsley grads, I know it is has been a tough year but you have gotten through it; the world is yours

To the teachers, staff, parents and volunteers. Thank you for all you have done this year. It has been a strange and difficult year, we truly appreciate you all.

## J.L. Ilsley Update:

Thank you to everyone who attended our JL IIsley update this past month. The new school is on track to open September 2021, AMAZING!

## **Minister Diab**

Recently Minister Lena Diab announced she will be stepping down from provincial politics and seeking the Federal Liberal nomination. It has been an absolute honour to work alongside Lena.

I have learned so much and she really is the hardest working MLA I have ever seen. I support her in seeking the Federal nomination and will always be a fan.

To all of you, enjoy your summer, all your hard work on Covid has made this a close to a normal summer as we could have asked for.

Lastly

Happy birthday to my little buddy, my son Oliver, daddy is proud of you and loves you.

Proud to be your MLA

Brendan Maguire
902-499-5500

# Like to meet people?

Chebucto News is looking for someone in the community to sell advertising for this publication. Email Dan Doherty at dan@dandoherty.ca to discuss.

## Like to write?

Chebucto News is looking for community writers to report on happenings in the area. This is a volunteer position. Email the editor at chebuctoeditor@gmail.com to discuss.



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# The Jason Doherty Memorial COMMUNITY EVENTS PAGE **The Jason Doherty Memorial**



## To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebuctoeditor@gmail.com. **Check our Facebook page for updates & late arrivals**

## **COMMUNITY EVENTS FOR JULY Food Banks:**

- Emmanuel Anglican Church (322 Herring Cove Rd)
- · St. Paul's Family Resource Institute (173 Old Sambro Rd). Food Bank clients call the Food Bank line, 902-477-5090, on Monday and leave a message. Those messages are answered on Tuesday and then the food orders are filled with pickup on Wed. between 9:30 and 10:30
- Chebucto Family Centre (3 Sylvia Ave) has an Emergency Food Cupboard which can be accessed every two weeks.

#### Free meals for those in need:

- Salvation Army offers Breakfast To-Go Bags Monday, Tuesday, Thursday, Friday 9:00am-10:00am
- · St. Paul's Family Resource Institute (173 Old Sambro Rd) Our Tuesday lunch program, Soup's On, is still operational but as takeout only
- Free Lunch 2 Go every Wednesday at noon, Chebucto Family Centre, 3 Sylvia Avenue, Spryfield
- Twelve Baskets, Stella Maris Parish outreach ministry, will provide a free, light take-out meal every Friday evening, between 6 and 7 PM, out of the St Michael's Church Hall site. (while supplies

## **Harrietsfield Williamswood Community Centre events:**

· Currently looking for new board members. Takes about 1 – 2 hours a month If interested please contact Natasha at 902 293 7427

## **Spryfield Lions Club events:**

Regularly scheduled meetings on the 2nd and fourth Tuesday evenings, 7 pm at the Lions Rink Den. We are encouraging anyone who might be interested in attending to call ahead so we can ensure Wednesday, 9:30 - 10:30 am. Orders

COVID health code regulations are met -902-479-2917. We will also be starting up our bingos in the future but need more time to work out details. We want to thank the community for their support and wish everyone the best of health.

## **Urban Farm Museum Society of Spry**field events:

- Families wishing to participate in the Come Grow With Us gardening program are asked to call 902-497-3683 to register. Masks and social distancing will be required. Scheduling may also be necessary if numbers on site are restricted.
- Annual General Meeting has been postponed from June 14th until Monday, September 13th, 7 - 9pm. Please consider a 2 year commitment as a volunteer on our Board of Directors. For further information, please contact patriciabmaclean@gmail.com
- 25th Birthday Celebration of UFMSS Sunday, October 17th 2-4pm at the Capt. Wm. Spry Community Centre. Everyone invited, especially past members - Please come and share your memories!
- To fund much needed repairs to our gardens and Urban Farm site, our UFMSS is now part of Rafflebox 50/50 draws each month. More information at https://www2.rafflebox.ca/raffle/ufms Your support would be greatly appreciated!

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

- City Church Telephone #: 902-479-248 c.citychurch@ns.sympatico.ca www.citychurchhalifax.ca
- City Church Christian Radio Station Life 94.7 FM

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

Food bank is open, with pick up on

may be called in up to 10:00 am Tuesday each week. Call 902-477-1954 and leave a message. We are grateful to our volunteer staff for their faithful work for the food bank and its clients. Our website:

emmanuelanglicanchurch.net

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

- Family Services by phone call or walk in 902-477-5393 ext 0.
- Immigration Support by limited appointments call 902-477-5393 ext. 226

## **Stella Maris Roman Catholic Parish Events:**

 Twelve Baskets, Stella Maris Parish outreach ministry, will provide a free, light take-out meal every Friday evening, between 6 and 7 PM, out of the St Michael's Church Hall site. (while supplies last). For further information contact Stella Maris Parish office at 902 477-3530 or stellamaristwelvebaskets@ gmail.com

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

- Last month, we at the Chebucto News accidentally posted the Chase the Ace notice under the St. Paul's United Church headline. We sincerely apologize for any inconvenience this oversight caused.
- Now that spring has arrived, our outdoor tap has been turned on for those in need of clean drinking water.

## **Developmental Pickup Hockey**

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

Let me know if you're interested. 902-497-2068 or ronaldbulmer@gmail.com

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

## **Chebucto Family Centre (3 Sylvia Ave.) Events:**

- Free Lunch 2 Go every Wednesday at noon, Chebucto Family Centre, 3 Sylvia Avenue, Spryfield
- Joan's Table and the tenants at 191 Herring Cove Rd. plant fruits and vegs - a labour of love which brings them together and supports food security with fresh produce. They are gratefully accepting garden donations such as soil, transplants and seeds which can be dropped off to the apartments at your convenience. www.joanstable.com Chase the Ace Returns: The Spryfield

**Legion** and **Forever Young Seniors Club** are resuming their Chase the Ace. Ticket sales have commenced as of Monday June 21 at the Legion bar during bar hours and at the Chase the Ace Legion booth on Mondays 5 pm to 6:45 pm.

Spryfield Farmers' Market - In-person outdoor market every Sunday afternoon,

New location at 205 Herring Cove Rd. (in the parking lot next to the Guardian Pharmacy). Find fresh local produce, meats, eggs, baked goods, prepared food, soaps and more!

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

## Religious Services Directory

\*\*To have your church/synagogue/ mosque added to our directory, please contact the editor: chebuctoeditor@gmail.com by July 23 for August's issue\*\*

PLEASE NOTE THAT DUE TO COVID-19, MANY OF THESE SERVICES MAY BE POSTPONED OR CANCELLED.

CALL AHEAD TO CHECK WITH YOUR CHURCH.

## St. Augustine's Anglican Church (2010 Purcell's Cove Rd)

Service of Holy Communion every Sunday at 10 am

City Church (276 Herring Cove Road)

Sunday Family Services: 9:30am and 11am

Nursery and Children's ministry:

Wed. morning prayer: 10:30am

## **Spryfield Christian Community Church** (91 Thornhill Dr) Church services Sunday 11-12 am

**Oromo Gospel Church** Sunday worship service: 3 pm and Tuesday prayer: 10 am.

## **Emmanuel Anglican Church (322**

Herring Cove Rd.) We adhere to the Covid guidelines from the Province. We are currently open for in person worship. Please check our website and Facebook page for the most up-to-date information.

8:00 am traditional service of Holy Communion, quiet and contemplative.

10:00 am contemporary service of Holy Communion, with singing (as permitted). This service is

livestreamed on FB and our webpage.

Everyone is welcome. We are an affirming church. Of course, if you are sick, please join us online instead of in person.

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

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

We now have a paid Zoom account and members of the congregation will be able to be a bit more involved in the worship service. As had previously happened, the service will be posted on our Facebook page for those who couldn't join the 11:00 am service. If you would like to be part of that service but are not a member of the congregation, or if you are a

member but we don't have your email address, please call the church at 902-477-3937 to be added to our list.

## Stella Maris Church at St Michael's **Catholic Church**

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

## **Sambro-Jollimore Pastoral Charge:**

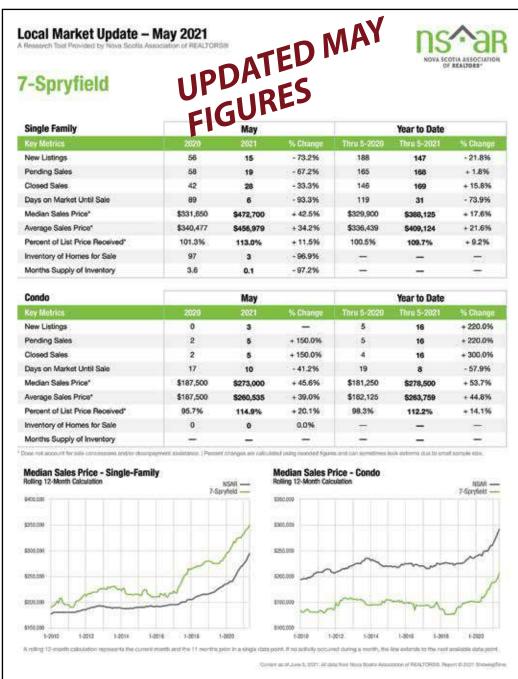
On July 4 we will celebrate communion during in-person worship at 10:00 am at St. James and 11:30 am at Parkhill. For the rest of July only St. James will hold Sunday in-person worship services at 10 am. These will be live-streamed on the St James Facebook Page. Info: 902-868-2791, www.sambrojollimorepc.com

# www.Doberty.ca









- The Nova Scotia Association of Realtors has updated their statistics for real estate sales in Spryfield for single family homes and condos in May 2021!
- Prices for properties are still increasing but the number of listings in the marketplace is still dropping.
- Properties are still selling quickly.
- There has not been a better time to list your property for sale.
- Call your Exit Realty Metro team today to get your property on the market if you plan to sell.





Dan Doherty
902-478-4023
www.dandoherty.ca

Want to know if you can afford a new home?
Call RBC Mortgage Specialist Luc Poirier at 902-440-2268 today to get pre-qualified.

# WHAT IS YOUR HOME WORTH?

## **FREE Comparitive Market Analysis**

Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex market place.

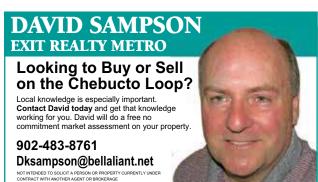
Why not allow me to conduct a comparison of recent home sales in your area to give you a probable current market value of your home?

To take advantage of this FREE NO OBLIGATION offer you can: Give me a call at 478-4023 and set up an appointment; Text me your contact information to 478-4023 and I will respond; E-mail me at: dan@dandoherty.ca with your contact information. Visit me at www.dandoherty.ca—click on FREE Evaluation, fill in the form and send it to me.

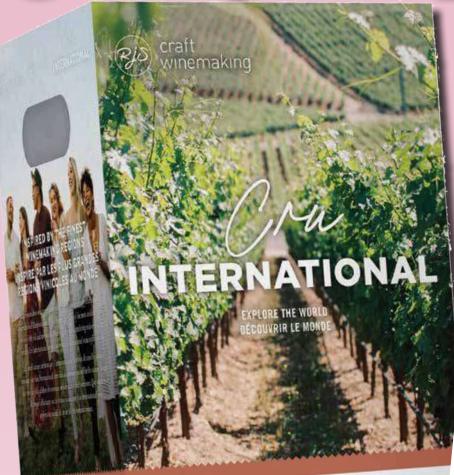
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