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Left to right: Jaddus Poirier, Chairman of the Spryfield Legion Literary and Poster Contest, Sara

### **Poster Contest winner**

Sarah Dort from John W Macleod/ Fleming Tower School is presented with a Certificate for coming 2nd place in the 2014 Primary B&W Poster Contest - Provincial Level. Sarah also came 1st Place at the Spryfield Legion Level.

Well Done Sarah!

### **Chebucto area: save our** bus service!

by Beverley Clarkson

HRM is promoting plans for a great new bus service that may mean improvements in speed and service to the most popular routes. However, it seems that funding these improvements elsewhere will cost us our service completely in the Sambro loop and Purcell's Cove Road/Williams Lake among other lesser served areas.

That's right folks, under this plan, the bus service, limited as it is, will shut down. That means people going to work, the students heading for class, folks wanting to get their groceries, seniors getting to their many appointments, children's camp outings, all the families in the mushrooming subdivisions out here, we'll all be driving or

(See Bus service on page 2)

### **Mark your calendars**

by Carolyn Mont

I think we have all had enough of winter and are looking forward to getting out and seeing our neighbours. There are lots of things to do and some of them don't even cost anything.

St. Paul's United Church has lots of activities that might be of interest. On Tuesdays at noon is our Soup's On program where our Community Ministry, St. Paul's Family Resources Institute (FRI), offers a free lunch of soup and sandwiches to anyone who drops by. The purpose of this program is simply to give people an opportunity to get out and enjoy a meal in the company of others.

On Easter Sunday, April 5, there will be a Sunrise Service at the Bandstand at the Dingle. It really is at sunrise, 6:30am, but after the long winter days it is a wonderful way to celebrate the risen Christ. In good St. Paul's tradition, this will be followed by a light breakfast back at the church, which is at 173 Old Sambro Rd. If you are interested in a more traditional Easter Service, join us for a communion service at 11:00 am.

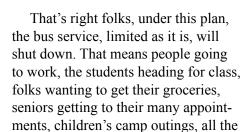
Churches, of course, are about prayer, praise and worship. There is, however, a very important other side to the work of the church and that is Fellowship. Most churches offer opportunities to socialize and reading the pages of The Chebucto News will tell you a lot of how that happens in various churches in the Spryfield area.

At St. Paul's United Church, we are hosting a free Variety Concert on Saturday, April 18, at 7:00 pm. The participants are members of the congregation and friends. There have been several of these concerts this year and they keep getting better. There will be music, entertainment and light refreshments. The Freewill Offering means that if you wish, you can drop some money in the pot/guitar case. After a long winter, take this opportunity for a night out and a chance to meet with others in the area.

Another evening to mark on your calendar is Friday, May 8. This is the night of the Time, Talent and Treasure Auction at St. Paul's United Church. This is when members of the congregation host an auction of very interesting items. They might be baked goods, woodworking items, lawn ornaments, stained glass, handmade crafts or certificates for gardening, yard work, painting... The auctioneer is Jerry Lawrence. Doors open at 6:30 for viewing of items and bidding begins at 7:30. There will be bargains, laughs, and, of course, light refreshments.

St. Paul's also hosts community dinners on the last Saturday of the month, from September to May. There are just 2 left this year; on April 25 we will be serving roast beef and on May 30 it will be roast pork. As well as the main course, the meal includes juice, rolls and a large selection of homemade desserts. The cost for these full course meals is \$15 for adults and \$7:00 for children (no tax or tip). You can eat in but takeout is available. Dinner is from 4:00 pm to 6:00 pm.

Look at church websites to learn about events being held in those facilities. Ours at St. Paul's United is http:// www.stpaulsunitedchurchspryfield.ca. We would love to see you at any of our events.









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### **Bus service**

(continued from page 1) staying home.

And of course when the bus goes, so goes Access-A-Bus for the infirm. And will those snow plows that have been doing such a great job this winter continue when the buses are no longer

Does that sound like the wonderful new urban transit we're promised? The most popular routes get elite service while we get none? Did anyone think of essential services? The future of transportation? And how many of our wonderful beaches and tourist spots are even on a bus route?

The timing and schedule are not yet clear but our Councillor, Steve Adams, has asked for our input on the plan. The city has a survey up on the HRM transit site (http://maketransitbetter.ca/

about-the-plan/the-draft-plan/) which you might want to complete although it doesn't give you much scope to express your concerns. Apparently there was a public information meeting on Sunday morning, March 21, which some people may have tried to attend. Despite lack of transit on weekends. And the blizzard that happened that day. And many of course, had not heard about it.

The province gave HRM \$2M to improve bus service. We are told it is the way of the future; that kids don't drive any longer; they like public transit. Seniors, a growing population, may be finding they have issues with their eyes and ears, and the winter is too hard to navigate the roads safely. Families may find it cost effective to take everyone to events in town if only there were evening and weekend access.

Is it time for people to stand up for this good service? Speak up. Let the city and Steve Adams know your concerns. And anyone else you can think of who might have a stake in this vital service. We all pay taxes and services are for everyone.

### **McNabs Island** presentation

Join the Friends of McNabs Island Society for our 25th Anniversary Annual General Meeting and presentation on Wednesday, April 22 at 6:30 pm in the Small Craft Gallery of the Maritime Museum of the Atlantic, 1675 Lower Water Street, on the Halifax waterfront.

Special guest speaker will be Dr. Roger Sarty, professor of naval, military and Canadian history at Wilfrid Laurier University in Waterloo, Ontario.

Professor Sarty, who is originally from Halifax, first became interested in military history during a visit to McNabs Island over forty years ago. This interest eventually led to a PhD thesis on the history of Canada's coastal defences for the University of Toronto, and a distinguished career as an historian with the Department of National Defence, and later, deputy director of the Canadian War Museum.

One of Dr. Sarty's first areas of research was the fortifications on McNabs Island

'We are so pleased that Dr. Sarty can join us for our 25th anniversary annual meeting. His presentation will take us back 100 years to the important role McNabs Island played during the First World War, "says Cathy McCarthy of Friends of McNabs Island.

When the Halifax garrison mobilized in 1914, some 800 troops took up station in the forts and barracks on McNabs Island. The British Empire's military effort depended upon supplies from North America and their safe delivery across the Atlantic depended upon Halifax as a secure haven – for (See McNabs on page 4)



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

Editor: Tangelene Ramsay, chebuctoeditor@gmail.com Mailing Address: P.O. Box 20141 Halifax N.S. B3P 1L1

**Circulation:** 

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

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

#### Letters to the Editor / Editorial Inquiries:

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

Email to: "The Editor"

chebuctoeditor@gmail.com

#### **Advertising Inquiries:**

Please call Dan Doherty at 902-479-6397 Email: dan@dandoherty.ca

#### **Design and Layout:**

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

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It's not too soon to start planning for Spring. We can help or we can do it all for you!





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### Seniors' Beat: Winter is coming

by Beverley Clarkson

Well, it may be April but winter's still here as of writing this column and long past its welcome of course, but the allegory from the famous Games of Thrones series on HBO remains apt. The population of us that surged through the post war 20th century is now entering retirement and will continue to for the next 20 years or so. Like my first day of school back in 1953, they weren't ready for us as we lined up outside the school doors, too numerous for the classrooms available.

Happened when I went to high school too, and after college, where some frenetic building had gone on, the job market was abruptly glutted and many of us had no work and huge student loans. Kind of like today, but that's another discussion.

And admittedly, a lot of things changed during our adulthood; society opened up and blossomed and throve. Then things slowed down of course as the population spurring that growth dropped and a lot of other things happened that both economists and sociologists would have theories to support. But the truth is all things come to an end and so do we.

Not that we can't continue to improve on our quality of life as long as we are here and teach the coming generations about what can be done. We model their future and give them a chance to improve on it.

My fun and svelte 85 year old aunt was the most glamorous creature at her local Oscars party in a silver suit recycled from the 90s, as you can see from the picture. She'd show up well against Jane Fonda. Makes me want to spruce up a bit on occasion instead of letting it all go.

Now let me be very clear: growing old is a privilege and as many I know



Colleen Whitney Currie, ready for her Oscars Party, Fredericton 2015

have discovered, in many ways a delight. When you work hard throughout your life and take care of business and the family, there's not often much left over to relax and have fun with. Discover the joys of the planet.

Most of us get to have a golden period, even if the body complains a bit. The stresses and pressures of the younger years fall away and there is time to figure out what we're all about: what we like best and what we don't need in our lives. It's cool. It's not all about money either although we need enough to be going on with and a bit extra for the unexpected.

Of course finances often aren't what they used to be and unexpected bills crop up as the body settles into time. Orthopedic supports and dentistry and glasses and hearing aids and medicines and such, they add up. There are offsets:

unless one is taking a trip, the need for a car is sometimes reduced and the costs of maintenance and gas can make one question whether we really need one every day or need the latest models. Keeping the old beater running can work fine. But if we've kept our heads, we have something squirreled away.

One thing I've found is that aging is full of surprises. We usually aren't prepared for it. "Ouch! What the heck just happened to me?" is a common reaction and thank heaven for the internet because Aunt Bessie is long gone to ask "What do I do about this?"

When the need is great, there are some very good services available for severe issues for seniors in Nova Scotia. Here's a site that might be useful to any of us someday: http://www. familynavigator.ca/index.php/resources/ seniors services - halifax - elderly. And a helpful blog from a local phenomenon, Marjorie Willison: http://us3. campaign-archive2.com/?u=f98597e60

9be7ce847267f002&id=6819dfdf37&e =9d554ea595

There are any number of times when a bit of arthritis cramps our style, when digging the garden bed is a bit too much though we love our roses, when a lift to get groceries is a blessing, and we'd be glad to pay for a few hours of help. I wonder if younger folks have really thought about opportunities in this day of big business and limited careers. I am pretty sure there is a growing niche market for services of many kinds for the growing seniors population. We're a resource.

So does anyone have some ideas how to better connect up local folks willing to sell their time and expertise at reasonable rates to those of us who need more help as we go along? Because I really believe despite all the gloom and doom about an aging and needy population draining the economy, that we have the means to deal with our increasing needs for help by sharing and trading, including paid services, among the generations. It works in Florida, why not here?









April 2015 • Chebucto News Page 4



### DISCOVERING OUR PAST



### Peter Saulnier Drive will honour one of Spryfield's proudest champions

by Iris V. Shea

Ongoing correspondence between Mainland South Heritage Society and Gayle MacLean, Civic Addressing Coordinator, Development Approvals, Planning and Development for Halifax, has confirmed the approval of an application to rename the Cowie Hill Connector Road off Northwest Arm Drive to Peter Saulnier Drive. The estimated time for this change is April 8, 2015. New telspar posts are to be installed to accommodate the road signs and this depends on whether or not the ground is thawed enough to install the posts. We look forward to seeing the name of the late Peter Saulnier on this sign.

Peter Saulnier was one of Spryfield's proudest champions. Many people knew him as Santa Claus, a role he portrayed for 29 years, greeting children and adults at Christmas in South Centre Mall and in Spryfield's Santa Claus Parade. Members of the Mainland South Heritage Society, however, are grateful for another role he played in his community, that of collector of Spryfield's history.

Peter was born in Spryfield, attended local schools, and took a great interest in local history. He was always interested, even as a child, in hearing stories from the senior residents. He talked to many people who had memories of growing up in Spryfield, recording their stories on paper. Peter collected old photographs and spent countless hours at the Nova Scotia Archives researching and documenting the history of our area.

Peter also took his own photographs at an early age. One photograph that comes to mind is the one of the old Pinegrove Hotel from 1959, shortly before the hotel was torn down. He was only 12 years old at the time and it may be the only photograph that exists of the hotel in its later years. The hotel was located on the same lot as today's Tim Horton's coffee shop on the corner of Herring Cove Road and Pinegrove Road. Peter's interest in the old hotel was personal. He and his family had lived there after it became a boarding house.

By 1990 Peter had collected many artifacts and photographs pertaining to the history of Spryfield and surrounding communities. He began looking for a way to make his photographs and information available to the public. In 1991, at Peter's suggestion, the Mainland South Heritage Society was formed. Marjorie

Swingler, one of its founding members, recalls: "Peter's vast collection of pictures, information gathered at the archives, and quite a few books formed the basis of our archives. He had taken the trouble over the years to go out and photograph buildings that he knew were slated for demolition so there would be a record of them".

The first project taken on by the Heritage Society after it was formed was the 1992 Heritage Calendar, Peter's pride and joy. According to those involved, Peter was an enthusiastic salesman of the calendar which rapidly sold out. It contained an assortment of old photographs from the Armdale to Pennant communities.

Local teachers called upon Peter to talk to their classes about the history of their communities. Peter interacted well with children as was witnessed in his role as Santa Claus. He continued to collect and add to our archives for more than 15 years and for that we are grateful. Readers of the Mainland South Reporter and the first few issues of the Chebucto News will remember Peter's articles on the history of our local communities. He continued the stories until 1998 when he decided it was getting to be too much for him. His heart and lungs were creating health problems by this time.

Peter discovered at that time, however, that he had another talent. He constructed miniature replicas of the local houses and businesses, past and present (he built a miniature of the Pinegrove Hotel from a 1907 photograph). You may have noticed the replicas on display at the Captain William Spry Library over the past several years, 55 in total. Before his death in 2008, Peter turned his replicas over to the Mainland South Heritage Society for safe keeping. Renovations at the library required that many of the replicas be placed in storage. Members of the library staff have a great interest in preserving Peter's work and continue to display some of his buildings.

Peter's accomplishments did not go unnoticed. He received a Public Service Award and HRM's Volunteer of the Year Award. He was an honourary



Peter Saulnier, June 2007 Courtesy Mainland South Heritage Society

life member of Mainland South Heritage Society. His continued interest in history led him to become an active member of the Maritime Civil War Living History Association. The year before his death, however, his health prevented him from travelling with the association to participate in events. He was also a keen supporter and member of the Urban Farm Museum Society of Spryfield. When he made an appearance at their 2007 Harvest Fair dressed in his full Civil War uniform with his rifle and bayonet, the audience was delighted, especially the children.

Peter Saulnier died on 27 August 2008 at the age of 61 years but his legacy lives on. The Mainland South Heritage Society offers an annual memorial scholarship in Peter's name to a deserving history student at JL Ilsley High School. When you visit the Captain William Spry Library, look for Peter's historic replicas which are there on permanent display, and be sure to watch for the installation of Peter Saulnier Drive.

### **McNabs**

(continued from page 2) merchant ships and for the Allied war-

ships that patrolled the North Atlantic.

The island became a self-contained fortress, ready for action till the last day of the war," says Dr. Sarty. "Even in the summer of 1918, as Allied armies marched to Victory in Europe, McNabs' defences had to be reinforced as German submarines hunted in the waters off Nova Scotia."

Friends of McNabs Island Society is a volunteer-driven, registered charity dedicated to preserving and protecting McNabs and Lawlor Island Provincial Park. Since 1990, the Friends of McNabs have improved the trails and park facilities, organized community beach cleanups and offered guided tours to island visitors – making McNabs Island a welcoming park for everyone.

This presentation is free and open to the public. For more details contact, info@menabsisland.ca or visit: www. menabsisland.ca.





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# The Scratching Post



by Sarah Fraser

If you have any questions or comments, please write me at thescratchingposthalifax@gmail.com

As some of you may know, the procedure of declawing cats; or onychectomy, has been a topic of debate in North America for a couple of years. It isn't a huge topic of debate in Europe, as many European nations have already banned the practice. There are some passionate individuals in Canada and the United States that are still working hard to have the procedures around declaw amputation reviewed.

I would like to explain what a declaw surgery entails. Some believe it is merely a trimming of the claw, or removal of the claw. As if that were not invasive enough, the truth of a declaw procedure is much worse.

According to Wikipedia, 'Onychectomy is an operation to remove an animal's claws surgically by means of the amputation of all or part of the distal phalanges, or end bones, of the animal's toes.' It is not a simple procedure as some may have you believe, but a serious and extremely painful procedure that can result in a number of negative side effects for your cat, like infections, difficulty walking, re-growing of the

nail through soft tissue and permanent chronic pain.

Banning declaw surgery for cats doesn't mean you have to live with some of their destructive behaviour. Cats use their claws for many reasons, some of which are what brings pet owners to their vets begging for help. They scratch as a defence, to wear down their claws, and also to mark their territory. Undesirable behaviour like scratching people or other animals and marking up household furniture can be cured by some very simple and inexpensive techniques that are safe and pain free for your feline friend.

You can purchase nail caps for around \$10 at local pet stores. You just easily put them on your cat's nails, and they don't even notice them. Bonus-They come in cool colours!!!!

Provide a couple of options for kitties to scratch. You may be surprised at what works and what doesn't. Some of the most effective scratch boards/posts can be purchased from a dollar store.

Double sided tape! If your kitty has a particular affinity for your favourite sofa or chair, put double sided tape over the spots they claw. They don't like the sensation of stickiness on the paws, and it doesn't hurt them.

If you're comfortable, you can trim their claws. This is easier with cats that have had this done from the time they were kittens. Be careful, though, as cats have something called 'the quick' in their nail and nicking it can cause serious bleeding.

Feel free to discuss options with your veterinarian. Many vets strongly advise against declaw surgery, and almost all want their clients to know the potential repercussions, which can be extreme. Some vet clinics, including Atlantic Cat Hospital, Halifax Veterinary Hospital, Fairview Animal Hospital, Spryfield Animal Hospital, and Truro Veterinary Hospital have already elected to ban declawing in cats except in situations where it is medically necessary for the cat/owner. Cats can develop a tumour around their claw, can have ingrown claws or other situations that require the removal of their claw.

There is currently a movement underway that I have started to get the practice of declaw surgery in Nova Scotia banned. I gathered over 1300 on-line signatures and hundreds on paper, and a veterinarian member of the Nova Scotia Veterinary Medical Association brought forward the motion, but it was defeated June 2014. The mission now is to educate the public, and to ask people who still have pets attending clinics that do declaw surgeries to please speak to their vet and tell them they are against the practice. With public support and passionate hearts, we can make changes for the better, and our cats can live fuller, happier lives.

"Saving One Animal Will Not Save The World... But Surely, For That One Animal The World Will Change Forever"

If you would like to join the move-

ment, please check out my Facebook page "Ban Declawing in Nova Scotia"

### Ask a pet vet

**Question**: I have a ten year old cat with a heart murmur and lung issues. I know he needs dental surgery, but I am afraid he wouldn't survive the anaesthesia. I have a friend whose cat died from the same complication, so I am really nervous. I have noticed a change in his eating habits lately and am concerned for his long term health. Any suggestions?

Dr. McCallum- These are valid concerns. My first suggestion is to have your cat examined thoroughly by its veterinarian and to first explore other reasons your cat's appetite is in decline (i.e. early kidney disease, hormonal disease, etc.) Blood work should be done prior to anaesthesia regardless to ensure your cat can tolerate the anaesthesia. Talk with your veterinarian about the procedure, the anaesthesia and monitoring of your cat in order to be fully educated of the pros and cons of dental surgery for your cat. Many cats do very well after dental surgery to remove teeth with painful resorptive lesions. If the anaesthesia is not something you're comfortable with, talk to your veterinarian about long term pain management options.

Kim McCallum is a veterinarian at the Metro Animal Emergency Clinic and lives in Sambro with her two and four legged family.

(See our latest adoptable cat on page 8)

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Page 6 April 2015 • Chebucto News



### GEM Health Care Group relocates Corporate Head Office to Spryfield

The Melville Professional Centre at 15 Shoreham Lane, former home of Lawtons Drug Store, has been renovated and is becoming the new the new Corporate Head Office for the GEM Health Care Group. This move brings 14 employees from the former location on Barrington Street to Spryfield and is a very welcome addition to the Spryfield Business community.

According to their website: GEM Health Care Group is a Nova Scotian, family run business which has been progressively enhancing the lives of seniors in the communities where they operate since 1979. GEM's Independent Living facilities enable clients to live alone in a beautiful suite, but always has staff on duty in case of emergency.

Light cleaning of your room, a four course dinner, and a stimulating activity program keep our clients engaged and ensure they're as active as they prefer. GEM has independent living options available in Halifax at Melville Heights. They offer licensed residential care options to those who wish to maintain as much of their independence as possible, but may require supervision or assistance in performing their daily activities of living. Activity programs focus on the wants and abilities of the clients so they can participate in the activities which interest them. GEM's residential care options are available in Halifax Melville Gardens.

Excerpt: http://www.gemhealth.com/

### 21st Annual Heritage Society Tea and Display



by Allan Marryatt

On February the 21st of this year the Mainland South Heritage Society held their 21st annual Heritage Tea and Display. This years' theme was shipwrecks and new acquisitions. We were lucky enough to have on display artifacts from three local shipwrecks: the Tribune, the Humbolt, and the SS Atlantic. These were from a local private collection whose owner generously loaned them to us for the day. Other recent donations to the society on display were papers and documents of the Roche family of Spryfield and war medals from another family.

The society was formed to preserve and promote the local history and heritage of the area. Some of the collection is available to peruse at the Captain William Spry Library. If you are interested in donating or becoming

part of the society please contact us on our Facebook page or come out to one of our meetings. We meet at the William Spry Community Centre the last Thursday of the month at 7pm from September to May (excluding December) or you may contact us at longcove@ ns.sympatico.ca.

Shown in the photograph above are members Wayne Shellnutt, Allan Marryatt archivist, Leslie Harnish president, MLA Brendan Maquire, Iris Shea member and local historian, and member Jackie Brousseau. The quilt in the photograph was made by member Dorothy Roberts, depicting some of the historic homes and buildings of the area. The inspiration for the quilt came from the many models of the historic buildings created by the late Peter Saulnier, some of which are on display in the Captain William Spry Library.

### Don't shop, adopt!

Titus is an active and loving young fellow. He likes to follow you around the house like a shadow. He is very adventurous and will climb into any opened cupboard or drawer. He has long black fur with a silver underbelly. Titus loves water and wants to watch you take a bath or shower. Titus enjoys playing with other cats, and is very respectful of the older cats in the foster home, but he will sometimes wrestle with another kitten until Titus makes him squeal. He could be great as a single kitty in the home, or may get

along well if there is already a resident pet. He lets you pick him up and turn him upside down so you can rub his belly. His most endearing trait is that he loves to knead and suckle blankets (or the sweater or robe you are wearing). Titus is a gem of a cat, and he deserves an excellent home. He was born outside and rescued at 4 weeks old, but the people who took him in decided it was too inconvenient to take him along when they moved out west, so he found himself living in the shed at only 4 months of age. That's when Healing Animal



SCARS stepped in and took Titus to safety. He was tested for Feline Leukemia, neutered and vaccinated twice. He is free of parasites and in good health. The only condition we are aware of is that he had ulcers on his lips, but a shot of steroids cleared it right up in a matter of days. The ulcers may recur at some point in his life, so we want a family that will promise to take him to the vet whenever he needs it.

Apply to adopt by emailing katsonya@accesswave.ca and call Sonya at 902-469-6369 to discuss.

### Purcell's Cove Social Club Chasing Aces



The first Chase The Ace held at the Purcell's Cove Social Club was won by Matthew Dempsey. With President Tom Lynch presenting Matthew with a check on Friday March 13, 2015, Friday the 13th will now have a new meaning for being lucky for him. Congratulations!

The draw is for members only, so if you want to get in on the next draw, drop by and check out our friendly atmosphere and pick yourself up an application and join in on the fun. We are located at 505 Purcell's Cove Road, and our website is purcellscoveclub.com For more information contact 902-477-6671.

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16" House Works Pizza 📑 🖰 BUCKS

Any 16" Pizza, Any Family

\$27 BUCKS Salad, 10 Wings

Any 16" Pizza and

**Sampler Box** \$27 BUCKS

Two 16" Pizzas/Garlic Fingers (4 Toppings between them) 123 BUCKS

# Traditional Pizza

18" Pizza ANY \$22 BUCKS

ANY 16" Pizza **\$18 BUCK** 

16" Pepperoni \$13

ANY 12" Pizza

9" Pizza ANY

\$10 BUCKS

# Combo Deals

**EITHER 2 - X-Treme 6" Subs or** Wraps and a Med. Salad

OR 2 - 1/4 lb. Greek Donairs and a Med. Salad

OR 2 - Lasagna and 2 Garlic Bread

OR 3 - X-Treme 6" Subs or Wraps or 3 - 1/4 lb. Greek Donairs (or mix)

OR 9" 3 Topping Pizza and 9" Garlic Fingers or a Med. Salad

13 BUCKS

LEBUCKSPIAL

April 2015 • Chebucto News Page 8

### Sammy says...



ly await the exit of winter's dreary weather and arrival of spring weather, I note that the Sambro Area

As we eager-

Community Association ("SACA") has been busy working behind the scenes planning some fun stuff for 2015! Just some of the ideas being considered are a spring fishing derby, a Spring Fling including brunch and cake walk, a teen/tween craft night, a hockey memorabilia raffle, a Pop Up outdoor movie night, small business expo, fun

run, and of course all the activities for the Sou'Wester Days Festival set for August 7-9. Options are being explored to expand available parking near the James McPhee Memorial Ball Field.

SACA is also organizing a Salvation Army Used Clothing Drive from May 22 to June 6. Why not keep them in mind when you are spring cleaning? Drop off details to follow, or arrangements can be made for pickup. High priority items in wearable condition include men's, women's and children's clothing; shoes and sneakers; purses and belts; and bed and bath linens. They are also accepting items such as vases and knicknacks; empty photo frames and albums; jewelry; glassware; dishes; pots and pans; school and office supplies; and craft kits. Items which are NOT accepted are DVDs, CDs, VHS

tapes, records, electronics, household appliances, cameras, books, toys, puzzles, games, plastics (i.e. Tupperware), cosmetics, liquids, loose candles, indoor or outdoor furniture, holiday items, large items such as bicycles, wicker or baskets. Items will be collected by the Salvation Army at the end, and they will pay SACA an amount per pound. It's a win/win for everyone involved!

SACA is always looking for volunteers. Everyone has different talents and skills they can contribute, and if you are able to help out in any way, big or small, short term or long term, please call 902-475-1583 or email harnish@ hfx.eastlink.ca.

St. James United Church Dinner Theatre is performing "Rock Around Sambro" this year. This original production features a multi-generational cast and live music from the 1950s era. The storyline is set during our favourite festival, Sou'wester Days! Sambro's seniors are gathered for the celebrations, sharing memories about the good old days. Nothing today can compare to the good times they had in the 1950's, but maybe things didn't happen quite the way they remember it...?

Show dates are April 24, 25, 26 and 30, May 1 and 2. All shows are at 6:30 p.m. except the April 26 show which is at 4:30 p.m. A full lobster dinner including salad, homemade buns, baby potatoes, carrots, peas, homemade carrot cake, coffee and tea are all included for just \$35 per ticket. Please note there is no alternate meal this year due to allergies, extra cost and effort involved. The production team apologizes for any



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inconvenience or disappointment.

Tickets are being sold inside the main entrance of the church at 3811 Old Sambro Road every Sunday from 12:30 - 2:30 (except Easter Sunday) and Wednesday 6:30 - 8:30 p.m. Seating is selected at the time of ticket purchase. They always sell out fast so don't miss out! Payment is by cash or by cheque payable to "St. James Dinner Theatre". Any questions can be directed to 902-868-2791 or check for ticket availability at www.sambrojollimoreunited.org under "Recent News".

Check out Sammy's blog at http://100nslights.blogspot.ca. If you're on social media, follow him on Facebook or Twitter to keep up with his crazy antics.



The cast of Rock Around Sambro (photo credit Ralf Pickart)



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Salads

**Pastas** 

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### OBITUARIES

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

#### Harry Kenneth Rhyno

Age 89, Halifax, passed away peacefully February 23, 2015 at the Halifax Infirmary. Born in Head of St. Margaret's Bay, he was a son of the late Henry and Lillian (Dorey) Rhyno. He was a thirty year employee at Swift's Ltd. / Gainers, retiring February of 1987. Harry is survived by sons, Ronald (Theresa), Dartmouth; Kenneth (Tammy), Windsor; brother, Earl; sisters, Catherine and Maimie Stoddard; grandchildren, Blaze, Blake, Jacob, Andrea, Tyler, Matthew and Holly and several nieces and nephews. He was predeceased by his wife, Doris (Doucette); a daughter, Theresa; brothers, Victor, Frederick, Harold, Howard, Guy, Edward, Garfield, Bernard, and Theodore in infancy; sisters, Dorothy, Gladys and Mable. Interment took place in Gates of Heaven Cemetery Lower Sackville. Donations in memory may be made to the Lung Association of Nova Scotia.

#### David F. Bryden

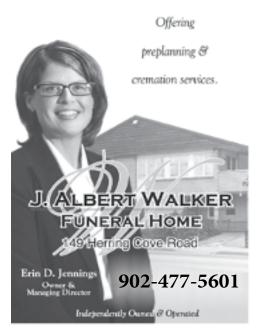
53, Herring Cove, passed away on Tuesday, March 3, 2015 at home. Born in Halifax, he was a son of Marguerite (Rose) and the late Finlay Bryden. David was taken suddenly from this earth and his loved ones. He spent many years working with Logan Drilling Geotech as an Environmental Driller. He was nicknamed "The Iceman", because he was always willing and able to work in harsh conditions. David was a man

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that always stood strong, was full of life and was dearly loved by his family and friends. He will be greatly missed. He will lovingly be remembered by his children, Chad and Amber and their mother, Marilyn Bryden; companion, Karen Mabe and her daughter, Melissa; brother, Wayne (Angela) Bryden; numerous aunts and uncles; best friend, Jimmy Mabe. He was predeceased by paternal grandparents, George and Gladys Bryden; maternal grandparents, Charlie and Ethel Rose.

#### Gail F. Armsworthy

It is with heartfelt sadness we announce the passing of Gail Frances Armsworthy. She died peacefully at her home in Spryfield on Tuesday, March 10, 2015. Born in Halifax, she was a daughter of the late Walter and Elizabeth (MacPhee) Flynn. Gail was a valued employee at Sobeys since 1974, most recently managing Griffins smoke shop at the Halifax Shopping Center. She was an avid lover of country music, and a devout member of Saint Michael's parish. Gail leaves us with many fond memories and will be greatly missed. She leaves behind her loving partner, Wayne Harnish; sons, Darren (Kimberly) and Joseph (Carrie); grandchildren, Ashley (Susan) and Gabrielle; siblings, Wayne (Donna), Terrance (Linda), both of Halifax, Patrick (Sandra), PEI, Steve (Heather), Halifax; numerous nieces and nephews. She was predeceased by her sister, Carol and brother, Walter "Butch".. In lieu of flowers, please make donations to ovarian cancer www. ovariancanada.org

#### Paul Joseph LeBlanc

58, of Halifax, Passed away unexpectedly March 18, 2015. Born in Halifax May 11th, 1956, Paul was a son of the late Emery and Mary LeBlanc. Paul graduated from Halifax West High School with honors and received a bursary to further his education at Mount Saint Vincent University where he studied psychology. He later worked for Regional Residential Services Society (RRSS) as a Counselor for people with intellectual disabilities for approximately 10 years. He formerly lived in Calgary and Ontario while working in local hospitals. Paul most recently resided in Fairview, Halifax, Nova Scotia. Paul loved to travel, had a great sense of humor, enjoyed making people laugh, and always had a smile and a twinkle in his big blue eyes. He was a soft spoken individual with a kind and generous heart. Most of all, Paul loved his family dearly and held his sisters close to his heart. He will be sadly missed by the family and friends he has left behind. Paul was survived by sisters Lorraine LeBlanc, Elaine (Brendan) Ryan, Linda (Daniel) Doherty, Doris LeBlanc, brother Andrew LeBlanc, and many nieces and nephews, as well as great nieces and nephews. Paul was predeceased by his parents Emery and Mary LeBlanc, Brother William LeBlanc, Brother Donald LeBlanc, Nephews Todd LeBlanc, Jason Doherty, Matthew Ryan. A donation in

his memory may be made to Feed Nova Scotia, or to any of HRM's homeless shelters. Arrangements are under the care of J. Albert Walker Funeral home (2005) Ltd., Halifax, where a visitation will be held April 11 at 11am-1pm with a service of remembrance from the funeral home chapel at 1pm. Reception to follow. Words of comfort can be left at www.walkerfh.com.

#### MADD Canada honours Nova Scotia victims of impaired driving with its Memorial Monument

If your family has suffered the loss of a loved one as a result of impaired driving, and you would like to have his or her name memorialized on the monument, contact: Susan MacAskill, MADD Canada Atlantic Region Chapter Services Manager Phone: 1-866-798-6233 Email: atlantic@madd.ca

Deadline to submit names: June 30, 2015



#### Memorial Monument for Victims of Impaired Driving

A Commemorative Ceremony to honour victions on the Memorial Monument will be held at: Dartmouth Memorial Gardens 767 Main Street, Dartmouth, Saturday, September 12, 2015



Chebucto Connections is pleased to announce the second annual Marjorie Willison Literacy Award, to inspire and support communitybased and innovative activities that promote literacy in Spryfield and District. The award, valued at \$500 annually, is open to groups and individuals of all ages, who operate or live in Spryfield and District (the area from Armdale to the Pennants, Purcell's Cove to Williamswood).

### **Call for Nominations, Second Annual Marjorie Willison Literacy Award**

The Literacy Award was created in honour of Marjorie's "dedication and contribution to the Community of Spryfield" as "just one more way that her impact will continue to be felt for many years to come".

To nominate a group or individual for this award, e-mail christina@chebuctoconnections.ca and ask for a nomination form, or pick up a paper nomination form at the Chebucto Connections office in Spryfield at 531 Herring Cove Road.

A committee of the Board of Chebucto Connections will review the nominations for their promotion of literacy, innovation, community orientation, inclusiveness, and implementation.

A wide variety of individuals and groups have contributed funds to the Literacy Award, to ensure its longevity in supporting community-based literacy. To make a charitable donation in support of the award, please contact Chebucto Connections at www.chebuctoconnections.ca, or phone 902-477-0964.

Chebucto Connections hosts the Pathways to Education program in Spryfield, which is helping students from grades 9 through 12 to graduate from high school. Chebucto Connections is also involved in a variety of literacy activities through the Spryfield Area Family Support Task Force, including Book Buddies, Tote Tales, and the annual Spryfield Book Bonanza.

For more information, contact: Christina Carter, 902-477-0964, christina@chebuctoconnections.ca

#### Something to say? We welcome your letters!

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# Reg Horner Memorial Character Name Sports Page

### 7 Chebucto players lead the way in a Halifax Hawks tournament win



Players from left to right are Kathryn Murray, Isabelle Pellerine, Angela Lane-Potter, Allana Underhill, Arielle Mountain, MacLean Crowdis and Melissa DeWolfe

by Benny DeVine

The Halifax Hawks faced the Cole Harbour Wings in the Championship game of the Trevor Ettinger - Jeff Smith Memorial hockey tournament during March Break.

Back in October the Chebucto Peewee Girls learned they would be playing in another organization due to not having enough players signed up to make up a team, so 7 of them found themselves

playing for the Halifax Hawks instead. This turned out to be a great thing for the Halifax Hawks.

The Chebucto Girls lead the way to a Halifax victory winning 3-0. The Chebucto players anchored the Defense and all 3 goals were scored by Chebucto players. Isabelle Pellerine, Arielle Mountain and Allana Underhill each scored.

### **Amelia Awad** wins shootout

by Benny DeVine

Amelia Awad plays goalie for the Chebucto Atlantics Peewee A team. Her team played in the Joe Lamontagne Memorial Tournament in Cole Horbour during March Break. Each team entered 3 shooters and 1 goalie to take part in the Sidney Crosby Shootout. Crosby took part in the shootout as a minor hockey player in his Novice to Bantam years.

The shootout stared with 36 shooters and 12 goalies. After 2 shooting rounds 8 goalies remained, after 2 more shooting rounds 4 goalies remained and after 2 more shooting rounds the top 2 goalies were chosen for the final shooting round. Amelia was in the final round and each goalie would face the top 2 shooters. The shooters would take 3 shots each and the goalie who stopped the most shots would be the shootout winner. Amelia stopped 4 out of 6 shots and was crowned the

Sidney Crosby Shootout winner.

Amelia said "At the beginning, I was really nervous going into the shootout but after a few shots I started to relax and have fun. I didn't pay attention to the other goalies and what was happening until the end when I was told they were down to the final two goalies. In the finals, I was anxious again and didn't want to make a mistake but I just focused on what I had been taught and staying out from the net."

Amelia's teammates also did well in the shootout. Hunter Oakley advanced to the top 6 shooters and Rachel Cormier advanced to the top 8.



### **Jorge Locke** gets her first

by Benny DeVine

The Chebucto Novice Girls team played in the Trevor Ettinger/Jeff Smith Memorial Hockey Tournament in East Hants over the March Break. The team went undefeated with 2 ties and 2 wins and the 8 year old left winger scored the first goal of her career.

### **Chebucto Peewee B on a roll**



by Benny DeVine

The Chebucto Atlantics Peewee B team had a great March. They beat New Glasgow on March 8, with a score of 8-1 to win the Bombers Cup tournament in Pictou and they defeated the Bedford Blues 11-1 on March 22 to bring home the Gold in the Birth Place of Hockey Tournament in Windsor.

Earlier Sunday morning Bedford beat Chebucto 4-2 in the final Round Robin game. Coach Clint Townsend said "we knew we would see a different Chebucto team take the ice in the Gold Medal

game, our team gets better when there is something on the line."

Alex Johnson led the way for Chebucto, scoring the first goals and the eventual game winner. Brock Townsend had a Hat-trick, Todd Mitchell and Cameron Slaunwhite had a pair and Nate Hartnett and Brycen Schnare added singles. Ryan Douglas stopped 17 of 18 shots.

Alex Johnson was named MVP of the Gold Medal game and Cameron Slaunwhite was named Most Sportsmanlike of the Tournament.



Page 12 April 2015 • Chebucto News

### **Proposed route changes**

by Linda Mosher. HRM Councillor. District 9

Halifax Transit's draft "Moving Forward Together" plan aims to make it easier for transit users to get where they're going. Its intention is to have the system be simpler, smarter and more efficient and offer better connections, shorter trips and longer service days on lots of routes. Over the past several years residents have requested that we make changes to transit run more efficiently and effectively and after public consultation and analysis Halifax Transit have responded with proposed changes. I would like to note that some of the proposed changes can negatively impact many transit users within our district.

The proposed route changes that are impact our district are Routes 1, 5, 6, 9, 22, 5, 14, 15, 19, 20, 22, 32. It would be great if you could check out the plan, look at the new proposed route map and share your feedback at MakeTransitBetter.ca for a chance to win a free iPad mini or an annual transit pass. In order to make an informed decision, it would be greatly appreciated if you could also email me your feedback at Linda. Mosher@halifax.ca and copy the Municipal Clerks Office at clerks@halifax.ca to ensure all members of Council are aware of your correspondence.

Summary of proposed changes that affect District 9:

Existing Route 6 Quinpool becomes part of the Route 22 Armdale.

 No longer travels past Mumford Terminal to Quinpool Road and Water Street

Existing Route 5 Chebucto becomes Route 26 Springvale

- Continues to operate at peak only
- No longer travels past Mumford to downtown

Existing Route 14 Leiblin Park becomes the Route 24 Leiblin Park

• Will travel on Bayers Road instead of Chebucto. It ends at Saint Mary's University and does not travel on to Scotia Square. No longer interlined with the Route 61 Auburn

Route 15 Purcell's Cove becomes the Route 25 Williams Lake Road

• Will end at Mumford Terminal, no longer servicing Bayers Road and Desmond Street. It will no longer service Purcell's Cove Road past Williams Lake Road. It would provide service to Williams Lake Road, Pinecrest, Theakson, Danforth and Drysdale, which did not previously have transit service on them. The service would be seven days a week, until 11 pm on weekdays.

Existing Route 19 Greystone and Route 20 Herring Cove become the Route 9 Herring Cove

• This is one of ten Corridor Routes, which have the highest level of service in the network. It has two branches, 9A

which travels as far as Greystone, and 9B which travels to Herring Cove. Both will travel past Mumford, along Quinpool and Cogswell to Scotia Square. It will no longer travel on Spring Garden Road or Barrington Street.

Route 32 Cowie Hill Express becomes the Route 124 Leiblin Link

• Now travels on Robie Street instead of Summer Street

Existing Route 9 becomes the Route 29 and services the Village at Bayers Road as well as Mumford Terminal.

Existing Route 1 will still be the Route 1, but travels on Chebucto to get to Mumford, bypassing a portion of

Oxford, and Bayers Road.

Bayers Road is serviced by Route 28, which connects to Spring Garden Road, Barrington Street, Young, and Robie.

From the Mumford Terminal (Halifax Shopping Centre), passengers can connect to routes to reach their destinations, including the new Route 31 Washmill Lake, which travels along Washmill Lake Drive to Bayers Lake, and the Route 81 heading to Bedford, which provides a connection to Mount Saint Vincent from this terminal, which doesn't currently exist.

### Not supportive of proposed route changes

by Stephen Adams, HRM Councillor, District 11

#### Snow

In all my years on Council, I have never seen the weather patterns we have experienced over the past two months. We have experienced snow storms, blizzards, freezing rain and flash freezes. Although these may be considered typical winter events in Nova Scotia, we generally do not have so many in such a short time frame. And, in past years, they were usually followed by a period of milder weather. That has not been the situation this year. We have only had a handful of days above zero degrees since the end of January.

To say that snow removal has been challenging is an understatement. The calls, emails and texts I have received are unending, with concerns about missed streets, blocked driveways, snow-covered sidewalks and a myriad of other issues. I have done my very best to ensure that you get a return phone call, whether it be from my Coordinator or myself.

Many residents have expressed concerns over the possible need for emergency vehicle access on a narrow road. If an emergency situation arises, call 9-1-1. They will dispatch the appropriate personnel and snow removal equipment. This system works very well. Let us hope we do not need to employ this method.

As I drive through our community it is clear that most, if not all, residential streets are down to a single lane. The crescents in Leiblin Park, Feruz Crescent, areas in Governors Brook and many others are all examples of this

situation. No doubt there are countless others. Our crews are working and doing their very best to widen the most traveled roadways throughout HRM. In time, they plan to widen all roads; however, this may take quite a while. We are running behind on sidewalks but our crews are doing their very best to have them cleared. A little cooperation from the weather would not hurt either.

I understand that you are most likely frustrated and discouraged because of the snow and its effects. We all are. However, I assure you that our workers and contractors are doing the very best they can.

#### Halifax Transit

On the morning of Sunday, March 8th, Halifax Transit hosted a drop-in session at the Captain William Spry Centre to hear your input about the proposed changes to the Purcell's Cove bus route (#15) and the Sambro Loop bus route (#402). I was surprised at the format as we are used to a format where meetings are held in a room with information boards and opportunity for citizen input. This was not the case in this situation. In speaking with residents who attended the session, they were disappointed with the format and our staff was quite surprised at the turnout.

To ensure your opinion is heard, please visit our website at http://ma-ketransitbetter.ca/ and fill in the survey. If you wish, you can also send me an email. If you do no have access to a computer, you can send me a letter outlining your concerns.

The propose changes are recommen-

dations by Halifax Transit: they are not finalized nor will they be unless Council agrees. This discussion will come before Regional Council in the Fall of 2016.

I am not supportive of the proposed changes.

#### Contact

Please call 3-1-1 if you have an issue that needs to be addressed. You will be given a reference number which can be used to follow the progress of that particular issue.

If you wish to speak to me in regard to municipal issues, please contact me by phone at 902.477.0627 or email at Stephen.Adams@halifax.ca.







Chebucto News • April 2015

### The Halifax Armdale Report

by the Honourable Lena Diab, MLA for Halifax Armdale

Last month Dartmouth South MLA Allan Rowe passed away. He will be remembered for his genuine nature and dedicated community support. He had a wonderful personality and zest for life. Condolences are extended to his family and friends.

March had its hardships. The winter was harsh, but Nova Scotians met the challenge with resilience and philanthropy – many stories emerged of citizens lending a helping hand.

April is poised to be the month dedicated to honouring the goodwill of people in the community. National Volunteer Week 2015 takes place from April 12th to 18th. The 41st Annual Provincial Volunteer Awards Ceremony is held on April 7th at the Westin Hotel: more than 70 volunteers will be honoured for their tremendous contributions. The 11th Annual Community Service Volunteer Awards event organized by Mainland North Volunteer Awards takes place on April 24th. For more information email halifaxmainlandnorth@hotmail.com.

April 15th is Talk To Our Kids About Money Day, which encourages parents, guardians, and teachers to start or continue such talks with youth. Check out the website if you need ideas on getting the conversation started: talktoourkids-aboutmoney.com.

The Registered Disability Savings Plan helps Canadians with disabilities and their families save for the future. Attend the free info session April 13th from 7-9pm at the BMO Branch – Mumford Road. To register, email ilnsadmin@ilns.ca.

Enjoy free admission to the 5th Annual International Business Tradeshow on April 11th from 10am-4:30pm at the World Trade & Convention Centre. The event grows exponentially each year and the 2015 crowd is anticipated to exceed 1500. There is live music, door prizes, and activities for the kids.

A great Armdale community event takes place in early May at Bethany United with their Spring Gala Auction, which includes both live and silent auctions, live jazz music, wine, gourmet hors d'oeurves, finishing with coffee and desserts. Tickets are \$25. Contact the secretary to confirm date:

902-0521 ext. 221.

You can find in our office the justarrived Positive Aging 2015 Directory. This is an excellent annual information resource put out by the Nova Scotia government for people 50+ and their families to easily access the programs and services designed to promote healthy and engaged senior lifestyles. This directory will even help seniors find new opportunities for learning, socializing, volunteering or being active in the community. If you are unable to pick up a copy from the constituency office, call us to request a mail out.

Keep connected by "liking" my page on Facebook (www.facebook.com/le-naDiabMLA) and follow me on Twitter (@LenaDiabMLA). Our phone number is 902-455-1610. Thank you for your continued support.

### Allan Rowe will be missed

#### by Brendan Maguire, MLA for Halifax Atlantic

The month of March is finally behind us and what a trying month it was. It seemed every other day we were hit with a snowstorm. In the end, the month of March was a record-setting month for snowfall. I received hundreds of emails, texts, and phone calls about snow removal. I tried to respond to all your inquiries in a timely manner and pass on all your requests and information to the Department of Transportation. To say the plow drivers earned their keep this month is an understatement, so I would like to personally thank each and every one of them for the long hours and hard work they put in to make sure our streets were clear.

Once the snow finally melts, I will be sitting down with the Department of Transportation to review this past winter. Although it was an unusually difficult winter, I do feel that we should be reviewing and improving our standards yearly. I will let you know of the

results of our meetings.

March 9th I opened my office to local barber Shalene Smith for free community haircuts. I am proud to say the first run of our monthly program was a huge success, and Shalene was able to help several people in our community get haircuts who would otherwise have struggled with the expense. Our next community hair cut program is Monday April 13th from 2pm-4pm at my office at 349 Herring Cove Road, Suite C. If you or anyone you know could use this program, please do not hesitate to drop in.

I took some time this month to put the community of Spryfield forward as an applicant for The Lieutenant Governor's Community Spirit Award.

This award celebrates the power, strength and diversity of vibrant communities across Nova Scotia. It profiles their achievements and increases their visibility through a formal recognition program.

Up to four Nova Scotian communities are honoured each year. Recipients are chosen by a selection committee based on community applications that best fit the award's criteria. Communities selected for the award promote citizen engagement, civic pride and a positive outlook on the future.

Should our community be selected for the Lieutenant Governor's Community Spirit Award, it will be honoured through celebration and recognition. The Lieutenant Governor will attend a community celebration, presenting an award and unveiling a sign for display. There will be province-wide public recognition through media.

A handful of us worked on the Spryfield application for over a month. In particular, I want to thank Elizabeth Eve for all her hard work. I truly feel we put forward the best possible case for the community of Spryfield to be recognized as one of the best. Here is hoping the judges see it that way, too.

It is with mixed emotions that I am announcing that I will be taking on the role of Government Whip. For those of you who watch Netflix's House of Cards, I assure you it is not as glamorous. The reason I have mixed emotions is that while it is a huge honour to be asked by the Premier to take on this role, the previous Government Whip, Allan Rowe, passed away suddenly this month. Allan was my closest friend in the Legislature; we sat beside each other for the last year and a half and formed a relationship that transcended politics. Allan was a man of honesty, integrity, who had very little time for partisan politics. I spent a lot of time chatting and on the road with Allan. Very few of our conversations were ever about politics; the majority were about community, family and friends the important stuff.

Rest in peace Allan Rowe. It was truly an honour to call you a friend! Brendan Maguire

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### Chebucto News Business Directory



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April 2015 • Chebucto News Page 14

### 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

#### **APRIL COMMUNITY EVENTS**

#### **Captain William Spry Library Events:**

- April 23rd: 6pm to 8pm. Teen Zone Coffee House. Ages 12 to 18. Live music by Micah O'Connell (free event)
- April 8th: 6pm. Pause For Yoga. Ages 8 to 12. Yoga Guru Michelle Marshall
- April 22nd. 6pm to 7pm. Lego At The Library, Ages 7 and up.
- April 23rd. 4pm to 5pm. Lego At The Library. Ages 5 and up.
- PUPPET SHOWS All Ages on Saturdays / 11 am and Fridays / 10:30 am
- · Saturday , April 4th: The Easter Show
- Saturday April 18th: Little Red Riding Hood · Friday April 24th: Jack and the Beanstalk-
- Check the website http://ww

w.halifaxpubliclibraries.ca/for more information on these programs. Follow Us on Twitter or find us on Facebook!

#### Captain William Spry Community Centre (16 Sussex St.) Events:

• Get Your GED! 10 week course offered by the Halifax Community Learning Network. Please call 902-490-5715 for more information

#### Chebucto Community Health Team (16 Dentith Rd) Events:

- March 31st: 1:30pm to 3:30pm. Build Better Sleep Discussion at the Chebucto Family Centre (3 Sylvia Avenue)
- April 7th: 1:30pm to 3:30pm. Come visit us, have a snack, chat with your Community Health Team and meet others in your community. Join us during this time to work on a community art mosaic project for the Wellness Centre with local artist Gabrielle Cordella-Chew. No registration required. Everyone welcome!
- (located in the Spryfield Shopping Centre) PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Beechville, Lakeside, Timberlea, Hackett's Cove, Hatchet Lake, Hubbards, Peggy's Cove, Prospect, St. Margaret's Bay, Tantallon, Terrance Bay, Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop. Please call 902-487-0690 or drop-in to register.

#### **Chebucto Connections Events (531 Herring** Cove Road):

- Nova Scotia Legal aid will offer legal services at our offices every second Friday. Dates for July are the 4th and 18th. Please call 420-3450 to set up an appointment and ask for the Spryfield office.
- · Volunteer Board Members needed! Interested parties will want to be a part of a team that is actively engaged in making our community a healthy and vibrant place to live and work! Contact ccda.stecroix@gmail.com or 477-0964 for more information

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

- · Bingo every Sunday at 1pm. Mini Bingo at 6pm. Superstat Bingo at 7pm
- Seniors dances on April 13th and 27th from 12:30pm to 4pm. \$4 per person. Light lunch served. Door prizes, 50/50 draw. Music by Albert Martell. All seniors welcome

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

- · Friday Night Mixed Dart League with bar service. 8pm. \$5 to play Phone 902-403-1666 or 902-477-8749 for more information.
- Jam sessions every Sunday evening at 7pm. Free admission, just bring your instrument.. Call John at 902-220-7720 for more information or check out the Facebook page hwccjamsessions.
- May 30th: 9am to 1pm. Spring Yard Sale.

Table rental \$10. For further info or to rent a table call Rose at 902-475-1817 or 902-293-9190. Or Contact Larry at 902-477-8749, 902-403-1666, or 902-719-0618

- May 5: 7pm. Annual General Meeting. All who live in Harrietsfield/Williamswood area are welcome to attend.
- April 23: 6:30 to 8:30. Preteen Dance. \$3 per person. Adult supervision, canteen services. Open to students up to grade 6.
- We are hiring! Permanent part time and summer employment opportunities. Contact Larry for more details. 902-477-8749, 902-403-1666, or 902-719-0618
- May 9: 1pm to 3pm. Women's Self Defense Seminar open to all women ages 12 and up. Pre-registration required. 902-293-7427, 902-405-1539, halifaxtaijitsu@gmail.com
- Wednesdays and Thursdays and Saturday morning: Tai Jitsu Classes. Contact Natasha at 902-293-7427, halifaxtaijitsu@gmail.com

#### Spryfield Lions Club (25 Drysdale Avenue) **Events:**

- Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.
- 2nd and 4th Tuesday of each month. Lions Club Meet. Upstairs in the Lions' Den. Please consider becoming a Lion! The Pride always needs new members to keep it strong in service!

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

- · May 9th: 10am to Noon. Much-More-Than-Just-Plants Sale. Donations of perennials and bedding plants welcome ahead of time. Contact urbanfarmspryfield@gmail.com All funds raised will be used for the Farm's programs.
- April 13th. 7pm. Meeting of the UFMSS will be held at the Centre. Everyone welcome please check our website www.urbanfarmspryfield.com

#### YMCA Events:

- Elderobics-Forever Fit classes. No registration necessary. \$4/per class plus annual fee of \$10.
- Emmanuel Church Hall on Monday, Wednesday and Friday from 10am to 11am.
- Captain William Spry Centre on Monday, Wednesday and Friday from 9am to 10am

#### Young at Heart Club (212 Herring Cove Rd):

- · Club meeting on March 4th at 1:30pm. New Members Welcome
- Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.

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

• April 11: 8pm to 12am. Dance. \$7 per person. Music by Bay City Band

#### St. Augustine's Anglican Church (290 Purcells Cove Road) Events:

• May 1sth: Annual Art Show and Sale with wine and cheese. 8pm-9:30pm. \$12/person. Doors open at 7:30 for previewing.

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

• Dinner Theatre! April 24th, 25th, 26, 30th, May 1st and May 2nd. 6:30pm (except April 26 which is 4:30pm). Show is titled Rock Around Sambro. Tickets are \$35 each and include a lobster dinner. Tickets will be sold every Sunday from 12:30pm to 2:30pm (except for Easter Sunday) and Wednesdays from 6:30pm to 8:30pm.

#### St. Michael's Catholic Church Events (14 St. Michael's Ave) Events:

• April 12: 2pm to 4:30pm. NSCMHF Traditional Country Show with Floyd and JoAnn Spicer.

Don Haggart, Blain Henshaw, Neil Brown and Reg Vincent. . \$7per person. In memory of the late Bill Euloth Proceeds to benefit Nova Sccotia Country Music Hall of Fame

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

- April 18th: 7pm. Unplugged Downhome Music. Good will offering. All welcome!
- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 or Jackie at 477-3776 to have them picked up
- · Harrietsfield Williamswood Residents who question the safety of their drinking water can fill up empty water jugs inside the Church Tuesdays through Fridays from 9am to 3pm.
- · April 25th. 4pm to 6pm. Roast Beef dinner with dessert. Adults \$15, children \$7. Under 5 are free. Family of 4 (2 adults and 2 children) \$40. Tickets at the door. Take-out available.

#### Other Events and Notices:

- Herring Cove Junior High is hosting their Grade 9 trip Bingo and Silent Auction on April 16h. Anyone wishing to attend should contact the school for more information.
- 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. We have everything you need to start the New Year off on the right foot! Updated the wardrobe or tovbox over the holiday season? We will happily take the old clothes and toys for someone new to love.

- 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.
- Spryfield's Own Second Chances Band is hosting the following: second annual Halifax Community Band Festival held at St. Mary's University Campus. This festival is for band musicians of all levels and includes a fantastic lineup of great lectures, amazing guest performers, interesting repertoire and talented conductors with lots of teaching experience! This wonderful weekend begins at 6:00 pm on Friday, May 22, 2015, and continues until 4:00 pm on Sunday, May 24, 2015For more information about the Second Chances Band and to register for the festival, visit us at: www.secondchancesband-ns.com. You can also find us on facebook at: www.facebook. com/secondchancesbandns and on Twitter at: @secondchancesNS
- Harrietsfield Williamswood Residents who question the safety of their drinking water can now fill up empty water jugs inside the Church Tuesdays through Fridays from 9am to 3pm. At St. Paul's United Church located at the corner of Old Sambro Rd and Rockingstone Road.

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



### Spryfield's weekly 50/50 draw

#### **PLAY AT:**

**Bowlarama** Spryfield Mall Boys & Girls Club 11 Aldergrove Captain Spry Centre 16 Sussex Danielsons General Store 5 Dentith Dial A Tire 308 Herring Cove Guardian Pharmacy 205 Herring Cove **Head Shoppe** 318 Herring Cove McDonalds 331 Herring Cove Melville Heights 24 Ramsgate Lane Mishoo's West Pennant No Frills 16 Dentith Now We're Cooking Herring Cove Rink Ratz Skate Sharpening Spryfield Arena Royal Bank 339 Herring Cove **Shoppers Drug Mart** 315 Herring Cove Sobeys Spryfield 279 Herring Cove Spryfield Lions Rink 25 Drysdale

> Play weekly before 3 pm Tuesdays!

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### **ROYAL** CANADIAN LEGION

**Earl Francis** Spryfield Memorial Branch 152



**WE CARE** 

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### Proudly selling the Spryfield Sambro Loop!

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Dan Doherty
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www.dandoherty.ca







### DAVID SAMPSON EXIT REALTY METRO

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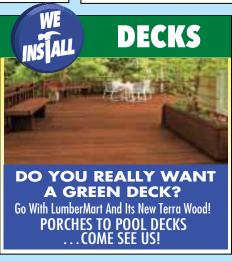




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