

Chebucto News

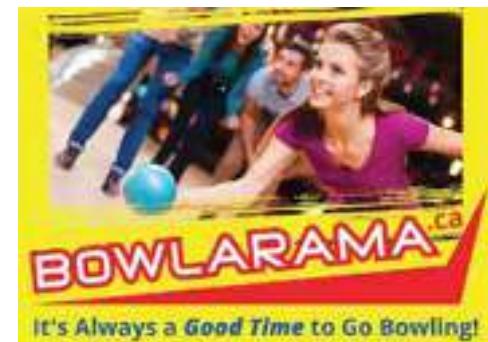
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Liberals' new and improved game changer for Canadian families



The Honourable Scott Brison, Halifax MP Andy Fillmore, Halifax Atlantic MLA Brendan Maguire and Tiffany Marrs and daughter

Canada Child Benefit a game changer for Canadian families

Over the last decade, Canada's middle class and low-income families have struggled to get ahead. The high cost of raising their kids has left them struggling to make ends meet. This summer, the Liberal government followed through on their campaign promise to support these families with the rollout of a new and improved Canada Child Benefit (CCB).

Halifax MP Andy Fillmore and Kings-Hants MP Scott Brison—who is also the President of the Treasury Board—were in Spryfield to introduce the CCB. Along with Halifax Atlantic MLA, Brendan Maguire, they touted the new benefit as a “game changer” for Canadian families.

“Under the new benefit, 9 out 10 Canadian families will receive more money than before to support their families,” said Fillmore. “And unlike the former benefit, the amount you

receive is tied to family income, so families who need the most help receive the most help. No more cheques to millionaires.”

Brendan Maguire, whose riding includes Spryfield, said that many of his constituents have told him the new CCB is making a real difference.

“They’re telling me how the improved benefit is helping them buy new school clothes for their kids. They’re using it to buy groceries, to pay for summer camp. It’s giving room to breathe to families who have been living paycheck to paycheck.”

Minister Brison noted that the CCB is both good social policy and good economic policy.

“If you don’t have a strong middle class, and if you don’t have an opportunity for people to join that middle

(See Child Benefit on page 2)

Sammy says



Sou'wester Days 2016 is almost upon us and I'm so excited! The Sambro Area Community Association ("SACA") has been working hard to

ensure this is the best festival yet! This event attracts more people each year; old and new friends from near and far.

Tickets are available for purchase, now and throughout the festival, from Mishoo's Variety or SACA volunteers for the Rubber Duck Race (\$5 each), 50/50 Raffle (\$2 each or 3 for \$5) and for a beautiful 4 foot tall Concrete Lighthouse Statue generously donated by Unique Lawn Garden Statues on Sambro Creek (\$2 each or 3 for \$5).

Once again this year, a friendly community baseball tournament will be held August 2, 4 and 5 at 6 pm and 7:30 pm, at the James McPhee Memorial Baseball Field. There will be a consolation game on Sunday August

7th at 2 pm and a championship game at 4 pm.

On Friday night August 5th from 6:30-9:30 p.m., an all ages Corn Boil and Ceilidh, Sponsored by Jill Hann Royal LePage, will be held in the Community Tent beside the Sambro Fire Station. Admission is free and folks can be entertained with live music while they enjoy corn on the cob, hotdogs and refreshments available for \$1 each.

On Saturday August 6th from 10 a.m. to noon, the Community Parade, Sponsored by the Spryfield Head Shoppe, will make its way from Atlantic View Drive in Sambro Head to the Sambro Fire Station. This is always a well-attended event and I can't

wait to see the floats again this year. It's not too late to enter the parade! It is free and prizes are awarded! You can obtain your application from Natasha Roscoe, 902-221-1355. During the parade, expect traffic delays from Atlantic View along Ketch Harbour Road, to Old Sambro Road, and then to West Pennant Road.

What better way to follow a parade than with a Barbeque and Family Carnival, at the Ball Field from 12 to 3 pm? Or perhaps the Washer Toss tournament is more your style. Donna Flemming, Royal LePage Atlantic, sponsors this event from 12 pm to 5 pm at the far end of the Ball Field. Prizes are awarded for 1st, 2nd and

(See Sammy on page 2)

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Sammy

(continued from page 1)

3rd place. The cost is \$10/per person, register in teams of two.

Across the road in the Community Tent, from 2:00–6:00 pm, there will be live music and beverages at Kyle's Tailgate Party, Sponsored by the Family of the Late Kyle MacKay, and Hosted by Ed Oakley & Friends. Please note this is a licensed event and you MUST BE 19 YEARS OR OLDER. Admission is free, and beer & coolers are available for \$4 each.

Later in the evening, the community tent will be hoppin' again from 9:00 pm to 12:30 am at the Adult Dance, featuring the band 2nd Time Around. Tickets are \$15/per person and once again, you MUST BE 19 YEARS OR OLDER to attend. Safe transport home "around the loop" area is provided at 12 midnight by Coach Atlantic. Don't Drink &

Drive!!

On Sunday August 7th, there will be a Service of the Sea Church Service at St. James United Church in Sambro at 10 am.

At 12:00 noon, folks will start to gather at the Sambro Government Wharf for the 12:30 Blessing of the Fleet, weather permitting.

The ever popular Rubber Duck Race Sponsored by Mishoo's will be held at 3 pm at Grand Lake in Williamswood this year. Please note the change of location! Numbered ducks may be purchased in advance from Mishoo's store in Sambro or SACA volunteers for \$5 each.

St. James Church in Sambro is hosting their delicious Fish Chowder and Strawberry Shortcake Supper from 3-6 pm. You can enjoy your meal in the church hall, or takeout is also available.

From 8:00 to 10:00 pm, there will be a Parade of Sail, Sponsored by Salon Eight Sixty and Steban Resources,

off Crystal Crescent Beach. Boats are encouraged to decorate their boats with Christmas lights. There will be prizes! Boats must respect the distance required to be off shore in order for the fireworks to be safely presented.

At 10:00 pm, the Closing Fireworks Display will take place at Crystal Crescent Beach Provincial Park. Admission is free, but voluntary cash donations will gratefully be accepted outside the beach gates on the Sambro Creek Road. Please note all vehicles must exit the park promptly at the conclusion of the fireworks.

Let's all hope for great weather during this year's festival!

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

Child Benefit

(continued from page 1)

class, you won't have a strong economy," Brison said.

According to estimates from the Parliamentary Budget Officer, the CCB will lift 300,000 children out of poverty.

Eligible families received their first CCB payment on July 20th.

Spryfield Harvest Festival taking shape

by Bruce Holland

Plans for the 4th Annual Spryfield Village Harvest Festival, taking place from Friday, September 23 – Sunday September 25, are well under way and this year's Festival is shaping up to be another fun filled event for everyone.

Activities and events will be happening throughout Spryfield over the 3 day Festival. A complete schedule will appear in the September edition of this newspaper.

From the Family Fun Day and Children's Bike Rodeo to the Antique Car Show to the Gospel Concert and the Harvest Festival Dance there will be something for everyone to enjoy. Many, many more events are planned so mark your calendar now so that you won't miss out on the fun and excitement!

If you or your organization is planning an event during this time frame let us know and we will be pleased to advertise it as part of the Festival. We also welcome you to join the organizing committee or to become a volunteer. Please contact us at sdbc@eastlink.ca .

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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.

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Seniors' Beat: If work isn't fun, what's the point of doing it?

by Beverley Clarkson

Have you ever needed some trucking done or maybe excavating; like a basement or septic bed, that sort of thing? Over the past fifty years or so in HRM, you might have called Lewis Fancy of Harrietsfield. He's still at it. Even though he had a triple bypass just last week, and was born on Valentine's Day in 1939, he was out yesterday with his daughter, scouting new work. He's planning to slow down, though. Just a bit. To please his family.

He's the classic twentieth century Nova Scotian: a tireless worker with his own business, which he mostly gets from word of mouth and repeat customers. Steadfast, cheerful, works all hours, tends to all the details, not big on vacations. He came from a small community: Caledonia. When he was growing up and there was no work to meet his \$25 car payments, he made to set out. "Where do you think you're going?" asked his mother. "I'm off to Halifax; there's bound to be some work there," he replied. "And I never looked back."

His father before him had done trucking to support his family; always had a load of lumber or some such for the boxcars that stopped in Caledonia. Of course, back in the forties and fifties, they lived off the garden and the land as well. "We didn't need much money," he remembers. "We'd just get in fifty pounds of sugar and a couple hundred pounds of flour. We had a few chickens, made our own butter, and with apples, turnips and carrots in our root cellar, we were set for the winter. We were self-sufficient."

"People say times are hard, but life is not bad now. I believe you've got to control your money, not let it control you. If you want something, save up first, and you won't be a slave to the lenders. And you'll find you have a lot when you know how to enjoy it. I see a lot of people, they have two cars in the yard, many computers, several TVs, a great big house, and they complain things are hard. But it's not for most folks these days."

He was widowed from his first love, Gloria, a decade ago and his new

wife, Betty Gray, from Sambro was also a widow. One night she cooked a good dinner, not something she often did for herself and the thought crossed her mind to ask Lewis to share. "He was a little slow to accept at first, but once he came over, we just clicked. We've not been apart since," she laughs. "We have so much in common. We don't drink or smoke, we're very down to earth and not materialistic. And we're always happy."

That is obvious. Their house is full of clearly happy people coming and going; grandchildren, daughter and son helping out with the business, and lots for the young ones to do. He has a go kart for them to drive all around the property and they stop in, beaming, to say hi.

I ask him what he thinks of modern times and Nova Scotia's future.

"Times are sure changing. Kids today spend so much time inside on phones and electronics, I wonder how they will cope when things go wrong. A lot of things we had to learn to survive, they don't know now. They're good kids but they can't add in their heads, spell, or tell time on a clock. How will they hold it together?"

"Immigration is a good thing for Nova Scotia, though. The people coming here, they know how to work. They're bringing business, and we need them."

And about that personal workload? Not going to quit, but no more 15 hours/day, seven days a week; he might cut that in half. He's promised Betty they'll do some traveling around this beautiful province. "Take tours, smell the roses. It's time for a change."



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6. Chicken Chow Mein, Chicken Fried Rice, Egg Roll
7. Almond Chicken Guy Ding, Chicken Fried Rice, Egg Roll
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Game changer

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Email me directly at andy.fillmore@parl.gc.ca, or tweet at me (@andyfillmorehfx) using the hashtag #HFXClimateAction.

3. Canada Summer Jobs

Over the last ten years, good quality job opportunities for young Canadians have been tougher and tougher to find. That's why another promise we made during our election campaign was to increase the amount of Canada Summer Jobs for students. Promise kept. This year, we have more than doubled the number of summer jobs – from 34,000 to 77,000. Because of the Canada Summer Jobs program, employers across the nation

have been able to hire students, giving them valuable work experience while supporting local economies.

Our government knows it's time for a change and time to help our young Canadians find opportunities to be successful – just like generations before us. By doubling the investment in the program, and doubling the jobs, we've made a big start. But we still have more work to do.

Andy Fillmore is the MP for Halifax. You can reach Andy by email at andy.fillmore@parl.gc.ca, phone at 902 426 8691, online @andyfillmorehfx, or visit his office at 1888 Brunswick St, Rm 808.

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DISCOVERING OUR PAST

Postal services in some Mainland South communities date back to 1860s

by Iris V. Shea

Canada Post has kept a record of its postmasters, both male and female, since they first began offering postal services. Mail was transported from the main outlet in Halifax, and later from the Armdale outlet, by a local resident who would drop it off at a community outlet, usually a private residence or the local store. The year 1970, or shortly before, is used here as the cut-off date. Names of local postmasters and their years of service are as follows:

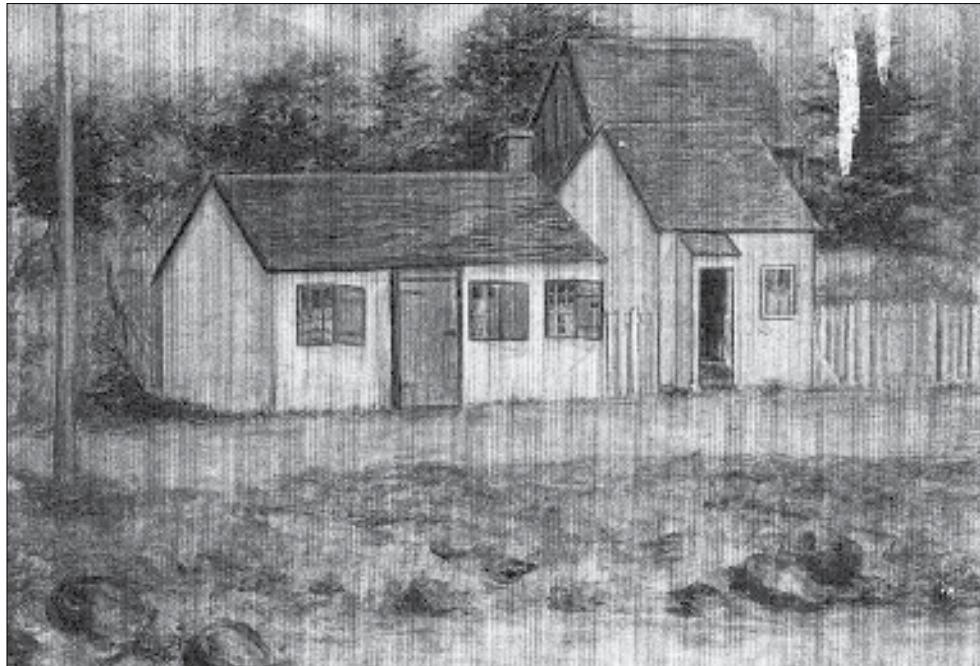
Armdale (called Dutch Village P.O. until 1917): Thomas Gooley, 1878-1883; William Corbin, 1883-1889; Mrs. Catherine P. Gumb, 1889-until her death in 1900; Miss Catherine Gumb, 1908-1911; Mrs. Isobel (Gumb) Hathaway, 1911-1922; George T. Murray, 1922. Residents of Melville Cove picked up their mail at the Woodcock Inn at the head of the Arm during the 1920s and 1930s.

Bald Rock: Miss Mary Smith, 1916-1952; Mrs. Margaret Gray, 1953 to 1970 when it was permanently closed.

Bear Cove: Joseph A. Johnson, 1896-1905; John Johnson, 1905-1916, closed.

Duncan Cove, Jeremiah Holland, 1904 until his death in 1906; Thomas J. Holland, 1906-1908; John W. Holland, 1909-1942.

Falkland /Ferguson's Cove (changed to Purcell's Cove in 1963): John Beverley, 1877-1878; William McLellan, 1879-1903; Miss Maud Purcell, 1903-1918; Jeremiah Soward, 1918-1925; Gordon S. Smith, 1925-1941; Archie Cecil Allen, 1941-1943; Miss Muriel Mary Latham, 1943-1947; Mrs. Alice Matilda Purcell, 1947 until her retirement in 1970 and the outlet was closed. Her husband, Stan Purcell, was the courier who picked up the outgoing and incoming mail at 6AM each morning, making a stop along his way to pick up and



The Gumb cottage, Dutch Village Post Office, early 1900s. Painting by Gwendoline Lear. The Armdale Post Office was built on this site at head of Northwest Arm. Photo courtesy Mainland South Heritage Society.

deliver mail at the postal outlet in Jollimore.

Harrietsfield: Seymour Rodgers, 1947-1950, located in his store; Eric Vatcher, 1950-1958. Closed, no suitable person to take it over.

Herring Cove: John Hayes, 1875-1878; John Rhyno, 1879-1890; Edward Dempsey, 1893 (May to Dec.); Patrick V. Hayes, 1894-1904 (dismissed due to political partisanship); Archibald Darrach, 1904-1917; Edward V. Dempsey, 1918-1925; Miss Eva M. Brown, 1925-1929; Thomas Brown, 1930-1937; Miss Margaret McLaughlin, 1937-1940; Miss Edna Jackson, 1940-1945; Mrs. Margaret Mary Dempsey, 1945-1948; Earl Sweeney, 1948-1952; Mrs. Brenda Princetta Keeping, 1952, and again from 1953-1958; Mrs. Mary Marguerite Gallant, 1952-1953; Mrs. Marie Ann Roussel, 1958-1959; Mrs. Helen Mary Burns, 1959-1982.

Jollimore: Albert E. Edwards, 1923-1934, in his grocery store; Mrs. Millicent McCarthy/Yeadon, 1934-1949 in her home which also served as a canteen; Mrs. Dorothea Boutilier, 1949-

1963; Mr. Frederick Hurrell, 1963-1964, closed when letter carrier delivery was extended to the community.

Ketch Harbour: William Henneberry, 1868-1872; Mary Jane Ryan, 1875-1880; James Gallagher, 1881 until his death in 1916; Mrs. Rosannah Gallagher, 1916-1923; Miss Rosa Martin, 1923-1924; Richard W. Flemming, 1925 until his death in 1955; Mrs. Eunice Flemming, 1955-1960; Miss Evelyn McCready, 1960 until it closed permanently (date of closing not given).

Pennant: John Tough, 1892 until his death in 1920; Joseph E. Tough,

1920 until his death in 1930; Mrs. Edith M. Hanlon, 1962; Mrs. G. Lilian Tough, 1963-1970, closed.

Portuguese Cove: T. Sullivan, started before 1868 until his death in 1880; John Power, 1881-1890; Dennis Purcell, 1895-1927; Mrs. Edith White, 1927-1928; Edward Burke, 1928-1931 (political partisanship); Mrs. Sarah M. Purcell, 1931-1939; Mrs. Irene Elizabeth Purcell, 1939-1958; Mrs. Katherine M. Purcell, 1959-1970, closed.

Sambro: Edward Smith, 1868-1877; Joseph Martin, 1879-1880; J.M. Henneberry, 1890-1899; Charles I. Hart, 1900-1907; James E.L. Hart, 1907-1951; Mrs. Helen Gray, 1970.

Spryfield: Miss Annie Dart, 1882-1891 from her home at Dart's Forks, near the corner of Old Sambro Road and the Old St. Margaret's Bay Road (now one of the entrances to Long Lake Park). When Miss Dart resigned, service was provided by the post office at Dutch Village/Armdale. In 1936 Mrs. Florence Theakston was the post master followed by Mrs. Maud Winnifred McNeil, 1937-1943, and again from 1944-1945; Mrs. Margaret Grano 1943-1944; Walter Smith, 1945-1947; Alexander McLean Wright, 1947-1960; Robert G. Crowell, 1960 to 1970, in Crowell's Drug Store on the Herring Cove Road. A post office continues to operate in Spryfield at Crowell's Pharmasave, now Guardian Pharmacy.

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Letters to the Editor

Dear City Councillor Stephen Adams, MLA Brendan McGuire and Mr. Stephen Fralick:

As a resident living very close to beautiful but vulnerable Williams Lake, I was shocked to see a few days ago that some mindless individual decided to dump a very large leather sofa into the Lake and thus doom it to prolonged and deadly contamination. Last night, I observed the three of you deep in the water struggling and working extremely hard to find some

way to disassemble this man-made mammoth pollutant. You succeeded after working and struggling for many hours and extricated it from the Lake, over the steel guard rails onto the adjacent sidewalk. Unlike many politicians, you acted decisively despite the serious personal physical strain, health risks and discomforts associated with this very heavy and protracted job and didn't just talk.

Thank you.

Respectfully, Morris Givner

To the Editor:

RE: 'Herring Cove to be included in infrastructure project' (July 2016).

While we initially read this news with much enthusiasm, upon further inquiry with Councillor Steve Adams, MLA Brendan Maguire, and MP Andy Fillmore, we've discovered:

1. HRM/Halifax Water have ranked this Herring Cove Servicing project as the seventh of seven priorities; it is their last priority in this application for Clean Water and Wastewater Fund (CWWF) federal infrastructure funding.

2. This application is but the first step; the Provincial Department of Transportation and Infrastructure Renewal must also rank this project as a priority, against the many competing requests from across the province.

3. The Province then needs to negotiate with the Federal government to have the project funded within the

Budget 2016 infrastructure program.

We've also discovered that not all un-serviced properties in Herring Cove are in-scope of this application. This was not our expectation, based on the long-standing but still incomplete commitment under the HRM/Halifax Water Harbour Solutions program: that municipal services would be extended to Herring Cove in exchange for hosting a sewage treatment facility. Completion of the committed servicing is long overdue: the commitment was made in 1999, and only the initial phases of work were completed nine years later in 2008. Now, another eight years has passed, and Herring Cove is the seventh of seven priorities from HRM for provincial and federal infrastructure funding?

Residents of Herring Cove, make your voices heard: call and write to Councillor Adams and Mayor Savage! *Stephen & Eileen Murphy*

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Heart health with Atrial Fibrillation

Elaine was alone the first time she experienced Atrial Fibrillation (AFib or AF). "I was doing my daily walk on the trail when I became extremely short of breath. I had to sit until my heart stopped rapidly beating. I didn't trust myself to drive". People living with AFib, which is the most common heart rhythm abnormality, can experience a variety of symptoms and often describe their first episode as alarming.

John, also living with AFib, reflects on his early experience and how the condition has impacted his daily life. "Being a fit middle aged man and having to rest after climbing a set of stairs or not being able to cut the lawn was quite upsetting. After a while anxiety becomes a problem, you can't sleep because you can hear and feel your heart pounding."

Although AFib is sometimes described as a "nuisance" diagnosis, there are serious medical implications associated with having an irregular heartbeat. People with AFib are three to five times more likely to have a stroke; often with debilitating outcomes. This is why it's so important for people like Elaine and John to work with their health care providers to decrease their risk. "It took a bit of time to get my heart to beat normally. I will likely remain on AF medication forever but I consider myself very fortunate to have avoided experiencing a stroke and other complications."

Volunteers Needed

IMPACT-AF (Integrated Management Program Advancing Community Treatment of Atrial Fibrillation) is looking for volunteers to join a 12-month study that aims to improve care for people with AFib. The study is testing an interactive, internet-based tool that health care providers will use in their office. People with AFib can also choose to share information with

their doctor and receive health alerts.

IMPACT-AF needs 200 primary care providers and 4,000 of their patients living with AFib to participate. Currently, four family physicians from Spryfield are participating with IMPACT-AF. John would like to join IMPACT-AF, but does not currently have a family doctor who is involved in the study. "As a patient, I welcome a program such as IMPACT-AF; knowing that someone is trying to help can greatly reduce the anxiety and provide some comfort." John is hoping that more doctors will join the study so that their patients can also participate. "Not only does your time help people, it changes lives."

Why Participate?

We need people like you, who know first-hand what it's like living with AFib, to help contribute to improving care, and enhancing the quality of life and heart health outcomes of all Nova Scotians. We hope to reduce the number of strokes and hospital visits for patients and believe that many providers and patients will benefit from tools that enhance access to best-practice resources and support AFib management. Similar tools may also be designed to manage other chronic conditions like diabetes.

What's involved?

- Permission to access your medical records
- Optional questionnaires (online or through the mail)
- No new medications, appointments, or travel is required

Questions or Interested in Joining?

You may be eligible if you have a previous diagnosis of AFib and your health care provider is currently enrolled in the study, or is interested in being involved. Contact the study office toll-free at 1-855-550-0557 or visit our website at www.impact-afl.ca.


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The Scratching Post



by Sarah Fraser

Please send questions or comments to: thescratchingposthalifax@gmail.com To say the new TNR Program is a success is an understatement. With over 200 cats and kittens going through the program so far, our municipality is going to see big changes.

Roughly one in three cats taken in to the program is a kitten. Kittens are socialized, fully vetted and put up for adoption. Some cats that were thought to be feral but turn out friendly are also vetted and put up for adoption. Feral adult cats are vetted (neutered), ear tipped and returned. Ear tipping is humane and done to identify a feral cat that has been neutered, as feral cats generally do not allow people close enough to them to be identified as altered.

Linda Felix, founder of Spay Day HRM, is overjoyed at the response from the public.

"It's warming, the support this project has received," said Felix. "The public has been very supportive. People want this."

With over 1600 spays and neuters

done, Spay Day is making a difference.

To give you an idea of where the issue stems from, female cats may become pregnant between 4-6 months of age, and can have 2-3 litters a year, each litter averaging 4 kittens. Sadly, kittens born to feral Moms are only about 50% likely to survive. Predators, weather conditions, and other cats and humans can often cause harm or death.

The TNR project, funded by the city, is a collaboration between Spay Day HRM, the SPCA and many MANY hard working volunteers, has addressed several colonies throughout Spryfield, Leiblin Park and Herring Cove, but they are still looking for more. TNR stands for Trap, Neuter and Return. If you are aware of any feral cat colonies in your area, please submit the information to catcolony@spcans.ca.

The program still needs assistance, so, if you would like to help there are a few ways you can do so. Due to the high volume of kittens coming through the program, there is an

increased need for wet and dry kitten food. They are also looking for donations of Yesterday's News Cat Litter, and monetary donations are always welcome. Brendan Maguire, our Halifax Atlantic MLA, has graciously offered to accept donations at his office located at 349 Herring Cove Rd., Suite C.

Ask a Pet Vet

How do I read my cat's body language?

Lady Hammond Vet Clinic: Understanding feline communication can help determine whether social issues exist:

Tail carried high and upright over back with ears erect: The cat is calm and may be investigating a new situation (eg, greeting an individual).

Hanging tail with ears forward: The cat is relaxed.

Ears down and to the side, possibly with tail twitching: This indicates ag-

gressive arousal.

Crouching or rolling over with ears back: The cat is inhibited.

Hissing with ears flattened to head: The cat is frightened.

Tactile communication occurs among compatible cats through lying together, rubbing against one another, grooming, and touching noses. Chasing and overtly aggressive threats (eg, growling, hissing, biting) may not be consistently evident. Covert threats may include blocking access to locations, staring, or supplanting. Cats displaying submissive behavior will crouch, turn the ears downward, and avoid the situation.

Thanks to Dr. Umer Khan and Dr. Yassar Hammid, practicing veterinarians and owners of Lady Hammond Animal Hospital, for their contribution to our column.

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Join us on Sunday September 18th from 12-2pm at the Captain William Spy Centre (6 Sussex, Spryfield) to pick up some gear.

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LOCAL OBITUARIES

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

Gerald Thomas Snow

60, Spryfield, passed away on Saturday, June 25, 2016 in the QEII, Halifax Infirmary, with his daughters by his side. Born in Halifax, he was a son of the late Ernest and Rita (Turner) Snow. Gerald loved sports growing up, especially hockey and baseball. As he got older he enjoyed hunting and fishing. He was a hard worker, having worked as the foreman of Canwel Building Supplies Centre. He will be greatly missed by his dog, The Boo Man and by many friends. Gerald will lovingly be remembered by his daughters, Kim Snow (Doug Smith) and Shelley Snow (Jason Pittman); grandchildren, Anthony Corano Richards, Marshall Patrick Thomas Snow, Madison Barbara Pittman-Snow and Noah John Pittman; brothers, Ernie (Nancy), Kenny (Darlene); sisters, Sandra Snow, Nancy Schnare, Mary Barkhouse (Oliver), Shirley DeWolf (Miles) and Sheila Snow, his favorite niece, Kelly Schnare other nieces and nephews, Tracy, Nikki, Samantha, Jennifer, Jackie, Timmy, Steven, David, Mandy, Cheryl, Stephanie, Ryan, Jamie, Christine, Barrett and Jason; many great nieces and nephews. He was predeceased by sister, Patricia Snow; brother in-law, Ronnie Schnare. Donations in memory may be made to the Heart and Stroke Foundation or the Canadian Cancer Society.

Harold Windsor MacRae

76 of Spryfield, peacefully passed away Monday, June 27, 2016 at the Northwood Bedford (Ivany Place). Born in Big Harbour, Cape Breton, he was the son of George and Janie (MacDonald) MacRae. In his youth, he nurtured a love for the outdoors with fishing, enjoyed playing darts, and watching horse races, maybe even placing a bet or two on his favourites. Leaving school for work, at a young age, he developed skills in the logging trade working alongside his father and uncles. He often reflected positively on his time working with the construction crew on the Seal Island Bridge in Cape Breton. He was no stranger to hard work, and became a window salesman, which was his livelihood that brought him joy, challenge and much pride for over 25 years. In 1989, he sustained a spinal cord injury due to the removal of a cyst. His determination and perseverance over the years managing the changes to his health and the physical challenges he overcame, was inspiring to those who loved him. Throughout his life, he was engaged with others, his friendships and family mattering most, always was up for a round of golf, crib match or watching his favorite baseball, hockey or football teams. Harold had a great sense of humor, adorned himself in the warmth of the

sunshine, and tried always to make the best out the most challenging times. He most recently lost his loving wife of 50 years, Sheila (Brown) and is survived by his daughter, Dana (Jeff Mills), and son, Glen. His grandchildren Kyla, Nathan, and Sophie will dearly miss their Poppie. Harold is also survived by sisters, Isabel (Robin) Grant, Dorothy Ellsworth, sister-in-law, Rita MacRae, and many loving nieces and nephews. Brothers, Maurice, Murray, and Carl, predeceased him. In lieu of flowers, donations may be made to a charity of your choosing. Much thanks to the many health care professionals who have supported Harold and his family over the years, in particular most recently, those who provided care and compassion at Ivany Place.

Bernadette Teresa Hearn (Henry)

83 of Spryfield, passed away peacefully in her sleep on June 29th, 2016. Born and raised in Dublin, Ireland she was the last surviving member of her immediate family and was the daughter of the late Joseph and Suzanne Henry. Bernadette worked at the Dominion / IGA on the Herring Cove Road for over 20 years and was a member of the St. Michael's CWL. Bernadette was predeceased by her husband of 54 years, Arthur Hearn and is survived by her children, Brian, Carmen (Greg), Sean (Madeleine), and Kevin (Marian); her grandchildren, Brian (Teresa), Tiffany, Melissa, Arthur, Erin, Christine, Dylan, Ian

and Allison; her great grandchildren, Brook, Kenneth, Santana and Joseph; and her great-great grandson, Damien. Bernadette was a social butterfly who loved a great cup of tea. She enjoyed spending time with all her friends at Ramsgate Lane, especially her puzzle buddies and Ellen and Bernie. Special thanks to the staff at the Nova Scotia Rehabilitation and Arthritis Centre and the QEII unit 8.4. She was a wonderful wife, mother, nanny and great nanny who will be sadly missed by all

Edward A "Ted" Keddy

87, Spryfield, passed away peacefully at Northwood Ivany Place on Thursday, July 7, 2016. Born in New Ross he was a son of the late Augustine and Grace Keddy. Ted worked for 35+ years as a civilian for DND. He was a life-long member of IOOF Lodge. Dad loved his family and kept in touch with them daily. He was proud of each of them. He was willing to help us out in whatever way possible through the years. He often treated us to suppers or gifts of money. He never forgot a birthday, anniversary, graduation or birth of a child. It was a difficult transition for dad after mom's passing with him having to leave his home to go to a long term care facility. But he never complained about the choices his children were making for his wellbeing. He is survived by his sons; Stephen (Arlene) and Craig (Valerie) and daughter Amy (David); 8 grandchildren and 4 great

(See Obituaries on page 9)

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OBITUARIES

(continued from page 8)

grandchildren; brother Garnet; sisters; Greta, Kaye and Marcelle. Ted was predeceased by his wife Kay of 57 years and 5 sisters and 3 brothers. In lieu of flowers, donations in Ted's memory can be made to the Children's Wish Foundation or to a charity of one's choice.

Walter Stevens Marriott

77, of Kline Heights, Halifax, Nova Scotia, passed away peacefully at home surrounded by his loving family on Monday, July 11, 2016. Born in Kline Heights on February 1, 1939, he was the son of the late James and Margaret (Reid) Marriott. Walter loved the outdoors (spending family time at the camp, avid fisherman and hunter), enjoyed playing softball for the Kline Heights ball team, watching hockey and baseball and loved listening to country music. He also enjoyed going for family drives and "jigging" around the house/yard. Walter spent 7 years as a volunteer firefighter with the Armdale Fire Department, many years working with Fred Marriott's garbage disposal before starting with Day Nite Neon Signs Limited, Dartmouth, where he retired in 1999 after 30 years – family has fond memories of his employer Chris Boone until his passing. In 1961, he married his loving wife of 38 years the late Beverley (Gillis) Marriott, who passed away

at the age of 58. Walter was blessed with his five children: Elaine (John) Baker, Halifax; Warren (Angela) Marriott, Halifax; Paula (Darrell) Creelman, Middle Sackville; Blaine (Carol) Marriott, Brookside; Maxine (Todd) Brophy, Paradise, NL. He is also survived by his brothers: Ronald (Margaret) Marriott, Paul (Joann) Marriott, sisters: Joan Marriott, Virginia (late Hughie) Devereaux, Marion (Stan) Gaw and Beverly (Bobby) Hann. Cherished 14 grandchildren: Steven (Carolyn Dohoo), John (Samantha), Mark and Scott Baker; Matthew and Michael Creelman (Marie Grouse-Falkenham); Christopher Parsons, Aaron and Colton Marriott; Brooke and Bailey Marriott; Liam, Sean and Sarah Brophy; 2 great-grandchildren: Alivia Creelman and Channing Downey, as well loving friend Mary Billard, many nieces and nephews. He was predeceased by twin brothers Kenneth and Clyde and sister Phyllis in infancy. The family would like to thank all those who were involved in the care given to Walter during his illness. Special thanks to Dr. Mark Bosma, Seniors Mental Health, his family physician, VON's and Palliative Care Team for their medical care and support. A heartfelt thanks and appreciation to Mary for your comforting and loving care for our dad; our family will forever cherish your kindness. Donations may be made in Walter's memory to the Canadian Cancer Society at www.cancer.ca or Canadian Mental Health Association

at www.cmha.ca. Words of comfort may be sent to the family by visiting www.walkerfh.com.

Marie Dorothy MacIntyre

Age 67, of Spryfield, passed away July 11, 2016 unexpectedly at home. She was predeceased by her parents John and Gladys MacIntyre; sisters Barbara (late Ken), Patsy (John), Marilyn (Colin) and brother Jack (Vi-

ola). Marie will be lovingly remembered by her daughter Melanie (Bill); beloved grandson Xander; sisters Helen (late Rollie), Margo (Francis); brothers Doug (Judy), Gordon (Wendy), Joe (late Barbara), Rick (Jackie), Donnie, Gerry (Millie), Michael as well as many nieces and nephews. Words of comfort can be left at www.walkerfh.com.

Congratulations to all from Branch 152 Legion

The Royal Canadian Earl Francis Spryfield Memorial Legion, Branch 152 presented \$12,000 to students from the Spryfield area. 11 students from JL Isley High School, one post

graduate student from Mount Saint Vincent University and one adult in continuing education from Nova Scotia Community College.



From Left to right; Legion President Terry Bobbitt, Lauren Bellefontaine, Katherine Conran, Hannah Cook, Baillie Hammond, Owen Lewis, Shannon Lewis, Danielle MacDonald, John MacLeod, Anthony Poirier, Clayton Spears, Rebecca Withers; Jaddus Poirier, Chairman of the bursary committee

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HALIFAX

Of gardeners and garden parties



by Carolyn Mont

I just had a walk through my garden and saw wonderful growth since we have had a few hot, sunny days. I take great pleasure in both the flowers and the vegetables I grow in my garden, but what pleases me most is the opportunity to chat with my neighbours or unknown passersby. We seem to be so busy, or at least on a different schedule from the people around us, that we don't have the contact with our neighbours that we used to. If, however, we are outdoors watering, weeding, planting or just admiring, opportunities to chat are likely to occur.

For those who don't have a garden, or a yard in which to garden, there are always community gardens. At St. Paul's United Church, we are home to the John Umlah Community Garden; and a diverse community it is. We have a number of gardeners who have been with us for many years, but every year there is a bit of a turnover, which always leads to interesting new techniques in gardening and exposure to different crops.

It seems to me that a characteristic of a true gardener is a willingness to share. How many times have you heard gardeners say, "As soon as it finishes blooming...", or, "Come back in the spring when I can split this, and I will happily give you a piece"? Well, at our garden, that may also mean an offer of a new vegetable, such as mustard greens grown by immigrants from Bhutan, by way of Nepal. The rest of the gardeners are amazed at the work these new community members put into their gardens, and are then delighted with the generous offers to sample new things.

For many years, we have had an Annual Garden Tea and Silent Auction at St. Paul's garden. We have two reasons for doing this. Of course, we want to raise money (the Tea costs \$10.00 for adults and \$5.00 for children, and lots of sandwiches and homemade sweets are served). But it is just as important to us to have the community see our beautiful garden and have a chance to walk through it, led on a tour by one of the gardeners.

I was thrilled to attend the Annual Garden Party hosted by the Lieutenant Governor at Government House this spring. Even though it was a very cold day, the event was well attended. I found myself comparing it with our Garden Tea and found that we came out looking very good. They had live music, as do we; Marjorie Willison has generously offered to play her lyre at our event. They have good food as do we; ours is all homemade and even served to our guests, rather than having them stand in line for it. They had a few seats; we have seating for almost all of our guests. Many of their guests

chose to wear fancy dress and hats, but many chose to dress casually; the same will be true at St. Paul's. On top of that, we have a Silent Auction with some lovely items, many donated by local businesses and also a bake sale. It is strange but true that we often feel

that because something is in our home town, it isn't as good as something from outside our local area but that certainly is not true of these Garden Tea Parties. Both are lovely summer events, open to both men and women.

If the weather is not in our favour,

we will have the event in the church hall. Please note the date and time: Tuesday, August 9, 4:00 pm to 6:00 pm. Several months ago, I had given a different date so please be sure to check your calendar. As usual, we would prefer people purchase tickets ahead of time, or at least reserve them so we know how many people to prepare for. See you in the garden...

Ilsley's Students' Council trains with the Legion

by Ciara Harris

Some of the 2016-17 Students' Council executives from JL Ilsley High School participated in an intensive week-long leadership camp run by members of the Royal Canadian Legion in Truro. Kiara Sexton, Taryn Hanrahan, Hannah Peters, Abby Siddle and Sierra MacNeil, along with 45 other student leaders from Nova Scotia, stayed at the Dalhousie Agricultural Campus for the 9-day long Legion Leadership Training camp experience. Although camp activities are closely guarded secrets, the students from Ilsley raved about the time they spent at LLTC. Because of the secretive nature of the camp, some of the students were apprehensive. Ilsley Co-President Kiara Sexton explains: "I was really scared and nervous to go, which is rare for me. I normally love going away to camps, but I was scared of what I didn't know." Her apprehension gave way to appreciation as the camp went on. "I grew as a leader and became more mindful. The biggest thing I learned is that it's okay to ask for help. It doesn't make you less of a leader; in fact, it makes you get things done." Han-



Student participants at the Legion Leadership Training Camp, July 2016 in Truro

nah Peters, next year's Vice President of Communications and Promotions, echoes this sentiment: "This camp made me more confident and more open to the ideas of others."

Abby Siddle, next year's Vice President of Internal Affairs, called her time at LLTC an "amazing experience." She enjoyed meeting new people, and watching them grow as leaders, as she grew herself. Sierra MacNeil, Vice President of the Events Committee, reflects on the transformative nature of the camp: "For myself, I feel like I grew as a leader a lot. Looking at myself from when I first walked into the camp and then looking at myself walking out

of the camp amazed me. I didn't think it was possible to grow that much in just a short nine days, but I was wrong. I could see the change in myself and my work, and everyone else could see it in me. It was kind of an overwhelming experience, but also made me feel amazing."

This experience left Ilsley's student council executive feeling well-prepared and excited for the school year to come. According to Kiara Sexton: "This camp is challenging, but I would do it again in a heartbeat." The Legion Leadership Training Camp is highly recommended by young leaders at JL Ilsley High School.

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Chebucto News Sports Page



Whitman places 12th at Mountain Bike Nationals

by Jeff Simms

Coach Bike Monkey Race Team

Maura Whitman, from Herring Cove, NS, competed in the Canadian Mountain Bike National Championships in July. In the competition, which took place in Baie Saint Paul, Quebec, she finished in 12th place. Whitman, a 15 year old named to the NS Provincial Team, raced as a first year in the U17 (Cadet) category. This challenging course featured many technical elements including steep climbs, rock

garden, single track, tricky descents, tight berms and obstacles of roots and rocks. While in Quebec, she also participated in a Mountain Bike ID skills camp with Canadian National Junior Coach, Ian Hughes. Whitman was thrilled to meet and watch her role model Olympian Emily Batty win the National Championship Title in elite woman. Next up for Whitman will be to resume racing in the Provincial series with her Bike Monkey Race Team.



6 year old Laynee Rae Young won with the biggest fish for her age group at the fishing derby at Cunard Pond (Williams Lake) on June 4th while fishing with her Uncle, Aunt and her Papa. She won a trophy and a new fishing rod.



The Atlantic Karate Club's Senpai Kathleen Purcell performs a roundhouse kick at Sensei Raymond Dodge while preparing for the 2016 World Chito-RyuBogu Cup Karate Championships. The tournament, held every four years, will be in New Brunswick this August 4 - 7. It's also the 70th anniversary celebration of the Chito-Ryu style of karate, which is taught at the Atlantic Karate Club.



MLA Brendan Maguire stands with Mary-Francis Lynch in front of some of the food generously donated to Feed Nova Scotia (See MLA Maguire's column on page 13)

Red tape reduction should now improve completion of approved projects

by Linda Mosher, HRM Councillor, District 9

We have a very short construction season, particularly for paving roads and sidewalk construction. Staff puts the capital budget together over many months and Council has a fulsome budget process where we discuss both the capital and operating budgets. Over the years I have had residents complain that projects were not getting done on time, despite them being included and approved in our budget. Some projects are pre-tendered but most are not and many do not come before Council until the fall, making it almost impossible for them to be included in the current construction year. Some of these delays can be attributed to our procurement and payment policies. Based on a myriad of issues and meeting with the Construction Association of Nova Scotia, I brought to Council a request to review the Procurement and related Policies, specifically our Administrative Order to ensure we are advancing projects and payments in an appropriate and timely manner. A year after my request to Council, the Auditor General also raised concerns when he reviewed the Washmill Court Extension Project and he suggested the procurement process could be clearer.

The staff review took eighteen months and included an evaluation of internal HRM-wide purchasing. It also evaluated the Province of Nova Scotia, external groups such as engineering and construction organizations, and best practices in other cities such as Ottawa, Winnipeg and Hamilton. The review concluded there were opportunities to reduce red tape and shorten approval processes; in some cases saving about six weeks per tender. As well that it would add marketplace clarity, be consistent with other levels of government, and would provide defined standards for each process and point of approval.

Staff's recommended changes include specific responsibilities for purchasing processes, posting, methods, and award authority such as a business unit having the ability to purchase smaller amounts directly, the ability of the Director to delegate for requesting goods and services to a higher amount, and award authority. The changes also allow for a negotiable request for proposals which could be used as a risk mitigation tool.

The award and signing authority would change and confirm the Manager of Procurement and Director of Finance as authorities for Standing Offers, combine award authority and signing authority and allow our Chief Administrative Officer (CAO) to exercise options to extend contracts within constraints. It would reduce the volume of awards that must be approved by Council. These changes are expected to decrease the period between closing and award by one to six weeks depending on the project.

It is important to note that it would allow the CAO to delegate their full award

authority ONLY if the Project Budget was approved by Council and the low bid is within + or - 10% of the pre-tender estimate that was included in the overall budget approved by Council. As well it provides a clear description of authority, delegation of authority, which reflects the direction and clarity requested by the Auditor General.

The report was presented to the Audit & Finance, of which I am Chair. The committee unanimously approved that the report be forwarded to Regional Council for full debate. At our meeting some members of the committee were concerned that this would minimize Council's oversight in the tender award process. However, it is important to note that any tender that comes forward now has already been vetted and approved

by Council under our budgeting process. If the new process is approved, fewer tenders will come before Council, but the process will be streamlined, and have appropriate accountability on staff with regards to contract management. We need a clear, accountable process to manage public funds and procurement processes. I am pleased with the work staff has done and feel projects will still have a rigorous oversight process but will be completed faster. Back in 2012 when we were completely restoring the Memorial (Dingle) Tower, and working towards a completion deadline for our 100th anniversary ceremony for Natal Day, there were many panicked days when I was asked to visit the tower and contractors. Work was held up in procurement. Some contrac-

tors had to wait around to start their work, as they were dependent on other contractors who were waiting for purchase order numbers to be able complete their projects. For example if your work involved upper floors, you required the stairs or some other project to be completed first. Fortunately the project was finished the day before in time for our Grand Opening and historic ceremony. This new stream-lined process would minimize these types of issues.

The report can be found at www.lindamosher.ca under the News tab. If you wish to provide feedback either email me directly linda.mosher@halifax.ca or the Municipal Clerks Office: clerks@halifax.ca and request that your correspondence be distributed to all members of Council.

Time to start thinking about Fall and Winter programs

by Stephen Adams, HRM Councillor, District 11

Spryfield

In July, an on-line newspaper ran an article about the new development off Northwest Arm Drive, across from Long Lake. The author, Andrew MacDonald of themacdonald-report.com, suggested that Cowie Hill and Spryfield were "less desirable residential addresses." As a result of these comments, I offered to take Mr. MacDonald on a tour of our community, to which he obliged.

Mr. MacDonald will be writing a number of articles over the next few weeks about what he saw, and his "new" perspective. I look forward to reading them.

Halifax Transit

As of the writing of this column, the supplementary report regarding the proposed transit changes (specifically the Sambro Loop Route 402, and Purcell's Cove Route 15) is with our transit staff, as they continue to address the comments and amendments put forward by Council.

Weekly Green Bin Collection

Reminder that the weekly Green Bin collection will end on August 31st. For more information on Green Carts, please visit the following website: <http://halifax.ca/recycle/greencart.php>.

Fire Stations 62 and 63

At the Tuesday, July 19th Regional Council session, I requested an update from staff on Fire Stations 62 (former Herring Cove station) and 63 (Sambro). Unfortunately, at the time of the writing of this article, I had not received the requested status update. Staff will contact me directly with the requested information and I will provide more detail as soon as possible.

Fall and Winter Recreation Program Reg-

istration begins August 17th!

The Fall and Winter Recreation Catalogue is now available. You may view the calendar online at: <http://www.halifax.ca/rec/ProgramsandActivities.php>. Registration for the fall/winter programs begins on August 17th at 10 a.m. and continues until the program(s) has been filled.

Fall 2016 registration dates are:

- August 17 | Preschool, Child, Youth and Adult Programs (Excluding Aquatic & Skating Programs)
- August 18 | Aquatics & Skating Programs

Winter 2017 Recreation Program registration dates are:

- November 9 | Preschool, Child, Youth and Adult programs (Excluding Aquatics & Skating Programs)
- December 14 | Aquatics and Skating Programs

The municipality is committed to providing safe and accessible Inclusion Programs for everyone to enjoy. Persons with disabilities are welcome to participate in recreation activities compatible to their interests and abilities. Persons with disabilities are asked to call their local recreation centre directly to schedule a meeting to discuss program supports. Deadline for inclusion requests is two weeks prior to program start date. Staff will make every effort to accommodate participants but may be limited based upon the number of requests in certain areas.

Solar City Program Continued

After a successful pilot project, Regional Council approved the continuation of the Solar City program for three years. The program will increase the opportunities for property owners to save money and reduce their environmental impact by offering prop-

erty owners three solar technology options:

1. Solar Photovoltaic (PV): Generates electricity when the sun is shining. This technology requires a net metering or interconnection agreement with Nova Scotia Power. The cost of PV is dropping and it has been gaining popularity.

2. Solar Hot Air: Reduces energy costs associated with space heating. This technology preheats air in a space to supplement daytime heating requirements. It works best installed on south facing walls and is controlled with temperature set points.

3. Solar Hot Water: Reduces energy costs of heating hot water. This technology preheats water to supplement other energy sources and can be applied to all water-based preheating needs like swimming pools, space heating and domestic hot water.

To be considered an eligible participant to register, you must be a property owner who is either the owner of a private property or a property owner who is incorporated as a co-op or not for profit.

For more information, please go to: <http://www.halifax.ca/solarcity/SolarProject/index.php>.

Contact

Please contact our Citizen Contact Centre at 3-1-1 if you have a municipal issue that needs to be addressed. This is the most expedient method to have your issue recorded in our system and forwarded to the appropriate staff for action. You will be given a reference number which can be used to follow the progress of that particular issue. You may contact me concerning municipal issues by phone at 902.477.0627 or email at Stephen.Adams@halifax.ca.



**COUNCILLOR LINDA MOSHER
DISTRICT 9**
Halifax West Armdale

Home Office: 902.477.8618
Cell: 902.476.4117
Email: linda.mosher@halifax.ca
LindaMosher.ca



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

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

by the Honourable Lena Diab, MLA for Halifax Armdale

I wish everyone a very Happy Natal Day! I hope you all had a chance to take in some of the festivities and relaxation on the occasion of our civic birthday celebrations.

Connecting with Armdale

Now that we're well into BBQ season, I've been out and about taking advantage of all the great opportunities to hear directly from my constituents over burgers, hot dogs and treats. Last month, I was even handing out freezies to all the kids at the Chocolate Lake Beach, and co-hosted a wonderful Sunday BBQ with the fine folks at ISS, at Stanley Park Sports Field. Although we had a little rain in the end, it certainly didn't dampen the children's enthusiasm for the fire truck and bouncy castles that were on hand.

I'm happy to welcome you and your family to attend my ANNUAL MLA PICNIC, taking place at the Lakeview Trail entrance at Long Lake Provincial Park on Sunday, August 14. Come join us from 2:00-4:00pm for food, refreshments, good company, and hopefully a healthy dose of sunshine. I'll also be stopping by the Tim Hortons on Osborne Street on August 9 as part of my summer Tims Talks. These are always a great opportunity to take a break and listen to what's been on people's minds, and I hope many of you will be able to stop in and chat 1:00 to 2:00pm.

Community Sports

Hopefully, many of you have been out getting involved in community sports and recreation. I've certainly enjoyed watching some of the exciting soccer games taking place, and, as a soccer mom myself, I know how much parental enthusiasm means to our kids. I was proud to have the opportunity recently to support the Nova Scotia Lacrosse Midget Girls team as they head off this summer to the Championship Tournament in Calgary. Last month, I also had the privilege of awarding medals at the Eastern T-20 Cricket Tournament on the Halifax Commons, and cheering on our exceptionally talented Nova Scotia team. It was also a truly special moment to be able to participate in the Royal Nova Scotia Yacht Squadron's Olympic/Paralympic send-off ceremony. We have five sailors leaving to compete in Brazil this month, and I hope you'll join me in wishing them the absolute best of luck as they represent Canada in the biggest and most exciting competition in the sporting world.

Immigration Update

During these months away from the legislature, I have also been keeping busy with all the important work going on at the Nova Scotia Office of Immigration. I was pleased to speak to over 450 international students in Halifax, at the annual Languages Canada World Student Day event celebrating the importance of international language students. I attended the France National Day reception hosted by the Consul General

of France and Alliance Francaise and was pleased to extend greetings on behalf of all Nova Scotians, while celebrating our shared cultural and economic ties and listening to the talented singers of LES VOIX D'ACADEIE. We also marked the 125th Anniversary of Ukrainian Immigration to Canada at Pier 21, and I had a chance to pay tribute to the generations of Ukrainian-Canadians who have contributed to our development as a nation. Nova Scotia welcomed federal Immigration Minister John McCallum in July, and I'm happy to report that he shares our government's deep commitment to addressing Atlantic Canada's demographic challenges through increased immigration.

Huge thank you from Feed Nova Scotia

by Brendan Maguire, MLA for Halifax Atlantic

First off, I hope you all are having a great summer, your gardens are blooming and that you have been able to get out and enjoy some of the great weather we had this last month. These nice summer days always remind me of all the great lakes, trails and beaches we have in our community and they encourage me to take the family out to enjoy them.

Help pick new benches

A lot of people have approached me about the new benches I installed at the Look Off in Herring Cove and the one at Long Lake on the Dentith Road side. They love having a spot to go and enjoy the view and relax. So it got me thinking, why not have more spots where people can sit and enjoy the beauty our community has to offer. I made a call to Councilor Steve Adams and MP Andy Fillmore and asked if they wanted to help me install seven new benches throughout our community. Now you may ask, "Where will these benches be"? That will be up to you, the public, to decide. We want you to pick your favorite spots to help us decide. There are a few conditions; the bench cannot be on private property and must be safe, visible and accessible to the public. So send me an email, text or Facebook message with your suggestions.

Richard Penny Fundraiser

I want to take a moment to recognize some people who have shown amazing community spirit. Last month our community, under the leadership of Cory and Sheri Hendsbee, organized a baseball fundraiser and an auction/dance to help support Richard Penny and his family. Richard, who lives and works in this community, was recently diagnosed with cancer. Literally hundreds of people showed up to support Richard and his family, proving once again that we are a community that helps each other out.

Used hockey gear drive

Last year I teamed up with Sportswheels in Sackville to collect used skates and hockey gear; we cleaned and fixed them and gave

them. We look forward to continued federal partnership and support. Additionally, my department has been working closely with community partners and the public libraries to organize a variety of summer services for newcomer families, including ESL instruction, conversation groups, and financial empowerment tutorials. If you or someone you know could benefit from these sessions, I'd encourage you to learn more by calling me or keeping up with me on Facebook.

Local Markets and Food Drive

I'm sure many of you have been busy with summer cookouts, and you'll be happy to know that the Spryfield Lions Rec Centre will be providing plenty of great opportunities to stock your home and pantry with quality local food and products this month. The Mobile Food Market will return on August 13 and 27, from 1:30-3:00pm,

while the Spryfield District Community Market will be held on August 7 and 21, from 8:00am-12:00pm. While we're on the topic of community access to nutritious food, I want to once again sincerely thank everyone who contributed to our (ongoing!) food drive for Feed Nova Scotia. The support thus far has been incredible, and it's a great feeling to end the week by dropping off the generous contributions of our community. As you may know, Feed Nova Scotia's stock reached critically low levels last month, and its especially important now that we put in that little extra push to make sure they can continue their important work.

Remember that I have Slow Down signs available for pick up at my office for constituents.

Thank you for your continued support, and hope to see you on the doorstep!

Huge thank you from Feed Nova Scotia

by Brendan Maguire, MLA for Halifax Atlantic

them to families and children who may otherwise not have been able to purchase them. Last year, thanks to your generosity, we saw close to 100 people walk away with gear.

Well, we are back again and looking for donations. If you have any used skates or gear laying around and would like to see it put to good use, drop it off at my office at 349 Herring Cove Road, Suite C, or at Sportswheels at 209 Sackville Dr, Lower Sackville.

Feed Nova Scotia

I also want to thank everyone who showed up at my office with food donations for Feed Nova Scotia. Feed Nova Scotia put a call out to the public that they were critically low on food. Well, because of all of you I was able to drop off, on behalf of our community, an entire car, with a full front, back and trunk, of food donations. Feed Nova Scotia wanted me to pass on a huge thank you.

Illegal Dumping

There has been more than one incident of illegal dumping in and around our community over the last few months. I want to take this opportunity to remind people that HRM, along with your regular garbage and recyclables, allows the following when it comes to furniture:

Single unit homes are permitted 1 bulky

CCB a game changer for Canadian families

by Andy Fillmore, MP for Halifax

Three things to talk about this month

1. The new and improved Canada Child Benefit

In our government's election campaign, we released one of our key platform planks: the Canada Child Benefit (CCB). And last month, on July 20th, families across Canada received their first CCB payment. Promise made, promise kept.

The CCB replaces the previous child benefit, the UCCB. Our new benefit is bigger than before – 9/10 families will receive more money to help with the high cost of raising their kids, and it will raise 300,000 children out of poverty. It's also tax-free, unlike the previous benefit. That means no more claw-backs come tax time. And it's fair. The previous benefit gave the same amount to Canada's richest families as it did to our lowest-income families. That just didn't make sense, so the new benefit is now tied to income: families who need the benefit the most receive the highest amount, and millionaires no longer receive any payment.

Simply put, the CCB is a game changer for Canadian families.

2. #HFXClimateAction

In spring 2016, the federal Minister of Environment and Climate Change, Catherine McKenna, issued a call to action to Canadians: help shape Canada's climate

change policy. In the months since, Members of Parliament across the country have held town halls in their ridings to solicit feedback from Canadians. On June 28th, over 250 participants filled the McInnes Room at Dalhousie University for Halifax's climate town hall. Halifax has always demanded environmental leadership from our government, so it's no surprise that our town hall was the second-best attended in the country, only after the one held by the Minister of Environment and Climate Change herself!

We asked participants to share their best ideas on 10 topics – 7 of which were chosen by Haligonians prior to the town hall. Some of the topics included: carbon pricing, renewable energy, city planning, environmental assessments and consultation with Indigenous peoples, among others.

My team and I spent the two weeks following the town hall to compile all that we'd heard from Halifax and putting on a website for all to see. Check it out for yourself at www.hfxclimateaction.ca. You can read some of our city's best ideas for combating and adapting to climate change. The contents of the website have been submitted to Environment Canada, but the conversation doesn't end there! You can still submit your ideas for our country's climate policy.

(See Game changer on page 3)

**Honourable
Lena M. Diab
MLA Halifax Armdale**

Join Me This Month

- Aug. 1 – Natal Day @ The Dingle
- Aug. 9 – Tims Talk @ Osborne St.
- Tim Hortons (1:00-2:00pm)
- Aug. 14 – MLA Summer Picnic @ Lakeview Trail, Long Lake Park (2:00-4:00pm)

For other events:
902-455-1610 / info@lenadiab.ca
www.lenadiab.ca

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

COMMUNITY EVENTS FOR AUGUST

Boys and Girls Club of Spryfield (11 Aldergrove Road) Events:

Drop in evenings at the BGCS! Mondays and Wednesdays this summer from 6pm to 8pm. Snacks provided. For more information, contact Rosalie Fralick at rosalie.fralick@outlook.com

Chebucto Community Health Team (16 Dentith Rd) Events:

- August 26th. 8am to 10am. Community Health Team Drop-in. For people who have attended a Community Health Team session & would like extra support with their goals to achieve better health.
- August 11th. 1:30pm to 2:30pm Is it Just Me? Why is Change so Hard? Explore how ready you are to make lifestyle changes and receive support as you work toward making healthy behavior a priority.
- August 10th and 31st. 8:30am to 11:30am. Personal Wellness Profile.

Complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat and waist circumference measured. You will receive a personalized report that lets you know how you are doing in 9 health areas and you will find out your health age

To register call 902-460-4560 or go to www.CommunityHealthTeams.ca

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham, Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop. Please call 487-0690, go to www.communityhealthteams.ca or drop-in to register.

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

- Bingo every Sunday at 1pm. Doors open at 12pm
- August 8th. Seniors BBQ and Dance. 12:30pm to 4pm. \$4 per person. Music by Chain and Anchor Band. All seniors welcome!
- Washer Toss. Every Thursday at 7pm. \$5 per person. Everyone welcome.

Food Banks:

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

Free meals for those in need:

- **Mondays:**
 - Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9:30am to 11am.
 - Mobile Soup Kitchen 7pm Bread of Life Ministries (McIntosh St. & 500 Block of Herring cove Rd)

• Tuesdays:

- Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9:30am to 11am.
- Soup's On Program 12pm to 1:30pm at St. Paul's Family Resource Institute (173 Old Sambro Rd)

• Wednesdays:

- 2nd Wednesday of the month, Spry Café 5:30pm at the Chebucto Family Centre (3 Sylvia Ave). Call 902-479-3031 ext 302. Registration required.

• Thursdays:

- Hot Breakfast 8:30am to 9:30am Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)

• Fridays:

- Continental Breakfast 9:30am to 11am. Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)

SAMBRO SOU'WESTER DAYS (Various locations):

Tickets available for purchase before and throughout the festival from Mishoo's Variety or SACA volunteers: Rubber Duck Race Tickets \$5 each, 50/50 Tickets \$2 each or 3 for \$5, 4' Concrete Lighthouse Statue Raffle Tickets \$2 each or 3 for \$5

- **Tuesday, August 2:** 6:00 pm & 7:30 pm - Community Baseball Games @ James McPhee Memorial Ball Field ("Ball Field")

- **Thursday, August 4:** 6:00 and 7:30 pm - Community Baseball Games @ Ball Field

• Friday, August 5:

- 6:00 and 7:30 pm - Community Baseball Games @ Ball Field
- 6:30-9:30 pm: All Ages Corn Boil and Ceilidh sponsored by Jill Hann Royal LePage at the Community Tent by the Sambro Fire Station. Corn on the cob, hotdogs and refreshments available for \$1 each.

• Saturday, August 6

- 10:00 am-12:00 noon - Community Parade Sponsored by the Spryfield Head Shoppe. From Atlantic View Dr. in Sambro Head to Sambro Fire Station. Expect traffic delays between 10 a.m.-12 noon from Atlantic View along Ketch Harbour Road to Old Sambro Road and then to West Pennant Road.
- 12:00 noon-3:00 pm - Barbeque & Family Carnival @ Ball Field

- 12:00 noon-5:00 pm - Washer Toss Tournament Sponsored by Donna Flemming, Royal LePage Atlantic at the Ball Field. \$10/per person, register in teams of two. Prizes will be awarded to the top three teams.
- 2:00-6:00 pm - Kyle's Tailgate Party Sponsored by the family of the Late Kyle MacKay, Hosted by Ed Oakley & Friends at the Community Tent. MUST BE 19 YEARS OR OLDER. Free admission. Beer & coolers \$4
- 9:00 pm-12:30 am - Adult Dance Featuring the band 2nd Time Around at the Community Tent. \$15/per person. MUST BE 19 YEARS OR OLDER. Safe transport home "around the loop" area at 12 midnight by Coach Atlantic. Don't Drink & Drive!!

• Sunday, August 7

- 10:00 am - Service of the Sea Church Service at St. James United Church

– 12:30 pm - Blessing of the Fleet at Sambro Government Wharf, Weather permitting.

- 2:00 pm - Consolation Baseball Game at the Ball Field

– 3:00 pm - Rubber Duck Race Sponsored by Mishoo's at Grand Lake. Numbered ducks may be purchased in advance from Mishoo's store in Sambro or SACA volunteers for \$5 each.

- 3:00-6:00 pm - Fish Chowder and Strawberry Shortcake Supper at St. James United Church Hall. Takeout available

– 4:00 pm - Final Championship Baseball Game at the Ball Field

– 8:00-10:00 pm - Parade of Sail Sponsored by Salon Eight Sixty and Stebran Resources off Crystal Crescent Beach. All boats are encouraged to decorate their boats with Christmas lights and must respect the distance required to be off shore in order for the fireworks to be safely presented.

– 10:00 pm - Closing Fireworks Display at Crystal Crescent Beach Provincial Park. Free admission but voluntary cash donations gratefully accepted outside the beach gates on Sambro Creek Road. Please note vehicles must exit the park promptly at the conclusion of the fireworks.

Event Locations: Mishoo's Variety Store and Takeout, 1 West Pennant Road; James McPhee Memorial Ball Field ("Ball Field"), 133 West Pennant Road; Community Tent beside the Sambro Fire Station ("Community Tent"), 160 West Pennant Road; Government Wharf, Government Road; St. James United Church, 3811 Old Sambro Road; Grand Lake, Williamswood; and Crystal Crescent Beach, Sambro Creek

Spryfield Lions Club (25 Drysdale Avenue) Events:

- The Spryfield Lions Club is working with the Nova Scotia Lung Association to collect used Sleep Apnea Machines for refurbishment and distribution to individuals in need of this equipment. If you have a CPAP machine that might be helpful to someone, please call the Spryfield Lions Club to arrange a pick up or drop off. 902-479-2917

Urban Farm Museum Society of Spryfield (Captain Spry Centre) Events:

- August 8th. 7pm. Monthly meeting. All welcome to attend.

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 Road):

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

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

- August 7th. 3pm to 6pm. Fish chowder supper. Adult portions \$12. Child portions \$6. All welcome.

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

- Bingo! August 19th. Doors open at 6pm. Games start at 7pm. Canteen. 50/50 Draw. Don't miss it!

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

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 or Jackie at 477-3776 to have them picked up
- For those of you in the Harrietsfield/Williamswood area who need access to clean water, the outside tap is now available for your convenience 24 hours a day.

Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community room is available for rent on Tuesday and Wednesday evenings and daytime Monday through Friday! Includes access to kitchen, bathrooms, storage, and parking. Please contact Judy at 902-479-0772

- Church services Sunday 11-12 am
- Bible Studies Monday 7 -8:30 pm.
- Oromo Gospel Church:Sunday worship service: 3 pm Tuesday prayer: 10 am.
- Chimo Taekwondo Club. Training: Monday, Thursday @ 6:30 Saturday @10:30 am

Other Events and Notices:

- **Hand in Hand** (440 Herring Cove Road) which is operated by the St Vincent de Paul Society, has new operating hours: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 5pm and Closed on Sundays.

- **Girl Guides of Canada Registration** is now ongoing! Interested girls and aspiring leaders can go to www.girlguides.ca for more information. Or call 902-423-3735.

- **Harrietsfield Williamswood Residents:** For those of you in the Harrietsfield/Williamswood area who need access to clean water, the outside tap is now available for your convenience 24 hours a day.

- **3rd Spryfield Cub Pack** (ages 8 to 10) and **Scout Troop** (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday night at St. Paul's United Church on Old Sambro Road. Contact Brad McCallum for more info at 902-401-1223 or visit www.scouts.ca.

- **MLA Brendan Maguire** invites the community to the annual **In the Loop Summer Celebration and BBQ** – Sunday August 14, 12 noon to 3pm at Ravenscraig field (just off Williams Lake Rd). BBQ, games for kids and music.



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



Lil Stanton

Long-time Spryfield resident and
businesswoman

902-441-5140
Lstanton@eastlink.ca



Sharon Kenny REALTOR®

902-483-7325
Sharon@alreadyhome.ca
www.alreadyhome.ca



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2294 Old Sambro Rd – 3 Bed 1.5 Baths
\$199,900



21 Gus Flemming – 2 Bed 1.5 Baths
\$219,900



7 Guildwood Cres – 3 Bed 1 Bath
\$199,900



7 Sylvia Ave – 2 Units
\$199,900



716 Herring Cove Rd – 2 Bed 1 Bath
\$149,900



20 Quarry Road – 3 Bed 1 Bath
\$209,900



14 Theakston – 4 Bed
2.5 Baths \$184,900



142 Old Sambro Rd – 4 Bed 2.5 Baths
\$209,900



435 Herring Cove Rd – 3 Bed 1 Bath
\$169,900



17 Keating Road – 2 + 1 Bed 1 Bath
\$299,900



508 Herring Cove Rd – R4 Multi-Fam.



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Lot \$59,900



Dan Doherty
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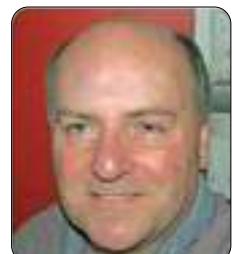
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Looking to Buy or Sell on the Chebucto Loop?

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Phone: 902-483-8761 Email: dksampson@bellaliant.net



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Porcelain enameled cast iron grates, electronic ignition
Reg: \$1149

\$899 ea.

#6511301

4 x 12 HALF ROOM

Reg: \$849

\$597 ea.

STEEL ENTRY

1/2 GLASS

\$397 ea.

Imperial Legacy
Your Choice

3/4 GLASS

\$447 ea.

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ALL EXTERIOR
valspar
PAINT

PRESSURE TREATED LUMBER

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Kaki Green \$9.87 Terra Brown \$10.87	Kaki Green \$5.77 Terra Brown \$6.77	Kaki Green \$5.17 Terra Brown \$5.37	Kaki Green \$7.87 Terra Brown \$8.27
6 x 6 x 8	1 x 6 x 6	2 x 10 x 8	2 x 8 x 8
Kaki Green \$25.97 Terra Brown \$26.97	Kaki Green \$2.67 Terra Brown \$2.77	Kaki Green \$14.17 Terra Brown \$14.67	Kaki Green \$10.57 Terra Brown \$11.27



SHEDS



(may not be exactly as shown)
Smart Panel Walls
25yr Roofing
Prefab Wall/Roof/Floor-Double Door
NAILS & ACCESSORIES

Vinyl Sided Walls
25yr Roofing
Prefab Wall/Roof/Floor-Double Door
NAILS & ACCESSORIES

SIZE	REGULAR	DELUXE
8 x 8	\$549	\$795
8 x 10	\$659	\$949
8 x 12	\$739	\$1029
8 x 16	\$919	\$1259
10 x 10	\$789	\$1099
10 x 12	\$899	\$1229
10 x 16	\$1099	\$1519
12 x 12	\$1039	\$1429
12 x 14	\$1169	\$1589
12 x 16	\$1279	\$1769

Did You Know We Build Sheds?
Ask Any Staff About Our Install Team
Building Your Next Shed!

ASK ABOUT OUR VINYL SIDED SHEDS TOO!

GARAGES

WE INSTALL
SATISFACTION GUARANTEED

(may not be
exactly as shown)

16 x 20 installed

with slab
starting at
\$11,990

24 x 24 installed

with 2 doors and slab
starting at
\$14,490

24 x 24 installed

with engineered slab & loft
starting at
\$23,997

BUILDING SUPPLIES

STUDS

2x4 2x6
\$2.97 **\$4.27**

KAYCAN DAVINCI PREMIUM SIDING

DACOTA 25-YEAR
MYSTIQUE LIFETIME
\$22.97
\$24.97

ROOFING

4' x 8' sheet
Pick up in store
\$10.97

1/2" DRYWALL

OSB
\$117 per sq.

7/16 OSB

\$13.47
15/32 SUPER ROOF OSB
\$14.47

1-1/4 COIL ROOFING NAILS

7200 per carton
\$27.97

INSULATION FIBREGLASS PINK

R12-15 35¢ sq.ft. R20-15 63¢ sq.ft.
ATTIC CAT INSULATION
\$34.97 per bag

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SUPER SPECIAL
\$6.77 each

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mini GARAGES



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\$3,297 (may not be exactly as shown)

Engineered Trusses
2x6 Pressure Treated Floor
Lifetime Roofing
Studded Walls

8x7 Overhead Door
Entry Door & Window
Vinyl Siding & Trim
OSB Sheathing

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