

Chebucto News

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RBC does it again!



In its ongoing support of our community, RBC has come through yet again! This time, with financial support for the Family SOS Centre in Graystone. They presented the Centre with two amazing donations totaling \$35,000! And, as if that wasn't enough generosity for one company, they also donated two iPod Minis to the Centre's afterschool program. From Left to right: Leo the Lion; Jerome Maingot, RVP Metro Halifax RBC; Ali Barnun, Family SOS; Darlene Croscup, Branch Manager, RBC Herring Cove Road; Jill Murray, Family SOS Board Chair (More photos on page 8)

The Orb Factory embraces the Season of Giving

by Sarah Fraser

Many of you may drive by it every day. You might even have had some of their products as gifts under your tree this Christmas or Christmas past. But what is The Orb Factory?

I had the opportunity to catch up with Stephanie Carver from the Marketing Department of The Orb Factory over the Holidays, and she explained what it's all about.

"The Orb Factory was founded just over 20 years ago by Stephen Kay. He started by making these orbs, which is where the

name The Orb Factory came from."

"Ten years ago they created Sticky Mosaics and that's when it took off in the toy industry, and sticky mosaics are sort of what we're most known for. It's still one of our top selling products. It takes the idea of the old paint-by-number kits, but it removes all the mess and so instead of painting, kids follow a numbered legend and they peel and stick sparkly jewels and tiles."

"Anywhere in the world, we're sold in over 60 countries."

(See The Orb Factory on page 2)

Christmas at the Food Bank

by Carolyn Mont

As I am writing this, a very successful Christmas at FRI has just finished. FRI is St. Paul's Family Resources Institute, the Community Outreach of St. Paul's United Church. A lot of people think of FRI as a Food Bank. That's only part of what we do but it is certainly the main focus of our work in December. On December 17, we opened our doors at 1:00 for 200 families and individuals to receive Christmas hampers.

As the recipients came into our hall, they saw a Christmas tree, tables set with Christmas table cloths, decorations on the tables and a sign pointing to Santa's Toy Shop. There was a table where they could register and a counter where they could get tea/coffee and a snack as they waited their turn. Volunteers were on hand to lead them to the various stations and were ready to drive them home with their hampers, treats and turkeys. That was all very lovely but doesn't indicate the work that went into organizing all of this.

For weeks, Kristin, Rena and volunteers had been working, taking requests, counting supplies, getting donations and packing groceries. If that seems like a lot of work, it is. They could not possibly have gotten it all done without the dedicated volunteers who work at the Food Bank all year. Much of the food comes from Feed Nova Scotia so we thank all of you who have donated to Feed Nova Scotia throughout the year. Some of the food also comes to us at St. Paul's FRI from our congregation, other churches, especially St. James United Church in Sambro, community groups and various food drives. A special thanks goes to Sobey's in Spryfield for their gifts of food.

Two days before the big day, many volunteers arrived not knowing what they were in for. These people came

from the head office of the Nova Scotia Liquor Commission, Chebucto Connections and Pathways, the Community Recreation Coordinator at the Captain William Spry Community Centre, J L Ilsley High School, members of the community and members of St. Paul's United Church. There is no way we could have done all of this without the large number of volunteers who commit to our Christmas program. We would like to extend our thanks to all of you. As mentioned earlier, the Food Bank is just part of what we do at St. Paul's Family Resources Institute (FRI). Our programs change with interests in the community, funding, volunteers available, the seasons, the school calendar...

Some of our current programs include the Food Bank (we were

(See Food Bank on page 2)



Thanks to the many volunteers from our community, the Christmas hampers were organized and made ready for the 200 families on December 17

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The Orb Factory

(continued from page 1)

The studio and main office of The Orb Factory is at 225 Herring Cove Rd. The company prides itself on hiring local talent from recently graduated NASCAD alumni. The artists have creations like plush crafts (pillows that kids can ‘create’), Magnetic Mosaics, the famous Sticky Mosaics and Stick n’ Style; jewel kits for purses and style items that you can personalize.

The Orb Factory elves participating in the Spryfield Santa Claus Parade were on hand to pass out boxed kits of the Magnetic Mosaics Line. I managed to snag one and brought it home to my daughter and her friends, and they had a blast playing with the kit for hours, giving us parents some much needed relaxing tea and coffee time to absorb the day’s festivities.

The company has too many awards to list, but their reputation speaks for itself. The toys are safe, fun, mess free, and best of all—local!

If you’re interested in their products, you can visit www.orbfactory.com, or you may have seen them out and about in any number of speciality toys stores, as well as big chains such as Chapters Indigo and Toys R Us.

Thank you!

Hand in Hand, located at 440 Herring Cove Road, would like to extend a warm thank you to those who donated to Hand in Hand to make this past Christmas a special one. Church groups and parishioners, companies and individuals, and the many volunteers who gave of their time to help others.

Food Bank

(continued from page 1)

recognized by Food Banks Canada in 2013 with an award for Excellence in Food Banking), a very successful community garden—perhaps the oldest and largest in Atlantic Canada, a summer day camp, volunteer income tax program for people with low income, a number of literacy programs, cooking programs, and fitness classes, including Nordic Walking. Our Community Ministry Director also sits on the Spryfield Multi Service Round Table, the Spryfield Area Family Support Task Force, and other groups which keeps FRI in touch with the community. This keeps us open to changes in our programs and ways of presenting them.

In January, we plan to start a new program, Soup’s On, where we will serve lunch one day a week. Please check our website, <http://www.stpaul-sunitedchurchspryfield.ca> or phone 902-479-1015 for more information.

Chebucto News

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Who is it?



Do you think you know who this is?
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Annual Festive Dinner held

The Spryfield and District Business Commission held its Annual Festive Dinner on December 4th. The dinner was held, as it is every year, at the Golden Age Centre on Herring Cove Road in Spryfield. The SDBC was

pleased to see that every ticket was sold, and the place was pleasantly packed for the dinner. Sandy Martin and her staff from the Blooming Café served an amazing dinner again this year and every person in attendance was

certainly happy and satisfied with their meal. This annual dinner is an important opportunity for members of the business community to connect with the hope that they can come together and build a stronger business foundation for the future of Spryfield. Everyone in attendance enjoyed the opportunity to relax

and spend time with their peers before the business of the holiday season. Based on the photos that were shared on the Chebucto News Facebook page, as well as the Spryfield and District Business Commission's Facebook page, and all of the comments from those who were in attendance, the evening was a tremendous success.



Front and centre, the festive lobster



Great food, great company, great conversation...



Left to right: Ryan Brennan, Councillor Steve Adams, MLA The Honourable Lena Diab and MLA Brendan Maguire



The Blooming Cafe staff preparing in the kitchen

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DISCOVERING OUR PAST



The Lynch family of Ferguson’s Cove left a lasting legacy

by Iris Shea

One member of the well-known Lynch family of Ferguson’s Cove was Bill Lynch, owner and operator of the Bill Lynch Show. During the 1950s and 1960s, many of us had an opportunity to enjoy the rides and the games of chance that the Bill Lynch Shows offered on the Halifax Commons. Did you know that Bill Lynch was born in Ferguson’s Cove in 1900? His gravestone is inscribed 1902-1972 but he is listed in the 1901 Ferguson’s Cove census record as eight months old, born August 25, 1900. John Mathew (Jack), two years older than his brother Bill, was also associated with the Bill Lynch Shows. Jack lived at 5 Milton Drive in Jollimore at the time of his death in 1971. Brother Bill lived in Boulderwood at 334 Purcell’s Cove Road when he died in 1972. Much of the documentation on Bill’s life gives his birth place as McNab’s Island but not so. Bill was four years old before his parents, Mathew and Josephine (Palmer) Lynch, made the permanent move from Ferguson’s Cove to McNab’s Island where Mathew Lynch was the lighthouse keeper from 1905 to 1932. Mathew died in 1955 at the age of 90 years and was buried in Gate of Heaven cemetery in Sackville, NS.

The Lynch family of Ferguson’s Cove was well known for another reason. The men made a name for themselves as champion rowers all through the last half of the 1800s and into the 1900s, first in row boats, then in single and double shells. The first Lynch to arrive in Ferguson’s Cove was another Mathew, the great-great grandfather of Bill Lynch. This Mathew Lynch, in his 1815 petition for land at Ferguson’s Cove, said he was born in Ireland, served several years in the Imperial army and had been a resident there for 15 years. He died in 1826 at the age of 75, according to the Acadian Recorder, leaving a widow, Mary (Quillan) Lynch, and five children.

John Lynch, the son of Mathew and Mary, was born in Ferguson’s Cove in 1806 and baptized at St. Peter’s Roman Catholic Church in Halifax. In 1828, at St. Mary’s Church in Halifax,



Lynch family cemetery stones in Gate of Heaven, Bill, Jack and their parents, Mathew and Josephine (Palmer) Lynch. Courtesy Mainland South Heritage Society.

he married Catherine Beazley, also born in Ferguson’s Cove, the daughter of William and Barbara (Steele) Beazley. John Lynch, a fisherman and champion rower, competed in a four-oared whaler with Thomas Beazley and others against fishermen from Herring Cove and Sambro. He died on January 24, 1853 at the age of 47 years. His known children, the names and ages of six of them, are listed in Ferguson’s Cove school records in 1839: Barbara, 11 years, Thomas, 10 years, Mathew, 9 years, Jeremiah, 8 years, Bridget, 5 years, and John, 4 years. There were at least two more children, Michael and Anastasia, born to John and Catherine.

Mathew Lynch, son of John and Catherine, competed in a four-oared shell from 1857 onward with John Brooks, Alexander Romkey and William Beazley. They defeated most crews who challenged them. Mathew married Mary Ann Power of Herring Cove and the couple had seven sons and four daughters. He died in 1913 when he and two of his sons rowed to Halifax to cash a cheque. Mathew had been a volunteer in the Fenian raids in 1866 and, like other volunteers, was given a pension cheque for this service. The excitement of receiving \$100 proved too much

for him and he collapsed and died at the bank while endorsing the cheque. Buried in Ferguson’s Cove, he was the grandfather of Bill and Jack Lynch.

The two youngest sons of Mathew and Mary Ann, Michael (Mike), born in 1866, and Mark, born in 1868, proved themselves “invincible in flats” winning at home and abroad. On October 7, 1897, the Lynch brothers, challenged by John MacKay, competed in a double-sculled race, their first race ever in a shell. MacKay was a double-sculled world champion who, much to the dismay of the Lynch brothers, chose the

experienced scull racer, R.N. Johnston, as his partner. The three-mile race in the Northwest Arm started in the area of Lawson’s Mill (now the Royal Nova Scotia Yacht Squadron) with a turning point in the vicinity of Jubilee Road. In their new shell, the “George Brown,” and wearing new racing uniforms, the Lynch brothers proved to be the stronger oarsmen and were awarded the stakes. John Mackay claimed it was the hardest race he ever rowed and considered the Lynch brothers “extra good men.”

In September of 1898 the Lynch brothers were challenged by the world’s most famous duo, Dunan and Rice of Toronto. In this three mile race on the Northwest Arm they led all the way, winning by several lengths. Following the race, to everyone’s amazement, they rowed home to Ferguson’s Cove. One month later, Mark married Catherine Martin of Ketch Harbour, the daughter of Edward and Catherine. They had one daughter, Mary, and three sons, Ernest, Roy and Carl.

Mark and Mike Lynch continued to meet and win all challenges, and often raced as part of a four-oared crew with their brother, William, and William Conway of Ferguson’s Cove. Mark Lynch died in 1952 at the age of 85; his brother Mike died a year later. Until a few days before his death, Mark could be seen sculling in a single shell over the waters off Purcell’s Cove. Mark and Mike Lynch are original Nova Scotia Sports Hall of Fame inductees.

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Seniors' Beat: It's all about love and respect

by Beverley Clarkson

There are some people who like to be out front and centre with their good works and they set an example to remind the rest of us to contribute. But much of the time the real glue holding society together comes from the quiet daily efforts of those who simply behave with kindness, courage and responsibility. Day in and day out. Good times and bad.

They come to work and get the job done and the boss knows at the end of the day the place will be locked up and the business accounted for. They have a smile and soft word for the guy hanging at the back of the room or the mother who doesn't have the latest clothes so her kids have what they need. They see the little kid longing for something fast or sparkly that their folks cannot afford, and manage to get it to them. Their pets have Christmas presents and their neighbours home-made sweets, shoveled walks, and lifts to the grocery stores. Not for pay or even just when asked, they think of others and act on it as a habit in life.

And when they suffer a loss, they can count on a steady stream of folks looking in on them and making are they are taken care of. In the best sense, what goes around comes around. In the endless headlines about bad behaviour of the past year, I find it a wonderful comfort to meet such a person.

When Freda McGregor of Spryfield lost the father she had given up her life to care for through his Alzheimer's progression, people asked her what she would do next. No longer young, and on her own, she is a person of faith and replied "The Lord will provide." And sure enough, two months later, she was

at a concert at the community center listening to a man sing Elvis' Teddy Bear and turned to her friend and said" I'm marrying that man". Her friend laughed.

When coincidently, he moved into her friend's apartment building and stepped over to talk to her, she knew her prayer was answered. Marry they did. For the last fifteen years, she and Ken "Unc" McGregor were inseparable. He was a singer and they spent their years travelling to different venues, often seniors centers. They both worked at Hand in Hand on Herring Cove Road, where people come as much for their company as to check on the wares or make donations.

They had the kind of relationship Hollywood stars and too many of the rest of us only dream about, always together and seamlessly happy. They held barbecues in the Dingle every night and

friends would drop by and tell stories. They were grateful for what they had and always shared with others. "I never wanted anyone else," she said. But she lost him last June.

Freda is a fixture at Hand in Hand and it is heart-warming to hear people come in and chat with her, share a laugh and make sure she is included in the holidays. In his niche above the counter, St Francis, champion of the poor and patron saint of animals and the environment, looks alert to all that goes on as his eyes follow you about the floor. He has his work cut out for him these days.

"I thank heaven for good friends," she laughs. "Lived here all my life. I will never leave." Why? "The people. They're caring, they're nice to know and I get to give back to this community." She has no children of her own, but looked after other people's children

while caring for her father at home. "They were always pleasant. People bring out the good in me." I think it might be the other way round too.

Her thoughts for others? "It's simple: love your neighbours. Remember a little respect goes a long way."

Like the good people do, day in and day out, forty, fifty, sixty years, they go on doing the right thing and making life a bit better for the rest of us, weaving us into the strong tapestry of community. It's what keeps us steady and sane as the bad things sometimes take over the daily news and we wonder what the world is coming to. There's always a smiling lady who notices you even or especially on a bad day and lifts your spirits. Thank you, Freda, for being you and being here.

Some of the reasons owning a dog will improve your life

by Dr. Eamon Draper

All of us have ideas about why we have pets. Often the benefits of pet ownership cannot be measured. However here are some proven measurements that finally can show having a dog will improve your life.

Improving mental health: The same 2011 study that showed that pet ownership also held psychological benefits. In the study, 217 people answered questions aimed at determining their wellbeing, personality type and attachment style. In all cases, pet owners were happier, healthier and better adjusted than non-owners, the researchers found.

Pets may provide social support for their owners, the researchers said.

Getting more exercise: Of course, you have to get off your butt and walk the dog, but research shows that most dog owners do more physical activity than people who don't have dogs. A 2000 National Institute of Health and Welfare study found that dog owners were more likely than other people to do 30 minutes or more of exercise at least five days a week.

Helping recovery from illness: in a review in the British Medical Journal in 2005 stated that dogs are "social catalysts", leading to greater interaction

between people. This helps moderate feelings of loneliness, especially amongst elderly patients and those with physical disabilities.

Experiencing better overall health: People show improvements in their health, and they engage in healthier behaviors after just one month of owning a pet, according to a 10-month study published in 2011 in the Journal of Personality and Social Psychology. People in the control group who did not own pets did not exhibit any significant changes in health or behavior over the study period, according to the researchers.

Reducing allergy risk: Pet allergies are often the reason why families decide not to get a dog, but a 2010 study in Journal of Pediatrics found that children who grew up with a dog in their home were less likely to develop eczema. If you're wondering about cats, this study covered that too. But kids who grew up with cats in the house were more likely to develop eczema, the researchers found.



Helping avoiding medical issues: dogs have been used to detect peanuts for those individuals with peanut allergies. Anecdotal reports say that dogs may help owners who suffer from seizures by detecting the signs of imminent seizure activity. Although this has not been fully proven it is likely that the dogs will reduce some of the triggers that may bring on a seizure event. Dogs have also been used with diabetic patients where they can help with detection of low blood sugar levels.

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by Jason Doherty and Tangelene Ramsay

The windshield

A few rags stored with the wiper fluid is a good idea too. Sometimes, you will find the blades are smearing road grease across your screen and need to be wiped.

The battery

It is always a good idea to keep a set of jumper cables in your car. Even if your battery is great, you may find yourself in the position to be a Good Samaritan to someone whose battery has died. Just follow these simple steps:

- ## The tires

Four wheel drive is great for winter driving, but only if it is working and used properly. Be sure that the system engages and disengages easily, and that all drivers in your household know how and when to activate the system. Since most people don't use four wheel drive during the warmer months it is a good idea to take a minute to make sure it is working before you need it.

And speaking of tires, put snow tires on BEFORE it snows. In cold weather, and on ice and snow, winter tires provide more control and stability than all-season tires.

Clear off the snow!

Distance!

The following is a list of items to keep in your vehicle for emergencies in the winter:

- Finally, always remember, if the police say stay off the road, please Stay Off the Road. There is nothing that is more important than your life, and the lives of the emergency responders who have to be out there during the storm.

Your Buy Local Specialists



Remember: community shopping equals community jobs and community jobs translate into the improved health of our community!

The Scratching Post

by Sarah Fraser

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

So, I found an abandoned/stray/feral cat/kitten...what do I do now?

There are many circumstance that lead to cats being outside on their own, most of which are not the fault of the cat, but rather a problem we all must take responsibility for.

A kind of ripple effect takes place when a cat becomes unwanted or an owner is unable to care for them any longer due to various circumstances.

A shelter is called...there is no room...pleas to friends and family fall through...the cat is abandoned...the cat breeds with other cats...more kittens to follow...

So, does one more cat on the street make any meaningful difference? I mean, how many kittens could one cat be responsible for?

How about 52? Sound right? No? Check out the chart at the bottom of this column!

Sadly, due to overcrowding at shelters and animal rescues, many cats that

have been found have been turned away as there is simply not enough space to accommodate these animals.

But don't give up.

The SPCA does not turn away all animals. If you have found an abandoned or stray cat, you can call the SPCA Shelter in Burnside and request the cat be put on a waiting list, or speak to the folks at Bide Awhile and see if they have a kennel free. The SPCA announced on their Facebook page this week: "We want the public to know that we can and will assist with the care of unwanted litters of animals. Please do not make the decision to abandon them outside where they have no chance of survival".

There are humane alternatives to abandoning an animal, and it's always okay to ask for help. It's also important to remember all the rescue cats and dogs that need a loving home, so please don't overlook a pet because they have been rescued. 'Rescue' is my FAVORITE breed! The most important thing you can do to help the unwanted pet population is a simple one, though... SPAY AND NEUTER YOUR PETS!

Ask a Pet Vet

Q: My cat has been scratching my furniture and I have been considering getting him declawed, but heard it can be painful. What other options do I have?

Dr. McCallum: Scratching is a normal behaviour and not a reflection of your cat's dislike of your taste in furniture style. They scratch to remove the dead outer layer of the claw, mark territory, and to stretch and flex their bodies and claws.

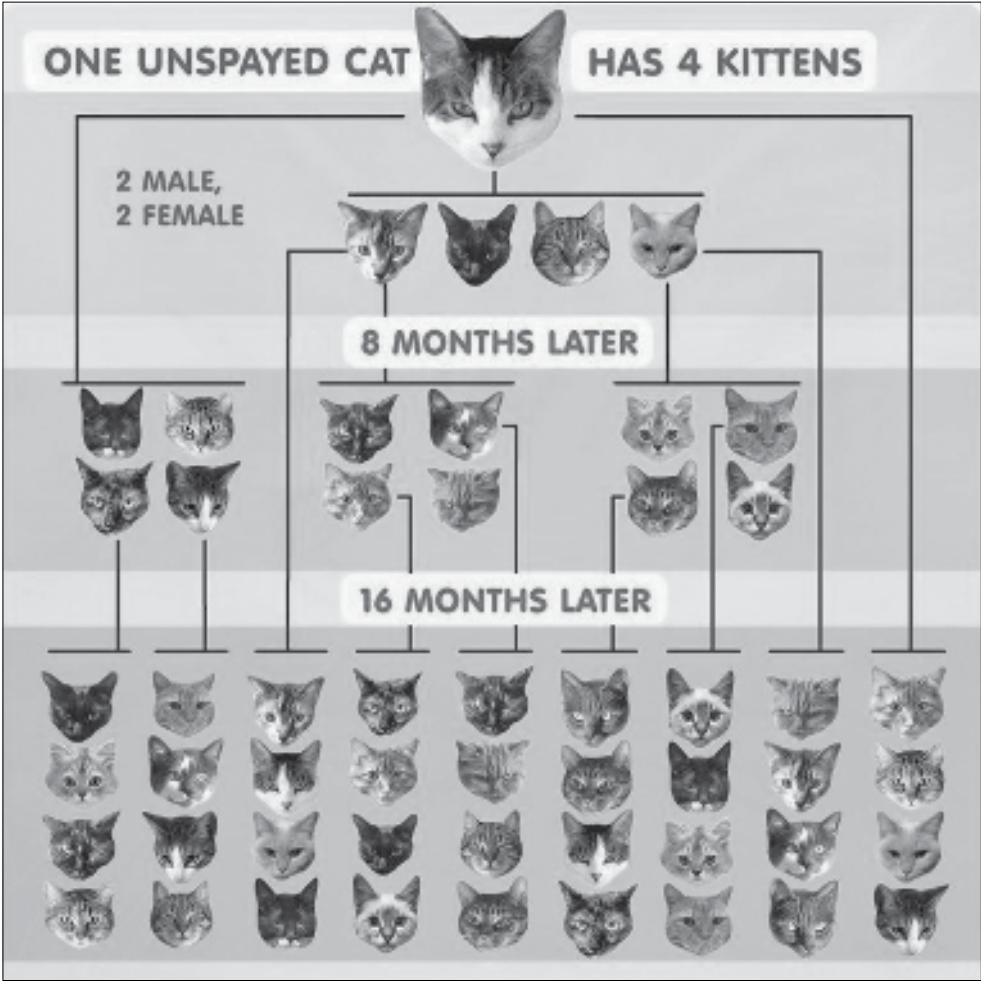
Declawing or onychectomy is surgical amputation of the nail and last bone of each toe, usually in the front paws. People choose to declaw their cats to either prevent or stop scratching furniture or if there is a diabetic, hemophiliac or immunocompromised person in the

home. It is an elective procedure and controversial.

- Alternatives to declawing include:
- Glue on vinyl nail caps (Soft Paws)
 - Regular nail trims
 - Environmental enrichment: toys, resting areas, perches (see <http://indoor-pet.osu.edu/cats/basicneeds/> for more ideas)
 - Appropriately sized and textured scratching posts
 - Preventing access to areas the cat wants to scratch

If you have a behavioural problem with your cat, a thorough discussion with your pet's veterinarian is recommended before pursuing any procedure that may affect your cat's health and welfare in the future.

Don't shop, adopt



Who is it?

Benny DeVine

1980-81 Novice Mustangs

Winter was found abandoned as a young cat at a local supermarket. He is a gorgeous, black and white cat with amazing eyes and a unique face. He looks like he could enter a "grumpy cat" contest but he is truly affectionate, loves to play and will follow you with curiosity wherever you go. Winter is neutered and all up to date on his needles. All he needs now is his forever home...could

this orphan live with you?

Winter is 6 years old and available for adoption through COMPANION ANIMAL PROTECTION SOCIETY OF ANNAPOLIS COUNTY and you can download an adoption application at <http://www.caps-annapolis.org/> or call Anna Clark at (902) 825-CAPS (825-2277) or email Anna at info@caps-annapolis.org

Robert Hamilton receives Ambassador for Peace Medal



Sammy says...



Oh, what fun and mischief this monkey had at the Christmas party held by the Sambro Area Community Association (SACA) at the St. James Church in Sambro in December! Everyone got into the Christmas spirit as 76 children had a visit and photo with Santa; played with balloon animals; had their faces painted; decorated cupcakes; received

a hot dog lunch; and coloured a picture for a contest which Santa judged. A great time was had by all and photos were later emailed to families. Raffle tickets, cards and other items were also offered for sale on the day of the party. Final tallies are not in but approximately \$280 profit was raised just from the admission fee. All funds raised will go towards the ongoing fundraising efforts with the long term goal of building a community centre. SACA would like to thank all of the community volunteers for their tremendous and ongoing support which makes events such as these so successful. Stay tuned for future fun SACA events! Check out my blog at <http://100nslights.blogspot.ca>. If you're on social media, follow me on Facebook or Twitter to keep up with my crazy antics.

And RBC, yet again!

The event was the 50th Anniversary of the branch of RBC in Spryfield. The staff presented the Boys and Girls Club

with a cheque for \$1,000. in their ongoing support of the club.



Halifax MLA Brendan Maguire (top photo) and Halifax Councillor Steve Adams (bottom photo) presented Robert (Bob) Hamilton with the Ambassador for Peace Medal, and the Official Proclamation on behalf of the People of the Republic of Korea, during a recent Christmas Dinner for the Camp Hill Vets at the Earl Francis Spryfield Memorial Legion Br. 152



Left to right: Jerome Maingot, Darlene MacLean, Boys and Girls Club of Spryfield, Darlene Croscup Branch Manager and Dina Spillner, Manager of Client Care at the branch

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Two 16" Pizzas/Garlic Fingers (4 Toppings between them)	\$23 BUCKS

Traditional Pizza

ANY 18" Pizza	\$22 BUCKS or 2 for \$38
ANY 16" Pizza 16" Pepperoni \$13	\$18 BUCKS or 2 for \$30
ANY 12" Pizza	\$13 BUCKS or 2 for \$20
ANY 9" Pizza	\$10 BUCKS or 2 for \$16

Combo Deals

EITHER 2 - X-Treme 6" Subs or
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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

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Haven brings local scenery to the big screen

by Tangelene Ramsay

If you have ever watched the Syfy original series Haven, some of the scenery may seem rather familiar to you. The series, which is loosely based on Stephen King’s novel “The Colorado Kid” is set in the imaginary Maine town of Haven. However, the filming is being done in Nova Scotia. More specifically, Sir Sanford Flemming Park, Chester, Lunenburg and Mahone Bay.

If you haven’t yet had the opportunity to catch this show, here’s what you are missing:

The show focuses on an FBI agent, Audrey Parker, who is sent to the small town of Haven on a minor issue but soon finds herself deeply involved in “The Troubles” which plague residents of this quint fishing village. Over the course of the show, she will learn some very troubling things about her own past and future. However, in her daily duties assisting the local detective, she discovers that life in Haven is very different from what she is used to. And so are the people.

The characters are an interesting conglomeration of personalities: a couple of small town detectives, a bar owner, and two brothers who co-own the local newspaper make up the rest of the main cast, with many amazing actors popping in to fill small, but pivotal roles.

The episodes focus on different supernatural troubles that are causing chaos for the locals. The local police,

with help from Audrey Parker and others, work to uncover the troubled person and help them conquer or control their trouble. This is usually only accomplished after some interference from the local newspaper crew and the bar owner.

The list of actors for this show reads like a Canadian Compendium of Who’s Who with many notable faces and names.

Lucas Bryant, who was born in Elmira, Ontario, plays Detective Nathan Wuornos. He has appeared in numerous movies and TV shows both in Canada and in the U.S.

Richard Donat acts as Vince Teagues who runs the Haven Gazette. He was born in Kentville and has appeared in over 75 shows and movies including the Trailer Park Boys, and Shattered City: The Halifax Explosion. However, he is probably best known for his work in Blackfly, where he played Col. Boyle/ Earl of Pickersaill.

John Dunsworth plays Vince’s Brother Dave and co-owns the Haven Gazette. He was born in Bridgewater, and is best recognized as the landlord in the Trailer Park Boys. He too was in Shattered City: The Halifax Explosion, and played a number of roles in the 1997 TV Series Lexx.

Jane Eastwood was born in Toronto and, although not a main character has a recurring role as Gloria. She has over 200 acting credits to her name and

has appeared in everything from Little Mosque on the Prairie to Lost Girl to the Santa Clause, just to name a few.

Adam Copeland, born in Oran-geville, Ontario plays Dwight Hendrickson. Copeland is probably best known for his work with the WWE and the WWF where he played Edge.

Nicholas Campbell, who plays Nathan’s Dad and Chief of police Wuornos, was born in Toronto. He has almost 150 acting credits to his name, as well as a handful of directing credits. He may be best known for his work with the TV Show Da Vinci’s Inquest.

Production for this show began in April of 2010 and is ongoing, with the show now in its fifth season. Haven has been picked up by stations in countries all over the world, from Australia to Sri Lanka. People in Japan, Italy, Hungary, South Africa and the United States are among those who are blessed with the opportunity to see for themselves what Nova Scotians have known all along; our coastline is an amazingly beautiful Haven from the world.

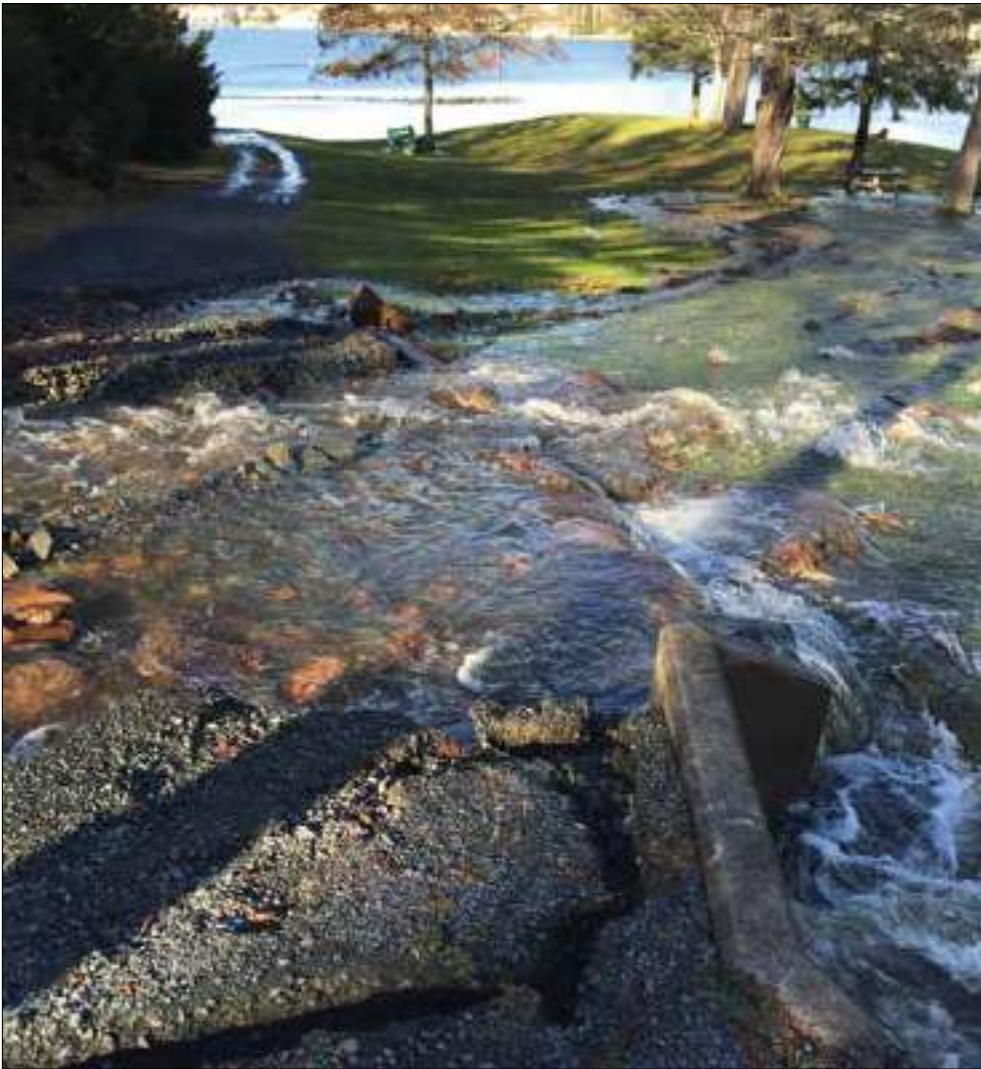
If you are interested in watching this show, it is available for viewing on the Showcase Channel.





Flooding at Sir Sanford Flemming Park

Recent flooding in Sir Sanford Flemming Park was captured in these photos by Publisher Dan Doherty



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Reg Horner Memorial

Chebucto News

Sports Page



Annika Sharpe being coached by sensei Jason Scott. Photo courtesy of Angele Bilodeau

NUMA wins big successes with big heart

by Carrie Forbes

The Nova Scotia Provincial Judo Championships were held on Saturday, December 6, 2014 in Alma, Pictou County. Chebucto’s own Nova United Martial Arts brought forth an impressive contingent of 43 judo players, ranging in ages as diverse as 5 to 50. Equally impressive were the club’s results with 37 players winning medals in their divisions:

Gold

Zack King, Todd Campbell, Chris Cormier, Amy Grant, Thomas Campbell, Griffin Hardy, Sean Hardy, Nick Doucette, Owen Bilodeau, Abbie McCullough, Dave Swallow, Annis Mitchell, Aden Gougen, Elena McKinnon

Silver

Zack King, Carrie Forbes, Joshua Probert, Deja Oliver-McLeod, Noah Hardy, Katelyn Trimmings, Annika Sharpe, Hope Kavanaugh, Solomon Bardouille

Bronze

Hunter Smith, Jason Probert, Jesse Cormier, Jaden March, Deja Oliver-McLeod, Samuel Bliemel, Nick Doucette, Connor Steele, Mike Lavoie, Annika Sharpe, Daniel Henebury, Alex Henebury, Bruce Henebury, Shelly Wells, Jana Bardouille, Isaac Bardouille

More important than the hardware was the heart and passion displayed from every participant as they set forth to compete. The respect, sportsmanship and support of their fellow judokas from all clubs were the true success factors for this event.

The club is also proud to announce a significant personal success and a new sensei, as Todd Campbell recently received his black belt on November 22, 2014 at Dalhousie University. The knowledge and skill required to be graded to black belt in judo is an achievement that takes many years of practice and passion to cultivate. Congratulations to NUMA!

Chebucto Pee wee B players break the record for fundraising at the Spryfield Santa Claus Parade



by Benny DeVine

As part of a Team building exercise, the Chebucto Atlantics Pee wee B team entered the Spryfield Santa Clause Parade. They decorated a truck and walked with a Chebucto banner. The team ended up getting an honorable mention plaque. Coach Mike Schnare said “it was great to see the whole team together working as a team” The team collected \$975 in donations during the 1 hour walk up the Herring Cove Rd. and the money raised was donated to the local food bank and a Church.

Gold for Carroll at the 6th Commonwealth Taekwondo Championships

Hunter Carroll returned from Edinburgh, Scotland with Gold for Canada. In the medal rounds, Hunter’s Semi-final match was against Scotland that ended with Carroll winning by a score

of 11-1. In the Finals, Carroll faced England and managed to gap his opponent 13-1 stopping the fight 23 seconds into the final round giving Carroll and Coach Pyke a Gold for Canada.



Spryfield Junior Hockey Club 2015 Schedule

Date	Opponent	Time
Sat. Jan. 10	Clare	8:00 pm
Sun. Jan. 11*	Clare	3:00 pm
Sat. Jan. 17	Barrington	8:00 pm
Sun. Jan. 18*	Barrington	Time/Location TBA

We are looking forward to another exciting year of Junior hockey in Spryfield. We have a strong core of returning players and some impressive new recruits. I am confident you will enjoy our games this season. All games are subject to change, so please check our website or Facebook page to confirm our home games. *Please note these games are not on our usual home night. spryfieldattack.com

Hey Coach

by Benny DeVine

Clint Townsend is an Assistant Coach for the Chebucto Atlantics Pee wee B Team.

I caught up with Clint before a practice on December 16th for a question and answer interview. How many years have you been coaching Hockey?

I have been coaching for 7 years.

Did you play Hockey as a kid?

Hockey was not a sport that I played as a child. But started playing gentlemen’s hockey 12 years ago; never too late to start!

Where did you play as a kid?

If I would have played, I would have been a proud Chebucto Atlantic.

What are your goals as a coach this year?

I want the kids to have fun. I want them to take what me and the other coaches teach them and become more developed players.

What is the most important thing your players can do to improve as the season goes on?

Watch and listen to the coaches and



always work as a team.

What is a tip for young Hockey players?

Give 100% every time and you’ll see the difference.

What is your favorite food Coach?

Ribs.

How are things different today than when you played as a kid?

As I mentioned earlier, I didn’t have the privilege to play as a child. But I like that many companies and associations make it possible for all kids to try this great game of hockey, by donating gear or helping with the cost.

Quote “Skate hard, always keep your head up and shoot that puck”.

Canada Post changes to delivery

by Linda Mosher, HRM Councillor, District 9

As many of us have found out, Canada Post is ceasing door to door mail delivery. I was surprised to learn that currently only 33% of residents in Canada get door to door delivery. As we have mainly older subdivisions, the vast majority of our homes receive this service now and unfortunately this will cease in the spring of 2015.

Canada Post is not a municipal service nor do we have authority over their operations. However, after receiving many questions, I held a meeting with Canada Post Managers and Supervisors several months ago to educate myself on the transition. In November I did a drive around with them and HRM's Right of Way Engineer to get a hands on explanation of how they are choosing locations for their community mail boxes.

During our site visit, Canada Post indicated there are specific criteria they try to employ: in a location that is as unobtrusive as possible; close to customers; away from front yards, windows and driveways if possible; and set back from intersections to ensure clear sight lines. They prefer sides of corner lots, street lighting, adjacent to sidewalks (if possible), near walkways and public spaces.

They try to apply distance standards to locate a community mail box, such as having to be 5m from a hydrant, 400mm from a sidewalk and there must be no negative effect on pedestrian traffic. They should be 25m before, and 9 m after a bus stop. All sites must be wheel chair accessible.

Their research indicated people wanted smaller units that are within walking distance for residents. Thus the biggest size they are installing is three modules per site, each module has 16 mailboxes so the maximum of 48 mailboxes. Therefore there could be several mailboxes on one street and there will be hundreds of new mailboxes in our district. Each individual household will have a wide individual compartment. There is an outgoing mail slot and there are large parcel compartments.

I asked them about the security of the mail and was told that the new boxes are designed for superior security and safety. They are affixed to a sturdy base and have heavy-duty locks. Also

they attempt to have them illuminated to protect both the security of the residents and the mail.

Some seniors or persons with disabilities may not be able to physically get to a community mailbox. If there is an access concern, he or she can contact Canada Post and they will try to accommodate them. The telephone number is 1-844-454-3009. It is my understanding that delivery will continue to seniors' facilities.

To date I have not received a list of proposed sites from Canada Post. They have representatives going to the

doors of affected properties and they will make three attempts visiting the properties. If there is still no one home they will leave a location letter. If you receive a letter and feel that the proposed location is unsafe or not appropriate please call 1-844-454-3009. A case number will be assigned and it will be investigated. Residents have contacted them and some locations have been changed due to the resident's insight into the location. Also some residents have recommended private properties such as churches, and Canada Post has made agreements with them. Despite

Happy New Year!
2015 has arrived and I sincerely wish one and all a prosperous and healthy new year. Thank you for your support over the last year as I represent you on Regional Council. I also wish to send a huge thank you to all volunteers who help organize and run the many community events we enjoy throughout the year. Volunteers truly help to make our communities more vibrant and enjoyable!

A New Year, A New Challenge
Now that the festivities of the season have been enjoyed with family and friends, it's back to work on projects for the 2015 year.

One way to commence a new year is to take on a new challenge. Have you ever thought about becoming a volunteer Firefighter? If so, now may be your opportunity to fulfill a lifelong dream and become a volunteer firefighter.

Halifax Regional Fire and Emergency Services (HRFE) are dedicated to saving lives and protecting property through fire prevention, suppression and public education. They are committed to continuous learning and superior customer service. If you like helping people, appreciate continuous learning, and are physically fit; you may be an ideal candidate for a position as a volunteer firefighter.

the majority of the locations being in the HRM owned right of way, under the Canada Post Act they have a right to place the community mail boxes where they wish to locate them and Council cannot refuse them. However, if there are specific safety concerns you can ask them to review a proposed location.

Canada Post is responsible for year round maintenance, including graffiti, garbage and snow removal, so the mail boxes can be safely accessed and are not unsightly. If there are any concerns please contact 1-844-454-3009 and they will respond. If they do not respond in a timely matter please let me know and I will ensure that HRM addresses any concerns.

Free family fun coming to Emera Oval (and more!) in February

by Stephen Adams, HRM Councillor, District 11

HRFE is currently recruiting volunteers in the following areas: Beaver Bank, Black Point, Chezzetcook, Cooks Brook, Dutch Settlement, Fall River, Goffs, Grand Lake, Hammonds Plains, Harrietsfield-Sambro, Herring Cove, Lake Echo, Lakeside, Lawrencetown, Meaghers Grant, Middle Musquodoboit, Moser River, Mushaboom, Musquodoboit Harbour, Ostrea Lake, Oyster Pond, Prospect Road, Seabright, Sheet Harbour, Tangier, Three Harbour, Upper Musquodoboit, Upper Tantallon, Waverley and Wellington. Please view the following website for more details: <http://www.halifax.ca/fire/Volunteer-FirefighterRecruitment.php>.

A volunteer firefighter performs firefighting duties and other related work as required upon successful completion of Volunteer Firefighter Recruit Training. Volunteer firefighters are expected to respond to and work in all types of weather under less than ideal conditions; to work in a safe manner, in accordance with all applicable Acts, Regulations, Policies; to participate in community events as required; carry a pager and respond to emergencies when available; participate in weekly training; be conscientious and dependable. An average of 25 to 35 hours per month for training, emergency responses and meetings would also be required.

For more information on qualifica-

tions and how to apply, please contact Heather McKay, Volunteer Program Manager, at 490-5611 or e-mail mckayh@halifax.ca.

2015 – 2016 Budget Discussions
I encourage you to attend the budget discussions being held at the Committee of the Whole sessions at City Hall. During this period of budget deliberations, an opportunity for Public Comment has been added to each agenda. This is your opportunity to come forward and tell Council how you want to see your tax dollars allocated. Some upcoming meeting dates for you to consider are: January 14th, 21st, 28th; February 4th, 11th, 18th, 25th and March 4th and 11th, 2015. NOTE: These dates are subject to change so please consult the municipal website at www.halifax.ca for up to date postings of meeting dates and times.

If you are not able to attend a Committee of the Whole session, you may also add your comments through our Shape Your City, Shape Your Budget website at: <http://shapeyourcityhalifax.ca/hfxtax2015>

At the above website, there are 13 informative videos that outline the budgets for various municipal business units such as Recreation, Parks and Open Space, Development Approvals

(See Steve Adams on page 15)



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The Halifax Armdale Report

by the Honourable Lena Diab, MLA for Halifax Armdale

Happy New Year to everyone! Welcome back to the first Halifax Armdale Report of 2015. The holiday season was busy and filled with lots of excitement. I had the honour of attending so many important social and cultural functions. I released a constituency newsletter in December that was delivered to everyone in the Armdale riding by Canada Post. I included insightful and useful information on government programs and pictures from community events. If you did not receive your copy, you can view an electronic version on my website or Facebook or contact my constituency office for a hard copy.

The Nova Scotia Human Rights Commission together with Partners for Human Rights commemorated International United Nations Human Rights Day on December 10th. I was pleased as Minister Responsible for Human Rights to recognize the recipients of this year's Nova Scotia Human Rights Awards.

Immigrant Services Association of Nova Scotia (ISANS) hosted a very well attended annual open house party. This event included a silent auction, festive photo booth, entertainment, food, and fellowship among a very diverse group of people calling the province home. I had the pleasure of attending the open house with colleague Minister Glavine.

The Night of Inspiration 2014 was held at the Maritime Museum of the Atlantic. This was an event where many Middle Eastern cultures celebrated community achievements together as Canadians in Nova Scotia. It was inspiring to offer congratulations to young international students who are making a positive impact on the local economy and social fabric, students who want to become Canadians in this great province.

I want to thank everyone for their generous invitations to the various holiday events in the community. The Festive Family Christmas Social at Melville Heights was a spectacular event hosted by administrator Irene Swindells, complete with harpist, and two residents who have now celebrated 100 Christmases each. I was also pleased to support the Spryfield and District Business Commission's Festive Lobster

Dinner, which was a lot of fun and a good chance to mingle with business people in the area. I had the pleasure of meeting a large group of the Halifax Albanian community who attended the St. Nicholas Day fair put on by the parishes of St. Agnes and St. John the Baptist. It was great seeing students reciting Christmas poems at concerts in

Many people to thank...

by Brendan Maguire, MLA for Halifax Atlantic

After a busy Holiday season there are a lot of people to thank, and a lot of examples of our community banding together to help those that are less fortunate. Starting with the amazing volunteers at St Paul's who helped 150 families this year with food and toys for Christmas. The looks on the faces of both the families and the volunteers is one that I will never forget. I would also like to thank the Kidston Estate and Ravenscraig community; with their help we were able to provide toys, mittens and hats to dozens of families in the Spryfield area. Also, I would like to extend a big thanks to The Boys and Girls Club of Spryfield who co-hosted our second annual Holiday Dinner. There were countless people who helped make this event happen, including local businesses Duel Property and Bev Sweetman Real Estate Services whose financial donations to the Boys and Girls Club helped make our dinner a huge success. Thanks to all of you, we were able to feed over one hundred people.

Meteorologists are predicting a mild winter this year, but I want to remind people living on provincial roads what to do if they have questions or concerns around snow removal. If you have questions or concerns please call 1-888-432-3233 or send me a message on Facebook and I can forward your message on to the Department of Transportation.

There has been a lot of concern around the status of JL Ilsley High School, in particular the roof. As most know, I was able to secure \$1 million dollars at the beginning of the year for renovations to our beloved school; included in this was the roof. The roof

both the Greek and Lebanese languages at St. George's on Purcell's Cove Road and the parish of Our Lady of Lebanon. I joined the boys and girls of the Our Lady of Lebanon parish to support the Salvation Army clothes and toy drive.

I was happy to celebrate the success of my constituent Ms. Faten Alshazly at WeUsThem Inc. Region's Tireless Leaders event. Ms. Faten Alshazly was named one of Canada's Top 100 Most Powerful Women, and the First in Nova Scotia in the Arts and Communications

has been an ongoing renovation and has caused some inconveniences for staff and students alike. The roof will be repaired and I will continue to push for more funds through the Department of Education so that your children and my children will have a school that is just like the teachers and staff at JL – top notch!

If you are brave, please join myself and hundreds of others on New Year's Day for the annual New Year's Day Polar Bear Dip at the government wharf

Steve Adams

(continued from page 14)

and Business Standards, Partners in Policing, Fire and Emergency, Governance and Administration, Regional and Community Planning, to name a few.

The Budget Allocator, found at the above website, provides you with a unique glimpse into the experience of balancing the city's budget. It allows you to simulate adjusting the municipal tax dollars allocated to various services like transit, parks and policing – and see the potential impact this has on both service delivery and the overall budget.

To get a better understanding of the budgeting process and why we are asking for your input please watch the videos that have been posted on the website including Mayor Mike Savage's introduction video and the Municipal Budget 101 video featuring Bruce Fisher, Manager of Financial Policy and Planning.

I look forward to hearing your comments and suggestions as we plan the budget for 2015 – 2016.

Game On in Halifax

A fun family event you may be interested in attending, or volunteering with, is the celebration of hockey that is coming to Halifax on February 11-15, 2015. More information on volunteer opportunities will be posted on our municipal website at www.halifax.ca this month so please visit the website for more details.

Category.

Please accept my sincere good wishes for you all to have a happy and safe new year. My office door is always open to listen to your concerns. You can contact me at 902-455-1610 or by email at info@lenadiab.ca. You can "like" my page on Facebook (www.facebook.com/lenadiabmla) and follow me on Twitter (@LenaDiabMLA) to stay up to date with my latest activities and news in the community/province. Thank you for your continued support.

in Herring Cove. Brrrrrrrr!

I want to say a special thank you to all of the teachers and staff at our local schools. I don't think we as parents and community members can thank you enough for the fantastic work you do for our children and our communities. From the classroom work, to the bingo fundraisers, to the Christmas concerts, I thank you from the bottom of my heart!

Thank you for another amazing year! You have accepted Rena, Oliver and me into your schools, your places of work, your communities and your kitchen tables! It has been a year we will never forget.

Happy New Year from Rena, Oliver and me.

On Friday, February 13th, 2015, there will be school visits in the Spryfield area between the hours of 9:30am – 11:30am.

The following is a list of the draft schedule of events. Please check the website for confirmation of times/location as the event dates draw nearer. There are activities planned all over including Cole Harbour area. The following is a sample listing of events for Saturday, February 14th planned at the Emera Oval:

Event: Shinny Tournament (FREE to watch), Time: 10:00am – 12:00pm.

Event: Hockey Nova Scotia Clinics (FREE to watch), Time: 1:00pm – 2:30pm.

Event: Public Skate (FREE), Time: 3:30pm – 4:30pm.

Event: Hockey Nova Scotia Clinics (Free to watch), Time: 5:30pm – 7:00pm.

Event: Valentines Jersey Skate (FREE), Time: 7:00pm – 7:30pm.

Take family and friends to some or all of the activities which include a celebrity luncheon, concert, live broadcasts, shinny games, the Stanley Cup®, clinics, and more. I hear that Ron MacLean and Don Cherry will be here too. Sounds like a great family event and one I hope you are able to experience.

CONTACT

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.

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The Jason Doherty Memorial COMMUNITY EVENTS PAGE



To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebuctoeditor@gmail.com

JANUARY COMMUNITY EVENTS

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

• Looking for affordable and engaging child care on school Professional Development Days? Look no further! The Boys & Girls Club of Spryfield still has SPOTS AVAILABLE in all of the remaining school in-service days and March Break Day Camps. The day camps open at 8:00AM and close at 5:45PM and are only \$25.00 a day! Our March Break Day Camp will run Monday, March 16-Friday, March 20 8:00AM - 5:45PM for the low cost of \$125.00 per child for the ENTIRE WEEK! Register now by emailing generalinfo@bgcspryfield.org or calling us at 902-477-9840

Captain William Spry Library Events:

• Wednesdays in January at 6pm for ages 8 to 12. Happiness from Head to Toe: Youth Wellness Series. Registration Required Call 902-490-5818

- January 7th: Yoga
- January 14th: Wish Box
- January 21st: Nutrition
- January 28th: Zumba

• Thursdays in January for Teens. 6pm drop in. 7pm program Teen Zone.

- January 8th: Kick off the New Year
- January 15th: 8 bit art
- January 22: Games night at the Centre
- January 29th: Cereal Taste off

• Saturdays in January for all ages: Puppet Shows!

- January 10th: How the Bear Lost its Tail
- January 24th: The Boy Who Cried Wolf

• January 23rd. 2pm. Healing with Words: an author’s journey through grief and the magic of the written word. Adult Program

• February 6th. 2pm: Words from Home: Poetry from the African Immigrant Experience. Adult Program

• February 13th. 2pm: Film Screening: Black Mother Black Daughter. Adult Program.

• Thursdays 10am to 12pm beginning January 29th: Seniors College of Nova Scotia. Aging Well with Marjorie Willison. Adult Program **Registration begins January 2nd. 902-490-5818

Check the website <http://www.halifaxpubliclibraries.ca/> for more information on these programs. Follow Us on Twitter or find us on Facebook!

Captain William Spry Community Centre 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:

• January 28th: 6:30pm to 8:15pm at the

J.D. Shatford Memorial Public Library in Hubbards. Understand and Get a Handle on Pain. Learn key facts about pain and explore management strategies

• Tuesdays Beginning in February: Living With Stress: Skills for Life. This four week program teaches skills to deal with stress.

• February 2nd and 9th: 9:30am to 11:30am: Heart Healthy Living. Join us and start on our road to a healthier heart.

• 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 January 5th and 19th 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.

• Wednesdays and Thursdays: 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:

• January 12th. 7pm. Meeting of the UFMSS will be held at the Centre. Everyone welcome please check our website www.urbanfarmspryfield.com or email us at urbanfarmspryfield@gmail.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):

• Crib every Thursday at 1:30pm

• Darts every Thursday at 7pm.

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

• Harrietsfield Williamswood Residents who question the safety of their drinking water can now fill up empty water jugs for free 24hrs a day. There is a blue water sign and arrow at the entrance to Saint Pauls Church located at the corner of Old Sambro Rd and Rockingstone Road. Follow the arrows to a supply of safe drinking water for you and your family.

• January 24th. 7pm. Free Variety Show! Unplugged Down-home music. Come and enjoy and maybe sign up to perform at the next show!

• January 31st. 4pm to 6pm. Roast pork 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:

• Active Kids by the Sea meet Friday afternoons from 4pm to 5pm at Ketch Harbour Park. For more information contact activekidsbythesea@gmail.com

• 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 toy-box 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.

• Art in the MLA Office. Brendan Maguire is inviting local artists to exhibit their work in his office. Any artist interested in exhibiting their work should call 902-444-0147. All art on exhibit may be viewed Monday to Friday from 9am to noon and from 1pm to 5pm.

• Harrietsfield Williamswood Residents who question the safety of their drinking water can now fill up empty water jugs for free 24hrs a day. There is a blue water sign and arrow at the entrance to Saint Paul’s Church located at the corner of Old Sambro Rd and Rockingstone Road. Follow the arrows to a supply of safe drinking water for you and your family.


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



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LOCAL OBITUARIES

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

Edgar George Slaunwhite

It is with deep sadness that we the family announce the peaceful passing of Edgar George Slaunwhite, age 81 of Terence Bay, on December 2, 2014. Edgar was a son of the late Rufus and Sadie (Spears) Slaunwhite. Edgar is survived by his loving wife of 60 years, Avril "Sis"; daughters, Cathy Whalen Terence Bay, Trina Coxworthy (Don Horne), Chester; son, Todd (Sherri), Halifax; foster son, Joe Way (Donna), Kitchener, Ontario; sister, Anna Harrie (Dick) and brother, Jack Slaunwhite (Shirley) Terence Bay; grandchildren, Terri-Lynn, Corey, Tanner, Carter; great-grandsons, Tyler and Chandler. He was predeceased by brothers, Harry "Diddle", Gerald and Donnie. Edgar retired in 1992 from the Halifax Longshoreman's Association after a 38 year career, a job he loved. Edgar's second passion was being on the waters sword fishing. Edgar was a hard-worker all his life. He was loved, he will be missed and never forgotten. The family thanks

Dr. Weeks, nurses, in particular Karen Vickers, the staff of 7.3 of the Halifax Infirmary, QEII and Susan for your love and support. Cremation has taken place, no visitation. Funeral service was held in J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax on Monday, December 8, 2014. Reception followed in Terence Bay Fire Hall. Family flowers only. Donations in Edgar's memory may be made to St. Paul's Anglican Church, Terence Bay or the charity of your choice.

Heather Marie Vallis (Schnare)

Age 53, Halifax, passed away suddenly at home on December 11, 2014. Born in Halifax, she was a daughter of the late Raymond and Marie (Slaunwhite) Schnare. Heather had worked with Northwood Care for 36 years. She is survived by her husband, Ross; daughters, Holly (Scott); Melissa (Jason); sisters, Debbie Majcan; Gail Schnare; brothers, Donnie (Fran); Barry (Lisa); Kevin (Shelley), all of Halifax; grandchildren, Cody, Riley, Myles and several nieces and nephews. She was predeceased by a brother, Gary Schnare. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd., where a service was held on Monday December 15 in the chapel. Reverend Gordon Relf officiated. Interment to take place at a later date. Donations in memory may be made to a charity of choice.

Michael H Whynot

Agent for Executor/Executor Assistance

205 Herring Cove Road
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Halifax, NS B3P 1L1

Phone: 1-902-719-7797
Email: mikewhynot55@gmail.com

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