



# A house is...

(continued from page 1)

assessed the needs of a home and ended up helping the homeowner by insulating his basement walls and headers, and fixing his indoor humidity problems. The result? An estimated 37% reduction in his overall energy consumption, a 20% reduction in greenhouse gas emissions, and savings on his bills.

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find applications at [www.hometraining.ca](http://www.hometraining.ca) or by dropping into ECHO Hub at 531 Herring Cove Rd. You can also call them at 1-877-434-2136.

## Shivani's...

(continued from page 1)

But no! Most of the things she uses we have drying out on our old spice shelves for years. The secret about Indian cooking is using flavourings properly. Recipes are timed to bring out their best qualities.

She puts her classes to work right away and her enthusiasm is contagious. She uses a mix of traditional vessels and modern pans. The classes are fun and full of chatter. The food, eaten as it's made, is simply fabulous. Who knew lentils could be served so many scrumptious ways? I inhale every single dish. It's simple, nutritious and very

tasty food and Shivani is conscientious about minimizing fat and salt, and using the best quality vegetables.

If you want to try something from India in the privacy of your home, Try zeera aloo. Chop up a couple of leftover boiled potatoes into inch size bites. Heat 1-2 tablespoon of oil, add 1 tsp cumin seeds and half a teaspoon of turmeric. Add 2 red chilies too if you like hot. Stir fry them all over low heat until the spuds brown up a bit. Keep on low flame, covered for 10 minutes till the spices are nicely worked into your potatoes. Garnish with cilantro if you're hard core. Tell me it isn't wonderful. Spice means a whole lot more than heat.

You can find Shivani at <https://tastelikehome.com> or on Facebook at <https://www.facebook.com/shivanikitchen/?rc=p> by calling 902-482-7714, by texting 902-412-7072 or email her at [shivanid@tastelikehome.com](mailto:shivanid@tastelikehome.com)

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## Chebucto News

**Publisher:** Dan Doherty, 902-479-6397

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**Mailing Address:** P.O. Box 20141  
 Halifax N.S. B3P 1L1

### Circulation:

12,500 copies

Agent: Canada Post

Printer: Transcontinental Printing

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

### Letters to the Editor / Editorial Inquiries:

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

Email to: "The Editor"  
[chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com)

### Advertising Inquiries:

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Sharon Ward Graphic Design  
 Phone: 902-406-1305  
 Email: [wards@eastlink.ca](mailto:wards@eastlink.ca)

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# Seniors' Beat: Finding real connections in an online world

by Beverley Clarkson

Sometimes being a senior is very, very busy. I find there are hectic times when I cannot stop for anything, yet they are often preceded, and followed by, fallow periods of inactivity and even self-imposed isolation. The old armchair is pleasant when the bones are aching in winter or rain, and there are many diversions on screens these days.

We are not just entertained by TV anymore; smart phones, tablets and portable games are everywhere; YouTube music and movies can be enticingly free, and Skyped conversations with absent loved ones and perfect strangers are a good way to visit across the country. For example, my online interests in genealogy have led me to many relationships with people I have never met, including a wonderful couple in Northern Ireland, Marianne and Henry, who volunteered to go look up my ancestors in County Armagh and have stayed online friends in the way of oldtime penpals. Someday I'll go meet them in person.

I start my days finding out what's happening in the world from four hours ahead of us. And that can lead to other wonders. Next thing you know the daylight is fading and the dog has its legs crossed. Whole days soar by with barely a stretch. And we all know where that leads. Not to a healthy physical outcome.

So what does it take to haul the old carcass out of the big chair and into connecting with strangers? AKA new friends? Have you heard about meetups?

Way back in June '02, they were invented in New York City after 9/11 as a way to help people come together to deal with the aftermath. It was a logical progression to enable people with other interests in common to find each other through the internet. Politicians found it beats traditional methods to organize campaigns.

It quickly became an organizing tool for a variety of interests including fan groups, outdoor enthusiasts, community activists, support groups, and more. It is now Incorporated, with customized sites and back up support for organizers. The website/app meetup.com helps folks locate a group to arrange a place and time to meet. Topic listings are also available if you just enter a location.

For those with active families, this might be an amusing way to find a new diversion. For those seniors whose

lives have changed as people move away and circumstances evolve, it can be transformative. A whole new way to get inspired and connected.

If you just Google meetups and Nova Scotia, you'll find a great array of interests: fine dining; French conversations; scrabble sessions; ladies outings; tarot readings; geomantics and investing; You may even find interests you didn't even know you had, such as Gong Bath Sounds Immersion sessions. Yes, it's real. What it is, I do not know. Guess we have to go find out.

You may even find the very few others who share your secret fetish for dowsing. There are many fitness oriented sessions but you active people always find your own, so I won't list them here.

You can also Google any town in Nova Scotia or anywhere else in 180 countries to help your widowed brother in New Minas find a Game Night, your separated sister in Sarasota find a foreign film lovers group, or your lonely elderly parent in Brisbane find some Retired Not Dead Social Singles.

Or if you are energetic and inspired, you can create your own meetup group to find people who share your interests. Register it with meetup.com for a small monthly fee, and behold: you have a new community that does what you enjoy.

It can be difficult for those of us older folks whose friends and families have moved on to start fresh but in my book, meetups are the most engaging invention in the 21st Century. And

if you check my other story in this month's paper, you'll find the wonderful Indian cooking sessions from Shivani's Kitchen among them. I'm learning something new and wonderful, getting to meet great people and to top it off, eating a fabulous meal every class.

Check it out!

And Note to Readers, especially if you come from another country or culture, and have a life story to tell, please contact the editor of the Chebucto News at chebuctoeditor@gmail.com or facebook.com/The-Chebucto-News so I can interview you. The Loop is becoming more diverse and we want to learn about our new friends and neighbours as well as old ones.

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## DISCOVERING OUR PAST

### The Kidston Farm in Spryfield is home to Urban Farm Museum Society

by Iris V. Shea

On Monday, June 13th, 2016, the Urban Farm Museum Society of Spryfield celebrated its 20th birthday with members and guests gathered at the Captain William Spry Community Centre. Two of its founding members, Michele Raymond and Patricia (Pat) MacLean, were on hand to tell the story of how the organization began on three acres of leased land on the Kidston family farm, and the chronology of events that contributed to the organization's huge success over the past 20 years. Councilor Stephen Adams presented Michele and Pat with framed certificates for their years of hard work and dedication. Marjorie Willison, a third founding and active 20 year member, was unable to attend the celebration. A very excited Pat Maclean announced that Ralph and Shirlee Medjuk made a generous gift to the Urban Farm Museum Society, a two acre parcel of land adjoining the present farm field.

Restoring this small part of the Kidston land in Spryfield to its original state as a productive farm was one of the aims of the Urban Farm Museum Society. They have certainly done that. If you have never visited the Urban Farm field, now is the time to do so. The planting of vegetables has been completed and you are in for a treat. On Tuesday evenings at 6:30 pm you will see families with young children tending their crops in the learning garden, part of Urban Farm's Come Grow With Us program. The Farm Coordinator, Jessie, and summer student, Colson, are on hand most days and will give you a tour of the gardens. Their hours are Tuesday and Thursday 12 noon - 8 pm, Wednesday and Friday 10 am - 5 pm, and Saturday 10 am - 2 pm.

The Urban Farm field is located off Kidston Road in Spryfield, near the corner of Ardwell and Rockingstone Roads. Look for the sign on the wooden gate. The Urban Farm is on the Kidston family land which, at one time, consisted of two 500-acre lots, numbers four and five in Leiblin Manor. In the 1760s, nine Leiblin Manor lots in Spryfield and Harrietsfield were granted to prominent Halifax merchants who used them primarily as wood lots. Lot number four, on which this field is situated, was part of the 1500 acres purchased and devel-



The Kidston Farm in Spryfield, before 1930. Courtesy Kidston Family

oped as a farm during the early 1770s by the industrious military engineer, Captain William Spry. Following Spry's tenure, George McIntosh, Esquire, continued to operate it as a productive farm where beef and dairy cattle roamed and grain and root crops flourished.

In 1822, William Kidston, Junior, purchased 1000 acres of the farm from the George McIntosh estate and called it Thornhill. In spite of his limited experience as a farmer, Kidston built a homestead where he settled his large and increasing family. He added sheep to the inventory of farm animals, with wool becoming another by-product of the Spryfield farm. In 1827, under Kidston's supervision, Thornhill Farm produced large crops of wheat and other grains, 500 bushels of potatoes and 20 tons of hay to feed his livestock, which consisted of "14 sheep, three horses, four swine and 12 horned cattle."

By 1832 William Kidston was ready to sell his farm. In a letter to Abraham Patterson, his old and trusted friend and solicitor in Pictou, he wrote of the pending sale and his plans to move his family and furniture to Pictou, the

birthplace of his wife, Elizabeth Dawson. The farm did not sell, and Kidston moved his family to a house in Halifax where he served as Sheriff for Halifax County. In 1834 an advertisement in the Royal Gazette offered for sale, "that beautiful Farm at Spryfield...The arable land is deep, strong and productive...it is well watered by beautiful lakes and streams on which there are fine falls for water power mills; a capital situation for washing of wool on the skin or otherwise; a desirable place for establishing the manufacture of wool into yarn, cloth, etc; ...and has a very extensive range of superior pasture, within secure fencing."

William Kidston died in 1836, leaving his wife and ten children (the youngest only two years old) an estate which included Thornhill Farm and its outstanding mortgage; a house in Halifax in which the family resided; land in Country Harbour, Guysborough County; a lot at Tangier, Halifax County; and property in Scotland bequeathed to him by his late father. Before her death in 1846, Elizabeth Dawson Kidston conveyed the farm, in trust, to her 21-year-

old son Archibald Glen, who eventually bought out the shares of his siblings and some of the landowners around him.

Archibald Glen Kidston's success as a farmer may be seen in subsequent records. By 1851 he had begun to rebuild the farm, producing 40 bushels of potatoes, 300 bushels of turnips, 4 bushels of other root crops, 16 bushels of hay, 10 bushels of wheat and 80 bushels of oats. On the premises were two barns, five "milch" cows, one horse, six sheep, and one pig. Following his marriage to Mary Dart of Spryfield, seven sons and four daughters were born. With the help of his sons, the farm continued to thrive and in 1892, two years before his death, he leased Thornhill Farm to his sons. Two sons, Archibald Junior and John, remained on their inherited land as farmers.

For another 50 years two more generations of Kidstons continued to farm their inheritance, albeit on a smaller scale than their predecessors. During the early 1900s, John Kidston operated the Rockingstone Dairy and his land became known as Rockingstone Farm, on which the Kidston homestead and the Urban Farm Museum Society's field are now located. Archibald Kidston, Jr. operated his farm on part of his ancestral land in Harrietsfield. In 1928, before his death, John Kidston deeded part of his farm to his brother, Arthur. In 1929, when John's nephew, another John Kidston, inherited the present homestead and what remained of Rockingstone Farm, the fields were still cleared for planting vegetables.

In 1941, John Kidston became active in war service and for four years production on the farm came to a standstill. The 1950s and 1960s saw more changes as a result of expropriation, and Rockingstone Farm was reduced to seven acres. Large scale farming in Spryfield was, indeed, a thing of the past.

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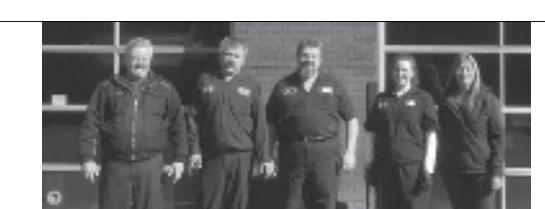
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## Letters to the Editor

*To the Editor:*

We would like to thank everybody for coming out to the Phyllis Gray Fundraiser on May 28th. Thank you all for organizing this successful event. We were overwhelmed by the support of so many people in our community - family, friends and businesses and beyond wanting to help in any way possible. We live in a great community where people are so generous to give. Thank you all who donated prizes for the auction, monetary gifts and the Go Fund Me page, the girls in the kitchen who prepared food for us, everyone who provided music, sold tickets, collected donations, made fudge and baked goods, and also to the committee for allowing us to use the church hall. We would like to thank everybody who has been so supportive since i got home

from hospital in December with visits and bringing us meals. Thanks again  
*Love Murray and Phyllis.*

*To the Editor:*

Re Long Lake Provincial Park:  
Kudos to Brendan Maguire, Steve Adams, Linda Mosher, Peter Polley, David Graham, Donna Flemming, and the Long Lake Provincial Park Association. Brilliant concept. First class construction. Can we consider two significant improvements to the trails?

1. A surface that is easier to walk, run, or bike on. Currently the larger stones comprising the surface of the trail make it somewhat difficult.
2. Develop several little side trails to bring users to the edge of the lakes where the view of the water can be enjoyed. I'm sure that could be carried out

in an environmentally friendly way.

Thanks to all for developing another way for residents and visitors to enjoy the natural beauty of our city.

*Steve Anderson*



## Chasing the Ace in Spryfield

The Chasing the Ace phenomenon that drew so much attention in Cape Breton during the past year has inspired local groups to use the game as a fundraising vehicle here in Spryfield as well. The Spryfield Legion started running the game in April of last year and is running it as a fundraiser on Friday nights at the Legion from 7pm to 9pm. The first draws were limited to legion members only but the current draw is open to the

public; winners must be present when the draw is held in order to win. Their largest winning prize to date was just under \$3,000. Profits from the draw are used to help with the maintenance costs of the Legion.

The Armdale, Fairview and Rockingham Lions Clubs also started a Chase the Ace game with their intent being to fundraise for the IWK. Once they started, they were joined in their efforts by the Spryfield Lions Club, the Bedford Lions Club and the Lions Club in Yarmouth. Their weekly draws are done at the Needs Store in the PetroCan Station located in Bayers Lake every Sunday morning at 10am. Participants do not have to be present to win in the lottery. They probably have the largest distribution of ticket sellers with tickets being available at all Needs Stores; at certain times at the IWK itself; Sunday afternoons at Mikes nofrills; and the Spryfield Farmers Market which operates every other Sunday. Their largest prize to date was about \$9,000. Game rules are set out by Atlantic Lottery, from whom each group must obtain a licence for each game, while rules about eligibility to play and conditions of play can be modified by each group as long as they remain within ALC guidelines.

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# New Bed and Breakfast now open!

by Lorrie Boylen

Visitors to our area have a new place to lay their heads with the opening of Susan's at Sambro: Bed and Breakfast by the Sea. This beautifully renovated home is conveniently located at 3676 Old Sambro Road at the bottom of the Sambro Loop, overlooking a picturesque cove.

Susan Shaw found her way to Sambro three years ago from Ontario where she had lived since she was 16. Having had an idyllic childhood growing up by the sea in Scotland, she always longed to live by the salt water again.

Susan and her husband Jim ran a retail emporium in the tourist town of Grand Bend, Ontario. After Jim got sick and passed away, she decided to follow the call of the sea and seek out a place to make new memories. Their visit to Nova Scotia 30 years ago stuck with her and she searched online and found Sambro appealing because it was on the water, in the county and yet close to Halifax.

She felt a connection to the house immediately, and as soon as she moved in she knew she was "home". She settled in and made friends quickly, but as time went by she realized she was too young to retire. She felt that one of her bedrooms with adjoining private bathroom had great potential, and her friends and family agreed. With 15 years of experience

working in restaurants in the past, she thought a B&B would be a great way to meet and share the beauty of this area with travellers from Atlantic Canada and around the world.

For just \$95 a night 2 guests can enjoy a charmingly decorated double room, full breakfast of bacon, eggs, ham, homemade bread, scones, and muffins. Special dietary requests will be considered. They can lounge in the light filled living room, retire to the

quiet den downstairs to read or play cards, or relax and drink in the stunning sunsets on the wraparound deck. Susan's is conveniently located near Crystal Crescent Beach, hiking trails and within short walking distance of Mishoo's convenience store, takeout, ATM and NSLC.

The surroundings are charming, the atmosphere friendly. A warm and welcoming hostess, Susan is an excellent cook whose culinary creations

will delight the palates of her house guests. She has travelled around Nova Scotia and looks forward to sharing her knowledge and recommendations of places to see and things to do around the province.

Susan's at Sambro: Bed and Breakfast by The Sea has its own Facebook page with photographs and reviews. For more information, to view or to book a reservation, phone 902-346-2144.

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

## SDBC recognize outgoing Chair Ryan Brennan, businesses and volunteers

by Bruce Holland

On Thursday, June 9th, 2016, the Spryfield and District Business Commission (SDBC) held its Annual General Meeting and Awards Night. In front of a packed Golden Age Social Centre, the SDBC honoured outgoing Chairman Ryan Brennan, who has served on the Board of Directors for the past six years; five of those as Chairman. Mr. Brennan came to the board at a time of change for the SDBC. The Board had lost Executive Director Reg Horner, was on its second Executive Director inside of a year and experienced the sudden departure of the previous Chairperson when Mr. Brennan took the helm.

Councillor Stephen Adams, in rec-

ognizing Mr. Brennan, said, "We were very fortunate to have Ryan come on and lead the board when he did. Ryan is a true leader! He knows how to listen to people and is extremely good at resolving issues. It has been an honour and a pleasure to be associated with Ryan over the years."

The SDBC also recognized two other businesses, one volunteer organization, and three individuals at the Gala event. PolyCorp, which is owned by Peter Polley, was recognized as Business of the Year for their partnership in the development of the Long Lake Provincial Park and their long history of creating responsible subdivision developments both in Spryfield and around the City.

Small Business of the Year went to Michael and Sheri Ritchie and their family owned and operated Spryfield Physiotherapy Clinic. Michael and Sheri have operated Spryfield Physio for over twenty-two years in Spryfield and built one of the first new business structures in the business district by completely renovating their current location.

Donna Flemming, Chair of the Long Lake Provincial Park Association (LLPPA) accepted the Volunteer Organization of the Year Award on behalf of the LLPPA Board of Director's. The LLPPA has been diligently working with the private sector (in particular PolyCorp and Atlantic

(See SDBC on page 7)

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# The Mystery of Edwin Drood

by Will Peters

On the evening of Thursday, June 16, I had the pleasure of seeing *The Mystery of Edwin Drood* performed by the Theatre Arts Guild at the Pond Theatre here in Halifax. It is a musical based on Charles Dickens' 1870 novel of the same title. Though the novel is named after the character Edwin Drood, the story focuses on Drood's uncle, choirmaster, and opium addict, John Jasper, who is in love with his pupil Rosa Bud. Miss Bud, Drood's fiancé, has also caught the eye of the high-spirited, and hot-tempered Neville Landless, who has come from abroad with his twin sister Helena. Landless and Drood instantly dislike one another, and Drood later disappears under mysterious circumstances. This last and unfinished novel by Charles Dickens was transferred into a Tony-award-winning musical comedy by Rupert Holmes. A large cast of suspects sings its way through this murder mystery. A novel and fun aspect of this musical is the ending, which is decided by the audience.

The set elements are not the strength of this production. The theatre is small, limiting the set to a Spartan one. Different settings were accomplished by basic sound effects and simple lighting effects projected on the back wall of the stage. But the performances of the cast more than compensate for the simplicity of the sets.



John Jasper, played by Stuart Hiseler, and Rosa Bud, played by Caroline Whalen, performing a scene of *The Mystery of Edwin Drood*. Thanks to TAG for the photo.

## SDBC

(continued from page 6)

Developments), various government agencies, our elected officials, and the general public to create new trails and facilities in Long Lake Provincial Park. On accepting the award Donna said, "It has been challenging, exciting and rewarding all at the same time, to be involved with so many fabulous people to create access to a jewel in our community."

Volunteer of the Year was presented to Marion Munroe for her work

to create the Spryfield and District Community Market at the Spryfield Lions Arena. The Market will run all summer and into the fall every second Sunday morning. Marion said, "We are thrilled with the attendance at the market and I am so proud of the many volunteers that have worked so hard to make this happen."

The Jason Doherty Memorial Business Person of the Year Award was presented to Sandy Martin, owner/operator of the Blooming Café here in Spryfield. Sandy has been catering our AGM/Awards Night for the past six years and her food has always been a

The singing is the strength of this production, which is probably largely because of the experienced musical directorship of Janice Isabel Jackson. Vocal standouts include Caroline Whalen, who played Rosa Bud, and Stuart Hiseler, who played John Jasper. Other standout performances were Jolene Pattison as the chairman (narrator) and Mayor Thomas Sapsea, Brian Hart as Neville Landless, and Rob MacIntyre as Reverend Crisparkle.

Another noteworthy element of the performance was the costume design. My gaze repeatedly fixated on the various costumes, especially the colourful costume of the Princess Puffer.

I enjoyed this fun and affordable community musical.

"Will Peters is a writer and editor who can be found on the Internet at [www.williamapeters.com](http://www.williamapeters.com)."

hit at this event.

Last, but certainly not least, the SDBC recognized Clyde A. Paul, QC on the occasion of his appointment as Queens Council. The Queens Council designation is bestowed upon lawyers with long time service in the community who are of exemplary character. This is certainly true of Clyde who we deeply appreciate and admire.

A great time was had by all at this sold out event again this year! One attendee on her way out was heard saying, "I wish all AGMs were this much fun!"

Honourable  
**Lena M. Diab**  
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8. Chicken with Broccoli, Chicken Fried Rice, Egg Roll
9. Beef with Broccoli, Chicken Fried Rice, Egg Roll
10. Small Wonton Soup, 2 Egg Rolls
11. Small Hot & Sour Soup, 2 Egg Rolls
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## #4 Take Two Large

2 Lg Pizzas ( Up to 5 items on each Pizza)

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## #5 Alex's Best

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2 Small donairs  
& a 2 litre Pop

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## #6 Sport Pack

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2 Small regular poutine & a  
2 litre Pop

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## #7 More for you

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Spinach pie wrapped  
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**Tyropita** (6 pcs)  
Tyropita cheese  
wrapped in filo dough **\$8<sup>85</sup>**  
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**Chicken Souvlaki Dinner** **\$13<sup>65</sup>**  
Served with fries  
and a salad



## Mediterranean Meal

Spanakopita (3pcs),  
Tryopita (3pcs),  
Chicken Souvlaki  
& Fries

**\$15<sup>75</sup>**  
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## #8 Donairs & More

3 Sm Donairs **\$19<sup>85</sup>**  
+ tax  
and a 2 Litre Pop

## #9 Two Large Poutine

2 Lg Poutine and  
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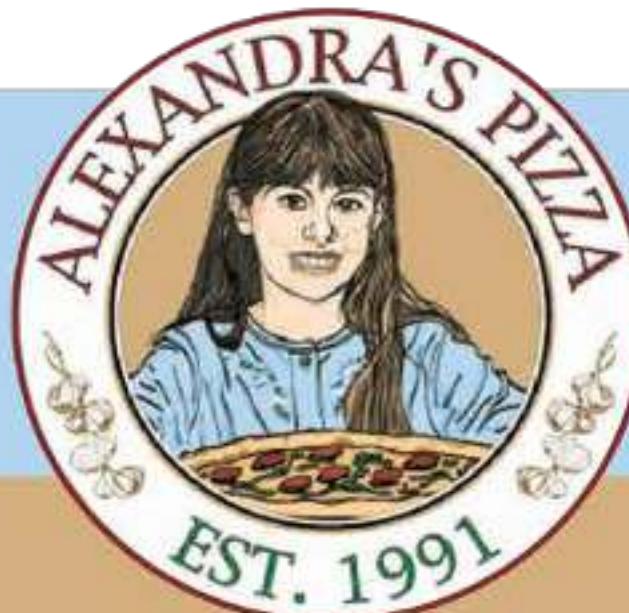


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# LOCAL OBITUARIES

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

## Leonidas "Louis" George Kapsalis

Age 100. The family is saddened to announce the passing of Leonidas (Louis) on Monday May 23, 2016 after a brief illness. He fought a brave and fearless battle and was blessed to be surrounded by his family when he passed away peacefully at the QEII Halifax Infirmary. Louis, the oldest of eight siblings, was born September 1915 in Goranos, Greece. During WWII, he spent 2 years fighting for the freedom of his country and fellow citizens. In March 1959, he immigrated to Canada with his wife and two children, Maria and George, through Pier 21. He worked hard in his adopted country of Canada becoming a successful business owner, running Louis' Grocery for 22 years in the Spryfield area. Louis is survived by his loving wife of 63 years, Helen; children Maria (Stamatis), George (Aisha), Patricia (Leo) and Tula (Yannis); grandchildren George, Vaso, Gina, Leo K., Eleni, Leo P., Elena, Katerina; great-grandchild Vasilios Leonidas, sisters Katina and Vaso. Louis was predeceased by his grandson Savvas; his parents, George and Amalia; two brothers and three sisters. The family would like to extend their immense gratitude towards the doctors, nurses and support staff of unit 4.2 at the QEII Halifax Infirmary. We sincerely appreciate their kindness and thoughtful care in making Louis' brief stay as comfortable as possible. Louis was known for his love of debates, particularly political discussions, and story-telling. Convincing Louis that he had made a mistake or was

wrong about a topic was like winning the lottery; it did not happen very often! He loved entertaining his grandchildren with song and dance, and stories of his youth. Some of his passions were landscaping (he liked to keep busy) and teasing his family. He was a force of nature and was active up until the day before he was hospitalized.

## Christopher Vincent Reinhardt

Age 48, of Spryfield. It is with great sadness that we announce the passing of our beloved son, brother and uncle Christopher Vincent Reinhardt on May 24th, 2016. We will always remember the way he made us laugh, his love for his family and the way he was inspired to create such beauty in his paintings. Christopher was a special person, who touched the lives of many, including his friends and coworkers at Shannex, where he worked for 19 years. Christopher was a graduate of J.L. Ilsley High School, and then went on to earn a Commerce degree from Saint Mary's University. Christopher is survived by his parents, Morton and Doris (Crossman) Reinhardt, brother Gregory (Kathy) Reinhardt, sister Michelle (Steven) Parkinson. He was a loving uncle to Bryan, Danielle and Scott Reinhardt, as well as Alexander, Eric and Jared Parkinson. A special thanks to the staff of the Victoria General Hospital for their kindness and compassion throughout his illness. Donations may be made to St. Paul's United Church.

## Reginald "Reg" Ralph Richards

76, Spryfield, passed away peacefully, surrounded by his loving family on Thursday, May 26, 2016 at the QEII, New Halifax Infirmary. Born in Halifax, NS, he was a son of the late Lawrence and Margaret (Craig) Richards. Reg was an avid fly fisherman and will be remembered for his gift of tying flies. Throughout his life, he had been employed with DND as a scheduler, from where he retired. He is survived by his loving wife of 57 years, Lorraine M. (Barron), his son and best friend, Kevin (Geraldine Trimmings), Halifax, his brother, Lawrence "Larry" Richards, Halifax, as well as his treasured granddaughter, Amanda Richards (Michael Marks). He was predeceased by his parents, a son, Stephen, and brothers, Eric and Billy. Donations may be made to charity of one's choice.

## Ronald "Ronnie" Meyers

79, Spryfield, passed away peacefully in the Abby Lane on Friday, May 27, 2016. Born in Windsor, Ontario on January 9, 1937, he was the son of the late Gerald Meyers and Emma Jean Smith. He is survived by his wife of 59 years, Madeline, seven children, Joanne, Ronald (Janine), Darrell (Lynn), Sandy (Ted), Christine (Phil), Shawn (Shelly), and Derek, 15 grandchildren, 12 great-grandchildren, his siblings, Geraldine, Michigan, Sandra, Chatham Ont., Michael, Halifax, and George, Ontario. He was predeceased by his sister, Beverly. Ronnie was employed with the city of Halifax for 30 years and spent 5 years in the Navy. He was an avid fastball pitcher on the Halifax Commons with a number of teams. Holding the record for the most games won in a single season with the Halifax Schooners, he was inducted into the Nova Scotia Sports Hall of Fame. He enjoyed camping every summer watching baseball, especially watching his favorite team, The Detroit Tigers, as well as spending time with his family. The family would like to thank all the

Doctors and Nurses on 8.4 and 9 Lane for the exceptional care he received.

## Trevor D. Hanna

38, Williamswood, passed away on May 29, 2016. Born in Halifax on January 26, 1978, he was a son of Eddie and Susan (Marriott) Hanna. Trevor was a loving and kind individual who had an infectious laugh and a beautiful smile. He attended J.L. Ilsley High School, where he played hockey on the school team. He also played hockey with the Chebucto Minor Hockey League. Trevor enjoyed his many hunting and fishing trips with his dad, and was always up to challenging his friends to a game of pool. He loved to travel, following the sunshine and sandy beaches. Trevor "lived life to the fullest". Besides his parents, Trevor leaves behind his two beautiful children, Tristen and Zöe; his sister, Jennifer Hartling (Jason); his nieces, Rylee, Baleigh and Shawnee; his nephew, JT, as well as his partner, Nadine and her children, Trenton and Taralee; several aunts, uncles, cousins and close friends. Trevor was predeceased by his partner, Jessica Tilley, his maternal grandparents, Jim and Norma (Baker) Marriott; and his paternal grandparents, Tom and Mabel (MacDonald) Hanna. In lieu of flowers, donations may be made to the "In Trust for Trevor Hanna's Children" Trust Fund, c/o Scotiabank, 7171 Chebucto Road, Halifax, NSB3L 1N5 (902.420.4962).

## Paul Hamilton "PeeWee" Evans

Evans, Paul Hamilton "PeeWee": 82, Spryfield, passed away suddenly at home on Sunday, May 29, 2016. Born in Halifax, he was a son of the late James and Eva (Peg) Evans. Paul retired from HRFD in 1989, following 34 years of service. Paul was also well known as a great hockey player in the 1950's with the St. Mary's Juniors and the North Sydney Franklins. He was a dedicated husband, father, and grandfather, who was funny and had a dry sense of humour. He was always a good listener and will be remembered for keeping the secrets you shared with him. Paul will be terribly missed by his loving wife, Carol (MacNeil), four children, Wendy Eisan (Bruce), Kim (Alma), Paul (Lynn), and David, all of Halifax. He will be deeply missed and fondly remembered by his four grandchildren, Kelly, Jason, Ashley and Courtney, as well as six great-grandchildren. Dad, you are our hero and we are all going to miss you. You will be forever in our hearts. He was predeceased by his brother, James of San Diego, USA. In memory of Paul, donations may be made to the Canadian Cancer Society.

## Muriel Claire Dawson

Age 63, Spryfield, after a lengthy illness passed away peacefully at home surrounded by family and friends on June 9, 2016. Born in Dartmouth, she was a daughter of the late Douglas and Loretta (Cromwell) Dawson. She is survived by her son, Anthony (Gina); brothers, Robert (BettyAnne), Ottawa, Ont.; James (Irmeli), Montreal, Que.; Richard, Alta.; sisters, Shelia (Livingston), North Carolina; Jackie, Loretta, both of Halifax; Ethel, Toronto, Ont.; Agnes (Gerald) Dartmouth; grandchildren, Marques, Jacob, Autumn; great granddaughter, Claire; several nieces and nephews. Donations in memory may be made to the ALS Society or the Canadian Liver Foundation.

## Albert Joseph Martell

Age 82, Spryfield, passed away suddenly on June 10, 2016 at the Halifax Infirmary, QEII. Born in Poulamon, Cape Breton, he was a son of the late James and Jane (MacPhee) Martell. He came to Halifax at

age 16. His first job was at the Lord Nelson Hotel briefly, then he worked 22 years at the Nova Scotian Hotel. He worked at Oland Brewery until his retirement. He was a hard worker and he loved his family dearly. His passion was country and western music, which he loved to share with everyone, especially the seniors. He was a member of the Spryfield Legion where he DJ'd for the seniors dances for many years. He could remember everyone's favorite song. He was also a member of the Young at Heart Seniors Club. He is survived by his wife of 62 years, Joyce (Brown); his daughters Bonnie (Wayne) and Christine (Mike); his granddaughters, Kelly, Jessica, Melanie (Abdallah) and Shannon (Donnie); great grandchildren, Jasmine, Ashton, Lailah and Sami; brother Harold and sister Margaret Goyetche. He was predeceased by brothers; Donald, Henry, Alfred and sister Mildred. Donations may be made to the Heart and Stroke Foundation of Nova Scotia.

## William J. "Bill" Foley

It is with heavy hearts that the family of William James Foley, 79, of Halifax announce his passing on Monday, June 13, 2016. Born in Herring Cove on February 11, 1937, Bill was the son of Wilfred "Ace" and Dorothy Foley. Bill was a sports man, just like his father, with a special place in his heart for hockey, wrestling, boxing, sailing, baseball, hunting, and fishing. He especially enjoyed being with his children and grandchildren; whether it was on the ice, stage, court or on the field. He was a devoted Mooseheads fan and enjoyed every game. He was a dedicated husband, father, grandfather and proudly served as a Herald employee for over 40 years. Bill was a family man, who could always be found helping others, expecting nothing in return. He will be deeply missed and lovingly remembered by his devoted wife of 55 years, Donna Joan (Tretthewey) Foley, his children, Natalie (Brian) Klaus, Herring Cove; Heather Foley (Jim) Melvin, Halifax; and Derek (Cindy) Foley, Hubley; his five grandchildren Jacqueline, Jennifer, Justin, Brandon and Ryan; his brothers, Paul (Mary) and Peter (Mary) Foley; niece and several nephews. He was predeceased by his sisters, Dossy Dempsey, Gertrude Foley, Rosemary Foley, and brother, Father David. In lieu of flowers, memorial donations may be made to St. Michael's Parish or to the Heart and Stroke Foundation of Nova Scotia. Hilda Matchem (Northcotte)

Age 83, of Spryfield, passed away at home on June 14, 2016 with her loving family by her side. Born on October 1, 1932 in Gaultois, Newfoundland, she was a daughter of the late Matthew and Elizabeth (Knott) Northcotte. Loving wife, mother, nana and great grandmother. She devoted her life to her family. She enjoyed bingo, going to the casino, loved to bake and knit. Her most cherished moments was time spent with her beloved grandchildren who referred to her as "Nana". Hilda is survived by her daughters Mildred (Allan), Wendy (Peter) and Elizabeth (Paul); sons Wade, Barry, Clifford (Liesa), Glen (Treena) and Todd (Kim); grandchildren Gale, Tony (Crystal), Michael (Katelyn), Felicia, Brandon, Brooke, Amanda, Christopher, Austin and Avery; five great grandchildren (was excitingly awaiting her sixth great grandson due any day) Sister Elsie Roberts; special nephews Wilbert (Gladys) and Guy (Jessie) and many nieces and nephews. She was predeceased by her husband Alexander, brothers Harold, Jack, Reg, sister Jenny and daughter Sylvia. Donations in Hilda's memory may be made to The Kidney Foundation of Canada, Nova Scotia Branch.

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# Chebucto News Sports Page

## Chebucto will host the Bauer First Shift Program again this hockey season

*by Benny DeVine*

Have you ever thought of signing your son or daughter up for Minor Hockey but the thought of the expensive gear and registration stopped your plans? This fall, Chebucto Minor Hockey will once again host the Bauer First Shift Program.

"Last year we saw 45 brand new hockey players take to the ice and it was great to see the smiles on the kids' faces, and it was amazing to see how much they learned from the start to the finish" says Daryl Joseph, Development Coordinator.

For the \$199 registration fee, Bauer will provide all hockey equip-

ment needed from head to toe. This includes a hockey stick and a 6 week on ice program. A welcome event for fitting, and to answer any questions, is planned for early October. Chebucto will be offering participants a chance to join their recreation hockey program at the end of the 6 weeks for players looking to keep playing hockey.

The First Shift makes the hockey experience possible for everyone. Bauer will provide all the equipment and necessities for the program so all you have to do is show up and get involved. Their goal is to change the way hockey is offered, with the hopes

of bringing one million new families into the sport worldwide over the next 10 years. The program is open to any child aged 6-10 who has not been enrolled in Minor Hockey.

The First Shift Program is designed to ensure a positive experience for new-to-hockey families. This means breaking down the barriers that exist for many parents, and making you feel at home within the Chebucto Hockey community. They want you to experience the game at its best; to understand why so many Canadians feel an inherent love for the sport; and stimulate a desire for continued participation. They want to take away any

intimidation as it relates to equipment requirements and rules of the game; remove potential safety concerns; and most importantly, give you an experience that's memorable and fun.

For information see <http://www.thefirstshift.ca/>

To register go to <https://event.hockeycanada.ca/EMS/Event.aspx?eid=db5b7471-7de5-4d5a-8971-5095ffcea573>

For more information e-mail Mike Beamish at [president@chebuctominorhockey.com](mailto:president@chebuctominorhockey.com) or Daryl Joseph at [development@chebuctominorhockey.com](mailto:development@chebuctominorhockey.com).

## June at Ilsley – Sports Awards and Festival of the Arts

*by Ciara Harris*

June is a very busy month at J.L. Ilsley High School. On June 2nd, the school held its sports and clubs awards assembly. Athletes and participants in clubs and programs were honored for their contributions to the school. Awards included Female Special Athlete of the Year Mianna Gunther, and Male Special Athlete of the Year Zach Morris, who has been invited to compete nationally. Alastair Duncan presented a number of prizes to the cast of the school musical, Zombie Prom, including Up-and-Coming Star Brendan Kay; Best Vocal Performer Joanna Feniyanos; Best Performer Taryn Hanrahan; and Best Technical Assistant David Dempsey. The Male Rookie of the

Year athletic award was given to two recipients this year: Ethan Tanner and Sam Julien. The Female Rookie of the Year was Olivia Falconer. The Male Athlete of the Year was Alex Pace, and the Female Athlete of the Year was Isabelle Falconer. The Nova Scotia School Athletic Federation presented awards for Exemplary Participation to football coach Kevin LeBlanc, male athlete Dawntez Simmons and female athlete Isabelle Falconer. The entire student body was present at this assembly to cheer on the school's award winners.

On June 13th and 14th, the Fine Arts department at Ilsley presented their annual Festival of the Arts. Installations of student work were on display throughout the school, and



Artwork from the Festival of the Arts: Ezekiel Rivera

there were also performances by the school's band and vocal classes. There were also students creating artistic pieces in real time, including Charlotte Gilson, Lola Leving, and Katie Gordon. Some of the featured projects included snake sculptures, abstract pastel drawings and stylized shoes. All students from Ilsley's fine arts classes had pieces in the show, making it an inclusive and thought-provoking event.



Artwork from the Festival of the Arts: Crocs by Justin Fancy

## Chebucto 3 on 3 Registration is now open

*by Benny DeVine*

For the second straight year there will be summer hockey in Spryfield and back by popular demand is the Chebucto 3 on 3 Summer Hockey League.

Registration is open until August 5, 2016. The season will kick off on August 15th and the end date is September 2nd. Space is limited and the program is sure to fill up quickly. The cost is \$165 and each player gets a jersey and is guaranteed 8 sessions with there being 2 – 22 Minute games per session.

The program is open to all ages, from IP to Midget, and the teams will consist of 6 skaters and 1 goalie. This is a fast -paced and highly creative

environment. With music playing and minimum whistles, players will develop their skills in a no stress situation. Teams will battle throughout the 3 weeks for bragging rights during the final games!

Sign up today at [https://chebuctomha.goalline.ca/register.php?reg\\_form\\_id=9074](https://chebuctomha.goalline.ca/register.php?reg_form_id=9074)

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# New Natural Playground for Dingle Park

by Linda Mosher, HRM Councillor, District 9

Sir Sandford Fleming Park, commonly referred to as the Dingle, was donated by Sir Sandford Fleming for people of Halifax to be used as a public park. At the time it was about 95 acres and over the years additional land parcels were added. It is now 103 acres and HRM's largest owned park. Fleming also undertook the construction of the now federally designated National Historic Site, the Memorial Tower. The tower commemorates the 150th anniversary of representative government in Nova Scotia. In 2012 we celebrated the 100th anniversary of the erection of the tower.

I am excited to announce that we are getting a new natural playground this year. HRM Council approved a quarter of a million dollars for complete playground replacement. Childhood play today is often in a restrictive, and/or rigid type of environment. The "natural" type of playground allows children to have a connection with nature, with wood and sand and water. There are also elements such as musical instruments in which the children can engage in play with each other. It is important for both children's mental and physical health to connect with nature at an early age. HRM wants to help the children of today experience the kind of childhood that existed in decades past, and establish a connection to nature within our park.

Why a natural playground? Sir Sandford Fleming Park is a wooded, natural park with trail systems, a supervised beach and an existing playground, which is a little tired and needs to be replaced. It is considered a regional park as residents come from many communities to enjoy the natural beauty. HRM runs the Adventure Earth Centre of the park which has creative and fun programming which connects our youth with this natural environment. In keeping with the natural theme, when this project went out to tender, the focus was on having a "natural" playground.

The tender wording included that the "Playground design shall include elements of play value, nature-appreciation value, and artistic value, and shall include, at a minimum, the following components: accessibility components, hillsides, water and sand feature, shade integrated into the structure, spring toys, no enclosed tube slides, accessible play panels, wood fibre or rubber safety surface, music features and a crusher dust path system to connect to existing Park path system. The HRM is particularly interested in companies that can demonstrate innovative playground design solutions that help the HRM meet its environmental appreciation objectives for this park site.

HRM also applied for a provincial grant and we were successful in obtaining

\$70,000 so the project funds have increased to \$320,000. These additional funds will enable us to incorporate other playground equipment into the area. Currently we do not have a swing set and are siting a couple of options for a standalone swing area. Based on information provided to me by a local resident, I have learned that there are new interactive swings where a parent and a toddler can swing together. The swing provides face to face and eye to eye

opportunity for interactive play and visual stimulation. This will be an excellent new addition to the park.

The tender has not yet been awarded, but in viewing the picture examples our Landscape Architect included in the tender documents, it is going to be a very exciting and interactive new playground. We are also going to explore using some historic granite steps to connect the playground to the ocean. Please see photo for an example of

what we suggested it could look like. Due to the short and busy summer use at this location next to our supervised beach, work will not commence until the fall.

Wishing everyone a wonderful summer and congratulations to all graduates! I hope to see you at many of our community events including the 9th Annual Dingle Natal Day Party being held August 1, 11am-2pm at Sir Sandford Fleming Park, as well as the 3rd Annual Chocolate Lake Beach Party, August 26, 11 am - 2pm. Both events are free of charge and there are many activities for children and adults alike.

## Herring Cove to be included in infrastructure project

by Stephen Adams, HRM Councillor, District 11

### Herring Cove Updates – Infrastructure Funding

As I write this article, I am pleased to advise that a report on the Federal Infrastructure Applications is to be discussed at the June 21st Regional Council session. This report, a long time in coming, will be of particular interest to residents of Herring Cove.

Council discussed the issue of infrastructure funding on August 5, 2014 at which time I put forward an amendment to the motion to include Herring Cove in the submission. That amendment was successful, and brings us to the actual submission. This is very exciting news. I will be meeting with both our MLA and MP, to ensure they understand the significance of this project. This particular programme is for projects that are considered 'shovel ready'; meaning that all plans, schematics, financial implications and preparatory work has been completed.

In addition to this news, by the time you read this, I will have met with our staff to develop a plan to renovate the former recreation centre in Herring Cove, which will allow it to be used for a wide variety of community events. Monies still exist in the Harbour Clean-Up Integration Fund, which would be enough to do the necessary repairs. One of the challenges is getting these funds released so that they can be utilized.

On a number of occasions, I met with our staff, on-site, to look at the overall condition of this building. Despite the lack of use and ongoing maintenance, it is in quite reasonable condition. It is sound structurally, but will need some work in the kitchen, washrooms, flooring and ceiling. As we move along with this project, I will keep you updated on a monthly basis.

### Bull Point Lighthouse

On April 9, 2014 (this is not a misprint), I met with Dan Pike and other members of

the Coast Guard regarding the light at Bull Point in Sambro. For years, this structure had gone without much in the way of maintenance, including paint and repair of some rotting wood. I met with the Coast Guard to get permission to enter the property and determine what work would be needed to keep it functional and to look presentable. I had a few on-site meetings, but was disappointed to see the extent of the rotting wood and crumbling foundation.

Earlier in June, I got a call from Mr. Pike informing me that there were monies budgeted for Atlantic Canada, and that our light would be replaced. Work has started and should be completed by the middle of July. This is a very exciting project. I can't wait to see it during our Blessing of the Fleet in August.

### Dolphins Donated by Easter Seals

As you enter the Captain William Spyre Centre, you will see a statue of a dolphin in the lobby. This was presented to us by Easter Seals, to help raise awareness of the wonderful work they do in our community and others throughout HRM. I was quite taken by this dolphin, and asked if there might be another available. Luckily, there was another, which I was able to obtain for Sambro.

I called Steph Smith in Sambro to see if she would consider painting the dolphin with a fishery theme. I don't think I got out the question out before she answered with a resounding, 'Yes'. We met with Diana of Mishoo's, to see if we could display the dolphin next to the store. I don't think I got finished that question either, before she agreed. We will put the dolphin in a little park-like setting, with grass and picnic tables. If anyone would like to have their boat or fish-plant painted on this dolphin it may be done for a \$100 contribution to Easter Seals. Please contact me if you would like to participate. I can't wait to see

the end result.

### Harrietsfield – Williamswood News

This summer, you will see work being done on the field at the Harrietsfield Elementary School. There will be some repairs to the sod in the back and we will order nets for the field. As well, a fence will be erected to prevent vehicles from tearing up the turf.

Many in our community will remember Larry Sinclair and Michael Donovan for their dedicated service to the Harrietsfield-Williamswood Community Centre and our communities as a whole. In the near future, I will be hosting a small ceremony to honour their efforts and install a bench with a plaque on their behalf.

### Weekly Green Bin Collection

For the months of July and August there will be weekly green bin collection (July 1st to August 31st). Remember – no grass clippings are to go in the green carts and no plastic/biodegradable/compostable bags. Items must be curbside by 7:00 a.m. to ensure collection. For more information on Green Carts, please visit the following website: <http://halifax.ca/recycle/greencart.php>.

### REC Van and Try a Ride

The Recreation Engaging Communities (R.E.C.) program has added an additional feature this summer, the Try a Ride program.

Try-A-Ride is a free program for all ages that travels throughout the region of Halifax. Staff will bring bikes, skateboards and scooters to communities to teach people how to safely ride and maintain the equipment, as well as link residents to resources and other opportunities within their community. For more information, email tar@halifax.ca or call 902-465-5267.

Beginning July 1, the R.E.C. Van will spend the summer visiting public parks,

(See Adams on page 13)



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311



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# The Armdale Report

by the Honourable Lena Diab,  
MLA for Halifax Armdale

I'd like to wish everyone in Halifax Armdale and across the province a very Happy Canada Day, and extend my congratulations to all our graduates. I'm sure you must be eager to enjoy some sun and fun before going off to bigger things. Great job to all of you—from our preschool kids to the university and college grads.

As we get into the season of summer festivities, there's plenty that's been going on in our community, and lots to look forward to as well. On May 31st, I had the distinct honour of touring the riding with Premier Stephen McNeil, and personally introducing him to some of the business owners, community workers, and residents who make our riding such a special place to work and live. I also made sure to take in the always-fantastic Lebanese Cedar Fest at Our Lady of Lebanon and the Halifax Greek Fest which were both as dazzling and delicious a celebration as ever before. I'm also excited for the Royal Nova Scotia International Tattoo (June 30 - July 7, [nstattoo.ca](http://nstattoo.ca)) and Saint Antonio's Halifax Lebanese Fest (July 7-10, Olympic Community Centre, Hunter Street) which are just around the corner.

I'd also be remiss if I didn't mention how happy and proud I am to see the Spryfield Market continuing to grow installment after installment. The selection of produce, meats, fish, preserves, and artisanal products continues to expand and diversify with each market, and I'm excited to see just how far our local entrepreneurs' efforts will take them.

In addition to our graduates, I also recently had the chance to mark some very significant moments for our community. Over the last few weeks, we celebrated the 70th Wedding Anniversary of Kris and Lakshmi Raju at Melville Heights; the 20-year celebration of TD Insurance's presence in Atlantic Canada (fittingly held in their new location overlooking the Northwest Arm); and the 20th Anniversary of local businessman Lawrence Conrad's companies, Independent Security Services and Armoured Transport. I also attended the annual Spryfield and District Business Commission Awards, and was happy to see Peter Polley and Donna Flemming recognized for the exceptional work they've done to upgrade the trails of Long Lake Provincial Park.

I've also made sure to make time for charitable efforts. The Osborne Street Tim Hortons got me behind the counter to support their effort to raise money for kids from low-income families to go to camp, and I was glad to be able to attend the Metro Care and Share Society's ceremony for their Halifax Scholarship Program. A huge thank you is in order for Mel Boutilier, as his tireless commitment to helping young Nova Scotians fulfill their dreams made those scholarship awards possible. Between community events and my work on the Immigration portfolio, I've also been out with the local councilors planting flowers along Dunbrack Street, and took time to attend the Titanic Society of Atlantic Canada's memorial mass in honour of the departed souls who are buried here in Halifax's Mount Olivet Cemetery.

We've also recently received some very good news with regards to grant money being awarded to help make Halifax Armdale more beautiful and enjoyable for all our residents. This month, the Long Lake Provincial Park Association received an additional \$45,000 from the province that will make a big difference as they move into the second phase of the park's development. I was also

delighted to learn that our government will be providing \$70,000 towards replacing the existing playground at the Dingle Park with an expansive new natural playground—a first for HRM. This custom-designed installation will be accessible to all our children, and I look forward to welcoming families to use it when the work has been completed.

As a final note, I'd like to sincerely thank

## Roadwork improvements approved

by Brendan Maguire, MLA for Halifax Atlantic

June is over and it is finally starting to feel like summer. The warm weather is here and school is out! I want to start this month's article by wishing all the students a safe and fun summer. A special congratulations to all those graduating from grade 6, 9 and 12. You are moving on to a new and exciting stage in your life; I wish you all the best.

### Road Work

Summer means road and pothole repairs. Many of you reached out to me with concerns over different road issues. I took those concerns to the Department of Transportation, and I am glad to announce the following work has been approved:

#### Paving:

Eastside Road

Ketch Harbour Road (paved shoulder of road)

#### Asphalt work:

Venus Drive

Bull Point Road

White Head Road

#### Gravel work:

First Pond Road

Hazel Drive/Gordon Stewart

Birchwood

#### Ditching work:

Sandy Cove

I realize there is still a lot more work to do, so if your provincial road is not on this list, please reach out to me, and I will take your concern to the Department of Transportation.

### Funding Announcements

This month I was proud to make several funding announcements for local community groups.

The Long Lake Provincial Park Association received a grant from the province to build a family picnic area, a kayak launch, and to extend the new trail system to the old pump house section off Old Sambro Road.

The Macintosh Run Watershed Association received funding for their Macintosh Run trail project.

The Ketch Harbour Area Residents Association received funding to help with their community hall renovations.

These projects are not possible without the community volunteers who put in endless hours to help make our neighbourhoods a better place! I for one am looking forward to the completion of these projects!

### Volunteers and Community Events

Speaking of volunteers, thanks to everyone involved this month in the St. James' lobster dinner in Herring Cove; the Halibut dinner at St James United in Sambro; In the Loop Yard Sale; Sambro Elementary School Fair; The Scouts Old Sambro Road Cleanup; and the JL Ilsley Festival of Arts. These are just some of the many events that happen in our community each month; events that bring us all together and make our neighborhoods the best places in HRM to live!

I want to take a moment to recognize a few people who did some extraordinary things this past month.

Jodie Connor Arthur, who organized a very successful walk to raise awareness for Williams Syndrome.

Williams syndrome (WS) is a genetic condition that is present at birth and can affect anyone. It is characterized by medical problems, including cardiovascular disease,

everyone who came together on June 8th to formally proclaim me as the Liberal candidate for Halifax Armdale. It means a great deal to me to have the support of such dedicated members of the community. I hope to have the privilege of continuing to serve you for years to come.

Remember that I have Slow Down signs

available for pick up at my office for constituents who would like one.

You can always call me at my office or email [info@lenadiab.ca](mailto:info@lenadiab.ca). Like my page on Facebook and follow me on Twitter to stay up to date with my latest activities and community/provincial news. Thank you for your continued support.

In closing, Happy (belated) Father's Day to all the dads out there! I hope you had a great day.

A big I love you to Oliver, who turned 3 in June; how the time flies!

Well, that is it for this month. I hope to see you over the summer at community events. Have a safe and relaxing summer!

Please contact me anytime:  
Email: [Brendan@brendanmaguire.ca](mailto:Brendan@brendanmaguire.ca)  
Office number: (902) 444-0147  
Cell: (902) 456-0103  
or add me to Facebook  
Brendan Maguire  
Proud to be your MLA

## New Canada Child Benefit coming soon

by Andy Fillmore, MP for Halifax

Today, too many middle class families struggle to get ahead. It is harder and harder for families to save money for the high cost of raising their children as the cost of living keeps rising.

Liberals, in our first year as Government, announced the implementation of the Canada Child Benefit, a simpler, tax-free, more generous and better targeted federal tax benefit. This will help Canadian families to save, invest and grow their economy.

We are delivering on our promise to replace the Universal Child Care Benefit (UCCB) and the Canada Child Tax Benefits (CCTB) with the new Canada Child Benefit (CCB).

Implemented in the first budget tabled on March, 2016, the new benefit could be available as soon as July 20th – subject to parliamentary approval. Eligible Canadian families who have a child under 18 will receive their first Canada Child Benefit cheque, and this single monthly benefit will be recalculated every July based on information from families' income tax and benefit return from the previous year. It is tax-free and Canadian families will not have to pay back the amounts received when they file their tax returns each year.

The Canada Child Benefit will provide a maximum annual benefit of up to \$6,400 per child under the age of 6 and up to \$5,400 per child aged 6 through 17.

We are proud that we are now giving back to Canadian families, ensuring their children can reach their fullest potential while we continue to build an economy that works for the middle class.

Parenting is one of the most important jobs; the CCB will give 9 out of 10 Canadian families more money in their pockets to help with the high costs of raising their kids. Additionally, there will be 300,000 fewer children living in poverty in 2016-17 compared to 2014-15.

With the CCB, Liberals kept the promise to increase benefits for the middle class and ensure all Canadian children can build a bright future.

To find out how much a Canadian family can benefit monthly use our online CCB calculator at: <http://www.budget.gc.ca/2016-tool-outil/ccb-ace-en.html>

Liberals believe that a strong economy starts with a strong middle class. When you have an economy that works for the middle

## Adams

(continued from page 12)  
municipal beaches, spray pads and playgrounds throughout the Halifax region, providing free recreational sports and activities to kids, families and seniors. The van is stacked with equipment for more than 50 different activities and sports, including baseball, basketball, soccer, washer toss, giant checkers, archery, skipping and much more! Check the following website for schedules and locations: <http://www.halifax.ca/rec/engagingcommunities.php> or for more information call 902-490-2343.

### In Memory of Mr. Bill Foley

I end this column on a very sad note. On Monday, June 13, Mr. Bill Foley of Leiblen Park passed away at the age of 79. Bill was always available to help anyone in need, and did so without any expectation of something in return. He treated everyone with respect and kindness. Bill defined integrity and loyalty, and will be missed. I was blessed to have known Bill, and honoured to call him my friend.

### 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](mailto:Stephen.Adams@halifax.ca).

**Read our whole paper online at [www.chebuctonews.com](http://www.chebuctonews.com)**

# 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](mailto:chebuctoeditor@gmail.com). Check our Facebook page for updates & late arrivals

## JULY COMMUNITY EVENTS

### Boys and Girls Club of Spryfield (11 Alder-grove Road) Events:

- Summer Camp 2016 - a good place to be! 9 weeks of summer fun to choose from! Summer Day Camps Grades P-6. Registration opens Wednesday, April 20th. 6PM-8PM current members\* and 7PM-8PM general public \*to be considered a current active member, child must have registered any participated in a program prior to March Break 2016
- 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](mailto:rosalie.fralick@outlook.com)

Contact Samantha at [samantha.snow@bgcgh.ca](mailto:samantha.snow@bgcgh.ca) or call 902-477-9840 for more details on registration.

### Captain William Spry Library Events:

- July 15th. 2:30pm Stepping Stones Art. All materials provided. Adults only
- All you can Dance Series with Suzanne Bechard at 6pm. Wednesdays in July for ages 8 to 12. Thursdays for ages 12 and up.
- July 14th. 11am. Ocean Conservation with Halifax Mermaids. All Ages. Registration Required
- July 5th. 2pm. Chinese Kite make workshop. Ages 6 to 12
- Tuesdays in July. 10:30am Let's Get Wild series. Ages 0 to 5.
- Fridays in July. 10:30am. Summer Reading Clubhouse. All ages.

### Chebucto Community Health Team (16 Den-tith Rd) events:

- Food Fads: Fact or Fiction? Explore popular diets and nutrition trends and see if they live up to their claims. Friday, July 8th from 9:30am to 11am at the Community Wellness Centre.
- Physical Activity on a Budget: Learn and practice the many ways to be physically active with little or no cost in this single session. A participant physical activity screen is required. Please drop in no later than five business days before the program start date to complete this form. Wed, July 13th from 9:30 to 11:30 Community Wellness Centre.
- Toddlers at the Table: Learn about healthy eating guidelines and tips for making meal time more enjoyable for everyone. Wed, July 27th from 10:30am to 12pm at the Capt. William Spry Library.

CALL 902-460-4556 to register or go online at [CommunityHealthTeams.ca](http://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](http://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
- Chase the Ace. Every Friday from 7pm to 9pm
- July 4th. 12:30pm to 4pm. Seniors Dance. Music by Chain and Anchor Band. Light lunch. \$4 per person. All Seniors Welcome.
- Washer Toss every Thursday at 7pm. \$5 per person. Prize money determined by number of players

### 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)

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

- Harrietsfield/Williamswood Summer Day Camp late registration. Apply by calling 902-446-4847. Monday to Friday 7:00 am to 6:00 pm

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

- Monthly meeting will be held at the Capt.

## Sammy says

SACA's first fundraising paint night was a great success with 38 participants painting a lighthouse portrait. The next paint night is planned for Tuesday, September 20th, 7 p.m. at St. James United Church in Sambro. While many popular paint nights are for adults only, this paint night is open to ages 12 through 102.

Event times are being finalized for the 2016 Sambro Sou'Wester Days festival and will be available in August's issue of the Chebucto News, with printed schedules at Mishoo's store in Sambro.

Sou'Wester Days dance tickets will be sold Tuesday, June 28 at St. James United church hall (3811 Old Sambro Road) at 6:30 p.m. Any remaining dance tickets will be sold through Event Brite.

Applications are being accepted for the Sou'Wester Days Parade. This popular and well attended event starts at 10 a.m. at Atlantic View Drive in Sambro Head and finishes at the Community Tent across from the James McPhee Memorial Ball Field. Prizes are awarded for Best Commercial, Best Homemade, Best Group, Most Sambro Spirit and Most Original. Please note that all vehicles, including ATVs, must be registered and insured. Pick up your application at Mishoo's store in Sambro or contact Natasha Roscoe at 902-221-1355.

Raffle tickets on a concrete lighthouse

Spry Centre at 7pm on Monday, July 11th. All welcome to attend.

### Quarter Note Singers (Captain Spry Centre) Events:

- Thursday nights from 7pm until 9pm. Singers Wanted! We are a mixed adult community choir that has been making music for over a decade at the Capt. William Spry Community Centre. Singers of all levels are welcome; there are no auditions. For more info please call Steve Trussoni at 902-477-2664

### 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

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

- July 9th: 1pm to 3pm. Strawberry Social! All welcome to attend.

### 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



generously donated by Unique Lawn Garden Statues in Sambro Creek are now available at Mishoo's store in Sambro, or from various SACA

members. Tickets are \$2 each or 3 for \$5. The lighthouse can be seen in person at 316 Sambro Creek Road, Sambro Creek until Friday August 7th, when it will move to the Community Tent.

50/50 tickets are also available for \$2 each or 3 for \$5, and Rubber Duck Race tickets for \$5 each.

Volunteers are such an integral part of an event like this. Currently SACA is seeking volunteers to fill these specific spots:

- A raffle ticket coordinator for each of the three draws. This person tracks those individuals who take tickets out to sell on our behalf; ensure they turn the tickets and funds back in; and arranges for ticket sellers to sell during Sou'Wester Days. Some volunteer ticket sellers have already been arranged.

- On Thursday August 4th, four people are needed to help set up the community tent at 6 p.m.

- Drink ticket sellers are needed for Saturday afternoon and evening in the beer tent.

- Donations of baked goods such as cookies or fudge are needed for the business

have them picked up

### 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 us at 902-477-4099.

### 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](http://www.girlguides.ca) for more information. Or call 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 Chris Parsons, 902 499 3919 or visit [www.scouts.ca](http://www.scouts.ca).

- 9th Annual Dingle Natal Day Party**, Monday, August 1st 11am-2 pm. Please join Councillors Stephen Adams, Linda Mosher and HRM Rec for the 9th Annual Dingle Natal Day Party. Live music by Steve Dooks, The Scouts Camp Cirque Act, all free including hot dogs, canoeing, bouncy castles, kids games, art activities, heritage walk&display. Free shuttle bus service from Frog Pond Parking lot and J.W. MacLeod parking lots. Bring your picnic basket, sun screen, hats, and we'll supply the fun.



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

expo on Sunday August 7th.

- Two adults are needed to collect the voluntary toll at the beach gates on the night of the fireworks.

- 6 people are needed to conduct a cleanup of the beach on the Monday morning after the fireworks.

As the saying goes, many hands make light work. To find out how you can be part of this iconic annual event, phone 902-475-1583 or email [sambroareacommunityassociation@gmail.com](mailto:sambroareacommunityassociation@gmail.com).

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



Thanks again to Unique Lawn Garden Statues for their generosity in donating this lighthouse that is being raffled off during Sambro Sou'Wester Days

**www.DanDoherty.ca**



**Alun Brown**

A Spryfield resident and an implant  
From Old Scotia.  
*I'm here to "Accommodate Your Every Move"*

**902-266-6573**

Alunbrown@exitmetro.ca

www.alunbrown.ca



**Sharon Kenny REALTOR®**

**902-483-7325**

Sharon@alreadyhome.ca  
www.alreadyhome.ca



**David Sampson**

*Looking to buy or sell on the Chebucto Loop?*  
If so, you need someone with experience around the Loop. There are several distinct markets on the Loop, each with its own special advantages. Each of the areas are going through changes that make local knowledge especially important.



Contact David today and get that knowledge working for you. David will do a free, no commitment market assessment on your property.

**902-483-8761**

Dksampson@bellaliant.net

NOT INTENDED TO SOLICIT A PERSON OR PROPERTY CURRENTLY UNDER CONTRACT WITH ANOTHER AGENT OR BROKERAGE



**Lil Stanton**

*Long-time Spryfield resident and businesswoman*

**902-441-5140**

Lstanton@eastlink.ca



**Dan Doherty**

**902-478-4023**

[www.dandoherty.ca](http://www.dandoherty.ca)



## WHAT IS YOUR HOME WORTH?

### FREE Comparative Market Analysis

Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex market place. Why not allow me to conduct a comparison of recent home sales in your area to give you a probable current market value of your home?

To take advantage of this FREE NO OBLIGATION offer you can:

Give me a call at 478-4023 and set up an appointment.

Text me your contact information to 478-4023 and I will respond.

E-mail me at: [dan@dandoherty.ca](mailto:dan@dandoherty.ca) with your contact information.

Visit me at [www.dandoherty.ca](http://www.dandoherty.ca)—click on FREE Evaluation, fill in the form and send it to me.

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*Spryfield*



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'N' WINE**

**217 Herring Cove Rd.**

**902-477-9463**

**JULY  
Specials**

**Grand Cru Chamblaise**

**\$59.99**

**Grand Cru Nebbiolo**

**\$59.99**

**All Winery Series Kits**

**\$10. off**



**Let Us Make Your  
Wine For You!**

**No Time? No Space?  
No Equipment?**

We have it all—as well as the knowledge, ability and experience to make your wine for you. *Simply:*

Come into our store and purchase a kit and the winery service package.

Sprinkle the yeast into the primary fermenter.

Go home!

Come back and bottle your wine.



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on all of your purchases!*



**www.waternwine.com**  
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Your Local  
Project Store!  
Est. 1984

[www.lumbermart.ca](http://www.lumbermart.ca)

Get Grillin'



**E210**  
2 Stainless steel burners  
26,500 BTU  
**\$599**

**E310**  
3 Stainless steel burners  
32,000 BTU  
**\$699**

Porcelain enameled cast iron grates, enamel lid, stainless side tables, electronic ignition



**EP310**  
Stainless grills and burners  
38,000 BTU  
**\$1049**

Porcelain enameled cast iron grates, electronic ignition



**E420**  
4 Stainless steel burners 48,800 BTU  
650 sq. in. cooking area.  
**\$1999**

**22"**  
Built-in lid thermometer  
Rust-resistant aluminum fuel door  
Premium-grade cover inc.  
Owner's guide  
Limited warranty  
Silicone Temperature Grommet  
**\$499**



**Q1200**  
Portable Tabletop  
BBQ  
**\$249**

Watch for us on CTV Morning Live  
Grilling Week  
June 27-July 1!

# SUMMER is Here

## DECKS



Terra Brown



Kaki Green

SIZE	Kaki Green	Terra Brown
<b>8 x 8</b>	<b>\$499</b>	<b>\$569</b>
<b>8 x 10</b>	<b>\$599</b>	<b>\$664</b>
<b>8 x 12</b>	<b>\$664</b>	<b>\$728</b>
<b>8 x 16</b>	<b>\$854</b>	<b>\$937</b>
<b>8 x 20</b>	<b>\$1,044</b>	<b>\$1,139</b>
<b>10 x 12</b>	<b>\$818</b>	<b>\$897</b>
<b>10 x 16</b>	<b>\$1,044</b>	<b>\$1,139</b>
<b>10 x 20</b>	<b>\$1,263</b>	<b>\$1,396</b>
<b>10 x 24</b>	<b>\$1,519</b>	<b>\$1,671</b>
<b>12 x 16</b>	<b>\$1,168</b>	<b>\$1,282</b>
<b>12 x 20</b>	<b>\$1,462</b>	<b>\$1,586</b>
<b>12 x 24</b>	<b>\$1,690</b>	<b>\$1,899</b>

Our deck packages come with decking, joists, railing, hardware and posts. They can be installed up to 5' from the ground.

## Stock Windows > 52 SIZES IN STOCK

LOW E &  
ARGON  
LIFETIME  
WARRANTY  
NEW  
CONSTRUCTION  
RETROFIT  
PROUDLY  
BUILT  
IN THE  
MARITIMES!

Extreme  
WINDOW AND ENTRANCE SYSTEMS

BUY  
1-3 PCS  
**5% OFF**

BUY  
4-10 PCS  
**7% OFF**

BUY  
11+ PCS  
**10% OFF**



## Cabot Stains

NOW IN STOCK

BUY 2, GET  
3rd 1/2 OFF

## GARAGES

- Vinyl Sided Walls
- Lifetime Roofing
- 2x4 Walls
- 9x7 Garage Door
- Slider Window
- Entry Door
- Nails & Accessories

### Sided Garage

SIZE	Material Kit	SIZE	Material Kit
<b>16 x 20</b>	<b>\$4,997</b>	<b>24 x 24</b>	<b>\$6,497</b>
<b>20 x 20</b>	<b>\$5,497</b>	<b>24 x 30</b>	<b>\$7,497</b>
<b>20 x 24</b>	<b>\$5,997</b>	<b>30 x 40</b>	<b>\$9,797</b>

- Vinyl Sided Walls
- Lifetime Roofing
- 2x4 Walls
- 9x7 Garage Door
- Slider Window
- Entry Door
- Loft Floor & Stairs
- Nails & Accessories

### Loft Garage

SIZE	Material Kit	SIZE	Material Kit
<b>24x24</b> w/8/12 ROOF	<b>\$8,499</b>	<b>24x30</b> w/12/12 ROOF	<b>\$11,997</b>
<b>24x24</b> w/12/12 ROOF	<b>\$10,497</b>	<b>30x30</b> w/12/12 ROOF	<b>\$14,997</b>
<b>24x30</b> w/8/12 ROOF	<b>\$9,497</b>	Many more sizes available... see store for details	



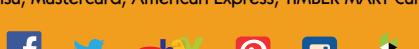
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WE BUILD GARAGES?

Ask Any Staff About Having Our  
Install Team Build Your Next Garage!

Prices in effect until July 31st, 2016  
or while quantities last.

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STORE HOURS : Mon-Fri: 7:00am-6:00pm (Summer Hours-Dartmouth Only)

Sat: 8:00am-5:30pm • Sun: 10:00am-3:00pm

751 Herring Cove Rd., HALIFAX, NS

**902-477-6500**

STORE HOURS : Mon-Fri: 8:00am-6:00pm

Sat: 8:00am-5:30pm • Sun: 10:00am-3:00pm

Shop early for best selection, some items may be limited in quantities. Some items may not be exactly as shown. Any discounts offered are off our regular retail, sale items not applicable.



Dartmouth



Halifax