

Chebucto News

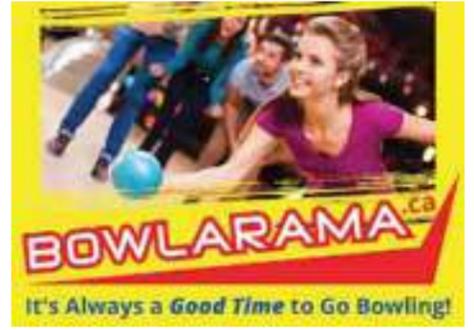
Vol.17 • No.10 • June 2016

Armdale • Bald Rock • Ferguson's Cove • Harrietsfield • Herring Cove • Jollimore • Ketch Harbour • The Pennants • Purcell's Cove • Portuguese Cove • Sambro • Spryfield • Williamswood

Working For You In Your Community

902-479-NEWS (6397)

FREE



Dan Doherty REALTOR®
 I have been a community businessman since 1992. Let me put my business experience to work for you, whether buying or selling—give me a call now!

EXIT
 EXIT REALTY METRO
 Independent Member Broker

T 902.478.4023
 F 902.405.3299
 E dan@dandoherty.ca
 www.dandoherty.ca

REALTOR®
M L S
 MULTIPLE LISTING SERVICE

LAWYER **Clyde A. Paul & Associates**

Clyde A. Paul
 Ryan P. Brennan
 Peter J. Katsiitis
 Hon. John Buchanan
 Barristers and Solicitors

Preferred Practice Areas:
 Real Estate • Family Law
 Wills & Estates • Criminal Law
 Business Law • Personal Injury

902-477-2518 • info@clydepaul.ca



Market launch an unqualified success!

Market organizers and attendees alike were wowed by the approximately 2000 people that showed up for the recent market launch on Sunday, May 15th, at the Lions Rink in Spryfield. It was wonderful to see the community come out in droves to socialize, shop, and support local vendors. Many were on hand for the official welcoming ceremony at 9 am, and short, heartfelt speeches from those who kickstarted the market development process received a warm round of applause. There were a total of thirty seven vendors present, and all are excited to return for the next market. The bustling atmosphere, talented buskers, face-painting, and smiling faces all around set the perfect tone for many more community markets to come.

As the weather warms up, we'll be able to look forward to a diversity of things to feast on from the fields. We will also be joined by a pastured pork,

chicken and egg vendor, who is currently waiting to receive a vendor permit. We'll have six bakeries offering bread, sweets, and other baked goods in attendance at the next market; four or five preserved and prepared food vendors;

Spryfield, a cooperative community.

by Carolyn Mont

I've been thinking about communities lately; specifically our community, the greater Spryfield area. We often look for what is common in communities but something that makes Spryfield special is how the various groups, organizations and churches work well together.

One example is how many levels of government, the business community, the volunteer group Long Lake Provincial Park Association, and the developers David Graham of Atlantic Developments Inc and Peter Polley of

two beverage vendors; and a dog food vendor. Eleven crafters will be on site to offer their beautiful and unique wares. We are also adding "The Learning Curve", an activity corner, which will host different activities and workshops

Polycorp worked together to create the new Lake View Trail around Witherod Lake. I have been delighted to see how many people are out walking and are also speaking to others they may never have met before.

Another example of working together is the Spryfield Ministerial, a group of clergy from the local churches. Several times a year, this ecumenical group gets together for special services. These services are well attended by members from the various congregations.

Local churches are also sites where

each market.

On a final note, we hope to have Sambro fisheries joining us in June as well once they are issued a vendor permit. Hope to see you at the next market, June 12th!

a variety of community events occur. There are fund raisers as well as free events. At St. Paul's Family Resources Institute (FRI,) we offer a free lunch on Tuesdays, except in the summer when our day camp, Camp Paul, uses that space. We also offer Nordic walking for free. We are able to do this because we have the use of Nordic walking poles from the Captain William Spry Community Centre to lend to those who have no poles. If interested in these free events, please call Kristen at 902-479-1015. (See Spryfield on page 2)

BLADE
LAWN CARE
LANDSCAPING
 YOUR PROPERTY IS OUR PRIDE
 Since 1993

Property service
 Call now for your free estimate.
902-499-2823
 www.bladelandscaping.ca

Over 20 Years in Business

A mortgage broker can save you thousands!

- Purchases
- Debt consolidation
- Renewals
- Reservations
- Great rates
- Free consultant services a.s.c.
- And more

jbright@eastlink.ca

MORTGAGE INTELLIGENCE
 A UNIT Company

Call me for trusted personal mortgage service!
Jason Bright
 (902) 880.4622

BEAVER
Enviro Depot
NEW LOCATION

479-3900

251 Herring Cove Road

GREEN ROOTS
LANDSCAPING

Lawn Care and Landscaping Specialists
 Visit our website for details and book your appointment today!

902.220.6480
 www.greenrootshalifax.com

Spryfield

(continued from page 1)

We also see the non-profits meeting regularly to support each other. The Spryfield area is unusual in the way the service providers co-operate with each other. The Multi-service Roundtable meets regularly to compare ideas, information and support. The Spryfield Family Support Team also collaborates on projects. They recently held the annual Book Bonanza at the Captain William Spry Community Centre, at which time thousands of books were given away to the general public.

Spryfield is also home to two well established community gardens. The oldest community garden in Nova Scotia is located at St. Paul's United Church at the corner of Old Sambro Rd. and Rockingstone Rd. In 1993, St. Paul's FRI decided that, since we

owned property that had been farmed in the past, we were in a great position to begin a community garden. We named it the John Umlah Community Garden after the last person to have farmed on that site, and there is a waiting list for plots there, just as there are for plots at the Urban Farm.

At the John Umlah Community Garden, we see community at its best. The gardeners are an eclectic lot, from a wide variety of backgrounds and not all from the Spryfield community. They are also not all from St. Paul's United Church. Some are new Canadians and some have been living here their whole lives. In the spirit of community, they support new gardeners as they learn new skills. They experiment with different crops, often suggested by people with very different gardening skills.

There are several community events sponsored by the John Umlah Community Garden and St. Paul's FRI. There

will be a Spaghetti Supper on Tuesday, June 21 at 4:30-6:30. The cost is \$10 for adults and \$5.00 for children. We will also host our annual Garden Party and Silent Auction on Tuesday, August 9th, from 4:00pm to 6:00pm. There will be lots of sandwiches and sweets, an opportunity to tour the garden and visit the Silent Auction. For tickets for these events, or for more information, call Kristen at 902-479-1015.

The Urban Farm Museum Society is located on the Kidston property on Rockingstone Road and has been in existence since 1996. There is a waiting list for plots there, just as there are for plots at the John Umlah Community Garden at St. Paul's United. The Urban Farm is celebrating their 20th birthday at their Annual General Meeting on Monday, June 13 at the Captain William Spry Community Centre. The meeting begins at 7:30 and is open to the public.

Another thing we have going for us in the greater Spryfield area is this newspaper. For those new to the community or for life long residents, *The Chebucto News* has information and updates as to what is going on. That makes it so much easier for us to be involved. Walk /run/cycle the trails; attend local events; talk to your neighbours. Enjoy your summer in the greater Spryfield area.

Chebucto News

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

Editor: Tangelene Ramsay,
chebuctoeditor@gmail.com

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

Circulation:
12,500 copies
Agent: Canada Post
Printer: Transcontinental Printing
Delivered free-of-charge to households in:
Armdale, Bald Rock, 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

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

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

Notice: The publisher and the production service assume no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher or the production service. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.

© 2016 The Chebucto News, Spryfield, Nova Scotia

Cut & Colour
Starting at \$49.95
Monday - Wednesday
*with select stylists. conditions apply.

the headshoppe
hair & esthetics
318 Herring Cove location | 477-6494 | www.headshoppe.ca

Read our whole paper online at chebuctonews.com

BRENDAN MAGUIRE
MLA HALIFAX ATLANTIC
brendan@brendanmaguire.ca
349 Herring Cove Road, Suite C
Halifax, Nova Scotia B3R 1V9
902-444-0147

Spryfield Physiotherapy
Your Community Clinic
physiotherapy • massage therapy • psychology • ergonomics
• exercise training • acupuncture • Kinesiologist on site

Monday to Thursday, 8 to 8
Friday, 8 to 4
New patients welcome.
No Doctor's referral necessary.

902-479-7500
357 Herring Cove Road
www.spryfieldphysiotherapy.ca
Day and evening appointments available.

ABC Insurance
ANDERSON BROWN COMPANY, SINCE 1964
HOME • AUTO • BUSINESS • LIFE

"We're the ones your friends recommend"

Connie, Haley, Tom and Mark Anderson, lifelong residents of Spryfield area

902-463-5500
abcinsurance.ca

Dan MacDonald
MOBILE MORTGAGE SPECIALIST

Royal Bank of Canada
33 Herring Cove Road
Halifax, NS B3R 1V5
Cell: 902-817-6678
Fax: 902-421-8867
Daniel.Macdonald@RBC.com
mortgage.rbc.com/daniel.macdonald

RBC Royal Bank

Seniors' Beat: There are a lot of good things about being old

by Beverley Clarkson

A tart cranberry orange scone from Mrs P's Homestyle Bakery in Spryfield is to die for. Well, at least break your diet for. Marilyn Royston also bakes the signature oatcakes that keep Halifax going. You've had them from specialty coffee shops, Costco, Second Cup, Pete's, the Forum market, and big craft shows. In the Bakery, she showcases a range of cakes and bars and cookies, carrot cake, lemon loaf and so on, all handmade from scratch. She bakes them right here in Spryfield along with brother Michael, son Shawn, and daughter Sheri.

The bakery is named after her mother, Mrs Pelley, who had a cafe on Quinpool back in the day. Marilyn worked there for bit and uses the same recipes she grew up with at home. When an opportunity came up in Spryfield in 1991, she grabbed it and moved out on her own. "I was tired of working for everybody else."

"Are you out of your mind?" her daughter in Ontario cried. "You could lose your shirt!" Well, it wasn't a very big shirt. By the time I got it going, I had \$126 to my name," she laughs. "But it just took off. I've never not delivered and I've never had a complaint on a product."

Fit and trim, she wrestles vats of oil and flour into industrial mixers herself and tends the ovens, touch testing doneness with a small rod. It's a full time commitment but she doesn't get tired. At home last night, she peeled apples from the market; before that it was carrot; before that she chopped rhubarb. Oh yes, there's rhubarb pie coming.

"I'm seventy five years old and I'm up at 5:45 every morning but Sunday, paint my face and out the door. I worked seven days last week and I feel good. Nothing wrong with me but a bit of arthritis now and then."

She mostly sells wholesale but if you can't stop in at the Bakery, you can find her at the Forum market on Saturdays and now at the splendid new Spryfield market at the Lion's Club at 111 Drysdale Road. The opening on May 16 was a great success. "There goes my Sunday sleep in."

On the first market day, she figured it was new and not many would know of it yet. She went alone. She was sold out!

"I'm very excited in this community

to have the market with so many different offerings. The first day it was a challenge to keep the tables full but the vendors need to stay so people see them and come back next time." She has a lot of ideas about how to keep it working.

I've seen a number of executives in my time and I notice that Marilyn has a lot in common with them. She puts her finger on a problem, has a matter of fact solution and offers it succinctly when someone asks. Natural executive. How'd she learn that?

"I don't know but I worked a lot of different places, starting as a credit manager. Then I was a single mother with three small children. The best paid job was as a waitress. Or tending bar. I

ran a boat bar for 10 years. Often two jobs at a time. It was a hard life but there were bills to pay for children." She also takes risks and knows when to say enough. "I could expand but it means taking on a whole lot of new commitments. Who needs that! Maybe if I were thirty, but now I am satisfied with what I have built."

So what are her plans? "I'll never retire. And do what? Sit on my butt? Now if I were rich I'd travel. I love cruises. They have everything and you don't

have to get off the ship for a fabulous experience. I had to fly to Florida for the last one, a Royal Caribbean. I used to motorcycle there but not now." Biker chick?

She'd make a terrific advisor to other women starting out in business. Judgment comes hard to most of us and a mentor is a great advantage. I hope someone asks her to share her grass-roots understanding. Small business is the heart of a community and she knows how to do it. For now: rhubarb pie!

Everyone's a
WINNER!

Toonies
for
Change!

50/50 draw
supporting your
community!

Over \$25,000
in prize money
already awarded!

For more information
on where & how
to play visit
tooniesforchange.com



A project of the Rotary Club
of Halifax NW



Replanting at Long Lake

Beavers, Cubs, Scouts, Leaders and parents from the 44th Halifax Scout Group (who meet at Calvin Presbyterian Church, Ashburn Avenue, Halifax) spent Saturday, May 14 replanting trees at Long Lake Provincial Park.

Martin Willison is shown above talking to the 44th Halifax Scouting Group about the importance of "Reforestation"

Photo credit Peter Koskolas, Scout Leader 44th Halifax

BUYING or SELLING a home?

Call the Real Estate Experts!



902.471.2941 | Jill@JILLHANN.ca | www.JILLHANN.ca



Your Family REALTORS®

Lori Hennessey, REALTOR® | Jill Hann, REALTOR® | Sara Hann, Team Administrator

Not intended to solicit those under contract.

STEEL
EXCAVATING
& DEMOLITION
(902)476-0584

- Digging foundations
- Lot clearing
- Installing driveways
- Septic systems
- Drainage
- Demolition
- Landscaping
- Trenching
- and more!

Fully qualified operators and free estimates.

Specializing In:

- Deep Tissue
- Relaxation
- Headache
- Hot Stones
- Cupping
- Weight Loss
- Detox
- Health Products

The Healing Centre
Massage, Therapy and Wellness Clinic

390 Herring Cove Rd.
Halifax, NS B3R 1W5
902-446-HEAL (4325)

GRAND OPENING SPECIAL
60 minutes for \$60.00

<<DIRECT BILLING>>

ROLLSYARD.com
RAISED GARDENS

- Lawn & Garden Maintenance
- Custom Raised Garden Kits using Nova Scotia Hemlock

Call 902-717-1530
"Work Around Chebucto Loop"
Visit our website!

DISCOVERING OUR PAST

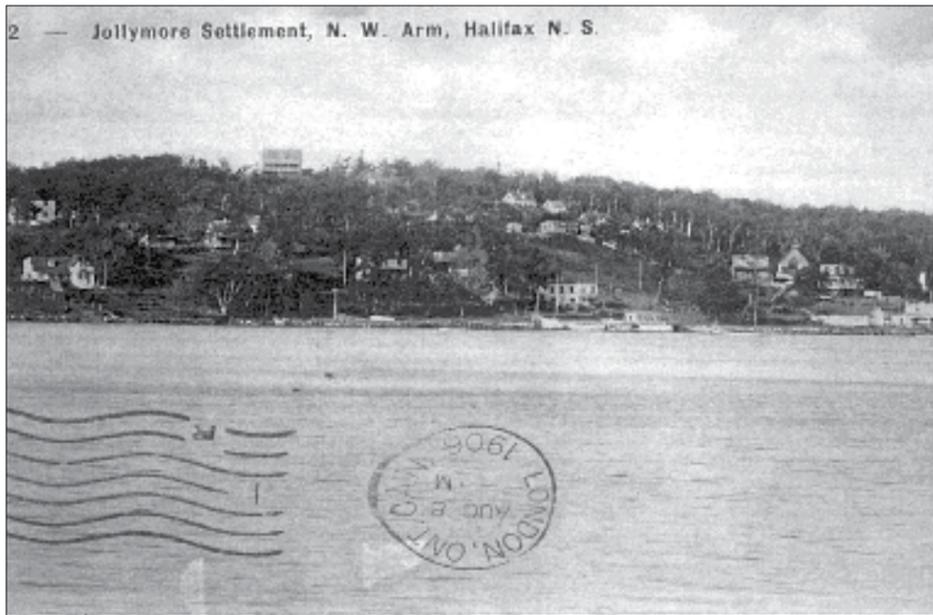
Number 14 McManus Road in Jollimore takes on a new look

by Iris Shea

When you walk along the Northwest Arm path in Jollimore these days, from the Dingle to McManus Road, you will see a major change in the landscape. The house known as civic number 14 McManus Road has been torn down. Beginning in the 1870s, Amos Slaunwhite occupied the first house on this property, a small cottage with a single roof dormer. The lot on which it stood was part of John and Elizabeth Jollimore's 50 acres which Jollimore purchased in 1844 from the estate of John Howe, Jr. Amos married John and Elizabeth's daughter, Louisa, and in 1885 the Jollimores deeded the lot and cottage to Amos and Louisa. When the house was recently demolished it was difficult to see any remnants of the Slaunwhite cottage from the outside but there were, apparently, still traces of it on the inside. The postage stamp on the postcard image shown here was dated 1906. The house on the shore, on the far left, is the house recently demolished. At the time this picture was taken, changes to the original cottage were already happening. Between 1890 and 1898, the cottage had changed hands three more times since Amos Slaunwhite's ownership, each new owner using it as a summer cottage.

Amos Slaunwhite was not only the son-in-law of John Jollimore, he was also his nephew. Amos's mother, Mary Ann Jollimore, was a sister to the aforementioned John Jollimore. She was born at the Northwest Arm in a small house that her parents, George and Sophia (Slaunwhite) Jollimore, built on their 50 acre lot which later became Boscobel and most of Boulderwood. Amos was born at Terrence Bay but settled in Jollimore as a young child with his mother and siblings following the death of his father, William Slaunwhite.

Amos was an experienced stone cutter, a trade that was passed down to him from his many Slaunwhite uncles and which future generations of Slaunwhites followed. He and Louisa had four children. It would appear, from his history of landownership in Jollimore, he was an astute businessman. In 1885 he bought seven acres of land bordering the lot conveyed to him by his in-laws that same year. Today, the seven-acre lot would include all of



This postcard image, stamp dated 1906, shows number 14 McManus Road on the far left. Photo courtesy Mainland South Heritage Society.

Fintigh Mara with Kirk Road running through it. This was the same land the Jollimores sold in 1865 for 35 pounds to noted conchologist (shell collector) John Robert Willis of Halifax. Willis built a two storey house overlooking the Northwest Arm and used it as a summer place. In 1872 Peter Ross of Halifax paid \$660 for the two-storey house and seven acres of land, using it as his summer cottage. Ross was a resident of Halifax and was instrumental in starting Halifax Ladies' College. Ross's price to Amos Slaunwhite in 1885 was \$1000. Slaunwhite took out a mortgage at the time and by 1890 the mortgage was paid in full. Amos Slaunwhite, by 1890, owned prime waterfront property which would be in demand for years to come.

When his mortgage was paid off in 1890, Slaunwhite decided to sell the small cottage his in-laws had deeded to him in 1885 (number 14 McManus Road). Edward and Sarah Mitchell

purchased the cottage and lot with its 35 feet of waterfrontage. It measured 64 feet across the back and was 238 feet deep. Mitchell was a Halifax photographer and spent two summers in the cottage before selling it to Reverend Francis Partridge, DD, for \$1400. Partridge was the minister at St. George's Anglican Church in Halifax. When Rev. Francis and Marie Partridge sold the lot and cottage to Halifax merchant Guy Hart in 1898, he was already living in Fredericton, NB as Dean of that Anglican Diocese. Hart paid \$900 which was substantially less than what it sold for in 1892. Partridge may have been anxious to make a quick sale. Guy and Helen

Hart remained here as summer cottagers until 1918.

The next property owner of number 14 McManus Road was Major Charles Grant of the Royal Canadian Artillery. The deed of sale included a restriction that prevented the construction of any building on the property that would obstruct the view of the Innes house which was directly behind this property (number 12 McManus Road). That house was replaced by its present owner. The next owner of number 14 McManus Road was Samuel Hussey, a teacher at the School for the Blind in Halifax and a blind man himself. He lived there, off and on, with his son John and daughter-in-law Hattie who became permanent residents. Samuel Hussey died at 14 McManus Road in 1964. John Hussey was active in the community and in St. Augustine's Church. He served as School Board trustee for several years, representing old Cunard School and John W. MacLeod School. Following the deaths of John and Hattie Hussey, the house passed to Mrs. Hussey's nephew. Following his death, Warren Robertson owned and occupied the house for several years, until it was sold this past year. He grew up in Jollimore, just across the street at number 13 McManus Road.

Number 14 McManus Road will live on in the memories of local residents, but another house will replace what was there. I look forward to seeing its replacement.

POPCORN MACHINE AVAILABLE Free of charge!!!

Did you know that **Water 'N' Wine Spryfield** has a popcorn machine that they loan out to schools and community groups **FREE OF CHARGE?** Contact them now at 902-477-9463 or waternwinespryfield@gmail.com to reserve the machine for your next event!





Your other family doctor!

Halifax Veterinary Hospital
6485 Quinpool Rd • 902-422-8595

Fairview Animal Hospital
The Village at Boyer's Rd
2071 Boyer's Rd • 902-443-9385

Spryfield Animal Hospital
320 Herring Cove Rd • 902-477-4040



visit our website
www.HalifaxVeterinaryHospitalinc.com

 The Standard of Excellence

Complete Care and Well Being for the Life of your Pet!



MacLeod's Auto Service

Computer Diagnostics, Brakes,
Welding, MVI, Exhaust,
Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm

44 Herring Cove Rd.

902-477-4682 / 902-431-2886

UH Oh! IT'S TAX TIME!

Take the stress away and let a pro take care of your taxes.

additup.biz
Accounting & Tax Solutions

It costs less than you think!

We specialize in:

- personal and corporate tax returns (we efile too!)
- trust tax returns
- year-end financial statements
- small business bookkeeping
- non-profit bookkeeping

Angela Pellerine, Certified Management Accountant
additupinc@hotmail.ca
www.additupinc.com



**WE ARE MOBILE
WE COME TO YOU!**

902-499-8076

Looking for a Dental Office closer to home? Herring Cove Community Dentistry

303 Herring Cove Road
(902) 477-9457

Office Hours

Monday: 9-5

Tuesday: 9-7

Wednesday: 9-7

Thursday: 9-5

Friday: 9-3

Letters to the Editor

To the Editor:

With all of the controversy over bus 402, I wanted to share my story and show my support for continuing this route. I was living in town, on a city bus route... single mother. Then my dad fell ill. I moved back down to Williamswood to help out around the house (mom has had two shoulder + one knee surgery within the last few years)... so to do just the basics like shoveling, mowing, even putting on a load of laundry in the basement is near impossible for them without help. I am also trying to hold down a job (as opposed to going on assistance), but don't own a car at this time. I take the 402 every morning at 8:30 just to make it to my Dartmouth office for an 11am shift, then get the last run home in Spryfield at 7:30pm. So I basically get my son to the school bus

at 7:15am, then run off to work an hour later, and get back here at 8:12pm just in time to put him to bed. Not complaining, just thankful that I have the option to get into town and work for a living, instead of having to be on welfare. I know I am not alone in this struggle, and can't imagine what my life, and the lives of my parents, would be like if they stopped running the 402.

To the Editor:

As a tax payer who resides within the Sambro Loop I am sick and tired of watching an empty Metro Transit bus pass by my property Monday to Friday month after month. This is nothing short of a gross waste of our taxpayers dollars. I have lived in the Sambro area over 60 years and this has been the fourth attempt to introduce bus service

to the Sambro Loop. All have failed because of low ridership. I also recall prior to the introduction of this service, a survey was conducted by HRM Staff to determine whether the residents of Sambro Loop were in favor of supporting this service through a special increase to their tax rate. The majority voted NO. Yet a year later Councillor Adams saw fit to instruct Metro Transit to introduce the service. When further objections were raised Councillor Adams stated that it would be a one year trial and if ridership was not up to reasonable standards then the service would be discontinued. I do not believe that 4 or 5 passengers at any given time (once a day) reaches a reasonable standard of ridership. Yet three years later the service still exist.

I would like to point out that Route

402 only serves approximately 50% of the residents who reside within the Sambro Loop. The remaining residents live too far from the nearest bus stop. Yet they are all able to get to work or school or medical appointments, etc.

Councillor Adams I urge you to put an end to this frivolous and gross waste of our taxpayers dollars.

Elizabeth Sutherland students' E-Cigarette project wins Award

Julia Sampson and Emily Rafuse, grade eight students from Elizabeth Sutherland Junior High in Halifax, competed in a field of 49 projects bringing home top honours from the Canada-Wide Science Festival (CWSF) at McGill University in Montreal, May 14-21. Their entry, "E-cigarettes: A Risk Factor for ALS?" won in the junior (grade 7 and 8) division.

This year there were 416 projects in junior, intermediate, and senior categories from across Canada. The CWSF brings science, technology, engineering and math out of the classroom, celebrating Canada's brightest young minds and inspiring thousands of visitors.

To qualify the girls advanced from their school science fair to the Halifax Sci-Tech Expo, held April 1 at St. Mary's University. There they competed with 40 other projects for one of five projects selected from Halifax schools to advance to the CWSF.

At the CWSF, Julia and Emily won The Society of Toxicology Award, presented to an outstanding project related to public or environmental health that helps create a safer and healthier world by advancing the science or increasing the impact of toxicology. Their project showed that low levels of formaldehyde, a substance found in e-cigarettes, kills motor neurons. Motor neuron death eventually causes the fatal disease Amyotrophic lateral sclerosis (ALS). They also showed that motor neuron death from formaldehyde is more pronounced when the cells are predisposed to develop ALS, suggesting a possible role for e-cigarettes in triggering this disease.

In addition to \$500 and a certificate, Peter Schiefke, Parliamentary Secretary to the Prime Minister (Youth) visited with, and congratulated, Julia and Emily on behalf of Prime Minister Trudeau. Both students agree it was an amazing science week and they both really enjoyed meeting other like-minded teenagers from all over Canada.

The CWSF began in 1962. For more on the awards program: <http://cwsf.youthscience.ca/>

Chebucto News Business Directory

Community businesses serving community needs.



ROLLSYARD.com
RAISED GARDENS

- Lawn & Garden Maintenance
- Custom Raised Garden Kits using Nova Scotia Hemlock

902-717-1530
Visit our website!

Lewis Fancy
Trucking & Excavation

- Topsoil \$300.00 tandem load (taxes extra)
- Fill, gravel, drainage work, culverts & driveways
- Excavation for foundations & additions
- Demolition

902-477-2460

MONAT Canada
Modern Nature Anti Aging Haircare

Discover visibly longer, fuller, stronger, younger looking hair in just 90 days, guaranteed!

Nicole Stallard
Independent Market Partner

Herring Cove, NS
<http://nicoles.mymonat.com>
ns_monat@eastlink.ca
902.401.1392

BOTOX & JUVEDERM

Now available at:
Atlantic Medical Clinic
in the Halifax Shopping Centre
Treatments by physician only

Call for an appointment at 902-455-4333

MacLeod's Auto Service

Computer Diagnostics, Brakes, Welding, MVI, Exhaust, Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm
44 Herring Cove Rd.
902-477-4682 / 902-431-2886

The Blooming Café

355 Herring Cove Road

- Daily Lunch and Dinner Specials
- We Serve Breakfast All Day
- Catering Available for Groups and Events

902-407-8835

Purcells 2004
Barbering & Hair Cutting

353 Herring Cove Rd.
902 477 0717

GREEN ROOTS LANDSCAPING

Lawn Care Specialists
Visit our website for details and book your appointment today!

902.220.6480
www.greenrootshalifax.com

Cuts of Class Hair Salon

355 Herring Cove Road
Men's haircuts \$10. + hst
FREE Eyebrow Waxing with ladies' cut
Offer Expires June 30, 2016

Call 902-477-7351 for appointments

Spryfield Denture Clinic

Service direct to the public

Melville Professional Centre
15 Shoreham Lane

902-479-2453

STEVE MURPHY'S AUTO SERVICE
- Wilson's Fuels -

3.5¢ per litre off for cash/debit every day

225 Ketch Harbour Road - 902-477-4160

Complete Collision & Mechanical Shop Services
Body Repairs and Painting • Bench Frame Straightening
Undercoating • Sandblasting • Mig Welding • Furnace Oil

Kiss My Grass
Lawn Care

Terry Gray
902 412 3282

Green is the prime colour of the world, and that from which its loveliness arises
Pedro Calderon de la Barca

BLADE LAWN CARE LANDSCAPING
YOUR PROPERTY IS OUR PRIDE

Since 1993

Landscape Construction & Property Maintenance

902-499-2823
www.bladelandscaping.ca
Celebrating Over 20 Years in Business

Sirius Grooming in your home

Dog Star
Sheila Burke
Professional Groomer
902-225-5210
sheilaburke@hotmail.com

Advertise in Chebucto News, Call Dan at (902) 479-6397

The Scratching Post



by Sarah Fraser

Please send questions or comments to: thescratchingposthalifax@gmail.com
The Great Indoor or Outdoor Debate
Just like parents who have actual children, parents of fur kids will never unanimously agree on what is best for their wards. People who equally love their cats will either passionately defend their right to explore the great outdoors or demand their kitties never be allowed to free roam. There are pros and cons of each, so this month, I decided to lay it all out for you to decide and make an informed decision.

Cats are such independent creatures, it's hard to imagine they need our protection and intervention to keep them safe, but sometimes they do. If the decision were left up to your cat and they could communicate it to you, they would almost without a doubt tell you to let them run free. Cats enjoy fresh air, sunshine, hunting and exploration.

Mandy Gray lives in the Spryfield area and has a well-loved, well cared for, seven year old Maine Coon mix female that is indoor/outdoor. Mandy had every intention of keeping her cat strictly indoors, but the busy life of a family with several children coming and going coupled with kitty's desire to roam made it difficult.

"We were only successful in keeping her inside for a few months before she escaped," said Mandy. "We went after her but she took off into the woods. We thought she was gone, but she came home a week later. Since then, despite our efforts, she chooses to be outside much of the time. She comes in when she is hungry or wants some attention or if it's really snowy or rainy."

Despite her cat's desire for the great outdoors, Mandy would rather her cat be content to live only indoors and admits it's safer and healthier.

"She is a natural hunter and very much at home outside," says Mandy. "She is smart, she sticks close to the house or has a little hideout in the woods, she doesn't go near the road and she leaves us presents of dead rodents outside the door."

Although I have yet to hear a complaint about cats cleaning up rodent issues, various avian welfare groups are concerned with bird deaths. Not all people lobbying for cats to remain solely indoors are cat lovers. In addition to a cat's natural inclination to hunt and kill wildlife, they can wreak havoc on garden beds and outdoor furniture and make a decent mess of your lawn.

A cat outdoors can also be jeopardizing his own health simply by interacting with other cats. There are a number of communicable cat diseases and parasites that are potentially lethal to your furry friend, and let's not forget, your cat is not the only predator out there. In our area, eagles have been spotted carrying off cats as have coyotes, foxes and dogs roaming at large.

Marie Leloup also lives in the Spry-

field area and is a volunteer with several cat rescues and is a true cat aficionado. She says the decision to keep her three cats indoors was not an easy one. Two of her cats, a mother and son duo, are from Italy and were used to their time being divided between indoors and outdoors while Marie was in the Canadian Forces stationed in that country (Thank you for your 37.5 years of service!). They lived this way for three years until Marie moved back to Canada.

"At first I kept them indoors so that they could adjust to their new home. During this time I realized that they seemed quite content inside and I also became aware of the perils of being able to go outside," said Marie. "I decided to try to keep my cats indoors. It has not been difficult. They have adjusted well and seldom show any interest in the outdoors. In my opinion they are happy, healthy, safe and well-adjusted cats."

Regardless of whether or not you chose to allow your cats to be strictly indoors, or if you tend to lean to the side of allowing them much desired freedom, please SPAY AND NEUTER your cats. Kitten season is upon us and many rescues and shelters are filled with cats and kittens that need homes. For every kitten that is birthed and rehomed, a shelter/rescue cat languishes while waiting to be adopted.

Ask a pet Vet

Question: How do I Prevent Licking or Chewing at the Skin specially with dermatological conditions

Answer: Pets generally lick or chew at their skin for one of two reasons: itchiness, which is the more common reason, or compulsive behavior. In either case, the underlying cause must be managed, and this usually requires a visit to the veterinarian to determine the diagnosis. However, you can take certain steps to minimize the self-trauma a pet can inflict on its skin while awaiting the veterinary appointment or in cases of sudden flare-ups. The following approaches are meant to be temporary and should be used while awaiting or together with (but never instead of) treatment of the underlying cause.

Equipment/materials that may be useful in preventing further damage while awaiting a vet visit would be such things as: Elizabethan collar (E-collar), which is commonly used after surgery to prevent pets from licking a surgical area; a child sized tee shirt, sweatpants, or socks, may be placed on the pet, just like on a human, to put a protective layer between them and the irritation; Bitter Apple is actually a spray that does not taste good to animals, and may prevent them from chewing on the area of concern (never spray the irritated area, instead, spray the unaffected skin around the irritation).

Always remember that these techniques for stopping licking and chewing are only temporary measures. The trigger

that causes this behavior must be found and treated for the best long-term results.

Pets can become extremely creative in removing items you have placed on them to discourage them from licking and chewing. Be sure you can monitor them with the device you have created to prevent them from damaging it or getting around it to lick the area of concern; especially socks, T-shirts, and other fabric. If there are signs of chewing on these barriers, you should consider switching to another technique, because

Sammy says

The Trash Busters braved the rain and collected over 5 truckloads of garbage from the Sambro and Pennant areas. It certainly makes for a more pleasant walk around the neighbourhood! We dream of the day when these cleanups will not be necessary; when people show more respect and choose not to litter in the first place.

SACA has organized a paint night featuring the Sambro Light on Saturday June 4 at 7 p.m. at Harrietsfield Williamswood Community Centre. Join us for fun, painting and drinks. The cost is just \$45 and you can sign up at Eventbrite.ca under SACA Adult Paint Night.

Plans are in full swing for Sambro's Sou'Wester Days, scheduled for August 5-7, 2016. As you can imagine, a festival of this size requires a great deal of planning and assistance from the community. There are many ways you can help, including bartending, preparing and serving food, helping at the children's carnival, providing baked goods, donating water, pop or juice

a very ambitious dog or cat may chew and eat the barrier, causing an intestinal foreign body and intestinal obstruction requiring surgery.

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

Their vet service is second to none, and their prices are affordable, but most importantly, they treat your pets with the utmost respect, care and compassion.



boxes, helping with set up, tear down or cleanup, selling tickets, providing financial sponsorship, and more. Let SACA know how you can pitch in by phoning 902-475-1583 or emailing sambroarea-communityassociation@gmail.com. More details of events will follow.

The T-shirts for Kyle MacKay's Memorial Tailgate party (this year scheduled for the afternoon of August 6th in the Sou'Wester Festival's community tent) were such a hit last year, pre-orders are being taken now. Tanks and Ts in both women's and men's styles are available for just \$20 each. To get yours, contact Kim MacKay at 902-475-1583.

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

Summer is almost here
at Spryfield Dentistry
—get prepared to smile!

Ready for Prom?

Get a great smile for
that great outfit with
our Teeth Whitening
treatment!

\$99

(Clinical Assessment May Be Required)

Offered until June
30, 2016, so call
today!

**SPRYFIELD
DENTISTRY**

Spryfield Dentistry

902.477.8252

Located next to Capital Health
Spryfield Shopping Centre



www.waternwine.com



217 Herring Cove Rd.
902-477-9463

Earn Air Miles®
on all of your purchases!



Win A Free Winery Service!

A \$49.95 Value!

2 Winners A Week!

2 Ways To Win!

1 In Store:
Every Wine Kit Purchase until June 30th. gives you a ballot for a weekly draw for 1 FREE Winery Service

2 On Line
Visit our facebook page like, comment and share the contest post and you will be entered to win. 1 FREE Winery Service will be given away each week. Enter once a week until the end of June for a weekly chance to win.

No Cash Value. Cannot be combined with other coupons or offers.

June Special



\$10. OFF

Grand Cru International
California White Zinfandel
South African Chenin Blanc
Italian Pinot Grigio
or
Australian Sauvignon
Cabernet

until June 30, 2016

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.



www.waternwine.com ● facebook.com/winekitshalifax

Hero Cop honoured by Province



Left to right: Minister of Justice Diana Whalen, Constable Johnson, and Brendan Maguire, MLA for Halifax Atlantic

by Sarah Fraser

To say Constable Kevin Johnson is a hero is an understatement.

Many Spryfielders will remember the fire that originated at Roaches Pond on April 30, 2009. The blaze began as an unextinguished camp fire that was initially not a hazard, but flared up the next day. The fire had a devastating impact on the people involved in fighting it, the people who lost their homes to the blaze (12 in total), and Constable Kevin Johnson, a Halifax Regional Police officer who was a responder.

Initially, Cst. Johnson wanted to

survey the spread of the fire from a high point of land, so he proceeded to York Redoubt with the intention of insuring public safety. At approximately 3pm, the winds picked up and Cst. Johnson found himself looking at a devastating wildfire. Although he did not have fire-fighting gear and equipment, he bravely jumped in to action.

“I went out to Aarons Way and it was already on fire.” said Constable Johnson. “Everywhere you looked, there were fires starting...it was the ash hitting the ground. I went down as far as I could, clearing houses. Then I heard

someone was trapped on Fortress Drive (the next road). When I went down Fortress Drive, there were 8 people in total that needed help getting out. Everything was on fire. I went down one last driveway which I didn't think had a home (and it didn't), but that made it so that I ended up in there for the wildfire. It was a 20 story freight train. It was a wall of flames that came through and went right around me in the cul-de-sac. I couldn't get out, couldn't get to the lake, tried to get to a pond in somebody's backyard and couldn't get to that. What ended up happening is I gave up. The road in front of me was just black and flames.”

“I tried to drive out and I couldn't. What I ended up doing was driving through it (the smoke) and when the tire would go off the edge I'd go the other way. It was about 280 feet. I had zero visibility. I couldn't even see the windshield wipers. We had reports of people still trapped on Aaron's Way and even after I got out, we went back in three times. We kept clearing homes.

Despite the trauma of being caught in the middle of the fire, if you ask him if he would do it again, his immediate answer is always 'Yes'. Constable Johnson said, “The chances are, somebody would have died that day. I have no regrets about going in.”

Constable Johnson, unfortunately suffered permanent disabilities. He sustained nerve damage from his neck to the tips of his fingers. With the help of

physiotherapy, he manages physical pain. His lungs are also scarred with some permanent damage and irreparable damage due to the smoke inhalation resulting in asthma attacks. He has also been diagnosed with severe Post Traumatic Stress Disorder. He has been paired with a service dog, Maggie, who he credits with helping him live his day to day life now. He has been able to overcome debilitating nervousness, fear and pain and is incredibly thankful to Paws for Thoughts and the Mental Health Foundation for putting her with him.

The Province of Nova Scotia Honoured Kevin Johnson on May 3 with a Heroism reward for his actions that day. Brendan Maguire, MLA for Halifax Atlantic, was there and later said “The day of the Purcells Cove fires is a day our community will never forget. It was because of heroes like Kevin Johnson that our community remained safe. I have been able to help many people during my years as MLA, but being able to honor a hero like Kevin will go down as one of the greatest moments of my career.”

Kevin Johnson was born and raised in the Spryfield area and became a Halifax Regional Police officer in 1999.

On behalf of our community, The Chebucto News would like to thank Constable Kevin Johnson for his service and his brave actions that day for the people of Spryfield.



You are invited
to celebrate the 20th Birthday of the
Urban Farm Museum Society of Spryfield

Please join us for memories and cake,
marking twenty years of growing
gardeners and gardens.

Monday, June 13, 2016
7:30 – 8:30 pm at Captain William
Spry Community Centre, Sussex Street,
Spryfield

The Urban Farm Museum Society of Spryfield promotes rural traditions in urban places. We do this through education and actual food production by bringing young and old together. We are reviving the farming heritage of Spryfield by creating a working farm museum in the heart of our community.

The festivities for our 20th birthday follow on from the Annual General Meeting which begins at 7 pm. You are welcome to attend the AGM.

UFMSS thanks the United Way, Toonies for Change, HRM and many volunteers for their generous contributions. Follow us on Facebook – Urban Farm of Spryfield Visit our website: www.urbanfarmspryfield.com

**ANDY
FILLMORE**
MEMBER OF PARLIAMENT
HALIFAX

Contact me!

1888 Brunswick St Monday-Friday
Room 808 9am-12:30pm
Tel: 902 426 8691 1:30pm -4:30pm

andy.fillmore@parl.gc.ca

FOLLOW ME

on Twitter, Facebook & Instagram

@AndyFillmoreHFX



UH-OH! IT'S TAX TIME!

Take the stress
away and let a pro
take care of your
taxes.



additup.biz
personal, corporate & trust accounting services

We specialize in:

- personal and corporate tax returns (we efile too!)
- trust tax returns
- year-end financial statements
- small business bookkeeping
- non-profit bookkeeping

**WE ARE
MOBILE.**

**WE COME
TO YOU!**

Angela Pellerine, Certified Management Accountant

additupinc@hotmail.ca

www.additupinc.com

902-499-8076

LOCAL OBITUARIES

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

Lt.-Cdr RCN, CAF, CD, Ret'd Sidney Charles Gould

Age 93, Spryfield, passed away suddenly at home April 29, 2016. Born in Barking, Essex, England, he was the son of the late Sidney and Jessie (Faulkner) Gould. He served in the Royal Navy during the WWII, on convoy duties in the North and South Atlantic, later in the Far East. He joined the Royal Canadian Navy on March 3, 1954 after being recalled to the RN during the Korean conflict. Sidney served in HMCS Magnificent and Stadacona. Commissioned from the ranks in 1960, he served in Cayuga, Terra Nova, Settler, Sussexvale, Beacon Hill and most ships on the West Coast during and appointment with Sea Training Unit (Pacific), in which he was Senior Staff Officer and Staff Officer (Operations). His final appointment was Canadian Armed Forces Headquarters, Ottawa from where he retired in December 1972. Sidney was extremely proud of being the last captain of the last operational Prestonian Class Frigate, HMCS Beacon Hill, his love of the Navy never failed. In civilian life before and after the RCN, he was employed in the Shipping and Forwarding business; and as a London "Bobby" in 1947. He held a Master Home Trade Steamship Certificate of Service Master Foreign-Going Steamship and was employed by The Bedford Institute of Oceanography and the Naval Shipyard small vessels, also worked with his late wife Esther for the Missions to Seamen, Halifax. Sidney's hobby was magic and conjuring and was a semi-pro magician before, during and after CAF service. He was a member of the Company of Master Mariners of Canada and the Naval Officer's Association. He loved spending time on his computer exploring his extensive interests, particularly historical events. Sidney's beloved wife predeceased him in December 2005 after 59 years of marriage. Three years after Esther's death and until his accident in 2013, when he broke his shoulder, the owner, staff and clients of Ready To Rumba, Herring Cove Rd, became a major part of Sidney's life where he participated enthusiastically in fitness classes and ballroom dancing. He was always ready to show off his dance moves! He will be greatly missed by many. In lieu of flowers, contributions may be made to the QEII Health Sciences Centre Foundation or a charity of choice.

Melvin Joseph Gray

Age 87, West Pennant, passed away peacefully surrounded by his loving family at the VG site, QEII in Halifax. He was born in West Pennant where he resided until his passing. He was the son of the late Joseph & Lillian Gray. Melvin passed away 75 years (to the day) that his father passed away. Melvin was a fisherman for most of his life and passed down his love for fishing to his son Andrew and grandson Brandon. He went lobster fishing right up until December 2015. Melvin's hobbies included rabbit hunting, golfing and walking at Crystal Crescent Beach. Melvin was the last surviving crew member of the sword fishing vessel - Angela B. Mills,

which he and six other crewmembers were lost at sea off of the Grand Banks of NL in 1956 (during hurricane Betsy) and survived seven days in the North Atlantic after rowing 300 miles in dories before being rescued. He is survived by his wife of 52 years, Patricia (Snair). He was a loving father to his sons, Andrew (Nicole) of West Pennant & Glenn (Trina) of East Pennant and grandchildren; Kelsie, Brandon, Emma, Ashley and Cody; great-grandchildren, Kaiden and Ella. He is also survived by his sisters, Shirley Miller, Margaret (Don) McGrath, Claude (Linda) Gray and many nieces and nephews. He was predeceased by his sister, Madeline (Brenton) Gray and brother-in-law, Harold Miller. A heartfelt thanks to the nurses at the Halifax Infirmary (7.4) and VG/Palliative Care (7A). Also, we would like to thank J. Albert Walker Funeral Home in Spryfield for helping us through this very difficult time. Donations in Melvin's memory can be made to the Heart & Stroke and/or Diabetes foundations.

Hawley Eugene Sr. Borden

Spryfield. Passed away peacefully in his sleep on Wednesday May 4, 2016 at QEII Halifax Infirmary. He was the only child of the late Pearl and Lyle Borden. Hawley was born on March 25, 1930 in New Glasgow, Pictou County. He was a Steeplejack for 20 years in Montreal and was a boxer in New Glasgow, trained by Sparky. He was the loving father of Devina's children Pearl, Ida, Hawley Jr. of Toronto; Alice's children James, Kenneth, Dean and twins Hawley and Lynn of Montreal. Hawley is also survived by his grandchildren Jason, Kortnee, Joshua, Quinton and great granddaughter Sarina. He was predeceased by his mother Pearl Borden; Father Lyle Borden and Wife Devina Borden. He will be greatly missed by his special friends Darline Jefferies, Hugh Sutherland and Chester Downey.

Florence Irene Isnor (Awalt)

Age 82, Spryfield, passed away peacefully at the V.G. Site, QEII on May 4, 2016. Born in Halifax, she was a daughter of the late Daniel and Helen (MacDonald) Awalt. Our mother was a loving caring person. She donated her time by knitting squares for blankets for charity and always donated to the Food Bank. She enjoyed camping, dancing, movies, shopping and watching her favorite shows, Days of Our Lives, the Game Show Network and Coronation Street. Florence is survived by sons, Joseph (Janet), John, James (Charlene), Albert (Niecey); daughters, Marsha Slaunwhite (George) and Patty (Allan), all of Halifax; brothers, Arthur (Eleanor) and John (Verna); sisters, Roberta (Gerald), Madeline, Marion and Darlene (Bill); grandchildren George (Gina), Michael (April), Lisa (Andrew), Adam and Angel; great grandchildren, Alex, Jase and Madeline. She was predeceased by her husband Albert; daughter-in-law, Debbie; brothers, Michael, Daniel and Frankie; sister, Mary. The family would like to thank the doctors, nurses and staff of the third floor ICU V.G. Hospital.

Mary Ann Marsman (Julian)

Age 60, Spryfield, passed away peacefully on May 15, 2016 at the Halifax Infirmary, QEII. Born in Halifax, she was a daughter of the late Ronald and Bessie (McDow) Julian. Mary is survived by loving husband, Edward; sons, Edward, Joey (Margaret), and Mathew (Logan), all of Halifax; brothers, Carl, Gary and Chris; sister Gail; grandchildren, Myranda, Alexis, Lacey, Samantha, Dominic and Alicia and several nieces and nephews. She was predeceased by grandson, Jeremie; sisters, Donna and Sharon.

Joseph "Joey" K. Zinck

46, Spryfield, passed away on Wednesday, May 18, 2016 in the QEII New Halifax Infirmary. Born in Halifax, he was a son of Kenneth and the late Sandra Zinck. He will lovingly be remembered by his daughter, Chloe; brother, Kenny (Kelsey); nieces and nephew, Natasha, Terri-Lynn, Candace and Aaron; great nieces and nephews, Ashlyn, Brooklyn, Brian "Bert" and Aidan. He was predeceased by his mother, Sandra and brother, Terry.

Sports Continued from page 11

Carrolls, Pyke, Canadian National & Pan Am Championships



HP Atlantic Taekwondo Centre's Coach Pyke and her athletes return to Nova Scotia with a few more notches under their belts. Carrington (CC) Carroll won her 6th straight Canadian National Title in Calgary finishing the day with two wins in the final 15-8 and 13-0 over her opponent from Ontario.

Jackson Carroll fought his way to his 3rd Canadian Senior Men's Title. Jackson went 4-0 on the day with wins of 35-5, 28-27, 16-9, and winning the Canadian Championship finals with a tally of 13-5. His performance in Calgary not only earned him the overall Senior Men's MVP for the Championships, but a berth on the 2016 Canadian Pan Am Team travelling to Mexico in June where he will join his brother, Hunter, who won a wild card berth by winning the Pan Am University Champions last fall in NY.

Closing out the National Championships, Charlie Haynes earned his first Canadian National medal with a strong comeback effort going 4-2 for the day for the bronze, and strong performances by the rest of the Team.

Supporting Your
Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

YOUR COMMUNITY FUNERAL HOME

HONOURING
THE LIFE THAT
HAS BEEN LIVED

Have you seen our renovated
and redecorated facilities?

- New arrangement offices
- Comfortable visitation rooms
- Fully renovated Chapel
- New reception area

Offering
preplanning &
cremation services.

**J. ALBERT WALKER
FUNERAL HOME**
149 Herring Cove Road

Erin D. Jennings
Owner &
Managing Director

902-477-5601

Independently Owned & Operated



Hunter Malay and Dillin Dempsey Pose with some of the delicious food being served at the Tenth Anniversary O2 Dinner

by Ciara Harris

On Thursday, May 12th, the Options and Opportunities program at J.L. IIsley celebrated the tenth anniversary of their year-end dinner in support of the Chebucto Family Centre. Students worked with chefs from the Prince George Hotel to create a menu reminiscent of an evening in Europe, featuring French and Italian cuisine. Head Chef BeeChoo Char led a team from the Prince George, which included an additional cook and a catering coordinator to help with the project. Options and Opportunities students were split up into several teams to produce the O2 Dinner, working on tasks such as promotions, communications, decorating, and cooking. Students prepared for the dinner for about a month; they focused on areas such as inventory, marketing, and logistics around ticket production, and decoration. They also had to participate in a training session with the chef from the

IIsley presents: The Tenth Anniversary O2 Dinner

Prince George.

Carol Logan, the Director of Human Resources at the Prince George Hotel, was instrumental in helping organize the event. She has been involved for 10 years with running this dinner and is very supportive of the partnership between J.L. IIsley High School and the Prince George.

Around 150 patrons enjoyed a feast that included homemade focaccia bread, charcuterie, salad, stuffed meat balls, angel hair pasta, porchetta, spring vegetables, and hand-made eclairs for dessert. There was French music playing in the

background, and images from this year's O2 program were flashing on the screen. Families, community members, staff and students were present to enjoy the event. Brendan McGuire, MLA for Halifax Atlantic, brought his family to the dinner as well. Tom McCutcheon, IIsley's Options and Opportunities coordinator, was very pleased with the success of the O2 dinner. "The Options and Opportunities Program gives students more hands-on learning experiences with a career focus. It's designed to prepare students for successful transitions from high school to work, a

career path, or a post-secondary program. O2 provides multiple opportunities for cooperative education, where students learn in community and workplace settings, link their in-school learning to the workplace, and enhance their employability skills. That's why something like this dinner is such a great success."

The IIsley community is proud of the success of the Options and Opportunities program. Current grade 9 students who are interested in the O2 program can contact J.L. IIsley at 902-479-4612.

What's in a name?

Ever wonder about the process involved in changing the name of a street? Or why certain names get chosen? There is far more to it than just removing a sign and replacing it with a new one.

First, an argument needs to be brought forth that a street name needs to change. Often, this is due to an alteration of the existing street. Sometimes a new fork has been added, or a straightening of the road has changed the way it runs. When these types of alterations occur, it becomes a safety issue for those in need of a first responder. This truly is the most important factor when considering a new name for a street. Is it going to be confusing to first responders in the event of an emergency. Will First responders know which street has the emergency.

Once it has been determined that a street

needs to be renamed, property owners on the affected street are brought in to process. They are informed of the need to change the name, and are invited to participate in the renaming process. When renaming a street, preference is given to a name with an attachment to local history. Once home owners put forth their suggestions for names, the process of vetting begins.

The new street name must meet certain prerequisites. It must not be offensive, or celebrate an offensive person or time in history; it must not be close enough to another street name in the local area for first responders to get confused; and it must be a single word name. There are "double-barrel" names, but they require a special application process under the "Commemorative Name Policy".

Should the home owners be unable

to come up with a name that meets the criteria, research is done to find a name that does meet all of the requirements. At that stage, a letter is sent out to the home owners and they can veto the new name with a vote of 51 percent. In other words, should the majority of home owners find the new name to be suitable, it gets sent before the council for approval.

Once the council has approved the new name, a date is set for the name to go into effect. A week prior to that date, a press release is sent out informing the public of the name change.

From start to finish, choosing a name for a street can be a very long, time consuming, process which requires a great deal of thought, discussion, input and research. Certainly lends a bit of weight to the question "what's in a name".



Now offering Gel Nails & Lash Extensions



SUMMER SPECIAL:
June & July
\$99

for Full Set of Lash Extensions!



Our BIG Welcome to Esthetician Melodie Zanet!

Soooo EXCITING that we now carry Youngblood mineral make-up and offering Make-up Lessons, Make-up Applications & customized orders.

We have all your PROM needs call us to reserve your next appointment!

Salon Eight-Sixty

Salon Eight-Sixty inc features Redken hair products, Moroccan Oil and Dermalogica skin care products.

Call today to reserve your hair or esthetics appointment or email bookings@saloneightsixty.ca

902-407-8600

860 Old Sambro Road

www.saloneightsixty.ca



Cell: 497-3633
Fax: 475-3338

- Split loads available — 2 different products can be delivered with only one delivery cost!
- Black, brown and red bark mulch
- Screened topsoil (stored inside year round), garden soil, compost and fill
- 1 inch clear gravel, 3/4 inch clear gravel, 1 inch crushed run gravel, crusher dust
- Decorative landscape stones, 3/8 inch pea-stone, 1 inch & 1-3 inch naturally round washed stone, 3/4 inch yellow granite stone
- Masonry & septic sands available
- Disposal site of brush, leaves, lawn clippings, asphalt, concrete, rock and brick

STEBRAN RESOURCES INC

For All Your Landscaping Needs

stebran.inc@eastlink.ca www.stebran.com
Located at 860 Old Sambro Road



Reg Horner
Memorial**Chebucto News Sports Page****Chimo kicks butt at Martial Arts Festival!**

by Sarah Fraser

May 14th saw the third annual Grasshopper's Hanmadang and Martial Arts Festival take place at the Citadel High School and it was a smashing success!

Constable Phil Power, with the Halifax Regional Police, founded and runs Grasshoppers Martial Arts School. Master Power, as he is referred to in the taekwondo world, doesn't only instruct TKD; to him, it's a way of life that involves his entire family.

"The Hanmadang is basically translated to a "martial arts festival". I have travelled to Korea and they are very family oriented. They make celebrations out of small things and I wanted to do the same in Halifax for the martial arts community," said Master Power.

The festival included six local TKD clubs, and students ranging from White belts to black belts and higher had the opportunity to demonstrate their skills through a variety of fun competitions including board breaking, an obstacle course, highest kick, World Taekwondo Federation forms (poomse), creative forms, demonstrations and family/group forms.

"Every school that attended really brought their "A" game," said Master Power. "Chimo's students overall were top notch taking in the most medals of the schools in attendance. Chimo won top overall school for points and two of their students also won grand champion for top student in their belt category. Their school spirit and comradery were outstanding. A job well done by Master Large, his instructors, and students."

The spectators at the event as well as parents and competitors were thrilled with the demonstration of skill and hard work put forward by everyone in the sport. Certainly none were more pleased than Master Doug Large, Head Instructor, owner and founder of Chimo Taekwondo located at Calvary Baptist Church on 91 Thornhill Drive.

"Chimo Rocked this event!" said Master Large. "For the second year in a row our team won the Best Overall Team trophy, we won two Individual Athlete Trophies, and most importantly every one of our students came home with medals and each and every one did an outstanding job representing the club, win or lose. Support for our team from all the Chimo families was outstanding as was the support by the entire Chimo group towards all the other teams. TKD is as much about sportsmanship and the integrity of mutual support of one another as it is about personal success. Our students personify the very best of our martial art and I am extremely proud of them all. A special thanks to Master Katie Berakos for her diligence and perseverance in training our students. To Master Greg Drummond for his assistance in preparing for the event and officiating at the tournament. And to our Black Belt Corps, Jacob Scanlon, David Aalders, Chris Perks and Gracie Weir for all they do to mentor and teach our students."



Keep your eyes open for Martial Arts events in Halifax. Admission is usually very reasonable, and events are fun for the entire family. As for the Grasshopper's Hanmadang, it will be back next year and better than ever.

Master Power plans on expanding the event next year and hopefully doubling the number of attendees and participants, so start training!

Congratulations, Chimo Taekwondo!

Hannah Farrell finishes Bluenose Marathon in under 4 hours

by Benny DeVine

Hannah Farrell is a marathon runner from Herring Cove who will graduate from JL Isley in the spring. She ran her first Marathon at the age of 13 and she was the youngest runner in the 2012 Blue Nose Marathon. In 2013 she placed first in her category, Female under 18, at the marathon. Hannah has since also competed in marathons in PEI and New Brunswick.

Hannah entered the 2016 Blue Nose Marathon with a goal of finishing in under 4 hours. She finished in 3:54 minutes which wasn't her personal best but she said she was happy with her time. The time was good enough to get ranked first in the Female under 19 category.

Hannah plans to attend Dalhousie University in the fall and she is looking to run in one more Marathon this summer.

Atlantic Karate Club competes in Delaney Memorial Cup tournament

"Happy faces from the Atlantic Karate Club medalists who competed in the final provincial tournament for the 2016 Michael S. Delaney Memorial Cup.

The Cup is held yearly between Nova Scotia Chito-Ryu karate clubs in honour of the late Sensei Michael Delaney, former chief instructor of the AKC."

From left to right are Glenn Euloth, Kirsten van't Kruijs, Samantha Major, Sean Warner, Saad Eldlio, and Ray Dodge. Missing is Sebastien Burns-Bahadur and Gerard MacCormack

**Chebucto players earn a spot at the Summer Hockey Nova Scotia Camp**

by Benny DeVine

In mid-April Hockey Nova Scotia held a high performance Spring selection camp at the BMO Center in Bedford. There were hockey players from Cape Breton to Yarmouth and they were competing for a position to attend the Summers Hockey Nova Scotia camp in July at St. FX University in Antigonish, Nova Scotia.

There were 136 participants vying for the Male under 14 group and 125 from the Female under 16 group. The weekend consisted of 5 games and the players were being evaluated by Hockey Nova Scotia evaluators.

There were four players selected from Chebucto for the Male Under 14 group. Jake Dodge, Justin Keating, Daniel Kline and Stephen Purdy were picked.

For the Female Under 16 group, five Chebucto players were selected. Kaelyn Budden, Lindsay Morgan, Ava Robertson, Emma Robertson, and Radka Sevcik were picked.

The camp in July will be a weeklong camp and the selected players will be competing for a position on the 2016 Hockey Nova Scotia Teams.

Pellerine heads south of the border

by Benny DeVine

Adam Pellerine and his family will be heading to Virginia for a job opportunity this summer and The Chebucto Athletics will start the season in the fall for the first time since 2003 without Adam helping out.

Adam started out as a Coach in 2003, he joined the Chebucto Executive in 2012 and he has been the Development Coordinator for the last 2 seasons.

Chebucto President Mike Beamish presented Adam with a Chebucto Jersey during a surprise sendoff party at Bubba Rays Too in early April.

Adam will be missed by the Chebucto Family and no doubt will end up helping out young hockey players develop in his new organization.

More Sports on page 9

Herring Cove/Purcell's Cove traffic merge being studied for improvements

by Linda Mosher, HRM Councillor, District 9

Based on resident complaints about unnecessarily long delays entering the Armdale Rotary and issues with backups into the Herring Cove Road merge area, in 2013 I moved a motion which Council approved. It requested a staff report to address safety measures for pedestrian, cyclist and vehicular traffic on the Herring Cove Road and the Purcell's Cove Road/Herring Cove Road merge lane. The request also included that the report include an analysis of the 2012 traffic study and an update on the continuation of the Herring Cove Road widening project as part of the road networks projects from the Regional Plan. Previously I also requested a report on ensuring pedestrian, cyclist and vehicular safety within the circle.

As a result of the motion, two separate consultant studies were undertaken. One involved a functional review of the Herring Cove Road approach to the circle. The other assessed the Herring Cove Road/Purcell's Cove Road merge. Recently Councillor Adams and I held a meeting at the Captain William Spry Centre to unveil and present the consultant recommendations to the public. Our Manager of Transportation Planning and other key traffic and transit staff were on hand to engage with the public and receive feedback. Residents who travel this area regularly know the issues well, and were able to provide valuable input into the issues and proposed solutions.

At the meeting four traffic control options were proposed for the Purcell's Cove Road/Herring Cove Road intersection. Currently there are larger volumes on Herring Cove Road, and it makes it difficult for residents from Purcell's Cove Road to enter the merge area. This also impacts safety and traffic is queued back up into neighbourhoods. Each option varied such as including a stop arm, signalization, an additional lane or re-configuration and included the pros and cons. There was one option presented which would improve the functional design of the Herring Cove Road entry into the roundabout. Currently three-four vehicles queued waiting to get into the middle lane of the Armdale Rotary significantly impacts all the vehicles from the Purcell's Cove/Herring Cove Road merge as it blocks any vehicles that could enter the right lane and bypass the circle to Quinpool Road. By widening the entry it would significantly lengthen queues and enhance safety.

Based on this feedback, HRM is having the drawings tweaked, considering other improvements, and final recommendations are being ascertained. Should you wish to view the information presented at the meeting please visit www.lindamosher.ca under the news tab. I would like to thank everyone

who attended the meeting and those who provided feedback in person and via telephone calls and emails. I will provide continued updates when they become available.

To ensure funding will be in place to fully implement the recommendations, I raised a motion at both Halifax & West Community Council and Regional Council. The following motion was approved in May; "Halifax Regional Council forward the report dated March 12, 2016 to staff to consider inclusion in the recommended traffic solutions to be placed in the capital budget for 2017/2018 fiscal year." Halifax & West Community Council and Regional Council approved my funding recommendation. Our fiscal year commences on April

District 11 Capital funds used to improve our community on several fronts

by Stephen Adams, HRM Councillor, District 11

2016 Graduates

The month of June brings graduations, proms and new opportunities for students at all levels.

Whether you are graduating from elementary school into junior high, or junior high into high school, you have some exciting times ahead. If you are a little afraid, don't worry. That's normal.

For those leaving high school, a world of opportunity awaits. Whether you choose to further your education or get a job, do your very best. I assure you that you will succeed.

Congratulations to all graduates of 2016! I wish everyone a safe and enjoyable summer.

Community Support

In April, I was able to use District 11 Discretionary funds to provide financial support to the Spryfield Family Support Team to rent a Pod to store books for the annual Book Bonanza. This event offers free books to local residents, increasing literacy opportunities for all.

During the months of spring and early summer, schools, community groups and other organizations participate in a number of outdoor projects and beautification initiatives. William King Elementary School recently built raised gardens, along with a compost bin. We were fortunate to have great weather, and dozens of residents to help with the build. I was pleased to be able to provide \$2000 from the District 11 Capital funds for this project, to pay for the wood and soil. It will be quite satisfying for all involved to see the gardens grow.

As summer approaches, you will see more gardens throughout our community.

1st each year, and budgeted items take months of planning. This approved motion ensures we can have these projects included in our next capital budget to be discussed in March, 2017.

On an unrelated note, it was an honour to participate in the opening and unveil the banner of the Spryfield and District Community Market. It is estimated that over 2,000 people attended to share in the excitement. It is great to be able to purchase fresh products such as farm fresh vegetables, free range chicken and eggs, flowers and soap right in our community. The market will run biweekly on Sundays. Check out their website, www.spryfieldmarket.ca or Facebook page for the vendors and dates.

A special thank you to Marian Munro and all the volunteers! On alternating Saturdays with the Farmers Market, between May and October, the Mobile Food Market will bring fresh fruits and vegetables to Spryfield. We are one of five communities participating in the mobile food market which utilizes our Halifax Transit bus which will be stocked with fresh, high quality, affordable fruits and vegetables. The bus will be there from 1:35 pm – 3:05 pm at the Spryfield Rink. I participated in the opening and it was a great success!

Wishing everyone a wonderful start to summer and congratulations to all graduates!

This year will mark the 10th Anniversary for our flower beds on Northwest Arm Drive, and our third year for planting at Long Lake. We hope to increase our beautification on Northwest Arm Drive, to further enhance our area.

Congratulations to Local Award Recipients

Two local residents have recently received recognition for their contributions to our communities and/or municipality; Mr. Sam Nahas, Lebanese Businessman of the Year, and Mr. Denny White, Hockey Nova Scotia Award of Merit.

Sam Nahas came to Canada from Lebanon in 1967. In the early 80's he owned and operated the 2nd largest independent grocery chain and then started the King of Donair. He is also involved in extensive Real Estate developments and is a partner with the new Halifax Exhibition Centre. Mr. Nahas is the Potentate of the Philae Temple of Shriners working to help sick children throughout Canada and the USA. Sam helped to start the Lebanese Chamber of Commerce of Nova Scotia acting as its first President and last September was inducted as an honorary member.

Denny White helped to manage the local Junior hockey team. He also started two additional franchises to ensure our league remained viable. In keeping with Denny's desire to continually improve hockey for youth in our communities, he has founded an additional team and is working to bring in one more; all for the upcoming season.

Metro Junior Hockey Golf Tournament

On July 3rd, the local teams in our league will be hosting a fundraising Golf Tourna-

ment at the Indian Lake Golf Course in support of the Nova Scotia Central Junior Hockey Program. For further information on entering a team, sponsoring a hole or providing an auction item, please contact Denton White at 902-441-4263.

My sincere congratulations go out to both Sam and Denny for their accomplishments and their selfless work on behalf of our residents.

Otter Lake

You may have seen news coverage regarding the Otter Lake landfill and the legislation proposed by MLA Iain Rankin with respect to the height and foot print of the cells. Although this facility is not directly in our local communities, it is important to us all.

At an emergency Council meeting, my fellow Council members discussed a number of scenarios and issues. MLA Rankin's private members Bill simply embedded, in provincial legislation, a maximum height and footprint for the landfill. A concern expressed by some is that there is now no opportunity to extend the life of the landfill. There is now certainty for local residents, and that is welcome news.

In mentioning MLA Rankin, I would be remiss if I didn't express my appreciation to Brendan Maguire, our MLA. Brendan and I have worked on countless projects and initiatives, and we will continue to do so on your behalf. We are truly fortunate to have Brendan as our provincial representative.

Mobile Food Market

Between May and October 2016, the Mobile Food Market will bring fresh fruits and

(See Adams on page 13)



COUNCILLOR LINDA MOSHER
DISTRICT 9
Halifax West Armdale

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



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

PO Box 1749, Halifax, NS B3J 3A5
Home: 902.477.0627
stephen.adams@halifax.ca
www.halifax.ca

The Armdale Report

by the Honourable Lena Diab, MLA for Halifax Armdale

Spring is finally upon us in Halifax Armdale, and that means plenty of opportunities to take advantage of all the riding has to offer. I was happy to lead a walk through Long Lake Provincial Park's new Lakeview Trail on Sunday, May 15th, and I would encourage you to go explore the beautiful scenery with your friends and family as well. I'm looking forward to hosting more community walks through Long Lake and the Chain of Lakes trail soon. I was particularly happy to see the crowd of cyclists passing through Armdale to the Chain Lakes on Mayor Savage's Annual Bike Ride on May 25th. This year's ride celebrated connecting our communities and welcoming newcomers—two goals that are close to my heart. We can all try to kick start healthy summer habits and promote sustainable transit by making greater use of our growing network of scenic trails.

Two other great initiatives are also adding to the health and convenience of our community. I had the pleasure of attending the launch of the Spryfield District Community Market on May 15th, and sampling the quality produce and products that local vendors have for sale there. This event is a superb addition to Halifax's network of farmer's markets, and I hope to see it grow into an even bigger showcase of our community's farmers and artisans. The market takes place every second Sunday at the Spryfield Lion's Club Rec Centre at 110 Drysdale, and I hope to see you at the next market on June 12th (7:30-11:30am). Fresh fruits and veggies were also in great supply when the Halifax Mobile Food Market rolled through Titus Park in Fairview and the Lion's Rec Centre on May 21st. This unique initiative uses a converted Metro Transit bus as a mobile produce market, and allows communities all across Nova Scotia to have access to healthy, local food at affordable prices. Food security is important for Halifax, and I'm eager to help bring the mobile market back to our community in future seasons.

Let's not forget that the season also means our schools will be having their spring fairs and upcoming graduation ceremonies. I'm looking forward to attending these, and hope I have the chance to see you at one of the many events and festivals coming up in Halifax.

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. 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.

Charges laid in Long Lake clear-cutting

by Brendan Maguire, MLA for Halifax Atlantic

Farmers Market

I cannot think of a better way to kick off the summer season than with the opening of the new Spryfield and Community Market. May 15th saw over 2000 people show up to support local community and Nova Scotia vendors! The atmosphere was electric and the mood upbeat as both people from the community and the greater area shopped from over 60 vendors. There were a number of people involved who deserve praise: from the Dalhousie School of Sustainability, to my community development planners, Julia Kemp and Mary-Francis Lynch, and the market board, in particular Marian Munro. All your hard work and dedication has made this dream a reality! The market is open every second Sunday, at the Spryfield Lions Rink.

Clear-cutting at Long Lake

On May 16th the Department of Environment laid charges against Dexter Construction Company Ltd., Resourcetec Inc., and Scott and Stewart Forestry Consultants Ltd. for violating the Crown Lands Act by cutting and damaging timber on Crown lands without permission. I remember that day as if it were yesterday. While in a meeting, I received a call from my assistant Kelly that a gentleman named Richard Hatch had discovered clear-cutting at Long Lake. I immediately left my meeting to report the incident to the Department of Natural Resources and then I visited the site. I was met there by Richard Hatch and Martin Willison; we were shocked to see first-hand the damage done! Six months later charges have finally been laid and the companies called to court to answer. While I know some have mentioned that they felt the investigation took too long for their liking, I want to say that I am proud of the investigation done by the Department of Environment. In my opinion a long, thorough investigation which will present every shred of evidence is better than a quick one which could have been thrown out of court. I will be watching the court procedures very closely and in the end we need to make sure that our park is brought back to its natural beauty, at the same time making others aware that this kind of behavior will not be tolerated.

Community Gardens

You may have noticed two new garden beds in our community: one at Chebucto Connections and another at Chebucto Family Resource Centre. Last month I approached LumberMart owner Jason O'Hearn to ask if he would be interested in partnering with me to alleviate food insecurity by introducing urban residents to gardening. Jason jumped at the chance to give back to his community and donated all the materials needed to build the beds. I also want to thank former JL Ilesley teacher Hugh Fraser for donating his time to help build the garden beds. Thank you LumberMart and Hugh for helping introduce a new generation to the benefits of growing their own healthy food.

JL Ilesley O2 Supper

May 12th was the annual JL Ilesley O2 supper fundraiser. This year the students in the O2 program partnered with the chefs at GIO restaurant to create an extraordinary meal. It really is one of the best meals of the year. May 12th is also our wedding anniversary, so Rena and I go to this meal every year and it never disappoints. The meal included stuffed meatballs with bocconcini, angel hair pasta, porchetta, homemade focaccia, Caesar salad and eclairs for dessert. Great job everyone! It was a meal fit for an anniversary.

Clean-ups and Community Events May was the month of community clean-ups. Thank you Nicole Schnare and crew for the Sambro clean-up, the Purcells Cove Club for the Ferguson Cove clean-up, Spryfield Community Association and Family SOS for the Greystone clean-up, and to everyone who helped out with the Old Sambro Road clean-up and the Williamswood Ball Park clean-up. Also a shout out to MP Andy Fillmore for rolling up his sleeves and helping out; who said an MP won't get dirty!

I also want to thank everyone who organized, and showed up for, the Urban Farms Seedy Saturday and the Spryfield Annual Book Bonanza. Both were successful and brought out our community.

A quick reminder that June 4th is the annual In The Loop Yard Sale. The event will be advertised encouraging everyone to throw their own yard sale, and a flea market will be held at South Centre Mall. Whether you are cleaning out the basement or looking for a deal, it is always a great time. If you are looking for a table at the flea market, contact my office at 902-444-0147.

In closing, I want to thank my wife Rena for four patient years of marriage. You are my rock, the mother of my children, the love of my life and my best friend. Thank you for the past four years and here is to many, many more.

One lucky husband and MLA.

My private member's motion

by Andy Fillmore, MP for Halifax

As one of Canada's principal coastal cities, Halifax stands on the front lines in the battle against climate change and sea level rise. The impact of greenhouse gas emissions, if not curbed, will have serious repercussions for Halifax and for all of the communities that we love.

So I was proud to introduce my private member's motion, known as M-45, in the House of Commons last month.

If passed, M-45 would require that greenhouse gas emissions analyses be a part of applications for federal infrastructure funding, and would prioritize funding for infrastructure that mitigates and helps us adapt to the impacts of climate change.

As a city planner of 25 years, I know instinctively that the way we build our

communities, the kind of infrastructure we deploy, and how we make infrastructure funding decisions, will in large measure determine how we face—and whether we win or lose—the battle against climate change.

And for that reason we must consider whether the infrastructure investments we are making today might have future risks that outweigh their benefits. In other words, to earn federal funding, it's not enough for projects to be shovel-ready. They must also be shovel-appropriate.

This is why environmental impact must be a key consideration in the rollout of this historic infrastructure program - a program that is not only an investment in future, but that provides the opportunity to kickstart our transition to a low-carbon economy.

Accounting for the greenhouse gas emissions of our infrastructure projects—as my motion would require—will have a variety of positive impacts.

First, the motion will provide data that enables evidence-based decision-making by government.

Second, not only is this long-overdue infrastructure investment the surest way to grow a strong economy, but investment in low-carbon infrastructure is more cost efficient and resilient long into the future.

Third, the motion will foster a culture of environmental consciousness in government, one where environmental costs and consequences are front of mind in all decisions. In fact, even though not yet passed, M-45 is already having this effect in the House of Commons.

And fourth, it will assist us in meeting our international carbon-reduction commitments, like those included in the Paris climate agreement just signed by the Prime Minister. It will help position Canada once again as an active and respected partner in the world-wide fight against climate change.

M-45 will likely receive its second hour of debate in the early fall, followed by a vote shortly thereafter. In the meantime, I will be speaking with environmental organizations, industry leaders, constituents, and my fellow MPs to build support for my motion. I hope the people of Halifax will also join that conversation, by sending feedback my way or helping me spread the word.

During the last decade we lost critical time on the climate change file. It isn't too late, but to make up for lost ground, it's more important now than ever before to take decisive, meaningful action in the battle against climate change.

As the MP for Halifax, I'm determined to make sure our city – and our country – is helping to lead the charge in that good fight.

P.S. You can visit m45.ca to learn more about my motion.

Adams

(continued from page 12)

vegetables to the Spryfield area and will be located at the Spryfield Lions Rink, 111 Drysdale Avenue. On each market day, the bus will be stocked with fresh, high quality, affordable fruits and vegetables. The dates for Spryfield are June 4th & 18th, July 2, 16th and 30th, August 13th and 27th, September 10th and 24th. Each market session will be for 1.5 hours in order to ensure that the bus is able to get to the next community market on time. For more information, or to register for updates via your email address, go to <http://www.mobilefoodmarket.ca/>.

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.

Honourable
Lena M. Diab
MLA Halifax Armdale

HAPPY FATHER'S DAY
AND
CONGRATULATIONS
TO ALL GRADUATES

HAVE A GREAT SUMMER

902-455-1610 / info@lenadiab.ca
www.lenadiab.ca

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

JUNE COMMUNITY EVENTS

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

- Upcoming Day Camps: Limited Spots still Available! 7:30am to 5:30pm. \$25 per member per camp
 - June 28th - Summer Smash! School's out for summer, let's have some fun! Celebrate the beginning of summer at the Club!
- 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. Contact Samantha at samantha.snow@bgcgh.ca or call 902-477-9840 for more details on registration.
- Race for Kids - Grown-ups play, kids win! BGCs Fundraiser!! Venue: Dartmouth Crossing (Pond Side Park) Date: Saturday, June 11th 2016 Registration Opens: 8:30 a.m. OR anytime online Start Time: 10:00 a.m sharp! Cost: \$10/participant registration fee (waived); \$360 fundraising minimum per team. Top Fundraiser automatically wins two West Jet Tickets to fly anywhere that West Jet Flies! (Some rules and regulations apply). Web Site: <https://bgccan.akaraisin.com/Common/Event/Home.aspx?seid=11658&mid=8>

Captain William Spry Library Events:

Adult

- A Sommelier's Secret Tips with Shelley Joyce Fri, Jun 3/2:30 PM Registration required
- Women's Self-Defence Seminar Tue, Jun 7/6 PM Registration required
- TASTE OF THE WORLD SERIES
 - Chinese Cuisine: Make Jiaozi (Chinese word for dumplings). In partnership with Sobey's. Fri, Jun 10/2:30 PM
 - Mediterranean Cuisine. In partnership with Sobey's. Special location: Sobey's Community Room, 279 Herring Cove Road. Fri, June 17th/2:30pm
 - Acadian Cuisine. In partnership with Sobey's. Fri, Jun 24/2:30 PM Registration required
- Book Club: The Invention of Wings, by Sue Monk Kidd. Wed, Jun 15/7 PM-8 PM
- Women's Conversation Club. In partnership with YMCA. Fri, Jun 24/1 PM-3 PM
- Bridge at the library. Some Bridge playing experience is necessary. Wednesdays/1 PM

Kids

- Taste of The World Series
 - Mediterranean Cuisine This program is open to all ages and families In partnership with Sobey's. Sat, Jun 4/2 PM Registration required
- Captain William Spry TD Summer Reading Program Kick-off Party: Let's Get WILD! Thu, Jun 30/11 AM
- Pre-Teen Drop-in. Ages 8-12. Wednesdays/6-7 PM. Spring session ends June 15th

Preschoolers

- Puppet Show
 - Mucky Moose. Sat, Jun 11/11 AM
 - The Case of the Disappearing Books. Sat, Jun 25/11 AM

Teens

- Connect the Dots: Ages 18 and under. LGT-BQ youth and friends. Led by the Youth Project. For more information, call (902) 429-5429, or email Adam. Program is held the last Tuesday of every month. Tue, Jun 28/6 PM-8 PM
- Teen Zone Ages 12+. In partnership with REC Thursdays/6 PM-8 PM Spring session ends June 16

Chebucto Community Health Team (16 Dentith Rd) Events:

- Ready, Set, Move! Take the whole 4 week series or the session that interests you! A participant physical activity screen is required. Please drop in no later than 5 business days, before the program start date to complete this form. Screens cannot be filled out over the phone. Mondays June 6, 13, 20, 27 from 9:30-11:30am at Community Wellness Centre, Spryfield
 - Session 1: Beware your Chair!
 - Session 2: Aerobic Physical Activity Workshop
 - Session 3: Strengthening and Core Stability Workshop
 - Session 4: Stretching and Balance Workshop
- June 24th: Community Health Team Drop-in. 8:30am to 10am at the Wellness Centre
- June 28th. 1:30pm to 3:30pm. At the Wellness Centre. PreDiabetes Are you at risk for developing diabetes, or know someone who is? In this session you will learn about lifestyle changes to manage the risk factors that contribute to developing diabetes
- CALL 902-460-4556 to register or go online at CommunityHealthTeams.ca
- PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop. Please call 487-0690, go to www.communityhealthteams.ca or drop-in to register.

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

- Bingo every Sunday at 1pm. Doors open at 12pm
- Chase The Ace begins June 3rd 7pm to 9pm
- June 13th. 12:30pm to 4pm. Seniors Dance. Music by Chain and Anchor Band. Light lunch. \$4 per person. All Seniors Welcome.
- Washer Toss is starting up again for the summer. Every Thursday evening at 7pm. \$5 per person. Prize money depends on number of entries. Public welcome!
- July 1st: DJ Dance with Herman Peterson, 7pm to 12am. \$5 per person.

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:

- Music Jam sessions every Sunday evening from 7pm to 9:30pm. Free admission, just bring your instrument. Call John at 902-220-7720. For more information or check out the Facebook page [hwccjamsessions](https://www.facebook.com/hwccjamsessions).
- June 4th: Loop Yard Sale. 9am to 1pm. table rentals \$10 per table, contact Natasha at 902-293-7427
- Students for summer Employment needed. Drop off resume at HWCCA by June 20/16.
- June 20th: HWCCA AGM. 7pm.

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

- June 13th. 7pm. Annual General Meeting will take place at the Capt. Spry Centre. All welcome to attend!
- June 13th June 13th from 7:30pm to 8:30pm. 20th Birthday Celebration! at the Capt. Spry Centre.

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 Cap't 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:

- Every Wednesday at 1pm. BINGO! In the rec center. Come have fun, make friends and support a great organization.
- 2nd and 4th Tuesday of each month at 7pm. 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!
- 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 Center 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 Anglican Church in Herring Cove (1 Harrigan's Road) Events:
- June 18th: 3pm to 6pm. Annual Lobster Supper. The menu includes mussels as an appetizer, your choice of Lobster, Scallops or Ham with salads, a dessert and a beverage. To order tickets or to get more information, please call 477-0398 or 477-1051

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

- June 11th: 4pm to 6pm. Halibut Supper (Ham alternative). \$15 per adult. \$7 per child.

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

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 or Jackie at 477-3776 to have them picked up

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

Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community room is available for rent on Tuesday and Wednesday evenings and daytime Monday through Friday! Includes access to kitchen, bathrooms, storage, and parking. Please contact us at 902-477-4099.
- Church services are Sunday at 11am and bible study is Monday from 7pm to 8:30 pm
- Oromo Gospel Church Services are Sunday at 3pm. Prayer is Tuesday at 10am.
- Chimo Taekwondo trains every Monday and Thursday at 6:30pm and every Saturday at 10:30am
- June 17th. 7pm to 9pm. Karaoke. \$5 per person. Refreshments served.
- June 19th. 11am to 12pm. World Refugee Celebration with special music and speakers.

Other Events and Notices:

- **Hand in Hand (440 Herring Cove Road)** which is operated by the St Vincent de Paul Society, has new operating hours: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 5pm and Closed on Sundays.
- **Girl Guides of Canada** Registration is now ongoing! Interested girls and aspiring leaders can go to www.girlguides.ca for more information. Or call 423-3735.
- **Harrietsfield Williamswood Residents:** For those of you in the Harrietsfield/Williamswood area who fill water jugs at the St. Paul's United Church outside tap, please note the following change: Now that the weather is getting warmer, we have turned the outside tap back on. Water is now available inside 24 hours a day.
- **3rd Spryfield Cub Pack** (ages 8 to 10) **and Scout Troop** (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday night at St. Paul's United Church on Old Sambro Road. Contact Brad McCallum for more info at 902-401-1223 or visit www.scouts.ca.
- **Mobile Market:** Every second Saturday from May 21st through September 24th between the hours of 1:35pm and 3:05pm at the Spryfield Lions Rink. Hosted by the YWCA.
- **Sambro Elementary School: Annual Spring Fair** will be held on Saturday, June 4th from 11am to 2pm. BBQ, Bouncy Castle, Raffles and much more!

- **Spryfield Community Association** meets at the Capt. William Spry Rec Centre at 7pm on the last Wednesday of every month. New members are always welcome.
- **The Second Chances Community Band** will be hosting the 3rd Annual Halifax Community Band Festival at the Seton Auditorium, Mount St. Vincent University on June 5th at 2pm. Doors open at 1:30pm and tickets are only \$10 per person. Everyone welcome.
- **Chebucto Connections** AGM will consist of a guest panel and panelists will be discussing Spryfield on Wednesday June 29th at 531 Herring Cove Road. Networking at 5:30pm, Panel Discussion starts at 6pm. Everyone Welcome!
- **Mainland South Heritage Society** AGM, June 9 at 7 pm, Captain William Spry Community Centre. An illustrated talk by Terry J. Deveau, Pedestaled Boulders: Are they dolmens and what are their origins? Terry will explain these mysterious stones.
- **June Coffee House:** Hosted by The Quarter Note Singers. Thursday, June 2, from 7-9 at the Cap't. William Spry Community Centre. Refreshments will be served. Donations gratefully accepted. Special Guests: Hydrostoners Ukelele Ensemble

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



Time for a move?



142 Old Sambro Rd NEW PRICE \$209,900

This lovely Cape Cod sits on a large lot well back from the street in a park like setting with lots of trees and shrubs and a fenced front yard. Originally a set of flats this 4 bedroom 3 bathroom home has had the upstairs kitchen counter and cabinets removed (plumbing appears to still be in place) and has been converted to a single family home with 2 bedrooms, 4pc bath, kitchen, mud room and living room on the main floor and 2 bedrooms, 3 pc bath, living room and den upstairs. The basement is not full height but has a 3 pc bath, hobby room, den and rec room. This warm home is within walking distance to Long Lake Provincial Park, shopping and all amenities as well as being on a bus route and in an area of excellent schools. Please come have a look at this great home today!

2294 Old Sambro Road \$199,900

This 3 bedroom one and a half bath home in family friendly Williamswood is close to a playground and is looking for a new family. The new family should be prepared to do some minor cosmetic upgrades to put their personal stamp on their new home knowing that they will be well rewarded for their efforts. This home has a galley style kitchen with a large adjacent dining area as well as a huge living room and half bath on the main level. The lower level offers a large master bedroom, two other fair sized bedrooms, a four piece bath with Jacuzzi tub and a separate laundry room with an exit to the side yard. Call Dave Sampson 902-483-8761 for a private showing.



21 Gus Flemming Drive Ketch Harbour \$219,900

Your new home could be right in the heart of the historic fishing village of Ketch Harbour! This well maintained home has a breathtaking view overlooking the harbour – sit in your living room or on your deck and watch the boats coming and going. This 2 bedroom home features a beautifully renovated kitchen with oak cabinets, a stove top in the island with a hanging pot rack over the island and a new built in wall oven. The bathroom has been totally renovated and ex-panded by eliminating a small bedroom and filling the new space with a corner shower and a beautiful corner Jacuzzi tub surrounded by beautiful matching ceramic. The finished walkout basement has a large L shaped rec-room with a wet bar, laundry room, storage room and 2 pc bath. Outside there are 2 large storage sheds, one is 12 x 24 and the second is 14 x 20 – great storage for your toys. Come have a look – you won't want to leave!



Dan Doherty
902-478-4023
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 with your contact information.

Visit me at www.dandoherty.ca—click on FREE Evaluation, fill in the form and send it to me.

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



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
EXIT REALTY METRO

Looking to Buy or Sell on the Chebucto Loop?

If so, you need someone with experience around the Loop. What many people don't realize is that 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.

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

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



Get Ready For SUMMER



EARN AIR MILES HERE
Prices in effect until June 30th, or while quantities last.

Your Local Project Store!
Est. 1984



FENCING & LANDSCAPING ACCESSORIES
10% OFF
In Stock Items

Seasonal Specials!

6 Cu. Ft. Heavy-Duty Steel
WHEELBARROW
Reg. \$129.99
NOW **\$97** ea

MONACO 3-PERSON GARDEN SWING
Sku 7840614
Reg. \$269.99
SALE **\$225** ea

Varenne
Hammock Swing with Canopy
500lb capacity.
Beige
Sku 7109606
Reg. \$599
Sale **\$539** ea

Rust-oleum
Epoxy Shield
DRIVEWAY SEALER
8 litre pail
\$15 ea

#7009020
#0829304
6' FOLDING TABLE Reg. \$129.99 NOW **\$59.97** ea
6' TABLE Reg. \$119.99 NOW **\$49.97** ea

End Of The Line!

FACTORY 2NDS

PRESSURE TREATED LUMBER LIFTS...

Buy in Bulk & Save!

Lift # 9 (12') 2x10-1 ea 4x4-25 ea \$189 Reg. \$409	Lift # 53 (12') 2x8-3 ea 2x10-6 ea 2x12-8 ea 4x4-4 ea 2x6-4 ea 5/4x4-12 ea 5/4x6-12 ea \$279 Reg. \$569	Lift # 13 (10') 2x4-19 ea 2x8-8 ea 2x10-5 ea 4x4-8 ea 1x6-12 ea 2x6-7 ea \$199 Reg. \$566	Lift # 64 (14') 2x4-47 ea \$189 Reg. \$299
Lift # 2-1 (8') 5/4x4-27 ea 5/4x6-5 ea 2x4-14 ea 2x6-8 ea 2x8-2 ea 2x12-1 ea 1x6-4 ea 2x10-2 ea 4x4-3 ea \$169 Reg. \$408	Lift # 2-17 (8') 4x4-11 ea 2x8-12 ea 2x10-13 ea \$159 Reg. \$409	Lift # 80 (14') 2x6-13 ea 2x8-14 ea 2x4-15 ea 5/4x4-8 ea 5/4x6-18 ea \$289 Reg. \$590	Lift #2-20 (8') 5/4x4-9 ea 5/4x6-3 ea 1x6-3 ea 2x4-10 ea 2x6-3 ea \$69 Reg. \$139

DECKS



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

We'll Bring Your Ideas To Life!
Deck Accessories Too

GARAGES

Sided Garage

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

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

Loft Garage

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

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

WE INSTALL **DID YOU KNOW WE BUILD GARAGES?**
ASK ANY STAFF ABOUT HAVING OUR INSTALLS TEAM BUILD YOUR NEXT GARAGE!

Stock Windows > 52 SIZES IN STOCK

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

BUY 1-3 PCS 5% OFF **BUY 4-10 PCS 7% OFF** **BUY 11+ PCS 10% OFF**

LUMBERMART

HARDWARE & MORE SINCE 1984

751 Herring Cove Rd., HALIFAX, NS
902-477-6500 STORE HOURS: Mon-Fri: 8:00am-6:00pm
Sat: 8:00am-5:30pm • Sun: 10am-3pm

15 Wright Ave., DARTMOUTH, NS
902-468-7772 STORE HOURS: Mon-Fri: 7:00am-6:00pm
Sat: 8:00am-5:30pm • Sun: 10am-3pm



WEB: www.lumbermart.ca

Visa, Mastercard, American Express, TIMBER MART Card & Debit Accepted
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.