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Campaign 2015

Members of the Earl Francis Spryfield Memorial Legion, Branch 152, would like to thank all businesses and people who donated generously and made last year's Poppy Campaign a great success. During the year, we were able to help dozens of veterans and donated \$13, 500 as bursaries to JL Ilsley and post graduate students.

The 2015 Poppy Campaign is now underway, and will continue until Remembrance Day, November 11th. We invite our supporters to join us at the Legion on the 11th of November, at 11am, when the annual Remembrance

As you most likely know from the

information supplied during the Poppy Campaign, money collected does not belong to the Legion, but to a trust fund which is used to improve life for people in our community.

Once again, we look forward to, and

"Mysterious Encounters" program offers outdoor fun

by Ciara Harris

Every year, a team of students from J.L. Ilsley High School train to become Mysterious Encounters Leaders. Mysterious Encounters is a program for Grade 5 students that encourages them to become more conscious of the environment. This day of environmental education takes place at the Adventure Earth Centre, in Fleming Park.

The first year for Mysterious Encounters was 1989. The program was created by Dr. Alan Warner and George Taylor. Its first objective was to provide a day-long, engaging, nature-based storyline program to be delivered at the Dingle to students in elementary school. Mysterious Encounters was originally designed to provide an outdoor experience for 11 year olds. It was adapted from a program called Sunship Journey, which was established in the early 1980s. Leadership for that program was originally provided by high school teams from J.L. Ilsley, but now lead-

ers come from a number of schools throughout Halifax. Warner and Taylor wanted to encourage youth leadership by recruiting and training high school students to deliver this program.

The current coordinator of the program is Jeremy Fillmore. When he reflects on the importance of Mysterious Encounters, he is quite philosophical. "It's impossible to say what the best lesson in the program is; it's different for each participant. I like to think that the best lesson in general is just to get outside, and our program promotes comfort outdoors."

Ilsley students attended a weekendlong training session before qualifying to facilitate the Mysterious Encounters program. On the first day of training, the trainees pretended to be fifth graders, and experienced the program from that perspective. This allowed student volunteers to become familiar with the activities they would be leading. On the (See Mysterious Encounters on page 2)

Local Rotary Club celebrates Toonies success

On 26 October, the Rotary Club of Halifax Northwest held an appreciation event at the Captain Spry Community Centre for the volunteers, vendors and beneficiaries involved in their increasingly popular Toonies for Change project.

Toonies for Change was introduced in May of last year as a fundraiser in support of a number of not-for-profit organizations in the Spryfield and surrounding areas. The beneficiaries are:

· Boys and Girls Club of Spryfield

- Urban Farm Museum
- Chebucto Atlantic Minor Hockey Association
- Hand-in-Hand
- Chebucto Connections
- Sambro and Area Community Asso-

After thanking all of those involved for their participation, project team leader and Rotarian Dick Hodgson outlined the significant achievements of the Toonies for Change initiative in

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(See Toonies on page 2)



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Mysterious Encounters

BLACK FRIDAY

(continued from page 1)

second day of training, student volunteers practiced leading the activities themselves, and sought feedback from the staff at the Adventure Earth Centre. Jeremy Fillmore takes the job of training student leaders very seriously. "What I enjoy most about running the program is actually working with the youth volunteers, because I think youth leadership and youth development are incredibly powerful for those involved. Young people are the leaders of tomorrow, and today, so we need them to be confident and to develop their talents."

When fifth graders arrive at the Adventure Earth Centre for their Mysterious Encounters day, they can expect to use all of their senses to discover the secret formula for all life on Earth.

They will learn about photosynthesis and sustainable practices, and will be encouraged to make environmentallyfriendly choices in the future. Jeremy Fillmore explains that "having Earth education programming available provides fantastic opportunities for both youth leaders and the younger participants. Being outside and learning about the planet are things I believe to be vital to human development."

The deadline for schools to participate in Mysterious Encounters for this year has unfortunately passed. However, schools wishing to get involved with any of the programs offered by the Adventure Earth Centre can go to: http://www.earthed.ns.ca/ for more information.

Toonies

(continued from page 1) the relatively short 18 months since its inception, including over \$25,000 awarded to the weekly winners of the 50/50 draw, contributions of \$12,000 to the beneficiaries, and an equal amount

towards the many local and global projects that the Rotary Club supports.

Mr. Hodgson then presented the latest \$500 instalments to each of the grateful beneficiaries. Brendan Maguire, the local MLA, and Linda Mosher, local city Councillor, expressed their deep appreciation for, and congratulations to, the Club for their very meaningful contribution to the community.

Further information may be found at www.tooniesforchange.com



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Answer on page 11

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Seniors' Beat: Pull in both oars and float downstream

by Beverley Clarkson

Visiting Janet Kidston's Heritage Home is like going back to my grandmother's wonderful old farm. We even have the same hand tinted etching on the wall: a settler fishing the brook for his dinner. Mine was Gram's 1907 wedding present. Janet's is one of many wonderful images that adorn the 190 year old walls of her family home. Photos and paintings and maps mostly of the people and landscape of her family's traditional homestead. Furniture that has been around since the house was built plus some slightly newer additions. I sat right down at the old dining table like I belonged there too.

Her ancestor was William Richard Kidston, born in Halifax in 1788 and educated in Scotland. He bought about 1000 acres from Captain William Spry, mostly forested, with two lakes and the famous Rockingstone. The estate, though diminished, has stayed in the family nearly 200 years. "My new friends ask how long I've lived here and I say since 1825," she grins.

Janet is the current doyenne and fierce protector of what's left of the property after over-ambitious expropriation in 1969, subsequent government neglect, and tragic fire sale to developers that cost her one of her lakes. She and the ghosts remain committed to its welfare and continuance. Aided and abetted by the venerable Urban Farm Museum that she allows to farm and teach on some of the remaining property, its tireless team, and vigilant wildlife. Current city planners do not take her cooperation on new developments

Janet herself is fey and may cast enchantments on the unsuspecting. There are many signs of her connections to other worlds and times; she advised me to google earthenergy and note the eleven signs you are surrounded by faeries. Suffice it to say visitors to her home arrive skeptical and, often enough, leave shaken. "If we talk about the spirits, we are liable to wake the house up." she warns. In 2006, a local film titled "Ancestor Guardians" documents her experiences with them.

Perhaps her half Italian mother was the source, though her Scots Kidstons were also known as the faerie guardians of water and gardens, so her ESP bloodlines are doubled. A fairy door opens from a tree in her abundant wooded gardens. The old white Scottish roses cascade about and the deer gambol in the paths and meadows. The property

itself is a wee Brigadoon, invisible in the city and, once across its borders. I never thought of noise, traffic, electronics or even much modern. It is filled with wonderful things to look at: startling plants, old objects, sounds, birds, surprises everywhere.

It's not all easy. She has health issues, like most of us whose bodies are wearing down. She has become an expert in her own care. "I have a cure for everything," she assures me.

"If I didn't use my little treatments, I'd be bedridden. The most important thing is breathing." She also swears by her rebounder. "My legs are the strongest they've ever been," and yoga. "Remember Kareen's yoga? Still the easiest to follow. And when stressed, I like to mentally pull in both oars and float downstream."

But in case anyone imagines she is a dotty old lady, I strongly advise do not parry words with her unless you are naturally equipped and trained to the master's level. You'd be likely to find yourself flayed on the floor in ribbons before you knew you'd been touched. She's tough and gets her way because she is driven by passion and knows what's right. "I like to be pleasant. Use the power of suggestion. That usually works."

Then there's tough. She does her own physical labour; digging and fencing the gardens; maintaining the house; climbing up on the roof. She's a crack shot as some wayward teens once found out.

She shows me a painting by a friend in brilliant primary colours titled The Stolen Land of John Kidston, of the house, fields, barns and lake as they

once were. Developers are still trying to get intrusions past her but they know better than to take her for granted "because I stay in their face a lot". R. E. S. P. E. C. T.

"When I meet young people, I ask them "what are you studying, how will that help you make a living, and please don't leave Nova Scotia! We need people to think of new ways to make a living here." Amen. After nearly 200 years here, she knows the value.

Something to say? We welcome your letters!

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DISCOVERING OUR PAST



Old Cunard School goes to war

by Iris V. Shea

Christmas during the war years was approached with much trepidation, especially in 1944 when newspapers were reporting daily casualties among Canadian service men during the heavy fighting in Europe. The annual Christmas concert at old Cunard School in Jollimore may have been one of great joy that year for teachers and pupils, but trustee Roy Hunter, in his address to the students, paid tribute to former Cunard School students who were unable to spend Christmas with their families because of their war service.

At the outbreak of World War II there were approximately 48 families living in Jollimore and about 20 families in Melville Cove. Young men from both communities had attended school together at old Cunard in Jollimore and quickly signed up for active war service. By Christmas of 1944 a total of 59 young men from the Jollimore and Melville Cove areas were in the military, many serving overseas on the front lines. Families and friends sent regular shipments of articles such as cigarettes and candy. Ken Chaddock, who owned Ken's Canteen at the Dingle, was very generous in this respect. When letters arrived from overseas, the news was shared with Marjorie Major and Dorothy Burgess who wrote, respectively, the weekly newspaper columns "Armdale News" and "Jollimore News." When tragedy struck, both communities mourned.

In the summer of 1941, twenty-one year old David Romans of Melville Cove became the first Nova Scotian in the war to receive the Distinguished Flying Cross. As a navigator and bomb aimer, his plane was shot down on September 8, 1941, off the coast of Norway. All on board were killed. Flying Officer David Romans and his crew were buried in Norway, in the Bygland churchyard. Romans Avenue in Halifax bears his name.

Daniel and Richard Serrick of Jollimore joined the famous British Manchester Regiment in 1938, along with their friend Mel Coppell. Daniel transferred to the 1st Canadian Special Service Force in 1942 and trained Canadian and American paratroopers. He was killed in action in Italy on May 29, 1944 during the bitter fighting at Anzio beachhead and was awarded the Sil-



Jack Forward's gravestone, Groesbeek Canadian War Cemetery in the Netherlands, 30 March 1945, age 23. Photo courtesy Mainland South Heritage Society

ver Star, posthumously, by the United States Government.

Staff-Sergeant aerial gunner John Jollimore, who went to Detroit as a 17 year old, joined the American service and was killed in action. His brothers Roy and Edmund of Jollimore served in the Canadian Armed Forces.

Christmas of 1944 was a sad time for the Slauenwhite family of Jollimore who had four sons away from home that year serving in the war effort, namely Gerald, Clarence, Roy and Donald. Gerald had been fighting on the front lines in France, Belgium and Holland when, in September of 1944, he was reported missing in action at Dunkirk. It was not until April 1945 that the family received word he had been captured by enemy soldiers. He spent a total of eight months in a German prison camp in Dunkirk. Robert Cole from Green Road (now Winchester Avenue) was reported missing in action just before Christmas of 1944. His family later learned that he was in a German prison camp.

Brothers Jack, Alvin and Sidney Forward of Jollimore all joined the permanent forces. Jack and Alvin went overseas in December 1940. Alvin returned home in 1941 while Jack served four years in England as a sergeant gunnery instructor before transferring to an infantry unit. Sergeant Jack Forward died March 30, 1945, one day after he was wounded during fighting on the western front. In a letter to the War Department, dated June 22, 1945, nearly three months after her son's death, Mrs. Forward requested further information about his death. That letter, after months of travelling from one department to another, finally made it into the hands of Jack's supervising officer, Mr. Mylrea "Rae" Sweetnam of Weyburn, Sask., who was still recuperating from the injuries he received in the same battle. Both Jack and Rae were members of the Regina Rifles.

In a letter from Rae Sweetnam, Mrs. Forward learned that her son, Jack, under heavy fire and running through a mine field to save his injured comrade, was injured himself and died of complications following surgery. Jack Forward was buried in the Groesbeek Canadian War Cemetery in the Netherlands, close to the German frontier. The inscription on his gravestone reads "Our darling son and brother who lost his life trying to save his comrade".

The four Bignell boys, Fred, Lloyd, Hugh and Ray signed up as soon as they reached the age of 18. Ray was the only son who made it home that Christmas in 1944. His three brothers were overseas.

On December 26, 1944, Joey Burton of Melville Cove celebrated his 20th birthday in Italy with a birthday cake from his mother. Two weeks later he was hit by shell fragments during a German counter-attack and was ill for several weeks before returning home on the hospital ship "Letitia."

Other former Cunard School students who served, some of whom were overseas, were Bill and John Barry, Fred and Gerald Jollimore, George, Bill and Walter Jussup, Charlie, Gerald and Mackie Martin, Gordon and Gerald McDonald, Herb, Art and John Powell, Foster Boutilier, Myles Boutilier, Morgan Chaddock, Bob Fagan, Jim Innes, Bob McCarthy, Jason Kirby, Herb Lane, Jim Porter, Jack Slaunwhite, Jim Slaunwhite, Ralph Melvin, Bill and Clarence Martin, Alfred and George Baigent, Reg and Bill Wild, Allan and Parker Backman, R.G. "Pete" Buell, Lionel Craig and Hugh McKinnon. There may be other former Cunard students I have missed and, if so, I apologise.







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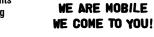


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Spryfield Food Inventory

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- 328 Herring Cove Rd 902-477-5393
- Mobile Soup Kitchen 7pm Street Connection- Bread of Life

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- Continental breakfast 9:30am -11am Salvation Army - Spryfield Family Resource Centre
- 328 Herring Cove Rd 902-477-5393
- Soup's On program 12pm -1:30pm St. Paul's Family Resource Institute 173 Old Sambro Rd 902-479-1015 Wednesday

Spry Cafe 5:30pm (2nd Wednesday of the month)

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Thursday

• Hot breakfast 8:30am - 9:30am Salvation Army - Spryfield Family Resource Centre

328 Herring Cove Rd 902-477-5393 Friday

• Continental breakfast 9:30am -11am Salvation Army - Spryfield Family Resource Centre

328 Herring Cove Rd 902-477-5393 Saturday & Sunday

No community meals offered

Where to find FOOD BANKS

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• St. Paul's Family Resource Institute 173 Old Sambro Rd. 902-477-5090 To register, call or drop-in with health card for each family member in care or custody.

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Pastor Gerald Kendrick installed as new Lead Pastor at City Church

City Church is the scene of multiple activities as the congregation advances into the new season.

Topping the latest happenings was the induction of Pastor Gerald V. Kendrick as the new LEAD PASTOR of the growing church. The installation was conducted by Bishop Gordon McDonald at a special ceremony on October 4, 2015.

Pastor Gerald has been serving on staff with his father, Pastor Jerry Kendrick, for the past 15 years and now moves into the position of being responsible for the day to day operation of the church, located at 276 Herring Cove Road. The church holds Sunday services at 10:30 am and 6:00 pm and Wednesday night Bible Study at 7:30 pm. The church also operates a children's program and a nursery during the 10:30 am service times.

Pastor Gerald is a graduate of the ASK Bible Training Centre and an accomplished musician. He is the author of several songs and has his own CD that spotlights the Christian musical message. He also heads up the City Church praise team and writes and directs the various concerts that the church presents as outreach programming to the community.

This year, Pastor Gerald has written a special production called, "Christmas



City Church was recently the scene of a special ministerial induction. Pastor Gerald V. Kendrick was installed as Lead Pastor. Pictured are Pastor Jerry & Bev Kendrick, Pastor Gerald V. Kendrick, Tami and Cole, and Bishop Gordon McDonald and his wife, Glenda from Vancouver

in the Kitchen." There will be three performances of the family Christmas Musical Comedy. They will be presented on December 11th, 12th and 13th at 7:00 pm.

Among Pastor Gerald's accomplishments are that he has sung and preached in various locations such as Moncton, Winnipeg and Vancouver. He has also ministered in England and been an instructor in Bible School.

Pastor Gerald is also the Program
Director of CIRP Life 94.7fm – the City

Church inspiration radio station. He and his wife Tami co-host the morning show on the radio station and have a son, Cole.

Pastor Jerry Kendrick continues to function on the City Church staff in a co-pastor position, in addition to counselling, teaching and carrying out community involvement activities. Pastor Jerry will continue to be the coordination secretary of the Spryfield Ministerial Fellowship. Currently this fellowship includes, Emmanuel Anglican Church, Open Door Community Church, Salvation Army Community & Resource Centre, Spryfield Christian Community Church, St. Michael's Catholic Parish, St. Paul's United Church and City Church.

Pastor Jerry also is the host of the "Country Gospel Time" on Life 94.7fm – heard from 9:00 am to 4:00 pm daily.

Another position Pastor Jerry holds is that he is the Maritime Superintendent of the Pentecostal Holiness Church of Canada. Pastor Jerry oversees the various congregations in an administrative capacity, and this involves frequent travelling to the various locations of the several churches.

Another happening at City Church is that they have just completed an adjustment that helps to strengthen the signal of Life 94.7fm. The Christian, musical, inspirational station has installed several pieces of new equipment that better regulates the signal and the broadcast antenna has been raised to a new height to strengthen the signal reach of Life 94.7fm, which is also available on the internet at www.life947fm.com. The radio station presents a wide variety of inspirational programming and will commence its annual Christmas music programming on Saturday, November 29th.

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Velma Anne Knox (Bernard)

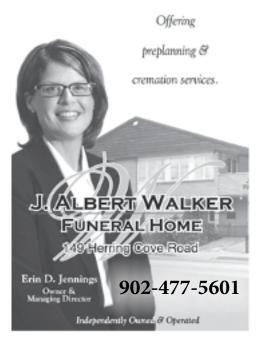
Age 88, with loving memories, we honor the passing of Velma, our Mom, Nanny, Great Nanny, Aunt, Sister, Cousin and Friend. She passed away peacefully in Prince County Hospital, PEI on Sunday October 4, 2015. Loving mother to, Pauline (Karl) Hansen, Saint John, NB; Norma (Leo) Hennebury, Terence Bay, NS; Michael (Brenda) Knox, Calgary, AB; Ron (Margaret Roy) Knox, Cold Lake, AB; Kevin (Pauline Johnson) Knox, Antigonish, NS; Allan (Kelly) Knox, Hampshire, PE. Treasured Nanny to Lorne (Sarah) Power, Ryan Power; Erin (Jeff) Little. Liam (Veronique) Hennebury, Emily (Adam) Secord, Kyle Hennebury; Tanya (Robin) Brayer, Pauline Knox; Thomas Knox; Ashley & Justin Knox; Jillian & Braeden Knox. Beloved Great-Nanny to Josh & Jocelyn Little; Cade & Didier Hennebury; Finlay & Desmond Secord. Pre-deceased by husband Lorne Knox, infant daughter MaryAnne, longtime companion Art Hickey and siblings Cyrus, Ann, Amelia, Leonie, Gerard. Survived by sister Rose-Marie (Edward) Gaudet and companion Joe Reid. Proud of her family's achievements, she looked forward to every family celebration and milestone. Born in Nail Pond, PEI, to Rosalie (Arsenault) & Michael Bernard on Aug. 23, 1927. At 17 she moved to Halifax where, 6 years later, she met and married (1950) Lorne Knox (from Skinner's Pond, PEI). In 1955, they bought

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their first home in Spryfield, where they raised their family and became active members of the community. The door was always open with a meal on the table for family and friends, whether they came to visit, work, start a career, establish themselves in the city or attend to medical needs at the hospital. Velma became well-known as "Nanny Knox" to all the children she cooked for at the Spryfield Daycare Centre and was overjoyed when her own grandchildren came along. She delighted in sitting down for a game of crib to "skunk" her opponent and spending time with her many "treasured" friends. She has been a lifetime member of the C.W.L. at St. Michael's Parish. Having spent summers in her hometown of Tignish, she returned in July to enjoy assisted living at the Tignish Seniors Coop Home, where she was welcomed with open arms and cared for dearly. In lieu of flowers, donations can be made to the Heart and Stroke Foundation or Tignish Seniors Co-op Home.

Cyril Roy Garrison

Age 89, of Sambro, passed away October 5, 2015 at Melville Lodge. Born in Sambro on February 6, 1926, Cyril was a son of the late Simon and Mabel (Gray) Garrison. He was a lifelong fisherman and upon retirement his passion became his vegetable garden. Cyril is survived by his loving wife of 63 years, Verna (Miller) Garrison; his special dog, Annie; daughter, Barb (Gus) Reyno, Sambro, NS and Greta (Chris) Vanderzee, Red Deer, Alberta; sons, Darrell (Aronda) Garrison, Sambro, NS and Owen (Heather) Garrison, Lower Sackville, NS; sisters, Marjorie Schnare and Lila Gray, Sambro, NS; grandchildren, Ryan (Jenny), Tracy, Darcy (Tara Lee), Krista, Brent, Evan, Cara, Joey, Jaimie; great grandchildren, Brandon, Kayleigh, Zachary and Sam. He was predeceased by brothers, Otto, Rexie and Murray. A very special thank you to his caregivers at home, Patsy MacDonald and Liz Harvey and his caregivers at Melville Lodge who all come to love his witty personality. Memorial donations can be made to The Alzheimer's Society of Canada or The St. James United Church Fund.

Bessie May Snow

93, Halifax, NS, passed away peacefully on October 15, 2015 at home surrounded by her loving family. Born in Spryfield, she was a daughter of the late William and Florence (Marriott) Robinson. Bessie was proud to have been a resident of Spryfield all her life. She dearly loved children and she treated her nieces and nephews like her own grandchildren. She was a wonderful homemaker and babysitter who loved all special occasions, never forgetting any. Bessie will fondly be remembered as a loyal and dedicated Blue Jays and Maple Leafs fan. She will be sadly missed by her only surviving sister, June Strople, as well as numerous nieces, nephews, great-nieces, greatnephews, great-great-nieces and greatgreat-nephews. She was predeceased by her husband, Joseph Snow, her only son, Roy, sisters, Alice, Margaret, Annie and Nellie, as well as brothers, Stanford, Walter, Frederick "Fred", Kenny, Harold and Roy. The family wishes

to extend heartfelt thanks to a special caregiver, Roxanne, who took such good care of Bessie for over four years. Also a special thanks to all the workers and "special" nurses of Northwood Home Care and VON for their care and compassion, and to Dr. Hugh Matheson for his dedication to Bessie. Donations may be made to Emmanuel Church Cemetery Fund.

Dolores Margaret Logan (Ward) (Taylor)

It is with deep sadness that we announce the sudden but peaceful passing of Dolores Logan, age 88, of Harrietsfield, in her home, on Tuesday, October 6, 2015. Born in Halifax, July 18, 1927, she was a daughter of the late Harold and Cecilia (Cormier) Ward of Armdale. Dolores was predeceased by her second husband of 23 years, Bill Logan. She is survived by her sister Pauletta Theriault (Moncton), sister-in-law, Valerie (Drew) Ward (Halifax), stepdaughters Rosemary MacDougall (Mike McGrenere) of River John, Coleen Logan (Dr. Julia Sagebien) of Halifax, granddaughter Courtney MacDonald (Justin Sutherland) and great-grandson Aidan of Scotch Hill, Pictou Co., as well as many nieces and nephews. She is also survived by special friends Anne Just, Jim & Debbie Melvin and family. Dolores was predeceased by her first husband. Walter Taylor. Brothers Harold, Bill, Jack and Sister Mildred and infant sisters Juanita and Mary. She worked in the wage office at The Bay until her retirement. Dolores was an accomplished vocalist and musician and was called upon to sing at many events. Her passion for music led her to teaching piano and voice for many years. In her early years she sang with the Armdale Chorus, under the direction of Mary Dee Girrior. They performed throughout the Maritimes and were heard nationally over CBC radio from 1947-58. Dolores was a faithful parishioner of St. Michael's Roman Catholic Church, Spryfield and for many years

directed their Liturgical Choir. There was nothing more important to Dolores than spending time with family and friends, whether over a cup of tea or a game of cards. She loved to read, do crossword puzzles and snuggle with her feline babies, Pansy and Suzy. Special thanks to the physicians who managed her care throughout her illness. Thank you to the many home care workers who visited her daily from Northwood. She looked forward to your visits and enjoyed sharing her stories with you. Donations in memory of Dolores can be made to St. Michael's Parish or a charity of your choice. Words of comfort can be left at www.walkerfh.com.

Elsie Joyce Griffiths

73, Halifax, passed away peacefully at the Victoria General Hospital surrounded by family. Born in Halifax, she was the daughter of the late Percy and Blanche (Bellefontaine) Griffiths. She is survived by her son, Paul (Sharon) Griffiths, Bridgewater; her daughter, Pauline (Roger), Williamswood; her grandchildren, Ellen, Benjamin, Michael and Katie; sisters, Marie, Gays River, Liz, Ontario, as well as many nieces and nephews too numerous to mention. She was predeceased by her parents, brothers, Peter, Johnny, Freddie, Ronnie and Harold "Dick", sisters, Connie, Cecilia, Margie, Helen (Dolly), and Sandra, niece, Gail Griffiths, nephews, Peter Justesen and Darryl Griffiths, and great-nephew, Ryan Kidson. Mom you're a special person, thank you so much for loving your family the way you did. You're in our hearts and will never be forgotten. We will always love you. Thanks to all the wonderful staff at the Palliative Care Unit, 7A Victoria General Hospital, your dedication and compassion will not be forgotten. Donations in Elsie's memory can be made to the Nova Scotia Lung Association. Words of condolence may be sent to the family by visiting www. walkerfh.com

Firefighters honoured



Left to Right: Firefighter Paul Smith, Firefighter Michelle Landry, Station Chief Jared Doucette, Lieutenant Tim Hatchard, Firefighter Jeff Dowling

On Oct. 6th Halifax Regional Fire and Emergency Service Station 63 in Sambro honoured and presented the following members with length of service awards:

5 Years of Dedicated Service Awards were presented to: Firefighter Jeff Dowling, Firefighter Michelle Landry, Firefighter Paul Smith, and Lieutenant Tim Hatchard.

Station Chief Jared Doucette was honoured with an award for 15 years of outstanding service.

Congratulations to all of you, and

thank you for your commitment and service to communities we serve.

If you live in the communities of Harrietsfield, Williamswood, Sambro, West Pennant, East Pennant, Sambro Creek, Sambro Head, Bald Rock and Ketch Harbour and would like the opportunity to be a member of an outstanding group of volunteers and to give back to your community please contact Station Chief Doucette at 902-476-6775 or doucetj@halifax.ca for more information.



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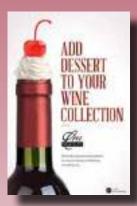
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www.waternwine.com facebook.com/winekitshalifax

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Sammy says...



With a brief respite after the 2015 Sou'Wester Festival, the Sambro Area Community Association ("SACA") is now busy planning events for the upcoming year.

SACA's annual general meeting is set for Wednesday, November 25 at 7 p.m. St. James United Church in Sambro. All members of the community are welcome and encouraged to attend. They will be discussing what they have done thus far, as well as their vision for the future. New ideas are encouraged! Please come out to support this hard working community group. Your attendance does not mean that you are committing to anything.

The AGM will also be an opportunity to explain the Toonies for Change program run by the Rotary Club, which donates a portion of its fundraising to SACA. If you're confused about how this weekly draw works, come on out and they will explain it all.

A message has been received from the North Pole that Santa will be making a visit to SACA's Children's Christmas Party at Sambro's St. James United Church from 11 a.m. to 1 p.m. on Saturday, December 5th. The cost is \$5 per child. Plans include a visit and photo with Santa (photos sent out via email after the event), decorating Christmas cupcakes or cookies, a colouring contest, face painting and a hot dog lunch. Please note all food items will be peanut free. Preschool aged children are welcome to stay with their parent or guardian, while elementary school aged children may be dropped off and picked up at the end of the party. To help those in need, voluntary donations of nonperishable food items will be accepted

for the Food Bank sponsored by the St. Paul's Family Resource Centre.

SACA is currently gathering names and contact information to create a phone tree of those willing to donate goods to various fundraising events - items such as baked goods, hot dog and hamburger buns, condiments, pop, juice, water, etc. Placing your name on this list would not mean you are obligated to donate every time you are called. If you feel you may be able to help out from time to time, please contact SACA at sambroareacommunityassociation@gmail.com or call 902-868-2553.

Stay tuned for further upcoming events, including SACA's Christmas 50/50 raffle. You can follow Sammy Sambro on Twitter and Facebook

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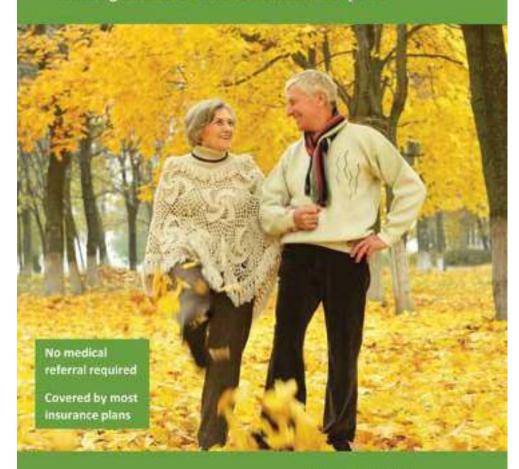


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Reg Horner Memorial Sports Page

Hey Coach

by Benny DeVine

I met up with Garry Crotty Saturday morning after practice at the Lions Rink for a questions and answer interview. Gary is the Head Coach of the Chebucto Novice Development Fog Devils. Q How many Years have you been

coaching Hockey?

A I started with a Bantam team in Chebucto in 1990. I have coached, managed and been on the Executive in the Association ever since.

Q Did you play Hockey as a kid? A Yes

Q Where did you play as a kid?

A Spryfield Minor Hockey Association **Q** What are your goals as a coach this year?

A 1. Ensure the kids enjoy the game and have a positive experience every time they come to the rink. 2. By the end of the season have the kids able to stop, start, proper edging and gain a basic understanding of some of the game concepts such as off side, icing etc.

3. Instill a competitive spirit in the kids. **Q** What is the most important thing your players can do to improve as the season goes on?

A Work on their game away from the rink. Shoot pucks, handle pucks, skate on back yard rinks and ponds when they

Q If you had 1 tip for young hockey players what would it be?

A Challenge yourself every time you go to the rink or gym and don't cheat on drills that are difficult.



Q What is your favorite food Coach? A Pasta for sure.

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

A The kids now have so many more opportunities for ice time and access to coaching than we did. With spring hockey, development camps etc. the kids can pick camps that work on specific skill sets or they can just play games year round.

Quote My message would be to the parents. Make sure the kids are playing the game for the love of the sport and because they enjoy it. With so many options available for additional programs be careful to not burn them out and diminish their passion. It is a great game where the kids can learn many lessons and meet people that will likely be lifelong friends. Encourage them but don't force them to take part.

Robertson twins lead the Chebucto Peewee AAA team to victory



by Benny DeVine

The Chebucto Atlantics Peewee AAA team took to the ice on Saturday for their regular season home opener against the Dartmouth Whalers.

Dartmouth came out strong and jumped ahead with 2 1st period goals before Ava Robertson scored a second period power play goal with a wrist shot from the point that ended up in the top corner.

Emma Robertson tied the game in the

second period with her first goal of the game after she took a pass from the corner and beat the Dartmouth Goalie. After 2 periods the score remained tied at 2.

The play was back and forth in the 3rd period and at the half way point Emma Robertson was well positioned in front of the net as she pounced on a rebound and scored the game winning goal.

After allowing 2 goals Jake Dodge had a strong performance stopping 23 of 25 shots.

New Black Belts at Chimo



L to R: David Aalders, Gracie Weir, Christopher Perks, Jacob Scanlon, Master Katie Berakos and Master Doug Large "Triumphant smiles after everyone passed their test" Photo Credit Melanie Weir by Sarah Fraser

You may think you already have a pretty good idea of what the ancient Korean martial art of Taekwondo is all about, but, in fact, "You have much to learn, grasshopper." For instance, it may surprise you to learn Taekwondo

is not an ancient art, but was developed as 'traditional taekwondo' in 1946. Taekwondo is a combination of several Korean fighting styles and, in 1973, the Korean Taekwondo Federation established the World Taekwondo Federation (WTF/Sports/Olympic style taekwondo) Master Doug Large, owner and head instructor of Chimo Taekwondo and 5th Degree Black Belt, started taekwondo on March 3rd, 2000, and has every intention of continuing to grow and develop his skills and degrees.

Getting your black belt, or working to achieve higher dans (or degrees) in your black belt is certainly not an easy task, and takes an immense amount of training and preparation.

Bill Cross, 1st Dan Black belt, started taekwondo in June of 2006. "You train a lot and eventually you get good enough that you're ready to test for a black belt and how much you put in to the training determines how long it's going to take you to get a black belt." Mr. Cross does not intend to further his dan, but remains an active member and instructor at Chimo.

The Black belt test is a test of incredprior to the test. On October 17th, five

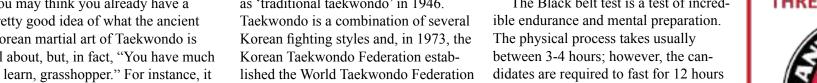
members of Chimo took their Black Belt test.

Master Large walks us through the order of a typical black belt test for his club.....

"They do an hour of meditation, followed by punching drills, kicking drills, kicking/punching combination drills, and a fitness test (which includes pushups, crunches, jumping jacks, squats, and more). They each have to spar

(See Black Belts on page 13)

John Martin 1980 Guess Who





Spryfield Attack November/ **December Home Game Schedule:**

vs. Bedford Wolverines November 7 November 21 vs Amherst Colts

vs Avon

November 28 vs Metro Jaguars

December 5

All games are at 8:00 in Spryfield at the Lions Rink. Tickets are only \$5 and are available at the door. Check out the website spryfieldattack.com for updates and information, as well as highlights from previous games. Don't miss a minute of the action!



www.atlantickarateclub.ca 902-477-4639 Chocolate Lake Recreation Centre —Top Floor

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Better streetlights coming our way

by Stephen Adams, HRM Councillor, District 11

Greetings

As I have written in previous columns, two bus routes in our community have been identified by Halifax Transit as being under-utilized by passengers. The #15 Purcell's Cove and #402 Sambro Loop. The proposal for the #15 is that it remain on Purcell's Cove Rd. until Williams Lake Rd. then proceed down Williams Lake Rd. The recommendation for the #402 is that it be eliminated.

Should these changes be implemented it will affect many residents as the change will likely be permanent and there are no alternatives for public transportation in this area.

I have met with community groups, residents and businesses to discuss their concerns. I had the pleasure of attending a community rally in Purcell's Cove to develop strategies to save the bus. This well-organized, and well-attended, event clearly illustrated the deep support for the bus.

I have spoken with residents around the loop who are rallying to save their route, as well. Petitions are making their way throughout the community, with volunteers riding the bus to get signatures. I am overwhelmed with the dedication all have displayed.

The Regional Council discussion on these routes will most likely take place in November. I encourage anyone with an interest in saving their bus route to briefly outline your concerns in an email and forward it to me to ensure your correspondence is on the record.

Good News for Our Volunteers

The 15th annual Volunteer Conference will be held on Friday, November 20th and Saturday, November 21st at the Harbourview Holiday Inn, Dartmouth, 101 Wyse Road. The Volunteer Conference gives participants an opportunity to train, network and learn tools to become more effective in their volunteer work. The conference includes:

- * A wide selection of interactive and informative sessions (ie: Funding Program Showcase, Building an Effective Board, Crash Course on Using Social Media for NGO's, etc.)
 - * Dynamic and experienced speakers

For this month only, Linda Mosher's column can be seen on our website and Facebook. —*Ed*.

* Lunch and refreshments

- * Networking opportunities
- * Participant welcome packages
- * Community showcase

A nominal fee is required (\$35 to \$50 for volunteers) to register. For more information and to register visit: www. halifax.ca/volunteerservices/Volunteer-Conference.php or E-mail: hrmvolunteerservices@halifax.ca or by phone at 902-490-4865.

LED Streetlight Conversion

To help make our communities safer and more energy efficient, the municipality is moving forward with a project to replace all traditional, high-pressure sodium streetlights in the Halifax region with energy efficient LED technology. The municipality owns and maintains all 43,000 streetlights in the Halifax region; however, until recently, approximately two thirds of those streetlights belonged to Nova Scotia Power Inc. (NSPI). In 2013, Regional Council directed staff to purchase all NSPI-owned outdoor lights directly servicing the municipality and the change of ownership went through on Aug. 1, 2014. About 7,000 of those lights have already been converted to LED technology. All the remaining streetlights will be converted over a two-year period beginning In September 2015 and wrapping up by June 1, 2017.

This project includes only those streetlights located within the municipal right-of-way and does not include streetlights on private roadways or lands.

LED streetlights are widely popular for their energy efficiency, long lifespans and reduced maintenance requirements.

They also produce a much brighter, whiter light that is focused on the ground, improving visibility and safety for all users. LEDs contain no toxic materials and are 100% recyclable. Once the streetlights are replaced, the municipality is partnering with Dan-X Recycling in Dartmouth to properly dispose of the old bulbs, diverting that waste from the landfill and keeping harmful chemicals out of our environment.

Adaptive technology systems are the ideal complement to Halifax's LED retrofit project, allowing for increased energy savings while being in control of lighting functionality at any time, from anywhere. Intelligent modules are attached to the LED streetlights, offering the municipality a wireless canopy. The system monitors the streetlights in realtime and sends alerts when maintenance is required, allowing the municipality to better manage streetlight maintenance and eliminating the need for residents to report outages.

There's no question that replacing all the streetlights in the region will be a big undertaking; however, it will have even bigger payoffs. Once complete, the conversion will save the municipality about \$5 million a year. The total cost of the streetlight conversion project is \$47.6 million, which will be funded by an \$8-million Streetlight Reserve and through the operational savings from energy efficiency and reduced maintenance requirements over a 10-year period. Regional Council established the Streetlight Reserve in 2013 to fund the purchase of all streetlights from NSPI.

If a streetlight in your area has yet to

be replaced with LED technology, you should continue to report the outage by phoning the 311 Citizen Contact Centre or filling out an online service request at www.halifax.ca.

If you have any questions or want to learn more about this exciting project, I would encourage you to visit our website at http://www.halifax.ca/traf-fic/LED/index.php. You may also keep track of the completed areas and find out when your neighbourhood will be visited through the online map.

Reminder: Seniors Snow Removal Program 2015-2016

Registration for the Seniors Snow Removal Program for the 2015-2016 winter season is now open. You are able to apply online at the following website: www.ymcahrm.ns.ca. The program offers assistance to clear snow from steps and walkways, including: front and back steps, walkways and access to fuel tanks. The snow removal program is available to seniors (65 years of age or older) and persons with disabilities in the Halifax Regional Municipality who meet the criteria. The program applies to residential properties only - commercial properties are ineligible.

To find out more about this program, please call the YMCA at 483-3678 or visit their website at www.ymcahrm. ns.ca.

Contact

Please contact our HRM Citizen Contact Centre at 3-1-1 if you have an issue that needs to be addressed. You will be given a reference number which can be used to follow the progress of that particular issue.

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

New family picnic area at Long Lake Provincial Park by Brendan Maguire, MLA for Halifax Atlantic

The month of October has come to an end and what a beautiful month it has been. With the crisp fall air comes trees turning many different colors and it really lights up our communities. It really is the perfect opportunity to get outside and explore the many different trails, paths and parks our community has to offer. Speaking of parks, this past month the engineering designs for Long Lake Provincial Park were revealed at the Long Lake Provincial Park annual

general meeting in Spryfield. The design included a new family picnic area at the old pump station area along Old Sambro road, including a parking lot, picnic tables and, of course, a new trail system. I wanted to take a moment to thank everyone involved with this project, when complete it will be a fantastic community spot.

A few months ago I was approached by the Baillie family from Spryfield. 25 years ago their mother Barb lost her life due to domestic violence. The family wanted to find a way to remember their mother, but to also bring awareness to the issue of domestic violence; they wanted to give people hope. Well on October 19th together we created Barb's Benches, a nonprofit organization which places purple benches in public places. On those benches is a plaque in memory of Barb but also on the plaque is a reminder to those suffering in (See Picnic area at Long Lake on page 13)





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The Armdale Report

by the Honourable Lena Diab, MLA for Halifax Armdale

I was very proud to announce funding to support three new projects that connect people to their communities. The NS government is investing in 29 projects across the province to encourage healthier living, reduce our environmental footprint and give Nova Scotians more options for how they travel between destinations. The three new projects: \$50,000 to build the Chain of Lakes bridge and community connector linking St. Margaret's Bay Road with the Chain of Lakes Trail; \$25,000 to Bicycle NS for a plan to connect the Chain of Lakes Greenway and the peninsula; \$2,300 to BayRides, a new community based transportation service in St. Margaret's Bay.

Thank you to those who attended the MLA Town Hall I co-hosted with Clayton Park West and Fairview-Clayton Park on private refugee sponsorship. If you would like to help, please view: www.novascotiaimmigration. com/support-for-refugees. I was pleased to be part of the grand opening of the Refugee Health Clinic. This clinic will provide refugees with primary and preventative health services during their initial integration into the Halifax area. This represents a new way of working together and is a partnership with ISANS, Halifax Refugee Clinic and the Dept. of Health and Wellness.

I was happy to join with volunteers at the TD Tree Day event at Dingle Park. TD and Clean Nova Scotia teamed up to plant 200 trees. Together we can work towards inspiring environmental change for a cleaner Nova Scotia. I also joined students and staff from John W. MacLeod - Fleming Tower School who were running with pride to Frog Pond for the Terry Fox Run. I enjoyed connecting with residents and experiencing local culture at Bethany United's successful fall fair.

I'm honoured to be a recipient of this year's Progress Women of Excellence Awards by the Canadian Progress Club Halifax Cornwallis. This great organization supports Phoenix Youth programs, Special Olympics of Nova Scotia, Adsum House and many more. I would like to congratulate all recipients of this year's award and I encourage you to support them by attending the November 18th event. For more

information visit: www.cpchalifaxcorn-wallis.ca .

I will be hosting an open house on Sunday, November 8th from 3:00 to 4:00 pm for constituents to drop in. I encourage anyone coming to bring a non-perishable food item or donation in support of St. Paul's United Food Bank. My office door is always open to listen to your concerns. You can contact me at 902-455-1610 or email info@lenadiab.ca.

Picnic area at Long Lake

(continued from page 12) silence that they are not alone and that there is help. The first bench was placed at Long Lake Provincial Park on the night of October 19th. With over 250 people attending, the family gave an emotional speech about their mother and what she meant to them. Thank you to all that attended and thank you to the family for sharing.

This month we saw a lot of paving and road maintenance in our communities. While this is a positive thing, it can, at times also try our patience. So thank you all for being very patient on your daily commutes while our roads are repaired.

It has also been a busy month of community actives and engagements. We saw the St James sword fish dinner; Chebucto connections clothing bonanza; community clean ups; Harrietsfield Craft show and many more events. Thank you to all of the volunteers who helped organize these events and for all who attended. If you are looking for information on upcoming events, please add me to your Facebook as I am always updating the community.

Lastly I wanted to remind everyone that the Legislature is back in session on November 12th. This means I will not be as available as I usually am. If you have any questions or concerns you can still contact Kelly at my office at 902-444-0147. She is there from 9am – 5pm, Monday through Friday, and always willing to help. I will try my best to return calls in a timely manner.

Have a great month of November, please feel free to reach out to me anytime.

Black Belts

(continued from page 11) two rounds back to back with different opponents, demonstrate 10 self-defense techniques, and finally they do five breaks."

Carl Hines, a second dan Black Belt started taekwondo in 1985. When asked what he felt was the most difficult part of the test, he said, ""The fitness and cardio part of it. Continuing when you wanted to stop."

This sentiment was echoed by several of the testers. Gracie Weir, the youngest tester in the group at 11 years old, was a black stripe ranked student before she did her test. Ms. Weir was successfully awarded her Black belt, but has no intention of stopping there. "I'd like to go to at least my third (dan), normally if/when people stop (training), they stop at their first or second dan, and I want to go further."

Christopher Perks also started the day as a black stripe and was awarded his black belt. Chris has vowed to continue training in taekwondo for as long as his body will allow. He enjoys training and learning taekwondo, but also has taken an active role in teaching younger members of the club. Chris was initially apprehensive of the day of testing, but, like the other testers, he persevered and overcame all of the obstacles. "Each section of the test has its own difficulties... the speed that everything will go at makes me nervous", said Mr. Perks. "Forms are my weakest aspect, but I enjoy them because I understand their purpose"

David Aladers, who earned his second dan black belt, started taekwondo because his daughter inspired him, and he has been with Chimo for twelve years. He has no strategy or specific determination for how far he wants to take his skills, but will rely on his body to tell him when he's had enough. His advice for future testing black belts? "Keep going, and don't give up."

Jacob Scanlon, another determined youth, has been with Chimo since he was 8 years old. On this day, he was testing for his third Dan black belt. Mr. Scanlon was confident going in to the test, but was slightly worried about the board breaking. His breaks consisted of three combination breaks, each one having to consist of 6 strikes. If there was an aspect of taekwondo he would emphasize to new students, he tells us, "I never enjoyed forms until I got my Black belt. Now they're something I understand that are important and can be fun to do."

Katie Berakos achieved the prestigious title of Master Berakos, by receiving her 4th Dan. Master Berakos has been with the Chimo club since 2003, and is not intimidated by the physical work required for the black belt test, but finds the mental strain daunting. Upon reflection of her start with taekwondo twelve years ago, she had this to say, "It doesn't matter what anyone else is doing. Worry about yourself. Regardless of how far other people go.... it has nothing to do with you. Keep going"

Master Greg Drummond, who is new to the Chimo Taekwondo family, having recently moved to the area from Ontario, has practiced the sport since the early 1990's. He views a black belt degree with a standard of integrity and encouragement that can be shared with others. "Once you're a black belt, you're held to a level of admiration and in some ways that's inspirational," said Master Drummond. "You have this encouragement behind you from all the little kids in the classroom and adults in the classroom that want to see what you can do."

The testers this day did not disappoint, and all, proudly, passed their test.

Congratulations to all!

To sum up the day's accomplishments, I will rely on a simple yet meaningful Korean proverb that applies 100% to any striving student of taekwondo, new or experienced—

"Go-saeng Ggeut-eh naki eun-da", of which the literal translation is "At the end of hardship comes happiness."

Interested in trying Taekwondo? Chimo Taekwondo Club is offering an introductory package special that includes your initial uniform and 12 classes for only \$100. Remember, every black belt started as a white belt.

ENERGY – Government supports sustainable transportation in Halifax

Government is supporting two sustainable transportation projects in Halifax.

Halifax Atlantic MLA Brendan Maguire, on behalf of Energy Minister Michel Samson, announced the support at an event on Oct. 1st, at The Boys and Girls Club of Spryfield. Projects led by Genuine Progress Index Atlantic and Heart and Stroke Foundation of Canada received funding through the province's sustainable transportation grant program, Connect2.

"Halifax is home to great sustainable transportation infrastructure, and we're pleased to support two projects that help encourage even more people to enjoy it," said Mr. Maguire. "Government is proud to partner with community organizations like Genuine Progress Index Atlantic and Heart and Stoke Foundation to encourage and support community-driven sustainable transportation solutions and promote active lifestyles."

Government is providing \$10,000 to Genuine Progress Index Atlantic for its Youth Connect project. Youth Connect aims to encourage and enable youth to be direct agents of positive change in overcoming obstacles and creating solutions for youth access to sustainable transportation.

"Young people can provide a wealth of insight, not to mention energy and enthusiasm, to the planning process for sustainable transportation," said Gwendolyn Colman, executive director, Genuine Progress Index Atlantic. "This Connect2 grant will allow more young people to partner with community organizations to identify and create solutions to barriers affecting people of all ages in our communities."

Mr. Maguire also announced a \$2,500 grant to the Heart and Stroke Foundation to plan and host a Planning Walkable Communities workshop to improve the state of walkability in Halifax.

"Walking is the most accessible form of active transportation for Nova Scotians of any age, yet walkability can often be an afterthought in the planning and design process," said Charlotte Comrie, CEO, Heart and Stroke Foundation, Nova Scotia and Prince Edward Island. "This workshop, for planners and others interested in active transportation, is about making our communities more walkable and more accessible for everyone, from children to seniors."

Connect2, launched in May, aims to create and promote active transportation options for trips of two kilometres or less between community hubs in rural and urban parts of the province.

More projects will be announced in the coming weeks, and all will be completed by March 10.

For more information, visit http://novascotia.ca/sustainabletransportation/ .



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The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

NOVEMBER COMMUNITY EVENTS

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

• After School Program Registration: September 2015 - June 2016: A low-cost fee of \$75 - \$125 a month provides care for your child during the critical hours care period of the day. We provide a healthy after school snack, walking school bus child pick-up from Central Spryfield School, structured free play, a variety of programming from high energy recreational games to low energy cooking and baking in our kitchen!

 Day Camp Registration September 2015 -June 2016 In-service Day Camps including March Break! \$25 our in-service and holiday day camps are a worth wild investment to keep your child entertained and engaged on school in-service days.

• For more information please call 902-477-9840 or email generalinfor@bgcspryfield.org today!

Captain William Spry Library Events: Family Drop In Ages 0 to 5

• Tuesdays at 10:30am from September 8th through November 24th: Families! Enjoy a variety of activities together, including stories and songs. Story Time Ages 3 to 5

• Fridays at 10:30am from September 11th through November 27th: Stories, songs, finger plays, and rhymes help children experience independent group activity, gain pre-reading skills, and develop a love of reading.

Puppet Show:

• Saturday, November 14th and 28th at 11am Winter Holiday Bingo!

• Sunday, November 29th at 3pm. Join us for a Frosty Bingo Game! Play Bingo-get prizes! Pre-Teen Drop In Ages 8 to 12

 Wednesdays between 6pm and 7pm from September 9th until November 25th. (except November 11th) Come out for free food, games, and fun theme nights!

Mad for Art Youth Series Ages 8 to 12

· November 4th at 6pm: Abstract Art with Artist Wassily Kandinsky.

· November 18th at 6pm: Spatter Art! With a nod to Jackson Pollock.

· November 25th at 6pm: Create art in the manner of Piet Mondrian.

Teen Zone ages 12 and up:

· Thursdays from 6pm until 8pm.

· November 15th at 3pm. Holiday Bread Making. Registration required

 November 6th at 3pm. Colouring for Adults. Registration required. • November 13th at 2:30pm. One Book Nova

Scotia reading with Darren Greer Please note that for your convenience there is

a community drop off for library items at the Greystone housing office.

www.halifaxpubliclibraries.ca (http://www. halifaxpubliclibraries.ca/)

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Chebucto Community Health Team (16 Dentith Rd) Events:

Free Community Health and Wellness Programs for November:

 Personal Wellness Profile: How healthy are you? November 14th and November 18th from 8:30am to 11:30am at the Wellness Centre in

• Fall into Fitness: November 12th from 6:30pm to 8pm at the Wellness Centre in Spryfield

• Low Intensity Exercise Program Tuesday and Thursday from 10:45am to 12pm at the Canada Games Centre.

• 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.

• Sundays at 7pm: Washer Toss - open to the

public- \$5 per person. Prize money determined by #of entries

 November 2nd and 16th: Seniors Dance from 12:30pm to 4pm. \$4 per person. Light lunch served. Door prizes, 50/50 draw. Music by Albert Martell. All seniors welcome.

• December 14th: Seniors Christmas dinner.

• New Year's Eve Dance: 9pm to 1am. \$10 per person. Finger foods. Band will be Second

• New Year's Day Dance: 2pm to 6pm. With Cheryl. Free admission.

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

· Friday Night Mixed Dart League with bar service. 8pm. \$5 to play Phone 902-475-1817 for more information (leave message)

• Jam sessions every Sunday evening from 7pm until 9:30pm. Free admission, just bring your instrument. Call John at 902-220-7720 for more information or check out the Facebook page hwccjamsessions.

• November 15th. Christmas Craft Fair and Bake Sale. 11am to 3pm.

• November 19th: Pre-teen (grades 3 to 6) Dance from 6:30pm until 8:30pm. Admission \$3. Adult supervision provided.

 Halifax Tai Jitsu runs classes at the centre every Wednesday and Thursday and Saturday morning. Contact Natasha at 902-293-7427, halifaxtaijitsu@gmail.com for more information.

Mainland South Heritage Society (Capt. William Spry Community Centre) Events:

· November 26th: 7pm. Presentation: Aftershock: the Halifax Explosion and the Persecution of Pilot Francis Mackey, a new book about a sad old story. With Author Janet Maybee. Book will be available for purchase and there will be an opportunity for questions and discussion.

Quarter Note Singers (Captain Spry Centre)

· 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)

• Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.

• 2nd and 4th Tuesday of each month 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!

• November 10th: 7pm. Open House! Enjoy some refreshments and get to know your local

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

 November 9th: /pm. Monthly meeting will take place at the Captain William Spry Centre. All

YMCA Events:

· Elderobics-Forever Fit classes. No registration necessary. \$4/per class plus annual fee of \$10.

- Emmanuel Church Hall on Monday, Wednesday and Friday from 10am to 11am. - Captain William Spry Centre on Monday,

Young at Heart Club (212 Herring Cove Rd)

Wednesday and Friday from 9am to 10am

• Crib every Thursday at 1:30pm

• Darts every Thursday at 7pm.

• Wanted: Piano player to volunteer on Tuesdays from 1:30pm to 3:30pm. For more information, contact Edna at 902-477-5842

• November 4th: 7pm. Toy Bingo

 November 4th. 11:30am to 1pm. Club Luncheon: Soup, sandwich, dessert, tea and coffee. \$5. For more information call 902-477-7192

• November 27th: 7pm. Christmas Bingo. • November 28th: 9am to 2pm. Christmas Craft

and Bake Sale. Table rental is \$10. Admission \$1. Call 902-477-5842

Emmanuel Church Hall (322 Herring Cove Road) Events:

• November 8th: 2pm to 4:30pm. Country Music Variety Show. \$7 admission. Canteen available. All welcome

 November 14th: 8pm to 12am. Dance. \$7per person. Light lunch at intermission. Music by Bay City Band

• November 28th: 10am to 1pm. Christmas Bazaar. \$1 admission. Fun for Everyone!

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

 November 14th: 1pm to 3pm. Gingerbread Tea and Chinese Auction. Fun and food for everyone! • December 5th: 11am to 1pm. Children's

Christmas Party. \$5 per child. Includes visit and photo with Santa, decorating cupcakes or cookies, a colouring contest, face painting and a hot dog lunch. All food items are peanut free. Preschool children must be accompanied by an adult. School aged children may be dropped off and picked up. A voluntary donation of nonperishable food items will be accepted for the St. Paul's Family Resource Centre Food Bank.

• November 25th: 7pm. Annual General Meeting of the Sambro Area Community Association (SACA). All members of the community are welcome and encouraged to attend.

St. Michael's Church (6 St. Michael's Avenue, Spryfield) Events:

• November 6th: 7pm. Cash Bingo!

 November 4th: 1:30pm. Christmas Gift Auction! Bid on a variety of homemade items (knitted, baked, quilted, painted, etc) and enjoy a snack! Brought to you by the Red Hat Chili Peppers! No cost for admission.

 November 15th: 4pm to 6pm. Annual Roast Beef Dinner with rolls, apple and lemon pies, coffee, tea and juice. Adults \$13, children 5 to 12 years \$6. Children under 5 Free. Take-out available

December 4th: 7pm. Cash Bingo!

• New Year's Eve Dance! 9pm. DJ and cash bar. Tickets go on sale November 1st. Call 902-477-3530 for more information.

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

• November 26th. 7pm. Concert. Hal Bruce plays the best of the 60's and 70's. Tickets are \$15. For more information, contact Valerie Connors at 902-221-7842 or Heather Embrett at 902-440-7552

 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 fill water jugs at our outside tap, please note the following change: Now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email weneedsafewater@gmail.com with questions or to arrange an alternate pick up time. 3rd Spryfield Cub Pack (ages 8 to 10) and

Scout Iroop (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday. Contact Brad McCallum for more info: 902-401-1223 or visit www.scouts.ca

St. Paul's Roman Catholic Church (151 Hebridean Drive. Herring Cove) Events:

• November 7th: 8pm to 12am. Doors open at 7:30pm. Cuban Dance Night in support of St. Peter and St. Paul Parish music ministry. Door and grand prize draws. Tickets \$10 each. Available from the Parish office and after Sunday liturgy masses. Attendees must be 19 or older.

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 Reverend Dennis Nickerson at 902-476-9989.

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 colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email weneedsafewater@gmail.com with questions or to arrange an alternate pick up time.

• Community Craft Market: November 21st from 10am to 2pm. Chebucto Family Centre (3 Sylvia Ave). Admission is a food item donation or cash donation for the on-site community food cupboard. www.homeoftheguardianangel.ca/ craftmarket2015 for more details.

• Adult Volleyball: Wednesdays from 8 until 9:30 beginning September 30th at Herring Cove Junior High. \$5 per person (to cover rental costs) Contact Paula Taylor: taylorpa2714@gmail.com to register or for more info.

• 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.

• November 10th: Spryfield Lions Club (25 Drysdale Avenue) would like to invite the public to an open house! 7pm. Refreshments will be served. Come find out how great it is to be a

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

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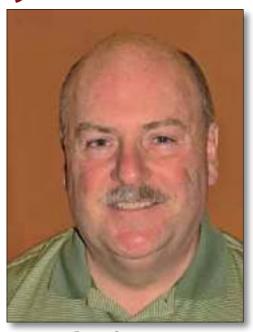
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