Check Out Our New Makeover!

Your **Entertainment Destination**

Bowlarama

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)

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!



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



LAWYER

Clyde A. Paul & Associates

FREE

Clyde A. Paul Ryan P. Brennan Peter J. Katsihtis 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

Link Crew comes to lisley



Link Leader Team: FRONT ROW (L-R) Rebecca Withers and Clayton Spearns. BACK ROW (L-R) Jeremy Scallion, Joanna Feniyanos, Hilary Steeves and Sheridan Taylor

by Ciara Harris

The first day of school is not usually fun. For many years, the first day of school at JL Ilsley High consisted of PowerPoint lists of rules, paying student fees, and often, getting lost. In short, it was boring. Nicholas Down, teacher and Student Council advisor at J.L., knew there could be a better way. "I first heard about Link Crew at a national leadership conference. Eight student leaders from J.L. Ilsley and I attended the Canadian Student Leadership Conference in Kelowna, British Columbia last year. I quickly realized the Link Crew program was a great fit for J.L. Ilsley and my philosophical perspective of servant leadership, so I registered for the training and started looking for financial support to offset the cost of the training program." Mr. Down is currently the only trained Link Crew Coordinator in Nova Scotia.

Link Crew is an orientation program for Grade 10 students. It matches student "Link Leaders" from grades 11 and 12 with new students. The role of the Link Leader is to introduce the school, and get new students involved. On September 2nd, grade 10 students were divided into groups and participated in team-building activities with their Link Leaders. They toured the school, and got to know the other young people in their groups. Pauline Natividad, a Grade 10 student at J.L. Ilsley, gushes about her Link Crew team. "My Link Leaders were Taryn and Owen. They were amazing. They had so much positive energy!" Nicholas Down says, "The purpose of this day is to have incoming students experience powerful connections with their peers and immediately feel connected to their school,

and know that they belong. Right away, students will feel the pride of knowing that they are the class of 2018." Many hours of preparation, planning and practice went into the Opening Assembly, Small Group Challenges, School Tour, Closing Assembly and "Class of 2018" Barbeque.

As the year continues, Link Crew groups will meet a number of times to discuss progress, offer support, and encourage younger students to participate in school activities. J.L. Ilsley is the first school in Nova Scotia to offer this program.

(See Link Crew on page 3)

Chebucto Connections' AGM sparks dialogue on **Spryfield priorities**

Residents attending the Chebucto Connections' AGM raised some very interesting concerns about the future direction of Spryfield at the Chebucto Connections' AGM in June.

The panelists (Brendan Maguire, MLA; Marjorie Willison from Chebucto Connections Board; and Bruce Holland of the Spryfield and District Business Commission (SBDC)) were asked to describe the Programs & Services, Infrastructure, Identity, Image and Character needed to provide a sustainable and bright future for the Greater Spryfield area (from Armdale Rotary all the way through to Sambro Loop).

All panelists are passionate, longtime advocates for the Greater Spryfield area and there was lively input from the audience. The absence of municipal participation on the panel left many questions unanswered and it was unfortunate that Municipal staff who planned to attend were called to a Council Meeting that night.

In this article, we'll summarize some dominant themes from the community dialogue at our AGM. We also invite residents to bring solutions and ideas forward to continue the dialogue and

spark action that will work to improve sustainability and quality of life in the

Spryfield's Role in Halifax — Halifax is a big, diverse area. How can Spryfield better connect with the greater community? Could we enhance and feature some of our assets, like Crystal Crescent Beach, the MacIntosh Run trails, Long Lake Provincial Park, our Heritage Urban Farm, our many lakes and so forth, to attract more visitors and contribute toward a broader understanding of the rich natural landscape that forms such an important part of the Greater Spryfield area? Would we benefit from being able to have input on the amenities for Long Lake that are currently being planned by a publicprivate partnership?

Our Public Image, Identity and Character — The good news is, our children and youth are doing much better; staying in school longer and going on to post-secondary education. It was, however, noted that we still need to make a priority of providing youth with more venues where they can get together, and provide more affordable

(See AGM sparks dialogue on page 3)



New Location opening at 251 Herring Cove Road

Bonded - 30 years of experience 902-479-3900 (bus.) 902-293-CASH (2274)







opening at **251 Herring Cove** Road

Bonded - 30 years of experience 902-479-3900 (bus.) 902-293-CASH (2274) Page 2 October 2015 • Chebucto News

Worry-free vacation!

by Maria Caines

Some people love winter! Skiing, skating, snowboarding, and sliding are great fun for the whole family. Winter is on the way and shortly thereafter, many will be yearning for a glimpse of summer with beaches and palm trees or much taller ski slopes. Once you're vacation is booked, the checklist starts. Passports, immunizations, new swimsuits, book a kennel for Fido and find someone to check on your home.

Insurance companies include a clause in their home and tenant insurance policies that require someone to be in your residence while you are away. Sometimes, that means for as little as a long weekend but how often will depend upon your insurance policy and the time of year. You will need someone that you can count on to check your home and handle any situation that may arise.

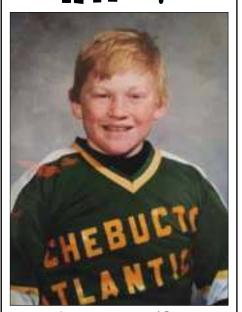
There are many situations that your home may face while you are away that could present the unfortunate situation of an insurance claim. In the winter, frozen pipes are the most common while the spring may see flooding. A power outage could result in a refrigerator failing to restart and becoming a giant, smelly mess. Having your home checked cannot guarantee that those things will not happen but you will have someone on the ground to help deal with the situation on your behalf.

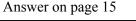
A neighbour, friend or family member could be your solution, but if you are new to your area or all of your friends and family are going with you, then you may need to hire a service. The nominal fee that most companies charge will more than offset the value of an insurance claim that may be denied if you have not taken the necessary steps to prevent the damages.

Make sure that the company that you choose has a current criminal record background check available for you to see, along with business insurance or bonding (same thing) and references. Review the services that are offered and request any additional services that you may require. Your services should already be on record for when you go to the cottage in the summer, or need to go to that conference in Germany in October, or whenever you need to get away.

There, you can relax on your vacation, instead of worrying about the state of your home when you return. Knowing that you have taken care of your home will let you enjoy your well-deserved vacation time! Now...if you could just leave your cell phones at home!

Guess Who?





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.

© 2015 The Chebucto News, Spryfield, Nova Scotia

ADVERTISE WITH US!

Call Dan at 902-479-6397



Ends October 31st! Book today!

50% OFF

NEW_{to}YOU

SERVICES*









217 Herring Cove Road 902- 477-9463

AGM sparks dialogue

(continued from page 1) or free activities and camps for children and youth.

Crime statistics for our area continue to decline; yet the stigma from past stereotyping of the Spryfield area lingers and taints our image and identity in the greater HRM community. The SDBC makes a point of cleaning up graffiti and maintaining landscaping at key locations, which beautifies the area but residents at the AGM commented that overuse of large signs, billboards and other advertising has made the area unattractive. People suggested that perhaps a mural project could be a deterrent in areas where graffiti is a problem and could bring the community together to celebrate the beauty of the area through art.

On an urban planning level, there were comments that Spryfield residents wished for more gathering places and a greater sense of neighbourhood, development-wise. Many new developments are clear-cutting trees and many in attendance expressed great concern over the preservation of as much green space and natural environment as possible. There were comments regarding Herring Cove Road being a main traffic artery that could instead serve as a pedestrian-friendly shopping area. Currently the traffic, speed of vehicles, and multiple lanes make it an unpleasant place to stroll, shop or walk with children. Also cafe terraces are rare in Spryfield, and where does one go for regular musical entertainment? Could Spryfield support an arts/culture centre; possibly with a unique theme for Halifax that would attract others, their talents and their dollars, to our area? All these and more were discussed.

Parks and Recreation — Questions came forward as to how we could improve and expand the use of existing outdoor spaces. Proposals included bringing a power supply to some sports fields; creating more bike lanes and pedestrian connections to encourage active transportation and a sense of place; and talking to the City about following through on a long-forgotten promise to create park/gathering space on the unkempt land in front of the Captain William Spry Centre. Could we enhance and feature some of our natural landscape and assets more? How do we make green space a priority and ensure it starts to become more of what we are

identified for? Where do things stand on the possibility of regaining the land sold by Kidston Lake?

Transportation — Residents spoke of concerns about Halifax Transit cancelling the Sambro Bus. How could this be avoided or mitigated? How can residents get involved? If the bus went all the way to Crystal Crescent beach, would that bring more riders? What routes could be improved with Provincial support?

To bring some innovative developments to Spryfield and district, we need local initiatives and some supportive government funding programs: perhaps a "social enterprise" approach to bring in a greater variety of housing and transportation options; an environmental group to make people more conscientious about litter, pollution, and nature conservation.

Next Steps — To follow up on the AGM discussion, Chebucto Connections is committed to hosting a second community meeting to continue this dialogue in late Fall 2015. Municipal staff and politicians will be invited to participate so that residents can continue the dialogue on topics directly related to their areas of expertise. Dates and times will be announced (as schedules/availability allow) in the Chebucto News as well as on Chebucto Connections' Facebook Page.

In preparation for this, we would like to hear your ideas and keep the conversation going on the following topics:

- 1) Programs & Services,
- 2) Infrastructure
- 3) Identity, Image and Character

What do you think are our biggest needs and priorities? What are your suggestions for solutions that will address these priorities and needs? How do we get the message out that Spryfield is a great place to live?

Please write on our Facebook Page at: facebook.com/ChebuctoConnections.ca or, if you are not online, please write to the Chebucto Connections
Board c/o Yvonne Macor, ymacor@gmail.com or phone 902-431-0111.
Information that comes in through these two channels will be grouped by topic and included in the discussion at the next community meeting. Learn more about Chebucto Connections at http://chebuctoconnections.ca, and about the SDBC at http://spryfieldvillage.ca

NOW OPEN

8 SPRYFIELD DENTISTRY

Formerly Spryfield Dental Centre

in the Spryfield Shopping Centre next to Capital Health

> Dr. Lowell Shore Dr. Menashe Cieplinski Dr. Angela Vander Baaren

New Patients Welcome
Contact us today for a Free Consultation
(902) 477-8252
or Email from our website:

www.spryfielddentistry.com

All new patients will receive a \$10 Tim Hortons card until October 31st!

Link Crew comes to lisley

(continued from page 1)

The Link Crew program has a proven record of success. Schools with Link Crews have shown improved grades and higher graduation rates. Studies show that it is critical for young people to connect with others in order to experience success in High School, and this is the purpose of the Link Crew program.

Students, teachers and administration at J.L. were delighted with the inaugural Link Crew day. Grade 10 students had an easier time finding their classes and

saw familiar faces when they arrived. They also knew older students who could help them with their questions and concerns. Nicholas Down says that leadership at J.L. is all about creating experiences, and that the response to the Link Crew Orientation has been "extremely positive and encouraging."

Now that J.L. Ilsley has embraced the Link Crew program, the first day of school will never be boring again.

Something to say? We welcome your letters!

chebuctoeditor@gmail.com







October 2015 • Chebucto News Page 4



DISCOVERING OUR PAST



Hosterman's Mills served the world from Head of Northwest Arm

by Iris V. Shea

In 1752 Rev. Aaron Cleveland, Giles Harris and Joseph Chadwick, as joint owners, received a grant of 300 acres of land at the head of the Northwest Arm. The land, situated between present day Melville Cove and the Armdale Roundabout, extended from the shores of the Arm to beyond the western shoreline of Chocolate Lake. The most important feature of this grant was the stream that flowed downhill from Chocolate Lake to the Arm, providing enough force to operate a series of mills on that stream for 150 years.

Cleveland, Harris and Chadwick immediately began to develop a sawmill one-third of the way up the stream from the Arm. They soon ran into financial difficulties and by 1755 the land and sawmill were auctioned off to the highest bidder. Rev. Cleveland was a Congregational clergyman from New England. He returned to the United States where, generations later, one of his descendants, Grover Cleveland, would twice become President.

Three new names then entered the picture: John Fillis, a Boston merchant who had recently settled in Halifax, his brother James Fillis, and John Scutt, a Halifax merchant, none of whom had any interest in operating the sawmill. John Fillis, Esquire, became an active participant in this province's business and political circles; James Fillis left Halifax to take up residence as a farmer in Horton, Nova Scotia, and John Scutt died within a few years of acquiring



Photo, courtesy Mainland South Heritage Society. The Hosterman Tenement House, 1936. Built in 1863, torn down for road widening in the 1950s.

the property. His share went to his widow, Susanna, and her new husband, Thomas Bridge. Bridge held a seat in the House of Assembly and also served as a magistrate, a Justice of the Peace, a coroner, and a clerk of licenses. In 1771 Bridge received a grant of 200 acres on the western side of the Arm which later became Jollimore and part of Fleming Park. A chocolate mill replaced the saw mill at the head of the Arm and in 1788 a grist mill "where formerly stood the old Chocolate Mill" was built by John Hosterman, a young entrepreneur.

Hosterman, with his parents and siblings, were part of a group of foreign Protestants from Germany who settled in Lunenburg, N.S. in 1753. The name was originally spelled Österman. As a baker and spruce beer maker, Hosterman resided in Halifax in 1770 when he married Anna Felicia Weinman of Lunenburg. He purchased the onethird share of land at the head of the Northwest Arm in 1780 from Thomas and Susanna Bridge and in 1788, with permission from John and James Fillis, established the first grist mill on the stream and leased its operation to other entrepreneurs.

The Hosterman name remained associated with this property for two more generations following John's death in 1818. Thomas, John's only surviving son, bought out the shares of his nine sisters. As for John and James Fillis, no deed was found to determine when they relinquished their shares, but it was apparent that the Hostermans eventually controlled the entire 300 acres. Thomas Hosterman had been a business partner with Benjamin Etter in a jewellery and silversmith company and married Benjamin's daughter, Eliza Etter. Today, the Hosterman-Etter coin of 1815 is a valuable collector's item. In 1823 Thomas Hosterman, in partnership with William A. Black and others, erected a more sophisticated grist mill at the head of the Northwest Arm, the largest of its kind in the province. The mill manufactured flour and shelled barley. Machinery was brought in from Great Britain in order to produce flour which would compete with that imported from the United States. Among their purchases were a drying kiln, an oatmeal mill and a pair of stones for manufacturing "superfine" flour Black was another well-established merchant in Halifax. His father, William Black, was the Methodist minister whose visits to Sambro in the early 19th century encouraged the congregation to build a Methodist church in that community.

During the 1830s, ships transported grains from as far away as the Baltic and Black Seas, sailing up the North West Arm to the grist mill, their cargo to be ground into flour. A snuff mill,

(See Hosterman's Mills on page 5)



Donna Flemming Cell 902-430-3833 Fax 1-866-430-1393







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.



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
- WE COME TO YOU! · non-profit bookkeeping

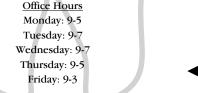
Angela Pellerine, Certified Management Accountant additupinc@hotmail.ca 902-499-8076 www.additupinc.com

WE ARE MOBILE

Looking for a Denial 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



Chebucto News • October 2015 Page 5

A decommissioned fire hall signals new sense of purpose



Residents from the Ketch Harbour Road area attending the KHARA Coffee House held on September

On Sunday, September 6, a dedicated group of volunteers from KHARA (Ketch Harbour Area Residents' Association) organized and held the first Coffee House in the decommissioned Fire Hall along the Ketch Harbour Road. With its wide-open garage doors letting in a beautiful summer breeze, the Fire Hall signalled its new sense of purpose to the residents of the area. Colorful quilts, signal flags and life rings, hung on improvised clothe lines, set the scene for a quaint and charming afternoon of musical entertainment and chatting with neighbors, friends and family.

The Coffee House was hosted by Trevor Dolhan. Performers included Trevor, Jim Dale, the Ketch Harbour Song Birds, Dave Campbell, Jen Simon and James Jackson, the mother-daughter singing duo Emma and Sandra Lea, opera singer Diane Bishop from New Brunswick and djembe percussionist Steve Moore.

Of course, the Coffee House owed much of its success to the talented team of bakers who tempted us with their delightful, sinful array of baked goods as well as the heavenly aroma of gourmet coffee supplied by Pavia.

This fundraising event will likely be the first of a series of Coffee Houses and similar functions. So stay tuned and save the extra calorie intake for the next KHARA Coffee House. Proceeds from these events will be directed

towards renovation projects and future community activities.

If you are interested in performing at the next Coffee House, volunteering for upcoming events, or have more ideas on how to transform the Fire Hall into a sustainable venue for community residents, please contact the Building Committee at KHARACommunityHall@ gmail.com and/or join us on Facebook.

Hosterman's Mills

(continued from page 4) operated by Joseph Austin, also occupied part of the stream on the Hosterman land during 1830s.

Following Thomas Hosterman's death in 1863, his sons, John Edward and Charles Owen, inherited, in addition to several properties in Halifax, all of the real estate at the Northwest Arm including the "Mill Property, Nail Factory, Foundry and Forge, and all machinery". John Edward Hosterman donated land on which the Presbyterians built their church in 1867, later known as Bethany on Fairmount Road. The building, now a private dwelling, still stands overlooking the Herring Cove Road.

Until Thomas Hosterman's sons took over, none of the previous owners of the mill property chose to live at the head of the Arm. Thomas Hosterman's summer cottage "Armview" overlooked the Arm but the family lived on Argyle Street in Halifax. Before his death, Thomas Hosterman built a large tenement house overlooking the mill stream on the Herring Cove Road. His

son, John Edward, occupied this house as did the men employed at the Hosterman's nail factory and iron foundry. Charles Owen Hosterman built a large house on what was later known as Edmonds' Grounds but did not occupy it for long. Financial difficulties were evident and, although the two brothers continued to operate the heavily mortgaged Melville Iron Foundry and nail factory, the untimely death of Charles in 1870 at the age of 35 years made it difficult for John to pay off creditors. Charles left behind four sons and one daughter, all under 10 years of age. Creditors foreclosed on the loans and sold off the business assets outside of the Hosterman family. The next generation of Hostermans relocated to Halifax and to the eastern United States.





See our ad on pages 10 and 11

Chebucto News Business Directory





Spryfield

Denture Clinic

Service direct to the public

Melville Professional Centre

15 Shoreham Lane

902-479-2453

Purcells 2004

Barbering & Hair Cutting



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

Lawn Care Specialists

www.greenrootshalifax.com

902.220.6480

Visit our website for details and

book your appointment today!

Thank You!!

A big thank you to our community for your love and support as we celebrated our second anniversary on September 5th!! We very much appreciate you and couldn't imagine having a small business anywhere but Harrietsfield!



Proud to support the fight against **Breast Cancer**

SPECIAL FOR YOU!

Enjoy our Spa Manicure, Swim Bikini Wax, Brow Wax & Tint for only

Salon Eight-Sixty is always welcoming new clients and thanks you for your continued support.

Now certified and offering Inverness nose and ear piercing. Call for details.

Refer a friend and you will both be entered in a draw for a chance to win a Moroccan Oil Yoga Bag filled with goodies valued over \$250!

LIKE us on FB for chances to win

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

3.56ff gas on Thursda

gas on Thursday & **26**tf cash every other 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

Fetch Harbour Dog Spaw

Professional All Breed Dog Grooming

353 Herring Cove Rd.

902 477 0717

Phone today to book your appointment: (902) 346-2038



Ketch Harbour, NS

fetchharbourdogspaw@hotmail.com

Steve McCarvell

DELOREY & LEVY

Windows & Doors Vinyl Siding • Masonry • Roofing • Decks • Eavestrough

> Cell: (902) 818-3566 Fax: (902) 492-4448 Email: stevemccarvell@hotmail.ca Web: www.deloreylevy.com

Salon Eight-

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

Now booking for the Holidays—call today to reserve your appointment! Please call to reserve your hair or esthetics appointment or email bookings@saloneightsixty.ca

902-407-8600 860 Old Sambro Road www.saloneightsixty.ca



Page 6 October 2015 • Chebucto News

The Scratching Post

If you have any questions or comments, please write: Sarah Fraser scratchingposthalifax@gmail.com

So you've decided you and/or your family will welcome a new furry addition? Congratulations! You have taken a step towards unconditional love and happiness. Now comes the super exciting part... looking for that special furball whose personality fits well with your family. Most people begin their search by looking for a kitten. Who wouldn't love a kitten? They're tiny, fluffy, playful and oh-so-adorable. That's why they're always the first to get adopted. Meanwhile, many adult cats and senior cats languish under the care of rescuers and shelters. Often overlooked because people fear adopting someone else's problem. The truth of the matter is, most adult and senior cats available for adoption have found themselves in their situation through no fault of their own. A high number of animals are surrendered to shelters, rescues and pounds because their humans are dealing with extenuating circumstances. People have to move to places where pets are not accepted; seniors enter assisted living facilities; or sometimes people take on stray or abandoned animals only to find they cannot afford to care for them.

Whatever the reasons, animal rescues and shelters always seem to find themselves overflowing with cats. This is why it is so frustrating to know there are people that breed cats.... that's right, they actually ENCOURAGE their procreation! Meanwhile, animal rescuers hum the "Spay and Neuter Your Cat" chant in their sleep. When most people see cute, adorable kittens, they gush with happiness. When rescuers see another kitten, we tend to cringe and imagine 2 years from now that sweet cat sitting in a kennel at the SPCA for months, waiting to be adopted. I'm not bitter, I swear...

Let's weigh the options available in our Province. The two biggest shelters are SPCA in Burnside, and Bide Awhile, also in Dartmouth. These shelters adopt animals that have been vaccinated, deflead/dewormed, spayed/neutered, and vet checked. The cost to adopt a cat/kitten from the SPCA ranges from \$50-\$210, while Bide Awhile has an adoption fee of \$140 for all makes and models. This ensures you're not adopting an animal with health concerns, unless it has been specifically disclosed to you. Most rescues will also not adopt out an unaltered cat, and will guarantee the animal has been seen by a vet. It is at the rescue's discretion what they will get for their adoption fee, but I can tell you from my own personal experience. most times the adoption fee doesn't necessarily cover the rescue's expenses to have the animal treated, cared for and vetted. There can be dental work needed, antibiotics for various illnesses, etc. that push the vet fees up, but are not reflected in adoption fee costs. Rescues adopt out cats for various fees and the best thing to do is contact one to inquire about their fee policy.

Some of you are interested in the "free kitten" option. Let me give you a few reasons why this is such a bad idea. First of all, I can almost guarantee that your new 'free' kitten has not been tested for diseases such as feline leukemia or feline immunodeficiency virus. If a kitten is free, they're also probably not spayed/neutered, and could have fleas and/or worms. Vaccinations are also recommended, which most assuredly would not come with your 'free' kitten. There are also a host of other things your 'free' kitten could bring along with them... Feline lice, upper respiratory conditions, feline conjunctivitis, ear mites, etc. So far, your 'free' kitten

had ended up costing you quite a bit of money in vet care!

Please, give your local vet a call and inquire as to what they charge to get a kitten fully vetted.... you may be surprised! Adopting a cat or kitten from a rescue not only supports the rescue and its efforts, it probably keeps another kitty off the streets.

Ask a pet Vet

Question: My cat just had surgery and my vet told me to monitor her for signs of pain. How do I know if my cat is in pain?

DR. McCALLUM: It can be difficult to know if a cat is in pain because cats, as a species, are often silent sufferers – they hide their pain well. So their signs of pain may be subtle. Obvious lameness or an open wound would be associated with pain and discomfort but a painful internal problem may be more difficult to detect. The following are a few ways cats may demonstrate pain:

- 1. A painful cat may resent being handled, and may even bite.
- 2. They may spend more time away from the family or even hide.
- 3. They may eat and drink less. They may urinate or defecate outside the litterbox because it hurts to posture.
- 4. They may groom themselves less and appear unkempt.
- 5. They may have a faster respiration rate or heartbeat. Their pupils may be dilated or they may squint their eyes.
 - 6. Just because your cat is purring, (See Ask a pet Vet on page 7)



ANDY FILLMORE

FOR HALIFAX MP

COMMIT TO VOTE @ vote.andyfillmore.ca



Ask a pet Vet

(continued from page 6) doesn't mean s/he is not in pain. A lot of cats will purr when they are feeling ill. If you are unsure, ask your veterinarian. And lastly, do not treat your cat's pain with human medications – a lot of human medications are toxic to cats, especially NSAIDs (like aspirin) and Tylenol. You could cause death using these medications. If you feel your cat is uncomfortable, seek the advice of your veterinarian for the best way to help your feline friend feel more comfortable.

Kim McCallum is a veterinarian at the Metro Animal Emergency Clinic and lives in Sambro with her two and four legged family.

Don't shop, adopt!

Ghost is a 16 week old dilute tortoiseshell female kitty. She had a difficult start to life, as she was born outdoors to a feral cat, and lived outside with her siblings until some kind people picked them up. Her Mama was spayed and released back to her outdoor home, but Ghost is very happy to be living with people inside! She needed a few days to warm up to her foster parents, and can be nervous of loud sounds or people she doesn't know, but she LOVES being petted and spends her entire night sleeping peacefully on your bed, curled up next to you.

Ghost is a playful, fun kitten, and loves being around other cats, or being the centre of attention. She needs a home where her people will understand she can be nervous, but that she de-



serves a chance to show you how much love she has to give. She has been deflead/dewormed, spayed, and comes fully vet checked. If you are interested in adopting Ghost, please contact Email katsonya@accesswave.ca and phone 902-469-6369.

Sammy says

September provided an opportunity to catch up with a couple of rained out events from this year's Sambro Sou'Wester Days festival.

The Sambro Island
Lighthouse Heritage Society ("SILHS") and the
Nova Scotia Lighthouse
Preservation Society
("NSLPS") had beautiful
weather on September 5th
as they transported a total
of about 70 people on
tours of Sambro Harbour
and the Sambro Island
Lighthouse.

Paddy Gray transported the visitors to the island, and in true community spirit, when his boat broke down, Skipper Dave Gray loaned his boat to complete the tours. One of the things that makes this community such a wonderful place is the willingness of its residents to lend a helping hand when a neighbour is in need.

Many community volunteers came together to make this day a success, including helpers who cleared paths on the island to make them more easily traversable. SILHS and NSLPS thank each and every person who helped make this day such a great success, and acknowledge it could not have happened without their assistance. SILHS



hope to offer more frequent tours to the Sambro Light next season.

The postponed Rubber Duck Race finally took place September 8th. It was a nail biter, but Cathy Sanderson's Duck #29 was the winner of the \$500 prize.

Save the dates! August 5-7 are set for the 2016 Sambro Sou'Wester Days. Planning is a year 'round process, including reviewing what worked well and what needs to be tweaked. It's never too early to volunteer your time and expertise. Email sambroareacommunityassociation@gmail.com or call 902-868-2553.

You can follow Sammy Sambro on Twitter and Facebook

Spryfield Business Breakfast Club

Your Buy Local Specialists

Michael Whynot	Agent for Executor	902-719-7797
Dan Doherty	Water N Wine Spryfield	902-478-4023
Cora Cole	Move the Median Business	
	Consulting and Coaching	902-222-7447
Wyatt Redmond	Beaver Enviro Depot	902-479-2929
John Cunningham	Canadian Tire Spryfield	902-477-5608
Darlene Croscup	Royal Bank	902-421-8973
Dan MacDonald	RBC Mortgage Specialist	902-817-6678
Fred O'Hearn	Lumbermart	902-477-6500
Jason O'Hearn	Lumbermart	902-477-6500
Gerry Mendelson	Mendelson Financial	902-479-7000
Ryan Brennan, LLB	Clyde Paul & Associates	902-477-2518
Sandy Martin	Cuts of Class	902-477-7351
Donnie MacLeod	MacLeods Auto	902-477-4682
Angela Pellerine, CMA	Add it Up	902-499-8076
Linda Levin	The Pampered Chef	902-479-1625
Irene Swindells	Melville Heights - Independent	
	Living for Seniors	902-477-3313
Bruce VanBuskirk	Blade Lawn Care	902-499-2823
Margaret Mann	Mann Mechanical	902-868-1324
Adem Hamidovic	Portico Web Design	902-452-4584
Noreen Battaglia	Language Therapist	902-477-3707
Christa L. Hornberger	Halifax Global Inc.	902-491-4483



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

CITY CHURCH

is a family-friendly Christian Congregation and invites you to their Services of Worship Sundays: 10:30 am & 6:00 pm.

CITY CHURCH

276 Herring Cove Road, Spryfield, NS 902-479-2489

Visit CITY CHURCH on the internet: www.citychurchhalifax.ca

And did you know that you can listen to Christian Inspirational Gospel Music on

LIFE 94.7 FM

Also available on the internet at www.LIFE947fm.com

Page 8 October 2015 • Chebucto News

Seniors' Beat: A life helping others

by BA Clarkson

Editor's Note: Due to circumstances beyond her control, Beverley was unable to submit a column this month. So we have chosen to revisit her first interview, which appeared in our November 2012 issue

Remember last time I said I'd like to meet some terrific local seniors? Here's the first in a series of profiles. His name is John Webb.

We met up at Pavia cafe on Herring Cove, which serves the best lattes west of Florence, Italy.

John has had a distinguished career devoted to helping other people. Orphaned at age nine, he has been drawn to reach out to others in need. His first job was as an income assistance caseworker, facing people in desperate circumstances, with little help available, and knew immediately he had found his calling. But the seventies also championed the war on poverty, and John says, "You took solace in the people you worked with and for, and together you could change the system". And they did.

He "semi-retired" in 2011 as the Provincial Director of Emergency Social Services, which he created together with government, private and charitable representatives. This organization came in handy when the Swissair flight 111 went down, and the capacity he developed with the Red Cross became an international best practice.

He went to New Orleans to manage a shelter for Hurricane Katrina flood victims. The human impact is what stays with him: helping a man and his 95 year old mother who clung to a rooftop for three days in the surging flood waters, not knowing if help would come

He has received various awards so far, including the Department of Community Services' "Premier's Award of Excellence" program, and the Queen's Golden Jubilee Medal for Community Service among other distinctions.

This is only half his life story. His priority has always been his family and wife of 40 years, Rozanne. She keeps a home that he, "wouldn't trade for a palace, and I thank her for the beautiful peaceful aura she has created." He is thrilled to be helping his son Christopher and partner Victoria Foulger build their dream business, fetching stock and painting walls.

He is "best friends" with his grandchild, who helped him decide the time to retire had arrived. Part of him knew after 37 years, the time had come; another part wanted to get more done. When he took a day off with this grandchild and giggled all the way down a slide in the park, it hit home how precious that time is. "What am I doing?!" he said and promptly handed in his notice.

He describes the decision to retire as a personal thing and says you need to be in touch with your feelings yet be objective in deciding what to do next. If you know you've accomplished important things, if you don't want to work full time but still need something to do, if you need to let your wife have her own space, then, "you gotta do what's right for you."

He joined the Condo board, and volunteered for a new role with Dalhousie University as a "standardized patient" helping student doctors learn to diagnose illness. He carries on with other committees and commitments, practices transcendental meditation, and only checks the internet 4 times a day.

"I am an organized person," says John. "The best time of my day is the morning which I spend with my wife, eating waffles in bed, flipping through newspapers, chatting, gazing out the window. I take my grandchild certain days which are my joy. I walk in the park, I play racquetball, I travel sometimes, and I just enjoy people".

"What would you advise people facing retirement?" I ask John. "You have to find the joy," he said. "Don't be too hard on yourself, forgive yourself for what you didn't do, pick and choose what's important now, and then just enjoy. It's always hard to find balance, and you need something to occupy your mind, but this is a great stage of life"

"What's not so great?" I wonder aloud. "Thinking I should have done this or that, or made more money, but then I remember: I have my home, my car, my family, my good life. The trick is not filling up the mind with too much frivolity. As the Maharishi says, 'we should be a joy to ourselves, to our families, to our friends and let the rest happen.'"

"And what would you say to young people just starting out in today's world?

"You go through ups and downs in life, sometimes you gotta fake it til you make it, but the most important thing is to enjoy the positive parts of what you have. It can be hard not to fall into the negative but try to embrace the warm and gentle. Work is work. Know what's important and suck the rest up. Enjoy the ride as much as possible and don't be too hard on yourself."

Sounds right on to me.

Mike's No Frills: more than just a grocery store!

by Bruce Holland

If you ever go to Mike's No Frills looking for owner/operator Mike MacIntyre, don't look for him behind a desk in the office; you are more likely to find him in an isle stocking shelves or out in the receiving dock, unloading a tractor trailer. Or you might find him helping a shopper find a product. That's just the kind of guy he is.

The other thing he is known for is being perhaps the most generous community supporting business man in the community. Most recently supporting the Dunbrack U18 Girls Soccer Team with their fundraising efforts, so that they can represent Nova Scotia at the upcoming Nationals. This is just the tip of Mike's community activities; supporting everyone from the Boys and Girls Club, to the Spryfield Urban Farm, to the local Harvest Festival and, of course, the huge community party held by Councillor Linda Mosher on Natal day each year at the Dingle Park. Make no mistake, these are only some of the organizations he supports on an annual basis.

Mike managed the store for 5 years when it was an Atlantic Superstore and took over as the owner/operator when it was converted to a No Frills store in 2010. No Frills stores are affiliated with the Superstore chain but are owned and operated by independent business people like Mike.

Shoppers come to the store from as far away as Tantallon, Timberlea, Terence Bay, Prospect, Sackville, Bedford and Central Halifax to purchase the fresh produce and other grocery products at the best prices; it's just becomes "no frills" when you get to the check out. You get to pack your own groceries. They do offer free boxes, for your convenience.

"I have been a member of the business community in the Spryfield and surrounding communities for a decade now and am proud to support my neighbours," said owner Mike MacIntyre. "It is a pleasure to offer fresh, delicious and nutritious food for area families, and our store is pleased to give back to the community in a variety of ways."

Mr. MacIntyre also serves as a Board member on the Spryfield and District Business Commission and freely shares his vast knowledge with other budding entrepreneurs.





Spryfield Bowlarama "Flagship" of the new Entertainment Centre Experience

A guy walked into an entertainment centre the other day and a game of bowling broke out. Well, that's not exactly how it happened, but things appear to be moving in that direction.

Today's modern bowling centres are a far cry from those of the past and have sparked something of a renaissance with the public, for both the avid and casual bowlers.

Contemporary, bright spaces with comfortable social seating area, big screen TVs, sprawling arcades and expanded food and beverage services have replaced poorly lit bowling alleys of the past that featured "snack" bars.

Bowling enterprises that haven't embraced this transformation have disappeared, while other operators have invested in diversifying their product to attract discerning consumers – ones who expect value and fun for their entertainment dollars.

Leading the way on the investment side is Bowlarama, with six Maritime locations. In Nova Scotia they can be found in Spryfield, Bayer's Road, and Dartmouth; while in New Brunswick you will find them in Saint John, Dieppe and Bathurst.

The completely remodeled Spryfield centre is the flagship for Bowlarama's facilities of the future.

"We wanted to build an Entertain-



ment Centre for the community. So we've invested a substantial amount, and the time and energy to create a place for the community," says Bowlarama's Managing Partner Arthur MacMillan.

One of Bowlarama's proudest accomplishments in this new era of entertainment is just getting people to look up from their smart phones and really socialize.

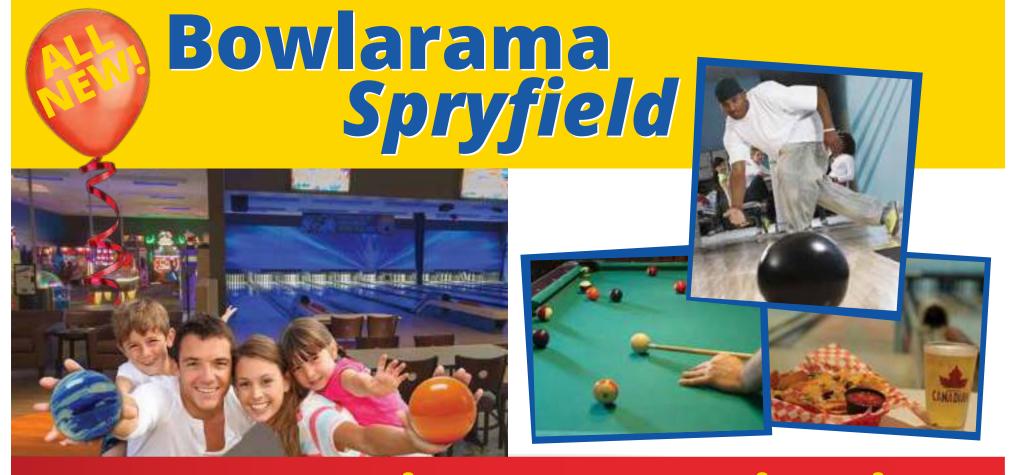
"It's a place for people to come together to socialize, exercise and enjoy themselves," Mr. MacMillan added.

And, burning a few calories at the same time doesn't hurt either.

In addition to re-outfitting its entertainment centres with modern decor and expanded activities and services, Bowlarama has worked hard at keeping its pricing affordable. It wants to provide a great option for families, groups or individuals simply looking for inexpensive way to get out and have fun.

Bowlarama has kept its prices simple for consumers by offering, the "Bowlarama Bundle," a set price per person that gets away from the extra costs of shoe rentals or adding on for each additional game you bowl. The "bundle" part refers to bringing along or "bundling up" with friends, which allows you to bowl even longer for the same set price.

"Our customers are very pleased with the new bundle pricing," says Spryfield Bowlarama Manager Ivan Irwin. "It has had such a positive response and made planning an evening of bowling so simple. We welcome people to come out and give us a try."



Your Entertainment Destination!

More fun than ever!

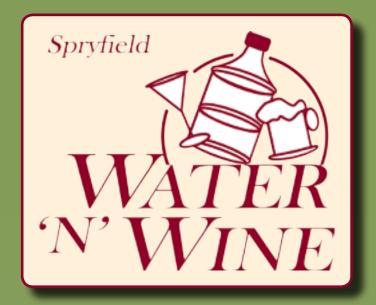
More bowling packages than ever for all ages.

Expanded arcade with new games and play stations.

New food and beverage services.

Modern lounge seating for groups and special events.





rvrvrv.rvaternrvine.com

October









Cellar Classic Winery Series Italian Red Rosso Grande Italian Pinot Grigio Sale Price \$125. ea.



Grand Cru International Italian Sangiovese California Chardonnay Sale Price \$75. ea.



Orchard Breezin
Strawberry Sensation
Sale Price \$54.99 ea.

Let Us M Wine F

No T No S_I No Equi

We have it all—as wability and experient for you-

Come into our store a the winery se

Sprinkle the yeast into

Go H

Come back and



Sale prices in effect u

www.waternwine.com

217 Herring Cove Rd. 902-477-9463

Specials...









Earn Air Miles® on all of your purchases!

ake Your or You!

ime? pace? pment?

ell as the knowledge, ce to make your wine –simply:

nd purchase a kit and rvice package.

the primary fermenter.

ome!

bottle your wine.

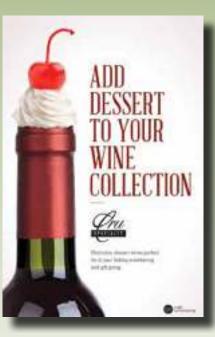
Cru Select Italian Style Valpola New Zealand Sauvignon Blanc **Sale Price \$105. ea.**



Grand Cru Pinot Noir **Sale Price \$65. ea.**



Dessert Wines - Makes 12L Orange Chocolate Black Forest Chocolate Toasted Caramel Sale Price \$95. ea.



ntil October 31, 2015

facebook.com/winekitshalifax

Page 12 October 2015 • Chebucto News

Street named

(continued from page 13)
at the corner of Cowie Hill Road and
Peter Saulnier Drive. Bob Raoul, resident Town Crier provided the welcome
and Ms. Leslie Harnish of the Mainland
South Heritage Society provided a history moment and a message from the

I first met Peter in the 1970's as my Scout leader (Akela). His community involvement spanned decades, and I am proud to have known him. A reception was held at the Captain William Spry Community Centre where I heard many wonderful stories of this very giving, community-minded gentleman.

Crosswalk Flags

Saulnier family.

As you drive around, you may have seen bright orange flags at certain crosswalks. I am in the process of identifying some crosswalks in our area, and having these flags installed for added safety. If you have a crosswalk that is of concern, please let me know. I will check to see if it qualifies.

Winter Recreation Program

The fall recreation programs are underway and the deadlines for Winter 2016 registration are as follows:

- November 4 | Preschool, child, and adult programs (excluding Aquatics)
- December 9 | Aquatics and Skating Programs

You may register online at RecConnect or by calling 902-490-6666 or in

person at one of our facilities such as the Captain William Spry Centre on the Herring Cove Road.

UPDATE: 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 with snow removal 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.

The Honourable Lena M. Diab to receive prestigious Progress Women of Excellence Award

by Sharon Ward

For the past 26 years, the Progress Women of Excellence Awards has been honouring women who have exhibited excellence in their business and community endeavours, while being held up as role models for girls and young women in the area. Minister Diab was nominated and chosen for one of this year's awards for her excellence in her approach to leadership, participation in professional and volunteer activities and in her contributions to career and community. The criteria for these awards is of a high calibre, and the judging is done to exacting standards by an arm's length committee of non-Club members. Minister Diab has exhibited the

qualities outlined in these criteria.

The event will be held on November 18, and is a fundraiser by the Canadian Progress Club Halifax Cornwallis, with proceeds going to Phoenix, a long-term service for homeless youth.

The Canadian Progress Club is a wholly Canadian service club, similar to Kinsmen and Rotary, and the Halifax Cornwallis chapter is composed of women in the community who volunteer their time and talents. Since its inception, the Club has donated nearly \$2 million to Phoenix and other organizations which support women and children in need. For more information, on tickets or other events, please visit www.cpchalifaxcornwallis.ca.



We love referrals!

Going on vacation? Business trip? Snowbird? Cottage for the summer? Extended hospital stay? Vacant house for sale? Working out West?

We will check your home while you are away, to keep your homeowner's insurance valid!

Choice Check Home Services

Insured, Criminal Record Check, References 1084 Old Sambro Road, Harrietsfield 902-477-7614/902-449-7625 • choicecheck@bellaliant.net www.choice-check.com

Selling your home?

Together we will develop a custom, strategic home sale action plan including:

- including:

 Home Staging Pre-Inspection
- Home Staging Pre-Inspection
 Virtual Tour Professional Photos



JILLHANN.ca • 902 471 2941 REALTOR • Certified Home Stager Royal LePage Atlantic • Halifax, NS Jill@JILLHANN.ca • f 902 479 1324









Public input sought in development of community recreation facilities by Linda Mosher, HRM Councillor, District 9

Previously I wrote about the reinstatement of, and upgrades to, the Chain of Lakes Trail after the Halifax Water Lakeside Diversion Project. Halifax Water planned to erect a chain link fence several kilometers along the lake to protect the watershed. While I agreed that protecting the watershed is critical, I was disappointed with the lack of consultation with HRM, their proposed length of fencing, and that they wanted to install it adjacent to the paved trail. It would not feel like a natural, urban greenway. I brought the matter to Council who agreed to direct staff to work with Halifax Water and ensure this did not occur. Our Urban Forester, other HRM staff, and I met and walked the trail many times with Halifax Water to discuss alternatives. In the end it was determined no fencing was required.

The Chain Lakes serve as the emergency water supply for Halifax. Recent upgrades to the Chain of Lakes Trail by Halifax Water have made the trail more popular than ever, which is great! However, with this increased usage came concerns about the rising number of swimmers in the lakes and the associated impacts to water quality. With the very warm temperatures this summer, hundreds of swimmers were identified as using the Chain Lakes, requiring Halifax Police and Halifax Water to continually monitor the area. Maintaining the water quality in the lakes is important, as is the safety and security of residents. In order to minimize risks to the water supply and residents, Halifax Water will be installing a chain link fence running from the Chain Lakes dam along the north side of the Chain of Lakes Trail. This risk mitigation is regulated by the Nova Scotia Department of Environment for the protection of watershed areas under their Source Protected Environment Plan. Work is starting in September and should be completed by the end of November. The trail will remain open during the construction. Most of the lands are on Halifax Water property and the fence will be installed very close to the lakes

and will be buffered by vegetation. A couple of sections must be on HRM property due to rock faces and topography. Our Urban Forester and I walked the trail with Halifax Water's Watershed Engineer to ensure that the vegetation and natural feel would remain. The fence will be black to better blend into the natural environment.

There is a new look-off and benches on the trail overlooking the Chain Lakes. It includes an interpretative panel describing the importance of the watershed and its history.

On an unrelated note, we are now conducting public consultation for

our Community Facility Master Plan. We want your input on developing sustainable, well-planned and accessible community recreation facilities. The Community Facility Master Plan provides strategic direction and recommendations for recreation facility development. The plan was originally presented to Council in 2008 and we are now in the public consultation phase of reviewing and updating this strategy to be presented again in 2016. Join us for a public engagement meeting at the Captain William Spry Centre from 6:30 p.m. - 8:00 p.m. on Friday, October 9th or have your say by emailing us:

CFMP@halifax.ca, calling 902-490-5713 or completing an online survey: http://fluidsurveys.com/s/cfmp

If you are having trouble figuring out what goes where with the new clear bags, please download HRM's new free Halifax Recycles App! This is a free mobile and web-based service to help residents separate their waste. It includes a collection schedule and a search feature that allows residents to enter a type of material and learn whether it goes into garbage, recycling or organics. Check out our website for more details on recycling in HRM: http://halifax.ca/clear/

Street named for Peter Saulnier

by Stephen Adams. HRM Councillor. District 11

Group Liability Insurance (CEIP)

In past issues, I had referenced a committee we formed to help address issues facing our residents on a daily basis. This committee met to discuss concerns, and more importantly, solutions. I am delighted to announce that our District 11 Community Champions Committee is responsible for the development of an insurance program to find a solution for affordable group liability insurance for small-scale community events: Citizen Event Insurance Program (CEIP).

Over the years, organizers of community events have had to scale back or even cancel events because they could not afford the appropriate insurance. Based on requests from residents to address this issue, the municipality reached out to its insurance broker to inquire about a creative solution.

In response to this need, Aon Risk Solutions has created the new Citizen Event Insurance Program (CEIP) which provides event organizers with affordable access to liability coverage when planning an annual strawberry social, a weekly card club at the fire hall, or a monthly community dance. Community groups or associations can also purchase insurance through this program

for liability coverage of annual activities, operations and programming.

Program highlights include:

- Access to a \$2-million commercial general liability policy with additional coverage as may be required
- Coverage may be obtained for community events, family events, as well as a wide range of sporting activities (including organized leagues and sports camps) held on either municipal or private property
- Premium costs are dependent upon the nature, scope, complexity and risk of the event or the community group's annual activities and operations

It is important to note that inclusion in the program is voluntary. Residents can contact any insurance provider to inquire about coverage that best suits their needs. The municipality is providing an option for residents to access group liability insurance through its insurance broker, Aon Risk Solutions. CEIP is not administered or subsidized by the municipality.

This will help to ensure existing events continue, and perhaps allow for more events in our future.

For more information about the CEIP and how to purchase this insurance option, visit www.halifax.ca/CEIP

or contact Aon Risk Solutions directly by calling 902-429-7310.

Your Voice is Important!

An opportunity to voice your recommendations with regards to community and recreation facility development will be provided on October 9th at the Captain William Spry Centre from 6:30 to 9:30 p.m. The 2008 Community Facility Master Plan (CFMP) is being updated, with your assistance, and will be presented to Regional council in early 2016. The CFMP will be utilized as the strategic guiding document to enhance the quality of life of citizens through the provision of sustainable, planned, accessible and appropriate community facilities. You are invited to join the conversation and offer your comments regarding community recreation facilities.

The updated document will build on the recommendations in the 2008 CFMP report and will include several facility types not previously considered such as playgrounds, tennis courts, and splash-pads.

Peter Saulnier Drive

It was an honour to be a participant in the ceremony to name Peter Saulnier Drive located off Cowie Hill Road. The ceremony was held on September 20th

(See Street named on page 12)





Page 14 October 2015 • Chebucto News

The Halifax Armdale Report

by the Honourable Lena Diab, MLA for Halifax Armdale

I would like to thank those who came to the Halifax Community Conversation on Immigration. The NS Office of Immigration held 8 immigration conversations throughout the province this summer. Our objective was to bring community members together to talk about current areas of strength and challenges. We also encouraged each person to talk more, share information and pool resources. By working together, we will push our province forward.

Things are happening at the Nova Scotia immigration office. Our Provincial Nominee Program is healthy and growing. We were successful in negotiating an increase of 300 nominations. We pushed the federal government to increase our immigration quotas and they responded after they saw our proactive consultations with business and our success at filling our initial allocation on Express Entry aimed at highly skilled immigrants. This nearly doubles the province's total allocation for 2015 to 1350 from the 2014 cap of 700. We appreciate the positive public and private sector response to our focus on welcoming and keeping newcomers.

This is unrelated to our ongoing openness to assist Canada's efforts to resettle refugees and that work will continue, as it must. Many people have expressed their concern over refugees; we remain open and willing to accept refugees when the federal government gives approval. There is a new page on the website providing information on supporting and privately sponsoring refugees: http://novascotiaimmigration.com/support-for-refugees/

September in and around Armdale showcased our community's diversity. I celebrated culture at the first ever Pakistan Festival; South Indian Cultural Assoc. of the Maritimes' ONAM Festival; Lebanese Chamber of Commerce; and Halifax welcoming reception for international students at Pier 21. I was happy to celebrate Eastern Chebucto Hub Organization's 1st year anniversary with 17 partners; attend Springvale Under the Stars community fundraiser; Chain of Lakes Trail Association's park picnic; 1st Armdale Scouts' Great Canadian Shoreline Cleanup at Horseshoe Island Park; renaming dedication of the Cowie Hill Connector to Peter Saulnier Drive in honour of a man who was Santa for 29 years at the local Spryfield

parade; Spryfield Village Harvest Festival; and Take Your MLA to Work Day at the Mumford Sobeys pharmacy.

My office door is always open to listen to your concerns. You can contact me at 902-455-1610 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.

It takes a community to save a lighthouse!

by Brendan Maguire, MLA for Halifax Atlantic

This month marks a very special date for me: it was two years ago this month that you, the people, elected me to represent you in the Nova Scotia Legislature, and what an honour it has been. Two years ago I stood at your doors and heard your concerns, had conversations with you about our community, and I made a promise to put our friends, families and community first.

In those two years I have worked with members of our community from every corner. I have reached out to non-profits, local businesses and our local volunteer groups to work together to create programs that bring us together and to get investments that make our neighbourhoods stronger.

I want to take this opportunity to update you on the commitments I made to this community two years ago.

Crystal Crescent Beach

The deteriorating road to our beloved beach has finally been graded, maintained and the brush cut back. This year, for the first time in recent memory, Crystal Crescent had a food vendor; we are hoping this will be the summer

Chebucto Head Road

As most of you know, Chebucto Head Road for years was a road in limbo; no level of government wanted to claim ownership of this road and maintain it. Last year Councillor Steve Adams and I worked out a deal between the city and the province, where the province would take ownership of the road and give it some long overdue maintenance.

East/West Pennant Road and Sambro

These provincial roads were among my top priorities coming out of the 2013 election. The previous government had started the job of paving these roads, but had never completed them. As of the end of the 2015 paving season (October 31st), these roads will be paved from start to finish.

Central Spryfield

Only a few short years ago Central Spryfield was being considered for closure by the Halifax Regional School Board. The community banded together and clearly and loudly said, "NO!". While this was a huge win for our community, the school had sustained structural damage and was once again being considered for closure. Two years later, with a substantial investment from our government, this school has been repaired and is ready to serve our community for generations to come.

JL Ilsley

This year will mark the second year in a row that JL has received substantial investment. In fact, JL received more funding from the new capital repair budget than any other school. While this has been a positive move for our community, it isn't enough. I will be pushing the school board and the Department of Education for a multi-million dollar investment in our high school, one that will see one of two things happen: one, our school is upgraded and renovated up to new school standards, or two, our community will receive a brand new high school. I have made a commitment to our community, and I will not stop until this is fulfilled!

Long Lake Provincial Park

I was proud to announce recently a \$45,000 grant to the Long Lake Provincial Park Association. This grant will be the start of new monies to the association to develop a trail system and a family picnic area, among other things, in our beloved park. It is time to remove the boulders along Old Sambro Road and make our park inviting for all.

Community Events

When I decided to run for MLA, one of the things that most attracted me to the job was the opportunity to work with organizations and volunteers to create free family/community events. I am proud to say this has been a huge success. Along with such organizations, community leaders and businesses like Steve Adams, In the Loop, The Boys and Girls Club and Spryfield Bowlarama, we were able to bring to the community our Annual Summer BBQ at Ravenscraig Field (this year we even won the Community Culture and Heritage Community Spirit Award!), February Holiday Free Bowling Event, and the Boys & Girls Club - Brendan Maguire Free Holiday Community Turkey Dinner. These events have brought our community even closer together.

Community Programs and Upgrades Two years ago I was proud to bring Nova Scotia Legal Aid to our community, and I found the perfect partner for them in Chebucto Connections. This partnership has blossomed into such a successful program that it is now being copied in other communities across Nova Scotia.

There are many more investments in our community I could talk about, including a new playground for the community of Greystone, one for the daycare at the YWCA, and improvements to the Look-Off in Herring Cove, but the truth is none of this was possible without us all working together. We have seen success because we have put our political leanings aside and all worked together for the betterment of our community. That is what I am most proud of when it comes to these projects!

Sambro Island Lighthouse

Who would have thought a conversation between local resident Stephanie Smith and myself at the Miss Ally fundraiser three years ago would have blossomed into what it has become today. Over the last two years we have seen considerable investment in, and community support for, our historic lighthouse. What started as a petition ended up with a \$1.5 million dollar investment from the federal government and potential lighthouse-saving legislation with all party consent and co-operation. There are a lot of people who worked on this who need to be thanked: MP Geoff Regan for helping with the petition; MP Megan Leslie for presenting a bill to Parliament to take on responsibility of the lighthouse; MP Peter McKay and MP Gerald Keddy for securing \$1.5 million in funding, which will go to much needed repairs; the provincial government who agreed to my proposal to fund the Sambro Island Lighthouse Preservation Society for a business plan and promotion of the lighthouse; to Councillor Steve Adams for passing a motion in city council to support our lighthouse; and lastly to Sue Paul, Stephanie Smith, Barry Macdonald and the entire society – thank you for your relentlessness and the many hours of personal time you gave up to support our lighthouse. These victories do not belong to any one person; they belong to all of us. There is a lot more to do but these positive results are what happens when we put partisan politics aside and work together.

The next two years I will commit to work harder than the first two. I will fight night and day for our high school, and I will work to convince the Department of Transportation that active transportation lanes for cycling, walking, running and pushing a stroller along Old Sambro Road and Ketch Harbour Road is a must. I will continue to find ways to bring our community together and I will never close my door to anyone or my mind to any idea. I know you may not always agree with me, but I want you to know you will always have an opportunity to tell me why.

So thank you for giving this local kid from humble roots a chance to fight for you, to be your eyes and ears and for giving me a chance to give back to the community I love.

I also want thank my wife Rena, who makes me feel lucky every morning when I wake up beside her. Thank you for putting up with long days, the supper time calls, and the nights I can't go to sleep because I am trying to find a solution to a problem or build on an idea. To my children, and best friends, Oliver and Rufina, everything I do is for you!



Reg Horner Memorial

Chabacto News Sports Page



Photo printed with permission from Rodney Hickey

Under 18 take Bronze in Nationals

This past summer, Kirk Drabble, #18, played on the Under18 Nova Scotia Men's Field Lacrosse Team, which hosted the 2015 Field Lacrosse Nationals held in Halifax, Nova Scotia.

Teams from across Canada competed for the First Nations Trophy in the U18 division, as well as the Alumni Cup in the U15 division; both New Brunswick and Prince Edward Island sent teams for

the first time.

Kirk's team placed 3rd in Canada, earning Bronze medals after defeating Manitoba 16-11.

2015 Pan Am Champion – Hunter Carroll



The Spryfield native represented Canada at the 2015 Pan American Championships in Aguascalientes, Mexico and returns home to Nova Scotia with another championship title. Hunter's record of 4-0 defeating Brazil in the final caps off an incredible year with Commonwealth, US Open, Canadian Open, Canadian National, and now the Pan Am Championship Title having earned 5 major championships in the last year.

Coaching Hunter at the Pan Am Championships was Canadian National Team Coach, Kathy Pyke, also a Spryfield native. Hats off to the local HP Atlantic Taekwondo Centre gym whose program and athletes all play an integral role in any of the gym's successes.

HP Atlantic Taekwondo and all its athletes would also like to recognize the support of the Province of Nova Scotia, Sport Nova Scotia, and Nova Scotia Provincial Lotteries and Casino Corporation who, through Support4Sport all help make performances like these possible.

ATTACK

Spryfield Attack October Home Game Schedule:

October 3rd: We go head to head with Amherst

October 10th: We meet the Metro Jaguars

October 17th: We take on Avon October 24th: We host Bedford

October 31st: We have another match up with the Metro Jaguars All home games begin at 8pm. Tickets are only \$5 for adults and \$3

for youths! Come down, bring the family and cheer on your home team!

Chebucto Atlantics Fundraiser on Saturday evening

by Benny DeVine

On Saturday night, October 3rd the Chebucto Atlantics will be having their first annual Cash for Laughs fundraiser in the Rec Center behind the Lions Rink.

Come join Chebucto parents, coaches, families and friends for a night of laughs, food, stand-up comedy and a live auction. The tickets for the event will be sold by Chebucto Players and their families. Tickets will also be available at the door for \$20.00 each.

Things will kick off at 6 PM. Kim from Kimi's Canteen will be serving delicious Pub Food until 9 PM so come hungry. There will be a cash bar open throughout the evening. You must be 19 years old to get in. ID will be required. At 8 PM there will be a stand-up comedy show provided by Funny Fundraisers. The show will be hosted by Marc Suave.

At 9:30 the live auction will start and there will also be a silent auction going on throughout the evening. Chebucto will be set up to take debit cards, credit cards and of course cash for auction items purchased.

There will be 50/50 tickets available right up until the end of the Live Auction.

All proceeds will go directly to the cost of playing Minor Hockey and to upgrades and improvements for the Chebucto Atlantics.

Guess Who? Cory Hendsbee 1979-80



THREE FREE CLASSES



www.atlantickarateclub.ca 902-477-4639 Chocolate Lake Recreation

Centre —Top Floor

Page 16 October 2015 • Chebucto News

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

OCTOBER 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.
- 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!

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/)

- Follow us on Twitter http://twitter. com/hfxpublib
- Visit us on Facebook http://www.facebook.com/hfxpublib

Chebucto Community Health Team (16 Dentith Rd) Events:

- PreDiabetes NEW: Thur., Nov. 12 6
- 8:00 pm at the Community Wellness Centre, Spryfield

- Introduction to Living With Stress:
 Tuesday, October 27th from 1:30pm to
 3:30pm at the Chebucto Family Centre
- My Child is Anxious, Should I Worry:
 2 week program. Tuesday, October
 13 and 20th 1pm to 2:30pm at the
 Chebucto Family Centre
- 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
- October 5th and 19th: 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.
- October 31st: 9pm to 1am. Halloween Dance. Music by Buddy Shields Band.
 \$10 per person. Prizes for 1st, 2nd, and 3rd. Doors open at 8pm.

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.
- October 15th: Pre-teen (grades 3 to
 6) Halloween Dance from 6:30pm until
 7:30pm. Admission \$3.
- We are hiring! Looking for additional staff to care for Pre-teen children. For more information, contact Diane at 902-830-5038.
- Wednesdays and Thursdays and Saturday morning: Tai Jitsu Classes.

Contact Natasha at 902-293-7427, halifaxtaijitsu@gmail.com

- Now doing registration for Summer Day Camp, See Angel at the centre Spryfield Lions Club (25 Drysdale Avenue) Events:
- Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.
- 2nd and 4th Tuesday of each month 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!
- October 13th. 7pm. Open House! Enjoy some refreshments and get to know your local Lions.

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

 October 5th: 7pm. Monthly meeting will take place at the Captain William Spry Centre. All welcome.

YMCA Events:

- Elderobics-Forever Fit classes. No registration necessary. \$4/per class plus annual fee of \$10.
- * Emmanuel Church Hall on Monday, Wednesday and Friday from 10am to 11am.
- * Captain William Spry Centre on Monday, Wednesday and Friday from 9am to 10am

Young at Heart Club (212 Herring Cove Rd):

- · Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.
 Emmanuel Church Hall Events (322 Herring Cove Road) Events:
- October 16th, 17th, 18th, 23rd, and 24th: Living the Dream Musical \$30 per person. Call Brenda for tickets at 902-477-2356
- Sunday October 11th: 2pm to4:30pm. Country Music Variety Show.\$7 admission. Canteen available
- Saturday, October 10th: 8pm to 12am. Dance. \$7per person. Light lunch at intermission. Music by Bay City Band
- October 16, 17, 18: Pork dinner: \$30 per person Reserve tickets call Brenda at 902-477-

2356 or Alecta at 902-477-7870

• October 23, 24: Roast beef Dinner: \$30 per person. Reserve tickets call

Brenda or Alecta

Parkhill United Church Jollimore (5 Kirk Road) Events:

• October 31st: 9am until 12pm. Indoor Yard Sale. All welcome!

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

October 17th: 4pm until 6pm.
 Swordfish Supper. Adult portion \$13.
 Child portion \$7. Come join us for an amazing mean and great fellowship.
 Everyone welcome!

St. Michael's Church (14 St. Michael's Avenue, Spryfield) Events:

 November 1st: NS Country Music Hall of Fame Show.

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

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 or Jackie at 477-3776 to have them picked up
- Harrietsfield Williamswood Residents who question the safety of their drinking water can fill up empty water jugs outside of the church 24 hours a day, 7 days a week.

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 who question the safety of their drinking water can now fill up empty water jugs outside St. Paul's United Church 24 hours a day.

• 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.

(See Community events on page 17)

Chebucto News • October 2015 Page 17

COMMUNITY EVENTS

(continued from page 16)

- Friends of McNabs Island Society
 Fall Foliage Tour: October 18th
 (rain date October 25th). 9:30am
 to 4:30pm. Departure Locations:
 Murphy's Cable Wharf in Halifax and
 A&M Sea Charters in Easter Passage.
 Cost is \$15 for members and \$20
 for non-members. Children under
 2 are free. Tickets are limited and
 only available through Ticket Atlantic
 at (902)-45101221, at the Halifax
 Metro Centre Box Office, participating
 Atlantic Superstores or online at www.
 ticketatlantic.com
- Adult Volleyball: Tuesdays from 8pm until 9:30pm beginning September 29th at Herring Cove Junior High. \$5 per person (to cover rental costs) Contact Paula Taylor: taylorpa2714@gmail.com to register or for more info.
- We are moving ahead with the Halifax Atlantic Community Market, with about 25 vendors interested. Discussions are underway for a venue. Looking to start in March 2016. We would like those of you who expressed an interest in getting involved, during April's meeting to contact us. Please call 902-719-8389 or email jeangenie@live.com with your name and contact information.
- IWK Foundation, QEII Foundation, NS Health Authority, IWK Health Centre, and Halifax Libraries are co-sponsoring a free event: Monday, October 26th at the Halifax Central Library from 6pm until 8pm. 10 people speaking on the subject of **health care and research**. For additional information, visit: http://thechronicleherald.ca/innovation-inhealth-care or contact Elaine.Strohm@nshealth.ca (902) 473-7564.
- Singers wanted! The Quarter Note Singers is 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 is no audition. Our new season will begin on Thursday, September 10th, from 7-9. Please contact Steve Trussoni for more info at 902-477-2664.

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

LOCAL OBITUARIES

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

Marie Jeanette Martell (LeBlanc)

It is with heavy hearts that the Martell family shares the passing of Marie Jeanette Martell at age 82 on August 27, 2015. She died peacefully at the QEII hospital. Born in Arichat, CB in 1933 to the late Clara and Jeffrey LeBlanc. She moved to Halifax at age 16, where she met the love of her life and husband of 62 years, the late Maurice Henry Martell. Jeanette loved music, dancing and playing cards, but the biggest loves of her life were her family. A family who are brothers and sister, aunts and uncles and cousins by blood, but who are honest to goodness friends brought together by choice and not by obligation. This is the family that she raised and she did her job outstandingly. She leaves behind her last remaining sibling, Lubin (Agathe), her sons and their wives, Morris (Karen), Mark (Sharron), Blair (Janice), her daughter Sheila (Gordon) and her daughter-in-law Barb. She will be forever loved and missed by grandchildren and great-grandchildren Michelle (Tiffany), Amy (Mark), Josh (Angela), Jessica (Ian), Sarah (Adam), Amanda (Abe), Kyle, Alex, Andrew (Jill), Reiley, Aria and Brooklyn. She was predeceased by her 6 brothers and 2 sisters and her sons Joseph at birth and Paul Henry. In lieu of flowers, donations can be made to the Canadian Diabetes Association or to The Kidney Foundation of Canada.

Thomas Ray Cox

Age 75, of Halifax, passed away august 30, 2015 at the QEII Halifax Infirmary site. Born in Halifax, he was a son of the late Ray B. Cox and Jean M. George. Thomas worked many jobs working his last job at the Grain Elevator before he retired. He is survived by daughter Sheila Cox; spouse Jeanette Reid; younger brother Robert Cox as well as many nieces, nephews and cousins. Thomas was predeceased by his parents; wife Sheila Ann Cox (Macleod); stepfather Charles W. Della Torre; brothers Ray B. Cox (Jr), Joseph A. Cox and sister Donna M. Ross. Dad was always in blue jeans and blue top, so at the request of the family, please wear something blue as it was his favorite color. The family would like to extend their gratitude towards the EMS, doctors and nurses from the emergency department and floor 8.3 at the QEII as well as to the VON and RJF for making dad happy and comfortable. A special thanks to RJF care giver Irwin. Donations can be made to the Children's Wish, The Canadian Lung Association or a charity of one's choice.

Gordon Eric Byrne

Age 94, passed away September 2, 2015 in the Halifax Infirmary, QEII. Born in Halifax, he was a son of the late Frank and Gladys (Rushton) Byrne. Gordon had been a veteran of WWII serving with the Merchant Navy from 1942 - 1944, he had also served on HMCS Sackville from 1957 – 1991, he was also a very huge lover of dogs. He is survived by daughters, Gail Julian (Carl), Halifax; Beverly Baker (Paul), Lower Sackville; step son Ray; grandchildren, Carla, Kimberlee, Brandon and Kelly and 5 great grandchildren. He was predeceased by wife, Lillian (Billard); step daughters, Eileen and Jean; brothers, Bill, Gerald, Arthur, Vincent and Richard; sister, HelenDonations in memory may be made to the Kidney Foundation of Canada. The family would like to extend a special thanks to Dr. M. Sampson and Dr. S. Workman.

Harvey Hill

Halifax, passed away peacefully in hospital on September 3, 2015. He was the son of the late Herbert and Emily (Taylor) Hill. Harvey was a man who overcame health obstacles from a young age; a person with a zest for life, love of nature, family and friends. He was an avid fisherman, enjoyed hunting and outdoor living. Loved by all missed by many. He is survived by his wife, Marion (Garnhum); sons, Peter (Cathy) and Phillip (Deanna); grandchildren Devan, Carter, Vanessa and Brittany; many great grandchildren; sisters, Mary, Gertie, Diane and Betty; brothers, Gordie, Roy, George, and Ernie; many nieces and nephews. He was predeceased by brother, Herb and sister, Donna.

Frances Helen Yeadon

Age 86, of Halifax died on September 2, 2015. Born in Moncton, N.B. she was the daughter of Miles and Alice (Hovey) Moore. Helen moved to Halifax in 1956 with her husband Gerry, then to Dartmouth in 1962 where she lived for many years and finally to Clayton Park for the past 23 years. Helen enjoyed golf, fishing, sewing and spending time with her family and her many friends. She is survived by daughters Nancy Yeadon (Jim Dale), Guelph, Ont.

grandchildren Julie Cooney (Jeremy) and Andrew Bremner (Maxine) both of Guelph; Andrea Tompkins (Jason Harnish) and Liam Tompkins both of Halifax; great grandchildren Joshua and Avery Cooney and Felix Harnish. Helen was predeceased by husband Gerry Yeadon and brother Donald Moore. Special thanks to Palliative Care QEII and VON.

and Cynthia Tompkins (Keiren), Halifax;

IT'S BEEN 25 YEARS BUT STILL SEEMS LIKE YESTERDAY

It's hard to believe it's been 25 years Not a day goes by we don't think of you and cry many

You were taken from us while we were still so young, only 42 years old, missing out on so much

fun. Never seeing your children grow and their families whom you never had a chance to meet and know.

You'd be proud today of the legacy you left behind, all the boys that are now men and the fathers that they have become, with no role model to follow but for a man you thought of as your own son. A daughter, who misses you greatly as you were her best friend, she's a mom with kids of her own, who she tells of the many memories she has of you to.

Your grandchildren, they are nine now, all know you as nanny because their mother and fathers, your daughter and sons tell them about you, the fond memories, there are many.

You even have Great Grandkids, you'd be tickled pink, to know your only daughter is now a nanny as well, with grandsons and another baby due soon, all who will know you as they grow. They'll hear the stories about their Great Grandmother and the kind of woman she was, a beautiful, kind and caring one that everyone loved.

A mom who was special in every kind of way, always thinking of everyone else, never thinking of herself. We love and miss you so much, and wish you could be part of our lives every day, every year.

To our loving mother Barbara Ann Baillie who we will love always and forever miss, Denenia, David, Mark, Craig and Chad

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis Spryfield Memorial Branch 152



WE CARE

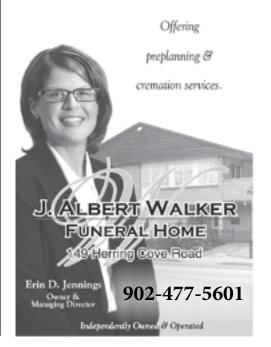
YOUR COMMUNITY FUNERAL HOME

HONOURING THE LIFE THAT HAS BEEN LIVED

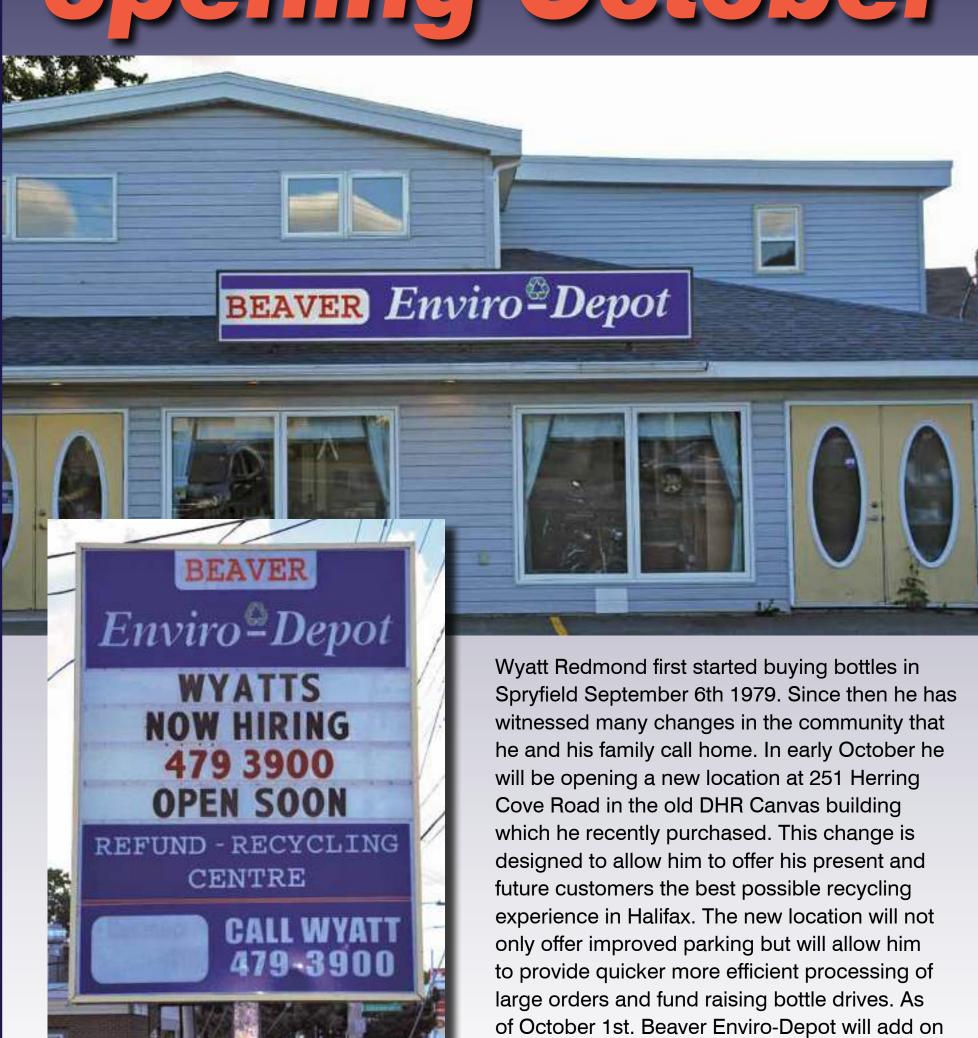
Have you seen our renovated

and redecorated facilities?

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



Beaver Environew location opening October



BEAVER Enviro Depot

electronics to the list of things that they accept.

www.Dandoberty.ca

Time for a move?



33 Glen Baker Dr. Herring Cove. \$389,700

This freshly renovated bungalow is in a rapidly developing subdivision in Herring Cove. On the main floor of this bungalow you will find 3 bedrooms and full bath with Jacuzzi tub plus the master bedroom has another full 4 pc. bathroom. Flooring on the main floor is hardwood, engineered hardwood and ceramic. The formal living room has a cathedral ceiling and French doors leading to the formal dining room, the main floor laundry is located just off of the bright eat in kitchen which has an island and a door leading to the back deck. The basement apartment has a huge rec room and family room, a bedroom, an office/den that could be convert-ed to a second bedroom by the addition of a window, a galley style kitchen and a full laundry hook up in the large 4 pc bathroom. Outside you will find a 22' X 27' wired and heated shed, a second 9 X 12 shed PLUS a contractor or mechanics dream – a 1200sq.ft. detached garage with 220 amp service (separate meter) and its own furnace. All of this sits on a 20,000 sqft lot. Come have a look at this great property!



2C Lewis St. \$199,900

Great Location Close to Everything! This 3 Year old 3 bedroom 2 and a half bath semi is being offered for sale at well below the current assessed value. Located on a side street within walking distance to the Spryfield Mall, Captain William Spry Community Centre, several schools as well as being just around the corner from Long Lake Provincial Park this home has it all. Come have a look today!





Dan Doherty
902-478-4023
www.dandoherty.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.

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

LUMBER MARTIMBER HARDWARE & MORE SINGE 1984



FALL has arrived





10" Sliding Compound Mitre Saw With Laser

(Sammen) Chimney Pipe For wood stoves. 2" stainless steel Withstands temperatures of **79**97



Powerful 3 HP. 1500 W. 4 Stroke air cooled OHV engine. Manual Start. Easy pull recoil. #7701436

28700



Plumbing Antifreeze Burst protection to -50°C. 3.78 L. #4008348

347

1**79**⁹⁷ **TIMBER MART** Garage **Packages**

structural wall system with top and headers, gasket, studs and wall sheathing. Also includes roof system with lifetime warranty shingles, 9' x 7' garage door, entry door and hardware, 36" x 24" window, and all required nails. Footing, foundation eavestrough and interior finishing products, are priced separately



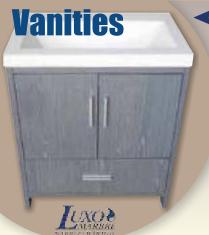




*Other sizes available. See in-store for more details



Perfect for lawn & garden, pools, toys and general storage. We have everything you need to get you started; pre-assembled frames, floors, roofs, sheathing and hardwarel



Smally Combo Bathroom Vanity

30-1/8" x 19" x 33-1/2". 2 doors, 1 drawer. Grey veined lacquer finish. Combo comes with a large

36" Relax 2-Drawer Vanity

Almond Oak, Walnut or Silver Grey finish

569⁹⁷







HALIFAX

751 Herring Cove Rd., Spryfield

Phone 477-6500



OVER 52 Sizes & 700 In-Stock

- Lifetime Warranty Made in the Maritimes • Low-E & Argon • 3-1/4" Frame
- CMHC & ENERGY STAR Approved
- Single Hung PVC 15784 187⁸⁴ 28" x 48 177⁸⁴ 30" x 40' 19784 19784 32" x 48" 23784 36" x 55". 23784 40" x 48"

28784 44" x 60" ADD GRILLS Special Order

Single Glider PVC 13984 24" x 20" 159⁸⁴ 179⁸⁴ 30" x 30" 36" x 36" 19984 48" x 36" **Combination PVC** 4**79**84 80" x 48" 51984 96" x 48" 56984 96" x 56" 599⁸⁴ 96" x 60" STARTING FROM 10^{00}

DARTMOUTH

15 Wright Ave., Burnside Park Phone 468-7772

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 retails, sale items not applicable.

www.lumbermart.ca ~ info@lumbermart.ca

Roofing **Mystique Laminate Shingles** LIMITED LIFETIME WARRANTY ALL NEW ROOFING & SIDING JOBS NO INTEREST! LIMITED QUANTITIES 1-1/4" Coil Roofing Nails **Python Continuous** 60 reels of Ventilation

120 nails.

#7623697



KAYCAN **Prova Colour** Vinyl Siding Dent-resistant. D4.5. Colour

24⁹⁷

goes all the way through each nearly invisible. Easy to install.

DaVinci Colour Vinyl Siding

DaVinci's™ dark color is produced using the highest quality pigments that are saturated throughout the panel to ensure it is always rich and



Fibreglass Insulation



An excellent choice to reduce heating and cooling costs. 3-1/2" x 15" x 47" Covers 97.9 sa. ft. Price per sq. ft....

R20-15 For Attics & Walls Covers 78.3 sq. ft.



NOW LEASING...Handi-City (Phase 1)



CONTACT: FRED O'HEARN - (902) 209-5427

✓ Easy Access - Own Entrance

✓ Signage Space Available

- PRIME RETAIL/ PROFESSIONAL/ SERVICES
- AMPLE (FREE) PARKING AT THE DOOR

Price per sq. ft..

- CENTRE OF HERRING COVE/SOUTH SPRYFIELD
- FASTEST GROWING AREA "AROUND THE LOOP"
- SUPER AFFORDABLE RATES (NO COMMON FEES)
- NO TRAFFIC CONGESTION, EVER!
- AREA LACKING MANY PRODUCTS/SERVICES

or JASON O'HEARN - (902) 209-5429

IN SAME COMPLEX AS BUSY "LUMBERMART"

SERVICE - MAINTENANCE SPACE

✓ 400 AMP Service

- **Work Area, Offices,** Washrooms Ideal for: Tool Rental, Shop for Trades, Light Manufacturing, Service Busioness or Small Engine repair.

Ideal for a wide range of businesses: Retail Showroom, Farmers' Market, Homestyle Bakery, Professional Offices (Lawyer, Accountant or Insurance), Physiotherapy, Osteopathy, Naturopathy, Tanning, Gel Acrylic Nails or a Small Gym?

RETAIL - PROFESSIONAL

✓ 1100 sq. ft. Ground Level

✓ Premium Front Position