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BOWLARAMA

Behind South Centre Mall



by Lorrie Boylen

(Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro)

The folks at Sambro Elementary School know the best cure for the winter blahs is to spice things up and make learning fun, so they spent the week of February 25-March 1st celebrating and encouraging reading. Monday was Pajama Day and at various times during the day, music would play over the PA system and students would Stop, Drop and Read. Tuesday afternoon parents, grandparents, cherished friends and family came to read to the students and it was great to see so many loved ones come out and show their support. Wednesday was the Celebrity Read which included Sambro's very own two time Governor General Award winning playwright Catherine Banks, Mayor

Mike Savage, Councillor Steve Adams, C100 radio personality Moya Farrell, Police School Liaison Officer Steve Saunders, SMU Basketball Coach Jonah Taussig, St. James United's Reverend Keltie Van Binsbergen, Members of the Fire Department, and yours truly. Thursday an assembly celebrating the students' reading accomplishments was held, and many students dressed up as their favourite character. Friday was Teacher's Choice where teachers visited different classrooms to read some of their favourite pieces.

The week prior, the school held its Cultural Fair which the whole school participated in. Younger grades prepared collaborative projects on a particular country, while students in the older grades presented individually or in pairs on the country of their choosing. The event was very well attended and students were able to speak and



C100 radio personality Moya Farrell reads to the primary/grade one class during Celebrity Reads Day

demonstrate about many interesting aspects of their chosen subject, including history, industry, myths, geography, music, dance and cuisine (including yummy samples!) In the future, the school would like to encourage various cultural associations to attend the school to speak about what life is like in other parts of the world.

The school also recently held a skating party and is looking forward to some other fun times, including Earth Week, Art Week, Science Fair, and an opportunity for folks to teach and demonstrate life skills to the kids.

The school's Spring Fair is set for June 8th this year – always a big hit for all ages.

Advanced Placement at J.L. lisley

by Nicole Masters

The advanced placement program is an opportunity available to high school students all across Canada. It offers students the chance to challenge themselves with an enhanced curriculum. These programs allow students to shine and encourage them to use critical thinking and other skills. The AP program allows for students to work at a higher level in the courses they excel in. The AP program differs from others in its flexibility. A student is able to take as many or as few courses

as they like, depending on the workload they feel able to complete, and the studies they have an interest in.

At J.L. Ilsley a variety of AP pro-**Herring Cove Gardens** grams are offered to students free of charge. The classes are often small and focused on learning. The students have a close relationship with their teachers, by Beverley Clarkson 937 Herring Cove Road. Garden and allowing them to get the full benefit of being in the course. "People in AP gallery. I always mean to stop here. But aren't we always in a hurry to get someclasses want to learn. It's a better work environment, more like a family due to where? There's an appointment, there's home, there's next time. Well, today I the small classes," commented a student stopped. And am so glad I did. at J.L. Ilsley. A mortgage broker can BEAVER save you thousands! Enviro[®]Depot RESOURCES INC. I Top Soil • Organic Soils • Purchases beverage, liquor, beer and metals Bark Mulch • Fill Debt consolidation jbright@eastlink.ca 479-2929 Natural Compost Renewals **374 Herring Cove Road** Renovations Landscape Gravels Your One-Stop Refund Recycling Centre • Great rates MORTGAGE INTELLIGENCE Disposal Site of Brush, Rock, Free consultant Concrete, Fill, Asphalt, Leaves A GMAC Company Inc., of rights reserved services O.A. Metal-man Recvcling And more Serving Halifax & Surrounding Areas **Pick-ups Only** Buyers of all metals Flat decks, luggers, forklifts Call me for trusted Cars, structural steel Storage trailers (rentals) personal mortgage service! Fax: 475-3338 Industrial, commercial, residential www.stebran.com Jason Bright Bonded – 30 years of experience 860 Old Sambro Read, Halifax, NS (902) 880.4622 479-3900 (bus.) 293-CASH (2274) (10 Min, from Armdale Rotary)

The close relationship of the people involved in the AP program is seen in both the students and the teachers who

want to help others achieve their goals. "We all help each other out," said an AP (See Advanced Placement page 2)

Set back off the road (lots of parking), this building has been the site of

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several businesses in the past few years. I said much the same thing about them. One of these days, must stop in. But they didn't last and this could well be (See Herring Cove Gardens page 2)

Herring Cove Gardens

(continued from page 1) why. It's a commuter thing.

However, Saundra Roberts and Bruce Bowdridge saw a need in the community that was not being met, and when the property became available they pounced. They knew a number of talented artists and crafters who had no outlet for their work, which too often languished in private basements.

Bruce himself works with repurposed wood, building picture frames and occasional tables and making useful as well as decorative sculptures out of driftwood. There are painters and jewelry makers and fabric workers, and all manner of crafters and artisans around. Some space and a chance to market their wares was all they needed. In the past year the Gallery came to represent some sixty-six creative people, mostly from this area but some farther afield including The Valley and Cape Breton. The gallery is always on the look out for new talent.

"This has been a great opportunity for me" says oil painter Erin Snow. "I didn't have any confidence in my work and no place to show people, so this has been a godsend. And I'm finding I keep getting more creative now that people are encouraging me by buying it."

"We had the idea to make prints and greeting cards of some pieces so there's something for every budget" says Saundra, "and it has been very successful with our customers. We are experimenting and learning as we go, and have found a lot of support in the community."

Mary Ann and Peter Meagher, of Lighthouse Sea Glass, take long walks by the water and began collecting sea glass just because it was beautiful. Then, after a growing collection sat unseen in boxes, jewelry seemed like a way to display it, so they learned how to drill the delicate and brittle substance with an ultrafine, 0.7mm hole and hung it on silver: necklaces, earrings, key chains; every piece unique. "It's very tricky", says Peter, "as the pieces have to be drilled under water and from both sides. Lining the holes up perfectly is the challenge." "We discovered from the Gallery how much lovelier they are under lights," says Mary Ann, and they do seem to glow from the inside.

Although this day there was a not a great deal of stock, I'm told that a lot is on its way. "Since the place is closed while we spruce it up, we had to send a lot of the works home for their own protection," says Saundra. " when we reopen, it will be packed with goodies".

Where does the business come from?

Advanced Placement

(continued from page 1)

student. "The students help each other with assignments and the teachers are always willing to give extra help."

Not only are AP classes a good work environment, but they are respected by universities across Canada. Depending on the university, a certain grade on the final exam can allow a student to skip a course in university, saving both money and time.

AP students are well prepared for university. They have already experienced the workload that they will be expected to complete and the difficulties that they will face. It is a way to ease the transition from high school to university.

Many opportunities are given to advanced placement students such as the one that took place on February 20th. AP students from several schools were invited to Saint Mary's University to experience the university lifestyle and classes. AP students signed up for a number of courses and spent the day learning how each was taught at a university level.

Community support has been most

encouraging. Timing is good, too."This area is opening up," says Bruce. "The

lookoff at Duncan's Cove is a major at-

traction, the York Redoubt is nearby and

people come out for a perfect day. We

think this will draw tourists who might

like to have a memento of how beauti-

and found a ready market for plants

last summer. They plan to expand into

a garden center for the neighourhood.

Starting April 1, they will be open

daily. Keep in touch with what they are

up to, including a summer barbecue and

other events through Facebook.com/

that this business will stick.

HerringCoveGardens. I have a feeling

Even better: a two-fer. Can't wait!

They are also passionate gardeners

ful this place is."

"The AP program is something I'd recommend to anybody who loves learning," said a J.L. student. "It's changed the way I learn and think. I enjoy the feeling of being challenged by my work."

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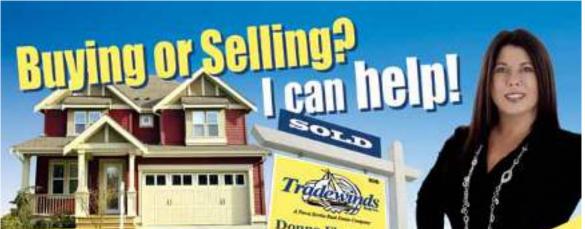
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The Senior's Beat: Chebucto Links

by Beverley Clarkson

On this exploration (this column) of what it means to get older and how to do it well, I have discovered we must prepare for the unexpected. I remember, a few years ago now, walking to work and suddenly yelping in pain as both my feet hurt worse with every step. Imagining the worst, as you do. "Oh, that's just fallen arches," laughed my

doctor. "Get some arch supports."

Well, you'd never know it to look at them. While they're not the prettiest feet in the world, I do have very high arches. It seems they just wear out. Who knew?There are a lot of unexpected things that happen with aging and there's apparently no manual. Lots of experts on how to raise a baby, all sorts of books on growing and main-

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taining healthy bodies but not much on the aging stage. Figure it out as you go,

it seems. Talk amongst yourselves; too dark a subject for everyday conversation. Dye that greying hair, get some botox, look young; be young. Ha.

So, one of the things that happens is your nails change. More specifically, toenails. They get thick and curvy and bending over to trim them gets harder and harder. And more often that it should, poorly attended nails can lead to falls and broken bones; to ingrown toenails and infection; they can even be a sign of diabetes. Now did you know all that? Maybe in the back of your head, but one day it happens to you out of the blue, and what the heck do you do? Tie up the doctor's precious time over toenails? Muddle along and find yourself in a health crisis?

Nope. For this and many other

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startling conditions that come along with the years, which may be benign or urgent, there is a low flying yet vital service in HRM that fills in the missing links. It provides information for those of us aged fifty plus who had never even considered a question before. It's called Chebucto Links, a registered non-profit community organization supporting seniors.

"It is," says Valerie Connors, Executive Director, "about communication. We don't provide the services but we find the answer for every senior or family member who calls us with a problem. We know the city really well and we will help connect you to the service you need."

Why is this important? Back in 1995, churches serving the Chebucto area recognized that the growing senior population was underserved. While wanting to stay in their own homes as long as possible, they needed all sorts of supports yet didn't know how to find them. Chebucto Links was created to meet this need. It was so successful that it was expanded to serve the city.

Now, Chebucto Links doesn't need to do much on nail care any more, as more home care providers cover that, but will tell you where to find them if you need to ask. And does a huge amount more. If you are a senior who needs help with housing, housekeeping, snow shoveling, transportation, financial and estate planning, home care, or really any problem you can't solve alone, this organization will hook you up. They are, for example, a special blessing for family members from away, who may be struggling to coordinate local care for an ailing parent.

It is not a huge organization, operating with two staff funded by the provincial government and donations from Churches including facilities, volunteers, and various other contributions from citizens and organizations. It has a telephone number (422-3525), email chebucto.links@ns.sympatico.ca and website www.Chebuctolinks.ca.

Responding to requests from seniors themselves, it also operates some programs including the Tuesday Lunch bunch, Wednesday Coffee break, Active Living for Seniors on Thursdays and the Friday Walking Club, among others.

Valerie is especially proud of the 90Plus club which brings nonagenarians together for special parties. " It's amazing to see how pleased they are. It's energizing; a shot in the arm and a validation they are still worthy," reports Valerie of a birthday event at St Paul's in Spryfield. " Our overall message is that seniors should never be put in a position of frustration trying to get information. We have tons of information". And she told me where I could get my toenails cut.



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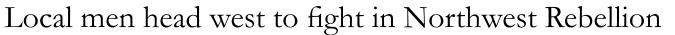
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DISCOVERING OUR PAST



by Iris Shea

On April 8, 1885, Halifax newspapers reported that the 63rd Battallion of Halifax Rifles and the 66th Battalion Princess Louise Fusiliers mobilized militia units in preparation to leave the Halifax Garrison for Swift Current, Saskatchewan. A total of 352 Nova Scotians, some from our local communities, were going to fight in the Northwest Rebellion.

The Rebellion came about when Louis Riel was fighting for the rights of the Métis to hold a share of the lands in Canada's Northwest. Volunteer soldiers enlisted from most provinces of Canada, thinking they were about to go on an exciting adventure. One newspaper account reported: "They were going to fight a war for their country, for the British Empire, and for progress. They did not know how much suffering they would experience. The soldiers from Eastern Canada were about to face the hardships of an exhausting journey, and they would soon understand that war is destructive and brutally painful. Their journey to the North-West was difficult because the railway had not yet been completed. In Northern Ontario there were four large gaps in the track which the troops had to cross. One gap was crossed by riding on sleighs. Two of the gaps required long, tough marches in the cold. The soldiers made their way through another gap across twenty-four kilometers of barren ice, struggling for six hours in the freezing cold and bright sun. For days, the soldiers were hungry, sleepless, wet, and cold. Sometimes it was raining, sometimes it snowed, and sometimes the temperature got as low as -30 degrees Celsius. Altogether, it took about four weeks for the troops to travel half way across the country, marching from the railway tracks to their destination. The better trained troops were the ones who were put into action".

Among the local militia chosen to travel to Swift Current were Private William Topple, bugler, Halifax, age 25, married with two children; Bombadier Charles Kidston, Spryfield, age 30, unmarried; Gunner George Tough, Terence Bay, age 25, unmarried; Gunner Richard Marriott, Spryfield, age 22, unmarried; Gunner James Umlah, Spryfield, age 23, unmarried; Gunner Frank Umlah, Spryfield, age 20, unmarried; and Corporal Alonzo Norris, Halifax, age 25, unmarried. Richard Marriott deserted at Truro and returned to his home in Spryfield (on the Old St. Margaret's Bay Road) and became a farmer. He married Lucy Locke in 1887.

Families of the men received the "magnificent militia pay of 50 cents a day and no rations". By April 13th the Halifax Battalion had arrived in Riviere du Loup, Ouebec. On April 28th the Nova Scotia residents in Winnepeg gave a reception at Selkirk Hall for the entire Battalion from Nova Scotia.

Good news for people injured in car accidents

by Linda MacLaggan M.Sc.P.T., Physiotherapist, Spryfield *Physiotherapy*

As of April 1st 2013 the government of Nova Scotia will be changing the section B car insurance provincial legislation to require car insurance companies to pay directly for the first weeks of treatment after a car accident injury. Previously, the individual had to use their private group insurance coverage (Blue Cross, Sun Life Great west life etc.) first and the car insurance would cover the rest. This is no longer the case. The car insurance will cover the costs of mild soft tissue injuries to a predetermined amount. After that, if the injured person has not recovered, then there is the option to continue with treatment but go through the private insurance first (the present set up). The benefits of this program · individuals can see physiotherapists or chiropractors immediately without a doctors referral. • With physician wait times, this will allow a

faster assessment and treatment of the injury • More coordinated care between the health care professionals

• People can save their private insurance for other injuries that might require physiotherapy, chiroparactic or massage care. · Standardized forms to be completed for section B medical and financial applications • Better communication between the treating therapist and the insurance company

This only applies to injuries sustained in an accident that occurs after April 1, 2013. Clinics will have access to all the necessary paperwork to send to the insurance company plus know within 5 business days if the claim is accepted by the insurance company.

As a health care professional, I feel is will make the entire process easier



William Topple of Jollimore, abt. 1914. Veteran of Northwest Rebellion in 1885. Courtesy of I. Shea

The soldiers were ordered to Swift Current, Saskatchewan the following day.

On May 9th, 1885, the Acadian Recorder received a letter from the doctor accompanying the Halifax Battalion stating they had arrived in Swift Current, "a miserable place. All there is to break the monotony of the view are a few Indian tents...not a tree or shrub is to be seen...prairie to the right, prairie to the left, prairie all around. It is devilishly cold at night. The weather is most beautiful at present, bright, sun shining, warm days. The water is so warm in the creek we go bathing every day, but when the night comes we are obliged to wear our overcoats and sleep under five or six blankets. A week ago, before the troops arrived here the Indians, 60 in number, swooped down on the place, ransacked three stores which are situated here, helped themselves and made off. The redcoats keep them very much in awe."

The Rebellion was short-lived for the Halifax militiamen. They were not involved in battle and were home by June of that same year. Louis Riel was captured and imprisoned but not without loss of life on all sides. He was convicted and sentenced to hang. The punishment was carried out on November 16, 1885.

Bugler William Topple moved to Spryfield in 1893 where he built the Pinegrove Hotel to support his wife and nine children. In 1908 he moved to Jollimore, built and operated the Lower Arm Confectionary, became Superintendant of Fleming Park for 20 years and was Halifax County Councillor for 17 years. Topple continued to serve in the militia until 1906. James Umlah married Gertrude McGrath in 1896 and operated a hotel for many years near the junction of St. Margaret's Bay Road and Prospect Road. He was Overseer of the Poor for Spryfield District in 1900. Frank Umlah, a younger brother to James, married his cousin, Eunice Umlah, in 1910 and represented Spryfield District for several years as a Constable, a Road Surveyor, and on the Board of Health. George Tough married Ellen Umlah in 1893, a sister to James and Frank Umlah. He was a carpenter and settled in Halifax. Charles Kidston married Emma MacKenzie in 1886 and settled in Halifax as a woodworker. Alonzo Norris married Maud Jollimore in 1886 and worked as a ferryman in Jollimore. He was the Health Officer for North West Arm District in 1899.

The Nova Scotia volunteer soldiers were awarded the Northwest Rebellion medal for their "first battle of honour".



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Letters to the Editor

To the Editor

If only one thing defines our part of the province, it is the meeting point of rural and urban Nova Scotia. Embodying such an integral connection, we share the common and essential daily need to get from place to place. Indeed, we even define our own communities by their respective place in "the loop".

Unfortunately for many in our area, the ability to get from place to place does not meet the need. The cost of owning a vehicle remains out of reach for many, and our available public transportation options are often unreliable and scarce. We have seen incredible residential growth and development over the past few years, but our transportation infrastructure has not kept up.

The resulting reality is that residents in our area must own a vehicle or be faced with dismal employment options and poor life balance. The typical commuter from Herring Cove to the downtown of Halifax on a daily basis can spend more than two hours on the bus. This reality creates a disincentive for young families and working professionals to live in our area; the people who would otherwise be shaping its future.

For those that do own vehicles, getting

into town is becoming increasingly unfeasible as well. Morning traffic bottle-necked at the Armdale Roundabout is often backed up to the Walker Funeral Home on the Herring Cove Road, and the Dingle Gates on the Purcell's Cove Road.

Our elected officials have been put in the precarious situation where determining which authority should take the lead on this issue remains ambiguous. At its core, this is a municipal concern, but our area is comprised of multiple municipal districts.

While some progress has been made with new bus routes, an equal amount of concessions have been made by cuts to bus route frequency and service hours. In short, we need provincial leadership on this issue. The transportation problems faced in our area are undoubtedly experienced by others as well. By building a more reliable service, we can make public transit an asset rather than a last resort.

If the long-term sustainability of the rural areas of this province is to be a priority, we need policy that supports the need for Nova Scotians to connect seamlessly between their rural homes and the downtown core. *Anthony Rosborough*

J.L. IIsley High School: from Spryfield to Italy

by Sarah Boyle

March break came to J.L. Ilsley and students rejoiced to finally be away from school, but some of the students were joyful to be away with the school. Through EF Tours, an organization that books school trips by finding group deals in order to offer the lowest possible prices to students, over twenty of J.L.'s students travelled to Italy where they explored and experienced the rich culture from March 7th to March 15th.

It rained almost every day of the trip, but that wasn't enough to put a damper on the students' moods. The trip started with a look at Verona, a city famous for Juliet's balcony. Based on Shakespeare's Romeo and Juliet, the balcony overlooks a statue of the mentioned lady. It is considered good luck to rub the statue's right breast, and many students took this opportunity to improve their good fortune. If the luck came in the form of having amazing trip for the remaining days, the superstition proved true.

Venice was the next stop, and students were delighted to ride in gondolas. "It was really cool to see the water come right up to the doorways. The gondolas were amazing. And on any solid ground, there were no cars; everybody walked everywhere. If a car came, it seemed out of place," said one student. Florence was the next stop, and students were amazed to see Michelangelo's statue of David firsthand, and the Basilica of the Holy Cross, home to the tombs of some of history's finest figures such as Michelangelo, Galileo, and Machiavelli. "There was always so much detail, I had no idea where to look," gushed one student. "I've seen pictures of all of these places we've been to on this trip, but the pictures just don't do the reality justice".

Page 5

Assisi was next on the way to Rome. Students were amazed by the Basilica of Saint Francis in Assisi and were given a full tour. Rome was just as impressive with the Coliseum. Students also had a tour at night where many threw money into the Trevi Fountain and made a wish. "My wish was to come back to Italy," one student confided. This has been an amazing trip".

The trip didn't end there though. Students visited Vatican City and were excited to discover that the day when they had gone to the state, Pope Francis had been selected. "I sent a postcard from Vatican City on the day that the pope was chosen. How awesome is that?" This reflected other students' sentiments for the once-in-a-lifetime experience.

The last day sent the students to Pompeii, a city still in ruins that had its (See Spryfield to Italy on page 6)

Spryfield Physiotherapy

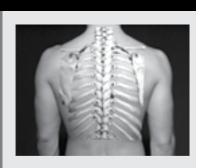
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A World Wide Web of Learning

by Carrie Forbes

It has been said that the internet would bring on the downfall of traditional education. Back in the mid-nineties, doomsday predictions of the ruin of higher learning were commonplace. After all, why would anyone pay for a degree when they could get it from the 'information superhighway' for free? Needless to say, universities and colleges are still standing, free from the threat of digital displacement. Online education has been available, but hasn't truly evolved past being a more convenient form of correspondence learning. E-learning emerged as a way to administer and track educational progress, but hasn't captured the learner's imagination. Is online learning a concept that has passed us by?

Not if you look at what universities like Princeton, University of Toronto, MIT or University of Edinburgh - just to name a few - are doing. These institutions are investing in a new concept called a MOOC: Massive Open Online Course. These are courses led by a professor, but open to a general audience of participants which can number in the thousands. There are two key features of MOOCs – they are designed to be large scale, and they are free of charge to participants. Through companies like Coursera, universities are offering MOOCs to reach learners all over the globe, which exposes more participants to their institutions. Since 2008, you can find courses including everything from

Introduction to Computer Science, and Basics of Gastronomy, to Music Theory, Psychology, and Creative Writing...The list is incredibly diverse.

A MOOC is different from other online approaches because of the wide audience it garners. This creates an advantage over traditional e-learning programs where the learner is completely independent. In a MOOC, interaction with other learners is part of the overall design. By participating in online activities such as discussion forums, online video chats, and Twitter discussions, MOOC participants engage not only with the materials offered by the professor, but have the ability to discuss and challenge ideas with other participants who form a world-wide learning community. The traditional textbook becomes an academic blog or video series from YouTube; a lecture is now a Google hangout with the professor; and study group is now a Facebook group of participants from

Spryfield to Italy

(continued from page 5)

last day in 79 AD as Mount Vesuvius erupted. Students had the opportunity to see the body casts and the layout of the city. They even went to the Red Light District where many of them were impressed to see the artwork so well preserved.

Seeing all of the art or architecture in walking tours left all of the students

the course. Today's interactive web tools have made interacting with people a key feature of the overall experience.

There are some challenges with MOOCs, including access to the internet as a prerequisite. Because of the 'massive' nature of the course, and because the outcome is often driven by learners themselves, participants in MOOCs can feel overwhelmed by the experience. Though courses have structure and objectives, part of the nature of the MOOC is to have learners become teachers. This generates a lot of course content, which may feel chaotic. MOOCs are probably best suited to participants who can work at their own pace within their own learning goals. Although some MOOCs have formal assignments and quiz structures, others have peer based feedback and collaboration as a means to measure learning; not all learners are comfortable without a defined grading structure.

The benefits, however, are hard to

feeling hungry, but they were always well fed. Croissants, pasta, pizza and gelato was the main diet throughout the entire week. "I could never get sick of this", one student said in relation to the food.

In regard to everything else on the trip, one student summed up the entire experience. "There is no better way to learn about a culture than to experiargue. Participants can move beyond timezones, cultures and national boundaries to access a diverse group of thinkers. They can consume as much or as little content as they like, and can participate as frequently as they wish. No prerequisites are required, and the learning process is informal, providing a lot of flexibility. Best of all, these opportunities are free. Even if a learner decides not to complete a course of study, there are no penalties for stopping. Many institutions will offer a certificate of completion for those who do finish the course.

Perhaps what has been the most interesting aspect of the rise of the MOOC is that it has not changed the way humans learn, but has demonstrated that learning has to be 'human'. The success factor has little to do with the digital tools themselves, but the way these tools have enabled us to do what we've been doing for millennia – sharing and discussing ideas. To join a MOOC, check out the offerings from one of the MOOC providers, such as Coursera, Udacity (Stanford), or edX (MIT and Harvard).

ence it," Every student had an amazing time and learned a lot. A special thanks was requested by all of the students for the teacher chaperones including Ms. Thompson, Ms. Gartner, Ms. Fowler, and Mr. Morse. It was a great thing for the grade twelve students to remember from their final year, and the grade 10 and 11 students look forward for school trips in the future.

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SDBC Accepting Nominations for 1st Annual Business Awards

The Spryfield and District Business Commission is accepting nominations for the 1st Annual Spryfield Business Awards to be presented at this year's Annual General Meeting to be held in June.

Ryan Brennan, SDBC board chairman, said "it's time we start recognizing the many successful businesses we have in Spryfield and the contributions they make to our community".

Awards will be presented in four categories: New Business of the Year, Small Business of the Year (10 or less employees), Business of the Year (11 or more employees) and Business Person of the Year. Gold, Silver and Bronze awards will be given out in each category.

In order to qualify to be nominated a business must be a member of the Business Commission and membership is defined as a commercial property owner/business within the geographical boundaries of the Business Improvement District, a business leasing from and located in one of these commercial properties or an Associate Member of the Business Commission.

Irene Swindells, SDBC board secretary and member of the of the awards committee said,

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New Format for Quarterly Networking Sessions Includes Public Board Meeting

On Thursday, March 21st, 2013 the Spryfield and District Business Commission held a public board meeting in conjunction with our quarterly networking session at the Captain William Spry Community Centre.

The idea was introduced by Past-Chairman, Dan Doherty and Board Member, Rick Dempsey who recently attended a similar event held by the Fall River Business Association.

"We felt this is a great way to include more of our members and the community as a whole in the decision making process" said Mr. Doherty. More than a dozen businesses and organizations had their products, services and programs on display for the public to see. Local restaurant entrepreneur, Sandy Martin from the Blooming Café provided a light lunch and refreshments for those in attendance. "we are very proud of the businesses in Spryfield and surrounding areas, they are an integral part of the growth of this community and it's time we recognize them for their contribution. These annual awards will allow us an opportunity to show our appreciation in a tangible way each year."

In addition to the contributions businesses make to the success of the business community, the SDBC board of directors believes it is just as important to recognize the businesses in Spryfield and from around the Loop for the many contributions they make to the success of the many non-profit organizations, sports clubs, churches, social clubs, and other groups in helping them to achieve their goals by donating time, goods and services to these groups.

To make a nomination, please send the business name, address, owner(s) name, a brief description of the business and your reasons for nominating the business and send it to the SDBC by e-mail at sdbc@eastlink.ca or by mail to Spryfield and District Business Commission, Royal Bank Bldg., 339 Herring Cove Road, Suite 211, Halifax, N.S., B3R 1V5.

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membership fee for associate members at annual rate of \$125.00. The SDBC board recently evaluated the amount of this fee and, given the number of recent inquiries from small type businesses such as real-estate agents, financial planners, home based businesses and other small start-up businesses, the board voted to lower the annual associate membership fee to \$50.00 to make it more affordable for these individuals to participate in business com-

mission activities and events. Most recently the board welcomed Mr. Eric Mourant, Financial Planner and resident of Spryfield as an associate member. Eric welcomes the opportunity to talk to you about your financial planning needs and can be contacted at 717-4000.



West-Armdale, which includes a large portion of Spryfield.

"There is no doubt in my mind Mr. Raoul will be in big demand by communities from around the entire Loop to provide atmosphere to events" said executive director Bruce Holland.

Oyez, Oyez, Welcome, Welcome!

New Board Members Elected, Local Councillors Re-appointed to the Board of Directors

At the February 7th, 2013 board meeting of the SDBC the board unanimously elected Alice Morris, manager of the Spryfield Bowlarama to the board and re-appointed newly re-elected HRM Councillors Linda Mosher and Stephen Adams to the board in accordance with HRM policy for Business Improvement Districts.

The SDBC board of directors is now

composed of:

Chairman

Ryan Brennan, Clyde Paul and Associates Vice-Chairman/Treasurer

Eric Caines, Cemanco Properties

Secretary

Irene Swindells, Melville Heights **Past-Chairman**

Dan Doherty, Exit Realty, Chebucto News, Danielson's Water N Wine

Councillor Linda Mosher

Councillor Stephen Adams

Board Members

John Cunningham, Canadian Tire Rick Dempsey, Spryfield Shopping Centre Mike McIntyre, Mike's No-Frills Dan MacDonald, Spryfield Royal Bank Alice Morris, Spryfield Bowlarama Erin Jennings, Walker's Funeral Home **Executive Director**

Bruce Holland

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The board looks forward to serving the business community in the coming year and invites you to contact them at any time.

Trees and Summer Students

The SDBC has applied to two programs in hopes that we will be able to provide summer employment for two local students and to beautify the business district with more trees.

The SDBC board thanks all those who participated and attended and welcomes your input at sdbc@eastlink.ca.

SDBC Lowers Associate Membership Fee

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Over the past year the SDBC has had many inquiries from new businesses, home based businesses, and businesses located around the Loop or in neighbouring areas that have expressed interest in becoming members of the Business Commission.

Some time ago the SDBC established a

Spryfield has New Town Crier

The Spryfield and District Business Commission welcomes new Town Crier, Robert Raoul as he sets out to perform his duties in the area.

Board Chairman, Ryan Brennan said, "we are very pleased to see that Mr. Raoul has chosen to model his uniform after that of Captain William Spry." This uniform happens to be the uniform the Business Commission uses on its banners and publicity material.

Mr. Raoul was officially appointed by HRM council on February 26th to represent Peninsula

Trees Canada has a grant program that provides up to \$3000.00 to assist organizations in planting more trees in their communities. Should our application be successful it will enable the business commission to place numerous additional trees in the business district which is in keeping with the commission's annual beautification program of placing flower baskets around the district and assisting with the development of local flower beds.

The SDBC has also applied to the government of Canada's summer student program for two summer students to work on various projects in the business district over the summer months.

Any grade twelve or university student interested in applying for one of these jobs should contact the business commission by e-mail at sdbc@eastlink.ca or by telephone at 452-7472. Sunday–Thursday 11–1 Friday & Saturday 11–2

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OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

Mary Louise LeBlanc (Eisan) 86 of Sambro, passed away peacefully with family by her side on February 21, 2013. She was the daughter of the late Earl and Helen Eisan. Mary resided in Sambro, previously living in the communities of Portuguese Cove and Ketch Harbour, where she had many long time friends. Being a homemaker with a great love of baking, she was always ready and willing to help with church functions and the volunteer fire department ladies auxiliary of which she was a member. One of Mary's great joys was her Wednesday night bowling league where she cherished her many friends and will be dearly missed by all. Mary is survived by her beloved husband of 58 years, Edgar, sons, William (Holly); Robert (Nancy); both of Sambro. Daughter, Mary Ellen (Stephen) Upper Stewiacke, son-inlaw James Gray; grandchildren Bradley (Rob); Andrew (Chelsea); Trisha (Brett); Jenna; Matthew and Nicholas. Great grandson Grayson. Also survived by sisters, Sybil (Robert) Spriggs, Bedford; Carole (Norman) Rodgers, East Jeddore. Brothers, Kenneth Eisan, Halifax; and Leroy (Joan) Eisan Clementsport. Special brother Michael Nelson (Terri) ON .; sisters-in-law Moria Eisan, Courtenay, BC and Helen Eisan, Halifax. Brother-in-law Gary Smith, ON and many nieces and nephews. Predeceased by sisters, Juanita Smith and Sheila Pompeo and brothers Earl; Melvyn, infant brother Carl and sister-law Grace. Cremation has taken place. No visitation by request. Funeral service was held at St. Peter's Catholic Church, Ketch Harbour on March 2nd, with interment in the church cemetery. The family would like to thank the staff of 4.1 at the Queen Elizabeth Health Sciences Center, Halifax for all the kindness and compassion shown to Mary and her family. Arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd. Halifax, Nova Scotia. In lieu of flowers donations may be made to St. Peters Church, Ketch Harbour, C/O 151 Hebridean Dr. Herring Cove, N.S. B3V 1H4. Words of comfort may be sent to the family by visiting www.walkerfh.com

Charles William "C.W." Conrod 92, Halifax, passed away on Saturday, February 23, 2013 at the QEII Health Sciences Center. Born in Waverley, he was a son of the late Howard and Alice (Edmonds) Conrod. Charles was the last surviving member of his immediate family. He was a veteran of the second World War, 1939-1945. He served with the RCR 1st Canadian Paratroop Battalion and HLI. Following his service he was a Bricklayer for 44 years and belonged to Local #1, retiring in 1986. He was a longtime member of the Earle Francis Spryfield Legion #152. He is survived by three special people in his life, Shelley Dean, Rick Shunamon and Charlotte Day. He was predeceased by his wife of 48 years, Jean (Woods); sisters, Dorothy Andrews and Margaret Power; brothers, Gerald and Howard. A celebration of Charles' life was held on Friday, March 1 at the Earle Francis Spryfield Legion #152. No flowers by request, donations in his memory may be made to a charity of one's choice.

Marion Caroline Lecky

70, Halifax, passed away peacefully, surrounded by her loving family on Wednesday, March 6, 2013 at home. Born in Halifax, she was a daughter of the late John and Florence (Wilkonson) Gerrior. Marion worked at St. Mary's University for many years. She was a mother to the whole community and will be missed by all who knew and loved her. She is survived by sons, David and Robert; daughter, Theresa Kersey; grandchildren, Shandi Boudreau, Brittany Swinimer, Marshall Kersey and Makayla Flemming; great-granddaughters, Lilly Mae Swinimer and Adalia Marion Townsend; brother, Richard; sister, Theresa Gerrior. She was predeceased by husband, David; son, Freddy; brothers, Frank, Douglas and Eddie. A service of remembrance was held on Tuesday, March 12 from the J. Albert Walker Funeral Home chapel; reception was held at the Earl Francis Legion, Branch 152; interment to take place in Sunrise Park Cemetery. In lieu of flowers, donations to the family would be greatly appreciated. Words of comfort may be sent to the family by visiting, www.walkerfh.com

Matthew Victor Arthur

83, Williamswood, passed away peacefully, after a lengthy illness on Wednesday, March 13, 2013, at home, surrounded by his loving family. Born in Yarmouth, he was



a son of the late Roy and Edith (Newland) Arthur. Matt spent 40 years as a Longshoreman with Local 269, operating the crane and every other machine on the waterfront; he was a legend in the ILA. His passion was motorcycles, which he rode until the age of 73. He also enjoyed hunting and traveling, taking many memorable trips with family and friends. Matt was a kind, giving and wonderful man who loved his family dearly. He will be missed by all who knew and loved him. He is survived by his best friend, love of his life and wife of 23 years, Kathleen (Juteau), Williamswood; children, Paul (Colleen), Sambro; Janice (Mike) Wilson, Prospect; Sharon (Billy) Slaunwhite, Williamswood: step-children. Jimmy (Donna) Doyle, Mount Uniacke; Susan (Phillip) Payne, Williamswood; Ralph (Sylvia) Doyle, Spryfield; Michael (Heather) Doyle and Nancy (Greg) Lynch, both of Williamswood; 13 grandchildren and 9 great-grandchildren. Matt was the last surviving member of his immediate family. He was predeceased by brothers, Jim and Roy; sisters, Daisy, Edna and Gertrude "Gertie"; step-son, Paul. Arrangements are under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). Funeral service was held on Monday, March 18 from the funeral home chapel, with a reception following. Interment will take place in Oakridge Memory Gardens.

Sandra Marion Duncan (Henneberry)

65, Halifax, passed away March 13, 2013, in the Halifax Infirmary, QEII. Born in Sambro, Sandy was a daughter of Harold Henneberry and the late Geraldine (Mac-Farlane) Henneberry. Sandra is survived by her son, William "Billy" Blackburn (Paula); daughter Judy Ossinger (Alan), both of Williamswood; brothers, Darrell Henneberry (Judy) Port Aux Basques, NL, Carter Henneberry (Eleanor), Sambro; sisters, Patricia Gray (Danny), Sambro, Angela Garrison, Halifax; grandchildren Brett and Mitchell Blackburn, Michael (Natalie) Henneberry, Britney (Freddie) Whitehead; and Katie Henneberry, great grandchildren Aiden, Shaemus and Grayson, several nieces and nephews. She will also be sadly missed by her special friend Missy. She was predeceased by brother Wade Henneberry, sister Judy Hovey, grandson Jacob Blackburn and companion Philip Lecoq. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601). A graveside service and interment was held Sunday March 17 in the St. James United Church Cemetery, Sambro, Rev. Jean Henneberry officiating. Memorial donations may be made in Sandy's name to a charity of your choice. A special thank you to the doctors and nurses of 5.2 at the QEII for your continuous care & support during this difficult time.

Jeremiah P. "Jerry" Larkin

It is with great sadness that we announce the sudden passing of Jerry on March 7, 2013 at the Halifax Infirmary after a fall at home. Born in Charlottetown, April 7, 1924, he was the son of the late Henr Kathleen (Kelly) Larkin. He leaves behind his wife of 64 years, Noreen; sons, Russell "Rusty" (Rae) and John, Halifax, son-inlaw. Ken Cameron. Grand River. sister. Frances Allen, Head of Jeddore, grandchildren, Joshua (Audrey), Donald (Mary Anne) and Chacity (Stuart); great grandchildren, Noah and Ayden, many nieces and nephews. He was predeceased by his daughter, Shirley Larkin-Cameron, sisters, Dorothy, Olive and Mary, brother, Edward "Eddy" Jerry was a graduate of St. Pat's High. He worked from a young age at various jobs including selling newspaper as he once did to baseball legend, Babe Ruth. He worked as circulation manager at the Halifax Herald after which he was employed by People's Credit Jewelers for many years. Jerry went on to car sales at Teasdale and Foote and later management at Bob McDonald Chev-Olds. In 1977, Jerry started his own business, Larkin Trophies, which he ran with his family until 1999. Jerry's loves were his family, travel, golf, cards, humour, a good story, his backyard projects and his community. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601) 149 Herring Cove Rd. Funeral mass was held Thursday March 14 from St. Michael's Roman Catholic Church, Father Frank Pellerin as celebrant. Interment will be in Gate of Heaven Cemetery, Lower Sackville. In lieu of flowers, donations may be made to the charity of one's choice. Words of comfort can be sent to the family by visiting www.walkerfh.com.

Patrick "Pat" Joel Oakley

67, of Sambro passed away January 29, 2013 after a short courageous battle with cancer, at the QEII Hospital surrounded by his family. Born in Halifax: he was the son of the late Pius and Frances (Collicott) Oakley. He worked for 29 years at Queens Printer both at the Dockyard & Barrington St. He was an avid outdoorsman; he enjoyed hiking and loved fishing and hunting. He had a passion for gardening, both flowers and vegetables. He loved to cook using his "secret" recipes. Going for long drives was also a favorite of Pat's and no matter where his travels would take him, he was always sure to make a friend where ever he went. Pat is survived by his wife of 44 years, Alice; son, Scott (Melissa), Sambro; brother, Brian (Sharon), Sambro; sisters, Jean Conrad, Sheila Oakley, both of Halifax, Barb Smith, June Sheppard, both of Ontario; brother-in-law, John Patrick, Sambro; nieces and nephews, Trevor, Dawn (Clark) Henneberry, Rhonda (Eddy) Durnford, all of Sambro, Gregory Conrad; many aunts, uncles & cousins; and close family friend Dave Brake whom Pat thought of as a second son. Besides his parents he was predeceased by brother-in-law, John Conrad and numerous aunts and uncles. Cremation has taken place. A memorial service was held Saturday February 9th, 2013. On-line condolences can still be made to the family by visiting the following website: www. atlanticfuneralhomes.com



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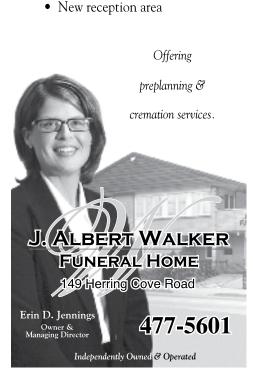


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Dolly Partner Coming to Sambro



Playing Tug of War, from left to right there's Chris Savard, Fred Owens, Isaac Crossman, Greg Potter, Bill Stewart, Raymond Laing, Vivian Horton, Phyllis Gray, Cathie Dorton Garrison, Crystal Gilkie, Nicole Schnare, Cheryl Schnare and Sara Scarfe.

by Lorrie Boylen (Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro) Sambro's St. James United Church, located at 3811 Old Sambro Road, presents its 14th annual Lobster Dinner Theater. This year's production is an original musical entitled "Sambro Goes Country" featuring classic country music, written and directed by Reverend Keltie Van Binsbergen and involving about 60 volunteers. The dinner theatre is a wonderful way to welcome spring and attendees are encouraged to wear their best western outfit. Due to the popularity of the event, an extra performance has been added this year: May 3rd and 4th at 6:30, May 4th at 4:30, May 10th and 11th at 6:30.

The story involves "Dolly Partner," a big YouTube star who started out as a poor girl in Sambro. She's back in town, aimin' to get revenge on the women who teased her when she was young -- by taking away their men. It's a classic country story complete with breaking hearts, cheating fools and true love. Musicians this year include Susan Feltmate, John Stewart, Carla Leblanc and Allan McGrath.

Tickets are available for purchase at the church Wednesdays beginning April 3rd from 6:30-8:30 p.m. and Sundays beginning April 7th from 12:45-2:30 p.m. (except Easter Sunday), until the end of April or while supplies last. Cost is \$30 and payable by cash or cheque payable to "St. James Dinner Theater." Seating is selected at the time of purchase.

The meal includes: salad and homemade buns, lobster, baby potatoes, carrots and peas, homemade carrot cake, tea and coffee. Please note there is no alternate meal this year due to allergies and the extra cost and effort involved.

The box office can be reached by e-mail at sambrodinnertheater@gmail. com or by phone at 868-2791. Ticket availability can be checked via the church's website at www.sambrojollimoreunited.org under "Recent News".

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Reg Horner Memorial Chebucto News Sports Page

Silver and Black Season Finished

The Chester Clippers have won their second straight Junior C Hockey Championship, after beating the Barrington Sea Star Ice Dogs 4 games to 1 in the best of seven final. The Clippers cruised through the playoffs only losing one game through all three rounds.

The Silver and Black Attack unfortunately were knocked out of the playoffs by the Barrington Sea Star Ice Dogs in the second round 4 games to 1 in the best of seven series. It was a hard fought series, with close games aside from a 6-1 win for the Silver and Black Attack.

Stephen Adams wrote the following open letter to the fans, and supporters:

"Although we were disappointed with losing in the semi-finals, we had a good year. We finished third, again which is pretty impressive for a second year team. Given that we only had 4 returning players, this is quite a feat. I am very proud of our players, staff and team as a whole. We will build on this year's successes, and will work to round out our roster to take a run at the championship in 2013-14.

I would like to thank our fans, Chebucto Minor Hockey and all those who helped with our season. Special thanks goes to Heather Huggard for organizing our home games, (with programmes) and working to gain sponsors. Richard Huggard was a great help on the bench and at practice, filling in when we needed it most. Pete and Debi Campbell ensured our website and photos were always current. Lizeth Strople made sure we had time keepers and rink personnel and made sure our 50-50 draw run smoothly. Mike Murphy and Annette Hobin worked our doors and

collected admission, while Joe Mac-Donald made sure our guys' skates were kept sharp. Denny White did an incredible job with recruiting, scouting and our finances. Megan Roach took care of our finances, and took care of our bills. Our sponsors ensured that 23 young men had the opportunity to play the game that they love. Paul Strople and Josh Priest worked our practices and bench, to bring out the best in our guys. And, finally, a special 'thank you' to Allan Chamberlain, who made sure our players had water, tape, Gatorade and anything else they needed. We had a few obstacles thrown at us this year, but worked through them.

I can tell you all that without the hard work and dedication of everyone involved, we would not have had a team this year.

Gold medals for Herring Cove Gales volleyball

The Herring Cove Gales "Under 17 Girls Volleyball Team" celebrated their decisive win on March 3rd at the Howard Jackson Memorial Tournament in Truro. Shown wearing their gold medals are, left to right: Back row - Lauren Fraser (15), Abby Helm (10), Sarah Moore (6), Taylor Shaw (12), Kelly Umlah (17), Ken Boutilier - coach Front row - Bailey Ballum (16), Klara Doell (13), Miranda Boutilier (2), Alison Blanchard (9), Kelsey Bethune (8)

Magic Man Marshall to fight in upcoming bout

by Jonny Horner

Jamie "The Magic Man "Marshall, a long time Spryfield resident, will be in the ring on April 26 in the Multipurpose Room of the Halifax Forum. The main event of the evening sees pro fighter Tyson Cave fighting for the NABA Bantam Title. For his first pro fight "The Magic Man's" opponent has yet to be determined.

Marshall describes himself as a fighter with fast hands, both of which



Lifelong resident of Spryfield, Ryan Brennan wins nomination

On Tuesday, March 19th, 2013 local residents of the Halifax–Atlantic Progressive Conservative Association, representing communities from Spryfield to Herring Cove to Sambro and all points in between, confirmed Mr. Ryan Brennan as candidate to represent them to run for MLA in the coming Provincial Election.

Mr. Brennan grew up on Drysdale Road near the Lion's Rink, attended local schools and now works in Spryfield. Mr. Brennan, his wife Cherie, and their two small children live in the area and are active members of their church and many organizations in the community. "I have always been a believer that one should give back to the community and that is why I have been serving on many local community organizations over the years", said Mr. Brennan. Mr. Brennan is past Chair of the Chebucto Communities Development Association, past Chair of the Spryfield Lion's Rink Board, current Chair of the Spryfield and District Business Commission, a Member of the Nova Scotia Real Estate Commission, a member of the Nova Scotia Barristers Society and has supported numerous



Lifelong resident of Spryfield, Ryan Brennan

can deliver the knockout blow. "I'm a counter puncher, I like to use the other fighter's aggression against him" said Marshall.

Marshall trains at the Warriors gym in Dartmouth with Kelsey Fraser, and with Bunny Phillips at the Titans gym in Halifax. Over the next two years Marshall plans on fighting every couple of months to get his title shot. His training regimen consists of running 3 to 5 Kilometers per day and at least one hour of strength training per day. All this while working a full time job is no easy feat.

In the future Marshall wants to open up his own gym in the Spryfield, Herring cove area for the youth to work on their Boxing and Mixed Marital Arts skills. "I want kids to have a place to grow as individuals" says Marshall. "And give kids something to be passionate about"

Make sure you check out the local boxing talent on April 26that the Halifax Forum. The action starts at 7pm, doors at 6pm. Tickets will be sold at the Box Office or you can contact Jamie himself with the email listed below.

Marshall would like to thank Ryan Brennan and Clyde A. Paul and Associates for their support. If you have a business and would like to support a local athlete on his rise to the top you can email Jamie Marshall at jamie. marshall@esso.ca is congratulated by P.C. Party Leader Jamie Baillie after being confirmed by local residents of the Halifax-Atlantic Riding Association to be their candidate in Halifax-Atlantic in the coming Provincial Election

community groups in their activities and goals.

"When I was approached by residents of the community to run to represent the people of Halifax – Atlantic I was honoured to be asked and felt it would be a natural progression of my service to the community. Residents can look forward to seeing me out in the community asking for their support and seeking their input in the coming weeks", said Mr. Brennan.

Residents can contact Mr. Brennan at 477-2518 or by e-mail at ryan@ryanbrennan.ca. Page 12

Great Cities have Great Branding By Linda Mosher, HRM Councillor, District 9

Halifax has not had a substantial brand review since amalgamation in 1996 when we became Halifax Regional Municipality or "HRM". Since that time we have evolved and become more sophisticated, more diverse, more populous, more environmentally conscious and transitcentric. Many cities in North America and internationally have made considerable progress in brands. Brands can be referred to as the"DNA of a place". We have many mini brands based on operational divisions, but no overall image that captures Halifax. If you don't create or update your brand/image then people will create it for you – and it may not be positive. An oft quoted catch phrase about a city is "a great place to live, work and play" You could insert any city name before this phrase. We need to differentiate and not be generic. What are we proud of? Defining ourselves will portray to the world what sets us apart from other cities and attract positive attention in this competitive field to attract talent and resources.

Cities are not just about landmarks and places, but also about people, businesses, institutions and the collective image that they portray. When you think of a famous city it will conjure an image of what the city is like – whether you have been there or not. Many cities have this global awareness and people think about them in terms of their attributes or features or specific statements about what the city promises. When you think of Paris an image of the Eiffel Tower or romance may appear, or with London you may think of Big Ben and a bustling city that hosted the Olympics, or the Golden Gate Bridge when you think of San Francisco. New York is the City that "doesn't sleep" or Las Vegas: "what happens in Vegas stays in Vegas".

In this global economy, in order to make our city attractive and more competitive we have to have a unique brand. In 2006 after seeing the benefits of a comprehensive brand in the U.K., I brought the issue to Council. At the time we did not have the expertise or resources to conduct an effective branding exercise. Our CAO has placed an emphasis on communication and public engagement, and we are now able to proceed. We need a strategic, positive plan to identify our message. To ensure that the very best aspirations of our citizens are represented in the symbols of our local government, and to help stakeholders position us for success in a highly competitive international market for new business, tourists, students, residents and visitors, a brand review and renewal process is now underway.

Many cities in the world, such as Melbourne, Australia and Winnipeg, Manitoba, have paid branding firms to

develop a new, cutting edge brand. It will cost us money to develop the brand, but we will be utilizing local firms and internal resources to have this completed cost effectively. Changes will be done on an incremental basis-we will not immediately change all building or vehicle signage. Branding is not just a logo or economic development initiative, it is much more. The goal is to have a relevant, contemporary and inspirational brand that will attract investment into our city by way of new businesses, new residents, new visitors and new students. We want an inspirational brand that puts our best qualities forward, not only to build pride for our own citizens, but also internationally.

A successful city brand will include a look to our past, our quality of life, culture, diversity and our unique assets and people. Think about Halifax and what you treasure about it? Some of the attributes that I personally value are being on the ocean, our heritage properties, the fantastic restaurants and vibrant culture, the many universities and youth presence, and our vast parks and green-spaces. You can go hiking, golfing, surfing all within a half hour of travelling. We are at an exciting time, cranes grace the sky with new development and investment, we have new leadership, and optimism abounds with industry such as the Ship Starts Here. We need to determine a cohesive vision on how we describe ourselves, and what do others think of us. We need to define what our best and strongest characteristics are. What promises does Halifax

make? How do we market our history? What is our quality of place? What is our life style? Do we have an awareness of the unique assets we possess versus other cities? How diverse are we? What are our values? Think of it as a 15 second 'elevator speech'. How would you tell people we are the greatest place on earth in that short time? How do you want Halifax to be for future generations?

Communications staff will be presenting to Council and we will be determining the extent and form of public consultation and how to proceed. Within a couple of months we will start the consultation and we should have the project finished by fall. We welcome and appreciate your vision into defining your region for now and into the future.

Better public health care plan is the key By Megan Leslie, MP for Halifax

Dear friends,

Recently the Canadian Medical Association released a poll showing that Canadians believe that 'improving our health care system' should be the number one priority for the federal government. My New Democrat colleagues and I agree.

Good health care is the key to vibrant, sustainable communities and robust economies. With our population rapidly aging, accessible and affordable health care is becoming more important than ever. We need long-term nation-wide strategies that will benefit everybody, not just the people who can afford it.

After six years of inaction on health care, the Harper government has plans to cut \$36-billion in funding, even before the Canada Health Accord comes up for renegotiation next year. This federalprovincial agreement, established nearly a decade ago, laid out a plan with the aim of moving our health care system into the 21st century. Regrettably, hardly any of the benchmarks set out in the Accord have been accomplished.

The renegotiation of the Canada Health Accord is an opportunity to reinvent health care, to make it responsive to current and future needs, and to reduce costs through smart public policy. The federal government needs to work with the provinces and territories to ensure that we invest in our health care system now to see long-term improvements.

The NDP is proposing a four-pronged approach to the health care improvements that Canadian families need.

Better access to prescription medication is one of them. The cost of prescription medication has been rising steadily and is one of the costliest parts of the health care system today. Even with access to doctors, nurses and specialists, without affordable prescription medication, the health care system is being hindered, and Canadian families can't improve or maintain their health and thus their quality of life.

In 2011, Canadians spent \$27.2 billion on prescription medications. The financial security of families is being jeopardized by high drug costs. Drug coverage differs from province to province, and one in ten Canadians can't afford the costs of drugs.

As our population ages, we need to ensure that there's better care closer to home for the people who need it. Not only that, but by ensuring better health care at home and in long-term care facilities, it frees up hospital beds and emergency rooms.

Health care extends beyond doctors and hospitals: it can be found in more compassionate EI benefits by extending and improving its access, in providing a Caregiver Tax Benefit, modeled on the Child Disability Benefit, and in offering financial support to those who wish to add separate dwellings to their home to care for someone. These measures keep families unified and help ease their financial burdens.

Home care and long-term care initiatives not only help reduce costs they are job creating policies. This is a win-win for governments and patients.

The 'band-aid' solution philosophy is endemic in our current health care system, but with chronic illness being one of the biggest burdens on the health of Canadians, the fragmented approach to care is doing more harm than good it's ineffective and costly, especially for people with multiple chronic conditions who need complementary treatments.

To move away from the 'band-aid' solution will require federal leadership – something the Conservative government has consistently shied away from. The Conservatives haven't yet made the link that improving health outcomes across the country leads to reduced overall costs to our system, a healthier, more productive workforce and an improved economy.

To build a comprehensive primary health care system, we will need to establish a pan-Canadian Health Human Resources Strategy to ensure that care is getting to people in rural and urban communities. This care needs to take the form of a comprehensive package: a team of health care practitioners who know you and work together to treat you and your family.

Community Health Centres, where Canadians would have access to family doctors, nurse practitioners, dietitians, and physical therapists, could ensure seamless transfer of important medical records and take more responsibility for mental health.

The NDP believes that every Canadian deserves the opportunity to maximize their health and wellness through a sustainably funded and responsive public health care system. Prevention is the key. Through access to healthy food, ensuring a decent living income, affordable housing and developing a strong social safety net, the government has many avenues through which to promote active and healthy living.

With a cohesive plan of action that we actively commit to, Canadians will be able to enjoy a sustainable, public health care system for generations to come.



Linda Mosher

HRM Councillor, District 9 Peninsula West – Armdale

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So much more to be done

Drawing towards the close of life as a representative is a reflective time, and as much as I've tried to accomplish in my years as MLA for Halifax Atlantic, there is much more I would have liked to do.

It's a time for preparing to hand over responsibility to someone else who will in turn do his or her best for the people of Halifax Atlantic as a community, and as a part of the larger entity which is Nova Scotia. I've always known how lucky I've been, to be tasked with speaking on behalf of an area whose sheer resourcefulness and goodwill are so outstanding; it's meant that I've often found myself able to deal, not with purely local concerns, but with issues that occur throughout the province.

MLAs have many roles at once, but one of the most important is to bring forward possibilities for government policy and legislation to address some of the issues that arise in the lives of constituents. Not all of them reach the stage of being discussed in the Legislature in any one MLA's time, but they often reappear later in different forms. (I was interested in this morning's news to hear discussion of the relative costs of disposable vs cloth diapers, something I'd compared in the childhoods of my two daughters. In 2006 the House wasn't ready to see government launch a public awareness campaign, but since it still costs thousands of dollars to keep a child in disposable diapers, and landfills are groaning, the debate is resurfacing publicly).

Herewith, a few of my favourite Failures, in case a future representative wants to see them through, not just for Halifax Atlantic, but for Nova Scotians in general. I don't believe these are expensive, but they might save physical, emotional and financial stress to individual citizens, and avoid some costs, fiscal and social, to the province as a whole.

CASHIER SEATING: Anyone who's worked at Sobeys or NoFrills/Superstore in Spryfield over the years, has probably heard me ask about hours, breaks, and whether they'd want to have seating available or not. Invariably, in Spryfield, and everywhere else I ask, the answer is yes, it would be great to be able to sit down at times during the shift.

I'm disturbed when I see very young people, tired and sore, standing at constrained workstations even when there's nothing to be done, and even more disturbed when I see older people doing the same. The damage to knees, hips, backs, shoulders and feet is irreversible, painful, and unnecessary.

In many parts of the world, anyone

working as a cashier, bank teller, or in any other limited workspace has the option of sitting or standing, or alternating, as long as it doesn't interfere with doing the job at hand. I hope the province will soon take its own stand on this.

LAND REGISTRATION ACT: Nova Scotia has a long history of settlement, and transfer of lands from generation to generation, and person to person, creating a dense and complicated patchwork of landholdings and rights over land. NS is also the only jurisdiction, apparently, to move to a system of government guaranteeing title to land, without requiring owners to establish the exact extent of the land in question before "migrating" the title into the Land Registry Information system. This means a landowner can migrate a piece of land which actually includes part of an adjoining property, without the adjacent landowner (private or Crown) knowing about it since no survey is needed which would be visible on the ground. The result is that one area of land can be sold twice, deliberately or accidentally, and if the overlap goes undiscovered for 10 years, the provincial government has to compensate one of the owners.

Parts of Halifax Atlantic are particularly vulnerable to this, as the winding and weaving historic boundaries and interconnected rights are often most prevalent in just those areas which are becoming more and more popular places to live, exactly because of their distinctive character, where unique houses and structures are set back at various angles and distances

By Michèle Raymond, MLA for Halifax Atlantic

from waterfronts and winding streets of various widths.

In the absence of surveys, it would be simpler and cheaper for government and landowners alike, to require landowners migrating title to notify all adjoining property holders, so they can check early in the process whether the description does or doesn't affect their own land and rights.

CROWN LANDS DIVESTITURE: One of the great challenges facing NS has long been the shortage of publicly held land, (although recent large purchases of forestry land are finally making a difference in this). In general, I believe the public is entitled to know when public resources are being sold off, altered, or otherwise removed from the public domain, but even in a more limited way, I'd like to see a more stringent protocol for notifying the public when Crown lands, especially those with waterfront access, are to be sold off. (By the same token, I understand why local governments often want to discuss in camera the terms of acquiring property, but why is it necessary to keep confidential the terms of divesting public property, or property rights?)

LICENSING INSPECTIONS OF PUB-LICLY FUNDED RENTAL ACCOMMO-DATIONS: In the course of nearly 10 years representing Halifax Atlantic, I've seen great changes in the cost of living here, and much of that change is driven by the cost of housing.

As this area has become more and more popular, the cost of housing has

gotten steeper; as affordable housing disappears, more people are dependent on the provincial government for help, either through rent supplements, or through the Department of Community Services. Yet the available accommodation is so scarce at lower price points, that tenants are afraid to complain about building conditions.

Where the provincial government is helping house Nova Scotians who can't otherwise afford a roof over their heads, tenants deserve safe accommodations, and everyone deserves the assurance that public moneys are paying for housing that meets minimum standards, on an ongoing basis.

Municipal inspectors have the authority to order repairs, or to close buildings, but this is only when the situation has reached a crisis point, and it often means an entire building is closed down. I hope we can move to a system of regular inspections of publicly subsidized rentals, so that tenants don't have to take the responsibility for complaining, and the risks of reprisal and homelessness.

Nova Scotia is moving towards a new sense of itself, and I hope that Nova Scotians are moving towards a sense that we're all in this together. There are many ways, large and small, to accomplish this. I'm proud to have helped on some of the initiatives of the past few years, and I hope I can hand on some useful ideas to my successor in the House of Assembly, and will see Halifax Atlantic continue its proud history in a proud province.

Salvation Army Divisional HQ a welcome addition By Stephen Adams, HRM Councillor, District 11

On March 18th , Halifax and West Community Council approved a rezoning for the property at 485 Herring Cove Road. For those that may not recall, this site was formerly an Ultramar and Carl's Texaco.

This property was zoned as R-4 which would allow for many uses including an apartment building. The new zoning is Park and Institutional which allows for community uses; in this case, a thrift store for The Salvation Army. This new building will further enhance the streetscape and look of Herring Cove Road.

The Salvation Army has also had a change in their existing property. On February 25th, I attended the grand opening ceremony welcoming The Salvation Army Maritime Divisional Headquarters to Herring Cove Road. This will help centralize their operations and bring twenty (20) new employees into our community.

Over the past few weeks a number of residents asked me about a left-turn arrow from the Old Sambro Road onto Northwest Arm Drive during the morning rush hour. Our traffic engineers assessed the traffic flows and concluded that those turning left could clear in one cycle of the green light.

I will end this column on a very sad and somber note. In March, we lost two well-respected and community-minded individuals.

On March 7th, Mr. Jerry Larkin, the owner of Larkin Trophies, passed away. Mr. Larkin supplied trophies to many, if not all, of our sports teams over the years. I am sure if you have a look at a trophy you, your son or daughter has received, Mr. Larkin provided it. When Mr. Larkin was involved, no one went without a trophy. A true gentleman who will be missed.

On March 2nd, Michael "Coomsie" Coombs passed away suddenly at the age of 38. If you played ball hockey or went to our rink, there is no doubt you knew "Coomsie". Mike always stood up for his friends and community, and was loyal to all those who knew him. Mike too, will be missed.

On April 20th, we will be holding a fundraiser for Mike's son, Blake. The tickets are only \$10. If you are able to provide a prize for the auction, make a contribution, or buy a ticket or two to help this very worthy cause, please let me know.

Stephen Adams

HRM Councillor, District 11 Spryfield - Sambro Prospect Road

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Michèle Raymond MLA for Halifax Atlantic

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The Jason Doherty Memorial COMMUNITY EVENTS PACE

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

COMMUNITY EVENTS APRIL

Spryfield Lions' Rink is offering the following public skates this winter: Senior Skate – 10 am - 12 pm Tues and Thurs \$2. Parenttot skate – 10am - 12 pm Wed \$2

Attention: Volunteers Needed!

The Halifax Community Learning Network is seeking volunteer tutors for the Captain William Spry Library Adult Learning Program. Adult learners are varied in the their skills and goals. Many want to improve their communications, math and computer skills or work toward passing the GED test. Volunteers who can tutor basic and / or high school math are especially needed. Training and support are provided.

If you are willing to dedicate two hours per week for at least 6 months as an adult literacy tutor, please call Noreen at 490-5715.

Helping someone to succeed in achieving their goals is the most rewarding job of all!

LEGION: Bingo every Sunday at 1P.M. Mini Bingo at 6 P.M. and Superstat Bingo at 7 P.M

St. Paul's Recycling

On the third Saturday of every month, St. Paul's United Church in Spryfield will collect your clean refundables. You can drop them at the church at 173 Old Sambro Rd. between 10:00 am and 1:00 pm. If you would prefer, you may call Carolyn at 477-0187 or Jackie at 477-3776 to have your refundables picked up.

"There is plenty room for more at **Elderobics-Forever Fit** (sponsored by the YMCA) at both Emmanuel Church Hall and Captain William Spry Community Centre. This is a fitness program for adults which includes low impact aerobics, working with weights, stretching and relaxation exercises. The classes @ Emmanuel are Mon, Wed & Fri at 10:00 - 11:00 am; and the classes at Captain William Spry are Mon, Wed & Fri at 9:00 - 10:00 am. No pre registration is necessary, just come along, have fun and get fit! Pay as you go, \$4.00 per class, plus annual fee of \$10.00. "

Women's 45 and Over Soccer Citadel

Women's 7 Aside Soccer League is recruiting women 45 and older, to play in our league. Our summer 2013 season begins May 26th. Games are held on Sunday evenings at Dal Wickwire field and Mainland Commons near Halifax West HS. For more information/details, call Donna @ 477-5741 or email halifaxwomensoccer@ gmail.com April 21 there will be a **Roast Beef Dinner and Bake Sale** from 4 to 6pm. Adults \$12.00, Children \$6.00 April 28 there will be a **Penny Auction** hosted by the Emmanuel Ladies Fellowship Group from 2 to 4pm.

Preteen Dances: At Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road, Harrietsfield, to be held on April 25th, and May 16th, Same format as always with canteen, adult supervision and only \$3.00 at the door.

Urban Farm Museum Society of Spryfield will hold its regular monthly meeting Monday, April 8 at 7 pm, Captain William Spry Community Centre. All welcome.

The Mainland South Heritage Society will hold its regular monthly meeting Thursday, April 25 at 7 pm, Captain William Spry Community Centre. All welcome.

Pruning Workshop Urban Farm Museum Society of Spryfield will sponsor a Pruning Workshop for small bushes, Saturday, April 6th, 10am - noon, in the Farm Field on Rockingstone Road near corner of Ardwell. Look for Museum sign. If you have your own pruning shears please bring (we have a few available). Workshop is free, donations gratefully accepted.

Coffee House Music Night featuring local singer songwriters, St. James United Church, June 8th, 6:30 to 9:30

Spryfield Legion will be hosting a Senior's Dance on Monday April 8th and Monday April 22nd. 12:30-4pm. \$3.00 per person. light lunch served. Door prizes, and 50/50 Draw. Music by Albert Martell

Dance At Emmanuel Church Hall 322 Herring Cove Road, Spryfield April 13, 2013, 8PM - 12AM Music by Bay City Band \$7.00 per person Light lunch served at intermission

Craving Change 4-Week Program Mondays: April 8 th , 22 nd , 29 th and May 6 th 5:30-7:30pm Would you like to know why you eat the way you do? How to comfort yourself without food? Learn some tips to change your thinking to change your eating! Unless specified programs are offered at the: Chebucto Community Health Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

Sambro Area Community Association is holding a **bingo fundraiser** at the Halifax Forum on May 8. For more details, contact Kim MacKay, 475-1583 or Leslie Harnish, 868-2553 or email harnish@hfx.eastlink.ca

The next **Sambro Sou'Wester Days** planning meeting will be Sunday, April 21, 2013 @ 7:00 p.m. For more details, contact Kim MacKay, 475-1583 or Leslie Harnish, 868-2553 or email harnish@hfx.eastlink.ca

"Sambro Goes Country" Dinner Theatre runs May 3, 4, 5, 9, 10, 11, St. James United Church, Sambro. Tickets on sale beginning April 3rd, Sundays from 12:30-2:30 and Wednesdays from 6:30-8:30, \$30 for a lobster supper and live theatre.

PUBLIC NOTICE: The annual AGM for the Harrietsfield/Williamswood Community Centre is scheduled to be held on April 18,2013 @ 7:00 p.m at the centre, located at 1138 Old Sambro Road, Harrietsfield. All area residents (upon proof of residency) are welcome to participate in the meeting and for elections for the position of "chair" and "treasurer", as well as welcoming for new board members to join. There will be regular business, part of which will be a presentation of copies of "revised" By Laws, to be discussed and for review. Following that, there will be a determined date for another members only meeting, whereby, there will be a vote for acceptance of said By Laws for record. A light lunch and refreshments will be served for a mix and mingle following the meeting. Come out and support your community and it's centre!

Chebucto Connections are looking for volunteer board members who want to be part of a team that is actively engaged in making our community a healthy and vibrant place to live and work. We are inviting people to express their interest in being part of our Board of Directors team so that we can set up a time to talk to you about what being a Board Member would entail. This will give you a chance to see if it is a good fit for you. We are looking for engaged community members to join us in this work of nurturing the rich capacity of the community.If this sounds interesting to you please contact: ccda.stecroix@gmail. com or 477-0964 for more information.

Chebucto Connections volunteer board is looking for photographs that represent Spryfield and area to be published in our Website. Chosen photos will be on display at our AGM on May 28, 2013. Please send photos to ccda.info@ns.sympatico.ca

Captain William Spry Library **Free Puppet Shows** Every Saturday at 11am! All Ages Welcome!

Celebrate April Fools Day. Laughter is the best medicine... and fun is the best stress buster

by Bobbi Jo Ferguson, RMT www.tranquilmomentsforyou.ca April Fools Day is a perfect opportunity for your family and friends to let off some steam and have a good laugh. Keep in mind that any good practical joke should leave the victim's dignity intact and laughter flowing freely. Make sure you are a responsible practical joker and are able to take a joke with as much humor as you deliver one. Parents, this is a perfect opportunity to show your children the fun side of you. As long as I can remember my Dad pulled the same joke...And we fell for it EVERY TIME! He would wake us up early in the morning and tell us that there was a cougar, deer, bobcat or some other amazing animal that we just HAD to see on our lawn. This was a tangible thing, see, as we lived in the country. We would fall for it every year and Dad would laugh his head off to see us stumble sleepily to the window. So the first year I no longer lived at home I called and told him there was a bear in his yard, that I just saw news coverage of it and recognized our house. So be aware this may start something that will live on for years! Remember that the body's physiological response to laughter is actually beneficial to your health. The benefits range from boosting your immune system to

lowering blood pressure and can even improve relationships and help you burn calories! Children laugh up to 400 times a day whereas adults, on average, only laugh 17 times a day; so let's have some fun and improve our health by having some laughs this April Fools Day.

Here are some fun harmless jokes to share with your loved ones this year.

Add food coloring to milk, harmless and the kids will get a good laugh...once they get over their gross out at the green milk. Hide one of every pair of shoes that someone owns (just make sure they aren't late for where they have to be). Take one...or all of your kids stuffed animals and leave a ransom note, make them do silly things like make funny faces or put their shoes on their ear to get them back. Freak them out and do nothing! leave your kids multiple notes that you are going to play a trick on them so they better watch out. In their shoes, by their tooth brush, their lunch boxes, then do nothing to them just watch them be expecting something all day! These are just a few ideas to get you started and in the spirit of having fun. So remember to enjoy, have fun and be aware you may be next! Enjoy this stress free, fun filled, practical joking celebration and remember, it is good for your health and will lower your stress level.





Spryfield Legion 7 Sussex St. 477-0467 is holding a dance April 29th from 9 pm to 1am. \$7.00 per person. Music by Gordie Duggan Band

Coffee House

St. James United Church, Sambro (3811 Old Sambro Road) will be having a Coffee House on Saturday, April 6th at 6:30pm. An evening of song by talented local musicians. All welcome.

Emmanuel Church Hall, 322 Herring Cove Rd, Spryfield is hosting the following events: Living With Stress: Skills for Life 4-Week Program Fridays: April 5 th, 12th, 19th and 26th 10:00-12:00 noon Fairview Family Resource Centre Stress is a part of everyday life. Having a toolkit to handle stress can help us feel capable of dealing with new stressful situations as they come up, and can even help us reduce the stress we currently have in our lives. Join us for this 4-week program and learn skills to deal with stress and practice techniques such as time management, mindfulness and relaxation.

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 or drop-in to register.





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Thanks for including us!

We're please to once again be part of our community and supporting some very worthwhile endeavours. While it's almost impossible to support every request, we try very hard to do what we can.

We're especially fond of groups working with children. We'd like to thank the PTA at William King Elementry School for including us in their Bingo and for Spryfield Lions **Club Bowling Tournament in support** of Spryfield Boys and Girls Club.

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