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## Santa Claus Parade boasts a record 58 entries



The 39th Annual Spryfield Santa Claus Parade was a huge hit on Sunday November 25th. The day was windy and cold with occasional snow flurries but that did not dampen the enthusiasm of the thousands of people who lined Herring Cove Road to watch the parade. The parade ran 1.8 kilometers, from Highfield Drive to the Spryfield Mall, with people lining both sides of the street to watch the record 58 entries as they made their way along the route. This year's entries included a wide cross section of the community with local schools, youth groups, churches, community organizations and local businesses, as well as representatives from HRM Police and Fire services. Best Overall float was won by Isner's Stable; Best commercial entry was Bell Aliant; Best Community Entry went to Urban Farm; Best Decorated Vehicle was won by ACE Lumbermart; Hal-Con won Most Original, Best School went to Chebucto Heights; Chimo Taekwondo won Best Marching Group; Best Majorettes was won by Halifax Sparklettes; and finally The Peter Saulnier Hart & Soul Award was given to 1st Scouting BPSA.

Spryfield Legion Members proudly led the 39th Annual Santa Claus Parade

# Seniors' Beat: What our veterans mean today

by Beverley A Clarkson A fierce November sun bore down over the well bundled throngs at the Earl Francis Memorial Legion, Branch 152, on November 11 of this year. As many as 800 people attended this service for the fallen from three wars: WWI, WWII, and the Korean War. The award winning Dartmouth Fife and Drum Corps, accompanied by citizens of Spryfield and outlying communities, piped the handful of fragile veterans smartly down Herring Cove Road stopping in front of the legion at 10:55AM sharp. All braved the nippy winds dur-

ing the hour plus service which started with "Oh Canada" and finished with " God Save The Oueen".

The crowd was a mix of people of every age, some in uniform, others in wheelchairs. There were spouses, children, grandchildren, and judging from their tender ages, great grandchildren of the men and women who served overseas. That must have warmed the veterans standing at attention during the classic ceremony, the tributes, and the laying of many wreaths, that so many decades after their sacrifice the memory and respect of their community endures.

Their discipline certainly held strong, as they stood for over an hour, even as some of the younger crowd drifted away to get warm and rest their aching bones.

The J L Ilsley High School Band

supported the service culminating in a haunting version of The Last Post by a lad who might have been facing war service himself back in that day, and (See Seniors' Beat on page 2)

# **Annual Down Home Concert to benefit Hospice**

by Lorrie Boylen

St. James United Church in Sambro will present their annual Down Home Christmas Concert on Sunday, December 16, 2012 from 6:30 to 9:30 p.m. This annual evening of Christmas Music features local musicians performing (See Hospice on page 3)







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Legion President Terry Bobbitt laying a wreath on behalf of the Spryfield Legion

## **Seniors' Beat:**

(continued from page 1)

the various tributes to the fallen echoed across the grounds one by one. Among the crowd were some in uniform. Leading Seamen Jeff Price and his wife Jenna were there "to see the veterans and to support them". Jeff's English grandfather, Campbell Price, was in the RCAF, and became a Canadian citizen in Saint John after the war.

Local WWII Veteran of service in France, Charles Conrod remembers the impact of the war service, and hopes that people today will understand that for most who came back, a huge part of their sacrifice was "their teenage years, that freedom and happiness and opportunity lost forever". From the war where so many lied to join up at 16, they recovered from their wounds

perhaps sooner than needed and went back to school to learn how to make a living in a new world order. As we now know, war service scars people forever but these brave souls were spared no time for personal pain but forced themselves onwards to build a better future for themselves and their families. And, thanks to their ongoing sacrifice, they delivered in spades for most of us through the six plus decades of peace since, though the spectre of war is always nibbling at the fringes.

A few words about Lance Corporal Earl Foch Francis, 1920-2000. Spryfield Branch 152 of the Royal Canadian Legion, created in 1958, was renamed for him in 2003 on rededication to Hong Kong Veterans. Earl Francis was a prisoner of war for four years in Hong Kong. It was a classic tale of heroism: outmanned and outgunned, his Royal Rifles Regiment of Canada held out

against hopeless odds in the defense of Hong Kong against relentless Japanese invaders for 17 and one half days despite grievous losses. "No air cover, insufficient artillery, and inadequate food, water and medicine," said Lawrence MacAuley in 1996, then Secretary of State for Veterans in presenting him with a silver medal recognizing his Hong Kong service. Hong Kong prisoners of war have been described as having endured the most brutal conditions of WWII, which were very grim indeed. Said Earl of his POW years, typical of the understatement of his generation, " Eating rice, killing lice".

One other thought: On Dec 8, 1941 the siege of Hong Kong began. It ended on December 25, when the defenders could hold out no longer, despite knowing what a terrible fate awaited so many. On Christmas day then, perhaps we could stop a moment and give thanks to the sacrifice of these brave people, and our own forebears who were in that theatre or any war theatre, and remember what they gave up for our comfort and safety Perhaps send a Merry Christmas or any other seasonal greeting - many were Jews or of other faiths-to a veteran or those lonely, cold and frightened soldiers out there suffering for us today.

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Bakgatla Bolokang Matselo ("Place of Hope") in Botswana

# **Hospice**

(continued from page 1)

seasonal favorites. All are welcome. A goodwill offering will be collected, with this year's proceeds going to support an AIDS Hospice and Daycare in Botswana, Southern Africa which is devastated by the HIV-AIDS epidemic.

Bakgatla Bolokang Matselo ("Place of Hope") is a Hospice that gives refuge to those of all ages dealing with the advanced stages of the breakdown of their immune systems. St. James member Richard Kroeker connected to their work through students from Botswana who studied with him in Halifax. He worked at the Hospice in summer 2011, and continues to help raise funds and involve university students from Canada and Botswana in designing and

building needed facilities.

Clients at the Hospice receive spiritual support, informal social interaction, skills development, counseling, nutrition and material support. For some, the meal they receive there may be the only one they receive for the day, and it is important that medication is taken together with food.

They also provide care to vulnerable children who are orphaned as a result of HIV/AIDS. Children ranging in age from 2 to 6 are brought to the Centre Monday to Thursday, where they are provided with nutritional support, play activities, and basic numeric, literacy, and musical skills.

Home-based outreach assists with daily activities such as bathing, cooking, laundry etc., for patients unable to perform these tasks, as well as monitoring medications, transportation to

medical appointments, and supporting other caregivers in the household. Regular workshops provide information and support for caregivers. The Hospice has a garden, honeybee

hives, and chickens which provide some basic food needs and a bit of revenue, but they rely on charitable support and volunteer service for their operation. Small amounts of money can make a big difference. Past support from the Sambro-Jollimore Charge of the United

Church and St. Peter's Catholic Church in Ketch Harbour through offerings and music nights have helped to fund a pump for a recently dug well, transport van maintenance, and day to day operation.

More information about the Hospice can be seen on their website at: http:// botswanahospice.org/

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

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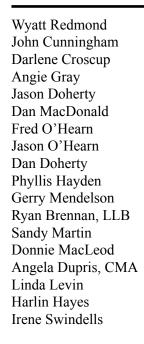
Wyatt Redmond, Owner/Operator of Beaver Enviro Depot and Metal-man Recycling, a lifetime recycler first opened Beaver Enviro behind South Centre Mall April 1996 when the beverage container program initiated. Wyatt and his family are long-time residents of Spryfield, his children Nicholas (Nic) and Rebecca currently attend JL I. Wyatt has always been a big supporter of the community and of numerous charities, schools and non-profit organizations. Beaver Enviro

hosts fundraising drives almost every weekend to ben-

efit one community group or another. Wyatt encour-

ages any group or organization that may benefit from

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## DISCOVERING OUR PAST



## Halifax Explosion caused much suffering and heartache in local communities

by Iris V. Shea

On December 6, 2012, we mark the 95th anniversary of the Halifax Explosion and its devastating effect on Halifax and its people. The explosion that followed the collision of the French munitions ship "Mont Blanc" and the Belgian Relief freighter SS "Imo" in Halifax Harbour caused death and destruction for miles around. On February 27, 1918, at the opening of the annual meeting of the Municipal Council of Halifax County, Warden Charles E. Smith, Councillor for District 9, Sambro, made these remarks: "On December 6 last an explosion occurred in Halifax Harbour causing a great loss of life and destruction of property, and has cast a gloom over this Municipality that will not soon be forgotten. Not only is the loss of property in the districts adjacent to the City of Halifax and Town of Dartmouth regrettable but the loss of life from a number of our County districts most deplorable, and will long be remembered by the bereaved families." Some of the people who lost their lives had ties to our local area. A few are included here.

Forty-four year old William Hayes of Herring Cove was the harbour pilot aboard "Imo" as she made her way out of the crowded Bedford Basin into the Narrows, close to the Dartmouth side. Heading into the area was "Mont Blanc," heavily laden with munitions and dangerously close to the freighter. Pilot Francis Mackey, with ties to Ketch Harbour, was aboard the "Mont Blanc." Pilot Hayes did not make it to safety following the collision of the two ships and the subsequent explosion. William Hayes was the son of Edward Hayes and Sarah Brackett of Herring Cove. He is buried in Herring Cove Cemetery.

Hugh J. Brackett was 24 years old and employed as a checker at the Sugar Refinery when he disappeared on the day of the explosion. His body was never identified. He was born in Herring Cove, the son of Archibald Brackett and Elizabeth Munro. Forty-two year old Thomas Connell Scallion was also born in Herring Cove, the son of Andrew Scallion and Susan Connell. Scallion was a Canadian Government Railway employee. He was survived by his parents, his wife Loretta Connors, formerly of Ketch Harbour, and two daughters, five year old Olive, and



Mont Blanc Anchor Shaft, 1918, Edmonds Grounds. Courtesy Mainland South Heritage Society

two year old Margaret. He was buried in Mount Olivet Cemetery. In 1922 his widow married Norbert Delouchry, also a native of Herring Cove.

Deputy Fire Chief William Paul Brunt, whose father, John, was born in Spryfield, was killed in the explosion when he and fellow firemen rushed to

the scene of the fire on "Mont Blanc". They were still unravelling their hoses to direct water at the burning ship when the explosion occurred, killing Brunt and Fire Chief Edward P. Condon. The force of the explosion sent the anchor of the Mont Blanc into the air. It was found two and one quarter miles away embedded six feet deep in land on the western side of the Northwest Arm, at Edmonds Grounds. Nine firemen lost their lives as a result of the explosion. William P. Brunt was survived by his wife, Margaret McPhee of Cape Breton and his adopted daughter, 13 year old Florence Hogan (daughter of his wife's sister). William was buried in Mount Olivet Cemetery. The previous year, on 13 July 1916, the Brunt family mourned the death of William's younger brother, Private Vincent Brunt of the Nova Scotia Infantry,

25th Battalion. Before going overseas, Vincent, like his brother, was a member of the Halifax Fire Department. He died of wounds received while fighting at the front and was buried in Reninghelst New Military Cemetery in Belgium.

Edward John Johnson, a native of Bear Cove, died in the explosion. He was 56 years old, married, the son of John Johnson and Kate Scallion of Bear Cove. Another victim of the explosion

was 15 year old George Purcell from Portuguese Cove, son of George Purcell and Maud Flemming.

Doris Lillian Jollimore was a casualty of the Halifax Explosion. She was the infant daughter of William (Bill) and Margaret (Davis) Jollimore living at West Young Street in Halifax. Bill Jollimore grew up in Jollimore and later moved his family back to that community. His daughter, Doris, was born 12 days before the explosion and died 1 January 1918 from shock and injuries due to the explosion, compounded by Bronchial Pneumonia.

Tragedy struck the home of Melissa (Umlah) Bayers on the day of the explosion. Her 42 year old husband, James McKenzie Bayers, was killed, along with their eight year old daughter, Olga, whose body was never found. Melissa was born in Ferguson's Cove, the daughter of William Umlah and Sarah Robinson. In 1917 the Bayers family lived at 42 Campbell Road.

The photograph of the "Mont Blanc" anchor shaft was taken in 1918 shortly after Mr. Edmonds discovered it, dug it up and put it on display. In 1989 the shaft was moved about 200 feet from where it landed and displayed on a rock cairn with a commemorative plaque. It may be seen in Regatta Point where Spinnaker Drive meets Anchor Drive. The inscription on the pedestal reads: "The Dec. 6 1917 Halifax Explosion hurled this 1140 lb anchor shaft 2.35 miles from the S.S. Mont Blanc to this park."







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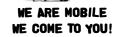
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# **Multiculturalism in J.L. IIsley**

by Sarah Boyle and Nicole Masters
Canada celebrates a multicultural background and in J.L. Ilsley High School, students do their best to appreciate the wide variety of people in our country. It is easy for the influences of the more largely populated cultures to overshadow the minorities. As a school, J.L. attempts to bring out and share the various cultures within its walls.

With a student body comprised of many people of various backgrounds, we unite as one to reveal our rich cultural background. In most schools, students rise for the Canadian national anthem each morning, however in J.L. we respect our students of other cultures by rising for their national anthems as well. Just as rising for the Canadian national anthem is important to the Canadian students in our school, it is important that the international students at our school have the chance to support their countries as well. Earlier this year, students from J.L. enjoyed national anthems from countries such as China and South Korea. Students are given an opportunity to both teach and learn from our international students through our student ambassador program.

Not only does J.L. support the international members of its school, but its students' council helps to educate the other students of the school about the other important cultures found in Canada. Every year, J.L. Ilsley staff and students appreciate Mi'kmaq members of Nova Scotia through Mi'kmaq heritage month. During the month of October, J.L. students' council members highlighted the importance of the month with

educational posters, sessions in dream catcher construction, and, on the thirtieth of the month, a presentation from a guest speaker, Gordon Pictou. "He provided an interesting perspective on Mi'kmaq history which helped me to appreciate the differences that make all of us unique." said one J.L. student after the presentation. "I am lucky to live in such a cultur-

ally rich environment."

Annually at J.L., students also celebrate African heritage month during February. Students are given the chance to experience African culture first hand through catered food and often performers. These opportunities are provided through the hard work of our students' council and their teacher advisor.

Students have already begun preparation for other celebrations of our multicultural heritage. As always, the students' council members of the school will be decorating the council room in festive decorations to support all of the cultures and beliefs held by the students and staff of our school. No matter what J.L. students learn in their classes, one thing they can take away after they have left the school is that respect for others makes for a healthy, happy environment.

# **Christmas bucket list for stress management during the holidays**

by Bobbi Jo Ferguson Hill

The Christmas season is upon us! Try as we might to have everything perfect, there never seems to be enough time. But let's step back for a moment and look at why we try to have everything reach perfection on this joyous occasion. We have expectations of sparkling lights and grand family memories, but the important things can get lost in our Christmas rush. This article is going to look at an effective tool to use when trying to enjoy things with limited time to do so...the Bucket List.

The Bucket List is a tool we can use to get the best out of our time to accomplish great things, and to help us stay focused on our hopes and dreams. By using this tool at Christmas we can keep our stress in check by remembering to focus on what is important to us and our families.

Go ahead have fun with it, get the whole family involved. Your "Bucket List" can be anything from a scribble on a napkin at the local coffee shop to an

elaborate glitter laden scrap book project, and everything in between. Don't get caught up on what the list looks like, this is an opportunity for you to focus on what is important about Christmas to every member of your family. You may be surprised at what things make the list.

The list is not to fill more of the time you don't feel you have enough of in the first place, but rather a reminder of why we are trying so hard to do everything. It is all about the memories and joy of the season. Your list should include some things that are quick and some things that consume a whole evening with your loved ones, and everything in between. Have fun with it and remember, don't make it too long, there should only be 10-20 ideas on the list. You can also include things that you know you are doing anyway like visit a friend, going to a Christmas party or going to church; this will give you a sense of accomplishment when you get to check it off your "Bucket List". Here is an

example of a Christmas "Bucket List":

- Our Christmas Bucket List
- Enjoy a hot cocoa or tea under the Christmas Tree
- Kiss under the Mistletoe
- Do a random act of kindness
- Give a neighbor a gift (box of tea or hot cocoa)
- Eat a candy cane
- Make cookies
- Have family movie night (watch the Grinch)
- Make a Christmas card
- Go to a Christmas party
- Make gingerbread house
- Sing a carol
- Go out and look at the lights
- Read a Christmas story
- Go to a parade or tree lighting

The point of this list is to remember to SLOW DOWN and enJOY the Season! This will help you keep your stress level in check, Merry Christmas!



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## **OBITUARIES**

Courtesy of J. Albert Walker Funeral Homes Ltd.

### Jane Margaret Pelham

67, Sambro, passed away very peacefully on Sunday, October 21st, 2012 at the VG Site QEII, surrounded by her family. She was the daughter of the late Sarah "Sal" (Reyno), and William "Bill" Darrah. Jane worked for 23 years as a financial clerk with community services for the Province of Nova Scotia, where she developed long lasting friendships. Jane was witty, artful, and had strong values as a mother, grandmother and friend. She was an amazing cook, and enjoyed poetry, card games, and good debates. We will all sadly miss her home baked bread, and Christmas dinners. She leaves behind to grieve her loving husband, Lionel; sons, Danny (Donna), Mort (Sandy), and daughters, Patti (Dean) Taylor, and Lana (James) Mundle; grandchildren, Jessi, Josie, Darrah, Ben, Jacob, Luke and Jack; brothers, Danny (Joan), and Charlie Darrah. She was predeceased by granddaughter, Deanna. The family would like to express sincere thanks to the caring nurses and palliative care team, site 7A, as well as the VON home team. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. Funeral service was held on Thursday, October 25th at St. Paul's Roman Catholic Church, Herring Cove, Fr. Zach Romanowsky officiating, with a reception in the church hall. In lieu

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of flowers, donations in Jane's memory can be made to the SIDS Foundation of Nova Scotia.

#### **Edith Elsie Drake**

75, Halifax, passed away October 24, 2012 in the Halifax Infirmary, QEII. Born in Halifax, she was the daughter of the late Walter and Laura (Lively) Smith. Edith was the last surviving member of her family and was a long standing member of the Ladies Auxiliary of the Harrietsfield Fire Department. She loved to read Danielle Steele's books, knit and do plastic canvas. She is survived by sons; Jimmy Adams (Colleen), Mill Lake, Kenny Adams (Patsy), Harrietsfield, George Adams, Mexico, daughters, Edie Drake, Halifax, Lauranna Hodder (Wayne), Middle Sackville, step-son; Harold Curtis (Susan) Newfoundland, as well as grandchildren, Shelby, Jeff, Chris, Monique, Leanne, Alicia, Courtney, Jennifer, and Scott, step-grandchildren, Andrew, Jennifer, Michael, and several great grandchildren. She will be sadly missed by Nanny's girls, Summer and Cali. She was predeceased by her first husband, Herman, her former husband, Harold, as well as her infant daughter, Donna, and several siblings. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. (477-5601), where the funeral service was held in the funeral home chapel on Tuesday, October 30, with Rev. Dianna Frye officiating. Interment followed in Camphill Cemetery, Robie St. Donations in memory of Edith may be made to your local animal shelter. Words of comfort may be sent to the family by visiting www.walkerfh.com

**Shirley Vivian McPherson** 

1935-2012 The family of Shirley Vivian McPherson of Halifax announces the passing of their dear mother, sister, grandmother and great grandmother. Shirley passed away in St. Vincent's Nursing Home on Monday, October 29, 2012 at the age of 77. Born in Halifax, she was the daughter of the late Carl and Annie (Crossman) Slaunwhite. She grew up in Halifax and was a resident of Purcell's Cove for more than 30 years where she brought up her family. She was a former member of the Purcell's Cove social club and enjoyed playing darts and travelled to Vancouver to represent the area in the women's league. As her children grew older she opened up her home to many foster children and kept in contact with them throughout the years. She is survived by her children Belinda Preston (John) Halifax, Thomas "Sam" (Donna) Middleton and Kevin, Halifax, grandchildren, Lisa, Josh, Jason, Dawn, Shawn, Corey and 9 great grandchildren, sisters, Margaret "Bidgie", Porter's Lake, Carolyn, Dartmouth, brothers, Joe, Otterbrook, Danny Halifax and many nieces and nephews. She was predeceased by her former husband Thomas McPherson, son David "Davy" and brother Carl "Do Do" Slaunwhite. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. (477-5601). Funeral service was held on Saturday, November 3 at Emmanuel Anglican

Church, 322 Herring Cove Rd. with Rev. Dianna Frye officiating. Reception followed in the church hall. Interment held in Gate of Heaven Cemetery, 33 Old Sackville Rd. In lieu of flowers, donations can be made to the Metro Food Bank or the Alzheimer's Society of Nova Scotia. The family would like to sincerely thank the 6th floor staff of St. Vincent's Nursing home for the care and compassion that was shown to Shirley.

#### **Raymond Robert Boutilier**

70, Spryfield, passed away in the QEII Health Sciences Center on Wednesday, October 30, 2012, after a brief but courageous battle with cancer. Born in Dartmouth, he was a son of the late Robert "Bob" and Gertrude (LeBlanc) Boutilier. Ray worked at the Department of National Defence for a number of years. He left to pursue his passion and trade as a Marine Pipefitter at the Irving Shipbuilding Inc. where he worked many years prior to his retirement in 2008. A carpenter at heart, he was always building for the people he loved, always lending his gentle hand and loving advice. With a gleam in his eye he would say, "We will fix". He will be dearly missed by all those who knew and loved him. He is survived by his loving wife, Carol (Landry) Boutilier; twin daughters, Michelle Fiske and Christina (Rolf Jorgensen), both of Halifax; son, Robert J. Boutilier (Trish

Hill), Chezzetcook; three beautiful grandchildren, Alex, Eryn and Franklin; brother, George (Jocelyn), Dartmouth; sister, Carol; niece and nephews. A sincere thank you is extended to family, neighbours and friends and to the health care professionals involved with Ray during his recent illness. Cremation has taken place under the care of J. A. Walker Funeral Home (2005) Ltd. A private funeral service will be held at a later date.

### Margaret Colleen "Connie" Miller

78, passed away very peacefully on Wednesday, October 31, 2012, at her home in Waterside. Born in Halifax, she was a daughter of the late Harold and Kathryn (Gray) Fraser. Connie spent most of her life in Herring Cove. She graduated from St. Patrick's High School and vocational school with a secretarial course. She went on to work at the court house until 1959 and then stayed at home until 1983, eventually returning to work and retiring in 2003. After retirement she gave a lot of her time to numerous volunteer activities and involved herself in community needs, including, Spencer House, Citizens on Patrol, Hand in Hand, and she baked for half of Herring Cove. She moved to Waterside, Pictou County in 2004 and continued her volunteer efforts with the local fire hall. She loved to do laundry, bake, go to flea markets,

## Chebucto News Business Directory



(See Obituaries on page 14)

Community businesses serving community needs.

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# Mike's Nofrills and President's Choice® Children's Charity Support Local Halifax Family



Mike MacIntyre of Nofrills gives the cheque for \$20,000 to Kymiah

November 20, 2012: Imagine helping a child to live to their full potential. Today, Mike MacIntyre of Nofrills did that with a grant from President's choice® Children's Charity.

"It's wonderful to be able to help a child get the best start they can get and change their life for the better. we at the Mike's Nofrills are so proud to be able to help a great organization like President's Choice® Children's Charity, which helps children in our own communities," states Mike MacIntyre at Nofrills.

President's Choice® Children's Charity has given the London family a grant to

provide Kymiah with support on purchasing a wheel chair accessable van.

The team at the Mike's Nofrills has raised money towards this grant by selling paper icons in the store, direct employee donations and weekend events with local schools and sports teams. "The team has done a fabulous job raising and donating money so we can help children like Kymiah, but there is so much more we need to do and so many more children we can help," says Mike MacIntyre.

President's Choice® Children's Charity is committed to helping kids. This involves providing support to children with

disabilities and ensuring hungry tummies are filled with nutritious food; all in an effort to help make sure kids have every opportunity to live to their full potential.

Loblaws Companies Limited ensures that 100% of every dollar donated goes to helping kids. Since 1989, it has awarded more than \$72,000,000, helped more than 10,000 families and funded 4,000 nutrition programs across Canada.

Nofrills is a banner store of Loblaw

Companies Limited, which includes Loblaws®, Loblaw greatfood®, Zehrs®, Zehrsgreatfood™, Fortinos®, Real Canadian Superstore®, valu-mart®, Your In dependant Grocer™, nofrills®, Cash and Carry™ Real Canadian Wholesale Club®, Atlantic Superstore®, Dominion® (in Newfoundland and Labrador), SaveEasy®, Extra Foods® and more. For more information, visit pc.ca.

Holiday activities from City Church

City Church is welcoming the Christmas Season with a variety of activities geared for all ages.

The City Church operated radio station, Life 94.7 fm, will be broadcasting Christmas music favorites 24 hours a day until December 26th. You can also listen to this station on the web at www. life 947.com.

City Church is also featuring a Christmas Musical Presentation. The theme for this year is "Home for the Holidays" and features a large cast of performers. It is presented as a musical comedy designed to emphasize the Christian Christmas message and to entertain the entire family. Opening night will be Thursday, December 13 at 7pm and the show will run every evening through to Sunday, December 16. Admission is free and there will be free candy for the children.

Monday, December 24, City Church invites everyone to join them in celebrating Christmas Eve. The candlelight, communion service will begin at 7pm.

For more details about these and other events offered by City Church, please call them at 479-2489, or look them up on the web at www.citychurchhalifax.ca

# Where does food find you?

A Survey on Food Assistance Programs

**Chebucto Connections** invites service providers who provide food assistance and food emergency programs in **Spryfield** to take part in a survey. Results will be used to support food security research in Nova Scotia.

### **Questions may include:**

What food-related services are available in Spryfield?

What barriers are there to using these services?

Do you see strengths in these services? Do food supports improve community well-being?







If interested, please contact
Marjorie at Chebucto Connections: 477-0964, or email us at
ccda.info@ns.sympatico.ca

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16" 3 Topping Pizza 16" Garlic Fingers & 2 ℓ Pop 🕕

# Holiday Special

Hot Chicken Sandwich with Fries & Stuffing

### Holiday Hours

December 24: 11 am to 6 pm **December 25: CLOSED December 26: CLOSED** 

**December 27: Regular Hours** 

# Merry Christmas To all From Staff and Management of Thornhill

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# Merry Christmas Happy New Year

Holiday Hours

December 24: 11 am to 6 pm

**December 25: CLOSED December 26: CLOSED Regular Hours Thereafter** 

Any 16" Pizza

8 pce. Family Pack Fish & Chips Coleslaw & Gravy

Chebucto News • December 2012

# From day one to D-Day, he was there



by D.H. 'Buster' Brown MMM,CD Herring Cove NS

There was good reason to celebrate the recent 91st birthday of WWII veteran Comrade Charles Conrod. 'Charlie' was born in Waverly, NS on the 24th of June in 1921. At the immediate outbreak of the war, he joined the Royal Canadian Regiment. After basic training in Wellington Barracks in Halifax, he was sent to the R.C.R's Wolseley Barracks in London, Ontario for advanced infantry training. He was then assigned to further training in Camp Borden and by June 1940, was put on embarkation orders to ship overseas from Pier 21 in Halifax. By train to Halifax with hundreds of troops, he was to embark in troopship SS Monarch of Bermuda destined for Greenock in Scotland.

Glaringly, and as one of the first to volunteer, he was assigned to Able Section of the 1st Platoon of 'A' Company in the 1st Battalion of the 1st Brigade in the 1st Canadian Division stationed in the south of England. The prime objective at this stage of the war was to provide coastal defence of feared enemy invasion in a broad area from Reading near London and south to Portsmouth extending to all ports eastward to South End. Soon after, the 1st Canadian Division was to embark for hostilities to the south of Europe. It was at this very time that (the now Corporal) Conrod was involved in a road accident as a passenger in a jeep which collided with a tank. He was to become hospitalized at the 14th General Hospital in Camp Bramshott in Hampshire. At the time, he asked of

some of his chums, "So where are you guys going?" "To North Africa!" they replied. And in response, Charlie stated with much forlorn. . "Well, I'm going to hospital!"

At discharge six weeks later, Charles underwent assault training as he was needed elsewhere. He was quickly called upon as a ground reinforcement assigned to the Canadian 'Para Group' attached to the British 6th Airborne Regiment at Sword Beach shortly after the D-Day landings at Normandy. During the sweep toward Boulogne, he was later assigned to the Highland Light Infantry (HLI's) While making assaults on the German coastal defence gun batteries, heavy machine gun and rifle fire resulted in Charles receiving a wound to his left knee. As a result he was taken to a Mulberry-moored hospital ship and transported back to England and once more assuredly, the 14th General Hospital at Camp Bramshott. Another 6 weeks would pass as his knee responded. He was discharged and assigned to one of four holding units for embarkation back to France, however he would not be required. VE Day had furtively arrived.

After having been overseas for over 5 years, Corporal Conrod had accumulated several qualifying points and was among the more fortunate who returned to Canada during the earlier stages of the post-war period during the Occupation. He did so aboard S.S. Ile de France from Southampton, arriving at the same Pier 21 he had left in 1940. By having to revert to rank of Private and be sent out west to the Canadian prairies somewhere, washing dishes on kitchen details was not an option to stay in the army, so he was discharged from 'the Regiment' on October 20, 1945. He had faithfully served his country at the start, the midst, and to the end of crucial wartime with the regiment for over six years.

'Charlie' Conrod, affectionately known as 'Senior Royal' of the Battle for Wounded Knee among younger fellow veterans, is today a retired stone mason who sustains himself with a great appetite for friends, a capacity for his self-reliance and looking after his health with wholesome food and activity within his capabilities.. He enjoys a beer with friends now and again and is a very alert man who is well respected

among all of his friends and neighbours. "Well done Charles! "Your country and the people within it honour you for your service to King & Country during the Second World War and proud that we live in your midst and now, that we are further acquainted with you.



# Should I stay or should I sell?

Whether making your home more comfortable for yourself or more attractive to buyers, lighting plays a big role

Continuing with "Recreating Your Space", here is our lighting lesson as promised.

The more light in your home, the more the buyer will see and like what you have to offer. So turn on all the lights, inside and out. Don't forget the one above your stove and in closets. You can even leave the TV on with the sound muted!

It may be a good time to think of redesigning your home's lighting plan. Think function first, design second. If you are planning to stay in your home, feel free to select new, stylish and trendy products. If your goal is to sell, select more timeless lighting fixtures and use unattached lights like lamps for adding extra flair.

When it comes to lighting, designers usually consider three layers: general, task and accent.

General Light provides overall illumination and sets a comfortable light level. These lights are ceiling or wall mounted, recessed or track lights, and fans and chandeliers.

Test out your home. Turn on only the general lighting in your home. Is there enough light to see and walk about safely? If not, here are some easy fixes. Clean the inside of your fixtures and ceiling fan blades. Increase the wattage of your bulbs to the maximum allowed for each fixture. Make sure all bulbs are working and consider the color of light you prefer. Bulbs come in warm and cool colors.

When replacing general lighting, keep scale in mind. Large fans or chandeliers in small rooms can overpower a space and small fixtures in a large room can disappear and not provide enough brightness.

Remember ceiling height. Fixtures can be flush mounted, semiflush, pendant or chandeliers. Make sure your choice suits the space.

The finishes on your fixtures will play off the other hardware in your home. A safe bet is to be consistent and match your metals. Mixing different materials takes a keener eye for design.

It's also a good time to update your switches and covers. Replace decorative and older switch covers with new cohesive neutral ones. Install dimmer switches whenever possible.

Next comes Task Lighting. These are for specific things like cooking, reading and doing homework. Task lighting can be provided by track or recessed lighting, under- cabinet lights, as well as floor and table lamps. Try to purchase 3-way lamps to provide flexibility in lighting. White shades or clear or frosted glass shades are brightest. You can just change the shades on your current lamps for a new look. Place your lamps in pairs beside sofas and beds. Bedside tables should be clutter-free with the lamps in the center. LED bulbs are a great choice for children's rooms. They don't get hot and burn their little fingers.

Finally, Accent Lighting is used to draw the eye to paintings, sculptures or outside landscaping. Accent lighting needs at least three times as much light on the focal point as the general lighting surrounding it. Recessed or track lights and wall mounted picture lights are examples of accent lighting. It's fun to add lighting in display cabinets or to highlight any prized possessions in your home.

Don't forget about your exterior lighting! The same rules apply. Clean the fixtures, maximize wattage and make sure all the bulbs work. Consider motion detector spot lights. They are great for the safety of your home. "'Tis The Season" so Christmas lights are great but make sure they are taken down after the holidays.





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# **Grits nominate Brendan Maguire for Halifax-Atlantic**

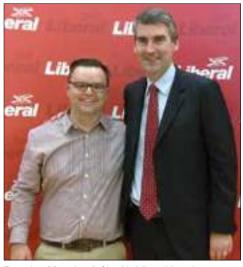
The Liberal Party of NS marked Brendan Maguire as its candidate for Halifax-Atlantic this month. Over 50 people piled into a room at the Captain William Spry Community Centre to meet the Grits' newest representative.

The nomination was uncontested, so the atmosphere was more akin to that of a party than a formal event. At 37, Maguire is young by political standards, and he brought a large number of under-40s to the meeting. There were even some toddlers running around, more interested in the balloons and sweets than anything else. Maguire does not have any children, himself, but he proudly told the crowd that he and his wife are expecting their first child in June.

Also present were Liberal Leader Stephen McNeil, MLA Diana Whalen, and freshly nominated candidate Labi Kousoulis.

The meeting was run by the president of the riding association, Chris Hornberger, who gave a brief account of the board's recent activities, and then opened up the floor for nominations. Maguire was nominated by Jim Hoskins. Hoskins ran as the Liberal candidate for Halifax-Atlantic in the previous two elections, and more recently ran for Halifax City Council. He threw the torch to Maguire with a light heart, joking that, after three long campaigns, his wife was relieved to see him do it.

After a call for any other nomina-



Brendan Maguire (left) with Liberal Leader Stephen McNeil

tions, Maguire was proclaimed the new candidate for Halifax-Atlantic.

Maguire then took the podium to offer voters the first glimpse of his campaign. He broke the ice by explaining that the shoes he was wearing were borrowed from a friend, as he had realized the night before that he had no brown shoes. He then went on to describe his relation to the community; how he grew up in Harrietsfield and Herring Cove, and returned to the area as soon as he had the opportunity.

As a member of the middle class, he focused on issues of personal finance, saying he understands what it is like to live paycheque to paycheque. The average income in Halifax-Atlantic is significantly below the average for Nova Scotia, and rising power costs are

adding to the burdens of the middle and lower classes.

Maguire also had something to say about the \$590 million that the NDP government has handed out to large companies. "I look around this room and I see more than a few small business owners. These are the people we should be encouraging, people who have taken a risk to start a business in their community, people who hire local people, people who aren't going to pack up and move their business because they know the value they bring to their community."

Following Maguire, Stephen McNeil also spoke about power rates, promis-

ing to break the Nova Scotia Power monopoly, and allow competition in a regulated market. He said there was no reason why Nova Scotia couldn't become a leader in renewable energy, asking, "why shouldn't we aspire to be the best in Canada?".

McNeil then spoke about the Liberal nominees, and specifically Maguire. "Liberals are nominating a team of men and women who bring a diversity of experience and skills to the table. Brendan is a proud member of this community, he understands the issues and I know he has the ability to connect with the voters of this riding. I look forward to working with him."

# Bright future envisioned for the McIntosh Run

by David Sampson

On Tuesday the 13th of November the MRWA (McIntosh Run Watershed Association) held a public meeting at the Spry Centre to unveil their proposal for a series of trails along the route of the Run and its watershed. Although this is a concept plan designed to find out what the community and potential users think of the idea, it is certainly ambitious in scope and, once done, would allow citizens to access this beautiful and ecologically important area in a way

that would help to preserve it for future generations.

Judging from the number of people that crowded the room and the interest shown in the maps and the presentation, it would seem that the overwhelming majority of people there supported the plan and were anxious to see it started. There were a lot of thoughtful questions and good discussions and many people were excited enough to either join the MRWA or offer their help when it

(See Bright future on page 11)





ccda.info@ns.sympatico.ca

Reg Horner Memorial Chebucto News Sports Page

# **Celebrating nine great years**

by Lorrie Boylen and Doug Large
In the middle of summer in 2003 a new
business opened in Spryfield, a unique
addition to the community. Now, more
than nine years later, Chimo Taekwondo
is still here, providing martial arts training from age 3 through adults.

"The years have flown by," says Doug Large, Owner and Master Instructor at Chimo. "The support we have received from Spryfield and the communities around us has been outstanding and much appreciated."

The club has seen its share of change and evolution. In the early days the club relied on Master Large to provide all the training, but now there are more than a dozen Black Belts who bring their own experience and knowledge to the classes. The club, located next to Mrs. P's Bakery, has the capacity to hold classes of 40 or more students and once hosted 120 people for one session.

Training at Chimo has always included a strong focus on fitness and competitive Taekwondo training, but over the years new priorities have emerged in the curriculum. "For my son, training at Chimo has been about facing his fears and working to overcome challenges" says parent Peggy Stephens. "He is learning that it's ok to make mistakes and to keep trying to improve, how to focus, listen and gain self control, show respect and be a part of a team."

The Taekwondo program offers classes up to 6 days a week for kids and adults. The fastest growing program is the weekly Little Dragons class, a development and feeder program for 3-5 year olds. "These kids are learning all the basic lessons we teach here at Chimo" says Katie Berakos, Black Belt Instructor and Chimo's longest serving member. "They don't realize how important the lessons are because they are having so much fun." Several of the more senior youth members are graduates of the Little Dragons class and are on their way to earning their Black Belts.

Master Large is adding some new curriculum to the program beginning in the new year. "For far too long there has been too great an emphasis on the 'sport' aspect of Taekwondo," he says. "This winter we are changing that by creating a whole new Taekwondo program, possibly the first of its kind, focused on the self defence strengths of our martial art." The addition of this unique aspect of the training will provide a well rounded program that will appeal to a wide range of interests.

Anthony Davis, parent of a long time club member, comments "Master Large sets standards of accomplishment that present achievable challenges, while developing students' sense of confidence, focus, discipline, and respect. Our son has grown in every way and benefited tremendously over the seven years that he has learned and practiced TKD at Chimo'

For more information, drop in, phone 477-0538 or email doug.chimotkd@gmail.com.

# Second Annual Kyle Henneberry Memorial Hockey Tournament

From December 26 through the 30 at the Spryfield Lion's Rink, numer-

ous teams from around the province will come together to compete in the second annual Kyle Henneberry Memorial Hockey Tournament. Athletes from the Midget A, Midget Recreational and Minor Junior divisions will all be participating in this worthwhile event.

Money raised from last
year's tournament was
deposited into the Kyle Henneberry
Memorial Trust Fund. The money is
then disbursed on an annual basis to aid
young Chebucto Minor Hockey athletes
who otherwise could not afford to play
hockey. Last year, approximately 700
people came out to support this tourna-

ment, making the first tournament a successful one.

Let's make this year's tournament even more successful! Come watch a game, cheer on all the young athletes, bid on the auction items, have fun and help make hockey happen for young Chebucto athletes who would be unable to play without the support of tournaments like this.

Also, if you are a business owner who would like to donate prizes, auction items, or help in any way, please contact the tournament chair, Peter Mowat at peter.mowat@ns.sympatico.ca, Home (902) 479 2439 Cell (902) 471 4137. or Eric Caines at (902) 477-3771 or ecaines@eastlink.ca

# **Bright future**

(continued from page 10) reached the construction phase.

The trail itself will, when fully done, be comprised of about 25 kilometres of narrow single person trails of varying difficulty with loops and off-trails that will offer hikers, mountain bikers, and cross country skiers of just about any level a challenge. It is hoped that there will be several access points and many diversions so that it is never crowded and people will get the chance to enjoy the beauty as privately as possible.

Of course there are hurdles with getting all the permissions in place for the project but if past experience is an indicator, the members of the MRWA are the best ones to tackle this job. After all this is the group that raised the funds and had the vision to construct the new trail along the run from the end of River Road that so many people in the community use on a daily basis. This is a great thing for our area and the city as a whole. Having a wilderness trail system with nature and scenery of this calibre so close to the downtown is a wonderful asset and something the whole community needs to get behind.

Check out the website for the MRWA at www.mcintoshrun.ca. It is full of information on the Run and the activities of the association.

# Silver and Black Attack home games in December

Saturday December 12
Spryfield VS. Avon 8:00 pm
Saturday December 22
Spryfield VS. Chester 8:00 pm

For what is happening in Spryfield and around the loop follow @ChebuctoNews on Twitter and for more pictures of the parade check us out on Facebook!



# Supporting Your Community

# ROYAL CANADIAN LEGION

Earl Francis Spryfield Memorial Branch 152



**WE CARE** 

Page 12 December 2012 • Chebucto News

# **Supporting Halifax's urban conservation**

Dear Friends.

Here in the riding of Halifax, we care about keeping our community clean and beautiful, and wherever I go I hear great ideas to make it even greener! On Tuesday, November 13th, a public consultation meeting for the proposed McIntosh Run single-track trail system was held at the Captain William Spry Community Centre. The Concept Plan for the trail system was presented to a packed house and was met with energetic support from the many community members who were there.

The meeting was an excellent opportunity for the community as a whole to show their support for the extension of the existing trail system. The message at the meeting was clear - community members who have been on the trail are very pleased with the result, and they are eager for more!

Currently, the trail has a hard-packed surface suitable for walking, running and any non-motorized vehicle, including strollers, electric wheelchairs and bicycles. The proposed expansion would be suitable for walking, trail running and mountain biking. Its expansion would be a benefit to all of us, keeping both our community and citizens healthy.

Urban green spaces are a priceless asset and should be treasured and protected and this means working to improve green infrastructure, with input from the community. The Halifax Regional Municipality and the NS Department of Natural Resources need to hear strong support of the proposed phase of development from community in order for the project to proceed. With your help, Halifax can continue to develop its beautiful and accessible trail system.

The McIntosh Run Watershed Association is also looking for specific feedback on the current Plan as it has been proposed. They want to know what types of single-track trails you would like to see and use; if there are any other trail locations or access points that are important to you; or if you would like to contribute volunteer labour or other help. This is your chance to shape the development of Halifax's premier urban green space. Contact the Association at http://www.mcintoshrun.ca or check out the McIntosh Run Watershed

Association page on Facebook to share vour ideas.

Municipalities across the country are asking for more federal leadership on urban conservation, and rightly so. Currently, the Standing Committee on Environment and Sustainable Development is studying the issue of urban conservation. I have heard informative testimony from conservation leaders and municipalities, many of whom have pointed out that urban conservation is not considered a project eligible for federal infrastructure funding.

Considering that over 80% of Canadians are now living in cities, we need to recognize that urban conservation is a critical part of the development of our growing urban areas. We need to get the federal government onboard to include ecosystem management as part of the infrastructure granting programs. And we need them to start prioritizing green infrastructure!

We are the only G8 country without a federal urban forest presence or program. Imagine! Meanwhile, the federal government of the United States has recently engaged more communities in urban forestry and budgeted \$36 million in 2011 to implement an urban conservation strategy.

There are many benefits to urban conservation. Economically, Canada needs beautiful, healthy, and enjoyable natural urban environments to make a livable city. If we deprive our cities of green spaces we strip the real estate value and discourage Canadians from moving into our urban centres. In terms of health and wellness, there is solid evidence that diabetes, cancer, obesity, lung disease and ADHD in children are all reduced, and in some cases minimized, when people have the opportunity to live in a healthy urban environment.

We need the federal government to show leadership on this issue and to work with municipalities to provide incentives for Canadians to join, and to stay in, our city centres through the development of urban conservation - we need to recognize urban conservation as green infrastructure.

When I asked at the Environment

### By Megan Leslie, MP for Halifax

committee what were some things that we could do immediately to get the ball rolling I was told that if the federal government believes that urban conservation and green infrastructure truly are essential to a city, then it should expand the definition of infrastructure. This doesn't even necessarily have to mean an increase in funding, but just simple reallocation and smarter management of funds.

Communities have been successful in raising funds when the federal government has come to the table and has provided a fund-matching incentive. Federal action can empower the ways we make our urban spaces greener. Municipalities can't, and shouldn't, fund the sustainability or development of urban conservation projects alone. The federal government should show leadership for an urban conservation strategy.

If you have any ideas or comments about this, please do not hesitate to write to me at megan.leslie@parl.gc.ca or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

# New challenges, new opportunities in extended District By Stephen Adams, HRM Councillor, District 11

Finally! The Herring Cove Road repairs and streetscaping are complete. Although this took longer than was anticipated, for a myriad of reasons, the end result is simply outstanding.

As I had written in previous columns, concerns were raised regarding the removal of the southbound right-hand lane at Dentith Road. Some adjustments were made to the island to accommodate trucks that make the turn. In comparing this area to the intersection at Herring Cove Road and Old Sambro Road, the Dentith Road situation seems to be a little better. We will monitor the situation on an ongoing basis.

As well, other paving projects have been completed that enhance our neighbourhoods and improve our roadways. We are now preparing lists for next year's capital works.

We learned quite a bit from our

experience regarding these projects. I will be having a staff meeting to determine how we can best address the delays. I offer my sincerest thanks to one of our HRM supervisors, Bruce Gates. Regardless of the time of day, Bruce was available for phone calls, residents' concerns and visits to affected businesses. I am certain that you have seen Bruce as he rolled along Herring Cove Road. Bruce's professionalism is simply outstanding.

As we develop our budget for the coming year, I welcome your suggestions. This will help me to determine priorities and submit potential projects to our staff for consideration.

Our new district is much bigger than our previous district as it now includes Purcell's Cove and communities along Prospect Road from Goodwood to West Dover. In the coming months, I will be working to bring community groups together so that we can work on issues of similar interest. For example, Terence Bay residents have been working to preserve their lighthouse. This is not dissimilar to residents of Sambro who are working to address issues with the Sambro light. As well, wharves are a concern, with similar challenges being found by community groups. There are many more examples where we can share knowledge and develop solutions to common problems. I look forward to these challenges.

Given the significant area of our new district, I will be exploring additional methods of communicating with residents. With the help of my assistant, I will work to develop an e-mail data base which will allow us to send out information that may be of interest. If your community group has a Facebook page, please let me know. I would

(See New challenges on page 13)



### Linda Mosher

HRM Councillor, District 9 Peninsula West – Armdale

HRM Call Centre: 311 Cell: 476-4117 Home: 477-8618 Fax: 490-4122

E-mail: linda.mosher@halifax.ca

www.lindamosher.ca www.halifax.ca





## 311 call centre comes to HRM residents

By Linda Mosher, HRM Councillor, District 9

HRM has made some excellent improvements in making our municipal services more accessible to the public. Last April's budget, approved by Council, included funding to implement a 311 system. After being briefed on the numerous advantages of 311 by the New York City Police Department during a graffiti research trip, I started to research how 311 could benefit HRM. Based on the success of 311 in New York and many other cities in North America, I brought the 311 concept to Council in March 2009. Fortunately Council agreed to start the process towards implementing 311. I would like to thank Brad Anguish, Director, Community & Recreation, for enhancing HRM's call centre and making progressive changes over the last several years to get to a point that we could seamlessly implement the 311 system. Our 311 system is now up and running and residents no longer need to call 490-4000. The 4000 call centre was a good first step, but there still remained too many other numbers residents used to contact various municipal departments. This created confusion and a mixed service delivery experience. Rather than provide a plethora of phone numbers for residents to contact HRM for non-emergency services, residents will now be able to make one call to City Hall. This will reduce confusion of what department to call, or having to leave a voice mail and waiting to receive information.

Cities that use 311 have reduced nonemergency calls to 911 which greatly improves emergency response times. 311 can be an effective management tool that can generate real time reports to be used to track trends, issues, and efficiencies. Cities advertise the important difference between the two numbers, a catchy phrase is: "burning building? Call 911 – burning question? Call 311". HRM's 311 service will allow us to consolidate operations, provide superior customer service and implement enhanced call routing. 311 will be available from 7 a.m. - 11 p.m. seven days a week including holidays and multilingual services will be available. The funding for public communications and appropriate staffing to meet the anticipated call demands was built into the

2012-2013 Council approved budget.

When people call 311 they will be given the choice to either listen to prerecorded information relating to Transit,
Solid Waste (e.g., holiday collection
schedule) and Civic Events, or to speak
with an agent. When a caller dials 311,
the option to speak with an agent will
be available anytime throughout the
call, as one travels through the menu
system. The launch of 311 also includes
additional enhancements such as service
in over 150 languages; open during

holidays (closed on Christmas & New Year's Day); the ability to call from anywhere in HRM without it being a long distance call; and an expanded selection of online service requests via halifax.ca

The Spryfield Lion's Rink and Recreation Centre is managed by a volunteer Board. The two area Councillors sit on the Board as Ex-Officio members. As members of the Board, Kevin Marks and I have been tasked with updating and making improvements to the existing website which can be found

at http://spryfieldlionsrink.com/ We would like the website to provide additional information to residents in our communities. We are looking for content, including photographs. If anyone has photographs from when the rink was first opened or any photographs which portray significant milestones at the rink they would be appreciated. You can email me the photos to linda.mosher@halifax.ca Please only include up to two photos per email to ensure that the HRM server does not reject the email. If you only have hard copies I can pick them up and have them scanned and returned to the owner. Thank you for your assistance.

# **Christmas brings joy and sadness**

It's that dark time of year again. You know what I mean; the days are short and the nights are long. When we turned our clocks back on the first weekend in November, most of us were happy to get that extra hour to sleep in the next morning. You remember that, don't you?

How do you feel about it now?
Many of us would like to have that
extra hour of daylight back at this festive time of year. It would enable us
to get more done after work and we
would feel less tired and stressed. Even
though Christmas is a wonderful time
of year it is also very stressful for many
people. The stress may be due to having too much to do and too little time or
having too much money to pay out but
not enough cash to cover the expenses.
It may be caused by having too much to
do or by not having enough to do.

At St. Paul's United Church in Spryfield we have a Christmas service called The Longest Night Service. We try to have it close to the longest night of the year and it is open to anyone of any religious denomination or no religion. It is a time to catch your breath, listen to some quiet music, take part in a peaceful candle light service. It is a time to see the light of the Christmas season rather than the dark of the time of year. The Longest Night Service is on Thursday, December 20 at 7:00pm. This is the only Christmas Service for which we have scheduled an alternate date in case of a storm. It will then be held on Friday, December 21 at 7:00 pm.

For many of us, of course, Christ-

mas is a joyous time and even those who don't regularly attend church want to celebrate the season with a church service. Our Christmas services begin with White Gift Sunday and continues to the Epiphany Service on January 6. The services and times are on the schedule below.

Sun. Dec. 9, 2012, 11:00 am
White Gift Sunday:
Sunday School Christmas Play,
followed by Share Table (pot luck)
7:00 pm Carol Sing, followed by
fellowship & refreshments
Sun. Dec. 16, 11:00 am
Carol Service with the Worship Band

Thurs. Dec. 20, 7:00-8:00 pm Longest Night Service

Especially for those who find it hard to be merry this Christmas

(Storm date – Dec. 21, 7 pm)

Sun. Dec. 23, 11:00 am

Worship for last Sunday of Advent,

including Communion

Mon. Dec. 24, 7:00 pm

Christmas Eve Candlelight Service Sun. Dec. 30, 11:00 am

Intergenerational Worship Service Sun. Jan. 6, 2013

10:45 am Hymn Sing;

11:00 am Intergenerational Service celebrating Epiphany

# **New challenges**

(continued from page 12) welcome the opportunity to become a member. As well, I have enhanced my webpage with links to community groups and events. Soon, the webpage will also contain an events calendar — this idea may be adopted by other members of Council as well. If you have something you would like added, please send me an e-mail with your request.

On a completely unrelated note, I would like to invite residents to our Junior Hockey games at the Lions Rink. We have six local players, five returning

players and new talent as well. You can visit the League's website, Spryfieldat-tack.com, or keep an eye on the sign at Sobey's for our upcoming games.

In past years, Junior C hockey had a reputation (which was deserved) as being a league where fighting was the norm. I can assure you that this is not the case. This is an exciting league with entertaining hockey. All minor hockey and ringette players will be admitted free, as long as they are accompanied by an adult.

## Advertise in Chebucto News! Call Jason @ 292-1158!

## Stephen Adams

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# Chebucto News Community Events

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

## COMMUNITY EVENTS FOR DECEMBER

URBAN FARM MEETING: "The Urban Farm Museum Society of Spryfield will hold its next monthly meeting on Monday, January 14, 2013, 7 pm at the Capt. Wm. Spry Community Centre. (No December meeting) Volunteers and new members welcome. We would like to thank and wish all our volunteers and friends a very Merry Christmas and a "Happy" growing season in 2013. For further information, please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca."

### **CHRISTMAS TREE LIGHTING AND**

CONCERT: at Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road, on Dec. 11 at 7:00 p.m. Puppet Show, Face Painting, Cookie Decorating, Carol Singers and Children Sing Song and Santa Claus visit. Light lunch and refreshments served. Everyone welcome. Accepting articles of food donations for the Parker Street Food Bank Christmas Drive. Come for an evening of fun!

Sunday December 16, 2012 from 6:30-9:30 at St. James United Church in Sambro - **Down Home Christmas**Concert. All are welcome to this family friendly event featuring Christmas music performed by local talented musicians. A goodwill offering will be collected to support an AIDS Hospice & Daycare in Botswana, Africa.

**50/50 tickets on Christmas Cash** in support of 2013 Sambro Sou'Wester Days are being sold at Mishoo's in Sambro. \$5 each or 3 for \$10. Draw date December 8.

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

**Spryfield Legion** is hosting a New Years Dance on December 31-- DJ with Trevor Probert 9-1am \$ 10.00 per person. Light snacks and lots of fun.

### **Chebucto Community Health Team** is

offering the following programs: Intro to Assertiveness Thursday December 6 th 2-4pm Being Assertive means being able to ask for what you want and expressing how you feel while respecting other people. Being assertive is a communication style that can help a person feel confident and help improve relationships. Learn more about your assertive rights, the nine skills of assertiveness, and our Assertiveness Weekly Program in this one hour introduction.

Want Better Health? Build Better Goals! Wednesday December 12 th 11-12noon This learning session will help you set realistic health goals. You will explore what motivates you and what stops you from making changes. At the end of this session you will develop a plan to help you achieve your goal.

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.

Unless specified programs are offered at the: Chebucto Community HealthTeam Spryfield Shopping Centre 16 Dentith Rd. Halifax

Dance at Emmanuel Church Hall 322 Herring Cove Road, Spryfield Saturday, December 8, 2012 8:00 pm to 12 am, \$7.00 per person. Music by Bay City Band. Light lunch at intermission.

New Years Eve Dance Emmanuel Church Hall 322 Herring Cove Road, Spryfield Monday, December 31, 2012 9:00 pm to 1:00 am, \$15.00 per person. Music by Bay City Band. Lunch at intermission.

### **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!

**2013 HRM Volunteer Awards** - Deadline Friday, December 14, 2012. Nominations are accepted in three categories: adult, youth (ages 13-19) and community group. Nomination criteria and applications can be found online at www.halifax. ca/volunteerservices.

This Holiday Season, Theatre Arts **Guild** presents Camelot with a twist; Pantomime! Come and see some of your favourite characters like Merlin, the handsome Prince Arthur, the beautiful Princess Guinivere, the evil More-Dread and his 5 nasty witches, and of course no pantomime is complete without the traditional English dame. Tickets go on sale Oct. 11th through Ticket Atlantic on their website at www.ticketatlantic.com. The production runs from November 29th through Dec.15th with evening performances on Thursday, Friday, Saturday as well as matinees on Saturdays and Sundays. It sells out quickly so get your tickets early!

**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 10:00am and 1:00 pm. If you would prefer, you my 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.

The Spryfield Boys And Girls Club is selling tickets for a chance to win a flight for two on WestJet. prize includes taxes and surcharges. Winner picks destination and travel dates (up to a year from the draw date). Some blackout dates do apply. Tickets can be purchase at the Club, located at 11 Alder grove Drive. 100% of the proceeds goes directly to the Boys and Girls Club. The draw date is December 20.

"The Chebucto Atlantic Pee Wee Hockey Team (WHITE) has set up a bottle drive collection account at Beaver Enviro-Depot in Spryfield. Please support them by donating your recyclables at this location. All monies collected aid the team in offsetting additional registration costs for upcoming regional tournaments. If you require more inforamtion on this, feel free to contact Head Coach - Roger Webber @ "paulinewebber@eastlink.ca". Be sure to declare the donations are for "TEAM WHITE".

Thanks for your anticipated support. Who needs the NHL? Come on out and see one of our games. They're tons of fun!!"

## **OBITUARIES**

(continued from page 6) read, and knit dishcloths; she was very generous, had a great sense of humor and was a great friend to many. Most of all she was proud of all of her children, grandchildren, and all of their achievements. Connie will lovingly be remembered and sadly missed by her children, Donald K "Donnie" (Beverly), Cow Bay; Colleen (Rick), North Bay; Karen (Regan), Ottawa; Cindy (Steve) Bedford; grandchildren, Meaghan Briand, Lisa and Fraser Miller, Liam and Erin Calhoun, Alison and Danny Johnson; siblings, John F. "Jack" Fraser, Pickering, ON and Marion Cook, Lakeside. She was predeceased by her husband, Donald "Buck" Miller; siblings, Helen, Harold, Anna, Joan and Gerald. In keeping with Connie's wishes, there will be no visitation. A Memorial Mass was held on Tuesday, November 6th at St. Paul's Roman Catholic Church, Herring Cove, Father Zach Romanowsky as celebrant; reception followed in the church hall. In lieu of flowers, donations can be made to the Red Cross, Heart & Stroke Foundation or a charity

of one's choice.

### Theresa Mary Lavoie

86, Williamswood, passed away on Friday, November 2, 2012 at home. Born in Margaree Forks, she was the daughter of the late Peter Shea and Sophie Doucet. Theresa's greatest passion in life was caring for the aged. She was a Geriatric Specialist in nursing homes in Montreal for nearly four decades. Later in life, "Nanny" as she was affectionately known, spent her days crocheting and knitting slippers and scarves for the family, bird watching and reading her mystery novels. When she was not fussing over the dog or her grandchildren, she could be found watching her favorite shows, Judge Judy or Judge Joe Brown. She is survived by son, John (Louise) Lavoie; grandson, Shaun (Tracy) Grant; great granddaughters, Samantha and Hannah. sister, Marie (Jack) Shea; many nieces and nephews. She was predeceased by husband, John; sons, Ricky and Peter; daughter, Danielle; brother, Ron Shea; sister inlaw, Shirley Shea. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). A Service of Remembrance was held on Wednesday, November 7 from the funeral home chapel. In lieu of flowers, donations in Theresa's memory may be made to the

Lung Association of Nova Scotia.

### Donald Gordon "Don" Duggan

86, Spryfield, passed away November 17, 2012 at the Halifax Infirmary QEII. Born in Armdale, he was a son of the late Gordon and Freda (Marryatt) Duggan. Don worked with Sears and retired in 1983, was a member of St. Paul's United Church, a past member of the Odd Fellows Lodge and sang in the Men's Choir at St. Paul's United Church. He loved hunting, fishing, bowling, baseball, hockey and music, especially Don Messer. Don will be sadly missed by his wife of 61 years, Verna (McInnis), sons; William (Brenda Diggins), Dartmouth, Edward, Sackville, daughter; Catherine Abbott (Gerard Hickey), Mississauga, ON., brother; Frank (Pat), Halifax, grandchildren; Leah, Eric and several nieces and nephews. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. Funeral service was held on Wednesday November 21, from St. Paul's United Church, Old Sambro Rd., Rev. Jeannie Manning Stright officiating. Reception followed in church hall. Interment to take place at a later date. In lieu of flowers, donations in memory may be made to St. Paul's United Church Fund.

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