

Chebucto News

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Jason Daniel Doherty

As many of our readers know, The Chebucto News has been published by the Doherty family, Linda, Dan, Jason and Tangelene (Ramsay) since September of 2009. On Wednesday, January 23, 2013 Jason, our dearly beloved son and brother, suffered a sudden massive brain aneurysm and passed away at home with his partner Katina at his side. Jason took great joy in covering community events for the paper and in doing so made many lifelong friendships. As a family we wish to say a great big "Thank You!" to all of you for all of the calls, cards, letters, facebook and website postings of condolences that we have received. We will try to respond to each and every one of you during the coming weeks and pray that we do not miss any of you. The Chebucto News serves a most wonderful and caring community that is filled with people who embody and embrace all of the values that are characteristic of small town Nova Scotia. We are very proud and grateful to be part of this very special community. Jason's obituary is on page 6 of this paper.

From Halifax to the Slums of Kingston Jamaica — Missionaries in Action

by Adam Pittman

On February 19, a group of missionaries from Halifax, consisting of both men and women, will journey to the slums of Kingston Jamaica to support the Missionaries of the Poor; a Catholic religious order known around the world for its loving capacity to help the abandoned and discarded of so many impoverished countries.

The eight missionaries from Halifax are members of the Roman Catholic Parishes of St. Michael, St. Peter, and

St. Paul. These three parishes have come together under the leadership of Father Zachary Romanowsky, a parish priest quite familiar with missionary work.

"My heart was forever changed after the week I spent in Kingston Jamaica two years ago volunteering with the Missionaries of the Poor. The poverty that I encountered there was really astonishing, and I left Jamaica with the desire to return and bring others to personally experience it for themselves.

Father Richard Ho Lung, the founder of the religious order in Kingston, and those serving with him, have definitely done a great deal to help those who suffer daily." Said Father Romanowsky.

Sharon Blanchard, Lynne Dempsey, Jilian Hann, Robert Hines, Tim & Monica McNamara, and Adam Pittman, are the missionaries that will accompany Father (See Halifax to Kingston page 9)

A Taste for Something Different

by Carrie Forbes

Chicken shwarma. Hummus and tabouli. Curry ginger chicken. Beef kafta kebab. These are just a spattering of the items available from Tarek's Cafe, a

renowned Middle Eastern Haligonian eatery soon to be open in the former KFC in Spryfield. It's a different kind of menu, for a different kind of franchise expansion. Spryfield has had a number of franchise restaurants come and go (See Taste on page 2)

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The Seniors' Beat: The Shy Seafaring Men of Sambro

by Beverley Clarkson

It's a lovely little seaside community, is Sambro. Lobsters make their way from here to the kitchens of Halifax and all around the world. The Wharf and fishing comprise the big industry here, while a few small businesses, including the wonderful general store Mishoo's, and a church and school and the Coast Guard serve it; but mostly it is residential, little houses and boats scattered along the rocky coast where dwell families whose ancestors arrived maybe two hundred years ago or even earlier.

I had an appointment to chat with one retired sea captain but he had other business and was not able to make it. Couldn't get anyone else on the phone. Still, busy time, prime fishing season. Many seniors in this community see no need to stop going out on the boats fishing just because they turn 85. Or older.

Never mind: Mishoo's, which specializes in all the essentials: good selection of groceries, smokes, liquor, truck rentals and delicious take-out (try the calamari) is also host to a coffee machine where people come of a morning and settle in to tell tales and exchange information about conditions on the water. This is perhaps the community centre for the locals, and owners Caspar and Diana Elcheika are genial hosts clearly adopted as one of themselves.

So, looking forward to glimpsing a sight of Sambro folks in their native habitat, I pulled on some clean jeans and lipstick, and headed for the store with my red pen and big red notebook. There were already a collection of people starting off the morning but alas too young for this column. Still they wanted to help. There's one coming through the door now, they

said, as a pair of gentlemen reportedly over 60 made their way to the coffee machine and filled their cups. I asked one if he would chat with me about life here as a senior and he was very polite; meanwhile, his buddy escaped back through the door and he mumbled maybe another time and made off.

It started to dawn on me that maybe this wasn't an accident; and someone laughed and said yes, people round here don't like to talk to reporters. There were examples offered of when someone got burned in the press, which explained a lot. As an almost local myself, I tried not to take this personally, and a couple of names were put forth of who might be interested in talking about his life and suggestions were made as to who might help me break the ice.

However, while the men were scarce on the ground, the women of Sambro are also remarkable. There

seem to be many who are strong, active and outgoing, always smartly dressed, and often in their 90s! A number live in their own homes and go out walking every day, and are very much part of the community.

One such strong woman is Lila (Mrs. Ariel) Gray, 90 in March, who does her own cooking and housework. She could pass for a young, fashionable seventy.

From her sun filled living room by the water, she explains that she has lived around here all her life except for when her husband served in World War II. There's something in the air here, she says, that makes people live longer. "I wouldn't live anywhere else! It's OK to go to Halifax to shop, but I always can't wait to get back to the country."

She keeps very busy with her house and husband and garden, card games every week, long walks and she knits

(See *The Seniors' Beat* page 3)

Taste

(continued from page 1)

over the years, most of which were of the 'big name' fast food variety. However, the appetite for something beyond burgers and pizza has been continually raised by the community, particularly in the last decade as new neighbourhoods have grown. The addition of Tarek's certainly heeds that call, and offers the community something more than just fresh, new tastes.

It's somewhat ironic that the very first franchise that opened over 50 years ago in Spryfield just happened to be KFC. It became an iconic landmark that still remains a warm memory for many folks

who grew up seeing the swirling bucket on their travels. Though many other franchises like Wendy's and Dairy Queen had come and gone, KFC remained a fixture in the neighbourhood. Its departure last year was somewhat sudden, but for many watching the evolving nature of Spryfield, not entirely surprising. With Tarek's Cafe moving into this historic space, we see a symbol of the new face of our community; one that embraces local business and expresses the diversity of its people.

One of the great indicators of a healthy community is its food availability. Communities that struggle economically often become 'food deserts', where the lack of fresh, affordable food is hard to find. In these areas, fast food

restaurants often fill the void, both in terms of accessibility and cost. Once considered Halifax's 'bread basket' during its agricultural days, Spryfield lost much of its food access once it urbanized. Though not quite a food desert, fast food chains proliferated. However, wandering into another local franchise, Mike's No Frills shows us the changing palate of Spryfield. Aisles are filled with plenty

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of fresh produce, much of it locally sourced. What's really interesting is the growth in halal and kosher products, and the variety of imported spices and staples geared towards making Asian and Arab foods. More noteworthy is the price. These products are not specialty items with specialty price tags, but everyday, affordable basics.

Spryfield is growing. It's growing food, growing business, and growing diverse. The flavour of our community is changing because we are changing - socially, economically and culturally. It all adds up to a fantastic recipe for success. The owners of Tarek's Cafe, a longstanding icon of Robie Street, see an opportunity to be part of this positive change, and believe there's no better place for a second location. I'm looking forward to being a regular - bring on the falafel!

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The Seniors' Beat:

(continued from page 2)

baby caps for infants at the IWK. The secret to managing a house in later years? Wonderful neighbours. They always see if she wants something, and the fridge was full when she returned from an unusual bout in hospital. "I still have dishes here that aren't mine but I don't know who brought them," she said. "I wish they'd come get them". And "you should talk to my 96 year old neighbour. She lives alone and the other

day I saw her scooping up snow."

So, another day, I might be able to tell you of a seafaring man from Sambro. But I left the circle of younger folks, their warm hosts and giggling charmer of a daughter, Laila, and returned home sadder but wiser to write this column. And I can tell you for sure there is something very special about this old place that no one wants to leave and the people who belong here have a secret to long and healthy lives. I believe they are wise to protect it from callous outsiders and I hope nothing ever happens to change that.

Spryfield Business Breakfast Club

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Monthly Member Profile

Before joining RBC Royal Bank, Herring Cove Road Branch in April, Dan MacDonald, Mortgage Specialist, had previous experience as a Mortgage Specialist and a background in renovations/construction.

As a resident of the Armdale area Dan is active in the community participating in RBC events and is a member of the Spryfield & District Business Commission.

"I am excited to have joined such a community oriented organization. With RBC being the only Bank remaining in the Spryfield area we remain committed to this community and the community has supported our branch with their loyalty and we thank them. As the only bank Mortgage Specialist in the area I would be glad to provide advice for your home financing needs."



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THANK YOU, PREMIER DEXTER

When Darrell Dexter and the NDP were elected to govern Nova Scotia, there were folks who thought that the world as we knew it would soon come to an end. Then there were also folks who thought, well the people have spoken — let's give them a chance — surely they can't do us much more harm than the other two parties have done over the past decades; maybe the NDP really will be different. After all, the NDP is the people's party, the party and champion of the little guy, the common working man and small business.

The success of small businesses is dependent on their ability to adapt to changing business conditions. Plain and simple, they learn to adapt to current market conditions and trends or they do not survive. Several years ago a number of small businesses in Nova Scotia looked at their business model and said "how can we not only survive but how can we also grow our businesses?" Many of them had the vision to look outside of Nova Scotia to see what was happening in New Brunswick and P.E.I. (as well as 3 other provinces) in the home brewing industry. They liked what they saw in the u-vint business model in those provinces and they approached the N.S. government asking to have legislation put in place to enable them to adopt this new business model. Unfortunately, the former Conservative government was short sighted on the issue, as initially was the current NDP government. However the Darrell Dexter NDP Government have shown that they really can be the government of the little guy and we wish to publicly thank them for listening to the voices of the public examining the situation and having the courage to make a positive change for small business in Nova Scotia.

We hope that as stakeholders in this issue the government will bring us to the table and allow us to have input on the formation of the legislation that will allow our industry to grow and flourish without a burdensome amount of red tape for us to deal with.

Again, "Thank You" for listening to us, Mr. Premier

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DISCOVERING OUR PAST

Family letters tell history of a community and its people

by Iris Shea

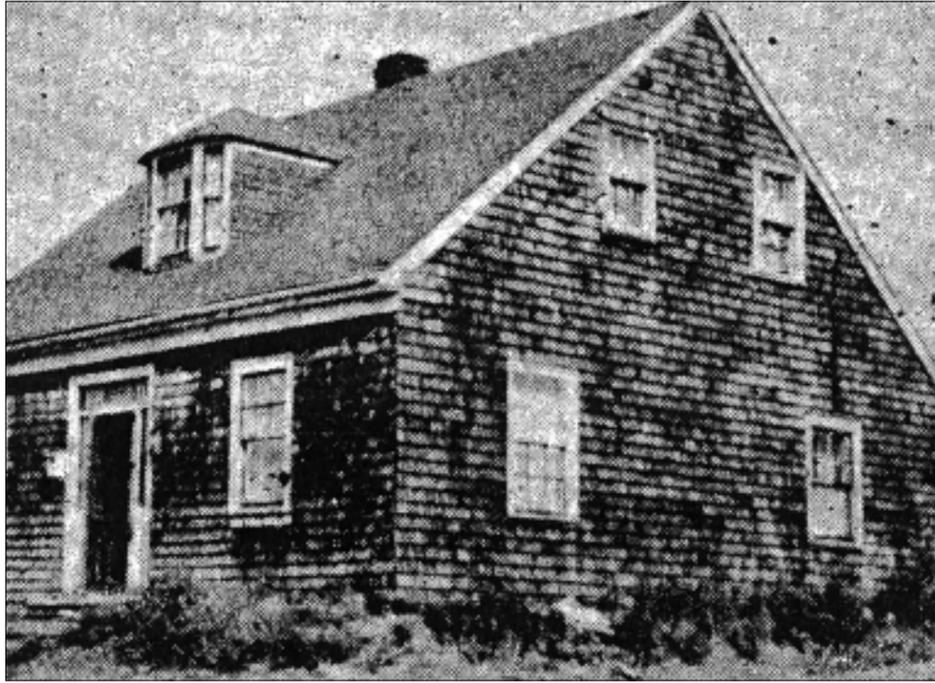
Each February the Mainland South Heritage Society holds a Heritage Tea and Display and invites the public to attend. For 16 consecutive years the society has displayed historic photographs that depict the local history of the communities in Mainland South (from Armdale to Pennant). On Saturday, February 16th the society will feature photographs and letters of the Sutherland, Yeadon and related families who settled in Spryfield. Elizabeth Sutherland, Spryfield's first school teacher, wrote many letters to her mother and other members of her family while teaching in our local communities. Her family called her Bessie. Bessie Sutherland's grandparents became permanent settlers in Spryfield in 1816 and their descendants continue to live in that community.

Another feature at this year's Heritage Tea and Display is the long awaited launch of a new website which includes 300 photographs from the files of Mainland South Heritage Society. The Halifax Public Libraries, in partnership with Mainland South Heritage Society, is pleased to provide a sneak peek into the first phase of their Library and Community Archives. The digital archives feature a community archive of historic photographs and the library's own collection of local historic postcards.

Included in this article are sections of the Sutherland letters which will be available for reading at the Heritage Display. I have transcribed them as they were written. The following letter was dated Apr. 30, 1881, Terence Bay.

"My Dear Mother

Yeadon has not put up the fences yet and the cows ate my chives and rhubarb off. I had dandelions a fortnight ago. I do not want any peas I have some I would like a few other seeds if you have them to spare, any thing is acceptable. And now about my shop business. I have learned a little, I find one article sells another. I am going to turn everything into money. I sold my old sunbonnet this morning for 10 cents and 4 lbs of that bacon I got from father for 15 cents per pound. There is quite a rush for apples, blacklead pins, bootlaces, box glue and soap. I got 33 cents for the last Apples I brought down. Try and send me a box of Apples if you want



Northwood Cottage, the Sutherland homestead, Spryfield, about 1950. Courtesy Mainland South Heritage Society

to sell yours even if I have to pay the freight, mail them up and leave them at Pallisters early in the week, direct to me and they will come straight. I have over a dollar of apple money for you now. Send me the largest you have as they sell best. I could sell butter well if I had a tub but I shall not mind it yet. I am glad you sent the salts, I often have the headache. I must now conclude with many thanks to Becky and yourself.

Your daughter Bessie. Write soon."

Becky, mentioned in this letter, was Rebecca Umlah, married to Bessie's brother, George. Pallisters refers to a large grocery and dry goods store in Halifax owned and operated by William Pallister, corner of Duke and Argyle Street. William Yeadon of Spryfield was a partner with Pallister in a goldmine at Sheet Harbour and named his youngest child William Pallister Yeadon. The name was used again in the next generation of Spryfield Yeadons. The Yeadon mentioned in Bessie's letter was John George who lived in Brookside and owned land in Terence Bay.

In 1885, from Terence Bay, Bessie wrote a letter to her widowed sister-in-law Lizzie who was visiting from Boston. Lizzie's husband, James Sutherland, died of tuberculosis in Boston in 1883 and Lizzie brought her three year old daughter Carrie to live with the Sutherlands. This note to young Carrie was included in the letter to Lizzie.

six upon Daddy's hill, got a big camp built and chased the school children yesterday. No person knew they were there till then. Give my love to Sidy, tell him my potatoes are great. I have them hilled already. I suppose Alice has a great garden. Sam sends his love and three kisses. He was nearly drowned last Saturday. Good night dear from your loving Aunt Bessie."

Mrs. Sutherland, Bessie's mother, raised her granddaughter Carrie and another child, Alice Drysdale, whose parents died when she was four years old. "Siddy" was Alice's younger brother, Sidney, who was adopted by Bessie's brother George and wife Becky. The post office in 1885 was located at Dart's Forks (not far from the entrance to Long Lake Provincial Park off Old Sambro Road). It was operated by Annie Dart from 1882 to 1891. Sam, mentioned in this last letter, is Sam Slaunwhite. He was one of Bessie's adult pupils and, in one letter from Sam to Bessie, he proposed marriage to her. In his second letter, he asked why she never replied and told her that he would not marry anyone else if he could not marry her. He died a single man.

The photograph of Northwood Cottage, the Sutherland homestead, was located across the road from Emmanuel Cemetery. Following the launch of the Library and Community Archives on February 16th, you will be able to view the archives at <http://digitalcollections.halifaxpubliclibraries.ca/>

"My dear Carrie, many thanks for your dear little hen eggs. Sam took his home for his breakfast, he says it was the sweetest egg he ever tasted. I had a little funny egg for you and it got broken so I will send you the biggest lobster in the bag, it is all for yourself and your ma and a little rose from my bush. It is not as pretty as the lovely bunch of flowers you sent me but a bird told me you got lost going to the post office. You must not go out in the road by yourself, something will run away with you some day...bears or Indians for remember they are around Spryfield When they can get down here there are

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Don't stress, let LOVE into your heart for Valentine's Day

by Bobbi Jo Ferguson-Hill, RMT
www.tranquilmomentsforyou.ca

So here it is again, Valentine's Day. This is supposed to be magical and abundant with love. But everyone has a different perspective depending on what their life looks like. For the singles out there, Valentine's Day maybe a painful reminder that you are alone, for the newly found lovers this may present a time to celebrate and for those who have endured the test of time and have been together forever this may seem like a why bother its just a consumer holiday event. I would like to present some stress busting tips and interesting ways we can celebrate this thing called love.

First lets look at our attitude toward love. While Valentine's Day was designed as a tribute to romantic love, I think it's time we broaden our perspective and celebrate the emotion itself. We love our children, our spouses, our friends, family and neighbors, our homes, our jobs, and even our pets. We can love anything that arouses this feeling of joy in our hearts. From this perspective, of all the things and people we have to share our love with, it is easy to see why we should have a holiday dedicated to this emotion. If this emotion is not filling our hearts and making our soul sing we must ask ourselves

why not? What conjures that feeling of joy, fulfillment and abundance we seek and call love? The foundation for this sometimes elusive emotion is our perspective. ...Love is the only thing we have that, in order to let it grow, we must give it away.

Here are some suggestions how this consumer driven day can be returned to our hearts as the love abundant day it was meant to be. Here are some ways we can all fill our hearts and see our spirit and the spirit of those around us soar.

For all you singles out there, let's not dwell on the obvious "I'm alone and therefore I can't celebrate". Not true! While romantic connection may not be in your cards right now there are plenty of ways to enjoy love and fill your own heart. Volunteer with the forgotten, the lonely or the less fortunate. Animal shelters, nursing homes, and homeless shelters are full to the brim with souls waiting to be shown a little love and kindness. If that doesn't appeal to you then how about starting at home...with yourself. Ask "what makes me happy?" and give yourself some love, this can be anything from a yoga class to a box of eloquently wrapped chocolates to a walk in the woods. Don't stop there, sit down and write yourself a love letter; tell yourself all the reasons you love

yourself, and read it whenever you need a little encouragement. Let this be a show of love and appreciation to yourself and don't get caught up in the temptation to turn this into a pity party!

Now for the newly found lovers...in the spirit of looking at this in a broader perspective let's not talk about the obvious solutions of traditional celebration. Instead try to think outside the box (of chocolates that is) and come up with other ways of spreading the love and filling our hearts. Make it a competition with your new love, a challenge to see who can do the most random acts of kindness in one day...compare notes over a candle light dinner for those of you who can't resist tradition.

Ok so this brings us to our together forever couples. Let's take some time to consider what you need as a couple to spark this thing called love and fill your hearts to the brim. Do you need adventure? Something new or a heartfelt conversation to reconnect? Use your imagination and if you can't find a sitter (if you have kids) let them be part of the love celebration. Dress up for a home dinner, light the dusty candles and share the photos of your wedding or when you first met with your kids they will love it and maybe have some giggles too!. Whatever you decide your heart needs, fill it and let it overflow into your

friends and family's hearts as well.

Although I have made suggestions for each group you may notice that all of the suggestions will work for all and none of them were financially driven. So put your heart in the driver's seat. Allow love back into your life so you may share it with yourself and others. Enjoy this day set aside for the purpose of the great and abundant emotion we call love. Don't let stress and self pity override your Valentine's Day...Be Mine...Be Yours ...Be LOVE.

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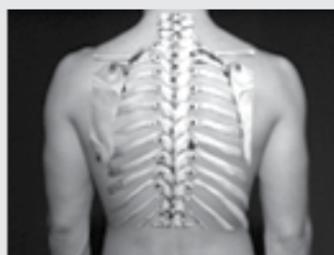
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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

Delores Aileen "Lovie" Mason (McKay)

73, Halifax, passed away with her loving family by her side on December 24, 2012 in the Halifax Infirmary, QEII. Born in Glace Bay, she was a daughter of the late Daniel and Mary (MacNamara) Campbell. Lovie enjoyed fishing, loved to dance and loved her grandchildren. She was very caring and was always there with a cup of tea in hand for you and would ask if there was anything you needed. She is survived by husband Cyril, and will be lovingly missed by children Lawrence McKay (Denise), Herring Cove, Donna Forrestall (Bobby), Halifax, Ruthie Thompson (Bill), Hammonds Plains, Patsy McKay, Timberlea; brother Murdock Campbell, Montreal Que., Myrna Scott, Sydney; 9 grandchildren, 16 great grandchildren; special friend Edna Evans and son-in-law Chris Thompson, several nieces and nephews. She is predeceased by her 1st husband of 47 years, Lawrence McKay; brothers, Thomas, Daniel, Gordon, Malcolm, John, Gregory; sisters, Margie Campbell, Lizzie MacNeil, Hazel MacDonald, Anne Cooper, Alice MacDonald. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601) 149 Herring Cove Rd., where a funeral service was held Saturday December 29. Interment followed in the Gate Of

Heaven Cemetery, Lower Sackville. In lieu of flowers, donations to be made in memory to a charity of one's choice. Special thank you to all the staff of the Halifax Infirmary for the care and compassion shown to Lovie and her family, during her stay.

Sonia Ann Misener

44, Harrietsfield, NS, loving wife of Brent James Misener, whom she married on December 28, 2012, passed away on January 3, 2013. Born in Toronto, Ontario, she was a daughter of Calvin and the late Shirley Misener. She is survived by her husband, Brent, her treasured son, Johnathan, her father, Calvin, sister, Patsy Slaunwhite (Ray), Lake Echo, brothers, Al (Brenda), Antigonish, Larry (Ellen), Saskatoon, and Gordon (Marcella), Eastern Passage, and Charles (Jill), Williamswood, as well as her grandchildren, Brandon Misener and Jacob Carter. She was predeceased by her mother, Shirley. Arrangements were under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, (477.5601). A service in memory of Sonia was held from the funeral home chapel on Tuesday, January 8, 2013. In lieu of flowers, the family would appreciate remembrances to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting www.walkerfh.com

Shirley Mildred Maynard

78, Halifax, passed away suddenly January 6, 2013, at home. Born in Halifax, she was a daughter of the late Kenneth and Margaret (Young) Kenney. She is survived by loving husband, George; sons, David (Joanne), Spry Bay; Robert (Maddie), Herring Cove; Pat (Krista), Union Corner; Mike (Colette) Dover Center, Ont.; daughter, Terry-Ann Escobar (Victor), Calgary, Alta.; sister, Betty Boutilier, Lake Echo; grandchildren, Colleen, Caitlin, Jenna, Carley, Ashley, Bryce; and several nieces and nephews. Shirley was predeceased by brother Kenneth; sisters Gladys, Audrey, Eileen, Pearl and Sylvia. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601) 149 Herring Cove Rd. Funeral service was Friday January 11 from the funeral home chapel, Rev. Ellen Wilson officiating. Interment attended by the immediate family only in Oakridge Memory Gardens. Donations in memory may be made to the Heart and Stroke Foundation of Nova Scotia or Canadian Diabetes Association.

Arthur Leo Kearns

90, Halifax, passed away peacefully in his sleep on Monday, January 7, 2013 at Melville Lodge, Spryfield. Born in Halifax, he was a son of the late George Edwin and Margaritta (Supple) Kearns. Arthur was a partner in Citadal Office Equipment until his retirement. He enjoyed artistic painting. His wife was his best friend through 70 years together; you rarely saw one without the other. He will be missed by those who loved him most. He is

survived by his wife, Evelyn (McCarthy) Kearns; daughter, Sharron (Jim) Duff; sons, Brad (Susan) and Gerald (Avril) Kearns; five grand children and seven great-grand children. He was predeceased by sister, Claire (Kearns) Houlihan; brother, George, in childhood. The family would like to extend their deepest appreciation to all of the staff of Melville Lodge for their understanding and caring attitude while attending to Arthur's needs. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). In keeping with the family's wishes there was no visitation. A Service of Remembrance was held on Saturday, January 12 from the funeral home chapel. In lieu of flowers, donations in Arthur's memory may be made to Melville Lodge.

Maria Marie Jones

98, Halifax, passed away at Melville Lodge on January 15, 2013. Born in Murray Corner, NB., she was a daughter of the late William and Mary (Field) Stright. She is survived by sons, Lester (Pauline), Timberlea; Harold (Marie Pauline), New Orleans, Louisiana, U.S.A; six grandchildren, eleven great grandchildren, sisters-in law Faye and Lily, several nieces and nephews. She was predeceased by her husband Joseph Jones, daughter, Barbara Mary in infancy, brothers, Charles, Frederick, Lester, Sterling, Edward, sisters, Elizabeth Trenholm, Edith Briggs, Hester Briggs, Nellie Spence. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601). Funeral service and interment to take place at a later date. Donations may be made to the St. Andrew's Anglican Church Memorial Fund or charity of one's choice.

Jason Daniel Doherty

38, Halifax, NS, born September 4, 1974, passed away suddenly January 23, 2013. Jason was the much cherished son of Dan (originally from Frederic-

ton) and Linda (LeBlanc) (Fairview) Doherty. Jason graduated from Sackville High and then went on to graduate from St. Mary's University with a degree in Archaeology. One year while attending St. Mary's, Jason travelled to Whitehorse in the Yukon to take part in a dig. Jason went through Beavers, Cubs, and Scouts, and later served as a Cub Leader with his sister Tangee. Jason loved the outdoors and enjoyed spending time canoeing, hiking and fishing, and always had a camera with him. He was always a hard worker, putting himself through university while working 3 jobs and graduated debt free. For the past 3 years, Jason managed the family store, Danielson's Water 'N Wine in Spryfield. He also wrote articles, handled advertising and did photography for The Chebucto News which is owned by the family and edited by his sister Tangee. Jason and his partner Katina also operated Pin and A Pick Locksmithing for the last 3 years. Jason was a very kind and gentle soul who touched everyone he met and will be sorely missed by all.

Jason is survived by his life partner of 10 years, Katina Finigan, and his loving parents, Dan and Linda. He will be deeply missed by his older sister, Tangelene Ramsay (Scott), and their children Samantha and Dylan, all of Connecticut, his paternal grandmother, Mrs. Margaret Doherty, Fredericton, NB, as well as many aunts, uncles, and cousins both in Halifax and New Brunswick.

Cremation has taken place under the care and direction of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield, NS (477.5601). In keeping with Jason's wishes, there will be no funeral service and a private family committal service will be held in New Brunswick in the spring. In lieu of flowers, the family would appreciate donations in memory of Jason to the charity of one's choice. Words of comfort may be sent to the family by visiting www.walkerfh.com

YOUR COMMUNITY FUNERAL HOME

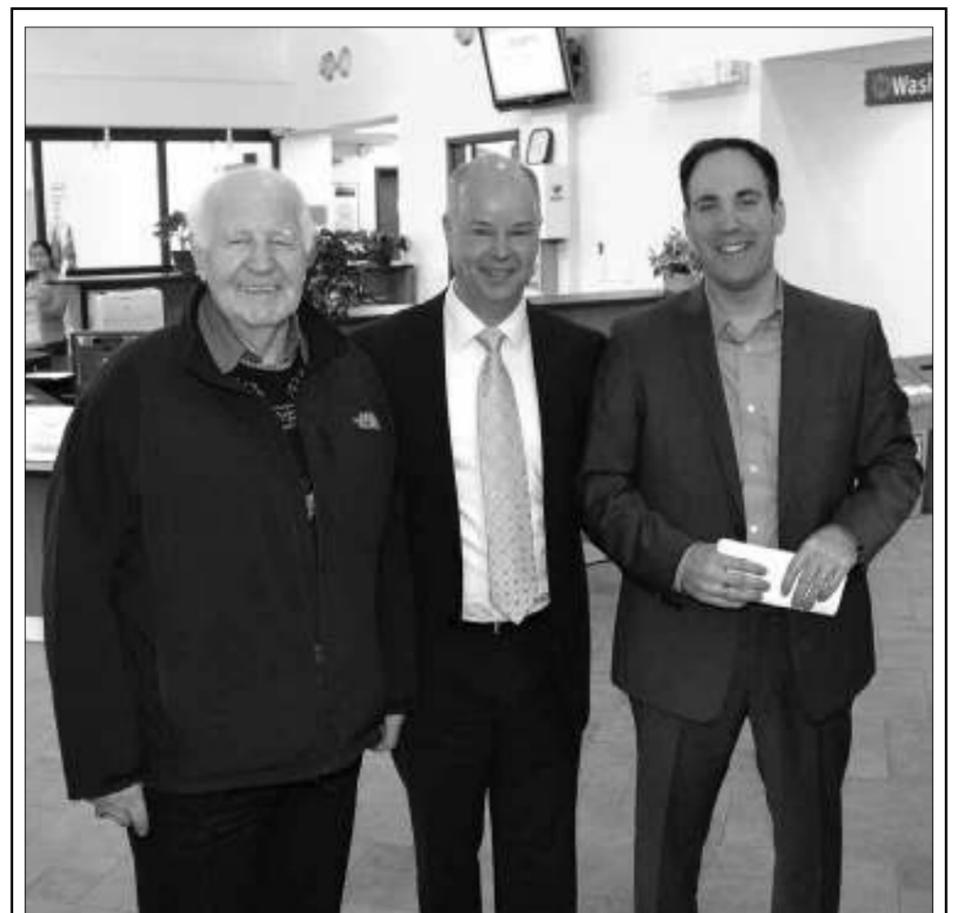
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Retired Senator John Buchanan and PC Leader Jamie Baillie pose for a picture with Ryan Brennan after the big announcement. Senator Buchanan represented Spryfield in the Nova Scotia Legislature for 23 years both as an MLA and as Premier of the province

ContractMe.ca celebrates successful first year

by Lorrie Boylen

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

On January 31, 2013 ContractMe.ca celebrated the one year anniversary of its launch in Nova Scotia. It has since expanded to New Brunswick and Prince Edward Island and is looking to develop into Newfoundland. If you're wondering what the buzz is all about, company President, Laurie Dolhan puts it in a nutshell: "We help local organizations looking to contract professional services find local freelancers, consultants and businesses. More businesses, non-profits and governments look to contracting out, or outsourcing, and more people are going on their own, freelancing and starting businesses. It can be surprisingly difficult to connect the two sides of the equation. Well, before ContractMe.ca that is."

Much of Laurie's week is spent tirelessly networking, reaching out to both potential members and clients alike. Her hard work has paid off. In just one short year, ContractMe has grown to 328 members, representing a diverse mix of business to business services such as marketing, web design, graphic design, human resource, IT services, administrative and support, professional organization, commercial interior design, photography, business coaching, research, writing, translating, public speaking, film, video and sound production, event coordination, project management, public relations, occupational health and safety, social media and more. Companies can search member profiles or post a request for proposals for free, with no commissions, fees or strings attached. RFPs are then shared directly with members whose expertise fit the job. It's a fast, efficient way to obtain competitive bids from local professionals who are available to work, with no surprise fees and no commitment to hire from a post.

Although the possibility exists to grow into other provinces, Laurie's focus is in our region for now, ensuring that the business model is right before considering expansion. ContractMe's strategy is unique as they seek to grow through relationship marketing.

Laurie and her husband and young son moved to Ketch Harbour from the Yukon in April 2011. Her intention at that time was to consult for non-profits but she recognized a need in the local business community and sought to fill it. She wanted to create accessible tools that would help small businesses access more opportunities and help organizations outsource more readily. In the Yukon she worked in non-profit organizations and government as a program developer but struggled to find local experts to contract to. The talent was there, but incredibly hard



Laurie Dolhan with one of her networking and marketing tools

to find because small businesses don't generally have the resources to promote themselves.

Recognizing the huge amount of talent locally, she has quickly become a champion of sourcing professional services to local businesses and freelancers in the region. Staying true to her ideals, she chooses to hire locally through her membership whenever possible.

The site also provides tools for its members, feature articles and a calendar of events. Laurie's future vision for ContractMe.ca is that it will be the "go to" resource for sourcing services in Atlantic Canada and beyond. For more information, check out www.ContractMe.ca.

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tangelene@live.com**

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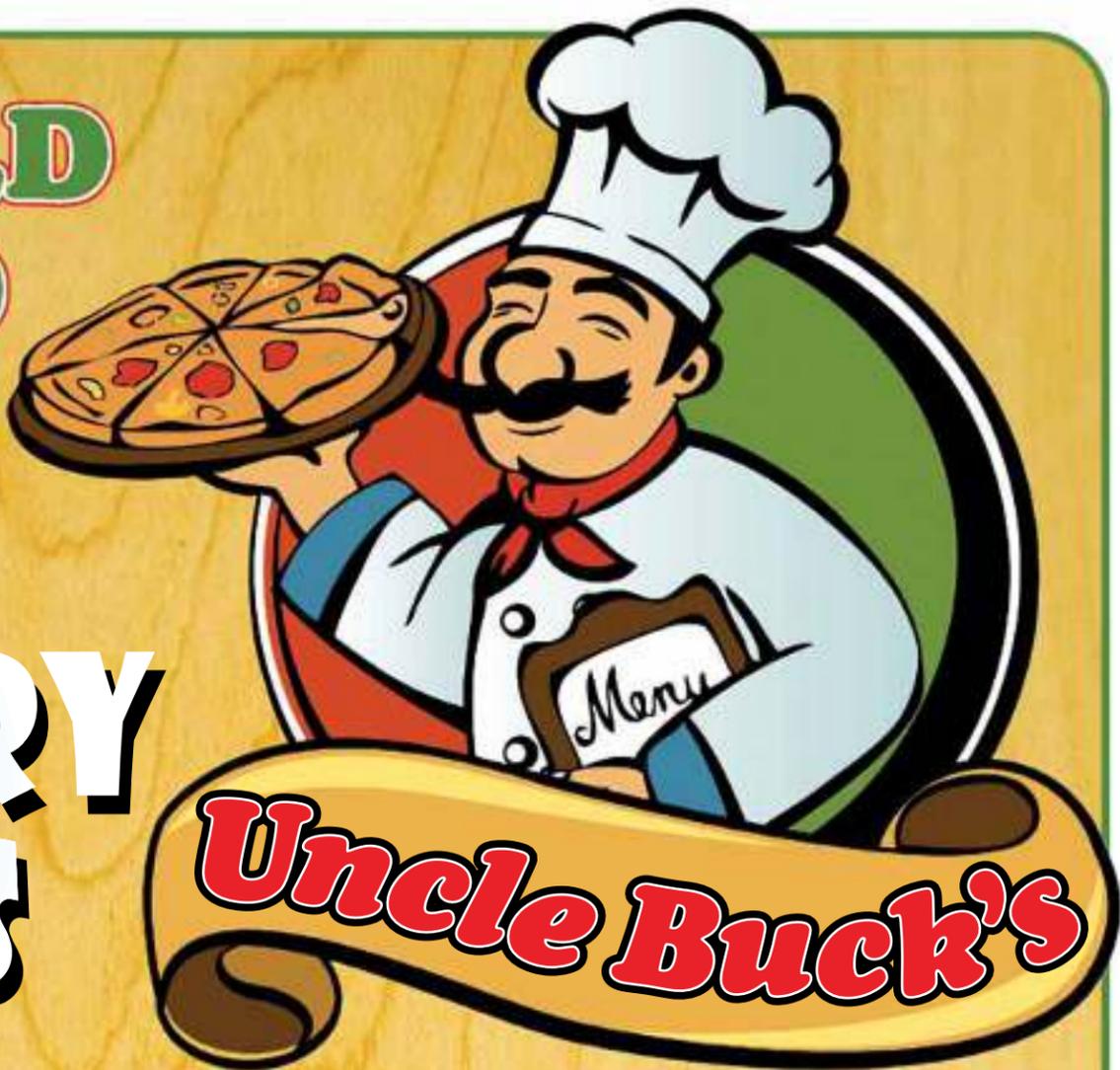
ANOTHER 10 T-SHIRTS

will be drawn for from cash register receipts for wine and or beer kit purchases during the month of February, simply put your name phone number and e-mail address on your receipt and deposit it in the box. Check out both Danielsons Water N Wine and The Chebucto News Facebook Pages for a complete list of winners!

SPRYFIELD

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Friday & Saturday 11–2



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OR 2 Lasagna, 2 Garlic Bread,
Large Caesar, 2 cans Pop

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BUCKS**

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From left to right: Fr. Zachary Romanowsky, Robert Hines, Lynne Dempsey, Monica McNamara, Jill Hann, Sharon Blanchard, Adam Pittman, Tim McNamara. Missing Tanya Rodgerson

Halifax to Kingston

(continued from page 1)

Romanowsky to Jamaica this year.

“I feel really humbled that I have been given this opportunity to make a difference in peoples lives. Even as a nurse, I feel called to extend my service beyond the hospital and my community, and to go where people need my help.” Said Monica McNamara – a nurse with Capital Health.

The order of the Missionaries of the Poor was founded in 1981, with one of the main objectives to build family and community among the poor and disadvantaged. Since it’s founding, the Missionaries of the Poor have received both papal and episcopal approval for their work and constitutions. Today, the order has over 550 brothers serving in

nine missions around the world.

A significant number of poor Jamaicans live in squalor, with poor housing, limited food supply, and inadequate access to clean water, quality health care, or education. Kingston’s poor gather in the slum districts of Trench Town, Jones Town, and Denham Town, where water supplies are often polluted and violent youth gangs clash with police for control of the streets.

The Missionaries of the Poor make it their daily duty to be a strong presence to these people as they live in such harsh conditions. The order survives on the monetary contributions of so many people around the world, who feel called to help them in providing this essential ministry.

To donate please visit:
www.stpeterandstpaul.ca
 Or attend one of the upcoming fundraisers: On February 3rd, St. Michael’s

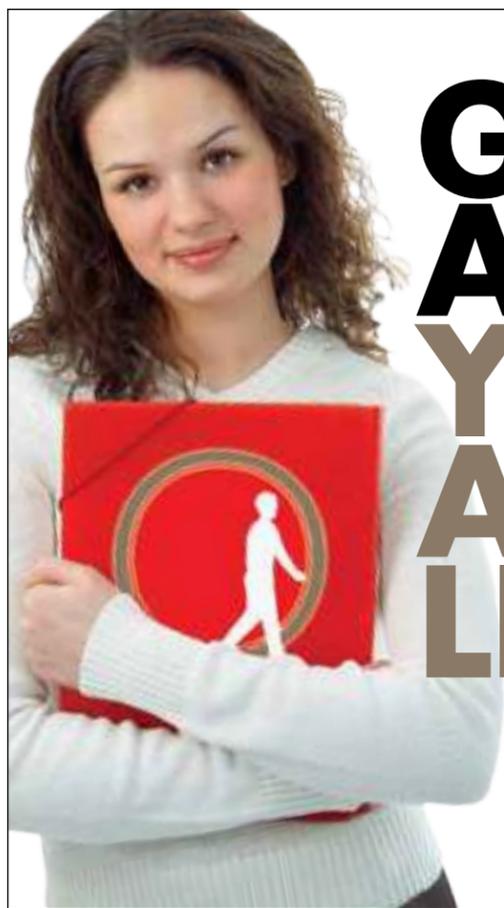
Church will be hosting Sonlight, live gospel music, at 7pm, and on February 9, St. Paul’s Parish Hall will be the scene of a Kitchen Party beginning at 8pm.

Library and Community Archives

In partnership with the Mainland South Heritage Society, Halifax Public Libraries is pleased to provide a sneak peek into the first phase of our Library and Community Archives. The digital archives feature a community archive of historic photographs and the library’s own collection of local historic postcards. Explore the community’s rich history through the historic photographs of the people, places and events of the Mainland South communities. Communities represented in the archives include Armdale, Bear Cove, Coote Cove, Duncan’s Cove, Ferguson’s Cove, Halibut Bay, Harrietsfield, Her-

ring Cove, Jollimore, Ketch Harbour, Kline Heights, Melville Cove, Northwest Arm, Pennant (East & West), Portuguese Cove, Purcell’s Cove, Sambro, Sambro Island, Spryfield and York Redoubt. The library’s postcard collection evokes memories of familiar, as well as lesser known HRM landmarks. Personal messages on some of the postcards provide a glimpse into the lives and times of a bygone era. Keep your eye on this archive as we add more photographs, postcards and communities.

To view the archives visit:
<http://digitalcollections.halifaxpubliclibraries.ca/>



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Lakeside Centre 876.4445
 1492 St. Margaret’s Bay Road, Lakeside

Musquodoboit Valley 384.2930
 10 Elm Drive, Middle Musquodoboit



Prominent Spryfield Lawyer Ryan Brennan is shown on Friday afternoon Feb. 1st announcing that he intends to seek the PC nomination in the Halifax Atlantic riding in the next provincial election



Marjorie Willison was honoured at a retirement party on Friday Feb. 1st for her tireless work with Chebucto Connections. Rumor has it that Marjorie may still be seen out and about in Spryfield in the future!

Should I Stay or Should I Sell?

by Jill Hann, Certified Home Stager and Realtor, Exit Realty Metro

With a blanket of snow on the ground, Mother Nature sure has made her “floors” shine; so white and clean! What a great time to do the same to your own flooring!

If you are thinking of selling, flooring plays a large part in your success. Start with a thorough cleaning. Remove clutter. The more floor space a buyer sees, the more value they will see in your home. If it isn't furniture, get it off the floor.

Now that you can see your floors, you can assess them. Which rooms do you want or need to change? If you are considering selling, this is a good time to ask for input from your Realtor!

Have your carpets and rugs cleaned to improve their appearance. The cleaning process should extract as much water as quickly as possible, enabling the carpet to dry in only a few hours. Consider replacing any carpeting that is worn or badly soiled, and always vacuum with a good quality machine regularly to help maintain peak condition.

Chipped boards in laminate floors can be easily replaced if you have any spare pieces from your installation. If you do not have an extra board, try staining the chipped area to match your floor.

When it comes to repairing hardwood floors, you may need to sand and refinish. This is a big chore but the results are fantastic. You can polish out small nicks and scratches by hand and then apply a new coat of polyurethane. Sweep or vacuum regularly. Dirt, grit and salt will scratch your floor. Wipe the floors minimally with a damp cloth, as water will even-

tually discolour the floor.

Have a look at your tiled spaces. Are the tiles and grout in good condition? Re-grouting will fill in most cracks and chips. If replacing tiles, consider porcelain rather than ceramic. The colour in porcelain goes through the whole tile while ceramic has just a thin layer on top. Chips and scratches are less noticeable in porcelain. Clean your tiles with mild soap and water or vinegar and water. Using harsh abrasives will damage the glaze.

If you are considering replacement, laminate flooring is a popular choice. They come in many styles and colours. Some even look like tiles and can be grouted like real tiles.

Some things to consider when choosing flooring are the size and shape of the space, adjacent rooms, usage and users of the space and how long you plan to stay in your home. As always, be creative if you are staying. If selling is on your mind, consider today's buyers and go with neutral tones.

This time of year means dragging salt into the house and the coming spring will bring the mud. Try to choose flooring colours that help mask the dirt. If you have pets and prefer carpet, I would recommend against Berber. Their claws get caught up in the loops and they have now found a new toy at the expense of your new rug. Glides or protectors on your furniture will protect your floors.

Most of these repairs can be accomplished by the do-it-yourselfer, but if your budget allows, you may consider bringing in a professional. Your Realtor can help with this too!

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Not intended to solicit persons currently under contract.

Reg Horner Memorial

Chebucto News Sports Page

Carrolls and Pyke get the hat trick again!

The WTF Canadian Taekwondo Nationals in Vancouver are all but over but the celebrations are still ongoing. For the second year in a row, the three Carrolls returned to their gym, HP Atlantic Taekwondo Centre in Spryfield, with three Canadian National Championship Titles.

CC Carroll fought on Day 2 of the event with a flawless exhibition showcasing her tireless dedication and training under coach, Kathy Pyke. After winning her National Black Belt Title for the third consecutive year in 'Feather Weight', CC moved up divisions to 'Welter' and 'Heavy' and defeated the National Champions in those divisions as well.

The brothers, Hunter & Jackson, took to the mat on Day 4 of the Championships. After winning the Jr A National Title in 2011/12 and both Sr & Jr Titles in 2012/13, Jackson left no question in anyone's mind that he was back with a vengeance, winning his last match of the day in the final with a decisive 13-2 win over his Ontario opponent in the Male 'Light Weight' division. Unfortunately, WTF (World Taekwondo Federation) changed their age eligibility requirements late in December and Jackson was not able to defend his 2012 Senior Title at the event.

Hunter, the reigning Jr A 'Fin' Champion from 2012/13, moved up 3 weight divisions from the previous year and took the 2013/14 National 'Feather Weight' Title with a determination that was admired by all present. Hunter and Jackson earned their berths back on the Canadian Jr National Team and have a busy year ahead of them starting with the US Open next month, the Canadian Open shortly after, and the Jr Pan American Championships later in the year.

Coach Pyke's top-notch competitive program resulted in a National Color Belt Title for one of her senior students, silver for one of her junior students, and numerous fight wins from other first year National Championship competitors.

Photo on right: left to right: Jackson Carroll, CC Carroll, Kathy Pyke and Hunter Carroll



Congratulations go out to the Chebucto Green Pee Wee House Team who won the gold medal for their division, House Division B, at the 8th Annual Audrey McDonald Memorial Tournament which was hosted by the Thorburn & Districts Minor Hockey Association in Thorburn, NS. The tournament was held on January 18th, 19th and 20th, 2013. In recognition of breast cancer awareness, the team chose to have pink highlights put in their hair, use pink skate laces and pink tape on their sticks and helmets

Posing with their gold medal banner are, in no particular order:

Mitchell Drysdale (2), Austin Fraser (17), Sergio Kahill (9), Isaiah MacKenzie (18), Liam McGrath (19), Liam Mandaville (15), Andrew Shipp (13), Mickey Sleigh (7), Ethan Black (6), Matt Gosen (14), Logan Hatch (87), Kahle Richardson (5), Ethan Williams (12), Loc Williams (4), and Brett Carr, Goalie (33) Coaches Andy Williams, Russ Mandaville, and Manager Tanya Walsh

Silver and Black Attack season nearing end

February 3 is the end of the regular season with no home games scheduled for Spryfield team

Playoffs start: Friday February 8, 2013
8 teams make the playoffs

Round 1, best of 5
1 vs 8; 2 vs 7; 3 vs 6; and 4 vs 5. Team with higher seed will host first 2 games.

To start on Friday February 8 and completed on Sunday February 17, 2013

Round 2, best of 7
Team with highest seed will play team with the lowest seed and team with second highest seed will play the team with the next to lowest seed. Team with higher seed will host first 2 games.

To start on Friday February 22 and completed on Sunday March 10, 2013

League Championship, Best of 7
To start on Friday March 15, 2013 and completed by Sunday March 31, 2013

Team with higher seed on final league standings to host first 2 games.

Atlantics will be held on Wednesday April 10, 2013 thru Sunday April 14, 2013 in NB

Application deadline for HRM Community Grants coming up in March

By Linda Mosher, HRM Councillor, District 9

Residents have contacted me as they want to be informed when our winter parking ban is on or off. When the overnight ban is on, residents cannot park on streets from 1 a.m. – 6 a.m. Also, during a snow storm, the public is not permitted to park on any HRM streets as it interferes with the carrying out and delivery of snow and ice services. HRM is offering residents the option to subscribe to notifications letting them know when the overnight winter parking ban will be enforced. Residents can subscribe to our CityWatch program to receive phone and email messages by emailing citywatch@halifax.ca or by calling 490-7403. Please indicate that you are requesting to sign up for notifications about the overnight winter parking ban. You have the option to provide up to two phone numbers and up to two email addresses or a combination of both. Residents are asked to please not rely on notifications alone. Please also check our website, twitter feed “@hfxgov” or call our citizen contact centre by dialing 311.

The application deadline for the 2013-2014 Community Grants Program is March 31, 2013. The HRM Community Grants Program is a centralized program that provides annual cash grants to registered non-profit organizations and charities located throughout HRM. There are two types of grants (1) a project grant of up to \$5,000 and (2) a capital grant of up to \$25,000. Presently, the program provides assistance to specific types of projects in the following categories: Environment; Recreation & Leisure; Affordable & Supportive Housing; Emergency Assistance; Neighborhood Safety; Community History; Community Diversity; and Arts & Crafts. The HRM Community Grants Guidebook contains detailed eligibility criteria for the program and for each of the funding sectors. This guide is updated annually so please check the current version posted on HRM’s website or contact HRM for further information. The program Guidebook and application form are available from HRM Customer Service Centres, the HRM Call Centre, and the Grants Program Office located in HRM Commu-

nity & Recreation Services. If you have questions about the Grants Program, please call 311.

Many years ago I brought the concept of having 311 to Council and have provided ongoing updates in The Chebucto News. HRM staff worked hard to implement this service and it now replaces the former 490-4000 and most other HRM numbers. HRM’s new 311 is more than a telephone number; it is your direct connection to important municipal services and information. Our 311 Citizen Contact Centres include a call centre, five customer service centres and a new resource for submitting online service requests. Whether you prefer to phone-in, walk-in, or connect with us on-line, our 311 Citizen Contact Centre staff can help! They are open seven days a week from 7 a.m. to 11 p.m.

We have a new, monthly electronic

newsletter that celebrates our city: “grand parade”. The grand parade will share stories and focus on topics such as festivals and events, transit, development projects, municipal services, and Council decisions. Why the grand parade name – the nod to the historic Grand Parade Square – planned as a formal public gathering spot in the mid 1700’s and anchored at one end by City Hall – is a natural choice. Grand Parade is one of the oldest public gathering places in Canada, where citizens still come together for planned events or just cross paths going about their daily lives. The grand parade newsletter is intended as a virtual town square for citizens, a place where information is gathered and shared. The use of the word “parade” also signifies the parade of stories, the forward momentum of the municipality, and the positive, celebratory feeling of

the publication. You can subscribe to the Grand Parade Newsletter by visiting www.halifax.ca/grandparade

Our local community councils have changed. We used to have a Western and a Chebucto Community Council. As the districts are much larger and there are fewer Councillors, we have combined these two into a new Halifax & West Community Council. Community councils consider local matters, make recommendations to Regional Council, and provide opportunities for public input. We meet every second Monday, as required, and the location varies. The predominant location will be The Canada Games Centre. However, if there is an issue of interest to a community we will hold the meeting in that area. The last meeting was held in Prospect, and the next will be at City Hall due to local issues.

Generating reports at City Hall a complex process

By Stephen Adams, HRM Councillor, District 11

I have been asked by some residents about the process followed to get a report generated by staff, and why some reports take so long.

Generally speaking, staff reports are requested at the Council level. The request could be as a result of an agenda item, added item, presentation by a group or individual, or as a result of Council debate. Once requested, our Municipal Clerk sends the motion, and supporting discussion, to the appropriate staff.

Some requests are relatively straightforward. An example might be to change the zoning from one designation to another. This request is sent to our Development and Planning staff, assigned to a Planner, and the information brought forward. Planning policies, compatibility and by-laws are referenced to ensure balance and accuracy. The draft report is sent to Legal, Traffic and other relevant departments for comment. Once completed, the draft report is approved by Planning Management and then finally by the CAO. (You may have now figured out why reports can take time...and this is a relatively

straight-forward request).

Other requests may require input from other levels of government which will usually take more time. The initial steps are the same, but would also require our staff to contact outside personnel, in writing, to gain input. Once all information is gathered, the report goes through our staff process. If, at any time, there are concerns or additional issues, it may be sent back. Depending on the significance of the change, it may require a new report.

Last year, I had asked for a number of reports, which have yet to come to Council.

One of them was in regard to the issues of maintenance of Chebucto Head Road. This roadway has had no maintenance for years and has been the subject of discussions among all levels of government, but with no action. The report was requested to bring all levels of government into the discussion. There is a draft report prepared that is going through the process I outlined previously.

Another report requested was to deal with dust issues in and around the Leiblin Park area. This may seem like a

rather insignificant issue to anyone who doesn’t live nearby; however, if you had to deal with 1/8” of dust on your barbecue or deck on a regular basis, I am sure you would agree that something needs to be done.

After the preliminary information was gathered on the dust issue, input was sought from the Nova Scotia Home Builders Association and the Construction Association. Our staff then met to look at options. They are trying to address this under existing legislation or make an amendment to prevent this nuisance in the future.

My last request of 2012 was to develop an affordable Trap, Neuter and Release program to address the feral cat population—a significant issue that needs to be addressed. I have met with staff and Dr. Hugh Chisholm (D.V.M. retired) to develop a solution. We have identified an option which is inexpensive to HRM and, most importantly, would allow an outside agency with significant expertise to administer the program. That scenario would work well for us all.



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Rogers “Raising the Grade” program shows good corporate citizenship

By Megan Leslie, MP for Halifax

Dear Friends,

I got to kick off the new year at an amazing program launch at the Boys & Girls Club of Spryfield. Nothing like starting the year with a group of people that believe in a new, more holistic way to invest in youth!

This new program, Rogers Raising the Grade, is a program of Boys & Girls Club Canada that is, according to the Club: “an interactive after-school program that allows youth to explore interests, receive homework support, connect with mentors/tutors, interact with peers, increase their digital literacy, and plan for post secondary education.”

The launch was a fantastic event that brought adults and youth together in celebration. You could feel an excitement and a real energy about the opportunities that are possible with a program like this that really invests in youth.

The program launch showcased a new technology centre that puts in the hands of participating youth some very essential tools for succeeding at school and beyond. It’s an understatement to say that the youth that were there that evening were very enthusiastic about this tech centre. Mayor Savage and I had to get out of the way to avoid being stampeded!

This enthusiasm was remarkable, and it really affirmed the fact that when you create programming that responds to the real needs of youth and sparks their imaginations and passions, you’re going to make a difference. In fact, enrollment is almost full for the current session, and the excitement is building for the next.

You can get more information by calling the Boys and Girls Club in Spryfield at (902) 477-9840. The Club is located at the Captain William Spry Community Centre.

As Member of Parliament for the fabulous riding of Halifax, I have the privilege of attending events around our community like this one, and to really connect with people. I love to hear stories and see examples of good works and great ideas. Our community is full of so many illustrations of people following their passions to make this a better place for all.

The best ideas are the ones that have,

at their core, a focus on community development and empowering people to participate in the world around them. Those ideas are essential for working towards a just society. A key piece of that work is investing in youth.

I tip my hat to Rogers for their corporate citizenship in developing and investing in this program. However, all levels of government should be equally engaged and focused on how we are investing in the next generations, how we are empowering young people towards civic and economic engagement, and, most importantly, how we are listening to youth so that policies and programs truly reflect changing needs.

Helping youth prepare for post-secondary education and training is an important goal for this program. And it couldn’t come at a better time. We have a chance now as a community and as a country to develop forwarding thinking

policies for an economy that will allow us to seize the global opportunities that await us in green manufacturing, green research and technological development, for example.

Holistic post-secondary education policies, with targeted investments during the high school years, as well as policies that reduce barriers to skills training and learning after high school, must be implemented.

To have a powerful and stable economy we can’t continue saddling future generations with crushing student debt just so they can participate in the workforce. The high levels of personal debt in this country are of great concern and it makes sense to make education more affordable. The NDP has a plan to do this.

Our Canada Post-Secondary Education Act would ensure that all Canadians have access to good quality, affordable education by setting national

goals and standards, and establishing federal funding that is provided under conditions that would achieve the best outcomes for students, the workforce and the economy.

Good economic policy requires good post-secondary training policies, including opportunities for retraining. The NDP is committed to these goals, and my colleagues and I are listening to the needs of youth and communities across the country and bringing their voices to parliament. We are ensuring that the Harper Conservatives know that Canadians are demanding smarter economic policies, which will create a diversified economy that works for every community and generation.

To share your ideas or concerns with me on this or any other issue, please write to me at megan.leslie@parl.gc.ca or 1-2207 Gottingen St., Halifax, NS B2K 3B5.

Valentine’s Day on a Budget

by Tangelene Ramsay

Are you struggling to come up with a Valentine’s Day plan that won’t break your budget? Most of us are having a hard enough time making our money last from paycheck to paycheck, and it gets even more difficult when a special occasion comes around. Here are a few ideas to help you show that special someone how much they mean to you, without going into debt to do it.

Everyone loves to go to a restaurant. It is an opportunity to enjoy a meal without all the hassles of cooking and cleaning. Not having to jump up to stir pots, and slice vegetables give a couple the opportunity to have an uninterrupted conversation. However, restaurants are expensive. If you can’t afford to take your special someone to a restaurant, why not take the time to go to the grocery store and pick up a ready to eat meal? All the work is done for you at a fraction of the cost of a restaurant meal. Add a bottle of wine, some candles and your favorite CD, and you

have a romantic dinner for two for about \$25.

Women love flowers. I don’t know why, but we do. For some reason, men seem to think this means we want big bunches of roses for Valentine’s Day. Most of us don’t. Roses, while beautiful, don’t last. Carnations, on the other hand, can last for weeks; and they are a lot less expensive than roses. Potted mini roses are also a good choice, as they can last for years.

It is the thought that counts, so, although a package of foil covered hearts from the Dollar Store may seem like a cheap idea, if you put thought into the presentation of them, they can be a wonderful gift. Use them like a trail of breadcrumbs to the bedroom, or kitchen, or living room; wherever you plan to get romantic. This will surely put a smile on your significant other’s face.

The Dollar Store is also a great place to go when you want to treat your special someone to a little pampering. Bath pillows, candles, and scented oils can all be found at most Dollar Stores. For under \$10 you can put together a



wonderful basket of pampering treats for your Valentine.

The most important gift you can give your significant other this Valentine’s Day is time. Most of us are so busy that we forget how wonderful it is just to sit and chat with our loved one. So, if your loved one is allergic to flowers; breaks out into hives in a scented bath; won’t eat chocolate because of the fat; or loves to cook and would be insulted with a grocery store supper, put on the coffee pot or tea kettle, and give your Valentine the gift of time. Who knows, maybe you’ll start something wonderful.

Stephen Adams

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The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

COMMUNITY EVENTS FOR FEBRUARY

Chebucto Community Health Team WINTER SCHEDULE is available! The Chebucto Community Health Team offers FREE programs that support healthy lifestyles and overall wellness for those who live, work, or have a family doctor in the communities of Halifax Mainland (Postal codes: B3M, B3N, B3P, B3R, B3S, B3V) Be sure to register by calling 487-0690. There are several new FREE programs being offered by us and our partners including: • Movement, Balance & Coordination (4-week program) • Look After Your Back • Anxiety Workshop • Beginners Yoga 6-Week Program • Personal Wellness Profile at the Canada Games Centre • And more... The Community Health Team also offers WELLNESS NAVIGATION where we work collaboratively with family physicians, other health providers, and community-based services to help link residents with other programs and supports that will help support individuals to be as healthy as possible. If you would like a copy of our full program schedule, please feel free to come pick one up at our office (Spryfield Shopping Centre, 16 Dentith Road)

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

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 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 1PM. Mini Bingo at 6 PM. and Superstat Bingo at 7 PM.

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.

Heritage Tea and Display
Mainland South Heritage Society invites you to the annual Heritage Tea and Display, Saturday, February 16th, 1pm - 4 pm at Captain William Spry Community Centre. The topic this year is Early Spryfield Settlers, Sutherlands, Yeadons and Related Families. Enjoy refreshments, meet old friends while viewing historic photographs, letters and other documents.

Another feature at this year's Heritage Tea and Display is the launch of a new website. The Halifax Public Libraries, in partnership with Mainland South Heritage Society, is pleased to provide a sneak peek into the first phase of their Library and Community Archives. Following the launch on February 16th you may view the digital archives at <http://digitalcollections.halifaxpubliclibraries.ca/>

Meeting Mainland South Heritage Society Monthly meeting of Mainland South Heritage Society is held the last

Thursday of each month. The next meeting is February 28 at 7 pm, at Captain William Spry Community Centre.

Meeting Urban Farm Museum Society of Spryfield Next meeting of Urban Farm Museum Society of Spryfield is Monday, February 11th, 7 pm at Captain William Spry Community Centre.

Mission Trip fundraisers: February 3 @ 7pm Sonlight live gospel music at St. Michael's Church. February 9 @ 8pm Kitchen Party at St. Paul's Parish Hall. (for more information about the Mission Trip, please see the article in this month's issue of the Chebucto News.

Spryfield Legion Valentine's Dance Feb 16th Gordie Duggan Band Time 9-1am \$15.00 a couple \$8.00 single Doors open at 8 pm.

Chebucto Community Health Team Programs for February
Living With Stress: Skills for Life 4-Week Program Wednesdays February 6, 13, 20 & 27th 1:30-3:30 pm
How Healthy Is Your Plate? Eating for Health Tuesday February 12th 10-11:30 am Saint Benedict Church (45 Radcliffe Drive)
Heart Healthy Living-Know Your Numbers! 2 Week Program Fridays February 15 & 22nd 10 am-12 pm

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 Health Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

Spryfield Legion will be Hosting a **Seniors Dance** Monday Feb. 4th and Monday Feb. 18th 12:30-4 pm \$3.00 admission Lunch Served 50/50 Draw Music By Albert Martell Everyone Welcome

Hug Me Tight Research Project: Gay male couples who have been living together for at least two years are being invited to participate in a research program about coping in a straight world. For more information, please contact Russell Westhaver at 902-491-6278 or Robert Allan at robert.allan@smu.ca

Pancake Supper
St. James United Church, Sambro (3811 Old Sambro Road) will be having a Shrove Tuesday Pancake Supper on Tuesday, February 12th from 4:30 to 6:30 pm. Adults \$5 and children \$3. All Welcome.

Coffee House
St. James United Church, Sambro (3811 Old Sambro Road) will be having a Coffee House on Saturday, February 9th at 6:30 pm. An evening of song by talented local musicians. All welcome.

Pancake Supper Tuesday February 12, 2013, 4 to 6 pm Adults \$7.00 Child (5-10 Yrs) \$3.50 Emmanuel Church Hall 322 Herring Cove Road Spryfield

Dance At Emmanuel Church Hall 322 Herring Cove Road, Spryfield Saturday, February 16, 2013 8:00 pm to 12 am, \$7.00 per person Music by Bay City Band Light Lunch at Intermission

St. James Church in Sambro is very proud to present an extra special evening of **Songs and Songwriters**, singing their original songs as well telling the stories and background behind those songs. An intimate evening of music and stories featuring our very talented local musicians. Saturday February 9, 2013 6:30 pm to 9:30 pm

Chebucto Connections volunteer board is looking for photographs that represent Spryfield and area to be published in our Website. Please send photos to ccda.info@ns.sympatico.ca

French Immersion Information Evening at Ecole Chebucto Heights on February 7 at 6:30 pm for parents/caregivers of children beginning school in September 2013.



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