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"It Takes a Village"

by Jennifer Begin While many are aware of The Boys

and Girls Club of Spryfield, most don't know anything about the amazing



Jayda, Emily & Trisha recently raised enough money at their bake sale to save a tiger through the

kids that attend this not-for profit after school program. The club first opened its doors back in 1997 and has been providing support and programs to the community ever since. Every Boys & Girls Club follows the same core values of inclusion, respect & belonging, empowerment, collaboration, and speaking out, and the Spryfield club is no exception.

It would be easy to list the wonderfully diverse programs offered at 11 Aldergrove Road, but it would be even better to tell you about the amazing children who not only benefit from the programs, but contribute to them every day. Whether the children are learning about healthy eating, fractions, or teamwork in the Cooking Crew; learning new ways to express themselves through art projects, or improving their reading and math skills at Learning Links; the children are constantly engaged and add so much to each program.

With ages ranging from 5 to 11 and several older youth dropping by, the programs aim to be diverse, engaging, and collaborate with its participants as much as possible. Being active and incorporating healthy choices is a major

(See It Takes a Village on page 10)

Easter Sunrise Service

Easter is a very special time in the Christian calendar. Many of you may have attended the Sunrise Service at the Dingle in recent years. Again,

this year, St. Paul's United Church in Spryfield will be celebrating with a Sunrise Service at the bandstand at the Dingle. Please note, this is not quite the same spot as in other years. Don't feel you have to be a member of the church in order to attend. Dress warmly and bring a lawn chair if you wish. The service will be held rain or shine. After the service, join us for a light breakfast

at the church. Of course, Easter Sunday is the celebration of the risen Christ. Leading up to this is a week of services that remind us of the arrival of Jesus in Jerusalem, the Last Supper on Maundy Thursday and the crucifixion on Good Friday.

The Maundy Thursday Service is a communion service. Although the exact origins of this name are unclear, some believe the word maundy is derived from the Latin word mandatum which means command. On Maundy Thursday we remember the new commandment Jesus gave to his disciples, to love one another. Others say it stems from the Latin word mundo meaning wash recalling how Jesus washed the

BEAVER

Why is the Province Turning its Back on Key Programs?

by David Sampson

In this time of painful cuts to the education system, you would think government would grab any opportunity to save money without adversely affecting the education of students.

What if I were to tell you that a program exists that can better serve a segment of the school population, and at the same time free up teacher time and classroom resources and save a significant amount of money? You would likely think this isn't possible. But it is. And it is happening now in at least four locations in the province.

I am referring to Designated Special Education Private Schools (DSEPS). "Private" is a misnomer if it leaves

the impression these are schools for children of the "well off" or funded completely by the parents. In fact, the Education Department, through school boards, supports tuition to these schools for students who meet certain criteria, including a diagnosis of a learning disability.

Each DSEPS has its own criteria for acceptance and, depending on their strengths, works with a slightly different group of students. What they have in common are results. Each school provides vulnerable students with support and an atmosphere that allow them to learn at an appropriate pace and in a way that fits their individual needs. The students feel safe and accepted in a way many of them have never experienced in the public system and this allows them to reach their potential, whatever it may be.

Before getting to the money issue, there is some background that has not been adequately communicated to the public and that I believe is necessary to have an informed opinion.

- 1. A learning disability is a lifetime condition that can vary from severe to mild and anywhere in between.
- 2. Learning disabilities are often found in conjunction with other disorders and disabilities, such as anxiety disorders or multiple LDs.
 - 3. Many people with LDs have gone (See Why is the Province page 2)

A mortgage broker can

(See Easter on page 2)







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Why is the Province Turning its Back

(continued from page 1) on to be very successful. Look online. Some of the people you find may astound you.

4. While staff and teachers in the public school system are trying very hard and should be commended for their work, they are simply not provided with the resources or training to give many of these children the attention and help they require reaching their potential.

5. The cost to the public of not getting students at least through Grade 12 is staggering.

It is estimated the loss in tax revenue is in the hundreds of thousands of dollars in each individual's lifetime and that those without Grade 12 cost health care and social services 20 per cent more than those with a high school diploma. More than 50 per cent of people incarcerated report having LDs and it is expected the actual number is higher.

The obvious thing would be to invest in these children, so they become happy, productive members of society. Even if there is some extra cost now, supporting children at DSEPS actually saves the taxpayer money.

The amount transferred to a DSEPS for the child is based on a calculation of the average cost to have a child in the public system. It is a transfer, so it costs the taxpayer no additional amount. In most cases, the rest of the tuition, services, transportation and everything else are covered by the parents.

If these children were to remain in the public system and if they were provided with the level of support they require and are legally entitled to, the cost to the taxpayer would be much higher.

So, the tuition support program is good for everyone. It saves money, frees up resources and teacher time in schools, and most importantly, it allows these extremely vulnerable students to get an education that will help them reach their potential in an atmosphere that feels safe and accepts their differences.

Now comes the fly in the ointment. The Education Department and the government have decided that, even though LDs come in many forms, severities and combinations, and are life-long, they are going to treat them all the same and limit DSEPS support to a maximum of four years.

But most children are not diagnosed until they are at least two years behind in school; more if their parents can't afford private testing as it can take nearly two years to see a school psychologist. This means the DSEPS have four years to work with children to bring them up

disciples' feet at the Last Supper. At

the Maundy Thursday service, we will

celebrate the Lord's Supper and we will

also re-enact Jesus' symbolic gesture

of washing the disciples' feet. At this

service you will have the opportunity

to participate in hand washing or foot

washing if you wish. You might want

to dress appropriately, e.g., pants, san-

Easter At St. Paul's United Church

al Worship Service for Palm Sunday.

Sun. April 1, 11:00 am: Intergeneration-

(continued from page 1)

dals or shoes with socks.

to grade level, teach them social skills if needed, set them up with strategies and accommodations, and teach them how to use them when they go back to public school. To expect this miracle is frankly ridiculous.

In short, we have a program that is working, is saving the taxpayer money now and even more money in the future. Instead of embracing it, the government is limiting it and making it one-size-fits-all.

This decision is not backed up by any scientific study. The opposite is true, according to studies commissioned by the government. This policy is misguided, unethical, a violation of these children's rights and detrimental to the province as a whole. I would also hope it is counter to the principles of the governing party, and will be reversed. But time will tell.

David Sampson is chair of EEANS (Equal Education Association of Nova Scotia).

Thurs. April 5, 7:00 pm: Maundy Thursday Communion Service. Fri. April 6, 7:00 pm: Good Friday Service.

Sun. April 8, 6:30 am: Easter Sunrise Service at the Bandstand in the Dingle Park, followed by a light breakfast at St. Paul's. Please bring your own chair if you would like a seat. The service will take place at the Dingle rain or shine. Sun. April 8, 11:00 am: Easter Celebration. St. Paul's United Church, 173 Old Sambro Rd. 477- 3937 www.wondercafe.ca/churches/

stpauls-spryfield

Obelman News

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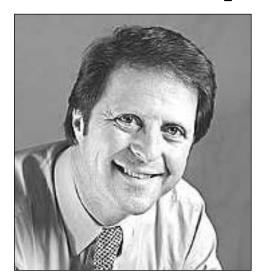






Chebucto News • March 2012

Chebucto Update with Mayor Peter Kelly, Halifax Regional Municipality



Hello again. Today, I'd like to discuss two important issues, one of which has been in the news a lot recently and the other is likely to be shortly.

The transit dispute: As everyone is aware, HRM and its transit employees have been at odds over a new three-year contract. Money is the issue with the two sides almost \$7 million apart, resulting in a strike that has idled the buses and ferries.

The union wants to take the dispute to binding arbitration but HRM prefers a return to the bargaining table with a conciliator present.

Here's what's at stake: HRM cannot afford to continue paying the amount of overtime caused by Metro Transit's present inefficient system of shift scheduling, which the union favours. It can lead to as many as 80 shifts not being covered which means drivers must be called in, boosting the overtime bill. In the last four years alone, taxpayers have forked out \$5 million in driver overtime, in addition to the annual \$36 million subsidy they pay for the transit system. This cannot continue; we must introduce a more efficient, cost-conscious way of operating Metro Transit.

Council and I are not convinced that binding arbitration would lead to a positive outcome for HRM - quite the opposite. We believe this method of disputeresolution favours the status-quo and therefore Metro Transit will not get the changes so urgently needed. It is our opinion that there is a built-in bias and we would be ill-at-ease playing blackjack with taxpayer dollars or the future of Metro Transit.

We respect the collective bargaining system and prefer a negotiated settlement. For that reason, we have stood ready to return to the bargaining table. Budget discussions: Council and I are hoping to be well-advanced by now in our deliberations on HRM's 2012-13 capital and operating budgets and related tax rates. (You might be interested to know that there are different general tax rates for urban, suburban and rural dwellings and businesses.)

Staff has already presented Council with a discussion paper with a recommendation that the average tax bill for singlefamily homes not be increased from last year. I support this recommendation and want to assure you that we will be aiming for at least a hold-the-line outcome. It would be even better if we could actually decrease the tax rate in order to offset the 3.9% provincial cap on increases to assessments on residential properties. (Some 83% of HRM homeowners have this cap in place.)

Whatever happens, the unfortunate fact is that we do not get to keep all the property tax. The law says we must forward almost 27% of your property taxes directly to the province for supplementary education funding, corrections, housing, and assessment services. Let me put this in perspective: in HRM, the typical residential property bill is \$2,375 of which HRM must forward about \$780 straight to the province without any discussion or input from us whatsoever. It's simply – gone!

Making things even harder to swallow, the provincial and federal governments benefit from numerous revenue streams to which municipalities don't have access,

including personal and corporate income taxes; sales taxes; lottery proceeds; etc., etc.

In a nutshell, for every dollar you pay these days in some form of tax, the federal government gets 45.3 cents and the province takes 46.3 cents, which only leaves about 8 cents for local government. With such a small share of the tax dollar, HRM must constantly seek economies and efficiencies in its operations because even the income from transit fares; deed-transfer taxes; parking; licences and permits; recreation fees; and parking meters doesn't stretch very far in meeting

existing and future needs.

If you'd like to learn more about where your property taxes are spent, I encourage you to visit http://www.halifax. ca/revenue/Documents/Howyourtaxdollarsarespent.pdf.

I assure you that Council and I are making every one of your tax dollars

I welcome your feedback on this or any other topic relating to our community. You can contact me at kellyp@halifax. ca or www.peterkelly.ca or by phoning

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ANGIE GRAY

MONTHLY MEMBER PROFILE

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Recycling refresher

by Carolyn Mont

We recycle. Everyone is required to recycle but many of us are not sure of the finer points of recycling. Do we leave the tops on bottles? Do we leave the lids on empty margarine tubs? Can this plastic go in the blue bag or does it go in the garbage? Can this container be recycled or not? Did you know that for a number of years, HRM has been a leader in waste reduction? Do you know how much it costs to operate a sanitary landfill?

Perhaps you are one of those people who knows the answers to the above questions. If you do, you are in the minority. Marcel Maessen knows all the answers. He is HRM's Waste Reduction Officer and will be speaking at a public meeting at St. Paul's United Church on Tuesday, March 27 at 7:30. This meeting is co-sponsored by the United Church Women and St. Paul's Green Team.

The Green Team has a regular monthly bottle drive on the third Saturday of each month. If you have cans and bottles you want to get rid of, you can bring them along to the meeting with Marcel Maes sen. Marcel is an entertaining speaker who has important information for us in

Plan to attend. Light refreshments will be served.



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DISCOVERING OUR PAST



Oral history of Yeadon family becomes reality

by Iris Shea

The Yeadons of Nova Scotia descend from John Yeadon, a young and inexperienced farmer from a town called Yeadon in England when he arrived in Rawdon, Nova Scotia, in 1783. He purchased several lots of land there over a period of 10 years.

An oral history passed down in the Yeadon family was recorded in 1948 by John Yeadon's great greatgranddaughter, Ruth (Havill) Brunt. It was difficult to find documentation for what was written about John Yeadon in this oral history. Most family researchers, however, will agree there is usually an element of truth in most of those stories past down through the generations.

Ruth (Havill) Brunt was a young school teacher in Harrietsfield in 1915 when she met and soon married Frank Brunt. She remembered stories told to her by her grandmother, Jane (Umlah) Yeadon...stories passed down by earlier Yeadon generations. Why did John Yeadon leave England and settle in Canada? The family history says he was out one night with his fiancée and returned home to find his mother and young brother murdered. The murderer was caught and "hanged on a tree near his home". The story goes on to say that Yeadon became so disillusioned that he left England for Canada. "One day he was burning off brush when the boat arrived from England carrying his fiancée and her lady companion. When Yeadon came to meet her and took her in his arms, she fainted. She really thought she had come to the wrong man as she had always seen him dressed as a gentleman".

Little is known of John Yeadon's wife. The oral history gives her name as Elizabeth McIntosh. In an 1811 petition John Yeadon stated he had relocated to Harrietsfield following an unfortunate fire in Rawdon in which he lost his house and belongings, was reduced to poverty and forced to take up residence in a small hut for nine years. During this time his family increased to three sons and one daughter. He then moved to Harrietsfield, intending to return to Rawdon when



William Yeadon of Spryfield with his wife, Mary Ann Umlah and youngest son, William Pallister. *Photo courtesy Shirley Goulden*

his sons were old enough to help him. It would appear that misfortune followed him to Harrietsfield. John and Elizabeth Yeadon's three sons, Samuel, John and William, and one daughter, Charlotte, were born in Rawdon and, following their move to Harrietsfield, twoyear-old Charlotte died of smallpox in 1800, and seven year-old John died in 1801. Both are buried in the Old Burial Ground in Halifax. Their eldest son, Samuel, disappeared from Nova Scotia records after 1813. The Yeadon name lived on, however, in John and Elizabeth's son, William (1795-1849). John Yeadon died in Rawdon in 1834 but no further record was found for his wife. In his will, John Yeadon mentioned his son, William, as his only surviving heir.

Recently, Jennifer Smith, a Yeadon descendant, was exploring websites on the internet and came across a story in a British newspaper, dated July 3, 1779, which provides documentation for some of the Yeadon oral history.— "Early in the morning of 3rd July 1779, a horrid murder was committed at Scrooby toll bar, by John Spencer, who, after play-

ing at cards with the keeper, William Yeadon, and his mother, then on a visit, returned to the house, and after gaining admittance under a pretence that a drove of cattle wanted to pass, killed both his victims with a hedge stake, after having got what money he could find, and was dragging the body across the road towards the river. Mr. William White, of Copthorne, in the parish of Laxton, who was preceding a waggon loaded with wool, on their way to Doncaster, rode up, and the murderer jumped over the river and

escaped, but was taken in a few days and executed at Nottingham Summer Assizes, and afterwards hung in chains on a gibbet".

The burial register for Scrooby contains the following two records: "on 3 July 1779, Mary, wife of Samuel Yeadon; on 5 July 1779, William, son of Samuel Yeadon." Scrooby is a small

village in South Yorkshire, England. Newspapers reported that when William Yeadon and his mother were murdered, Samuel Yeadon, William's father, was the tollbar keeper in the neighbouring village of Dunstan.

A later account of the crime said: "A horrid murder in the parish must, of course, be recorded. It was in 1779 when William Yeadon, the keeper of Scrooby toll-bar, and his mother were murdered for plunder, by John Spencer, who came from North Leverton, and who, in trying to dispose of one of the bodies, by throwing it into the river, was discovered, escaped, was apprehended, tried, executed at Nottingham, and afterwards his body was besmeared with pitch and tar: hung in chains on a gibbet, which remained for more than sixty years to tell its tale of vengeance for wrongdoing. Of course the creaking cage and bleaching bones occasioned the haunting of the place by either disturbed spirits, or morbid sight-seers."

Stories of the Yeadon murders may be found at http://www.nottshistory.org.uk/articles/mellorsarticles/scrooby5.htm and at http://books.google.ca/books?id =mo4NAAAAIAAJ&printsec=frontcover&output=text

William Yeadon of Spryfield, shown in this 1879 photograph, was the grandson of John Yeadon of Rawdon, NS, and the great-nephew of William Yeadon who was murdered at Scrooby 100 years earlier.





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Letters To The Editor

THANK YOU

Members of the Earl Francis Spryfield Memorial Legion, Branch 152, would like to thank all businesses and people who donated generously and made this Poppy Campaign a great success.

Due to the heavy rain this year several parades in Halifax Regional Municipality were cancelled but Branch 152 was able to conduct the Remembrance Day ceremony successfully outside in the back of South Centre Mall. This was due to the magnificent kindness of the mall manager. There were approximately 400 people in attendance at the ceremony which included the stimulating performances of the Dartmouth Pipe and Band Corps, the JL Ilsley High School Band, the Spryfield Girls Choir, Air Cadets, Scouts and Cubs. All in all it was outstanding.

Once again Branch 152 will be able to help community veterans and their spouses financially and improve their lives.

As you most likely know from the information supplied during the Poppy Campaign, money collected does not belong to the Legion but to a trust fund used to improve life for people in our community.

It is used for:

- 1. Providing assistance to needy exservice members and their families;
- 2. Purchasing medical equipment and appliances for community health facilities;
- 3. Paying for medical research and

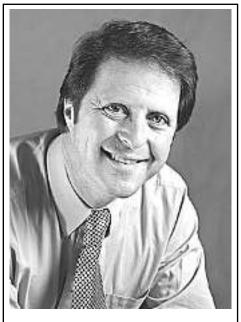
training;

- 4. Building affordable housing for veterans and senior citizens;
- 5. Paying for bursaries for needy students; and
- 6. Providing support services to senior citizens.

Letter to the Editor

I can't imagine where Chebucto Connections would be without its volunteers. And all with such different views and abilities! This was very clear when board and staff got together on Saturday, February 18 to plan for the continued growth and development of Chebucto Connections. With close to one

hundred volunteers, people are helping us with their heads (such as our volunteer board of directors providing direction and leadership, and our many tutors supporting students in our Pathways program). People are also helping with their hands (the practical assistance of Katimavik volunteers in our office, Dalhousie nursing students working on community food security, and Dalhousie planning students focussed on the built environment). And people are helping Chebucto Connections with their hearts (our volunteer mentors in Pathways, our Community Kitchen facilitator, and all our volunteers because they care). So thank you to everyone, particularly our staff who recruit, train, and support our volunteers. We are well positioned with a wide range of skills and lots of passion to move us forward.



Peter Kelly, Mayor

Halifax Regional Municipality



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10 ways to survive March Break... Stress busting tips and fun activities to help the boredom

by Bobbi Jo Ferguson-Hill, RMT Tranquil Moments Massage and Body Treatments

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If you are one of the many families that are unable to turn March break into your family vacation you may be stressing over your little angels' week off, and dreading the all too familiar statement... I'm BORED! Here are some guidelines and activities to keep everyone sane.

- 1. Invite and encourage your kids to be involved in the planning of the week. You may be surprised at what they come up with and how they want to spend their time.
- 2. Limit their "screen time". Set clear guidelines on when and how long is appropriate to spend on the computer, gaming and watching TV. When children are entertained by electronics for too many hours a day they begin to rely on those things to entertain them. They may lose their ability to connect with their own imagination.
- 3. Don't over-schedule. Sometimes doing nothing is ok too. Allow your kids to have some time to recharge their batteries.
 - 4. Don't get caught up in your kid's



The family that plays together, stays together

BIGSTOCK PHOTO

boredom. Instead of responding to "I'm bored" with, "Go find something to do", try and give them some 'tools' they can use to amuse themselves. Grab a piece of paper and a pen and brainstorm. Encourage, or even challenge, them to generate their own ideas of things they can do. If you have more than one child encourage them to help each other with their activity list.

5. Have fun. Set some time aside from your busy schedule to reconnect with your kids. And enjoy it!

Now that we have some guidelines

in place, let's look at some activities to help us through the week. As promised here are five activities to help relieve the boredom and keep stress levels down.

- 1. Help them become reacquainted with their imaginations. If they are crafty hit the dollar store for some fun new supplies. Not crafty? No problem. Build a fort in the dining room with sheets and the table, or get outside and explore the back yard.
- 2. Let them take control. Allow each child to plan a day for the entire family.

This doesn't have to be expensive. Just work with what you have.

- 3. Go on a household treasure hunt (this works for any age). Grab a list of things to find (the kids can help make this up) and allow them to use your digital camera (or phone). This works best with more than one camera and at least two kids, but can be done with one child. This will give you a few minutes to yourself and help you to see things from your child's perspective. My kids always bring back totally different pictures when I give them the same list.
- 4. Have a games night. This can be board games, charades, or even your child's favorite video game. Playing what they want allows you to step into their world and shows them you care about their interests.
- 5. Need to get out of the house for a while? Play tourist in your own town or community. Let your children be your tour guide. Older children can even do some online research before the trip!

So the kids have been entertained and now they are tucked into bed... until tomorrow. Time to make sure your stress level is tended to as well. Take a hot bath with some candles. Read a book, go to bed early...whatever charges your batteries. For tomorrow is a new day of 'March Break adventure'!

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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

GALLANT, Matthew Russell- 24, Halifax. It is with heavy hearts and the greatest of sadness that we announce the passing of our beloved son and brother; Matthew on January 25, 2012. Born in Halifax, he was the son of Tracey Gallant and Steven Smith. Matthew was a hard worker and was working, at Fisherman's market for many years as a Commercial Fisherman out of Sambro. His big heart, humor and light will live forever in the hearts of those he touched and the many friends he made. Together we shared a love whose height and depth cannot be measured. He will be lovingly remembered by his mother and father, brother Steven Smith Jr.; maternal grandmother, Deborah Gallant(Ryan); paternal grandmother, Helen Smith (Gray) and great -grandmother, Minnie Smith; aunts, Nicole Gilkie (Gallant), Marcia Feltmate(Smith), Patricia Dempsey(Smith) Judy McGrath(Smith) and many cousins. He was predeaceased by both grandfathers, Russell Gallant, and Douglas Smith. Arrangments were under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601). A celebration of Matthew's life with a funeral mass took place at St. Michael's Roman Catholic Church, Spryfield on Tuesday, January 31 at 11 a.m. with Father Frank Pellerin officiating.

Reception followed in the church hall. Donations in memory of Matthew may be made to the charity of one's choice.

WHITEHEAD, Mable Marie – 84, of Spryfield, passed away at home on January 27, 2012, surrounded by her family. Born in Halifax, she was a daughter of the late William George Hampton, (Poole's Island, N.L.) and Christina Marie (MacArthur) Hampton, (Inverness). Mable married the love of her life, Arthur Wesley Whitehead in 1946. In 1947 they started their family. Mable was a stay at home mom for many years before she decided to go to work. Mable is survived by her children, Sandra, Harrietsfield; Stanley (Charlene Sleep), Halifax; Heather Whitehead, Spryfield; Valerie Blackmore (Carl Burgess), Fall River; Beverley (Busch Dubay), Timberlea and David, Harrietsfield. She is also survived by 10 grandchildren; 16 great-grandchildren; one great greatchild; brother, Patrick (Minnie Lynch), Hammonds Plains; sister, Florence Hampton, Halifax; sister in-law, Jessie Hampton, Spryfield; many nieces and nephews. Mable was predeceased by her husband, Arthur; parents William and Christina Hampton; brother, Frederick Hampton; son in-law, Rene Quigley; daughter in-law, Elisa Whitehead. Cremation has taken place under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. Funeral service was held on Thursday, February 2 at 10 AM in Emmanuel Anglican Church, 322 Herring Cove Road, Spryfield, Rev. Diana Brett-Frye officiating.

SMITH, (Gilkie) Minnie Viola – 100. It is with heavy hearts that we announce the passing of our beloved Mother and Nanny. Born November 9, 1911 in Sambro, she was the daughter of the late Alexander and Annetta Gilkie of Sambro Island. Minnie was the devoted matriarch of a large family that included 19 grandchildren, 33 great grandchildren and 16 great great-grandchildren. Minnie was the last of the original keepers family of Sambro Lighthouse, and spoke often of going 'home' to the island. She was a gifted seamstress, and enjoyed making beautiful clothing for her children and grandchildren. She was also an avid baker and loved treating her family to her pies and bread. She is survived by daughters, Valerie Henneberry (Wolfe Felgemacher), Agnes (Daniel) Henneberry, Richard (Gail) Smith and Larry "Bubby" (Loraine) Smith, son-in-law Bill Henneberry and daughter-in-law Helen Smith. She was predeceased by her husband, Ralph Smith; daughter, Marion Paul; son, Douglas Smith and son-in-law, Douglas Paul; brothers, Bill, Angus, Albert, Robert, Howard, Edward, Alexander, Charles and sisters, Mabel, Hilda and Lottie. A special thank you to the staff of Melville Lodge for their kindness to Minnie's family during this difficult time. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax. Funeral service was held on Friday, February 3rd at 2 PM in St. James United Church, Sambro, Rev. Keltie van Binsbergen officiating. Family flowers only. Donations may be made to St. James United Church, Sambro.

PAYNE, John Basil - 69 passed away suddenly at home on Wednesday, February 8, 2012. Born in Spryfield he was the son of the late Clifford and Genevieve (Warren) Payne. He worked as a Sheet Metal Foreman and Superintendent for more than 30 years and was very proud of his contributions and to the Trade and many industrial and hospital projects throughout Nova Scotia and New Brunswick. After retirement he pursued a few small business ventures. He enjoyed fishing, baseball, watching his grandchildren's sporting activities and one of his favorite pastimes was sharing an ale with his friends at the TBR and his long time friend Bob. Basil was a loving husband for 48 years to Helen (Cook), and father of Angela (David); Clifford and Belinda (Sean), cherished grandfather to Brian, Chelsea, Brady, Patrick, Michael, he is also survived by his loving sister, Sandra (Edward) and brother, David (Sis), many in-laws, nieces and nephews. He was predeceased by sister-in-laws, Madeline, Claire, and brother-in-law, Richard, Art and Mick. Arrangements (See Obituaries on page 14)

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All to be featured in April's Chebucto News!

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Getting the Most Out of March Break

by Carrie Forbes

March is not always a favourite month in Nova Scotia. It's a month that teases us with the warm promise of spring only to slap us hard with ice and sleet. It may not be quite warm enough to begin working in the yard, or cold enough to go sledding. It's a month that doesn't know what it wants to be. But for those in their school years, it's a month to rejoice, for that wonderful week long tradition of March Break is theirs.

March Break is known elsewhere around the world as Spring Break, Reading Week, or Easter Week, depending on where you live. The most common story of its beginnings traces back to 1935. The story centres around the coach of the Colgate University swim team; he was concerned that the athletes were getting out of shape during the Christmas break. The father of one of these students suggested that the team practice at a new pool facility in Fort Lauderdale. The team did just that and everything went, well, swimmingly. Soon, word got out about this fantastic spot for Northerners to go in the spring, and the tradition caught on in schools all over North America. Eventually, other countries such as the U.K., China, Japan, and Mexico would also offer a spring reprieve to students. Although a much needed period of rest, it can be a daunting week for parents looking to keep their kids busy. It's no wonder Brazilians call it "boredom week"!

So, for those of you not going to Fort Lauderdale, or any other southern destination, here are a few suggestions to help avoid 'boredom week':

The Spryfield Boys & Girls Club is holding "Amazing March Break Camps" for children 5-12 years old. The theme of the week is "All About Celebrations", and will include activities like swimming, arts & crafts, and sports games. The camps run from 8:00 - 5:30, March 12 - 16th, and cost \$100.00 for the week for members. Non-members can also register for a fee of \$25.00. Spaces are limited, so contact the Boys & Girls Club at 477-9840 for further information.

The Captain William Spry Library has a full roster of free events for kids ages 2 and up, starting Saturday, March 10th at 11 a.m., with an all ages puppet show featuring The Paper Bag Princess. Other events include Film Fun for ages 2-7, Ready Steady LEGO for those ages 6-10, movies, magic, and an all ages music show with Jamie Unger. Teens can also take advantage of Teen Drop-In sessions as well as a talent show. For more information and to check out the schedule, contact the Captain William Spry Library at 490-5796, or www. halifaxpubliclibraries.ca.

The Spryfield Lion's Rink will be hosting its 10th annual Rene Quigley Memorial Bowling Tournament on Sunday, March 11th at the Spryfield Bowlarama. A great way to kick off March

Break, the tournament helps to raise funds for the Spryfield Boys & Girls Clubs. To enter a team, contact George Myles at 477-5466. In addition, the Lion's Rink will be posting its March Break schedule; you may want to check out tournaments and family skates for the week

The Harrietsfield Williamswood Community Centre will also be holding March Break camps. Further details will be forthcoming; please contact the Centre at 477-8749 for details.

There are also plenty of free outdoor

activities for kids and parents to take advantage of, weather permitting. A stroll or skate at the Frog Pond on Purcell's Cove Road or Roach's Pond on Herring Cove Road are always popular. The skate/bike park at Captain William Spry Community Centre will help the kids burn off a ton of energy, and if it's just too nasty outside, a refreshing family swim, or a string or two of bowling can also fit the bill. With these options available, there really shouldn't be many shouts of 'I'm bored!'. Then again, you can always use my mother's trick - tell them that the bathroom needs cleaning.

Happy March Break!

The Dance was a Sport

by Sarah Boyle

The students at J.L. Ilsley celebrated their second dance of the year on February 9th, curtsy of The Bounce Gives Back. The Bounce Gives Back competition challenged schools to bring in as much food as possible over the winter months, and promised the school with the most food a free dance. J.L. Ilsley won with an amazing 8049.4 pounds, making them the winners of the free dance!

They had saddled up with a western themed dance during the previous semester, but this time, students decided to go for a sports theme. Decorations included large paintings of various sport balls and equipment, and even some enlarged portraits of sports players such as David Beckham. Many of the girls were sure to get their picture taken with his image.

The students found it easy to dress up for this themed dance as well. "I like this theme because it is simple to dress up for. I mean, everybody at least has a pair of shorts that they can wear, or lipstick to draw lines on their face with," One student commented.

There were other benefits to the sports themed dance too. Many of the students sported their own school's spirit wear, jerseys and other clothing items with J.L.'s logo on it. "It really shows how J.L. Ilsley is an active school," said one of the students who attended. "Everybody has dressed up. A lot of (See The Dance was a sport on page 13)



Jill Hann

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"It Takes a Village"

(continued from page 1)
aspect of the club and every day the
members enjoy a healthy snack and
have a variety of fitness related activities
to pick from. Many times the children
will develop their own program ideas
for the day, then recruit other members
to join and collaborate with a Leader to
help facilitate. Understanding the community and being a part of nature has
been a recurring theme with many club
members, and as a result they spend
hours on nature walks along Long Lake

and other areas of the community.

The Boys and Girls Club is all about empowerment and that shines through every time the children and youth want to hold a fundraiser for their favourite charity. The desire from these children and youth to become engaged and give back is enormous and they always have a new fundraising initiative in mind. Most recently, club members raised enough money to save a tiger through the World Wildlife Foundation and, currently, there are several fundraising ef-



forts in the works to save other animals and raise funds for club outings.

Fundraising has always been a challenge for the club, and with so many new initiatives in the works additional funding is needed now more than ever. Owning or having access to a bus to transport members to off-site activities is one of their biggest obstacles, but would be one of the greatest rewards. Recently, the club has set up its website, bgcspryfield.org, to attract donor-based fundraising efforts in hopes of securing sponsorship for every child. A minimal monthly donation would make all the difference for a child or youth that otherwise may not have access to these amazing opportunities. This club is helping to shape the new generations of leaders, educators and visionaries and with the community's support, we owe it to those children and youth to help get them there.

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"I have travelled from the valley to Shelburne for my services... and will now travel to Halifax to see her at her new salon."

—S. M. of Windsor

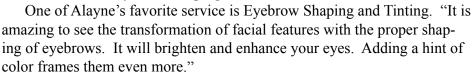
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and foot care, and eyebrow shaping.



Since graduating from L'Institute Jon Raymond in 1986, Alayne has worked in many capacities in the aesthetic field from salon and spas to serving as President and Secretary of her Electrolysis Association. Her dream was fulfilled by opening Mirror Image as a small home-based business in Shelburne which grew over 17 years to become a Full Day Spa with Massage Therapy, Infrared Sauna, Tanning, Aesthetics and Electrolysis. As a native of Spryfield, moving back to Halifax after many years is giving her the opportunity to be with her family and begin a new tradition of opening a business as her father had....Purcell and Son's Barber Shop.

"I am excited to be back to the area and start another chapter of my life. After running a very busy spa, my focus is now to provide something different for clients — a service that is completely personalized to care for their individual needs — one to be remembered and enjoyed."



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Reg Horner Memorial Chebucto News Sports Page

Master Doug Large and Chimo Taekwondo club reach high levels at black belt test

by Lorrie Boylen Photographs by Natasha Poirier

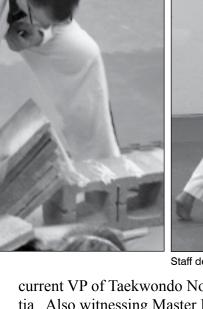
The Chimo Taekwondo club reached another milestone at its December 10th black belt test. The club celebrated four new 1st Dan Black Belts: Yvette Steeves, Carl Davis, Christopher Davis, Ryan Davis and four new 2nd Dan Black Belts: Tormod Davis, Jacob Scanlon, Brett MacDougall, Morgan Zwicker. Later that same day Master Doug Large successfully achieved his 5th Dan Black Belt.

The black belt test is considered one of the toughest around. Students fast for 12 hours, then do a fitness test, demonstrations of all the kicks learned from white to black belt, self defence techniques, traditional forms, sparring and board breaking. Each student finished by breaking a concrete brick. All students performed to the highest standard and Master Large and Master Stephan Poirier were extremely proud and pleased with everyone's efforts.



Six brick power break demonstration

Master Doug Large tested in front of Master Joe Wagner, 7th Dan, who has been Canada's national head coach and has produced many national and international medalists, and Master Robert White, 7th Dan, successful national and international coach, former VP of Sport for Taekwondo Canada and



Staff defense demonstration

current VP of Taekwondo Nova Scotia. Also witnessing Master Large's achievement were the students and families of Chimo. It was the culmination of many years of practice and training and included the participation of every one of Chimo's black belts, with more than 20 senior students coming out to participate in

the event.

Master Large demonstrated all the Black belt forms from 1st-5th Dan, advanced self defence techniques including armed and unarmed defence against multiple opponents who were also armed and unarmed. He performed numerous board breaks including a front kick 7 feet in the air, speed and complex combination breaks, and finishing with several power breaks: an overhead punch through two flaming bricks, an elbow smash through three bricks and finally a palm heel strike through 6 bricks.

Masters White and Wagner were extremely impressed with both the amount of training and preparation undertaken by Master Large, as well as the degree of participation by the students of Chimo Taekwondo. Both Masters concluded the event by stating they will be honoured to endorse Master Large's application for 5th Dan

There are ten belt levels between white and black and a further 10 levels of black belt. In most of the martial arts the attrition rate for students between white and black belt is 85% to 90%, with the attrition rate from 1st to 2nd Dan being even higher. Achieving the rank of 5th Dan and above is considered very rare and highly regarded.

Master Large wishes to deeply thank all the students and families of Chimo, who have drawn together as part of his larger family to make this achievement possible. In addition, he profoundly thanks Masters White and Wagner, who have been great supporters of his practice over the years.



JR MINIS RIDE THE EXPRESS TO THE TOP!

Mainland South Express Jr. Mini Boys captured the Metro Basketball League Division 2 Championship with a 65-35 win over Canadian Martyrs. An offensive explosion which was the result of a total team defense led to the overall victory. The team members are: Back left, Coach Sean Macdonald, JT Hartling, Aiden Macdonald, Tyler Dawson, Matt Morash, Jack Sampson, Coach Todd Umlah, Front Left, Isiah Manuel, Brock Townsend, Gabe Walters, Jayleigh Bryan, Kirk Kline. Thanks to the numerous parents and fans who contributed to the success of this team.

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Supporting Halifax's small and medium sized businesses

As innovators and generators of ideas, local entrepreneurs power economies. For my own part, I can't imagine Halifax without its local businesses. By buying and hiring locally, these entrepreneurs create economic domino effects in their communities, meaning local economies become more agile and more vibrant. Small and medium sized businesses provide more than just services - they provide local knowledge and know-how, and most importantly, they keep people in their home communities. Halifax would be a very different place if our streets weren't lined with local

The key to a strong Canada is strong local economies. Federal legislators must keep a watch on the health of our small and medium sized businesses, and ensure that they are being supported with smart, creative legislation that will allow them to compete and thrive. For too long we have allowed our local businesses to get pushed aside by big box stores and massive conglomerates. The negative effects have been felt by our town centres, local job growth, and regional development. This needs to stop.

restaurants, vendors, and businesses.

Spryfield is a community located in a strategic area of Halifax, attracting families and instilling a sense of positivity in the region through a flourishing set of young entrepreneurs. These business owners are benefiting from a great organization called the Canadian Business Development Centre, which provides financial assistance, training and other great services to entrepreneurs through the Atlantic Canada Opportuni-

Last year I was delighted to attend a round table discussion organized by the Spryfield and District Business Commission, another group helping to promote and support local entrepreneurship. The SDBC's vision and mission statement is to "Advocate the interests of local business in building a stronger community." The Commission measures its success by the partnerships and relationships established in the community. The event was a big success with fantastic participation from around Spryfield.

Between the CBDC and the SDBC there are countless opportunities for

community members in Spryfield to start up their own businesses, or to gain support in growing already established businesses.

By Megan Leslie, MP for Halifax

We can build a stronger and more economically stable Canada by taking smart, practical steps that grow our economy and create good, long-term jobs. Currently, for instance, the NDP is calling on the federal government to regulate excessive transaction fees charged to small businesses by credit card companies, to reduce the cost of doing business.

The NDP's proposed investments in infrastructure would also enable local businesses to become more competitive. With such an increase in funding, new jobs could be created in every Canadian community, particularly if complemented by a tax credit to assist in hiring new employees.

We need to promote programs like the ecoENERGY home retrofit program, recently cancelled for little reason beyond the short-sighted ideologies of the Conservative government. This program helped Canadian families increase the energy efficiency of their homes through financial relief for renovations and upgrades. What's more, the program created quality jobs in every community in Canada. For every dollar of public money invested, ecoENERGY created 10 dollars in private economic output.

Talk about good value for money. Energy efficiency projects create jobs. improve the economy, and reduce our environmental impact by reducing energy consumption. It is a win-win for Canadians, and the program must be revived and extended for the long-term. Another smart way to create local jobs is to establish a national home care strategy that allows Canadians in need of care to receive that care at home. This measure would greatly improve quality of life for many Canadians while significantly reducing health care costs by keeping acute care beds for those who need them most.

While creating employment for home care professionals, a national home care strategy would also mean that family

members would be fairly compensated for providing care to loved ones, and for their part in reducing waiting lists for hospital beds, making our health care system more streamlined and responsive. Such a program would create jobs in every community in Canada and would save tax-payers money. This too is a win-win federal policy.

The NDP is a leader in promoting smart job creation policies and I'm delighted to announce that Raymond Côté, MP for Beauport-Limoilou, the NDP's small business critic, will be in Nova Scotia this spring to discuss the challenges that small businesses are facing in this challenging economy. With the economy still finding its feet, the NDP will continue to push for policies that allow for small business growth for generations to come, both in the local and global markets. If you have any questions or comments, please do not hesitate to write to me at megan. leslie@parl.gc.ca or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

Community Support Urged to keep Central School Open By Stephen Adams, HRM Councillor, District 18

In my last column, I discussed the "Aid to Municipalities Programme." This is a provincial initiative which provides assistance in paving gravel streets and roads. The province pays for half of the paving and abutting residents pay the other half. HRM administers the programme.

On January 31, Regional Council approved the list of streets to be forwarded to the province. These streets are Honey Court, Grover Drive, Oakwood Drive, and Maplewood Drive in Williamswood, Mercury Drive in Harrietsfield, and Willow Road in Sambro Head. I wanted to make sure these were approved by Council before the street names were published. I apologize for any anxiety this may have caused.

Last year, we held two meetings throughout our district to discuss the potential paving of streets, payment

options pros and cons, and other points of interest. The intent of these meetings was not to convince residents that paving was right or wrong for them, rather they were designed to present the facts and allow for an informal discussion.

The paving should be complete this year.

As you drive by Central Spryfield School, you can't miss the large sign referencing the review of this great little community school.

Halifax Regional School Board has decided, again, to review Central Spryfield School based on a number of factors. We went through this process recently and clearly articulated as to why it should remain open. I have asked our staff to provide some development numbers and other statistics illustrating our population growth.

If any School Board member would

take the time to drive around Spryfield, I am sure they would be impressed with both the quantity and quality of residential units in Kidston Estates, Governor's Brook, Ravenscragg, and others which clearly show an increase in homes; and a corresponding increase in population. And there will be more to come.

If you are able, I encourage you to contact our School Board member or HRSB and show your support to keep this school open.

Last month, I had written that a Public Information meeting was to be held on February 15 to discuss a potential development at 286/290 Herring Cove Road. At the request of the developer, this meeting was postponed. Unfortunately, it was postponed after the Chebucto News went to print.

You may recall that a proposal was (See Community Support on page 13)



Linda Mosher

HRM Councillor, District 17 Purcell's Cove - Armdale

Office: 490-4050 Cell: 476-4117 Home: 477-8618

E-mail: linda.mosher@halifax.ca

www.lindamosher.ca





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Your Feedback is Requested on the Chain of Lakes Greenway Corridor Development Plan

By Linda Mosher, HRM Councillor, District 17

Last month I discussed the Eastview Drive development extension. This as of right development was approved by HRM staff and did not require public or council input. There were concerns raised by members of the community about existing water run-off. I requested that HRM and Halifax Water staff meet and go over the concept plan to ensure that it would not exacerbate this problem. Residents and I received a letter from Carl Yates, General Manager, Halifax Water, on behalf of HRM and Halifax Water, in response to these concerns. He indicated that they re-assessed the engineering design and confirmed it complied with all guidelines and standards. The development's storm water system design was reviewed and determined it conforms to their regulations. Due to the existing water issues (which were very clear in the photographs that residents provided), Halifax Water visited the area and identified at least two sections of storm pipe that required cleaning. The pipes have been cleaned and this should assist with the drainage issues. As well the developer's consultant visited the school property when it was raining. He suggested the overall site grading and pipe inlets should be assessed and improvements implemented to improve drainage. HRM staff are evaluating these recommendations. Residents also brought up historical issues in the area regarding drainage. Halifax Water installed a (Clearwater) sewer in the area and has indicated this has resolved the related problems. As well the Whimsical Lake pumping station (at the end of Inverness) was upgraded several years ago but there were still problems with the pumps. These pumps were replaced in 2011 and the original forcemain was replaced and twinned. This development will be monitored as it proceeds and if there are any questions, or if any issues arise, please contact me at your convenience.

The Chain of Lakes Trail Association (COLTA) commissioned a Greenway Corridor Study. The study was undertaken by Ekistics Planning & Design and in June we held a public workshop

to determine what amenities residents would like to see to enhance the trail. In February we presented the findings to the public and received some feedback on the final report. We will be adding the final report to the HRM websites www.halifax.ca and www.lindamosher. ca. The report lists prioritization based on the feedback at the meeting. I should note that the public attendance was appreciated but there was not a significant turn out and many attendees were not from our local communities but from other trail areas. It would be great if local residents could have a look at the report and provide feedback as to your priorities. There are also budget estimates for each improvement; please note these are class D estimates and are very general in nature. In addition, a particular project could be implemented but scaled back to make it affordable. Any project must receive funding prior to COLTA proceeding with its implementation.

Currently we have a 7.25 km trail that has few amenities. The report has many interesting suggestions based not only on public input and written correspondence to COLTA but also from the consultant who conducted extensive site analysis. One example would be the Joseph Howe section of the trail that runs along commercial entities. In some sections the trail looks more like a sidewalk than an urban greenway. There are options to add landscape buffering and neighbourhood connections with a plaza area at the end of the trail to provide a seating area, signage and lighting. Another project is the HRM owned Chain Lake field at the end of Crown Drive. This field is used for activities such as frisbee and soccer. However, there is an opportunity to have amenities such as a watershed interpretative centre, limited parking, and a bridge over the water to access the trail and an observation deck. At Chain Lake Drive in Bayer's Lake there are suggestions for open space, potential off leash dog park and washroom facilities. There are also suggestions for connections to other neighbourhoods such as the Stoneridge/

Kline Heights area across the Northwest Arm Drive to the trail. This suggestion also connects the trail to the Long Lake Provincial Park and the MacIntosh Run.

As we move forward assessing and prioritizing these recommendations it would be great if residents could view the report and provide feedback on the Chain of Lakes Greenway Corridor Development Plan either by email to me at linda.mosher@halifax.ca and COLTA: coltanewsletter@gmail.com Colta's mailing address is: 7071 Bayers Rd, PO Box 22061, Halifax, NS B3L 2C0.

The Dance was a Sport

(continued from page 9)
people are wearing their own J.L. Ilsley
team's wear, or their favorite sports
team's wear."

Despite the fact that a lot of the students wore jerseys in support of different hockey teams, or other sports teams, no fights broke out. Students at J.L. Ilsley were peaceful and respectful of other people's opinions.

"We hardly ever have any problems with any kids," One teacher chaperone said. "They're a good bunch."

The chaperones were thanked with

timbits and coffee, though the appreciation that the students have for the help of the chaperones goes beyond the simple treats. "Without the chaperones we wouldn't have a dance, so I would like to say a big thanks on behalf of all of J.L. Ilsley's students. We have an excellent staff," One student commented.

The students at J.L. Ilsley enjoyed the second dance of the year made possible by their hard work in the winter months with The Bounce Gives Back, and through the presence and volunteerism of their teachers.

Community Support Urged

(continued from page 12) brought forward to build a 52-unit apartment building on this land. The majority of residents in attendance at the first meeting were strongly opposed to this idea. The second option was

for a 39-unit apartment building. I had suggested to the consultant that this was not, in my opinion, any better.

As I understand, a new proposal will be coming forward at a future date.



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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 MARCH

Weight Management 4-Week Program Wednesdays March 21 st, 28 th, April 4 th & 11 th 6-7:30pm This series will help you better understand your body and weight. Learn some practical tips around food and activity to help you lose or maintain a healthy body weight.

Personal Wellness Profile Wednesdays March 14 th or March 28 th 8:45-10:45am (these are March dates but generally offered every second Wednesday) How healthy are you? Book a free health and wellness assessment to find out your health age. You will complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat, and waist circumference measured. You will receive a personalized report that lets you know how healthy you are and areas for improvement.

Wellness Navigation Do you want to be healthier but don't know the next step? Do you struggle with knowing where to go for help and support? Our Wellness Navigator can help you find resources and programs in the health care system and the community. Please call 487-0690 for more information or to schedule an appointment.

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of 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 Healthy Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

Emmaniel Church Hall 322 Herring Cove Road, Spryfield **Roast Beef Supper** on Sunday, March 18, 2012 4:00 to 6:00 pm Adults \$12.00, Child (5-10) \$6.00. **Dance** on March 10, 2012 from 8 pm to 12 am \$7.00 per person, light lunch at intermission

World Day Of Prayer Service on Friday March 2, 2012 at 7:00 pm All welcome to attend

Spryfield Legion Dance

Date: March 3. Time: 9 pm-1am. Band: Underground \$5.00 per person, doors open 8 pm

Spryfield Legion St. Patrick's Day Dance

Date: March 17. Time: 9 pm-1am. Band: Zero Limits/Rick Hebb \$7.00 per person, doors open 8 pm

Spryfield Legion Seniors DancesMarch 5 and 19, from 12:30 to 4
pm Music by Albert Martell. \$3 per
person. Lunch served

Doing some Spring cleaning ... Herring Cove Junior High will be having a **Flea Market** on Saturday, April 14th, 9am-12pm. This event is being held as a fundraiser for students going on trips to Quebec and Université Sainte-Anne. The cost to buy a table at the Flea Market is \$10.00. If interested in purchasing a table for this event please call the school at 479-4214.

Merchandise Bingo & Silent Auc-

tion ... The students of Herring Cove Junior High will be holding a Merchandise Bingo and Silent Auction on Saturday, April 21 st , 7:00 pm – 9:30 pm. Tickets are on sale for \$20.00 (bingo cards included) and can be purchased through grade 9 trip students or through the school by phoning 479-4214.

Seedy Saturday, March 31st The Urban Farm Museum Society of Spryfield is holding its 14th Annual Seedy Saturday, March 31 from 2 – 4 pm at the Captain William Spry Community Centre. This popular event is for new and experienced gardeners of all ages. Swap and buy seeds, pick up Seaweed compost and other organic supplies from one of the many seed and plant vendors, or take advantage of free gardening advice from experts. Enjoy Kids' Corner, displays, heirloom seeds, draw prize and more. Admission free. For more information or to book a table contact Marjorie, email: mwillison@ns.sympatico.ca

Do you suffer from tinnitus (ringing in the ears) or know someone who does???

If you do, plan on attending the next meeting of the Tinnitus Support Group of Atlantic Canada. It will be held on Wednesday, March 14 th, 2012 at 7:00 pm at the Captain William Spry Community Center, 10 Kidston Road in Halifax. For more information please call 473-4366 or visit: http://tinnitus-atlantic.tripod.com (website) tinnitus-support@eastlink,ca (e-mail)

Elder Learners Lecture Saturday March 31st 9.45 a.m. Saint Mary's University McNally Theatre Auditorium Robie Street, Halifax "Titanic and its Aftermath" Dan Conlin To register call 420-5020

URBAN FARM MEETING: The Urban Farm Museum Society of Spryfield will hold its monthly meeting on Monday, March 12th, 2012, 7 pm at the Capt. Wm. Spry Community Centre. Volunteers and new members welcome. For further information, please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

ONGOING COMMUNITY EVENTS

Elderobics, sponsored by the YMCA, is an exercise program for older adults. Participants are encouraged to exercise at their own pace. Classes are held many HRM locations, including Emmanual Church Hall, St. Phillip's Anglican Church Hall, St. Matthias Church Hall, and Bethany United Church Gym. Fee is \$3 per class plus an annual fee of \$5; free to Y members. Sessions are led by qualified YMCA fitness instructors and set to lively music. Each class includes a warm-up, low-impact aerobics and muscular strength exercises, followed by stretching and relaxation. Come join the fun...and get fit! For more information call Susan Theriault at 423-9622 Ext.253.

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 t 477-0187 or Jackie at 477-3776 to have your refundables picked up.

Theatre Arts Guild Announces 2011-2012 Season

The Reluctant Resurrection of Sherlock Holmes

The ghost of Sherlock Holmes helps solve a mysterious death, whether or not author Arthur Conan Doyle wants his help! This well reviewed comedy/mystery is written by Canadian playwright David Belke and co-directed by Renée Hartleib and Bill VanGorder. Runs: Apr. 19 - May 5, 2012

The Drowsy Chaperone

The internationally acclaimed and award-winning Canadian musical comes to Halifax. Hold onto your hats and get your seats now! Written by Bob Martin and Don McKellar and directed by Jacqui Good.
Runs: June 21 - July 7, 2012

For more information contact Rene Hartleib, Theatre Arts Guild volunteer Artistic Director, Rene Hartleib at rhartleib@ns.aliantzinc.ca

OBITUARIES

(continued from page 7) were under the care of J.A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd. Halifax (477-5601). Funeral service was held on Monday, February 13 at 11 AM in St. Andrew's Church, Timberlea, and reception followed in church hall. Interment to take place at a later date. Donations in memory may be made to the Heart and Stroke Foundation of Nova Scotia or St. Andrew's Anglican Church Timberlea. Special thanks to Dr. Harris Crooks, VON and long time friend Bob, and CDHA Heart Health Program for the kindness and compassion given to Dad over the past 20 years.

HORNE, Brandtford F. (Bran) - 59. Passed away on January 30, 2012 at St. Martha's Hospital Antigonish. Bran had suffered a stroke and spent the past 10 years at Milford Haven Nursing Home in Guysborough, N.S. The family would like to thank staff and friends for the excellent care he re-

ceived there. Bran grew up in Little Dover but moved to Spryfield to live with his aunt and attend Vocational School in 1971. He graduated in 1973 with a plumbing degree and went to work with Stairs in Lunenburg N.S. He moved back to Spryfield and worked at the Dockyard, C.N.R. and started his own business Horne's Plumbing and Heating. Bran was also a amember of the Canadian Legion Branch 152. Bran is survived by his daughter Holly (Sean) (Spryfield), companion for 16 years Sharon (Spryfield), mother Margaret Horne (Little Dover), brother Winslow (Beattie) (Little Dover), Murray (Edna) (Whitehead), Emery (Donna) (Sackville). He was predeceased by his father Isaac Horne (Ike) (Little Dover). Cremation has taken place and a memorial mass was held at St. Agnes Church in Little Dover on February 3, 2012 with burial at the church cemetary. Thanks to friends and family who drove down to attend his funeral. Rest in Peace Bran

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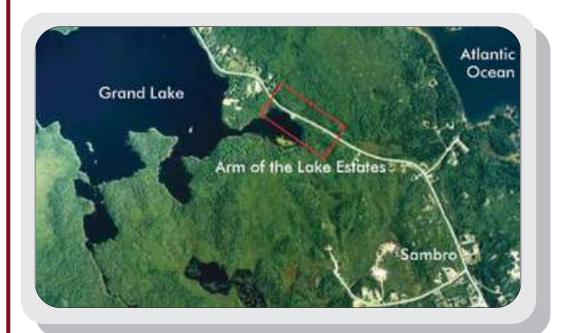
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