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The O'Hearn Family and their staff hosted a number of community leaders and members on the evening of September 5th as they celebrated the official re-branding of their Lumbermart stores as "Ace Lumbermart" to reflect the huge expansion of their hardware product lines. Pictured are, from left to right: Helen O'Hearon, Jill O'Hearn, Fred O'Hearn, Lynn O'Hearn (Ace Lumbermart), Councillor Steve Adams, Jason O'Hearn (Ace Lumbermart), Andrew Allen, Josee Desrosiers and Eddy Durocher (Ace Canada)

## **Cast your ballot on October 20th**

by Carrie Forbes

It's hard to believe that it has been four years since the previous municipal election, but October 20th is coming upon us -- time to cast your ballot for mayor and city council. Municipal elections are often neglected by voters. In 2008, voter turnout for HRM's election was a mere 36%; this is one of the lowest turnouts in history. Yet, our local government has a major influence over the quality of life in our communities. Neighbourhood safety, transportation

issues, and access to sewer services are just a few of the everyday issues municipalities are responsible for. As a voter in a municipal election, your voice has more resonance and reach than a provincial or federal election. Your issues are often those of your councillor, and in many cases, your councillor is just a phone call away when you need them.

However, this election promises to be a definitive "game changer". A reduction in the number of councillors for the Halifax Regional Municipality

means that we will be electing 16 new councillors rather than 23. The impact of this revision has been a re-drawing of the political boundaries, creating new political communities with diverse interests as well as concerns. Likewise, new candidates have emerged, bringing their platforms, passions and politics to what will no doubt be a series of exciting races. In particular, the race for mayor will bring a new leader, since Peter Kelly has not opted to re-offer his (See Cast your ballot on page 2)

### of covering seniors' activities and issues for our community. In November, I will turn 65. What do I know about senior life? Not much first hand. It's all about Bingo! and complaining about youth today and piles, isn't it? Well, now, wait just a minute. I'm a Boomer. We can't do that. We don't settle for the same old ways. For those who wonder, Baby Boomers are, according to Statistics Canada, that swell in population of those born between

1946 and 1965. Our parents were finally settling into peace and domestic life after the terrible privations of the Great Depression and World War II. Getting a

**New Columnist** 

**Chebucto News** 

This is the first article in a new topic for Chebucto News: The Seniors' Beat

I have been offered the happy challenge

**Joins** 

by Beverley Clarkson

home and starting a family was their (See New Columnist on page 3)

## **SDBC To Host Candidates**' **Debate**

The Spryfield and District Business Commission is in the process of arranging to host a debate among local candidates in the upcoming election. The date and time will be posted on the Chebucto News Facebook page as soon as they are confirmed, simply Google "The Chebucto News on Facebook" to find the details as they are posted.







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## **Cast your ballot**

(continued from page 1) bid for candidacy.

Another component that has changed the nature of municipal elections is the impact of social media. Four years ago, sites like Facebook, Twitter and Google Plus would have been considered interesting side chatter rather than serious political tools. That has changed dramatically since the election of Calgary's own mayor, Naheed Nenshi, in 2010. A relative unknown, Nenshi leveraged the power of Facebook and Twitter to connect with a young and engaged audience. This grassroots, technical approach bolstered his popularity, leading him to a decisive victory. Within HRM's current election, most candidates have watched and learned from Nenshi; most have some form of online presence, and are actively using it.

So, the question is not just will you vote, but how will you vote? Here is a quick guide to the changes in the boundaries affecting the Chebucto Loop, as well as an overview of the candidates running in each:

District 9, Peninsula West – Armdale: This area comprises most of the former boundary of Purcell's Cove - Armdale, District 17, currently held by Linda Mosher. The new boundary includes the neighbourhoods of Springvale, Fairmount, Armdale, Cowie Hill, Jollimore and associated streets along Purcell's Cove, Herring Cove and Williams Lake Road. The candidates running for a seat in this new district include Linda Mosher, as well as Richard MacLean.

### Candidate: Linda Mosher

Currently Living In: Springvale Experience: Previously works in medical sales, marketing and health prior to becoming the full time councillor for District 17 in 2000

Key Platform Issues: Broad areas such

as: environment, traffic & transformation, parks & recreation, safety and security, planning & development, taxation and better government

Social Media/Contact Information: Face-book: facebook.com/linda.mosher; Twitter: @kicking; Web: www.lindamosher. ca; email: linda.mosher@halifax.ca

### Candidate: Richard MacLean

Currently Living In: West End Halifax Experience: Teacher, Small Business Owner, Community Volunteer Key Platform Issues: Restore confidence in council; manage sustainable growth; equitable tax structure; improve recreation spaces; safe neighbourhoods; greater government cooperation; affordable housing

Social Media/Contact Information: Web: votemaclean.com; Twitter: @RichardMa-

**District 11, Spryfield –Sambro – Prospect Road:** This area includes a large territory that includes much of former District 18, Spryfield – Herring Cove, and the Prospect Bay communities. With an urban, suburban and rural character, this vast district has several candidates in the running, including District 18 incumbent Stephen Adams, and new candidates Peter Grabosky, Jim Hoskins, and Tom Lavers.

### **Candidate: Steve Adams**

Currently Living In: Bedford Experience: Pharmaceutical representative, and area incumbent since 1991, when the area was Ward 7. Served as Deputy Mayor in 1994 and 2007. Member of Greater Halifax Partnership and Citizens for Halifax

Social Media/Contact Information: Email: adamss@halifax.ca; Facebook: www.Facebook.com/Steve Adams

Candidate: Peter Grabosky
Currently Living In: Prospect Bay

Experience: Canadian Forces member for 22 years, community volunteer

Key Platform Issues: Transportation, public safety, poverty/homelessness, low cost spay/neuter, safe bike lanes, rural weekly waste recycling, winter parking ban, snow removal

Social Media/Contact Information: Web: hrmpetergrabosky.com; Twitter: @ hrmpetergrabosky; Facebook: facebook/ peter.grabosky

#### **Candidate: Jim Hoskins**

Currently Living In: Spryfield Experience: Retired Police Staff Seargent, Board Member of the Spryfield Boys & Girls Club, Chebucto West Community Health Board Member

Social Media/Contact Information: Facebook: facebook.com/jim.hoskins

### **Candidate: Tom Lavers**

Currently Living In: Prospect Experience: Firefighter, small business owner in construction industry, community volunteer

Key Platform Issues: Accountability, growth and development, change Social Media/Contact Information: Web: electtomlavers.ca; Facebook: facebook. com/tom.lavers; Email: electtomlavers@eastlink.ca

With so many choices this time, your voice is definitely needed! Vote on October 20th – it's our right, and one that can make a big difference. For additional HRM election information, please visit http://halifax.ca/election/index.html.

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Peter Grabosky
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Authorized by Candidate Dist 11 Peter P. Grabosky

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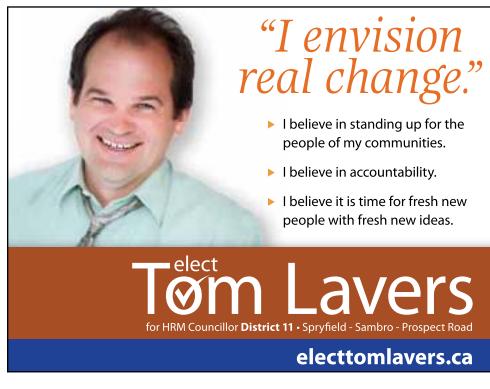
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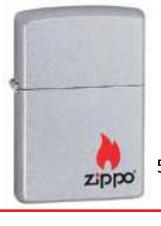


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## **New Columnist**

(continued from page 1) dearest aspiration. Peace and prosperity were finally within reach. They passed those values on to us very deliberately, wanting us to have opportunities they had missed out on. And we were never to succumb to tyrants ever again.

We were raised with Walt Disney and Elvis and Howdy Doody and Bonanza; we had Chubby Checker, Wayne and Shuster, The Kingston Trio and The Smothers Brothers. We adored our own Ian and Sylvia and Gordon Lightfoot. Madame Benoit. Our own flag. By the time we were in our mid teens the world was aware of us and our numbers, and buying power, and suddenly everything had to be changed to accommodate us. On sheer numbers alone, our parents had reproduced wildly successfully.

The war itself provided wonderful new technologies that adapted well to Civvy Street: the use of penicillin during the war and development of new vaccines thereafter meant we not only survived, we thrived; there were huge improvements in crop production and air travel and even here in the Maritimes we could go see see the USA in our Chevrolets. Or Pontiacs made in Windsor. Television brought us immediately the latest fashions and ideas. Raid started killing ants dead, Gillette promised a really close shave, women stayed in school and fought for equal pay, black people stopped sitting at the back of movie theatres, and the CBC brought our story together as a country.

Amazingly enough, we still had one foot in the 19 century. In the 50s, most of us were rural and that meant outhouses, vestigial electricity, wood cook stoves to keep warm by, kitchen gardens, and lots of wet wool in the winter. It also meant hugely overcrowded classrooms in

Victorian schools and busing and failing grades if we didn't get the answers right. Culottes still were not acceptable school attire, never mind pants of any kind for girls. Telephones had party lines, kind of like facebook now I think. You could find out what was going on by lifting the receiver and listening in. Officially, the calls were private but we all knew there were other audiences and adjusted our stories accordingly. It saved getting all dressed up and going out visiting.

Our parents and their followers, the War Babies, are our current seniors, but we Boomers are just stepping over that boundary from full and active working lives into the unknown. This is our next stage of growth. And what are we going to do with it?

I mean to learn how to do it well. And luckily there are lots of people around who have been doing it for a while now, and I 'd like to go meet them. Find out what they are up to, thinking about, know about the world. What they can tell us about this community we live in. One thing I know for sure is that a lifetime of experience is of great value. Whenever I lose someone who has been around always, part of that loss is all that knowledge, gone forever. I want to capture some of that and share it around. So that the beat goes on.

Want to join me?

I'd love to hear your ideas for what you might like to read about here. What would you like me to ask seniors? What kind of stories would be meaningful to you? And for those seniors who got here first, what do you want to share? What would you like to read about? Please pass on your thoughts to: The Editor at tangelene@live.com with the subject line Senior Beat. See you next month.

## **TAG new Board of Directors**

Theatre Arts Guild (TAG) members turned out to Pond Playhouse for their Annual General Meeting Monday night, September 10, 2012. In addition to receiving and approving committee reports, a new Board was elected.

The newly-elected Theatre Arts Guild Board of Directors for the 2012-2013 season are: Angela Butler, President; Elaine Casey, Vice-President; Carolyn Boyer, Treasurer; Bill VanGorder, Executive Producer; Rayna Smith-Camp, Artistic Director; Austin Reade, Technical Director; J Carruth, Building Manager; Darrel O'Neil, Bar Manager; Judy Reade, Props, Costumes, Archives; Chantelle Dooley, Volunteer Coordinator; Charles Salmon, Publicity Director; Valerie Dubois, Capital Campaign, Website; Emily Jewer, Newsletter; Cathy McAulay, Member-

ship; Phillip Joy, Secretary; and Nick Jupp, Past President.

A special presentation was made to TAG member and volunteer, David Seager, who received the "Grey Squirrel Award," presented to an individual deemed to have made an outstanding contribution to the activities of the Guild. David Seager's contributions to TAG have been many and include: designing and building the new lobby bar; designing and building, on his own initiative, the service counter in Gratwick Hall, helping make the space more user friendly; and building numerous set pieces usually adding his unique creative ability to solve construction problems. In addition, David has been a solid supporter, often introducing new audience members to productions.

TAG's "Grey Squirrel Award," was estab-

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#### MONTHLY MEMBER PROFILE

Jason O'Hearn, co-owner of the new Ace Lumbermart Stores in metro hails from Herring Cove and now lives in Dartmouth with wife Holly and their 2 children, Cameron, 7 and Paige, 3. Jason has worked at the family business, originally known as "Spryfield Lumbermart", for over 20 years. He started when he was 14 at the Spryfield store and now manages the store in Dartmouth. He helps to oversee operations at both locations. Jason and (Dad) Fred recently bought the exclusive rights to the "Ace Hardware Brand" for all of HRM. Jason attended Herring Cove Jr. High, J.L. Ilsley and is currently finishing up his B.Comm at St. Mary's...all while juggling a very busy family and business duties!!



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lished in December 2001 as a reward for excellence. The name was inspired by a stuffed grey squirrel which appeared on the set of almost every production during several years immediately prior to the establishment of the Award. The squirrel always performed on stage flawlessly and left no mess.

Each season, Theatre Arts Guild stages five plays, as recommended by the Artistic Committee, based on suggestions from members and the audience, and approved by the Board. Each production is staged entirely by volunteers in every capacity from directing, acting, stage managing and lighting design, to set construction and props.

As part of Theatre Arts Guild's commitment to community outreach, an Open House will be held at Pond Playhouse, 6 Parkhill Road, off Purcell's Cove Road, in Halifax, on September 22 from 1 pm to 5 pm. For more information, visit TAG's website: www.tagtheatre.com

Theatre Arts Guild has the distinction of being the longest, continually-operating community theatre company in Canada, with roots that stretch back to 1931. Pond Playhouse has been TAG's home since 1966.

For more information, please contact Charles Salmon, volunteer publicist at 477-2663 or publicity@tagtheatre.com



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### DISCOVERING OUR PAST



### Councillors and Districts in old Halifax County totaled 36 in 1880

By Iris V. Shea

On Tuesday, October 9, 2012 voters in Halifax Regional Municipality will go to the polls to elect one mayor and 16 councillors, a reduction from the previous 22 councillors. Two of these elected councillors will represent the communities from Armdale to Pennant, once part of the old Halifax County.

On Tuesday, January 13, 1880 the first meeting of Halifax County Council was held in the County Courthouse. An election in November 1879 determined who would represent each district as councillor. The City of Halifax had a separate council.

An Annual Meeting early in each year often lasted 15 days and consisted of morning and afternoon sessions. usually from Tuesdays to Saturdays. In those years it was customary to hold only two meetings a year...the Annual Meeting in January or February, and the Semi-Annual Meeting in April. Occasionally an emergency meeting would be added before the annual election in November. Councillors were elected for one year but often served several years without being challenged. John Hayes of Herring Cove, representing District Number 7, served for 15 consecutive years. Councillors received \$2 per day when attending sessions, but if absent without notice they were fined \$2 for that day.

Unlike today where we have two districts and two councillors representing the communities from Armdale to Pennant, in 1880 there were five

districts:

District Number 7, Herring Cove, began at Saraguay Club and continued south to Queen's Quarry, Purcell's Cove, Ferguson's Cove, Herring Cove, then north along the Herring Cove Road from Long Pond to Roche's Pond, Councillor John Hayes, JP.

District Number 8, Portuguese Cove, took in Halibut Bay, Bear Cove, Portuguese Cove, Duncan's Cove and Ketch Harbour, Councillor Richard E. Monk.

District Number 9, Sambro, stretched from Bald Rock, all the way to West Pennant and Long Cove, Councillor Martin Henneberry.

District Number 13, Spryfield, served only the western part of Spryfield and included the communities of Harrietsfield, Brookside, Goodwood, Greenhead, the back road to Terence Bay Road (at the end of Brookside Road), White's Lake and Beechville, Councillor George Umlah.

District Number 14, North West Arm, served another section of Spryfield (from Cowie Hill to Long Lake Dam), St. Margaret's Bay Road to Chain Lakes, a small section of Dutch Village Road, and from the head of the Northwest Arm to Lawson's Mill (now Royal Nova Scotia Yacht Squadron), It would, later, include Kline Heights and Fairview, Councillor H.F. Worrrell.

Councillor Col. Laurie, JP, represent-



County Councillor William Topple, abt. 1920

ing Waverly District, was voted in by the councillors as Warden of Halifax County in 1880. Thirty-six districts were represented by council in Halifax County.

The district numbers remained unchanged until 1938 when the former five districts for the communities between Amdale and Pennant were combined and reduced to two separate districts, numbers 11 and 12. District Number 11 included all of the former districts known as numbers 7, 8, 9, Herring Cove, Portuguese Cove and Sam-

bro. Added to this new district was Harrietsfield and west Spryfield, formerly part of District 13.

The new District 12 included old number 14, North West Arm District, old Spryfield District, number 13 (except for Harrietsfield and west Spryfield). Walter Brown of Herring Cove represented new District 11, and William Topple of Jollimore was elected as councillor for new District 12. Both Mr. Brown and Mr. Topple had several years of experience on County Council.

Another change was recommended in 1955. It was obvious that District 12 had become too large for one councillor so the Redistribution Committee recommended that two more councillors be added to that district. In 1956 three councilors, namely Percy

L. Balcome, Jr., Frederick G.H. Leverman (re-elected) and Daniel J. MacNeil served on council for District 12. Councillors elected Mr. Leverman as Warden of Halifax County, a position he held until he retired in 1961.

Another change came about when parts of Districts 11 and 12 were annexed by the City of Halifax on January 1, 1969. The communities of Spryfield, Jollimore, Armdale, Fairview and Rockingham amalgamated with the City of Halifax. In 1996 a second amalgamation took place when all of Halifax County became part of Halifax Regional Municipality.



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## **Holidays can increase your** stress...5 Tips to let your Thanksgiving be thankful

by Bobbi Jo Ferguson-Hill, RMT www.tranquilmomentsforyou.ca Monday October 8 has been set aside as Thanksgiving Day, on this day we gather with friends and family and feast on many seasonal treats. This day we stop and count our many treasures and fortunate occurrences during the year. It is depicted by the horn of plenty overflowing with fruits and vegetables abundant in this our harvest time.

As with any holiday, the work we inflict on ourselves by having family and friends and high expectations of everything being perfect can send our stress levels through the roof. So here is the dilemma, this is a day when we are meant to be joyful and grateful for all the wonderful things our world provides for us, but the demands we put on ourselves can be so great that we don't enjoy ourselves. Or worse we dread the day and all the work and too many people, etc. etc. This is the time to reevaluate our approach to this situation. Here is a check list of 5 things we can do to help our stress level and boost our joy level for this beautiful fall weekend.

1. Delegate... share a meal, share the work! It's as simple as that, don't be frustrated no one offered, don't wait

- 2. Schedule some alone time. Before your guests arrive (or before you join the crowd at someone else's home) take time to be quiet and take a few deep breaths, let your mind be still and your body relaxed. Or if you feel that the crowd is starting to make your stress level soar give yourself a time out. Find a quiet room or step outside and again...take a deep breath and relax your body and mind. This will allow your tension level to stay in check and will help you enjoy every moment of this holiday
- 3. Play. Suggest a walk after supper or schedule a scavenger hunt in the back yard. Take time to enjoy some outside time; the fresh air and exercise will do everyone some good.
- 4. Prepare your mind. Watch your negative self talk. This is doubly important when spending time with loved ones who are often the ones who push our buttons the most. Don't spend time leading up to the family gathering thinking of all the unresolved issues or who may say what to hurt whom. Instead think of fond memories or look at old photos that stir in you the love and joy these people provided. Concentrate

on the positive attributes of each person and all the reasons for your love for them. Clear your mind of any fear based thoughts about yourself as well. Don't try and be perfect, just be peaceful.

5. Don't over eat! Who am I kidding? Right? But make sure you don't end the meal uncomfortable. Enjoy every bite and remember, there are always Turkey sandwiches!

Embrace this holiday as a reminder to live in gratitude every day. Give

yourself time to stop and appreciate your joys .When you lie down at night let your last thoughts be of all the wonderful things that happened that day (no matter how small) and in the morning before your feet hit the floor take a moment, be grateful, count your blessings. Living with this attitude everyday will make it easier to see the precious gifts life has to offer. This approach will make it easier to relax when we have the opportunity to enjoy our loved ones.

### Letters To The Editor

Dear Ms. Ramsay,

Well, it is election time, and indeed there is Mr. Adams' advertisement, plugging for another four years — this time for the new District 11, and he even tells us his "Plans for the Future" in his ad wherein he advocates for "... additional improvements to the Herring Cove Road."

"Ah ha" said I, this must mean he has at last figured out that bicycle lanes would indeed be an improvement to Herring Cove Road. You see, it was Councillor Adams that seemingly single-handedly quashed the municipal staff's plans for a bicycle lane along the Herring Cove Road along with the recent "improvements". And at no time in the past three years has he given us even a hint that he has figured out that these are needed and would be a welcome "improvement".

Let's hear it from Mr. Adams and from all the candidates for the new Councillor for our District 11 — "Just what are your plans for bicycle lanes on the Herring Cove Road?" and for continuing the bicycle lanes southward along the Purcell's Cove Road to complete the Spryfield-Herring Cove-Purcell's Cove-Armdale "loop"?

Steve, are you listening? Do you listen? Regards, Alan Ruffman

Something to say? Letters to the Editor: tangelene@live.com

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### Make Your Vote Count: 2012 Municipal & School Board Elections



PUBLIC NOTICE: polling will take place for the election of Mayor, Councillors, members of the Conseil scolaire acadien provincial/CSAP for the Halifax Regional Municipality/HRM and members of the Halifax Regional School Board/HRSB on **October 20, 2012**, during the hours of 8:00 a.m. to 7:00 p.m.

Advanced electronic polls will be open from 8:00 a.m. Saturday, October 6, 2012 to 7:00 p.m. Thursday, October 18, 2012.

### Who are the candidates?

Candidates for the above stated offices have been officially nominated and the list of candidates with contact information can be found at: halifax.ca/election

### Who is eligible to vote?

### You qualify to vote if:

- You are at least 18 years old on Election Day, October 20, 2012
- You are a Canadian citizen
- You have been ordinarily resident in the municipality for a period of three months immediately preceding Election Day, and continue to so reside
- You are not otherwise disqualified to vote in the Municipal and School Board Elections

To find out if you're eligible to vote for the Halifax Regional School Board/HRSB, African Nova Scotian/ANS member of the Halifax Regional School Board/HRSB and the Conseil scolaire acadien provincial/CSAP, visit: halifax.ca/election

#### How can I vote?

Vote by Internet or telephone during the **advanced electronic poll** from 8:00 a.m. Saturday, October 6, 2012 to 7:00 p.m. Thursday, October 18, 2012, using the voting instructions provided on your voter notification letter.

If you HAVE NOT received your **voter notification letter** by October 6, 2012, you can still vote by visiting ANY ONE of the e-voting registration poll locations throughout HRM. For a complete list of locations, visit: *halifax.ca/election* 

Vote **in person on Election Day**, Saturday, October 20, 2012 (paper ballots only) from 8:00 a.m. to 7:00 p.m. To find your poll location for Election Day, visit: *halifax.ca/election* 

### **Questions?**

### Contact the HRM Election Office

In person: Monday to Friday, 8:30 a.m. to 4:30 p.m.

City Hall, 1841 Argyle Street, Halifax, NS

Mail: Election Office, c/o Municipal Clerks Office

PO Box 1749, Halifax, NS, B3J 3A5

Phone: (902) 490-VOTE (8683) or 1-888-820-VOTE (8683)

TDD: 1-866-236-0020

Fax: (902) 490-4208

E-mail: election@halifax.ca

Twitter: @votehrm

Website: **halifax.ca/election** 

### HALIFAX

## **ELECT RICHARD MACLEAN Councillor District 9**



www.votemaclean.com email: richard@votemaclean.com Phone: (902) 880-2816

Electronic voting October 6th-18th Election Day October 20th

### Renewed Confidence In Council

I will promote openness; respect public opinion and work with community groups to attain results. I believe a councillor should build strong ties to community groups and neighborhood associations and that these groups should be empowered to have real input on issues that effect them and their community. I fully believe in transparency in all dealings.

### Manage Sustainable Growth

I will work to honestly engage citizens in finding community solutions to local issues and ensure protection of green spaces and community open space. I believe in being environmentally responsible and to allow for innovation in designs of new and affordable housing for the people of the District and the municipality. I will work with local developers and the community to fill in the empty lots currently on the peninsula with buildings we can be proud of.

### Plan for Safe and Livable Neighborhoods

I will respect and support existing communities and seek residents input before making decisions. I believe in encouraging innovative solutions on local issues that residents help create and will stand behind. My focus on traffic safety will expand on to make full use of existing transport opportunities including creation of car pool lanes, bus lanes and bike lanes to get people where they need to go safely and efficiently. I feel there are significant issues with regards to safety of pedestrians and cyclists through out the district including the Rotary and newer areas where lack of sidewalks and bike lanes make traveling unsafe.

## Positive Change In October

Chebucto News • October 2012

# Fall Fair Day At the Urban Farm

by Jason Doherty

September brings the end of summer and signals the beginning of fall. And in the Loop it also means that it is time for the Fall Fair Day at the Spryfield Urban Farm Museum. This year the fair took place on Saturday, September 8th.

The turnout was amazing; plenty of people were wandering around half an hour before the official beginning of the fair. Tables were set up for people to buy produce as well as jams and other home-made goodies. Under the big tent were various home-made foods and desserts for everyone.

The fair turned out to be the perfect

gathering for the unveiling of the newest piece at the farm. The large beautifully crafted arbour and bench, which was donated by the Halifax Rotary Club, sits proudly with the new planters put in this year. Ted Mejzner was on hand from the Rotary Club to present the piece and attach a plaque to the bench.

The farm also played host to a group from Fairview, whose own urban farm had been damaged by vandalism, as well as Steve Adams and Michelle Raymond.

All in all a successful and event filled fair; it"s too bad we have wait 12 months for the next one!



Dan Doherty, owner of Danielsons Water N Wine, presented Darlene MacLean, of the Spryfield Boys and Girls Club, with a cheque from the Metro Fundraising Society (Kiwanis) and Eastlink Cable TV for \$2000. today. This donation was in recognition of the support the community has given to their weekly T.V. Bingos

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**AUTHORIZED BY LINDA MOSHER** 

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## THORNHILLPIZZA-COM

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## **Community Health Team Leader Caroline Carr**



By Lorrie Boylen

Team Leader Caroline Carr keeps the day to day operations at the Chebucto Health Team running smoothly. She has been with them since the idea for its inception emerged, even before it had been decided what communities they would set up in. She provides planning, development, scheduling and implementation of the programs that the team delivers. In a community so rich in resources, she is passionate about working with her team and other community groups to coordinate timely programs for participants. By working together with other agencies, they can provide more things together. A wellness facilitator with a background as a physiotherapist, she is also certified with the American College of Sports Medicine as a Clinical Exercise Specialist.

Since opening almost two years ago, attendance in their programs has slowly grown, but their numbers are still not where they'd like them to be. Last spring its catchment area expanded to include Clayton Park, Fairview and Rockingham to Larry Uteck, an expansion which promises to solidify their growth. With such a wide range of programs on offer, the main challenge is getting clients through the door for the first time, since most of them come back again and again to partake of the different programs that are available.

Society has to be in the mindset to take responsibility for their own health and put things in place to delay onset of chronic conditions. Constant feedback via community engagements and client surveys demonstrate changing needs, which mean changing programs. This fall the team has collaborated to make several exciting new programming changes. For example, the Stress Management Program, which was formerly a one session program is now a four session program that delves into time management skills, mindfulness and relaxation.

The recent Mental Health First Aid - Adults Interacting With Youth 4 week program was packed. Attendees got a certificate of attendance upon completion of the four week program. If the demand is there, they plan to offer the program again. The Incredible Years Parenting Program and Craving Change - Keep the Change Going now offer booster sessions providing the opportunity for participants to come back and do a review and renew their motivation.

In light of the fact that the average person gains 7 pounds between November and January, the team is offering a Holiday Eating Survival Guide to provide tips for people to help control their weight and stay active over the holiday season. Also, a new once a week exercise program invites participants to Exercise With the Community Health Team in a low intensity chair exercise program in a relaxed group environment. Heart Healthy Living - Know Your Numbers is now a 2 week program -which focuses on risk factors to help improve cardiovascular health and provides information on blood pressure, weight, cholesterol, fasting blood sugar and waist circumference

Caroline considers herself very lucky to be working her dream job in this field with the colleagues she works with who are all enthusiastic, positive, fun, and give 100 percent. Their goal is to ultimately have a community health team in every community of Capital Health so that no one need be turned away.

For those unsure of how to find the resources they need, the Team has a wellness navigator, Karla Moore, who can answer any questions, or sit down and develop a plan of action.

You can register for programs in person, by phone, or online. Do you have more ideas for great programming the Team could offer? They'd love to hear from you! Call 487-0690 or email cht@cdha.nshealth.ca. For more details, visit www.communityhealthteams.ca.



David Sampson presents the prizes for closest to the hole to Dexter Blackler and Rose Charon at the end of the tournament at Briarwood on August 25th. Everyone had a great time and Tim had the course in excellent shape. David and Dan Doherty of Exit Realty Citadel are very pleased to be able to support this local business and encourage all to go play a round there

## **Experienced, Decisive Leadership And Proven Results**



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District 11

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I bave been bonoured and privileged to serve as your Councillor for the past 17 years. With your support on October 20, we can ensure our many successes continue.

### A few of our many accomplishments . . .

The Herring Cove Sewage Treatment Plant is now fully functional, helping to keep The Cove clean

We opened a new Fire Hall in Herring Cove

 $5\ \text{gravel}$  roads in the former county were paved, with  $6\ \text{more}$  to be completed by October 31

2 neighbourhood Police Offices have been opened

Our Sambro Community Transit has been enhanced to service the entire Sambro Loop. We have installed a new skate park and foot bridge at the Captain William Spry Community Centre

Herring Cove Road has undergone significant improvements, with new medians, trees and flower baskets

With the efforts of our staff and the Lions Rink Recreation Committee, we have seen major upgrades to our arena

We have had significant upgrades to the Captain William Spry Centre, with more to come We completed our community signage program

### Plans for the Future . . .

Work to ensure the improvements to the Captain William Spry Centre are completed Work to bring additional improvements to the Herring Cove Road

Further enhance our communities with new parks, improved playgrounds, gardens and other amenities

Work with community groups in Sambro to help build a new community centre Work with community groups in to revitalize and upgrade the community centre in Herring Cove

Continue to represent you and your concerns with respect, competence and professionalism

"Councillor Adams was instrumental in bringing a Police Office to our community, and 2 additional neighbourhood offices. His actions clearly illustrate bis commitment to the safety of our residents. I thank bim for his proactive approach and support."

Tony Burbridge O.O.M Halifax Regional Police Deputy Chief (Retired)

"In March of 2011 the Halifax Regional School Board put five schools under review for possible closure, Central Spryfield Elementary School was one of the five. Stephen Adams immediately came to our support. Over the coming months he attended our public meetings, spoke with the media, did research, wrote letters and let it be known that closing CSES would not be beneficial to our community. His dedication and support to our school and this community is just what we need. He most certainly is the right person for the job. Stephen Adams is committed to the community be serves!"

Sari Primeau Chair, Central Spryfield School Review Committee

Visit us on Facebook and click "like" www.Facebook.com/Steve Adams



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## Start of School, End of Discrimination

By Sarah Boyle

J.L. Ilsley High School is open once again after its summer break, as are the minds of its students towards the message of respect for others. The school year started off with its annual 'Day of Pink', a day to protest against bullying. The event started in Nova Scotia in 2007 when a student was bullied on his first day of high school for wearing a pink shirt. The majority of students at that school wore pink the following day to support the victim and stand up against bullying in all its forms. The event turned into an international movement which J.L. Ilsley is proud to take part in.

On September 14th, the halls of J.L. Il-

sley were bright with pink shirts and other pink items of clothing. So close to the beginning of the year, the anti-bullying day supported the school's zero-tolerance for 'froshing' activities. The school is pleased to report that there has been a decline in the number of incidents over the past several years. There were approximately twenty incidents this year, lower than the previous years. Most of these incidents were related to strong scented products such as shaving cream being sprayed on new students as an initiation ritual. These froshing offenses also tie into the school's scent-free policy. There are members of staff and the student body with severe scent allergies that are affected by these activities.

The school views the actions as discriminatory acts. "People should respect your personal space. We should as students, teachers and as parents," said Ken Johnston, the school's vice principal. He went on to say that new students should be on an equal playing field with the seniors and that singling out students based on their grade is discrimination. The school, built on a foundation of respect, does not tolerate discrimination. The culprits were punished with a five-day suspension.

Some feel that the punishment is too severe but accept that the consequences are well-communicated before the actions are committed. "I feel that we bubble-wrap our kids these days," one parent said. "As long as it doesn't go any further, a little bit of shaving cream shouldn't be a big deal, and shouldn't merit a five-day suspension."

Others feel that the punishment isn't severe enough. One parent with a child just starting grade 10 believes that the stress of starting a new school is enough without the added concern of getting froshed. "The consequences are clearly laid out to everybody," she says. The parent believes that if froshing incidents still occur despite the punishment, then the five-day suspension isn't severe enough and should be raised.

Despite varying opinions, the incidents continue to decrease and J.L. Ilsley hopes to eventually eradicate them. They will continue to start off the year with the 'Day of Pink', and always with the hope of respect.



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## Reg Horner Memorial Chebucto News Sports Page

## No Shortage of Sports in Sambro

By Lorrie Boylen (Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro) Sports are alive and well at the James McPhee Memorial Ball Field in Sambro, with the field being regularly used four nights a week this summer, as well as a washer toss tournament one Saturday.

Pickup Adult Baseball was open for anyone who wanted to come out and play one night a week. No formal registration was required and it was on a drop in basis.

Little League Baseball played Monday nights, with 35 registrants age 5-8 and Thursday nights with 30 registrants age 9-12. Team jerseys were purchased with the funds that were contributed to the league this year. They hope to enlist sponsorship for each team so that they can purchase pants, socks and hats to complete the uniforms next year. In total 9 coaches and 3 junior coaches helped keep the kids organized and taught them new skills. Players in both age groups showed amazing improvement, and players received medals at the end of the season.

On Wednesday evenings, 127 kids ages 4 to 12 played soccer for 10 weeks and didn't get rained out once this year. The kids were awarded medals, T-shirts and enjoyed a hot and tasty pizza delivered by Mishoo's on the last night. HUSL (Harbours United Soccer League) is completely volunteer run

and organized with equipment support provided again this year by Tim Hortons. The league operates in partnership with KHARA (Ketch Harbour Area Residents Association). Coaches did an excellent job motivating the kids and encouraging great team spirit. Several junior assistant coaches assisted with refereeing, equipment set up and coaching the pre-primary/primary teams.

Baseball and Soccer organizers Colleen Caines and Kim Reinhardt would like to thank all the volunteers who came out to help over the summer. Without their assistance, the kids wouldn't have been able to play. They would also like to thank Skip Horton, who worked hard to improve the conditions including parking, a fenced in dugout area, fencing and waste management. This year the parking was expanded but there is still a severe shortage. On busy nights cars were parked on both sides of the road and with the children and families going to and from their vehicles, this caused considerable congestion and a safety hazard. There are plans to further expand the parking area if funds can be obtained for that.

Skip Horton wishes to convey special thanks to Clyde Gray, Edwin Kirk, Christopher Kirk and Peter Henneberry for always being available to assist with the maintenance of the ball field, and to Steve Adams for his continued support. Anyone wishing to book the field should contact Skip Horton at 868-2951.









Top two photos: Harbours United Soccer League: bottom two photos: Little League Baseball teams

## **Junior C Hockey League Home Games October** and November

### October

October		
Date	<b>Visiting Team</b>	Time
Saturday October 6		
Spryfield VS.	Clare	8:00 pm
Saturday October 13		
Spryfield VS.	Amherst	8:00 pm
Saturday October 20		
Spryfield VS.	Amherst	8:00 pm
November		
	Visiting Toom	Time

	<b>Visiting Team</b>	Time
Saturday November 10		
Spryfield VS.	Clare	8:00 pm
Saturday November 17		
Spryfield VS.	Shannon	8:00 pm
Saturday November 24		
Spryfield VS.	Shannon	8:00 pm
Sunday November 25		
Spryfield VS.	Truro	3:00 pm

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# High frequency corridor designation sought for Herring Cove Road By Linda Mosher, HRM Councillor, District 17

Back in 2007, Council approved an aggressive five year public transportation plan. Next year, this five year Metro Transit Strategic Plan will come to an end. In order to continue building public transportation, we need to develop a new strategic plan. It is important to ask residents "What has Metro Transit done well, and what can be improved?" To obtain public feedback we will initiate a new consultative process with the public and council. The new strategic plan will determine how we can best deliver the best transit services to the communities within HRM. The key question is:

what service do residents want to see?

One improvement I would encourage is to have Herring Cove Road become a high frequency corridor. A high frequency corridor is where we have a timed, frequent service standard. In the case of the Herring Cove Road, it would mean that transit would come every 10 minutes or less. The benefit to this frequency is that it is a reliable and fast way to get in town. If someone goes to the Herring Cove Road and waits at a bus stop he or she would know that the maximum wait for a bus would be ten minutes.

Service standards are another improvement I have asked council and Metro Transit to review. We need to ensure we provide standards that not only include cost recovery and ridership, but also be community based. Part of this would include looking at areas that are underserved. We should apply different standards to areas that have no other options. Some areas have various bus routes and also other modes such as ferries. Other areas only have one bus route and if that route gets cut or has the hours reduced there would be times when residents will have no other option. In my opinion, we must have a base level of service. You cannot have communities without any public transportation option.

The current standard for a community to receive transit service is a minimum of 15 passengers per hour. During Council's last budget debate in April, Metro Transit brought forward an operating budget that included many transit routes reductions to routes that were not meeting the Council approved standard.

The 15 Purcell's Cove (services residents from Mumford Terminal to York Redoubt along the Purcell's Cove Road) was one of the routes that did not meet the minimum service standards. Unfortunately the number of passengers on the #15 Purcell's Cove after 8 p.m. had been less than the minimum fifteen, so service was stopped after 8 p.m. During the Council debate I described the issue that there is no other transit option in this area and even moved a motion that would have reduced the evening service of the #22 Armdale to offset the costs to continue the #15. This was

a win-win solution as the #22 would still have hourly service after 8 p.m. and so would the #15 and it would save money overall. Unfortunately Council did not approve this motion. Nor did they approve keeping any of the other underperforming routes. I have made a compelling case to Metro Transit. The Director has indicated that community based transit will be considered.

The Golden Age Social Centre is an important resource in the area. It was an honour to attend a reception that the Centre held for Councillor Adams and me for supporting seniors in the area.

Seniors in our area have contributed in so many ways to develop our communities into what we see today. They have been instrumental in helping us learn about our heritage and it is always an honour to support our seniors in any way we can. The lessons we have learned from them will help us create a better future. Both Steve Adams and I are pleased to have been part of the improvements to the hall and the renovations look amazing! In my remarks to our seniors at the event, I noted that it is not the years in our life that count – but the life in our years.

## Fighting for your Canada in Ottawa

By Megan Leslie, MP for Halifax

Dear Friends,

The fall session of Parliament has begun!

It was a privilege and a delight to be back in Halifax for the summer (while it lasted!), where I had the pleasure of speaking with many of you at Halifax Pride, the Kitpu Day of Action, the Halifax Multicultural Festival, and other events in the community.

Now I'm back in Ottawa as your Member of Parliament, challenging the government to better represent the interests of the people of Halifax.

Lots of people ask me how often I'm in Ottawa versus Halifax. As an MP, my work is split between the riding and our nation's capital. From September to June, essentially I'm in Parliament Monday to Friday every week. I come home every weekend to be back in our community, hold meetings and attend events. This is why the summers are so special, as it's very much the time where I get to spend all of my time in our great community!

Right now I am debating bills in the House of Commons, asking questions during Question Period and attending parliamentary committee meetings where MPs hear from experts and stakeholders from across the country on how MPs can make better laws and policies protecting the environment. Last spring, Canadians watched in disappointment as the government forced

their omnibus budget bill through the House, ignoring any and all compromises or amendments. The infamous Bill C-38 severely weakened the Canadian Environmental Assessment Act, gutted protection for fish habitats, and repealed the Kyoto Protocol. Among other changes, it placed dangerous restrictions on Employment Insurance; this will seriously affect the Maritimes.

But the fight against these shortsighted Conservative policies is not over. My NDP colleagues and I have been hearing from Canadians across the country who are outraged and mobilized to make change for the better. We are listening and we will bring these voices to Ottawa.

In the coming months, in the House and at the Environment Committee, I welcome the opportunity to ensure the government understands and listens to your vision for the country – a Canada that puts the needs of its people before corporate greed; that develops our precious resources in a manner that is

sustainable and promotes economic growth; that ensures a clean and healthy environment for our children and grand-children.

To contact me about any concerns you have, please write to megan.leslie@parl.gc.ca, or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

With my colleagues in the Official Opposition, I will continue to press the government for a fair and just Canada. We will ensure that the upcoming debates are reasoned and balanced. The issues being discussed, like the treatment of refugees, the protection of our national parks, First Nations rights and others, are tied up with the values that all Canadians hold dear – diversity, social responsibility, equality, and sustainability.

We will challenge the government to look beyond one-sided ideology for solutions to the problems this country faces. We will stand up and ensure the hopes of all Canadians for a brighter future are considered by the federal government.

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### Linda Mosher

HRM Councillor, District 17 Purcell's Cove – Armdale

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## Slow down in School Zones or face a hefty fine!

By Stephen Adams, HRM Councillor, District 19

As I have written in previous columns, the work on Herring Cove Road has been, and continues to be, quite extensive. These improvements are all part of the different phases of the Streetscape Program which we implemented a number of years ago.

This phase will tie into the previously re-surfaced area of Herring Cove Road. The final component of this project is scheduled for next year and will provide a new entrance for the Captain William Spry Centre and associated work.

I am looking into a few issues surrounding this latest work on the west side of Herring Cove Road. You may recall that there was some repair and replacement work done to the sidewalks. It does not make sense that in a matter of months these same sidewalks were torn-up and will be replaced. I have asked our staff for an explanation.

In addition to this issue, I have had a few calls regarding the lack of access to affected businesses and its effect on customers. At the time of the writing of this column, we are looking at possible remedies.

As you drive through local neighbourhoods I am sure you can't miss the plastic bags with flyers and assorted ad mail. Although I am sure we all have our favourite flyers, the method of delivery leaves much to be desired.

I hear frustrated residents speak about this "litter" and one case where a bag ended up on a roof. This issue has been brought to Council and was forwarded to the Department of Environment. The issue may be coming to Council again to see what can be done.

I would also like to remind everyone about the new speed limits in School Zones. According to the area, the new limits may be 30 km/hr., while in some they may still be 50 km/hr. These new limits are well-posted and will be enforced. As you slow down to 30 km/ hr., it may feel as if you are crawling at a snail's pace. However, it does make passing through school zones safer for all.

Hockey season is upon us, and our Spryfield Junior C Hockey Club will be playing another season of exciting hockey. We will be building on last years' successful inaugural season, and looking to be a contender to win a championship. Most of our home

games will be on Saturday nights at 8:00, with the remainder on Sunday afternoons at 3:00. This year, we will be playing three 20 minute periods, so there will be more hockey to enjoy. Admission is only \$5.00 for adults and \$3.00 for youths. Chebucto Minor hockey and ringette players who wear their jerseys will be admitted free, as long as they are accompanied by an adult. Sobey's has been kind enough to allow us to advertise on their property,

so you will know when our games will be played. We will also be advertising on our Facebook page and at the Lions Rink. We will do our very best to ensure you know when we play.

Come out and support these young men. I assure you that you will not be disappointed.

The showers and dressing room upgrades at the Spryfield Lions Rink have now been completed. These improvements should allow us to increase ice

rentals, and also make it more convenient for teams who come from out-of-town.

I would also like to extend my sincerest congratulations to the O'Hearn family on the grand opening of their Ace LumberMart stores located in Spryfield and Burnside. We are truly fortunate to have individuals like Fred, Lynn and Jason supporting our community. As we are well aware, they have stepped forward to offer their time and support for so many worthwhile causes.

Courtesy of J. Albert Walker Funeral Homes Ltd.

### RICHARD, Dennis Thomas

76. Halifax. It is with broken hearts that we announce the passing of our husband, father, grandfather, greatgrandfather, brother, brother in-law and friend, Dennis T. Richard. Dennis was the son of the late William and Tossie Mae (Gerrior) Richard. He was born in Charlos Cove, Guysborough County, and raised in Halifax. After some short term jobs he became an insulator and in 1969 became Business Agent for his Local 116, which he served for 27 years until his retirement in 1996. He loved the game of golf and during the winter months spent time in Florida enjoying it often. He loved building and renovating things around the house and cottage at Lake Mush a Mush. He is survived by his wife of 54 years, Myrtle (Hatch); sons, Randy (Sandra) and Roddy; daughters, Michele, Angie and Jennifer (Charlie); grandchildren, Matthew, Julie, Malerie, Riley, Kylie and Payton; great-grandchildren, Emma, Dontae and Mya; brother, Ronnie; special brothers, Earl, Ralph and Ronnie; sister, Jeanette (Bobby); brothers in-law, Ron (Darlene) and Brian (Heather); several nieces and nephews. He was predeceased by sisters, Clara and Shirley; parents in-law, Tom and Frances Hatch. Dennis believed in getting the most from life and loved his family and time at the cottage. Malerie was like our sixth child and her little boy Dontae was the joy in each day for him, bringing a smile each time he saw him. A special thanks to Irene Spares for being with Dennis when he

needed her the most and to the Cornwall Fire Department for their help. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). A service of remembrance was held on Monday, August 27 from the funeral home chapel, Rev. Dianna Frye officiating. In lieu of flowers, donations in Dennis' memory may be made to the Heart & Stroke Foundation.

### **BALDWIN, Arthur Keltie**

1918-2012, Camp Hill Veterans Memorial Building, formerly of Herring Cove, passed away peacefully on August 26, 2012. Born in Saint John, NB. On February 24, 1918, he was the oldest son of the late Arthur Nicholas and Selina (Collier) Baldwin. Arthur served in the Royal Canadian Navy during the Second World War on the RCN Corvettes in the North Atlantic. He is survived by his children Bill, Oxford; Charlotte Baldwin; Jean Anne MacDonald (Leo); James, all of Halifax; brother David, Mississauga, Ont.; sisters Anne Henderson, Guelph, Ont.; Marjorie "Midge" Clarke, Saint John, NB.. He will also be sadly missed by eight grandchildren and one great grandson. He was predeceased by his wife Edythe (Pelham) Baldwin in 1981, his daughter- in-law, Catherine Baldwin in 2009. Arrangements were under the care of J.A. Walker Funeral Home (2005) Ltd. (477-5601) 149 Herring Cove Rd. Family flowers only. Donations in memory may be made to the Veterans Memorial Gar-

dens at the Camp Hill Hospital, Bide Awhile Shelter or to your local animal shelter. The family wishes to thank the staff of V5 West, Camp Hill Veterans for their excellent care over the past three and a half years.

### HAMM, Perry Lionel

54, Bridgewater, formerly of Sambro, passed away peacefully on Tuesday, September 4, 2012 surrounded by family. Born in Halifax, he was a son of the late Lionel and Louisa (Spiers) Hamm. Perry worked for LRIS / Service Nova Scotia for 30 plus years until his retirement. After he retired he worked at Canadian Tire Garden Center in Bridgewater, until his illness. He fought his illness with great courage, dignity and humour. He was an avid outdoorsman and sports fan who enjoyed gardening. His favourite hockey team was the Montreal Canadiens and his cherished treasures were his three girls. He will lovingly be remembered and never forgotten by his wife of 29 years, Wanda (Brewer); daughters, Olivia, Melanie and Gina; siblings, Yvonne (Vance), Carla (Ernie), Loraine (Larry "Bubbie"), Jackie (Dave), Michael and Joanne (Bob); mother in-law, Stella Brewer; several nieces and great nieces, nephews and great nephews. He was predeceased by father in-law, Douglas Brewer. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). A celebration of Perry's life was

(See Obituaries on page 14)

## Stephen Adams

HRM Councillor, District 18

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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 OCTOBER

St. Paul's United Church Presents its bi-annual **Fall Fair**, Saturday, September 22, 2012 10:00 am to 1:00 pm 173 Old Sambro Road (at the 4 way stop)

Service for the Blessing of Animals: Sun. Sept. 30, 2:30 pm, in the churchyard of St. Paul's United Church, 173 Old Sambro Rd., Spryfield. In the case of rain the service will take place in the church hall. Bring your pet in a cage or carrier or on a leash. If you don't have a pet, come anyway. There will be a freewill offering for the SPCA. You may bring your lawn chair. After the service there will be some refreshments for humans and animals. For information call 477-3937.

### Chebucto Community Health Team Programs:

Living With Stress: Skills for Life 4-Week Program Thursdays November 8th - 29th 10-12 pm Learn skills to deal with stress and practice techniques such as time management, mindfulness and relaxation.

Weight Management 4- Week Program Mondays October 15th –November 5th 10-11:30 am This series will help you better understand your body weight. Learn some practical tips around food and activity to help you lose or maintain a healthy weight.

Want better Health? Build better Goals! Monday October 24th 11-12 pm. This learning session will help you set realistic health goals. You will explore what motivates you and what stops you from making changes. At the end of this session you will develop a plan to help you achieve your goal.

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop Please call 487-0690 or drop-in to register.

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

Get Your GED! (General Equivalency Diploma) Free 20 week course course offered by the Halifax Community Learning Network at the Captain William Spry Community Centre. Prepare for the exam and find out about other educational options on your road to success. If you are available weekdays, Monday through Thursday, and pass the entrance requirements, this program is for you! Please call 422-7648 or 490-6408 for more information.

Dance at Emmanuel Church Hall 322 Herring Cove Road, Spryfield October 6, 2012, 8 pm to 12 am. Music by Bay City Band, \$7 per person. Light lunch served at intermission

Emmanuel Players Present the Musical: "Return to Gillian's Island", \$25.00 ticket price includes an evening of great entertainment with a delicious meal of salad,

entree & dessert (wine available) October 12 & 13 evening & 14 Sunday Matinee (roast pork dinner). Also October 19 & 20 (roast beef dinner) Emmanuel Church Hall 322 Herring Cove Rd. Halifax Doors open at 5:30 pm/3:30 pm for matinee (Reserved Ticket seating) Request your tickets early for the best seats. For Tickets/Information call Alecta 477-7870

**Preteen Dance:** At the Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road, being held on October 25 at 7:00 p.m. with the usual things such as DJ, canteen and supervision for kids grade 3 to grade 6!

Mixed Darts: Every Friday at 8:00 p.m. at the Harrietsfield/Williamswood Community Centre. All welcome, full time or spare, bar open for your convenience. Come out and have some fun!

AHF Church: Back to school "Free" Community B.B.Q. at Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road, with Games, Prizes, Balloons, Face Painting, etc on Saturday, October 13, starting at 12:00 p.m.

Chebucto Connections needs your help!
We need people to volunteer with our
Mentoring Program and build meaningful
relationships, try new activities and have
fun while supporting young people to
reach their potential! We also need people
to Volunteer as a tutor to help ensure
young people have the knowledge and
skills they need to reach their educational

For more information contact our Pathways Office to speak with one of our staff: Phone: 902-477-9115 Email: ccda. mackenzie@ns.sympatico.ca You'll receive training by qualified staff, opportunities for additional professional development and a big giant THANK YOU for giving your time to help change the lives of youth in Spryfield! All it takes is 2 hours once a week!

**Urban Farm Meeting**:"The Urban Farm

held on Saturday, September 8; private

In lieu of flowers, donations in Perry's

memory may be made to the Canadian

O'Donnell, General Manager, Canadian

Tire, 16 Pine Grove Road, Bridgewater,

Tire Jump Start Program, c/o Jody

family interment in St. John's Cemetery.

(continued from page 13)

BITUARIES

Museum Society of Spryfield will hold its monthly meeting on Monday,October 15th, 2012, 7 pm at the Capt. Wm. Spry Community Centre due to the Thanksgiving holiday. Volunteers and new members welcome. For further information, please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca."

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

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

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

**Indoor Yard Sale**, Saturday 13 October, Parkhill United Church, 5 Kirk Road, Jollimore, Halifax, 9am-12 noon.

McNabs Island Fall Foliage Tours Sunday October 14 (rain date October 21) Time 10 am – 5:00 pm. Join the Friends of McNabs Island Society for the annual Fall Foliage Tour of McNabs Island Provincial Park. Wear comfortable shoes, and bring a lunch and drinking water. Departure Locations: Halifax: Meet at Murphy's Cable Wharf, 1751 Lower Water St on the

a member of numerous social clubs,

Halifax Waterfront. Capacity 190 persons. Eastern Passage: A&M Sea Charters, 87 Government Wharf Rd, Fisherman's Cove. Capacity 29 persons. Cost: \$12 (members and children under 16) \$15 (nonmembers), babies under 2 free. Tickets are limited and available from Ticket Atlantic at (902) 451-1221, the Halifax Metro Centre Box Office and kiosk, the 27 participating Atlantic Superstore outlets or online at www.ticketatlantic.com. For more information, visit www.mcnabsisland.ca, facebook.com/groups/friendsofmcnabs, email mcnabs@chebucto.ns.ca, or call Faye at 443-1749 or Cathy at 434-2254.

Happening This Month at the **Young At Heart Club** Regular Meetings - First Monday of the Month; Crib - Thursdays 1:30 pm; Darts - Thursdays 7:30 pm; Bingo-First Friday of the Month. For More Info Call Paula 477-7118

**Toy & Turkey Bingo** at Harrietsfield Elementary School Thursday, November 22. Doors open at 6:00 pm and bingo starts at 6:30. All are welcome!

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Swordfish Supper** on Saturday, Oct. 13 from 4:00 pm to 6:00 pm. Come join us for an amazing meal and great fellowship. Everyone welcome.

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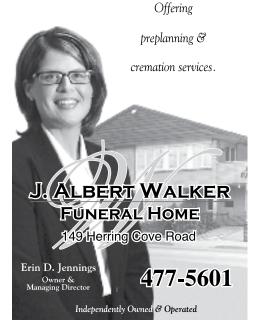
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### O'DONNELL, Alfred "Alfie" William

75, Halifax, passed away unexpectedly on Friday, September 7, 2012 at home. Born in Halifax, he was a son of the late James O'Donnell and Kathleen (Gouldreault) Redmond. Alfie worked for Farmers Dairy for over 30 years. He spent his retirement years socializing with friends both new and old. He was

who will be dearly missed be all who knew and loved him. Alfie is survived by nieces, Rosanne "Randy" McSweeney (Alan Daniels), Terence Bay, and Michelle "Shelly" Uwins, Head of St. Margaret's Bay; brothers, Jim (May), Gordon (Joan), Artie (Jean), all of the Halifax area. He was predeceased by step-father, Ralph Redmond; brother, Frank O'Donnell; sister, Anne Grattan; nephew, Cyril "CJ" McSweeney. Cremation has taken place under the care of J. A. Walker Funeral Home (2005) Ltd. A memorial Mass was celebrated on Friday, September 14 from St. Patrick's Roman Catholic Church. Interment will take place at Gate of Heaven Cemetery, Lower Sackville. Donations in Alfie's memory may be made to the St. Patrick's Church Restoration Fund.





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