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# Sambro celebration rekindles, reunites community

It was billed as a celebration to recognize the 250th Anniversary of what is believed to be the first act of representative government in Canada, but it turned out to become a weekend event which reunited, rekindled and brought an entire community together.

Sambro, and the Sambro Island Light, commissioned by an act of the Nova Scotia legislature 250 years ago, were centre stage for the first Sambro Sou'Wester Days to be held in about ten years. And if you arrived on a soggy

Saturday afternoon it was easy to witness the many willing volunteers who arrived for the baseball diamond held fair, stepped out of their cars and immediately offered to help lead organizer Leslie Harnish complete set-up arrangements for the children's games, events and "washer toss" tournament.

The Mainland South Heritage Society, which spearheaded the event in association with the Nova Scotia Lighthouse Preservation Society, kicked off the evnt with what was

billed as an "old-timers" slo-pitch tournament which may yet turn into a weekly Wednesday evening event (See Stephean Adam's Column Page 8). A community parade followed on Saturday morning followed by the afternoon fair, Saturday evening tent dance and fireworks. Sunday saw the blessing of the fleet and the rubber duck race unfold and all weekend tours were organized at the Sambro Island Lighthouse.

"The community of Sambro came together in great style to honour the 250th Anniversary of the founding of the Sambro Island Lighthouse, the oldest operating lighthouse in North America," said Harnish obviously

pleased with how the events turned out. "I have a new respect for the Parent Teachers Association now after having organized this for this weekend," she remaked off the cuff during Saturday's planning.

She said "after a 10 year hiatus, reinstating the Sambro Sou' Wester Days seemed a fitting way to pay tribute to our treasured gem. By all accounts, the weekend events appear to have been a great success! It brought back some pride and spirit to our community and some much needed focus on our treasured gem, the Sambro Island Lighthouse. This

see "Sambro" pg. 2



Denise, Tiffany and Justin Gilkie, captured the Most Spirited Entry Award at the Sambro Sou'Wester

# **Atlantic Karate Club preparing** for 40th anniversary

By Glenn Euloth

The Atlantic Karate Club has started preparations for its 40th anniversary in 2009. Forty years of serving the community is worthy of a big party and the preparations have to start now to make sure everything is in place and properly organized for the event. The members of the Atlantic Karate Club invite like you to join them in the celebration.

The 60s were an exciting time for anyone who was interested in martial arts. Bruce Lee was captivating people on the small screen as the lightning fast Kato in the Green Hornet and on the big screen with feature films such as Fists of Fury, The Chinese Connection, and Enter the Dragon. Chuck Norris was a huge name in the martial arts tournament scene and people were fascinated with these martial artists and their amazing moves and fighting techniques. In 1969 there was a group who were fascinated enough to create the Atlantic Karate Club, a club with a focus on serving the community.

After searching for someone to teach them they were fortunate enough to have found Sensei Shane Higashi who introduced them to Chito-Ryu Karate. Chito-Ryu is a style of karate created by Dr. Tsuyoshi Chitose.

Dr. Chitose had spent a lifetime learning karate from the premier masters of his time and discovered that some of the techniques and training methods caused harm to the body. He decided the solution was to create his own style which he named Chito-Ryu. A style which

see "Karate" pg. 3

# **Spryfield Lions Rink to receive portion of funding**

The Lions Club of Spryfield Rink will receive \$27,000 in provincial government funding for upgrades as part of the MacDonald government's Rink Revitalization program, Guysborough-Sheet Harbour MLA Ron Chisholm confirmed this week.

"The response to the program has been tremendous," said Chisholm. "Premier MacDonald has made healthy living a priority and the public appreciates this kind of investment in their community and their health."

Seventy-four rinks will receive \$27,000

each as part of the MacDonald government's \$2 million Rink Revitalization program. The new, one-time investment is to help arenas make repairs and improvements.

"Nova Scotia's arenas are often the heart of a community and investing in them helps people remain physically active," continued Chisholm. "This funding will help these facilities continue to provide the best service possible to communities.'

Rinks across the province will use this funding for a variety of upgrades depending

on their needs. Enhancements might include upgrades to dehumidification systems, repairs to washrooms and dressing rooms, structural repairs, refrigeration systems maintenance, ceiling maintenance and repair, Zamboni maintenance or improvements to parking

The province's rink revitalization program was first announced in the spring as part of the Progressive Conservative government's seventh consecutive balanced budget. Eligible arenas applied online for the funding.

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Page 2 September 2008 • Chebucto News

# Sambro celebration rekindles, reunites

event wouldn't have been possible without the support of many organizations, corporate sponsors and individuals, and of course the attendees of the weekend.'

On Friday evening at the Sambro Folklore event, Clary Croft told the tale of Sambro's most famous ghost, Double Alex. "As a Gilkie descendant myself," said Harnish, "it gave me goose bumps to hear fellow Gilkie descendant, Bubby Smith, tell the crowd of his experience

in seeing Double Alex and a family elder reassuring him that Alex will never hurt "one of us. I'd like to think that not only Double Alex, but lightkeepers William and Mary Gilkie are still at their post on the island, faithfully watching over all of us all weekend! After all, it had to be them - who else could have kept the fog at bay, a lovely moon in the sky and perfect wind conditions for our grand finale fire works display? Coincidence? I think not!"

Winners of the various prizes include: First place winner of the Sambro Print by Kathy



A volunteer passes out birthday cake during Saturday's festivities at the Sambro Sou'Wester Days Fair.



Halifax Atlantic MLA Michele Raymond helps volunteers distribute commemorative T-shirts in honour of the Sambro Sou'Wester Days event



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477-4040 Dr. Jim Gillis Dr. Debbie Hoffele Dr. Laura Speer

Sambro. Congratulations to Billy! Second place winner of the Sambro Island limited edition \$20 Silver Coin valued at \$70 was Emily Purcell of Sambro. Congratulations to Emily!

Third place winner of the Sambro Island limited edition plate was Marg Randell. Congratulations to Mary! Winner of the weekend long 50/50 draw was Cherice Duggan. Cherice wins \$497. Congratulations to Cherice! Winner of the Rubber Duck Race was Tonya Kirk-Baillie! There were 138 ducks floating down stream towards Sambro Creek. Tonya wins \$345! Congratulations to Tonya!!



Kelly Baillie, daughter of Tonya Kirk-Baillie, winner of the Sambro Sou'Wester days Rubber Duck Race, holds the winner of the 138 entries in the contest

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### Munch & Move

A short walk and a healthy snack. FREE. Thursday, September 11th, 9:30-11am Thursday, September 18th, 9:30-11am Thursday September 25th, 9:30-11am

### **Diabetes Label Tour**

Whether you've just been diagnosed or you've had diabetes for years, this class will help you learn what to look for when shopping.

FREE. Thursday, September 11th, 1-3pm

### 8 Week Healthy Weight Program

FREE. Starts Thursday, September 18th, 2-3:30pm

# **Bone Health Class**

Concerned about your bones? Come find out how to protect them now, and in the future. FREE. Monday, September 15th, 6-8pm

### **Lowering Cholesterol**

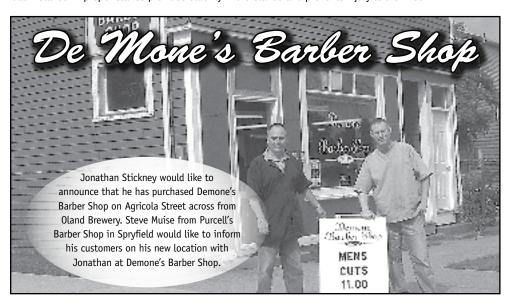
FREE. September 29th, 10-12am



Chebucto News ● September 2008



Sensei Randall MacLean explains the importance of foot and knee position with respect to Chito-Ryu's shiko-dachi stance. A proper stance provides stability in the stance and prevents injury to the knee.



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# **Karate Club's 40th anniversary**

continued from pg. 1

could be practiced by anyone from 5 to 85 as the techniques and training methods were specifically designed to improve the body and spirit and prevent harmful side-effects.

The Atlantic Karate Club is a non-profit society dedicated to preserving and promoting the wonderful art of Chito Ryu Karate that Dr. Chitose created. The club is a teaching dojo and students are trained not only to perform karate but to teach it as well. Former student Marc Waterfield reveals "I have received so much from being exposed to Chito-Ryu Karate Do through my training at the AKC." Sensei Waterfield who started training at the AKC in the junior karate program, is now a 4th degree black belt teaching Chito-Ryu Karate and Oral Communication in Kumamoto City, Japan.

The instructors at the club are all volunteers who want to give back to the club and the community which gave so much to them as they studied Chito-Ryu Karate. They continue to learn and teach at the dojo which has trained and inspired them so much over the years. "These two men were the Heart and the Strength of the AKC when I was a student there and I have always tried my best to live up to their expectations of me as a Karate-ka and as human being," says Sensei Marc Waterfield fondly remembering Sensei Michael Delaney, deceased, and Sensei Robert Gascoigne from his early years at the AKC.

The club, upstairs in the Chocolate Lake Recreation Centre at 14 Purcell's Cove Road, will have a busy year ahead preparing for the 40th anniversary celebration next year. There will be invitations to be sent and exhibitions to organize. The members of the AKC invite like you to study Chito-Ryu with them and help them celebrate the 40th anniversary of the Atlantic Karate Club. For information contact 477-4639 or Web:http://www.atlantickarateclub.ca/.

# Basketball Association headed for new season

The McDonald's Mainland South Minor Basketball Association is back for another exciting new season!

After a successful and rewarding 2007/2008 year the club will hold it's first registration on Thursday, September 11 at the Captain William Spry Community Center in the main lobby between the hours of 6:30pm and 8pm.

The club will be expanding from two teams to five. Not only will there be Representative teams for Mini Boys and Mini Girls but an addition of Rep Teams for Junior Mini Boys, Bantam Boys and Bantam Girls. Last years players will have preference but all new registrants will be evaluated where teams need to be filled. There will still be a House League were Small Ball Players where non-Rep players can develop their skills . Also there is interest in a Midget Girls Team. For more information please contact Todd Umlah @ 852-5468 or Gary Kirby@ 431-6155.

Divisions, ages and registration fees include Small Ball, 5 – 8, \$60.00; Mini House, 8 – 11, \$60.00; Jr. Mini Rep, under 10, \$170.00; Mini, under 12, \$170.00; Bantam, under 14,\$170.00; Midget, under 16, \$185.00. All ages are as of October 1,2008.



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Page 4 September 2008 ● Chebucto News



# **DISCOVERING OUR PAST**



# Estate papers and wills are an important source for discovering our ancestors

By Iris Shea, Historian Mainland South Heritage Society

orting out our early ancestors is not always easy. The amount of information that is available on the internet may be a blessing but can also lead to collecting misinformation on your family. Recently, while compiling a Discovering Our Past booklet called "Sambro and Neighbouring Communites" for Sambro Sou'wester Days, the use of primary sources was necessary in order to sort out the families who first settled in Sambro. One of those early settlers was James Gray.

James Gray appeared in the 1793 Poll Tax record for Sambro. His marriage to the widow, Mary Bracket, took place in Halifax in 1776 at St. Paul's Anglican Church. When he died in 1815, his estate papers told us quite a bit about his accumulated wealth and the names of his seven surviving children, William, James, Charles, Thomas, Samuel, Smith and Swaine. After puzzling over the names Smith and Swaine, I discovered they were his daughters. Marriage records at St. Paul's, Halifax, show that Mary Gray married Enos Smith and Elizabeth Gray married Samuel Swaine. The estate papers of James Gray of Sambro, fisherman, dated 28 July 1815, gave an inventory of his possessions as follows: 7 mackerel nets, 1 salmon net, 3 guns, 2 herring nets, 3 lbs. twine, 1 bed and bedding, 3 feather beds, 2 cows, 1 horse, 2 colts, 1 spy glass, building and improvement, a lot of cotton wool, 1 pair snow shoes, 2 old saws, a small lot of flax, a lot of old rope, a lot of spun

yarn, 3 barrels salt, a lot of casks, 1 iron pot, 1 iron kettle, 1 small Flat, one crowbar, chest of tools, 1 dozen chairs, 2 old tables, crockery ware, 1 chest of clothes, empty casks.

1 pot, 1 kettle, one tongs, and shovel. Total value: £1400. One third of this amount was set aside for his widow, and the remaining amount was divided into eight equal shares. One share was given to each of six children, and two shares to son James who was the administrator of his father's estate Further information on the seven children of James and



Lillian Irene Gray and Joseph Carleton Gray of Pennant, 1928.

Mary Gray was found in church records and in the Halifax County Death Register: (1) William married 23 Mar. 1800 Mary Keith (St. Paul's, Halifax). (2) James married 17 Nov. 1797 Margaret Williams (St. Paul's, Halifax). (3) Charles, born about 1785, died 8 June 1870, Sambro, N.S. He married 15 Dec. 1806 Mercy Smith (St. Paul's, Halifax). She was born in Barrington, NS about 1790, daughter of Warren Smith and Mercy Cohoon and died 5 Aug 1871 in Sambro, N.S. (4) Thomas married 13 Nov. 1810 Deborah Smith (St. Paul's, Halifax). (5) Samuel, born about 1790;

died in Sambro 28 Aug. 1842, age 51 (Acadian Recorder, Sat. 3 Sept. 1842). He married 12 Mar. 1816 Elizabeth Vrieze. She was born about 1784

> in Barrington, NS, daughter of Joseph and Mary; died in Sambro 8 Aug. 1876, age 92 (6) Mary married 14 Mar. 1808 Enos Smith (St. Paul's, Halifax). (7) Elizabeth married 4 June 1812 Samuel Swaine (St. Paul's, Halifax). Descendants of

Descendants of James Gray and the widow Mary Bracket continue to live in Sambro and Pennant. The accompanying

photograph shows Joseph Carleton Gray and Lillian Irene Gray who married 12 Nov. 1928 at St. Paul's Church in Herring Cove. Both of their Gray families were Roman Catholic, having married into the Irish settlers from Ketch Harbour and Pennant. Lillian Gray was the daughter of George Gray and Sophia Martin of Pennant. Joseph's parents were Peter Angus Gray of Sambro and Mary Flemming of Ketch Harbour. Both Lillian and Joseph were great grandchildren of Jeremiah Twohig, a native of Bantry Town, County Cork, Ireland, and Elizabeth Martin of Pennant, and both descend from James

Gray and Margaret Brackett of Sambro. The recent Sambro Sou'wester Days, celebrating Democracy 250 and the 250th anniversary of Sambro Light was a huge success. The Mainland South Heritage Society was proud to be part of this historic event. Thanks to our president, Leslie Harnish, and her committee of enthusiastic volunteers, all events were well organized, well attended and enjoyed. Boat trips to Sambro Island and guided tours by members of the NS Lighthouse Preservation Society were a big hit! The Mainland South Heritage Society will host a second Democracy 250 event "Dingle Democracy Festival" at the Dingle in Fleming Park to celebrate the 100th anniversary of the laying of the foundation stone for the Memorial Tower. A full day of family fun and activities is planned for October 5th, from 10:00am to dusk, including music at the bandstand and throughout the park, displays of local crafts and food, pony rides, a ferry across the Northwest Arm, guided heritage and nature walks, and a

The Mainland South Heritage Society and the Urban Farm Museum Society of Spryfield will hold an Antiques Road Show Saturday, Sept. 20 from 10:00am to 4:30pm at the Captain William Spry Community Centre. Learn about the history and value of your prized antiques from expert appraisers Louis Leroux, Rosemary Beckett and Roger Crowther. Limit of two items per \$10. Tickets may be purchased at Crowell's Pharmasave, 349 Herring Cove Rd. For further information call Leslie at 868-2553, or email Iris at: ishea@eastlink.ca.

lantern walk at dusk. More information at http://

democracyfestival.weebly.com.

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- Ensure storm sewers continue to be installed
- Address individual and community concerns on an ongoing basis
- Secure \$1.65 million in funding for the Herring Cove sewer and water project
- Enhance Herring Cove Road with flower baskets, wreaths, benches, and a new park
- Upgrade the Captain William Spry Centre with over \$1.5 million in improvements

Over the next term, I am committed to:

- Supporting community initiatives, to enhance our quality of life.
- Ensuring the Herring Cove Sewage Treatment Plant is completed and functional in July '09.
- Completing the installation of storm sewers in Leiblin Park.
- Completing the long-overdue water and sewer services to Herring Cove and working to secure additional funding on your behalf.
- Installing Neighbourhood signage, ensuring we can keep our unique identity.
- Delivering 'affordable' transit services to Sambro.
- Initiating additional community beautification projects for our schools and green spaces.
- Representing you and your interests with commitment, respect and competence.

I am excited about our future of District 18. I am honoured that you have put your trust in me, and respectfully ask for your continued support on Saturday, October 18, so that we can keep our momentum as we move forward, together.

Paid for by the Committee to elect Steve Adams, 1434 John Brackett Drive.

Chebucto News ● September 2008

# Spryfield Physio adds chiropractic discipline to services

In her never ending quest to improve and expand services at Spryfield Physiotherapy Clinic, Manager and Physiotherapist

Linda
MacLaggan
has added a
chiropractic
service to the
local business.
Dr. Kristen
Sutherland is
expected to
arrive and set
up the new
service this

week. Spryfield physiotherapy your community clinic, has been a in business in Spryfield on the corner of Dentith and Herring Cove Road since 1994. "We remain committed to quality care for our clients," says MacLaggan.

community has grown so has the clinic to meet the needs of the local residents."

MacLaggan said the clinic now has two full time therapists, including herself and Andrew Tilley, who treat injuries sustained

or. Kirsten Sutherland

properly and c to avoid unnecessary wear and tear.

Linda has been involved in the

during s
sports, car
accidents, M
work place ir
accidents, and general tr
muscle and joint injuries. T
The owner f
Michael
Ritchie

provides consults as needed. Exercise is the main method of treatment but both therapists are trained in manual therapy and acupuncture. The exercises provided

will assist

in keeping

the joints

community through the Spryfied and District Bussiness commission for over three years. The clinic has provided scholarships to JLIsley.

Over the past few years Linda MacLaggan has expanded her skills to include women's health issues including urinary incontinence. This is an issue that affects over 75% of women and can sometimes be helped with specific exercises. This can, in some cases, prevent the need for surgery and drug interventions.

Linda also has her master's degree in physiotherapy with a focus on neurological conditions, specifically Parkinson's, and can provide treatment for many neurological conditions such as stroke and multiple sclerosis. Linda's strength remains in her ability to analyize movement and specifically figure our what is causing faulty motion, pain, and wear and tear on the body.

Sarah West has joined the staff one year ago to provide massage therapy. Jennifer Grant provides nutritional counseling to help people attaining their weight and health goals. Conditions like heart disease and diabetes can be helped through proper nutrition. Jen Bullman has been providing personal training, work place assessments, conditioning, and case management for the work related injuries. She coaches girls rugby in the Spryfield area. Anita Scott has joined the team to provide psychological counseling to people who need guidance. She has experience working with chronic pain as well as coping and life change management. She can also

offer assistance with mental health issues. She provides counseling services for people involved in car accidents, work place issues and injuries, and private patients.

A new addition to the team is Kristen Sutherland. She has just returned to Nova Scotia from Ontario and will be providing chiropractic care for our customers. Chiroparctic care differs from physiotherapy because it is based on manipulation of the spine for health. Dr. Sutheralnd also provides treatments in acupuncture for muscle and joint pain as well as working closely with the physiotherapists and kinesiologist to provide appropriate exercise programs to maintain good health.

Sutherland says physiotherapy and chiropractic are similar disciplines but chiropractors have more experience mobilizing joints and with orthopedic testing and diagnosis. "By working together with the physiotherapist the patient gets more of a benefit. A patient can come of Spryfield Physiotherapy and get the training and treatment in a multi-disciplined environment," she said.

Sutherland, who is trained in acupuncture, says this discipline is a very good way for patients to control pain who don't want to use medication for this purpose.

'Our team is a well rounded group that can help with many aspects of health both physical and mental. We look forward to continuing to work with the people in the Spryfield and surrounding area," MacLaggan says.

# **Spryfield Physiotherapy**

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physiotherapy chiropractic massage therapy psychology ergonomics fitness training exercise training acupuncture Page 6 September 2008 • Chebucto News

# Make Your Count!

The Halifax Regional Municipality will be holding Municipal and School Board elections in accordance with the Municipal Elections Act on the third Saturday of October (October 18, 2008). The purpose of the election is to elect Mayor, Regional Councillors and School Board members.

All eligible voters are encouraged to participate in the Municipal and School Board Elections, Make Your Vote Count!



# What makes me eligible to vote?

You are qualified to vote if:

- You are at least 18 years old on election day (October 18, 2008),
- You are a Canadian citizen,
- You have been a resident in the municipality for a period of three months immediately preceding election day and continue to so reside.

To find out if you're eligible to vote for the Halifax Regional School Board, The African Nova Scotian Member of the Regional School Board and the Conseil scolaire acadien provincial (CSAP) visit us at www.halifax.ca/election or contact the election office (see contact information below).

# How do I know who is running for election?

All candidates must officially declare they are running for election by September 9, 2008. A list of officials and their contact information can be found by visiting the HRM website at www.halifax.ca/election or contact the election office (see contact information below).



### How do I know where to vote?

Voters who have placed their name on the official elector list as of August 22, 2008 will receive a Voter Notification Letter by mail during the last week of September. This letter will provide information on your voting options, polling location and official PIN and instructions for e-voting.

Persons whose name does not appear on the official List of Electors will be required to appear in person to take an affidavit prior to voting.

All polling locations and dates can be found at www.halifax.ca/ election.

### How can I vote?

### Internet or Phone

 Use your Personal Identification Number (PIN) with instructions provided on your Voter Notification Letter and vote anytime from Saturday, October 4 starting at 8:00 am until Monday, October 6 ending at 8:00 pm

### Vote in Person

- Advance Polls Saturday, October 11 and Tuesday, October 14 from 12:00 pm (noon) to 8:00 pm
- Election Day Polls Saturday, October 18 from 8:00 am to 7:00 pm

# Questions? Contact the HRM Elections Office.



# In person Monday-Friday 8:30 am - 4:30 pm

**Returning Officer** City Hall, 1841 Argyle Street Halifax



### Phone

Monday-Friday 8:30 am - 4:30 pm

490-8683 (VOTE) Toll-free 1-888-820-8683 (VOTE) TDD 490-6645



# Fax 490-4208



# E-mail

election@halifax.ca



### Writing in

**Returning Officer** City Hall PO Box 1749 Halifax, NS **B3J3A5** 



Linda Grant Municipal Returning Officer Chebucto News ● September 2008



# As a local resident of the Spryfield area, Ryan would be pleased to assist you with your legal needs in the areas of residential and commercial real estate, corporate commercial law and wills and estate planning. With offices in Halifax and Truro. 1718 Argyle Street, Ste. 510, Halifax, NS B3N 3N6 10 Church Street, Truro, NS B2N 5B9 Ryan P. Brennan 902.405.8000

# Sangster retires from RBC after 30 years

Humble. Only one of her many qualities. But it's the one she used to prevent the Chebucto News from doing any sort of feature piece on her retirement after a little more than 30 years active service from the Royal Bank of Canada, most of which was spent somewhere on Herring Cove Road.

But for all those in the community who know Dianne Sangster, the trait will not come as a surprise, it is just one of many that have made her a backbone of the branch since she began working in 1967.

"I started at the small branch across the street. And I went through the teller – no tellers – changes and ended up here at this branch with full teller service all over again," she says quickly trying to get away from the conversation before too much gets said.

Dianne is quick however, to point out that she hasn't worked the entire time. "I took 15 years off to raise my family," she says of some intervening years when she became a full time mother.

But one thing is certain, if the community likes Dianne it is returned. "There are good people in this community. I wouldn't have stayed otherwise. This is a great community. I just feel good about this community. I hope this community takes off just like everyone says it's going to," she wished for all who live and work here.

When she arrived for her retirement celebration, more than 50 well wishers crowded into the Branch. The accompanying photographs represent Dianne accepting appreciation from many of her family, friends and co-workers.





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# Dingle Beach opening "significant milestone" for community

District 17 Councillor

It was a pleasure to host the 1st Annual Dingle Beach Party on August 2nd to celebrate the official opening of the Dingle Beach and the return of Life Guards to monitor the swimming area. Most importantly, we held this event to celebrate the fact that we can once again swim at the Dingle, a jewel on the North West Arm.

This is a significant milestone for our district and I am proud to have been on the Harbour Solutions Committee that worked from the start of the tender, up to and including implementation. Having spent most of my life living in Fleming Park, I had the pleasure of swimming at the Dingle as a child. Now residents and their children are

once again afforded this opportunity.

The weather did not dampen the spirits of the hundreds of people who braved the rain to partake in the festivities for the 1st Annual Dingle Beach Party. It was a great event designed attended by all age groups. In addition to swimming, we had lawn games, jumpy castles, BBQ, cake, ice-cream and live entertainment by E-Soul. The water was over 17\* C which was warmer than the air! Despite the rain, everyone had a great time and is looking forward to a summer of fun and swimming at Sir Sandford Fleming Park.

Swimming is indeed safe at the Dingle. On rare occasions, there will be times when the beach will close following heavy rainfall events. The next two days after the official opening we closed the beach for swimming

as a precautionary measure. When the water testing results came back they were in fact fine for swimming on the days that the beach was closed, but at HRM we prefer to take precautionary approach.

Having the beach closed as a precaution following heavy rains is a great improvement from when 200 million litres of raw sewage was dumped into the harbour each day. We are working on measures to improve flows following heavy rains but our current system is a far cry from the floatables and odours that used to be a blight on our harbour.

Thank you to the generous sponsors who made this event a success: Polycorp, Pinky's, Glow Parties, The Spryfield and District Business Commission, Sobeys and the Halifax Regional Water Commission and

Halifax Regional Municipality. In addition, thank you to the dedicated staff, volunteers, and everyone who came out to celebrate this momentous occasion.

Previously in The Chebucto News I have provided updates on our National Historic Site Status application for the Memorial (Dingle) Tower. HRM applied and submitted a research report by Dr. Brian Cuthbertson. The Board sent a researcher from Ottawa to view the tower, and meet with HRM staff and I. A resident and I also brought the researcher to Province House where she met with many Provincial Ministers.

On May 2nd, the legislature adopted the following resolution, moved by Minister Len Goucher: "Whereas the Democracy 250 Act of Nova Scotia promotes the celebration of our history, heritage and institutions, as well as the education of young Nova Scotians and other Canadians on representative government; and Whereas Sir Sandford Fleming commemorated the 150th Anniversary of representative government in Nova Scotia by donating his summer retreat, the Dingle, to the former City of Halifax for a public park, including a landmark memorial tower, the cornerstone of which was laid on October 2, 1908, to correspond with the 150th Anniversary of the meeting of the first Nova Scotia Assembly on October 2, 1758; and Whereas on this, the 100th Anniversary of the start of construction of the Dingle Tower, Halifax Regional Municipality and HRM Councillor Linda Mosher made application to the Historic Sites and Monuments Board of Canada to have it designated as a national historic site;

Therefore be it resolved that all members of this House support the efforts of Councillor Mosher and HRM to have the Dingle Memorial Tower, a local treasure, designated a national historic site by the federal government." This was carried unanimously.

Dr. Cuthberton's report and submission to the National Historic Sites and Monuments Board on behalf of HRM can be viewed at: www.lindamosher.ca.

We are awaiting a positive response from the Federal government and hope to have this in time for the October 2, the 100th anniversary of the laying of the first cornerstone at the tower. We will be notifying residents of commemorative activities to highlight this significant event on the October 2, anniversary, more information to follow

# Councillor offers congratulations, thanks to Sambro Days organizers

By Stephen Adams District 18 Councillor

What a weekend! There is no better way to designate Sambro Sou'Wester Days that were held from August 15 to 17. After a ten year or so break the Mainland South Heritage Society along with members of the community got together and put on a spectacular event. From the ball games on Friday evening to the fireworks on Sunday, there was something

I had the distinct pleasure of being asked to participate in the ball games and the parade. The original plan for the slopitch event was to have a few "old-timers" (I'm not a fan of that term) to play in a game as a tribute to all those who had a connection to the field and have passed away over the years. As it turned out. there were enough players for four teams and a small tournament. If you should like to play, be at the James McPhee Ball Field Wednesdays at 6 p.m.

The parade was a great event with about 800 watching. I participated with Mayor Peter Kelly as we gave out pins and candy to the on-lookers. The 3.5

kilometre route seemed more like a marathon, but we survived. The rain held off just long enough for us to finish. Other events were the Blessing of the Fleet, washer toss (not Maytag type) and chowder supper.

Events such as these would not be possible if not for the help of dedicated community members. Sherrie Gilkie did an outstanding job organizing the parade. Skip Morton worked tirelessly to bring the ball games together. Annette Fleming was indispensable in her job as Co-Chair and Leslie Harnish never ceased to amaze with her energy and dedication. And special thank-you to Leslie's husband Jim and children Kaitron and Logan. Although the three of you may not know many of us in attendance know the work you put into this event. Your efforts did not go unnoticed.

Thank you to all those who helped make this event a success. Your hard work is appreciated.

Over the past few weeks new playground equipment has been ordered for broth Graves Oakley and Lynette playgrounds. As a result of some unsuspected cost-savings funds have

been made available to install a new playground structure in Portuguese Cove as well.

My thanks goes out to our staff who took the initiative, Kirk Conrad and Jim Drysdale. Your efforts are also appreciated.

As I reported recently questions have been raised with regard to the status of transit to Sambro. As a result of numerous issues, the decision to bring transit has been delayed. However, we will be hosting a meeting at the Harrietsfield Williamswood Recreation Centre on September 17 at 7 p.m. At that time, updates will be provided as to what has transpired and where do we go from here.

As you may be aware we have had a number of meetings to bring transit beyond Leiblin Park. At one point, a costing model was brought forward, but it was too expensive. As a result of this I asked our staff to prepare a report to allow for transit to be affordable, in other words, similar to the costs paid by other residents of HRM. Although this is part of the issue we will provide further information on the 17th.

# Stephen Adams

HRM Councillor, District 18

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# Linda Mosher

HRM Councillor, District 17 Purcell's Cove - Armdale

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# Nova Scotia transportation infrastructure eroding

Halifax Atlantic MLA

Nova Scotia, as the first mainland point of North American landfall from Europe, has a long history as a trading economy. The province is nearly an island, and has offered harbour to sailing ships from around the world, as well as being famed in its own right as a cradle of shipping and shipbuilding.

Yet Nova Scotia's links with the rest of the world are coming under increasing threat in the past few months. The ferries at the southern end of the province have been operating on a more and more uncertain basis for several years now, making tourist operators and shippers of perishables like fresh fish and Christmas trees less and less willing to rely on this link.

Last month, Air Canada announced the closure of its Halifax flight base (which is actually the airline's only Atlantic Canadian flight base). This means that flight crews must now travel from Toronto or Montreal to begin their day's work, if they are on a flight originating in Atlantic Canada. It will no longer be practical for the 150-plus personnel and their families to live here, and the muchpraised Halifax airport will no longer have specifically Atlantic Canadian crews working on the flights which first welcome many Europeans to Canada.

This week, Air Canada announced it will cut back daily service to London, meaning travellers and perishable goods will both need to fly to other, more distant airports before heading for Europe. This will actually require more flying distance on many occasions.

Cuts to CN Rail service into Nova Scotia over preceding years have also jeopardized Maritime transport links, and the Port of Halifax is currently struggling with troubled rail-sea links that see it operating at only 30% capacity. Some significant shippers have decided they can't afford to have their goods sit in port waiting for freight connections to more central destinations, and have moved to other jurisdictions. Yet, at the same time, the Atlantic Gateway initiative is proposing a new terminal on the Strait of Canso, marginally closer to the mouth of the Saint Lawrence seaway, but facing the same rail challenges, and requiring major construction on the access roads.

given initial approval for the operation of so called train-trucks on some of our highways; these are effectively 18-wheelers pulling another full trailer behind them. Because of significant safety concerns, it will be more critical than ever to twin Highway 104 between Antigonish and Port Hawkesbury to allow these trucks to serve a possible Melford terminal.

Nova Scotia's economy depends on its transportation links, and its position as the first landfall from Europe. In this day and age, as we try to minimize energy use and distance travelled, there's no point sending flight crews to Toronto and back before they begin their day's work. There's no point

sending travellers to central Canada before they can begin their voyage to Europe. There's even less point in losing ferry connections from the southern end of the province, or in sending goods to northern Nova Scotia, to shorten sea travel time while lengthening road time, and in watching freight (and passenger) rail links erode while putting more and more fuel-intensive and pavement-pounding vehicles onto NS highways.

The provincial government needs to work with its federal partners to ensure that one of Nova Scotia's greatest assets, its accessibility, isn't wasted or overlooked, to the peril of the provincial and national economy, and the global environment. It only makes sense.

# **Energy prices "a disaster"** for limited income Nova Scotians

By Graham Steele, Halifax Fairview MLA

Last month I wrote about the impending heat crunch. I'd like to return to that theme this month.

My basic message is that the cost of heating your home is going to be substantially higher than last year. The price of all energy sources is going up.

Government can't do everything to take away the sting, but there are some things it can do.

For example, only four months ago,

Rodney MacDonald's government said that they were eliminating the GST reduction on electricity, because the province needed the money. This GST reduction was something I fought for, along with my NDP colleagues.

Then only a few days ago, the province admitted that its revenues were likely to be \$166 million higher than they budgeted. The little secret of provincial finances is that high energy prices are good for the government, because higher prices mean higher royalties from offshore natural gas.

But high energy prices are a disaster for Nova Scotians working with a limited budget.

Something is badly out of balance, and we are calling on the provincial government to move decisively to correct the balance.

The first thing they should do is to cut the HST on electricity. It's what Rodney MacDonald promised in the last election. It's the right thing to do. And with revenues \$166 million higher than expected, he can no longer say that it's unaffordable.

When heating prices rise, the simplest and best strategy is to help people insulate their homes. It saves energy and money, whether you heat with oil, gas, electricity or wood. Insulating and retrofitting will pay off within a few years. Many of the homes in Nova Scotia built before the 1970's are completely uninsulated and therefore expensive to heat. But many families in this province aren't able to insulate because they don't have the cash to pay the upfront costs.

That's why the Nova Scotia NDP's Home Heating Plan, announced earlier this summer, includes upfront, low or no-interest loans to help families retrofit their homes. This would be an effective way to help thousands of low and middle-income families save on their fuel bills this winter, and every winter.

Perhaps the MacDonald government is hoping that energy prices will suddenly drop, and we'll all go back to the days of cheap oil. Prices are volatile, but most analysts are forecasting higher oil prices next winter, not lower ones. Last fall many Nova Scotians locked in their furnace oil price at 85 cents a litre. In August the price of furnace oil in Halifax was around \$1.20 litre.

In the long run Nova Scotia must reduce its dependency on oil for the benefit of the environment, and family budgets. Those changes are necessary, but they will take years. The cold weather is only two months away. Even if the MacDonald government comes up with a workable strategy to deal with the heating crisis this fall as promised, by the time programs are up and running, we'll be well into winter.

Some of our American neighbours are showing a real sense of urgency about the home heating crunch that is surely coming this winter. It's time for our own government to show the same sense of urgency, instead of counting the dollars as they roll into the treasury.

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# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

CONWAY, Douglas Cyril - 46, Stewiacke, formerly of Spryfield, passed away peacefully in the QEII Health Sciences Center. Doug played darts with the city league for many years. He loved golfing with his friends and spent countless hours chatting online and playing poker. He is survived by his mother Louise Conway, Stewiacke; brothers, James (Ann), Beaverbank; Bruce (Anne), Elmsdale: sisters, Daphine (Leo) Spears, Stewiacke; Vicky (Craig) Hubley, New Brunswick: Anne-Marie Martell, New Brunswick: Mary Conway (Sean McCulloch), Spryfield; Stella Gray, Kentville; Theresa Conway, Kentville; many nieces and nephews. Doug was predeceased by his father Dale Conway: nephew Robert Butler. Arrangements were under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield (477-5601). By request, there will be no visitation. Donations in Doug's memory may be made to the Heart and Stroke Foundation. Online condolences may be sent to the family by visiting www.walkerfh.com

YEADON, Marjorie Beatrice - 87, Halifax, formerly of Circle Drive in Spryfield, passed away peacefully in Melville Lodge. Born in Halifax, she was a daughter of the late William and Maude Young. Marge is survived by her husband Ronald Yeadon, Halifax; son Ronald Yeadon Jr., Spryfield; brothers Wade Young, Mount Uniacke; James (Ena) Young, Timberlea; sister Sandra (Dale) Chase, Spryfield. She was predeceased by brothers George, Sinclair and Charlie Young; sisters Blossom DeYoung and Goldie Archibald. Special thanks to the staff of Melville Lodge for their compassionate care given to Marge over the past 3 years. Arrangements were under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield (477-5601). By request, there will be no visitation. Donations in Marge's memory may be made to the Alzheimer's Society. Online condolences may be sent to the family by visiting www.walkerfh.com.

GRAY, Albert Bernard - 73, Sambro, passed away at home. Born and raised in Sambro, he was a son of the late Francis and Audrey (Smith) Gray. Albert's various career's incuded carpentry (working with his father); maintenance work at St. Mary's University; but Fishing was to be his life's great adventure. He loved spending time with his family and friends at "the cottage" or fixing motors in his garage. Albert was a member of St. James United Church in Sambro, and assisted in the construction of the present building. Albert is

survived by his loving wife of 47 years, Eva Mae (Spares), daughter Janice (MCpl Phil) Weedon, Greenwood: twin sons Carl (Winnie Mitchell). Williamswood and Craig, Ottawa; brothers Maurice (Shirley), Sambro; James (Gale), Sambro; Randal (Lorraine), Lower Sackville; Frank (Juanita), Sambro; sisters Esther "Winnie" (Jim) Lightle, Upper Nine Mile River; Evelyn (Gordon) Brown, Whites Lake; Joyce Richardson, Bridgewater; brothers in law Robert (Mary) Spares, Falmouth; Sam (Joan) Spares, Oakville; sisters in law Norma (Gordon) Snow, Lower Sackville; Irene Spares, Brookside; many nieces and nephews. He was predeceased by brothers in law Murray Richardson and Ralph Spares. Funeral arrangements are under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield, NS (477.5601). In lieu of flowers, the family are requesting donations in Albert's memory be made to St. James United Church memorial Fund (Sambro). Canadian Diabetic Association or Canadian Cancer Society. Online condolences may be sent to the family by visiting www.walkerfh.com

SMITH, Burton Frederick William - 71, Bald Rock, passed away peacefully in his family's loving arms in the QEII Health Sciences Center, VG site. Born in Hackett's Cove, he was the son of the late Mary Ann Smith. Burton had been employed with Guildford's Ltd. for 37 years until his retirement. He enjoyed the outdoors, fishing and tending to his property, in which he took great pride. He was known to be a handy man and "jack of all trades". He loved fast cars, fast boats and animals. Burton's family was most important to him, and he will be remembered as a man who loved his family dearly, and in turn, they loved and cared for him. He will be sadly missed by his loving wife of 52 years, the former, Shirley Marion (Jensen), Bald Rock; son Gregory (Dana Oakley), Bald Rock; daughter Deborah (Brian Richardson), Sambro; grandchildren Scott, Sasha and Bradley Smith, Bald Rock; birth mother Helen D'Aubin, Hackett's Cove. He was predeceased by his best friend and beloved companion, Muffin, his Yorkshire terrier. Arrangements were under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield (477-5601). By request, there will be no visitation. In lieu of flowers, donations in Burton's memory may be made to the Canadian Cancer Society, VG Palliative Care, or any Animal Shelter. Online condolences may be sent to the family by visiting www.walkerfh.com.

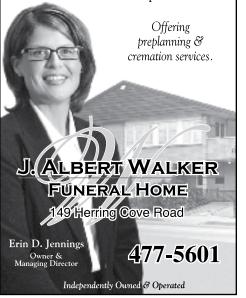
COVEY, Frank Murray - 88, Halifax, passed away in the Halifax Infirmary, QEII. Born in Halifax, he was the son of the late James Edward Covey and Rose Ann (Shea) Covey Kane. Frank was a loving husband, father, and grandfather. He had always worked in the automotive or industrial industry. For 50 years he worked at Auto Parts, Chappells & Sons Ltd., C.B. Bearing Ltd. Frank was known for his professionalism, product knowledge, and customer service. He served in the Canadian Army 1942-46 and rec'd the Canadian Volunteer Service Medal. Frank was a life-time member of the Royal Canadian Legion. Always a sport enthusiast, Frank enjoyed golf and curling through to his retirement. He was a life-time member of Brightwood Golf Club, and the Mayflower Curling Club, Frank is survived by his wife of 61 years Olive, son Frank (Barbara), Halifax, grandsons Clint (Red Deer, Alberta) and Dustin, Halifax; sisters Mary (Jack) Norton, Bridgewater; Helen (Alfred) LeBlanc, Halifax; brothers, Vincent (Gail) Covey, Timberlea; Gerald (Mazie) Covey, Lunenburg; John (Liz) Kane, Dartmouth; many nieces and nephews. He was predeceased by his brothers Thomas and James. Special thanks to the staff at Melville Lodge Nursing Home for their care and comfort during his residency. Cremation has taken place under the direction of J. Albert Walker Funeral Home (2005) Ltd. Spryfield. Interment will be held in Emmanual Cemetery, Spryfield. In lieu of flowers donations may be made to the Parkinson's Society 422-3656. Online Condolences maybe made at www.walkerfh.com

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# Letters to the Editor

# Great Weekend in Sambro

What a wonderful weekend in Sambro! I hope everyone there had the same good time, and the same sense that Sambro was really "on the map' as it should be. I was only there Saturday and Sunday evening, but wish I'd been able to spend the whole weekend, as I kept having the feeling that there was something else to do just around the corner.

It was fabulous, and I think everyone was impressed with the smoothness of the events, and how all the hard organizational work came together. Lots of good media coverage too.

I'm so glad we were able to link the 250th anniversary of Sambro Island light to the 250th anniversary of the first elected Assembly in Canada; it's a major event in the country's history, and we have



The Spryfield Lions Club closed out its season with the usual steak night dinner event at their club. Attending the event were Councillor Stephen Adams and his father, for Lions District Governor Doug Adams, King Lion Eldon Hubley and member, chief cook George Miles.

great reason to be home to that first piece of publicly funded infrastructure in the country (at least that's what I think it was) - especially with the blessing of Double Alex in residence. I'm looking forward to getting the Sambro Light Cup going as an annual race (meeting with RNSYS soon, who will hopefully be the host club), and if so, I'm sure we can look forward to continued. well-deserved attention to the Light and its significance.

Meantime, I hope we can look forward to many more Sou'Wester days, sunny and otherwise, in years to come. Congratulations everyone, and thank you!

I'm so pleased to know that there is a case for Sambro going into the Parks Canada portfolio — I hadn't realized that the Lighthouse Protection Act was a Parks Canda initiative. As you begin meetings, local activity, etc. I would be very happy to attend and support in whatever role I can. This is wonderful and I hope the success of last weekend's celebrations on the 250th anniversary, with the added clout of the light's importance as an initial gesture of the legislature, and the Sambro Cup sailing race, if I can get it off the ground this year, will lend credence to the cultural significance of the light.

Michele Raymond Halifax Atlantic MLA

# Sentiments Echoed

I echo all those positive comments made regarding the Sambro Light 250th Anniversary Celebration. It was such a great event. I went

over to Sambro Island and had the walking tour of the island, as did Steve, with Dan Conlin, and thoroughly enjoyed that. I don't know if everyone was given a copy of the Sambro Walk brochure. I took some to Sambro Island and distributed them, but they were being distributed from MSHS the tent as well.

Iris Shea Mainland South Heritage Society

# Congratulations on a Job Well Done

Good work to all involved in the Sambro Light 250th Anniversary Celebrations, and special thanks to Leslie (Harnish) for being the whirling dervish who orchestrated so much of this event. Although I only took part in the Sambro Island trip, I heard very good things about the rest of the events. And to top it all off, the fireworks were great, even from my vantage point in downtown Sambro.

Although Sambro Island was only part of this weekend, its inclusion serves to underscore its importance to the community, and across North America. I am still disgusted by the lack of Coast Guard initiative to do anything out there without the most constant prodding by the NSLPS and other concerned individuals. They must not be allowed to forget the importance of this site, and the need for speedy clean-up and remediation of the old gas house in the cove, along with the fog horn building. It's the absolute least that can be done to honour the oldest operating lighthouse in the Americas.

Dr. Chris Mills

# Run Lighthouse Privately

One thing I have thought is that when a proposal is put to Park we should have a group who would run the lighthouse. As far as I know most of the lighthouses (and they do have a few) are run "on behalf of Parks Canada" by a community group. My memory is that Fisgard Lighthouse in BC is run directly and Point au Pere in QC is run "on behalf of." People out in Sambro might want to start thinking of that. What a thing to have! Some of us would like to remove it from the grasp of Fisheries and Oceans and have Parks Canada take it on and do a proper job with it.

We've got to keep telling everyone Sambro Lighthouse is the oldest in The Americas. I just amalgamated all the evidence for Dan Conlin at the MMA. I don't think there is any question about it.

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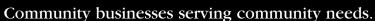
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# Chebucto News Community Events

# To have your Community Event listed call or fax us at 477-NEWS or send e-mail to rhorner@ns.sympatico.ca

Calvary Baptist Church, Annual Yard Sale will be held Saturday, September 13, 9-1 at 91 Thornhill Drive, Spryfield Bain or Shine

The Mainland South Heritage Society and Democracy 250 will present Dingle Democracy festival, an all day event at the Dingle in Fleming Park on Oct. 5th, from 10am to dusk. Pony rides, wagon rides, entertainment at the bandstand, local food and craft exhibitors, heritage and nature walks, a ferry across the Arm, and a lantern walk at dusk. We invite anybody with a well-lit boat to sail or cruise up the Northwest Arm at dusk. Check website for more information: http://democracyfestival.weebly.com.

Urban Farm Museum Society of Spryfield's Annual Harvest Fair will take place Saturday, Sept. 13th (Rain date Sept. 14th) in the Urban Farm field, near the corner of Rockingstone Rd. and Ardwell, from 2 pm to 4 pm. Fresh food from the garden will be served. Fun for the whole family. Check out our website at www.urbanfarmspryfield.com.

There will be a Bottle Drive at Beaver Enviro Depot. Herring Cove Rd., on Sat Sept 6, 10 a.m. to 2 p.m. in support of Boyne Clarke team members participating in this years iCIBC Run for the Cure.î All proceeds go directly to the Canadian Breast Cancer Foundation. Please come out and support this very worthy endeavor! For further info contact Janice Purdv 477-1859.

### Parkhill Fall Fair

The Fall Fair and Sale at Parkhill United Church, corner of Parkhill and Kirk Roads in Jollimore will be held on Saturday September 20 from 9 am to 1pm. Featuring home baked goods, spring bulbs and garden plants, household items, books, jewelry, antiques, novelties and collectables, games, good food and beverages

Rain or shine a Yard Sale will be held at Purcell's Barber Shop Parking Lot, 353 Herring Cove Road Saturday September 13 from 9 a.m to 2 p.m.

The Parish of St. James Anglican Church in Herring Cove are having their Annual Turkey Supper on Saturday, September 13 from 4 - 6m. There will be a bake table and sewing table open at 2pm. For more information, please call 446-8168.

### **Plant Sale**

The Urban Farm Museum Society of Spryfield will hold a plant sale at the Captain William Spry Community Centre on Saturday, Sept. 27th from 10 am to Noon. Donations of plants accepted Friday evening, the 26th, between 6:30 pm and 8 pm or Saturday morning, the 27th between 9 am and 9:30 am at the Community Centre.

### **Antiques Road Show**

Mainland South Heritage and Urban Farm Museum of Society of Spryfield will host an Antiques Road Show Sepetember 20 at the Captain William Spry Community Centre. Watch for more details in next month's issue of Chebucto News.

### Fresh Garden Produce

The Urban Farm Museum Society invites you to take advantage of the fresh grown produce as it becomes available. At present you may browse the garden and buy lettuce, beet greens, radishes, swiss chard, spinach and several types of herbs. We are selling produce on Wed. evening, Thursday morning and Saturday morning.

Senior's Davs Mondays September 8 and 22: 1 pm to 5 pm Karaoke Fridays September 12 and 26 from 9 to 1 am: Bingo every Sunday, doors open at 11 am; evening Superstar Bingo – Mini Bingo at 6 pm and Superstar Bingo at 7 pm:

Big Brunch Saturdays – September 13 and 27 – 11 am to 2 pm - eggs, bacon, ham, sausage, bologna, homefries and toast \$5

Kitchen open every Sunday

It won't be long before September is here and, hopefully, you are keeping a slot open for our annual reunion for the Class of ë65, and most recently, for other B.C. Silver graduates as well between the years 1963 and 1968 or so. Our event was so successful last year, that we are meeting again on: Saturday, September 6, 7th Annual Reunion, Spryfield Legion, 5 p.m. for 6 p.m., Roast Beef Dinner. Price: \$30 per person. Following a great meal, we will let loose on the dance floor.

### Ticket Sale

The Urban Farm Museum Society of Spryfield is selling tickets on a basket of home made items which will generate funds to purchase new tires for their farm wagon. The wagon plays an important role at Urban Farm events, providing tractor-drawn wagon rides to visiting children. It is also used by the society to participate in the annual Spryfield Santa Clause parade The value of this basket is \$150 and includes such items as crocheted Christmas ornaments and a pine cone wreath, knitted gloves, scarf and child's sweater, a fleecy handmade throw, a copy of Urban Farm's Foods of Spryfield cookbook, packages of herbs from the Urban Farm Field, jam, relish, pickled beets and chow chow made from the produce of the farm field, and numerous other hand-crafted items. Tickets may be purchased from members for \$1.

Church Services and Programs
The Congregation of Gospel Light Baptist Church extends a warm invitation to all to come out and share this beautiful building with us. Programs include Sun. 9:45am - Family Bible Hour for everyone (infant to adult); 11:00am - Worship Service (junior church for children); 7:00am - Young Adults Meet (singles and couples); Wed. 7:30pm - Adult Bible Study and Prayer Meeting (quality supervision for children); Thurs. 6:30 – 8:30pm - Youth Group Fun Night (12 yrs.+ or grade 7+); Fri. 6:30 - 8:00pm - Kids Club (5 - 12 yrs.).

Beaver Enviro on Herring Cove Road has set up an account for the Armview District Girl Guides. Every time you recycle you can make a donation to the organization.

Historian and columnist Iris Shea has compiled Volumes I and II of monthly historical articles prepared for the Chebucto News. They are available for purchase by the Mainland South Heritage Society in support of that organization. For more information and how to purchase go to http://www.rootsweb.com/~nsmshs.

The Mainland South Heritage Society continues to add items of interest to those gathering information on early settlers to the communities from Armdale to Pennant. Check out our website for the latest 1871 census records at http://www.rootsweb.com/~nsmshs/.

### Young at Heart Club

The following are monthly events at the Young at Heart Club. For information call Joan at 443-1067. First Saturday each month – Dance – 8 to 11 pm – Old

Time Country and Fiddle Band: First Tuesday of each month - General Meeting - New

All other Tuesdays - Choir 1 pm:

Thursdays – Crib 1:30 pm – Darts 7 pm. For Hall rentals call Lynn at 477-5195.



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