

Chebuucto News

Vol. 12 • No. 12 • August 2011

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Spryfield to Scotian Glen: Summer Camping at its best



Spryfield families waiting for the bus to come to take their kids to The Salvation Army Scotian Glen Camp.

By Lieutenant Rob Jeffery of The Salvation Army

On July 11th, scores of children and their families descended upon the parking lot of The Salvation Army Spryfield Community Church and Family Resource Centre, ready to go on the biggest adventure of their lives: summer camp. This year, The Salvation Army sponsored 100 children from HRM to attend its camp in Sutherland's River,

Nova Scotia (exit 27 on the 104). The Salvation Army Scotian Glen Camp has been in existence for nearly 60 years, and has been providing the children of Halifax with summer memories on a multi-generational level. One lady, who was sending her two children to camp for the first time, told me quite proudly that she attended the same camp almost 30 years ago.

(See Summer Camping on page 2)

Grey't Time at the Park

By Roisin and Sarah Boyle

On June 19th, approximately 20 greyhounds, along with their adoptive parents, joined the fun of the 5th annual event known as Hounds on the Park at Sir Sanford Fleming Park, made possible by the donation of Linda Mosher and Stephen Adams.

Many people are familiar with the popular television series, "The Simpsons", and with the beloved dog of the show's featured family. The unwanted racing greyhound, named Santa's Little Helper is taken in one Christmas night. His is a touching story, but most retired greyhounds do not meet the same happy ending.

Once racing greyhounds have retired, often around the age of two, they are no longer wanted. Thousands of greyhounds get put down every year, but Global Pets of Atlantic Canada rescues many of these defenseless animals and brings them up from the United States to be adopted and loved in Canada. Hounds on the Park is an event at which new adoptees can socialize, and their people can interact with other greyhound-lovers through games, food and chatter.

One of the interesting, but definitely

enjoyable games at this year's gathering included a race to a "pee tree"; the first dog to mark his scent won. There were prizes and food for all, including home-baked cake and hot dogs for the humans and treats, toys and trophies for the dogs. However, an even greater prize was in store for Greyhound Friends of Nova Scotia (GFONS).

In February of each year, Global Pet Foods launches the "Show Us Your Hearts" campaign. They seek donations from their customers; when a customer donates \$5.00, they are awarded 10 air miles. Almost every customer participates. Global Pet Foods then selects one worthy organization to receive the funds. This year the lucky recipient was GFONS, a society that helps retired greyhounds medically and in their transitions to better lives. A grand total of \$6600 was raised and presented to Stephen Gurnhum on behalf of GFONS at the event.

"Fantastic organization- worth every penny!" attested one attendee.

"I think that Greyhounds on the Park is amazing. Of course, we spell 'great', G-R-E-Y-'-T," an owner of three greyhounds said.

(See Grey't Time on page 2)

Sou'Wester Days Festival has Something for Everyone

By Lorrie Boylen

Sambro is once again gearing up to host its annual Sou'Wester Days Festival from August 12-14, 2011. There is something for everyone, and the event is always well attended by folks from far and near.

The ball tournament kicks off on Friday night and finishes up on Sunday, a great opportunity to reconnect with old friends and neighbours. Funny Fundraisers will do an adult Comedy Show on Friday from 9pm to 12am. at the community tent outside the fire hall. Tickets are \$10 per person.

The Nova Scotia Lighthouse Preservation Society will once again run

its Sambro Island Boat Tours from the Community Wharf in Sambro on Saturday, August 13 from 10:00am to 3:00pm The parade will begin at 10 a.m. and travel from Atlantic View Drive in Sambro Head to the fire station. Competitions will be held for Best Commercial Entry, Best Group Entry, Best Home Made Entry, Best Children's Entry (up to 12 yrs), and Best Teen Entry (12 to 18yrs). A children's carnival will follow at the James McPhee Memorial Ball Field from 12-3 p.m., running concurrent with the washer toss tournament.

For adults age 19 or over, Ed Oakley (See Sou'wester Days on page 2)

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Sou'wester Days Festival

(continued from page 1)

is hosting the Beer Garden/Afternoon Kitchen Party in the community tent from 12 noon until 5 p.m. Admission is free and folks can listen to the music or get up and perform. That evening, the sold out adult dance will feature the band Shaker.

Sunday is another full day, with the Blessing of the Fleet service beginning at 12 noon from the Government Wharf in Sambro. The rubber duck race starts at 2 p.m. in Sambro Creek and ducks can be purchased at Mishoo's up until shortly before the race. The winning duck takes home half of the ticket sales, with the other half going towards the funding of the week-end events. The St. James United Church's lobster chowder supper is sure to tantalize

Grey't Time

(continued from page 1)

Greyhounds may be adopted through Global Pets of Atlantic Canada. People interested in letting a greyhound into their lives should go to <http://www.gpac.ca/>

Greyhounds, though big, are gentle couch potatoes that definitely fit into a family environment. They are not demanding of attention, but need to know that they are loved. As one owner of three dogs stated, the owner receives as much love as he or she gives. "If it wasn't for GPAC, I wouldn't have Simone. If it wasn't for Simone, I wouldn't have these two."

taste buds from 3-6 p.m. From 7:30 to 10 the church will host the Sambro Ceilidh featuring a wide variety of musical talent. Fireworks will follow at Crystal Crescent Beach.

Events such as this are a huge undertaking and the organization committee has worked hard once again this year to

ensure its success. An integral part of that success is the people who donate their time to help out. More volunteers are greatly needed to assist with most of the above events.

If you are able to help out, please contact Kim MacKay at 475-1583.

Summer Camping at its best

(continued from page 1)

The Salvation Army actually runs four, one-week Holiday Camps, for children from New Brunswick, P.E.I., and Nova Scotia. Each camp offers fun recreational activities, sports, games, crafts, and Christian teachings. Of the 100 children going from HRM, over half of them are from Spryfield – the largest amount ever sent from this area. From the air-conditioned, DVD equipped coach bus that picks them up, to all the great amenities that Scotian Glen Camp provides, it is clear that we mean to provide each child with a camping experience that is out-of-this

world. There is no cost to the camper, as the camp fees are subsidized 100% by The Army. Obviously, there is a significant cost in sending a child to camp for a week, which is a good reminder why we need your support.

So in December when you're in the midst of winter and you pass a Salvation Army Kettle, let your heart be 'warmed' by the anticipation of summer and the things we associate with camping: wiener roasts, canoes, camp fires. Your donation will most likely give one more kid a chance to experience the joy of summer camping – an experience that will change a child's life for the better.



Peter Kelly
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Chebucto News

Publisher: Dan Doherty, 479-6397
Fax to 477-NEWS (6397)

Editor: Tangelene Ramsay,
tangelene@live.com

Circulation:
12,500 copies
Agent: Canada Post
Printer: Advocate Printing
Delivered free-of-charge to households in;
Armdale, Harrietsfield, Herring Cove, Jollimore,
Ketch Harbour, The Pennants, Purcell's
Cove, Portuguese Cove, Sambro, Spryfield,
Williamswood

Letters to the Editor / Editorial Inquiries:
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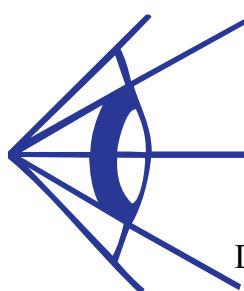
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Katimavik Back in Spryfield as Eco-Citizenship and Active Living Theme

Spryfield, July 11th 2011 – On July 6th, the new Katimavik group comprised of 11 young Canadians, will be arriving in Spryfield. This dynamic group of youth will be part of a six month program which encourages youth to adopt an integrated and practical vision of eco-citizenship and active living.

Originally from Portage la Prairie Manitoba, Adim Hébert will be heading up the project in Spryfield as the group's leader. New to the region himself, Adim is eager to get to know community members and begin working with partner organizations on different projects. "For these youth to experience both Spryfield and Katimavik at the same time is energizing. The community has been a great fit so far for the theme program. I can't wait for the volunteers to arrive," Adim said. "Katimavik has been a big part of my life. I am thrilled to be involved with youth development in such a beautiful

part of Canada."

The 11 youth will be volunteering with several local not-for-profit organizations in Spryfield and Halifax, including The Boys & Girls Club of Spryfield, Home of the Guardian Angel, St. Paul's Family Resources Institute, The Salvation Army Family Resource Centre, Urban Farm Museum Society, Chebucto Connections, Spryfield Lions Club, Sackville Rivers Association, CKRH 98.5 FM, Nova Scotia Environmental Network, The Ecology Action Centre, The YMCA of Greater Halifax/Dartmouth, and Dance Nova Scotia.

About Katimavik

Katimavik promotes civic engagement and fosters sustainable communities through challenging national youth service programs. Since 1977, Katimavik has enabled more than 30,000 Canadians to be involved in more than 2,000 communities throughout Canada. Volunteers between the ages of 17 and

21 live with 10 other youth from across the country in one or two communities. They commit to volunteering in the context of a six-month program where they will provide work 28 to 35 hours a week for a variety of not-for-profit organizations. Youth also benefit from Katimavik's structured learning program that focuses on the development

of lifelong personal, professional and social competencies in the areas of civic engagement, healthy lifestyle, cultural discovery, official languages, communication, environmental stewardship and project coordination.

For further information on Katimavik please visit www.katimavik.org or visit our blog at www.gokatimavik.com

Relax Through Reflexology

By Lorrie Boylen

Angie Gray is joyfully celebrating the 4 month anniversary of the opening of her reflexology studio in her home in Ketch Harbour.

Reflexology is an ancient natural healing art involving energy zones or meridians. Pressure is applied to specific points on the feet, hands or ears with specific thumb, finger and hand techniques which allows the body to tap into its healing powers and restore itself. Even sceptics are surprised at the benefits they experience after receiving a treatment.

In addition to becoming a certified reflexologist 5 years ago, Angie is also a first degree practitioner of Reiki, another complementary health discipline. She plans to pursue more advanced Reiki degrees in the future. In line with her focus on health and healing, Angie is also studying to be a Registered Holistic Nutritionist.

Angie's background is widely varied and she lived in Banff for 10 years before moving to British Columbia for 6 months. Four years ago, while biking across country she and husband Terry ended up in Ketch Harbour, where they fell in love with the community and eventually bought the old Rectory.



She enjoys the flexibility and the people she meets in her practice, and loves to work with energy healing and see the transition in her clients. Her hope is to develop a community garden on their property and she has begun developing a walking trail where she hopes to some day incorporate outdoor reflexology sessions.

A 1 hour treatment can make a client feel more rested and rejuvenated than a night's sleep. The cost is \$45 and includes a foot bath, scrub, herbal tea or lemon water, and a foot reflexology treatment. Appointment times are flexible. For more information or to book an appointment, phone 802-7462 or email reflex@eastlink.ca, or you can follow Ketch Harbour Reflexology on its Facebook page.

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Adem Hamidovic is the owner and operator of Portico Web Design, located in Herring Cove. Adem can be reached via email at adem@porticowebdesign.com and by phone at 452-4584.

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DISCOVERING OUR PAST

Number 10 Kirk Road in Jollimore Received Municipal Heritage Designation

By Iris Shea

It is not often one civic address contains four heritage buildings but that is the case of 10 Kirk Road in Jollimore. The houses were given HRM heritage status at the request of their present owner, Marterra Incorporated. The oldest house of the four buildings on this property, built as a summer cottage in about 1865 for world renowned shell collector, John Robert Willis, was located close to the shore of the North West Arm until 1916 when it was moved to its present site. It is now called the "Pool House" or "Shanty".

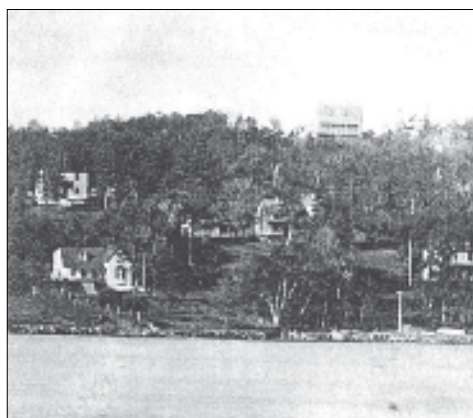
John Robert Willis was educated at the National School in Halifax, became a teacher and then principal of the school. By 1855 he was well established as a "conchologist", winning prizes for his shell collections at Industrial Exhibitions. He donated some of his collections to Acadia College in Wolfville, the Smithsonian Institute, Kings College in Windsor, the British Museum, and Boston's Natural History Museum. In his collections were many shells from the North West Arm. He was Superintendent of Halifax's Industrial School and Secretary to the Board of School Commissioners. In 1865 he paid £35 (about \$115) for seven acres of John Jollimore's 50 acre North West Arm property and built his two-storey summer cottage near the shore. He sold the land and cottage in 1872 to Peter Ross, Esquire, for \$660.

Peter Ross, a merchant in Halifax, owned the seven acre property and sum-

mer cottage from 1872 until 1885. Ross was one of the founders of Halifax Ladies College. In 1885 Amos Slaunwhite paid Ross \$1000 for the same seven acres and cottage. Slaunwhite was born in Terence Bay but came to the North West Arm as a 17 year old with his widowed mother, two sisters and four brothers. He married John Jollimore's daughter, Louise.

Slaunwhite was an expert stone cutter and throughout the community of Jollimore one may see some of his handiwork in the old stone walls. He also knew the value of this seven acre property and subdivided its shoreline into three separate lots, not to sell but to lease. The centre lot contained Willis's two-storey summer cottage. By 1910, the three summer residents on Amos Slaunwhite's shoreline lots were John R. MacLeod, Joseph Hetherington and Dr. Evatt Mathers. A small building called the "Roost", built in about 1900, was one of the buildings leased to the summer residents and is the second heritage building at 10 Kirk Road. The third building was the two-storey residence of Amos Slaunwhite and his family, built in about 1906, referred to as the Gate House.

In 1913 Dr. Evatt Mathers purchased his leased lot from Amos Slaunwhite and hired architect William Brown to design his summer residence, an Arts and Craft house. This is the fourth heritage building at 10 Kirk Road. Dr. Mathers was born in Halifax to Irish parents, was educated at Dalhousie University, studied Medicine



Middle house is 1865 cottage on Northwest Arm, about 1903

in New York, and completed his Eye, Ear, Nose and Throat specialty at Bellevue Hospital. He returned to Halifax in 1901 and, in 1904, went into partnership with Dr. A.E. Doull. In 1909 they set up their practice in a new building, now called the Mathers and Doull Building at 5188 Morris Street. It also has municipal heritage status.

Joseph Hetherington purchased his leased lot and the two-storey 1865 cottage in 1913. In 1916 he sold it to Dr. Evatt Mathers who relocated the cottage to its present site.

Dr. Mathers purchased the third shoreline lot in 1925, giving him a total of 164 feet of continuous shoreline. Amos Slaunwhite died in 1927 and his heirs sold the Gatehouse and lot to Dr. Mathers. A total of three acres and four houses were now owned by Dr. Mathers

who landscaped the sloping property with grass, trees, rhododendron gardens and extensive rock walls. His chauffeur, Jason Kirby, lived in the Gatehouse.

Dr. Mathers built a cement salt water pool in 1937, one that would, according to Halifax newspapers, "rival those in Hollywood". The young people of Jollimore certainly welcomed it, sneaking in for a swim when they thought Dr. Mathers was not at home. Dr. Mathers bought a dog, hoping to deter the uninformed guests, but the dog, whose name was Ballard, thrived on the extra attention that the intruders gave him. On one occasion a group of girls pooled their money and bought a pound of hamburger meat which certainly took care of the dog that day.

In 1944 Gerald Martin, Chartered Accountant, purchased the three acre property as his permanent residence and bought another 1/2 acre in 1955 from John Cruickshank. In 1964 Martin's daughter, Kathleen Finley, with her husband Allen and their two sons, became the owners of 10 Kirk Road, moving into the Arts and Craft house. The property and houses were well maintained, and two additions were later added to the Arts and Craft house.

In 2009 it was time for the Finley sons to put the property on the market, hoping to attract a buyer who would appreciate its history and beauty. Marterra Incorporated was just what they were looking for...someone who had an interest in conservation and in heritage properties. Other proposals could have bulldozed the property and replaced the four existing heritage structures with up to 16 new houses. Marterra Inc. became the new owners and set about restoring the Arts and Crafts house while applying for Municipal Heritage Status for the buildings and property. To make it a viable "bare land condominium" project, it would be necessary to build 11 new single family dwellings, and incorporate the existing buildings into one single family dwelling and one semi-detached. The existing gardens, trees and rock walls would be retained, with the swimming pool and the 1865 cottage restored as common amenities. A lot of planning went into this project over the past year and a half by Marterra Inc. and by members of the HRM Planning Department. The residents of Jollimore had an opportunity to voice their opinions at a public meeting in September 2010. They were concerned about the size of the development, the roads in the neighbourhood being too narrow to accommodate more traffic (especially the trucks during the development phase), and the noise during the development phase. The project was approved by the HRM Planning Department and, at a meeting of Chebucto Community Council on July 4, 2011, a public hearing was held. Jollimore residents once again voiced their objections to the development. Council members ignored the recommendation of HRM Planners to accept the development agreement as is, and a motion to reduce the size of the development by two houses was seconded and passed unanimously by Chebucto Community Council.

Marterra Inc. is working to find a feasible route to reducing the development by two houses and make it possible for them to continue with the project. If not deemed viable, the property may be sold and the future of this beautiful heritage property and its four heritage houses may be in jeopardy.

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Letters To The Editor

Dear editor:

As the rain becomes less and the temperature rises, many Nova Scotians retreat to the water for some relief from the heat. It's common for people to swim in residential pools, neighborhood lakes or at the beach. No matter how you choose to cool off this summer, doctors ask that you do it safely.

Swimming is not only a great way to incorporate exercise into your day, but it's a great way to beat the heat. Unfortunately, warmer temperatures present an increase in water related injuries and drowning rates. No matter where you swim or how good of a swimmer you are, accidents can happen. It's important that you take the proper steps to stay safe in the water.

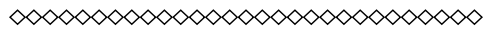
To prevent backyard swimming injuries, doctors in the province encourage child supervision at all times. Children can be enticed to water if toys are left in and around a pool. Be sure to clear all toys out of the water and away from the pool's edge. Home swimming pools should be surrounded by a fence and have an automatic, self-closing and self-latching gate.

Adults also need to practice water safety. Being a strong swimmer may not prevent injury or drowning. It is important to pay attention to the distance from shore, water temperature and currents. Don't consume alcohol before or

during swimming or boating activities and always wear a fastened lifejacket when boating.

Doctors across the province wish all Nova Scotians a happy, healthy, and safe summer. Remember to keep yourself hydrated by drinking plenty of water and practice sun-safety at all times.

Sincerely,
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Dear Spryfield Area Community Member,
Big Brothers Big Sisters donation bins are located in your community as a convenient way for you to donate used clothing to a good cause. Previously located at the Sobeys on Herring Cove Road, the bins were moved to the City Church parking lot last June. In 2010, donations to these bins raised approximately \$35,000 in gross revenue for the charity. It is evident the Spryfield community is very generous in its support of our valuable programs for children.

We currently have 12 children (Littles) matched with volunteers (Bigs) in your community. There are 24 additional children on the waiting list for our programs, and 11 others still in the application process. That's 35 more

children in Spryfield who are waiting to benefit from a relationship with a positive role model.

The outcomes of our programs have a tremendous impact on our community. We help children grow up to be caring, responsible citizens, who are more likely to pursue post-secondary education, have better relationships with others, and have the confidence to achieve their goals.

Apart from our traditional one-to-one mentoring programs, we also have group programs that include Nature Calls (engages young people in wilderness hiking and nature appreciation, accompanied my mentors); Game On! (encourages male adolescents in the pursuit of a life-long healthy lifestyle through physical activities, sound decision making, and healthy eating support); and Go Girls! (similar to Game On!, but for girls age 9 to 12). These three valuable programs are not yet available in the Spryfield area, but the demand is present in the community. We hope to offer them within the next year, and the funds realized from our donation bins will help us achieve this goal.

The money raised from our clothing donation bins is an important part of our agency-wide fund raising initiatives. More of the funds generated could be put towards programs for children if we didn't face the ongoing challenges of vandalism and theft, particularly from our Herring Cove Road bin location.

We could use your help in informing us if our bins require attention, alerting

us to vandalism or theft, and helping us educate others about the multi-faceted benefits of our bins: they offer a great recycling opportunity for clothing and household items, and provide funding to support valuable programs for children in the Spryfield community.

Big Brothers Big Sisters appreciates your help. Together, we can make a bigger impact on the Spryfield community, and help even more children. Please do not hesitate to contact me if you would like further information about any of our programs.

Sincerely,
J. Kim Goodson, Operations Manager
Big Brothers Big Sisters ReNew Crew

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Sunday, August 14, 2011
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Or call:
Kim MacKay 475-1583, Leslie Harnish 868-2553 or Annette Flemming 868-2351

 This event has been made possible by funding from the Halifax Regional Municipality—Festivals & Grants Program


Herring Cove Community Dentistry Welcomes Dr. Jonathan Logan

Dr. Logan graduated from Dalhousie Dental School in 2010, where he remains as a Part-time faculty member instructing both preclinical and clinical classes. He grew up in the Williams Lake/Spryfield area and is happy to be returning home to work in his community.

Dr. Logan will begin accepting new patients starting May 2, 2011.

Herring Cove Community Dentistry is located at 339 Herring Cove Road (above the Royal Bank)

Please call (902) 477-9457 for your appointment!



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Great COMBO Deals NEW

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- #2 - Any 2 - 9" Pizzas
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- #4 - 3 - 1-Piece Fish 'N Chips

\$20 Bucks

Great FAMILY Deals NEW

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The Big Hairy Deal



George Miles, Stan Kutcher and Tim Baglolo at one of the Boys and Girls Club barbecues held at Sobeys

By Carrie Forbes

There's certainly a 'buzz' around Sobeys on Herring Cove Road this summer, and it has little to do with bees, and a lot to do with manager Tim Baglolo and the Spryfield Boys and Girls Club. Tim has challenged his staff to raise \$4000.00 in support of the Boys and Girls Club, and if they succeed, he will shave his head.

Sobeys has been supporting the Boys and Girls Club for some time. When Tim moved to Spryfield, he asked the team what it was they could do to contribute to their community. He strongly believes that being part of the community they serve contributes to their success. They chose the Boys and Girls Club partly because of Tim's own experience with the organization. "I used the

Boys & Girls Club quite a bit. It played a huge part in my youth - the programs are all very positive."

Last year, the team donated \$1000.00 to the organization. For this year, they wanted to do something a bit more challenging by setting an aggressive goal. Next came the ideas on how they would achieve this target. As Tim points out, this campaign is not just a store

endeavor, but a community effort. "The community supports the events, and Sobeys is really the vehicle." The volunteers of the Boys and Girls Club are also instrumental in their support of the events hosted at the Sobeys store. These include selling raffle tickets, 50/50 draws, donation jars, barbecues, and fun events for families such as a dunk tank.

One of the great outcomes of these events is the presence of community spirit. To date, the Sobeys team has reached \$1700.00 of the \$4000.00 goal. Not only that, but the participation in the fundraising effort has been quite strong; several community members offered themselves to be 'dunked' in the dunk tank on June 30th. It truly is a full circle phenomenon - the community comes together to support an organization that in turn, supports its community.

Likewise, the team within the store is fully involved in the campaign. The idea to shave Tim's head was an employee suggestion. They also developed an extra motivator - the opportunity to be the official 'head shaver' is being raffled off amongst employees. The winner will get the opportunity to 'buzz the boss' on Saturday, September 3rd, at 2:00 p.m. To mark the event, Sobeys will be holding a family day barbecue event, complete with a radio station broadcast. However, to see Tim's new hairdo, the team needs to reach the \$4000.00 goal. You can support the Boys and Girls Club by coming out to one of the upcoming Sobeys events scheduled for August 6th, August 20th, and of course, September 3rd.

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Harrietsfield/Williamswood Community Day

By Larry Sinclair

Our community event of June 4th started off with the Fishing Derby, followed by the Community B.B.Q. and ended with an adult dance featuring the "Gordie Duggan Band". It proved to be a great success and, according to the many residents who participated, can only lead to bigger and better things for the future. We had a total of 71 fishermen/women casting their rods at Spruce Hill Lake Watershed Area in Harrietsfield, where the Dept. of Fisheries donated and dumped 1500 lake trout for the event, which they have been gratefully doing for the past number of years, thereby making this event possible. The community thanks these fine people for their efforts.

Prizes awarded were as follows: Adult class: George Slaunwhite with an 11 incher; Mark Deveau with a 10 1/2 incher; Derek Lovin with a 9 incher; and Holly Arnsworthy with an 8 incher (honorable mention). Children's class: Dustin Dempsey (13) with a 14 1/2 ; Jordan Enwood (11) with an 11 incher; Jessica Kane (10) with a 9 incher; and Braedan Cruikshank (8) as well with a 9 incher.

The participants then proceeded back to the Harrietsfield/Williamswood Community Centre, who sponsored the event, for the Community B.B.Q., attended by upwards of 60 people and our own Councilor Steve Adams. The staff, the board members, and the

many volunteers from the Harrietsfield Sharpshooters Dart League did a great job of hosting this memorable event. Special thanks goes to Angie Pollard, Bruce Enwood, Caitlyn Sabine, Chelsea Manzoni, Carolyn Beeler, Wayne Hatcher, Connie Riles, Rose MacKay, Mike Donovan, Jeff Fancy, and Wyatt Redman for their gracious time and effort, as well as the whole community for such support.

To wind things down, and have a good ending to the day, was the adult

dance (with bar), whereby the residents came out in full force to dance the night away with the much publicized "Gordie Duggan Band". A good time was had by all!

The Community Centre wishes to thank not only all the residents but especially those who made private donations to support our efforts! It is that kind of cooperation our centre needs to be a functional part of the community and serve its residents.

Additional Work

(continued from page 13)

For years, I have been told that the DNR has been working with the Long Lake Provincial Park Association to manage this beautiful facility. I am unclear as to why there is such hesitation to address what I consider a very small, but important issue.

There has been some preliminary work by our Engineering and Streetscape staff to continue with work on Herring Cove Road. There was to be resurfacing of Herring Cove Road from Arthur Street to Sussex Street. Moreover, an opportunity to do some extra work was identified, which will allow for additional landscaping on the South Centre Mall side of Herring Cove Road, and better traffic flow.

IN MEMORIAM

Diane (Paul) Johnson
December 28, 1962 - August 21, 2010



It has been one year since the passing of our dear Diane. She was a lively person, a friend's friend, an animal lover who had horses and dogs as her favourite ones.

She also loved music, painting and crafts. Her decoration skills were superb.

Diane had a quiet but effective manner. She was generous, funny, well-read, smart; a loving mother, sister and friend. She was a beautiful person!

Those who loved Diane have full knowledge of the loss her passing represents.

On the first anniversary of her departure, we bring the memory of her for all to see, with love, respect and devotion.

Thank you for the memories, Diane Rose!



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You can also find Jill teaching fitness classes at GoodLife Fitness but she can certainly help you get your home fit to list too!

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Harvest Time by Jane Zentner ~ I Grow Vegetables

In August the days are already becoming shorter. It is too late to plant most veggies other than greens and radish. August is time to harvest. Seed crops, such as peas, string beans, and corn, should be harvested as soon as they have filled out, but before they begin to ripen. Corn is ready for harvest after the silk (hair) has dried and the cob is firm. Corn is sweetest if it is eaten within a few hours after being picked. The optimum harvest time for seed crops lasts only a few days. Refrigerate after harvest. Share your harvest or freeze excess produce.

Cauliflower heads become yellow and less tender if exposed to sunlight. Pin the leaves over the head to prevent exposure to the sun. Harvest cauliflower and broccoli as soon as the heads have quit growing. Harvest well-formed heads even if they are small, as home-grown heads tend to be small, particularly if they were grown close together. Left uncut the heads begin to branch out and eventually flower. Flowering heads are stringy but still edible. If broccoli plants are left to grow after the main head has been cut, smaller heads develop where the leaves attach to the stem. These mini-heads can be harvested until hard frost.

Potatoes turn green and mildly toxic if exposed to the sun. Mound soil, or straw, around the plants to keep the sun off of the growing tubers. Begin to



harvest potatoes after the plants have bloomed. The flowers usually drop off, but occasionally they develop small green tomato-like fruit that is mildly toxic. When the plant begins to die back pull up the entire plant and dig the tubers with a garden fork. Cure the potatoes before storage by laying them in the sun for a few hours to dry. Store them in a cool dark place. Potatoes, when correctly cured and stored, will keep until spring.

Harvest radishes and summer turnips as soon they have reached the desired size. When they age the roots harden and may become infected with insects. Harvest carrots just before use. Carrots keep better in the ground than in the fridge. Delay harvest of winter turnip and parsnip because they are sweeter after first frost.

Harvest zucchini, cucumber and

summer squash as soon as they reach the desired size. Pickling cucumbers can be harvested when small for pickles, or when large for slicing. Cucumbers turn yellow when they ripen. Ripe cucumbers remain edible but

tend to be watery. The seeds become large and tough and should be removed.

For immediate use, immature onions and garlic can be harvested at any time. To store them however, they must be grown to maturity and properly dried. Wait until after the tops have yellowed then begun to dry and turn brown. On-

ion tops often fall over as they mature, or they can be bent over, to encourage drying. To harvest, dig them up and remove the tops, soil, and loose skins. Spread the bulbs out in the sun for a few days to dry then store in a cool location. If they are not totally dry they may rot in storage.

Blanching most veggies before freezing reduces freezer burn. Blanch by completely submerging the veggies in boiling water for 1 minute. Remove them from the boiling water and let them cool and dry before packing them into freezer bags. Before closing the bag, remove as much air as possible. An airtight seal is ideal for freezing. Freezing tomatoes is simple. Just put them "as is" into freezer bags. Before use, run the frozen tomato under warm water and slip off the skin. Use them in soups, stews and sauces.

OBITUARIES

(continued from page 14)

(477-5601), where visitation was held on Friday, June 17. Funeral service was held on Saturday, June 18 from the funeral home chapel, with a reception following. Interment will be held at a later date. Donations in Wendell's memory may be made to the Crohn's and Colitis Foundation of Canada.

Shawn Mead

Shawn Andrew Mead – 32, Halifax, passed away unexpectedly on Monday, June 27, 2011, at home. He was the loving son of Joan (Oickle) Mead. He is also survived by sisters, Donna (Paul) Brown, Darlene (Albert) Landry, Diane (Dave) LaBonte, Deborah Mead; brother, George (Lynnette) Mead; 4 nieces,

4 nephews, and 3 great nieces, aunts Helen O'Heron, Jean (Steve) Warner, Mary (Wilfred) Fleet, Beverly Crowell, Catherine Hall, Nina Chambers, Myrna (Luke) Feltham, Shirley (Dave) Mead, Fern (Kevin) Mead, Valerie (Eugene) Myra, Rose (Dave) Hay, Wanda (Eugene) MacDonald and Joan (Paul) Gate; uncles, Rupert (Doreen) Mead, Wayne (Gerri) Mead and Gene (Cathy) Mead. He was predeceased by his father, George; grandparents, Russell and Lucy Oickle and John and Vallie Mead; several aunts and uncles. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd. A private graveside service will take place at a later date. Words of comfort may be sent to the family by visiting www.walkerfh.com

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Chebucto Update

WITH MAYOR PETER KELLY, Halifax Regional Municipality



I hope you and your family are enjoying the summer.

Communities are becoming increasingly "green" and self-sustaining these days

and HRM is no exception. Council is a strong advocate of clean, renewable power and has enthusiastically endorsed the conversion of municipal buildings to solar and geothermal energy. We are also preparing comprehensive regulations for the installation of wind-powered turbines.

In my opinion, proposals for large commercial wind farms should be directed towards industrial land or sparsely populated areas. Applications should be evaluated on an individual basis by the respective Community Council with the opportunity for public input. If approval is granted, it should be through a site-specific development agreement which addresses the interests of everyone involved.

I would have no problem with smaller commercial installations being allowed in business or industrial parks and select marine industrial locations. Barring any negative impact on residential areas, they should be allowed to proceed automatically where zoning permits.

If individual HRM residents want a backyard wind turbine, I believe the process should be handled by the local Community Council with appropriate public input. If approval is granted, it should be with a site-specific development agreement.

Our municipality is moving forward with wind power in a sensitive and sensible manner.

I want to share a postscript to the 2011 Canada Games that HRM hosted in February. All the statistics are in and here's the tally, according to the Canadian Sport Tourism Alliance:

* The Games injected more than \$130 million into the provincial economy, of which \$92 million of that was generated in HRM;

* Almost 24,000 spectators enjoyed the Games, of whom 11,000 were

visitors who wouldn't otherwise have visited. Those who attended spent more than \$2 million;

* Nearly 11,000 jobs were created worth \$40 million in salaries and wages.

* Almost \$1.2 million in tax revenue was generated for HRM.

Graffiti is an act of vandalism committed against someone else's property, including municipal facilities that belong to you, the taxpayer.

The most recent example occurred just before the recent official opening of the Chain of Lakes Trail. A lot of people in the community had worked long and hard with HRM staff to create this wonderful asset; and then a few idiots with spray cans tried to ruin things. The mess was removed before the opening, but there was a cost to taxpayers, as

always happens when communal property is vandalized. HRM has a Graffiti Task Force to challenge this anti-social behaviour; it's made up of representatives of the public and private sectors, including the police and the regional school board. For their part, in addition to enforcement, the police are pursuing awareness and education campaigns. As well, HRM has a civic pride initiative called Good Neighbours, Great Neighbourhoods through which we further our anti-graffiti strategy. We also have free graffiti-removal kits and you can obtain one at <http://www.halifax.ca/corporate/Graffiti/> or by phoning 490-4000. Please help fight this blight.

Just a reminder that you will soon be able to place all types of plastic containers in your blue bag for recycling

collection. Starting September 1, the list will expand to include things like yogurt, ice cream and margarine tubs in addition to all plastic bags, bottles and detergent containers. The one product which is still forbidden is Styrofoam; that still must be placed in with your regular garbage. For more information on what goes where, I encourage you to visit www.halifax.ca/recycle or call 490-4000.

And finally, I'm planning to visit as many of the 190-plus communities that make up HRM as I can this summer. If you have an event planned, I hope you'll let me know so I can try and drop by and meet everyone.

I'd like to hear from you on these or any other topics. You can reach me at kellyp@halifax.ca or www.peterkelly.ca or by phoning 490-4010.

New Programs Available for Disabled and Seniors

By Megan Leslie, MP for Halifax

As your member of parliament, I want to ensure that you are aware of services and programs that are offered by the Federal government. This month, I would like to draw your attention to the Federal Disability Tax Credit, as well as the New Horizons for Seniors Program.

Living with a disability can be very expensive, particularly for those people living on fixed incomes. The cost of day-to-day activities can be much higher than for persons living without a disability. To help make life more affordable, the federal government provides tax relief to person living with, or caring for someone with, a mental or physical impairment that markedly restricts the activities of daily living, including speaking, walking, hearing, feeding dressing, elimination (bowel or bladder functions); or performing mental functions necessary for everyday life. People who are blind may also qualify for tax relief.

This relief is offered as a Disability Tax Credit. There are a number of different deductions and tax credits that can be claimed. The impairment must have lasted, or is expected to last, for a continuous period of at least 12 months, and a physician or licensed practitioner

must complete and certify the medical section on the application form. **For more information, call the Canada Revenue Agency's Individual Income Tax Enquiries line** at 1-800-959-8281 (select star (*) to speak with an agent). You can also go to the agency's website at www.cra-arc.gc.ca. It is important to note that the form can be sent at any time during the year. By sending in your form before you file your Income Tax and Benefit Return, you may prevent a delay in your assessment.

Seniors are the bedrock of our community, providing essential skills and an abundance of experience and know-how that we can all benefit from. These contributions are supported by the New Horizons for Seniors Program, administered by the federal government, which provides grants and contributions to qualifying groups so that they can provide programs and services aimed at supporting the social participation and inclusion of seniors. The program promotes volunteerism among seniors; engages seniors as mentors; educates the public about elder abuse, including financial abuse; and provides capital assistance for new and existing community projects/or programs for seniors.

Not-for-profit organizations, community based coalitions, networks and committees are included in the list of eligible groups, along with municipal governments, band/tribal councils, public health and social services institution, research and educational institutions, and for-profit organizations where the nature and intent of the activity is non-commercial and the activity does not generate profit.

This program will help seniors across the country improve their own lives, and improve the lives of the people around them, of all generations, through the preservation of history and cultures, the passing on of music, cooking, language, and stories, just to name a few examples. **To find out more about the Program and how to apply for funding, please visit the New Horizons for Seniors Program website** at: www.hrsdc.gc.ca/seniors, or call 1-800-277-9914 (select "0" to speak with an agent).

If you have any questions about these two programs or if you would like assistance on problems you are experiencing with other Federal programs and services, please contact my office at 902-426-8692. You can also email me at megan.leslie@parl.gc.ca. I look forward to hearing from you!

MICHÈLE RAYMOND

MLA for Halifax Atlantic



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Kirk Road Development Moving Ahead with 12 Units

By Linda Mosher, HRM Councillor, District 17

In 2010 Marterra Inc. applied for a development agreement for lands located at 10 Kirk Road. The application included a request for municipal heritage designation. The developer pursued the heritage designation to enable them to apply for a heritage development agreement under our Halifax Municipal Planning Strategy, namely Policy 6.8. The City-wide Heritage Policy allows Council to consider uses other than what is allowed under the Land Use-Bylaw. At the same time heritage designation ensures that the heritage integrity is not compromised and maintains the existing character of any adjacent residential neighbourhoods. Regional Council approved the heritage designation of 10 Kirk Road for four existing buildings: the main house, gate house, pool house and a 'roost' accessory building. Also included were existing landscaping features such as rock walls and a rhododendron garden.

The developer then applied to Regional Council to approve a substantial alteration to the municipally registered heritage property. Regional Council approved this part of the application and sent it forward to Chebucto Community Council for a public hearing. The proviso for approval of the application was that both Regional Council and Chebucto Community Council had to approve the application. If either did not approve it the development could not proceed in the proposed form. Chebucto Community Council is comprised of five districts and deals with issues more local in nature. The application was for a bare-land condominium development concept. The individual properties would not be sub-divided for individual ownership. There would be no HRM owned streets, but private laneways accessing the homes. The new properties would share the amenities such as Northwest Arm access and the pool.

Any development agreement request has an established public participation component. It commences with a public information meeting, and then a staff report is generated reflecting the public's view of the application and also how the public sees it fitting within HRM's regulations including the Municipal Planning Strategy and

the Land Use Bylaws. A very well attended public information meeting was held at the Captain William Spry Centre with 81 people in attendance. At this meeting, residents were able to ask questions and express their views on the application. In addition, many residents sent feedback in writing and also called the Senior Planner at HRM who was in charge of composing the staff report for Chebucto Community Council's consideration. A public hearing was held on July 4th at Chebucto Community Council to consider the approval of the development agreement, namely to allow for one semi-detached dwelling (the existing heritage property divided into two properties) and twelve new single-unit dwellings located at the lands at 10 Kirk Road. Based on public feedback, I moved a motion to approve this application, but reduced the number of new single-unit dwellings from the requested twelve to ten. The motion was approved unanimously.

Albeit a seemingly very small infill development, it is located in the former Village of Jollimore, a very unique and historic community. The roads are more like laneways, in some cases less than 10 feet wide, unlike a regular street of 66 feet. Thus, standard traffic analysis does not necessarily apply. Also, many residents pointed out the application was contrary to policies contained in the Mainland South Municipal Planning strategy such as Environment Policy (maintain character) and Transportation. Many residents indicated they would support the development but wanted fewer units.

In a development agreement there is give and take to enable the new development to proceed but also to integrate appropriately into the existing community. The Planner considered the public input and on page 4 of the report it stated: "Based on concerns from the public about the proposed number of units, a reduction in the number of new homes was requested by staff; however the developer has proceeded with the original number". I expressed this opinion to the Planner after the public information meeting and after a subsequent meeting to go over the application. It is a Councillor's job to keep an open mind,

evaluate the staff report, and listen to staff recommendations, the applicant's presentation and public opinions. We can then make an informed decision based on the appropriate HRM policies.

It is important to know the "as of right" potential, meaning what a developer can build without coming to Council. We were told 14 properties, but pending appropriate surveying 15 may be allowed. In my opinion, the costs to meet the "as of right" requirements such as a cul de sac, regular sized streets, curbs and gutters would be

substantial in comparison to the Council approved development agreement for 12 lots. In addition, the bare-land option yields condominium fees and would be more attractive to buyers as all properties share the benefits such as Northwest Arm access.

Initially, the developer put up a for sale sign as they were not pleased with our decision. After being apprised of their options, the developer has in fact decided to move ahead with the Chebucto Community Council approval of 12 units.

Additional Work Slated for Herring Cove Road

By Stephen Adams, HRM Councillor, District 18

In my previous article, I wrote about a meeting I had scheduled with representatives of the Provincial Department of Transportation. We had an opportunity to talk about maintenance on gravel roads and snow removal issues in winter. They offered an explanation as to scheduling of regular grading and standards for snow clearing.

As a result of this meeting, I will be discussing these issues with the local manager, so that it will be easier to address residents' concerns when I get calls.

I am certain that motorists driving past the little green space at Long Lake are getting increasingly frustrated with the lack of care and maintenance on this property. This has such potential, but is not being utilized at all. Again this year, I offered to have this area renewed and beautified, but, to date, the offer has not been accepted. I have, however, gotten a response from a representative of Department of Natural Resources (DNR) that I will be contacted to discuss the proposal.

(See Additional Work on page 10)



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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 AUGUST

A huge church yard and bake sale will be held August 27 from 9 am to 1 pm at Calvary Baptist Church, 91 Thornhill Drive, Spryfield.

Produce available at the Urban Farm Field (Market Garden hours are: Tuesday evening, 6-8 pm; Thursday mornings, 10-11 am; and Saturday mornings, 9:30 to 12 noon).

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Lobster Chowder** on Sunday, August 14th from 3:00 pm to 6:00 pm. Adult portion \$12.00; Child portion \$6.00. Everyone Welcome

Stress management Stress is a normal part of life, but sometimes we need help learning how to cope. Join us for a presentation on stress management and a demonstration of relaxation exercises. Captain William Spry Library Wednesday 17 August / 2pm

Community Events at Urban Farm Museum Society of Spryfield
Urban Farm Museum Society of Spryfield

presents **"An Evening in the Garden"**, Thursday, August 11th, 6 - 7:30 pm in the farm field, off Rockingstone Rd. near Ardwell. Enjoy an evening of story telling and music, check out our Market Garden.

Urban Farm Museum Society of Spryfield presents a **Blackberry Freezer Jam workshop**, Saturday, August 13th, 9 - 11 am, in the farm field off Rockingstone Rd. near corner of Ardwell. Registration fee \$20. Call Iris 479-3505 or ishea@eastlink.ca

Urban Farm Museum Society of Spryfield has **fresh vegetables for sale**. Available during the following times: Tuesday, 6-8pm; Thursday, 10-12 noon; Saturday, 9:30 to Noon, and at our scheduled events.

The **Chebucto Communities Development Association (CCDA)** is looking for community minded people who live in the area from Armdale right around the Sambro Loop and might be interested in joining our board. We meet the third Tuesday of each month at 7:00 pm.

CCDA works on helping to connect neighbours to neighbours, residents to community groups and partnering with community groups, agencies, businesses,

institutions and governments to improve the quality of our community.

If you are interested or want to check us out, please call Diane LeBlanc, the chair, at 209-3219 or email at diane.leblanc@yahoo.com. Our website is www.chebuctoconnections.ca

The **UCW** (United Church Women) at St. James United Church in Sambro is looking for women who like to socialize and help others. If you are interested, please call 868-2791. Keep the UCW tradition going.

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

LEGION: Bingo every Sunday at 1PM. 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 t 477-0187 or Jackie at 477-3776 to have your refundables picked up.

Register Now for Melville Cove Reunion A Melville Cove Reunion is being planned for November 12 at Armdale Yacht Club. If you lived between St. John the Baptist Church and the Dingle Gates, we want to hear from you. Register now, space is limited. Contact Mary Ellen, wfwzicker@ns.sympatico.ca or call Iris, 479-3505

To residents of district 18, there will be a special meeting to review/amend some existing by-laws dealing with the Harrietsfield/Williamswood Community Centre on Thursday, August 25th at 7:00 pm held at the centre. All welcome!

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

Kyle Henneberry

Kyle Henneberry, 21 of Sambro / Williamswood was tragically taken from us on Saturday, June 25, 2011 as a result of a motor vehicle accident. Kyle graduated from J L Ilsley in 2008 and studied Electrical at NSCC and was working as an electrical apprentice with his father's company. He loved sports including hockey, badminton, softball, gaming and hunting; worked out at the gym faithfully; and loved his wheels. Kyle had many friends who he hung out with every day. Kyle would go out of his way to help others who needed him. He embraced life and lived for the moment. He was always smiling and liked to make others laugh. Forever loved and never forgotten "Beauty". Kyle was the son of loving parents, Christine Henneberry (Eric Caines), Pat Henneberry (Sandra); big brother to Brad and Gabrielle, who adored him; maternal grandmother, Linda Harding; grandparents "Granny" Sandra Tough; Cecil & Doreen Caines "Nana Doreen and Papa Cec"; Wade Butler and Sheila Butler; aunts, Darlene Langevin (Peter); Dianne Gillis (John); uncle, Bob Henneberry (Joyce). Many great aunts and uncles, cousins, and many, many special friends. He was predeceased by paternal grandparents, Normie and Avis Henneberry. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd. A service of celebration was held on Thursday, June 30, 2011 in St.

James Anglican Church, 2668 Joseph Howe Dr., (at the rotary) Halifax, Rev. Ellen Wilson officiating. A reception followed in the church hall. Donations in Kyle's memory may be made to J L Ilsley sports, Chebucto Boys and Girls Club, or Chebucto Minor Hockey Association.

Donald Dempsey

Donald Joseph Dempsey - 41, Herring Cove, passed away on June 24, 2011. It is with great sadness that we announce the passing of Donald - son, dad, grampy, brother and uncle. Donald was just getting to know his two beautiful grandchildren. He was a member of the ILA Checkers Union - Local 1341 for many years. He enjoyed being around the sea and doing carpentry work. Donald is survived by his parents, Donald and Dorothy (Forrest), children, Adam (Nicole), Dartmouth and Alicia (Matt), Hubbards, granddaughter Brooklyn and grandson Cohen, sisters, Darlene Fahie (Terry), Sheila Harvey (Donald), Sara Roberts (Raymond), brother, Everett (Lori), all of Herring Cove, and his companion Mary, several nieces and nephews, many aunts, uncles and cousins. Donald loved life and will be missed by all. Arrangements were under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477-5601), where visitation was held on Tuesday, June 28. A mass of Christian Burial was held

on Wednesday, June 29 in St. Paul's Roman Catholic Church, Herring Cove, Fr. Zachory Romanowsky as celebrant; interment followed in St. Paul's Cemetery, Herring Cove with a reception in the Parish Hall. Donations can be made to the IWK Health Center Foundation. Words of comfort can be sent to the family by visiting www.walkerfh.com

Wendell Webster

Wendell Webster, 85, Herring Cove, passed away peacefully on Tuesday, June 14, 2011, surrounded by his loving family. Born in Truro, he was a son of the late Albert and Clara (McNaught) Webster. Wendell retired from the dockyard after a long career with DND. Music was his passion and he loved spending time with his family and friends. He was a loving husband, father, grandfather and great-grandfather who will be dearly missed. He is survived by his wife of 62 years, Jean (McPherson), Herring Cove; his children, Clara (Sam), Morden; Debbie (Eric), Halifax; Michael (Pat), Halifax; Wendy, Middleton; Judy (Dave), Halifax; Cheryl (John), Kingston; 17 grandchildren; 16 great-grandchildren; sister, Francis and brother, Bert, both of Halifax; numerous nieces and nephews. He was predeceased by brother, Laurie. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (See Obituaries on page 11)

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