

# Chebucto News

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## Local residents Bust A Move for Breast Health

by Lorrie Boylen

On January 30, 2010, the Halifax Metro Centre will host the Bust A Move for Breast Health event, a six hour fitness extravaganza. The event will attempt to set two world records; one for the largest Pilates class and another for the most people hugging. At least two local area residents are excited to be a part of this historic event: Natasha Roscoe from Sambro

and Kathy Johnson, a local real estate agent. Natasha Roscoe became inspired in October at a presentation by QEII and IWK Foundations during a training forum hosted by her employer, Johnson Inc., a gold sponsor of the event. She has long wanted to participate in a marathon but found it daunting so had never taken the initiative. She felt that this event was doable for her, and she registered immediately.

She and 20 coworkers formed the Johnson Pointer Sisters team and with the help of 7 volunteers have used a variety of fundraising methods, including hosting several very successful breakfasts.

Kathy Johnson heard about the event through Good Life Fitness, where she is a member. As word spread about the event, she and her sister, June Schwartz, formed the team "June's Tuners" and then recruited two others to join their team. While helping a friend cope with breast cancer treatment, Kathy saw first hand what patients go through, and wanted to help take away some of the fear for someone else. To help promote her fundraising, Kathy is entering the names of sponsors of \$5 or more in a draw for a hand painted chair generously donated by one of her clients. She can be contacted at 489-5741 or kathyjohnson@eastlink.ca.

Event participants will follow six exercise classes designed for every fitness level: beginner, intermediate and advanced. In addition to local fitness instructors, one of the classes will be led by the passionate and enthusiastic celebrity instructor Richard Simmons.

In addition to healthy snacks, refreshments, mini massages, and hourly prize draws, participants will be inspired by patient testimonials. Regular emails are sent to registrants with helpful tips for boosting fitness levels, stretches, healthy recipes, and imaginative fundraising ideas. Each participant is required to raise a minimum of \$1,000 in order to take part in the marathon. All donations of \$10 or more will receive a tax deductible receipt. To sponsor these ladies or any others, or to find out

see "Residents" pg. 2



The completion of the new walking bridge over MacIntosh Run marks the first phase of the new McIntosh Run Community Trail.

## Community Opens McIntosh Run Trail

by Davis Sampson,

It was a cold, windy day on the twelfth of December, but this did not stop nearly 60 people from the community, and the rest of

HRM, being on hand for the official opening of the first phase of the new McIntosh Run Community Trail. Our representatives from all levels of government; Councillor Steve Adams, MLA Michelle Raymond, and MP Meagan Leslie, braved the cold to help out in the ribbon cutting and take the group hiking on the new trail. The comments from everyone were very positive and it was felt by all that this is another positive step for our community. This initial portion of the trail stretches for 1.2 kilometers from the walking bridge at the south end of River Road to where the trail crosses the brook entering the run below Bridget Avenue.

The trail is the result of many years of hard work by the members of the McIntosh Run Watershed Association, and thanks to their partnerships with the HRM and Provincial Governments, this portion was able to be completed. The next section, which will extend the trail to the Roaches Pond ballfield, is slated to be done next year. Eventually, the hope is to have a wilderness trail continue from the ballfield area all the way to Herring Cove so that residents can walk the McIntosh Runs' entire length.

Many thanks go out to everyone that came out, and to our local Tim Hortons for supplying us with coffee and snacks. We invite everyone to go and try out the trail. It is easily accessible and a great way to experience some of our natural beauty.

see "Expert" pg. 2

## Frequent Maritime Noon guest releases new book on local Irish genealogy

by Tangelene Ramsay

For the past 15 years, Terry Punch has been a regular guest on CBC's Maritime Noon phone-in show. He is considered an expert in Irish genealogy and he gladly shares his knowledge with others. He is also a regular contributor to three Canadian magazines: Saltscapes, The Beaver, and The Seniors' Advocate. Add to that all the books he has published, including his book series "Erin's Sons", and it is easy to see why he is considered an expert in the field.

Mr. Punch's interest in genealogy began when he was just a child. His father would talk about the family's Irish ancestry but young Terry couldn't believe that the name Punch could possibly be Irish. This started

him on a life long journey through history. Genealogy and history, Mr. Punch believes, go hand in hand. Often, when answering questions from callers on Maritime Noon, it is important to know some history about the region most commonly associated with a particular family name. He says the most commonly asked question is "My name is \_\_\_\_. What can you tell me about my ancestors?" He normally follows this question with questions of his own about the family's traditions, and from there he can usually give them some insight into where to begin their genealogical search. Sometimes, though, the names are from regions he isn't familiar with. It can be somewhat frustrating, he says, because he wants to be able to answer everyone's questions.

Mr. Punch grew up on Windsor Street in Halifax, graduating from Oxford School before embarking on his university career. He first enrolled at St. Mary's University where he earned a B.A. and Diploma in Journalism in 1964, a B.Ed cum laude in 1965 and an M.A. in History in 1972. He then went on to earn a second M.A. in History from Dalhousie University with a thesis about the Irish adaptation to Halifax from 1815 to 1871. In 2000, St. Mary's University awarded him the degree of D.Litt., honores causa.

When he wasn't doing research into the genealogy of his Irish and German ancestors, Mr. Punch was teaching history at different junior and senior high schools around



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# Expert releases new book on local Irish genealogy

continued from page 1

Halifax. He even spent a year teaching at the Sacred Heart. "That," he says, "was an experience!" It was extremely rare for a man to teach at the private, girls only, school and the nuns there doted on him. His final teaching assignment was at St. Pat's, where he taught grade 12 History.

However, retirement hasn't slowed Mr. Punch down. He is still researching and writing about Maritime connections to Ireland. He served on the boards of numerous

genealogical societies, and is the only Canadian member of the advisory board for the Passenger and Immigration List Project. He is still on the lecture circuit, discussing history and genealogy with groups such as the Elder Learners in Halifax.

One of his more interesting feats had nothing to do with Irish genealogy. His grandmother was a descendant of the German population in Lunenburg, and he was fascinated with her genealogy as well. He discovered the authorship of, and translated and annotated for

publication, the Nova Scotian portions of Georg Andreas Gottlieb's 1807 book, *Reise eines Rheinlanders durch die nord-Amerikanischen Staaten*, which roughly translates to *Travels of a Rhinelander through the North American States*. Although he can read and translate German, he says he can't speak the language very well. "The problem," Mr. Punch says, "is that I still think in English, and I have to translate everything in my head first, which makes for a very slow conversation."

He and his wife of forty years have even been to Ireland a couple of times. The best time to be in Ireland, he says, is in May. That is when the Emerald Isle is at her most beautiful. Mr. Punch recommends that anyone interested in going to Ireland (or anywhere for that matter) to research their family genealogy, do a huge amount of research before they go. "Unless you have an extremely unusual name, it is very difficult to track down your ancestors just by visiting the region they were from." Plus, many times, the family name has changed, sometimes dramatically, from what it was originally.

For the past forty years, Mr. Punch and his wife have lived in Armdale and, except for the Rotary, he jokes, he loves it there. The community is great and, in his opinion, the library is incredible. Whether for pleasure or research, Mr. Punch is a voracious reader. He and his wife are frequent visitors to the Capt. William Spry library, where they are usually checking out armloads of books. "The Capt. Spry library is wonderful," he says. It even carries copies of some of his books, including the "Erin's Sons" series. Check one out some time, you never know which one of your ancestors might be hiding in those pages!

# Church bells ring for climate change

by Carolyn Mont,

On December 13, 2009, churches around the world were asked to ring their bells 350 times at 3:50 pm. You might ask about the significance of 350. 350ppm refers to the number of parts per million of carbon dioxide in the air which is the level at which life as we know it can be sustained. We have exceeded that level but it is possible to get back to it. Churches rang their bells to show their support for the delegates working toward solutions at the Copenhagen Conference.

At St. Paul's United Church in Spryfield we don't have church bells but we do have a keen interest in environmental issues. We met before church on December 13th and rang what bells we brought. There were Christmas bells, cow bells, school bells, dinner bells and unnamed bells. We left the church and walked along our new trail, which is on Old Sambro Rd., ringing our bells and waving a sign indicating what we were doing. Our new trail is just at the beginning stage but it was the first time the congregation had actually put it to a specific use.

St. Paul's tries to be a green church but, of course, this is a work in progress. The Green Team, together with the United Church Women (UCW), hosted a successful public meeting on climate change. We invited Tamara Lorenz of the Nova Scotia Environment Network to show *The Story of Stuff* and conduct a workshop. We also have had a multigenerational service focusing on reducing our personal

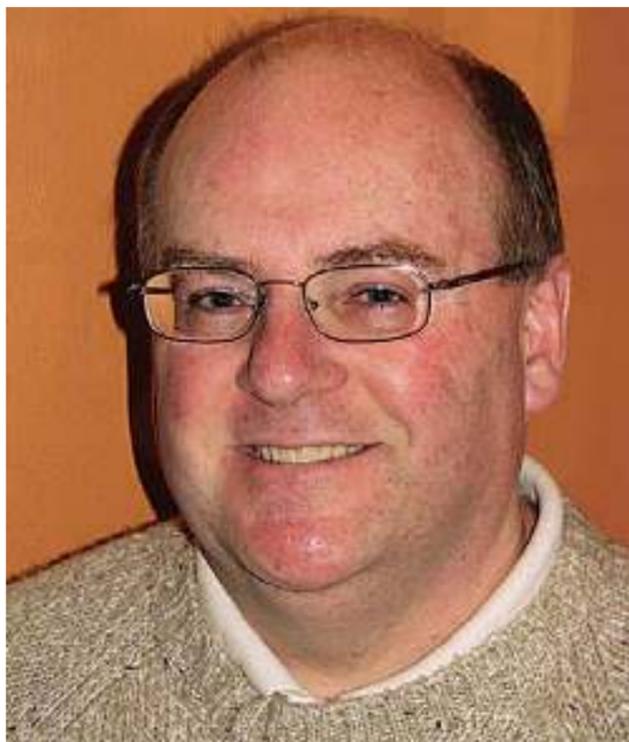
carbon footprint. We followed this up with a Carbon Reduction Diet where members of the congregation shared ways in which they had adapted green strategies in their own life. As in any diet, we constantly need support and encouragement. To see how we are doing, visit us at church or at our micro web site at [wondercafe.ca](http://wondercafe.ca). Go to Church Search and type in the postal code B3R 2H6.

# Busting A Move for Breast Health

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more details about this event, go to [www.bustamove.ca](http://www.bustamove.ca).

Every year in Nova Scotia, 700 women are diagnosed with breast cancer, and one in 9 women will face the disease during their lifetime. With early diagnosis being so critical to survival, the primary focus of funds raised from this event will go towards the purchase of leading-edge digital mammography equipment, enabling technologists to increase the number of mammograms being completed by up to 75%. The clear images will detect tissue abnormalities only millimeters in size and identify their precise location. Test results will reach doctors much quicker, and treatment can begin earlier. Shorter wait times will enable more women to be tested. If 15% more women had regular mammograms, as national guidelines suggest, breast cancer mortality rates could decrease by 30% in just 10 years.



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# Waste water now diverted through new Harbour Solutions Project's Herring Cove Waste Water Treatment Facility

For those of you who participated in the annual Polar Bear Dip in Halifax, you were probably too busy shivering to notice, but the water in Halifax Harbour is cleaner than it has been in a very long time. This is due, in part, to the opening of the Harbour Solutions Project's Herring Cove Waste Water Treatment Facility.

According to Councillor Steve Adams, as of mid December, 2009, waste water was being diverted through the new plant before being dumped into the harbour. He says, "The Herring Cove facility will help bring our cove back to residents and restore a valuable community recreation and fishing asset."

Prior to being used to treat waste water, the plant has been testing its systems using fresh water. The Herring Cove plant is the smallest of the three Harbour Solutions Project's treatment facilities, due to the small population it serves. This plant only treats sanitary sewage, which means that anything flowing through the storm drains is not treated.

In Halifax, Phase One of the recovery is complete. The system is diverting twice the dry-weather flows to the facility and floatables are being screened. Phase Two, full recovery, should be completed in spring 2010.

The Dartmouth Waste Water Treatment Plant, which is in the final stages of commissioning, has been treating flows since July 2008.

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### MONTHLY MEMBER PROFILE

Born and raised in Spryfield, Fred hasn't drifted too far from the community in the last 57 years. A short stint in Toronto at a young age got the gypsy out of his blood and he's been "Home" ever since. Fred has always been in sales and marketing, mostly with national companies, the last being Imperial Oil (Building Products Division). In 1984 Fred and his wife Lynn took the plunge and opened their own business – Lumbermart Limited – right here in Spryfield. Now after 25 years, they're still here. Lumbermart has two locations, headquartered in Spryfield, and a major revamping of the original store is underway! Lumbermart... Spryfield Proud!

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# DISCOVERING OUR PAST

## The Lear sisters of Fairmount were well-known teachers of art and religion.

By Iris V. Shea  
Mainland South Heritage Society

The Lear sisters, Isabel, Kate and Gwendoline, lived in Fairmount, a house high above the Herring Cove Road overlooking the Northwest Arm. Wilma (Tapp) Akerlund, who grew up on St. Margaret's Bay Road, remembered them "as perfect examples of charming Victorian ladies". They were well educated and taught Sunday school for many years at Bethany Church when the church was located next to Fairmount.

Religion was an important part of their every day lives, and it was said that their mother asked them, when they were very young, to dedicate their lives to God which they gladly agreed to do. In October 1914, Harriot Lear, their mother, wrote a four page letter to "Charley Mont" a local young man who attended Bethany Church. Her words attested to her strong religious beliefs, commenting "I rejoiced when I heard that you loved your Saviour so dearly that you wanted everyone to know it and do as the Bible says, show what is in your heart and confess it". Nan Geizer and Wilma Akerlund both recalled, each time they met the Lear sisters, the sisters would always ask "Have you been saved?"

All three sisters were artists. During the 1890s and early 1900s Isabel and Kate Lear had an Art Studio at 60 Bedford Row where they taught art lessons. During this same period they exhibited their work in galleries in Halifax and in the Provincial Exhibition. In addition to her art, Gwendoline wrote religious children's books.

In 1875 the Lear family consisted of James, his wife Harriot, and four children, Percy, Isabel, Kate and Gerald. They emigrated that year from Birmingham, England to Quebec where Gwendoline, their fifth child, was born. By 1881 they were living at the head of the Northwest Arm and bought property that was once owned and occupied by the Hosterman family. James Lear's occupation in the 1881 Northwest Arm census was "Commission

Merchant". In Halifax Directories he was referred to as a Commercial Traveller with an office on Lower Water Street. When Mr. Lear died in 1890, his will, in which he left all of his estate to his wife, Harriot, had been written in 1869 while still a resident of Birmingham, England. His occupation in 1869 was "jeweler". Harriot Felton Aldington Lear died of pulmonary congestion and senility on 17 April, 1918, at the age of 81 years. Both were buried in Camp Hill cemetery.

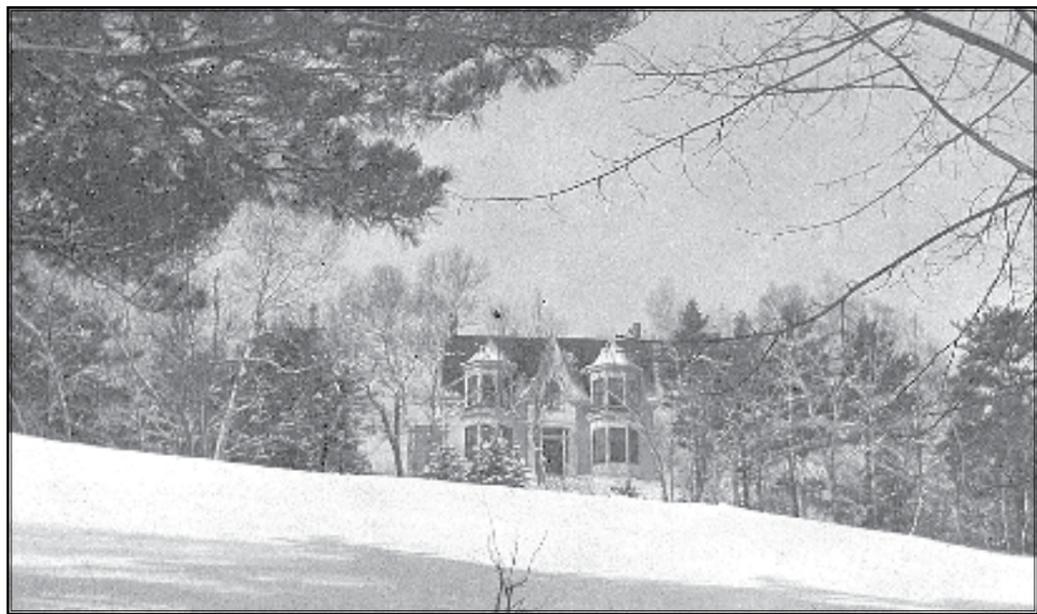
The eldest child, Percy, went to New York where he married his first wife, Emma, a professional singer. During the 1890s, records for Church of the Redeemer in Halifax showed Mrs. Percy J. Lear as their soprano soloist at a salary of \$240 per annum. Percy was a commercial traveller. In her book "Universalism in Nova Scotia" (1996), p. 59-60, Heather Watts wrote: "The greatest shock to the congregation, however, was to read in the papers that their soprano soloist, Mrs. Lear, was now "publically notorious" for having committed indiscretions while intoxicated." The church vestry offered Mrs. Lear a second chance, but within two months she appeared at choir practice "in a state of intoxication" and had to resign. In the 1901 census, Percy and Emma lived

in west Halifax; Emma's occupation was choir singer, their religion "Universalist". By 1911, however, Percy Lear was living with his mother and sisters at Fairmount, but there was no sign

years, and was buried in the family plot at Camp Hill cemetery.

Of the three sisters, the eldest, Isabel Harriot Aldington Lear, died of a cerebral hemorrhage on 9 July, 1943, at the age of 77 years. Gwendoline Aldington Lear, the youngest, died 2 December, 1960, at the age of 85 years, and Kate Aldington Lear died 1 February, 1965, at the age of 96 years. All three were buried in Camp Hill cemetery.

Many Lear stories have been passed down by families who knew them. Memories of the three sisters and



Fairmount

of Emma. Percy was listed as a widower in 1919 when he married his second wife, 19 year old Fernande LeQuint from Quebec. Percy James Aldington Lear died 4 June, 1922, of kidney disease and was buried with his parents at Camp Hill cemetery. Mrs. Acklund recalled that he came home to Fairmount to die.

Gerald Lear was also a commercial traveller and eventually worked in advertising sales for the Herald and Mail. His friends and co-workers called him "King Lear". He left Halifax in 1893 and did not return again until the 1920s, employed at the Herald and Mail and living with his sisters at Fairmount. Like his sisters, he never married. Gerald Aldington Lear died 17 May, 1944, aged 73

their two brothers vary, depending on who is telling the story, but one thing is certain, they were remembered fondly and with respect. What happened to Fairmount? It burned down about six months after Kate's death. In her will, Kate left everything to the Canadian Missionary Society who sold the property. The house, or what remained of it, was demolished. The Lear watercolours and oils hang in many private homes in Armdale and in Bethany Church. The Mainland South Heritage Society has some photos of their paintings and would like to add more to its collection. If you have a painting and would like to share a photograph of it, please email Allan, our archivist: longcove@ns.sympatico.ca.

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# Study to index "walkability" of Spryfield's for older adults

Most of us think of walking as an occasional activity; something we do on weekends after a family meal or as a way to enjoy one of Spryfield's new community trails. For others, a combination of walking and public transit is an important part of the day and using an automobile may not be an option.

As part of his final year in Dalhousie's

School of Planning, student Alex Girard will be conducting a study of walkability for seniors in Spryfield. "Accommodating the needs of seniors in designing walkable neighbourhoods will be of benefit to everyone" says Girard. He has contacted CCDA (Chebucto Communities Development Association) to help him connect to seniors.

Starting in January, Girard will be asking senior Spryfield residents to help develop a walkability index. This index will then be used to assess the walkability of actual routes taken by seniors in the community as they go about their daily activities. The overall goal is to work with Spryfield residents to improve walkability in the community.

While walking often takes longer than driving, there are many benefits. Walking is a physically active and affordable form of transportation. According to Health Canada, walking can reduce stress, strengthen your heart and lungs, increase energy levels, and help you to maintain a healthy body weight.

Walking and other weight-bearing forms of physical activity are especially important for seniors. Some benefits include greater strength, decreased bone loss, increased balance and flexibility, and a reduced risk of falls. One of the largest benefits of walking is the potential to make new friends or to bump into old friends. Walking is a very social activity.

Whether or not you walk sometimes has less to do with your own desires and more to do with the walkability of your neighbourhood. People are more likely to walk if street intersections are safe and easy to navigate; if the sidewalks are in good condition; and if the distances to important amenities, such as grocery stores and banks, are not too far. It is easy to forget that simple planning and design practices can have a large influence on our behaviours, especially when it comes to getting around town.

If you are a senior and would like to participate, or for more information about the project, you can contact Alex by email at AL768532@dal.ca or you can get in touch by phoning 494-1286.

# High school students participating in Seeds of Change Program

Thirty teenagers and adults have volunteered to tutor students in CCDA's Seeds of Change Youth Inclusion Program. Tutors from communities around the Loop, and students from J. L. Ilsley High School, are participating in the Seeds of Change Crime Prevention Program.

"People in Spryfield and surrounding communities have been telling CCDA that they want to be more involved in their community, so it's been really inspiring to see people of all ages respond to the call for tutors," says Diane LeBlanc, Chair of CCDA Board (Chebucto Communities Development Association).

Michael Coolican, Interventions Coordinator for Seeds of Change and

Volunteer Manager at CCDA, has been leading the orientation and training of the tutors. Some literacy tutoring training will also be provided to the tutors. In November, six of the tutors started assisting learners at J. L. Ilsley, and the rest of the tutors are coming on stream in the new year. Coolican says, "It's great to see the tutors patiently working with the students to help them with their work. It makes such a big difference to be able to offer that one on one support."

For more information about CCDA, call 477-0964, or visit [www.chebuctoconnections.ca](http://www.chebuctoconnections.ca). For more information about tutoring, volunteering, or the Seeds of Change Youth Inclusion program, call 471-1570.



Michael Coolican



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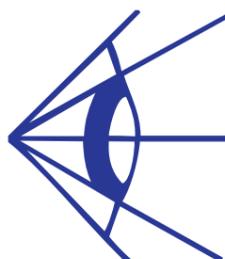


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# Continuing to ensure that the government is working for you

by Megan Leslie, MP Halifax

This has been a difficult year for most Canadians; including those of us living in the riding of Halifax. As 2010 quickly approaches, we have an opportunity to assess what actions have been taken to solve not only the issues related to the recession, but also those that predated the economic downturn. What federal action has there been to help us get back on our feet? What has been done in Ottawa and by whom? Well, time after time, the Harper Conservatives have missed their opportunity to help; and when they have helped, it's been the result of NDP pressure and advocacy. This year, the Conservatives have been looking after their political and business friends. They have failed most of their own accountability standards, and they've broken their promise to not appoint Senators to the Senate, but that is no surprise.

This fall, New Democrats made parliament work, but looked after your interests by ensuring that only good legislation received our votes. I am proud to say that our MPs are among the hardest working in the House of Commons. There are 309 members of parliament and the

NDP is the smallest party with 37 (13%) of those seats, but we punch well above our weight by introducing more bills and motions and speaking in the House more per New Democrat than the other parties.

In fact, for the most recent parliamentary session, 18 of the 37 Federal New Democrats are in the top 30 most active members in the House and 31 New Democrats are in the top 85 most active (reference: www.howdtheyvote.ca). Put another way, 83% of the NDP caucus is in the top 25% of all active MPs. That is something to be proud of.

While the list of New Democrat accomplishments is lengthy, on a personal level, I am excited to highlight that the National Housing Strategy bill, a bill I am proud to have seconded, has passed through committee stage and will be returning to the House for 3rd and final reading in the New Year. This is a tremendous accomplishment and required the combined work and support of the NDP, Liberals and Bloc Québécois to bring Canadians closer to a reality where all citizens have access to affordable, sustainable, energy-efficient housing.

Your New Democrat MPs have made significant progress in getting the attention

of other parties on critical issues you care about. New Democrats put the crisis facing pension security on the agenda, starting with protecting workers' severance, pensions and medical and disability benefits when employers go bankrupt. Instead of pushing for an early election no one wanted, Jack Layton reached across the aisle to moderate Conservatives. As a result, New Democrat MPs secured \$1 billion worth of Employment Insurance benefits to help 90,000 unemployed workers whose EI was about to run out -- equating up to 20 extra weeks of EI.

New Democrats led the opposition last winter when the Conservatives played politics while jobs were at risk. As a result, the Government introduced stimulus measures New Democrats were calling for. Your NDP MPs are now fighting for transparency and accountability to ensure dollars went where they were needed most. Years of New Democrat pressure to begin extending public benefits to the self-employed resulted in the Government introducing legislation to grant parental, sickness and compassionate-care benefits to Canada's 2.6 million self-employed.

New Democrats are making a difference in the House of Commons in measurable

ways that will affect your daily lives. In addition to the achievements above, New Democrats secured passage of a motion calling on the government to enact legislation to protect consumers from abusive credit card fees and penalties; "any time, any reason" interest rate increases; and account changes.

We've also influenced change outside of the House of Commons. For instance, public support for Brian Masse's (Windsor West) "right to repair" bill prompted automakers and the after-market repair industry to come to a landmark agreement to fulfill the purpose of the bill, ensuring choice for car-owners in the repair and maintenance of their vehicles.

These are just some of the accomplishments that highlight an excellent year for New Democrats in the House of Commons. We will continue to ensure that the government is working for you and working for the people of Canada, not the corporate interests that the Conservatives choose to support despite their duties to help people first.

## Chebucto Update WITH MAYOR PETER KELLY

by Mayor Peter Kelly,  
Halifax Regional Municipality

Hello again; thank you for joining me. I'd like to tell you about a special initiative that's making a big difference for families in various parts of HRM.

It's called Step Up to Leadership and it gives local volunteers the skills and experience to work confidently with any kind of board, committee or government agency.

In other words, it encourages and empowers leadership at the grass-roots level, a vital ingredient of any healthy community.

The best way I can explain Step Up to Leadership is to describe a special graduation ceremony that happened recently in the Greystone subdivision, right here in the heart of your district.

First, however, a little background on Greystone, which is administered by Metro Housing. "The Hill," as the area is known locally, has a large population of youngsters; some 340 of them are under the age of 19. That's a lot of young people with few organized activities and, frankly, police and community leaders have been worried about the recruitment opportunity these youngsters represent to prowling gangs.

That's one of the reasons Greystone is one of three areas in metro where Halifax Regional Police have community response officers. These are two-person teams who are stationed in a particular neighbourhood and become almost like members of the community themselves.

In Greystone, the team is made up of Constables D'Arcy Hueston and Trish Kennedy and these two officers have been pursuing some aggressive police work to reduce crime and make the neighbourhood safe again.

As Cst. Hueston puts it, "Once you feel safe, you start taking back the community."

In Greystone, the two police officers have

been working with a number of agencies and organizations including Metro Housing; HRM's Community Relations and Cultural Affairs; and staff at Rockingstone Heights School.

Earlier this year, they identified seven local residents who wanted to make a difference and, in fact, were already trying to do so. Two women, for example, had started a popular soccer program from scratch and, last July, a local Youth Day attracted more than 80 youngsters.

In other words, people in Greystone were willing to take ownership of their problems. They were ready to stand up to the criminal element in order to regain control of their neighbourhood and keep their children safe.

And that's where HRM's Step Up to Leadership initiative comes into its own because it helps communities help themselves. In its four years of existence, the 10-week course has trained more than 200 people throughout HRM in the ways of leadership and teamwork.

The program helps volunteers channel their experience and initiative back into the community, to help others. It builds leadership so people can be strong advocates and have a voice in leading projects in the community.

To quote from the Step Up introduction: "Within each person lies bone-deep longing for freedom, self respect, hope and the chance to make an important contribution to one's family, community and the world."

These seven Greystone residents have completed the first-half of the course and, to salute their progress, a graduation ceremony was held for them December 15 at Rockingstone Heights School. It was a memorable moment for everyone involved, especially the children who were there. Also in attendance was HRM Community Developer, Marilyn Smith, a co-founder of the Step Up program.

During the graduation ceremony, Cst. Hueston announced some exciting news.

The community is organizing a youth basketball tournament and a winter carnival, both to be held in Greystone towards the end of January.

Not only that, but an application has been made to the provincial Department of Justice for a grant under its Lighthouse Program, a crime prevention and reduction initiative.

Among other things, the money would be used to operate a regular Friday night youth program at the school. (I'm pleased to mention here that HRM has already committed \$500 towards this worthy cause.)

The graduation ceremony left everyone with a great feeling of togetherness.

As Cst. Hueston noted, "Things have got better by us working together."

Cst. Kennedy agreed. "There's nothing to lose in this process and everything to gain."

One of the graduates agreed. "This means great things are happening," said the 30-year Greystone resident.

"This is going to make a big difference," she added.

I can only echo that sentiment wholeheartedly.



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# Sewage treatment plant opening proud milestone for Herring Cove

by Stephen Adams,  
HRM Councillor, District 18

After decades of raw sewage being dumped directly into Herring Cove, the sewage is finally being treated. As of Monday, December 14th, at approximately 5 p.m., the plant became functional. I cannot begin to tell you how proud I am of this milestone; nor can I begin to tell you how proud I am of the residents and staff who worked on this, well before any building had been started.

My sincerest appreciation and thanks go out to all of the members of the former Herring Cove Ratepayers Association who continued to push for the plant; as well as those members of the CLC, who continued working to help integrate the plant and pumping stations. Furthermore, thanks to those residents who may not have been members of a community group, but lobbied governments at all levels by writing letters and working to keep this top-of-mind. We will have an official opening in the future with a date to be publicized so that we can all share in our success.

On a very frigid Saturday, December 12th, I attended the opening of a new 1.2 km stretch of trail along the McIntosh Run. This trail, which received significant funding from HRM is yet another section of the trail which will continue through to Roaches Pond, and, in time, to Herring Cove. The quality of this trail is such that I had a call from a local resident asking if this was a road for a new development. It is indeed impressive. I encourage you to take a walk and enjoy the scenery.

A few days later, Councilor Mosher and I attended the official opening of the new walkway bridge that runs over the McIntosh Run, connecting Herring Cove road to the Captain William Spry Community Centre. This structure is impressive, to say the least. In the future, lights will be installed underneath for aesthetic purposes. Additional lights will illuminate the path to the bridge; and steps, along with additional landscaping, will be put in on the Herring Cove road side. As you can see when you drive by, the

front of the building has been opened up significantly. Further improvements will be forthcoming in the spring.

After the opening, we made our way to the new, long-awaited skateboard park. Although I am far from an expert in skateboarding, this park is quite extensive. It should offer challenges for beginner and expert boarders alike. Again, in the spring, the area between the path and the Spry Centre will be landscaped with tree retention and a green area for active recreation.

The residents in and around Lyons Avenue may have noticed some activity at the end of their road. Notices were to be sent

out explaining what is planned. For those of you not in the immediate area, we have some great news. A few months ago, I was contacted by officials from the Provincial Government regarding the building at the end of Lyons Avenue. They were asking about Municipal regulations and by-laws, and the possibility of building a new structure. I am pleased to say that the existing building will be demolished, and a new 20-unit facility for seniors and residents with physical disabilities will be constructed. I am excited about the new enhancements for our area and look forward to additional projects.

Over the past month or so you may have seen information regarding tax reform

through numerous media outlets. The recommendation being presented to Council will be debated in the New Year. I can assure all residents in District 18 that I do not support this tax reform as an average tax bill could increase by approximately \$400.00. This is unfair, and unreasonable.

I will present an alternative which will freeze assessments and base our taxes on the tax bill. For example, if you pay \$1,500.00 a year in taxes, and HRM needs an additional 2%, you would pay an additional \$30.00. It is predictable for all involved and eliminates the uncertainty of fluctuating assessment.

I wish you all the best in 2010, with health, happiness and prosperity.

# Court system does not understand implications of graffiti vandalism

by Linda Mosher,  
HRM Councillor - District 17

As Chair of the Graffiti Task Force, I worked with HRM staff and the committee to bring forward an update on our Graffiti Management Plan and initiatives to Council. I would like to update you as well.

In an attempt to minimize graffiti, we negotiated a compromise with known graffiti artists in the hope that it would reduce the vandalism on both private and public properties. Previously, some members of the public claimed that they had a right to express their art outside and requested 'free walls'; areas where the city makes it legal for anyone to come and paint. HRM conducted a trial on the vacant former B. C. Silver School in Spryfield. In conjunction with providing the legal site, HRM conducted a special removal blitz and removed graffiti on Herring Cove Road from both private and public properties. At first, the area was kept clean but, eventually, the graffiti problem was worse than ever before. Graffiti artists came from all over the municipality to paint and they

practiced their trade on private properties on their way to and from the school. Residents adjacent to the school were very upset as the areas that were not free walls were starting to get tagged, and there was littering and other inappropriate activities taking place. NYC had similar experiences and no longer recommends free walls. As a result, HRM will no longer be providing free walls.

HRM provides various outdoor urban art opportunities; such as commissioned murals, traffic boxes, and community murals. We will continue with these mural programs and an inventory/art bank will be prepared for reference purposes. HRM will have an artist registry which will include all artists who are available for hire to paint murals. It will give artists a legitimate alternative for their outdoor art and provide artist options to the general public. Although murals have proven to be effective graffiti deterrents, some of them are being tagged. Murals should be finished with an anti-graffiti coating that allows for graffiti removal but maintains the integrity of the art work. If a mural is tagged, it should be reported as soon as possible.

There are external partners on our Graffiti Task Force such as Aliant, NS Power, Clean NS and Canada Post. The next phase is to engage stakeholders like the province of Nova Scotia; including Public Works & Culture, and Tourism & Heritage. We need these departments to understand the importance of prompt graffiti removal, and how it impacts their operations and mandates, such as tourism. If HRM expends time and funding on graffiti removal adjacent to privately owned infrastructure that has graffiti which is not removed, then vandals keep coming back

and tagging the municipal property as well. We need to work with our existing partners to increase their resources in addition to pursuing new partnerships.

Although HRM has conducted various one time graffiti removal operations in specific business areas, such as Spryfield, it is not within our mandate, or authority, to continually remove graffiti from private properties. Changes to our Dangerous & Unightly Premises Act will allow us to enforce removal on property owners who do not remove graffiti. To provide assistance to homeowners, we will provide free graffiti kits which include information as well materials to assist in the removal. These can be obtained by calling 490-4000. The numerous Business Improvement Districts (BID's) can work with area businesses on removal and solutions to combat graffiti; such as murals, or improved lighting. HRM can ensure the BID's are armed with appropriate education and information on the best removal practices, and assist in areas such as Crime Prevention through Environmental Design Audits.

Our next step is to educate members of the public to recognize that graffiti is a crime and understand the negative impacts of leaving graffiti unchecked. We also plan to work with appropriate stakeholders such as Crime Stoppers on a graffiti reward system. The Police have made an increasing number of arrests and understand the importance of no tolerance for graffiti. However, it appears that our court system does not understand the implications of graffiti vandalism and we need to work with Community Justice on education and the importance of appropriate penalties.

## Stephen Adams

HRM Councillor, District 18

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# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**CHAPMAN, Jeffery Francis**

— Age 36, of Williamswood. It is with heart-felt sadness that we announce the passing of Jeff on Tuesday, November 24, 2009, in QEII Health Sciences Centre. Jeff was a long haul truck driver, something that he always wanted to do, the bigger the truck the better. He loved his three nieces dearly and they were what

kept him going. He was a hero to everyone. Jeff was a grateful organ recipient and a gracious donor. He will be lovingly remembered and never forgotten by his devoted mother, Donna Chapman, Williamswood; sister, Stacey (Darren Collins), Halifax; nieces, Victoria, Brooke and Jillian; several aunts, uncles and cousins. He was predeceased by his father,

Melvin and maternal grandmother, Emily. The family would like to extend their heartfelt thanks to Kate, Dr. Crowell and the staff of the QEII, for their excellent care given to Jeff during his time with them. Arrangements are under the care and direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., where visitation will be held on Friday from 2-4 and 7-9 p.m. Funeral service will be held Saturday at 11 a.m. from St. Michael's Roman Catholic Church, with a reception to follow in the church hall. Family flowers only. Donations in Jeff's memory may be made to the Heart and Stroke Foundation of Nova Scotia. Words of comfort may be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com).

**STONE, Jack A.**

— 70, of Williamswood, died on Saturday, November 28, 2009. Jack was born in Niagara Falls, Ont. on January 4, 1939, to Charles Robert and Evelyn (Atack) Stone. He grew up in Niagara Falls and after university worked for the North York Board of Education, the Vancouver Health Department, and the Vancouver School Board. From 1974 until his retirement in 1997 Jack worked for the Halifax School Board. He taught at Rockingstone Heights, St. Agnes and Westmount schools. After retirement he worked as a Patient Simulator for Dalhousie University. Birding and feeding the wild birds were activities that Jack enjoyed. Playing and watching hockey, playing bocce at the Italian Club, and interacting with fellow participants gave him joy. For 41 years, Jack was married to Darlene (Welton), who survives him. Other family survivors are two nieces and a nephew and their families in Ontario. He will be greatly missed by his four-legged family members, Morley, Zack and Nellie. He was predeceased by his parents and brother, Bob. Cremation has taken place under the care and direction of J. A. Walker Funeral Home (2005) Ltd. Arrangements for a remembering time are incomplete and will be announced at a later date. Memorial donations to the Nova Scotia Nature Trust, the Nature Conservancy of Canada or an animal shelter, would be appreciated; floral tributes are gratefully declined. Words of comfort may be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com).

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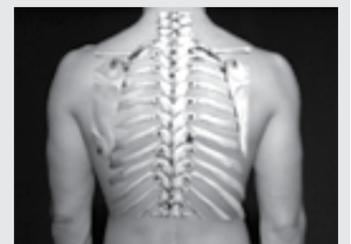
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Hours  
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- massage therapy
- psychology
- ergonomics
- fitness training
- exercise training
- acupuncture

# Chebucto News Community Events

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to dandoherty@eastlink.ca

**Elderobics**

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.

**Auction 45 cards**

Come join us for an evening of fun every Monday at 7pm in St. James Church hall, Sambro, playing cards. Admission \$2.50. Merchandise prizes. Light lunch included. For information call Eva Mae at 346-2075.

**Epiphany Dinner**

Chicken soup or seafood chowder. Emmanuel Church Hall, 322 Herring Cove Road, Spryfield. Wednesday, January 6th, 2010. 4:00 p.m. to 6:30 p.m. \$8.00

**Dance**

Emmanuel Church Dance Jan 16th with Port and Starboard Contact Bob Jollimore 477-7870

**Urban Farm planning meeting**

The Urban Farm Museum Society of Spryfield will meet on Monday, January 11th, 2010, 7pm at the Capt. Wm. Spry Community Centre. Everyone welcome to help plan next year's programs and events.

**Urban Farm AGM**

Please note that the Annual General Meeting will be held on February 15th, 2010. If you wish further information on volunteering or becoming a member please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

**Wanted: organist/pianist**

St. James United Church in Sambro is looking for an

organist/pianist for Sunday worship. Please call 868-2791 if you are interested in this paid position.

**Ecumenical worship service**

Celebrate the Week of Prayer for Christian Unity with an ecumenical worship service, Jan. 17, 2010, 7 pm at Emmanuel Anglican Church, 322 Herring Cove Rd., Spryfield. In the event of a storm, service will be held Jan. 24 at 7 pm. Service to be followed by a time of fellowship.

**Do you have a picture of a Lion King?**

The Spryfield Lions Club, which meets on the second and forth Tuesdays of each month at the Lions Den at 25 Drysdale Rd., is looking for pictures of past King Lions. In a move to honour those who have served as King Lion in the past, the club is placing their pictures in the main entrance of the Lions' Den. However, they are missing some pictures. The club would like to be able to obtain pictures of the following former King Lions: Roger Holteen, Ken Reardon, Murray Purcell, Larry Hughes, Hans Nilsson, Kurk Bordl, Vern Whynot, Robert Keating, Henry Ryan and John Bain. If you, or someone you know, would be able to help with locating pictures of any of these individuals, please contact the Lions Club at 479-2917. And remember, the club is always looking for new members so if you would like the chance to help with the Club's work in your community, give them a call.

## Down-home Christmas packs Sambro church

by Lorrie Boylen

On Sunday, December 13, 2009, St. James United Church in Sambro was packed for its much anticipated annual Down Home Christmas musical event.

Marilyn LeBlanc organized the talent for the event, which included Ed and Morgan Oakley, the Ketch Harbour Catholic Church choir, and St. James United Church choir, as well as skits and songs by the new Ketch Harbour Youth Group. Also performing were Melissa Stewart, Katie Feltmate, Susan

Feltmate, Sara Scarfe, Joyce Henneberry, and John Stewart of the group From the Heart, whose charitable CD For Sambro Beside the Sea has paid out over \$13,000 to date to its three charities: The Canadian Cancer Society, St. James United Church, and the Nova Scotia Lighthouse Preservation Society. Joyce Henneberry sang her brand new original song entitled "It's Christmas in Sambro," and the audience was treated to four songs sung by Maritime Idol winner Luke Watters.

A goodwill offering was collected in support of the Mission and Service

Fund which provides outreach services to communities across Canada and overseas. Light refreshments were served downstairs after the performance, where good friends of all ages came together to share the joy of Christmas.

## Ryan Kidson Memorial Tournament raises \$2700 for charities

by Tangelene Ramsay,

The 2009 Ryan Kidson Memorial Softball Tournament raised \$2700 for charity. Rather than donate all of the funds to one charity, the overseers of the fund chose to donate to the following charities: Christmas Daddies, Ringette Nova Scotia, Halifax Southwest Lacrosse, St. Paul's Food Bank (Spryfield), Single Parent Child Care (Spryfield) and the Salvation Army (Spryfield). These funds were

donated before Christmas, so that they could be put to use at a time when many are feeling the financial stress of the holidays.

With your continued support, the 2010 Tournament hopes to raise even more money to support these, and other, charities. The family would like to once again thank all those whose continued support made these donations possible, and they look forward to seeing everyone again at the 2010 Tournament.

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**NO Preservatives! NO Additives! NO MSG!!**

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Free Range Chicken & Turkey,  
Veg & Cheddar,  
Steak & Kidney



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