SPRYFIELD AND DISTRICT BUSINESS COMMISSION

WWW.SPRYFIELD.CA

CHECK US OUT!

Working For You In Your Community

479-NEWS (6397)

A mortgage broker can save you thousands!

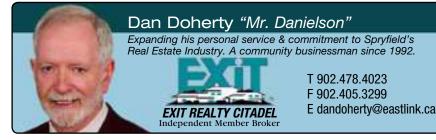


• Purchases • Debt consolidation • Renewals • Renovations • Great rates • Free consultant services O.A.C. • And more

> Call me for trusted personal mortgage service! Jason Bright (902) 880.4622

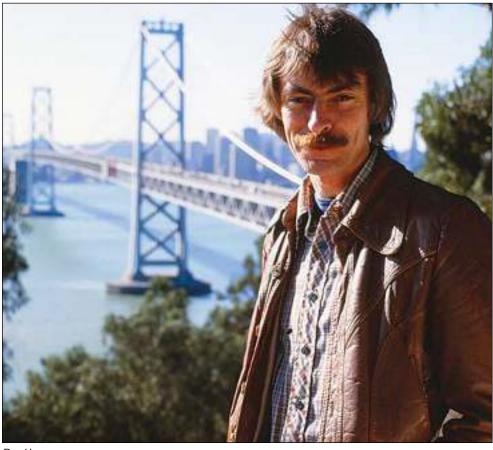
jbright@eastlink.ca





Our community has lost one of its best

On October Sixth 2008 Reg Horner passed on after a lengthy illness that he just couldn't fight any longer. Reg moved to Spryfield in 1998 with a



vision to promote the positive qualities of a community that was overall "getting a bad rap". As a journalist Reg was quick to become very involved in all aspects of Spryfield and its surrounding areas. In April 1999, the first copy of the Chebucto News was published. This was the first of many positive pieces Reg brought to Spryfield.

When Reg believed in something he gave it 110% to make it happen. He was so very proud to say, "I live in beautiful downtown Spryfield". His positive attitude toward Spryfield was contagious to everyone he spoke to. Whenever Reg needed to purchase an item

see "Reg" pg. 2

Captain William Spry Community Centre grows to serve us better

by Peggy Allen

Have you walked into the Captain William Spry Centre lately and wondered if you were in the wrong place? You would have been greeted by orange tarps and the sound of jackhammers!

A \$1.4 million renovation is well underway with most of the demolition completed. The new Administration Offices were completed at the end of August and are now located on the 3rd floor. With staff offices gone from the second floor, contractors were able to come in and demolish windows, walls, and doorways. They are making way for the new youth program room, as well as the fitness/music/ dance studio on the second floor.

Our Aquatic Specialist's office is now located in the former family change

room. The new Family Change Room is awaiting the new lockers, which will be in by the end of November. It has 2 shower stalls and will be able to accommodate more than one family at a time. You'll be sure to like the bright new look!

The Cpt Spry foyer, when completed the end of January 2009, will be huge and have a stage area and open foyer to host community events! We hope to hold the upcoming Christmas Tree Lighting in the foyer. Also on the main level, adjacent to the foyer, will be a bright birthday party room — quite an improvement over the former birthday party room!

The third floor room, overlooking the Pool, is being renovated to hold art and craft activities. We have found that there are tremendous creative and artistic youth in our community who will be able to take advantage of activities in this new program

The Youth Drop-in Room will remain on the main floor, but staff plan to offer specific activities of interest to children and youth in the funky new youth room on the second floor! We invite our youth to bring program suggestions to Mandy, our dedicated youth worker.

see "Michael" pg. 2

see "Community Centre" pg. 2

Young, local achiever earns Rhyno famil

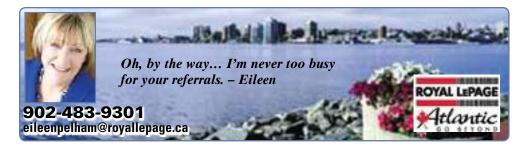
The Keith Edmund Rhyno Memorial Award for 2007-2008 has been awarded to a young man named Michael Doucette. Michael is a sixth grade student who attends Rockingstone Heights Elementary School. Michael does well in school and is also an entrepreneur, shovelling walkways for others.

This award is given out by our friendly

neighbourhood clown, Judy Rhyno. This is the ninth year the award has been given out. The award is named after Judy's son, who died tragically ten years ago. It is a awarded to a child who shares some of same traits and qualities as her son, including good behavior and a consistency in his or her academic work. This award is not about getting top marks, but

showing improvement in school and life

Every May the students of Rockingstone Heights write a paper on how they have progressed and why. They are then submitted to Judy and she decides who is the most







Your One-Stop Refund, Recycling and Fundraising Centre

Happy Holidays!

479-2929 — 374 Herring Cove Road Bottles — Beverage Containers — Non-ferrous Metals Page 2 December 2008 ● Chebucto News

Community Centre changes works for Spryfield

continued from pg. 1

The Fitness Centre continues to be well-used throughout renovations. Fitness Programs and community meetings are still taking place. Carolyn, our booking lady, has been trying to accommodate as many folks as possible during the reduced space as

renovations take place!

We appreciate the patience of our many patrons during the demolition and renovation stage. Our new and improved Centre will definitely be a showcase for community events, once the work is complete. We look forward to opening the Centre and inviting everyone over to check the renovations out!



A worker inspects the progress in the renovations at the Captain William Spry Community Centre



Monday, Wednesday, Thursday, and Friday 9 a.m. - 5 p.m.

Tuesday 9 a.m. - 7 p.m. Dr. Elaine Carey, Dentist

Welcomes

Dr. James Potvin

CALL TODAY FOR A CHECK-UP AND CLEANING.

477-9457

339 Herring Cove Road, Royal Bank Building NEW PATIENTS WELCOME

MONEY PROBLEMS? WE CAN HELP!

Call PricewaterhouseCoopers
Inc. for information about
bankruptcy, proposals and
other solutions available to
you. For a free confidential
meeting call us at one of our
following metro offices.

Halifax (Resident Office): 491-7474

Dartmouth Office: 461-2333

Sackville Office: 865-4400

www.pwcdebtsolutions.com

PRICEWATERHOUSE COPERS

Trustee in Bankruptcy
Solutions Through Understanding



Reg Horne

Michael Doucette

continued from pg. 1

deserving of the award and the child's name is added to the memorial plaque along with a reward from Keith's family. Next year will be the tenth anniversary for this award and the Rhyno family is planning something extra special for the recipient.

If you would like to make a donation please call Judy at 477-1228.

Reg

continued from pg. 1

his dollars were spent in Spryfield.

A scholarship fund has been established at the Royal Bank, Herring Cove Road. This will be awarded to a J.L. Ilsley student who pursues a career in journalism, or a person who believes in making his or her community a better place.

Jonny Horner, Reg's son will be the new publisher for the Chebucto News. Jonny knows he has huge shoes to fill but he has learned from the best and he is prepared to see his Dad's dream come true.



Judy Rhyno presents Michael Doucette with The Keith Edmund Rhyno Memorial Award for 2007-2008

Danielsons ~ Water 'N' Wine "The Best Little Brew Shop In Metro"

South Centre Mall • 477-9463

Wine Specials!

Vino del Vida Vieux Chateau du Roi

\$45.99

Grand Cru Sauvignon Blanc \$**49**.99

Grand Cru
Bordailles Rouge
\$**5**1.99

Vino del Vida Gewürztraminer \$44.99 Vino del Vida Pinot Noir \$45.99

Expires December 31, 2008

Watch Batteries Installed

\$4.00 + tax

We also sell and install a variety of watch straps.

Sears Catalogue Merchant • www.sears.ca • 1-800-267-3277

Christmas Is Fast Approaching Get Your Order In Now!!

Chebucto News ● December 2008

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis Spryfield Memorial Branch 152



WE CARE

Benefit concert great success, a lot of fun

by Sherri Merrit

On November 1st the staff at Bowlarama, along with family and friends, organized and held a benefit for long-time manager Linda deBoer. It was a great success, raising over \$25,000 with over 300 people in attendance. Events included a live auction, silent auctions, and a bake sale along with many donations and much support from the community. Thank You everyone!

Special guests included Bob Donovon, Manager at the Saint John Bowlarama, Bart Maderios, Director/Head Coach of the International Candlepin Youth Bowling Association at Pilgrim Lanes in Haverhill, Massachusetts and his wife Mary-Lynne (www. ICYBA.org). There were also live performances

Chebucto News

Publisher & Editor: Jon Horner, 479-6397 Fax to 477-NEWS (6397)

Letters to the Editor:

Letters should not exceed 200 words and must include the writer's full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned.

Write to: "The Editor" P.O. Box 20141, Halifax, NS, B3R 2K9

Advertising / Editorial Inquiries:

Please call (902) 479-NEWS (6397) Email: rhorner@ns.sympatico.ca

© 2008 Community Publishing Halifax Inc.

from local band H2O with Eugene Burns, and Spryfield's own Mark Cameron with his band Outskirtz (www.markcameronmusic.com).

Linda, who was diagnosed with cancer last December, has lived in Spryfield since she was 12 years old. She and her husband Eddy have two children, Edward and Tanya, and three grandsons, Brandon, Robert and Devon. Before coming to



Linda deBoer, with Mark Cameron

catalogue packing room at Sears for 12 years. By 1991 she became Manager at Bowlarama, and over the years has built many friendships within the community and with her employees. Through her dedication and hard work, Linda has organized events each year such as the annual March Break Pizza Bowl where part of the proceeds are given back to the local schools. She volunteered many a year at the Spryfield Business Golf Challenge and Bowling Tournaments. Linda also played host to other annual fundraisers; the Firefighter's event for the Burn Unit and the Kidney Foundation's event for research. If you think these things kept Linda busy, she also co-ordinated many tournaments and trips to the USA with our Youth Bowling Program every year along with their many fundraisers.

With such a busy life at home and at work, Linda has always managed to be there for someone in need; any time, anywhere. If this writer had to choose one word to describe Linda, it would be "Devoted".

Although she is not working anymore, you can still find Linda on Tuesday nights looking after her bowling league, and making sure Tanya keeps her desk neat and clean, just how she likes it!



Peter J. Kelly Mayor Halifax Regional Municipality

(902) 490-4010 • (902) 490-4012 Email: kellyp@halifax.ca

1841 Argyle Street, P.O. Box 1749, Halifax, Nova Scotia B3J 3A5



Spryfield Physiotherapy

Your Community Clinic

Spryfield Physiotherapy welcomes:

We are a full service wellness centre.

No doctor referral required for work related injuries.

We are approved to treat car accident injuries but require a medical referral.

Direct billing available for many private plans.

Hours
Monday to Thursday, 8 to 8
Friday, 8 to 4.

New patients welcome.

Day and evening appointments available.

479-7500

357 Herring Cove Road

physiotherapy chiropractic massage therapy psychology ergonomics fitness training exercise training acupuncture Page 4 December 2008 • Chebucto News



DISCOVERING OUR PAST



A walking tour of Herring Cove reinforces its lengthy history

By Iris V. Shea

ecently I was given a walking tour of the village of Herring Cove by Bill Foley, a former resident who remembers the families living in the community during the 1940s and 1950s. It was obvious, from the names Bill mentioned, that the land had been occupied for several generations by the same families, the most common surnames being Bracket, Brown, Darrach, Dempsey, Gorman, Harrigan, Hayes, Latter, Nagle, Pelham, Power, Reyno (and variations of that spelling), Scallion and Sullivan. An inventory of names in Herring Cove today would reveal that these families still occupy some of their ancestral land.

When I first moved to Herring Cove in 1982, the name "Umlah's Field" was mentioned often. This aroused my curiosity because I had just started to research the Umlah surname (my family name) and wondered how the name became associated with Herring Cove. My research showed that the surname was spelled "Umlach" and the family came to Nova Scotia in 1762. They settled in East Chester, Lunenburg County, and then moved to St. Margaret's Bay and Goodwood in Halifax County. Another branch moved to St. Mary's River in Guysborough County where the name became Hemlow. I soon discovered that in 1833 Alexander Umlah, a fisherman and one of 14 children of William Umlach of Goodwood. received and occupied a 40 acre grant of land between Herring Cove and Halibut Bay. This land became known, locally, as Umlah's Field, but is referred to on some maps as Hospital Point.

In 1834 Alexander Umlah married Anne Philpot, a girl with Herring Cove connections. Anne was the daughter of Catherine Latter and James Philpot. When James Philpot died, Anne's mother married William Dempsey and had several more children. By 1860, following the deaths of Alexander Umlah and his wife, their son, George Alexander Umlah, had settled in Yarmouth where the surname became Hemlow He and his sister sold their father's fish lot (1.5 acres on what is now Village Road) to his uncle, John Dempsey, and the 40 acre field to his aunt, Bridget Dempsey and her husband, William Hayes. The Umlah name disappeared from Herring

Cove except for the 40 acres called Umlah's Field which remained in the Hayes family for another 140 years.

The Hayes family may have been in

Herring Cove as early as 1793 when the name William Hays appeared in Poll Tax records, but it was not until 1824 when Edward Hayes and his wife Susan Pierson baptized their 4th child, that the surname began to show up in church records. The Hayes surname, according to census records, is Irish.

Edward and Susan (Pierson) Hayes were probably married about 1817, although no marriage record was found. Their son, William, was born about 1818. followed by Thomas (1) who died in 1827, according to

the cemetery stone in Old St. Paul's, Herring Cove. Between 1821 and 1833, six more children, Patrick, Edward, Thomas (2), Sarah, Susan and John, were born.

The death record for Edward Hayes, Sr., in the Halifax County Register stated he died 11 Nov. 1866 in Herring Cove, age 74 years, the son of William Hayes. Edward's wife, Susan, died 6 Jan. 1886, age 88, according to the cemetery stone in Old St. Paul's Cemetery in Herring Cove. The Probate Record for Edward Hays of Herring Cove, dated 17 Nov. 1866, reads as follows: "To son William Hays, all Real Estate I possess. Also all property consisting of one horse, fifty nets, two seines, three boats, two large Bark Pots, all my household furniture, book debts, notes of hand and property of every kind. That William should pay to my son Edward Hays 20 Pounds. Also, to my daughter Sarah Hays (now Sarah Dempsey) 20 Pounds, to my son Patrick Hays the sum of 5 pounds, and to daughter Susan Hays the sum of 5 Pounds. I

appoint my son William Hays and my trusty friend John Dempsey as Executors."

In Herring Cove, on Village Road, is a house that has been in the Hayes family for Benedict Hayes, a Halifax Harbour pilot. James Benedict Hayes was born in Herring Cove in 1858, the son William Hayes and Bridget Dempsey. He died in Herring Cove of

tuberculosis in 1910 at the age of 50 years. He was survived by his widow, the former Mary Doherty of Halifax, and four children, Annie, Leonard James, Francis and William. all of whom were born in Gloucester, MA. The family returned from Gloucester in 1900. Archbishop Emeritus, James Hayes, son of Leonard James and grandson of James Benedict, continues to live in Herring Cove.

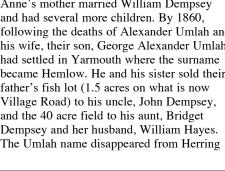
Within the past 10 years the Hayes family sold Umlah's Field to 360 Networks, a fibreoptics plant. The new HRM sewage

treatment plant is being built on part of the land. Thanks to Bill Foley, I finally got to view what was once "Umlah's Field".



The Hayes Cottage in Herring Cove. Drawing by Anna Stredulinsky.

generations and is shown here in a drawing as a summer cottage by the heirs of James



by Anna Stredulinsky. This house is now used



Patterson

As a local resident of the Spryfield area, Ryan would be pleased to assist you with your legal needs in the areas of residential and commercial real estate, corporate commercial law and wills and estate planning.

With offices in Halifax and Truro.

1718 Argyle Street, Ste. 510, Halifax, NS B3N 3N6

10 Church Street, Truro, NS B2N 5B9

Providing Services for Pets Since 1939



- Housecalls
- After Hours **Emergencies**

468-0674

Dr. Ross Ainslie & Associates

- Nutritional Counselling
- Preventative Medicine
- Flea Control Geriatrics
- Surgery Exotic Animals
- Dentistry Pet Adoption
- - www.halifaxvet.com

HALIFAX VETERINARY

422-8595 Dr. Kelly McInnis HOSPITAL Dr. Mary Jane Corkum 6485 Quinpool Rd Dr. Eamon Draper

FAIRVIEW ANIMAL HOSPITAL 3422 Dutch Village Rd

443-9385 Dr. Suzette Dibblee Dr. Adrienne Harris Dr. Mike West

SPRYFIELD ANIMAL HOSPITAL 320 Herring Cove Rd

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

www.pattersonlaw.ca rbrennan@pattersonlaw.ca **Ryan P. Brennan** 902.405.8000 1.888.897.2001

Page 5 Chebucto News • December 2008

Infrastructure improvements bring change — Adams

by Deputy Mayor Steve Adams

I would like to offer my sincerest congratulations to Jonny Horner for ensuring the Chebucto News continues as our source of community news and events. You have my continued support and that of all residents in your coverage area.

The intersection at Old Sambro Road and Northwest Arm Drive has been prepared for the installation of signal lights, which will be completed when the infrastructure arrives. We are anticipating these to be finished before Christmas.

As well, I have a commitment from our Works staff to prepare a few more flower beds for Northwest Arm Drive, to further enhance this area of roadway.

Our Christmas wreaths have been put up, once again, along Herring Cove Road. They add a freshness and festive feeling throughout.

Lighting will be installed on the pathway from Herring Cove Road to Thornhill Drive, to allow for safer passage in the early morning and late evening. This is one of those projects that is not expensive, yet took longer than expected to complete. However, I am sure that the end result will be worth the wait.

I have been speaking with Dave Watts from the Spryfield and District Business Commission regarding a few projects. One of them is a new bus shelter on Herring Cove Road near Canadian Tire. This has got to become one of the windiest, coldest places in HRM, and is very uncomfortable for those waiting for the bus. As well, we are looking at enhancing existing areas, such as the bus stop at Herring Cove Road and Circle Drive and others throughout our community.

The Spryfield Signage program is in its final stages. In speaking with the supplier, they are preparing the sites for installation. Completion should be done by Christmas, if not sooner

For those residents who travel Herring Cove Road through Herring Cove, you probably have noticed the repairs done to the cuts in the pavement. These were intended to smooth out a very bumpy ride. Although it has helped somewhat, I asked our infrastructure staff to submit a request for an overlay to complete the

work. Further, I have asked that they recondition the shoulders to allow for safe passage.

On December 9, a report will be presented to Council regarding transit for Sambro. I had asked for this in the summer, to help make transit affordable. I am excited as to what lies ahead for this component of public transportation.

Over the past few weeks, we have had a number of events occur that have been, as always, enhanced by the media. Their unfair portrayal of our community is maddening, and grossly

disrespectful. We are all too familiar with our good news stories buried in newspapers, if they get covered at all, and bad news front-and-centre. We will continue to fight this ignorance and continue to focus on our many positive qualities.

In closing, we are now all aware of the passing of Reg Horner. Reg was a champion of all, and despised injustice. I was honoured to have been asked to say a few words at the Spryfield Legion following his funeral. And once again I say, "goodbye my friend."

Rotary completion and future improvements

by Linda Mosher

The Armdale rotary conversion project is finally coming to a close. The physical conversion from a rotary to a roundabout was completed last year and it functioned quite well. The associated projects: left turning lane on St. Margaret's Bay Road and reversing lanes on Chebucto Road, have been on-going for several months. The reversing lane project is now complete and the lanes are operational. If you travel to this area you will notice that the new reversible lanes on Chebucto Road are similar to that on both the Herring Cove Road and Macdonald Bridge. The middle lane will now operate in the east bound (inbound) direction to move traffic onto the peninsula between midnight and noon and in the west bound (outbound) direction to move traffic off of the peninsula between noon and midnight. New overhead lane control signals were installed throughout the corridor to clearly indicate the direction of travel permitted in

the reversible lane, depending upon the time of day. Prior to the reversing lanes, there were more lanes entering the rotary during the morning peak period than exiting. This caused cars to stop in the circle, blocking exits and negatively impacted the circle.

The St. Margaret's Bay Road project is on-going and I am sure that residents living on or near the St. Margaret's Bay Road can hardly wait until the construction is finished. Last year they endured the construction of a left turn lane between Keating and Douglas. The current project starts the left-turning lane from the rotary to the intersection of Keating Road, which connects to the previous section of the left-turning lane. The reason that the left-turning lane is being constructed is that particularly in the evening peak traffic periods there are more lanes entering the circle than exiting. This section became a 'choke point' and has caused vehicles to back up into the circle. A dedicated left-turning lane allows people to easily turn left into homes and

businesses and at the same time not negatively impact the function of the roundabout.

In order to soften the look of the road widening, I had a vine planted (Virginia Creeper) to improve the look of the existing and future retaining walls and installed hanging flower baskets. As there was vegetation loss on the St. Margaret's Bay Road, I insisted that we replant trees in and around this area, including the Armdale Rotary. In April I met with the HRM Engineering, Urban Forestry and Landscape Architect staff on-site regarding tree removal. New trees will be planted throughout the exterior of the circle which will provide much needed vegetation in the area. The goal of the project is to enhance the functionality, safety and natural beauty of the Armdale Roundabout area. Locating trees in the roundabout area required an understanding of how and what drivers and pedestrians need to see when

see "Rotary" pg. 6

Stephen Adams

HRM Councillor, District 18

Home 477-0627 Cell 497-8818 adamss@halifax.ca Showing how government can work for you







Linda Mosher

HRM Councillor, District 17

Purcell's Cove - Armdale

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

E-mail: linda.mosher@halifax.ca

www.lindamosher.ca





YOUR FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahen, Dr. Jody Killoran & Associates

- Quality Eyecare & Eyewear
- Four Convenient Locations
- Day, Evening & Weekend Appointments
- New Patients Welcome
- No Referral Necessary
- www.FVC.optometry.net

Park West Centre, Clayton Park 287 Lacewood Drive, Halifax 457-2224

Queen Square, Dr. Rosere & Associates 45 Alderney Drive, Dartmouth

50 Tacoma Drive, Dartmouth

Dartmouth Superstore Mall 650 Portland Street, Dartmouth 462-4600

Tacoma Plaza 434-1231

Page 6 December 2008 • Chebucto News

Strengthen voices, media, process — Strengthen democracy

by Michèle Raymond

It is with great pleasure, and some surprise that I sit down to write this month. I never expected to have the opportunity to write another article for the Chebucto News, after the sad, early death of Reg Horner, publisher, reporter and editor extraordinaire.

Reg put his all into the Chebucto News, and the result has been a true grassroots community newspaper, something which is ever more important in a world of big media, whose focus is often not on the details of individual places.

But it's the documentation of individual places, and the telling of local stories that makes the wider world richer, and it's also a crucial element of a functioning democracy. The media are the essential partner in politics, describing and commenting on the political

It's all the more important when there are actually failures of democracy in the political forum itself. It is very disturbing to sit in a legislature, with its strict traditional rules of procedure, and codes of acceptable behaviour in the House, yet to hear members of the government joking, on the parliamentary record, about abuses of power.

The rules of parliamentary procedure are meant to ensure that debate doesn't get personal, and remains at the policy level. (This is one reason why members never address each other directly, but make all their comments to the Speaker, who is the impartial mediator of the House). If any

elected member is prevented from doing their work in the Assembly, he or she can ask the Speaker to rule on whether their parliamentary privilege to work has been violated.

The Nova Scotia house reached a new benchmark when members of government commented that they might or might not extend the benefits of government to constituents in opposition ridings. This was raised as a point of privilege, in that it suggested threats to constituents and their representatives, but it was in the end explained away as only 'joking'. But if

representatives can say anything on the record, including joking about abuse of power and dismiss their words later as jest, I'm afraid there will be many more misfortunes in the Nova Scotia Legislature.

Yet only a day or two later, in the Law Amendments Committee, a citizen was reprimanded for using the word 'slick' in reference to marketing techniques used by some businesses in the province. I've been very privileged to sit on the Law Amendments Committee, which is one of the last steps in the legislative process, and gives a forum in which any citizen or group

can come to speak to proposed legislation. There can be many, many presentations, usually deeply felt, and giving a whole range of perspectives that often end up in changes to the proposal. It's a critical piece of democratic process, and it's no place for censoring the citizen perspective.

In this year of celebrating the anniversary of democracy, as the first elected representative assembly, we need to strengthen the voices, media and process that add up to democracy. For Reg's role in that, and for Jonny's courage in taking up the torch, we should all be thankful.

Rotary completion and future improvements

continued from pg. 5

navigating through the area. Careful tree placement will help to define and direct clear sight lines, guide views to directional signs and reduce visual distraction through strategic, unified tree planting. Not only will the new trees at the rotary provide aesthetic benefits, they will also interrupt storm water and reduce the stress on our sewer system. Whether commuting to work, or accessing the rotary on foot, bicycle or car, we will attempt to allow residents to appreciate the beauty of the natural landscape and view planes in this area. The landscaping will attempt to direct and frame views of the Northwest Arm at appropriate points. It will leave space for future landscaping and take into consideration

the need for a beautiful landscape in all four seasons.

I have also requested that a fountain or a piece of public art such as a sculpture be installed in the centre of the circle. Unfortunately due to the infrastructure such as power lines underneath the circle, the fountain may not be possible. Therefore, we are going to put out a Public Art Opportunity call for submissions to create and install a public artwork at the Armdale Rotary. It is my hope that there will be extensive public input and evaluation opportunities by all residents to select the final piece. This is a major gateway into Peninsular Halifax and communities abutting the circle. It is a perfect opportunity for extensive landscaping and a signature piece of art to enhance the aesthetics of this area.

On a final note, I would like to congratulate Jonny Horner on continuing the Chebucto News. His dedication and drive to continue his father's legacy are admired and appreciated. I had the opportunity to enjoy Jonny's company many times and despite him always terribly beating me at golf, I came to appreciate his earnestness, honesty, kindness, and good sense of humour. I deeply miss Reg. His passing was a huge loss for our city and for me personally. Reg loved our communities and he put his heart and soul into The Chebucto News. Reg was an outstanding person with a great sense of community and humour. It was an honour to know Reg on both a professional and personal level and my life has been much richer because of him. We miss you Reggie, god bless.

Graham

- HALIFAX FAIRVIEW

7071 Bayers Road, Suite 319A Halifax NS B3L 2C2

Phone: 453-5556 Fax: 453-4566

graham@grahamsteele.ca

www.grahamsteele.ca



MICHÈLE RAYMOND

MLA for Halifax Atlantic

Phone: 902-477-4100 Fax: 902-477-4810

E-mail: mhraymondmla@eastlink.ca

www.mhraymond.ca

Constituency Office: 47 Williams Lake Road Halifax, Nova Scotia **B3P 1S9**



Captain Spry Fitness Club

Come Ride the Fitness Wave

DECEMBER SPECIAL

2 months for the price of one month

Start hinting now for a Gym membership on your Christmas Wish List!

Day passes are only \$8.

10 and 20 visit passes are available.

Enjoy the many benefits of being a member

at our Fitness Club at very reasonable rates.

Memberships include lane swims and sauna (19 yrs and over).

Call 477-7665 (477-POOL) for information

to inquire about our Membership Plans

Located in the Captain William Spry Community Centre 10 Kidston Road, Spryfield





Page 7 Chebucto News • December 2008

YOUR COMMUNITY FUNERAL HOME

HONOURING THE LIFE THAT HAS BEEN LIVED

Have you seen our renovated and redecorated facilities?

- New arrangement offices
 - Comfortable visitation rooms
 - Fully renovated Chapel
 - New reception area



LOCAL OBITUARIES

SAULNIER, Peter Vincent - 61, Spryfield, went to be with the Lord on August 27, 2008. He was a son of the late Russell and Rose (Fricker) Saulnier. He was a devoted Santa's helper who portrayed Santa in the Spryfield Santa Claus Parade and the Spryfield Mall. He was the founder of the Mainland South Heritage Society and the local historian and genealogist. He constructed many miniature replicas of the local historical buildings of Spryfield (on display at the Captain William Spry Library, Spryfield). As well he was an active member of the Maritime Civil War Living History Association. Peter was a devoted husband of 38 years to his wife Sharon (Oakley). He was the loving father of sons, Mark (Deanna) Halifax: Andrew (Krista) and Christopher (Cheryl), Spryfield. He is survived by sisters Esther (Gordon) Jewers, Dartmouth: Betty (Jim) Bernard, Spryfield; brothers Russell (Peggy), Halifax; Willard "Wink" (Kathy), Lower Sackville; grandchild Kayla Rose and step grandchildren Christina, Dawn, Darcy and Taylor; many nieces and nephews; loving father in law Leo and mother in law Helen Oakley, Harrietsfield. Arrangements are under the direction of J. Albert Walker Funeral Home (2005) Ltd., Donations in Peter's memory may be made to the Mainland South Heritage Society, the Heart and Stoke Foundation or charity of one's choice. On-line condolences may be sent to the family by visiting www.walkerfh.com.

CLOWATER, H. Kevin - 54, Harrietsfield, passed away peacefully at home surrounded by his loving family on Saturday, August 30, 2008. Born in Fredericton, N.B., he was a son of Harold and Marie (Bird) Clowater and son-in-law of Joan Schnare.

He is survived by his loving wife of 29 years, Debra (Schnare). He also leaves behind his beloved sons, David, Phillip and Daniel, all at home; and sisters, Deanna (Charles) Fraser and Lori (Robert) LeBlanc, as well as several nieces and nephews. He was the owner of Royal Flush Services and Royal Disposal. Kevin enjoyed many years playing hockey, racquetball, four-wheeling and boating with numerous friends. He will be remembered for embracing life with a positive attitude and for his generosity. Debra and the boys would like to thank their family and close friends for their love and support, especially that of John Carroll, Phyllis Druhan and Lloyd MacLellan who repeatedly gave of themselves to ease his concerns. Donations in Kevin's memory may be made to Doctors Without Borders. On-line condolences may be made at: www.atlanticfuneral-

KING (Swindells), Karen-Michael - 42, Halifax. It is with great sadness that we announce that Karen. after a long battle with cancer, quietly passed away September 12, 2008, in the Palliative Care Unit of the VG Site, QEII, with her husband, family and friends at her side. She leaves behind her lov-

ing husband, Brian, and dear son, Declan; parents, Harold and Irene (Whitman) Swindells; brother, Gregory; her aunt, Pat Whitman and husband David Lemon; Brian's parents, Mac and Mora King; brother and sister-in-law, Don and Linda King and their daughter, Tracy-Lynn; Karen's aunt, Edith Hines (Swindells); special cousin, Pat Lucy in Canso, and many other cousins and friends. Karen was employed with the Nova Scotia Department of Transportation, OH&S Department. She graduated from Mount Saint Vincent University and Convent of the Sacred Heart. Karen was a detail person who was very good at keeping her husband and son organized. Friends and family could always count on Karen for support with any endeavor. She was "care" in. Karen had time for everybody and was thoughtless of self, family always being first. Once a Karenfriend, always a Karen-friend. In honouring Karen's wishes, cremation has taken place. In lieu of flowers, donations may be made to a charity of your choice. The family would like to extend their thanks to the many friends, especially the "Wild Women" and Rev. David Hart of Bedford United Church, and all the health care teams who provided great support for Karen and the family over the last couple of years.

Courtesy of J. Albert Walker Funeral Homes Ltd.

Chebucto News Business Directory





Music in Spryfield Private lessons in singing and piano with qualified, experienced teacher. Bach to Broadway D Call Cheryl McCarthy 445-3873

All levels — Beginners and Adults Welcome

Touchstone Bookkeeping

Phyllis Hayden, Proprietor

(902) 476-5394

phyllis@touchstonebookkeeping.ca A/R · A/P · CRA Remittances **Bank Reconciliations**



MacLeod's **Auto Service**

Computer Diagnostics, Welding, MVI, Exhaust, Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm 44 Herring Cove Rd. 477-4682/431-2886







RDM RECYCLING LTD. **CONSTRUCTION & DEBRIS SERVICES**

1275 OLD SAMBRO RD. HARRIETSFIELD, HALIFAX, N.S. B3V 1B2 PHONE: 477-9995 FAX: 477-0534

Spryfield Denture Clinic

Service direct to the public

Melville Professional Centre 15 Shoreham Lane

479-2453

STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -

225 Ketch Harbour Road 477-4160

- Complete Collision & Mechanical Shop Services Body Repairs and Painting Bench Frame Straightening
 Undercoating Sandblasting Mig Welding

WHITE'S AUTO & RUST CHECK

485 Herring Cove Road

Auto 479-1883 • Store 477-2414

2 LICENSED MECHANICS Major & Minor Repairs • MVI • Brakes • Exhaust

AND CONVENIENCE STORE

To advertise in The Chebucto News, 479-6397



comes together

Sobeys Herring Cove Road Place offers non-profit organizations and community service groups a common meeting place available at no charge.

Please contact: Sarah Campbell, Dietitian 477-6159 sarah.campbell@sobeys.com

To register for classes, visit customer service or call 477-2817

NUTRITION for DECEMBER

Celiac Class

Learn how to make healthy choices while following a gluten free diet. FREE. Thursday, December 4th, 10am-12pm.

Eat Smart for Your Heart

Discover how to protect your heart for life! FREE. Thursday, December 11th, 2-4pm.

Mediterranean Diet Store Tour

Find out how this heart healthy way of eating can fit into your shopping cart. FREE. Monday, December 18th, 6-8pm.

Fired Up About Fibre

Learn all about this amazing nutrient and what it can do for you!

FREE. Thursday, December 22nd, 10am-12pm.

Individual Appointments

Do you have nutrition questions? Our dietitian is happy to meet with you one on one to help you find the answers. Ask at the pharmacy for details. FREE. Monday, December 28th, 6-8pm.

Healthy Cooking Classes

Tired of the same old meals? Join our chef and dietitian for food and fun. (\$5.00 each, 6-8pm)

Monday, December 1st – *Beet Borscht*; Pomegranate Salsa, Curry Chicken Rolls; Mini Kabobs with Yogurt Dip

Monday, December 15th - Chicken with Cranberry Stuffing; Sweet Potato with Pears and Ricotta Cheese; Broccoli & Red Pepper in Orange Sauce

Page 8 December 2008 • Chebucto News

Chebucto News Community Events

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

Community Christmas Tree Lighting Wednesday, December 3rd, $6-8\,\mathrm{PM}$ at the Capt Wm Spry Community Ctr Wave Pool. Music, refreshments, and special guest (including Santa!!). Food Bank Donations welcomed! Beautiful Gift Basket donation from Capital District Health Authority!

In 1998, various groups in eastern Chebucto Peninsula, from Armdale to the Pennants, contributed squares to the CRABapple Mapping Project Community Quilt. We invite all residents and groups to Celebrate the Quilt and Share Neighbourhood Stories on Thursday

until next season **Judges in recess**

The members of the J.L. Ilsley Judges would like to take this opportunity to thank the citizens of Spryfield and area for helping to bring football back to Ilsley. Without the tremendous support of our businesses, neighbours, and collective communities we would not have been able to return our boys to the gridiron.

It has been a great year, and we hope it will

be followed by many more. The boys far exceeded any expectations. The judges won three games in the regular and made it to the semi final round, and in doing so showcased some great talent.



December 11, 3 to 6 pm, at Chebucto Connections Office, Spryfield Mall

Christmas Coffeehouse

The Quarter-Note Singers invite you to their annual Christmas Coffeehouse and Concert, Friday, Dec. 12th at 7:30pm at the Captain William Spry Community Centre. Donations accepted. Also performing are special guests the Windrock Quintet. Refreshments served.

Chorale Music Concert

Nova Voce (Nova Scotia's provincial men's choir) will present a concert of Advent and Christmas Music with their quests, the Halifax Boys' Honour Choir, and percussionist Marsha Coffey, on Friday, December 12 at St. Agnes Catholic Church (near Halifax Shopping Centre) at 7:30 p.m. Tickets are \$15 and \$12 and are available from choir members, and from The Madrigal (Spring Garden Place, 423-6453). This concert also features The Stadacona Band Brass Quintet and audience carols.

Rake Sale

A Bake Sale will be held at the Spryfield Mall, Saturday, Dec. 20th, from 10am to 2pm. Funds raised will go toward a J.L. Ilsley student scholarship in memory of Peter Saulnier. All donations gratefully accepted. Contact Marvanne at 223-0040 or email: honeebee04@hotmail.com

Now open inside the Spryfield Lions Rink

Skate Sharpening & Sports Equipment



skate laces hockey tape whistles helmet repair kits

first-aid kits water bottles and carriers Isac sticks and gloves coaching boards

Take advantage of our X-mas Specials on all Isac Sticks and Gloves



Judge not, lest ye be judged... The Judges thank you.











Available in-store December 8th

SPRYFIELD

315 Herring Cove Rd. 902-477-1210

Open 8am to midnight, 7 days a week

