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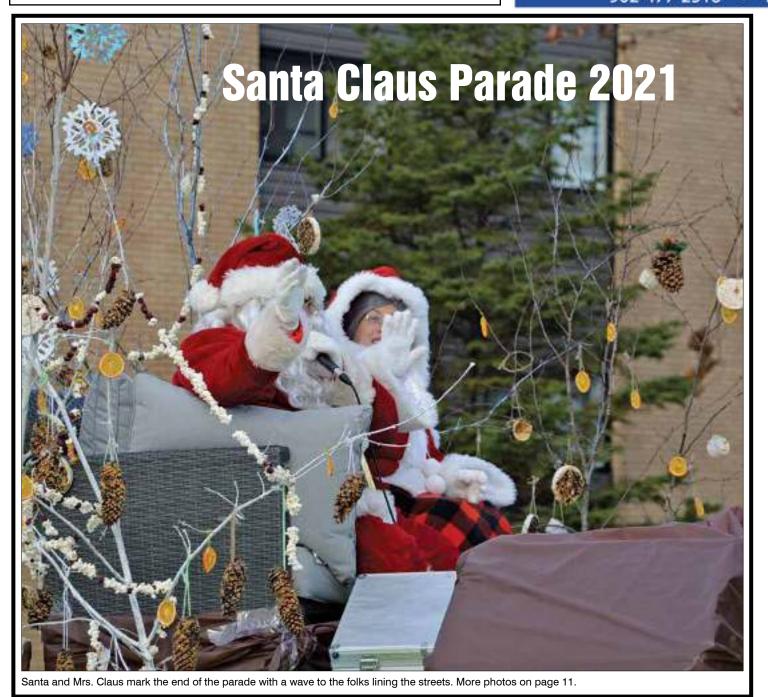
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Holiday Food Drive launched in Halifax

Atlantic Superstore and No Frills record levels across Canada.

Local No Frills to support Dylan's No Frills in Spryfield As the country continues to

emerge from the pandemic, for have launched a Holiday Food Drive many this holiday season will mean in Halifax as food bank demand hits finally reuniting with friends and family to celebrate together over seasonal feasts. Unfortunately, this will not be the case for everyone. For those who live with food insecu-

rity, the increased financial burden of the holidays can make this the most stressful time of year to put food on the table.

This year, help is needed more than ever. According to Food Banks Canada, since the start of the pandemic, food bank visits have increased by more than 20 per cent, rivalling the 2008 recession when it comes to food insecurity. In Nova Scotia, 3 of every 10 food bank visits are made to help feed hungry

That's why Atlantic Superstore and No Frills have launched their Holiday Food Drive at stores across the Maritimes. From December 2nd to December 24th, all local Atlantic Superstore and No Frills stores in the Halifax area will be collecting nonperishable food items as well as cash donations, with 100 per cent of donations going directly to local food banks, including Feed Nova Scotia and the Spryfield Salvation Army, to help community members

"Providing food support for our neighbours who struggle with food insecurity is a huge part of our work—every day of the year," said Nick Jennery, executive director of Feed Nova Scotia. "The last 19 months have been exceptionally tough. And, as we approach the holiday season, the impact of food and monetary gifts through campaigns like this will be felt even more deeply."

It's easy to donate while you do your grocery shopping. Look for donation bins in-store, and pick up a few extra healthy food items to donate as you go through the grocery aisles – or look for pre-packaged \$5 bags of non-perishable items specially selected for donating to food banks which you will find on display near the checkouts at many of the local stores. You can also make a cash donation in any amount at the checkout. When it comes to

(See Holiday Food Drive on page 2)











Page 2 December 2021 • Chebucto News



Mark Boudreau, Director of Loblaw Atlantic and Karen Theriault from FEED NS discuss the urgent need for food donations in 2021. Superstore annual Holiday Food Drives runs until December 24th

kelly clark fotography

Holiday Food Drive

(continued from page 1) most-needed items, choose the same types of foods that you would stock your own pantry with: pasta and pasta sauces, canned meats and fish, canned vegetables and fruit, and whole grain cereals, as well as baby foods and formula, bathroom tissue, diapers and personal hygiene products.

"The need to support Feed Nova

Scotia and our local food banks is greater than ever," said Mark Boudreau, director of corporate affairs with Loblaw Atlantic. "Effects of the pandemic on food insecurity will continue to be felt for the foreseeable future, and our annual Holiday Food Drive will make a difference well into 2022. I know our colleagues and customers will come

thorough, as always, to provide food and funds for our community members in need during the holidays and beyond. We also want to salute Feed Nova Scotia, as well as local food bank staff and volunteers, for persevering throughout all of the challenges of Covid-19 over the past 20 months. We are proud to support your efforts."

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Email to: "The Editor" chebuctoeditor@gmail.com

Advertising Inquiries:

Dan Doherty 902-479-6397 dan@dandoherty.ca

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Sharon Ward Graphic Design Phone: 902-406-1305 wards@eastlink.ca

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Chebucto News • December 2021 Page 3

Urban Wilderness Parks – accessible or not?

by Cathy Vaughan

Urban parklands, wilderness forests and wild coastal tracts - are within HRM and we all have access to them. Or do we? What does 'accessibility' actually mean? What is 'sustainable' and 'equitable' accessibility?

These are questions that Elizabeth Carr, a Master's degree student with Dalhousie's School of Planning, is exploring as part of a project for her degree. She is reviewing three HRM urban parks: Blue Mountain-Birch Cove at Bayers Lake Business Park; Sandy Lake-Sackville River Regional Park in Bedford; and the new Shaw Wilderness Park in Spryfield, on the Purcells Cove Road. Although these wilderness playgrounds are convenient to residents of HRM, Carr is attempting to discover if access to these parks is truly equitable for all and if accessibility is actually sustainable.

Carr said "My research project is focused on assessing access to three of HRM's urban-wildland parks from both an equity and sustainability perspective. I am looking at the available transportation routes to the parks, as well as the physical location of the entrances, to determine whether the available modes of public, active, and private transportation facilitate convenient access to the parks. I am also looking at the population, social, and economic characteristics of the neighbourhoods near the parks to see if the parks are accessible to diverse populations and socio-economic groups."

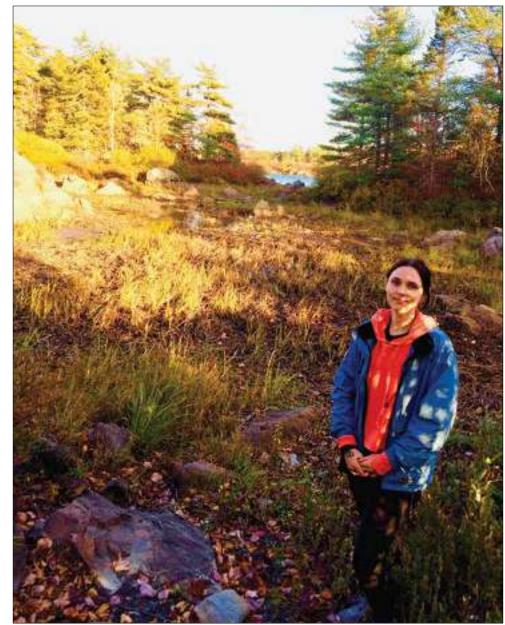
According to Carr's research, convenient access to nature, especially for those who live in cities, has

been shown to improve both mental and physical health outcomes. Urbanwildland parks such as Blue Mountain Birch Cove Lakes, Sandy Lake-Sackville River Regional Park and the Shaw Wilderness Park provide unique nature experiences. She feels that understanding the equity of access and barriers to urban wildland parks can help city planners improve infrastructure around and within the parks.

Carr interviewed local stewardship groups, conservation associations and folks who frequently use the parks. She asked about their experiences with accessibility and barriers to enjoying their park. Carr solicited suggestions on how accessibility can be improved and be sustained over a long-term period. She also recorded their notion of what "equitable" access means.

HRM's newest forest park, the Shaw Wilderness Park, is 15 minutes by car from the city centre. The city park has a parking lot, is on a bus route, and new bike lanes on the Purcells Cove Road bring cyclists to the entrance of the park. The 360 acre, forested reserve is also on Williams Lake which provides unique land and water access to the park.

Debbie Hall, a member of the Williams Lake Conservation Company, has her own concerns about access to the lake. There are two, HRM nonmotorized boat launches into Williams Lake that give the community access to the park from Spryfield and surrounding areas. Both launches were unusable in recent summers because of the severe drop in lake levels. The



Elizabeth Carr, student at Dalhousie's School of Planning, at the community access, non-motorized boat launch on Williams Lake Photo: Cathy Vaughan, November 2021

deteriorating dam structure on the lake no longer holds the lake waters to seasonal levels.

"You can get to the Shaw Wilderness Park via road, trail or water but now you can't get into the lake with a kayak or canoe because of the rocky shoreline and the mudflats," reports Debbie Hall. "It's revealing how much we rely on lake levels to have a fully functioning, accessible urban park."

Carr summarized her experience with the project by saying, "My research project has introduced me to the spectrum of parks HRM has to offer and has provided me with wonderful nature experiences I had no idea existed so close to, or even inside of, the city. Through speaking with representatives from park stewardship groups and local experts, I have gained a new perspective on the importance of conserving these spaces for the future while also improving access and addressing barriers so more people can enjoy them."

Access HRM's Urban Wilderness **Parks**

Blue Mountain-Birch Cove Lakes Wilderness Area

Area: 1,767 hectares

Access: Bayers Lake Business Park Features: Forest, rock barrens, lakes, bus

Recreation: Paddling, angling, snowshoeing, hiking, skating

Link: https://www.halifaxtrails.ca/blue-moun-

Sandy Lake - Sackville River Regional Park Area: 404 hectares

Access: Smith's Road, Bedford

Features: Car park, beach, bus route, changing rooms/bathrooms, picnic areas, volleyball

Recreation: Hiking, swimming, skating, snowshoeing, paddling.

Link: https://www.halifaxtrails.ca/sandy-lake-

Shaw Wilderness Park

Area: 153 hectares

Access: Purcells Cove Road, two community access areas on Acron Drive, Wyndrock Drive, multiple trails from Colpitt Lake, Purcells' Cove Backlands, McIntosh Run Community Trails. Features: Bus route, bike lanes to park, parking lot.

Recreation: Hiking, paddling, swimming, fish-

ing, bird watching, skating.

Link: https://www.halifaxtrails.ca/shaw-wilderness-park/



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Page 4 December 2021 • Chebucto News

DISCOVERING OUR PAST



by Iris V. Shea

Letters reveal sense of humour and strong belief in religion.

In 1859 eighteen year-old Elizabeth Sutherland taught her first school class in the Church of England schoolhouse in Spryfield. The land for the church school, now the site of Emmanuel Cemetery, was donated by her father. A plaque in Miss Sutherland's memory may be seen in Emmanuel cemetery, and a school in Spryfield has been named in her honour. During her teaching career, which spanned over 40 years, Miss Sutherland was governess to the Cunard family for seven years, taught in a private home in Harrietsfield while teaching alternate weeks in Spryfield, spent at least one term (1867) at Cunard School, North West Arm (Jollimore), seven years in Herring Cove during the 1870s, and nine years in Terence Bay, between 1879 and 1887.

Born in Spryfield on 13 April 1841, she was the eldest child of George and Mary Ann (Carmichael) Sutherland. Her grandparents, William and Elizabeth (Kidder) Sutherland, settled in Spryfield in 1816 when they purchased the 500 acre lot known as number three in Leiblin Manor, part of Captain William Spry's 1500 acre farm.

Miss Sutherland grew up across the road from the Sutherland family burial ground (now Emmanuel Cemetery) in Northwood Cottage on the Alva Farm. Letters written by Elizabeth Sutherland and other members of her family have been passed down through Miss Sutherland's niece, Caroline Sutherland Yeadon. The letters, now in the possession of her descendants, have been copied and shared with Mainland South Heritage Society. In these letters, Elizabeth,

Elizabeth Sutherland (1841-1925)

referred to as "Bessie" by her friends and family, revealed a dry sense of humour and a strong belief in her religion. Her gardening expertise and love of animals were portrayed in several letters. She even taught the young men of Herring Cove how to shoot.

Elizabeth Sutherland never married, but while teaching in Herring Cove in 1874, her brother, John, wrote

from his office at Stairs, Son and Morrow in Halifax that he had been speaking to George Brown "who says you are going to marry Johnny Long. I take pleasure in congratulating you on your bargain and my advice to you is never refuse a good offer." In 1895, Elizabeth's good friend, Samuel Slaunwhite of Terence Bay, was mentioned in several letters to her mother. A letter from Sam Slaunwhite to Elizabeth Sutherland asked Elizabeth why she had rejected his proposal of marriage. In that letter he stated he would never marry if he could not marry her. His death record, 24 July 1932 at the age of 81 years, reveals he died a single man.

The residents of Terence Bay welcomed this outspoken school teacher into their homes, provided her with fresh vegetables and fish when they had it, and felt honoured by her presence when she visited them. They called upon her in emergencies to care for their sick when the doctor was not available, and in one letter to her mother she wrote "Dear mother don't tell anyone for I would not tell anyone



Photograph of Elizabeth Sutherland, December 21, 1879. Courtesy Mainland South Heritage Society

but you, last Saturday I gave the only piece of cake I had and three eggs to a lady who is dying of consumption...she sat up in bed and blessed me and told me I would never want for food or clothes as long as I lived and God would give me fourfold." In another letter from Terence Bay, dated Saturday evening, May 5, 1883, Elizabeth wrote to her mother "I got up early this morn-

ing, washed baked ironed and made three visits to the sick. Jim Barry came over for me to see his sick child. I went over and put an onion poultice on its chest. I thought it would die before 12 o'clock that night but it is still living. Babies are tough."

More letters to her mother from Terence Bay: June 22, 1882... "I started off to the woods and did not come home till dark. I had a grand time with the birds fish snakes and frogs and saw a porcupine and two rabbits and brought home a bunch of wild flowers."

In an undated letter... "My crow follows me to school every day and comes in and gets his lunch with me. Warren Smith invited me to go to Sambro to attend the funeral of my old friend Martin Henneberry who was drowned in sight of his own house on Monday. I took dinner and tea at Warren's father's with Mrs. Holland. The Smiths are a fine old couple and wondered I never came to see them before and invited me back. A great many of the Sambro folk seemed to know me and invited me to

their houses."

In another letter, Miss Sutherland illustrated her ability to speak her mind... "I had six gents from the city here to tea. They wanted to know what I thought of the members. I told them I was disgusted that they were all working for the almighty dollar and deliberate lies from the educated was more disgusting than lies from the ignorant and I thought as I listened to them lying about the bounty to the fishermen what kind of account would they render to their maker."

By 1891, fifty year-old Elizabeth Sutherland was teaching again in Spryfield, living with her widowed mother, her eleven year-old niece, Caroline Sutherland, and her mother's adopted child, twenty-two year old Alice Drysdale. In 1917, in a letter to her brother John's widow in Hamilton, Ontario, Elizabeth wrote "My Bishop arrived and we went visiting round Spryfield. The natives were delighted to see him." In the same letter she described her living conditions at Northwood Cottage. The cottage had been left to her brother, John, and leased by a man she called Wright. "My visitors used to come through the kitchen into my room when I had Mother's room for my part of the house and he insulted several of my friends so I took the front room and the front door and I have no other part of the house, not even the use of the cellar to put my vegetables in during the winter."

Elizabeth's only sister, Margaret, and three brothers, George, John and James, predeceased her. On October 29th, 1925 at the age of 85 years, Elizabeth Sutherland died. She was buried in an unmarked grave in the cemetery that had once been her family's burial ground.

Life 94.7 FM celebrates 10 years on the airwaves

This December celebration season has special meaning for the Spryfield inspirational music radio station.

Life 94.7 FM enters this month with two areas of rejoicing – first the Christmas Season and secondly the Christian radio station marks its 10th year of on-air programming.

City Church is the owner and operator of Life 94.7, which first entered the air waves back in December 2011.

Since the time of its debut, the inspirational Christian music format, 50watt station has increased its growth in listenership and became one of the leading promoters of the Spryfield Loop area.

The radio station programs easy listening Christian music and carries the Canadian identification call letters of CIRP, but it is known locally as LIFE 94.7 FM.

Program director, Gerald V. Kendrick says, "During the first month of operation 10 years ago LIFE 94.7 flowed in harmony with the festive season and featured a wide variety of artists singing many of the Christmas

musical favourites that have become classics over the years. And now these many years later we are delighted to present another period of favorite Christian music. And so, in this month of December 2021 we will feature music of the Christmas season."

Pastor Kendrick says that the radio station continues to implement the various phases of its full proposed daily broadcasting schedule. This easy listening Christian music format provides a variety of music ranging from current songs along with favourites of the past and including Nashville-Southern Gospel singers.

Although the new radio station carries some commercial advertising, the main thrust includes listener supported financial participation.

Pastor Kendrick says that the radio station owners – City Church – "have a history of being involved in the life of our region, demonstrating a community consciousness, and always desiring to be good neighbours."

He continued to say, "City Church, in cooperation with others, desires to

play a continuing role in the growth and development of the community, forming partnerships with other Christian churches and with existing community service agencies and charitable organizations."

Further elaborating on the radio station, Pastor Kendrick says, "This working side-by-side belief will see Life 94.7 fm make available many hours of free on-air information announcements about activities of charitable and public service organizations.

We also, as participants in a Spryfield Ministerial Fellowship, have a desire to continue to work together to bring spiritual hope and strength, together functioning as a catalyst for building new credibility for our community.

To help accomplish this - Life 94.7 fm is making available to various Christian churches many hours of free airtime to voice inspirational announcements."

Among the supporters of the initial City Church application to the CRTC were a number of community leaders and Christian churches including the ministers of the Salvation Army, St. Michael's Catholic Church, Spryfield Community Christian Church, Open Door Community, Emmanuel Anglican Church, and St. Paul's United.

According to Pastor Kendrick, "This radio station will continue to operate 24 hours a day within the specialty format of playing Christian music and will continue to implement informational segments such as news reports and weather. We will also schedule numerous interviews with community leaders that will promote local events of interest in the Spryfield Loop communities and throughout our broadcast area signal reach."

There are two ways to listen, on your fm radio at 94.7fm and on your computer at www.life947fm.com.

Life 94.7 fm also plans to be a major supporter of Canadian talent, with weekly programming that will feature Nova Scotia Christian artists as well as those from throughout the Atlantic Provinces. The station also presents live musical concerts to help assist the advancement of Canadian talent.

Chebucto News • December 2021 Page 5

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Legion Poppy Campaign a success

The generosity of citizens and businesses in Spryfield and nearby communities has come to the fore once again with their support for the Spryfield Legion's Annual Poppy Campaign.

According to the Earl Francis Spryfield Memorial Legion officials, the 2021 Poppy Campaign has, to date, raised more than \$20,000, with donations still coming in.

This money will be placed in trust and will be used to provide assistance to veterans, serving military members in need, and their families, along with educational bursaries for children, grandchildren, and great-grandchildren of veterans.

The legion extends special thanks to its members and community volunteers who donated their time to sit at tables at Sobeys, Dylan's No Frills, and the Spryfield NSLC to accept donations for poppies and pins.

The Spryfield Legion is always open to new members and wishes to encourage citizens of the area who would like to join the legion or volunteer to assist with legion activities to stop by or contact the legion at 902-477-0467.

In addition, last month's Remembrance Day ceremony in front of the legion cenotaph was well attended,

with approximately 300 people, observing Covid-19 protocol, taking part on the legion grounds in front of the cenotaph.

Legion activities are slowly getting back to normal and the hall is now available for rentals with Covid-19 protocols still in place.

For the foreseeable future, the legion's general meetings will be taking place on the 2nd Tuesday of each month and information on this and other legion activities will be made available on the legion's Facebook page and on the legion sign.

Thanks again to the community for your Poppy Campaign support.





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December 2021 • Chebucto News Page 6

New Spryfield Society to create affordable housing along with other opportunities!

by Kate Dunsworth Casey A Fundraising Dinner combined with the first Annual General Meeting of the newly formed Spryfield Social Enterprise and Affordable Housing Society (SSE & AH Society) was held at the Best Western Plus Chocolate Lake hotel on October 28, 2021. Over 100 motived members of the Spryfield community came together to learn more about this exciting initiative in our community and raise funds for the newly formed society. The Spryfield Social Enterprise & Affordable Housing Society is made up of members of the Spryfield Business Community and other keen community members who recognize that affordable housing is a human right.

Special guest speaker, Ron Lovett of VIDA Living, a company he formed with the goal of raising the standard of affordable housing in Canada and beyond, shared his passion for revolutionizing affordable housing. His company shares many of the same values as the SSE & AH Society – providing safe, clean, community oriented and affordable spaces for people to call home while engaging and empowering people to

take pride in the places they live and work. HRM faces a housing crisis like nothing we've ever seen before in Atlantic Canada; vacancy rates are at an all time low and with the soaring real estate market, affordable rentals have become virtually nonexistent. The need for sustainable, affordable housing is more important than ever before.

Spryfield is in a building boom and our demographics are rapidly changing. While this growth is welcomed, members of the Spryfield Social Enterprise and Affordable Housing Society want to honour Spryfield's rich tradition of welcoming and embracing community members of all economic levels. Affordable housing is critical to positively impact social inequities, economic inequalities and building

healthy communities.

To successfully address housing concerns in the Spryfield community, and provide employment opportunities for our residents, an innovative and multifaceted approach is necessary. The SSE&AH Society's goal is to construct a blended-use development that will provide affordable housing opportunities for Spryfield residents and feature a business incubator, commercial teaching kitchen and co-working space. We want to create an opportunity for residents of Spryfield to stay in their home community, close to family and friends while supporting each other and local businesses.

Commitments are in place from numerous local businesses and local community groups such as the

YWCA, the Edward Jost Children's Centre, and the Urban Farm Society to support this initiative, and a grant of nearly \$1,000,000 has recently been approved for the Spryfield Social Enterprise and Affordable Housing Society to get this project off the ground.

We want to build more than a building – By coupling affordable housing with a social enterprise and business incubator, we will enable businesses and residents of Spryfield to flourish and thrive.

If you would like more information or would like to get involved with the SSE&AH Society or make a financial contribution to this exciting initiative in our community, please visit our website at https:// spryfieldsocialenterprise.ca/



Spryfield Social Enterprise & Affordable Housing Society

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Tim Cranston, LL.B, MTEI, Barrister & Solicitor, joins Spryfield law firm

Advertorial

Practice Areas/Experience: Tim recently joined Clyde A. Paul & Associates, bringing 25 years of experience and a diversified legal practice with him. He is currently focused on Real Estate Law, Wills & Estates, and Business Law. Prior to that, Tim practiced Commercial & Property Law in the United Kingdom from 1996-1999; Commercial, Sports & Entertainment Law with McInnes Cooper from 2000-2005, and was In-House Corporate Legal Counsel for two marine bio-technology companies from 2005-present.

Education/Qualifications/ Memberships: Tim graduated from the University of Durham

(UK), with a Bachelor of Laws (LLB) with Honours in 1993; the College of Law York (UK) with a Post Graduate Diploma in Legal Practice in 1994; and from the Sobeys School of Business, Saint Mary's University, with a Master of Technology Entrepreneurship & Innovation in 2016.

He was admitted to the Bar of England and Wales in 1996 and the Nova Scotia Bar in 2001.

He was appointed a Notary Public by the Lieutenant-Governor of Nova Scotia in 2003. Tim is a member of the Canadian Bar Association and the Real Estate Lawyers Association of Nova Scotia.

Connections to the Community:

Tim is married to Anna, and they live in (sunny) Sambro with their pride and joy son, Bowen. Tim grew up in Fleming Heights and went to school at Fleming Tower, John W. MacLeod, Cunard and JL Ilsley. He and his family have lived in Halifax Atlantic since 1988.

Public Service: Tim is committed to public service and community work. He currently is:

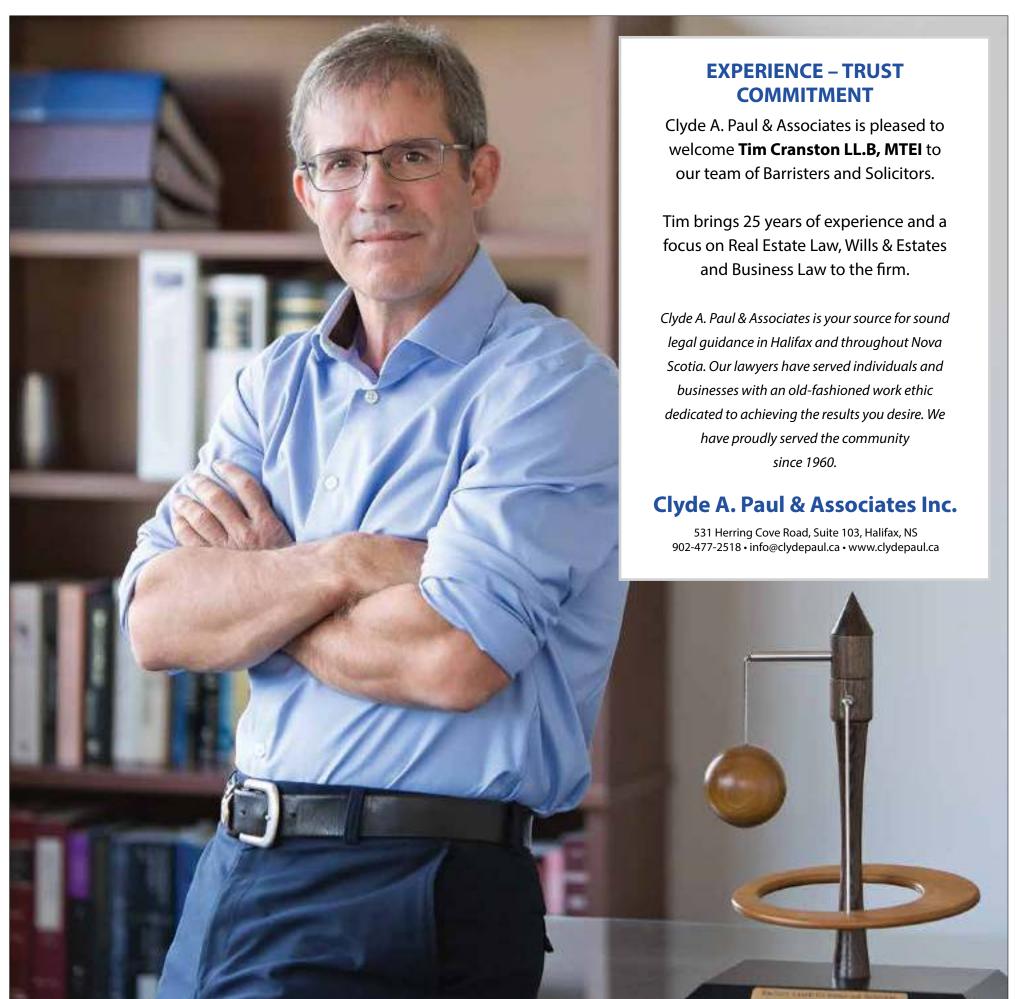
- a volunteer Legal Counsel to the Nova Scotia Nature Trust.
- on the Board of Directors of the Urban Farm Museum Society of Spryfield.
- on the Executive Board of Chebucto Minor Hockey and a

hockey coach at the U11 "AA" level.

• the Executive VP of the Central Minor Hockey League.

And Did You Know:

- Tim is a former professional hockey player and, as a skills coach, he trained the great Sidney Crosby.
- He once owned a sports bar, in Sheffield (UK), with members of the rock band Def Leppard.
- As a CEO and co-founder of a marine bio-tech company, Natural Ocean Products Inc., he won the Nova Scotia Discovery Award (Innovation Category) for "Outstanding Achievement in Transforming Science and Technology in a Business Opportunity".



Page 8 December 2021 • Chebucto News

What's happening at the Urban Farm

an afternoon measuring the smaller

the bigger ones. I'm pretty sure they

seeds into envelopes, or counting

learned to count with green beans. This must have left a mark, because

on one memorable occasion, we

found them all curled up in balls on

the kitchen floor, rolling around and

bean!" At one point, when they were

being picky about their food, I made a

fairly bland supper of rice and chicken

and sent them out into the herb patch.

what their supper would taste like by

Their responsibility was to decide

bringing back whatever herbs they

liked the smell or taste of. They all

chose what they liked, and were re-

that food can come from their front

tomatoes or sugar snap peas as they wander past the crops. Even the food

sponsible for chopping it up and put-

ting it into their own dish. They know

yard. They regularly munch on cherry

shouting, "Look at me! I'm a dried



Spotted on the Fairy Trail. Photo credit: Ann Hart

by Ann Hart

From the people you meet to the skills you learn, gardening is one gift that keeps on giving. My grandparents had to grow vegetables and fruit to survive a depression. They continued after the world righted itself and I have fond memories of helping them shell peas, cut corn off cobs and snap beans to can and store in their cellar. And the tomatoes, tomatoes! In Cape Breton decades later, I did the same thing at my friends' homesteads, helping them, and then learning to harvest and freeze my own garden produce or store it in my own cellar. I am not the best gardener but I do know the pleasure and gifts that come from growing and eating food right off the vine. Treasures for our lives are growing all around us.

From Matt: At the Spryfield Urban farm my daughter Quinn and I were welcomed into the Come Grow With Us program and we were very excited to get started. We were beginners but with the extremely knowledgeable staff and volunteers on hand we were able to have a very good grow season which involved everything from cucumbers and radishes to carrots and tomatoes. The experience was great, and we look forward to next spring. The time spent outdoors, and the memories made with my daughter, are a gift that will last a lifetime. The valuable skills we learned will carry forward for many years to come. Quinn, nearly 5, has said "learning how the sun, the water and the dirt all work together to grow and nourish our plants that give us food" was what she learned most about the experience and she "really enjoyed working as part of the team to help out around the farm."

From Juanita: My front yard has been a vegetable garden for all my kids' lives. We save our own seeds, and the little ones have helped with the work. It's normal to them that at some point during the fall we spend that doesn't interest them they have learned about, often quite by accident.

From Joshua: Rosa took her younger cousin Ivy on a tour of the fairy door trail in the Spryfield Urban Farm woods. When they got home Ivy had much to say about the fairies which are, apparently, the "size of fruit flies", and "hibernate like salamanders" inside a tree (which is why she did not see any) with only "a single drop of water and a single blueberry" to see them through the winter. According to Ivy, a fairy can make ten

fairy sized blueberry pies from that one blueberry.

The little gifts of life: in giving, receiving, discovering and creating, they make our lives more complete with enjoyment and surprise. Happy December, month of celebration and gifting!

Farm Memberships are due in January: Individuals \$10.00, Seniors/Students \$5.00, Families \$15.00, Groups/Organizations \$25.00. For info: urbanfarmspryfield@gmail.com, Pat MacLean: 902-497-3683.



Ivy and Rosa pick the last of the hot peppers. Photo credit: Joshua Barss Donham

Urban Farm Board of Directors for the 2021-2023 term



Shown are the Board of Directors for 2021-2023 at the Urban Farm Museum Society of Spryfield

Seated left to right: Emily Eager Secretary Patricia MacLean President Matthew Hawes Vice President Janet Kidston Treasurer

Back row:
Barbara Dunsworth
Analia Lowe
Corrine LaCroix
Assistant Treasurer

Missing from photo: Tim Cranston Chebucto News • December 2021

A Rotary moment

from The Rotary Club of Halifax North West

The Rotary Club of Halifax North West would like to highlight our efforts to honor indigenous peoples and remind everyone of our Christmas Wish Project.

Our club has embraced HIP (Honouring Indigenous Peoples), a Canadian initiative whose vision is that "all Indigenous and Non-Indigenous



Peoples work together, interconnected and interdependent, for the benefit of future generations". HIP is a grass roots approach to

truth and reconciliation. It is based on fostering partnerships between non-indigenous and indigenous peoples through joint efforts at relationship building, creating a learning and sharing environment about indigenous cultures, and working together on projects of mutual interest and benefit.

HIP is not about solving our history's intractable problems, but rather it is about building an understanding of the past and fostering a more positive and constructive future. HIP strives to be a catalyst for societal change through Education, Awareness and Relationship Building. Our club has taken first steps by establishing a dialogue with Dr. Eleanor Bernard,



a member of the Eskasoni reserve and a noted educator, champion of indigenous languages and lecturer at Cape Breton University. Dr. Bernard has kindly agreed to act as a mentor as we develop our HIP plans, which are aimed at engaging the indigenous community in cultural activities and shared projects. Conscious of the need to crawl before we can walk, we are taking a slow but deliberate approach, starting with the education phase with books and videos and a speakers' forum.

Anyone who is interested in sharing our HIP journey is encouraged to visit https://honouringindigenous-peoples.com/resources which lists a number of books, videos, podcasts and other resources aimed at improving our knowledge and understanding of indigenous issues.

Readers are encouraged to join our Chrismas Wishes project, by going to the Joe Howe Avenue Atlantic Superstore and picking a "wish" tag from the Christmas tree located just inside the main entrance, near the Starbucks counter. Then simply find the item in the store and purchase it at the customer service desk. Rotary

"elves" will pick up the purchased items and deliver them to community-minded organizations for distribution to disadvantaged individuals. The campaign runs until 17 December. Thanks for helping us spread the joy!

Our club welcomes everyone to explore community service with us!

We pride ourselves on being diverse and inclusive. Corporate members from the business community are welcome as well. We meet every Tuesday from noon to 1 pm at Freeman's on Dutch Village Road in Fairview. Join us for lunch to meet the members and share the camaraderie and networking.

Sales Staff

We are looking for someone in the community to sell advertising for this publication.

Email dan@dandoherty.ca to discuss.

Writers

We are looking for volunteer writers to report on happenings in our community.

Email chebuctoeditor@gmail.com to discuss.







Page 10 December 2021 • Chebucto News

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd. 902-477-5601

Annie Marie Spaargaren

65, Halifax, passed away on October 20, 2021 at the VG Site, QEII, Halifax, NS. Born in Amherst, NS, she was a daughter of the late William and Marie (Mantel) Spaargaren. Annie dedicated her life to taking care of others as a personal care worker. For 3 decades, she worked for Arborstone Enhanced Care, selflessly taking care of the residents like they were her own family. Annie loved her family dearly and each one knew that in their own special way; she was more than proud of them all. She was a proud and active member of the Spryfield Community, always willing to lend a helping hand. Annie will be remembered for her passion of travel, always looking to travel somewhere new and meet new people. She had an adventurous heart, and thoroughly enjoyed tubing, water slides, and even roller coasters! Annie will be fondly remembered and sadly missed by her daughter, Cornelia "Corrie" (Andrew Campbell) and her son, Shane Spaargaren (Jaimi Baker), a sister, Catherina Spaargaren, two brothers, William Spaargaren (Kerin), and Robert Spaargaren (Sharon), her five beloved grandchildren, Clorissa Spaargaren, Ryland Baker-Spaargaren, Aron Campbell, Camden Spaargaren, and Jase Spaargaren, as well as cousins, nieces and nephews. She is also survived by her dear friends, Jocelyn Field,



Being the smaller funeral home just means we never stop increasing the size of our service.

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www.walkerfh.com 902.477.5601 Azeb Wubete, and Jean Sabean. Annie was predeceased at a young age by her parents, and was also predeceased by a best friend, Debbie MacPhee.

In lieu of flowers, the family would appreciate donations in her memory be made to The Spryfield Boys and Girls Club, a cause to which she had dedicated many years of volunteer work. Messages and memorials may be directed to Annie's family by visiting www.walkerfh.com

Caroline "Carolyn" Diana Saunders It is with heavy hearts that we announce the recent passing of our beloved mother.

Born in Halifax, she was the daughter of the late Joseph and Nora Bowers (Richard) and was predeceased by her siblings Joseph (Sonny) Bowers, Edwina Edgecombe, Ann Moore, Michael and Zachary Bowers. She is survived by her brother Reggie Bowers (Enfield). She is also survived by her three children Sherri Carty (Darren) (Ottawa), Colin Saunders (Tatiana) (Calgary) and Natasha Leights (Darren) (Halifax). She will be very missed by her four granddaughters Ashleigh Drake (Calgary), Danielle Drake (Matthew Basha) (Halifax), Erica Carty (Ottawa) and Paige Carty (Morgan) and great-granddaughter Lyla Carolyn (Ottawa). She was dearly loved by her favorite niece Roxann Snider (Halifax) and favorite nephew Thomas Edgecombe (Daniel Dorey) (Chester) and her many other nieces and nephews. She is also dearly remembered by her many cousins and long-time friends.

She worked for the Motor Vehicles Section of the Halifax Regional Police Department before she retired in 2003. She enjoyed volunteering and performing in the Nova Scotia International Tattoo for many years. She dearly loved her family, game night, bowling and scooting around town with the girls.

Many thanks to the doctors and nurses at the Halifax Infirmary (Section 8.3) and J. Albert Walker Funeral Home for the compassion and care shown to our family. Messages and memorials may be directed to Carolyn's family by visiting www.walkerfh.com

John Edward Hardman

It is with heavy hearts that we announce the passing of our dear husband, father, grandfather and great grandfather John, on October 30, 2021 at the age of 92. Born in Manchester, England, he was a son of the Late James and Lilian (Cox) Hardman.

John came to Halifax, Nova Scotia from England in 1966, but always remained a staunch "Brit". He came to do ceramic tile work on the extension to the VG Hospital, with his wife Sheila and their three children, Karen, Andrew and David. After the completion, he set up his own tile business, Abbey Tile.

Prior to coming to Halifax, he and his family lived in Blackpool, England, where Sheila ran a boarding house. Before that they lived in Perth and Melbourne, Australia. He always enjoyed traveling and could talk about almost any country in the world. He was a voracious reader and was a walking and

talking encyclopedia for all his family. If anyone had a question, they would call Dad/Grandad. He also did the New York Times crossword "in pen".

He and his family enjoyed the early years in Halifax as members of the Bedford Basin Yacht Club, where they formed many friendships. He was proud of the fact that his beloved family grew so, and, besides his 5 grandchildren and their spouses, enjoyed 8 (soon to be 9) great grandchildren.

John is survived by his loving wife of 68 years, Sheila, children Karen (Lee) Conrad, Andrew (Kim) and David as well as grandchildren Claire (Daniel) Filliter, Adam (Jennifer) Hayley, Ashley (Eric) Joy, Emily (David) Hatcher and Nicole (Dwayne) Purdy and great grandchildren Mikayla, Courtney, Elly, Isabel, Sloane, Elliott, Madelyn and Michael. He is also survived by siblings Yvonne, William, Nora and Robin.

Besides his parents, John was predeceased by his brother James; sisters Patricia, Joyce and Sybil as well as 5 children in infancy.

Donations in John's memory may be made to Elder Dog Canada by visiting www.elderdog.ca.

The family would like to thank Dr. Von Maltzahn, Amanda Tinning and the staff at 9 Lane. And, to all the wonderful caregivers of Closing the Gap, thank you for all their kindness and compassion. Messages and memorials may be directed to John's family by visiting www.walkerfh.com

Frances Coprez

Frances (Lafford) Coprez, 79 of Halifax passed away, October 31, 2021 with her loving family by her side. She was born on July 23, 1942 in St. Peter's, Nova Scotia to the late Frank and Edith (MacKenzie) Lafford. Frances graduated from St. Peter's High School and then became a Health Records Technician (Coding Specialist) working for Nova Scotia Health Services in Halifax, Nova Scotia until she retired in 2004.

She married the late Joze Coprez in 1972 and they lived together in Halifax for 32 years. Frances is survived by her two daughters Natalie and Joanne, grandson Cameron and granddaughter Abigail. She is also survived by her brothers and sisters, Justin, George, Beverly (Danny), Christy (Terry), Winnie (David), John, Brenda, Nick, Norma (Val), Lloyd, Byron (Darlene), her brother in-laws Milan Coprez (Joanne), Dusan Coprez (Cvetka), her aunt Marjorie and many cousins and friends. Frances was predeceased by her loving husband in 2004.

Frances, commonly known as Fran was an amazing mother and baker but was most recognized for her love of music and dance. She was always kind and willing to help her family and friends. She was a loving wife, mother, grandmother, daughter, sister, and friend. She was proud of her family and leaves behind nothing but beautiful memories.

In lieu of flowers, the family requests any donations be made to the Alzheimer Society of Nova Scotia. Thank you to Dartmouth General 4 East for your kind and compassionate care not only to Frances but to her family as well.

Messages and memorials may be directed to the Coprez family by visiting

www.walkerfh.com

CPO1 Kenneth "Benji" Verner Franklin (ret'd)

It is with great sadness that we, the family, announce that retired CPO1 Kenneth Franklin passed away in Halifax on November 1, 2021 at the age of 71. His death marks the end of a life of illustrious service to Canada and devoted love to his family.

Born in Winnipeg, Manitoba on 28 January, 1950 to the late Maudie and Gordon Franklin, Kenneth was one of two children.

Kenneth joined the Royal Canadian Navy on the 21st, June 1967 at the age of 17 and proudly served for 40 years as an electrical technician on HMCS vessels: Preserver, Huron, Athabaskan and Fredericton, and also worked several land assignments in both Halifax and Ottawa.

In 2007 Kenneth retired and spent his time traveling with his wife, walking, gaming and doting on his much loved grand-children.

Kenneth is survived by his wife of 44 years, Barbara, his son Gordon (Brandy), his sister Karen, his grand-children Calla, Mallory and his niece Monika (Xander). He will be sorely missed at the grand-children's birthday parties and at annual Thanksgivings in Ottawa.

Donations in memory of Kenneth may be made to The Heart and Stroke Foundation of Canada.

Messages and memorials may be directed to the Franklin family by visiting www.walkerfh.com

Terry Sampson

It is with heavy hearts we announce the passing of Terrence (Terry) Anthony Sampson, age 69, of Mount Uniacke Passed away November 3rd,2021 in the Windsor Memorial Hospital. He was born in Halifax, and was a son of the late Anthony and Monica (Burke) Sampson.

Terry worked in the Sheet Metal industry for over 50 yrs and was very well known and respected to all of his colleagues. He had an extreme love for animals specifically his girl Benjie whom he is now playing ball with once again. His interests were spending weekends at the races and just spending time in his garage with his best friend Leonard. He was a loving and caring husband and father and will be missed by all.

Surviving are his wife, Geraldine MacKinnon; Daughter, Annette (Ryan); Son, Garry (Tracy); Both of Mount Uniacke; sister Gail (Frank), brothers Lloyd (Glenda), Kevin (Lisa); grand-children, Jessie, Grace and Jaxon who were the love of his life and also nieces and nephews. Predeceased by brother Wayne.

Donations to Canadian Cancer society and any animal rescue of your choice.

Messages and memorials may be directed to Terry's family by visiting www.walkerfh.com

Inge O'Connell

April 18, 1931 - November 6, 2021 On November 6, 2021 we said goodbye to our wonderful Mother, Inge O'Connell.

(See Obituaries on page 11)

Chebucto News • December 2021 Page 11

OBITUARIES

(continued from page 10)

Born Inge Hermine Helberg of Hildesheim, Germany; mother, Augustine remarried (Karl Overheu) then becoming Inge Overheu.

Mom spent her early youth outside of school enjoying biking, playing by the local pond, gardening and helping out at home. Her area was and still is surrounded by beautiful early Romanesque architecture. She endured the trials and tribulations of World War II, finding herself at times in bomb shelters. She was also a devout Lutheran.

Post-war as a young lady, she met Dad, Carl (Bud) O'Connell, in Hanover, exchanging money for the stationed Canadian military, fell in love, and married in the Town Hall in Hildesheim. They had their first son, travelled back to Halifax, remarried in a Catholic church and raised three more children.

Above all, Mom was a devoted wife and mother. Whether it was walking all four of us from Dresden Row to Point Pleasant Park, watching us play hockey, going to majorettes, or swimming at the Centennial Pool, she was always there for us. Going for walks in nature was something she never stopped loving.

She enjoyed the ease of apartment living with Dad for many years. Inge took the difficult responsibility of taking full care of Dad until his passing at home, showing incredible fortitude.

After Dad's passing she became more outgoing and joined the local German Association, making many friends. Everywhere she went people liked Mom for her easy going smiling nature.

She managed to return to Germany to see her family again and see other parts of Germany and Austria she had never seen before with great delight.

She found great peace at Melville Nursing Home late in life and was well loved there by all.

Mom is survived by her four children: Frank, Mike, Gary and Catherine (Robert) De Santis, along with many nieces and nephews, 5 grandchildren and 2 great-grandchildren. Mom was predeceased by her parents, step brothers and sisters, Bernard, (deceased) Gunther, (deceased) Rudy, (deceased) and Lotti.

The family would like to thank the wonderful health care professionals who were involved in Mom's care at Melville Lodge. Messages and memorials may be directed to Inge's family by visiting www.walkerfh.com

David Owen William Bennett

76, Halifax, NS, passed away peacefully, surrounded by his loving family on Sunday, November 7, 2021 at Melville Lodge, Halifax, NS. Born in Halifax, David was a son of the late Earl and Laura (Crosman) Bennett. Throughout his life, David worked as a fabric care specialist, having retired from One Hour Martinizing following over 45 years of dedicated employment. David will be remembered as a family man; his family was his world. He and his loving wife, Marion built a devoted and treasured life together for over 52 years, and they were married for 48 years. Their 49th anniversary would have been this November 11th. Marion,

who was always by his side, right up until he passed, was and always will be the apple of David's eye, she meant everything to him. She was his first and only love. He was a proud member of the PLF. David is survived by his devoted wife, Marion (Zinck), his daughter, Tammy Robinson (Chris), stepdaughter, Sherry Slauenwhite-Bailey, brothers, Gary (Nancy), Stephen, and John (Angie), a sister Donna Bennett, sister-in-law, Priscilla, and his treasured grandchildren, Amanda Bailey, Alex Bailey, Rachael Bailey, and Dylan Robinson, as well as his cherished greatgrandson, Abel David Robinson "Little Davie". He will also be missed by his fur baby, Tigger, along with numerous cousins, nieces and nephews. He was predeceased by his parents, his stepson, Christopher Slauenwhite, a brother, Blair Bennett, and an infant brother, Joseph. David's family would like to express their thanks and gratitude to a special caregiver, PK from Bay Shore, for her remarkable care given to David. Also, a special thanks to all the nurses, Heather and Margaret, and staff at Melville Lodge, especially Sidney and Jillian, who very, very kind to David. and to the VON, in particular Paul Wright. A loving thanks to Shirley LeBlanc, Marion's best friend, for all her love and support when she was needed the

In memory of David, please make a donation to the Alzheimer's Society. Messages and memorials may be directed to the Bennett family by visiting www.walkerfh.com

John Gallant

John Leo Gallant (Johnny) – in his 85th year of Spryfield and Skinners Pond, PEI, quietly passed away on Wednesday November 10, 2021, in Butterfly Cottage at The Sagewood in Lower Sackville with his family by his side.

Born in Skinners Pond, PEI and raised on the family farm by Leslie and Amelia Knox, Johnny moved to Halifax for work in 1954. He immediately found a job at the Hotel Nova Scotian, first as an elevator operator and then as

a bellman; he stayed there for 40 years.

Johnny met the love of his life, Caroline LeBlanc, in Halifax not long after, they married in 1960 and soon moved to Spryfield where they raised their family. Johnny was a member of St. Michael's Church; Knights of Columbus; and the Cape Breton Club. He enjoyed playing cards, dancing (especially square dancing), and music; if a fiddle and guitar were being played, he would be there. Johnny loved to play bingo and he was quite lucky at it. In "down time" he liked to make all sorts of crafts, Christmas craft were his favorite; he also enjoyed knitting socks sweater, hats, and mitts.

After the hotel closed in 1993, Caroline and Johnny spent a lot of time in Caroline's family home in Belle Cote, on the Cabot Trail in Cape Breton. They would open the house in May and close at Thanksgiving. Many friends and family would visit and stay with them. They loved the small community and looked forward to being there every year; it will be their final place of rest. They also enjoyed travelling back home to PEI every year to visit family and friends.

Caroline's dementia started earlier than Johnny's, but with his help, she stayed home until almost the end. Since her passing 4 years ago, his dementia worsened but he was able to stay in his home in Spryfield with the help of his children and homecare until August 3, 2021.

Johnny is proceeded by Caroline, his mother Doris Kenny (Knox), his father Leo Gallant, his mom Amelia, his sister Noreen, and his brother-in-law Edgar Perry. Johnny will be sorely missed by his children Joe (New Hampshire), Camilla, Cecilia (Scott), and Jim. Grand-children Alicia (Andrew), Zachary, and Ryan. Great-grandchildren Matteo, Jaxson and Maverick.

Special thank you from Johnny and his family to NS continuing Care; Bayshore Home Care; 8.2 of the QE II Hospital and the Sagewood in Lower Sackville, the workers commitment to care was amazing.

In Lieu of flowers, donations to the Alzheimer's research would be appreciated. Messages and memorials may be directed to John's family by visiting www.walkerfh.com

Helen Marie (Bowser) Moreash

It is with great sadness that we the family, announce the passing of Helen Moreash 90, at the Halifax Infirmary on November 12th 2021.

Born in Halifax, she was the daughter of the late Florence Mae Bowser (Phillips) and John Bowser. She was the last surviving member of her immediate family.

Helen loved her family more than anything. She spent most of her time with her best friend, her son Darren, who did everything for his mother. She enjoyed sharing stories about "the old days", watching old movies, her show jeopardy, listening to Elvis, and spending time with her loved ones. She had a great sense of humor, loved to joke around, and had a feisty attitude. She was a great mother, grandmother and friend who will be missed tremendously.

Surviving are her children, Marie MacKinnon (Steve), Geraldine Rose(Jimmy), Debbie Alchorn (Willie) and Darren Moreash. Grandchildren Tina, Shannon, Willie, Keith, Tara, Jason, Troy, Shane, Kayla, and Jordan. Great-grandchildren, Eric, Taylor, Keigan, Katelyn, Brendan, Breah, Dreea, Shayla, Carter, RJ, and Tierra. Great-great-grandchildren, Channing and Laney. Special nieces Sall and Patsy, son-in-law Mike Raymond.

She was predeceased by her loving husband Gerald Moreash, daughter Donna Moreash, and son-in-law Kenny McFarlane. Brothers, George, John, Ernie, John, Joseph, Arthur, Leonard, James, and William. Sister Mary and Bette.

Donations in memory of Helen Moreash may be made to The Cancer Society or Charity or choice. Messages and memorials may be directed to Helen's family by visiting www. walkerfh.com.

Santa Claus Parade 2021









Page 12 December 2021 • Chebucto News

Cuttell Community Update

by Patty Cuttell, HRM Councillor, District 11, Spryfield-Sambro Loop-Prospect Road

It is hard to believe December is here already. While we turn our minds to the holidays, family and friends, I want to thank everyone for doing your part this past year to help stop the spread of COVID-19. I know it has been a challenge for many and continues to be so. But I am so proud of our communities and how they have continued on throughout the pandemic. Please check in your neighbours and let's all have a safe and healthy holiday season.

Herring Cove Sewer and Water Phase 2B and 4 have been approved to proceed to detailed design. Plans to extend sewer and water to Herring Cove east and along Ketch Harbour Road will be completed so new cost estimates for the Local Improvement Charge (LIC) can be figured out. Currently the LIC is estimated to be \$30,000-\$38,000 per property, and HRM staff are working on ways to keep it as low as possible. This is an important next step in a 20-yearlong project. Once costs for the LIC are determined, the community will be asked to vote on how they wish to proceed. Please stay tuned for more

HRM launched a new Anti-Litter Anti-Dumping Campaign this fall to strengthen enforcement and address littering and dumping issues. Fines for illegal dumping are now up to \$10,000. If you see illegal dumping activity, please call 311. Over the past year a number of offenders in District 11 were identified, and illegal dump sites cleaned up. But there is much more work to do. Litter and illegal dumping remain an ongoing issue in our communities and along our roadsides. Special thanks to community members who help with clean-up efforts.

Let's keep working together to keep our communities clean. In the meantime, here are a couple of tips:

- If you do not wish to receive flyers, contact The Chronicle Herald at 902-426-3031 or 800-565-3339. If you live in postal code areas B2T, B2S and B0N, you may also receive flyers from Flyer Services (902-678-9217).
- Print and post a no flyers sign or pick up a sticker up at the Captain William Spry Centre
- The household special waste (HSW) drop-off depot at 20 Horse-shoe Lake Drive accepts chemical waste generated in your home. This month the depot is open Saturday December 4, 11, and 18, from 9am-4pm.
- Return up to four regulated used tires at a time for recycling to any tire retailer in the province, free of charge. For more information visit Divertns.ca

A New Designated Off-Leash Dog Park has been approved at Roaches Pond Ballfield in Spryfield. Expect upgrades to the parking lot and access trails, as well as some benches, more garbage cans, and fencing to enclose the off-leash area. Please obey onleash rules in other areas of the community and pick-up after your dog. Let's make this work for everyone. Halifax Transit introduced large-scale service changes in November. Learn about these changes, check out the new searchable route map, and plan your trip by visiting Halifax.ca/servicechanges or call 311 for assistance. These changes are part of the Moving Forward Together Plan – Halifax Transit's long-term plan to better align the transit network with the needs of Halifax residents now and into the future.

The following new routes will be implemented in Spryfield:

Express Route 127 Cowie Hill – This route replaces former Route 32 and will provide service from Cowie Hill to Downtown Halifax during rush-hour on weekdays only.

Route 24 Leiblin Park – This route replaces discontinued Route 14 and will provide service from Leiblin Park to South Street, 7 days a week.

A Snow Removal Program for Seniors and Persons with Disabilities is being offered by HRM and the YMCA. HRM provides an annual contribution of \$400,000 in support of the YMCA program. The program oversees clearing of steps, walkways, ramps, etc. and is available for:

- Seniors (65 years of age or older) and persons with disabilities in HRM
- Residential properties only commercial properties are ineligible
- Participants must reside in a single dwelling home which is owned or rented
- The total gross household income of all people living on premises must not exceed \$32,000

• The program is NOT available to landlords

The program operates on a first-come, first-served basis as the funding allows the YMCA to serve about 450 households. To find out more about this program and to apply, please call the YMCA at 902.483.3678 or visit the YMCA online.

2022 Volunteer Awards – Nominate until December 15.

There is still time to recognize a volunteer in your community! The deadline to nominate an adult, youth, or group for the 2022 Volunteer Awards is Wednesday, December 15, 2021. To find out more go to: www. halifax.ca/about-halifax/volunteering/volunteer-awards

Happy Holidays all!

Email patty.cuttell@halifax.ca or call 902-221-6893. Sign up for the enewsletter at browns@halifax.ca.

The Maguire Report

by Brendan Maguire. MLA for Halifax Atlantic

Dumping Day

November 29th was dumping day, the official opening of the lobster season for our local fishers. Our fishers work day and night on the rough seas to bring fresh seafood to our plates and support their families and local communities. Remember this holiday season, if you are buying lobster, buy it locally.

Good luck to all our fishers and stay safe.

The 3rd annual Light up the Loop contest

This year we will be putting on our third annual local Christmas Lights competition. Please join the Facebook group "Light up the Loop" to nominate a home. We will be out over the next couple of weeks looking at the lights.

What a great way to break in the Christmas spirit.

Advocating on behalf of our community

This month I have scheduled meetings with the Minster of Education

and the heads of HRCE to discuss issues at JL IIsley High School. Many of you have brought forward issues and I plan to bring them directly to the Minster. I will also bring forward the proposed football field which was canceled under the current PC Government, and I will be asking why they backed away from this project.

I will also be meeting with the Minister of Natural Resources and taking him on a tour of Williams Lake Dam. The Minster has committed to working with myself and the federal government to secure the funding needed to build a new dam for our beloved lake.

Local Holiday events

Christmas by the Sea at the Ketch Harbour Community Centre will run December 4th from 11am till 5pm, and December 5th from 11am till 3pm.

Station 62 is very excited to announce their 1st Annual Holiday
Food & Toy Drive! December 5th
they will be visiting several locations

throughout the community to collect NON-PERISHABLE FOOD ITEMS including PET FOOD, NEW/UN-WRAPPED TOYS and CASH donations in support of the St. Paul's Food Bank.

We are also partnering with the HARRIETSFIELD ELEMENTARY SCHOOL STUDENT COUNCIL to collect NEW ADULT & CHILDREN SIZE SOCKS which will be donated to Adsum House.

Please drop by and donate what you can.

Lastly I want to wish all of you a safe and happy holiday season. This time of year can be very difficult for people, remember to be kind and patient.

From Oliver, Rufina, Isla, Rena and myself Merry Christmas, Happy Holidays and Happy New Year

I am so proud to be your MLA Brendan Maguire

Local photobook makes a great Christmas gift

by Lorrie Boylen

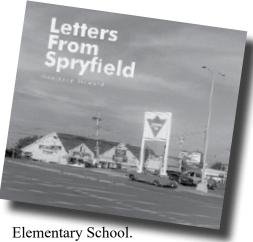
If you're looking for a Christmas gift for that hard to buy for someone in your life, here's a book that may fit the bill. Letters From Spryfield is the second photobook by Geoffrey Howard. It was created as a time capsule for the community of Spryfield, which is currently undergoing rapid change. He feels that ten years from now, Spryfield won't be recognizable and he wants to preserve the current state through photos.

Several months were spent wandering the streets of Spryfield this summer, capturing anything that caught his eye. The culmination of these hours spent roaming the town is what can be found in the photobook; 50 photos from every area of Spryfield, including people, businesses, and natural scenery. The book also

contains four poems written by locals who give context to the experience of individuals living in Spryfield.

He shares that creating art and simultaneously raising money fulfills him in a way that no other work does. Knowing that hundreds of households will have his photos sitting around as a conversation piece makes him very happy, and a portion of funds raised goes to Chebucto Connections, an organization focused on youth education, food security and community involvement in Spryfield.

Geoffrey is a professional photographer living in West Pennant who's been using his talents as a positive force for building community. Geoffrey's first photobook on Sambro raised almost \$2000 towards the building of a new playground at his alma mater, Sambro Ketch Harbour



In January, he's flying solo on a one way ticket to Mexico to travel around the country for a few adventurous months and he'll no doubt get some amazing shots on his journey.

Each copy is just \$20, with \$5 from each copy sold being donated to Chebucto Connections. Copies of the book are available at Serpent Brewing and Uncle Buck's in Spryfield and can also be purchased by reaching out to geoffhoward8@gmail.com.

(Lorrie Boylen is a Freelance Writer, Administrative and Communications Professional and CBC Radio's Community Contact for Sambro) Chebucto News • December 2021 Page 13

Religious Services Directory for December

To have your church/synagogue/ mosque added to our directory, please contact the editor: chebuctoeditor@gmail.com by December 17 for January's issue

PLEASE NOTE THAT DUE
TO COVID-19, MANY OF
THESE SERVICES MAY BE
POSTPONED OR CANCELLED.
CALL AHEAD TO CHECK
WITH YOUR CHURCH.

St. Augustine's Anglican Church (2010 Purcell's Cove Rd) Service of Holy Communion every Sunday at 10 am

City Church (276 Herring Cove Road)

Sunday Family Services: 9:30am and 11am

Nursery and Children's ministry: 11am

Wed. morning prayer: 10:30am

Spryfield Christian Community Church (91 Thornhill Dr) Church services Sunday 11-12 am

Oromo Gospel Church

Sunday worship service: 3 pm and Tuesday prayer: 10 am.

Emmanuel Anglican Church (322 Herring Cove Rd.)

emmanuelanglicanchurch.net, 902-477-1783.

We have in person worship every Sunday at 8 am and 10 am. Anyone is welcome to either of these services, you do not have to preregister, but we will take your name at the door and we do follow Covid protocols. Our 10 am service is livestreamed on our website. If you are sick, please join us there.

8:00 am is a quiet, traditional communion service.

10:00 am is a lively, contemporary communion service with music. Special services this month:

Sunday, December 19, 10:00 am Choir presentation

7:00 pm, Service of Compassion and Hope: A communion service for those who are feeling sad this Christmas. We light candles to commemorate our losses and offer them to God.

Friday, December 24, Christmas Eve:

2:00 pm, Contemporary communion service with carols

4:00 pm, Children's service, with carols and blessing the crêche

6:30 pm, Contemporary communion service with carols.

Sunday, December 26, 8:00 am NO SERVICE

10:00 am, Lessons, Carols and Communion

Sunday, January 2, Epiphany, 8:00 am as usual

10:00 am, Carols and Devotions We are an affirming church. All are welcome.

St. Paul's United Church (173 Old Sambro Road)

Now open for in person worship on Sunday morning. Service is at 11:00 am. Masks and social distancing is required but you do not have to preregister.

Stella Maris Church at St Michael's Catholic Church

All welcome, wherever you are on your faith journey! Saturdays 4:00 pm and Sundays at 9:00 and 11:00 am. Registration required at www. stellamarishalifax.com and all CO-VID protocols must be followed.

7th Kairos Christmas Day Dinner Sat. 25, 2021 at St. Michael's Church Hall (St. Michael Avenue, Halifax)

12 noon- 2 PM (meal served at 12:30)

Proof of Vaccination required for entrance to the hall. Take out available.

Pre-registration required. Call Stella Maris Parish Office 902 477 3530, email: stellamarisadmn@gmail.com; or Sr Anne Marie at 902 403 7700.

In person registration can be made at Hand in Hand Thrift Store (Herring Cove Rd)or St. Pauls United Church, Old Sambro Rd.

Stella Maris Twelve Baskets Ministry - Stella Maris Parish offers a free soup and sandwich meal at our St Michael's Church Hall, 6 St Michael's Avenue, every Friday, 5:30 to 6:30 PM. Masks required for eat in. Take away also available. All are welcome.

Stella Maris Church at the Ketch Harbour Community Centre Services start on September19th at 4 pm and run weekly until

December 12th

Parkhill United Church (5 Kirk Rd, Jollimore)

In-person Sunday worship at 9:30 am. and **St. James United Church** (3811 Old Sambro Rd, Sambro) in-person Sunday worship at 11:15 am. Both churches access worship services live-streamed on St James United Church Sambro NS Face-book Page and YouTube. Bulletins at www.sambrojollimorepc.com, 902-868-2791. **Proof of Vaccination & ID** will be mandatory at St. James starting 12 December 2021, at Parkhill starting 24 December 2021.

Advent and Christmas Schedule

Dec 1 - St. James 6:30 pm outside Memorial Christmas Tree Lighting & Carol Sing.

Dec 5 - Advent 2 Communion Service.

Dec 8 - Parkhill 7 pm outside Carol Sing & Star Lighting.

Dec 12 - Advent 3 White Gifts & Mitten Tree.

Dec 19 - Advent 4 Service.

Dec 24 - Christmas Eve In-person Service Parkhill 4 pm, St. James 6:30 pm.

Dec 26 - Service of Lessons & Carols.

Open Door Community Church

(11 Aldergrove)

Please join us on Sunday mornings at 10:30 am for a time of contemporary worship, bible based teaching, relevant to today and fellowship. Our weekly message is recorded and uploaded to our Youtube channel afterward.

Please see http://opendoorhalifax/for more information and links.

Christmas preparation at St. Paul's United Church

by Carolyn Mont

There is exciting news at St. Paul's United Church. For several months, we have been without a minister. We have been fortunate in having ministers fill in for many of the Sunday Worship Services and we have also had members of the congregation delivering the service. This has been a stop gap situation but we are very pleased to announce that beginning with the first Sunday in Advent, November 28, Reverend Carol Smith will be our supply minister. She will be with us for at least three months as we continue with the process of finding a permanent minister. You are most welcome to come to meet her on any Sunday for worship at 11:00 am.

We have all been affected by Covid 19 in many ways. One is the changing protocols with respect to gatherings as the virus makes its way through our communities. At St. Paul's United, we have kept up with the protocols and changed as we must and also as we see the safest way to meet the needs of the congregation. That means that in order to

attend in person service on Sunday morning, you must now present proof of being fully vaccinated. This is to protect all of us who gather to worship and those with whom we come into contact. We are certainly all becoming familiar with showing our vaccination passports when we gather.

Because we have all been in some form of isolation for the past year and a half, we are missing social contact. At St. Paul's, some members of the congregation have been meeting at the church for a monthly Fellowship Tea. We gather in the UCW Parlour for tea and conversation, usually on the third Wednesday of the month. Because the third Wednesday of December is also the day that our Community Ministry (FRI) has their big day of giving Christmas hampers, we will be hosting the Fellowship Tea on the second Wednesday, December 8th. Members of the congregation are asked to call Carolyn, Susan, or Kathy if they wish to attend. That way, we will be prepared to greet you.

I mentioned FRI, our Community Ministry. One of their programs is the Tuesday free lunch at noon. Following current Covid protocols, we are inviting anyone who wishes to join us to come and eat inside if they have proof of full vaccination. Others may choose to have a takeout meal. The meal is soup, sandwiches, tea/coffee and dessert. We welcome all for lunch but please note that the last Soup's On before Christmas is December 7th. Soup's On will resume on Tuesday, January 11.

Christmas is a very busy time of year for FRI. They prepare boxes of food for about 200 families each Christmas. This is a tremendous undertaking for Kristen and Rena plus their fabulous volunteers. In order to receive this food, you must first be registered. Please call our food bank at 902-477-5090 to register. You will then be told how and when to pick up your food on December 15.

Anyone wishing to donate to this project may bring food to the church. We would also appreciate new, unwrapped toys. We have a toy store from which food bank clients can get free, new toys for their children.

Last year, you may have noticed the lighted Christmas tree in our church yard. That is our Memorial Tree and for a five dollar (or more) donation, we will include the name of your loved one in our Christmas Eve bulletin. Please include with your donation the following information: Donated by, In memory of the amount of the donation, your email address, and home address including postal code. We will email a copy of our Christmas Eve bulletin to those who are not members of the congregation; that is, those who are not likely to be at the service. You can drop off the donation in the mail slot near the front door or call Carolyn (902-477-0187) to have it picked up.

Share your thoughts and opinions with us: chebuctoeditor@gmail.

Page 14 December 2021 • Chebucto News

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebucto-editor@gmail.com.

Check our Facebook page for updates & late arrivals

COMMUNITY EVENTS FOR DECEMBER Food Banks:

- St. Paul's Family Resource Institute (173 Old Sambro Rd). Food Bank clients call the Food Bank line, 902-477-5090, on Monday and leave a message. Those messages are answered on Tuesday and then the food orders are filled with pickup on Wed. between 9:30 and 10:30 am
- Chebucto Family Centre (3 Sylvia Ave) has an Emergency Food Cupboard which can be accessed every two weeks.
- Emmanuel Anglican Church Hall (322 Herring Cove Rd) Food bank is open, with pick up on Wednesday, 9:30 10:30 am. Orders may be called in up to 10:00 am Tuesday each week. Call 902-477-1954 and leave a message. We are grateful to our volunteer staff for their faithful work for the food bank and its clients. Our website: emmanuelanglicanchurch.net

We are taking registration for Christmas hampers. Please note there will be no pick up Dec 22nd or 29th.

Free meals for those in need:

- Salvation Army offers Breakfast To-Go Bags Monday, Tuesday, Thursday, Friday 9:00am-10:00am
- St. Paul's Family Resource Institute (173 Old Sambro Rd) Our Tuesday lunch program, Soup's On, is still operational but as takeout only
- Free Lunch 2 Go every Wednesday at noon, Chebucto Family Centre, 3 Sylvia Avenue, Spryfield
- Twelve Baskets, Stella Maris Parish outreach ministry, will provide a free, light take-out meal every Friday evening, between 6 and 7 PM, out of the St Michael's Church Hall site. (while supplies last).

Harrietsfield Williamswood Community Centre events:

- Open for rentals. Contact Cara at 902-446-4847 for information
- Currently looking for board members and volunteers

Spryfield Lions Club events:

Regularly scheduled meetings on the 2nd and fourth Tuesday evenings, 7 pm at the Lions Rink Den. We are encouraging anyone who might be interested in attending to call ahead so we can ensure COVID health code regulations are met - 902-479-2917. We will also be starting up our bingos in the future but need more time to work out details. We want to thank the community for their support and wish everyone the best of health.

Urban Farm Museum Society of Spryfield events:

• To fund much needed repairs to our gardens and Urban Farm site, our UFMSS is now part of Rafflebox 50/50 draws each month. More information at https://www2.rafflebox.ca/raffle/ufms - your support is greatly appreciated.

The Urban Farm Museum Society of Spryfield would like to thank all our members and friends for your support during 2021 - we wish you and your family a very Happy Holliday and a safe and healthy 2022.

• Our first event of 2022 will be Seedy Saturday / Plant Sale at the Urban Farm on Saturday, May 28th, Noon - 2pm - hope to see you there!

City Church (276 Herring Cove Road) events:

- City Church Telephone #: 902-479-248 c.citychurch@ns.sympatico.ca www.citychurchhalifax.ca
- City Church Christian Radio Station Life 94.7 FM

Emmanuel Anglican Church Hall (322 Herring Cove Rd.) events:

- Food bank is open, with pick up on Wednesday, 9:30 10:30 am. Orders may be called in up to 10:00 am Tuesday each week. Call 902-477-1954 and leave a message. We are grateful to our volunteer staff for their faithful work for the food bank and its clients. Our website: emmanuelanglicanchurch.net We are taking registration for Christmas hampers. Please note there will be no pick uo Dec 22nd or 29th.
- Prayer Group meets the 2nd and 4th Thursday of every month at 1:00 pm at the church. You are welcome to join us or to request prayers. 902-477-1783.

Salvation Army (328 Herring Cove Rd) Events:

- Family Services by phone call or walk in 902-477-5393 ext 0.
- Immigration Support by limited appointments call 902-477-5393 ext. 226

Stella Maris Roman Catholic Parish Events:

• Twelve Baskets, Stella Maris Parish outreach ministry, will provide a free, light take-out meal every Friday evening, between 6 and 7 PM, out of the St Michael's Church Hall site. (while supplies last). For further information contact Stella Maris Parish office at 902 477-3530 or stellamaristwelve-baskets@gmail.com

St. Paul's United Church (173 Old Sambro Road) Events:

The outside tap has now been turned off for the winter. You can come inside to get water Monday 9-4, Wednesday 10-1, Thursday 9-4 & Friday 9-11:30

Developmental Pickup Hockey

Looking for players 40+ years old. Spryfield Lions Rink Fridays 12-1pm. Starts Friday, Oct 16. Skills sessions first week, next 3 weeks pickup. We call it Developmental Pickup Hockey. Skills to increase puck time on your stick and improve your game. Pickup at a bit slower pace.

Let me know if you're interested. 902-497-2068 or ronaldbulmer@gmail.com

Improve your reading, writing and math skills, work toward the GED in person or from home. The Halifax Community Learning Network is here to help! We offer free adult learning programs in several locations. COVID protocols are in place for your safety. Call 902-422-7648 for more information. Let's get learning together!

Chebucto Family Centre (3 Sylvia Ave.) Events:

• Free Lunch 2 Go every Wednesday at noon, Chebucto Family Centre, 3 Sylvia Avenue, Spryfield

Chase the Ace Returns: The Spryfield Legion and Forever Young Seniors Club are recuming their Chase the

Club are resuming their Chase the Ace. Tickets available at the Legion bar during bar hours and at the Chase the Ace Legion booth on Mondays 5 pm to 6:45 pm.

The JL IIsley High School Library is

once again planning a Human Library Day event on Wednesday December 8, 2021. The purpose of Human Library Day is to provide students a way to connect with members of our community that students might not normally connect with in the regular course of their lives.

This year, the event will be held virtually and in-person. The special guests will be "Human Book Titles" for their session. Special guests may speak about their life experience, perspectives on life and or their career with students. The students will have a chance to engage with their Human Book Title by asking questions.

The Human Book Titles may decide how much to share. Each special guest will speak with three small groups during the session time. Each group discussion will last 20 mins. Event Details:

Date: Wednesday December 8, 2021 Session details: 2:30 - 3:30 pm Session format: In-person

We would appreciate you participating in our program as a Human Book. If you are interested in being a part of this program, please contact me at either 902-479-4612 ext. 5701219 or Erica.smith@hrce.ca. If a virtual session would work better for your schedule, please let me know and we can arrange a virtual session.

Chebucto News looks forward to returning to a robust community events page when the current crisis ends. In the meantime, we will endeavour to keep you informed.

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Help support the Long Lake Provincial Park Association care for Long Lake Provincial Park. With Covid 19 making the rounds we were not able to hold any fundraising activities at the park for the past 18 months. We need to raise funds to keep the trails in tip top shape, the bathrooms clean and the garbage collected. As well as do spring cleanups prior to the park opening each spring. You can help by joining in on our 50/50 fundraisers that start on November 1, 2021, 7am.

To support us please check out our LLPPA Raffle – https://www.rafflebox.ca/raffle/llppa

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