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Chebucto News

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Record number of Christmas hampers at Emmanuel Church



Emmanuel Food Bank Coordinator Liz Mahoney (left) shows some of the many Christmas gifts collected for our children. Volunteers Roxanne Jesso and Carol MacDonnell are labelling the gifts. (M.Bull photo)

by Rev. Michelle Bull

Emmanuel Anglican Church prepared and distributed a record number of Christmas hampers this year, 64 in total. We have operated a Food Bank in Spryfield for many, many years, and one of our customs is to prepare a big hamper for our clients for Christmas. This includes turkey or chicken and all the fixings for Christmas dinner,

plus bacon and eggs, cereal and many other items, ranging from canned soup to candy canes.

We also prepare gifts for all the children whose families will receive a hamper. This usually includes some clothing and a toy (or gift cards for the older kids). Usually we have about 25 kids but this year there were 58. We hang gift tags on our Advent

wreath at church with the child's gender, age and clothing size, plus sometimes a toy wish, and our parishioners take the tags, then wrap and bring in the gifts. Even though we weren't getting 58 people in church this year due to Covid, the tags disappeared quickly, with some people phoning in requests for tags.

As the Rector (Minister) of Em-

manuel, I mostly leave the Food Bank operation to our very capable volunteers, coordinator Liz Mahoney and her team. We are affiliated with Feed NS and lately the coordinator's job has included attending a lot of zoom meetings on the ever-changing protocols around Covid. This usually involves quite a bit of head scratching and rearranging everything, but so far everyone has stayed safe.

To the credit of our volunteers the Food Bank was only closed one week, at the very beginning of Covid, and reopened right away as soon as we had obtained masks, hand sanitizer and had a plan in place. There is a lot of food insecurity in Spryfield and we do our best, along with a number of other organisations, to meet people's needs. We also have a number of community partners, including St. Augustine's Church in Jollimore and the Knights of Columbus from Stella Maris, and others who collect and donate food and money to help out.

Each year at Christmas I get to help distribute the hampers and I always look forward to this. Our clients are always so grateful and often really surprised at how much is in the hampers. We have a number of new Canadians who are eager to share our cultural holidays and learn about them, even with the language barrier. One of our Syrian clients asked us this year if the hamper included a Christmas tree. (Unfortunately, no). That included some interesting sign language. But we always manage to communicate somehow.

It is such a joy to me that our church is doing this very valuable outreach. Such a joy to know that a lot of families could have a merry

(See Record on page 2)

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Iceboating on Williams Lake—seize the day



Iceboating on Williams Lake, 1920s. Alexander and Strachan Jollimore of Jollimore. Photo: Mainland South Heritage Society

by Cathy Vaughan

Hurling across a frozen lake at whip-lash speeds, feet-first, on your back, on a plank, centimetres from the ice is what iceboaters live for! The bone-numbing temperatures, the frightening speeds and the exhilarating thrill of a swift sail on a smooth sheet of ice is worth the wait. But the universe has to align for optimum conditions before passionate iceboaters can safely seize the day.

Weather patterns, ice thickness, safety gear, solid boat, knowledge of the lake, and a review of HRM’s latest ice thickness posts are all on the list of safe-sailing practices. The ideal day is sunny with a steady wind, 15 cm of smooth, snowless ice with a public access area to the lake. With current issues of global warming, iceboaters are usually scanning conditions daily with their boats packed and at-the-ready to be transported to their favourite lake.

An iceboat is a thin, one-person hull, mounted on 3 large blades with a tiller to steer and a rope to control the sail. No suspension. No creature comforts. No brakes! To stop safely, the skipper has to steer the boat in a wide semi-circle, into the wind, to slow down and glide to a stop. An ideal lake has to be long and wide, without rock-hazards for safe sailing and stopping.

A popular iceboat design is a ‘DN 60’ named after the ‘Detroit News’ publication which, in 1937, sponsored a competition to design an iceboat that could be built in your garage. The ‘do-it-yourself’ design is economical, straightforward and plans are available on the internet.

Iceboats are designed in several pieces for convenient storage and transportation. Boaters usually assemble their crafts at an accessible shoreline on the lake. Spryfield’s Williams Lake has historically been a popular recreational

lake for winter activities and for ice-boaters for many generations.

HRM has several community-access areas on Williams Lake. You can launch your iceboat or put on your skates at any one of the access points located on Wyndrock Drive, Acorn Drive, the Williams Lake Beach, and the Shaw Wilderness Park on Purcells Cove Road. Williams Lake has been, and still is, a popular recreational lake for generations of skaters, snowshoers, cross-country skiers, hockey players, iceboaters and outdoor enthusiasts who want to seize the day!

Record

(continued from page 1)

Christmas after all because of our work and the generosity of our donors, and that many children received nice gifts. Such a joy to be able to meet our clients and wish them a Merry Christmas or a Happy Holiday and make a happy connection with them. I sometimes think that being treated respectfully and lovingly by our volunteers is almost as valuable to them as the food itself.

I am proud of our volunteers and the work they do in our community on behalf of the church. There is really no better way to honour the Christ Child born in a poor family and forced to flee as a refugee, than to help other poor families and refugees in his name. Helping with that is such a privilege and one of the high points of Christmas for me. We are taught to see Christ in each person we meet. When we look at people that way, it is such a pleasure to love and serve them. This brings me and all our volunteers, such joy.

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Schedules changing at St. Paul’s United Church

by Carolyn Mont

Several people have told me that my information as to whether or not we are having in person worship at St. Paul’s United Church is not up to date. Well, I am pleased that people are noticing that and indeed, they are often correct. There is a reason for the inaccuracy and that is Covid. The restrictions are variable, and with just cause.

At St. Paul’s, we are currently having worship, led by Rev. Carol Smith, on Zoom. If you wish to join us, please call the church at 902-477-3937 or email at stpaulsunitedchurch-spryfield.ca. and a Zoom invitation will be sent to you. You can also find us on YouTube. Worship is at 11:00 On Sunday morning.

Covid has also impacted our outreach ministry. Soup’s On is our free lunch program held every Tuesday at noon. The first scheduled Soup’s On after Christmas had to be postponed due to the reduced number of volunteers. Covid was the problem for that. We have been up and running since then but depending upon the Covid situation, this free meal may be take out only. For so many reasons we would prefer to have our guests dine inside with perhaps the most important one being the socialization that occurs when we sit to eat with friends both old and new. You can call Kristen, our Community Ministry Director, at 902-479-1015, to find out if Soup’s On is eat in or take out. All Covid protocols will be followed.

Wednesday is our Food Bank day. Clients call on Monday and leave a message indicating that they would like to get food on Wednesday. These calls are returned on Tuesday and pick up is Wednesday. Call Rena on Monday at 902-477-5090 if you wish to register. Please note that this phone is answered only on Tuesdays and it is just for the Food Bank.

There is a misconception out there that people who are clients of food banks get all the food they need from food banks. That is simply not true. Most food banks in NS are associated with Feed Nova Scotia and the policy is that clients are entitled to a three day supply of food every 30 days. Since they have to use their Nova Scotia health card to register, and their pick up days are recorded, it is highly unlikely that anyone could cheat on this system. Many people come to a food bank three or four times and are then able to provide for themselves. As we see the cost of groceries rising, it is more and more challenging for marginalized people or the working poor (and yes, that is a real thing) to adequately feed themselves and their families. We are very grateful for the support of the community for donations of food.

We depend on volunteers to help in facilitating all of this outreach. If you think you might be interested in volunteering, please call Rena or Kristen at 902-479-1015. All volunteers must show proof that they are fully vaccinated.

For many years, members of the

congregation, and of the greater community, supported St. Paul’s by dropping off their refundables at the church on one Saturday of the month. However, due to Covid, that is no longer happening. Now, if you would like to support us, please drop them off at Beaver Enviro Depot, 902-479-3900, any day they are open. They are located at 251 Herring Cove Rd. Tell them that the proceeds are to go to St. Paul’s United

Church. Please, when delivering refundables, be considerate and have all caps removed from bottles and do not have anything other than refundables in the bag. We appreciate the donation and Beaver Enviro appreciates not getting bags with garbage mixed in with the refundable items.

One thing that has not changed due to Covid is the water for people of Harrietsfield. As most of you know,

some people in Harrietsfield do not have a safe water supply and they get city water for free from St. Paul’s. Normally, they use an outdoor tap, but in winter, that tap is turned off due to possible freezing. Therefore, if you are coming for water, you will have to do so when the building is open, that is, during the day. We will announce when the outdoor tap is open again in the spring.

Winter walks – a boost for our bodies and minds

Making time to be active in the outdoors this Winter will help you stay healthy and happy. Walking or snowshoeing is a wonderful and free way to boost your immune system and feed your soul during the pandemic.

“Making sure we balance screen time and doing something good for ourselves, like being outdoors, is definitely worth it,” says Janet Barlow, Hike NS Executive Director. “Getting out for a walk or a snowshoe is something most folks can do close to home on a local trail.”

Hike NS and 18 host organizations partnered to offer the Winter Guided Walk Series in January, February and

March. There are 45 walks scheduled province-wide. Walks are led by local folks and participants qualify to win trail prizes. All of these free or low-cost hike or snowshoe events require pre-registration and will follow public health protocols, including physical distancing.

The full schedule with registration details and directions is found at www.hikenovascotia.ca. Hikes are listed by date and region and include various lengths and difficulty levels. For some of the guided walks, snowshoes are provided. If there’s no snow, most events will go ahead as walks.

Hike NS thanks its local partners on the ground for organizing the events as well as The Trail Shop, Goose Lane Editions, the Heartland Tour and the NS Department of Communities, Culture, Tourism and Heritage for their support. Hike NS encourages and promotes a growing hiking culture throughout the province, striving to be the voice for those who hike, walk, and snowshoe. If you need snowshoes, you can easily find some to borrow, rent. or buy using Hike NS’s online directory, with over 90 listings. There are 60 venues where you can borrow them for free.



PHOTO: ANDREA DAVIS/PEXELS



by Iris V. Shea

For more information, email: dan@dandoherty.ca

What’s happening at the Urban Farm

by Ann Hart

When the wind howls and the world turns icy and dull, what can frustrated gardeners do with the many hours and days we stay inside? When the excursions are simply to get supplies or take an outside break in sparse sunshine, where do we go? The gardening centers are nearly empty or closed. The garden is frozen and white.

But wait! The seed catalogs have arrived! Finally Inspiration, nourishment, and relief from boredom come in the form of pages and pages of lively photos, intriguing descriptions, interesting tools and hope for spring.

It is an absorbing pleasure to be immersed in these lovely publications. The many regional and international seed companies are dependent on orders for seeds in the winter. Vegetables, herbs, and flowers start from tiny and mighty specks of life. Most gardening businesses offer colorful catalogs one can order for free in print form or download online. For people who love plants, the catalogs take the place of the Sears wish book of yesteryear.

Learn about the differences in the many types of any vegetable you might like to try. Choose the right flowers for the special places you have available to fill with beauty and color. Find out which type of corn or tomato might mature in time to eat in our short growing season. Choosing seeds to order in a grandiose surge of enthusiasm is a hobby worth many hours of excitement and hope especially in the winter.

There are people in Nova Scotia who specialize in growing, saving, testing, and selling all sorts of plants. The available varieties of vegetables are expanding and stabilizing with



Tiny seed sprouts Photo by Ann Hart

the experiments growers make and perfect. The variances of what to grow where and when best to harvest can feel like going down a rabbit hole of knowledge, but the catalogs help you make the right choices with good descriptions and photos

One can get a bit giddy dreaming about the wonderful possibilities of garden creation which can be found in the seed and plant catalogs. Many gardeners have their favorites: William Dam, Halifax Seed, Vesey, Hope Seeds, Annapolis Seeds, Silver Creek Nursery, Yonder Hill Farm, Seeds of

Diversity, West Coast Seeds, Wild About Flowers, Revival, Cochrane Family Farm, Richters, Kitchen Garden Seeds, Stokes, Incredible Seeds, Brecks, McKenzie, Heirloom, Hope, and more throughout Canada and the US. You can find them online.

Save your extra dollars. Get the starting soil and the red beer cups ready. Find a bright window or a grow light. It is an enlivening joy to see seeds sprout and grow strong and to put them into the earth in a place where they can thrive and give us a

lesson in survival, beauty, and nourishment.

Remember, our Seedy Saturday / Plant Sale will be held at the Urban Farm Saturday, May 28, Noon- 2pm. Rain date, Sunday, May 29. Everyone welcome, please bring some seeds/plants for us to sell to support the UFMSS. Farm Memberships are due for 2022. Individuals \$10.00, Seniors/Students \$5.00, Families \$15.00, Groups/Organizations \$25.00. For info: urbanfarmspyfield@gmail.com, Pat MacLean: 902-497- 3683



Seed packets by Nova Scotia growers. Photo by Joshua Barss Donham



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A recipe for success that is tried and true

by Rebecca MacEachern

For Jollimore author Donna Morrissey, self-discipline and trust are main ingredients in her recipe for literary success.

“Writing is difficult. It’s tough to sit in that seat and persevere with a challenging idea, and not leave it when the birds and sun are taunting you to come out,” says the award-winning author from her Halifax home. “You also have to trust the process... it’s like making a cake, you know you can do it because you have the recipe, you know it will work out.”

Growing up in The Beaches, a small outpost on the west coast of Newfoundland, Morrissey, 67, never imagined herself becoming a writer and it wasn’t until later in life that her writing took on a life of its own.

“It was something that grew out of the scribbles during my lunch breaks at work, and I became fascinated with the thoughts and images that kept coming from my pen,” says Morrissey, who has written six national best sellers. “I was in my 40s and I just kept on writing, I was like an addict, I couldn’t stop.”

Last year, Morrissey had her memoir, *Pluck: A Memoir of a Newfoundland Childhood and the Raucous, Terrible, Amazing Journey to becoming a*

Novelist, published. It covers a wide range of life issues and challenges from mental illness and pain to grief and guilt.

Morrissey has heard first-hand from many readers of *Pluck* who have connected with her words and her experiences, letting Morrissey know that the memoir has helped them relate and understand their own, or a loved one’s, grief, anxiety, and PTSD.

“People who have been taken down with grief and people want to say how they relate and how they have been there and want to share their experiences of grief and that has been very validating, finding that connection, that gives me validation.”

Morrissey doesn’t shy away from discussing or writing about her own experiences with PTSD and anxiety and credits SSRIs (Serotonin Reuptake Inhibitors) that “delivered me one-hundred-percent from the anxiety.” It is something that continues to keep those dark days at bay.

Pluck, says Morrissey, is as much her story as it is her mom’s, and that she was fortunate to have received great support from her family.

“Their blessings were hugely important. I have the greatest family... we’re always fighting but we love each other and support each

other. They were very grateful for my writing my mother’s story,” says Morrissey, adding that her mother’s story has helped inspire much of the storyline or one of the characters in all of her fiction.

Morrissey reckons that with her writing, editing, on-line teaching, mentoring and facilitating workshops that she spends a large chunk of her day in her home office. Whenever she gets stuck on a word, a phrase or a sentence, what she calls a “slump”, Morrissey likes to go for long walks, which she says usually gets things going again.

For Nicola Davison, author of the novel *In the Wake*, published in 2018, Morrissey was the host of the first writing workshop she ever attended in 2014. Davison credits this workshop with inspiring her to start her first novel.

“It was fantastic, and Donna was a wonderful teacher,” says Davison, who has a second novel coming out in March.

Upon finishing *Pluck*, on New Year’s Eve, Davison says she was struck by the “raw honesty of it, and for her to find that in herself, well, I just had to write to her right away and I told her that it was magic.”

Carolyn King, a retired physiotherapist who once lived and worked in Newfoundland, was introduced to Morrissey’s work after joining her first book club in Halifax over two

decades ago when *Kit’s Law* was chosen.

“It was the emotional feel of it and I was very caught up in it, there was heartache,” says King, who has gone on to read several of Morrissey novels. “I could really believe the characters, they were all people that I have known, or met or worked with at the hospital.”

For King, who never leaves home without a book, Morrissey is one of about 5 authors that she follows.

“I go after her books, and whenever at Chapters, I am always looking out to see if there is anything new from her,” says King.

Speaking of new, Morrissey recently finished a novel which has been accepted for publication as well as a memoir, shorter than the 320-page *Pluck*, which has not yet been accepted. Whether writing a novel or a memoir, it is clear that Morrissey’s recipe for success includes some special ingredients.

“I write from the heart. I read and study and observe and feed my mind at every opportunity so’s I can present a character at their finest, in their good and ugly parts. I am also obsessive about each and every word, comma...” says Morrissey. “Writing is a passion. You have to do it.”

For anyone interested in the full list of her books, check out her website at <https://donnamorrissey.org>

Spryfield’s own DC Boudreau voted “Best” Massage



Business Commission. “I am very excited to have the business finally located in Spryfield. I live in the community, have been a part of some great initiatives and care deeply about my clients and my community. I’m really happy about providing my services in Spryfield to help clients rehabilitate chronic pain, overcome injuries and manage physical fitness goals so they can get back to succeeding at what they love.”

DC said that the Community Votes award means a lot to him and appreciates the recognition. “I take pride in the relationships I develop with my clients, and the award is extra special knowing that my clients value our relationship and took the time to vote for me.”

DC has been practicing massage therapy for 12 years, as well as personal training for 10 years. He specializes rehabilitation through manual therapy by incorporating traditional massage, tools, and Tai techniques. Manual Therapy involves hands on approach to treat clients, addressing the cause of pain. Focusing on treating the cause of pain, clients can often go longer period of times without recurrence. The clinic also includes a fitness area where DC trains clients to rehabilitate injuries and pain as well as reach health goals.

To book a consultation with DC, visit www.boudreaubusiness.com or email dc@boudreaubusiness.com

It’s been quite a month for DC Boudreau, and his company Boudreau Business Inc.

DC’s Healthcare Clinic recently re-located to Spryfield and was also named a winner of Halifax Community Votes award. He was voted by Halifax residents as providing the “Best” Massage Treatments under the Healthcare category for 2021. The clinic focusses on acute and chronic pain, injury rehabilitation, posture correction, and fitness through manual therapy.

DC’s new clinic is located on the second floor of the RBC building, neighbouring offices to the Spryfield



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- Rosie

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A Rotary moment

From The Rotary Club of Halifax North West



Welcome our newsletter, where we share the club's and Rotary's news and activities with the communities we serve.



February is Rotary Peacebuilding and Conflict Prevention Month, in which we celebrate our commitment to build peace and mitigate conflict. We feel that it is important to support these lofty goals in our own back yard, in Atlantic Canada. Our club has supported this area of focus through modest contributions in the form of an annual bursary to fund the attendance by a local youth to the annual ACIC (Atlantic Council for International Cooperation) youth conference, which is held annually in Nova Scotia and brings together up to 40 high school youth from across the Atlantic region to learn about global issues, including peace building and conflict prevention. During the pandemic the conference has been postponed, and therefore funding has gone to support the ACIC Youth Photo Voice program, which connects Atlantic area youth to youth from The Gambia and Kenya. The program addresses (among other things) how sport works to build peace and prevent conflict around the globe. This year ACIC is partnering with the North American Indigenous Games (NAIG) to also include indigenous youth from Nova Scotia in this experience. More information can be found here: <https://www.acic-caci.org/photovoices>

In addition, a few years ago our Rotary District contributed funds and endorsed an application for Jennifer Slood, the ACIC Executive Director, to participate in a Rotary International peace fellowship in 2018 at Chulalongkorn University in Bangkok, Thailand. Jennifer was selected from among 500 candidates, and was the only Canadian in her

cohort of 25, which included representatives from 20 different countries. This rare experience helped her build her knowledge of peace and conflict resolution, allowed her to connect with other practitioners around the globe, and to learn more

Stella Maris Parish Refugee Sponsorship Program thanks you!

by Carol Bruneau
Spryfield is the best when it comes to a community rallying to help others, particularly new Canadians. The outpouring of generosity shown to the Barho family following the tragic fire in 2019 is one example. The most recent example is the support our church-based group has received so far from members of the local business community for the Stella Maris Parish Refugee Sponsorship program.

Under the program, our parish is sponsoring one family of three and a single young man all displaced from Syria. While their arrival date has yet to be determined, the parish is responsible for their housing, food, clothing, and all personal needs upon their arrival for one year.

As part of our fundraising, we reached out in a letter campaign to the Spryfield business community, well-known for its role in providing services and its support of initiatives that make this a great place to live. Several businesses responded with donations for our silent auction held in November at St. Michael's church hall.

The latest response to our appeal for support came from the Herring Cove Road branch of Credit Union Atlantic (CUA), a fundraising effort led by employee Natasha Swinimer. When the CUA provided \$25 to each of its employees to support a local charity or business of their choice, Natasha and her colleagues from several branches selected our Refugee Sponsorship Program and

about how Rotary has been working in this area for many years. She has remained in contact with the vast alumni association of rotary peace followers from around the world, thereby enriching her ability to advance ACIC's vision and mission. Applications for the peace fellowship are available throughout February. For more information about Rotary International's peace Universities, go to: www.rotary.org/en/our-programs/peace-fellowships

For more information about ACIC, go to www.acic-caci.org Our Rotary Club of Halifax North West welcomes everyone to explore community service with us! We pride ourselves on being diverse and inclusive – and we're friendly! We currently meet virtually every Tuesday from 1145 to 1 pm. at Freeman's on Dutch Village Road in Fairview. For more information contact Roger Chiasson at rogerchiasson305@gmail.com or 782 234 9408.

pooled their contributions to donate \$400. Our sincere thanks go to each and every one who has contributed to our cause to bring these Syrian refugees to Canada and help them build their new lives here in Spryfield. With its welcoming spirit and growing diversity, it truly is the perfect community to call home.

Anyone wishing to donate, please call the parish @902-477-3530 or go to the Stella Maris website at stellamarishalifax.com. Under the tab "Get Involved" you will find a subtab called "Faith in Action" which will bring up the Syrian Refugee Project, where you can click the donate button. Tax receipts will be issued.



Photo by Cathy Bedford dated January 19/2022, shows Natasha on the left holding the gift card and co-worker Marilyn Smith on the right

Spryfield Water'n'Wine celebrates 29 years this month. Check out our Anniversary Specials on the back page!

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- Have you made wine with us before?
- Do you have a friend who has never made wine with us but would like to?

Next time you come in to make a kit bring your friend in with you to make wine with us **for the first time** and both of you will receive

\$25. OFF your winery fee!
May not be combined with other specials, coupons or promotions.

Cuttell Community Update

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

Winter is here. I like to think of February as being almost through winter. While it is cold out, there are still plenty of ways to remain active. Skating on our local ponds and lakes when they are frozen, cross country skiing when there is snow, or taking a hike on one of the many trails in District 11. Did you know Halifax Nordic Ski groomers Graves-Oakley Park in Spryfield, as well as five other ski-trail systems in Halifax? If you are interested in exploring cross-country skiing, visit halifaxnordic.ca for information on programs and affordable ski rentals. And before you head out to skate, check Halifax.ca for ice thickness conditions.

2022 marks the 38th year of official African Heritage Month Celebrations in Halifax. This year’s theme, Through Our Eyes: The Voices of African Nova Scotians, recognizes the long-standing history of people of African Descent in the development of Canada. Halifax Libraries, in partnership with the Black History Month Association and community partners, is proud to help share and highlight community voices, talents, and history. This year will begin with a variety of virtual, live streamed experiences. For more information visit www.halifaxpubliclibraries.ca

The Regional Plan Review “what we heard” report was presented to Regional Council in January. This 1800 page report details the results of public consultations that took place last year, as well as the work left to be done. Feedback received through the engagement process covered a wide range of topics. Themes that emerged were:

- Concerns for increased housing availability and affordability;
- A desire to direct new development into existing communities and to design complete communities;
- Planning for clustered rural growth centres (village or town-like communities);
- The need for municipal action on climate change;
- The importance of regional wilderness areas;
- Support for implementing the Halifax Green Network Plan, HalifACT and Integrated Mobility Plan;
- Concern for protecting low density neighbourhoods from the impact of higher density development;
- Requests to expand active transportation and transit service.

Many of these themes are related to topics I hear about regularly from District 11 residents. I encourage residents to stay engaged on-line through “Halifax Shape Your City”, where you can also view Regional Plan Review documents. The outcome of this plan will have an impact on District 11 communities and it is important we strive to get it right. If you have thoughts about this work, email me at patty.cuttell@halifax.ca

The illegal use of fireworks has been the source of many complaints recently. Fireworks, when not used properly or without consideration, can impact people, pets, and wildlife. They are especially harmful to anyone with an underlying condition such as PTSD or noise sensitivity issues. HRM does

not have a fireworks specific By-law, but the Noise By-Law restricts firework use to Canada Day, Natal Day and New Year’s Eve, or by permit. The sale of fireworks is regulated federally under the Federal Explosives Act. If you are experiencing recurring noise issues in your community due to fireworks, please call 311 or the police non-emergency line at 902-490-5020. It is important complaints get logged.

Applications for the 2022-23 HRM Community Grants Program are now being accepted. The Program provides annual cash grants to registered non-profit organizations and charities located throughout the Halifax region.

The Maguire Report

by **Brendan Maguire, MLA for Halifax Atlantic**

School is Back

I want to take a moment to thank all of the teachers and staff at all the schools, not just in our community, but right across Nova Scotia, as kids head back to in-class learning this month.

I know there was a lot of anxiety around it, but you have all done an incredible job. I have written both the Minister of Education and the Premier to ask that they bring back contact tracing in the classrooms. We can all agree the best place for our children is in school but parents need to be able to make the best possible decisions around their family’s health and that includes knowing if there is an outbreak in their children’s classroom. I do not understand why this information was removed from our classrooms. I am hoping to get an answer soon. Speaking of Covid

This past month Omicron hit the

There are two types of grants: a project grant of up to \$5,000 OR a capital grant of up to \$25,000. For more information, including eligibility, guidebooks, and application forms, visit Halifax.ca. Applications are being accepted until March 31, 2022.

The municipality’s solid waste collection schedule will not be mailed out this year. To get a calendar, you can use the free Halifax Recycles app, or call 311 to have a schedule mailed to you. You can also visit www.halifax.ca/what-goeswhere and enter your address to get a custom calendar which you can print out. (Just what my teenagers need!!)

New in Halifax? A website has launched to assist newcomers as they settle into life in the municipality. New in Halifax provides important information and resources and was designed as a dedicated, user-friendly experience

Maguire house. The first few days for me were very difficult, I had a high fever, followed by chills. I had a very bad headache, along with full-body aches and stomach issues. I want to thank all of you for reaching out to me and for your kind words. It was a difficult 2 days followed by 5 days of feeling sick. My savior was Vicks Vapour rub along with a lot of ice water.

Bye-Bye JL Ilsley

This past month saw the old JL Ilsley school demolished, to make room for the field and other amenities for the new school. We are months away from the project being fully completed. It has been a long journey from start to finish but it has been worth it. I for one cannot wait to see it all done.

February Holiday

This year we will be doing something very special for the annual February Holiday.

tailored to the needs of newcomers in our communities. Visit www.newinhalifax.ca for topics including assistance for refugees, transportation, education, health and safety, employment, income and taxes, and much more.

Winter is here and so is the overnight winter parking ban. For more information about the parking ban, and when/how it applies, please visit halifax.ca/snow. Stay up to date on the winter parking ban by signing up for hfx-ALERT: halifax.ca/hfxalert. hfxALERT will send urgent and non-urgent notifications about the parking ban and other municipal notices.

Stay in touch! If you have an issue or question please email me at patty.cuttell@halifax.ca or call 311. You can also follow me on social @pattycuttell11 for regular posts and updates. Stay safe and be well everyone!

We are expecting gathering limits will still be in place so our annual bowling and pizza party will probably be a no-go, but that won’t stop me from finding a way to celebrate with all of you and bring a smile to all of your faces. Keep an eye on social media for upcoming details.

I would like to end this month’s article by recognizing a very special person who passed away in January. Jeanne Henneberry was an incredible person who lived a long and rich life. I would spend hours chatting with her about the history of our community, religion, life and love. She always brought a smile to my face and I was very proud to call her a friend. She was loved by all and will be missed, a true icon of our community.

I am so proud to be your MLA
Brendan Maguire

Religious Services Directory for February

*****To have your religious services added to our directory, please contact the editor: chebuctoeditor@gmail.com by February 18 for March’s issue*****

Please note that due to Covid-19, many of these services may be postponed or cancelled.

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.

All our services are subject to Covid

protocols and could change with Covid restrictions. Please check our website for up-to-date information.

At the moment, our services are online only. We livestream them at 10:00 am every Sunday, a service of Holy Communion, and the service can be found on our website or Facebook page any time after that. When Covid allows, we will resume in person services, following all Covid protocols, so check our website for up to date information. We will continue to livestream the 10:00am. Normally we have:

8:00am: quiet, traditional communion service.

10:00am: contemporary communion service with music.

Everyone is welcome. We are an affirming church.

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

Sunday worship, led by Rev. Carol Smith, via Zoom. If you wish to join us, please call the church at 902-477-3937 or email at stpaulsunitedchurchspryfield.ca. and a Zoom invitation will be sent to you. You can also find us on YouTube. Worship is at 11:00 On Sunday morning.

Stella Maris Church at St Michael’s

Catholic Church

All are welcome, wherever you are on your faith journey!

Saturdays 4:00 pm at St Paul’s Church, Herring Cove

Sundays 9:00 and 11:00 am at St Michael’s, Spryfield

All current COVID protocols will be followed.

Parkhill United Church (5 Kirk Rd, Jollimore) and **St. James United Church** (3811 Old Sambro Rd)

Parkhill United Church 5 Kirk Rd, Jollimore. St. James United Church 3811 Old Sambro Rd, Sambro. Our churches are offering online worship on Facebook and YouTube at **St James United Church** Sambro NS. To find out when in-person services resume contact us at 902-868-2791 or www.sambrojollimorepc.com

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.

LOCAL OBITUARIES

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

All Obituaries can be viewed online at www.walkerfh.com with condolences under the 'Tribute Wall'

Bridget Grace (Lindsay) Johnson
Halifax, NS
It is with great sadness that we, the family, announce the passing of Bridget Grace in Halifax on December 16th. Born in Halifax she was the daughter of the late William Leo Lindsay and Annie Laurie Lindsay (Dort).

Her passion and love of family is remembered by all. She is remembered for her hobbies of making fudge and playing bingo with her friends. Bridget was known by many as “Grace” and her wit and ability to make you smile was infectious.

Surviving are her children Cathy Townshend (Ernie) of Brockville Ont. Sons John and Gerald (Jessica) of Dartmouth and Tom (Lisa) of Herring Cove also her loving brothers Donnie Lindsay (Cathy), Billy Lindsay (Norma) and sister Anne (Len Tufts) all from Dartmouth. She was also loved and cherished by all her grandchildren and great-grandchildren. She enjoyed the photographs and was proud of each and everyone. She will be missed by numerous

nephews, nieces, and cousins as far away as Australia.
She was predeceased by her husband John William, daughter Donna (Clarke), son Wayne, brothers Tom, Charlie, Jim and Harold and sisters Dot, Jean, Margaret, Bertha, Betty and five siblings who died in infancy.

Madeline Mary Joudrey (McLellan)
Dec 23, 1918 – Dec 18, 2021
It is with Broken Hearts that we announce the passing of our mother, Madeline, of Enfield NS, formerly Herring Cove, on December 18, 2021 (5 days short of her 103rd birthday). Born in Halifax, she was the daughter of Wilfred Laurier McLellan and Helen Bowser.
Mom was a happy, funny, strong, generous and loving lady with a warm smile and huge heart who was cherished by all who met her.

A self-taught and talented pianist, she was the sole organist at Stella Maris Church in Ferguson’s Cove for many years playing for church services, weddings, funerals and her favorite candlelit Midnight Masses.

She enjoyed feeding everyone who spent time with her. For many years she accompanied her husband Rex on a multitude of golf courses across Canada, entertaining in the clubhouses on piano while she waited for him to finish rounds.

She was an incredible candlepin bowler, bowling in leagues with averages in the 90’s well into her 90’s! With a spirit for competition and natural abilities, Mom enjoyed playing golf with the family, many board games and cards, 8 ball & Poker Pool, swimming, singing, and dancing. A social butterfly who carried no ill-feeling, bias or prejudices, she loved meeting and conversing with folks of all walks of life. She held a spot in her heart for all animals, especially dogs and was known to exude a special aura that drew animals to her.

Always supportive and proud of her family, she had only one love, her husband Rex of 39 years, who always referred to her as “the Greatest”, that we all agree on. Mom was the best Mother, Wife, Nanny and Great-Nanny there could be.

Surviving are her children Bob Joudrey (Lulu) Halifax, Pam Myatt (Lou) Williamswood, Betty Ashley (John) Lantz, Grandchildren Christine, Lori, Karen, Chelsea, Alisha and Great-Grandchildren Jordan, Dante, Miley, Charleigh, Josh, Karlee and Brady. Also, a sister Eleanor O’Hearn, Baton Rouge.

She was predeceased by Rex Joudrey (husband), parents Wilfred Laurier McLellan and Helen Bowser, Step-Mother Lydia McLellan and sisters Marilyn and Lorraine.

In lieu of flowers, donations in her memory may be made to the SPCA, Save A Life Canada Animal Rescue Society, Hope for Wildlife or Magnolia Recreation, Enfield.
Thank you to the Magnolia Sand Dollar cottage staff, especially Jennifer and Doctor Sheehy.

Karen Louise (Slaunwhite) Cowie
After a courageous fight with HLH; it is with broken hearts we must say good-bye. Karen was a loving wife, and best friend to devoted Husband Frankie. She was a devoted Mother to daughter Justine (Adam) and Nanny K to her sweet girl Madison.
She will be sadly missed by her parents Anita and Bill Slaunwhite, Brother Gary (Terry Lynn) and Family. Her In-laws Dolly and Alex Cowie sister-in-laws Susan (Lee), Cathy (Bobby), Paula (George) and brother-in-law Stephen (Nida) and Family.
Many thanks to the care and kindness given by the Nurses and Doctors at the HI & VG hospitals.

Rev. Jeanne Marguerite (Nicker-son) Henneberry
March 20th 1927 – January 16th 2022.

At just before age 95, Jeanne passed peacefully surrounded by family, at the QEII Hospital in Halifax, NS. She loved the Lord all her life and has now gone to be with him. She lived much of her life in Sambro Nova Scotia with her beloved husband Herbert Henneberry and raised four (4) children: Alberta (David) Flemming; Carole (Leslie) Hiltz; Martha (Jerry) Cole; and Peter Henneberry.

She was born to William and Nima Nickerson in East Pennant, NS. By order of age, her siblings included: Jerry, Jeanne, Connie, Wayne, and Larry.

She is survived by Alberta & David, Leslie Hiltz, Martha & Jerry, and Peter. She is also survived by brothers Wayne (Mona) Nickerson; Larry (Shirley) Nickerson. Additionally, by grandchildren: Jonathan and Heather Flemming; Shawn and Renee Hiltz; Nima and Aaron Cole; great-grandchildren: Max and Finley Hiltz; and many nieces and nephews.

She was preceded by her husband Herbert (1999); second daughter Carole (2018); her parents William & Nima Nickerson; her brother Jerry; and sister Connie, sisters in-law Catherine; Ruth; Phyllis; Alice; Mary; and brothers in-law George; and Billy.

At a young age Jeanne completed Teachers Training College in Truro, NS and she taught primary to grade 12 in the Nova Scotia public school system for over 35 years. She also taught adult education to help people obtain their GED. Education was important to her, and she always encouraged others to expand their

knowledge, and challenged herself by reading, completing crossword puzzles, and filling countless journals. Her home was always littered with books.

After retirement, she studied theology and became an ordained Minister and actively served in several churches and nursing homes across the province. She oversaw many funerals and weddings, including renewing a couples’ vows at the Eiffel Tower in Paris, France. She initiated several bible study groups, including being president of ‘Women’s Aglow’ to provide women with a voice in their church and in their community.

Her adventurous personality took her to many countries, including Australia, New Zealand, Fiji, Hawaii, Russia, all over Europe, and North America.

She really was a character, had a unique sense of style, and was always willing to give to the community. She loved making costumes and taking an active role performing in local Sambro Church fund-raiser dinner theatres. She always kept her nails painted and enjoyed fashionable outfits – not shy to stand out in a crowd! She was very musical as well, enjoying singing and instrument playing. She loved knitting, sewing, and painting, and taught classes on these subjects. She donated hundreds of hand-knit hats, dolls, and blankets to the IWK Hospital, and she donated slippers, mittens, hats, and over 400 quilts for the homeless.


Additionally, she enjoyed volunteering at the Nova Scotia Food Bank for many years. At wartime (WWII), she volunteered at the Navy canteen in Halifax and painted seasonal greetings on the windows at the IWK Hospital.

Jeanne was an avid gardener. She kept her home filled with plants and filled her outdoor gardens with hedges, shrubs, perennial and annual flowers, herbs, and vegetables, and especially enjoyed birdwatching at the various plant-beds and feeders she maintained on the property. After her husbands’ passing, she bought herself a lawn tractor and kept a multi-acre lawn by herself until recent years.

This woman had a full and exciting life with many friends who adored her. At this time there will be no funeral (due to the Covid-19 pandemic). However, the family intends to hold a celebration of life at a future date.

Sincere THANK YOU to all the professional and empathetic health-care workers, Doctors, and Nurses who provided untiring and loving care to her on the 7-4 level in the QEII Hospital.


Donations may be made under “Jeanne Henneberry” to the Saint James United Church in Sambro, Nova Scotia



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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 chebuctoeditor@gmail.com. Check our Facebook page for updates & late arrivals

COMMUNITY EVENTS FOR FEBRUARY
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

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 5:30 and 6:30 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.

a message. We are grateful to our volunteer staff for their faithful work for the food bank and its clients. Our website: emmanuelanglicanchurch.net
• Grief Support Group: This has been postponed until the Covid situation stabilizes. If you are interested, call the church, 902-477-1783, and leave a message for Rev. Michelle Bull, and we'll let you know when it starts.

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 5:30 and 6:30 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 stellamaristwelvebaskets@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 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.


TAG Theatre: We are still planning to entertain you.
Watch for auditions for our next audio production:
Beyond the Beyond By Stephen Leacock
Next online play will be Village Wooing in March)
TAG hopes to remount Dracula-the Bloody Truth in April.

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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The Nova Scotia Association of Realtors statistics for December 2021 in Spryfield!

• **Average time to sell single family homes in Spryfield: 19 days; average percent above selling: 11.1%.**

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There has not been a better time to list your property for sale. Call your Exit Realty Metro team today to get your property on the market.



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50/50 Fundraiser supporting Long Lake Park: Monthly Draw

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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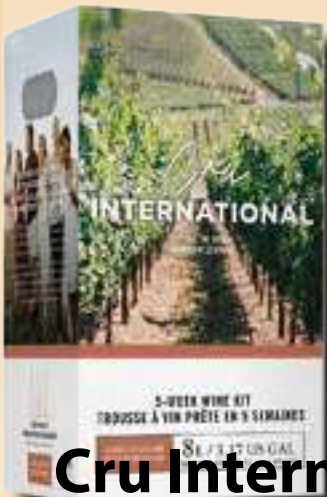
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