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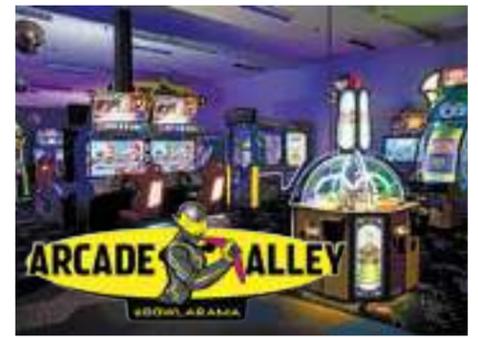
# Chebucto News

Vol.23 • No.9  
May 2022

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# What's Happening at the Urban Farm

by Ann Hart

Every spring for many years the Spryfield Urban Farm members have hosted a Seedy Saturday and Plant Sale for the community. We collect plants, cuttings, and roots from friends. We grow seedlings, and have vendors bring their seeds and other gardening products to sell at bargain prices during the two hour event. Since the COVID 19 restrictions in 2020 we have canceled SSPS which was held indoors at the Spry Center. This season we are moving to the Urban Farm field Saturday, May 28, 12 noon – 2 pm. Rain date: Sunday, May 29.

Seedy Saturdays happen all over the UK and Canada. People who are interested in heritage or naturally grown seeds gather to swap or buy seeds to plant for gardens or to propagate for seed collecting. Many seed sharing events are held in Nova Scotia in the spring. The Urban Farm has seeds from local and regional seed growers at our events. Plant sales are exciting opportunities for gardeners to share and sample early cuttings, plants, and seedlings with each other. There are botanical garden organizations and local garden groups in our area who sponsor plant sales. Most of the plants here are from flowering bushes, rhizomes, vegetable seedlings and perennial flower stock. Blooming forsythia branches and iris roots are popular as well as small pepper, tomato, lettuce starts to be transplanted. The neighbors who attend the event are familiar gardening enthusiasts who share plants and enjoy the yards and gardens they create. The love of nature and growing plants is an ever-developing skill and creative art.

**COME GROW WITH US**

The Urban Farm Museum Society of Spryfield Come Grow With Us family gardening program has 12 garden plots available for the season.

**SIGN UP NOW BEFORE THEY ARE SCOOPED UP!**

902-497-3683 (Pat)  
urbanfarmprogrammer@gmail.com

From Iris Shea: "I have no more room in my garden for another plant," I keep telling myself. Each year as I watch my large perennial garden start to sprout after its winter rest, I think about the Annual Seedy Saturday and Plant Sale at the Urban Farm in Spryfield. I wonder if I will have

many plants to donate this year. My first perennials came from the Urban Farm Plant Sale 20 years ago after I dug up a four foot square of grass in my back yard. I soon discovered I loved digging. My perennial garden now covers all of my front and back yards, no grass to be found. Perennials

need to be periodically thinned. That is another role I enjoy...I get to do more digging, preparing pots of earth for my excess plants to donate to the Urban Farm Plant Sale. As a volunteer at the Urban Farm's Seedy Saturdays and Plant Sales over these past 20 years it has been a great learning experience and a lot of fun meeting

(See Urban Farm on page 2)

## Summer programs at St. Paul's

by Carolyn Mont

The congregation of St. Paul's United Church was very pleased to have two children baptized on Sunday, April 10. Baptism in the United Church is held during the regular worship service so the whole congregation is involved and it always makes for a wonderful time of worship. This year, Palm Sunday was also on April 10, so there was more activity as the congregation, waving palm fronds, marched around the sanctuary. Our sanctuary is child friendly, with one section furnished with rocking chairs, child sized tables and activities.

At St. Paul's Family Resources Institute, (FRI), our community ministry, Kristen Hollery is preparing for summer. Two FRI programs are seasonal. We have a very well established community garden and there are currently several plots available. Availability does not last long so if you are interested please contact Kristen at

(See St. Paul's programs on page 3)

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# Urban Farm

(continued from page 1)

and talking to new and experienced gardeners. Buying a new perennial (or two) also adds to this gardener's enjoyment.

From Anita Price: The Seedy Saturday event is a wonderful spring into Spring event presented for many years by UFMSS. I've helped out a number of times and really enjoy the community "buzz" so evident at the event. The gang of volunteers who help run the event as well as donate plants/seeds are great to work with and everyone is ready, willing, and able to help out. Gardeners love to share their knowledge and it's a great way to connect with young families and new home owners to the area exploring the possibilities of growing for



Iris in her garden Photo by Ann Hart

themselves. It's also a cost effective way to begin a garden or build on one nurtured for years while supporting an important community organization. I always enjoy seeing the new growers heading home with their green treasures. Looking forward to the return of Seedy Saturday and hope to meet lots of gardeners, young and old, new and experienced.

Parents can register their families for the Come Grow With Us program at this year's SSPS. Farm Memberships are due for 2022. Individuals \$10.00, Seniors/Students \$5.00, Families \$15.00, Groups/Organizations \$25.00. For info: urbanfarm-spryfield@gmail.com, Pat Mac Lean: 902-497-3683. <https://www.facebook.com/groups/117594394923932/>



Plant startings Photo by Ann Hart

## Chebucto News

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# Religious Services Directory for May

**\*\*To have your religious services added to our directory, please contact the editor: chebuctoeditor@gmail.com by May 20 for June'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 in person and also some are livestreamed. Please

note, we will still be following Covid protocols with gradual loosening of restrictions, so you may be asked to wear a mask and distance. If you are ill, please join us online.

Sunday Worship 8:00am Quiet, traditional communion service

10:00am Lively, contemporary communion service with choir.

We are an affirming church. Everyone is welcome.

**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 [stpaulsunitedchurch-spryfield.ca](mailto: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.

**Stella Maris Church at St Michael's Catholic Church**

Weekend Masses:

Saturdays 4:00 pm at St Michael's Church, Spryfield and

6:00 pm at St Paul's Church, Herring Cove

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

Weekday Masses at St Michael's Church, Spryfield:

Monday and Tuesday 12 Noon

Wednesday 7 pm  
Thursday and Friday 9 am  
All current COVID protocols will be followed.  
All are welcome, wherever you are on your faith journey!

**Parkhill United Church** (5 Kirk Rd, Jollimore) and **St. James United Church** (3811 Old Sambro Rd)  
In-person Sunday worship services Parkhill United Church (5 Kirk Rd, Jollimore) at 9:30 am St. James United Church (3811 Old Sambro Rd, Sambro) at 11:15 am.

May 8 Mother's Day

On this Sunday we will remem-

ber our mothers. We ask that people wear facemasks and observe physical distancing. We offer online Sunday worship on St James United Church Sambro NS Facebook Page and YouTube. Bulletins at [www.sambrojollimorepc.com](http://www.sambrojollimorepc.com), 902-868-2791.

**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.

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

## St. Paul's programs

(continued from page 1)

902-479-1015 or [khollery\\_stpaulsfri@hotmail.com](mailto:khollery_stpaulsfri@hotmail.com). She is also beginning registration for Camp Paul, our summer day camp. Feel free to call her to discuss these programs.

For two years, during the pandemic, FRI's free lunch program, Soup's On, continued as a takeout service. Currently, it is back to being an eat in meal with your meal delivered, by volunteers, to your table. We are so happy to get back to that because we recognize that the social aspect is very important. We would be delighted to

have you join us. Lunch is served on Tuesdays at noon.

Before Covid, our Green Team was at the church and accepting refundable bottles and cans. We greatly appreciated your donations to us but with Covid we discontinued that program. We have now partnered with Beaver Enviro Depot at 251 Herring Cove Rd. If you care to help us out, you can bring your refundables there and designate them to St. Paul's United Church. If doing so, please remember that your bottles must have the caps removed and please, no garbage in the bags.



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## DISCOVERING OUR PAST

### Local men head west to fight in Northwest Rebellion

by Iris Shea

On April 8, 1885, Halifax newspapers reported that the 63rd Battalion of Halifax Rifles and the 66th Battalion Princess Louise Fusiliers mobilized militia units in preparation to leave the Halifax Garrison by train for Swift Current, Saskatchewan. A total of 352 Nova Scotians, some from our local communities of Halifax County, were going to fight in the Northwest Rebellion.

The Rebellion came about when Louis Riel was fighting for the rights of the Métis to hold a share of the lands in Canada's Northwest. Volunteer soldiers enlisted from most provinces of Canada, thinking they were about to go on an exciting adventure. One newspaper account reported: "They were going to fight a war for their country, for the British Empire, and for progress. They did not know how much suffering they would experience. The soldiers from Eastern Canada were about to face the hardships of an exhausting journey, and they would soon understand that war is destructive and brutally painful. Their journey to the North-West was difficult because the railway had not yet been completed. In Northern Ontario there were four large gaps in the track which the troops had to cross. One gap was crossed by riding on sleighs. Two of the gaps required long, tough marches in the cold. The soldiers made their way through another gap across twenty-four kilometers of barren ice, struggling for six hours in the freezing cold and bright sun. For days, the soldiers were hungry, sleepless, wet, and cold. Sometimes it was raining, sometimes it snowed, and sometimes the temperature got as low as -30 degrees Celsius. Altogether, it took about four weeks for the troops to travel half way across the country, marching from the railway tracks to their destination. The better trained troops were the ones who were put into action".

Among the local militia chosen to travel to Swift Current were Private William Topple, bugler, Halifax, age 25, married with two children; Bombardier Charles Kidston, Spryfield, age 30, unmarried; Gunner George Tough, Terence Bay, age 25, unmarried; Gunner Richard Marriott, Spryfield, age 22, unmarried; Gunner James Umlah, Spryfield, age 23, unmarried; Gunner Frank Umlah, Spryfield, age 20, unmarried; and Corporal Alonzo Norris, Halifax, age 25, unmarried. Richard Marriott deserted at Truro and returned to his home in Spryfield (on the Old St. Margaret's Bay Road) and became a farmer. He married Lucy Locke in 1887.

Families of the men received the "magnificent militia pay of 50 cents a day and no rations". On April 13th, two days out from Halifax, the Halifax Battalion arrived in Riviere du Loup, Quebec. On April 28th the Nova Scotia residents in Winnipeg



Photograph of William Topple, abt. 1910. Courtesy Iris Shea

gave a reception at Selkirk Hall for the entire Battalion from Nova Scotia. The soldiers were ordered to Swift Current, Saskatchewan the following day.

On May 9th, 1885, the Acadian Recorder received a letter from the doctor accompanying the Halifax Battalion stating they had arrived in Swift Current, "a miserable place. All there is to break the monotony of the view are a few Indian tents...not a tree or shrub is to be seen...prairie to the right, prairie to the left, prairie all around. It is devilishly cold at night. The weather is most beautiful at present, bright, sun shining, warm days. The water is so warm in the creek we go bathing every day, but when the night comes we are obliged to wear our overcoats and sleep under five or six blankets. A week ago, before the troops arrived here, the Indians, 60 in number, swooped down on the place, ransacked three stores which are situated here, helped themselves and made off. The redcoats keep them very much in awe."

The Rebellion was short-lived for the Halifax militiamen. They were not involved in battle and were home by June of that same year. Louis Riel was captured and imprisoned but not without loss of life on all sides. He was convicted and sentenced to hang. The punishment was carried out on November 16, 1885.

Following his return from the west, Bugler William Topple was employed at Stadacona's Gun Wharf where he, with six soldiers, built the Gun Wharf tennis courts. He served in the militia from 1876 to 1906. He moved to Spryfield in 1893 where he built the Pinegrove Hotel to support his wife and nine children. In 1908 he moved to Jollimore, built and operated the Lower Arm Confectionary, became Superintendent of Fleming Park for 20 years and was Halifax County Councillor for 17 years; James Umlah married Gertrude McGrath in 1896 and operated a hotel for many years near the junction of St. Margaret's Bay Road and Prospect Road. He was Overseer of the Poor for Spryfield District in 1900. Frank Umlah, a younger brother to James, married his cousin, Eunice Umlah, in 1910 and represented Spryfield District for several years as a Constable, a Road Surveyor, and on the Board of Health. George Tough married Ellen Umlah in 1893, a sister to James and Frank Umlah. He was a carpenter and settled in Halifax. Charles Kidston married Emma MacKenzie in 1886 and settled in Halifax as a woodworker. Alonzo Norris married Maud Jollimore in 1886 and worked as a ferryman in Jollimore. He was the Health Officer for North West Arm District in 1899.

The Nova Scotia volunteer soldiers were awarded the Northwest Rebellion medal for their "first battle of honour".

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# Good Friday Prayer Walk



Spryfield pastors gather before the Good Friday Prayer Walk. From left: Pastor Bisi Fagbile of the Redeemed Christian Church of God, Restoration Chapel, Rev. Carol Smith of St. Paul's United Church, Rev. Pauline Coffin of Spryfield Christian Community Church, Rev. Helene Burns of Sambro Jollimore Pastoral Charge (United Church), Pastor Steve Sutherland of Open Door Community Church (kneeling), Rev. Michelle Bull of Emmanuel Anglican Church and Fr. Rob Elford of Stella Maris Roman Catholic Parish. Fr. Jose Thomas (not shown) of Stella Maris also joined us for the walk. Beth Sutherland photo.

by Michelle Bull

It was a very cold, rainy day on Good Friday, April 15, this year as 50 people gathered from at least 8 churches to walk around this community and pray for Spryfield and all the people who live and work and play here. And to pray for the land itself and all the creatures who share it with us.

Good Friday is a holy day for

Christians around the world. On this day we remember the death of Jesus Christ. We believe that Jesus lived and died because God loves this world so very much. We believe that in his life and death and resurrection, he offers us healing, forgiveness, new life and blessings.

So it is very fitting that we should pray for the well-being of our com-

munity, and all the world, on this day when we remember the depth of God's love.

We gathered at Emmanuel Church on Herring Cove Rd. and walked in a loop to Sobeys, along Herring Cove Rd. to the mall and down to the Spry Centre, and then across the road again and back to Emmanuel. On the way we prayed for the residents, the businesses, the government, the Spry Centre itself, our parks, our rivers, lakes and all nature. We prayed for community organisations, the power company, and even our ancestors who have gone before us.

The warmth and friendship we felt

made the drizzle and cold a minor inconvenience as almost everyone stuck it out to the end of our two-hour prayer walk.

"It was so very comforting and reassuring to see that people from a variety of faith groups could come together harmoniously for this event," said Carolyn Mont, a member of St. Paul's United Church.

We look forward to doing this again next year, though we hope it will be warmer and dryer!  
*Rev. Michelle Bull is the Rector of Emmanuel Anglican Church and the chair of the Spryfield Ministerial Association.*



Good Friday prayer walkers gather in the parkette at Williams Lake Rd. where we prayed for all the residential communities of Spryfield, the homeless, including those living in the tiny shelters at Stella Maris, the public transit system and small parks. Beth Sutherland photo.



## NEWS & VIEWS

from the desk of  
Bruce Holland

### The Spryfield Business Commission has lots on the go this spring!

We're on a mission to make the Spryfield Business Improvement District a beautiful and appealing place to work, shop, and do business. We're Springing into Summer with our new Beautification Program. We're upgrading to 60 flower baskets which will include promotional signs from our sponsors, and there will be 24 large flower planters as well.

There are 60 opportunities to sponsor the hanging baskets with 12" x 24" promotional sponsorship signage at \$200 (includes hanger hardware) and 24 opportunities for the hanging baskets/sign and flower planters at \$300. Get in touch with Bruce today if you're interested in this opportunity.

We'd like to give a big shout out to Councillor Shawn Cleary, and Councillor Patty Cuttell for their support of this initiative.

The Spryfield Bowlarama Business Challenge will run on the third Thursday of every month from 6-9 p.m. This will be a great free networking event. To register, call Bruce at 902-452-7472 or email Bruce@discoverspryfield.ca

Each week the Spryfield Business Commission does a Business Spotlight feature on Facebook. Bruce chats with a business person about their business, essentially shining the spotlight on them. We'll be working our way through our members and associate members to schedule these features, but please feel free to reach out to Lorrie@discoverspryfield.ca if you'd like to appear sooner rather than later.

We're happy to announce that the Spry-

field Days Festival is set for July 16 and 17. We'll be following any active restrictions, but hope to have a full slate of events, including duct tape boat races, a children's festival with a bouncy castle and petting zoo, beer tent, live music concert, strawberry social, and gospel concert.



Thank you to the awesome volunteers at the Spryfield Urban Farm

We're ironing out details and a schedule and will keep you posted. We'd love to hear from anyone interested in sponsoring or organizing an event, and we're always looking for volunteers. Please reach out to Bruce if you can lend a hand.

We'll be hosting our Annual General Meeting in June. Our Guest Speaker is the Honourable John Lohr, Minister of Municipal Affairs. Be sure to follow our Facebook page for further details.

Stay tuned, we've got lots of exciting things coming up.

Bruce Holland  
Executive Director



Spryfield Days Festival: Love our volunteers and our sponsors



### Councillor Patty Cuttell

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# Aumbience Yoga & Wellness celebrates 3 years



by Lorrie Boylen

On May 22nd, Aumbience Yoga & Wellness will celebrate its third anniversary. In this peaceful, light-filled studio, one feels welcome, accepted and comfortable as they are. Whether you arrive in your pajamas, hand-me-downs or newly purchased expensive gear, this is a space to feel safe and supported; to laugh or cry; or to sit quietly and reflect on your day.

Entrepreneur Michelle Robinson's goal for her clients is what she calls Aum at Home: at peace, healthy and happy in the home that is their body, even after leave the studio. Yoga practice is taking care of the self. In this busy world, most of us don't have quiet time to tune in and reset our minds and bodies. Instead, we are conditioned to tune out and turn our

attention to the world outside of us.

The past two years have been the hardest, but thankfully Michelle was already established in her personal yoga practice so she could stay sane and calm. She's grateful for every experience, every person who helped transform the space, and to the community of people who stuck with her. Without their support, the studio wouldn't still be open today. She recognized how important it was to diversify and began offering her classes via Zoom while the studio was shut down.

During the pandemic, she brainstormed how she could partner with other like-minded entrepreneurs to fully optimize the space. Her husband Scott renovated an underutilized area, and last fall they opened a consulta-

tion space offering professional nutrition counselling and trauma therapy.

Co-creating with other wellness professionals allows the intertwining of multiple layers of wellness such as physical, spiritual, mental and emotional health. Two Registered Massage Therapists offer a variety of techniques to address pain, promote healing, and encourage higher levels of health and wellness.

One of the wondrous things about yoga is its diversity, and Aumbience offers a wide variety of classes to meet you where you are in your yoga journey. There are also workshops, including Moon Magic, Sound Therapy, Meditation, and Ayurveda workshops. To help maintain your home yoga practice, they have video packs available for purchase at [www.aumbienceyoga.com](http://www.aumbienceyoga.com).

New members can take advantage of the introductory offer of \$49 + tax for unlimited classes for a month, so they can try all the yoga classes to see which best meet their needs.

Don't think you're bendy enough for yoga? Fear not. Yoga is not about whether you can get into lotus position or hold a downward facing dog. It's about the breath and creating a space and peace in your mind and heart where you can be your best. The

postures are secondary. Just learning to breathe properly has huge effects across our multiple layers of health, and 1-2 classes a week can make a tremendous difference in your overall health.

If there's no room in your current budget for yoga classes, Aumbience offers an Energy Exchange program. If you clean, sanitize and tidy up the yoga studio for 1.5 hours, you can attend a yoga class free of charge. For more details contact [namaste@aumbienceyoga.com](mailto:namaste@aumbienceyoga.com) or call 902-479-0803.

Michelle continues to seek out what the community needs and develops the appropriate content and partnerships. If you are in a complementary field and feel you would be a good fit, get in touch.

Looking for a special gift? In addition to gift cards, Aumbience has a small retail space featuring unique gifts by local crafters and artisans, and throughout the studio you will find art for sale displayed on the walls.

Check their Facebook and Instagram pages @aumbienceyoga for celebration details, including some complementary free yoga, a class pass sale and prize draws.

(Lorrie Boylen is a Freelance Writer, Administrative and Communications Professional and CBC Radio's Community Contact for Sambro)

## "Night Sitter Stories" book launch May 5

The narrator of Night Sitter Stories is a disabled artist impacted by severe back trauma. She has great difficulty finding alternative employment, finally settling in to an obscure role as a 'night sitter' in hospitals and care homes. Assuming the twin personas of Florence Nightingale ('Florrie') and Scheherazade, she reads aloud to her invalid charges, becoming catalyst, witness, confessor and scribe as she precipitates personal tales and revelations which are the basis of the stories she recounts to her reader. Florrie encounters women and men, young and old, suffering from Alzheimer's disease, dementia, bipolar disorder, Tourette's syndrome, cancer, aphasia, physical and mental abuse, even a would-be suicide; through her interactions with them, some miracles transpire. Florrie seeks to create empathy for otherwise overlooked and marginalized individuals in our society. In the end, our stories are all we've got left. It's true that all it takes is a good listener and a conspiracy in the night to call them forth.

Night Sitter Stories: Close Encounters of a Caregiver is available at Carrefour Atlantic Emporium (1869 Upper Water Street, Halifax) as well as directly from the author ([kathrynreithblake@gmail.com](mailto:kathrynreithblake@gmail.com)).

Blake was born in Huntingdon, Quebec, in 1951 and lives in Ketch Harbour, Nova Scotia, Canada. She is a lifelong artist, writer, and reader. She wrote the tongue-in-cheek gardening pages for The Ketch Harbour Light, a local periodical published



from 1993 – 2008. While studying at McGill University (BA), she painted scenes and portraits in oils depicting Inuit culture for The Royal Gallery (Montreal, 1973 – 1975). She studied printmaking at the Nova Scotia College of Art and Design in Halifax (BFA), then pursued independent studies in hand papermaking. She helped build and establish a papermaking facility ("Old Harrie's Shed", 1978 – 2001) featured in the 1983 publication Handmade Paper Today, a world-wide survey of mills, studios, and techniques. Blake is best known for her work in paper fiber, using innovative techniques to create painterly images in mural format. Blake has exhibited her various work in solo and group shows in France, Japan, Philippines, New York, Toronto, Montreal and Halifax (1973 – 2015), most notably at the Third International Triennale of Paper in France ("PAPIER"). She is currently at work on a novel. Night Sitter Stories is her first published book.

A reading is free to attend and will be held on Zoom on Thursday, May 5, at 8pm. Register through this link: <https://writers.ns.ca/member-events/night-sitter-stories/> to receive a second link to attend.



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My philosophy is, you're never too old to do something.

- Rosie



Reg Horner Memorial **Chebucto News** Sports Page

# Chebucto Athletics U 18 AA finish with Silver



Chebucto Athletics U 18 AA finish with Silver at Hockey NS Provincials held in Membertou, Cape Breton on April 8th to April 10th.

Throughout all the ups and downs of the pandemic, the Chebucto U 18 AA hockey team has continued to excel and remain near the top of their league. The team has managed to make the HNS Provincials three times out of the last four years. This year the team made the trip to Membertou and fought their way into the Championship final game. Five teams make up this tournament consisting of teams from around the province. Chebucto

played the Tasa Ducks U 18 AA in the final game with the Ducks coming away with the win.

Chebucto team members also took four out of the six Skills Competitions that the Hockey Nova Scotia Provincials organizers conduct. Each of the five teams selects their best players to compete in each of these competitions. Chebucto players who were the winners of these competitions were as follows. Evan Hardiman – Fastest Forward Skater, John Flinn “A” – Puck Handling, Justin Lamontagne – Shooting Accuracy, and Elliot Sampson “C” – Showdown.

As well, each year the tournament organizers select a tournament Allstar team and Chebucto players also took 3 out of six of these team positions.

Allstar Team Goalie – Josh Mosher, All Star Team Forward – John Flinn, and All Star Team Defenceman – Elliot Sampson.

**SALES POSITION**  
**Chebucto News**  
 For more information, email:  
[dan@dandoherty.ca](mailto:dan@dandoherty.ca)

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# Cuttell Community Update

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

As we inch toward spring, it is so exciting to see plants bursting through the ground. However, it is equally disheartening to see all the garbage along our roads and in our parks. May and June are the months for community clean-ups. Several are being planned in the District and I want to give a big shout out to each of the organizers. We are lucky to have you! If you are interested in organizing a community clean-up, check out the Great Nova Scotia Pick-Me-Up ([www.nspick-meup.ca](http://www.nspick-meup.ca)) for information on how to register, get bags and gloves, and dispose of collected garbage. Remember, #everylitterbithelps.

Regional Council approved the 2022/23 budget last month for \$1.4 billion, which includes \$925 million in municipal expenditures (for things like fire, police, roads, parks, operations, transit, etc.), \$180 million for Provincial Mandatory Contributions (toward education, social services, etc.), and a Capital Plan of \$319 million (for specific projects like park upgrades, additional traffic calming, enhanced roadwork, urban forestry, etc.) A full Budget Overview is available at [Halifax.ca](http://Halifax.ca).

As a result, the average residential and commercial property tax bill is increasing by 4.6 per cent. However, the tax rate is actually decreasing from 0.813 to 0.794, to adjust for increases in property assessments and to limit the increase on your tax bill from last year to 4.6%. This means the average single-family home will pay an additional \$94 this year, or about an extra \$8 a month.

The Budget process takes months to complete. Back in November 2021 a 5.9% increase was estimated. I'm glad we were able to get it down to 4.6% while still including funding for HalifACT, the municipality's long-term climate action plan. Over the past five months I've heard from residents across District 11 about how important it is to start taking action on climate change, especially for the sake of future generations. Of the 4.6% increase, 3% is going toward HalifACT, and will fund projects such as electric buses, energy retro-fits of municipal buildings, and projects to prepare communities and infrastructure against the impacts of sea level rise and flooding. While I know some people are concerned about the 3% Climate Action Tax, my decision to support this was based on a lot of considerations, including future finances. Did you know it is estimated that spending \$1 today on climate action saves \$6 in future costs? Or that \$22 billion spent on reducing emissions saves \$41.9 billion through avoided energy costs? Everyday more and more of our energy is coming from renewable sources. We are not going to meet all our goals tomorrow, nor change the world from here, but we do need to start somewhere and we all need to do our part if there is hope of making a difference. This Budget is a

good beginning, and a first of its kind in Canada. You can view the full HalifACT plan on the [Halifax.ca](http://Halifax.ca) website. I believe it is something we should all be proud of.

There are also a number of items in the budget for District 11. I am excited to announce that Spryfield will be getting two new crosswalks: one along Dentith and another along Herring Cove Road at McIntosh. As well, I'm equally excited to announce that Spryfield will be getting a multi-youth centre, a safe and inclusive space that is youth led and run. This is only the second program of its kind in Halifax, and will be a great support

for youth in our communities. Also, the McIntosh Run Community Trail is being extended and the trail and parking lot at the old Roaches Pond ballpark is being upgraded to support a new off-leash dog park. You can also expect to see the work at Hartlen Park completed, a new playground at Portuguese Cove, roof and playground upgrades at the Harrietsfield Community Centre, work completed at the Lions Rink, renovations at the Captain William Spry Centre, and lots of other park improvements throughout the District. More speed box signs are being purchased to assist with traffic enforcement and there are many more projects in the operating budget for improvements in the area. I know there is always more to do, and if your community has a project it would like

to see done, please let me know.

Did you know with HRM's Affordable Access Program you only need one application to apply for Affordable Transit Pass, recreation programming funding, and property tax payment assistance. To learn more, to see if you qualify, or to apply, call 311 or visit [www.halifax.ca/affordableaccess](http://www.halifax.ca/affordableaccess)

Questions, comments, issues or concerns? Please send me an email to [patty.cuttell@halifax.ca](mailto:patty.cuttell@halifax.ca) or give me a call at 902-221-6893

Patty Cuttell  
Councillor | Le Conseiller | Nikanus Wunaqapemk  
District 11 Spryfield-Sambro Loop-Prospect Road

To sign-up for my e-newsletter email [browns@halifax.ca](mailto:browns@halifax.ca)

## The Maguire Report

by Brendan Maguire, MLA for Halifax Atlantic

April was Autism Acceptance month; an annual opportunity for a dedicated conversation about, and celebration of, autism and the autistic community.

In Canada approximately 1 in 66 children and youth are autistic. We have come a long way on breaking the stigma but there is still a lot of work left to do. Let's continue to learn, not just in April but, every month, every week, and every day of the year.

I want to wish a huge congratulations to Jacob Newcombe on all his success with Chicoutimi. We are all cheering you on and celebrating all your success.

Upshaw's Roller Dome will be opening this June at the Spryfield Shopping Centre. Their plan is to open prior to the beginning of summer. "I had the idea because there wasn't any realistic place for couples to go on a date night in Halifax that wasn't a bar, movie theatre or restaurant." said Shane Upshaw, owner of Upshaw's Roller Dome. "This will be something for everybody to do. I really took a big gamble on the roller skating world. Fortunately for me, it's bigger than expected." The Roller Dome will be open Tuesdays through Sundays. I, for one, am really looking forward to this awesome new business.

I want to wish a big congratulations to Rudy's restaurant in downtown Halifax on 39 years in business. Rudy and Family are proud Spryfielders and make some of the best food in all of HRM.

This past month my family and our community lost a great friend and person. Chris Perks passed during a workplace accident. Chris was one of the nicest, most honest people you would ever meet. He loved martial arts and was an incredible instructor. Chris was fantastic with the kids; they all loved him, including my own kids. It's difficult to put into words what it feels like when you lose someone so unexpectedly. To Katie and family, know that Chris was loved.

As of this writing the Houston Conservative government are passing their first Nova Scotia budget. I will do a deeper dive into this budget at a

later date. From what I can see, a lot of their campaign promises around better Healthcare access, better pay cheque guarantee, more affordable housing and environmental protects are not reflected in this budget. They are forecasting a doubling of the Provincial deficit over the next 3 years to 20 billion dollars. We need to remember that this is Nova Scotia's money and this debt will be on the backs of every Nova Scotian. If we are to run up these massive debts, we need to make sure that Nova Scotians

are getting better access to services for the money being spent. This is not the government's money to spend; this money belongs to the taxpayers of Nova Scotia.

We live in the best community in all of Nova Scotia and while the weather outside is absolutely beautiful, we should all take advantage. Get off our screens and explore our great outdoors.

I am always here. Contact me anytime.

Brendan Maguire

## Sammy says

The Sambro & Area Community Association ("SACA") is pleased to be bringing back the Annual Shay & MacKay Fishing Derby on May 29, 2022, from 11am to 3pm at Grand Lake in Williamswood. In addition to fishing, there will also be a barbecue, raffles, 50/50 draw, children's fish pond, and prizes for biggest and most fish caught.

Registration is \$10 for adults, \$5 for kids 12 & under and is open now. Early Bird Registration closes May 18 at midnight and early registrants will be in on a draw for a gift card.

Advance registration can also be done by e-transfer to [treasurersaca@gmail.com](mailto:treasurersaca@gmail.com). In the notation portion please state the registrant's name and age. Kindly use the password derby. You can also register in person on the day of the event from 8-10 am, or in advance at Mishoo's in Sambro or at the Spryfield Head Shoppe. 50/50 Tickets are also available.

Even if you don't plan on fishing you can still register to get your name in for all the draws and help support this great community event.

SACA is also seeking raffle prize donations or monetary donations to offset the cost of prizes and barbecue items, and volunteers are always welcome and needed. Please contact Kim @ 902-475-1583 or email [kim.mackay1212@gmail.com](mailto:kim.mackay1212@gmail.com).

Proceeds from this event go to the Shay/MacKay scholarship for a



J.L. Ilesley graduate, and toward our future barrier free fishing area.

This derby honours the memories of Cory Shay and Kyle MacKay, two close friends who were avid fishermen and J.L. Ilesley graduates from the class of 2005. We lost both these young men to cancer in their 20s. They faced their health battles bravely, never complaining, living each day to the fullest, and always taking time for family, friends and community.

Thank you in advance for your support of this event.

Sammy Sambro is SACA's mischievous mascot. You can follow him on Twitter and Facebook.

# 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](mailto:chebuctoeditor@gmail.com). Check our Facebook page for updates & late arrivals

**COMMUNITY EVENTS FOR MAY**

**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, 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](http://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
- 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.

**Urban Farm Museum Society of Spryfield events:**

- 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!
- Come Grow With Us event on Tues May 31st from 6 to 7:30 at the Farm
- School Fun Day will be held Thurs June 9th from 1:30 to 3pm at the Farm. Rain Date is Fri June 10th.
- Strawberry Shortcake Social will be held June 10th from 2 to 4pm at the Farm
- Evenings in the Garden Tues, July 26 and Aug 23 from 6:30 to 8pm at the Farm
- Harvest Fair Sat. Sept. 17th from 2 to 4pm at the Farm. Rain Date is Sun. Sept. 18th
- Volunteer Recognition night will be Mon. Oct. 17th from 6:30 to 9pm at the Spry Centre
- Annual General Meeting will be held Mon. Nov. 14th from 6:30 to 9pm at the Spry Centre

**City Church (276 Herring Cove Road) events:**

- City Church Telephone #: 902-479-248 c.citychurch@ns.sympatico.ca

[www.citychurchhalifax.ca](http://www.citychurchhalifax.ca)

- City Church Christian Radio Station Life 94.7 FM

**Emmanuel Anglican Church Hall (322 Herring Cove Rd. 902-477-1783, [emmanuelanglicanchurch.net](http://emmanuelanglicanchurch.net)) events:**

**Grief Support Group:** We will be starting up a grief support group on Tuesday evenings, from 7:00-8:30, beginning April 26 and running approximately 8 weeks. If you are interested in being part of this, please call 902-477-1783 and leave a message for Rev. Michelle Bull, with your phone number. Maximum number is 10. Our aim is to create a safe space where we can share our experiences of loss, and support one another as we journey through grief and all the emotions that are part of that process. Anyone is welcome.

**Good Friday Prayer Walk:** This year the Spryfield Ministerial Association is sponsoring our 2nd annual Good Friday Prayer walk. We will meet at Emmanuel Anglican Church, 322 Herring Cove Rd. at 9:30am on Good Friday, April 15. We will spend an hour or two walking together around downtown Spryfield and stopping along the way to pray for our community. Anyone is welcome to join us.

For more information contact Rev. Michelle Bull at 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 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 [stellamaris-twelvebaskets@gmail.com](mailto:stellamaris-twelvebaskets@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

**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!

**Chase the Ace Returns: The Spryfield Legion and Forever Young Seniors Club**

Spryfield Legion/Forever Young Seniors Club Chase the Ace has commenced at the Spryfield Legion.

Tickets go on sale April 13, 2022 and are sold during legion hours every day.

The first draw will be on April 20, 2022 and then each Wednesday after that. Starting jackpot will be 4,000.00. Tickets \$5.00.

**Mainland South Heritage Society**

will hold its Annual General Meeting at Captain William Spry Community Centre on Thursday, May 26 at 6:30 pm. All welcome. Please wear masks. For more information contact Iris, 902-479-3505.

**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.**

Supporting Your Community

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# LOCAL OBITUARIES

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

## Christopher Poole

It is with great sadness that we, the family, announce the passing of Christopher Poole on March 22, 2022. Born in Harbour Bretton Newfoundland on August 29, 1959. He is predeceased by his Mother Olive Agnus (Rose) and Father John Robert Poole; as well as two young siblings: Sister Sharron and Brother Perry (both in infancy). He is survived by his life partner of 22 years, Sandra Martin; Previous Wife Tracy Butler; Daughter Tara (Chris Neale); Son Brady Shanks (Gillian Claire); Grandchildren, Kelly Neale, Jesse Neale, Madeline Neale, Finley Neale. Brothers; Clarence, Scott, Terry (Brenda), John (Ada), Bruce, Gregory (Tammy), Sisters; Sharon (Lewis Willmott), Sylvia (Roy Ashton), Danita (Michael Lynch) as well as Many nieces and nephews.

Chris grew up in Gaultois NL. He studied at Memorial University in the Arts program as well as Information Technology at NSCC. Christopher worked in Fisheries NS, Alberta Oilfields and Forestry. Christopher was a passionate personal trainer for the YMCA and privately. He also worked at Blooming Cafe cooking and catering. He

enjoyed talking with the customers. Christopher will be greatly missed.

In lieu of flowers donations can be made in memory of Chris to the Heart and Stroke Foundation or please show someone a simple act of kindness.

## Verna Mary Ellen Garrison

Verna Mary Ellen (nee Miller) Garrison, 91 of Sambro, passed away March 29, 2022 at Arborstone Enhanced Care Facility. Born in Bald Rock on March 28, 1931, Verna was the daughter of the Late Henry and Beatrice (Smith) Miller.

Verna was a kind and gentle person who spent her life loving and nurturing her family. Verna was a member of the St. James United Church in Sambro, where she was part of many committees. She enjoyed knitting and quilting but the craft she loved the most was rug hooking. Verna and Cyril spend much of their retirement years at their cottage in West St. Andrew's. It was there that they enjoyed gardening, relaxing and spending time with

friends and family. Many evenings were spent playing Uno with anyone who happened to stop by for a visit.

Verna is survived by her sons Owen (Heather) Garrison, Middle Sackville, NS and Darrell (Aronda) Garrison, Sambro NS. Daughters Greta (Chris) Vanderzee, Red Deer, AB, Barbara (Gus) Reyno, Sambro, NS. Sisters Eva (Ted) Nichols, Joyce Parnell (her sister that meant so much to her) and brother Norm Miller. Grandchildren Tracy (Andrew), Darcy (Tara Lee), Krista (Randy), Brent (Kristie), Ryan (Jenny), Joey (Candice), Jaimie (Mitch), Evan (Brittany), Cara (Tyler). Great-grandchildren Kayleigh, Zachary, Sam, Brandon, Jaxson and Simon.

Besides her parents she was predeceased by her husband Cyril (2015) and her siblings Viola, Clarence, Laura, Arthur, Roy, Percy, Gerald, Charles, Una and Donald. A special thank you to the 4th floor staff at Arbourstone who lovingly took care of Verna over the past 6 years. Arbourstone became her new home after Cyril's passing and she truly enjoyed her time there.

Memorial donations for Verna can be made to St. James United Church, Sambro - 3811 Old Sam-

bro Rd, Sambro, NS B3V 1G1. Messages and memorials may be directed to Verna's family by visiting the Tribute Wall located at [www.walkerfh.com](http://www.walkerfh.com)

## Charlotte Rose Gauthier

Charlotte Rose Gauthier, 63, of Halifax, passed away peacefully at home on April 15th 2022.

Charlotte is survived by her parents, Roselea and John Reid; Her partner of 36 years Gordon Hall; Son, John Gauthier; Daughters, Amanda and Nicole Gauthier; as well as Grandchildren Makayla, Madden, Jordynn and Cali. Charlotte is also survived by her brother and sister; as well as two step-brothers and step-sister.

Charlotte will be remembered warmly by all those who knew her. She had a generous spirit, warm loving heart, and magnetic personality. She had many jobs, but the one she loved the most was working with the children at Central Spryfield School. She had a love for gardening, excavators and music.

Condolences and memories may be shared with Charlotte's family by visiting the 'Tribute Wall' located at [www.walkerfh.com](http://www.walkerfh.com)

## A Rotary moment From The Rotary Club of Halifax North West



Looking for a little fun in these stressful times? This may be just for you! With so many worthy community projects awaiting financial support, your local Rotary Club of Halifax Northwest is excited to announce the launch of our brand-new fundraiser. And this is our invitation to you to join us! Welcome to The Rotary Adventure Club!!



We've decided that it's time to travel again! And so we've assembled an amazing array of adventures just for you! Check these out:

- Sunny Cayo Coco, Cuba
- Punta Cana, Dominican Republic
- Maya Riviera, Mexico
- Aloha to Hawaii
- Tropical Costa Rica
- Italy Guided Holiday

All adventures include roundtrip airfare for two from Halifax, and also \$500 in spending money. You

can find more details on the Rotary Adventure Club website (see below).

Not yet quite ready to travel? You'll be able to take either a voucher for travel within the next 3 years, or a cash value worth 85% of the voucher.

To keep it exclusive, only 1,000 tickets will be sold. Each \$100 ticket buys you a chance to win in each of six draws. So get yours early if you don't want to miss out!

The first draw is on June 7th, with five more monthly draws after that! Along with the monthly grand prize, there will also be 4 draws each month of \$100, so that you can win your ticket purchase price back!

And while you're having fun, you will also be helping Rotary support numerous community projects. So don't delay! Purchase your ticket now at <https://www.rotary-adventure-club.square.site>

On April 23rd, Rotary Club of Halifax North West hosted a clean-up of Long Lake Provincial Park in

partnership with the Association. The fun started with a meet and greet at 9:30 am. Neighbours and Rotarians brought a beverage and a treat, getting to know each other a bit before embarking on the task of the day. At 10 am, the garbage pick-up began with bags supplied. Many people use the park all year round and many more are looking forward to getting outside after a long winter. They will appreciate our efforts to keep the park looking spiffy. Flora, fauna, friends and fresh air! What a great way to greet Spring!

Our Rotary Club of Halifax Northwest welcomes everyone to explore community service with us! We pride ourselves on being diverse and inclusive – and we're friendly! We currently meet in person every Tuesday from 11:45 to 1 pm. at Freeman's on Dutch Village Road in Fairview. For more information contact Roger Chiasson at [rogerchiasson305@gmail.com](mailto:rogerchiasson305@gmail.com) or (782) 234-9408.

Don't be shy. Share your thoughts and comments with us. Write to [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com).



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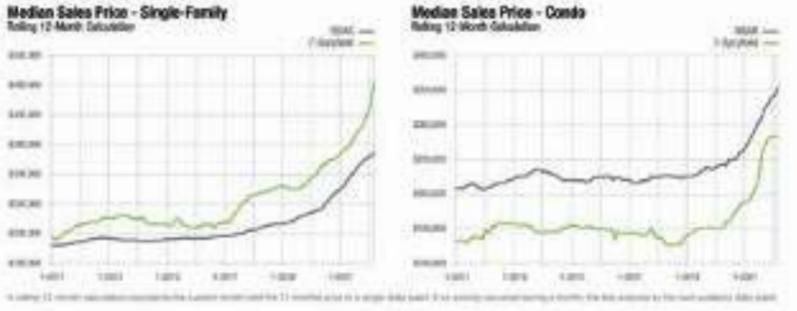
**Local Market Update – March 2022**  
 A Research Tool Provided by Nova Scotia Association of Realtors

**7-Spryfield**

Single Family	March			Year to Date		
	2021	2022	% Change	Thru 3-2021	Thru 3-2022	% Change
New Listings	36	31	-13.9%	31	33	+6.5%
Pending Sales	31	27	-12.9%	112	46	-58.9%
Closed Sales	34	20	-41.2%	116	36	-68.9%
Days on Market (Unit Sale)	20	6	-70.0%	44	6	-86.4%
Median Sales Price*	\$401,583	\$421,000	+4.8%	\$394,900	\$394,500	-0.1%
Average Sales Price*	\$424,246	\$487,031	+14.8%	\$393,291	\$472,191	+19.8%
Percent of List Price Received*	112.1%	104.4%	-6.7%	100.0%	108.7%	+8.7%
Inventory of Homes for Sale	6	6	0.0%	—	—	—
Months Supply of Inventory	0.2	0.3	+50.0%	—	—	—

Condo	March			Year to Date		
	2021	2022	% Change	Thru 3-2021	Thru 3-2022	% Change
New Listings	8	5	-37.5%	8	6	-25.0%
Pending Sales	3	3	0.0%	0	4	33.3%
Closed Sales	2	3	+50.0%	6	6	+0.0%
Days on Market (Unit Sale)	1	5	+400.0%	2	6	+200.0%
Median Sales Price*	\$326,000	\$390,190	+19.7%	\$262,900	\$396,794	+50.5%
Average Sales Price*	\$329,000	\$381,196	+15.8%	\$271,900	\$392,147	+43.8%
Percent of List Price Received*	110.1%	108.0%	-1.9%	112.0%	147.5%	+32.5%
Inventory of Homes for Sale	3	1	-66.7%	—	—	—
Months Supply of Inventory	1.2	0.3	-75.0%	—	—	—

**The Nova Scotia Association of Realtors statistics for March 2022 in Spryfield!**

**Houses and condos are still selling FASTER and at a HIGHER THAN ASKING price.**

**Call your Exit Realty Metro team today to get your property on the market.**

## WHAT IS YOUR HOME WORTH?

**FREE Comparative Market Analysis**  
 Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex market place.  
 Why not allow me to conduct a comparison of recent home sales in your area to give you a probable current market value of your home?

*To take advantage of this FREE NO OBLIGATION offer you can: Give me a call at 478-4023 and set up an appointment; Text me your contact information to 478-4023 and I will respond; E-mail me at: dan@dandoherty.ca with your contact information. Visit me at [www.dandoherty.ca](http://www.dandoherty.ca)—click on FREE Evaluation, fill in the form and send it to me.*

NOT INTENDED TO SOLICIT A PERSON OR PROPERTY CURRENTLY UNDER CONTRACT WITH ANOTHER AGENT OR BROKERAGE



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## Dan Doherty

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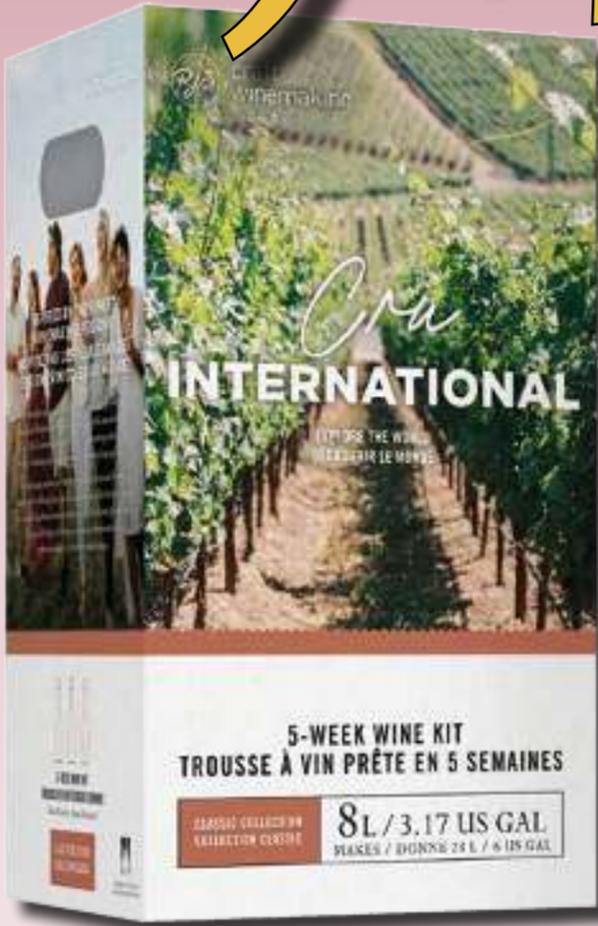



**50/50 Fundraiser supporting Long Lake Park: Monthly Draw**

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>

*Specials for the month of*

**MAY**



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Special prices  
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