

# Chebuucto News

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## Goodbye J.L. Ilsley and hello future

by Sarah Boyle

It was rainy on the days leading up to and the days after, but June 28th was a sunny beautiful day, making it perfect for J.L. Ilsley's graduation. 197 J.L. Ilsley students walked across the school's stage and received their diplomas as well as many awards. One of these honorable awards was the title of valedictorian given to Nicole Masters. The title goes to the student with the highest average in the graduating class. Nicole Masters earned the title while having taken a multitude of advanced placement courses. She believes it is largely J.L. that gave her the attributes necessary to be valedictorian. "Being Valedictorian was a surreal experience." She admitted. "I know that, at the beginning of high school, I would have been unable to stand in front of such a large crowd and present a speech that I had written myself. High school has been an amazing time for me, and I believe that it is largely due to my experiences at J.L. that that I was able to stand behind that podium and speak."

"She deserved it," one of her graduating peers said. "She worked really hard and studied a lot." Another graduate also commented on Nicole's honors. "I'm really proud of her. We've been friends for a long time and she's always been committed to school. She deserves this." Another friend commented on the speech that Nicole gave as valedictorian. "Even though she was nervous when she walked on stage, she gave a beautiful speech." Everybody was proud of Nicole, and Nicole was pleased with herself.

The graduation was followed by a reception in the cafeteria with snacks, refreshments and goodbyes. Many

photos were taken to remember the moment for all of the graduates. It was not just the students saying goodbye, but also the school's staff. Tim Simony, J.L.'s principal, mentioned in his speech at the beginning of the ceremony that the graduating class' first year of high school was also his first year at the school as principal. He came to this school with the graduating class and is sad but proud to see them leave.

Though it is the end of high school for this class, it is the beginning of another adventure. Nicole Masters plans to pursue electrical engineering and computer science at the University of Ottawa. Other graduates, whether going to university, college or straight into the work force, also plan on adventures.

(See Goodbye J.L. on page 2)



Valedictorian, Nicole Masters

## Sambro Sou'Wester Days Festival

by Lorrie Boylen

(Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro)

The 2013 Sou'Wester Days festival will take place this year from August 8-11 thanks to the fundraising and organizational efforts of the Sambro Area Community Association ("SACA"). The board was formed after the 2012 festival had to be cancelled due to lack of funds. The group has been working for months organizing various fundraising events including a kids' movie night, several bingos and 50/50 draws. Sue and Bobby Oxner won \$730 in the most recent 50/50 draw on Canada Day. The group also sought and received sponsorship support from generous local businesses and individuals.

The festival includes a free family friendly ceilidh with corn, hotdogs and refreshments, the community parade celebrating All Things Sambro, barbeque, family carnival, Sambro Island Light-house tours, washer toss tournament, beer tent with a kitchen party with local entertainment, an adult dance featuring

the band Hog the Covers, Service of the Sea church service, blessing of the fleet, rubber duck race, adult baseball tournament, little league baseball game, and lobster chowder supper. Closing off the week-end is Celebrate Sambro by Light when local boaters are encouraged to

(See Sou'Wester Days on page 2)

## Focus groups to determine training needs for businesses in Spryfield

The Spryfield and District Business Commission, in cooperation with the N.S. Department of Labour and Advanced Education, welcomes your participation in two focus groups to determine what the business community would like to see offered in the area of

training for employees of local businesses.

This could be anything from Social Media training to Introduction to Computers to Marketing for Business to Coaching and Mentoring. The Focus (See Focus Groups on page 2)

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# Focus groups

(continued from page 1)

groups will determine the need and employers and employees are invited to participate in deciding what is needed in this business community.

Ryan Brennan, Chair of the SDBC said, "We are very pleased to develop this relationship with the N.S. Department of Labour and Advanced Education. I am confident that these focus groups will identify the needs of our business members and we look forward to providing an opportunity for them to provide additional training for their employees."

Once the need for training programs is identified, these programs will be offered free of charge to employees of local businesses right here in the community.

Long-time local business man Cecil Caines said, "This is a fantastic opportunity for businesses in Spryfield to provide valuable training for their employees that they normally would not be able to afford. I tip my hat to the Business Commission and the Department of Labour for making this happen."

The focus groups will take place at the Captain William Spry Community Centre on Tuesday, August 20, 2013 from 10:30 a.m. – 12:00 noon and

# Goodbye J.L.

(continued from page 1)

To quote the Walt Disney quote that Nicole Masters used in her speech: "All our dreams can come true, if we have the courage to pursue them." J.L. has certainly provided its graduates with the courage to pursue their dreams.

Wednesday, August 21, 2013 from 6:30 p.m. – 8:00 p.m.

8 – 12 participants will be welcomed to participate in each focus group and participants will be chosen on a first

come, first served basis.

To participate please contact Bruce Holland, SDBC Executive Director, by telephone at 452-7472 or by e-mail at [sdbc@eastlink.ca](mailto:sdbc@eastlink.ca).

# Sou'Wester Days

(continued from page 1)

decorate their boats with Christmas lights while out off Crystal Crescent Beach prior to the ever popular closing fireworks display. All boats are asked to respect the distance required to be off shore in order for the fireworks to be safely presented. Please consult the community events section of this paper for full details including dates, times and locations of specific events.

Much work goes on behind the scenes before the festival can take place. Approximately \$12,000 is

needed before the festival can begin to cover things like portable toilets, insurance, community tent, liquor license, equipment rental deposits, etc. SACA's long term goal is to raise enough funds to build a community center in the area and their fundraising activities will continue throughout the year.

Both the Sambro & Area Community Association and Sambro Sou'Wester Days have very active Facebook pages with up to date event listings. For further details contact Leslie Harnish, 868-2553 or email [harnish@hfx.eastlink.ca](mailto:harnish@hfx.eastlink.ca).

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# Senior's Beat: Holy Old Jumpin', I'm a happy guy

by Beverley Clarkson

Can you yodel? That's what Lewie Hennebery did for his friends (pretty much everyone who wasn't a politician) when he said that. He learned from Hank Snow records. Readers of this column know what that means: the guy with the gorgeous voice who discovered Elvis Presley. I had been trying to interview Llewellyn James "Big Daddy" Hennebery for months up to a few days before he died, but he was always "out lobstering". He left his beloved Sambro for the last time on June 28, 2013, aged eighty-five, and there is a big hole in the community now. He was a character, and everyone knew and loved him.

If you were a neighbour, it was best to relax and enjoy it. He'd pick up his guitar or a rhythm stick any time of day or night and yodel. He'd jump up and down to the beat with his hearing-aid taped to his head (a habit because he was tired of losing them overboard.) Quite a long time after the early death of his wife, Ivy, "he'd pour out his heart on that guitar, just howled, and often the moon had crossed the sky before he called it quits," remembered Wanda Graham.

He also invented the "Liar's Club Museum" of creations that improved upon nature with sequins, glitter and glue; spangled lobsters and terrifying swordfish and somewhat smelly carcasses he acquired through a life on the sea and sometimes trapping on the land. Those sparkling blue eyes of his held their own in the middle while his unpredictable tongue raced through impossible scenarios worthy of a Tim Burton movie.

Of course, he was away a lot. He was a fisherman: sword fish, tuna, what have you, and built a multi-million dollar business with famous boats and the Ivy Fishery. You'd never know it to see his waterfront home, hardly the setting for today's wanna be rich showcases, and he liked it that way, in the face of commercial pretentiousness. He was today's renaissance man, growing vegetables and flowers; he could read the signs and portents in sea and sky, he made use of everything available. He grew enough potatoes to last the winter and help anyone who was hungry. He prayed every night for his children and asked to be forgiven for everything he had done during the day that was "not right, except for not obeying the fishing

laws because they weren't there when he was young and he couldn't fit into them". Cost him a lot in fines.

Says Jeanne Hennebery, no relation, the long-time friend and minister he asked to perform his service, "he loved his family with a fierceness. He took his sons to sea early, letting them spend the day alone on a dory yet telling them "don't head for land in an icy storm, head for warm water in the Gulf Stream". He wanted them indestructible. He cheered them on to racing championships locally and in Lunenburg. He passed on his musical skills to his sons too, and "the boys and their dad used to get together and sing

all evening." She says "he thought his girls were queens, though he'd argue and argue with them. He was a genuinely happy man," she said. "He said if he had his life to live over it would be exactly as he had, filled with music and family and fishing."

I wondered how this man's man was as a father to daughters. "Well," says Susie, the oldest, "he used to take me out lobster fishing when I was six, and I loved to see him haul the pots up. Then along came the four boys one after another and that was it. Mother looked after the girls and the boys went to sea with him". She chuckles, "My daughter can hold her own with any of them


though. She can shovel ice and bring in the pots and works in the office."

If you feel up to taking the measure of the man, you could do worse than spending an hour or so with this first class NFB film, One Man's Paradise, [http://www.youtube.com/watch?v=zSGxDXK\\_TdQ](http://www.youtube.com/watch?v=zSGxDXK_TdQ) and then The Voyage of the Seven Girls, [http://www.youtube.com/watch?v=Xl\\_qI-YTck0A](http://www.youtube.com/watch?v=Xl_qI-YTck0A). John Brett, the well known Halifax filmmaker, says Lewie "was so far out there being himself, he made you feel comfortable expressing yourself out there a little". As an occasional dabbler in self expression, I longed to meet him in person, but through his friends and admirers is pretty good too. The Museum is soon gone and his old house will be razed, but I'll bet the old man's ghost will hang around this place. Keep an eye out for the unexpected in Sambro.

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## DISCOVERING OUR PAST

### Entertainment on the Northwest Arm

by Iris V. Shea

For many years the Northwest Arm was a showcase of entertaining summer events that drew thousands of spectators to its shores. During the 1890s the annual Bankers' regatta attracted thousands of enthusiastic sports fans as they filled every available vantage point on the eastern shore of the Arm and on the water. They came in steamships, tugs, sailing boats, canoes, rowboats, carriages and on foot to watch the ladies' and men's double sculls; four, five and six-oared rowboats; and canoe races.

In 1899, with the building of the Northwest Arm Rowing Club near the foot of South Street, boating on the Arm became more popular. The immediate success of this club enticed others to follow and by 1909 four more clubs had been added to the eastern side of the Arm. St. Mary's Amateur Athletic and Aquatic Club, later St. Mary's Boat Club, moved from the harbour to the foot of Oakland Road and then to the present site with its entrance off Fairfield Street, between Jubilee and Coburg Roads. Their star athlete was John O'Neill, formerly of Ketch Harbour, and one of the top scullers in the world who competed in many of the Northwest Arm regattas. On August 7, 1909, in Detroit, O'Neill became the first Canadian to win the North American Amateur Singles Championship.

In 1904, the Halifax Amateur Athletic Club (later called Halifax Independent) built a boathouse at the foot of Oakland Road; in 1908, the Waegwoltic Club erected a large boathouse at the foot of Coburg Road and opened its membership to both ladies and men where families could take advantage of boating, tennis, quoits and billiards; the Jubilee Boat Club opened at the foot of Jubilee Road in 1909. The Arm soon became a showcase of annual events, including regattas and illumination nights organized by the boat clubs.

When Halifax celebrated, the Northwest Arm became the focal point. The Duke of Connaught and other important dignitaries attended the dedication of the Memorial Tower in August of 1912 and, according to the Evening Mail, "the illumination spectacle rivaled the Arabian Nights in its splendour."

Band concerts were another highlight of the celebrations on the Northwest Arm as the individual boat clubs



Joe Boutilier's Boat House at the Dingle, 1937. Courtesy Mainland South Heritage Society

hosted musical events to coincide with the regattas and illumination nights. The Evening Mail, July 11, 1921, reported that a large number of craft converged on the Northwest Arm when a band concert was held at the Dingle, "the most successful concert of the season." The bandstand at the Dingle was built in 1926 and regular summer concerts on Sunday afternoons became popular. Over the years Robinson's Ferry at the foot of South Street, Mont's Ferry at the head of the Arm, Adam Marr's Ferry at the foot of Coburg Road and Joe Boutilier's Ferry between the Dingle and Oakland Road transported hundreds of people to the Dingle to listen to the bands.

Another August event that attracted large numbers of spectators to the Arm during the 1920s and 1930s was the five-mile swim sponsored by the Halifax Herald and Mail. Doris Gidney of Melville Cove won the first race in 1927. Young Nellie Barry of Boulderwood (who later became Mrs. Earl Hartlin of Jollimore) was a regular competitor, outlasting scores of experienced swimmers, men and women, who could not endure the cold temperature of the water. The Sunshine Club practiced near the Waegwoltic and was made up of adult swimmers who competed in short and long distance swimming on the Arm. Mrs. Norman Arthur, a member of the club, was a regular race winner.

Racing regattas on the Arm during the 1920s and 1930s featured Henry Pel-

ham of Herring Cove in the four-oared shell, representing the Jubilee Boat Club. His team rowed to national and international victory at St. Catherine's, Ontario in August of 1930 and in subsequent years. In 1936 another local athlete, Bill Martin of Melville Cove, competing in single scull races, earned the title "Maritime Champion Novice and Junior Single Sculler". Enthusiastic spectators could pay 50 cents an hour to rent a canoe or rowboat from Joe Boutilier's boathouse at the Dingle and get a closer look at the start and finish line.

In August of 1935, Venetian Night on the Arm, reminiscent of the former illumination nights, became an annual event, followed by fireworks launched

from a barge off Horseshoe Island near Quinpool Road. Dinghy races on the Arm were well organized during the 1920s by a group of men who were instrumental in establishing the Armdale Yacht Club. They met at Mosey Stoneman's Armdale Boat Club, then at a bungalow on the Edmonds Grounds before moving, in 1947, to its present site on Melville Island. Regattas of a different nature added to the entertainment on the Arm as snipe, dinghy and other sailing races attracted crowds of spectators to the shores of the Arm.

The Halifax Independent, Jubilee and Northwest Arm boat clubs have disappeared to make way for housing developments. The ferries no longer operate, and a playground and parking lot have replaced Joe Boutilier's boathouse at the Dingle. Venetian Night, interrupted by World War II, resumed for a few years after the war but, like the racing regattas, is now just a fond memory. Last month there was a well attended band concert at the Dingle, the first in a long time. Another concert is scheduled for Tuesday, August 27th at 6:30 pm. Perhaps this will become a regular event each summer.

The 6th annual Natal Day Dingle Beach Party will be held August 5th from 11 am to 2 pm with entertainment for all ages. A Heritage Tea and Display by Mainland South Heritage Society will be held at the Adventure Earth Centre and a guided historic walk of the Dingle area will take place at noon during the celebrations.



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# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**Llewellyn J. "Big Daddy" Henneberry** 85, Sambro, passed away peacefully on Monday, June 24 in the VG Site QEII. Born in Sambro, he was a son of the late Gustavis and Helena (Twohig). Big Daddy was a very passionate fisherman all of his life. He loved to spend time in his building making creations with seashells and glitter, his favorite creation was "Mussel Men". He also enjoyed yodeling and playing guitar while singing with his boys. He especially loved a good argument with his sons and would not back down. Big Daddy will be missed by all who knew and loved him. He is survived by his children, Suzanne (Edwin) Kirk, Lucinda (Kevin) Chinn, Avery (Sharon), Wesley (Melissa), Marcel (Sherry), Clarke (Dawn) and Libby (Benny) DeVine; 25 grandchildren and 11 great-grandchildren; brothers, Harold, Gus, Cyril and Danny; sisters, Nettie and Velma. He was predeceased by his wife, Ivy (Hart); brothers, Allan, Norman and Charles; sisters, Nora Baker and Vera Duggan. A celebration of Big Daddy's life took place on June 28 in Sambro.

**Thomas Murray "Tom" Brennan** 67, Enfield, formerly of Spryfield, passed away peacefully with his loving family by his side on June 27, 2013 at the QEII, VG Site. Born in Halifax he was the son of the late Hector and Ida (Westhaver) Brennan of Spryfield. Tom was a great family man, he loved to spend time with family and friends and having great conversation. He loved music, reading, puzzles and sports. He was actively involved and volunteered in his community, having served as President of Chebucto Minor Hockey and as Treasurer of Spryfield Minor Softball Association. Tom was a hard worker, starting his entire career with the Nova Scotia Liquor Commission, starting as a clerk and after a 30 year career retired in 1997 as the Director of Store Operations. Tom is survived by his loving wife, Gloria (Bourque), sons, Shawn (Christine), Elmsdale and Ryan (Cherie), Halifax; sister, Sylvia (Joseph) Malcolm, Dartmouth and brother, Gordon (Cindy) Brennan, Edmonton, Alberta; grandchildren, Reilly, Patrick, Isabella and Clara. Tom is also survived by many beloved nieces and nephews. He was predeceased by sister, Joan and brother, Hector both in infancy. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601), 149 Herring Cove Rd.. A Mass of Christian Burial was celebrated on July 2 in St. Michael's Roman Catholic Church, Fr. Frank Pellerin as celebrant. Interment to take place in Gate of Heaven Cemetery, Lower Sackville. Donations in Tom's memory can be made to the VG Site Palliative Care 7A or Medical Day Unit 4th Floor.

**Bernice Marjorie Baker** 87, Halifax, passed away peacefully on Friday, June 28th, 2013 at the QEII Health Sciences Centre with family by her side. Born in Harbour Breton, NL she was a daughter of the late Isaac and Blanche Buglar. Bernice moved to Halifax in 1950 where she met and married Roy in 1954. She was a member of Emmanuel Anglican Church as well as an active member of the Emmanuel Ladies Fellowship. She was also a Member of Emerald Chapter #58 Order of Eastern Star and was an officer there for a number of years. Bernice was a loving mother, grandmother, and great-grandmother who was always there for her family and friends. She will be greatly missed by all who knew and loved her. Bernice

leaves behind her son, David (Lynne Roehl); grandchildren, Gregory (Margot), Michael (Amber) and Elyssa; five great grandchildren, Hudson, Maeve, Owen, Taylor and Theodore, all of Calgary. She was predeceased by husband, Roy Carleton Baker in 1996; sister, Edith Joyce Roberta Buglar, and half-sister, Una Violet Buglar; half-brother, Robert Isaac Conrad. A heartfelt thank you to the doctors and nurses at the QEII ICU and IMCU. Arrangements were under the direction of J. Albert Walker Funeral Home (2005) Ltd. Funeral Service was held on July 3 at Emmanuel Anglican Church, Rev. Don Shipton officiating; interment to take place in St. John's Cemetery. Family flowers only. In lieu of flowers, donations in memory of Bernice can be made to the IWK Health Centre Foundation or Shriners Hospitals for Children - Canada.

**Alpheus "Alf" Hardiman** The family of Alpheus Hardiman, 83, of Garnish, Fortune Bay, Newfoundland, announces his passing on Monday, July 8, 2013, in the QEII, Halifax, surrounded by the love of his family. Born in Garnish, NL, he was the son of the late George Hardiman and the late Mary Hannah (Baker). Alf loved spending time with his children and especially enjoyed his 9 grandchildren and 13 great-grandchildren. Alf was known affectionately by the great-grandchildren and their friends as the "Candy Man" as he always had candy in his pocket or under his pillow when he was bed-ridden. Alf's life was guided by his calling to the Salvation Army and he was a member of the Armdale Corps for over 30 years and the Garnish Corps for another 20 years. Alf is survived by his daughters, Sadie (Tom), Sheila, sons, Rendell, Joey, Jerry and daughter-in law, Patricia, all of Halifax-Dartmouth, son, Wayne of Ottawa, his siblings John (Jess), Meta Grandy, Elizabeth Scott, Georgie Fizzard and Shirley Green (Wilfred) and his many nieces and nephews. Alf was predeceased by his wife, Olive, and his sister, Annie Marshall. A special thanks to Dr. Christy Bussey and the staff of 8-4 QEII. God Bless You All for the care you provided to our loved one. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd. There was a celebration of Alf's life at the Salvation Army Church, Herring Cove Road, on July 11th, at 7:00 p.m. Alf then journeyed to Garnish, Newfoundland, for interment with Olive in the Garnish Cemetery. Family flowers only, Donations in memory of Alf may be made to the Garnish Salvation Army Cemetery Fund.

**Dolores Anne "Pidge" Chant (Finanders)** 76 of Halifax, passed away peacefully on Saturday, July 13, 2013 with her family by her side. Born in Halifax, she was the daughter of the late Thomas and Dolorosa (DeYoung) Chambers. She will be lovingly remembered and never forgotten by children, Christina (Brian) Randell, Robert (Cindy) Finanders, Gregory (Jeanette) Finanders, Angela (Warren) Marriott and Karen Finanders, 13 grandchildren, four great grandchildren, sister, Bernadette Copper (Northport), special sister-in-law, Mary Roach, several nieces and nephews. She was predeceased by her first husband, John Finanders, second husband, John "Popeye" Chant and companion, Gerry MacPherson, infant daughter Paula, infant grandson Andrew, brother Everett Chambers, brother-in-law, Arthur Cooper. Pidge was a mother figure to many in the community. Always active in the community, was a Girl Guide Leader, baseball coach,

volunteer at Legion Branch #152 where she was a life time member and Silver Cross Mother. The family would like to thank the medical team at the QEII IMCU unit. Specials thanks to granddaughters, Nicole Smith and Josette Finanders for their constant love and care for her final days. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. with a Mass of Christian Burial on July 17 at St. Michael's Roman Catholic Church. Interment to take place in Gate of Heaven Cemetery, Lower Sackville. Family flowers only, donations in Pidge's memory can be made to the charity of one's choice. Words of comfort can be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com).

**Vere Margeson Brydon** of Halifax, passed away peacefully on Saturday, July 13, 2013. Born March 1, 1923 in Black Rock, Kings Co, he was the son of the late Stanley Chester Sr. and Pansy Lillian (Strong) Brydon. His early years were spent in Cambridge Station, Kings Co, where, after serving overseas with the RCAF during WW II, he returned and was in business, and active in many community activities, such as cubs and hockey. In the early 1980s he retired from Brydon's Store and moved to Spryfield, where soon he was involved with the Legion, Earl Francis Branch, and with Calvary Baptist Church. He is survived by daughter Valerie Anne, grandson Allistair Neil, and granddaughter Kaylon Rheanne, son-in-law Hugh Fraser, all of Spryfield, niece/daughter Mary Somers, Halifax, and nominative granddaughter Nadine Deveau and great-granddaughter, Sydney (Steve Stewart), Ontario; sister-in-law Jean, brother-in-law Allison Fisher, and many nieces, nephews, great-nieces and great-nephews, with many of whom he was extremely close. A man with a strong sense of duty and commitment to his family and friends, his community and his country - a political junkie, and a man with a vivid love of life and a curiosity which kept him interested in everything around him until the very last. He never stopped learning, and he touched so many that he leaves an extremely large extended family who looked to him as "adopted" father, grandfather, advisor and mentor, and who will always remember and miss him. He was predeceased by his wife of 57 years, Alice Valeria (Hiltz), whom he missed every day after her death in 2005; parents, stepmother Ina; brother Stanley Chester Jr and wife, Alberta, Black Rock; brother Allan, Black Rock, sister Phyllis, Berwick and brother Merlin. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. Family burial was held on July 18 with a Memorial Celebration conducted by Rev. C Price and Rev D Nickerson from Calvary Baptist Church, Spryfield. Family flowers only, donations in memory to Hope Cottage, Feed Nova Scotia, Autism NS or any charity. Random acts of kindness would be a tribute to Dad's memory, and attending a memorial service on November 11th would be greatly appreciated. Words of comfort can be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com).

**Renzo Bonomo** 1921-2013 - 91, Halifax, passed away peacefully on April 12, 2013. Born in Asiago, Italy, he was a son of the late Agostino and Ines Cora Bonomo. He was a soldier in the Second World War, Geniere Alpino, 2nd Battaglione Genio della Div. Alpina Tridentina, and was awarded the Bronze Medal of Valor for the part he played in Russia in the Battle of Nikola-jewka. Renzo carried the memories of his wartime comrades with him throughout

his life. In 1955, he immigrated to Halifax through Pier 21 to begin a new life in Canada. Cabinet maker by trade, he began working at Glubes Furniture Ltd. Service Department until he retired in 1986. He loved nature and had a great passion for hunting and the outdoors. He also enjoyed gardening and looked forward to planting the most beautiful abundant vegetable garden each year. Renzo was a great cook, baked the best bread, homemade pasta and panettone for everyone. He was truly a good man, devoted and loving brother, husband, father, grandfather and friend. Family meant everything to him and his seven grandchildren were his pride and joy. He had the greatest sense of humor and enjoyed many many laughs with his neighbours, family and friends. He will be missed by all who knew and loved him. He is survived by his loving wife of 59 years, Eride Costa Bonomo; son, Agostino; daughter, Vivian; son, Michael (Carrie); grandchildren, Stephanie, Sean, Emma, Colleen, Katelyn, Shaylin and Michael; many nieces and nephews; sisters, Rina and Lucia, Italy. He was predeceased by sister, Maria (Italy) and brother, Ivano (Lower Sackville). The family would like to thank Dr. Stephanie Connidis and staff of 8.4 at QEII Health Sciences Centre, and also, the staff of 7th Floor Northwood Centre, especially Shelley whose daily smiles and chats made Renzo's short stay at Northwood a special one. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. Funeral mass took place on April 17, in St. Michael's Roman Catholic Church, Herring Cove Road with Father Frank Pellerin officiating. Burial followed in Fairview Lawn Cemetery, Windsor Street. Donations may be made to the charity of your choice.

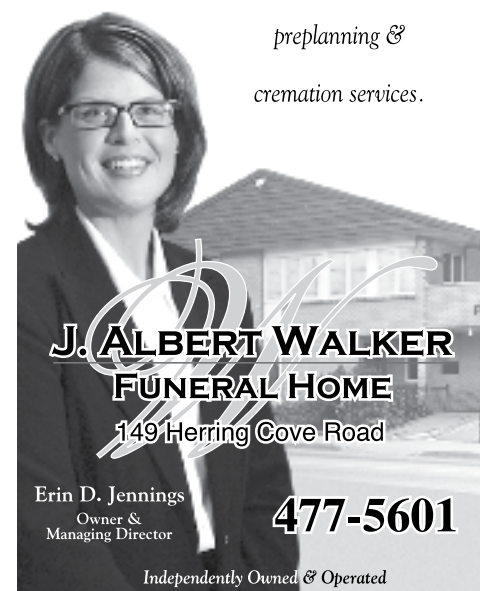
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# Talking with Jennie Marsland, local author

by Carrie Forbes

The richness of the Chebucto Mainland community is not limited to the beauty of our surroundings, but includes the talents and creativity of many artists living within. Photographers, painters and sculptors have nestled along the shores of the Loop, and writers are also to be found. With advances in technology, publishing written works has become much easier than ever before. One of our local writers, Jennie Marsland, has self-published several books using online publishing and has just released her latest novel, set in Halifax during the 1917 Explosion, *Deliverance*.

Jennie Marsland (a pen name) began her self-published writing career six years ago while teaching at the Shambhala School. During that time, she was on a school camping trip and an idea for a novel popped into her mind – a western which eventually became her first novel, *McShannon's Chance*. She was influenced by the Louis L'Amour novels that she read as a girl, but could clearly see the character during the 'strange,

powerful experience' that came over her during that class trip to Kejimikujik. She describes grabbing a piece of paper towel and writing three pages. She didn't know it would become a novel, and had no idea that this journey would take her to being the author of several romantic historical fiction novels, driven by a passion for developing characters rooted in the realism of times past.

Two of Jennie's novels are set in the era of the Halifax Explosion. The first, *Shattered*, details the return of a WWI veteran who must adapt to civilian life, and recover from wounds both physical and emotional. Despite falling in love, the complexities of his relationships come to a crescendo during the fateful events of December 6th, 1917. For Marsland, these relationship complexities bring life to the era the novels are set in. The history provides the backdrop, but the characters and their flaws, quirks and endearments are the forefront of the story. Marsland says the characters must have room to grow over the course of the story. As the characters evolve through the writing

process, she may find one of the supporting characters has a story of their own to tell, which was the case in her newest work, *Deliverance*. Like *Shattered*, the story is set during 1917, also with the Explosion as a key event for the story's progression. However, the focus is on the sibling of one of *Shattered's* main characters.

Part of the allure of writing about the early 20th century for Marsland is that it was a time of great change. The people of that era were dealing with a very different war than they had known; prohibition was pushing the boundaries of moral behaviour; and women's roles were changing during the time of suffrage movements. Though we see our modern lives as transformational and filled with change, there are a lot of similarities to bind the characters of a hundred years ago to our current times. Ultimately, human behaviours are timeless.

As a self-published author, Marsland

notes that there has been a 'huge explosion' of novels available now that today's technology makes it very easy to do, as the process is not nearly as intimidating as it was back in the days of sending manuscripts by mail. However, it is still important to reach out to supports like editors to ensure that an author's work is polished and professional. Fortunately, there are writing communities, including editors, available to writers online. The challenge for self-publishers is primarily promotion, as anyone can self-publish, but letting people know about the work in a sea of millions of titles can be daunting. Marsland has conducted readings at the Spring Garden Road library and Maritime Museum. She has hardcopies of her books for sale via her website <http://jenniemarsland.com/>. Her novels are also available on Amazon, Barnes & Noble, and the Kobo reader site.

## Spryfield's got talent

Spryfield's got talent and food trucks and white lights and racing cars and a bike rodeo and scarecrows and Shaker and events galore!

From September 21st to October 5th there will be something for everyone to see and do in Spryfield as the First Annual "Spryfield Village Harvest Festival" kicks off! The event will begin with opening ceremonies and a Harvest Fair at the Spryfield Urban Farm, and a Gospel Concert at City Church, which will include the "Light Up Spryfield" ceremony, on the weekend of September 21st.

On the weekend of September 28th the Spryfield and District Business Commission will host a Business Expo, the preliminaries of the "Spryfield's Got Talent" Contest and other activities, all of which will take place at the Spryfield Shopping Centre. The Captain William Spry Community Centre will host a "Family Fun Day". There will be a giant yard sale around the entire Sambro Loop with two main locations at the Spryfield Legion and the Harrietsfield Community Centre. Local Churches will also be hosting events and services throughout the weekend.

The Festival winds up on the weekend

of October 5th with a Bike Rodeo in front of Canadian Tire, an Antique and Race Car Show, a Giant Bake Sale and Cake Decorating Contest, the finals of the "Spryfield's Got Talent" contest and a dance with the band "Shaker" at the Spryfield Legion.

The Harvest Festival decorating contest will run throughout the Festival. Homes, apartments and businesses are encouraged to decorate their premises in a Harvest theme with a Scarecrow and winners will be announced at the end of the "Spryfield's Got Talent" show. The "Light Up Spryfield" program will run throughout the Festival and into the Holiday season.

Please see the schedule of events and activity descriptions in this edition of the Chebucto News. To participate, volunteer or sponsor an event, you are welcome to contact event chairman, Bruce Holland at 452-7472 or by e-mail at [sdbc@eastlink.ca](mailto:sdbc@eastlink.ca).

The Spryfield and District Business Commission would like express special thanks to all of the event sponsors, partners, and volunteers and to Rick Dempsey and the Spryfield Shopping Centre who have gone out of their way to make this event a reality.

## I am a Herring Cover, Harrietsfielder... before I am a Liberal

The weather was gorgeous and people were in great spirits for the July 15th Brendan Maguire Meet and Greet in Herring Cove.

It was a night full of good food, drinks and conversations as almost 50 people came

in and out of the event hosted by Stan and Jan Kutcher.

Highlights of the night were speeches from the Liberal Official Opposition Leader, Stephen McNeil, who beamed with pride as he recalled his Spryfield roots and his eagerness to work with Brendan Maguire.

"Brendan brings a different perspective to the Legislature. A background you don't see and one that has been missing. We hope that his different views, experience and background will help form Liberal policies and help shape the party for years to come."

After thanking the crowd for showing up, Brendan made it perfectly clear where his loyalties are.

"In one of the first conversations I ever had with Stephen McNeil, I made it clear that I am a Herring Cover, a Harrietsfielder, a Spryfielder, a Williamswooder and a Sambroonian before I am a Liberal. The people of this community will always come before any party line."



Left to Right Stan Kutcher, Brendan Maguire, Stephen McNeil



Mike McIntyre, centre, presents Hand in Hand with a cheque for \$2701.00

## Introducing S. Robinson Mechanical Ltd.

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## Fresh Seafood

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- Haddock Tips 'n Fries **\$5 BUCKS**
- 1 pc Fish 'n Chips **\$4 BUCKS**
- 2 pc Fish 'n Chips **\$6 BUCKS**
- 3 pc Fish 'n Chips **\$8 BUCKS**
- 8 pc Family Pack Fish 'n Chips,  
Coleslaw & Gravy **\$20 BUCKS**

## FAMILY DEALS

- 8 pc Fish 'n Chips OR  
16" 3 toppings Pizza, 16" Garlic  
Fingers OR 2 Lasagna,  
2 Garlic Bread,  
Lg. Caesar, 2 cans Pop  
**\$20 BUCKS**

## Traditional Pizza

- ANY** 18" Pizza **\$18 BUCKS**  
or 2 for \$34
- ANY** 16" Pizza **\$16 BUCKS**  
16" Pepperoni \$12 or 2 for \$30
- ANY** 12" Pizza **\$12 BUCKS**  
or 2 for \$20
- ANY** 9" Pizza **\$9 BUCKS**  
or 2 for \$16

## Classic Dinners

- Chicken Burger 'n Fries  
**\$4 BUCKS**
- Hot Chicken Dinner  
**\$4 BUCKS**

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## Festival Schedule

Please go to [www.spryfieldvillage.ca](http://www.spryfieldvillage.ca) or call 452-7472 to access the participant registration forms.

### Pre-Festival Event

#### Tuesday August 13, 2013

Evening in the Garden

6:30 pm-8 pm

Urban Farm, 62 Rockingstone Road

#### Saturday September 21, 2013

Opening Ceremonies and Urban Farm Harvest Fair

2 pm-4 pm

Urban Farm, 62 Rockingstone Road

Outdoor Gospel Music Concert

7 pm- 9 pm

City Church, 276 Herring Cove Road

Light Up the Festival Ceremonies

8 pm

City Church, 276 Herring Cove Road

Spryfield Village Harvest Festival Decorating Challenge

All day

Houses, apartments, businesses and organizations throughout community

#### Sunday September 22, 2013

Historic Walk of Spryfield

12:30

Entrance of St. Paul's United Church, 173 Old Sambro Road

Ecumenical Service

7 pm

City Church, 276 Herring Cove Road

Spryfield Village Harvest Festival Decorating Challenge

All day

Houses, apartments, businesses and organizations throughout community

#### Saturday September 28, 2013

Loop De Loop Yard Sale

9 am-1 pm

Spryfield Legion, 7 Sussex Street

Yard Sale

9 am-1 pm

Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road

Spryfield and District Business Expo

10 am-4 pm

Spryfield Shopping Centre-entrance by No Frills, 16 Dentith Road

Food Truck Rally

10 am-4 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Family Fun Day

1 pm-4 pm

Captain William Spry Rec. Centre, 16 Sussex Street

St. Paul's United Church Supper

4 pm-6 pm

St. Paul's United Church, 173 Old Sambro Road

Spryfield Village Harvest Festival Decorating Challenge

All day

Houses, apartments, businesses and organizations throughout community

#### Sunday September 29, 2013

Celebrate the Harvest Worship Service

11 am

St. Paul's United Church, 173 Old Sambro Road

MacIntosh Run walk and nature activities

1:30 pm

Meeting by the bridge on Drysdale Road

Spryfield's Got Talent Preliminaries

2pm-6 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Service for the Blessing of Animals

2:30 pm

Churchyard of St. Paul's United Church, 173 Old Sambro Road

Spryfield Village Harvest Festival Decorating Challenge

All day

Houses, apartments, businesses and organizations throughout community

#### Saturday October 5, 2013

Family Fun Day Washer Toss Tournament and B.B.Q.

10 am

Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road

Bike Rodeo

10 am- 1am

Canadian Tire, 16 Dentith Road

Antique & Racing Car Show

2 pm-4 pm

Canadian Tire, 16 Dentith Road

Beautiful Cakes Auction and Giant Bake Sale

11 am-3 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Food Truck Rally

10 am-4 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Spryfield's Got Talent

12 pm-4 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Spryfield Village Harvest Festival Decorating Awards

4 pm

Spryfield Shopping Centre-lower level, 16 Dentith Road

Spryfield Dance with Shaker

9 pm-1 am

Spryfield Legion, 7 Sussex Street

### Platinum Sponsors



SPRYFIELD AND DISTRICT BUSINESS COMMISSION



### Gold Sponsors



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# Event Descriptions

## Tuesday August 13, 2013

**Evening in the Garden:** 6:30- 8pm. Urban Farm, 62 Rockingstone Road. Join us to learn how to make a scarecrow for the Spryfield Village Harvest Festival Decorating contest and listen to live music by the Spryfield Community Band for an Evening in the Garden at the Urban Farm. For more information, contact Marjorie Willison 477-6102

## Saturday September 21, 2013

**Urban Farm Harvest Fair and Harvest Festival Kick-Off:** 2-4pm. Urban Farm, 62 Rockingstone Road. Join us for games, contests, food, wagon rides, animals, and live music. For more information, contact Marjorie Willison 477-6102.

**Outdoor Gospel Music Concert:** 7pm, at City Church, 276 Herring Cove Road. Presented by City Church and Life 94.7 fm radio. Free hotdogs, Spryfield Village Harvest Festival cake, and special prize draws for children and adults.

**Light Up the Festival Ceremonies:** 8pm, at City Church, 276 Herring Cove Road. Join in by lighting up your house, apartment, business or organization.

**Spryfield Village Harvest Festival Decorating Challenge:** Throughout the Festival, Spryfield homes, apartments, businesses/organizations will be decorated in a Harvest theme. Enter three photos and application form online by September 18. Nine prizes will be announced Sunday October 5, 4pm. For more information, contact Marjorie Willison 477-6102.

## Sunday September 22, 2013

**Historic Walk of Spryfield:** 12:30pm, at St. Paul's United Church, 173 Old Sambro Road. Join us for a walk of historic Spryfield. Learn about the history of your community. The walk, led by Carolyn Mont, will go from St. Paul's United Church along Sussex Street to Herring Cove Road, to Old Sambro, to Dentith, through the walking trail beside the Urban Farm, down Rockingstone Road back to the church. Route by the CRABapple Mapping Project Walk of Spryfield Village. Approx 2.5 km, walk includes hills. Maps and brochures will be provided. Walkers may park in the church parking lot.

**Ecumenical Harvest Festival Church Service:** 7pm, at City Church, 276 Herring Cove Road. Presented by the Spryfield Christian Ministerial Association. Participant churches include: Emmanuel Anglican Church, St. Michaels Catholic Church, Salvation Army, Calvary United Baptist, St. Paul's United, open Door Community Church, and City Church.

**Spryfield Village Harvest Festival Decorating Challenge:** Please see description under September 21st.

## Saturday September 28, 2013

**Loop De Loop Yard Sale:** 9am- 1pm. Spryfield Legion, 7 Sussex Street. Join in the Loop De Loop Yard Sale covering Spryfield and the Loop. Spryfield Legion and

Harrietsfield/Williamswood Community Center are just two of the stops along the way! Join in by finding new treasures or by hosting your own sale. Those wishing to rent tables from the Legion may at \$10 per table. Tables are buy 2 get 1 free! For more information, contact Gina Gray at 476-9413.

**Yard Sale:** Saturday September 28, 9am- 1pm. Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road. Those wishing to rent tables from the centre may at \$10 per table. For more information, contact Larry or Mike at 477-8749 or 403-1666. Rain date will be Sunday, 29, 9am- 1pm.

**Spryfield and District Business Expo:** 10am- 4pm. Spryfield Shopping Centre- upper level foyer. Members of the Spryfield and District Business Commission will showcase their goods and services to the general public, offering discounts and specials.

**Food Truck Rally:** 10am- 4pm, at Spryfield Shopping Centre- lower entrance, 16 Dentith Road. Take a break and get a bite from one of the many delicious options! To become a vendor check out our website [www.spryfieldvillage.ca](http://www.spryfieldvillage.ca)

**Family Fun Day:** 1-4pm, at Capt. Spry Centre 16 Sussex Street. Join HRM Recreation staff for a day of old fashioned backyard games, skate boarding, demos, swim, and more. Bring your family and enjoy an afternoon of outdoor fun. For more information contact Karen Lowery 479-4485. Sponsored by HRM Community Recreation Services.

**St. Paul's United Church Supper:** For more information, contact Kristen Hollary 479-1015

**Spryfield Village Harvest Festival Decorating Challenge:** Please see description under September 21st.

## Sunday September 29, 2013

**Celebrate the Harvest Worship Service:** For more information contact 477-3397

**MacIntosh Run - Walk and Nature Activities:** 1:30pm at bridge on Drysdale Road. There will be a walk along the MacIntosh Run during the Spryfield Village Harvest Festival week. It will take place on Sunday, September 29th at 1:30 pm (rain or shine) meeting by the bridge on Drysdale Road. Some river, pond and field activities for children and families may be incorporated into the walk. If you bring a snack, be sure to carry out your garbage. For more information, contact Karen Mackay [karenmackay@eastlink.ca](mailto:karenmackay@eastlink.ca)

**Spryfield's Got Talent:** Sunday September 29, 2pm-6pm and Saturday October 5, 12pm- 4pm. Spryfield Shopping Centre- lower level, 16 Dentith Road. Do you have talent? Have you been wanting to share it with the world? The first annual Spryfield's Got Talent is not just a singing competition! It will be a showcase of any talent residents of the Chebucto Loop wish to share with their community. Singers, dancers, jugglers, local bands, baton twirlers, comedians and more are all encouraged to participate! Opportunities will be given to perform in children, youth or adult categories. All talents that can be

showcased on our stage will be welcome. Qualification Performances - Sunday, September 29th, 2013 from 2pm-6pm. Contest Performances - Saturday, October 5th, 2013 from 12pm-4pm. For more information, contact Chris Ward [eloboesolo@gmail.com](mailto:eloboesolo@gmail.com)

**Service for the Blessing of Animals:** Sunday September 29, 2:30 pm, in the churchyard of St. Paul's United Church, 173 Old Sambro Rd., Spryfield. In the case of rain the service will take place in the church hall. Bring your pet in a cage or carrier or on a leash. If you don't have a pet, come anyway. There will be a freewill offering for the SPCA. You may bring your lawn chair. After the service there will be some refreshments for humans and animals. For information call 477-3937.

**Spryfield Village Harvest Festival Decorating Challenge:** Please see description under September 21st.

## Saturday October 5, 2013

**Family Fun Day Washer Toss Tournament and B.B.Q.:** 10am at Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road. Cash Prizes. Registration at 10 am. Games to begin at 11am. \$10 per person to play. For more information, contact Larry or Mike at 477-8749 or 403-1666.

**Bike Rodeo:** 10- 11am at Canadian Tire, 16 Dentith Road. Decorate your bike and show off your ride!

**Antique & Racing Car Show:** 2- 4pm at Canadian Tire, 16 Dentith Road. Calling all antique and race car enthusiasts!

**Beautiful Cakes Auction and Giant Bake Sale:** 10am-2pm. Enter your Beautiful Cake creation in the silent auction to help raise funds to support the Spryfield Village Harvest Festival. Highest bids for cakes determine 1st, 2nd, and 3rd prizes to cake creators. Enter cakes at 9am, bidding from 10am to 1pm, prizes awarded and bid winners announced at 4 pm.

Groups and organizations can raise funds for their group by entering the Giant Bake Sale for \$20 per table. Register ahead of time and set up goods at 9am. Prizes provided by Epicure. For more information contact Marjorie Willison 477-6102.

**Food Truck Rally:** Please see description under September 28th.

**Spryfield Village Harvest Festival Awards Presentation and Closing Ceremonies:** Saturday October 5, 4pm at Spryfield Shopping Centre- lower level, 16 Dentith Road. Cheer on the winners of the Spryfield Village Harvest Festival Decorating Contest, Beautiful Cakes Auction, and Spryfield's Got Talent!

**Spryfield's Got Talent:** Please see description under September 29th.

**Spryfield Dance with Shaker:** 9pm- 1am at Spryfield Legion, 7 Sussex Street.

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# Brennan Campaign HQ opens



On Saturday, July 13, 2013 hundreds of local residents attended the opening of Ryan Brennan's Campaign Headquarters and enjoyed an afternoon of free food and fun. There were bouncing castles, music, a BBQ, icecream, popcorn and much more for all to enjoy.

It was hard to tell it was a political event as children, parents and grandparents were treated to a carnival like atmosphere that just happened to include the opening of Mr. Brennan's campaign headquarters.

When asked why he chose to include the family fun in what would normally be a stuffy political event, Mr. Brennan said, "I am a family man and I want the people of this riding to know I am prepared to do things differently. I want the people that I will represent to know that I am approachable and will be accessible and visible in the community."

Mr. Brennan's headquarters is located in the old Rogers video location in

the Spryfield Shopping Centre between Canadian Tire and the Dollar Store.

One grandmother leaving the event with her grandchildren commented "I will definitely be voting for him, this is the kind of representative we need."

Progressive Conservative Leader Jamie Baillie, who attended the event said, "I've attended a lot of campaign headquarters openings, but this is the first time I've ever seen anything like this. My respect and admiration for Ryan has just gone up another notch."

Ryan would like to thank everyone who came out, the volunteers, and Hallie Henneberry, whose significant contribution helped to make the event a success!

Ryan is the P.C. candidate in the upcoming Provincial election. Anyone wishing to speak to Ryan or volunteer to help out on the campaign can do so by contacting Ryan directly by telephone at 818-8814 or by e-mail at [ryan@ryan-brennan.ca](mailto:ryan@ryan-brennan.ca)

## Herring Cove Community Dentistry welcomes Dr. Elizabeth Logan

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Dr. Logan graduated from the Faculty of Dentistry at McGill University in June 2012. She then spent a year completing a Pediatric General Practice Residency at the IWK Health Centre. She is also a clinical demonstrator at the Dalhousie University Faculty of Dentistry.

Dr. Logan is certified in oral sedation and nitrous oxide sedation, and has successfully completed training in Pediatric Advanced Life Saving. She has additional training in routine and emergency oral health care for children, as well as medically compromised children and those with special needs.

Dr. Elizabeth Logan joined our team June 13, 2013. Her hours of operation are: Thursday: 9-5; Friday: 9-5; Saturday: 9-5.

Dr. Logan is now accepting new patients. Please call 477-9457 to book an appointment for your child today!



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Reg Horner Memorial

# Chebucto News Sports Page

## H.W.C.C.A. Annual Fishing Derby a success!

by Larry Sinclair, Chair, H.W.C.C.A.  
 H.W.C.C.A. Annual Fishing Derby: was a great success again this year, considering it had to be postponed until the next week-end due to the bad rains, and took place on June 22 instead. The community dance still happened on the 15th, as planned, but the BBQ, face painting and petting zoo, took place on the 22nd along with the derby at the Spruce Hill Lake area, all of which were sponsored by the Harrietsfield/Williamswood Community Centre and private donors. It's getting bigger and with more donors each year and the community looks forward to it. This year we had some 20 to 30 families and children attend and the

prizes were given out to: 12 year old Daniel Walters for bagging himself a 12 inch trout for 1st place; 7 year old Jordan Brake, with second prize and an 11 inch fish; and third place went to Evan Gray, who caught himself a 10.5 inch fish, plus many more in the smaller range.

Being as popular as it is, the H.W.C.C.A. would like to thank all it's supporters, volunteers and donors, for making this a day for the centre to give back to the community as an expression of gratitude to all. Special "thanks" go to the following, who have supported this event year after year, and who have just gotten involved more recently. Let me begin by acknowledging Angela Arms-

worthy, the centre's "program coordinator"; Scott Warren, a local merchant; Councillor Steve Adams; Jason Kane and Coca Cola Company, for donating some items for prizes; Wyatt Redmond, owner and operator of Beaver EnviroDepot; Killam Properties and Mary Boutillier, owners and manager of Birchlee Estates; Ian Purcell, owner of Harrietsfield Auto and board member of H.W.C.C.A.; Isenor's Stables and owner Danny, for supplying the "petting zoo"; Jeff Fancy, for allowing access and parking to the event; the AHF Church, under the direction of Kim Baltzer, who supplied the "face painters"; volunteers Angela Pollard, Rose MacKay, Bruce Enwood and anyone else who donated time to our event and lastly, Brendan Maguire, the Liberal Candidate for our region, for his kind contributions. Most of the "thanks" goes to the community for helping to keep our centre alive and a vibrant part of the community, and on behalf of myself, Larry Sinclair, Chairman and the Board of Directors, Donna Frizzell, Diane Drake, Mike Donovan, Ian Purcell, and Rose MacKay and junior members, Danielle Frizzell and Caitlyn Sabine, we are very grateful and appreciative of all who give us time and money to carry on our work in the community of Harrietsfield and Williamswood and with the children in our programs.

ing body can burn.

Results from the analysis will provide instructors with the information they need to suggest a program tailored to your body. These programs will focus on the three S's: strength, stamina, and suppleness which encourage longevity, and a well-balanced and functional body. Several classes that incorporate these are Zumba, Stretch Yourself Slim, and Pilates.

People of all sizes and ages are invited to attend lessons at the studio and experience the community environment and lessons taught by the best instructors in Halifax. Those interested in what the studio has to offer should check out R2R's site, www.readytorumba.com, or phone the manager, Joan Stirling, at 444-3129.

## Blanchard sisters bring home gold

Caitlain and Alison Blanchard recently competed in the Eastern Canadian Rugby Championships held in St. John's, Newfoundland the weekend of July 11-14th. They brought home with them two gold medals. Caitlain's senior women's team fought a tough battle vs Newfoundland with a final score of 28-24 for NS, while Alison's U18 team defeated New Brunswick 22-0. In total, Nova Scotia returned home with four medals, three gold (senior, U20, U18 women's) and one bronze (U18 men).

On another note, Caitlain competed at the National level at the end of June and brought home a gold medal for the Atlantic Canadian Women's Rugby Team who went undefeated throughout the entire national women's league tournament. Alison is due to compete at nationals in August, representing Nova Scotia at the U18 level. The sisters would like to thank their sponsors, family, and friends for supporting and encouraging them throughout these competitions; without them, their accomplishments at the community, provincial, and national level would not be possible.

## Local athlete to compete at annual Hershey's Track and Field event

Sponsored by the Hershey company for 36 years, the North American Final will be held on August 3, 2013, in Hershey, Pennsylvania, at the Henry Hershey Field on the campus of the Milton Hershey School. Hershey's Track and Field Games is the largest program of its kind in North America, providing 9 to 14 year old boys and girls the opportunity to learn and develop the skills required to participate in basic track and field events. Local 10 year old, Alexandra (Allie) is a member of the Halifax Track Club and also enjoys doing other sports like soccer, hockey, biathlon, down hill skiing, and running in the Youth Running Series. Allie is the niece of 2 time Olympian Zina Kocher and hopes to one day follow in her footsteps. Allie is the first Nova Scotian athlete to attend the Hershey Track meet in 2 years.

### Chebucto News Business Directory

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## Are you Ready to Rumba?

by Nicole Masters

Ready to Rumba (R2R) is a dance studio in Spryfield, but don't let its appearance fool you: it isn't just about dancing! R2R started out as a studio focused on dance classes, evolving over the past six years to become a studio that teaches fitness and lifestyle to all ages and levels. Don't worry if you've never taken a class before! R2R is perfect for beginners looking to improve their health and lifestyle, offering classes on a drop in basis where you can choose which classes to take and when.

Suzanne Bechard, a dance instructor as well as the founder of R2R, speaks of how R2R isn't just a dance studio. It is a way for people to make a change in their lives safely and under the guidance of people who understand their clients' needs. In an interview Suzanne said, "It is my duty to educate myself on all the issues relating to body fitness because we would never want to encourage someone to do something that could potentially cause harm." Suzanne has travelled all around the world attending seminars and learning new techniques for her classes.

This year R2R will be holding a 30 Day Challenge from September 9th to October 11th. This challenge requires a commitment of one hour of exercise per day and encourages wise nutritional choices. Unlike most fitness challenges, R2R's challenge focuses on group work. "R2R is not like your typical gym," explained Suzanne. "It has a welcoming environment, and is supportive and non-judgemental."

The 30 Day Challenge is not just about general fitness, but meeting each client's specific needs. "To make a change you need a commitment of 30 days," explained Suzanne. This challenge is highly specific and does not simply focus on weight loss. People participating in the challenge will have the use of a TANITA Body Composition Analysis machine which will indicate not only weight, but body fat percentage, muscle mass, bone weight, metabolic age and BMR: the number of calories your rest-

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# Gravel road in Whimsical Lake park area a temporary inconvenience

by Linda Mosher, HRM Councillor, District 9

There will be many great Natal Day events held throughout our city. We are continuing with our Dingle celebration, and this year will be our 6th Annual Dingle Natal Day Party. It will be held at the Dingle – in Sir Sandford Fleming Park. All activities will be free and includes many events suitable for families and individuals. This year's event will include a performance by the Atlantic Cirque; music by Steven Dooks band; free BBQ/refreshments (compliments of Mike's No Frills on Dentith Road, Spryfield); historic walks (led by the Friends of Sir Sandford Fleming Park); heritage tea and display (Mainland South Heritage Society); bouncy castles; face painting; canoeing; and many other activities. The Dingle Natal Day Party will be held on Monday, August 5th from 11 a.m. – 2:00 p.m. All residents are welcome. A note for Access-a-Bus users, please reserve your spot for this event. As with previous years, due to limited parking on-site there will be free Metro Transit shuttles running from Purcell's Cove Road at both John W. MacLeod Elementary School and Frog Pond parking lots directly to the beach party area. I look forward to seeing everyone at our district event in this beautiful historic park and certainly the tower will be open that day!

In the last issue of The Chebucto News I indicated that we issued a tender for a new washroom and change facilities at the Chocolate Lake Beach. It has been determined that the Province owns the land where we would like these installed; it is owned by the Department of Housing. Our Real Estate Department is working on a right-of-way agreement with the Province to ensure that these facilities can be built. Excluding any unforeseen circumstances, these could be installed by fall. In addition, we are going to do some work on the parking lot and make the trails more accessible.

There have been concerns regarding what looks like a new road installed in the Whimsical Lake playground/park area. This is a temporary gravel road connecting Mabou Avenue to Inverness Avenue. We are having sewer and road work completed on Mabou Avenue. Due to the depth of the excavation for

the sewer pipe this temporary access was required. It is to be used for a limited group of users including emergency vehicles, garbage service and Mabou residents. It is to be gravelled, and not paved and will be in use for approximately 10 weeks. After completion of the work on Mabou, the road will be removed and the area will be reinstated. In order to inform residents in the area, a notice was sent to residents on Mabou and the two property owners on either side of the temporary access road on Inverness in May outlining this issue.

Heritage Gas has been working on installing gas lines on the Purcell's Cove Road; the anticipated project time is ten weeks. Several residents have suggested that since the sidewalk area is being torn up, it would be a perfect opportunity to upgrade the asphalt sidewalk to concrete. HRM Public Works department tries to coordinate projects

so that if work is required on a street that other infrastructure projects be considered at the same time. They met on a continual basis with Heritage Gas, Halifax Water, and other stakeholders. Unfortunately Heritage Gas projects are typically market driven and they sometimes do not know until late in our process. Heritage Gas did not indicate to HRM that this work was being planned until after the capital budget was finalized and brought forward to Council. As bike lanes were installed recently the decision was made to install the gas in the sidewalk area to avoid cutting the asphalt. As the budget was approved there is no way to add this project to our budget after the fact. I have asked that the area be evaluated and considered for next year's capital budget.

Metro Transit will be engaging residents to discuss topics related to public transit in HRM; why it's important, and

how you believe it should grow in the next five years. The results will be used to establish the community's goals and aspirations for the future of transit in the region, and will direct the development of Metro Transit's Five Year Service Plan. This is your chance to make an impact; it's your transit system, and it's time for us to move forward together.

Public sessions are scheduled for September 9th (St. Agnes Church Hall, Mumford Road), September 11th (Sackville Legion), and September 12th (Holiday Inn, Dartmouth). Sessions will be held in both the afternoon and evening on these dates. More information about the public meetings, and about online engagement, will be available in the coming weeks. For more information, please contact [movingforward@halifax.ca](mailto:movingforward@halifax.ca).

I am pleased to announce that the Spryfield Community Police Office will reopen to the community effective July 29th.

## A great place to be in the summertime

by Megan Leslie, MP for Halifax

The riding of Halifax is an amazing place to be in the summer. We have it all: art, music, recreation, the ocean and delicious food! I was enjoying myself at the Spryfield Legion bingo recently when I thought that "summer goings-on" would be a great topic for my Chebucto News article this month. So here are a few highlights of what's happening and what's to come!

I was pleased earlier this summer to participate in an event promoting the new Time Banking program at Chebucto Connections. This incredible initiative aims at bringing people together to share their skills for the benefit of their neighbours, in return for help on a project of their own.

In the words of the folks from Chebucto Connections: "A Time Bank is a program where you offer your time to help community members and in return earn an equal amount of time in help that you can receive. When you spend an hour helping, you earn an hour in your Time Bank account. You may use that hour by accessing the help offered by other Time Bank members. The greater

the number of members, the more variety there is in services and help."

People can offer, for example, two hours of their carpentry services, in return for an hour ride to an appointment and an hour of babysitting. The banking of time allows people to provide their service to one person, but receive a service from someone else in the bank. This is the kind of initiative that could revolutionize how we engage in our communities. It certainly could help develop a more flexible and sustainable local economy. And I love the fact that it values all our time equally.

On the local food front, there are ten community gardens in the riding of Halifax, two of which are in Spryfield: the Greystone Community Garden and the Urban Farm Society of Spryfield. These gardens mean that people in Spryfield can access fresh food. Better yet, these healthier, more sustainable options are also affordable. Our community gardens are helping our neighbourhoods and this riding become more self-sufficient and are bringing people together like never before.

Connecting parents to the service they need, and to the parenting community

is important. There is a wide-range of activities taking place at the Home of the Guardian Angel (formerly the Single Parent Centre), including parenting and pre-natal classes, health and wellness programming, children's programming and community events. There are even Ice Cream Socials that take place a few times a month! To check out the events calendar, go to <http://homeoftheguardianangel.ca/>

And of course no summer article for the Chebucto News would be complete without a plug for the upcoming Sambro Sou'wester Days, including everyone's favourite parade on August 10th! You can find information about this fantastic festival on Facebook, just key in Sambro Sou'wester Days.

My website has a calendar of events taking place across the riding of Halifax: <http://www.meganleslie.ndp.ca/events>

I'm always interested to know what's going on. To invite me to your event, or to have information about your event posted on my website calendar, please email me at [megan.leslie@parl.gc.ca](mailto:megan.leslie@parl.gc.ca). You can also write to me at 1-2207 Gottingen St., Halifax, NS B3K 3B5.


Enjoy the summer!



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# Community Champions Group to look at coastal community challenges

by Stephen Adams, HRM Councillor, District 11

Although Regional Council only had two meetings in July, there was still plenty of activity in and around our communities. As always, summer brings plenty of roadwork, and this summer is no exception.

The section of Old Sambro Road from Herring Cove Road to Dentith Road has undergone a significant upgrade. Just as this section is being finished, another part of Old Sambro Road will undergo an upgrade: the section from Leiblin Drive to a point 1.25 kilometers north will be planed, patched and resurfaced.

Over the past month, a number of issues have been brought to my attention which I will bring to Council to be addressed.

One of these issues involves our cemetery fees. At present, there are two different charges levied for burials; one for service during the week and one for weekend service. Generally speaking, costs for services may be higher on weekends because of additional costs to HRM; these costs are usually due to "call-out" expenses. In most circumstances, such call-out fees are reasonable except in the case of funerals. The circumstances that surround funerals make such services difficult to plan for so many reasons. Family and friends of those who have passed on should not be penalized for weekend funerals; they have far too many other issues going on in their lives at the time. I will be asking our staff to look at a better way of dealing with weekend funeral arrangements.

A new subdivision is being planned in the Mansion Avenue area. The plan is for 54 semi-detached units which equates to 27 buildings.

In past columns, I have addressed and discussed many diverse issues and challenges our communities face on an on-going basis. Whether the issue is recreation, lighthouse preservation, insurance for members of Boards, or one of many other numerous needs, they are not unique to one community only. Chances are someone has dealt with one or more problems and has helped to bring resolution. Given the size of District 11, and some of the similar community needs, there are shared

concerns.

To this end I will be forming a group of community members, Community Champions Group, to identify, address and discuss the issues that affect us on a daily basis. Our coastal communities have lighthouses and wharves which have very uncertain futures. Perhaps those who have had experience in one

situation can help with another. The same can be applied to community wharves, recreation centres and sports fields to name a few.

I look forward to reporting the findings of the Community Champions Group in next month's article.

Please remember to contact our HRM Citizen Contact Centre at 3-1-1

with your concerns or to report matters such as potholes or missed garbage collection. Staff at our Citizen Contact centre are very well trained in all aspects of municipal services and can provide immediate assistance for most inquiries received; other matters will be forwarded to appropriate staff for action/response.

# Sambro Island Lighthouse needs saving

by Sue Paul

The Sambro Island Lighthouse has been a part of my family and community since 1758 when it was built. It sits on an island at the western approaches to Halifax Harbour. In fact, the decision to build it was the very first Act passed by the Nova Scotia House of Assembly. The lighthouse was declared a National Historic Event in 1937. It is now the oldest standing lighthouse in North America. It was declared a 'Classified federal heritage building' in 1996. Some call it Canada's Statue of Liberty because it was the first glimpse so many immigrants had of their new home.

As a proud Sambronian, Nova Scotian, and the partner of a fisherman, I understand the navigational and historic value this amazing structure has provided us. Surely with all the history behind it, this lighthouse must be a provincial, if not a national, treasure that should be protected for generations of Canadians to come. Wrong. The current federal government has decided that it is time to do away with our lighthouses. Even though they were proud guiding lights for generations of seafarers and attract tourists to our province, the federal government has decided to let them rot where they stand.

Countless people have spent their own time bringing this into the public eye. People like Barry McDonald and Chris Mills (The Nova Scotia Lighthouse Preservation Society) and Leslie Schnare-Harnish have done radio interviews, spoken to officials and still have no positive response. Sambro Lighthouse, like 970 other lighthouses in Canada, has been deemed surplus by the federal Fisheries Department.



Trio Beat the Street to find support for funding from the Feds for Sambro Island Lighthouse

A couple of months ago I was having a conversation with one of our volunteers for the Miss Ally fundraiser, Halifax Atlantic Liberal Candidate, Brendan Maguire. We started talking about how iconic the Sambro Island Lighthouse is, how we both enjoyed the site, and how we need politicians who listen to the people they represent. Out of this conversation came the Sambro Island Petition. We then got a promise from former Fisheries and Ocean Minister and current MP Geoff Regan to read the petition in the House of Commons.

Over the past few months, Sue Paul, Brendan Maguire and I, along with Mishoos in Sambro, Now We're Cookin! in Herring Cove, and many other volunteers, have been able to collect hundreds of signatures to save our iconic lighthouse.

As Brendan said to me when we

first discussed the petition, "These are our communities; it's time to challenge all politicians and candidates to build things that last a lifetime." I couldn't have said it better.

So join us on August 15th at St James Church in Sambro from 6pm - 8pm for the official presentation of the petition, and for a town hall Q&A with Halifax Atlantic Liberal Candidate Brendan Maguire, MP Geoff Regan and Liberal Leader Stephen McNeil.

Remember this is our community; let's have our voices heard! You can sign a copy of the petition at Mishoos in Sambro, Now We're Cookin! in Herring Cove or contact myself, Sue Paul or Brendan Maguire. Also join our Facebook page Save the Sambro Island Lighthouse. Help us save a Canadian icon.

Our Friends, Our Family,  
Our Community

**Brendan  
MAGUIRE**  
For Halifax Atlantic



Approved by the Official Agent  
of Brendan Maguire



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Halifax, Nova Scotia  
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**Phone:** (902) 477-4100  
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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 [tangelene@live.com](mailto:tangelene@live.com)

## COMMUNITY EVENTS AUGUST

### Attention: Volunteers Needed!

The Halifax Community Learning Network is seeking volunteer tutors for the Captain William Spry Library Adult Learning Program. Adult learners are varied in their skills and goals. Many want to improve their communications, math and computer skills or work toward passing the GED test. Volunteers who can tutor basic and / or high school math are especially needed. Training and support are provided.

If you are willing to dedicate two hours per week for at least 6 months as an adult literacy tutor, please call Noreen at 490-5715.

Helping someone to succeed in achieving their goals is the most rewarding job of all!

**LEGION: Bingo** every Sunday at 1PM. Mini Bingo at 6 PM. and Superstat Bingo at 7 PM

### St. Paul's Recycling

On the third Saturday of every month, St. Paul's United Church in Spryfield will collect your clean refundables. You can drop them at the church at 173 Old Sambro Rd. between 10:00am and 1:00 pm. If you would prefer, you may call Carolyn at 477-0187 or Jackie at 477-3776 to have your refundables picked up.

There is plenty room for more at **Eldero-bics-Forever Fit** (sponsored by the YMCA) at both Emmanuel Church Hall and Captain William Spry Community Centre. This is a fitness program for adults which includes low impact aerobics, working with weights, stretching and relaxation exercises. The classes @ Emmanuel are Mon, Wed & Fri at 10:00 - 11:00 am; and the classes at Captain William Spry are Mon, Wed & Fri at 9:00 - 10:00 am. No pre-registration is necessary, just come along, have fun and get fit! Pay as you go, \$4.00 per class, plus annual fee of \$10.00.

**Chebucto Connections** are looking for volunteer board members who want to be part of a team that is actively engaged in making our community a healthy and vibrant place to live and work. We are inviting people to express their interest in being part of our Board of Directors team so that we can set up a time to talk to you about what being a Board Member would entail. This will give you a chance to see if it is a good fit for you. We are looking for engaged community members to join us in this work of nurturing the rich capacity of the community. If this sounds interesting to you please contact: [ccda.stecroix@gmail.com](mailto:ccda.stecroix@gmail.com) or 477-0964 for more information.

**Captain William Spry Library Free Puppet Shows** Every Saturday at 11am! All Ages Welcome!

**Boys and Girls Club Summer Camps** will run Monday-Friday, 8:30am-5:30pm. \$100 per week. Price includes everything except lunches/snacks. A variety of programs and field trips will be offered.

If you are interested in finding out more about our Summer Program and/or our After School Program please do not hesitate to contact us at 477-9840 or email us at [generalinfo@bgcspryfield.org](mailto:generalinfo@bgcspryfield.org).

Harrietsfield/Williamswood Community Centre is having two **Preteen dances** for the month of August, on the 8th and then again on the 22nd. The same routine, with the admission at \$3.00, adult supervision and canteen. The proceeds of these dances are to help with the costs of Summer Day Camp outings and also to help the Girl Guides start up in the fall.

**Community Yard Sale:** Emerald Cres. in Spryfield will be hosting a street wide yard sale 9am to 3pm, on August 10.

**WestJet & Boys & Girls Club of Spryfield** Gift of Flight is back again to help raise funds to support the Boys & Girls Club of Spryfield. YOU could win airfare for two anywhere WestJet flies! Tickets are only \$2 each! If you are interested in purchasing tickets and/or helping us sell tickets please contact Darlene or Samantha at 477-9840. We're looking forward to hearing from you.

**The Urban Farm Museum Society of Spryfield** will hold its monthly meeting on Monday, August 12th @ 7pm at the Farm field. If the weather is inclement, the meeting will be held at the Capt. Wm. Spry Centre. New members, volunteers and visitors welcome! For further information please call Pat at 477-6087 or e mail [jamac@ns.sympatico.ca](mailto:jamac@ns.sympatico.ca).

The Mainland South Heritage Society will be at the Dingle to celebrate the **6th annual Natal Day Dingle Beach Party** on August 5th from 11 AM-2 PM. Visit us at the Adventure Earth Centre on the hill for tea, coffee and cake and view our display of historic photographs. At 12 noon a guided historic walk of the Dingle will begin from the main parking lot

Urban Farm Museum Society of Spryfield presents an entertaining "**Evening in the Garden**", Tuesday, August 13, 6:30-8 PM. Enjoy a performance by the local community band and view a demonstration on making a scarecrow by Marjorie Willison. This takes place at the Urban Farm garden field and is a free event. Donations are always welcome

**Save the Sambro Lighthouse Petition Presentation:** August 15 from 6-8pm. St. James United Church 3811 Old Sambro Road. Presentation of Petition to Former Fisheries and Oceans Minister, Geoff Regan followed by Q&A with Brandon McGuire, Liberal leader Stephen McNeil and MP Geoff Regan. All welcome.

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Lobster Chowder Supper** on Sunday, Aug 11 from 3:00pm to 6:00pm. Adult portion

\$12 and childrens portion \$6. Everyone Welcome

Boys and Girls Club Spryfield is looking for volunteers for their **Rogers Raising the Grade program**. This one evening a week program will run from September 2013 to June 2014 and is a great opportunity to give back to the community and make a difference in the lives of our youth.

For more information, or to submit your resume, email [Amanda@bgcspryfield.org](mailto:Amanda@bgcspryfield.org)

Spryfield Legion will be hosting **2 Seniors Dances** this month. One on the 9th and one on the 23rd. As always, dances run from 12:30pm to 4pm with door prizes and 50/50 draw. \$3.00 per person. Light lunch served. Music by Albert Martell.

## Sambro Sou' Wester Days Schedule 2013

<b>Thursday, August 8, 2013</b> 6:15 – 8:00 pm	Community Baseball Game 1 Game 1: Team Yellow (Capt.: Paddy Gray) vs. Team Red (Capt.: Shawn Sampson) Cost: TBD! James McPhee Memorial Ball Field
<b>Friday, August 9, 2013</b> 6:15 – 8:00 pm	Community Baseball Game 2 Game 2: Team Blue (Captain: TBD) vs. Team Green (Captain: TBD) James McPhee Memorial Ball Field Sambro Ceilidh Family Event (Free) Organizer: Tara Sampson Corn boil - \$1 per item: corn, hotdogs & refreshments Organizer: Leslie/Kim Community Tent, Sambro Fire Station
6:30 – 8:00 pm (Corn Boil) 8:00 – 10:00 pm (Ceilidh)	
<b>Saturday, August 10, 2013</b> 10:00 am – 12:00 noon	Community Parade Celebrating All Things Sambro Organizer: Natasha Roscoe Entry Fee: Free! Atlantic View Drive, Sambro Head to James McPhee Memorial Ball Field BBQ Organizer: Leslie/Kim James McPhee Memorial Ball Field Sambro Island Lighthouse Tours Organizer: Nova Scotia Lighthouse Preservation Society Cost: \$TBD/person and various other rates for singles/families Government Wharf, Sambro Family Carnival Activities & BBQ (adult & kids, various games and activities) Organizer: Angie Flemming James McPhee Memorial Ball Field Washer Toss Tournament Organizers: Brent Saulnier/Susan Nicholson Cost: \$10/per person, register in teams of two. James McPhee Memorial Ball field Beer Tent/Local Entertainment – Kitchen Party Hosted by Ed Oakley Adults 19 years of age and older Cost: \$4.00 per beer or cooler! Community Tent, Sambro Fire Station Adult Dance: Hog the Covers Adults aged 19 years and older, Cost: \$15/per person or 2 for \$25 Safe transport home "around the loop" area provided by WTS Transit. Don't Drink & Drive!! Cost: \$2/person. Bus loads at 12:30 am for 1:00 am departure one trip around the loop only. Community Tent, Sambro Fire Station
12:00 noon – 4 pm	
10:00 am – 4:00 pm Depart/return on the hour	
12:00 noon – 3:00 pm	
12:00 noon – 5:00 pm	
2:00 – 6:00 pm	
9:00 pm – 1:00 am	
<b>Sunday, August 11, 2013</b> 10:00 am – 12:00 noon	Sambro Little League Organizer: Colleen Caines Cost: Free! James McPhee Memorial Ball field Service of the Sea - Church Service All are welcome! St. James United Church, Sambro Blessing of the Fleet Sambro Community Wharf, weather permitting Government Wharf, Sambro Ballgame – Consolation Game James McPhee Memorial Ball Field Rubber Duck Race Sambro Creek, Near the Beach Road Ballgame – Championship Game James McPhee Memorial Ball Field Lobster Seafood Chowder Supper Adults \$12/Children \$6 St. James United Church Hall Celebrate Sambro by Light Local boaters are encouraged to decorate their boats with Christmas lights while out off of Crystal Crescent Beach prior to the fireworks. All boats are asked to respect the distance required to be off shore in order for the fireworks to be safely presented. Closing Fireworks Display Cash donations graciously accepted outside the gates to Pennant Point Park. 50/50 Cash Draw Crystal Crescent Beach
10:00 am	
12:30 pm	
2:00 pm	
3:00 pm	
4:00 pm	
3:00 pm – 6:00 pm	
8:00 – 10:00 pm	
10:00 pm	



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