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Vol.24 • No.9
May 2023

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What's Happening at the Urban Farm



Janet Kidston and Barbara Dunsworth have a long list of tasks

Photo by Tina Gladman

by Ann Hart

As we grow our own food, we also have planted a series of areas in the farm that are for pollinators. Insects, butterflies, bees, birds use the flowers to fertilize plants and to feed themselves. Did you know that honey will not spoil even in thousands of years if kept covered and dry? Arctic Terns fly from Greenland to Antarctica and

back. Every year. 25,000 plus miles. Worms make good soil. Monarchs! Well, they live here now because we planted milkweed and they need it to survive. Monarch butterflies are just one tiny bit of the world's lifeforms but, boy, are they awesome!

May: Seedy Saturday/Plant Sale May 27 in the field. 12 – 2 pm. Plants emerge slowly, grow, bloom. Milk-

weed is slow, not up yet. We have several milkweed areas for the monarchs. We had fewer caterpillars and monarchs last year but they came, metamorphosed and stayed late into the fall. Leftover kale is in the food plots. Herbs are waking up.

June: So many plants and flowers to support the insects fill the gardens. Milkweed sprouts grow quickly. Will it bloom before the monarchs arrive in early July? Lettuce, peas, spinach are coming.

July: We are watching and waiting for the first monarch sighting around the middle of the month. Milkweed and summer flowers are blooming. Annuals can be deadheaded to keep them blooming. A plant quits flowering once it is pollinated, so deadheading helps keep the blossoms coming longer. Lush veggie plots are beautiful and nourishing.

August: Caterpillars are growing and gobbling milkweed leaves. The eggs were laid soon after the monarchs arrived. The females will live a while and then die as a new generation begins its cycle. The caterpillars make their chrysalises and soon the new butterflies emerge. More food is ready to pick!

September: There are still monarchs flitting, caterpillars munching, chrysalises forming, monarchs emerging, flying, soaring, exploring. Harvest time for garlic and late veggies.

October: Time to weather the fall changes of weather. After fattening up, this last generation of stronger monarchs will fly through many areas of wind, rain, sleet, sun, clouds over the land from Nova Scotia all the way through the US, into Mexico and down toward the tip of the country to

(See Urban Farm on page 2)



Bird's nest in May

Photo by Ann Hart

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New garlic

Photo by Ann Hart

Urban Farm

(continued from page 1)
winter in the mountain forests, wake up, and start back north in the spring, laying the first new generation of the season's population of a magical mystery creature. Plant garlic, tidy the plots, harvest the late food and flowers, put the plots to bed.

We need your participation!
For more information, check us out at: urbanfarmspryfield@gmail.com or <https://www.facebook.com/groups/117594394923932/>

New happenings at St. Paul's United Church

by Carolyn Mont
As many of you know, St. Paul's Family Resources Institute offers a free lunch, Soup's On, every Tuesday at noon. The meal, prepared and served by dedicated volunteers, is not always soup but it is always good. The members of the congregation have decided to add another element to the day. It has been noted previously that one reason some people come to Soup's On is to meet friends. In the past few weeks, we have added a games component to see if there was interest. Some people from the congregation and some community members who come for the lunch have enjoyed playing cribbage, crazy eights, or bingo after lunch. We have lots of games to choose from. We don't play for prizes, but it is a pleasant way to
(See New happenings on page 3)



Insects and flowers make our world bloom

Photo by Ann Hart

Chebucto News

Publisher: Dan Doherty, 902-479-6397
Fax to 902-477-NEWS (6397)

Editor: Tangelene Ramsay,
chebuctoeditor@gmail.com

Mailing Address: P.O. Box 20141
Halifax N.S. B3P 1L1

Circulation:

12,500 copies
Agent: Canada Post
Printer: Advocate Printing

Delivered free-of-charge to households in; Armdale, Bald Rock, Ferguson's Cove, Harrietsfield, Herring Cove, Jollimore, Ketch Harbour, The Pennants, Purcell's Cove, Portuguese Cove, Sambro, Spryfield, Williamswood

Letters to the Editor / Editorial Inquiries:

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

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

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Design and Layout:

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

Additional copies of Chebucto News are available at Spryfield Water'N'Wine, while they last.

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Trail groups ask for help

Funding and people among top requests from trail groups

It's been a challenging year for people who manage hiking trails. Many regions of NS saw unprecedented trail damage caused by Hurricane Fiona. And increased trail traffic - a hangover from the pandemic - has led to more wear and tear.

Janet Barlow, Hike Nova Scotia executive director, says trail managers are asking for help. Hike NS

conducted a survey of trail managers in February followed by interviews with a subset of them. They included mostly volunteer community trail groups but also municipalities and others. They identified more funding, more volunteers and more access to staff or contractors as top issues.

"Many don't have the capacity to hire and supervise staff themselves," says Barlow. "So even accessing wage subsidy programs to hire summer staff for example is logistically out of reach."

This is where Hike NS's Youth Trail Corps comes in. Plans are in play for crews of youth to be deployed across the province to help trail managers with trail building and maintenance. If the group can get funding in place, Barlow hopes the first trail crews will hit the ground next year.

Another top need trail groups identified was training on trail repair and maintenance. So, Hike NS stepped up

with a series of trail maintenance workshops happening this spring and fall.

"We're talking about volunteers who don't have the time or money for in-depth training," she says. "We thought one-day workshops offered in areas hardest hit by the hurricane was a good solution."

Hike NS urges trail users to help by donating to or volunteering with their local trail group.

Spryfield Legion elects new executive

On April 11, with 80 members in attendance, the Earl Francis Spryfield Memorial Legion elected an 11-member executive which will hold office for a two year term.

The elected members are as follows:

- President - Charlie Martin
- 1st Vice - Bordie Garrison
- 2nd Vice - Dennis Findlay
- 3rd Vice - Andrew Brine
- Secretary - Darrelyn Jennings
- Treasurer - Sharon Barnes
- Sgt At Arms - Fennie Thompson
- Executive At Large - Gina Gray, Meata Martin, Bruce Holland

Service Officer - Don MacAulay

President Martin thanked the previous executive, especially Acting President, Connie Bambury, and Service Officer, Don MacAulay, for the time and effort they had put in to help keep the legion running smoothly.

He also thanked those members who came to the meeting and indicated that the executive will be looking for volunteers to assist with various committees to help Branch 152 better serve veterans, their families and descendants, legion members, and the community at large.

See page 9 for a list of our events.

New happenings

(continued from page 2)

socialize and meet your neighbours. Please feel welcome to join us.

In the United Church, the hiring of a new minister is always followed by a covenanting service which represents the relationship between the minister and the congregation. In the fall of 2022, we were very fortunate to have hired Max Martin as our minister. This very special service, solemnizing a covenant between him and the St. Paul's congregation took place at 4:00 on April 16 and was followed by a potluck supper. Very enjoyable music before supper was provided by our Worship Band, a group of people who just like to make music. This was a wonderful and important celebration.

In December we were fortunate to have the Tuesday Night Band perform a benefit concert for the church. This band is so named because for 35 years they have met on Tuesday nights to practice. They play big band music

and jazz. The members of this band are a mixture of talented amateur and professional musicians whose goal is to make people aware that big band music is alive and well. They are regularly featured at the big band extravaganza at the Halifax Jazz Festival and their repertoire features both instrumental and vocal arrangements. Everyone who attended the December concert was thrilled with the music. We are excited to tell you that they will be playing a benefit for us on Tuesday, June 6 at 7:00. As we did in December, we will be accepting a free will offering which means that you pay what you wish. There are no advance sales but do mark it on your calendar, tell your friends and prepare for a night of great music.

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DISCOVERING OUR PAST

Most Halifax Harbour pilots came from local fishing communities

by Iris V. Shea

In 1826 an inexperienced pilot attempted to guide a Cunard ship carrying tea into Halifax. The ship went aground and residents of Halifax were not pleased to lose their supply of tea. The incident prompted the need to license pilots.

The role of the harbour pilot has always been “the safe movement of shipping while assuring the protection of the marine environment.” In 2004 it was noted by Captain Andrew Rae of the Halifax pilots committee that a total of 171 pilots had been licensed since 1830 when an Act to regulate the pilotage of vessels at the Port of Halifax was passed by the provincial legislature. Appearing in the “Halifax Journal” on 10 August 1829, was a list of men who received Certificates to act as pilots for the Harbour of Halifax, Nova Scotia, the majority of whom were fishermen from the fishing communities of Duncan’s Cove, Ferguson’s Cove, Halibut Bay, Herring Cove, Ketch Harbour, Portuguese Cove, and Sambro. Certificates were registered and renewed each year for a sum of 10 shillings.

Several pilots received medals for their dedication and service. One name stands out, that of Harbour Pilot John Brackett of Herring Cove for his heroic actions on November 3, 1943. His job: harbor pilot. His citation: M.B.E. (Member of the Order of the British Empire). Censorship during war time had suppressed the full story of what 54-year-old Pilot Brackett had done. In 1945, when censorship was lifted, the story was written and reported in newspapers and in the issue of Time Magazine for Monday, Jan. 15, 1945. John Brackett, after whom John Brackett Drive in Herring Cove is named, was credited with saving the city of Halifax from what might have been one of the world’s worst disasters. Time Magazine described Mr. Brackett as a quiet, coolheaded civilian who, during World War II, guided the burning United States freighter, Volunteer, out of the harbour to McNab’s Cove. The ship was carrying enough explosives to flatten Halifax. Mr. Brackett remained at his post until the ship’s holds were flooded and the danger no longer existed. The Time article also reported that “anxious Haligonians watched from shore as the billows of smoke and the swords of flame leaped from Volunteer.” You may view the complete Time article online by googling the name John Brackett.

Pilot Brackett, ignoring danger, went aboard the burning munitions ship in the Halifax Harbour as the flames licked closer to the million-dollar cargo. He guided the US Volunteer down the harbour, finally beaching her at McNab’s Cove. The seacocks were then opened to flood the holds, the ship was saved, and so was the city of Halifax.

Canada Gazette of 6 January 1945



John Brackett, Halifax Harbour Pilot for 40 years.



Helen Burns, Postmaster in Herring Cove for 23 years, daughter of John Brackett. Photos courtesy Helen Shaw.

and London Gazette of 1 January 1945 also reported the incident of bravery by John Brackett. The headline read: “Navigating and beaching in Halifax Harbour of Munition ship on fire, November 3, 1943.” The Gazette went on to say “Pilot Brackett remained on the bridge, and from that point conned the tugs which were used to tow the burning vessel to the beach. Arriving at McNab’s Cove, the pilot still had the task of placing the ship on shore in such a manner and location as to cause as little damage as possible and create favourable conditions for future salvage. This he performed to such perfection that, within an incredibly short period after the fire was extinguished, the craft was re-floated, reloaded and on its way overseas. When the task was completed, Mr. Brackett returned, unostentatiously, to his duties with the Pilotage Office. Pilot Brackett’s action merits recognition from more than one angle of the consideration that is usually given to deeds recommended for awards. His courage was dramatically exemplified in his remaining through

hours of potential danger of explosion, at his post of navigation and guide. His seamanship was demonstrated in laying the vessel in a position where no assured damage resulted, the possibility of future salvage was assured, and this with few facilities and no assistance from the vessel’s crew. His intelligent application of conservation of resources for war needs was shown in his disposal of the ship’s anchor so that it could be recovered when again required. And his devotion to duty was exemplified in relieving the Naval party for concentrated attention to the fire. The Naval personnel engaged in extinguishing the blaze was variously recognized through decorations and mention in dispatches. The Pilot was never thought of, at the time, because, in the parlance of his calling, he had merely ‘done another job’. In view of the above facts, it is now strongly recommended that Pilot John Brackett be suitably recognized in the next award of Empire Awards or Honours, for his unsurpassed performance of arduous and dangerous duty in the face of extreme peril.”

John Brackett’s family recalled that he refused to travel to Ottawa to accept his medal. He was a very humble man and did not feel he had

done anything beyond his duty. He claimed he was “just doing his job.” His daughter, Helen Burns (Herring Cove’s Postmaster from 1959-1982), wrote to Ottawa and asked the committee to send the medal by mail to her father, which they did.

John Brackett was a pilot for 40 years and died in Herring Cove on February 15th, 1958 at the age 68 years.

Happy Birthday Bill Drysdale

The “Forever Young Senior’s Club wishes to send a congratulatory Happy Birthday to Bill (William) Drysdale on his 90th birthday on the 29 May 2023. Bill is the longest serving member of the “Forever Young Senior’s Club” and has supported our programs and organization fervently over the past 30 plus years. You are a valued club member. Thank you, Bill, from all your fellow seniors’ club members. Have a great birthday day. All the best.

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How often should I test my well water?

Testing should be done every six months for bacteria and every two years for chemical contaminants.

How do I take a sample?

Pick up testing bottles from a local hospital or water testing laboratory and follow their instructions for collecting and dropping off samples.

What contaminants should I look out for?

Bacteria, arsenic, uranium, lead, and manganese are some of the main concerns that can have short and long-term health effects, especially for children and pregnant women.

For more information on testing well water, visit NovaScotia.ca/Well-Water-Testing

Ospreys are back!



by Cathy Vaughan

The Backlands are busy with the return of the raptors – hawks, falcons, turkey vultures, owls, and ospreys are settling into their nesting sites. You can watch the ospreys circling high in the sky scanning for fish in the ponds, rivers, and lakes in the Backlands wilderness. It is easy to spot their huge wingspan of more than 5 feet (1.67 meters.) Even though they may only weigh about 3 pounds (1.4 kg) they can catch and carry a 2-pound fish up to 10 inches in length. The osprey can then turn the fish around to a head-first position to make the flapping fish

more aerodynamic as the osprey carries it back to the nest for dinner.

Awesome Osprey Facts:

- are ready to fly at only 7 or 8 weeks
- migrate over 160,000 miles during their life
- mate for life and reuse their nests for generations
- builds nests up to 5 feet across and 6 inches deep
- inhabit every continent except Antarctica
- have lived on the planet for 11 million years

Add birdwatching to your day.



Ospreys renovate their nest in the Backlands, April 2023

Photo by Joshua Barss Donham

Sammy says



The Shay and MacKay Memorial Fishing Derby is all set for Sunday, May 28 and registration is now open. This event grows in popularity every year,

and this year is shaping up to be no exception.

Adults are \$10 and children 12 and under are \$5. Early Bird Registration runs to May 15, and will get you in a draw for a \$100 gift card. Even if you don't plan on fishing, you can still register and get in on the draws and help support this great community event, held each year in memory of Cory Shay and Kyle MacKay, close friends who were both lost to cancer in their 20s.

Registration can be done in person at Mishoos or by sending an interact transfer to treasurersaca@gmail.com.

If registering by e-transfer, be sure to put the registrant's name and age in the notation, and use DERBY2023 for the password.

Registration will also be available at Grand Lake the morning of the derby from 8-10 am.

There will be 50/50 tickets, barbeque and raffle draws taking place on the day of the derby. Funds raised help support a J.L. Ilesley scholarship and a barrier free fishing wharf at Grand Lake. Multiple prizes will be awarded for adults and 12 and under divisions for both trout and bass

Raffle prize donations are gratefully accepted, as are monetary donations, which help offset the cost of hamburgers, hot dogs, trophies and kids' treats.

If you can help out with any of the above, Kim would love to hear from you at 902-475-1583. Thanks in advance for your support.

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

Good Friday Prayer Walk



Prayer Walk Park Station. Members of the Spryfield churches gathered at the parkette on Herring Cove Rd at Williams Lake Rd, one of the stations on our prayer walk. Beth Sutherland photo

by Rev. Michelle Bull

Good Friday is one of the holiest days in the Christian religion. It is the day when we remember the death of Jesus Christ on a cross. Christians believe this was an act of love on the part of Jesus, and that by this act, God has brought healing, reconciliation and forgiveness to the world.

It seems appropriate, then, that on this day we should all gather together to pray for the world God loves. This is now the third year that the Christian churches of Spryfield and area have gathered for a prayer walk around downtown Spryfield. It was the first year we had sunny skies and warm

weather, which was much appreciated by the 42 people who came from at least 6 of our churches.

We stopped at several stations and prayed for this community: residents, businesses, government, health care, utilities, and the earth itself and all our fellow creatures. This year we had 8 prayer stations and 34 separate groups that were prayed for, with prayers led by many individuals.

It seems fitting that on this holy day we should gather to share in prayer and worship with all our siblings in Christ and together to pray for a blessing on this community which we all care for.

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HALIFAX



Open Water Lake swimmers train on Williams Lake

by Cathy Vaughan

Looking for a unique natural high that lowers your stress level, boosts your immune system, improves circulation, burns calories, and feels like champagne running through your veins? Try a spring plunge in the frigid, open waters of Williams Lake!

Open Water Lake (OWL) swimmers Colleen Purcell and Jennifer Hoyt were pumped and ready for their spring dunk in the frigorific lake waters to start their OWL training regime. The hardy ladies belong to the Canada Games Centre Master's Swim Team and train in Williams Lake and Long Lake for open water swim events and competitions.

"We are planning our first swim in Williams Lake in April," says Colleen Purcell. "OWL swimming is extremely healthy for us. As we age we lose muscle mass, our metabolism changes, arthritis sets in, and we put on the pounds. With OWL swimming there is no weight on your joints as you are using the resistance of the water to build muscles. It is a full-body workout that improves your cardio and builds muscles. As an extra bonus your body burns calories faster trying to stay warm in the icy waters. It is exhilarating! I feel 10 years younger than I did 10 years ago!"

For their first icy plunge of the training season swimmers will usually wear all their standard cold-water safety-gear to live through the shock of the chilly water. A neoprene wetsuit, thermal booties and gloves, clear goggles, earplugs, two bathing caps and a tow-float for safety. The swimmers are always followed by a non-motorized boat for safety or for someone

to take photos, and record swimmers' stats.

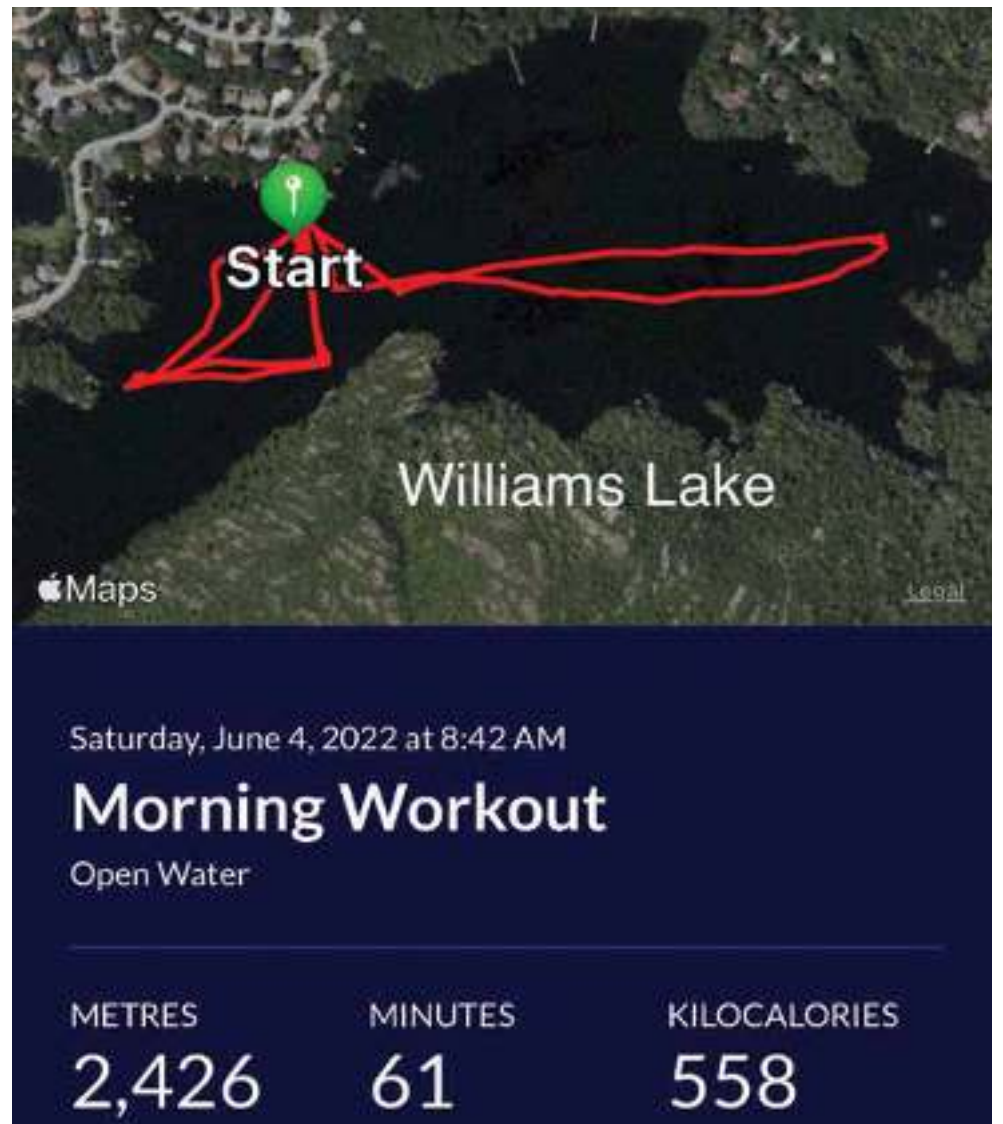
Jennifer Hoyt is quite 'seasoned' to the frigid lake temperatures and didn't wear her usual wetsuit. Purcell was in full regalia. The air temperature was about 3C and the lake water was a breath-stopping 10C. Both swimmers were in the lake under 2 minutes before safety and sensibility brought them back to shore for warm blankets and hot lattes.

"The swim was absolutely incredible! Invigorating! I feel so alive like there's champagne running through my veins. This is an incredible opportunity to swim in Williams Lake. The availability of a natural wilderness in a city is unknown in other cities in Canada. The benefits to the mind and body can't be forgotten for us and our children," shivers Hoyt as she heads for a protein breakfast and steamy latte!

During their summer training, the swimmers use the deep channel in the middle of Williams Lake at the Pine Bluff Islands Community Access area on Wyncrock Drive in Spryfield. Their workout route is a straight line to the Williams Lake dam at the eastern end of the lake and back - twice!

According to Purcell's calculations each loop takes about an hour. It is approximately 3,000 metres, burns 650 calories, and gives her a resting heart rate in the 50 - 65 range. She says that over the past two years of swimming she feels more fit, achieved her Body Mass Index (BMI) goal, and she is off blood pressure medication.

Swimming in a pool is a very different experience than swimming in open water



Apple Watch - My Swim Pro tracks - Open Water Lake Swim.

Credit: Colleen Purcell

in a lake. At the Spryfield Wave Pool, the lane-buoys and a blue line on the bottom of the warm water are visuals to keep swimmers moving in a straight line. You can stand and rest in the shallow end and check your swim stats on your electronic device under the watchful eye of the lifeguards.

OWL swimmers encounter very unpredictable conditions. Sudden changes in the lake currents, wind velocity, wave height, varying air temperature and weather conditions throw swimmers off their swim routes.

"Out on the lake, it is difficult to swim in a straight line," says Purcell. Swimmers use landmarks to help them to navigate the lake and orient their swim patterns. "During One swim session on the lake, the fog rolled in and we couldn't find each other or see our land marks," recounts Purcell.

"By mid-summer, we can't train in Williams Lake because the lake levels are so low. The old dam leaks so our waterline shrinks and we are swimming through strange vegetation, around more exposed rocks, and we see more patches

of lily-pads in our swim route. The additional threat of blue-green algae forces us to move to Long Lake to continue to train into the fall weather," states Purcell.

At Long Lake in Spryfield, the Nova Scotia Swim organization deployed colourful buoys as markers in the summer months to support all OWL swimmers around HRM. Swimmers from other OWL groups in Bedford, Sackville and Dartmouth use Williams Lake and Long Lake as their training locations because of the warm, safe, clean waters and accessible community entrance points on the lakes.

"We would certainly encourage and welcome other open water lake swimmers to join us. It is much easier to enter cold water with other enthusiasts! We swim through the week and take longer swims on weekends," states Hoyt. You can message Hoyt on her Instagram page [jenhoyt_greenfrogjoin](#). Join other OWL swimmers in your area by checking out Maritime Open Water Swim - Facebook.

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Colleen Purcell and Jennifer Hoyt - April swim!

Photo by Cathy Vaughan

Ribbon skirt project and Indigenous Appreciation at JL

by Lucas Paixão Franco

The Mi'kmaq communities of this region are, of course, integrated into modern society, but they still face many challenges. With that in mind, the Indigenous student support worker at JL Ilesley, Tish Sock-Sachetti, often creates projects to enable the engagement of Mi'kmaq culture in non-indigenous groups and to help indigenous descendants succeed. Her project in April has to do with ribbon skirts, a symbol of history, resilience and character. I asked her why that is so important to the Mi'kmaq community.

She explains that a big part of her role in schools is to fight ignorance. "The Indians should just get over it. It was not my fault." That, according to Tish, is one of the most common and harmful thoughts people have about Indigenous people nowadays. Because of that, one of the biggest challenges in recognizing and valuing Indigenous peoples is deconstructing those ideas. With that goal, some of the projects done at the high school have been the Moose campaign, the orange T-shirt day, the Christmas feast, and the ribbon skirts. The most recent project is based on skirts, handmade by the Mi'kmaq

Students' Society at JL, representing the indigenous background while empowering those who wear them to be proud of their identity. Such campaigns make society better understand who the Mi'kmaq people are and the value of their culture. Not only that, but the project also contributes to the acknowledgement of what the Mi'kmaq went through in history and the fact that there are still consequences they face. It is essential to encourage people to be proud of themselves and their history, to repair the damage done to them, and to fight the ignorant idea of inferiority of their culture. That is the reason why the projects in high schools are significant. They change not only the students' mindset, but the mindset of the whole community.

The Mi'kmaq people deserve to recover from generational trauma; having a support network is the ideal way to achieve that. Therefore, it is everyone's role to contribute to the appreciation of Indigenous people and their culture. Every action has an impact, from acknowledging someone with a ribbon skirt to donating to projects and organizations. Every day, Tish and the Mi'kmaq Students' Society at JL Ilesley, work toward that goal.



Angelina Taylor, Sheyanne Brown, Tish Sock-Sachetti show off their Ribbon skirts.

Events at JL Ilesley



Transgender Day of Visibility artwork.

by Ash Shepperd

A lot has been going on in the J.L. Ilesley community during the month of March. The school had a Wellness Week and acknowledged Trans Day of Visibility. April has been just as busy as we have been preparing for this year's school play.

Wellness Week was a week for students to participate in wellness activities to benefit their mental, emotional, and physical health. Wellness Week spanned from March 20th to March 24th. Each day had a special theme with Mindful Monday, Together Tuesday, Workout Wednesday, Thoughtful Thursday, and Fun Friday. There were also events for every day with a meditation session on Monday, hands-on activities on Tuesday, teacher vs student dodgeball Wednesday, cards of gratefulness on Thursday, and an assembly on Friday.

Trans Day of Visibility is a day to recognize and celebrate transgender, nonbi-

nary, and two-spirit people in our community. It also recognizes the discrimination transgender people still face within society. It took place on March 31, 2023, and occurred during Wellness Week this year. For Trans Day of Visibility, a few members of the school's GSA, or Gender and Sexuality Alliance, created a mural in front of the school to celebrate this day. Posters were also put up on the wall describing different identities and terminology.

As the end of the year grows closer, so does the school play. J.L. Ilesley is performing the We Will Rock You musical written by Ben Elton. The entire school community can participate in their own way by taking part in the play, working on set and costume design, and helping with backstage technology. In order to include more students, there are two sets of the cast who will each perform the musical at least once. The musical will premiere on June 2 and will run until June 4.



NEWS & VIEWS

from the desk of
Bruce Holland



The Spryfield Business Commission (SBC), in partnership with a variety of area businesses, elected officials and other partners, is pleased to host the 6th Annual Spryfield Days Festival, a popular event that always draws crowds from near and far.

Scarecrow and Shaydid. Stay tuned to our Facebook page where we will update as we fine-tune details.



An event like this cannot run smoothly without its valued volunteers. Not only is it a fun way to get involved in your community, but it's a great way to make new friends and connections. Get in touch to find out where you'd be the best fit.

We are currently planning a fabulous event for the whole community to enjoy on July 15 and 16, 2023 which will include activities like the Fun-DUCT-Raiser duct tape cardboard boat races, business trade show and expo, a family carnival including bouncy castles, train ride, barbeque and face painting, and live entertainment including The Amazing Mr. J. Magic Show, Roadside

The SBC is committing manpower and financial resources to this event and we are seeking additional sponsors to assist with the cost of goods, materials, and services to make this festival the best one yet. If you are interested in supporting Spryfield Days through a financial contribution or donation of products, please let us know.

Contact Bruce Holland, Festival Chairperson, at (902) 452-7472 or bruce@discoverspryfield.ca

Herring Cove Veterinary Hospital IS NOW OPEN!

Dr. Heather Mosher and Dr. Rob Doucette would like to welcome new clients and patients to their new facility. Hours of operation are Monday to Friday 8 AM - 6 PM.

Herringcovevethospital.com
Info@herringcovevethospital.com
751 Herring Cove Rd
902-455-7292



Update from the Premier

by Tim Houston, Premier of Nova Scotia

New Legislation to help fix healthcare

Nova Scotians want, and deserve, to get the care they need, faster. We need to use every tool at our disposal to create solutions to make that happen. That's why we were pleased to recently pass the Patient Access to Care Act, a significant law that will improve access to healthcare in our province.

We know we need to recruit doctors, nurses and other healthcare providers. Nova Scotia is the best place in the world to live, but there is a national shortage and we're competing with other provinces and beyond.

This law makes it quicker and easier for healthcare providers to come here from other parts of Canada. It requires their applications be processed within five business days and removes application fees. It also makes it easier for healthcare professionals licensed outside of Canada to come here.

We also need our healthcare professionals working to their full scope of practice. This law will allow them to use all of their skills to benefit their patients. For example, we've had great success working with pharmacists to expand their scope. They can now assess and prescribe for some illnesses, like strep throat.

We all want healthcare providers to spend their time caring for Nova Scotians, not filling out unnecessary paperwork.

With the new Act, employers can no longer ask for doctor's notes, except in specific situations. This has been a



Premier Tim Houston

waste of valuable time for our doctors; time they can't afford to waste. This one change could free up to 50,000 hours of physician time. That's like getting another 25 doctors for Nova Scotians!

The Patient Access to Care Act means more healthcare providers coming to Nova Scotia, working to their full scope and spending more time with patients. It allows us to quickly adapt to the changing needs of Nova Scotians.

Safety is our priority in any changes we make. We will ensure the act protects Nova Scotians while moving the system forward, faster. We would never lower the high standard of care in this province.

But we cannot continue to do things

the way we used to and expect different results. This law makes changes that should have happened a long time ago.

We said we would fix healthcare. That is exactly what we are doing, one solution at a time.

The Maguire Report

by Brendan Maguire, MLA for Halifax Atlantic

Every single day the 'need for a family doctor' list grows. We see more and more people in this community lose their family doctor. Our walk-in clinics are packed, and while virtual care deals with some issues, it does not address most of what is needed.

It is essential to recognize that access to healthcare is not a luxury but a necessity. Without access to quality healthcare services, individuals and families are at risk of severe health problems that can negatively impact their quality of life. This is why we must work together to find solutions to ensure everyone has access to healthcare.

We are all dealing with the cost-of-living crisis that is impacting us daily. With rising housing costs, increasing energy bills, and expensive groceries, many people struggle to make ends meet. This financial pressure is causing stress and anxiety for many of us. We must address this crisis head-on, finding solutions that will improve the financial stability and quality of life for all Nova Scotians.

Last month I sat in the Nova Scotia Legislature for our Spring session, so I feel compelled to address these issues in this month's article.

Despite the recent 13-day Spring budget session, these issues were unfortunately not adequately addressed. It's disheartening to see how partisan politics have taken precedence over solving critical problems impacting everyday people.

I firmly believe that our elected officials must prioritize the needs of the people they serve above political maneuvering. It's unacceptable that so many hardworking individuals and families are struggling to make ends meet, and yet their concerns are seemingly ignored.

We need to come together as a community and work towards finding solutions to alleviate the financial and healthcare burden on Nova Scotians. It's time to put aside political differences and focus on what truly matters – improving the lives of our fellow citizens.

Finally, as the sunshine graces us with its presence, I encourage everyone to take some time to enjoy the beauty of our community. I understand first-hand how important it is to take care of our mental health, and I hope to see everyone out on the trails, enjoying the warmth and sunshine. Let's continue to support each other and work towards building a better future for all Nova Scotians.

With love,
Proud to be your MLA
349 Herring Cove Road
902-444-0147

Chebucto News Community businesses serving community needs.

Business Directory

BUY LOCAL SUPPORT YOUR COMMUNITY

SIGNS VEHICLE GRAPHICS

NEW CENTURY SIGNS
860 Old Sambro Rd.
902.455.3001 info@ncsigns.ca

STEVE MURPHY'S AUTO SERVICE
- Wilson's Fuels -
3.5¢ per litre off for cash/debit every day
225 Ketch Harbour Road - 902-477-4160
Complete Collision & Mechanical Shop Services
Body Repairs and Painting • Bench Frame Straightening
Undercoating • Sandblasting • Mig Welding • Furnace Oil

MacLeod's Auto Service
Computer Diagnostics, Brakes, Welding, MVI, Exhaust, Undercoating & Tires. Servicing all Makes and Models.
Monday to Friday 8 am - 6 pm
44 Herring Cove Rd.
902-477-4682 / 902-431-2886

Mary BROWNS CHICKEN
Spryfield Mall
16 Dentith Rd, Halifax
19 Alma Crescent, Halifax

Mann Mechanical
Heat Pump and Ventilation Experts
58 Portovista Drive, Portuguese Cove, NS B3V 1P4
902-868-1324
mannmechanical.ca

Lewis Fancy Trucking & Excavation
• Topsoil \$375.00 tandem load (taxes extra)
• Fill, gravel, drainage work, culverts & driveways
• Excavation for foundations & additions
• Demolition
902-477-2460

OBITUARIES

(continued from page 10)
and vacations with family – she loved playing rumoli, bingo and going to the casino to play her favourite game, Outback Jack.

Jean Marie (Coldwell) Brewer
October 22, 1945 - April 3, 2023
Jeanne was born in Wolfville to parents Bessie & Clifford Coldwell.

Survived by her loving husband Roland (Rollie) Brewer, and siblings Paulene Levy of Dartmouth, Marjorie Hansen (Beverley) of Moncton, Victor Coldwell (Linda) of Ontario, and many nieces and nephews. Predeceased by sisters Greta Faulkner and Marion MacBurnie, brothers-in-law Lloyd Levy and Frank Faulkner.

Rollie has lost his beautiful wife of almost 55 years, after a short battle with stage four cancer.

Loved dearly and supported by her nieces Alana, Sheri and Natalie Aisthorpe, and dear friend Sue Bain.

She was a hairstylist for over 55 years, dedicated to her clients, many of whom became good friends. She was very devoted to the IWK Kermesse for over 45 years, volunteering, acting as director and co-director for 3 of these years.

She also loved needle work, sewing and crafts (except knitting). She loved to entertain friends and family; creating memories, traditions and sharing celebrations. She loved to make craft wine, for 30 years. She was an avid reader.

Special thanks to the nurses, doctors and staff at QEII-VG Site, 6B thoracic unit for their exceptional care.

Donations may be made to Hope for Wildlife in recognition for Jeanne's love for animals.

Online condolences: www.coleharbour-funeral.com

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

To advertise with us, call Dan at 902-479-6397

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



To have your Community Event listed call or fax us at 902-477-NEWS or send e-mail to 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 Food Bank: If you would like help with food, please call 902-477-1954 and leave a message. Our volunteers will call you back on Tuesday. Pick up time is Wednesday, 9:00-10:30 am, at the lower church hall behind the church.

If you would like to donate food, please drop it off on Tuesday morning before 10:30 or Sunday morning at the church.

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 being offered as eat in or takeout
- 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).

Spryfield Legion Events:

- Bingo - Every Sunday - 1:00pm - doors open at 11:30.
- Friday, May 5: 50s and 60s Dance - 9pm -1am. Peeks DJ and Dance Party (Age 19 and over). Adm. \$6.00 -Pay at the door.
- Saturday, May 6: Dave MacAulay Memorial Pool Tournament - noon start- \$10.00 entry fee.
- Monday, May 8: Seniors Dance with Joe MacKinnon - 1-4 pm. \$6.00 admission. Lunch served.
- Tuesday, May 9 - Legion General Meeting
- Kitchen Open every Friday - 4:30 - 6:30 pm. For more information about legion events, please contact the legion at (902) 477-0467.

Harrietsfield Williamswood Community Centre events:

- We are looking for 2 students for our Summer Camp Program. Ages 16-30yrs (must be a student in the fall). Wage \$14.50/hr for 35 hours/ week

*No vacation time but scheduled to work only Monday-Friday between the hours of 7:30AM-5:30 pm**
Term: July 4- August 25, 2023
**Must have own transportation as there is no bus system.
Must enjoy working with children from ages 4-11yrs old.
Please send your resume and references to: hwcc@outlook.com

- Pre-Teen Dance (grades 3-5) Thursday May 18th 6:30PM-8PM. \$5 at the door/ \$1 Canteen items
- **A parent must sign in children at the door.
- Currently taking bookings. Please call, email or message us through our FB page (902) 446-4847, email hwcc@outlook.com
- We are always looking for new Board members and volunteers!

Spryfield Lions Club events:

Spryfield Lions Club would like to invite members of the public to join us at our regularly scheduled meetings at 7 pm on the fourth Tuesday of every month in the meeting room of our signed entrance. Our regularly scheduled weekly bingos will continue to be suspended until further notice. Please call 902-479-2917 if you are interested in attending.

City Church (276 Herring Cove Road) events:

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

Emmanuel Anglican Church (322 Herring Cove Rd) events: emmanuelanglicanchurch.net, 902-477-1783.

- Prayer Group: Meets the 2nd and 4th Thursday of each month for an hour of prayer for each other, the world and the church. All welcome.
- Newcomers Group: This group is for people new to the Anglican church or people who are wondering why we do the things we do. We will explore Anglican practices, beliefs, organization and other topics of interest. Call the church if you are interested or come to worship and speak to someone.
- Messy Church: A time of socializing, crafts, worship and dinner for children and their significant adults. Saturday, May 6th from 4 to 6 in the hall. Next one is May 6th. Please RSVP

Religious Services Directory for May

Send your submissions to chebuctoeditor@gmail.com for June's issue by May 19.

City Church (276 Herring Cove Road)

Sunday Family service: 10:30am
Nursery and Children's ministry: 10:30am
Wednesday night prayer: 7-8pm

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. emmanuelanglican-church.net, 902-477-1783.

Sunday Worship:

8:00 am: Quiet, traditional, contemplative communion service.

10:00 am: Lively, contemporary communion service with music

Saturday, May 6th, 4:00-6:00 pm: Messy Church. This is a time of informal worship, crafts and dinner for children and their significant others. Please RSVP.

Meet in the hall behind the church.

We also livestream our 10:00am service and Holy Week services. Please join us online if you are sick. Emmanuel is a welcoming and affirming church. Everyone is welcome to join us for worship.

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

Worship at St. Paul's United Church is now in person, at 11am on Sunday morn-

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 email stellamaristwelvebaskets@gmail.com

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

Outdoor tap has been turned off for the winter. Those who need water are invited to come by when the church is open and fill their bottles inside

St. James United Church (3811 Old Sambro Road, Sambro) events:

Our Annual Dinner Theatre is Back! Join us for "Up Sambro Creek" an evening of Laughter, classic Canadian Music and a delicious Lobster Dinner. Performances: May 5, 6, 12, 13 at 6:30 PM and May 7, 4:30 PM. Tickets are \$50 and can be purchased on Eventbrite (search St James United Dinner Theatre) or in person at the church on April 16 from 12-2 PM (cash or cheque) or email dinner-theatresambro@gmail.com Note, seating is selected at time of purchase.

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!

TOPS (Take Off Pounds Sensibly) Tuesdays from 6 to 7pm at the Golden Age Centre, 212 Herring Cove Rd. Call for information: Colleen 902-868-2214 or Bev 902-477-4335 or check us out on the web at www.tops.org

Spryfield Legion/Forever Young Seniors Club Chase the Ace draws on Mondays at 7 pm. Ticket sales at the bar during Legion open hours as well as Mondays by volunteers from 5 pm to 6:45 pm. Tickets \$5.00 each

and support programs that are offered to members of the community at large. Please Note: Tickets must be clearly filled in with just one person's name and phone number. You are not required to be present at the draw in order to win.

Urban Farm Museum Society of

Spryfield All members and everyone interested in our Urban Farm in Spryfield are invited to our Board meeting on Monday, May 8th from 6:45 - 8:45pm at the Capt. Wm. Spry Community Centre. 2023 memberships are now available - Individuals \$10.00, Students & Seniors \$5.00, Families \$15.00 and Groups & Organizations \$25.00. We look forward to sharing our ideas and hearing your suggestions for the future. For more information, please call Pat at 902-497-3683 or email urbanfarmspryfield@gmail.com

Wednesday, May 10th, 6:30-8:30pm, Central Library, Lindsay Room. Climate Change in our big backyard: Explore what's happening in Blue Mountain - Birch Cove Lakes Wilderness Area with HRM Energy & Environment staff.

Women for Music Annual Spring Book Sale

will take place May 13th from 8:30am to 5pm and May 14th from 9am to 3pm in the Maritime Hall at the Halifax Forum. For more details, go to www.womenformusic.com

Mainland South Heritage Society Annual General Meeting, Thursday, May 25, 2023 at 6:30 PM – 8:30 PM and a reading by Clary Croft at the Captain William Spry Community Centre. 16 Sussex Street, Spryfield, NS.

AGM meeting first 30 minutes followed by Clary Croft reading from his memoirs. Clary will have several of his titles on hand that may be purchased through e-transfer or cheque.

Clary Croft spent his teen years in Spryfield and attended B.C Silver High School. He is proud of his Spryfield connection. Clary is a folklore researcher, author and recording artist. His newly published memoirs, Clary Croft: My Charmed Life in Music, Art, and Folklore, chronicles a career spanning over fifty years. His work with the traditional music from the Dr. Helen Creighton Collection, has caused Clary to be called, "the acknowledged master of one of the richest repertoires in Canada." [*Halifax Mail Star*]. All welcome.

Sambro Rd)

Sunday services held at 11am.
Sunday school held at 11am.

Services are livestreamed on our Facebook page (St James United Church Sambro NS) and Youtube. Our website is www.sambrojollimorepc.com and our email address is office.sambrojollimorepc@gmail.com

Our phone number is 902-868-2791
April 2, 11 am Palm Sunday Service
April 7, 7 pm Good Friday Service
April 9, 11 am Easter Service with Holy Communion

Open Door Community Church (11 Aldergrove)

You are invited to join us for a time of contemporary worship and Bible based teaching. Please join us on Sunday mornings at 10:30 AM.

St. James United Church (3811 Old

LOCAL OBITUARIES

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

Joan Rosa

Age 73, of Spryfield, passed away peacefully on Monday, March 20, 2023 at the Q.E.II Infirmary where she was called home. Joan was born in the town of Fortune, Newfoundland and was a daughter of the late William and Elsie (Withrell) Crant. She was one of ten children.

Joan was a devoted Salvation Army Soldier and volunteer. She was loved and also was a devoted wife and mother.

Surviving are her husband of thirty-seven years, Dominique; her daughter, Marianne; mother-in-law, Reine Rosa; twin sister, Jean Dignard; sisters, Leah McGibbins, Diane Jones, Doreen Crant, Linda (John) Barnes, Irene (Joe) Ryan, Sheila (Aubrey) Ralph, Rita Smith; brother, Jim (Jessie) Crant.

Joan was predeceased by her sister, Besie Crant.

Donation in memory of Joan may be made to the Salvation Army Church, 328 Herring Cove Road, Halifax, NS B3R 1V4.

Reginald (Reg) David Hody

1956-2023, age 66, Halifax, NS, was born in Moncton, NB to a meteorologist father and a teacher mother and grew up in Lakeburn (Dieppe). After graduating from Moncton High School, Reg headed off to McGill University where he graduated with a B.Sc. in Mathematics and Computer Science. He also did some graduate work at Temple University. Reg spoke fondly of both Montreal and Philadelphia as significant touchstones. Reg was a passionate computer scientist, mathematician, and teacher. In his early career, Reg oversaw the Math department's computer laboratory at Dalhousie University. During this period, he taught hundreds of undergraduates, some of whom acknowledged his genius and

some of whom were scarred for life. He then moved on to be the Designer, Integrator and Systems Manager at the Automated Manufacturing Technology Centre at the Nova Scotia Institute of Technology until deciding to break out as a consultant. Reg worked as a private consultant in systems integration for nearly 20 years. He was certified with Survival Systems so he could work on systems directly on offshore oil rigs and volunteered for decades with Chebucto Freenet/Chebucto Community Net. Reg himself described what he did as a systems integration consultant as follows:

I am a hit man.

People (and organizations) have problems.

I make them (the problems) go away.

I strive for elegance, understandability and robustness.

People, in general, do not like me.

I get work because people are forced into hiring me.

I normally charge excessively.

He should also be remembered as a Cassandra. Forty-five years ago, he was prophesizing universal computer usage and technology that seemed to be more in the realm of science fiction. Today, we all carry mini-computers in our pockets.

Reg was an avid science fiction and fantasy reader. He was a volunteer with Halcon from his arrival in Halifax in the late 70s until its demise in 1987. Reg loved the outdoors. He hiked a long section of the Appalachian Trail and was active in the Fantasy Field Trip Society in the 1980s. He loved exploring the woods in Herring Cove where he lived happily for over 30 years.

Reg also had a family who called him David. The answer to the question why has generally been that he was called David (patron saint of Wales) because he was born on St. Andrews (patron saint of Scotland) Day. We can only point out that he appears to have decided not to die on St. Patrick's Day.

David was a loving son and caretaker to his mother in her final years. He loved his siblings fiercely. When David found out he was going to be an uncle, he immediately left Toronto and returned to Halifax. David acted the role (and well) as "crazy uncle" and he adored his niece and nephew.

David was predeceased by his parents, Reg Hody and Dr. Maud Hody, his brother William, his younger sister Laura, and his sister-in-law Eileen Ross. He is survived by his older sister Florence (Vancouver), his sister-in-law Pam Griffin-Hody (Halifax), nephew Max Reginald (Halifax), and niece Arden (Toronto). Reg is survived by all the people who crossed his paths, friends and foes, and the world's light shines a little less with his passing.

The family would like to thank the staff on the 4th floor of Northwood Centre for the care they provided to David (Reg).

Should anyone wish to donate in his memory, we suggest the Northwood Foundation. <https://northwood.care/northwood-foundation/>

Carole Joan (Torrey) Haywood

Herring Cove. It is with great sadness that we, the family, announce the passing of our beautiful mother, Carole Haywood. She passed away surrounded by family and friends, at the VG Hospital, on March 23, 2023. Mom was born in Port Shoreham, Guysborough Co; N.S. She was the daughter of the late Osborne and Adelaide (Simpson) Torrey.

Surviving are her five children, Wade Ronald Haywood and wife Betty (Livingston) Haywood, Heather Charlene Coles (Haywood), Mark Edward Haywood, Denine Leeanne (Haywood) Embree wife of Wilson Embree, Natasha Lynn Haywood wife of Jason Pickles; grandchildren, Todd Haywood, Amanda Haywood, Chantel Doucet (Coles) and husband Ryan, Kyle Coles, Britania McNeil spouse to Jesse Alstrup, Austin McNeil, Shane Harnish, Hunter Haywood-Pickles, and Jacob

Haywood-Pickles; great grandchildren, Dylan and Kayla Lerette, Kaiden and Melah Hoffer-Haywood, Ambrose McNeil, Oliver Alstrup and Annika Alstrup, Kennedy, Cabot, Barrett Doucet.

Mom had a smile that could light up a room and a caring heart that made each person she knew feel special. She was very vivacious and outgoing; she had an engaging personality and there was always laughs to be had when you were around her.

Words can't express just how much she will be missed.

Richard "Rick" Arthur Pemberton

Age 62 of Spryfield, passed away March 17, 2023. Born in Spryfield he was the son of the late Arthur and Dorothy (Jones) Pemberton. Rick was a long-time employee of Ambrae Academy. Rick is survived by his son, Jesse; granddaughter, Freya; siblings, Marjorie Pemberton, Elta Courtemanche (Harvé), Monson (Sonny) Pemberton, (Eleanor), Dorothy (Harry) Beazley, Leona Lorman; and half-sister, Bonita; as well as many nieces and nephews. He was predeceased by sisters, Georgina, and Anita; half-brothers, Delbert and Arthur.

Paul Henry Sidney

Age 80 of Halifax, it is with deepest regret and sorrow, I announce the passing of my beloved husband and friend Paul Henry Sidney on March 26, 2023. Born on March 11, 1943, to the late Laurence and Lavina (Smith) Sidney.

He is survived by his loving wife, Beverly (Shay) Sidney; fur baby Toby; children, Dennis, Katrina and Paul Jr; many grandchildren; great grandchildren; nieces and nephews; cousins; he is also survived by sisters, Diane (Gerald) Harding, Mary Sidney, Patsy Sidney, Donna Sidney; brother, Bill (Kathy) Sidney. He was predeceased by sisters, Barb Dodworth (Ken), Betty Duncan (Ed); brother, Laurel (Carolyn).

Paul loved his family and friends, and I am sure he will be pleased to see the outgoing love and support for his wife Beverly. He loved each one of you, especially his brothers, sisters, in-laws who were family to him.

A celebration of Life will be held at the Spryfield Legion at a later date. You can call the Legion for a time and date. A very big Thank-you to Melville Lodge for their care and compassion when Paul was a residence there and J. Albert Walker Funeral Home. To place online condolences, please visit www.walkerfh.com

Ruth Marie (McCulloch) Harnish

Age 72, of Herring Cove, later moving to Cambridge, Hants County, with her daughter Jean and her family, where she was taken care of.

It is with heavy hearts that we announce the passing of our mother Ruth Marie Harnish (McCulloch), who passed away on Saturday, April 15, 2023. Ruth was born on January 25, 1951 in Kennetcook, Nova Scotia. She was the daughter of the late Lewis and Flora (Rhodes) McCulloch. Mom was a devoted wife, mother and grandmother who adored her grandchildren.

Ruth enjoyed working at Blind Rights Action Movement making crafts and O'Brian's Pharmacy in her younger years. After marrying the love of her life and having children she moved into the babysitting career. Ruth babysat a lot of her nieces and nephews and enjoyed everyday spending time with them and watching them grow into wonderful and amazing human beings.

Ruth enjoyed spending time at their cottage on the weekends doing gardening, going for 4-wheel rides, late night drives on the Walton Woods roads and listening to the oldies.

Ruth is survived by her daughters, Jean (Keith) Blaxland; Sheila (Ronald) Smith; grandchildren, Brayden, Keith and Trenton; brothers, Raymond (Janet) McCulloch; Bill (Linda) McCulloch; many nieces and nephews.

She was predeceased by her loving husband, Harry Melborne Harnish and her brother, Donald McCulloch.

Thank you to the homecare ladies who helped in every way to take care of mom also to Amber Phillips palliative care nurse

and the VON ladies.

In lieu of flowers donations may be made to St. James Anglican Church.

Diane Marie (McFarlane) Organ

71, of Halifax, passed away at home Saturday April 15, 2023 surrounded by family after a courageous battle with cancer. She is survived by her son, Bill (Ingrid Paliukaite); daughter, Shari (Alex Durant); two grandchildren, Danielle and Shawn Sabine; one great grandson, Flynn; several nieces and nephews who she adored. Diane was predeceased by her husband, John William "Bill" in 2018.

She spent her career in the printing industry working at Allen Print for many years. When she retired her focus shifted to enjoying her time walking, reading and going to the dances at the Legion.

Mom loved her Sunday night Bowling League Family in Spryfield and her Goodwood Girls lifelong friends. They brought so much joy to her. We want to extend our heartfelt gratitude to our family and friends who where such an amazing support to all of us during this past year.

Special thanks to her doctors at the Cancer Center for guiding her through her treatments with so much care. Dr. Lamond, Nurse Courtney and Dr. Wilkie. Palliative Care Nurse Nick for the extraordinary care of our entire family during Mom's final days.

To place online condolences, please visit www.walkerfh.com

Nancy Lou Comeau

Age 80, of Halifax, Nova Scotia passed away on Thursday, March 30, 2023 In the QEII Health Science Centre Halifax Infirmary.

She was born in Woodside, NS to the late Jessie Murphy.

Nancy worked at Sears Canada, she loved to paint, cook, going to campgrounds and playing bingo.

She is survived by daughters, Kathy, Sandra (Dan), Darlene (Andy) and Christine, sons, Marshall (Hali), and Randy (Kelly), 14 grandchildren and 19 great-grandchildren and was predeceased by her husband Ulysse Comeau and daughter Joyce.

In lieu of flowers, donations may be made to the Nova Scotia Lung Association.

Fond memories and expressions of sympathy may be shared at www.JASnow-FuneralHome.com for the Comeau family.

Helen Mary O'Hearon (Oickle)

Aged 89 of Spryfield, slipped away to the big bingo game in the sky on Tuesday, April 11, 2023. Mom was the eldest daughter of the late Russell and Nellie (Dorian) Oickle. She was predeceased by her husband, Fred O'Hearon, as well as her brothers Donnie in infancy and Russell Oickle Jr as well as stepsisters Jean Warner, Joan Meade, and Mary Heon.

Her family was her pride and joy. She is survived by her children Fred (Lynn) O'Hearn, Rick (Darlene) O'Hearn, Marg (Ken) McClean, Kevin (Lisa) O'Hearon as well as her treasured grandchildren, Jason (Holly), Justin (Carla), Jill, Kelly (Randy), John (Alicia), Ken (Kristin), Lauren, Kevin Geoffery (Sarah) and great grandchildren Cameron, Paige, Tyler, Mark, Willow and Maddy. She is also survived by her only remaining stepsister, Beverly Crowell.

Mom worked in the nursery of the Halifax YMCA for many years, caring for all of her 'babies' – a job that never felt like work to her. She was known far and wide for her incredible baking – in particular, homemade rolls, pinwheels, and pies. She and dad built their family home on Autumn Drive, where she lived until 2002, then moved to Cowie Hill until February of 2023. In February she was welcomed to Arbourstone; where all of mom's needs were met. A thank you to 9A (VG) who made mom's last days as comfortable as possible. We want to extend a huge thank you to Cheryl Foulkes, mom's earth angel – who providing care and support to mom to live independently for several years.

When not enjoying adventures, road trips (See Obituaries on page 8)



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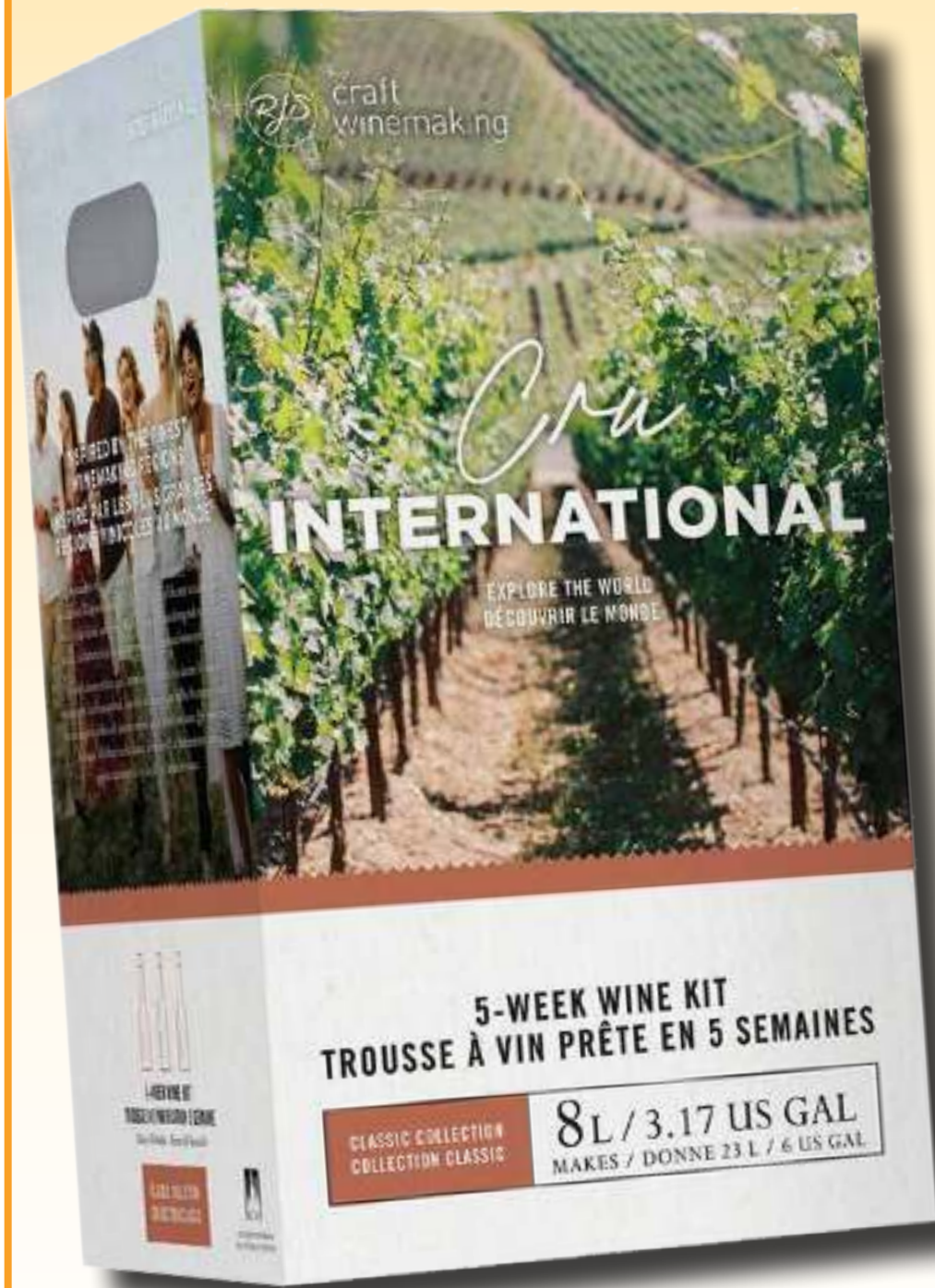
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