

Team Training
Strength & Conditioning
Power Skating, D-Camps, Goalie Camp
U9-U18 Spring Hockey Teams
& Development



REGISTER TODAY
902-223-0045 info@outsideedge.ca

Chebucto News

Vol.25 • No.6
February 2024

Armdale • Bald Rock • Ferguson's Cove • Harrietsfield • Herring Cove • Jollimore • Ketch Harbour
• The Pennants • Purcell's Cove • Portuguese Cove • Sambro • Spryfield • Williamstown

Working For You In Your Community
902-479-NEWS (6397)

FREE

**BOOK YOUR NEXT
EVENT WITH US TODAY!**
Visit bowlarama.ca for more info.



**CHICKEN, TATERS
with a Twist**
\$8.99

19 Spryfield Mall - 16 Dentith Rd, Halifax
19 Alma Crescent, Halifax



LAWYER Clyde A. Paul & Associates Inc.

Clyde A. Paul, K.C.
N. Kent Clarke
Peter J. Katsihtis
Barristers and Solicitors

Preferred Practice Areas:
Real Estate • Family Law
Wills & Estates • Criminal Law
Business Law



902-477-2518 • info@clydepaul.ca

African Heritage Month celebrations begin



The Black Cultural Centre for Nova Scotia in Cherry Brook, Halifax Regional Municipality, shares the history and culture of African Nova Scotians (Communications Nova Scotia / File)

Reprinted from the NSGov website addresses: <https://ansa.novascotia.ca/african-heritage-month> and <https://news.novascotia.ca/en/2024/01/23/african-heritage-month-celebrations-begin>

Nova Scotia recognizes February as African Heritage Month each year to celebrate the dynamic culture and rich heritage of the province's African Nova Scotian communities.

The official proclamation for the month was held at Province House

on January 23, with Lt.-Gov. Arthur J. LeBlanc and African Nova Scotian Affairs Minister Twila Grosse.

"Over the coming month, the Province will recognize leaders and moments in history that have defined the culture and heritage of African Nova Scotian communities," said Lt.-Gov. LeBlanc. "We celebrate their indomitable spirits and strength, while recognizing that resilience thrives where there is accountability."

African Heritage Month includes

both commemoration of the past struggles and tragedies that have faced the African Nova Scotian community and celebration of African Nova Scotians' unique and enduring contributions to the province to this day.

"As we celebrate African Heritage Month, we are reminded of the remarkable journey of our 52 historic African Nova Scotian communities and the various journeys of people of African descent who now call Nova Scotia home – these journeys are

defined by resilience, wisdom and hope," said Twila Grosse, Minister of African Nova Scotian Affairs. "We continue to work tirelessly to ensure that the voices of African Nova Scotians are heard, their rights respected, and their contributions celebrated not just during this month, but every day of the year."

Events and celebrations will be held throughout the province. Nova Scotians are encouraged to learn more about the month and the events by visiting <https://ansa.novascotia.ca/african-heritage-month>

The provincial launch is available to watch at: <https://www.facebook.com/AfricanNSAffairs> and <https://www.youtube.com/nsgov>

"As we recognize the 40th anniversary of the celebration of African Heritage Month here in Nova Scotia, the theme selected for this year – Our Smiles, Our Joy, Our Resilience as African Nova Scotians – is embodied in the joy and pride that is felt when we share our history and culture – a culture that highlights the resilience of the Black Nova Scotian community that has survived and thrived over 400 years here in Nova Scotia."

— Crystal D. Mulder, co-Chair, Black History Month Association

Did you know?

• the first Black History Month in Nova Scotia was observed in 1988
(See African Heritage on page 2)

Design • Manufacture • Install
Custom & Commercial Signage

- Illuminated
- LED
- Electronic
- Pylon/Free Standing
- Dimensional Letters
- Carved - Gold Leaf
- Sandblasted
- Digital Printing
- Banners
- Braille
- Wayfinding
- Awings
- Architectural
- Vehicle Graphics & Wraps
- 65' Crane - 65' Bucket Truck
- Install and Maintenance Services



902.455.3001 info@ncsigns.ca

A mortgage broker can save you thousands!

- Purchases
- Debt consolidation
- Renewals
- Renovations
- Great rates
- Free consultant services O.A.C.
- And more

jbright@eastlink.ca



Call me for trusted personal mortgage service!
Jason Bright
(902) 880.4622

BEAVER
EnviroDepot
NOW OPEN



479-3900

251 Herring Cove Road

**BOWLING.
ARCADE.
EVENTS.
FOOD & DRINKS.**
We have all of your entertainment needs covered.



African Heritage

(continued from page 1)

and renamed African Heritage Month in 1996

- the African Heritage Month Information Network is a partnership with several African Nova Scotian organizations
- there are 52 historical African Nova Scotian communities
- 2.4 per cent of Nova Scotians identify as African Nova Scotian
- 71.8 per cent of African Nova Scotians have roots in the province going back three generations or more

Celebrate African Heritage Month 2024

The 2024 African Heritage Month theme is Our Smiles, Our Joy, Our Resilience as African Nova Scotians. This month is a time to celebrate and recognize the history and culture of people of African descent. The theme aligns with the final year of the United Nations' International Decade for People of African Descent (DPAD) 2015-2024. The goal is to strengthen global cooperation in support of people of African descent, increase awareness and recognize their full and equal participation in all aspects of society.

Nova Scotia has more than 50 historic African Nova Scotian communities with a long, deep and complex history dating back more than 400 years. African Heritage Month provides an opportunity to celebrate and promote the culture, achievements and contributions of people of African descent in Nova Scotia – past and present.



From the Beginning

The beginning of African Heritage Month can be traced back to 1926 when Harvard-educated Black historian Carter G. Woodson founded Negro History Week to recognize the achievements made by African Americans.

Woodson purposefully chose February because of the birthdays of Frederick Douglass and Abraham Lincoln who were both key figures in the emancipation of enslaved Blacks.

Black History Month was first celebrated in Canada in 1950.

Black History Month in Canada

In the past, the contributions of African Canadians have been acknowledged informally. Nova Scotia has been a leader in officially promoting and recognizing African Canadian heritage.

Some efforts include:

- 1985 – The official opening night of

Black History Month at the Halifax North Branch Library

- 1987 – First meeting of the Black History Month Association
- 1988 – First Black History Month in Nova Scotia
- 1996 – Black History Month renamed to African Heritage Month in Nova Scotia

Some of these actions have influenced Canada to act on a national level:

- 1995 – The House of Commons officially recognized February as Black History Month following a motion introduced by the Honourable Jean Augustine, the first Black Canadian woman elected to Parliament.
- 2008 – The Senate officially declared February as Black History Month. Nova Scotia Senator Donald Oliver, Q.C., was the first Black Canadian appointed to the Senate. His motion was the final parliamentary procedure needed for Canada's permanent recognition of Black History Month. About the African Heritage Month Information Network

The African Heritage Month Information Network (AHMIN) is a partnership with:

- African Nova Scotian Affairs
- The Black Cultural Centre for Nova Scotia
- African Heritage Month Southwest Network
- African Nova Scotian Music Association
- Antigonish-Strait African Regional Network
- Black History Month Association
- Cape Breton African Heritage Month Regional Committee
- Cumberland African Nova Scotian Association

(See African Heritage on page 3)

Chebucto News

Publisher: Dan Doherty, 902-478-4023

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

Advertising Inquiries:

Dan Doherty 902-478-4023
dandoherty12@gmail.com

Design and Layout:

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

Notice: The publisher and the production service assume no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher or the production service. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.

© 2024 The Chebucto News, Spryfield, Nova Scotia

ANDY FILLMORE

Member of Parliament
Halifax

Follow me on Twitter,
Facebook & Instagram:
@andyfillmorehfx

902.426.8691
andy.fillmore@parl.gc.ca
1888 Brunswick St, Rm 808

MLA HALIFAX
ATLANTIC

BRENDAN MAGUIRE

Sambro
East/West
Pennant
Ketch Harbour
Duncans Cove
Portuguese Cove
Bear Cove
Halibut Bay
Herring Cove
Fergusons Cove
Purcells Cove
Jollimore
Spryfield
Harrietsfield
Williamswood

902 444-0147

brendan@brendanmaguire.ca
349 Herring Cove Rd
Halifax, NS, B3R 1V9

Fill up today!

Refill your 18.9L
water bottle for

\$1.99

See ad on back page

personal, corporate & trust accounting services

We specialize in:

Small Business and Non Profit Bookkeeping
Personal Taxes • Corporate Taxes
Year End Financial Statements

Angela Pellerine, CPA CMA

30 Alabaster Way • Halifax • 902-499-8076
info@additup.ca • www.additup.ca

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

Show someone that you love them

PHOTO: PEXELS BARNABAS DAVOTI

by Lorrie Boylen

Valentine's Day is this month, typically a time to show your loved ones how special they are - although ideally we should all be doing this on a regular basis, not just once a year.

During this celebration of romantic love, some folks may shower their partner with cards, flowers, jewelry or other gifts, and may even arrange a romantic restaurant meal or night in a hotel. It's easy to get carried away, thinking you need to spend a lot of money to demonstrate what's deep in your heart.

Do you find yourself dreading yet another overly commercialized "holiday" hot on the heels of the expense of Christmas? It needn't put a strain on your budget. You can celebrate the month of love with those you care about in ways that are meaningful and won't break the bank.

When my kids were younger, we celebrated February 14th as a family. I'd cook a special meal and serve it on fine china with a nice tablecloth and candles. We'd all exchange cards and gifts of inexpensive sweet treats.

Some other gift ideas include:

Writing down your favourite memories from throughout your relationship, things that you love about the person, that make them unique and memorable. This can work for a romantic partner, kids or any other loved ones you share this day with. This is a gift that lasts, as they can look back and read them on days when they are feeling low (you know we all have them!)

Use your imagination and make a book of coupons filled with things you can do for them or experiences you can share together.

Schedule a special road trip together and play tourists. We live in one of the most beautiful places in the world, so get out and explore something new together!



It's always a good time for a picnic, whether it's on the above-mentioned road trip, or in the middle of the living room floor. Why not slip a few love notes in there while you're at it?

A free activity such as a walk in the woods, a stroll along one of our beautiful beaches, geocaching or ice skating.

You don't even have to spend money on a card. Some of my favourite cards have been homemade, and you can write your very own heartfelt and loving message.

You could get sentimental and recreate your first date with your loved one, including as many original details as you can, making it another date to remember.

Choose a book that you can read together while sipping tea or sharing a bottle of wine. Lock the doors, turn off your phones, and enjoy a quiet

evening to yourselves.

Whatever you do to celebrate, I wish you all a month of love and happiness.

(Lorrie Boylen is a Communications Professional, Coordinator for the Sambro Imagination Library, and CBC Radio's Community Contact for Sambro)

Volunteers needed

The Spryfield Farmers Market is in need of people to sit on their board. The Market is looking for people from all walks of life, all abilities, and varied skills and interests to join their team. Some of the positions they need filled are the usual administrative, bookkeeping/treasurer, and communications roles. They are also looking for people with an interest in being a Market Greeter, and people with a passion for their Nourishing Communities program; in particular, someone to manage the Our Nourishing Com-

munities Program.

Requirements are the ability to work a minimum of one market day a month. The market runs every Sunday from 12 noon to 3pm.

The Spryfield Farmers Market hopes that you will consider volunteering your time for such a great non-profit organization, and one that does so much to help keep our community healthy. If you have any questions or would like to volunteer to join the board, please email spryfieldfarmers-market@gmail.com

Spring Bear Hunt being considered

The Government of Nova Scotia is considering a spring bear hunt pilot project this year and is looking for feedback from all Nova Scotians.

As it stands, bear hunting is only allowed in the fall. Currently, Nova Scotia is the only province in Canada that has only one bear hunt per year. If this new pilot project gets approved, it means there will be a five-week (no Sundays) period of time in the spring when male bears may be hunted. This will be from May 20th until June 22nd and will only be open to Nova Scotia residents.

This pilot project is hoping to help shape the future of spring bear hunts in the province. In order to keep the bear population healthy, regulations are being developed. These regulations include the aforementioned no hunting on Sundays, and only Nova Scotia residents being allowed to participate. There will also be no hunting females and cubs, and the bag limit of 1 bear per year will still be in effect. A license will be required and all who buy a bear license will need to complete a bear harvest report, even if

they don't harvest a bear.

Should you wish to participate in the survey and have your opinion heard, go to novascotia.ca/spring-bear-hunt-engagement. Towards the bottom of the page will be links to the survey as well as a spot to send feedback. The deadline for feedback is February 24, 2024.

African Heritage

(continued from page 2)

- Guysborough African Heritage Month Committee
- Halifax Regional Municipality's African Nova Scotian Integration Office
- Valley African Nova Scotian Development Association

The African Heritage Month Information Network collaborates in developing the theme and promoting African Heritage Month events and municipal proclamations across the province. The AHMIN also produces an educational poster that is distributed and displayed in community gathering centers, schools, churches, government offices and businesses.



DISCOVERING OUR PAST

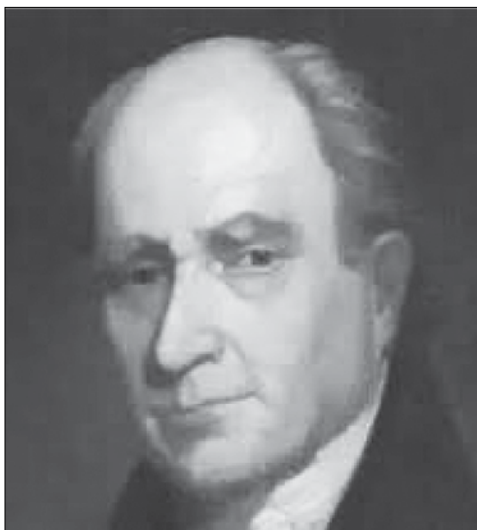
A traveller's experience from Halifax to York Redoubt in 1804

by Iris V. Shea

Two hundred and twenty years ago, in 1804, most communities in Mainland South were already established. Fishermen had become permanent residents in our coastal communities from Ferguson's Cove to Pennant. Farmers in Spryfield and Harrietsfield were cultivating their land to produce grain and root vegetables. It would be another 20 to 25 years before settlements began along the western side of the Northwest Arm, in the communities we know today as Boulderwood and Purcell's Cove, and another 40 years before the shoreline of Jollimore was developed. Kline Heights and Melville Cove were not developed until the beginning of the 20th century.

A curious but energetic traveller from Halifax in 1804 attempted to explore the shoreline communities on foot, getting as far as Kavanagh's Island (now Melville Island) where the narrow dirt road ended. Along the way he had a good view of Hosterman's Grist Mill situated on the stream running down from Indian Lake (Chocolate Lake) into the Northwest Arm.

Upon reaching Kavanagh's Island he could see the activity of the early French prisoners of war being guarded by British soldiers. Since 1795 the British Admiralty had leased the buildings on Kavanagh's



This portrait of John Howe was painted by William Valentine c.1820. This image is of the original oil painting on canvas and is in the Public Domain.

Island as a hospital for sick and wounded French prisoners of war who were captured and brought to Halifax during the early days of the Napoleonic wars. By 1803 the British were using these buildings for all French prisoners of war. The lease on the island was due to run out in August 1804 and, when James Kavanagh, a Halifax merchant, advertised the island for sale in June of that year, the British Admiralty purchased it, along with the surrounding land known today as Cowie Hill and Melville Cove. The island contained, according to the deed of sale from Kavanagh, "two large Stores as prisons which have contained 200 persons" in addition to several other buildings and dwelling houses.

Further exploration of the western side of the Northwest Arm had to be by boat. Our traveller observed abundant

schools of herring and mackerel, and encountered seals on the rocks near the shore as British soldiers stationed at Kavanagh's Island conveyed him to York Redoubt in a row boat. Panoramic views of the wooded hills covered with birch, maple, oak, pine and spruce trees were enjoyed along the way. At the mouth of the Arm was a large Grist Mill fed by water from the stream leading from nearby Williams' Lake. In December 1804, the owner of the mill, George McIntosh, Esq., of Spryfield advertised for sale "that valuable Grist Mill and dwelling House situated at the mouth of the North West Arm in the harbour of Halifax." The advertisement continued to appear in newspapers for several months, but the mill did not sell until 1811.

The journey continued by rowboat to Russell's Island (now Spectacle Island in Purcell's Cove) which, in 1804, was leased from William Russell by Halifax merchants and used as a place to dry their fish for the Halifax market. Along that stretch of water were fishing shacks on the shore. Ferguson's Cove, a busy place for the fishery, was just beyond the outcrop of trees from Russell's island. William Glazebrook, Mathew Lynch, and David and Job Smith, all permanent settlers in Ferguson's Cove by 1804, owned stages and stores on their granted fish lots. Glazebrook had come to Ferguson's Cove from England in 1785 and married Eleanor Purcell of Portuguese Cove. By 1804 they had 10 children and five more were to follow. Mathew Lynch, an Irishman, served in the British Army before settling in Ferguson's Cove in 1800. Another fisherman who

travelled between Portuguese Cove and Ferguson's Cove was Samuel Purcell, Jr., son of an old soldier who emigrated from England during the 1760s and obtained a grant of 500 acres in Portuguese Cove. Samuel, Jr., eventually settled in Purcell's Cove, the community named for him. In 1803, David Smith of Ferguson's Cove married Catherine Wooten, widow and sister to Samuel Purcell, Jr.

Our traveller was well received in Ferguson's Cove by the fishermen and their families, and walked up the hill to York Redoubt where he met the guards stationed there. In 1804 one Subaltern, one Sergeant, three Corporals, one Drummer and 10 Privates from the 60th Regiment were stationed there. (Each month, weather permitting, the soldiers were exchanged with another group from the same regiment stationed at the Citadel). A tour of the Duke of York Tower was one of the highlights for this visitor.

Our traveller had reached the end of his journey, having made many notes in his journal. Returning to Halifax on the duty boat from York Redoubt, he was able to write several articles in his own newspaper, the "Halifax Journal." This gentleman, who was no stranger to those he visited in the fishing communities, was John Howe, the King's Printer for Nova Scotia since 1801 and the recently appointed post-master general. He passed his journalistic interests and spirit of adventure on to his youngest son, Joseph, who was born 13 December 1804 and who became one of this province's most distinguished politicians. In 2004 Nova Scotians celebrated the 200th anniversary of Joseph Howe's birth.

Supporting Your
Community

**ROYAL
CANADIAN
LEGION**

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

Cuttell

(continued from page 8)

is a first step toward fixing the problem.

Join the Community Mobilization Team: Last year a new project was launched in Spryfield called the Community Mobilization Team (CMT). CMTs support the response and recovery from the experience of a traumatic incident. They are based on a partnership among local residents, community organizations and the municipality. After a violent or traumatic incident, CMTs mobilize local and municipal resources to address individual and community needs, coordinate community debriefings and timely information sharing. CMTs build on community strengths to develop and implement practical solutions that increase safety and empower residents and community-based organizations. An essential step in establishing an effective crisis response is ensuring the community has the necessary capacity to support itself. CMTs support community participants through training and education to be able to play an active response role. This program is unique to Halifax, and supports Council's priority to advance how we provide Community Safety services. If you are interested in learning more or getting involved, please email cmt@halifax.ca.

It is a privilege being the HRM Councillor for District 11. If there are any municipal issues I can help you with, please call me at 902-221-6893 or email patty.cuttell@halifax.ca. Find me on social at [patty.cuttell11](https://www.facebook.com/patty.cuttell11)

Chebucto News Community businesses serving
community needs.

Business Directory



50/50 Online Fundraiser
supporting Long Lake
Quarterly Draw

www.rafflebox.ca/raffle/llppa

LLPPA
LONG LAKE PROVINCIAL PARK ASSOCIATION

**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

**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



**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

**To advertise in
Chebucto News,
call Dan:
902-478-4023**

Rise and thrive: unveiling the power of a wholesome breakfast to ignite your day

PHOTO: PEXELS JANE DOAN



- Spinach & cheese omelet with whole grain toast
- Oatmeal bowl with dates, milk & fresh fruit
- Protein smoothie with spinach, canned fruit, soy milk and protein powder
- Cottage cheese pancakes with tropical fruits and a glass of milk
- Fish cakes or salmon with veggies (think dinner at breakfast).

If you are a cereal fan, try mixing it up by combining several in one bowl (look for cereals with lower amounts of sugar-6 g/serving and high fiber). Add in your fav fruits like Nova Scotia blueberries or bananas with your milk of choice (Cow's or soy milk contain protein).

Enjoying the occasional breakfast with eggs, ham and bacon fits into a healthy eating pattern, do what works for you knowing you eat 365 breakfasts/year.

As in life, balance and consistency are key. Listen to your body's hunger and fullness cues and customize your breakfast to what works for you! Don't forget to stay hydrated with water. As you see, fueling your day with a wholesome breakfast can positively impact your overall health and well-being. I hope you try some new recipes and look for inspiration at @dibbssondining.

TIP: If you love breakfast and have some time in your day, we are looking for Volunteers for breakfast programs in the Spryfield area. If you are free before or after school, reach out to me at ddibblee@hrce. JLIslay and John W Macleod Fleming Tower would love to find seniors and other amazing volunteers for 1-2 mornings a week. Working with youth is a fun way to enjoy breakfast time as we support students with healthy choices. Cheers to 2024 and to savoring the goodness of breakfast and the benefits that a well nourished morning brings. Rise, shine and thrive!

Diana Dibblee is a teacher, Mum and dietitian.

by Diana Dibblee

Start your day off with fun, flavor & fuel by enjoying a powerful, nutrient packed breakfast. The old legend says that breakfast is the most important meal of the day. While this may or may not be true for you, beginning the day with foods that contain essential nutrients for energy and vitality is the best choice. When you wake up, do

you start with coffee or tea? As the morning progresses, ensure that you "break that fast" with foods you love that will power you throughout the day.

Some of the recognized benefits of enjoying a healthy breakfast include support for regulating blood sugar levels, enhanced metabolism, balanced mood, optimized physical perfor-

mance and better cognitive function (for learning and focusing) as well as support for appetite control. Depending on your age, health, daily exercise, etc, your unique amounts of protein, carbohydrates & healthy fats may change. Ideally try to include each of these macronutrients in your first meal of the day. It's key to enjoy a variety of foods, such as aiming for a min of 5 fruits and vegetables. Use fresh, frozen & canned; all are terrific sources of vitamins. Similar to many plant foods, they contain fiber that most Canadians are lacking (fiber helps you feel full longer as one example).

Some breakfast ideas to kick start your day include:

- Greek yogurt parfait with frozen berries & nuts.



Valentine's Day 50/50 Draw

DRAW DATE: February 14, 2024, 11 am @ the Pond Playhouse
TICKETS: 1/\$2, 3/\$5, 10/\$10, 25/\$20, 100/\$50

SHOW YOUR LOVE FOR THE THEATRE

Winner takes half the 50/50 jackpot!

Licence No. AGD-335427-23

The Theatre Arts Guild is excited to launch a new 50/50 Raffle fundraiser in support of ongoing infrastructure improvements at the Pond Playhouse! The winner will receive 50% of the money raised.

Good luck to all our TAG supporters and thank you!

Final Day for Ticket Sales: Tuesday, February 13, 2024, 11:59:59 pm

Draw Date: Wednesday, February 14, 2024, 11:00 am

Draw Location: Pond Playhouse, 6 Parkhill Road, Halifax, NS

The Theatre Arts Guild is proud to be the country's oldest community

theatre with a record of continuous operation. Even during the COVID-19 pandemic, the Guild has never wavered in its mandate "to promote the study, practice and knowledge of the dramatic and musical arts in the city of Halifax and the neighbourhood."

The Theatre Arts Guild is run entirely by dedicated volunteers. Your generous support will help us maintain our community theatre.

The winner does not need to be in attendance to claim their prize payout.

To purchase tickets, go to <https://www.rafflebox.ca/raffle/tag>

COUNCILLOR PATTY CUTTELL

DISTRICT 11
Spryfield - Sambro Loop -
Prospect Road



902.221.6893 | patty.cuttell@halifax.ca
City Hall, 1841 Argyle St.
PO Box 1749, Halifax, NS B3J 3A5

311

HALIFAX

A Rotary moment

From The Rotary Club of Halifax North West



Welcome to the newsletter from the Rotary Club of Halifax Northwest, where we share the club's and Rotary's news and activities within the communities we serve. This issue highlights Rotary's Area of Focus for February, Peace Building and Conflict Prevention. We also have updated information about our Adventure Club - 2024 Edition.

As Rotarians, we refuse to accept conflict as a way of life. Today, over 100 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children. As a humanitarian organization, peace is a cornerstone of the Rotary's mission. We believe when people work to create peace in their communities, that change can have a global effect.



PEACEBUILDING AND CONFLICT PREVENTION

Each year, Rotary awards up to 130 fully funded fellowships for dedicated leaders from around the world to study at one of our peace

centres. The Rotary Peace Centre academic program trains candidates

and offers them global employment opportunities as peace and development professionals to become effective catalysts for peace in the world.

Our district is lucky to have not one, but two Peace Fellows this year. We congratulate Kathleen Novelia and Michaela Peters-Salah for being selected!

Kathleen immigrated to Canada from Sumatra, Indonesia alone at the age of 15. She wants to translate the good fortune she experienced in Canada and apply her Peace Fellowship experience to build sustainable livelihoods for those who are most vulnerable and marginalised through inclusive, dignified, and cutting-edge peacebuilding interventions and development strategies.

Michaela's journey is a story of community service and academic pursuits in the fields of International Development, Anthropology and Nonprofit Leadership, which have solidified her personal, professional, and academic goals of leading grassroots actions to build safe communities for children at home and around the world. She looks forward to the new knowledge, connections, and

engagement that will allow her to give back to her communities.

We are pleased to introduce the 2024 version of our Rotary Adventure Club! This year's fabulous trips include an early-bird trip to Orlando (\$2,500 value) to be drawn on March 12th, followed by 6 monthly trips starting in April to Las Vegas (\$3000), Cuba (\$4200), Costa Rica

(\$4200), Spain (\$5200), Portugal (\$5700) and an Alaskan Cruise (\$7000). All trips are for two people and include return airfare from Halifax and \$500 spending money. To join and for more information, go to: <https://rotaryadventureclub.ca>

Our Rotary Club of Halifax Northwest welcomes everyone to explore community service with us! We pride ourselves on being diverse and inclusive – and we're friendly! We currently meet virtually every Tuesday from 1145 to 1 pm. at Smitty's at 362 Lacewood Drive in Clayton Park. For more information contact Roger Chiasson at rogerchiasson305@gmail.com or 782 234 9408.



School Streets Pilot Program opportunity

Are you concerned about traffic congestion around our schools? Are you interested in making the streets around the school safer for children to walk and cycle on?

If so, the School Streets Pilot Project may be of interest to you!

School Streets are a type of traffic calming initiative designed to keep vehicular traffic off the street(s) near the schools during drop-off and pickup time. This School Streets Pilot

Project is expected to run for 2-4 weeks this spring. The pilot project will be free and open to any public school in HRM, but participation will be limited to 3 schools. Application deadline will be February 16, 2024.

To learn more about this project, including program timelines and eligibility criteria, or School Street Programs in general, please contact Natalia Diaz-Insense at ndiazinsense@gmail.com

More care, faster.

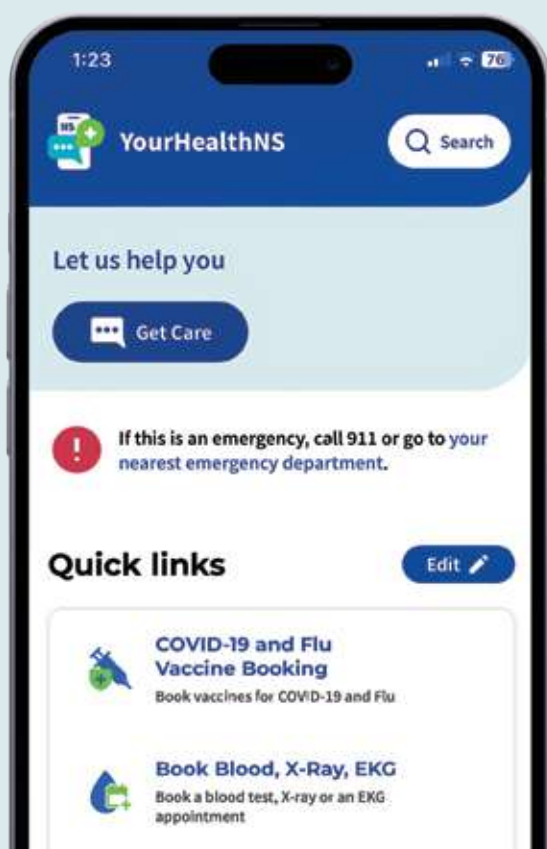
Download the **YourHealthNS** app today.

There are now more ways to access care with **YourHealthNS**.

iOS



Android



WELCOME HOME. WELCOME TO MELVILLE HEIGHTS.

Our senior living accommodations are full of laughter, good friends, and easy access to everything you're used to. Call **902-477-3313** to book your tour today!



Melville Heights
A Retirement and Assisted Living Facility

What's Happening at the Urban Farm

by Patricia MacLean, Photos by Joshua Barss Donham

Snow has blanketed our Urban Farm as another winter storm is well underway. Only a few days ago, 2 small squirrels chased each other across green fields - welcome to our winters in Nova Scotia!

Have you visited our Urban Farm in winter? It is a magical place with snow covered gardens, trees, bushes, a small barn and neatly stacked picnic tables waiting for spring to come. There is also an amazing silence, even though we are in the midst of a busy community. Our farm photographer, Joshua, can be found most days capturing the birds, deer and hidden plant life which make up our special place.

But while our farm is enjoying this peaceful time, plans are already underway for the spring.

Our Annual General Meeting is scheduled for Monday, March 11th at the Capt. Wm. Spry Community Centre (7-8:30pm). You are invited to come, share our past successes of 2023 and help us plan for a new year. As with all groups, we welcome new board members who would be willing to attend 1 board meeting a month for a suggested term of 2 years to be the support system behind all our farm activities. For more information, please call me at 902-497-3683. We also need more farm members and many volunteers to help us continue to offer our "Come Grow With Us" programs and farm events such as Seedy Saturday, Strawberry Shortcake Social, Evenings in the Garden, School Farm Day and Harvest Fair.

2024 memberships are now available through urbanfarmspryfield@gmail.com or our website - urbanfarmmuseum.spryfield.org

Seniors & Students \$5.00, Individuals \$10.00, Families \$15.00 and Groups \$25.00

While there is still time, strap on your snowshoes and come visit our Urban Farm in winter!



A wintry welcome, the entrance to the farm after a snow fall.



The doe and fawn that frequent the farm are often seen browsing on tender branch tips now that snow covers the ground.



The old apple tree was planted in 1840 and knocked over in Hurricane Dorian. It continues to leaf out in the spring and produce fruit in the fall.



Mourning Doves fluffing up, trapping air between their feathers, to help insulate them from the cold.

Cuttell Community Update

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

New electoral districts: Last year an Electoral District Boundary Review was conducted in Halifax Regional Municipality. The Municipal Government Act (MGA) requires all municipalities in Nova Scotia to regularly conduct a review of the number and boundaries of electoral districts to ensure a balance of population and interests between districts. With all the growth in HRM, a number of changes were recommended, particularly for District 11. The biggest change to boundary is the division of Spryfield-Sambro Loop from the Prospect Communities. Spryfield-Sambro Loop, along with the addition of communities from Williams Lake Rd to Osbourne and Reserve Road, will form a new District 11, uniting most of the Chebucto Peninsula. Prospect Communities will join communities along Highway 333, as well as Tantallon, Head of St Margaret's Bay and Hubbards. The Utility and Review Board (UARB) released their final decision on electoral boundaries in December, with adjustments to the Spryfield and the Prospect Road boundaries in response to concerns brought forward by residents and myself. I believe this is good news for Spryfield-Sambro Loop and area, as it will allow for more focused effort on common issues that impact these areas – including growth management, traffic congestion, transit service, environmental protection, and recreational services. Changes to electoral boundaries will come into effect with the 2024 municipal election scheduled to take place on October 19. Information on the Electoral Boundary Review process is available on-line at www.halifax.ca. Maps of the new electoral boundaries should be available soon.

Northwest Arm protected: At the January 9th Regional Council meeting, in front of a full public gallery, Council voted unanimously to approved new land-use regulations to protect the Northwest Arm from infilling. The new regulations build upon the 2007 amendments by prohibiting water lot infilling activities that are not in the public interest. This prohibition will help further protect the historical recreational character of the Northwest Arm by ensuring the narrow ocean inlet continues to serve the needs of all residents. This was a big win in the spirit of public good over private interests. Achieving this outcome was a collaborative effort between residents, community organizations, members of Council, HRM staff, as well as Federal government. In particular I want to thank Member of Parliament Andy Filmore's office for working closely with me on this.

Speed reductions for Herring Cove: Speed limits will be reduced from 50 km/h to 40 km/h in areas of Herring Cove. The impacted streets include Lancaster Drive, Village Road, St. Pauls, View Royal, Essex, Winston, Tribune Court and Harrigans Road. New signage is being installed. Neighbourhood speed limit reductions are part of the municipality's ongoing initiatives to improve road safety. A reduction in operating speed from 50km/h to 40km/h increases the pedestrian survival rate by 40 per cent. Through the Nova Scotia Motor Vehicle Act, the Province legislates speed limits on public roadways to a default speed limit of 50 km/h. The province allows municipalities to request speed limits below 50 km/h if justified by cur-

rent operating speeds and roadway characteristics. I will continue to ask for more changes to make our residential streets safer for everyone.

Capital projects: The draft Capital Plan for 2024-2025 outlines all construction projects being planned for future years as well as work being planned for this season. Some good news. Playgrounds at Graves-Oakley and William King Elementary are up for replacement. Design work for a fully accessible playground at William King has already begun. Also in the Capital Plan is traffic calming for Tartan and Thornhill Ave. I hear regularly from residents in Thornhill Park about speeding issues, and hope this

(See Cutell on page 4)

Premier's Message

by Tim Houston, Premier of Nova Scotia



Premier Tim Houston

Enhancing Cancer Care for Nova Scotians

"Cancer" is a word we hear far too often. It touches every Nova Scotian in one way or another.

A cancer diagnosis is a frightening and stressful experience for patients and their families and Nova Scotians deserve to know they are getting the best possible care.

Fixing healthcare includes improving cancer care. It means keeping pace with the latest advancements in technology, equipment and training, and delivering services closer to home. That's why we are investing millions in research, innovation, screening and treatment.

What does this mean for Nova Scotians?

It means a new lung screening program that will help prevent and detect lung cancer earlier. This will save lives.

It means improving access to cancer care. We have added more resources to the province's cancer centres in Sydney and Halifax to shorten wait times and improve communication among healthcare teams and with patients.

It means access to essential treatments like CAR T-cell therapy, which is now offered through Nova Scotia Health. Previously, patients had to travel to Boston or Toronto to get it.

It means providing more funding for community oncology clinics so more people can get the care they need closer to home.

And it means creating partnerships so that Nova Scotia has access to some of the best cancer care innovations in the world.



Attendees at the Community Mobilization Team information session on January 17, 2024, at the Capt William Spry Centre

The Province recently signed a new agreement for Nova Scotians to be among the first in the world to access new technology and programs to fight cancer. This deal strengthens our long-standing relationship with Varian, a U.S.-based leader in cancer care technology.

This partnership also brings two new cutting-edge radiation therapy machines to Nova Scotia. These Ethos radiotherapy machines can pinpoint and treat tumours more precisely than ever before, limiting damage to healthy tissue. For some patients, this could mean reducing the number of treatments needed from the standard 20 down to just five.

Varian will also be opening an office in Nova Scotia that will focus on cancer research and employ at least 60 people. It

means more Nova Scotians can contribute to advancements in cancer research, innovation and technology.

Cancer has dealt too many blows to our families and friends. It has taken away too many birthdays, celebrations and important moments with the ones we love. That is why our government is focused on a future where cancer care is a journey filled with hope, support, the latest advancements and the best possible care.

This is how we stand with patients and families during one of the most difficult times in their lives. Our government will continue to stand beside you and fight with you against cancer.

Tim Houston
Premier of Nova Scotia

The Maguire Report

by Brendan Maguire, MLA for Halifax Atlantic

The healthcare system is in a state of crisis. Currently, 15.7% of people in our community are in need of a family doctor, and this number is steadily increasing month after month. Quite honestly, it is now out of control.

We are losing family doctors in the community due to a lack of investment from the current government – it is that simple. When several local family doctors requested resources to stay open, I took their plea to the government, but they were refused, leading to their inevitable retirement.

We cannot continue down this road. The province is receiving a historic amount of funding from the Federal Government for healthcare. The key questions arise: Where and how is the provincial government allocating this money? Where are the improvements to access? As taxpayers, should we not be informed about this?

Now, regarding the cost of living – \$300 grocery bills, a 14% increase in power, rent cap hikes, renewed mortgages at higher rates, the highest taxes in Canada, and double-digit year-over-year property tax increases. It seems endless. It feels like squeezing water from a stone – we have nothing left to give.

We need government leaders to step up, be leaders of the people, say "enough is enough," lower taxes, stand against corporate greed, and fight for fairness. Both the Provincial Government in Nova

Scotia and the Federal Government are spending money at a historical rate.

The municipal government, the most expensive in our city's history, is seeking to raise our property taxes double-digit year over year. We must ask these leaders directly: When is it enough?

In an unfortunate incident of Harrietsfield vandalism, benches built and donated to Harrietsfield Elementary School by Hugh Fraser and myself were destroyed last week. Someone went to great lengths, smashing the concrete ends and breaking the wood. It takes considerable effort to cause such damage. If you know who did this, please private message me confidentially. Graffiti and now this – it's truly unbelievable.

On a positive note, Jacob Newcombe returned to play hockey for the Cape Breton Screaming Eagles last month, overcoming significant challenges. We are all proud of his resilience.

On a personal level, Rest In Peace George – your family will miss you.

February 19th is the annual Family Day Holiday. Join me at Bowlarama from 10am - 1pm for our annual Family Day bowling and pizza party. You must be registered, and registration opens at 9:30am on a first come, first serve basis.

Proud to be your MLA,
Brendan Maguire
MLA Halifax Atlantic
349 Herring Cove Road
902 444 0147

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



COMMUNITY EVENTS FOR FEBRUARY

Food Banks:

- St. Paul's Family Resource Institute (173 Old Sambro Rd). Food Bank clients call the Food Bank line, 902-477-5090, on Monday and leave a message. Those messages are answered on Tuesday and then the food orders are filled with pickup on Wed. between 9 am and 10 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 before 10 am and leave a message with your name and phone number. Our volunteers will call you back on Tuesday. Pick up time is Wednesday, 9:00-10 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
- 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.
- Fri. Feb 2 - Forever Young Seniors' Bingo 6:30pm
- Sat. Feb. 3 - UCW Wrestling - 7 pm Adm. \$ 25.00
- Sun. Feb. 4 - Special Bingo - 2 pm ALL Games \$200. Final Game \$1500.
- Tues. Feb. 6 - Executive Meeting 6:30 pm
- Sat. Feb. 10 - Kitchen Party 2:30 pm Cheryl Misener & friends
- Mon. Feb 12 - Seniors' Dance 1- 4 pm Music - Joe MacKinnon Adm. \$ 6.00 Lunch Served.
- Tues. Feb. 13 General Meeting 7 PM
- Thurs. Feb. 29 Special Leap Year Crib Tournament. Guaranteed 1st Prize - \$200.00 plus. Entry \$ 12.00 Bring a Partner.
- Kitchen Open Fridays 5-7 pm

Harrietsfield Williamswood Community Centre events:

Currently taking bookings. Please call, email or

message us through our FB page, (902) 446-4847, email hwcc@outlook.com

- Thursday, February 8th 2024 Valentine's Dance for Grades 3-5, 6:30 pm-8:00 pm. \$5 at the door. \$1 canteen items available during dance. *A parent MUST sign each child in with a phone number a parent can be reached.

Spryfield Lions Club events:

Get involved within the Community, join the Spryfield Lions Club. Meetings held 4th Tuesday of each month. Phone 902-470-2917 for more information.

City Church (276 Herring Cove Road) events:

- City Church Tel #: 902-479-CITY 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:

- 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.
- Messy Church: Saturday, February 3, 4-6 pm. Informal time of worship, socializing, crafts and dinner in the church hall, aimed at children and their significant adults. Please RSVP if you would like to come. Next one, Mar. 2.

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:

- Now that the temperatures are dropping, we have had to turn off the outdoor tap. Water

jugs can still be filled inside the church during normal business hours.

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) Monday evening – 6:15 to approximately 7:30 at the Golden Age Centre, 212 Herring Cove Rd.

Our mission statement is "to help and support our members as they take off pounds sensibly. We are a non-profit organization which exists to provide you with support when needed. We welcome new members. Come sit in on a meeting some Monday night.

For information, please contact shay@ns.sympatico.ca or check out the TOPS org website atwww.tops.org

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

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

Our IUFMSS Annual General Meeting will be held Monday, March 11th (6:45-8:45 pm) at the Capt. Wm. Spry Community Centre. Everyone Welcome!

For further information, please call Pat at 902-497-3683 or email urbanfarmspryfield@gmail.com

The Spryfield Farmers Market has moved to our fall indoor location in the lower hall of St. Paul's Church 173 Old Sambro Rd.

Forever Fit for Seniors. Mon, Wed, and Fri from 10 to 11am at Emmanuel Church Hall. Punch cards available from the YMCA. First class free.

Upward Basketball is now accepting registration for children ages 8 to 11 for its 2024 league season. Upward Basketball runs from February until April with weekly practices (Thursday evenings at Duc D'Anville School) and games (Friday evenings at Springvale School). Cost is \$110 per player. All skill levels welcome. To inquire or register, please reach out to Ian MacFarlane 902-830-5669 or halifaxhal@hotmail.com

Crafts and Conversation Tues and Thurs from 2 to 4pm in the Shared Program Room at 16 Sussex Street. Free drop-in. Refreshments. For more information, check out info@halifaxweddingchapel.com. Funding by the Community Links Association and the NS Dept of Seniors and Long-term Care.

Mainland North Trail Hike: February 11th 2:00 PM - Halifax

Hike Nova Scotia and Halifax North West Trails Association present a guided hike on the Mainland North Trail Hike in Halifax on February 11th at 2:00 PM. Registration required in advance; details at www.hikenovascotia.ca.

Mainland South Heritage Society Annual Heritage Tea and Display

Saturday, February 24th from 2 pm to 4pm, Captain William Spry Community Centre. View our display of old photographs and artifacts with a military theme. Chat with old friends over a cup of tea and cake. Admission free.

Long Lake Park Winter Carnival! Join us for fun activities for the whole family, Saturday, March 2 (storm date March 3), 10am to 3 pm.

To have your Community Event listed call or fax us at 902-477-NEWS or send email to chebuctoeditor@gmail.com.

Check our Facebook page for updates & late arrivals

Religious Services Directory for February

Send your submissions to chebuctoeditor@gmail.com for March's issue by February 16.

City Church (276 Herring Cove Road)

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

Hill Chapel (91 Thornhill Dr)

Formerly Spryfield Christian Community Church
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. This is livestreamed on our Facebook page and

website. Followed by coffee hour

Messy Church: The next messy church will be February 3rd 4:00-6:00pm: A time of informal worship, social time, crafts and dinner, particularly for children and their significant adults. All are welcome. Please RSVP to the church.

Taizé service: Sunday, February 18, 7:00pm: a candlelit time of chanting, readings and meditation. Very suitable for those who are spiritual but not especially religious
Ash Wednesday, February 14, 11:00am and 7:00pm, Communion service with the imposition of ashes.

Wednesdays in Lent: Feb. 21 and 28, 11:00am, Holy Communion service.

Emmanuel Church is an affirming church. Everyone is welcome to our services. Masking is optional but if you are sick, please join us online.

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

Worship at St. Paul's United Church is now in person, at 11am on Sunday mornings. Masks are still required, however. One will be provided if you have forgotten yours.

Stella Maris Roman Catholic Parish at St Michael's Catholic Church

Weekend Masses: Saturdays 4:00 pm
Sundays at 10:00 am

Weekday Masses: Tuesday to Friday 9 am
Monthly Tuesday Night Prayer: 7 PM each month

First Tuesday: Healing Mass
Second Tuesday: Upper Room Praise and Worship

Third Tuesday: Mass and Adoration
Last Tuesday (Sept-May): Eventide Candlelight Prayer

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

St. James United Church (3811 Old Sambro Rd)

Sunday services held at 11am.
Sunday school held at 11am.
Feb. 14th: Ash Wed. service 7pm
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

Open Door Community Church (11 Aldergrove)

You are invited to join us weekly for a time of fellowship, contemporary worship and Bible based teaching for today's world on Sunday mornings at 10:30 am. Visit us at <http://opendoorhalifax.ca> for more information.

Wayfarers' Church (328 Herring Cove Road)

Sunday Worship 10:30am
website: wayfarerschurch.ca
email: friends@wayfarerschurch.ca

Searching for Truth Church (2 Auburn Ave)

Church for everyday people. Fridays at 7pm
Apologetics Club. First Saturday of the month from 6 to 8pm. At 114 Bromley Road. Please join us for a delicious meal followed by a discussion. This is an outreach of Living Hope Community Church. For more information call Maggie at 418-264-7292

LOCAL OBITUARIES

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

Timothy Adam Williams

68, of Spryfield, passed away at home on December 20th after showing his strength, bravery, and determination to enjoy his life and family all while fighting for years with serious medical illnesses.

Tim is survived by the love of his life, wife Sharon; daughter, Tiffany (Jamie). His love of gardening, the warm weather down south, coloring, and baking will live on through Papa's pride and joys, his grandchildren, Sadie and Henry.

Tim grew up in Spryfield with his siblings Diana, Phillip, Doug (passed away) and Roger (Dawn). His parents Harry and Pearl then moved to Necum Teuch where Tim loved to visit and go beach-combing, fish, and play cards.

Elizabeth Jane Fripps

With saddened hearts, we announce the passing of our beloved mother on December 27, 2023 at the age of 79. Betty was born in Halifax on June 20, 1944 to the late Ainsley and Edith Marryatt.

Betty is survived by her son, William "Billy" (Sheila) Fripps, Cole Harbour; daughters, Belinda (Mario) Smith, Ottawa and Jeanne Smith, Halifax; daughter-in-law, Linda Smith, Brookside; two stepsons, Ron (Sandra) Fripps and Brian (Monica)

Fripps, both in Ontario; nine grandchildren, Brandon, Katie, Justin, Allison, all in Ontario, Steven Mason, Lisa (Jason) Mason, Cole (Cassie) Fripps, all in Halifax, Cody (Vanessa) Burns, Wakefield, Quebec and Alex Burns, Oshawa, Ontario; three great grandchildren, Parker, Gemma and Flora; brother, Jack Marryatt; sisters Patsy (Russell) Priske and Peggy Hart, all of Halifax; brother-in-law George Gaudin, Alberta and many nieces and nephews. Special mention of nieces, Julie Oddy, April (Danny) Rector, Holly (Jeff) Lavigne, Bonnie Dempsey, and nephew, Reg (Joy) Marryatt, all of Halifax.

Betty was predeceased by her husband, William "Bill" Fripps; son, David "Davey" Smith; brothers, Hector, Peter and George Marryatt; sisters, Nancy (Bernie) Grady, Mary (Bruce) Icton, Kay Gaudin and Thelma "Tally" Thomas.

Betty enjoyed spending time with her family and friends, playing in her dart league and spending time at her happy place "the camp" with her family and devoted dog, Blue.

Our family would like to thank the wonderful and compassionate doctors and nurses at 3 IMCU Halifax Infirmiry site for their supportive and gentle care of our mother.

In lieu of flowers, donations can be made in Betty's name to the Canadian Cancer Society, <https://www.cancer.ca>.

Spurgeon George "Spud" Roscoe VE1BC

(84) born on May 2, 1939, passed away December 28, 2023 at Halifax. He was the oldest son of George Spurgeon Roscoe and Cora Adelaide (West) Roscoe of Sheffield Mills. He had eleven living grandparents when born.

He leaves behind his wife of 62 years Joan Mary (Kinney) of Ashmore. He also leaves his son Mitchell (Natasha) of Sambro and his son Jeffrey (Jodi) of Sambro. He leaves his Granddaughter Josie and Grandson Benjamin. He leaves his siblings Kenneth (Elaine), Cambridge Station and Nancy (Oscar) Huntley, Scot's Bay.

He was predeceased by his grandparents, parents and brother Richard "Dick" (Donna) Roscoe and sister Linda (Graham) Hardy.

He served five years as a communicator supplementary (radioman special) rating in the navy, graduated from the Radio College of Canada, Toronto, Air Services Training School, Ottawa and the National Radio Institute, Washington, D.C. He was a radio operator at four Western Airport Radio Stations, Radio Officer in twelve ships and retired from Halifax Coast Guard Radio, Ketch Harbour. He also had an interest in Amateur Radio and held several call signs terminating with call sign VE1BC since January 1975. He was a life member of the American Radio Relay League, Radio Amateurs of Canada and the Halifax Amateur

Radio Club.

He and Joan enjoyed RV camping and made their first long trip from Weymouth to Whitehorse, Yukon in 1963. Their last cross North America RV trip was their ninth that they made in 2017. In recent years, Spud has published three Radio History books and was very proud of this accomplishment.

A special thank you to the staff at the QE2, Halifax Infirmiry Emergency Room for providing comfort and support. A celebration of life will be held in Spring 2024. Donations can be made to St James United church in Sambro

Margaret Marie Rogers (Day)

83, of Portuguese Cove, passed away peacefully, surrounded by her family, the morning of December 30, 2023. Born on November 25, 1940, she was raised in Stewiacke, NS by her foster parents, Alice Kempt and Margaret and Walter "Dee" Kelly, along with her sisters, Helen, Lydia and Muriel. She then spent her late teenage years with her uncle and aunt, George and Marg Curtis, and cousin, Bernie Curtis (Lynette). Margaret spent most of her working career in retail around the Spryfield and Halifax areas, the majority at Sears. She could be found on Thursday nights with her CNR Via Bowling League. She was like a grandmother to everyone she met and was always ready to give a helping hand, as was evident when she won the lottery with her Sears group of friends and helped many family members with the winnings.

Margaret is survived by her loving husband of 63 years, Gerald, her only beloved daughter, Donna Conway, treasured granddaughters, Alicia MacDonald (David) and Michelle Ubsdell (David), and her cherished great-grandchildren, Pat (Maddy), Candace, Hanna and James. She is also survived by her sisters, Lydia Pannier (Rod) and Muriel Huelin, her foster brothers, Vernon Kelly (Bev) and Jimmy Kelly (Pat), as well as her many cousins, friends and "adopted" grandchildren.

She was predeceased by her adoptive parents, Alice, and Margaret and Walter, her aunt and uncle, George and Marg, a special son-in-law, David Conway, her sister, Helen McCormick, and a brother-in-law, Art Huelin.

Margaret's family would like to thank the many doctors and nurses at the hospital, especially the Palliative Care Team. A special thank you to Maddy, we would not have been able to keep her home without you.

Douglas Young Jesso

Bernice Jesso and family of Spryfield, Halifax, NS, announce with heavy hearts the passing of our beloved father, husband, brother and friend, Douglas Jesso, on December 30, 2023 in the Halifax Infirmiry, Halifax. Born in Sheaves Cove, Newfoundland. He was the son of the late Annie Jesso and Douglas Young.

Dad spent 30 years employed with the Department of National Defense, retiring with the rank of Petty Officer

1st Class (Ret'd), following his retirement, he then worked for the Provincial Government for 15 years teaching firefighting.

Dad was also a member of the Spryfield Lions Club for 10+ years, he also coached hockey and baseball in Spryfield for 10+ years. My dad loved the outdoors and going fishing, and walks with mom.

Dad is survived by his loving wife of 64 years, Bernice Jesso (Short) and loving sons Kevin, Dale and Craig Jesso.

Darlene Joyce (Smardon) Blenkarn

61, of Halifax
It is with great sadness we announce the passing of Darlene on January 2, 2024.

Darlene was born on April 2, 1962. She was kind and generous and loved helping others. She had a smile and energy that would light up the room.

Darlene enjoyed cooking and baking and she was always feeding others with her delicious recipes.

Darlene is survived by her son, Brandon Blenkarn; her sisters, Kim Forrest and Tammy Wade; brothers, Kenny and Terry Smardon.

Darlene will be deeply missed by all who loved her.

She was predeceased by her parents.



Marilyn Touesnard

Marilyn Rose Touesnard (nee Munro) passed away peacefully on January 9, 2024 at the age of 76. Marna lived for her faith and family. Her beautiful soul was reflected in her beautiful garden.

Lovingly known as "Marna," she is survived by her husband of 52 years, Dennis; her children, Natasha, Joshua (Kerri), Jenny (Sean), Vanessa, Emily, Zachary (Georgette), and grandchildren she raised as her own, Kody (Rebecca) and Jonathan; as well as her grandchildren Ava, Riley and Lachlan. She is survived by siblings Byron Munro, Robert Munro, Dorothy (Giovanni) Da Ros, Andrew (Janie) Munro, Teresa (Harold) Garson and many nieces and nephews.

She is predeceased by her parents Anne Eveline (Arnell) and Donald Robert Munro; brother Donald Munro and his wife Mary, and sister-in-law Charlotte Munro (Byron).

Cremation has taken place. A funeral mass will be held at St. Michael's Church (14 St. Michael's Ave, Halifax, NS, B3P 1M5) on Wednesday January 17, 2024 at 1 pm. Marna loved colour. Please feel free to wear colour in honour of her. A private burial will take place at a later date.

Marilyn's funeral mass will be livestreamed at <https://www.youtube.com/@stellamarishalifax>



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

Some people think that bigger is better, but that just isn't the case when it comes to funeral homes.

Because we're a smaller firm, we can give more personalized service and attention to detail. Be assured that you will be treated like one of our own.

 **J. ALBERT WALKER**
FUNERAL HOME

Erin D. Jennings, Managing Director

Proudly serving the community
for over a decade

www.walkerfh.com
902.477.5601

Photo essay: Spryfield Business Commission new premises

PHOTOS SUPPLIED BY BRUCE HOLLAND



The Spryfield Business Commission recently held an “Open House” so members and community partners could tour their new office and training facilities!
 Many thanks to all who attended.
 We didn’t move far, just across the hall to suite 215 in the Royal Bank Building, 339 Herring Cove Road.





Sharon Kenney REALTOR®
 902-483-7325
 Sharon@alreadyhome.ca
 www.alreadyhome.ca






Dan Doherty REALTOR®
 902-478-4023
 Dan@DanDoherty.ca
 www.DanDoherty.ca






Amanda Parsons REALTOR®
 902-930-3900
 amanda@exitmetro.ca





Spryfield continued to be a strong market in December, according to the Market Update from the Nova Scotia Association of Realtors.

Spryfield single family homes in December averaged 30 days in the market before selling, compared to 19 days average over the year. Average prices in December were up 22.3% and sold for 2.3% over asking. Over the year, average prices were lower by 2.9% and sold for 3.5% over asking.

Condos were selling quickly in December at an average of 4 days on the market, vs 7 days over the year. Average selling prices were up 5.7% vs a drop over the year of 3.3%

Single family homes in Spryfield were trending higher than the rest of Nova Scotia while condos have been trending lower.


This is a good time to list your property.

Call Dan at 902-478-4023, Amanda at 902-930-3900 or Sharon at 902-483-7325 today to discuss your real estate needs.

Local Market Update – December 2023

A Research Tool Provided by Nova Scotia Association of REALTORS®

7-Spryfield



Single Family Key Metrics	December			Year to Date		
	2022	2023	% Change	Thru 12-2022	Thru 12-2023	% Change
New Listings	6	4	- 33.3%	233	183	- 21.5%
Pending Sales	9	7	- 22.2%	186	146	- 21.5%
Closed Sales	8	9	+ 12.5%	187	148	- 20.9%
Days on Market Until Sale	12	30	+ 150.0%	13	19	+ 46.2%
Median Sales Price*	\$437,500	\$501,000	+ 14.5%	\$500,000	\$509,000	+ 1.8%
Average Sales Price*	\$435,800	\$532,989	+ 22.3%	\$519,118	\$504,079	- 2.9%
Percent of List Price Received*	104.3%	102.3%	- 1.9%	111.7%	103.5%	- 7.3%
Inventory of Homes for Sale	8	17	+ 112.5%	—	—	—
Months Supply of Inventory	0.5	1.4	+ 180.0%	—	—	—

Condo Key Metrics	December			Year to Date		
	2022	2023	% Change	Thru 12-2022	Thru 12-2023	% Change
New Listings	0	1	—	22	20	- 9.1%
Pending Sales	1	3	+ 200.0%	20	18	- 10.0%
Closed Sales	2	3	+ 50.0%	20	18	- 10.0%
Days on Market Until Sale	68	4	- 94.1%	17	7	- 58.8%
Median Sales Price*	\$319,000	\$327,500	+ 2.7%	\$365,000	\$345,850	- 5.2%
Average Sales Price*	\$319,000	\$337,200	+ 5.7%	\$357,712	\$345,883	- 3.3%
Percent of List Price Received*	93.6%	106.1%	+ 13.4%	122.9%	104.9%	- 14.6%
Inventory of Homes for Sale	0	0	0.0%	—	—	—
Months Supply of Inventory	—	—	—	—	—	—

* Does not account for sale concessions and/or downpayment assistance. | Percent changes are calculated using rounded figures and can sometimes look extreme due to small sample size.

Median Sales Price - Single-Family

Rolling 12-Month Calculation

Median Sales Price - Condo

Rolling 12-Month Calculation

A rolling 12-month calculation represents the current month and the 11 months prior in a single data point. If no activity occurred during a month, the line extends to the next available data point.
 Current as of January 3, 2024. All data from Nova Scotia Association of REALTORS®. Report © 2024 ShowingTime.

What is your home worth?

FREE COMPARITIVE MARKET ANALYSIS

Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex marketplace.

Why not allow me to conduct a comparison of recent home sales in your area to give you a probable current market value of your home?

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

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

Call your Exit Realty Metro team today.

Dan Doherty

902-478-4023

www.dandoherty.ca

