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Chebucto News

Vol.25 • No.7
March 2024

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The Silence of the Lobsters



Front row left-right (seated) Izzy Laing, Mya Laing, Langley Tibbo, Elizabeth Pickart, Jennifer Matthews; back row left-right (standing) Bill Stewart, Pat Thomas, Isaac Crossman, Barry Pike, Brad Lowes, Sara Scarfe, Ray Laing, Crystal Gilkie, Alica Getz, Cathie Garrison, Greg Potter, Gemma Vale
Photo: Theresa Pickart

by Lorrie Boylen
The 22nd Annual Sambro Dinner Theatre presents "The Silence of the Lobsters," a parody of The Silence of the Lambs, written by cast member

Brad Lowes.
"In the sleepy little village of Sambro, a crisis has arisen in the lobster fishery. The lobsters have vanished, leaving lobster pots empty, local

fishermen puzzled, and bank accounts drained. As the mystery unfolds, fingers are pointed at each other and the locals turn on one of the fishermen. The local police and a "special

agent" from the "big city" are called to the case which leads them and the community on a bumbling investigation in hopes of finding out what
(See Silence on page 2)

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Silence

(continued from page 1)
happened to all the lobster. After a few twists and turns, the adventure ends as jaws drop in surprise...”

This year’s enthusiastic cast is directed by Edmund MacLean, with musical direction by Susan Feltmate. Lively ‘80s music and classics from the past will be played by band members John Stewart on Guitar, James Jackson on Bass, Stephen Moore on Drums, Carla LeBlanc on vocals and percussion, and Susan Feltmate on vocals and keyboards. Rounding things out are the

stage and production crews, kitchen staff, volunteers and of course the fishermen who donate lobsters to feed the masses.

Launched in 1990 by retired Sambro School teacher Eva Mae Gray, the show has become a favourite annual tradition, drawing sellout crowds from near and far.

Each show includes a three course lobster dinner with salad, shelled Sambro lobster with vegetables, homemade rolls and dessert, tea and coffee (sorry, no alternate meal is available). At the conclusion of each show there will be an auction of locally crafted items.

Shows are April 19, 20, 21, 26, 27. The Sunday April 21 matinee starts at 4:30, while all other performances begin at 6:30pm at St. James United Church, 3811 Old Sambro Road in Sambro.

Tickets are \$50.00 each, available through Eventbrite.ca by searching Silence of the Lobsters, where you’ll be able to select your show date and seats. Tickets will also be available for sale on site at the church on March 10 from 12-2pm.

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

Easter at St. Paul’s United Church

by Carolyn Mont
It is looking to be a busy spring at St. Paul’s United Church. This year, Easter is early, on the last Sunday in March. This is, of course, a very important time in the Christian calendar. On the Religious Services page of the Chebucto News you will find our Easter Services. We collaborate with St. James United Church in Sambro on some occasions. Be sure to note that we will be doing just that with the Good Friday Service being at St. James.

Some of you have attended concerts at St. Paul’s. The performers like the acoustics in our sanctuary and we currently have two upcoming concerts. Hal Bruce, a very popular musician, has performed at St. Paul’s many times and always draws a big crowd. The date of his concert is Friday, April 12 at 7:00 pm. The cost is \$25.00. In May, on a yet to be determined date,



PEXELS ANNA SHVETS

the Tuesday Night Band will return to our sanctuary for a live jazz concert. Look for details in next month’s Chebucto News.

One of our regular fundraisers is through Beaver Enviro Depot at 251 Herring Cove Rd. You may wish to drop your refundable bottles and cans off at their door and let them know

(perhaps with a label on the bags) that the proceeds go to St. Paul’s United Church. When dropping them off, please be careful to remove all bottle caps and make sure there is no garbage in the bags. That makes it much easier for the people working there. Thank you so much for those donations.

Chebucto News

Publisher: Dan Doherty, 902-478-4023

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Advertising Inquiries:
Dan Doherty 902-478-4023
dandoherty12@gmail.com

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Phone: 902-406-1305
NEW EMAIL: s.ward2024@outlook.com

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Religious Services Directory for March

Send your submissions to chebuctoeditor@gmail.com for April's issue by March 15.

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.
Special Services:
Messy Church, Saturday, March 2, 4:00-6:00pm, informal time of worship, socializing, crafts and dinner for children and their significant adults. RSVP.
Wednesdays in Lent: 11:00am, March 6, 13, 20, communion service
Taizé Service: 7:00pm, Sunday,

March 17. Contemplative candlelit service of chanting, readings, and meditation, suitable for those who are spiritual but not religious.
Holy Week Services:
Monday, March 25, 11:00am: Stations of the Cross
Tuesday, March 26, 11:00am: Stations of the Earth
Wednesday, March 27, 7:00pm: Tenebrae
Maundy Thursday, March 28, 5:00pm: dinner and communion, RSVP
Good Friday, March 29, 9:30am: Good Friday Prayer Walk 1:30pm: Good Friday Liturgy
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)
Palm Sunday...Sunday, March 24th, 11:00 am at St. Paul's United Church
Good Friday...Friday, March 29th, 6:30 pm, at St. James United Church in Sambro
Easter Sunday...Sunday, March 31 11:00 am at St. Paul's United Church
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): Evening 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.
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://opendoor-halifax.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
Spryfield Ministerial Association
Good Friday Prayer Walk. Friday, March 29, 9:30am, beginning in Emmanuel Parking Lot, 322 Herring Cove Rd. Most of the Spryfield Churches will gather on this holy day to commemorate the death of Jesus by praying for our community. We will walk around the community, stopping at various stations to pray for Spryfield, its organisations, businesses and people, and for the land itself, in recognition of Jesus' love for all of us. Everyone is welcome to attend. Time frame, usually about 2 hours.




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DISCOVERING OUR PAST

Sir Sandford Fleming’s former land in Halifax valuable and historical

by Iris Shea

Most readers are probably aware of Sir Sandford Fleming’s donation in 1908 of part of his Dingle lands to the City of Halifax for a public park. Fleming often used the term “Dingle lands” to describe his property on the western side of the Northwest Arm. When he signed his will in April 1908, prior to writing two codicils, he had already divested of all real estate he owned in Halifax, Nova Scotia, except the 10-acre lot on which his Dingle cottage and stone wharf were located. The donation of land to the City of Halifax was not finalized until the Memorial Tower was competed in 1912, a condition made by Fleming.

Fleming’s first purchase of a house and property in Halifax was in 1865 from Marvin Gay Black. He purchased an adjoining lot in 1866 from Henry Vaughan. The civic address in McAlpine’s Halifax City Directory at that time was 219 Brunswick Street. The house (now known as Sir Sandford Fleming House at 2549 Brunswick Street) is occupied by Shelter Nova Scotia in 2024. The house and property have Municipal heritage status. Fleming was listed as living



Photo courtesy of author’s collection, Fleming’s Stone Wharf, ca. 1940s

at 219 Brunswick Street in McAlpine’s Halifax Directories until 1874 although in 1869 he had moved his family to a new home in Ottawa he called Winterholme.

Fleming’s next purchase of property was located on the western side of the Northwest Arm, his Dingle lands. His love of the Northwest Arm would have developed when he and his growing family resided at 219 Brunswick Street. On July 11, 1870 Fleming wrote in his journal: “Halifax... Children delighted to be back.” One day later he wrote, “Jeanie & I drove round the Head of the Arm to the Old French Prison & had a ramble over part of 260 acres recently purchased”. The accumulation of his Dingle lands began in 1870 with the purchase of three lots from the estate of Arthur Murphy at a cost of \$6000. That same year he paid \$6000 to William and Laura Cunard for 60 acres adjacent to the Arthur Murphy property. The Murphy land was described in the deed as “rocky and sterile, not worth much”. Over the next 15 years Fleming continued to add to his Dingle lands, part of Frederick Jollimore’s 50-acre lot. In 1895 Fleming donated one acre of the former Jollimore land to St. Luke’s Anglican Church in Halifax for the purpose of building St. Augustine’s Church, now the Adventure Earth Centre.

Fleming’s purchase of another property in Halifax was in 1874, a large house he called Blenheim Lodge with its front door facing Oxford Street. The property had a back yard view of his Dingle lands across the Northwest Arm. Fleming extended this summer estate, through more purchase of land, to the corner of South and Oxford Streets. The civic address for Blenheim Lodge in the early 1900s was Oxford Street. Today its address is Blenheim Terrace.

The time had come for Sir Sandford Fleming to part with all of his land in Halifax. In 1903 Fleming exchanged land with Josiah Boutilier, making it convenient for a road to be built around his land in order to gain access to Dingle Top, the name local residents gave to the hill on which the tower would be built. Mr. Boutilier gained more waterfront property in

the exchange. The two men became good friends as was declared in Mr. Boutilier’s 1948 testimony to Thomas J. Wallace who owned 222 acres of Fleming’s former Dingle lands. Mr. Boutilier wrote “I knew Sir Sandford Fleming very well. We were neighbours and exchanged properties. He was a frequent visitor at my home.”

In 1905 Fleming sold Blenheim Lodge and its surrounding property to his daughter, Lily Exshaw, for the sum of one dollar and the “love and affection” he held for Lily. In 1907 Fleming deeded his Brunswick Street property to his son, Walter Arthur, for the sum of one dollar and for the “love and affection” he held for his son. His Dingle lands were divided into eight lots, the largest of which was 95 acres, held in trust for the City

of Halifax when a Memorial tower was completed. The remaining seven lots, about 10 acres each, were numbered one to seven on a survey map. The first six lots were deeded, individually, in 1908 to his six children. Fleming kept the seventh lot containing his cottage and stone wharf until 1913 when he deeded it to his son Walter Arthur who, in 1920, sold the lot to his sister, Lily.

Registered deeds and newspaper articles tell the story of what eventually happened to Fleming’s Dingle lands. Beginning in 1935 John W. MacLeod, a former schoolteacher and founder of the Greenwood Coal Company in Pictou County, bought most of what remained of Fleming’s Dingle lands. MacLeod donated the land on which John W. MacLeod and Fleming Tower Schools were built. He offered the remaining 222 acres, including Fleming’s cottage on the Dingle Road and Fleming’s stone wharf, to the City of Halifax for \$80,000. The city, at first, turned it down. They finally agreed to buy the land but it was too late. Thomas J. Wallace, a Halifax Optometrist, had already bought it. Mr. Wallace made an offer to the city which was turned down. In 1948 the city finally agreed to pay \$62,000 for the waterfront portion which also included Dingle Cottage and Fleming’s stone wharf.

The Dingle cottage still stands on the left side of the road leading
(See Sir Sandford Fleming on page 5)

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What’s Happening at TAG

MURDER TONIGHT by Nick Jupp
You are invited to step into a world where family ties tangle with dark secrets in the captivating play, *Murder Tonight*. Written and directed by Nick Jupp, this enthralling murder mystery unfolds the complex lives of three sisters – Mia, Sophia, and Olivia. Witness their journey from ambitious young adults, grappling with careers and romantic entanglements, to seasoned women confronting the harsh realities of time and change. The story opens on the three young sisters who, we find out, have a complicated relationship with each other. Twenty years later, they reunite to celebrate a husband’s birthday. However, we soon learn this is no ordinary reunion.

This captivating play stars Erin Niedermayer, Jocely Covert, Laura MacMillan, Deanna graham, Rayna Smith-Camp, Kristin Ross, Calum MacLean, and Rob McIntyre and is produced by Lorne Abramson. The stage manager, Angela Butler, is assisted by Philip Borg.

The play runs from March 7th through March 23rd with one matinee. Tickets on sale now at tagtheatre.com Please note that *Murder Tonight* includes adult themes, adult language, and loud noises.

TAG ONLINE
TAG Digital, The Theatre Arts

Guild virtual stage, started as a response to the COVID-19 lockdowns in June 2020, in collaboration with the Telescope Theatre Project. Its aim is to share new, familiar, and obscure works of poetry, prose, and plays, and provides an educational, relaxing, and creative process for participants who desire to take part in a production but are unable to commit to the demands of a live production. Since September 2020, they have released audio and video productions, made primarily available on YouTube. The Telescope Theatre Project was a creative, collaborative cooperative of storytelling enthusiasts, with interests in poetry, prose, and plays. Formed in 2013 by Kaylon Fraser, Melinda Antle, and Joshua Law, their ultimate goal was to explore new, familiar, and lost works, and share them with artists and audiences. Following the amalgamation with TAG in 2021, the Project dissolved, but Telescope remains as a producer with TAG.

TAG Digital welcomes your submissions of poetry, prose, and plays at https://tagtheatre.com/tag_digital.html Please note that submitted pieces must be either original work or fall within the public domain (70 years after the death of the author)

Join Hands to Support TAG’s Resilience Against COVID-19 Finan-

cial Strain.
Throughout the month of March, CanadaHelps has generously pledged to contribute an additional \$20 for each new monthly gift of \$20 or more, or an extra \$10 for existing monthly donations increased by \$10 or more when made to TAG through CanadaHelps. Your support can make a significant difference, and CanadaHelps is doubling down to ensure your contributions go even further. You Can help by creating a new monthly donation of \$20 through CanadaHelps, or increase your monthly donation through CanadaHelps by \$10. To support your community theatre, go to www.canadahelps.org/en/charities/theatre-arts-guild

An Evening of Gilbert and Sullivan- The TAG Sing-Along
TAG triumphantly brought Gilbert & Sullivan back to Halifax with Sold-Out shows that enchanted audiences with a revival of the timeless classics. The two sold-out performances, masterfully produced and directed by Jolene Pattison, have reignited a passion for traditional musical theatre at TAG. With the brilliant accompaniment of Yoko Nishiguchi and the efficient stage management of Esther VanGorder, TAG has truly outdone itself. The amazing voices of the soloists filled the TAG auditorium with songs primarily from *The Mikado*, *HMS Pinafore* and *The Pirates of Penzance*. The soloists were JC Douglas and Duncan Miller. Lise Renault, Jolene Pattison, Michele Gaudet, Sheila Davis, Carol Grimmett, Brian Hart, Ron Pelot, Ralph Urquhart, Vanessa Buhr-Rountree, Kimberly Charon and Brad Filippone Augmented with Mary Anne Bohaker, Gisela O’Brien, Roger Bowman and Jacqui Good to create the chorus. The productions were more than just shows; they were a celebration of musical heritage, bringing to life the whimsical and witty world of Gilbert & Sullivan. The audiences, a delightful mix of devoted fans and new admirers, were visibly thrilled by the return of these iconic composers to Halifax’s cultural scene. The stars of

the night were the cast members, a lineup of incredibly talented singers who dazzled the audience with their vocal prowess and expressive performances. Each actor brought a unique flair to their role, perfectly embodying the spirit of Gilbert & Sullivan’s memorable characters. In a delightful twist, the audience was not merely spectators but became part of the show. The TAG team involved the audience by encouraging them to sing along to the beloved choruses. These were projected on a new video screen at the back of the stage, adding an interactive and communal dimension to the experience. As the final curtains closed, the feedback was unanimous – the audience members were not just entertained; they were deeply moved. Many expressed that it was a night to treasure, a sentiment that speaks volumes about the impact of these performances.

Membership has its Benefits. Not only do members receive a discount on tickets, but a TAG membership is also the ideal way to help your community theatre thrive while developing your own theatrical skills, and interests while making new friends. Now, there is a new benefit to membership! Early Access to Ticket Sales! Members can choose their performance dates and seats before tickets are available to the general public. Become a Member Today! www.tagtheatre.com/membership

Reprinted with editing from the TAG February/March Newsletter.

Sir Sandford Fleming

(continued from page 4)
to the Dingle, unoccupied, its doors and windows boarded shut. The City of Halifax has plans to repair and maintain the cottage for future use. Remnants of Fleming’s stone wharf may be seen at low tide, extending into the Northwest Arm at the end of the sea wall. The name given to wharf by local residents is Critchley’s wharf, named for the Critchley family who lived in the cottage from 1911 until the mid 1920s. Mrs. Critchley was Fleming’s elder daughter, Minnie.

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311 **HALIFAX**

What’s happening



A Pileated Woodpecker foraging, working his way past previous excavation sites

by Joshua Barss Donham

In mid-February a jumble of high-pitched notes signals the arrival of a flock of American Goldfinches in the yellow birch. Yellow birch is one of the most common deciduous trees growing at the farm. Unlike the maples, beech, and oak, which drop their seeds in the fall, yellow birch retain theirs well into the winter, releasing them as spring approaches. Birch seeds are sought after by Goldfinches and the snow beneath the trees often becomes littered with seed catkins, small cone-like structures, that have been knocked off by enthusiastic finches feeding in the tree canopy.

The woods at the farm provides for a variety of animals through the winter. Last year was a remarkable year for mushrooms and several cold tolerant species, such as the colourful turkey tail, continued to grow into winter. In the east corner of the woods is a large dead standing beech tree on which late fall oyster mushrooms grow, spreading up and down the length of its trunk. Thick and meaty with brown and olive-green caps and orange-tinged gills, they are a late season mushroom often persisting well into winter. In early January, however, little nicks started showing on their edges and then chunks began to go missing. Close examination revealed the telltale tooth marks of squirrels. By February the mushrooms had been chewed down to nubs.

Besides the dead standing beech, many of the larger yellow birch, red maple, and sugar maple have dead parts or limbs which provide perfect habitat for woodpeckers. Downy and Hairy Woodpeckers, and Northern Flickers all nest on the farm. Pileated woodpeckers visit the farm regularly in winter boring holes into dead limbs and tree trunks in search



The fawn browsing among saplings in the west corner of the woods



A resident red squirrel in one of the spruce growing behind the shed

at the Urban Farm

of dormant carpenter ants and insect larva. Breeding pairs of woodpeckers usually excavate a new nest cavity each year. Abandoned cavities and the large holes made by Pileated Woodpeckers provide nesting places for other cavity dwelling residents such as Black-capped Chickadees and White-breasted Nuthatches.

The understory, saplings and shrubs that grow between the forest floor and the towering mature trees, provide food for the deer in winter. The Hobble bush is a native Viburnum which develops tender open leaflets and flower buds in the fall and winter. It is a particular favourite of the deer after the apples are but a memory and the snow has buried the grass and other plants on which they feed. As the winter advances, its branch-ends take on a knobby, stunted appearance from browsing. The doe and fawn that are often at the farm have also been browsing on the leaf buds and twigs of saplings, particularly red and sugar maples.

The Hobble bush is early to leaf out in the spring and early to form fruit in the fall, fruit which are gobbled up by flocks of migrating birds before they even ripen. Other woody plants, like the multiflora roses and the privet, ripen later. In winter the multiflora rose hips feed Cardinals and Song Sparrows. The privet fruit, less favoured by the birds that overwinter, are usually left to be eaten by the flocks of famished waxwings returning from the south in the spring.

Farm Memberships available: Individuals \$10.00, Seniors/Students \$5.00, Families \$15.00, Groups/Organizations \$25.00 - \$50.00. For info: urbanfarmspryfield@gmail.com, <https://www.facebook.com/groups/117594394923932/> Website: urbanfarmmuseumspryfield.org

All photos by Joshua Barss Donham





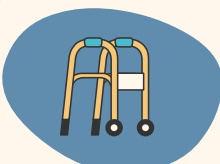


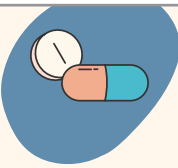
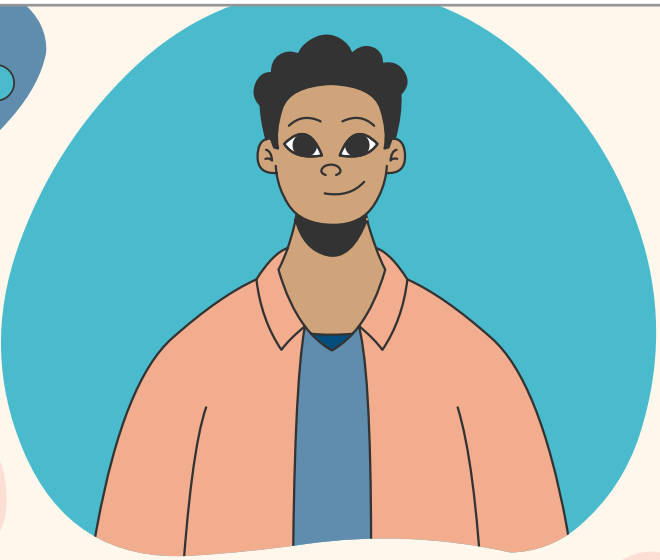
Yellow birch and red maple by the entrance to the woods path



A Hobblebush branch-tip with well-developed leaflets and flower bud, a favourite winter food of the deer




A male Cardinal perched in the hawthorn near the main garden



You have more options for care than you think.

With services available at pharmacy clinics, mobile care clinics, urgent treatment centres, and virtual care, you have many options for healthcare right in your community.

Find out how you can access more healthcare, faster at NovaScotia.ca/ActionForHealth



The Maguire Report

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

Budget season for the Houston Government

As we gather for the PC Government’s third budget session in the Nova Scotia Legislature, it’s evident that our province is facing significant challenges. From the steep rise in housing and living costs to the burden of high taxes and inflation, Nova Scotians are feeling the pinch on their finances. This budget must focus on addressing these issues to make life more affordable and improve overall well-being.

The decisions made in this budget have the power to directly impact the lives of Nova Scotians. Given that we are the most heavily taxed province in Canada, it’s essential to reevaluate our tax system to provide greater financial support to hardworking individuals.

Several key areas require attention, including addressing the housing crisis, reducing the overall cost of living, and lightening the tax load. By directing resources towards affordable housing initiatives, implementing measures to lower essential expenses, and introducing tax relief for both individuals and businesses, we can take significant steps towards enhancing affordability and fostering economic growth.

This budget presents a crucial opportunity to enact meaningful change and ease financial strain for Nova Scotians. We must prioritize measures with real, tangible impacts on residents’ lives, paving the way for a fairer and more prosperous future.

Need a Family Doctor Community update

In our community, a staggering 6,288 individuals, comprised of adults and children, currently lack the vital support of a family doctor—a number that continues to swell. This figure paints a dire picture, as it now accounts for nearly 20% of our community’s total population, positioning us among the communities grappling with the highest percentage of residents devoid of primary healthcare. These figures are not spun from political rhetoric but are stark realities sourced directly from the government’s official records.

As we confront this pressing issue, the question that demands immediate attention is: where are the healthcare solutions? Concerted efforts must be made to address this critical shortfall in healthcare access. Investments must be directed towards initiatives that bolster healthcare infrastructure, recruit more medical professionals, and expand access to essential services. By prioritizing healthcare funding and implementing targeted strategies, we can begin to reverse this troubling trend and ensure that every member of our community has access to the healthcare they need and deserve.

Snow Clearing

What a challenging month it has been with relentless snowstorms bringing record snowfall and causing closures across parts of the province. I extend my heartfelt gratitude to all of you for your patience as the Department of Transportation diligently cleared our roads. Despite receiving hundreds of calls and texts, I made every effort to respond promptly to address your concerns.

A special commendation goes to the dedicated Transportation staff who worked tirelessly, around the clock, to ensure our roads remained clean and safe during this challenging time.

My thoughts are with Cape Breton,

which bore the brunt of the storms. We all have many friends and family residing there and I am inspired by their resilience. It’s heartening to know that they have all

emerged from this ordeal, dug out, and safe.

We all lost a great friend in Sonny Goodman

As this month draws to a close, I’m deeply saddened to share heartbreaking news. Sonny “Tug” Goodman, a cherished friend, has left us. Sonny’s

Cuttell Community Update

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

Yeah, it’s March. The first day of spring, the March equinox, is March 19, which means warmer days ahead. March Break is coming up, and I wish all the students a fun and safe time. Residents are reminded that the Canadian Red Cross recommends that ice be at least 15 cm thick for individual skating, and at least 20 cm thick for group skating. Extreme caution is advised in areas where streams flow into and out of lakes. With the spring thaw, I urge people to take extra caution.

Housing Accelerator Fund: As we know, the municipality is facing significant challenges related to housing affordability and availability. Unprecedented population growth has led to a rising demand for housing that the current rate of residential construction cannot meet. As of 2023, the municipality’s housing shortage is estimated at almost 20,000 units – and growing. In October 2023 HRM entered into a \$79.3 million agreement with the Federal government to support programs that increase housing as quickly as possible. As part of that program, several projects are being considered for fast-tracking, including 15 new multi-unit projects in Spryfield that fall within walking distance of the upcoming Herring Cove Road bus rapid transit corridor.

Several residents and community groups have commented on these proposed housing projects. There is general support for new housing but also concerns about environmental impact, traffic congestion, and lack of designated affordable housing. I too share these concerns. In principle I support multi-unit and commercial development along Herring Cove Road, but believe it is essential to also have an updated infrastructure plan to ensure our roads, transit, active transit routes, parks, community facilities, and natural spaces can manage with the increased demand. I have met with HRM planning staff to discuss these concerns and will continue to advocate for development and infrastructure to support the community as it grows. While the opportunity to provide feedback is over (yes, it was short), I encourage you to visit <https://www.halifax.ca/about-halifax/regional-community-planning/housing-accelerator-fund> to learn more about what is being proposed and to submit any comments to clerks@halifax.ca (please copy me as well!)

HFXGO is a free mobile fare payment app that allows you to purchase Halifax Transit tickets and passes directly from your smartphone or mobile device. HFXGO accepts purchases using Visa Credit/Visa Debit and Mastercard Credit/Mastercard Debit cards. Passengers can still purchase paper tickets and passes at a retail partner or use cash fare. The installation of HFXGO systems is still underway. Some pass readers are already installed but will not be active until all buses have them. Please continue to show your HFXGO ticket or pass to your Operator when boarding. To learn more about this long-awaited easy way to pay for transit

fares visit halifax.ca/hfxgo and get riding!

2024-2025 HRM Community Grants Program has begun accepting applications from registered non-profits and charities located within HRM. The application deadline is April 1, 2024. Organizations considering an application to the Program are encouraged to review the guidebook. There are \$5k and \$25k grants available. For further information, email nonprofitgrants@halifax.ca or call 902-497-0479.

A new sidewalk program has been approved by Council. About 155km of HRM streets have a high need for sidewalk infrastructure within the Urban Tax Boundary, including many streets in the Spryfield area. Until now there has not been a sidewalk strategy or way to assess priority. Under this new program, new sidewalks will be prioritized by proximity to things such as schools, daycares, and seniors’ centres; parks, playgrounds, libraries, and recreation centres; transit stops and terminals; commercial areas, employment opportunities; and high-density residential areas. Other considerations include road type, equity, segment connectivity, and safety. To fund this new

vibrant spirit touched us all, leaving a void impossible to fill. To his family and friends, words fail to express the depth of our sorrow. Please know that we love you all so much.

I am so proud to be your MLA
Brendan Maguire
349 Herring Cove Road
Phone: 902-444-0147

program, HRM is increasing its sidewalk budget. The hope is we will start to see a better sidewalk network in Spryfield over the coming years.

Snowstorms are not uncommon in March. On-street parking during storms continues to be an issue, causing delays in plowing and affecting the level of service. I urge everyone to please obey the winter parking ban when in effect. I realize many people do not have parking alternatives. I have been talking with Winter Operations staff and hope next year we can pilot an off-street parking program in municipal lots. Stay tuned for more information! This is about safety and emergency access, as well as the movement of goods and people. Please be storm-wise.

Reminder that the community mobilization team meets monthly. Please email cmt@halifax.ca for more information and visit Halifax.ca to learn more.

As always, it is a privilege to be the HRM Councillor for District 11. Please call 902-221-6893 or email patty.cuttell@halifax.ca if you have a question or municipal issue. Find me on social media at [@pattycuttell11](https://www.instagram.com/pattycuttell11)

Premier’s Message

by **Tim Houston, Premier of Nova Scotia**



Premier Tim Houston

YourHealthNS Making a Difference

As a government, we have a responsibility to make it easy for Nova Scotians to find and access the healthcare they need.

With YourHealthNS, we’ve done that. The app is a one-stop shop for healthcare information, resources and services.

And it’s making a difference. Since its launch in November, the app has been downloaded or accessed on the web more than 180,000 times.

The app isn’t done – far from it. We are continuing to add more features and I’m excited to share details about a new pilot program. In January, more than 10,000 Nova Scotians were given access to their own medical records through the app. We’re starting small, but we’re look-

ing forward to sharing this feature across the province.

Participating patients can log in and securely access their records, including information about doctor and emergency department visits, hospital stays, medications they’ve been prescribed and results from some tests and scans they’ve received.

Before the app, people would have to seek out this information, or in some cases, pay to see it.

Not anymore. No more filling out forms or making requests to get information that has always been theirs. With YourHealthNS they now have unprecedented access to information that they rightfully own.

It’s simple to use, safe, and they can see their file any time, from anywhere.

And it won’t be a pilot for long. We want to give every Nova Scotian access to their medical records as soon as possible.

One app. Any day. Any time. That’s the beauty of YourHealthNS.

You can book a virtual care appointment, bloodwork, X-ray, flu or COVID shot and other tests. Find the closest pharmacy, urgent treatment centre, walk-in clinic, primary care clinic or mobile clinic.

And soon, view your medical records.

Take more control over your health information. Better find and manage your care for you and your loved ones. And, do it all from the palm of your hand.

Get YourHealthNS where you get your apps today.

Tim Houston
Premier of Nova Scotia

The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

COMMUNITY EVENTS FOR MARCH

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. Mar. 1 Karaoke with Cheryl Misener 7-11 pm \$6.00
 - Sat. March 2, UCW Wrestling 7:00 pm Adm. \$25.00
 - Sun. Mar 3 - Special Bingo 2:00 pm Doors open noon All games - \$200.Final Game - \$1,500.
 - Tues. Mar 5 Executive Meeting 6:30 pm.
 - Fri. Mar. 8 - Forever Young Bingo 7:00 pm Doors open 5:30 pm
 - Mon. Mar 11 Seniors Dance 1- 4 pm. Music by Joe MacKinnon Adm. \$6.00 Lunch served
 - Tues. Mar. 12 General Meeting 7:00 pm
 - Sat. Mar 16 St. Patrick's Day music with DJ Cheryl Misener Start time - 2-ish. Snacks and cake served.
 - Sat. Mar 16 Legion 65th Anniversary Ceremony. Start time 6:00 pm
- Invitation only.**
- Thur. Mar 28 Crib 7:00 pm Adm. \$7.00 Bring a Partner
 - Fri. Mar 29 - Good Friday - Legion Closed
 - Sat. Mar 30 Bingo 1:00 pm Doors open 11:00 am
 - Sat. Mar 30 Dance - Music by Joe MacKinnon

Free Admission

- 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
- Our Annual Egg hunt will be held Sunday, March 25th. \$5:00 per child Egg hunt, cookie decorating, temporary tattoos and Easter Bunny! Group 1: 10:00 am; Group 2: 11:00 am

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: 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.
- Messy Church: Saturday, March 2nd, 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.

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.

Spryfield Ministerial Association

events:

- Good Friday Prayer Walk. Friday, March 29, 9:30am, beginning in Emmanuel Parking Lot, 322 Herring Cove Rd. Most of the Spryfield Churches will gather on this holy day to commemorate the death of Jesus by praying for our community. We will walk around the community, stopping at various stations to pray for Spryfield, its organisations, businesses and people, and for the land itself, in recognition of Jesus' love for all of us. Everyone is welcome to attend. Time frame, usually about 2 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 at www.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

field@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.

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@halifax-weddingchapel.com. Funding by the Community Links Association and the NS Dept of Seniors and Long-term Care.

Women For Music Society' 60th Annual Spring Book Sale will take place at the Maritime Hall, Halifax Forum. April 13th from 8:30am to 4pm and Sunday April 14th from 9am to 2pm. www.womenformusic.com for more information

Women for Music will be holding their next General Meeting on Thursday March 7, 2024 at 1:00 p.m. in room 5 at the Maritime Conservatory of Performing Arts 6199 Chebucto Rd. Halifax. There will be a short meeting followed by a presentation by our guest James Thomas. James is a composer and musician. Tea and treats will follow. All are welcome.

TAG (Theatre Arts Guild) is presenting the play Murder Tonight, written and directed by local resident Nick Jupp and produced by Lorne Abramson. The play will run from March 7 to March 23, 2024 at the Pond Theatre, 6 Parkhill Road with nine evening performances at 8:00 pm and one matinee on Sunday March 17, 2024. Tickets will be available on the TAG website, tagtheatre.com, starting on February 15, 2024. For more information please contact TAG at info@tagtheatre.com. Please note that Murder Tonight contains adult theme, adult language, and loud sounds.

Bottle Drives in March (at Beaver Enviro Depot, 251 Herring Cove Rd)
Christian and Noah, Jiu Jitsu Championship Trip March 2nd and 9th from 9am to 2:30pm
2632 Halifax West Army Cadet Corps on March 23rd.

LOCAL OBITUARIES

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

Loraine Smith

(Hamm), Smith, Loraine Louis – 73, Sambro, passed peacefully while surrounded by family, and her loving husband of 52 years, Larry Robert Smith (Bubby), at Arborstone Enhanced Care at 5:14pm on January 12, 2024. Born in Halifax, she was the daughter of the late Lionel and Louisa (Spiers) Hamm.

Loraine was employed by W.H Schwartz and Son LTD from September 1969 until September 1973, so she could devote her time and love to being a wife and stay at home mother.

Loraine was known for baking and her preserves. She made the best chocolate chip cookies, mustard pickles, and strawberry jam in the neighborhood. she enjoyed watching the Blue Jays play ball but was an even bigger fan when it came to watching her son Mark play hockey.

Loraine had a green thumb; she took pride in her flowers and gardens. She especially enjoyed watching ‘her’ hummingbirds feeding from them.

She was survived by her siblings; Yvonne Hamm, Karla Paterson, Ava Jacqueline Hamm, Michael Hamm, Joanne Turner (Bob), her children;

Paul, Mark, and Stephanie, and her grandchildren; Skyler Smith, Landen Henneberry, Stettson Henneberry, Fathom Smith, and Deagan Smith.

She was predeceased by her sibling, Perry Hamm.

Thank you all for your concern and condolences, the Smith family.

Beatrice Marie Hartnett

Hartnett, Beatrice “Sis” Marie - 91 of Halifax, passed away on January 16, 2024. She was the daughter of the late Harold and Beatrice (Boutilier) McLeod and the wife of the late David “Davey” Hartnett.

Sis lived her whole life in Halifax and could tell stories about what it was like being a kid during the Second World War. She and Davey lived in the west end with their daughter, Debbie, until the 1970s, when they moved to Purcells Cove and were joined by granddaughter, Peggy. A small woman with a sharp tongue, Sis loved to knit, watching the wildlife in her own backyard, and whenever she found an old movie she liked she would call her niece to let her know to turn it on. She learned to drive when she was in her sixties and was still driving herself to visit Dylan’s No Frills when she was in her nineties.

She was predeceased by husband, David; daughter, Debbie; sisters Vera and Betty. She is survived by granddaughter, Peggy; sister Barb; and several nieces and nephews.

Special thanks to Eva and Jimmy, Gabriel and Noah, Kathleen, Sheila, and Donna - she loved you all very much.

Karen Louise Jollimore

Karen Louise Jollimore - 62 of Halifax, who peacefully departed this life at the VG Hospital on Monday January 22, 2024. She was the daughter of the late Stanley and Patricia (Slaunwhite) Wournell and the wife of the late Scott Jollimore.

Born in Terence Bay, she, along with her family, embarked on a new chapter in Halifax during her youth. Karen’s passion for movies was unmatched; the joy she found in watching her favorites repeatedly reflected her enduring love for cinematic tales. Her compassionate heart extended to the animal kingdom, embodying kindness towards our furry friends. Among her treasured memories, flying to New York and winning 2nd of a Beauty Pageant held a special place, marking an unforgettable experience in her well-lived life.

Karen also embraced thrift shopping, she used to go a few times a week, there she discovered unique treasures. Her indulgence in chocolates brought a sweet touch to her days.

She was predeceased by her husband Scott; parents Stanley and Patricia; and sister Jeannie.

She is survived by her sons Loki Margera; Diana (wife of Loki) and Stanley; sisters Cathy and Susan; sister and brother-in-law Rose and Ron; along with many nieces and nephews.

Terrance Vincent Drysdale

Drysdale, Terry, 63, of Halifax, passed away peacefully at home with his family by his side on Saturday, January 27, 2024. Terry was born in Halifax and was the son of William “Bill” and the late Jessie (Humphrey) Drysdale.

Terry was a coach in his community for 15 years with Spryfield minor softball and spent years assisting with Chebucto minor hockey. One of Terry’s favorite hobbies was enjoying hunting and fishing and spending time at his summer trailer.

Most people that knew Terry knew him as Papa and he was very proud of that.

Surviving is his wife Sheri Hendsbee, children, Sarah (Will), Ashley (Andrew), Justin (Ammie), Melissa (James), Terry “Tj” (Angela), Dustin (Tamara), Devon (Desiree’), 8 grandchildren who are Papa’s everything and his world, Shelby, Melia, Lexie, Mason “Little Man”, Hunter, Princess Addison, Brinley, Avery; special fur baby “Honey”, and his best friends Bruce Hendsbee and Kevin MacCullum.

Sonny (Tug) Goodman

Today, we are deeply saddened by the sudden loss of Sonny “TUG” Goodman. His passing has left a void in the hearts of many, echoing through the community with a profound sense of loss.

Sonny’s love and passion for life were known by all who had the pleasure of knowing him. His son, David Lee, was the pride and joy of his life, shining brightly as his greatest achievement.

Sonny’s generosity and love extended beyond his human family to

his cherished cats. His care for these little ones was just a glimpse of his big heart.

He was an avid fisherman and NASCAR enthusiast, engaging in lively debates and cherishing moments at Parkville Campground. Sonny “TUG” Goodman’s legacy is marked by his unbounded love for his family and passions. His presence was a beacon of joy and support for his loved ones.

His relationship with his son, David Lee, was a testament to the depth of his love. It was a bond that showcased the best of him.

The news of Sonny’s passing has brought the community together in mourning. The love and memories shared are a comfort to those grieving.

This collective heartache reflects the impact Sonny had on the lives around him. His absence will be deeply felt by all who knew him.

Sonny’s life was a beautiful tapestry of dedication to his family, friends, and passions. His enthusiasm for fishing and NASCAR brought joy to many.

His love for life and the simple pleasures it offered was infectious. Sonny lived his life fully, making every moment count.

Sonny “TUG” Goodman will be remembered for his kind spirit, loving heart, and the joy he brought into the lives of those around him. His legacy of love and passion will continue to inspire.

As we say goodbye, we hold onto the memories and the love he shared. Sonny’s spirit will forever be a guiding light for his family and friends.

Sonny’s appreciation for the outdoors and the excitement of NASCAR were facets of a life lived with enthusiasm. His adventures and debates are cherished memories now.

His love for his Parkville Campground family speaks volumes of his ability to create a community of warmth and friendship wherever he went.

Anniversary celebration planned for Spryfield Legion

The Earl Francis Spryfield Memorial Legion, Br 152, will celebrate its 65th Anniversary on March 16, 2024.

This event will commence at 6:00 pm with a Pin and Award ceremony during which Legion Members with 15 or more years of service will receive their pins and medals commemorating their memberships.

A dinner and dance will follow the ceremony.

Due to limited seating, this function is by single invitation only and *NO uninvited guests will be permitted to attend.*

Those legion members who have reached 5 or 10 years of service are invited to come to the bar side on March 16, between 2:00 to 4:00 pm to receive their pins.

Music will be provided for all to enjoy, along with snacks and cake.

Share your thoughts and comments with us. Write to chebuctoeditor@gmail.com.



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.



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www.walkerfh.com
902.477.5601

A Rotary moment

From The Rotary Club of Halifax North West



Welcome to the newsletter from the Rotary Club of Halifax North-west, where we share the club's and Rotary's news and activities with the communities we serve. This issue highlights Water, Sanitation and Hygiene, one of Rotary's seven Areas of Focus.



According to UNICEF figures nearly 2 billion people lack access to basic sanitation facilities. Poor sanitation is linked to the transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A,

typhoid, and polio. It can also undermine the growth and development of children. At least 10% of the world's population is estimated by the World Health Organization to consume food irrigated by untreated wastewater. Each year, roughly 300,000 children under the age of five die from preventable water and sanitation-related diarrheal diseases

Since the need is so great, Rotary is continuously leading projects involving Water and Sanitation. But we do our best to help communities on their terms. Rotary works with residents to determine what technology and education is most appropriate, and to explore several options. We avoid telling a community what sanitation solutions it needs. Teaching that uses only methods such as lectures or informational pamphlets

is rarely successful. Fully subsidizing or donating toilet facilities to households, especially if a local market for sanitation is developing in the region, can undermine the growth of local sanitation businesses. In some cases, Rotary takes the strategic approach and focuses on watershed protection and restoration measures to improve water quality and quantity.



Our annual Rotary Adventure Club fundraiser allows us to do what Rotarians do best, namely to serve our community, whether local or global. The 2024 version launches this month, starting with an early-bird draw on March 12th for a trip to Orlando valued at \$2,500. April through September we draw for a

trip a month, including 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. The winner gets a voucher which can be used within three years for the trip, or with which another trip can be negotiated with the travel agent. If winners don't want to travel, they can take 85% of the value of the trip. That's not all! Each month we draw for four \$100 prizes, so you can win the price of your ticket! 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 every Tuesday from 1145 to 1 pm. at Smitty's at 362 Lacewood Drive. For more information contact Roger Chiasson at rogerchiasson305@gmail.com or 782 234 9408.

Rise and Thrive: breakfast in Spryfield

PEXELS: SHOLODSHA



by Diana Dibblee

Start your day with flavor & fuel by enjoying a powerful, nutrient packed breakfast. The old legend says that breakfast is the most important meal of the day; begin with foods that contain essential nutrients for energy and vitality. Whenever hunger strikes, ensure you "break that fast" with foods that power you through the day.

Some of the recognized benefits of enjoying a healthy breakfast include kick starting metabolism, balancing mood, optimizing physical performance and better learning & focusing. Breakfast is so important, especially for our children. Try to include some protein and fiber. Variety is also key; focus on adding plants such as fruits & veggies. Some ideas: Greek yogurt & berries, oatmeal with nuts and seeds, a protein shake or a spinach omelet. Try frozen fruits & canned veggies; they are less expensive & packed with fiber.

Breakfast in our local area Visit Mrs. P's Homestyle Bakery and Cafe at 336 Herring Cove. Try their waffles with berries or avocado toast; so many great choices. At Pavia Gallery: Espresso Bar and Cafe you will

find some amazing breakfast treats including paninis, delicious salads and muffins. Try the newly opened Tarek's Cafe for their tasty brunch and lunch menu. Order their Veggie combos, pitas, fish cakes & other delicious plates.

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 and enjoy coffee or tea. Fueling your day with a wholesome breakfast positively impacts your health and well-being. I hope you try some new recipes!

CALLING ALL VOLUNTEERS: School Breakfast Program. If you are free 1-2 hours a week, reach out to Diana at ddibblee@hrce.ca. JLIIsley and John W Macleod Fleming Tower would LOVE to have you volunteer for 1-2/week. It's a fun way to enjoy breakfast as you help school students start their day. March is Nutrition Month & we need your support. Rise, shine and thrive!

Diana Dibblee is a teacher, mum and dietitian at our local elementary school.

MARCH IS NUTRITION MONTH

Spryfield Magazine

OUR COMMUNITY, OUR VOICE

As winter's charm lingers, we're already gearing up for the Spring/Summer edition of the Spryfield Magazine. We're inviting YOU to be a part of it!

- Hosting a spring or summer event?
- Is your sports team or organization ready for registration?
- Does your local church or group have an annual event on the horizon?

Let us feature it in our calendar of events!

We're also seeking intriguing article topics. If you have a subject that would captivate our readers, we're all ears. Remember, the Spryfield Magazine reaches over **11,000 homes, apartments, and businesses in Spryfield and the Ketch Harbour Sambre Loop**. It's an excellent platform for businesses to broadcast their message. Contact us, and we'll arrange an advertisement for you. We rely on advertising to produce and distribute the magazine, and we're grateful for the support of our local community and businesses.

OFFICE SPACE FOR RENT:

Need a small office space? We have just the spot in our new location, centrally located in the RBC building in the heart of Spryfield.

Interested? E-mail bruce@discoverspryfield.ca or call 902-452-7472.

Join us in making the Spryfield Magazine a true reflection of our vibrant community!



Sharon Kenney REALTOR®

902-483-7325
Sharon@alreadyhome.ca
www.alreadyhome.ca





Dan Doherty REALTOR®

902-478-4023
Dan@DanDoherty.ca
www.DanDoherty.ca

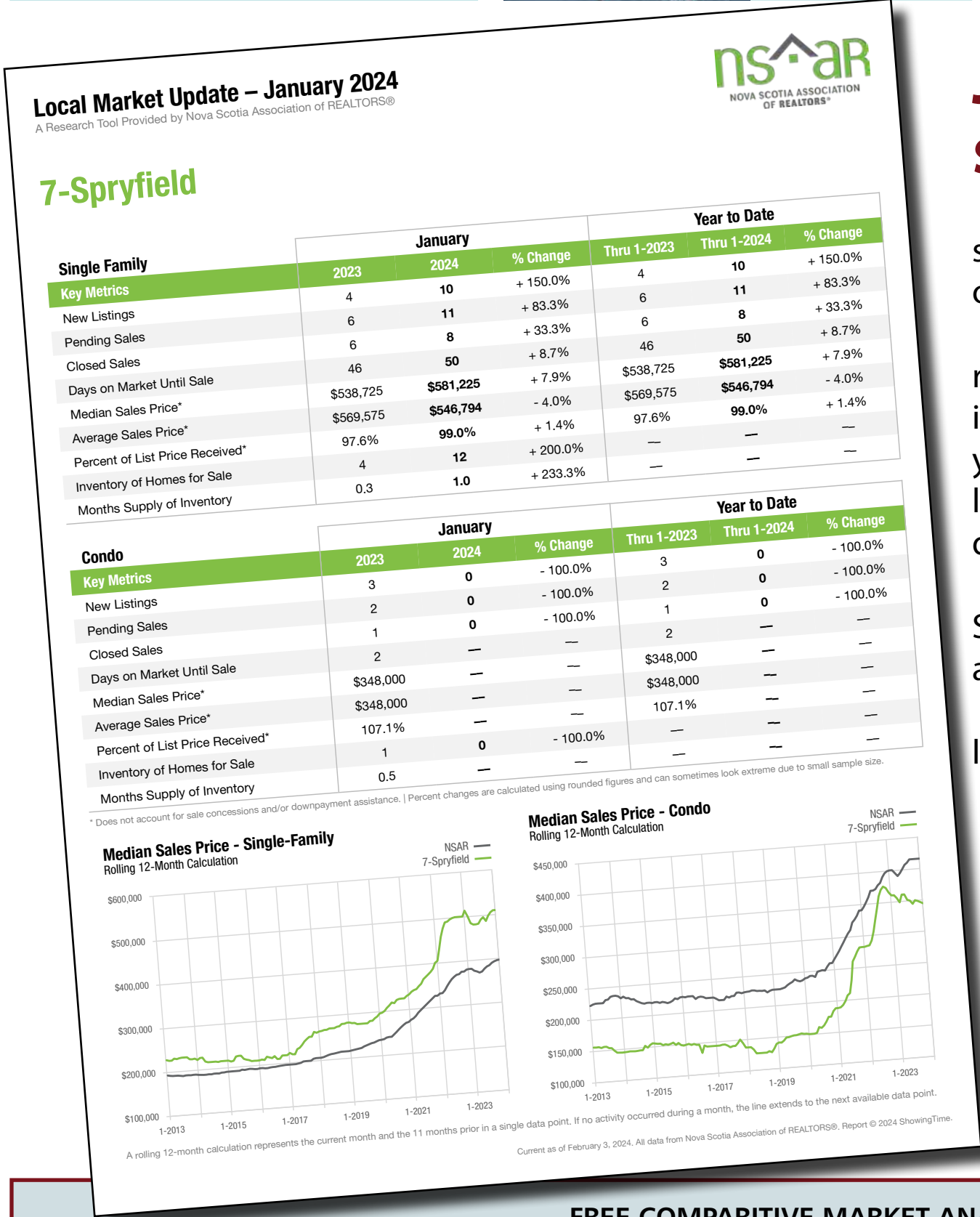




Amanda Parsons REALTOR®

902-930-3900
amanda@exitmetro.ca





January statistics

Spryfield single family homes sales are still strong as the market overall has slowed slightly.

The January report shows the return received for house sales is 99%, the same as January last year. Houses are taking a bit longer to close, averaging 50 days on the market.

There are few condos in the Spryfield area and there was no activity reported in January.

This is still a very 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.

What is your home worth?

FREE COMPARATIVE MARKET ANALYSIS

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

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