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# Chebucto News

Vol.26 • No.2  
October 2024

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## 60 years in the Legion



The Spryfield Royal Canadian Legion Branch 152 congratulate Ron Slaunwhite for 60 years membership in the Royal Canadian Legion. Chuck Martin, President of the Spryfield Legion, on the left, is seen here in the photo presenting Ron Slaunwhite his 60 year pin (shown on Ron's lapel).

## Still no working kitchen at St. Paul's United Church

by Carolyn Mont

For many years, St. Paul's United Church has had an outdoor tap turned on so that the people of Harrietsfield, whose water is contaminated, could get free, clean water. During the second week of August, a leak was noticed in our kitchen and the water had to be turned off until the source of the leak was found. As you can imagine, this was every bit as disruptive for the church as it was for the community of Harrietsfield. Even though our kitchen is still not functioning, the outdoor tap is working. We are relieved to be able

to continue to offer that service even though we still do not have water in our kitchen.

The turmoil in the kitchen also means that a planned church fundraiser is not likely to happen in October because of the lack of a kitchen. This may seem like a lot of fuss about a water problem but as of September 20, we still don't have a kitchen.

Upon examination, we learned that it will be a major job to get things back to normal. Our Family Resources Institute, (FRI), has a free lunch program, Soup's On, usually

soup and sandwiches, to all who come on Tuesdays. The volunteers who run that program are looking forward to starting up as soon as possible but we are not sure of the date. Please follow FRI on social media for an update or check the sign at the corner of Old Sambro Rd., Rockingstone Rd. and Sussex St. as Soup's On's starting date will be posted there. You could also call Kristen at 902-479-1015.

As of September 20, the kitchen still has no water and many of our cabinets are gone. Unfortunately, most of our fundraisers depend upon our kitchen so they are suspended. This is not going to be an easy or a cheap fix.

There is some good news, however. Mike Lavoie rents our church hall two nights a week for a child and youth judo program, Spryfield Judo Kai. Mike is on the board of FRI as a community member and is one of those people who believes in giving back. When he learned of our dilemma, he spent a day in our kitchen, taking it apart and stopping the leaks. That saved us both money and time as we really couldn't assess the problem without his work.

This isn't the first time Mike has helped us out. A couple of years ago, when we had extremely cold weather for a few days, St. Paul's opened our hall as a warming centre for any who might need it. Mike and his wife Carol arrived to help us, brought some members of their judo club and hot food for any who might need it. The young people brought guitars as well and provided entertainment.

Also, through Mike Lavoie and the judo club, our hall was painted. Special thanks go to Abbie for that work.

Most recently, at a flea market sponsored by our Family Resources Institute (FRI), Mike was at the barbecue cooking hot dogs and hamburg-

ers. Volunteerism is alive and well in Spryfield, thanks to people such as Mike. We are so very thankful for his assistance. If you are interested in youth judo, Spryfield Judo Kai meets at St. Paul's on Tuesday and Thursday evenings. You can contact Mike, who is the head sensei (coach) at [spryfield-judokai@gmail.com](mailto:spryfield-judokai@gmail.com).

A program that does not require a kitchen is the Sparks program. This activity for little girls in Primary and Grade one is associated with Girl Guides. They meet on Mondays at 6:00 in the downstairs church hall. There are currently spaces available, but you must register online through Girl Guides Canada.

(See St. Paul's on page 2)

## Barrier-free retreat for bereaved parents

After facing the unexpected and devastating loss of her infant son, Oliver, just 12 hours after his birth, February 23rd, 2021, at the height of covid restrictions, Jennifer found herself feeling a deep sense of isolation. Oliver is the identical twin of her son Wesley, now a feisty 3-year-old, and this loss deeply affected every part of her life. Over 100 days in NICU with Wesley added to the trauma for this first-time parent, who struggled to grieve in a healthy way while watching Wesley fight for his life.

"What I longed for was to be around people who had experienced (See Barrier-free on page 2)

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# Barrier-free

(continued from page 1)

a loss like mine, because I truly felt I was not going to live through it. I felt like an observer of my own life, unable to have friends or extended family in to at least meet Wesley or to help me process what had happened. I felt like an alien, completely different from everyone else who was going on with their lives. I could not understand how the world kept turning when I had just held one of my babies as they took their final breaths, and the other was reliant on machines for every aspect of life.”

Though the supports available at the IWK were helpful, it was difficult because of the trauma this family was still facing there. After a couple years of searching, Jennifer found and attended Hazel’s Heroes, a free retreat for bereaved mothers just outside of Calgary, Alberta, which she discovered by chance on Instagram. Gillian Hatto, the Founder of Hazel’s Heroes, lost her baby, Hazel, to SIDS when she was 3 months old, and started this retreat for grieving parents in honorarium.

“I knew as soon as I came across Hazel’s Heroes that this would be a pivotal step in my grief journey, as I believe strongly that social support and community are instrumental. I also knew that I needed to bring something back to Atlantic Canada that would provide this opportunity for loss parents here, as it just does not exist in this format to my knowledge. The stories I heard from other

loss parents echoed my sentiments. It’s an excruciating, life-altering event and no one should be expected to get through it by themselves.”

Oliver’s Offerings will be held at the beautiful August House in Windsor, Nova Scotia this coming Mother’s Day Weekend. Lodging, nutritious meals, grief writing workshops, yoga, meditation, massage, osteopathy, art therapy, saunas, candle lighting ceremonies and sharing circles will be some of the offerings made available, free of charge for participants. The goal is to have about 15 birthing parents in attendance this year, which will cost about \$15,000, which Giffin is actively fundraising and seeking sponsorship for. Biannual retreats are also being considered, as well as extending offerings to grandparents, non-birthing parents, and siblings.

“The options are endless when it comes to communities needing support in this realm, be it queer family building, infertility, failed adoptions, miscarriages, etc. Lived experience is an important part of being able to provide this support, in my opinion. While I will never be grateful for not getting to watch Oliver and Wesley grow up together, I am happy that I have found a way to honour Oliver’s life and continue to parent him by providing care straight from my heart to the hearts of others who are walking around with empty arms that they wish were full, missing their babies and not having an outlet or support system who understands their unique pain”.

For more information, please visit the following:

Website: [oliversofferings.ca](http://oliversofferings.ca)  
Sponsorship Information: [oliversofferings.ca](http://oliversofferings.ca)

Donations requiring tax receipts, made possible by PILSC.org: <https://www.zeffy.com/fundraising/e3df7516-66ba-4257-8e32-c43e76e2e2ae>

Donations not requiring tax receipts: [jennifergiffin333@gmail.com](mailto:jennifergiffin333@gmail.com)

# St. Paul’s

(continued from page 1)

There are some upcoming fundraisers that also do not require a kitchen. For the past few years, we have sold beautiful Christmas wreaths. These are made for us in New Ross and we sell them for \$25.00. They will have a large bow. If you would like to have one of these, you must pre-order by calling Valerie at 902-456-3568. You can pick up your wreaths at St. Paul’s United Church at noon on Sunday, November 24.

Our Memorial Christmas Tree is another tradition at St. Paul’s United. This is the recognition of loved ones at our Christmas Eve service. For a \$5.00 donation per person, the loved one’s name will be in the Christmas Eve bulletin and will also be displayed on the wall of the sanctuary during the service. There will be an outdoor Memorial Christmas tree that will be lit in our churchyard. If you are interested in participating in this program, please call Carolyn at 902-477-0187.

Share your thoughts and opinions with us:  
[chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com)

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# The Halloween Boyz Spooktacular event

Jacob & Steven, known as the Halloween Boyz in their community, are gearing up for their 14th annual Halloween event at their home in Spryfield. With almost 800 kids attending last year, this event has become overwhelmingly successful. The Halloween displays take 3-5 days to setup and is only open to the public on Halloween night.

They transform their yard and the street into an incredible evening to support their community but also as a fundraiser to support The Youth Project of Halifax.

Over the past 4 years they have raised over \$7000 for The Youth Project in Halifax. An organization very close and dear to them. In the past they have used their event to help raise money and food for Manna For Health Food Bank and The Children's Wish Foundation.

This event is so big that they require the street to be closed, and the bus route to be detoured, so they can transform the street into an extension of their yard with Bouncy Castles from H&M Mascots & Inflatables for the children, and Axe Throwing from HaliMac Axe Throwing for the adults. There is even an "adult beverage" provided by the fabulous JD Shore Distillery.

They usually have close to 100 pumpkins which are all hand-carved, and a lot of their props have been handmade by Jake, Steve and their friends.

It is becoming such a community event that they have had sponsors such as Hershey's, Old Dutch, Home Depot, Kent, Spryfield Business Commission, and local businesses.

Last year, after many years of the kids asking for a haunted trail down the side of their property, they did it! These types of expansions are huge undertakings, and they really appreciate all of the donated supplies, as well as the financial assistance of so many people. Again, this year, they have asked for some help to continue transforming the trails. Jacob and Steve are looking for donations of supplies or funds to help make this Halloween Event spectacular for the entire community.

"We really wanted to make Spryfield a destination for Halloween and get the whole community involved in transforming the community into Halloween Town" Jake says.



"The support we have received is truly amazing and really shows the community spirit of Spryfield. Every year we aim to decorate upwards of 100 pumpkins and we have been fortunate, this year, to have the support of Angele Patterson- Real Estate dropping off enough pumpkins to keep us carving for quite some time!"

If you would like to support this amazing event here are some things that the Boyz are always looking for. You can drop things off at their home or drop off gift cards to help them out with their supplies. For the first time, the Halloween Boyz have an Amazon Wish List to make it easier for their supporters to help them create the best Halloween Event ever.

[https://www.amazon.ca/hz/wishlist/ls/DGFO9XQEVQGU?ref\\_=wl\\_share](https://www.amazon.ca/hz/wishlist/ls/DGFO9XQEVQGU?ref_=wl_share)

To reach them, you can find them on Facebook or email them at [jake.rafuse37@gmail.com](mailto:jake.rafuse37@gmail.com)

## The Halloween Boys Wishlist

If a company would like to help with treats, we would be very grateful.

If anyone has old Halloween décor items no longer being used, we will gladly take them and upcycle them into new décor pieces for our display.

Mannequin Heads or Styrofoam heads – These are for bodies and can be a mess, we will take anything  
 Spray Foam (Big Gap preferably)  
 Large Black plastic construction bags  
 Clear plastic bags  
 Spray glue  
 Gel Stain (any darker tone will work)

Weed Block Cloth  
 60 Pipe Insulation or Pool Noodles  
 Masking Tape  
 Spray Paint in Black, White, Grey, and Red

16 gauge wire  
 3/4 plywood (Scraps are welcome)  
 Flooring Foam Underlay  
 PVC pipe (scraps of all sizes)  
 Extension Cords  
 Duct Tape,  
 Varathane,  
 Cheese Cloth,  
 Dollar Store Décor such as Creepy Fabric, Skulls, Hands, Spiders, etc.

Beef Netting  
 Halloween Lighting of all kinds  
 We are at 37 Theakston Ave if you would like to drop anything off or message us to arrange pickup in HRM.  
 Thank you, The Halloween Boyz



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## DISCOVERING OUR PAST

### Industries at mouth of Northwest Arm played valuable role in area's history of William's Lake Dam

by Iris Shea

The first Grist Mill built at the mouth of the Northwest Arm was under the ownership of George McIntosh, Esquire, of Spryfield and dates back to 1799. McIntosh deeded the 450 acres surrounding the Grist Mill to William Cochrane for 50 pounds. The Royal Gazette advertised in December 1804 and March 1805, "To be sold and immediate possession given, that valuable Grist Mill and Dwelling House at the mouth of the Northwest Arm. The value of the buildings and convenient situation of the Mill, which is supplied with water throughout the years from a neighbouring lake, is so generally known that it is unnecessary to describe them. Apply to Mr. McIntosh at Spryfield". It was several years before a buyer was found. The stream which supplied water power to the mill was enhanced by a dam at the outlet of what is now Williams Lake and flowed downhill to the Northwest Arm to the cove (Mill Cove) where the Grist Mill was located. The Royal Nova Scotia Yacht Squadron, formerly the home of Pearson McCurdy and family, is located at Mill Cove. This same stream provided water power to operate subsequent industries in that location for close to 100 years.

In 1811 George McIntosh and William Cochrane sold the Grist Mill and 550 acres of surrounding land for 800 pounds to Robert Letson, a saddler from Halifax. In addition to the Grist Mill the Letsons developed a tannery business on their property. Following Letson's death in 1816, his two sons, John and William, advertised in the Acadian Recorder in February 1817 "Grist Mill to Let", describing the mill as being large and convenient, in good repair with two pair of stones. "There is a good stream of water and very exhaustive granaries; and is so convenient to the water that a vessel of 200 tons or more may lay along side and discharge her cargo in the Mill with very little trouble".

According to George McIntosh's estate papers in 1821, the Letson family was still indebted to McIntosh, paying monthly installments to his estate.

In 1822 Richard Dingle purchased the Grist Mill and the Mill Farm but it was not long before an unfortunate fire destroyed the mill and all of its equipment. In 1831 the Lawson family entered the picture, adding a new Grist Mill. In 1835 the Real Estate on the western side of the Northwest Arm owned by William Lawson and Company was assessed at a value of 1000 pounds. In 1839 Robert Lawson's Real Estate, which consisted of a nail works and a brewery, was assessed at 1000 pounds for Real Estate and 500 pounds for stock. Both businesses were destroyed by fire that same year. George and Henry Lawson built a new Grist Mill and advertised in Halifax



The photograph is of the Atlantic Sugar Refinery, in about 1929. Behind it is the Old Mill building which was burned in the 1912 forest fire on the Northwest Arm at Mill Cove. Photo courtesy Mainland South Heritage Society.

newspapers that their Sandwich Mills sold superfine flour.

Before the invention of the refrigerator, the sale of ice was a lucrative business. The Sun and Advertiser, 5 October 1863 and 10 March 1865, provided detailed information on the ice business at William's Lake. In the winter of 1863, the newly formed Halifax Ice Company leased the property of Henry Lawson, Esq., on the western side of the Northwest Arm. Making use of the thick ice that formed on William's Lake, the company employed a number of men who, using horse-drawn markers, measured off the ice in 22-inch square blocks. The blocks were then cut with a proper ice saw, separated, and floated to the end of the lake. On the bank of the lake, a horse-drawn pulley, attached to an iron clasp, raised the blocks of ice to an elevated Race. The ice traveled a distance of 1200 feet down the Race to a large storage house at Lawson's

Wharf on the Northwest Arm. In the winter of 1865, under the management of Mr. G.W. DeWolfe of Windsor, the icehouse was filled to capacity, storing "6500 tons of good clear ice". When required, day or night, another Race carried the ice from the storage house to the end of the wharf with no exposure to the elements. The ice was quickly transferred to a waiting ship and sold in Boston and other eastern ports in the United States. Miles and Chittick purchased the property from Henry Lawson in 1881 and took over the operation of the ice business on William's Lake for another 10 years before relocating it to Dartmouth.

The next business to thrive as a result of the active stream from the dam at Williams Lake to the Northwest Arm was the Atlantic Sugar Refinery, the last business to make use of water power from the stream beginning in December 1881. Located on the Mill property near the cove of the North-

west Arm, the refinery operated beside the Old Mill buildings for 20 years.

The Morning Chronicle, July 9, 1912, reported that a fire on the western side of the Northwest Arm destroyed the Old Mill, a valuable part of the history of the area. According to the report, the Old Mill building next to the Sugar Refinery had been used for some years by the Saraguay Club as a stable. The building used by the Sugar Refinery stood abandoned until 1929 when it became unsafe and was demolished. Some of the wooden beams from the building were used in Pearson McCurdy's house in 1929.

Further details of the Grist Mill and other industries may be seen in a publication called Beyond the Northwest Arm, a Local History of Williams' Lake, Halifax, Nova Scotia, researched and written by Heather Watts for the Williams' Lake Conservation Company. More history may be seen on the website for Williams Lake Conservation Company, accessed at <http://www.williamslakecc.org/> A Facebook page called Williams Lake Dam Association has more information on Saving the Dam at Williams Lake.

## Legion prepares for 2024 Poppy Campaign

The Earl Francis Spryfield Memorial Legion has begun preparing for the annual Poppy Campaign.

Every year from the last Friday in October until November 11, millions of Canadians wear a poppy as a visual pledge to honor Canadian Veterans and remember those who sacrificed for the freedoms we enjoy today.

This year's campaign will run from Friday, October 25 until Monday, November 11 when the Remembrance Day Service will take place at the Spryfield Legion, Branch 152. Poppies are distributed freely to all who wish to wear one and the legion gratefully accepts donations to the Poppy Fund. Donations collected are used to directly support Veterans and their families in the community.

In conjunction with the above, the legion needs volunteers to assist with poppy distribution throughout the

community. Interested Legion members, as well as community minded residents, can contact the legion at (902) 477-0467 or stop by the legion to put forth their names and contact information. It is expected that poppies will once again be distributed at tables set up at 3 local businesses. There will be a sign-up sheet at the legion where volunteers may pick a time and location to assist the Campaign.

The Poppy Campaign has been very successful in recent years - thanks to the generosity of the community and its volunteers.

We welcome back those who continue to participate and support the legion's efforts and encourage others who wish to be part of this very worthwhile cause to become part of this so very special endeavor and to remind people that WE CARE!

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Community

**ROYAL  
CANADIAN  
LEGION**

Earl Francis  
Spryfield Memorial  
Branch 152



**WE CARE**

# Halloween myths and urban legends

by Tangelene Ramsay

For decades, we have been led to believe certain ‘evil’ truths about Halloween. Truths that have led, in recent years, to parents choosing trunk-or-treat nights over trick-or-treating. Stories like finding razor blades in apples, poison in candy, black cats being sacrificed, children being abducted, and so many more. Thankfully, all of these are myths; fully debunked by many professional, and amateur, debunkers.

Reports of razor blades, or pins, in apples have occurred about 80 times since 1959 across Canada and the US, and almost all were hoaxes. In almost every case, the victim was also the perpetrator. Usually, children playing pranks on siblings or parents. The movie Halloween II helped perpetuate this myth with the scene in which a child goes to the ER because their mouth was sliced by a razor blade hidden in an apple.

The poisoned candy myth came about during the industrial revolution when suddenly people could buy premade candy with ingredients that weren’t easily recognized. Until this time, factory made food was nonexistent. There was a lot of mistrust around the idea of food being created, not in a kitchen, but in a factory. Doctors of the time didn’t help matters any by publicly claiming that they were treating children for candy poisoning every day. If a child went to the doctor complaining of illness, and the child had eaten candy, the doctors would determine that the candy must be the culprit.

The US Bureau of Chemistry, in the late 1800s and early 1900s did extensive

testing on candy and could find nothing to support the doctors’ claims. All of these illnesses were deemed caused by regular food poisoning, hygiene issues, or just overindulging in sweet treats.

In 1974, the poisoned candy myth came up again due to poisoned pixy stix which took the life of an 8-year-old boy. It was originally believed that someone was handing out pixy stix laced with cyanide. Eventually, it was determined that the child’s own father poisoned his son. He was convicted and executed for the crime. However, by the time the truth came out, the myth was full blown, shared across media platforms, and believed by everyone.

Media platforms, and even the police, have helped fan the flames of these myths. Remember Ann Landers? In 1995, she was quoted as saying “In recent years, there have been reports of people with twisted minds putting razor blades and poison in taffy apples and Halloween candy. It is no longer safe to let your child eat treats that come from strangers”. And even earlier, in 1983, Dear Abby told readers that she believed “Somebody’s child will become violently ill or die after eating poisoned candy or an apple containing a razor blade.”

In 2022, the US was dealing with an influx of “rainbow fentanyl” which authorities warned parents would be showing up in their Halloween candy. Needless to say, no child came home with fentanyl candy that year. The truth is that, in all this time, there have been two people charged with tampering with Halloween

candy; a dentist handed out candy coated laxatives one year and James Smith was charged with felony adulteration after pins were found in 4 snickers bars in the state of Minnesota in 2000.

One Halloween “tampering” that helped feed this fear was of a woman who decided that children of a certain age were too old to trick-or-treat and gave them wrapped up “gifts” of dog biscuits, steel wool, and ant bait traps. The thing that makes this one unique is that she clearly labelled all items as to what they were. There was no malicious intent involved. Just a cranky old lady who felt that there should be an age limit to trick-or-treating.

The idea that black cats are sacrificed on Halloween is part of the satanic panic that rears its ugly head every few years. There are no confirmed cases, anywhere in Canada or the US, of black cats being used as satanic sacrifices on Halloween. The myth has been debunked by the animal welfare community, many times.

There are many different “origin stories” of this myth, going all the way back to Christians in Europe, Ireland, and beyond. Stories of black cats being familiars for witches (wiccan, druids, and pagans) meant that they were considered evil. As time went on, these creatures were believed to be coming from Satan himself. We have all heard the old adage about black cats crossing your path being bad luck.

It is no wonder then, that people fall for the satanic panic myths about black cats being used in rituals, sacrifices, and torture. The SPCA long supported this

myth, spreading misinformation regarding the safety of black cats during the month of October. The very fact that it came from the SPCA gave the myth the weight of truth. These days, many Rescues are trying to reverse that myth by highlighting the black cats in their shelters.

The idea that children are not safe going house to house, that they could be molested or abducted, is another terrifying myth that goes hand in hand with “Stranger Danger” panic. The truth is that 90% of child molesters are family members. Not strangers giving out candy on Halloween. Children are no more likely to be abducted on Halloween than on any other day/night. As with molestation, most child abductions are done by family members, not strangers, and stem from custody battles.

It would seem, based on the dwindling numbers of children showing up at the door on Halloween night that the fun of running from house to house in the dark with your friends, grabbing candy, and enjoying the scary decorations while wearing a costume you made yourself, or spent hours picking out at the store is a thing of the past. Most families opt for sanitized versions of Halloween by gathering in parking lots during the bright light of day; ensuring their children are safe from the dangers of the unknown. But maybe, if we bring those fears out into the light of day and examine them, we might again allow our children to run around in the dark, going house to house and falling asleep exhausted, dreaming of Halloween decorations, the laughter of their friends, and the candy waiting for them the next day.

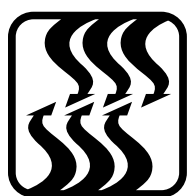


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# St. James United Church in Sambro celebrates 60th Anniversary

by Lorrie Boylen

Sambro's St. James United Church will celebrate the 60th Anniversary of its Church Building this year with a special service on Sunday October 27 at 10:30 a.m. All are welcome to join in at 3811 Old Sambro Road in Sambro to commemorate this special occasion.

The service will include special speakers, together with music and memories of the past 60 years, followed by a reception with refreshments downstairs in the Church Hall.

The history of the Church in Sambro began in the 1760s, when settlers arrived from Cape Cod and Barrington and created a community in what was then known as Coot Cove and is now called Crystal Crescent Beach.

In 1821, Reverend William Black, a renowned Methodist minister, travelled to Coot Cove and organized a congregation, which led to the building of a small wooden Church or Meeting House.

In 1860, this Church building was moved to the current location in Sambro, where it underwent several renovations and additions over the next several decades. As the congregation grew, so did the need for a new and more modern building. In 1963, more land was acquired and plans



were made to build a new and larger building.

The current 2-storey 40 by 80 foot building was constructed by L.B. Stevens Construction Co. for an estimated cost of \$55,000, with a great amount of volunteer labour and fund-raising from the congregation and wider community.

One of the fund-raising efforts was provided by the ladies of the UCW (United Church Women), who knitted

and sold hundreds of pairs of nylon slippers. The Church Cornerstone contains a copper box filled with memorabilia, including a pair of these slippers.

The new Church building, which watches over the Harbour and the Sambro Light, was consecrated by Reverend B.R. Tupper on Sunday, November 29, 1964 with two special ceremonies, an afternoon service and an evening dedication.

The Church still contains many of the items that were donated, including pews, pulpit, chairs, commemorative plaques and other items.

Come on out to the Anniversary Service as St. James pays tribute to those who gave of their time and talents to build this Church, and celebrates the tenacity and faithfulness of the people of Sambro. Even today, 60 years later, it remains an integral piece of the heart and soul of the community.

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

## 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 with the communities we serve. The Rotary theme for October is one of Rotary's six areas of focus, Community Economic Development.

Unemployment, underemployment, lack of economic opportunity, lack of appropriate training, and the absence of social safety nets lie at the core of poverty. Creating productive employment opportunities is essential for reducing poverty and achieving sustainable economic and social development, and for providing income security and empowerment, especially for women, people with disabilities, youth, and the extremely poor.

### Quick Facts

- The Rotary Foundation spent \$9.2 million globally to grow local economies and reduce poverty last year.
- 795 million, or 1 in 9 people in the world — do not have enough to eat.
- 60% of the world's hungry people are women and girls.
- 70% of the world's poorest people live in rural areas and depend on agriculture and related activities for their livelihood.

These facts are a testament to Rotary members' passion about providing sustainable solutions to poverty.

Rotarians make amazing things happen, like:

**Agricultural Opportunities:** 70% of the world's poorest people live in rural areas and depend on agriculture and related activities for their livelihood. Entrepreneurs in rural communities can borrow money to buy livestock or plant crops or get training in sustainable

farming.

**Microloans:** Breaking the cycle of poverty for women: Most of the women living in rural Guatemala do not have the collateral to get loans from regulated financial institutions. The Rotary Club of Guatemala de la Ermita helped 400 local women complete financial literacy courses so they could pool their money and fund their own microlending program.

**Skills Development, Business Training:** In Esmeraldas, Ecuador, Rotary members helped grant more than 250 microloans and train more than 270 community members in sewing, baking, plumbing, microcredit, business management, and leadership.

**Sustainable Farming:** In west Cameroon, soil erosion and loss of soil fertility have significantly reduced farmers' harvests. Rotary members gave farmers the skills they needed to improve soil fertility, control soil erosion, and market their produce. The results: increased crop yields and profits.

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! Corporate members from the business community are welcome as well. If you want to know more or you would like to "kick the tires" to see if being a Rotarian might be a good "fit" for you, contact our Membership Chair, Roger Chiasson at rogerchiasson305@gmail.com or 782 234 9408. Or pop in for one of our lunches. We meet every Tuesday from 1145 to 1 pm at Station Six restaurant at 247 Herring Cove Road in Spryfield.

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# BRUCE HOLLAND

## DISTRICT 11: SPRYFIELD – SAMBRO LOOP

Over the past several months, Bruce and his campaign team have spoken to thousands of residents throughout our district. Whether it be at one of our many barbecues, community events or on your doorsteps, we heard your concerns and input. And we heard them loud and clear.



### THIS IS WHAT WE HEARD:

#### CONCERNS ABOUT TRAFFIC

Your concerns about traffic have been well-documented and noted. Bruce listened to what you have said and has developed a strategy with the province and HRM to help alleviate the back-ups.

#### CONCERNS WITH COMMUNICATION

We also heard your frustrations. You want your Councillor to respond to your calls and return emails in a reasonable timeframe. You also want a representative who is engaged with your community, participates in community events, and above all, is visible.

#### HERE IS WHAT YOUR FRIENDS AND NEIGHBOURS ARE SAYING ABOUT BRUCE:

I first met Bruce in 2010 when I retired from a lifetime at sea and had come home for good. Since that time, Bruce has continued to amaze me with how hard he works to help make our community a better place for us all. He never stops. If there is something going on that promotes our community for the great place it is, you can bet Bruce is likely behind it, in some way, shape or form. When I think of all that he has accomplished for us in his present position, I can only imagine how much he could do as our Councillor.

**PETE MOWAT** ←

**Chebucto Minor Hockey Coach 2010 to 2024 and Chair of the Spryfield Lions Rink Board of Directors**

I began working with Bruce 15+ years ago, when I was board Member of the Spryfield Business Commission. His energy and dedication to our many communities is impressive. The boards and committees are too numerous to list; however, all you need to do is attend a community event, and you will see Bruce in one capacity or another. Bruce's ability to address several tasks at once has prepared him for the role of our Councillor. His organizational skills would ensure that he will return calls and emails promptly. For these reasons and so many others, I am supporting Bruce Holland and ask that you do, as well.

**STEPHEN ADAMS** ←

**Retired HRM Councillor (29 years) and two year Deputy Mayor**

I have known Bruce for 10 years. He is one of the most community-minded individuals I have ever met. Without a doubt, if there is a community event, Bruce had a hand in organizing it or attended to support the cause. Bruce cares about community. I am proud to stand with him in his quest to be our Councillor.

**CHRYSTAL HANSON** ←

**Lifelong resident of Spryfield**

I personally feel that Bruce is the right person for the job. His involvement within our district has been exemplary. I will continue to stand with him in his journey.

**GINA GRAY** ←

**Co-Chair of the Spryfield Santa Claus Parade**

I first met Bruce in the early '90's when he was with the sheriff's department. Our paths have crossed at countless community events since then. Bruce is the leader District 11 needs. His experience as a former county councillor and MLA, along with his extensive community involvement over the past 15+ years will help make him to be an excellent Councillor for our district.

**DOUG GARRISON** ←

**Former President of Sambro Fisheries Limited**

I had the pleasure of meeting Bruce at hundreds of community events over the years. I am impressed with his dedication and commitment to our community. He is committed to making our area the best place to live, work and play.

**KELLY GOMES** ←

**Former Halifax Atlantic Constituency Assistant for Brendan Maguire**

**ADVANCE IN-PERSON VOTING: OCTOBER 12TH & 15TH**

**ELECTION DAY: OCTOBER 19TH**

### YOU CAN VOTE ONLINE AND BY PHONE

It's easy to vote for Bruce online or by phone starting October 8th at 8 am. If you are on the voter's list, you will receive instructions and a PIN by mail. If you aren't registered or need assistance, you can visit Bruce's website or call (902) 490-VOTE (8683).

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Bruce Holland District 11

Bruce Holland District 11

# What's happening at the Urban Farm

by Janet & Corinne

The Urban Farm did not want summer to end, but sadly it has.

Our herd of deer has done well. We are not sure how many fawns were born, for they all look the same, but there was no lack of beautiful babies and parents enjoying the fields around the farm this summer.

All of our gardens look lovely and have gotten through some heavy rain and wind. A few sunflowers and corn stalks were blown around, but the flowers look delightful, and the vegetables have been harvested and sold. Hummingbirds had a lovely time entertaining us, monarch butterflies have hatched and are now on their way home. Not sure how many vegetable selling days we have left, but if you see our sign out by our street gate on Friday & Saturday 10 a.m. to 4 p.m., it means we still have fresh picked vegetables to sell.

We were able to get a Federal Government grant to hire a summer student, from June to the end of August. Our summer student was taught to plant, weed, chase bugs, chat with visitors, sell vegetables and help with games and activities for the many groups who visited our Urban Farm. There were a couple new bugs to challenge us. The Japanese beetles with pretty iridescent green colors were hard to catch, so we had to learn to hold a container of water under them because their defense mechanism is, when approached, to fall to the ground.

We got our shed roof re-shingled, thanks to our HRM counselor Patty Cuttell presenting us with a cheque for \$3500. This not only covered the new roof shingles and installation,



Our councillor Patty Cuttell giving cheque to Janet Kidston for the Urban Farm repairs



but helped us buy gravel to repair our driveway and one walkway. Thank you, Patty!

Anyone out there, in the Chebucto News world, have a groundhog? We do. She is cute, and so far, does not appear to like our vegetables. We are hoping it is only one groundhog, so we can continue to get along.

October is the month we will see our volunteers and garden members start the process of winding down for the season, cleaning up our gardens,

packing away our seeds, and planning our Spooky Halloween event which will take place Saturday, October 26th, 5 pm to 7:30 pm.

We are looking for people to come in costume, to decorate a small area, 6' x 6', to set up their own Spooky Station. If interested, contact us through our gmail.

This will be our 3rd year hosting Spooky Halloween with our MLA, Brendan Maguire.

Come join us!

New Urban Farm website: [spryfieldurbanfarm.ca](http://spryfieldurbanfarm.ca)  
 Inquiries: [urbanfarmspryfield@gmail.com](mailto:urbanfarmspryfield@gmail.com) See us on Facebook

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# Which way to the Micmac Game and Fish Club?

by Cathy Vaughan

What did Harrietsfield, Sambro, Pen- nant, and Spryfield have in common in the early 1900s? Hunting and fish- ing! These rural communities were the favoured holiday adventure destina- tions for recreational outdoor fun for the residents of Halifax. Old growth woodlands, clear lakes and clean riv- ers provided plentiful wildlife habitats and ideal game fishing opportunities for city dwellers who sought outdoor recreation close to the city.

Families, hikers, picnickers, hunt- ers, fishers and outdoor enthusiasts would load up their horse-drawn carriages and trot their way out of the city to the Old Sambro Road heading towards Harrietsfield. At the confus- ing intersection of Dart's Forks - St. Margaret's Bay Road and Sambro Road - a huge stone marker pro- vided directional advice similar to a modern-day GPS (Global Positioning System.) The sandstone marker was carved by William Dart, a local expe- rienced stone cutter in the early 1900s.

Dart etched accurate directional ar- rows into the rock and included one to the much sought after Micmac Game and Fish Club found on Club Road in Harrietsfield. This facility was estab- lished in the early 1900s by a group of business investors who wanted to protect and conserve local lands for their recreational hunting and sport fishing activities.

According to Iris Shea, local historian, the mandate of the Mic- mac Game and Fish Club "was to breed native and exotic game and fish, stocking the club's land with game and its waters with fish." The Micmac Club was so popular that



A stone directional marker was just as useful to travelers to Spryfield in the 1900s as your GPS is to you today. Photo: Mainland South Heritage Society archives

over the years other sports clubs that capitalized on the outdoor recreational aspects of the Spryfield area were built. Shea mentions in a Chebucto News article of September 2014 a Big Trout Camp and a Rod and Gun Club - businesses that were established in about 1926 and drew more tourist traffic to the confusing intersection. Dart's sandstone marker was a pivotal navigational GPS (Great Places in Spryfield!) in pointing the many eco- tourists to their chosen destinations.

For many years, this important route marker continued to guide this influx of holiday makers and day-trip- pers through the complicated intersec- tion in Spryfield. Eventually, the stone was moved to the Captain William Spry Public Library by the Mainland South Heritage Society (MSHS) with the help of HRM staff and volunteers.

A commemorative plaque was placed next to the stone which outlined the history of the sandstone road marker and its importance to Spryfield.

Over the years the photos and text on the plaque faded. The MSHS board, whose mandate is to research, document and preserve the heritage of communities of Mainland South, felt the story of the directional stone marker should be memorialized for the communities around Spryfield. Supported by donations, the MSHS designed a new interpretive plaque to be installed next to the stone to chronicle its unique story in the estab- lishment and growth of the Spryfield community.

MSHS's president Ms. Leslie Harnish said "This new plaque will preserve the unique story of this

simple stone. Seeing this marker stone gives a better understanding of how life was in our community in the early days. This plaque brings history to life and makes it more interesting than just reading about it in a history book. We are appreciative of the financial help from Councillor Cuttell to make this happen."

Stories about our community's past help us appreciate how our lives have changed over the years and why things are the way they are today.

**Learn More:**  
Iris Shea – Chebucto News, page 4 <https://tinyurl.com/4ktp9a9b>  
Mainland South Heritage Society - <https://sites.roots-web.com/~nsmshs/>

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Alan Merryatt, Leslie Harnish, Fay DeViller, Iris Shea, Councillor Patty Cuttell Photo: Cathy Vaughan

**Chebucto News** Community businesses serving community needs.

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# Help build Spryfield's outdoor adventure hub

For nearly 30 years, the MacIntosh Run Watershed Association (MRWA) has been a cornerstone of environmental stewardship and community engagement in Spryfield. The group has been tirelessly working to conserve the McIntosh Run watershed area and develop sustainable, community-friendly outdoor spaces. The MRWA is always on the lookout for new volunteers to continue building on this legacy — and there's no better time to get involved.

The MRWA relies entirely on volunteers to maintain its extensive network of trails and organize activities including environmental protection. According to the association's president, Natalie Chavarie, volunteers do everything from trail maintenance and water quality monitoring to managing the association's website and leading community events. The volunteers' dedication keeps these trails beautiful and accessible, ensuring the ecological health of the watershed while offering locals a place to unwind and explore.

"We rely on volunteers to help us plan, write grants, build and manage the trail system, organize events and lead community events such as trail building days," Natalie says, adding that MRWA's current volunteering needs include people with skills in website management, trail mapping and ecological conservation. "We truly value our volunteers and would not be able to keep going without them."

One of MRWA's most anticipated events is the Granite Fondo, a social mountain bike ride scheduled for October 5th (with a rain date of October 19th). The ride features three distance options—10k, 22k, and 32k. More a community gathering than race, the Fondo offers riders plenty of time to



Participants enjoy the Macintosh Run Watershed Association's annual Granite Fondo event

test their mettle and enjoy the scenery. Spectators are also welcome at the start line and at Hartlen Park.

"The Granite Fondo is a perfect example of how our volunteers make things happen," Natalie says. "From organizing the logistics, reserving space at Hartlen Park, to running the registration table and snack stations, it's all made possible by volunteer



MacIntosh Run Watershed Association volunteers help maintain the community trails

efforts."

Volunteering with MRWA offers a chance to contribute to the ongoing success of a vital community resource — including initiatives like hikes and rides for newcomers to Canada, organized in collaboration with the Immigrant Services Association of Nova Scotia (ISANS). Whether you're a mountain biker, hiker, or simply someone who enjoys the outdoors, there are plenty of ways to get involved.

"During COVID, it became clear just how important these trails are to our mental and physical health," Natalie says. "By volunteering with us, you're helping maintain a unique trail system that's accessible by transit and brings joy to people's lives."

For those looking to get involved, MRWA holds monthly public meetings at the Captain Spry Community Centre, offering an open invitation to anyone who wants to contribute. With about 15 core volunteers and 50 more who participate in different events and activities, there's always room for more hands on deck.

Get involved. Visit <https://mcintoshrun.ca/> to learn more or contact [info@mcintoshrun.ca](mailto:info@mcintoshrun.ca)

This article is part of a series from the Spryfield Community Association showcasing volunteer opportunities in our community. Email us with suggestions at [spryfieldcommunityassociation@gmail.com](mailto:spryfieldcommunityassociation@gmail.com) or get in touch on Facebook and Instagram @sprycommunity.

# LOCAL OBITUARIES

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

## Cheryl Anne Bourgeois

August 28, 1948 – August 6, 2024

It is with great sadness that we announce the passing of Cheryl Anne Bourgeois (née Bennett) on August 6th, 2024, just weeks before her 76th birthday. Born and raised in Halifax, Cheryl was a loved member of the Spryfield community and a proud alumni of BC Silver High School. She was a devoted mother and grandmother, finding her greatest joy in her family. Cheryl had a profound love for animals, a passion for cooking, and cherished spending time with friends. Whether it was savouring peppermints, indulging in chocolate popsicles, or enjoying the simple pleasures of life, Cheryl found beauty in the small things.

Predeceased by her parents, Stanley and Agnes Bennett; husband, Brian Bourgeois; siblings, Arlene Doherty, Stanley Bennett, Agnes “Bunny” Smith; and her beloved son, Glenn Bourgeois. Cheryl is survived by her partner, Rene Mills; her children, Tara and Ricky Bourgeois; grandchildren; great-grandchildren; her cats, Freya and Buddy; extended family and many dear friends.

A private family gathering will be held in her honour, with a celebration of life in the near future.

## Robert (Bob) Winton Richey

March 23, 1924 - July 10, 2024

It is with heavy hearts we announce the passing of Robert ‘Bob’ Richey, of

Fall River, at the well-lived age of 100. Formerly of Spryfield and Halifax’s North End, Bob was a resident of Camp Hill Veteran’s Memorial Building for the past 5 years and we are forever grateful for the incredible care and compassion provided by the VMB staff of 5 West.

Born in Halifax, Bob was the youngest son of Christine Mathilda (MacPherson) Richey and Vivian Praul Richey. He is predeceased by his wife, Shirley; eldest son, David; brothers, James, Earl, C. Douglas; sisters, Maude, Louise (Irene) Crockett and Ethel Crockett. He is survived by children, Brian (Denise), Karen, Carol (Gordon), James (Heather), Janet; daughter-in-law, Lorraine, and many grandchildren, great-grandchildren, nieces and nephews.

In 1952 he married the love of his life, Shirley Katherine MacLeod of Port Dufferin, and they were blessed (his word!) with six children. Shirley and Bob had a wonderful life together, buying their first home in Thornhill Park, Spryfield, in 1955. As the family grew, so did the horizon, and, in their camper, they traveled across Canada and the United States on numerous occasions. Retirement brought the fulfillment of a long-time dream, building their home in Fall River on property purchased in 1949 as a post-war get-away.

A veteran with the Canadian Armed Forces West Nova Scotia Regiment, Bob served overseas during World War II. Wounded in Italy, he spent time recovering in England where he made lifelong friends. After the war, while working in the blacksmith shop at the Halifax Shipyards, he attended night school courses. Further correspondence courses taken through Chambers College (U.K.) ultimately resulted in his employment in the Drafting/Design Office at H.M.C. Dockyard, where he worked until his retirement in 1986 as a Design Officer.

In 2022, Bob was awarded The Queen Elizabeth II’s Platinum Jubilee Medal for significant contribution to his community. For many years, he volunteered his time to Scouts Canada and the Emmanuel Anglican Church Cemetery Committee. He had a love for horseshoe pitching and was a long-time competitive player, further developing this passion by being a founding member of the Halifax Horseshoe Club and, eventually, President of the Nova Scotia Horseshoe Players Association. He was instrumental in helping to develop the horseshoe courts and playground at the Graves-Oakley Memorial Park in Spryfield. He was honoured in 1998, for his many contributions to the sport, by being Nova Scotia’s first inductee into the Horseshoe Canada Hall of Fame.

Bob enjoyed a wonderful life and is remembered as a loving father and kind gentleman who will be greatly missed by his family and friends. His final wish to support medical research was fulfilled with the donation of his body to the Dalhousie University Faculty of Medicine.

Bob enjoyed a wonderful life and in lieu of flowers, a donation to Emmanuel Church or a charity of your choice would be greatly appreciated.

## Patrick Joseph Omer LeBlanc

92, passed away peacefully on Wednes-

day, August 14, 2024 at his home, surrounded by his loving family. Born in Halifax, Pat was the youngest son of the late Albany and Lucy LeBlanc. At age 14, Pat began working as a labourer and then at 17 started as a plasterer with LeBlanc Construction. In 1967, Pat began his 30 year career with the Halifax Shipyard as a Charge-hand of the Rigging Shop and a strong support of the local Union. He was a dedicated employee until retiring in 1997 at age 65. He also worked with his good friend “Hubert” as skilled Plasterers on his days off. Growing up in Spryfield, Pat played hockey with the Northwest Arm League and enjoyed being a member of the White Owl Rod and Gun Club. In 1950, Pat met the most beautiful woman to ever come out of Newfoundland, Esther “Essie” Cluett, who he later married and together they started their large family. In 2002, after 47 years of marriage, and a courageous battle with cancer, he sadly lost his beloved Essie. In 2006, Pat married his loving wife, Dorita, and was blessed with 18 wonderful years of happiness. Together, Pat and Dorita continued to enjoy life with bowling, playing crib, dancing and camping at St Mary’s NB. For years Pat served his community with pride, running the Pat LeBlanc Bowling League for decades and most recently managing the Golden Age Centre where he and Dorita selflessly dedicated and volunteered their time. He was an active congregant of St. Michael’s Catholic Church and developed wonderful connections with fellow parishioners and Clergy. Anyone who knew Pat, knew he was an avid sports fan who religiously cheered on the Montreal Canadiens and Toronto Blue Jays. He also played guitar, loved music and listening to family play the old tunes. However, Pat’s passion was his family. He loved his children, grandchildren and great grandchildren dearly. He always found time to show up and show love. He gave his family our competitive nature and taught us to always try hard and do our best.

Pat is survived by his loving wife, Dorita (Drisdelle), his children, Elizabeth, Sheila, Linda (Cyril), Stephanie (Howard), Stephen (Karen), Tryphena (Jeff) and Anna Perkins (Steven), 14 grandchildren, 14 great-grandchildren, and a sister, Doris who is now 107 years old and the last surviving member of Pat’s immediate family. He is also survived by numerous cousins, nieces, and nephews, too many to mention, as well as many friends, former colleagues, and the community of Spryfield, all whom he loved dearly.

He was predeceased by his parents, Albany and Lucy, his dear wife, Essie, brothers, Val, Roy, Henry, Edgar, and Omer and sisters, Teresa and Eva. In lieu of flowers, please make donations in memory of Pat to the IWK or Autism NS.

## Donald Joseph Dempsey

It is with heavy hearts that the family of Donald “Donnie” Dempsey, 93, share the news of his death. He passed away peacefully and surrounded by loved ones at the VG Hospital in Halifax. Donnie was born in Herring Cove on May the 11th, 1931, to his parents, Everett and Theresa (Power). He was a lifelong resident of Herring Cove where he enjoyed a full life with his wife of 70 years, Dorothy (Forrest). He was a husband, father, grandfather, great-grandfather, brother, uncle, cousin, and a friend to many.

Donnie spent 35 years working in the Shipwright shop at the HMCS Dockyard before retiring. Prior to his career he left school in grade 8 to fish off the waters in Herring Cove with his father to help support their family. Leaving school early did not mean he wasn’t a well-educated man. Donnie was an avid reader, a lifelong learner, and always curious and inquisitive of the world around him. He enjoyed sharing his time with others in the woods and on the water. He was known for walking – especially when making his rounds in the Cove visiting his siblings, cousins, and friends. He was proud of his Irish roots and made a memorable trip to the Emerald Isle alongside his cousin and best friend Neddy. He was known to belt out an old Irish folk song or two and his favorite song was always “Danny Boy”.

Donnie’s pride and joy was his family - enjoying an abundance of Dempsey family gatherings and special moments over the years with each of his treasured blessings. In addition to his loving wife Dorothy, Donnie is survived by his daughters Darlene (Terry) Fahie, Sheila (Donnie) Harvey, Sara (Raymond) Roberts, his son Everett; 9 grandchildren – Terry, Jason, Kelly, Dawn, Krista, Holly, Melissa, Chantel, and Alicia; 20 great-grandchildren; siblings Reggie, Dermot, Carlton, Lyllie, and Marina. Donnie was predeceased by his son Donald Dempsey Jr; grandson Adam Dempsey; brothers Surry, Christopher, and Harry; sister Caroline.

In honor of his love and dedication to his wife, Dorothy, donations in his memory can be made to the Alzheimer Society of Nova Scotia.

## Gerard Mackey Gallagher

Gallagher, Gerard Mackey “Max” It is with profound sadness that we announce the passing of our dear father and grandfather, Gerard “Max” Gallagher, age 92, of Herring Cove, Nova Scotia, who passed away peacefully on September 15, 2024.

He will be forever cherished by his children, Chris (Jeannette) and Catherine (Arnold), and deeply missed by his granddaughters, Amanda (Graeme) and Katelyn (Liam), as well as his step-granddaughters, Ashley and Aryn. He was predeceased by his beloved wife, Catherine; his parents, Edward and Catherine; and his brothers, Edward “Babs” and Donald.

A lover of the ocean, Max was raised amongst the cliffs of Duncan’s Cove, where his father was the keeper of the Chebucto Head lighthouse. A dedicated former employee of CBC Radio, he was also an avid sportsman and an active member of the Herring Cove community, where he leaves behind a lasting legacy of love and friendship. Known for his quick wit and sense of humour, Max had the unique ability to brighten any day—never telling the same joke twice (HA!). He was also remarkably handy, capable of building or fixing anything with skill and ingenuity. Though he will be greatly missed, Max’s vibrant spirit will continue to live on in the hearts of all who were lucky enough to know him.

The Gallagher family would like to extend a special thank you to Colleen and Cyril for their unwavering support. In lieu of flowers, donations in Max’s memory can be made to Diabetes Canada.



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# Cuttell Community Update

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

Welcome to fall! This is my last Councillor update for this term, and it has been a remarkable journey. Reflecting on the past four years, I am amazed at how much we have accomplished together. I ran in 2020 with a commitment to strengthen our communities, celebrate our culture, support our local economy, protect our environment, and champion our district. We achieved that and so much more.

As promised, I worked to create livable and safe communities. We added seven new major crosswalks, installed traffic lights at Drysdale, implemented Spryfield's first traffic calming measures, and lowered speed limits in several residential neighborhoods, including Governor's Brook and Herring Cove. I was part of the Council that introduced HRM's new Public Safety Office, enhancing community safety through programs like the Hazard, Risk, and Vulnerability Assessment and the Community Mobilization Team in Spryfield. We hired new firefighters, appointed a new police chief, and launched a safe public spaces program, including a women's safety audit for Spryfield. One of the things I'm most excited about is approving a new HRM sidewalk strategy, which will bring greater investment in sidewalks for our communities.

I also focused on supporting and growing our local economy. I have been a strong advocate for the Spryfield Farmers Market and voted for lower commercial taxes for our main street businesses—an initiative I first led in 2016. As Chair of the Community Planning and Economic Development Committee, I helped shape and promote Halifax's award-winning Economic Strategy, "People, Planet, Prosperity," which has been vital for our recovery from the pandemic and the success of our local economy.

I made significant strides in environmental protection by stopping infill in the Northwest Arm, expanding Shaw Wilderness Park, and safeguarding our rivers and lakes through greater setbacks, the creation of Lake-watchers, and a new watershed management framework. I championed the Green Network Plan, HalifACT, and Coastal Protection, and helped launch campaigns to combat litter and illegal dumping in our communities.

I secured investments in parks and facilities, resulting in new playgrounds in Portuguese Cove and Hartlen Park, with accessible playgrounds coming soon to Graves-Oakley and Herring Cove. I funded the completion of a beautiful playground in Sambro and got improvements made to the McIntosh Community Trail, including new trailhead signage. We also built a new bike park in Williamswood and an off-leash dog park at Roches Pond. I was proud to introduce the new Rural Recreation Strategy, bringing Rec Van programming to Ketch Harbour and Harrietsfield, along with Playboxes for local parks around the loop. Most excitingly, we

are starting work on a new two-pad arena for Spryfield and renovations to the Captain William Spry Centre.

I also focused on celebrating and uplifting our communities. I supported organizations like the Urban Farm Museum, Umlah Memorial Garden, Spryfield Community Association, Spryfield Area Multicultural Society, and the Mainland South Heritage Society with events and projects that engage residents. I funded new computers for Chebucto Connections, supporting essential programs like Pathways to Education, and provided seed funding for the Imagination Library in Sambro-Loop to advance child literacy. I've collaborated with organizations such as the Ketch Harbour Area Rate Association, Sambro Area

Community Association, and Herring Cove Community Centre on building and improving community spaces that bring people together. There are too many groups and projects to list here, but community partners have been key to making great things happen in our district and I'm grateful for their collaboration.

Four years ago, we did not anticipate emerging from the pandemic as one of Canada's fastest-growing cities. This growth has brought challenges, including a crisis in affordable housing, congested roads, underperforming transit, and stretched services. As we look ahead, addressing these concerns will be a priority. To be a successful city we need responsible and sustainable growth that works for everyone, not reckless development that benefits a few. It can't just be about housing; it needs to be about creating great places that people can afford to live. I understand the issues,

am committed to finding solutions, and will continue to fight for our district as your true voice.

Please note that HRM is conducting a 2024 Resident Survey from October 4 to 27. This survey will gather input for the 2026-2030 Strategic Plan, helping define the municipality's direction for the next Council term. Your feedback is essential. The survey can be accessed online at [www.halifax.ca/citizen-survey](http://www.halifax.ca/citizen-survey).

And a reminder: weekly curbside green cart collection is provided in July, August, and September. Bi-weekly green cart collection will resume on Monday, September 30.

Thank you for your support during this term. Together, we have made significant strides for our community! I hope to have the privilege of being your Councillor for another four years. For resident issues, you can reach me at 902-221-6893 or [patty.cuttell@halifax.ca](mailto:patty.cuttell@halifax.ca)

## Premier's Message

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



Premier Tim Houston

*Housing Plan Shows Progress, Helps with Cost of Living*

One way to tackle the cost of living is to make owning a home and renting more affordable.

That's why our plan focuses on supporting renters while creating the conditions that encourage more construction. It will increase the number of new homes, the number of new affordable units and reduce red tape.

A key element of our plan is making it easier to build – we don't want red tape and bureaucracy driving up the price of home ownership. Because of our government's work, homes will be on the market earlier than usual.

We are seeing early results. In the last year, housing starts grew by 25 per cent. By the time our plan is finished, we will have fostered an environment where more people want to build up, based on our housing plan's focus on bringing 40,000 more homes to the province – 17,000 of them affordable units.

We also know that the government must increase the availability of affordable housing. We can do this by building public housing and by working with the private sector to ensure we are building more affordable homes.

After years of inaction on affordable housing, we are making historic

investments to help those families who need it most. By working with our partners, our affordable housing plan will create over 17,000 affordable units in Nova Scotia. Our plan will also create enough public housing units for 700 people – the single largest investment in public housing in 30 years.

To reduce pressure on the rental market, we invested in student housing. We are building seven new residences across Nova Scotia. These residences mean over 600 students will have on-campus homes – freeing up apartments for others who need them. By increasing the supply of student housing, we can reduce demand

for apartments throughout our communities.

It is also important that we support renters in this market. To do this, we extended the Province's rent cap and helped offset the cost of renting for over 9,500 households by providing rent supplements.

We are investing hundreds of millions of dollars and cutting many miles of red tape to help tackle the housing challenge. We know there is more work to do, but our plan is producing results for Nova Scotians. The momentum is continuing to build as more of our communities grow and more units come online.

We won't stop until the work is done.

## The Maguire Report

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

*Exciting News, Everyone!*

More Nova Scotians will soon have access to a community pharmacy primary care clinic closer to home. Shoppers Drug Mart at 315 Herring Cove Road, in partnership with the Provincial Government, is launching a community pharmacy primary care clinic—opening this Fall! This is fantastic news for our community, bringing more access in our community to the healthcare we need.

Pharmacists in these clinics provide a full scope of practice, including treating minor ailments and providing medication management for chronic diseases like diabetes, cardiovascular disease, asthma and chronic obstructive pulmonary disease (COPD). They can also diagnose and treat strep throat and provide additional publicly funded vaccines, among other services.

I remain committed to advocating for our community, families, and healthcare needs. We are initiating significant repairs and upgrades at Captain William Spry Manor, Margaret Latter Manor, and Greystone, including new roofs, windows, ramps, heat pumps, ventilation systems, and

more. It is essential to invest in our senior residents who have supported us throughout the years.

Additionally, I am pleased to announce the availability of the Seniors Care Grant, which assists low-income seniors with household services such as lawn care, snow removal, grocery delivery, transportation, small home repairs, and phone services, as well as healthcare services like physiotherapy and mental health support. Each eligible household can receive a grant of \$750, with applications accepted until March 31, 2025. For assistance with the application process, please visit my office at 349 Herring Cove or call us at 902-444-0147.

I would like to extend my gratitude to the staff and teachers for their efforts in successfully opening our schools. As the days grow shorter, please be mindful of children and community members walking in our neighborhoods.

Lastly, my heartfelt condolences go out to Theresa and the entire family, RIP Devon.

I am so proud to be your MLA  
Brendan Maguire

# The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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## COMMUNITY EVENTS FOR OCTOBER

### Food Banks:

- St. Paul's Family Resource Institute (173 Old Sambro Rd). Food Bank clients call the Food Bank line, 902-477-5090, on Tuesday 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- 1:00 pm Doors open at 11. Kitchen open.
- Chase The Ace Draw - Every Monday at 7:00 pm until prize won.
- Tues. Oct 1 Executive Meeting 6:30
- Sat. Oct 5 Fundraising Dance 9-1 Music by 4 WAY STOP Adm. \$10.00
- Mon. Oct 7 Seniors' Dance 1- 4 pm Music by Joe MacKinnon \$ 6.00 Lunch Served
- Tues Oct. 8 General Meeting 7:00 pm
- Sat. Oct 12 Kitchen Party with Cheryl & friends 3:00 pm
- Thurs. Oct 17 Crib 7 pm \$7.00 Bring partner
- Fri. Oct 18 Forever Young Seniors Bingo 6:30 - Doors open 5:00 pm Kitchen Open
- Sat. Oct 19 RICK TOBIN Memorial Charity Dart Tournament \$10.00 Draw for mixed partners Lots of Prizes
- Sat. Oct 19 TREVOR HANNA Memorial Pool Tournament Registration 10.00 am Start 11:00 Entry \$10.00 Kitchen Open
- Sat Oct 26 Hallowe'en Dance 8 – 12

Music by Island Boys Adm. \$8.00

### Harrietsfield Williamswood Community Centre events:

We currently have full time spots in our After School Program! Please email hwcc@outlook.com for information.

- Our Christmas Craft Fair will be November 23, 2024 from 9am-1pm We are looking for vendors! \$30/ table Please email at hwcc@outlook.com ATTENTION: NATASHA
- Currently taking bookings. Please call, email or message us through our FB page (902) 446-4847 email hwcc@outlook.com
- We are always looking for new Board members and volunteers!
- Our kids Halloween dance for grades 3-5 will be held on Thursday, October 17th. 6:30pm-8pm. \$5 at the door and \$1 canteen items. A parent must sign children in.

### 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:

- Emmanuel Anglican Church (322 Herring Cove Rd) events: emmanuelanglicanchurch.net, 902-477-1783.
- - Emmanuel Players Present the Musical: "Return To The Rockingstone". Tickets ae \$40 and include a 3-course roast beef dinner (wine and beer available). Performances run Friday Oct. 25th and Nov. 1st with the doors opening at 5pm and Saturday Oct. 26th and Nov. 2nd with doors opening at 3:30pm. Reserved seating required. Tickets available at the church Saturday Sept. 21st and 28th from 11am to noon. After that, please call Roxanne at 902-880-4006.

### 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 warming up, we have turned on the outdoor tap for those of you who rely on us for clean drinking water.

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

- Swordfish supper. Dine in or take out. Includes roll and dessert. Sat. Oct. 19th 4pm to 6pm \$25 a plate. Cash Only.

### Spryfield Legion/Forever Young Seniors Club

- Chase the Ace draws are conducted every Monday night at 7:00 pm. Everyone is welcome. Tickets are \$5.00 each. This round of Chase the Ace will have ticket sales at the Spryfield Legion bar during bar hours through the week, Mondays 5:00pm to 6:45pm by Forever Young Senior Club volunteers and Legion member volunteers, and for your convenience starting this round, Chase the Ace tickets are being sold at six satellite businesses.

These Satellite Businesses are: Mishoo's Take Out 1 W Pennant Rd, Now We're Cookin Convenient Store 179 Hebridean Dr. Herring Cove Road, Cove Market 565 Herring Cove Road, Uncle Buck's 5 Denith Road, Beaver Environment Depot 251 Herring Cove Road, and Mike's Kwik Way Convenience Store 486 Herring Cove Road. Ticket holders are not required to be present at the ticket draws on Monday night when a clearly filled in ticket is purchased. Ticket winners will be called at the phone number and name provided on the purchased ticket. Chase the Ace supports community programs at the Legion and at the Forever Young Senior's Club, Spryfield. Thank you for supporting our Legion and the Forever Young Senior's Club in Spryfield

**Urban Farm Museum Society of Spryfield** 2024 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

Upcoming Events at the Urban Farm

- Spooky Halloween at the Farm Oct. 26, 5-7:30pm (raindate Oct 27)

**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 1:30 to 3:30 pm 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.

**Spryfield Lions Club** invites you to get involved with the community by joining your Spryfield Lions! Meetings are held on the 4th Tuesday of each month. Phone 902-479-2917 for more information.

**45 Card Social** at the Golden Age Centre 212 Herring Cove Road (across from Guardian Drug Store).

Every Monday afternoon 1:30pm. Cost: \$6.00/person. Bring a partner and if not, a partner will be provided. Increasing jackpot available to be won. Everyone is welcome to come.

Contact: Sue Morriscey 902-229-5851

**Friday night Bingo** Royal Canadian Legion Spryfield Branch 152, 7 Sussex Street Halifax October 18, November 1, December 6 – Forever Young Senior's Club Bingo

January 10 will be the Legions Bingo February 7, March 7, April 4, May 2, June 6 – Forever Young Senior's Club Bingo

Doors open 5:00pm, early bird games 6:30, regular games 7:00pm

**Christmas Craft Fair** being held at the Spryfield Legion on November 16th in support of the Forever Young Seniors Club. Food, fun, and entertainment, Homemade baked goods, Handmade Soap, jewelry, candles, Christmas, crafts, Seaglass art, fudge, Art and much more. Face painting, Entertainment by father/son duo The Johnsons. Hourly door prizes. Admission: \$2. Vendors tables available \$15 Contact EDNA 902-477-5842 Sandra 902-223-1833

**To have your Community Event listed call or fax us at 902-477-NEWS or email chebuctoeditor@gmail.com. Check our Facebook page for updates & late arrivals**

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# Trashology – leave no trace



All-season fun on Williams Lake from community entrance at the Pine Bluff Islands Park. Photo: Williams Lake Dam Association Facebook

by Cathy Vaughan

Where would you find a shopping cart full of these items? A TV table, 2 carpets, Tupperware containers, and a 10ft section of heavy aluminum eavestrough. Hardware store? Building supply outlet? Still guessing? Add these items to the stuffed cart and you will begin to get the nasty picture: tangled fishing lines, tarps, plastic bags, loads of broken glass, water bottles with liquor in them and tons of dog poop bags.

That is the trash that was strewn on the rocky shorelines, on the paths, among the boulders and in the bushes, littering the Pine Bluff Islands Park on Williams Lake. This is a popular all-season public park on Wyndrock Drive off the Williams Lake Road. It is a busy community entrance to Williams Lake



Trash from Pine Bluff Islands Park on Williams Lake. Photo: Stephen Glazier

used by outdoor enthusiasts who paddle, swim and chill on this urban recreational lake. Skaters, hockey teams, cross-country skiers and ice boat clubs use this easy access point into Williams Lake for outdoor winter fun too.

In late August, Williams Lake Conservation Company (WLCC) Directors Katie Studholme and Stephen Glazier celebrated their wedding anniversary in a very community-minded way. Provisioned with garbage bags, protective gloves and boots they cleaned up the shorelines and forest trails of popular Pine Bluff Islands Park. With the Williams Lake water at extremely low levels because of the leaky dam at the east end of the lake, they were able to navigate the slippery mudflats, and rocky shorelines for their trashology-project. Little did they know, they would require three return trips to haul out 8 black garbage bags, 4 recycling bags, furniture, tires, and the shopping cart. Happy anniversary!

What shocked the happy couple most was the large number of dog poop bags thrown in the lake from the sidewalk on Wyndrock Drive! Dog feces are known to contaminate lake water with bacteria and to increase phosphorous which can reach levels harmful to swimmers, pets and wildlife. Dog poop also contributes

to the growth of Blue-Green Algae. The popular Spryfield HRM Cunard Pond beach on Williams Lake has had to close for the past 3 summers because of the Blue Green Algae situation. Dog poop in bags in the lake directly contributes to an unhealthy lake!

Glazier also commented on “the amount of broken glass along the shoreline on Williams Lake. Although it is very encouraging to see the city working to create and protect new urban parks, we need to work together as a community and municipality to keep them clean and safe.”

The Halifax Regional Municipality recently purchased 46 hectares of land on the south side of Williams Lake, next to the Shaw Wilderness Park. The majority of this rugged wilderness property will be added to the popular urban park, protecting the remaining undeveloped shoreline of Williams Lake in Spryfield.

“With the growing populations and developments in Spryfield and the Halifax areas, these urban parks become critical for our mental and physical well-being,” commented Glazier. “It is important to have the infrastructure in place to support this increased use of these areas and to publicize and reinforce ‘Leave No Trace’ principles.”

We are fortunate in the Spryfield – Sambro Loop to have so many accessible public parks and lakes to explore and enjoy. They are our natural playgrounds. Keep them safe and clean. You are the only cure for litter.

**Learn more: The Seven Principles of Leave No Trace - [www.leavenotrace.ca](http://www.leavenotrace.ca)**

**Find an HRM park - <https://tinyurl.com/4fcupf2y>**

## Religious Services for October

Send your submissions to [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com) for November’s issue by October 18.

**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](http://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.

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)  
11am on Sunday mornings.

**Stella Maris Roman Catholic Parish at St Michael’s Catholic Church**

Weekend Masses: Saturday: 4pm  
Sunday: 8am & 9am  
Weekday Masses: Tuesdays: 7pm;  
Wednesdays: 9am; Thursdays: 7pm;  
Fridays: 9am (followed by 1 hour of Eucharistic Adoration); 1st Saturdays: 9am  
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.  
Services are livestreamed on our Facebook page (St James United Church Sambro NS) and Youtube. Our website is [www.sambrojollimorepc.com](http://www.sambrojollimorepc.com) and our email address is [office.sambrojollimorepc@gmail.com](mailto: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 at Open Door Community Church, 11 Aldergrove Drive, 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](http://wayfarerschurch.ca)  
email: [friends@wayfarerschurch.ca](mailto: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

**Christ Embassy Halifax** (16 Sussex St.)  
Sunday Service – 9:30 AM  
Online Services on Zoom:  
Sundays – 8:00 – 9:00 AM  
Wednesdays – 7:00 – 8:00 PM

# MASON FOR MAYOR

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Only \$5.00 plus tax

Coupons expire Nov 7, 24

### Clip Coupon #4

Family Deal #1

Pick Up Only

4 x 6" Cold Cuts

or

4 x 6" Pizza Subs

4 x Pop or Water

4 x Cookies

Only \$21.73 +tax \$25.

Coupons expire Nov 7, 24

### Clip Coupon #5

Family Deal #2

Pick Up Only

2 x 6" Cold Cuts

or Pizza Subs

2 x 12" Cold Cuts

or Pizza Subs

4 x Pop or Water

4 x Cookies

Only \$26.08 +tax \$30.

Coupons expire Nov 7, 24

Try our New Menu

[unclebuckspizza.com](http://unclebuckspizza.com)



**UNCLE BUCK'S**  
FAMILY OF GOOD FOOD

902 477 3663

2 x 12"

3 Topping Pizza \$20.



2 x 16"

Any Pizza 36.



**Kids Special**

2pc Drumsticks & fries

3pc Nuggets & fries

1 pc chicken finger & fries

With sweet n sour dipping sauce your choice

only \$6.95 each

**Butter Chicken Wrap**



Medium \$6.50

Large \$12 Bucks

**Butter Chicken Poutine**



Medium \$9 Bucks

Large \$11 Bucks