

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



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

# Chebucto News

Vol.26 • No.5  
January 2025

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

Working For You In Your Community **FREE**

**BOOK YOUR NEXT  
EVENT WITH US TODAY!**  
Visit [bowlarama.ca](http://bowlarama.ca) for more info.



**BOWLARAMA.ca**



**MADE FOR 2 \$23.99**

**Mary BROWN'S CHICKEN**

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

**LAWYER** Clyde A. Paul & Associates Inc.

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

Barristers and Solicitors

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

902-477-2518 • info@clydepaul.ca

## Santa Claus Parade 2024

Photo by Sam Ramsay. More parade photos on pages 6 & 7



It wouldn't be Christmas in Spryfield without our annual Santa Claus Parade, and the jolly old elf was there to take part!

## Are there ghosts in Spryfield? Episode 2

by a Spryfielder

My grandmother on my father's side of the family, was a dainty, gentle lady. I would help her with embroidery thread, by gently unraveling any knots. When she passed away relatives sent us pictures of her in a coffin. Really? One night shortly after, it was dark in some rooms of our old house, I was walking towards our living room. In what I call "a cold spot", she

was standing there in a nightgown that I recognized. Hmmm. I walked towards her and she kept turning, so I could not see her face. I was thinking that I might be able to talk to her, but it was not to be. After that, whenever I walked into this cold spot, I would stop and talk about recent stuff. Not sure why I did this. I guess I figured I was connecting with somebody. Later on, my mother told me she saw her

too, and recognized the Peter Pan collar of her nightgown, so knew it was her. Mom said "but she kept turning so I did not speak with her." Aha! I was happy someone else in our family saw her. I still occasionally walk into the cold spot, still in the same place, and depending on my mood, I may stop and chat, or not.

There was an old clock that had a nice sound when it hit each hour. Over

time, a part of it got a bit too worn to chime, but we kept it in the same spot. It was a nice-looking old clock. One night I was watching TV and I stayed up late. Our dog was snoozing in a corner close by. Remember, I said the clock did not chime anymore. At midnight the clock started to chime, and it dinged 12 times. I froze and felt strongly that I should not move. Our

(See Ghosts on page 3)



**LEAVE THE DETAILS  
(and the mess!) TO US.  
BOOK YOUR BIRTHDAY  
PARTY TODAY!**

**BOWLARAMA.ca**

**BEAVER**  
**Enviro Depot**  
**NOW OPEN**

479-3900



251 Herring Cove Road

Design • Manufacture • Install  
Custom & Commercial Signage

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

**NEW CENTURY SIGNS**  
Harrietsfield, N.S.  
902.455.3001 info@ncsigns.ca

A mortgage broker can save you thousands!

- Purchases
- Debt consolidation
- Renewals
- Renovations
- Great rates
- Free consultant services o.a.c.
- And more

[jbright@eastlink.ca](mailto:jbright@eastlink.ca)

**MORTGAGE INTELLIGENCE**  
A BML Company

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



# OP-ED: Healing Pathways: supporting Nova Scotia's journey through grief

Grief is a deeply personal experience shaped by cultural backgrounds, personal beliefs, and individual circumstances. Across Nova Scotia, communities carry the burden of grief and loss, each feeling its impact in unique ways, highlighting the critical need for connection. The paths to healing are diverse and influenced by factors such as geography and access to resources. For rural communities, isolation often amplifies the challenges of finding emotional support and services, making the journey through grief feel even more solitary.

At the Nova Scotia Hospice Palliative Care Association (NSHPCA), we believe that true healing extends beyond physical care to include the emotional aspects of the human experience. Acknowledging grief without stigma is an essential first step, and through shared compassion and community connection, the process of healing can truly begin.

Healing from grief, whether on an individual or community level, begins with one person, one community at a time. As famed grief and trauma specialist, Dr. Gabor Maté, wisely says, "Our wounds are the birthplace of our strength, and to heal we must feel." This truth reminds us that healing starts within—when we acknowledge and share our pain, we build resilience, not only within ourselves but also in those around us. By coming together in our shared vulnerabilities, we create a collective strength, and the courage to heal spreads outward.

Recognizing the power of shared vulnerability in the healing journey, we understand the importance of creating spaces where individuals and communities can come together to offer compassionate support, while respecting each person's unique experience of grief. This collective strength and resilience form the foundation of the Healing Pathways Community Funding Program, which we were pleased to launch in June.

Supported by a two-year funding commitment from the Public Health Agency of Canada, Healing Pathways was developed by NSHPCA to meet the needs of communities most profoundly impacted by the April 2020 Mass Casualty Event. Selected by the Nova Scotia Office of Addictions and Mental Health to lead this initiative, NSHPCA collaborates with the provincial government, local communities, and Nova Scotia Health to advance the Nova Scotia Community Grief and Emotional Wellness Hub Model. This is achieved by funding eligible nonprofit organizations that aim to deliver grief, bereavement, and emotional wellness services tailored to the unique strengths and needs of each community.

Phase One of the Healing Pathways Community Funding Program provided essential support to 14 organizations across Colchester, Cumberland, and East Hants counties. These funds enabled projects that not only created spaces for grieving but also educated communities on the

complexities of loss and facilitated the reconnection of neighbors. Through these initiatives, we witnessed firsthand how grief, when met with compassion and adequate resources, becomes less isolating and paves the way for healing.

This January, we will launch Phase Two of the program. With \$500,000 in funding available, we are expanding our reach to the entire province. Eligible nonprofit organizations across Nova Scotia are invited to apply for grants to help their communities address grief, bereavement, and emotional wellness in ways that are locally meaningful.

By investing in community-based projects, our goal is to ensure that all Nova Scotians, regardless of where they live, have access to the care and support they need. NSHPCA envisions a province where healing is a shared responsibility, believing that when individuals thrive in nurturing environments, the entire community flourishes. To make this vision a reality, we must place our trust in one another and collaborate to create lasting, positive change.

We invite you to join us in this work when we start accepting applications for funding in January. Together, we can continue to strengthen the fabric of our communities, one step at a time. Healing is possible—and it begins with us.

For more information, please visit <https://healingpathways.nshpca.ca/>  
 Tim Guest  
 NSHPCA Executive Director



**Publisher:** Dan Doherty, 902-478-4023

**Editor:** Tangelene Ramsay, chebuctoeditor@gmail.com

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

**Circulation:**  
 14,000 copies  
 Agent: Canada Post  
 Printer: Advocate Printing  
 Delivered free-of-charge to households in: Armdale, Bald Rock, Ferguson's Cove, Harrietsfield, Herring Cove, Jollimore, Ketch Harbour, The Pennants, Purcell's Cove, Portuguese Cove, Sambro, Spryfield, Williamswood

**Letters to the Editor / Editorial Inquiries:**  
 Letters should not exceed 200 words and must include the writer's full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher.  
 Email to: "The Editor"  
 chebuctoeditor@gmail.com

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

**Design and Layout:**  
 Sharon Ward Graphic Design  
 Phone: 782-414-7351  
 wards@eastlink.ca

Notice: The publisher and the production service assume no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher or the production service. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.  
 © 2025 The Chebucto News, Spryfield, Nova Scotia

## Over \$21,000 raised in Poppy campaign

The recent poppy Campaign conducted by the Earl Francis Spryfield Memorial Legion, Branch 152, has once again been very successful - thanks to the generosity of the community.

The 2024 campaign, capably led by Connie Bambury with the able assistance of Susan Bain, has raised more than \$21,000 to date.

The legion extends its appreciation to local businesses, Dylan's No Frills, Sobeyes, and NSLC Spryfield, who allowed tables to be set up so that volunteers could distribute poppies and accept donations.

In addition, thanks are extended to legion members and other volunteers,

as well as community businesses, organizations, churches, and schools for their support.

It has been especially gratifying to have young people, including members of Air Cadet Squadron 529 and Army Cadet Corps 2501, take part in this year's campaign.

Special mention and gratitude is extended to legion member, Steve Blanchette, who worked tirelessly to assist with the campaign and provided invaluable help on Remembrance Day.

As always, funds raised during the Poppy Campaign are placed In Trust and used to provide assistance to veterans and their families.

**MLA HALIFAX ATLANTIC**  
**BRENDAN MAGUIRE**

902 444-0147  
 brendan@brendanmaguire.ca  
 349 Herring Cove Rd  
 Halifax, NS, B3R 1V9

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

**NOTICE:**  
  
 Copies are now available at Beaver Enviro Depot, Bowlarama, Yumz Convenience, Now We're Convenient, Pavia, Steve Murphy's Esso, Mishoo's Variety and Harrietsfield Irving while supplies last.

personal, corporate & trust accounting services  
 We specialize in:  
 Small Business and Non Profit Bookkeeping  
 Personal Taxes • Corporate Taxes  
 Year End Financial Statements  
**Angela Pellerine, CPA CMA**  
 30 Alabaster Way • Halifax • 902-499-8076  
 info@additup.ca • www.additup.ca

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

# Religious Services for January

Send your submissions to [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com) for February's issue by Jan. 24.

**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 join us for worship.

**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

## Ghosts

(continued from page 1)

dog came to me, put his head in my lap and was shaking like a leaf. I did not move for a whole hour, and then it felt ok. I settled the dog, and went upstairs to bed.

Another time in the same area, I was again up late. A hallway was nearby, with a light that could be turned on if you pulled a long string that was hanging down, and it made a loud click sound. Midnight came, and I heard the click sound and the light came on. I could see the light out of the corner of my eye, but again I felt like I should not move. An hour went by, I then felt ok and went to bed. When I got up the next day, I pulled the string to turn the light off. I thought about this often, but...I wondered about the not moving part of the old clock, but then I thought since something else was telling me to be careful, all would be ok. I felt protected. Hmmm. Until next month...

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

**St. James United Church** (3811 Old Sambro Rd)  
 Sunday services held at 10:30am. Services are live streamed 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.

We are once again offering our unique Family Faith Formation Sundays starting January 19th. While traditional Sunday school models focus strictly on instructing youth, our approach extends that learning to the whole community. Our youth receive a lesson meant to familiarize them with the core stories and values of our faith through conversation and creative activities. The rest of the congregation will study the same story with an emphasis on how to keep the conversation going at home. Our program is only once a month to make

it easier for families to plan around their busy schedules and to ensure that we've always got plenty of teachers and kids to make it a more educational and enjoyable experience. So, join us as we explore our faith and see just how far your faith can take you. Family Foundation Sundays for the 2025 Winter/Spring season will take place on Jan 19th, Feb 16th, Mar 23rd, May 18th and Jun 15th

**St. James Anglican Church** (1 Harrigan's Road)  
 Sunday mornings at 10:30am alternating each Sunday with Holy Eucharist and Morning Prayer

Priest in charge: Rev. Taunya Dawson (902) 240-7588

Lay Minister: John Richardson (902) 233-3465

**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

## I'll Never Tell

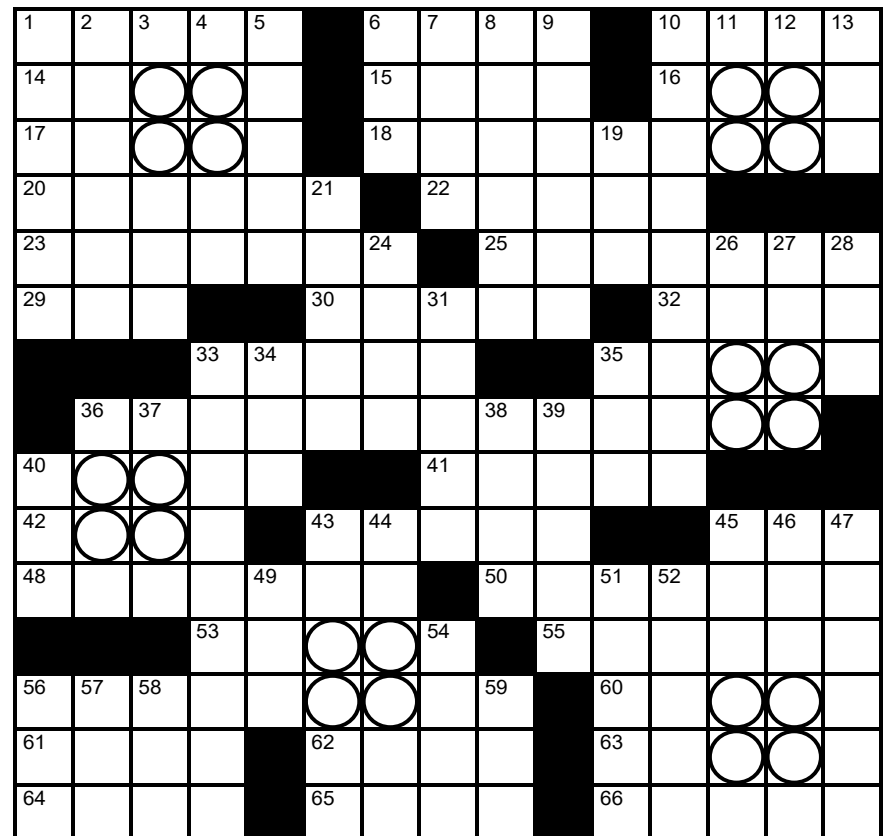
by Barbara Olson  
 © ClassiCanadian Crosswords

### Across

- 1 Turkish elders
- 6 When doubled, 8-Down
- 10 Count in "A Series of Unfortunate Events"
- 14 French box or bistro
- 15 "... against \_\_\_ of troubles": Hamlet
- 16 After dark, the way it sounds
- 17 Flummox
- 18 With no uncertainty
- 20 Favours in a fight, with "with"
- 22 Dry-sounding deodorant
- 23 Adjust for balance
- 25 Squeezes through to enter
- 29 Aykroyd or Levy
- 30 Admit doing, slangily
- 32 Big name in shirts
- 33 Wallpaper, carpeting, lightening, etc.
- 35 Three-Rs subj.
- 36 Treat news discreetly, as depicted by the sets of circled letters in the puzzle
- 40 Where wreckers can make a haul
- 41 Cursor controller
- 42 Keep running in neutral
- 43 Tom Connors' signature move
- 45 Be picky?
- 48 Typically
- 50 "The Last \_\_\_" (Tom Cruise blockbuster)
- 53 Travis with a twang
- 55 Like a spy operation
- 56 Oskar played by Liam Neeson, 1993
- 60 "Sunshine on \_\_\_" (The Proclaimers hit)
- 61 It might be cloven
- 62 Slick, sleek swimmers
- 63 Soup scoop
- 64 \_\_\_ Crap (B.C.-based cereal brand)
- 65 Part of iOS: Abbr.
- 66 Does in, as a dragon

### Down

- 1 Shamed
- 2 Lady who barely rode a horse?
- 3 Closeted
- 4 Music festival town in B.C.'s north
- 5 \_\_\_ evil, hear ...



- 6 Scammed
- 7 "I could \_\_\_ little help over here"
- 8 Under wraps
- 9 Mohawk or mullet
- 10 Social distance between acquaintances, it is said
- 11 Pot top
- 12 "The pond" body: Abbr.
- 13 Tina who wrote "Bossypants"
- 19 Use an excavator
- 21 Big name in luxury leather
- 24 Trike horn sound
- 26 Stated
- 27 Global: Abbr.
- 28 Unspecified, as a math power
- 31 \_\_\_ code (discount access)
- 33 Strip of official license
- 34 Tenth book of the N.T.
- 35 "Now I get it" utterances
- 36 Baby butters
- 37 "..., \_\_\_ tête, Alouette, ..."
- 38 Names, in Nîmes
- 39 Ill-fated rapper Shakur
- 40 Meas. across a circle
- 43 Trombone parts
- 44 Red Rose or Lipton rival
- 45 Tater tots brand
- 46 Not entirely
- 47 Allotments to the church
- 49 Keats' Grecian subject
- 51 Gangsters' gals
- 52 Relating to an eye layer
- 54 Contact nos.
- 56 Sound advice to a confidant?
- 57 Lovebird's warble
- 58 Fri. or Mon. of a long weekend
- 59 Last of first?



## DISCOVERING OUR PAST



### Right-of-way along Northwest Arm created by early settlers

by Iris Shea

In rural communities today there is usually evidence of well-worn or over-grown paths created several generations ago by early settlers. Paths through wooded areas were a shortcut to a destination such as a workplace, a favourite swimming hole, or a visit to the nearest neighbor.

On the western side of the Northwest Arm, between the head of the Arm and Purcell's Cove, an overland route along the shoreline still exists if you know where to look. Over the years, attempts have been made to keep an uninterrupted walking path along this route, but development has taken over and sections of the shoreline path have disappeared.

A recent development agreement for 10 Kirk Road in Jollimore has brought some publicity and concern over a portion of the existing "tow" path that runs between the boat launch in Sir Sandford Fleming Park and McManus Road. The city of Halifax has declined an offer from the present owners to take over a small section of the path and has put the responsibility of maintaining that area of the path in the hands of its owner. Council members, at a public meeting of Halifax and West Community Council on November 25, 2024, listened to the proposed development agreement by the developer and voted to delay its approval until more research on the history of the Northwest Arm path is available.

The narrow path from the Dingle in Fleming Park to the present day Royal Nova Scotia Yacht Club was established by the Jollimores, Slaunwhites and Boutilliers who came from the Head of St. Margaret's Bay, beginning in the 1820s, to settle on the shores of the western side of the North West Arm, now known as Jollimore and Boulderwood.

In 1823 Martin Slaunwhite purchased lot number three, one of George McIntosh's 50-acre shoreline lots on the Northwest Arm. Slaunwhite was an experienced stone cutter and helped establish the path from his lot (now part of Jollimore) to John Tridder's quarries on William's Lake. He also established a quarry on his own lot around Martin's Pond (now Cunard Pond on William's Lake Road).

Slaunwhite's brother-in-law, John George Jollimore, brought his large family to the Northwest Arm in 1826. The Jollimores purchased lot number two of the McIntosh Division, a 50-acre shoreline lot bordering



Photograph, Northwest Arm Public Path, 1940s. Photographer George Longard. Courtesy Mainland South Heritage Society. Article, Access to Northwest Arm Path

Slaunwhite's land. Jollimore's lot included present day Boscobel, south along the Arm to Boulderwood Drive, and west into Williams Lake. Jollimore cemetery is part of John George Jollimore's 50-acre lot.

In 1830 John George Jollimore sold two acres of his shoreline lot to his cousin, George Boutillier. Boutillier built his house near the shore of the Arm where Boulderwood Drive is today. The Jollimores, Slaunwhites and Boutilliers were all related and, as neighbours, made use of the shoreline path to visit each other on a regular basis. King's Quarry in Purcell's Cove became a thriving quarry in 1831, offering seasonal work to these skilled stone cutters. The grist mill, established at the mouth of the Northwest Arm in 1799 by George McIntosh, also offered seasonal employment to these early families. The Royal Nova Scotia Yacht Squadron is on the property of the former grist mill.

In 1844 and 1845, when two of John George Jollimore's sons, Frederick and John, purchased two 50 acre lots from John Howe, Jr., the shoreline footpath continued to be a means of travel for more and more people. Lot number three, purchased by John Jollimore, was the same lot formerly owned by his uncle, Martin Slaunwhite. Slaunwhite left the area in 1838 to settle in Terence Bay and sold his 50-acre lot at that time to John Howe, Junior. Later generations of Boutilliers, Jollimores and Slaunwhites settled on John and Frederick's lots, as did their older brother, George Jollimore. These two lots, numbers three and four in the George McIntosh Division, later became known as Jollimore and part of Fleming Park. The 1850s and 1860s brought more families to the Northwest Arm, namely the Innes brothers, Robert, James and George, who married descendants of the three

original families. Work in the quarries continued to be a source of employment. The grist mill site later became an ice business and a sugar refinery, providing employment to generations of men who lived along the shore of the Northwest Arm. Cunard School, built near the Jollimore shore of the Arm in 1867, received children from Purcell's Cove, and later Melville Cove. The shoreline path was well

used by these students.

By 1900, ferries were operated by the Jollimores and Boutilliers, bringing visitors and cottagers across the Northwest Arm from Halifax. Much of the land formerly owned by John George Jollimore was subdivided and sold by Alfred Gilpin and became known as Gilpinville. Access to summer cottages along the shoreline properties of Jollimore and Gilpinville was by way of the well-established shoreline path. My father and other residents of Jollimore used this path during World War One when stationed at Sandwich

Point Battery near York Redoubt. My brother and I used the path in the 1950s to deliver newspapers to residents along the Northwest Arm in Boulderwood.

The footpath continues as a public right-of-way as far as Saraguay House and may be accessed from the boat launch parking lot at the Dingle in Fleming Park or from McManus Road. The path is challenging in places due to erosion. Good walking shoes and a walking stick are advised.

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

## Business Directory



**50/50 Online Fundraiser**  
supporting Long Lake  
**Quarterly Draw**  
[www.rafflebox.ca/raffle/llppa](http://www.rafflebox.ca/raffle/llppa)



### MURPHY'S AUTO SERVICES



225 Ketch Harbour Road - 902-477-4160

Complete Collision & Mechanical Shop Services  
MVI • Computer Diagnostics • Brakes • AC Services  
Steering & Suspension • Undercoating • Tires • Furnace Oil

### Mary BROWNS CHICKEN

9 Spryfield Mall  
16 Dentith Rd, Halifax  
9 19 Alma Crescent, Halifax



### MacLeod's Auto Service

Computer Diagnostics, Brakes,  
Welding, MVI, Exhaust,  
Undercoating & Tires.  
Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm  
44 Herring Cove Rd.  
902-477-4682 / 902-431-2886



58 Portovista Drive,  
Portuguese Cove, NS B3V 1P4

**902-868-1324**  
[mannmechanical.ca](http://mannmechanical.ca)

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

# Thanks for volunteers at St. Paul's United Church

by Carolyn Mont

I suspect that many of you, like me, often drive past the "Welcome to Spryfield" sign on Old Sambro Rd, just off Dunbrack St. I don't often pay attention to it but when I do, I note that it also says that Spryfield was the Volunteer Community of 2002. That was a great honour to our community and even though it is 22 years old, Spryfield is certainly a community where volunteerism is alive and well.

Hmm... you might well be wondering what that has to do with a column about St. Paul's United Church. In fact, volunteerism is the theme of this month's column. The kitchen at St. Paul's is a busy spot. Volunteers work to provide a free meal for all who come for lunch on Tuesdays at 12:00. This is a sit-down meal with food brought to your table. In late summer, we discovered a slow leak had damaged the sink and the area around it as well as the floor. That meant that Soup's On, the free lunch on Tuesdays, could not go on. It also meant that the people from Harrietsfield who don't have access to clean drinking water could not get it from St. Paul's, the place where they have gotten free water for years.

The dedicated volunteers at Soup's On decided, while waiting for repairs to be completed, that they wanted to feed people and provide the opportunity for socialization as well. They

provided sandwiches, cold plates and an occasional barbecue to keep things going.

In the meantime, the church was working to get the kitchen up and running. They were greatly assisted by members of the greater community who stepped up to provide skilled labour and financial aid to move things along. I am so pleased to say that the kitchen is back in working order and the Soup's On volunteers are now able to offer homemade soup with their Tuesday lunch. Soup's On is a program of our Family Resources Institute (FRI). Thank you so very much to all the volunteers who stepped up to get our kitchen up and running.

For several months now, we have had many people ask about our turkey dinners. They have been major source of fundraising at St. Paul's, but we have been hampered by the kitchen issue. Church volunteers are now ready for the next turkey dinner which will be on Saturday, February 1. As we have been doing for some time now, these suppers are take-out only and must be ordered ahead of time by calling Lynn at 902-240-5107. They do sell out so please call early to ensure that a dinner will be available for you. The cost is \$18.00 for a full dinner with dessert. Make the call and mark your calendar.

I mentioned the water that people in Harrietsfield get at St. Paul's. The

outside tap is now turned off for the winter and those coming for water will have to come when the church is open and get the water in our lovely new kitchen. In the spring, when the danger of freezing is over, the outside tap will be turned on again.

FRI had its biggest day of the year on Wednesday, December 18. This is the day that the food bank has its big Christmas event. There were 150 families served, receiving large hampers of food as well as toys for over 200 children. We have a Toy Store set up where parents can choose age-appropriate new toys for their children. The fact that this can be said

in a couple of sentences does not do justice to the magnitude of the project. It takes several days work from dedicated volunteers as well as phenomenal donations from various church congregations and organizations in the community.

If you are thinking of New Year's Resolutions, I would suggest that you look into volunteer possibilities in your community. This would be a win-win situation. You would get to do something you are interested in; it doesn't cost any money; you would meet new people with similar interests all while helping some aspect of your community. Give it a try.

## 2025/26 Municipal Budget

The municipality is working through the budget and business planning process for 2025/26.

Each year, residents have an opportunity to speak directly to Regional Council about their budget priorities. During each meeting, time is set aside for the public to provide insight and comments and residents are encouraged to pre-register to speak in a meeting.

\*Access the full list of in-person meeting dates and times for all budget presentations by visiting [halifax.ca/budget](http://halifax.ca/budget) or calling 311.

### How to participate

Registration is required to be added to the speakers list. Please contact the Clerk's Office at 902.490.4210 or by email at [clerks@halifax.ca](mailto:clerks@halifax.ca). Virtual participation will also be available and residents who wish to speak through the virtual option must still pre-register by no later than 4:30 p.m. the business day prior to the meeting.

During the meeting, after all pre-registered speakers have been called, the chair will call three times to ask if there is anyone else present who would like to speak. At that time, anyone who has not pre-registered will have the opportunity to speak to the Budget Committee.

\*Meeting dates may be subject to change and any new dates will be communicated on [halifax.ca/budget](http://halifax.ca/budget).

HALIFAX

[halifax.ca/budget](http://halifax.ca/budget)

[www.DanDoherty.ca](http://www.DanDoherty.ca)

### NOVEMBER 2024 HALIFAX REAL ESTATE YEAR-TO-DATE RECAP



**AVG SALE PRICE**  
\$575,708  
(+4.5%)



**HOME SALES**  
4,912  
(+8.2%)



**INVENTORY**  
2.4 MONTHS  
(+0.4)

Call your Exit Realty Metro team today.



**Dan Doherty**  
902-478-4023  
[www.dandoherty.ca](http://www.dandoherty.ca)



## WELCOME HOME. WELCOME TO MELVILLE HEIGHTS.

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



*Melville Heights*  
A Retirement and Assisted Living Facility

# What a day for a Santa

*Photo essay and story by Sam Ramsay*



It was a chilly morning on November 24th as the annual Santa Claus Parade got underway. People gathered up and down the street to watch, and at the Enviro-Depo little bags of fresh popcorn were available for young and old alike.

The parade began, as usual, with a police officer mounted on horseback, after which came many familiar faces as local businesses and organizations walked or drove past. There were even a few dogs!

Occasionally, someone from one of the parade groups would break off from the crowd for a minute and go give candy or a high-five to the watching children. Candy and kind gestures came from such varied souls as child elves, a motorcyclist, and none



# Claus Parade in Spryfield!

other than the Grinch himself!

Other notable parade groups included the Express Basketball team, who dribbled their way down the parade route, and the traditional Halifax parade float, complete with Danny Slade wishing everyone a happy holiday with a megaphone. There was also a fire truck, already in festive red, with sirens and a few firefighters running behind.

Finally, as the parade wound to a close, the final parade float was of course Santa himself, complete with reindeer, waving and even giving a thumbs-up to the camera. And with that, the parade was over for another year, and people dispersed with smiles and went inside to warm up.



# The Jason Doherty Memorial COMMUNITY EVENTS PAGE



SPONSORED BY



## COMMUNITY EVENTS FOR JANUARY

### 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 11:00. Kitchen Open 11:30 -1:00 pm
- Chase The Ace Draw - every Monday 7:00 pm
- Tues, Jan 7 Executive Meeting 6:30 pm
- Fri. Jan 10 Forever Young Seniors Bingo 6:30 pm. Doors open 5:00
- Mon. Jan 13 Seniors' Dance 1-4 pm. Music by Joe MacKinnon. Adm \$6.00. Lunch Served.
- Tues. Jan 14 General Meeting 7:00 pm
- Thurs. Jan 30 Crib 7:00 pm. Adm. \$7.00. Bring a partner.
- POOL - Beginning on Feb 1, 2025: All Memorial pool tournaments will be open to members of any legion along with family members of the person being memorialized.

### Harrietsfield Williamswood Community Centre events:

- We currently have full time spots in our After School Program! Please email [hwcc@outlook.com](mailto:hwcc@outlook.com) for information.
- Every other Thursday 11am-1pm, Chebucto Connections Mobile Food Market
  - Currently taking bookings. Please call, email or message us through our FB page (902) 446-4847 email [hwcc@outlook.com](mailto:hwcc@outlook.com)
  - We are always looking for new Board

members and volunteers!

### City Church (276 Herring Cove Road) events:

- City Church Tel #: 902-479-CITY [c.citychurch@ns.sympatico.ca](mailto:c.citychurch@ns.sympatico.ca) [www.citychurchhalifax.ca](http://www.citychurchhalifax.ca)
- City Church Christian Radio Station Life 94.7 FM

### 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 [stelamaristwelvebaskets@gmail.com](mailto:stelamaristwelvebaskets@gmail.com)

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

- The outdoor tap at St. Paul's United Church, 173 Old Sambro Rd., has been turned off for the winter. For those people in Harrietsfield with no access to safe drinking water, you are still welcome to water at St. Paul's but will have to go during working hours to get your water indoors. We are sorry that due to fluctuating hours of some of our staff, there may not always be someone at the church. Feel free to call ahead to 902-479-1015 or 902-477-3937 to see if anyone is there.

### 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

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](mailto:urbanfarmspryfield@gmail.com)  
2025 memberships will remain the same - Individuals \$10.00, Students & Seniors \$5.00, Families \$15.00 and Groups & Organizations \$25.00 - \$50.00.

**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](mailto: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 Morrissey 902-229-5851

**Friday night Bingo** Royal Canadian Legion Spryfield Branch 152, 7 Sussex Street Halifax  
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

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

## I'll Never Tell

by Barbara Olson  
© ClassiCanadian Crosswords

1	A	G	H	A	S		6	H	U	S	H		10	O	L	A	F	
14	B	O	I	T	E		15	A	S	E	A		16	N	I	T	E	
17	A	D	D	L	E		18	D	E	C	I	D	E	D	L	L	Y	
20	S	I	D	I	N		21	G		22	A	R	R	I	D			
23	E	V	E	N	O	U	T		24		25	E	D	G	E	S	I	N
29	D	A	N			30	C	O	P	T	O		32	G	A	N	T	
			33	D	E	C	O	R			35	A	R	I	T	H		
		36	K	E	E	P	I	T	O	N	T	H	E	D	L			
40	D	I	T	C	H				41	M	O	U	S	E				
42	I	D	L	E		43	S	T	O	M	P			45	O	P	T	
48	A	S	A	R	U	L	E		50	S	A	M	U	R	A	I		
			53	T	R	I	T		54		55	C	O	V	E	R	T	
56	S	C	H	I	N	D	L	E	R		59		60	L	E	I	T	H
61	H	O	O	F		62	E	E	L	S		63	L	A	D	L	E	
64	H	O	L	Y		65	S	Y	S	T		66	S	L	A	Y	S	

**Sharon Kenney REALTOR®**  
902-483-7325  
[Sharon@alreadyhome.ca](mailto:Sharon@alreadyhome.ca)  
[www.alreadyhome.ca](http://www.alreadyhome.ca)

**Dan Doherty REALTOR®**  
902-478-4023  
[Dan@DanDoherty.ca](mailto:Dan@DanDoherty.ca)  
[www.DanDoherty.ca](http://www.DanDoherty.ca)

**Amanda Parsons REALTOR®**  
902-930-3900  
[amanda@exitmetro.ca](mailto:amanda@exitmetro.ca)



# Cuttell Community Update

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

Happy New Year!

As we step into 2025, we are filled with excitement and anticipation for the year ahead. The start of a new year offers an opportunity to reflect on the milestones we've achieved together and to look forward to the possibilities that lie ahead. Whether it's through our vibrant community events, local stories, or the collective spirit of support, we've shown time and again what makes our district so special. I want to wish everyone peace, love, and happiness in the year ahead.

Over the past couple of months, the new council has been busy forming our many boards, communities, and commissions. My appointments include the Halifax and West Community Council (as Chair), the Transportation Standing Committee, the Community Planning and Economic Development Committee, the Executive Standing Committee, the Halifax Water Commission, and the Federation of Canadian Municipalities (FCM). I look forward to serving on these committees and advancing priorities that are important to the residents of District 11.

During the campaign, I had the opportunity to speak with thou-

sands of residents. Traffic congestion, transit service, affordability, housing, access to programs, and concern over the local environment are concerns shared by many. In December, I attended an FCM Board meeting, where results from a recent nationwide poll showed the top concerns for people across Canada mirror the issues being experienced here in District 11. With growth outpacing the time needed to build infrastructure and expand programs and services to support it, we are all feeling the impact in our daily lives and witnessing the transformation of our communities. Municipalities are often left to respond to the changes driven by other levels of government. What we need now is to come together and solve these challenges collectively. At the local level we need to think about what's important to us as a united community.

My first successful motion to Council for this term was to get an update on the renewal of Halifax's transit strategy. While we have major projects in the works, like the Bus Rapid Transit (BRT) system, we also need immediate adjustments to expand routes and services to accommodate growth and changing travel patterns, to provide regional transit options, and address the needs in all our communities. I'm

very excited to announce that a new director of Halifax Transit has been hired and will begin this month.

In November, the LakeWatchers team presented the "State of the Lakes Report." Testing and analysis over the past two years have resulted in three recommendations to improve the quality of our lakes and protect them against future harm. These include addressing the impact of road salt and improving stormwater management practices. Currently, the LakeWatchers team is looking for volunteers to help with testing in Lake Moody. If you're interested, please email [water@halifax.ca](mailto:water@halifax.ca).

This month, Regional Council will begin setting our strategic priorities for the next four years and start the municipal budget review process for 2025/2026. HRM has one of the most in-depth, involved, and transparent budget processes, during which we review each department's budget and business plan before approving the final budget in April. The full schedule will be available on the HRM website. We welcome public feedback throughout this process. You can have your say by participating in the Public Participation portion of each meeting or by submitting correspondence to [clerks@halifax.ca](mailto:clerks@halifax.ca).

Do you know an outstanding volunteer? Nominations are now open for HRM's 2025 Volunteer Awards. You can nominate deserving volunteers in the youth, adult, or group categories to be recognized at a

ceremony in the spring for their contributions to the community. Nomination forms can be found at [halifax.ca](http://halifax.ca), but hurry—the deadline is 5 p.m. on Wednesday, January 8, 2025. I know there are many amazing volunteers in our community, so I hope to see plenty of nominations!

Do you have hfxALERT? hfxALERT is HRM's mass notification system for informing residents about emergencies and operational updates. hfxALERT sends urgent and non-urgent notifications from Halifax Regional Police, Halifax Fire & Emergency's Emergency Management Division, as well as municipal winter parking ban notices. You can sign up today at [Halifax.ca](http://Halifax.ca).

Please stay safe this winter. Remember to check the snow-clearing priority of your street at [halifax.ca](http://halifax.ca) before calling 311. Priority 1 streets should have a plow or salt truck pass through at least once every three hours and be clear of snow and ice within 12 hours after a weather event. Priority 2 streets should have cut-throughs once accumulation reaches 10 cm, with repeat passes a minimum of every eight hours during extended snow periods.

You can reach me at 902-221-6893 or by email at [patty.cuttell@halifax.ca](mailto:patty.cuttell@halifax.ca). It is a privilege to be your Councillor.

Respectfully, **Patty Cuttell**  
Councillor | Le Conseiller |  
Nikanus Wunaqapemk  
District 11 Spryfield-Sambro  
Loop-Prospect Road

Supporting Your  
Community

**ROYAL  
CANADIAN  
LEGION**

Earl Francis  
Spryfield Memorial  
Branch 152



**WE CARE**

## The Maguire Report

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

A heartfelt thank you and taking the lead

As we conclude this year, I would like to begin by expressing my sincere gratitude to all of you for re-electing me for a fourth term as your representative. Elections are both physically and mentally demanding, and I could not have done it without your support. Your trust and confidence mean the world to me, and I am truly humbled by the opportunity to serve you once again.

During election time, my daily routine becomes a whirlwind. Each morning begins with taking my kids to school, followed by knocking on doors to engage with the community until 7:00 PM. From there, I head back to my campaign office to make calls until around 9:00 PM. My commitment has always been to outwork anyone, ensuring I give my absolute best throughout the process.

This grueling month away from family is one of the most challenging aspects of campaigning. I want to thank my incredible volunteers who helped make this possible, especially Kelly, who has been a fantastic campaign manager. However, my deepest thanks go to Rena, whose unwavering support and dedication kept our home running

while I was absent. Rena, I love you dearly, and I am forever grateful for your strength and patience.

Local priorities moving forward Looking ahead, I remain committed to focusing on the priorities that matter most to our community. This includes continued investment in our local healthcare, schools, infrastructure, and community projects.

A key priority for me is to see the much-deserved community centre built in Sambro. I will work closely with the community to ensure this project moves forward. Additionally, I am dedicated to ensuring that the dam at Williams Lake is completed, the renovations at Herring Cove Junior High are finalized, and much more is accomplished to improve our local area.

Provincial priorities as Minister of Education

In addition to serving as your MLA, I am honoured to have been appointed as the Minister of Education and the Minister of Advanced Education. These roles come with great responsibility, and I am committed to addressing the needs of our education system.

Our teachers are exhausted, and it is critical that we support them with additional resources. I will work

diligently to ensure that more teachers are hired across Nova Scotia and that students and parents can access the best possible support. It is also essential that we properly resource school support staff to help create a thriving educational environment.

I look forward to fostering strong relationships with teachers, administrators, and staff to improve our schools.

Additionally, I am committed to ensuring that post-secondary education remains accessible to all students and that we prepare the next generation for the workforce our province requires. Our educational system must be aligned with the needs of our economy, providing students with the skills and opportunities to succeed.

A grateful farewell for 2024

As I look back on 2024, I want to express my deepest gratitude to all of you for your ongoing support. Together, we are building a community that is one of the best in Nova Scotia.

I wish you all a Merry Christmas, Happy Holidays, and a Happy New Year on behalf of Rena, Oliver, Rufina, Isla, and myself.

It is truly an honour to serve as your MLA.

Sincerely,  
**Brendan Maguire**  
Phone: 902-444-0147  
349 Herring Cove Road

# LOCAL OBITUARIES

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

## Deborah Lynne Redmond Leavens



It is with deep sorrow that the family of Deborah Lynne Leavens (Redmond) announces her sudden passing on December 10, 2024, at Dartmouth General Hospital. Surrounded

by her loving family, Debbie was reunited with her beloved mother, Audrey, in a moment of peace.

Born on February 6, 1957, in Halifax, Debbie was the cherished daughter of Audrey (Raftus) and Donald Redmond, both of whom predeceased her. She leaves behind her children Jennifer Washburn (Jason), Michael Leavens, and Allison Leavens (Justin), as well as her siblings Wyatt Redmond, Wendy MacAdam, Darlene Hynes, Bruce Redmond, and Donna Redmond. Debbie was also a devoted grandmother to Kylie, Ayla, and Lucas Leavens, and Owen and Waylon Washburn, who were the lights of her life. Her love for her grandchildren was boundless, and she treasured every moment spent with them.

Debbie's career as a Registered Nurse spanned over 40 years, beginning with her graduation from the Halifax Infirmity School of Nursing in 1976. She spent 43 years at St. Vincent's Guest House, where her dedication to her residents and her work was a true testament to her compassion and care. She was a fierce advocate for her patients and a steadfast presence for her colleagues.

Known for her edgy, unfiltered sense of humor, Debbie could always be counted

on for a laugh and a frank comment that made everyone around her smile. She was a homebody at heart but always up for a meal with family or a stroll through a store. Whether whipping up a mean meal in the kitchen or pouring a rum and Diet Pepsi, Debbie welcomed everyone into her home and her heart. Her warmth, love, and larger-than-life personality will be sorely missed by all who had the privilege of knowing her.

Debbie is also survived by numerous extended family members and friends, all of whom were touched by her generosity and her unique, vibrant spirit.

In lieu of flowers, the family asks that donations be made in Debbie's name to a charity of choice or the Canadian Cancer Society.

She will forever be in our hearts.

## Rose Daurie

It is with great sorrow to announce the passing of Rose Daurie of Spryfield on October 30, 2024. Rose worked as the secretary at J.L. Ilesley High School for several years and then took a position at Saint Mary's University as secretary in the Math and Computing Science Department for 30 plus years. Survived by 5 sisters and 2 brothers. She will be sadly missed.

## Albert John Arsenault

(84) – October 1, 1940 – November 11, 2024

It is with the heaviest hearts that our family announces the passing of our beloved father and grandfather into the arms of his Lord and Savior, Jesus Christ.

Born in Halifax, NS, he was the son of the late Phillip and Yvonne (Aucoin) Arsenault, both born in Magdalen Islands.

Our father was a man of incredible faith, loyalty and integrity. If he said he would do something, he always ensured his word was fulfilled.

He loved the Lord, his wife, children and grandchildren fiercely. He had an in-depth knowledge of all world events, politics and of course, the Bible having been a Born-Again Christian for over 40 years.

Our father had a great love for all music and could often be heard singing songs from the past on most evenings as he played a game or two of solitaire on his computer. He also was an avid golfer and was a member of Avon Valley Golf and Country Club for many years. He had several friend groups that he enjoyed meeting for coffee or breakfast and a time of fellowship. Our father also enjoyed annual trips to PEI with our mother as well as sitting outside watching the stars with her by his side.

In the past, he was a devoted member of Rock Church and Full Gospel Church where he served as a Deacon and was a member of the choir. He was currently a member of City Church, Halifax, NS.

He was a member of the Canadian Air Forces as an Air Cargo Specialist from 1957 to 1964, where he spent time in Egypt. He then became employed with Binks Manufacturing Company where he was the sales representative for all the Maritime Provinces for more than 25 years, logging over 1 million travel miles. He was also employed by Plastics Maritimes and Commercial Equipment. After he retired, he enjoyed repairing compressors and paint spray guns in his shed.

He is survived by his four children; Denise, Monique, Colette (Jim) and Trevor (Angie) and his four grandchildren; Katelyn, Jacob, Jorden and Oliver and his nephew, Andre (BC) and niece, Christine (ON).

He was predeceased by his beloved wife of 59.5 years, Barbara Arsenault, and his brother, Yvon Arsenault.

Dad, the only comfort we have now is knowing you are with Jesus and our precious mom and are free of all pain. You and mom were the greatest parents! We love you dad!

The family would like to express tremendous gratitude for the exceptional care in assisting us with honoring our dad's wishes to pass at home, provided by staff at Bayshore Home Health and the Palliative Care Team at the VG Hospital.

In lieu of flowers, donations can be made in his memory to the Heart and Stroke Foundation.

## Christopher Daniel Clare

Age 76, of Halifax. It is with profound sadness that we announce the passing of Christopher Daniel Clare. He left us peacefully surrounded by love and memories after a short but fierce battle with cancer. Born in London, Ontario in 1948, he was the son of the late Bernard and Ruth Clare.

Chris spent the latter part of his life bringing joy and kindness to all who had the pleasure of knowing him. A dedicated public servant, Chris spent 50+ of his adult years as a taxi driver with Armadale and Casino Taxi, mainly in Halifax, where he became a familiar and friendly face in the community. Known for his quick wit and warm heart, Chris had a remarkable ability to connect with people, leaving lasting impressions on those fortunate enough to cross his path.

Chris will be remembered not only for his sense of humor but also for his kindness and acceptance of anyone in his life. His legacy of love, laughter, and compassion will live on in the lives he touched.

Chris was a proud father to his children and a cherished grandfather to his four beloved grandchildren. He shared a lifetime of friendship and laughter with his special and dear friend, Ellie. Although he and Rose divorced many years before, they remained friends and proud grandparents together all the years of his life.

He is survived by his children, Angela and Chris; grandchildren, Mallory, Evan, Noah, and Cali; loving sisters, Ruth Thomsen and Shelly Clare, who will forever carry his memory close to their hearts. Chris was surrounded by nieces and nephews including Michael Thomsen, and Kim MacDonald (Duncan) AKA Kimmie, Jessica (Coady) and Justin, and many others that he loved dearly. Chris is predeceased by his brother, Brock Clare; sister, Joanne (Rodney) Burns, who now welcome him with open arms.

Rest in peace, Daddy. You will be deeply missed and forever remembered. I love you so much.

Until we reunite again, Ang.

## Stanley Clifford Matthews

Age 91, of Halifax.

It is with profound sadness that we share the passing of our beloved father, who left us on November 25, 2024 in Purcell's Cove with his loving family by his side.

Born in Port-aux-Basque, Newfoundland on March 21, 1933, Dad was the son of the late Albert and Mae Matthews. He moved to Halifax shortly after Newfoundland joined Confederation in March of 1949. Dad was not educated through the school system; he was educated through the school of life. He started working at a very young age to help out his mom after his dad was tragically killed in an accident.

When he arrived in Halifax, Dad worked for National Sea Products and Burns Fisheries where he met the love of his life, Shirley. He became very proficient in fish cutting and was successful in local competitions. Dad was a hard working, dedicated and trustworthy employee. In 1964, he became the Caretaker and Bartender at the Saraguay Club on Purcell's Cove Road. He worked there for 34 years. Mom and Dad also worked as a team catering private parties. One of Dad's proudest

moments was serving the Queen Mother at Government House in 1979.

In the late 50's, Mom and Dad moved to Purcell's Cove where they spent their entire life raising their family and enjoying the beautiful surroundings of the Northwest Arm, Point Pleasant Park, and McNabs Island. Dad had several boats over the years and enjoyed many hours fishing, filleting the fish on his dock, and sharing his catch with friends and neighbours. Dad was a very generous man; he would give you the shirt off his back if he knew you needed it. He was always there to lend a helping hand. Dad was one of the founding members of The Purcell's Cove Social Club and developed many lifelong friendships through his time there. Dad loved to tell stories about his life to anyone who would listen. We will treasure these stories forever. Dad's last words were, "I had a good life." Dad, may you rest in peace, you will be forever loved and missed.

Dad is survived by his children, Donna Todd, Linda Matthews, Sharron (Mark) Martell, and Tony (Joyce) Matthews, all of Halifax; daughter-in-law, Val (Jody) Matthews; grandchildren, Ashley, Laura, Josh, Sarah, Mitchell, Chelsea, and Makayla; many great-grandchildren; and many nieces and nephews. A special mention to Tracy, Keri, and Troy. Dad is predeceased by his wife of 58 years, Shirley; son, Michael; daughter Debra Manning. Dad was the last remaining member of his family.

We would like to thank the Doctors and the Nursing Staff at the QEII Infirmity for their wonderful care over the last month. We would also like to thank the Doctors and staff at the Spryfield Medical Clinic for their many years of care. A special thank you to Nurse Practitioner Vicki Guy

## Patricia "Patsy" Cowie (nee Lambert)

July 15, 1944 - December 4, 2024

It is with deep sorrow that we announce the passing of Patricia "Patsy" Cowie (nee Lambert), aged 80, on December 4th, 2024. Patsy was born in Spryfield, Nova Scotia, to the late Laval and Jessie (Hogg) Lambert.

At the age of 28, Patsy's life changed dramatically in an instant after suffering severe injuries in a car accident. While most would have succumbed to such a devastating event, Patsy showed extraordinary resilience. She seldom expressed anger, resentment, or self-pity. She remained fiercely independent, facing every challenge with an inspiring spirit.

Throughout her life, Patsy maintained a sense of humor and positivity, even in the face of adversity. When she became a resident of Northwood Manor, she inspired many with her strength of character. In her final weeks, Patsy's legacy of courage, determination, and humor became even more evident. The tears of both staff and residents at Northwood demonstrated just how deeply she had touched their hearts. Patsy leaves behind a lasting impact on those who knew her. The family thanks all those staff who supported Patsy through the years.

Patsy is survived by her sons, Scott Cowie, and Paul Cowie; sisters, Paulette Lambert, Valerie McNeil (Doug), Marian Lambert (Kevin Lefebvre), and Caroline Maas (George); brothers, John (Geraldine), Dennis (Donna), Mike (Joye - deceased) and Andrew. She is also survived by many nieces and nephews. She was predeceased by her husband, Alfred Cowie.

Patsy's spirit will live on in the hearts of all who had the privilege of knowing her. Her laughter, courage, and warmth will never be forgotten.

## John Gerard Bartlett

Age 63 of Halifax. It is with great sadness that we announce the passing of John Gerard Bartlett on December 12, 2024, at the QEII Halifax Infirmity, after years of

(See Obituaries on page 11)



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

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

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

like one of our own.



J. ALBERT WALKER  
FUNERAL HOME

Erin D. Jennings, Managing Director

Proudly serving the community  
for over a decade

www.walkerfh.com  
902.477.5601

# OBITUARIES

(continued from page 10)

battling with health issues.

John was born in Grand Falls, Newfoundland and Labrador in 1961 and raised in Labrador City, Newfoundland and Labrador. He joined the Canadian Armed Forces (CAF), Army, Armoured Corps at the age of 17 (1979) and did two tours in Germany from 1981-1983 and 1987-1992 and one deployment in Bosnia for six months in 1997.

John had unwavering love and commitment to his wife, two daughters, and two grandchildren. These individuals were his everything; he loved them more than life itself. John met Kay in Cornwallis, Nova Scotia in 1983 and the two began dating in January 1987. Kay was born in Salmon Cove, Newfoundland and Labrador in 1963 and joined the Canadian Armed Forces, Army, as a Medical Assistant in 1981 at the age of 17. They married in Lahr, Germany on November 25th, 1988. John received a medical discharge from the CAF in 2000. Kay then received a medical discharge from the CAF in 2001.

John's eldest daughter, Katie Sue Ann Barlett, was born in 1993. She received a Bachelor of Science in Biology from Dalhousie University in 2015 and began working as a Medical Laboratory Assistant for NSHA in 2019. She is currently in her last year of school for Medical Laboratory Technologist and will begin work in March 2025 for NSHA in her new position.

John's second daughter, Megan Anneliese Bartlett, was born in 1995. She followed in her parents' footsteps and joined the Canadian Armed Forces Airforce as a Medical Technician in 2014. Megan and her partner Scott gave John and Kay the gift of becoming grandparents with daughter Ellie and son Erich.

John and his family had the privilege of living in a number of different provinces, including Alberta in 1992, New Brunswick in 1997, and finally Nova Scotia in 2002. John will be remembered for his loyalty, his hilarious sense of humour, his generosity, and his love and respect for the CAF.

John is survived by his mother Sylvia "Sue Ann" Barlett (Roger LeBlanc) of Upper Tantallon, NS; loving wife, Kay Barlett; daughters, Katie Bartlett (Richard Talbot) and Megan Bartlett (Scott Hammond); grandchildren, Ellie Hammond and Erich Hammond; and sister, Joanne Goulding of Labrador City, NFLD. John was predeceased by his father, Jack Barlett in 1993.

In lieu of flowers, please donate to Wounded Warriors Canada in John's memory.

## Lena Gwendolyn (McNutt) Callis

90, Halifax, N.S. Lena passed away peacefully at Melville Lodge, Halifax on 11 December 2024. Born in Bible Hill, NS, on November 14th, 1934. She was the daughter of the late Wimburn "Wimby" and Kathleen (Strudwick) McNutt.

Lena was a dedicated member of St. James Anglican Church for many years.

Lena spent a number of years working in administration at various businesses including George Eddy Co. Ltd., Atlantic Bookkeeping, CIL Inc., and Dr. James Hammerling.

Lena loved to bowl and do crafts. She donated her handmade crafts to many different charity organizations.

The family would like to express our appreciation and thanks to all caregivers for their support, kindness, and care for Lena over the past few years.

She is survived by sisters, Janet Holland, Kay (David) Stewart, and Pat (Jim) Stewart; sister-in-law, Eleanor McNutt; many nephews and nieces. She was predeceased by her husband, Eddie, in 1982; sisters, Lucy, Evelyn, Joyce, and Ella; brothers, Foster, Lloyd, and David.

# Primary Care Clinic opens



Shown here at the December 16th ribbon cutting for the opening of the new Community Pharmacy Primary Care Clinic inside Shoppers Drug Mart at 315 Herring Cove Rd in Spryfield are Craig Wilkie (Director of Pharmacy Operations SDM), Amandeep Singh (Care Concierge); John Mohammed (Clinic Pharmacist); Kurt Ryan, Associate Owner; Josh Gummert (Clinic Pharmacist) and Nicolle Bourgeois (Pharmacy Manager)



The new Community Pharmacy Primary Care Clinic in Shoppers Drug Mart at 315 Herring Cove Road can now offer a wide variety of much needed services to our community. According to the Pharmacy Association of Nova Scotia's website (<https://pans.ns.ca/cppcc>) this pharmacist-led

clinic will provide an extended suite of pharmacy primary care services at no charge to people with a valid Nova Scotia Health Card. These services include assessment and prescribing for Strep Throat, Pink Eye, UTIs, Chronic Disease Management (Diabetes, Asthma, COPD), prescription re-



Kurt Ryan, owner of Shoppers Drug Mart in Spryfield

newals for all medications and more. Publicly funded vaccines for adults and children are also available at these clinics as well as medical injections (fee may apply). Appointments can be booked online at the website mentioned above.

# Forever Young \$1000 raffle winner



The Forever Young Senior's Club (FYSC) wish to announce the winner of our "fall 2024 money board raffle" valued at \$1000.00. The draw was conducted on December 3, 2024. The winner is Mike Coughlan. Congratulations. We wish to thank Dylan, manager of Dylan's No-frills, for allowing our club members to sell raffle tickets at No-frills front entrance. In the picture from left to right Dennis Findlay (President "FYSC), raffle winner Mike Coughlan, and Deb Thompson (entertainment committee FYSC). We would also like to thank the people of Spryfield and surrounding areas for their support for our fundraising efforts. Funds raised support programs provided to our club members. Thank you to all.



# UNCLE BUCK'S

## FAMILY OF GOOD FOOD

**Spryfield**  
**5 Dentith Road**  
**477-FOOD**

**Dartmouth**  
**273 Wyse Road**  
**465-FOOD**

**HOURS: Sunday - Thursday 11 am - 1 am**  
**Friday - Saturday 11 am - 2 am**

**Order online: [Unclebuckspizza.ca](http://Unclebuckspizza.ca)**

**Follow us on Facebook:**  
**Uncle Buck's Family of Good Food**

**DAILY: Draws for Free Food**  
**Red Hot Flash Deals**  
**Keep up to date with all new**  
**menu products**



# Specials

**2 x Any 12" Pizzas \$24**

**2 x Any 16" Pizzas \$36**

**PLUS: Add 20 wings, 4 cans of pop \$20**

# TANNER'S

*All-Star Deli*

**Order online: [Tannersdeli.com](http://Tannersdeli.com)**

**Any 6" Sub with a pop and cookie \$6.99**

**Any 12" Sub with a pop and cookie \$9.99**