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October 2026

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**Spryfield welcoming and celebrating many cultures**

At the Multicultural Festival, held August 29th, a group of Philippine Dancers entertains the crowds while telling a story through dance

Photo by Sam Ramsay

**Sammy says: Pumpkin Palooza is back on October 17**

Come on out to the third annual Pumpkin Palooza on Saturday, October 17, 2026 from 11am to 1pm at the James McPhee Memorial Ballfield in West Pennant. If it rains, we'll postpone the fun until October 24th. This event grows in popularity every year, and it's a terrific way to get into the fall spirit and enjoy some outdoor fun with family and friends.

Kids are encouraged to come in costume and participate in the costume walk. Come on out and enjoy hot cider or tea and muffins, cookies and other sweet treats for \$1 each. We'll have adult and children's raffle prize tickets for sale. Planned activities include a sucker pull, bouncy castle, obstacle course, treat bags, tattoos, a photo area with props, and a pumpkin walk with pumpkins provided by Meghan and Mary-Jane with Heart & Home Realty.

Let your creative juices flow, and create a scarecrow for our Sambro Scarecrow Contest. Prizes will be awarded! Craft your masterpiece at home and bring it to the field by 10:30 a.m. so our judges can get a good look

*(See Sammy says on page 3)*

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Back Row: Jay Power, Steve Lutley, Gary Evans, Donnie Cameron; Second Row: Ed Barnstead, Sharon MacKenzie, Carol MacDonnell, Bob Inglis; Front Row: Paul Hunt, Brenda Kirby, Sarah Durnford, Dorothy Rudolph, Liz Mahoney

# 6th Annual Car Show a huge success!

The Spryfield Business Commission’s 6th Annual Car Show took place at the Spryfield Lions Rink on Saturday September 19th. The show was a huge success thanks to the many volunteers who put so much effort into the event. Hundreds of people turned out on a beautiful sunny day to view the great variety of antique cars on display. There were 141 vehicles registered and about another 30 who turned out but did not register their cars. The Best In Show trophy went to Pat & Betty White for their 1959 Corvette while the Little Rodder award went to Weston Miller for his entry BIG-FOOT.



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# Emmanuel Players present “Beached”

by Carol MacDonnell  
Hey Spryfield!  
Get ready for our 16th dinner theatre in October. The title is “Beached” and although the story may seem a bit familiar to our faithful patrons, we have added new music.  
Unfortunately, a few of our players were not able to join us this year, however, we are pleased to welcome our new actors, Gary and Bob, our new drummer Jay and pianist Archie.  
Despite the hot summer, as usual, the gang stepped up and worked hard

to ensure our patrons would not be disappointed, and they won’t be, I am certain. Tickets for a great evening of academy award winning acting, grammy award winning music along with a gourmet three course roast beef dinner are \$45.00.  
Wine and beer also available.  
Doors Open: Fri., Oct.16- 5pm & Sat. Oct.17- 4pm, Fri. Oct.23 -5pm & Sat. 24- 4pm.  
Tickets on sale in the church Sun., Sept. 13 & Sept. 20,12pm – 2pm or call Roxanne at (902) 880-4006



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# Religious Services for October

Send your submissions to [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com) for November's issue by October 16.

**City Church** (276 Herring Cove Road)  
Sunday Family service: 10:30am  
Nursery and Children's ministry: 10:30am  
Wednesday night prayer: 7-8pm

**Hill Chapel** (91 Thornhill Dr)  
*Formerly Spryfield Christian Community Church*  
Church services Sunday 11-12 am

**Oromo Gospel Church**  
Sunday worship service: 3 pm and Tuesday prayer: 10 am.

**Emmanuel Anglican Church** (322 Herring Cove Rd., 902-477-1783 [emmanuelanglican-church.net](http://emmanuelanglican-church.net), Sunday Morning Worship:  
8:00am Quiet, contemplative, traditional communion service  
9:30am NEW TIME. Lively, contemporary communion service with music, Livestreamed. Children are welcome to join our Children's Choir, which meets during this service  
Emmanuel Church is an affirming church. Everyone is welcome to join us for worship.

**Stella Maris Roman Catholic Parish at St Michael's Catholic Church**  
Weekend Masses: Saturday: 4pm

Sunday: 8am and 10am  
Weekday Masses: Tuesdays: 7pm  
Wednesdays and Thursdays: 9am  
Fridays: 9am (followed by 1 hour of Eucharistic Adoration) 1st Saturdays: 9am Tuesday 7pm Masses: First Tuesday: Healing Mass Second Tuesday: Mass and Adoration Third Tuesday: Mass and Adoration Last Tuesday (Sep-May): Eventide Candlelight Prayer  
All are welcome, wherever you are on your faith journey!

**St. James United Church** (3811 Old Sambro Rd)  
10:30 am Sunday Services live streamed on Facebook: St James United Church Sambro NS.  
October 4 is World Communion Sunday, a service where communion will be offered to all.  
On October 11 we will celebrate Thanksgiving Sunday and everyone is invited to bring food bank items which will be delivered to St. Paul's Food Bank in Spryfield.  
Weekly bulletins with the order of service on website: [www.sambrojollimore.com](http://www.sambrojollimore.com).  
Our services are live streamed on Facebook (St James United Church Sambro NS) and YouTube. Weekly bulletins with the order of service are on our website: [www.sambrojollimorepc.com](http://www.sambrojollimorepc.com); email address: [office.sambrojollimorepc@gmail.com](mailto:office.sambrojollimorepc@gmail.com); phone 902-868-2791.

**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

**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

**Living Hope Community Church**  
Sunday Services 10:30AM  
Prayer: last Sunday of the month

6PM.  
More information at [livinghopehalifax.com](mailto:livinghopehalifax.com) 902-830-5669.  
Always lots going on - and you are welcome!

## Sammy says

(continued from page 1)  
and vote on them.  
We'd love to have some donations of muffins, cookies and sweet treats, as well as small chocolate bars and candies to put in treat bags for the children. To donate, contact Kim at 902-475-1583.  
Do you have empty cans and bottles cluttering up your space? SACA accepts them year 'round, to help support the annual Sou'Wester Days fireworks. You can either drop them off at Beaver Enviro Depot and let them know they're for Sambro fireworks, or if you're local, get in touch with the SACA committee and a member may be able to pick them up. The fireworks are a hugely popular crowd pleaser, and the biggest expense of the Sou'Wester Days. By raising funds throughout the year, we can continue to offer this favourite event.  
Sammy Sambro is SACA's mischievous mascot. You can follow him on Facebook.

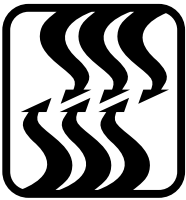


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# DISCOVERING OUR PAST

# The Armdale Girls' Chorus

*by Iris V. Shea*

Halifax music lovers enjoyed the performances of the Armdale Chorus on radio, television and live concerts for almost four decades. Starting as a Rhythm Band in 1934 under the direction of Mary Dee (later Mary Dee Girroir), the Armdale Glee Club was formed in 1937 from members of the Rhythm Band. This very young choir won the Festival Shield in the 1940 Provincial Music Festival. The group of girls, many of whom joined at the ages of eight, nine and ten, remained with the chorus throughout their adult lives. Most were from the communities of Melville Cove, Kline Heights, Jollimore, and Spryfield. When the group was first formed, practice took place in Melvilla Hall, a small building behind St. John the Baptist Church

Mary Dee was the daughter of John Dee and Margaret Buchanan. The Dee family, with its roots in Ireland, had settled in Ferguson's Cove where Michael Dee and his son, Michael, Jr., appeared as stonecutters at Queen's Quarries during the mid 1800s. Mary Dee's father, John, was the son of Michael Dee, Jr. and Anne Hilchie. As a young girl in the 1920s and early 1930s, Mary Dee spent her summers in Ferguson's Cove and taught piano and singing to the local children.

Following her graduation in music from Mount St. Vincent College, Miss Dee studied voice and choral conducting at the Juilliard School of Music in New York. She founded the Girroir School of Music and, as director of the Armdale Chorus, she and her group of talented young ladies achieved national and international prominence through their weekly performances on CBC Radio, reaching listeners from across Canada, in South America and in Europe. Their theme song “Out of a Dream” became well known to audiences around the world. Their music consisted of a variety of classical, romantic, religious, spiritual, and modern songs.

Annual choral concerts were given at the Nova Scotian Hotel. At Christmas they performed favourite songs for the veterans at Camp Hill Hospital. During the war years they sang for the services. In 1946 the chorus performed on an illuminated floating stage on Lake Banook for Dartmouth Natal Day, and on several occasions travelled throughout the province to perform at local festivals such as the Apple Blossom Festival, and to Tatamagouche



Armdale Chorus, 1945 Rehearsal at Nova Scotian Hotel. First row: Bernadette Jamieson, Donna Miller, Marie Himmelman, Marie Inglis, Joan MacDonald, Margaret Woods, Rose Sullivan, Mary Gidney, Theresa Collins, Norma Marriott, Phyllis Gates, Dolores Ward, Marjorie Coady, Helen Lord, Mary Dee-Girroi and Katherine Whynott at piano. Second Row: Eveline Sampson, Catherine Rousell, Lalia Roop, Eileen MacDonald, Dorothy Nelson, Gertrude Whynott, Phyllis Lord, June Kerr, Theresa Monaghan.

for the Festival of the Arts. They were featured in a short film by the National Film Board of Canada in 1953, and made two recordings with London Records of Canada. On one occasion, they toured the country with the Leslie Bell Singers.

The chorus continued to perform into the 1970s, making regular television appearances. Over the years, many of Mrs. Girroir's students obtained their music degrees, pursuing careers as teachers, church organists and supervisors of music in the schools. Among them were Terry Monaghan, Dolores Ward, Joan (Howitt) MacDonnell, Donna (Daniels) Dodge, Marie Himmelman, Rose Sullivan, Norma Marriott, Carol Whalen, Marjorie (Coady) Kimball and Carmel (Romo) Carrigan. A junior choir was formed during the 1950s from her many younger students. Peggy Mahon and Caroline Romo were two of the junior members.

During her lifetime, in addition to the Armdale Chorus, Mary Dee Girroir conducted the choir at St. John the Baptist Church in Armdale and the Mount Saint Vincent University Chorale. She was the organist for all Synagogue weddings in Halifax and head of the vocal department at the Maritime Academy of Music.

Mary Dee Girroir died on 19 May 1981 leaving behind a musical legacy that would never be forgotten by her students or the appreciative audiences with whom she

shared her many talents. She was survived by her husband, E. L. Giroir, a daughter Anne-Marie (Mrs. Peter Driscoll) and four grandchildren.

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# Williams Lake Dam – Special Forces

by Cathy Vaughan

At any given moment on the busy construction site of the new Williams Lake dam, there are several highly specialized teams of skilled workers synchronizing their efforts to safely build their important piece of this key infrastructure.

They include Project Managers overseeing the entire project from budgets to regulatory compliance; surveyors checking measurements for land topography; civil, mechanical and structural engineers monitoring project progress; heavy haulers and dump-trucks moving through the site; and dewatering technicians checking the pumping equipment to keep the site safe and dry for the crews. Together, these specialized teams are synchronizing efforts to build the new Williams Lake dam.

Lots of action is happening on the spillway. The skilled rebar ironworkers are assembling a massive mesh grid of reinforced steel bars inside the concrete form of the spillway. This team cuts, shapes, and ties steel bars together following structural drawings

and blueprints which specify not only the type of rebar to use but also the exact placement and specific spacing. This reinforced steel mesh form inside the spillway will prevent the structure from shifting or cracking, and provide the internal force needed to withstand any extreme water pressure the lake can throw at it.

An android-humanoid looking robot, called a drill rig, is in action. Because Nova Scotia has a shallow stony and rocky soil base, the insertion of construction grade grout will fill in the many spaces, cracks, and fissures that water can move through at the dam site. The grout forms a barrier to prevent lake water from seeping under or around the new dam and spillway. The drill rig is operated by a trained technician using what looks like a “play station controller.” The rig drills the hole and then injects the grout. Motor speed, hydraulic pressure, grout flow and direction are all determined by technicians. They also see to the pre-operation inspection, set up and mixing, monitoring and maintaining the even flow of grout,



Specialized teams of ironworkers prepare the mesh grid of steel rebar inside the spillway trench at the construction site of the new Williams Lake dam in the Shaw Wilderness Park Photo: Cathy Vaughan, August 2026

and the clean up and maintenance of their equipment.

All these special forces - natural, mechanical, human – must be in sync for this dam to be built safely to exacting environmental standards and regulations. Build Nova Scotia

is overseeing the project with Dexter Construction Company’s teams of specialists. They are all aiming for the end of this year to complete the construction - just in time for a busy winter recreational season on Williams Lake.

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# Birds of the Backlands – Atlantic Flyway - Fall Migration

by Cathy Vaughan

Birds know stuff - like when it's time to migrate. Their internal calendar sends them a notification to alert them to changes in daylight, weather conditions and food supplies. When they notice depleted summer feeding areas and colder temperatures, they get fidgety. As the number of hours of daylight shifts, so do their hormones and they channel their restless energy into bulking up for their annual autumn migration.

The Halifax Backlands in Spryfield is an important habitat in a very active migration corridor for birds flying south from August through December. This wild and rugged 1,350 hectares offers feathered travellers all they need: a premium maritime route; access to safe resting barrens; pristine lakes as pre-flight departure areas; and bonus all-you-eat buffets in the many stands of forests, abundant wetlands, and rare Jack Pine and Crow Berry communities. No elite status required. All avian travellers are welcomed to this full-service flight lounge in the Halifax Backlands.

Described as a “mosaic of habitats” this urban wilderness hosts a unique variety of songbirds, raptors, species-at-risk, and many marine birds who rely on the flyway zone for their migratory journey. Warblers, thrushes, sparrows, and flycatchers use the old forest cover for safety and feeding. Raptor families of Merlins, Peregrine Falcons, Bald Eagles, Ospreys, Broad Wing hawks, owls, and the species-at-risk Common Nighthawk have been seen over the rugged barrens during this busy travel season.

In late autumn, birds gather on the many lakes and ponds in the Halifax Backlands and its watershed to prepare for their flight. A gaggle of geese, flocks of mergansers and families of loons often gather on Williams Lake, one of seven lakes in the Backlands watershed. They will feed frantically to fatten up while waiting for the right weather pattern. They will then synchronize their departure for these long-haul trips. Birds use familiar landmarks, the

sun, stars, and the earth's magnetic fields to guide them. Many birds fly at night and use the moon and the stars as navigation points. You can help them by turning off unnecessary outdoor lights during the fall and spring migrations so that birds stay on course to their southern climates.

There are several active bird conservation and advocacy groups in Spryfield - the Backlands Coalition, the Williams Lake Conservation Company (WLCC), McIntosh Run Watershed Association, and Urban Farm Museum Society of Spryfield. Fuelled by volunteers and supported by citizen scientists, these groups host birdwatching walks with local experts, document seasonal migrations, and contribute local data to international iBird and iNaturalists sites.

WLCC's Bird Team conducts yearly surveys – Owl Prowl, American Woodcock Survey, Hawk Watches, and General Bird Surveys in seven different locations in the Halifax Backlands from May to August. Data collected over the years indicates changes and trends in bird populations and their habitats. Data drives the decisions for protection and conservation of our wilderness areas!

Avid birder Joshua Barss Donham, of



Halifax Backlands in Spryfield, refuelling site for fall migratory birds from August to November. EXPLORE HRM, additions by Jennifer Escott of Halifax Backlands Coalition, 2026



Mergansers - Female has reddish head and male has dark green head rest before their long flight south. Photo Joshua Barss Donham

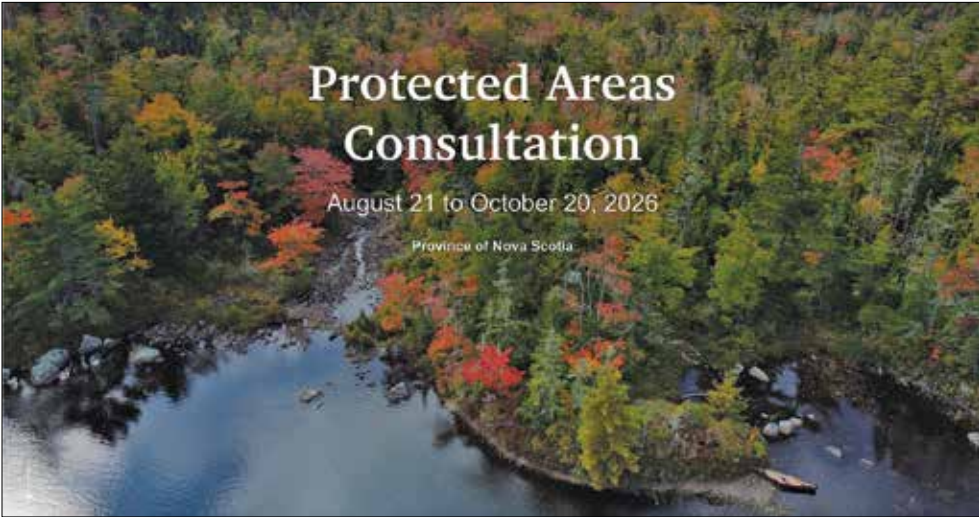
the Backlands Coalition and Williams Lake Conservation Company, states that, “Many bird species pass over and through Halifax on migration. Nova Scotia is on the path of a migratory corridor, part of the greater Atlantic Flyway, one of the four flyways - major migration flight paths - in North America. Of the four, the Atlantic Flyway is the most densely populated and the most affected by human development. Birds have come to expect and rely on the Halifax Backlands, with its variety of habitats, as a place to drop in, feed, and rest. We have to protect it.”

Birders, conservationists, and nature enthusiasts are closely following

the Nova Scotia government's recent addition of an extra 2,910-hectares of the Halifax Backlands territory between Spryfield and Sambro to the proposed “Herring Cove Backlands Wilderness” area!! Nova Scotia Department of Environment and Climate Change has re-opened their website for public consultation on the protection of 11 important wild habitats around Nova Scotia.

Give them your feedback and vision for our local “Herring Cove Backlands Wilderness” area. You have a say! Before 20 October 2026 fill in the ‘form’ on their website at <https://tinyurl.com/r5jfrpb4>

Your voice counts!



Nova Scotia Department of Environment and Climate Change has re-opened their website for your input on protected areas in Nova Scotia. Protect Herring Cove Backlands Wilderness – You have a say!

Birders, conservationists, and nature enthusiasts are closely following the Nova Scotia government's recent addition of an extra 2,910-hectares of the Halifax Backlands to the proposed “Herring Cove Backlands Wilderness” area!! Nova Scotia Department of Environment and Climate Change has re-opened their website until October 20, 2026, for your feedback, and aspirations on protecting this huge urban wilderness. You can make this happen! You have a say!

The department is seeking your input on 11 sites proposed for protection as “wilderness areas or nature reserves.” They have set a goal to protect at least 20% of Nova Scotia's land and water by 2030. Their interim target is 15% by December 2026.

The “Herring Cove Backlands Wilderness” area is located between Spryfield and Sambro and is one of 11 parcels of wild habitats proposed for protection. Fill in the “form” with your feedback on protecting our local “Herring Cove Backlands Wilderness” area on their site <https://tinyurl.com/r5jfrpb4> Deadline is October 20, 2026. Act now for the future protection of Herring Cove Backlands Wilderness area.

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# What’s Happening at the Urban Farm?

As the summer months marched onward, we had lots of interesting days.

We are excited to announce that we are part of a program that is collecting data on bugs. It is through the Discovery Centre and we are a Bug Quest host with a bug collecting tent onsite. We will get a report in the latter part of 2027 and will let you know the details when the time arrives.

We have a couple of new garden bugs, one being the Japanese Beetle. We managed to catch a lot of them by putting a container of soapy water under leaves and knocking the bugs into the water. They have really taken a liking to string bean plants. And like most local gardens we have spider mites and flea beetles. We see deer every day and the numbers seem to be increasing, which is good news.

Our Scarlet Runner plants attract hummingbirds. We never tire of watching such quick little birds dart about our garden. And of course, the usual squirrel activity with lots of running about on the top of our 6-foot-high fencing. They are quite busy these days hiding acorns.

We had a wedding at our Urban Farm this year. It was quite lovely, with a young couple anxious to tie the knot. We hung around to make sure everything went smoothly. Their ceremony was really nice and nice weather came through for them. It all went smoothly, so we think we will have more weddings at the Urban Farm.

Very recently we found a large mushroom growing. It was the size of a dinner plate. Someone familiar with mushrooms stopped by to have a look and told us that it is called “the blusher”, because it

turns red or pink when it is damaged or bruised. Its name – Amanita.

We also found small, slender ones growing on wood chips. They were more silver grey and quite slender, about 3

inches high. They looked like a small army as they were guarding the surrounding area.

We also have lots of apples this year. Some are tasty to munch on while others

are great for making applesauce. And as usual, we weed, weed, and weed. Anyone out there have any good, true and tried ways to keep weeds down to a minimum? The Urban Farm wishes our readers a pleasant fall season.

## Baby Turtles rescued by Williams Lake Conservation Company volunteers



Newly hatched baby snapping turtles safely moved to their new home in Williams Lake. Photo: Stephen Glazier, WLCC Board Member

by Cathy Vaughan  
The Williams Lake Conservation Company (WLCC) take their role as “Care-takers” of the lake seriously. It took WLCC volunteers and local neighbours over 3 hours in the dark to rescue 59 baby snapping turtles in mid-September. The tiny dinosaur-looking turtles

emerged from their gravelly nest close to the lake shoreline where they were safely moved and successfully introduced to their new home in Williams Lake. “This was a very exciting hatch!” said Melanie Dobson, member of WLCC board of directors. “We have been monitoring and trying to protect the various

nests in the area that were dug in the spring. We were hoping for a successful fall hatch as there are many challenges for these little ones – raccoons, dogs, cars, people – all reducing their survival chances. These snapping turtles are listed as ‘vulnerable’ on Nova Scotia’s endangered species list, so we were fascinated watching them hatch and eager to move them safely into Williams Lake.” In the spring, female turtles leave Williams Lake to find soft gravel to dig their nests and lay between 20 to 100 eggs. Left undisturbed, the eggs will incubate in the warm ground over the summer for about 50 to 125 days. Hatchlings will usually emerge from their nests in the mild weather in the fall. Many of the nests are destroyed by raccoons, foxes, birds, dogs and human activity. Only a low percentage of the hatchlings will actually survive to reproductive age, so moving them into the safety of Williams Lake was a critical step in WLCC’s rescue efforts. So inspiring to watch!! You can view videos of the hatch on WLCC’s website and social media. Visit <http://williams-lakecc.org/>. Every rescue counts!



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# Premier’s Message

by Tim Houston, Premier of Nova Scotia



Premier Tim Houston

## Building our Budget Together

Imagine going to your doctor for a routine checkup. After reviewing your tests, your doctor sits down and says, “I’d like to talk about your health.”

That’s what happened with the Provincial budget for 2026-27.

Nobody looks forward to that conversation, but a diagnosis doesn’t create the condition; it reveals it. It tells you honestly where you are and what you are facing. Only then can the doctor write the prescription.

Nova Scotia is at a similar moment. Our diagnosis is clear. Demand for healthcare continues to grow; our roads, schools and hospitals are aging; the cost of delivering public services keeps rising and we are running significant

deficits.

Some say, “Just run a billion-dollar deficit.”

If only it was that easy. As a government, we don’t have the luxury of pretending that reality doesn’t exist. That treatment requires more revenue.

That’s why we are pursuing opportunities in defence, mining and critical minerals and energy to create good-paying jobs across our province and bring in the revenue needed to invest in healthcare, housing and roads without raising taxes.

As our government manages our financial challenges, families are navigating affordability pressures, uncertainty created by President Trump’s tariffs, and the reality of serious housing and cost-of-living challenges.

These pressures are converging in a way that is reshaping how we must plan, invest and make decisions.

The decisions we make now will shape the Province for the next generation. That’s why we are building the next budget together.

Starting September 21, we will be hosting budget consultations that offer Nova Scotians the opportunity to have their voices heard. Dates and locations of the meetings are at: <https://yourbudget.novascotia.ca/engagement-sessions>

People can also create and submit the 2027-28 budget they want to see at <https://yourbudget.novascotia.ca> or send in their budget ideas to [budget@novascotia.ca](mailto:budget@novascotia.ca) or Department of Finance

and Treasury Board, Attention: Budget Engagement, P.O. Box 187, Halifax, N.S., B3J 2N3.

We want Nova Scotians to understand the numbers, choices and trade-offs. They can attend a session, send an email or use an online budget tool to tell us what matters most to them.

After the consultation we will share a report that will show the main themes, which will help guide the 2027-28 budget.

Nova Scotians know by managing their own budgets that rising costs are

making choices more difficult. I have faith that people who participate in this consultation will also understand that government must make difficult decisions and trade-offs as well.

The Nova Scotians I met with this summer were clear with me that we need to protect our future by building Nova Scotia. Managing our budget is a big part of that and I invite you to have your say.

Tim Houston  
Premier of Nova Scotia

# The Maguire Report

by Brendan Maguire, MLA for Halifax Atlantic

I’m very excited to share some important news for our community: Nova Scotia’s first Menopause Centre of Excellence is coming to Spryfield. Expected to open in the winter of 2026-27, the new centre will bring together evidence-based menopause care, education, and research, with the goal of improving access to high-quality care and support for women during mid-life. Having this centre located here in Spryfield is something our community can be proud of. It will provide an important new healthcare service while also helping improve how menopause is understood and treated across Nova Scotia. For too long, menopause and other areas of women’s health have not received the attention they deserve. The Menopause Centre of Excellence represents an important change in that direction.

The centre is part of a broader provincial focus on women’s health. The Province is also taking action to increase access to breast screening and reduce wait times, creating a new Women’s Health Research and Innovation Grant, and establishing an education coordinator to improve understanding of menopause among healthcare providers, educators, and the public.

This fall, Nova Scotia will also hold its first Women’s Health Summit, bringing together patients, healthcare providers, community organizations, advocates and other stakeholders to help identify priorities and shape the future of women’s healthcare.

A new provincial Women’s Health Clinical Collaborative and a dedicated Women’s Health Program within the Department of Health and Wellness will provide greater leadership and co-ordination across the healthcare system.

September was an exciting month for Herring Cove as the Herring Cove Community Centre officially celebrated its grand opening. Community members came together on September 20 for an afternoon of food, music and celebration at the new facility on Latter Pond Lane.

This beautiful new centre is a wonderful addition to Herring Cove and will provide a space for neighbours, families, and community organizations to come together for years to come. Congratulations and thank you to everyone whose hard work, dedication and support helped turn this community vision into a reality.

Work continued throughout September on the Williams Lake Dam replacement project. Crews worked on the bedrock and foundation in preparation for construction of the new dam structure. The new dam will follow the footprint of the original structure, which

dates back to the 1700s, and is being built to meet or exceed Canadian Dam Association standards.

The Province of Nova Scotia, through Build Nova Scotia, is investing \$4.965 million to replace the aging dam. This important investment will help protect nearby residents and properties while safeguarding Williams Lake and its ecosystem for generations to come.

I was pleased that an agreement was reached in September to continue the School and Youth Transit Pass Program for the 2026–27 school year after discussions between the Province, HRCE and HRM.

Under the agreement, HRCE is funding transit passes for students attending five Halifax-area schools where public transit is more practical than traditional school transportation. The Province is continuing to fund passes for Halifax youth ages 13 to 18 connected to Employment Support and Income Assistance, while HRM is funding passes for the remaining students in Grades 7 through 12, including homeschooled students and those attending private schools.

It took some discussion to get there, but I was glad everyone stayed at the table and found a way forward. Most importantly, young people continue to have access to transit for school, work, sports, after-school activities and other opportunities.

September brought another encouraging update on access to primary care in Nova Scotia. As of September 1, the Need a Family Practice Registry had fallen to 52,771 Nova Scotians, down from 54,582 on August 1 — a decrease of 1,811 people in just one month. The registry had also fallen to less than 5% of Nova Scotia’s population. While there is still more work to do, the continued decline is an important sign of progress as we work to connect more Nova Scotians with family doctors and nurse practitioners. Anyone who still needs a primary-care provider should make sure their information on the Need a Family Practice Registry is current, either online or by calling 811.

Fall has arrived, bringing cooler temperatures, colourful leaves and a change of pace across our community. The days are getting shorter and the evenings a little colder, but it is still a great time to get outside and enjoy our local trails, parks, and neighbourhoods. Students have settled back into their school routines, fall activities are underway, and our community continues to be as busy as ever. As we move further into the season, I hope everyone has an opportunity to enjoy the crisp autumn air, spend some time with family and friends, and appreciate the beautiful place we get to call home.

## The Parkinson Society of Nova Scotia INVITATION

The Parkinson Society of Nova Scotia would like to invite the public to attend some or all of their upcoming events which will take place at the Keshen Goodman Library on Lacewood Drive:

- Support group meeting September 28th 1:30-3:30 - Care Partners Nova Scotia
- Support group meeting October 26 - Steve Yellen Parkinson’s zoom, Steve Yellen is the 62 year old author of his own biography “Living Parkinsons”
- Support Group Meeting - November 30 Rock Steady Boxing, Rock Steady Boxing is a non-contact boxing program designed specifically for people with Parkinson’s disease. It aims to improve quality of life through exercises that enhance balance, strength, agility, and overall fitness.

For more information please call 902 404-0792.



# Farewell, Canada

*by Diego Nicolás Dueñas García*  
The present article is perhaps the most special one I have authored for the Chebucto News. Deviating from the norm, I will not be focusing on reporting one particular event today; this piece shall instead serve a more emotional purpose. I currently find myself in Spain, my home country. I have returned from an adventure-ridden year abroad. Before anything, allow me to say thank you. Thank you, Canada. Thank you, Spryfield. Thank you, J.L. Ilsley. And thank you, Herring Cove.

I still remember the day I arrived at Halifax Stanfield Airport. I was setting foot on an entirely new continent, embarking on my first extended stay away from home. The prospect was daunting, since I missed my parents and native soil, yet equally exciting, for it had always been my dream to be an international student. Little did I know what awaited me ahead. I would be welcomed into a close-knit community of individuals, have the honour of being an 11th grader at a wonderful high school, and spend my time alongside an amazing host family that would make the experience unforgettable.

Firstly, thank you to Spryfield. My, oh my, what a magical neighbourhood this is. I vividly recall watching the seasons gradually shift before my eyes. From the changing colours of the leaves to the first time I beheld

snow drifting through the skies, nature gracefully marked the gentle passing of the months. In this neighbourhood, I fulfilled my aspiration of founding and organising a fundraising event and, most importantly, deepened my relationship with God. As for the former, I would like to thank the Spryfield Business Commission, particularly María and Bruce, for having sponsored the Spry’s Showtime Rally fundraiser and providing me with invaluable assistance throughout the event’s several phases, from conception to execution. I would also like to praise the Chebucto Family Centre, the beneficiary of the event, for its admirable mission in support of local families. As for the latter, I had the absolute pleasure of becoming a part of the Stella Maris Parish community and joining the Twelve Baskets meal program as a volunteer. In our physical world, attending church and following the teachings of Jesus Christ helps us sinners care for our souls. Of course, I would like to express my profound gratitude to Father Francesco Pirisi, an unparalleled spiritual leader and tremendous source of inspiration who holds a special place in my heart, as well as everyone I met in the midst of my religious endeavours.

Secondly, thank you to J.L. Ilsley. From the first day of school until the very last, I was at a high school where

I genuinely felt like I belonged. Every day brought something new, be it inside or outside the classroom. Here, I formed incredible friendships with extraordinary individuals. To all of you, thank you. Thank you, Ralf, Marvellous, Flavio, Laura, Isa, Darion, Lauchlan, Tolu, Lometh, Rhys, Keir, and Hadi, among several others. There are countless things about Canada which I find commendable (trust me, this article would go on forever if I were to name them all), but, having lived the Canadian dream, I can say the following with confidence: what makes this nation shine the most is the kindness of its people. Other countries should take a leaf out of Canada’s book when it comes to warmth and hospitality.

Beyond its students, J.L. also has a fantastic staff. Truth be told, there was not one course I took which I disliked. This, in great part, was thanks to each and every one of my teachers. Thank you, Ms. Todd, Mr. Hennebury, Mr. Harris, Mr. Caldwell, Ms. McNeil, Mr. O’Hearn (from Nova Scotia Virtual School), and my two favourite teachers, Mr. McNamara and Ms. Curran. My deepest appreciation to Ms. Cameron, my exceptional counsellor whose guidance I will carry with me for many years to come.

Lastly, thank you to Herring Cove, the community in which I found a home an ocean away from my own,

where I was fortunate enough to live with the Spearns family. My host family was truly the epitome of Canadian kindness. I will forever cherish the family gatherings we would have on Sundays, the numerous games of Skip-Bo and Sorry we would play in a row, the scrumptious foods I came to love (especially grilled cheese, chili, tea biscuits, and seafood chowder), and the innumerable thoughtful gestures that made me feel like part of the family. Thank you to the fellow protagonists in this overseas journey, the special people who became my extended family: Kathy, Walter, John, Mary, Tim, Greg, Erin, Chris, Matt, L.P., and Anne-Sophie. Of course, thank you to my dearest host mum, Terry. Thank you for taking me in as one more of the family and standing at my side throughout this odyssey. I will deeply miss all of you.

Canada. One word, an infinity of opportunities and possibilities. I once ventured into these miraculous lands hoping to learn about a new country. I left with a repertoire of memories, forged bonds, and lessons that will remain with me for the rest of my life. Thank you to the Chebucto News for helping me share my perspectives with the broader community, time and time again. Many thanks to you, dear reader, for hearing my voice in your head through my words with each article. Farewell, Canada.

## St. Paul’s FRI activities

Nothing says fall like a yummy home cooked turkey dinner; especially if it’s prepared for you. We are hosting another delicious turkey dinner fundraiser. Mark your calendar and call 902-479-1015 to place your order. The date is Saturday, November 14th, 2026. Pick up time is from 4:00 to 6:00 p.m., and the price is \$18 per meal, which includes dessert.

Christmas is just around the corner, and St. Paul’s Family Resources Institute is selling wreaths. These wreaths are beautifully created by a local craftsperson, and the cost is thirty dollars per wreath. Please place your order in October and early November by contacting Kristen Hollery. The contact information is at the bottom of this article.

With harvesting closing in, and a thankfulness for a blessed season, the John Umlah Memorial Community Garden, is drawing to the end of its season. Anyone wishing to secure a garden plot for season 2027 can contact us to submit your request.

The Christmas Hamper is our largest program, and organizational work begins in October. Turkeys, produce, and canned goods have to be sourced, along with toys, and small gifts. Staff and volunteers work tirelessly to complete these hampers. Food and toy drives, donations of turkeys and canned goods, along with produce donated by farmers from the valley, are some of the ways that the community offers support, for which we are most grateful.

If it’s turkey dinners or wreaths you wish to order, maybe to request

a garden plot, or perhaps you wish to donate to our Christmas Hamper’s program, contact us. Kristen Hollery is the Executive Director of the St. Paul’s Family Resources Institute. Her contact information is khollery\_stpauls@hotmail.com or by phone at 902-479-1015, to leave a message.

## OBITUARIES

*(continued from page 10)*

uncle, and loyal friend, Kurt Michael Ryan, on August 18, 2026. Following a short illness, Kurt left this world surrounded by love and knowing how deeply he was cherished.

Kurt leaves behind a lifetime of precious memories with his wife, Tammy Keough-Ryan; his son, Derek Ryan; his parents, Patrick and Catherine (Moore) Ryan; and his siblings, Keith (Shirlean) Ryan and Connie (Alex Martin). He is also remembered by Tammy’s siblings, Nicole Keough-DeSousa (Jacques), Todd Keough, Craig Keough, and Randall Keough (Kristi), as well as his nephews in both families. Kurt was affectionately known as “Cookie’s Man” to his beloved dogs Oreo and Cookie, who brought so much joy to his everyday life.

Born in St. John’s, Newfoundland and Labrador, Kurt lived a life marked by curiosity, dedication, and quiet kindness. A lifelong learner, he earned a Bachelor of Science in Biochemistry and a Bachelor of Science in Pharmacy from Memorial University and an MBA from Saint Mary’s University.

Throughout his career in the

pharmaceutical and pharmacy sectors, Kurt was known for his steady leadership, mentorship, and professional integrity. His career included time with Merck Frosst Pharmaceuticals across Atlantic Canada and Montreal, and later as an Associate-Owner of several Shoppers Drug Mart locations in Halifax.

Kurt was a gentle, thoughtful presence, a good listener who expressed his care through small, meaningful acts of service for those around him. He found great joy in cooking, cycling, fishing, and golfing with friends at Ashburn Golf and Country Club. He loved to entertain, regularly hosting holiday gatherings and sharing cherished traditions with family and friends. A passionate traveler, his love for adventure grew from childhood camping trips into memorable journeys around the world. Above all, Kurt was immensely proud of his son Derek and his wife Tammy. His greatest happiness was simply in the time he spent with his family and close friends.

The family extends heartfelt thanks to their extended network of family, friends, and colleagues, including the Shoppers Drug Mart community, for their compassion and support. The family also extends warm appreciation to Dalhousie Medical School and Nova Scotia Health Central Zone, Division of Nephrology for their compassion, care, and support.

In lieu of flowers, donations in Kurt’s memory may be made to the Mental Health Foundation of Nova Scotia (or the Canadian Mental Health Association – Nova Scotia Division).

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**WE CARE**

# LOCAL OBITUARIES

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

**Mary Genevieve Patterson**

It is with great sadness and heavy hearts that we announce the passing of Mary Genevieve Patterson. Jenny was born in Halifax on October 3, 1949, to Theresa Johnson Mombourquette and George Lindsay. She was raised by loving family members in Acadian L’Ardoise, Cape Breton.

In her late teens, she returned to Halifax, where she met the love of her life and devoted husband, Allan Patterson. She worked at the Halifax Message Centre before beginning a twenty-plus-year career at the Victoria General Hospital.

She was a devoted wife, loving mother, cherished grandmother, and an amazing friend. As an avid gardener and flower lover, the only thing that bloomed more beautifully than her garden was her love for her family and friends.

She will be lovingly remembered by her husband, Allan; her children, Yvette, Marc, and Ryan Patterson; her brother, Glen Johnson; and her seven grandchildren, Regan Steeves, Jace Patterson, Brent Steeves, Brooke Patterson, Drake Patterson, Hope Patterson, and Torin Patterson. She will be dearly missed by all who were lucky enough to know and love her.

The family extends heartfelt thanks to the ICU staff at the QEII and VG hospitals for their exceptional care, compassion, and support during this difficult time.

**Sherman Leo Ossinger**

Age 50 of Williamswood. It is with great sadness that we announce the passing of Sherman Leo Ossinger on

Tuesday, August 11, 2026, at Halifax Infirmary. Born in Halifax, Sherman was the son of Christine Wolfe, step-mother Susan, and the late Calvin Ossinger.

Sherman was the neighbourhood mechanic, where his love for working on cars and spending time with family and friends shinned alongside his beloved uncle Steve.

Sherman lived life to the fullest, his way, and was always the life of any party! Sherman was full of fun, love, laughs and many adventures.

Sherman was well known for his love of cars, especially his own Mustang and the colour orange, which was truly his fav. Sherman had many dear friends that adored him, that he considered family and whom he enjoyed spending quality time with.

Sherman is survived by his loving daughter, Isabella Chranofsky-Ossinger, who is his pride and joy; his step-son, Mitchell Chranofsky; ex-partner, Sabrina Chranofsky (mother of his child); “adopted and second daughter” Ava Whitehead; his mother, Christine Wolfe; stepmother, Susan Ossinger; niece, Jacklyn; nephew, Hunter; along with many loved aunts, uncles, cousins, family, and friends.

Sherman was predeceased by his father, Calvin and brother, Wayne, who were both waiting for him with open arms.

In lieu of flowers, donations can be made to the family at isabellaabby6@gmail.com or by cash.

**Ruth Moore**

We regretfully announce the passing of our dear sister Beatrice Ruth Moore on August 8th, 2026, after a brief illness. Ruth was born in Cut Knife, Saskatchewan on November 3rd, 1942, and was the daughter of Jean (Fraser) Moore and the Reverend Aubrey Moore. From Cut Knife, the family moved to Port Elgin, NB, then Pictou, followed by Fredericton, Amherst, Pugwash and Spryfield. After Dad’s passing, Mom and Ruth moved to Halifax, where Ruth continued to reside after Mom’s death. In later years, when she needed support, Ruth resided first in Northwood, then at Parkstone Enhanced Care Centre. She made friends with residents and staff alike and was always interested in hearing of their lives.

Wherever Ruth lived, she always made friends. In Pictou, she welcomed Isobel Brown (née McLean) as a sister when Isobel came to board with our family.

Although never well and despite pain from a medical problem, Ruth lived a full life. In her younger years she worked at Sears in Halifax where she could indulge her love of the hunt for the perfect accessories. Always well-turned out, Ruth had a great sense of fashion and a love of colour – especially pink.

With her friend Nancy Wooden, Ruth travelled in North America and Europe, sharing adventures and bringing home lovely photographs of the places she visited to share with friends and family.

Ruth inherited an artistic ability from our mom, and throughout her life she created delightful paintings, crocheted and embroidered works which she shared with family. She enjoyed the challenge of jigsaw puzzles, word puzzles and crosswords, always turning

first to the puzzle section of the daily paper.

Ruth was very interested in family history and genealogy and had many discussions about the Frasers and the Moores, especially with her sister Joan who shared her love of history. As the oldest, Ruth was able to tell her siblings many stories of their family.

Ruth and her sister Peggy had a special relationship. Peggy’s loving devotion, providing home care and medical assistance to her sister, allowed Ruth to remain in her own home for many years.

Ruth adored cats and throughout her life had many feline companions – Missy, Snowball, Stormy (who arrived during a snowstorm), among others. She had many cat-themed ornaments and treasured a cat piece made for her by her niece, Kelly.

Besides cats, Ruth’s other passion was music. From an early age, she was enamoured of Elvis and collected albums, 45s, and Elvis memorabilia. She was an expert on all things Elvis. When living in Amherst, while convalescing, Ruth kept busy drafting detailed lists of rock songs from the 50s and 60s heard on the American radio stations we could get in the evenings. She was ahead of the curve for music which would later receive play in the Maritimes.

Her greatest musical love, however, was her brother Don’s band, McGinty. When able, she would attend performances and always proudly extolled Don and McGinty to new acquaintances.

Ruth enjoyed eating out and was a regular at many eateries around Halifax. The Esquire Restaurant threw her a birthday party one year in recognition of her friendship with staff and her loyal patronage. The Swiss Chalet was another favourite.

She adored her sisters Joan and Peggy and always looked forward to calls and visits from them when she could no longer get about.

Ruth was predeceased by her parents, Rev. Aubrey Moore and Jean (Fraser) Moore and her beloved nephew, Christopher Everill. She was also predeceased by uncles John Fraser (Dorothy), Clarence Fraser, Parker Moore, Aunt Frankie Moore Noseworthy and several cousins. She is survived by sisters Joan Everill, Peggy Langille (Mike), brother Donald, nieces and nephews Charlene MacLean (Sean), Jeff Langille (Jessica Kordyjaka), and Kelly Everill (Jason Zotec); great-nieces and nephews, Ashlie Everill Skjaerlund, Nick Everill, Josh Volk, Amanda Stewart and Jelissa Stewart. Also surviving are her great-great-nieces Chloe, Syanna and Octavia, and great-great-nephew Zachary, and cousins.

Our thanks to the excellent staff at Parkstone for their care over the years and to the medical teams at the Halifax Infirmary and VG Hospitals who worked so hard to make Ruth’s last days comfortable.

A donation to Hope for Wildlife, Bide Awhile Shelter or a charity of your choice would be appreciated.

**Grace Elizabeth Henneberry**

It is with the heaviest of hearts that we announce the passing of our beloved Grace Elizabeth Henneberry, who passed away peacefully on September 2, 2026.

Grace was the daughter of the late Ernest and Hazel Cross, born on January 15, 1939. She was proudly born and raised on Big Tancook Island, where her roots ran deep and many of her fondest memories were made. She carried the

warmth, strength, and spirit of island life with her throughout her years.

Grace loved the simple things in life that brought her happiness. She loved playing bingo, making homemade wine and throwing her annual Christmas Eve party. She spent most of her younger years working at speedy auto glass and raising her children. She was happily married to her late husband Michael Henneberry for over fifty years. They had five beautiful children who brought them so much joy.

Grace will be lovingly remembered by her children Pamela Baker (Joey), Craig Henneberry (Sherri), and Shawn Henneberry (Tracey); her grandchildren Rhonda (Michael), Samantha, Tyler (Lydia) and Alyssa (Matt); and her great-grandchildren Kylie, Rosie, and Jay. Her sisters Faith, Colleen, Lillian and her brother Johnny. As well as many other friends and family members.

Grace was predeceased by her husband, Michael Henneberry; her children Michelle Henneberry and Ricky Henneberry; her brothers Elmer Cross and Robert Cross; and her sister Doreen Baker.

Though our hearts are broken by her passing, we are grateful for every moment we were blessed to share with her. We will miss her laughter, her stories, her familiar presence, and all the little things that made her Nanny. Grace was a very proud great grandmother and took pride in the family she created.

Her life may have ended, but the love she gave us never will. Her memory will live on in her children, grandchildren, great-grandchildren, and everyone who had the privilege of loving her.

In lieu of flowers, the family kindly asks that donations be made in Grace’s memory to the Canadian Cancer Society

**RoseMarie Dempsey**

It is with deep sadness that we announce the passing of our mother, RoseMarie Dempsey, on September 5, 2026. Although Mom was christened RoseMarie everyone called her Rosie. She was the daughter of Ansel Dempsey and Catherine (Power) Dempsey and one of 13 children growing up in Herring Cove.

At the age of three, Mom almost lost her life throwing the cat off the wharf. The cat decided if he was going overboard, so was she! She was rescued by her uncle and father, who jumped in after her. Mom loved to knit and bake while raising her five children and working at Simpson Sears. She was a lifelong member of St. Paul’s Catholic Church in Herring Cove. Mom ran the Monday night card games, participated in organizing the dances, suppers, and fairs at the church hall.

Mom is survived by her sons, Richard (Paula), Edwin, Roy (Sharon), and daughter Rosanne (Alex); sisters, Doreen, Catherine, Angela; brothers, Ansel, Dennis, and Joseph. She is also survived by special granddaughter Carrie-Anne, one of 10 grandchildren and 13 great-grandchildren.

She was predeceased by her daughter, Pamela; the love of her life, Dad, (Brian); sisters, Mary and Shirley; brothers, Edward (Neddy), Patrick (Paddy), Raymond and Jeremiah (Jerry).

In lieu of flowers, donations can be made to the Multiple Sclerosis Society of Canada, Atlantic Division.

**Kurt Ryan**

It is with heavy hearts and profound sadness that we announce the passing of a loving son, husband, father, brother, (See Obituaries on page 9)



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# The Jason Doherty Memorial COMMUNITY EVENTS PAGE



## 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: (322 Herring Cove Rd). If you would like help with food, please call 902-477-1954 before 10 am Tuesday 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
- POOL - All Memorial pool tournaments are open to members of any legion along with family members of the person being memorialized.

**Captain William Spry Library Events:**

- Tuesday, October 6th from 6 to 8pm. Food Gathers Us: Exploring Mi'kmaq Cuisine with Simon Francis. You must register in advance for this event.
- Tuesday, October 13th 7 to 8pm. The Art of Handcrafting: Celebrating Identity and Culture Through Afro-Inspired Accessories.
- Friday, October 2nd from 10:30 to 11:30am. Introduction to Artificial Intelligence.

To register for an event, or to get more information, please visit Halifax Public Libraries or call 902-490-5244

**Harrietsfield Williamswood Community Centre events:**

- Currently taking bookings. Please call, email or message us through our Facebook page, phone at (902) 446-4847, or email hwcc@outlook.com
- Our "Community Votes" Gold winning

After school program has part time and full time spots available! Grades Pre-primary to six! Contact Cara at hwcc@outlook.com

- We are looking for new volunteer Board Members to join our team! Do you care about your community and want to make a difference? No experience needed- just a big heart and willingness to help!
- Mobile Food Market EVERY 2ND TUESDAY 1pm-3pm Affordable produce!
- Christmas Craft Fair November 14th, 2026 9am-1pm If you would like a table they are \$35.00 Please contact Natasha at 902-293-7427
- Halloween Dance, grades 3 to 6. Thursday, October 29th from 6:30pm until 8pm. \$5 at the door. Canteen available

**Chebucto Family Centre (3 Sylvia Ave) events:**

- **Free Food Programs:**
  - Cozy Breakfast - October 7th at 10:30am
  - Spry Cafe - October 14th at 5:30pm
  - Cooking Together - October 21st & 28th at 10:00am
- **Free Fitness Programs:**
  - Yoga - October 1st, 15th & 29th at 10:00am
  - Latin-Cardio - October 8th & 22nd at 10:00am
  - Aqua Fit - October 5th & 19th at 10:00am at the Capt William Spry Wave pool
- **Free Wellness Programs:**
  - Take Charge of Your Stress with Community Health Teams - October 14th at 10:00am
  - Big Life Journal: Parent & Teen - Thursdays at 6:00pm
- **Free Family Programs:**
  - Family Playgroup - Mondays at 10:00am
  - Baby Playtime - Tuesdays at 1:30pm
  - Loose Parts - October 23rd at 10:00am
  - Parent & Tot Swim - October 14th & 21st at 10:00am at the Capt William Spry Wavepool
- **Free Halloween Events:**
  - Monster Mash Dance Party - October 27th at 10:00am
  - Lego Night: Halloween Edition - October 28th at 6:00pm
  - Halloween Bash - October 30th at 10:00am

Registration opens September 28th at 9:30am. To register call 902-479-3031 ext 302

**Emmanuel Anglican Church (322 Herring Cove Road) events:**

- Dinner Theatre: Emmanuel Players present the musical "Beached". Show times Friday Oct.16 and 23, and Saturday Oct.17 and 24. \$45 ticket includes great entertainment along with a delicious 3 course roast beef dinner. Tickets on sale in the church Sunday Sep.13 and 20 from 12pm-2pm. For more information call

(902) 880-4006.

- Our hall is available for rental. Please call 902-477-1783 or go to <http://mmanuelanglicanchurch.net/>

**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

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

- Swordfish supper. Dine in or take out. Includes roll and dessert. Saturday, October 17th from 4 to 6pm. Adults \$25 (cash only) Kids 12 and under eat free.

**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](mailto:stellamaristwelvebaskets@gmail.com)
- Seniors Social Tea. Join us for refreshments, snacks, and friendly conversation in the Stella Maris Hall. The second Wednesday each month, 1-3pm. All are welcome. More info: [david.h@stellamarishalifax.com](mailto:david.h@stellamarishalifax.com)

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

- Now that the freezing weather is behind us, the outdoor tap has been turned on and those in need may access it at any time.

**Spryfield Legion/Forever Young Seniors Club**

- Chase the Ace draws are conducted every Friday 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' Convenience Store 179 Hebridean Dr. Herring Cove Road, Cove Market 565 Herring Cove Road, Uncle Buck's 5 Denith Road, Beaver Enviro 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**

Our UFMSS would like to invite you to our 2026 upcoming events to be held at our Urban Farm Site across from Kidston Estates on Rockingstone Road.

2026 Memberships are now available - Individuals \$15.00, Students & Seniors \$10.00, Families \$20.00, Groups & Organizations \$55.00. For more information, please call Pat at 902-497-3683 or email [urbanfamspryfield@gmail.com](mailto:urbanfamspryfield@gmail.com)

**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 Morriscey 902-229-5851

Are you looking for a choir to join? Perhaps you sang in a choir in your school years or have sung more recently in a choir. **The Sorella Singers** are a women's choir with Soprano and Alto voices who sing a wide variety of musical styles. Rehearsals are conducted in a relaxed and fun atmosphere while working toward producing an excellent choral sound.

Rehearsals are held on Tuesday evenings from 7:15-8:45 at Melville Senior's Residence in the Armdale/Spryfield area.

For more information, contact director Shirley Gaudreau at 902.405.8333 or email: [sgaudreau44@gmail.com](mailto:sgaudreau44@gmail.com).

**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**



## Dan Doherty REALTOR®

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# OCTOBER 24TH

# SPRYFIELD LIONS RINK



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