Chebucto Pee wee B goes undefeated throughout the regular season
by Benny DeVine

Back in late September when the Chebucto Pee wee B team was picked and they started to have their first practices the Coaches didn’t know if their team would be strong or weak and they never dreamed of the having the type of season that was about to unfold.

Head Coach Dave Bezanson said, “from the start of the season we knew we had a group of kids that loved the game and wanted to play. They showed up for practices on time and worked hard. They showed up to dry-land and worked hard. They listened to the coaches and they worked like a team. Our motto soon became “Win every battle, win every shift, win every period and we’ll win every game.” The team didn’t win every game but they never lost once. There were a few close calls. Chebucto was down a goal late when the Sackville goalie managed to score on himself, tying the game at 1 apiece. In the 3rd last game of the season, Chebucto found themselves down a goal going into the 3rd period. Chebucto scored a quick one 43 seconds into the period and then went on to eventually win the game.

On January 7th the only thing that stood in the way of an undefeated (See Undefeated on page 2)
Undefeated

(continued from page 1)
season were the Halifax Hawks. Chebucto scored 4 unanswered goals in front a packed Lions Rink crowd giving the team a record of 19-0-3.

The starting line for Chebucto contributed close to 50% of the team’s points but it was a season that really relied on team work. Bezanson said, “we had a defence core that were very stingy around the net, goal tending that would be the envy of most of the teams in the league and forwards that backchecked and helped out in the corners. Solid defensive team play lead us to an 8 game shutout streak and 10 shutouts for the season” The Chebucto Goal tending and Defensive play lead us to an 8 game shutout streak and 10 shutouts for the season with a league best 0.77% goals against average.

Farmers’ Market website online

February is a great month for hearty soups, and in that same spirit of nourishment we are delighted to announce the launch of the Spryfield Farmers’ Market website, which you can visit at http://www.spryfieldmarket.ca. The website features lots of helpful market information, including an updated list of vendors, as well as all other details you will need when planning your visit to the market when it opens this spring.

Farmers’ Markets are undeniably vital to healthy communities, yet markets can’t exist without community involvement. Consider this your invitation to get involved!! We are looking for people with experience in and a passion for the following: Board management, social media, Communications, bookkeeping/accounting and Music coordination. If you feel you have what it takes to fill one of these roles, we’d love to hear from you!

Closer to spring and the grand opening, we’ll be looking for people to fill a number of volunteer roles, including musicians, kids’ table helpers, photographers, and folks to help with other roles, like setting up before and cleaning up after the market. If any of these volunteer roles interest you, we’d love for you to fill out Volunteer application online.

We are also still on the lookout for farmers, fisherfolk, bakers, artists and prepared food vendors. If you or someone you know is interested in becoming a vendor, please get in touch with us. If any of these roles sound interesting to you, we’d love to hear from you!

Good luck Chebucto Pee wee B in the upcoming Playoffs.
Meet your new Community Resource Officer: Constable Ryan Morash

Dear residents of Spryfield and Sambro Loop,

I’d like to take this opportunity to welcome all of you to 2016. I’m truly honoured to come into the role of the Community Resource Officer for Spryfield and Sambro Loop. Prior to accepting this position, I spent the last 10 years with the Patrol Division for Halifax Regional Police, working primarily in the Fairview and Clayton Park area. I’m excited for the opportunity to work directly with the residents and community groups in our area has to offer. Please join me in extending our best wishes to the outgoing Community Response Officer Cst. Andrew Conrad. I’ve heard nothing but good things about the progress Cst. Conrad has made in our community over the last eight years he spent within the role. He has left big shoes for me to fill and I will truly be missed.

My areas of focus will be developing community partnerships, engaging in problem solving, and implementing community policing programming. Over the last two weeks, I’ve come to discover the wealth of resources available to our citizens. Support plays a huge role in Spryfield and surrounding communities and is all about helping those in need. In doing this, we build stronger social networks that ultimately allow our citizens to access resources within the community more efficiently. The collaboration that exists between our community stakeholders helps to break down the barriers that some of us may feel when such resources aren’t immediately available. As a police service, we have the duty and responsibility to keep our citizens safe. As a community, we have the same obligations to help one another in times of need. It’s what makes our community one of the best places to live in Canada. It makes us feel empowered and proud to call Spryfield our home. I’m confident all of you will agree.

“Make a living by what we get, but make a life by what we give.” – Winston Churchill.

In closing, please feel free to visit the Halifax Regional Police website at halifax.ca/police to learn more about what Halifax Regional Police is doing to better our community. If you would like to discuss any ongoing matters or have any questions or concerns, you can call me directly at (902) 225-8975 (M-F 8 a.m. - 4 p.m.). I look forward to meeting and working with you and further serving our community. My best regards,
Constable Ryan Morash
Halifax Regional Police
Dairies were a thriving industry in Spryfield

by Iris Shea

The third Monday of February is Heritage Day in Nova Scotia. This year, in February, the Mainland South Heritage Society celebrates with its 22nd Annual Heritage Tea and Display. The topic this year is ‘Local Industry’. This is a free public event and will be held on Saturday, February 20, at the Captain William Spry Community Centre from 1 pm until 3:30 pm (see announcement in Community Events of this newspaper.) We are always looking for old photographs. If you would like to share your historic photos, our archivist, Allan Marryat, will be there to scan them.

The industries in Mainland South were numerous with the fisheries dominating the shoreline communities from Ferguson’s Cove to Pennant. Farming became a way of life for the early settlers of Harrietsfield and Spryfield, and quarries provided seasonal employment for the first settlers on the western side of the Northwest Arm (Jollimore and Purcell’s Cove). Two large mills on the Northwest Arm, both grist mills in their early days, helped subsidize the fishing industry. One mill was at the head of the Arm on the stream from Chocolate Lake, the other near the entrance of the Arm and harnessed its power from the stream leading from Williams Lake. All of these industries played a major role in helping to bring more settlers to our communities. The sign on the wagon was Drysdale’s Hyland Dairy. Eldon Drysdale said his father wanted to call it Highland Dairy but there was not enough space on the side of the wagon to print the extra letters. During the years Hyland Dairy was in business, from 1935 to 1950, Eldon’s father bought out other family owned businesses, namely Teizen’s, Roche’s, Olie’s and Cartile’s dairies.

In 1950 Charles T. Drysdale sold his business to Maple Leaf Dairy after a fire destroyed the building and equipment in Spryfield. Eldon reported that “the dairy business was not a big money maker but it kept the family busy and food on the table”.

In Spryfield the Yeadon quarries and John Kline’s quarry, further north, were established in the mid-1800s, creating employment for local men and for those from surrounding communities. The community of Kline Heights, referred to as Kline Quarry as early as 1890, was established as a result of available employment in the quarries.

Most early settlers had at least one cow and produced enough milk for their own use, but by 1900 many of the young men had left the area to work in factories in Halifax and other parts of Canada, or to the eastern United States. Farm labourers were scarce. Some local families in and around Spryfield began selling milk, butter and cheese, not just to their neighbours but to those further afield. Milk, butter and eggs could be bought by visiting the Umlah Farm on Old St. Margaret’s Bay Road (now part of Long Lake Provincial Park).

In 1900 John Kidston, in partnership with his brother Charles and, later, with his brother-n-law, Foster Geizer, operated Rockingstone Farm in Spryfield. Milk was delivered by horse and wagon, door to door in the local area and to shops and private homes in Halifax. Eldon Drysdale (1916-2007) wrote about his family’s dairy business in Spryfield for Mainland South Heritage Society. In 1934, when his father, Charles T. Drysdale, had been out of work for about a year in Halifax, he moved his family to Spryfield “to start a milk business”. His father planned to gather some cattle and he rented the Sutherland farm from his brother, Omar, who had moved his family to Halifax. The Dekker family lived next door (now Dekker Street) and had cattle and a retail milk route which they wished to sell. A well was drilled and repairs were made to the barn. Electricity had to be brought up from the Herring Cove Road. The power company provided the poles but the Drysdales, with local help, had to erect them. It was done in a week and Eldon reported: “In 1935 Dekkers’ cows and route were bought. Facilities for cooling and storing milk and washing cans and containers were begun with the most basic machinery. Ice was used for cooling and a small steam boiler with lots of water... started selling milk via horse and wagon and I (Eldon) was the milk delivery man and also anything else needed doing. The first milk was sold from the can and measured into customers’ containers, then gradually in bottles and then wax paper containers. Soon after the bottling started the milk had to be pasteurized, for which we procured a pasteurizer and cooler, also electric refrigeration unit. As he (Dad) took on more small businesses he needed more milk and he got milk from the Umlah brothers, our neighbours, and also from Blais Isnor, Lantz Siding, who delivered it at Armdale by truck. It was picked up by our wagon and taken to Spryfield. We delivered in Spryfield, Armdale, Melville Cove, Jollimore and Williams’ Lake Road.”

Many will recall the horse-drawn milk wagon in the 1940s when it went door to door in the communities. The sign on the wagon was Drysdale’s Hyland Dairy. Eldon Drysdale said his father wanted to call it Highland Dairy but there was not enough space on the side of the wagon to print the extra letters. During the years Hyland Dairy was in business, from 1935 to 1950, Eldon’s father bought out other family owned businesses, namely Teizen’s, Roche’s, Olie’s and Cartile’s dairies.

In 1950 Charles T. Drysdale sold his business to Maple Leaf Dairy after a fire destroyed the building and equipment in Spryfield. Eldon reported that “the dairy business was not a big money maker but it kept the family busy and food on the table”.

The photograph, about 1940, courtesy Mainland South Heritage Society.
Spryfield Business Breakfast Club
Your Buy Local Specialists

Michael Whynot  Agent for Executor  719-7797
Dan Doherty  Water N Wine Spryfield  478-4023
Cora Cole  Move the Median Business Consulting and Coaching  222-7447
Wyatt Redmond  Beaver Enviro Depot  479-2929
John Cunningham  Canadian Tire Spryfield  477-5608
Darlene Crouseup  Royal Bank  421-8973
Dan MacDonald  RBC Mortgage Specialist  817-6678
Fred O’Hearn  Lumbermart  477-6500
Jason O’Hearn  Lumbermart  477-6500
Gerry Mendelson  Mendelson Financial  479-7000
Ryan Brennan, LLB  Clyde Paul & Associates  477-2518
Sandy Martin  Cuts of Class  477-7351
Donnie MacLeod  MacLeods Auto  477-4682
Angela Pellerine, CMA  Add it Up  499-8076
Linda Levin  The Pampered Chef  479-1625
Irene Swindells  Melville Heights - Independent Living for Seniors  477-3313
Bruce VanBuskirk  Blade Lawn Care  499-2823
Margaret Mann  Mann Mechanical  868-1324
Adem Hamidovic  Portico Web Design  452-4584
Noreen Battaglia  Language Therapist  477-3707
Christa L. Hornberger  Halifax Global Inc.  491-4483
Alice Morris  Bowlarama Spryfield  479-2695

Remember: community shopping equals community jobs and community jobs translate into the improved health of our community!

Spryfield Christian Community Church has new outlook

by Sarah Fraser

Some of you may be familiar with the Calvary Baptist Church at 91 Thornhill Dr. This church was originally established in 1960 and opened its doors to a large community of people. These days, however, participation has declined in many churches and membership is down. The church has been renamed the Spryfield Christian Community Church and has changed its outlook to become more community friendly. They have been described as immigrant friendly & multicultural, and want to ensure the community is included in their family.

The church took a fantastic leap in ensuring the community is included by opening their doors to Oromo Gospel, who in turn help to ensure the community is included in their family.

The church would like to wish everyone in our community, a blessed New Year!

Chebucto Christian Community Church has
new outlook
Seniors’ Beat:
Service goes both ways; you help others, they help you

by Beverley Clarkson
“Recognition by your peers is something to be deeply appreciated,” says Clyde Paul, newly appointed QC, of Spryfield. Queen’s Council is a prestigious award for service in practice of law. It takes a minimum of 15 years as a member of the Bar of Nova Scotia, demonstrated professional integrity, good character and outstanding contributions to the practice of law to earn this achievement, and only ten lawyers were named in 2015.

Born and raised in Fairview, he has been a fierce protector of the Chebucto Loop community for 41 years and “never lived anywhere else nor wanted to. Spryfield has been very good to me as a practitioner and is a wonderful place to live and work.”

“We come from humble beginnings; my father was a stevedore,” he introduces himself. Despite being urged to the Baptist ministry, his father insisted he go for the law. He doesn’t regret it for a moment. Back then it was very hard work to even get into a law school. Not many women even tried then, but his wife, Patricia, could have had the degree too; she read all the books and quizzed him for every exam.

His first boss gave him advice he still believes in: be careful who you step on going up because you’re sure to meet them on the way back down.

He takes pride in providing service first; never interested in chasing more money. “There was always someone who knew I would be here at 6:30am before they had to be at work. All people want in a lawyer is a good job for a fair price, quality of service is what matters.” And he sees his office team as family, “they make the place work”.

Not one to toot his own horn, he’s the type to get in there and get the job done, which has included a great many service and community leadership roles over the years.

A long-time member of the Armdale Fairview Rockingham Lion’s Club, he has been National Chair of the Lions’ Foundation Canada Guide Dog Schools, and a major supporter of Chase the Ace for the IWK. He has Chaired six years of the thirty he’s participated in the Halifax Natal Day celebrations, and is a major supporter of the Canadian Alliance Project. He’s served on Boards, continuing legal education and Habitat for Humanity.

He has a number of medals and awards, notably the Queen’s Jubilee Medal for Voluntarism, the Governor General’s medal for Community Service and the Lions’ Club International President’s medal for outstanding leadership.

And in his spare time he likes to tie flies. He even had his own TV show to teach others. Above his head in his office is a rare and lovely print of the Bluenose in 1984, first in the Parade of Sail, men standing in the rigging.

He’s far from old but as those of us of a certain age often discover abruptly, health can’t be taken for granted. After a scary brush last summer, he takes stock of his activities and focuses his energy. Though he maintains a very active law practice, he’s chasing a new found passion: golf, and looks forward to going home and having dinner with his wife instead of meetings at the end of the day. “It’s really true, age is as good as you feel. I feel no more than 50. There are some things I can’t do any more, like shoveling, but I have super good friends who make sure it’s done for me. That’s a huge blessing. You give help but then you have to learn how to accept it graciously too.”

What would he tell young folks? If you find something you really want to do, a vocation, don’t give up. “There are days I’d just as soon be digging potatoes, but other days, when something you did for somebody comes back to you, that feeling makes it all worthwhile. That’s what sticks.”

We are so fortunate to live in a country and a part of the country that is safe, beautiful, and full of wonderful opportunities. Live life to the fullest; do what you want and can afford while you have your health. Too often it gets cut short and you’ll regret if you didn’t take advantage of your chance.”

3rd Annual Prom Dress Sale

by Shelly Currie
2016 will mark the 3rd Annual Prom Dress Sale at Chebucto Connections-Spryfield Pathways to Education.

This year, Pathways’ Prom Dress Sale promises to be bigger and better than ever! It is estimated that over 200 dresses will be available for students to choose from. Donations are collected from individuals and organizations with overstock all year long to provide students with today’s fashion for prom night. Whether a teen’s style is elegant, cool, cute, hot, sweet, or glam, he or she will find a look they’ll love. There will be range of formals from minis to ball gowns, shoes, hair accessories, jewelry, and bags for students to choose from.

There will also be a limited amount of suits, jackets, pants, shirts, belts, ties, and shoes for men.

Pathways to Education staff will be collecting dresses up until February 22. Donations can be dropped off at 531 Herring Cove Road Monday-Friday from 9-3pm or call (902) 477-0964 to arrange pick up.

On the day of the Prom Dress Sale, Pathways to Education Students will be invited to shop exclusively from 12-1, then the doors will be opened to all other students from 1-4pm.

Good reasons to shop Pathways Prom Sale:
1. Be unique
2. Save Money
3. Support a wonderful Cause – all funds raised go back to Spryfield Pathways to Education Program

For event updates, follow us on Instagram @pathways_spryfield or on Facebook at Pathways Spryfield.

Largest selection of darts, dart boards and dart supplies in Spryfield

Danielsons General Store
5 Dentith Road

Students and parents getting excited as they comb the racks at the 2015 Prom Dress Sale

2015 Pathways Graduate, Kassandra Anderson, got her dress at the event last year!
Spryfield Water ‘N’ Wine, which is now located at 217 Herring Cove Rd., first opened as South Centre Home Brewing in the South Centre Mall in February of 1993 and became Water ‘N’ Wine in the summer of 1993.

Check out our
23rd Anniversary
SALE SPECIALS
PLUS watch our website and FB page for new WEEKLY deals during February - Sign up now for our newsletter on our website or FB page so you don’t miss out!

Let Us Make Your Wine For You!
No Time? No Space? No Equipment?
We have it all—as well as the knowledge, ability and experience to make your wine for you. Simply:
Come into our store and purchase a kit and the winery service package.
Sprinkle the yeast into the primary fermenter.
Go Home!
Come back and bottle your wine.

Spryfield Water ‘N’ Wine
217 Herring Cove Rd.
902-477-9463

www.waternwine.com

Facebook.com/winekitshalifax

Grand Cru
$10. off Chardonnay
$10. off Cabernet Sauvignon

Grand Cru International
$10. off Sauvignon Blanc
$10. off Pinot Noir

Earn Air Miles® on all of your purchases!
Chrissie’s story...a portrait in bravery

by Lorrie Boylan

Chrissy Gilkie is a 23 year old woman who had a normal childhood; went to school, hung out with her friends, and had dreams for a bright future. In February 2010 while still in high school, her coordination and gait noticeably changed, her knee hurt and she developed a limp.

In May 2014, after multiple medical appointments and tests at the IWK, DNA testing confirmed a diagnosis of Spastic Paraplegia Type 11 Complex, a rare genetic progressive disorder with no known cure. Very little is known about the condition, with only about 100 cases being reported. Chrissy has the most severe form affecting both upper and lower limbs, as well as the structure and functioning of her brain and peripheral nervous system.

Chrissy always dreamed of working with children. She attended college for a year after high school but had difficulty getting around by then and could not do the work.

This past year has seen a marked physical decline and Chrissy now spends most of her time in her wheelchair, no longer able to walk without supported assistance. She has very limited function remaining in her upper limbs and is unable to fully care for herself without assistance from her parents.

In order for Chrissy to continue to live comfortably and enjoy some level of independence and mobility, modifications are required to the family home. A professional consultation is needed to discuss options such as a fall alert system, wheelchair accessible doorways and ramps. She presently wears two braces and uses a walker to get around inside the house, but her deteriorating condition will eventually make that impossible.

A very generous friend from the community donated the money to convert the bathroom tub to a walk in shower. This has made a huge difference in Chrissy’s life, and she and the entire family are very grateful.

Family and friends have gotten together to organize a fundraising Silent Auction on Saturday, April 9 at 7 p.m. at Bubba Ray’s Sports Bar Too, located at 7071 Bayers Road, Halifax. Offerings of products, gift certificates and services from individuals and businesses are gratefully accepted. Donations can be made through the following individuals: Aronda Garrison (902) 868-2617; Janet MacDonald (902) 462-0774; Tracey Gray-Boulay (902) 857-1719; or Theresa Gray (902) 868-2368. An account has also been set up at the Bank of Montreal on Mumford Road under Chrissy Gilkie Benefit.

Chrissy’s father Justin works for a contracting company and her mother Denise works 12 hour shifts in a nursing home where she has been able to extend her medical coverage for Chrissy. This enabled them to obtain a $5,500 wheelchair but they will need to wait another four years to obtain another chair. Denise gets a small caregiver allowance and Chrissy gets a small personal allowance through social assistance for disability but it doesn’t come close to what is needed. Eventually Chrissy will not be able to stay alone, but her mother must keep working to retain medical coverage.

She spends much of her time alone now, as friends have moved on with their lives. Family take her out when they can but ultimately they would like to get her a scooter style chair so that she can go out independently in the warmer months.

The family want to keep Chrissy in the family home as long as possible. Options were explored to see if there was a special place where she could live and thrive with other young adults but most assisted facilities seem to be geared towards senior residents.

Finding information and help has been very challenging but the family have received a lot of guidance from Melissa Perry, the Wellness Navigator with the Chebucto Community Health Team in Spryfield.

Despite all her health issues, Chrissy retains her radiant smile and love of people. She struggles to find the right words when speaking, but she finds immense joy in spending time with family, including her sister Tiffany and Tiffany’s 18 month old son Jayden.

She is fortunate to have the support of such a large and loving circle of friends and family, without whose help this benefit would not be happening. When many folks help just a little, it can make a huge difference in the lives of people like Chrissy and her family.

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

Something to say?
We welcome your letters!
chebuctoeditor@gmail.com

Selling your home?

Together we will develop a custom, strategic home sale action plan including:
• Home Staging • Pre-Inspection • Virtual Tour • Professional Photos

AddItUp, Inc.
personal, corporate & trust accounting services

additupinc@hotmail.ca
www.additupinc.com

We specialize in:
• personal and corporate tax returns (we efile too!)
• trust tax returns
• year-end financial statements
• small business bookkeeping
• non-profit bookkeeping

We are mobile.
We come to you!

Angela Pellerine, Certified Management Accountant
additupinc@hotmail.ca
www.additupinc.com
902-499-8076

Uh-oh! It’s tax time!

Take the stress away and let a pro take care of your taxes.
This lady will visit your home and take care of your feline or felines. She can be contacted by e-mail at theme-owmind@me.com or by calling 902-445-4522.

The Kitty Care Inn

If you would prefer to board your kitty while away, The Kitty Care Inn attests to be a ‘luxurious feline resort’, and even has facilities for special needs cats. You can call them at 902-758-4228 or e-mail at kittycareinn@ms.sympatico.ca

Dar Miller

Dar is a vet tech heavily involved in animal rescue that will come to your home and stay with your pets while you are away, and comes highly recommended. This can reduce the stress of having to transport your animals, and she will look after cats and dogs!

She can be contacted by e-mail at sunstarsandsea@hotmail.com

Wendy Sehmbey

Wendy can care for cats in her home. The cats(s) will have their own room to avoid having to use a kennel. Rates are very reasonable, and she can look after them long or short term. She can be contacted at wendycottages@yahoo.ca or by phone at 902-823-2771.

Two other pet sitters in the area who may be of interest:

The Kitty Care Inn (as above)

The Kitty Cat Inn

If you would prefer to board your kitty while away, The Kitty Cat Inn attests to be a ‘luxurious feline resort’, and even has facilities for special needs cats. You can call them at 902-758-4228 or e-mail at kittycareinn@ms.sympatico.ca

Dar Miller

Dar is a vet tech heavily involved in animal rescue that will come to your home and stay with your pets while you are away, and comes highly recommended. This can reduce the stress of having to transport your animals, and she will look after cats and dogs!

She can be contacted by e-mail at sunstarsandsea@hotmail.com

Wendy Sehmbey

Wendy can care for cats in her home. The cats(s) will have their own room to avoid having to use a kennel. Rates are very reasonable, and she can look after them long or short term. She can be contacted at wendycottages@yahoo.ca or by phone at 902-823-2771.

Question: How do I introduce my new kitten?

Answer: Kittens start socialization from 14 days to 7 weeks. During this period, they begin to explore their environment, learn hazards and pleasures. Around 4 weeks of age, the kitten begins to move away from the nest and starts a social relationship with people and other animals. They learn to accept close proximity of their own species as well as other species. Fear of people may decrease with the following:

- Gentle handling
- Non-threatening increase in exposure to humans
- Introducing them with new environments

The socialization process is not just confined to the kitten’s early life, it continues throughout the life of the cat. Problems can arise in behaviour of young to adult cats if their socialization was inadequate. However, it is possible to overcome poor socialization as a kitten. Early handling of the kitten by humans is not only beneficial for improving social relationships between kittens and humans but also leads to accelerated nervous and physical development and general reduction of fearfulness. Social contact with the mother is also important for social development of the kitten. Cats, like other social species, are born with the capacity for species specific social skills but need experience with their own species during the sensitive period of development to define their social and communication skills with other cats. A kitten separated from its mother and littermates and kept as a solitary cat in a household may be unable to form functional social attachments with other cats later in life, having missed opportunities for future socialization during this early development period. The studies in which kittens were handled from 1 minute to 5 hours daily suggested that the more handling, the friendlier the kitten. Social behaviours associated with the positive interactions between cats such as mutual rubbing have been recorded between four month old kittens and littermates. In training classes we should adhere to the following:

- Kittens should be desensitized to their carrier
- Kittens should be habituated to travel

Everyone’s a WINNER!

Toonies for Change: 50/50 draw supporting your community!

Over $25,000 in prize money already awarded!

For more information on where & how to play visit tooniesforchange.com

A project of the Rotary Club of Halifax NW

The Scratching Post

by Sarah Fraser

Please send questions or comments to: thescratchingposthalifax@gmail.com

One of the fun facts of planning a vacation is getting everything settled at home before you go. If any of the lucky Canucks going south this winter, or if you travel a lot for business, making arrangements to have your pets cared for can be tricky. Usually this means trusting someone not only to care for your beloved pet, but most times will involve you giving them access to your home.

I’m lucky to have a network of friends who either care for pets or know someone who cares for pets as a profession, but I understand not everyone has access to the information, and word of mouth and recommendations are always what I rely on.

For all of us, we will be covering travelling with pets. As a person who drove from Nova Scotia to Virginia with two long haired cats in the middle of July in an ’89 Buick with no air-conditioning (and no radio…grrrrrrrr), cats can be a pain. To make a trip more pleasant for you and your furry friend, keep their comfort in mind as well as your own.

Keep in mind that whether you are driving to your destination or leaving on a jet plane, there are regulations in place to ensure you are not transporting sick animals or bringing something in to other countries that could potentially disrupt the ecosystem where you live. Different airlines have different expectations of proof of an animal’s health. Many require a certificate of health from a licensed vet. The government of Canada also has regulations in place that require a cat/dog entering/leaving the country to have had a rabies vaccination, depending on what country you are leaving from or going to. A great resource for people entering/leaving the country to have relations in place that require a cat/dog to travel is driving or travelling by air or boat is potentially disruptive the ecosystem where you live.

Different airlines have different expectations of proof of an animal’s health. Many require a certificate of health from a licensed vet. The government of Canada also has regulations in place that require a cat/dog entering/leaving the country to have had a rabies vaccination, depending on what country you are leaving from or going to. A great resource for people entering/leaving the country to have relations in place that require a cat/dog to travel is

Did you know that Water ‘W’ Wine Spryfield has a popcorn machine that they loan out to schools and community groups FREE OF CHARGE? Contact them now at 902-677-9463 or waternwinespryfield@gmail.com to reserve the machine for your next event!

The Scratching Post

by Sarah Fraser

Please send questions or comments to: thescratchingposthalifax@gmail.com

One of the fun facts of planning a vacation is getting everything settled at home before you go. If any of the lucky Canucks going south this winter, or if you travel a lot for business, making arrangements to have your pets cared for can be tricky. Usually this means trusting someone not only to care for your beloved pet, but most times will involve you giving them access to your home.

I’m lucky to have a network of friends who either care for pets or know someone who cares for pets as a profession, but I understand not everyone has access to the information, and word of mouth and recommendations are always what I rely on.

For all of us, we will be covering travelling with pets. As a person who drove from Nova Scotia to Virginia with two long haired cats in the middle of July in an ’89 Buick with no air-conditioning (and no radio…grrrrrrrr), cats can be a pain. To make a trip more pleasant for you and your furry friend, keep their comfort in mind as well as your own.

Keep in mind that whether you are driving to your destination or leaving on a jet plane, there are regulations in place to ensure you are not transporting sick animals or bringing something in to other countries that could potentially disrupt the ecosystem where you live. Different airlines have different expectations of proof of an animal’s health. Many require a certificate of health from a licensed vet. The government of Canada also has regulations in place that require a cat/dog entering/leaving the country to have had a rabies vaccination, depending on what country you are leaving from or going to. A great resource for people entering/leaving the country to have relations in place that require a cat/dog to travel is
Walter George “Wally” Betts
Age 67, of Sпрuffyeld, passed away December 31, 2015 at the QEII Halifax Infirmary site. Born on December 10, 1948, he was a son of the late Walter and Marion (Hurley) Betts. Wally is survived by his sisters, Linda Hartling (George), Sпрuffyeld, Irene MacDon-ald (Donald), Lower Sackville, Judy (Tommy), Sпрuffyeld, Karen Weeks (Gordy), Halifax; brothers Jimmy Betts, Dartmouth, Gary Betts (Trudy), Lower Sackville, Mike Betts (Diane) Herring Cove, Barry Betts (Kim), Armdale as well as many nieces and nephews. Wally was predeceased by his parents and his brother Jeff. The family would like to extend a special thanks the staff of the QEII floor 8.2 for their excellent care given to Wally as well as the staff of Arborstone Enhanced Care for look- ing after Wally over the years.

MacLean, Donna: Age 67. It is with great sadness that we announce the sudden passing of a very special lady, Donna MacLean. Donna lived in Sпрuffyeld before going to live at Whistlehills in 2010. Donna loved music, danc- ing and painting, and was well known for her many hugs and kisses. Donna has touched the lives of many with her smile and her sometimes quirky sense of humor. She will be greatly missed and forever remembered by all her friends and family at Whistlehills. Words of comfort may be sent to www. walkerfh.com

Shawn Douglas Small
Age 20, Williamstown. Born in Hali- fax, he was a son of Orni and Jane (Ad-ams) Small. He is survived by brother, David Cheong; sister, Michelle mestall, maternal grandparents, Douglas and Ann Adams and paternal grandparents, Aubrey Small and Evelyn DeMattos.

Ralph Ethelbee Nickerson
Age 101, Mapleton Enhanced Care, went home to be with the Lord, De- cember 24, 2015 surrounded by fam- ily. Born in East Pannant, February 1, 1914 to the late Henry Wilber and Grace Darling (Marryott) Nickerson, he fished with his brothers for a young man and worked on sword fishing boats out of Sambro. Ralph was employed at the Halifax Shipyard as a Rigger from 1954 until his retirement in 1979 at which time he continued to enjoy inshore fish- ing, cutting, customizing, harmonica playing, hymn sings and his favorite chair swing. He is survived by children Ruth Weir, Linda Munroe, Herbert (Elaine) Nickerson, Ruby (Stephen) Sarty, Utae Mac Roach; 15 grandchil- dren; 22 great grandchildren; 9 nieces and nephews. He was predeceased by his wife of 59 years, Inez Hannah (Turner); siblings, Marjorie Reed, Myr- tle Snow, Russell and son’s in-law John Weir and Ronald Munroe. In lieu of flowers, donations may be made to the Gideon Bible Society. Many thanks to Dr. Barry Clark and the staff of Maple- stone for their compassionate care.

Florence Tanner
Age 87, of Sпрuffyeld, passed away peacefully in her sleep with her fam- ily by her side at the QEII Halifax Infirmary on December 27, 2015. She will be sadly missed by her family and friends. She was a daughter of the late William and Alice Wiswell. Mom en- joyed over 50 years with the Salvation Army. She loved to be around people and sitting in the hall with her friends Mrs. Harvey, Nellie, special person Martin J. Jessome who ever else came by. Although she was blind, it did not stop her from going to many places with her dear friend Sandra and Paula. Florence also looked forward to times Sandra and Wayne came to the apart- ment to play tunes and sing. Mom loved Christmas and the tree always had to be up in October. She was predeceased by her Husband Donald; sons Bruce and David; siblings Freddie, Robert Marjo- rie and Bernice. Florence is survived by children Linda (Chris), Gordie (Sha- nna), Paula (Lars), Judy and Tammie; g daughther Sheila (Jamie); she had a special place for g-grandson Justin; several grand and great grandchildren; siblings Everett (Marion) and Hary as well as many nieces and nephews. The family would like to send a thank you to long time caregiver Shirley and special thanks to sister Paula, live in caregiver for Mom. In lieu of flowers donations can be made to the Children’s Wish Foundation of Canada.

Doris “Doll” May (Musolino) Hamm
Age 86. It is with hearts full of sad- ness that the family of Doris announces her passing on January 3, 2016 at Grand Meadows Continuing Care in Beaver Bank, NS. She passed peacefully with family lying beside her. She was born on September 10, 1929 to the late Vincent and Emma (Starling) Musolino of Sпрuffyeld, where she grew up, then married and raised her family. She was a devoted wife, mother, grandmother and sister. She enjoyed caring for her pets, and loved being surrounded by her family. She was predeceased by her husband, Dermeth Hamm (Sambro); a daughter in infancy; brothers, An- gelo and John Musolino; sisters, Jean (Russell) Roache and Marjorie (Ken- neth) O’Neill of Sпрuffyeld. Doris will lovingly be remembered by her sons, Duncan (Joan Lynds), Beaver Bank, and Darren (Lia), Sпрuffyeld, daughter, Darlene (Billey) Fleming, Shubenacadie; grandchildren, Lisa, Dana and Sarah Hamm all of Sпрuffyeld, brothers, David Starling (Jean Stoyles), Lower Sack- ville, and Cyril Colby, Halifax; many nieces and nephews. The family would like to extend special thanks to the staff of Ivy Meadows for their devoted care and compassion of Mom and also to her fellow residents for their conversations and friendship. Words of comfort may be sent to the family by visiting www. walkerfh.com

Roger Michael Henneberry 62, Sambro, passed away on Decem- ber 28, 2015. Born in Sпрuffyeld, he was a son of the late George and Flor- ence (Gilkie) Henneberry. Roger was a fisherman, father to five children and poppy to six grandchildren, whom he loved dearly. His best friend was his little dog, Red. When not spending time with his family he could be found at his favourite places, the wharfs in Sambro or Mickey’s Bar at the Sпрuffyeld Bowlerama. He is survived by daugh- ters, Jaime (Brent) Irwin, Britney (Fred) Whitehead and Katie Henneberry; sons, Cory and Michael (Natalie); grandchild- dren, Kyle, Connor, Avery, Aiden, Shae and Rhys; sister, Pauline Henneberry; brothers, George, Andy (Wanda) and Mark (Rhonda). He was predeceased by brothers, Amos, Alexander and Robin.

Joan Mary (Cormier) Paton 68, Scotch Village, formerly of Sпрuffyeld, passed away peacefully on Friday, January 8, 2016, surrounded by her loving family. Born in Hali- fax, she was a daughter of the late Rene and Odina (Forest) Cormier. She will be lovingly remembered and never forgotten by her daughter, Leanne (Lawrence) Lake; grandchildren, Jessica (Adam) Brown, Jonathon and Anthony Weagle, all of Scotch Village; belles, great grandchildren, Tristan Brown; brothers, Jacques “Jack” (Marilyn), New Glasgow and Eric (Joan Stevenson) Cormier, Halifax; many nieces and nephews. She was prede- ceased by special friend, David Corbin; sister, Bertha McNeil, Lucille Eveline and Eugenie Lucille; brothers, Donald and Edmond. Special thanks to the staff of the VG Dickson Centre for their compassionate care and support. In lieu of flowers, donations in Joan’s memory may be made to the Canadian Cancer Society or to Joan’s immediate family.

Francis Anthony Charles “Frank” LeBlanc
It is with great sadness that we an- nounce the sudden passing of Francis Anthony Charles LeBlanc on Thurs- day January 14, 2016 at the Halifax Infirmary, QEI. Frank was a son of the late Ray and Laura LeBlanc. He was a cherished brother, uncle, father, grandfather and friend who was loved by all that crossed his path. Frank spent most of his life living in Sпрuffyeld and was a proud community member. Frank worked for a number of years with the Department of Government Services as an electrical foreman. He was a proud family man who was happiest when all his family was with him at home in the cottage. He belonged to the Knights of Columbus as past Grand Knight. He spent many years volunteer coach- ing for the St. Michael’s Saints hockey team, known at the arena as Boom Boom LeBlanc. Frank was a devoted parishioner at St. Michael’s Parish in Sпрuffyeld. He is survived by his loving wife of 46 years, Ruth; daughters, Yvette (Jeff Hollett); Suzanne (Brian Sprott); adoring grandchildren, Taylor and Heidi; sister, Noreen (Carl) Meade; brother, Allann; many nieces and nephews, great nieces and great nephews. He was predeceased by sister Charlene LeBlanc. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. where visitation will be held Monday January 18 from 2-4 & 6-8 p.m. Funeral mass will be held Tuesday January 19 at 11 a.m. at St. Michael’s Roman Catholic Church St. Michael’s Ave. Father Alfred Eshun as celebrant. Interment to take place at a later date. In lieu of flowers, donations can be made to the Prescott Group, where Frank’s sister Charlene spent many happy times. A sincere thank you to Dr. Gobran, Charlotte, the emergency room team at Duffus Health Medical Center for their care and attention for Frank.

Raymond Goodwin Smith
Age 87, of Parrs Cove, passed away January 18, 2016 at his home. Born in Ferguson’s Cove, Nova Scotia on September 12, 1928, Rαθer South was the son of the late Gordon and Flor- ence (Downey) Smith. Raymond was predeceased by special friend, Graham (Pam) Tim, Tony and Graham (Dianne) daughter Bernice (Paul) Levy; sister Gloria Naugle; grand daughters Kathy and Michelle. Raymond was pre de- ceased by wife Shirley Smith (Peters); grandson Joey; brothers Garnet, Jack, Andrew and Roy. In lieu of flowers can be made to the Nova Scotia SPCA. Words of comfort can be left at www. walkerfh.com.
Chebucto Atom AA Girls bring home a Gold Medal

by Benny DeVine

When the Chebucto Atom AA girls found themselves down 3-1 in the 3rd period to the Halifax Hawks in the Gold Medal game in the Dairy Queen tournament they never gave up. Head Coach Chris Driscoll said during a telephone interview after the game, “before we started the game we talked about the possibility of being down a few goals at some point and we talked about the importance of never giving up. Well our girls never gave up and they fought back and won the Gold Medal.”

Chebucto was down 3-1 with just over 6 minutes to go. Reagan Wagg tied the game late with 1:40 remaining in regulation time. After 5 minutes of back and forth over time the game would need to be decided by a shoot-out.

Chebucto Goalie Annawen Sampson came up big stopping 2 out of 3 Halifax shooters and then Reagan Wagg scored the 3rd Chebucto goal of the shoot-out to give Chebucto the victory and the Gold Medal.

Concussions

by Linda MacLaggan, MScPT.

Recently, concussions have become identified as a medical issue that requires treatment beyond rest. The old treatment of rest until you have no headache or nausea is no longer considered best practice. Not all issues recover with rest and gradual return to activity. Now the usual rest period is up to 3 days with a gradual, monitored return to activity.

Sixty nine percent of all concussions resolve within the first three weeks. Of the remaining 20%, roughly 80% of those often have visual and balance issues that require specific training (rehabilitation) to resolve. A specific program can be developed to help return the person to normal activities (sports, school, job) in a manner that does not allow other systems to take over for the injured area. This allows recovery and healing with return to proper activity. If another system takes over, then chronic pain, headaches, or lower mental function often result.

In a concussion the brain has been shaken, the fibers stretched and some of the normal pathways have been interrupted. New pathways or the repair to the injured pathway must take place. In order to function, people with concussion often adapt movement pathways to allow them to achieve a task. This adaptation often leads to chronic issues with neck pain, head ache, memory and processing issues. Encouraging proper brain pathways without adaptation will restore a more normal function and result in less pain, less balance issues and faster mental processing.

If the concussion symptoms persist beyond the three week mark then the injured person is more likely to have mood issues like anxiety and depression. The reasons for this are many however anyone who is removed from their normal activities for longer than three weeks is likely to have mood issues.

Since vision and balance issues tend to result in lingering issues after a concussion, the earlier the vision and balance issues are identified, the faster recovery. Specific vision and balance exercises that do not over-stress the injured brain areas is essential for proper recovery. Proper pacing or activity requires a “Goldilocks” approach - not too much, not too little, just the right amount. This is the way to recovery function well and in the shortest time possible.

Physiotherapists specifically trained in concussion management can assist in the identification and specific management of the damaged areas of the brain to allow proper paced activity to allow re-establishment of the proper brain pathways. In short, the earlier the proper intervention the faster the recovery.
Snow clearing quality a top priority with citizens

by Linda Mosher, HRM Councillor, District 9

Although we have not had much snow this year, I have been contacted by an unusually large number of residents asking why the service is not as good as in the past. The reason for this, is that for the first time we have a contractor responsible for winter operations. HRM Management came to Council and recommended that Council award tenders to performance based contractors versus internal Halifax staff being responsible for winter works. Four of us, including Councillor Adams and I, voted against this contract award. Unfortunately the majority voted for the contracts and our snow clearing is now under Dexter Construction’s mandate. I say unfortunately for two reasons: one, Council had not yet discussed our service standards, and if we approved multi-year contracts you could not change the standards until the contracts expired, and two, our HRM crews did a great job and were familiar with our areas and I did not see the need to change. Service standards for snow removal include start time, frequency and completion time for snow removal based on the priority of the street or sidewalk.

Council is not responsible for operations, but we are in charge of setting policies and in this case it would be the service standards, establishing the timeframes for each priority of road, sidewalk and bus stop for when they are to be cleared of ice and snow. Although we had the same standards and priority snow routes, we were lucky in the past that Halifax in-house staff cleared all of the roads in the district and they often far exceeded the standards. Residents may have lived on a priority two route for which the standard is that it is to be cleared within 24 hours after the cessation of the snow fall. However, most times these roads were cleared much quicker than the allowed standard. The standards for priority one roads are that they are to be cleared within 12 hours and typically these roads were cleared within hours.

Last February, I brought the issues of winter works to Council. The request included looking at options for icing conditions, parking during winter operations, 311 response, and service standards. The intent was to have the discussion before the budget was approved for April 2015. The report did not come back until August, and while it included some service improvements, it did not address options for icing conditions nor service standards. Therefore it did not make sense for staff to go out to tender prior to our policy debate on standards.

It is unrealistic to be able to provide resources to have all 5,000 kms of roads cleared at the same time and there must be priority routes. However, it is not unrealistic to expect a modest level of service, at least having cut throughs so residents can get out of their homes and emergency vehicles could easily access homes.

I have met with HRM supervisors, managers, as well as Dexter’s management to discuss problem areas such as streets with steep inclines, natural streams, etc. They have also been applying brine and pre-salting based on forecasted weather conditions. If you have any winter operational issues please contact 311. Our call centre is open seven days per week from 7am-11pm. We have additional resources dedicated to winter operations and they can dispatch plows directly. If there are continued issues please let me know and I will address directly with our supervisors.

By the time you read this article Council would have had our discussion on service standards and I can update you in the next Chebucto News on any changes that you may see in the future.

Parking guides available for downtown urban core

by Stephen Adams, HRM Councillor, District 11

As a result, I called a meeting with our Winter Operations staff and Contractors. Following very productive discussions, operational changes were made and snow removal efforts have substantially improved.

I am very pleased with the outcomes and remain confident that these efforts will be replicated throughout the remainder of the winter season.

FREE Snowshoeing and Sledding at Emera Oval

In continuing efforts to make sport as accessible as possible for all residents who wish to partake, I am pleased to note that the Emera Oval offers, for free, the loan of many items including snowshoes and sledges. The site also offers accessible parking (on Cogswell Street), an accessible washroom, wheelchair access on outside lanes, a larger skate rental area and an indoor warming room.

CSA multi-impact helmets, hockey skates, figure skates, speed skates, and sledges are available to borrow at the site. Snowshoes to use on the Commons, in adult and children sizes, are available.

A valid government issued photo ID is required to borrow helmets, skates, sledges and snowshoes.

Parking

If you are planning a trip to the Oval or other areas downtown and have questions in regard to parking, there is a PARK SMART guide available online at: http://www.halifax.ca/SkateHRM/VisitorInformation/documents/Park_Smart_2009_FINAL.pdf.

The guide was created by the Downtown Halifax Business Commission as a helpful strategy for parking in the urban core. Although the information targets parking in the downtown, the guide offers great advice on parking in general. Helpful information found in the guide includes items such as why there are colour-coded meter caps and the fact that on-street metered parking is free from 6:00 p.m. to 8:00 a.m. and on weekends and holidays. The colour coding of meters indicates the maximum amount of time you may get from that meter: Red = 30 minutes; Silver = 90 minutes; Green = 2 hours and Yellow = 3.5 hours. Meters do not accumulate time by depositing more coins.

According to the guide, there are 700 parking meters and 17 parking lots/ parkades in downtown Halifax. Parking meters on the Halifax Waterfront are in effect 24 hours/day, 7 days/week and owned by the Waterfront Development Corporation Limited. Revenue collected from waterfront parking goes directly back into the waterfront (i.e. snow clearing, repairs, Halifax Harbourwalk, special events, etc.).

The QUINPOOL ROAD PARKING GUIDE may be helpful if you are planning a trip to the Emera Oval as it outlines on-street parking in the areas near the Halifax Commons as well as transit routes that service Robie Street and Quinpool Road. You may view the guide at: http://www.quinpooloroad.ca/where-to-park.

On-street parking in winter can be a challenge. Section 139 of the Nova Scotia Motor Vehicle Act governs all on-street parking during snow removal operations. According to this legislation, tickets can be issued and vehicles can be towed any time during the day or night if they are interfering with snow-clearing operations. This legislation is in effect all the time. To help avoid a ticket or being towed, ask yourself these questions when considering parking on the street this winter:

• Is the overnight parking ban currently being enforced?
• Is your car causing a safety issue?
• Is it making the road impassable?
• Is it impeding snow operations underway in the area?

If the answer to any of these questions is yes, do not park on the street. The municipality does not want to ticket or tow; the objective is to facilitate efficient and safe clearing of streets and sidewalks to ensure emergency vehicles, buses and other traffic have proper access.

Contact

Should you have any concerns in regard (See Parking on page 13)
A lot of positive developments are taking place in our province. Starting April 1st, Seniors’ Pharmacare members will see lower co-pays at the pharmacy counter. Premiums will now be tied to income. These changes will help the government to maintain benefits for those with the greatest need while keeping the program affordable for tax-payers. Due to these changes, a senior earning more than $100,000 a year will not pay the same premium as someone earning only $24,000. This will result in 12,000 seniors who previously paid a premium to not pay one this year. For more information visit www.napharma-care.ca.

Health and addiction is an important topic. The province of NS is committed to working with health professionals to help their patients manage mild to moderate mental illness. Initiatives include expanding training and raising awareness to help clinicians work more effectively with culturally diverse groups such as First Nations people, African Nova Scotians, and immigrants, as well as other Nova Scotians. This is putting NS ahead of the curve. For updates on mental health in Nova Scotia see: http://novascotia.ca/dhw/mental-health/mental-health-addiction-strategy.asp.

In February, the province is marking the first anniversary of our five-year education action plan. The 3Rs: Renew, Refocus and Rebuild - NS’s Action Plan for Education. This plan is the result of extensive consultations. More than 19,000 Nova Scotians told us what they want to see in a modern public education system and 4,000 teachers told us that class sizes, complex student needs and the curriculum are among their top concerns. Therefore, government has introduced a new approach to developing curriculum to ensure it is continuously updated and streamlined to reflect modern trends in education. Also, elementary class sizes have been capped and we are funding 381 more teachers, expanded SchoolsPlus, added more mental health clinicians, and invested an additional $1.5 million in the Special Needs Support Grant. The province is committed to reinvest a total of $65 million into the classroom.

More NS students in grades 9 to 12 will have access to hands-on learning in financial literacy, career readiness and entrepreneurship this school year. The province is providing $125,000 to Junior Achievement of NS to expand the delivery of programs to enhance and support learning at different grade levels. Investing in our youth is investing in our future.

Heritage Day FREE bowling and pizza offered for the second year
by Brendan Maguire, MLA for Halifax Atlantic

2016 started out with a big splash for me. I along with hundreds of others took part in the 2016 Herring Cove Polar Bear Dip at the government wharf in Herring Cove. A big thank you to all of the organizers and sponsors for making HRM’s biggest polar bear dip a huge success!

A few months back I partnered with Cleves Sporting Goods to create a Kids Hockey/Skate Drive. I am proud to report that we have received hundreds of skates, gear, sticks, helmets and pads over the last few months. To say my office is bursting with donations would be an understatement! A special thank you to the staff and owners of Sport Wheels in Sackville who donated 3 truckloads of gear for local kids; a great example of local business working with communities to make people’s lives better. So now that we have all this gear what will we be doing with it? Well, I will be giving it all away to people in our local and surrounding communities, so please join me Saturday February 6, 2016 for my Hockey Gear Give Away at Captain William Spry Centre Community Multi-Purpose Room 11am to 2pm.

Also, Monday, February 15th will mark the second year of Nova Scotia’s statutory holiday, Heritage Day. Last year I, along with the good people at Spryfield Bowling Club, put on a free bowling and pizza event for the community. It was such a huge success that we have decided to do it again this year, so please join me Monday, February 15, 2016 Heritage Day Free Bowling and Pizza at Spryfield Bowling Club from until 3, I hope to see you all there.

I want to take a moment to thank everyone that showed up January 16th at William King Elementary, during the storm, for my family sledding day. It was a lot of fun and the sledding was enjoyed by children and adults alike.

Also a special thank you to the staff at Tim Hortons on Osborne Street who donated hot chocolate for over 80 people; it really did keep us all warm! The middle of January saw the release of the Provincial Government’s Capital Plan for 2015/2016. Included in the infrastructure section for the third budget in a row is major investment for our communities. Included in this report was re-paving, ditching and installing new culverts for East Side Road. Also one of the main issues I heard about during the last election and ever since was the lack of safety around cycling, walking, jogging and driving on the Ketch Harbour Road and Old Sambro Road; people have been frustrated for years. I made a promise to work hard to find a solution. This coming month there will be a major exciting announcement concerning this issue, so please keep your eyes and ears open for it.

With a new federal government comes opportunity. I have been in communication with our new MP Andy Fillmore to set up a meeting with The Honourable Minister of Canadian Heritage Melanie Joly concerning our beloved Sambro Island Lighthouse. Once the meeting is set and I have details from the meeting I will pass it on to all of you.

I want to take a moment to acknowledge Clyde Paul on receiving his Queen’s Counsel designation from the province. Congratulations Clyde, it is well deserved!!

Lastly, January 21st I was honored to be at the Think Fest at Marshall Pony and The Salvation Army in Spryfield as we announced $800,000 in funding for the Good Neighbor Energy Fund. A program that gives up to $400 to successful applicants for heating costs such as filling an oil tank. Last year this program helped over 1800 people with their heating costs. It had a huge impact on our communities. I am so proud to see the government’s continued commitment to such a great program.

So have a great February and if you need me I am only a phone call, email or Facebook message away. Proud to be your MLA Brenda Maguire (902) 444-0147 349 Herring Cove Road brendan@brendanmaguire.ca

Parking (continued from page 12) There are plans for 28 lots, or semi-detached dwellings (each side of the semi-detached on its own lot), as well as a parkland parcel that will be taken over by HRM. A blasting permit has been applied for but not yet issued. Neighbours close to the work should have received a letter to have a pre-blast survey completed. It is imperative to have this done, in the unlikely case there is some damage done to your home or property.
To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebuctocountyeditor@gmail.com

FEBRUARY COMMUNITY EVENTS

Boys and Girls Club of Spryfield (11 Aldergrove Road) Events: • $152 a month provides care for your child during the critical hours care period of the day. We provide a healthy after school snack, walking school bus child pick-up from Central Spryfield School, structured free play, a variety of programming from high energy recreational games to low energy cooking and baking in our kitchen! • Day Camp Registration September 2015 - June 2016. In-service Day Camps including March Break! $25 our in-service and holiday day camps are a worth a wild investment to keep your child entertained and engaged on school in-service days. • For more information please call 902-477-9440 or email generalinfo@bgcspryfield.org today!

Chebucto Community Health Team (16 Dentih Rd) Events: Free Community Health and Wellness Programs for February: • Is it Just Me? Why is Change so Hard? February 3rd. 11am to 12pm at the Wellness Centre. • Heart Healthy Living - Know Your Numbers! 2 Week Program. Thurs Feb 18 & 25. 9:30am to 11:00am at the Community Wellness Centre. • Bowling With the Community Health Team. Friday, February 19th. 10am to 12pm. At Bowlarama located on the lower (lower) backside of the Spryfield Shopping Mall. • Drop-in: Hours February 19 from 8:30am to 10am at the Wellness Centre. • CALL 902-460-4556 to register or go online at CommunityHealthTeams.ca • PLEASE NOTE: People eligible for the programs who are unemployed, work, or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell’s Cove, Spryfield, and around the Sammbo Loop. Please call 487-0690, go to www.communityhealthteams.ca or drop-in to register.

Earl Francis Snyrfield Memorial Legion (7 Sussex Street) Events: • Bingo every Sunday at 1pm. Doors open at 12pm • February 26th. 8pm to 1am. Karaoke. With Cheryl and Star. $5 per person. Doors open at 8pm • February 13th. 9pm to 1am. Music by Dave Burbine & Traditional Country. $5 per person. Door prize draw. $50/50 draw. Music by Chain and Anchor Band. All seniors welcome.

Food Banks: • Emmanuel Anglican Church (322 Herring Cove Rd) Call Mon. Pick up Thurs between 9:30am and 10am. 902-477-1954 • St. Paul’s Family Resource Institute (173 Old Sambro Rd) Call Mon/Tues. Pick up Wed between 10am and 12pm. 902-477-5090. • Greystone Community Centre Association (2 Indigo Walk), Call Mon. Pick up Tues. 7:30am to 12pm. Call 902-421-8087 between 9:30am and 12pm on Mondays.

Free meals for those in need: • Mondays: • * Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9:30am to 11am. • Mobile Soup Kitchen 7pm Bread of Life Mission (McIntosh St. & 500 Block of Herring Cove Rd) • Tuesdays: • * Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9:30am to 11am. • * Soup’s On Program 12pm to 1:30pm at St. Paul’s Family Resource Institute (173 Old Sambro Rd) • Wednesdays: • 2nd Wednesday of the month, Spry Cafe 5:30pm at the Chebucto Centre (3 Sylvia Ave). Call 902-479-2031 ext 302. Registration required. • Thursdays: • * Hot Breakfast 8:30am to 9:30am Salvation Army - Spryfield Family Resource Centre (326 Herring Cove Rd) • Fridays: • * Continental Breakfast 9:30am to 11am. Salvation Army - Spryfield Family Resource Centre (328 Herring Cove Rd).

Harrietsfield/Williamswood Community Centre (1138 Old Sambro Road) Events: • Friday Night Mixed Dart League with bar service. 9pm. $3 to play Phone 902-475-1817 for more information (leave message) • Jam sessions every Sunday evening from 7pm until 9:30pm. Free admission, just bring your instrument. Call John at 902-220-7720 for more information or check out the Facebook page hwcjamsessions. • February 11th. Pre-teen Valentine’s Day Dance. 6:30pm to 8:30pm. Grades 3 to 6. $3 admission. Adult supervision provided.

Urban Farm Museum Society of Spryfield (Captain Snyrfield Centre and Farm at Ardwell and Rockingstone) Events: • February 18th. 7pm. Monthly meeting will take place at the Captain William Spry Centre. All welcome.

Quarter Note Singers (Captain Snyrfield Centre) Events: • Thursday nights from 7pm until 9pm. Singers Wanted! We are a mixed adult community choir that has been making music for over a decade at the Captain William Snyrfield Centre. Singers of all levels are welcome; there are no auditions. For more info please call Steve Trussoni at 902-477-2664.

Spryfield Lions Club (250 Drysdale Avenue) Events: • Every Wednesday at 7pm. BINGO! In the rec centre. Come fun, make friends and support a great organization. • 2nd and 4th Tuesday of each month at 7pm. Lions Club Meet. Upstairs in the Lions Den. Please consider becoming a Lion! The Pride always needs new members to keep it strong in service!

YMCA Events: • Eldercare-Forever Fit classes. No registration necessary. $4 per class plus annual fee $90. • Emmanuel Church Hall on Monday, Wednesday and Friday from 10am to 11am. • Captain William Snyrfield Centre on Monday, Wednesday and Friday from 9am to 10am

Young at Heart Club (212 Herring Cove Rd) Events: • Every Thursday at 1:30pm. • Darts every Thursday at 7pm. • Wanted: Piano player to volunteer on Tuesdays from 1:30pm to 3:30pm. For more information, contact Edna at 902-477-5842. • February 3rd. 11:30am to 1:30pm Soup Lunch: Turkey Soup, Rolls, Desert, Tea and Coffee $5. • For further information call 902-477-7192.

Emmanuel Church Hall Events (322 Herring Cove Road) Events: • February 9th, 4pm to 6pm. Pancake Supper and Bake Sale. $8 for adults, $3.50 for children 12 and under.

St Paul’s United Church (173 Old Sambro Road) Events: • Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2736 or Jackie at 477-3737 for more information please call them up on February 9th from 9:30am to 12pm. • For those of you in the Harrietsfield/Williamswood area who fill water jugs at our outside tap, please note the following change: Now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email wenednatwater@gmail.com with questions or to arrange an alternate pick up time. • 3rd Spryfield Cub Pack (ages 8 to 10) and Scout Troop (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday. Contact Brad McCallum for more info: 902-401-1223 or visit www.scouts.ca.

Spryfield Christian Community Church (91 Thornhill Drive) Events: • Community room is available for rent on Tuesday and Wednesday evenings and daytime Monday through Friday! Includes access to kitchen, bathrooms, storage, and parking. Please contact us at 902-477-4099. • February 21st. 11am service will be a celebration service in honour of Black History month. • Sunday Service at 11am. Bible study on Mondays at 7pm. • Sunday Oremos Worship at 3pm. Prayer time Tuesdays at 10am.

Other Events and Notices: • Hand in Hand (440 Herring Cove Road) which is operated by the St Vincent de Paul Society, has new operating hours: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 1:00pm and Closed on Sundays. • Girl Guides of Canada Registration is now ongoing! Interested girls and aspiring leaders can go to www.girlguides.ca for more information. Or call 423-3735. • Harrietsfield Williamswood Residents: For those of you in the Harrietsfield/Wil-
Dan MacDonald
MOBILE MORTGAGE SPECIALIST
Royal Bank of Canada
33 Herring Cove Road
Halifax, NS  B3R 1V5
Cell: 902-817-6678
Fax: 902-421-8867
Daniel.Macdonald@RBC.com
mortgage.rbc.com/
mortgage.rbc.com/
daniel.macdonald

Alun Brown
A Spryfield resident and an implant from Old Scotia.
I'm here to “Accommodate Your Every Move”
902-266-6573
AlunBrown@exitmetro.ca
www.alunbrown.ca

Looking to Buy or Sell on the Chebucto Loop?
If so, you need someone with experience around the Loop. What many people don’t realize is that there are several distinct markets on the Loop, each with its own special advantages. Each of the areas are going through changes that make local knowledge especially important.
Contact David today and get that knowledge working for you. David will do a free no commitment market assessment on your property.
Phone: 902-483-8761    Email: dksampson@bellaliant.net

WHAT IS YOUR HOME WORTH?
FREE Comparative Market Analysis
Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex market place.

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

Visit me at www.dandoherty.ca—Click on FREE Evaluation, fill in the form and send it to me.

26 Maplewood Drive Williamswood $299,900
This excellent 3 bedroom 2 and a half bath 2 story home is in a great family friendly neighbourhood, in a great school district, boasts a beautiful country setting but still is only 20 minutes to downtown Halifax. From the magnificent foyer to the beautiful sunken living room that is overlooked by the formal dining room to the kitchen with new Corian counter tops this home will wow you. Built on a slab, this home has a large family room that is open to the kitchen and a huge rec-room off the family room with access to the heated double car garage. Upstairs the huge master bedroom boasts a full ensuite, walk-in closet and a glass door to a sitting or library area that overlooks the foyer. There are also 2 more generous bedrooms, another full bath and a den/office area on the upper level. This great home is well worth your time to come and have a look at ASAP!

7 Guildwood Crescent Leiblin Park $199,900
This well maintained 3 bedroom bungalow sits on a large corner lot in sought after Leiblin Park. This home has had only one owner for the past 40 plus years and has been lovingly taken care of during that time. Located in a very family friendly neighbourhood just a 2 minute walk to the sports field, on a bus route, with shopping and the Capt. William Spy Centre close at hand and in an area of good schools and close to all amenities it is a great place for you to call home. This home has had many upgrades over the past few years including windows, doors and insulation. Book your private viewing today!

Dan Doherty
902-478-4023
www.dandoherty.ca

Dan MacDonald
MOBILE MORTGAGE SPECIALIST
Royal Bank of Canada
33 Herring Cove Road
Halifax, NS  B3R 1V5
Cell: 902-817-6678
Fax: 902-421-8867
Daniel.Macdonald@RBC.com
mortgage.rbc.com/
mortgage.rbc.com/
daniel.macdonald

Recent Listings

26 Maplewood Drive Williamswood $299,900
This excellent 3 bedroom 2 and a half bath 2 story home is in a great family friendly neighbourhood, in a great school district, boasts a beautiful country setting but still is only 20 minutes to downtown Halifax. From the magnificent foyer to the beautiful sunken living room that is overlooked by the formal dining room to the kitchen with new Corian counter tops this home will wow you. Built on a slab, this home has a large family room that is open to the kitchen and a huge rec-room off the family room with access to the heated double car garage. Upstairs the huge master bedroom boasts a full ensuite, walk-in closet and a glass door to a sitting or library area that overlooks the foyer. There are also 2 more generous bedrooms, another full bath and a den/office area on the upper level. This great home is well worth your time to come and have a look at ASAP!

7 Guildwood Crescent Leiblin Park $199,900
This well maintained 3 bedroom bungalow sits on a large corner lot in sought after Leiblin Park. This home has had only one owner for the past 40 plus years and has been lovingly taken care of during that time. Located in a very family friendly neighbourhood just a 2 minute walk to the sports field, on a bus route, with shopping and the Capt. William Spy Centre close at hand and in an area of good schools and close to all amenities it is a great place for you to call home. This home has had many upgrades over the past few years including windows, doors and insulation. Book your private viewing today!

Dan Doherty
902-478-4023
www.dandoherty.ca
**WINTER MELTDOWN DEALS!**

**FLOORING**
The Perfect D.I.Y. Winter Projects

- Laminate Flooring
- Newpport Vinyl Plank Flooring
- Newpport Vinyl Tile Flooring

**PLUMBING**
Don’t Forget About Your Bathrooms!

- Ceramic Sinks
- Grab Bar
- Toilet Seat

**Wood & Pellet Heat**
Mid-Season Sale!

- England Pellet Stoves
- Drolet Rocket Wood Stove
- Pellet Stove Vent Kits

**Kitchens**
Get What You Want & Save Money Too!

- Sinclair
- Avalon
- Benton
- Harrison
- Korbett
- Overton

**COASTAL kitchen & bath**
WE OFFER FREE CUSTOM DESIGN & 3D DRAWINGS...
- On The Spot Quotes,
- Full Assembly,
- 100’s of Choices & Options,
- Professional Installation,
- Delivery
- & a 10 Year Warranty!

**HEAT PUMPS**
We do them!

**STORM STUFF**

**ELECTRICAL**

**LOCKS**

**SAVE MONEY & INSULATE**

**DON’T FORGET YOUR ACCESSORIES**