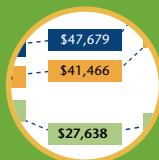


We are Spryfield.



Our Community Profile 2006





WE ARE SPRYFIELD: OUR COMMUNITY PROFILE 2006

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This Profile of Spryfield was developed with the people of Spryfield as part of a federal project, Action for Neighbourhood Change. It describes Spryfield's history and current situation; the views and opinions of local residents gathered through individual interviews, small group discussions and surveys; the factors affecting individual and collective health and well-being; and relevant trends and context.

It was written and prepared by:

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"We Are Spryfield: Our Community Profile 2006", prepared for Action for Neighbourhood Change in a partnership between United Way of Halifax Region and Board of Directors, Captain William Spry Community Centre.

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WE ARE SPRYFIELD

ACTION FOR NEIGHBOURHOOD CHANGE

Introduction to a Healthy Community

Action for Neighbourhood Change (Action) is a federally funded project based on the belief that communities, with support, can successfully address their own issues.

It is about communities learning how to:

- strengthen individuals and families
- revitalize neighbourhoods
- build strong, healthy communities.

Only five communities across Canada were chosen to participate: Surrey, Regina, Thunder Bay, Toronto, and Halifax. Spryfield was chosen to participate due in part to its higher unemployment, its pockets of poverty, residents' lower educational attainment and its housing issues. But the main reason Spryfield was chosen was for its many strengths:

- community pride
- active citizens and community groups
- fine services and businesses
- its long history of groups working well together.

Action for Neighbourhood Change helps get people in Spryfield talking about what we can do together to make our community a better place to live for everyone, so that we:

- identify key issues in Spryfield
- craft a common vision, created by residents from all walks of life
- start on the road to neighbourhood renewal by building on local resources and connecting to new ones.

This profile helps identify key issues in Spryfield and celebrates our many strengths and resources.

A healthy and prosperous community is built from healthy and prosperous individuals. The converse is also true: we are supported by a healthy and prosperous community.

Much of our thinking is that health is an individual responsibility. The Public Health Agency of Canada, however, provides evidence that ***the community and society we live in largely determines how healthy we are.***¹ The factors in a community that affect our health are so deeply imbedded into our daily lives that we

barely notice them – level of income, social standing in the community and support from families and friends. Level of education, employment and working conditions are also factors, as well as housing, air and water quality. Modes of transportation, access to dental care, how others view us, and how we view ourselves are also key.

If the health and well-being of individuals is grounded in the community, then what would a community be like if it supported health? According to Hancock and Duhl (1986)², a healthy community would

- provide a clean, safe, high quality physical environment
- preserve an ecosystem which is stable now and sustainable in the long run
- provide a strong, mutually-supportive and non-exploitative community
- include a high degree of public participation in, and control over the decisions affecting one's life, health and well-being
- ensure the meeting of basic needs (food, water, shelter, income, safety, work) for all the community's people
- enable access to a wide variety of experiences and resources with the possibility of multiple contacts, interaction and communication
- create a diverse, vital, innovative and sustainable economy
- encourage connectedness with the past, with the cultural and biological heritage and with other groups and individuals.

Residents of Spryfield, young and old alike, have been generous in sharing their views on Spryfield – during individual interviews, in small group discussions, in classrooms and on surveys – and it has been both a joy and a sorrow to listen to their voices, view their drawings and read their poems and stories. As the following pages will tell, residents are very proud to call Spryfield home, and see their community as a mixture of strengths and challenges. The facts and data, unfortunately, show trends towards greater poverty, and this is also reflected in people's stories.

Spryfield is at a stage in its development where residents can take action towards greater health and well-being for all members of the community, or fail to act and allow the downward slide of Spryfield to continue. By focussing on all our strengths and capacities, however, I believe that the residents of Spryfield can plot a realistic course of action and start creating the Spryfield of our dreams.

Marjorie Willison

METHOD

From July to December 2005, staff from Action for Neighbourhood Change listened to what people had to say about Spryfield. Marjorie Willison, Christina Carter and Tanya LeClair asked people what they liked about Spryfield, what they didn't like, and what they would change if they could.

They interviewed individual residents and spoke with community leaders including church ministers, attended the meetings of community groups such as the Lioness Club and Spryfield Residents' Association, listened to agency staff at places like the Single Parent Centre and Cornerstone Family Resource Centre, chatted with seniors, and attended a seniors' dance at the Spryfield Legion.

Action staff also went into schools at the elementary, junior high, and senior high levels. Students drew pictures, participated in classroom discussions and filled in surveys. At J.L. Ilsley High School, they created art, poetry, writing, and public speaking contests about Spryfield, arranged and judged by the teachers.

In addition, a short survey was delivered to every household in central Spryfield, just to make sure that everyone had a chance to speak their mind. More women than men filled in the survey, but all ages participated to give their views.

As well as collecting residents' viewpoints and opinions, statistical data about Spryfield were gathered (see Footnotes on Data Collection). These data added richly to the information already shared by residents, and helped to flesh out the community profile that follows.

As the community of Spryfield, we create the kind of Spryfield we want – a community that is happy and healthy. A place where we all work hard to make families stronger and neighbourhoods better.

This profile is a resource book to help us reach that goal. It reviews our community today. It is made up of perceptions and realities. It reflects what was heard from the community, and this report reflects those opinions.

Our Community Profile reflects residents' views and statistical data about Spryfield.

We listened to individuals, small groups and school children. We talked to old people and young people in all parts of the community and distributed surveys to each and every mail box. Every effort was made to cover as many viewpoints as possible.

The catalyst for this review is a local Action for Neighbourhood Change project. This important Canadian government project is aimed at helping communities help themselves. It's based on the belief that communities, with support, can make a better life for all.

The community has told Action for Neighbourhood Change what really matters to them. The authors of this report have chosen to match this information to a concept of community development based on seven proven principles. These seven “pillars” are all equally important. We must pay attention to each one if this project is to be successful. We want Spryfield to be the best that it can be.

A healthy and prosperous community is built from healthy and prosperous individuals. Conversely, the community and society we live in largely determine how healthy we are. The seven pillars of community development form the supports of a healthy and vibrant community.

Information from the Public Health Agency of Canada (formerly Health Canada) was also used in the preparation of this report in defining the facets of healthy and vibrant communities.

Our community defines what is important to them for each pillar. The next step is to create our community vision for Spryfield. We have seen and heard a call of renewal and hope. We see that being a theme to renew. Spryfield has a proud history of self-reliance, dating back to its settlement in the 1760s. We take care of ourselves and each other. We partner and work together.



WE ARE SPRYFIELD

EXECUTIVE SUMMARY

Spryfield started as a farming community around 1766. From references to Captain William Spry's farm and Spry's field, the name Spryfield evolved. After World War II, many young farm men found work outside of Spryfield, and local farms were turned into housing. Spryfield was annexed to Halifax in 1969. In 2005, Spryfield was designated a District Centre in Halifax's regional plan, and our future is looking rosy.

I Our Built Environment: Rich in Resources

Safe and secure housing is basic for meeting other needs in life. People without access to transportation lose opportunities to socialize. It is also harder for them to travel to jobs.

Spryfield has many built amenities that other communities lack: The Captain William Spry Community Centre, with a library, wave pool and meeting rooms. There are also four schools, six churches, and the Lions Ice Rink, which is aged and in need of repair. Residents want day care, public gathering places, and drop-in centres for all ages.

Residents express concern about the cost, quality and types of housing throughout Spryfield. Some housing needs major repairs. People say public transportation is inadequate and think the business district looks unappealing. The Herring Cove Road Streetscape Study suggests many improvements.

II Our Natural Environment: An Asset We Treasure

Ecosystem health strives to meet human needs while leaving intact sufficient resources for wildlife. High levels of contaminants in air, water, food, and soil can cause serious health problems. But Spryfield doesn't have answers to these.

Residents feel a strong connection to our wealth of natural resources. Various groups with environmental interests have developed, and Spryfield has won recognition for its environmentalism. The rising cost of power and oil for energy and heating as a resource, is a worry.

Food creates a variety of concerns but Spryfield's resources include land, soil and air needed for food-growing. We are capable of growing food in our community to help ourselves and the environment.

III Spryfield: A Caring Community

People who have supportive families and friends tend to enjoy better health. Close-knit communities reduce possible threats to good health. Many low- and moderate-income persons have limited or no access to dentistry, eye care and prescription drugs.

Friendliness is an outstanding quality of Spryfield residents, young and old alike. Spryfield has more children and youths, and more lone-parent families, than the general population. Many residents participate in community life, but many others do not.

IV Our Local Economy: Ripe with Opportunity

A large gap between rich and poor can cause social problems and put at risk the health of the population as a whole. Unemployed people suffer more physical and mental health problems than employed people.

A common view of residents is the desire for a greater variety of businesses. They want more opportunities for both shopping and entertainment. The Spryfield and District Business Commission plays an important role in the community. The employment rate in Spryfield is similar to that of the general population, but low-paying jobs are reflected in low incomes.

V Spryfield's Culture: Rich with Diversity

If people feel that they belong, and if diversity is appreciated, then individuals as well as the whole community are likely to be healthier.

Residents resent the negative stereotypes about their community and are proud to call Spryfield home. Spryfield has a relatively high level of visible minorities and more immigrants. Cultural differences between middle-class and low-income residents are reflected in a number of ways. There is a blossoming interest in arts and cultural activities.

VI Our Political Situation: Shared Decision-Making

People with higher income and social status, education, social support networks and employment have a greater sense of control over their lives. They are also more likely to be involved in decision-making.

The essence of politics is about who makes what decisions. Decisions made by the city, the province and the federal government affect our health and well-being. Understanding the ways that decisions are made, and influencing those decisions, can contribute to community strength and vitality.

VII Spryfield: Spirit at the Grassroots

Individual choices are greatly affected by the socio-economic settings where people live, work, learn and play. Education increases opportunities for job security, income security and job satisfaction. From conception to age six, a child's experiences have a profound impact on brain development. The effects last all through life.

We are born without having any choice about who we are or which social group we are born into. We are influenced by parents, teachers and friends. We are also influenced by the community we live in, including the media, churches and governments.

Surveys in Spryfield show a range of opinions about whether Spryfield has opportunities for personal and spiritual development. Spirituality can be expressed in many different ways. Residents say there are not enough places to go and things to do, and some parents are concerned about their children's education.

Vision and Action

So what is our vision for Spryfield? What would we like it to be in 25 years?

By focusing on all our strengths and good points, residents of Spryfield can make an action plan and start creating the Spryfield of our dreams.

Geography and Physical Description

Spryfield today is a suburb of Halifax Regional Municipality (HRM). It is underlain with granite bedrock and has been scoured and shaped by glaciers into a rolling landscape with drumlin hills. These drumlins, with their abundance of soils, formed the basis of Spryfield's agriculture, in contrast to the thin soils



Anglican Church on Sussex Street

of other areas of Halifax. Barrens with native vegetation form distinctive features of the landscape. To date they have not been built on, but there are plans to do so. Housing is interspersed with a few ponds and bogs as well as patches of mixed hardwood and softwood forest.

Long Lake is the largest lake and the cornerstone of the 2,070 hectares of Long Lake Provincial Park.ⁱⁱⁱ This is the second-largest provincial park in Nova Scotia and approximately the size of the Halifax Peninsula. The shores of the smaller Kidston Lake are still forested, except for the municipal park and beach along the northeast side of the lake. It is used by local residents for swimming and beach activities in the summer. Spryfield is also blessed with the McIntosh Run, which travels from Long Lake through the Backlands to Herring Cove.



WE ARE SPRYFIELD

SPRYFIELD THEN AND NOW

Mi'kmaq

The first people of the area that eventually became Spryfield were the Mi'kmaq. They trapped animals, and caught fish, taking only what was needed. In their culture, they respected and thanked each animal they took and used all the animal parts. They also used many different plants as food and medicine – everything from trees and shrubs to herbaceous plants, grasses and mosses. All aspects of the natural world – the plants, the animals, the soil, rocks, bodies of water, and elements such as wind, rain and sun – were sacred to the Mi'kmaq. Much of their activity in the local area would have centred around Beaver Lake (now Long Lake).^{iv} Today, beaver are still active around the lake, and residents occasionally find rock shapes in their gardens and nearby forest that suggest the tools used by the first peoples.



Kidston Farm



Woman and horses at dam

included a printer, a shoemaker, a farmer and several bakers. The nine lots were collectively known as Leiblin Manor.

In 1769, Captain William Spry, a British military engineer and Chief Surveyor of Nova Scotia, purchased three lots of Leiblin Manor. He employed soldiers under his command to clear a large field and a road so that carriages could travel from the head of the Northwest Arm to his field. ***It was from references to Spry's farm and Spry's fields that the name Spryfield evolved.*** By the time Captain Spry sold his land in 1783, there were 50 to 60 acres of cleared land, two large barns, a mansion and other dwellings, a garden with all sorts of grafted fruit trees, a stable, a number of outhouses and 30 head of cattle.

Spry's Field, A Self-Reliant Farming Community*

The first European settlers arrived in Nova Scotia around the middle of the eighteenth century and were helped by the Mi'kmaq through those first, harsh winters. In 1766, the area across the Northwest Arm from Halifax was surveyed and divided into nine 500-acre lots, which were granted to several German-speaking Lutherans. Henry Leiblin, the owner of a bakery and spruce beer brewery in Halifax, received one of the lots, where he established a wood lot. The remaining landowners



Dairy Wagon



Mr. Slaunwhite and Elizabeth Sutherland

During the last quarter of the eighteenth century, George McIntosh acquired all of Spryfield and part of Harrietsfield. Since he played an important role in the development of Spryfield as a farming community, McIntosh Run was named in his honour.

William Sutherland bought lot number three of Leiblin Manor in 1816. He began a large farming operation that provided Halifax shopkeepers with root crops. He also butchered livestock, and sent grain to be ground into flour at the local mills. The Sutherland family donated a half-acre of land to the Anglican Church for a church and a school on what is now Sussex Street.



Rockingstone

William Sutherland's granddaughter, Elizabeth, was Spryfield's first schoolteacher. Later, a public school, known affectionately as “The Little Red Schoolhouse,” was constructed where Central Spryfield School now stands. Today's Elizabeth Sutherland School, which serves children from Grade primary through Grade 9, is located at 66 Rockingstone Road.

In 1822, William Kidston Jr. set up Rockingstone Farm on lots four and five of Leiblin Manor. By 1827, the farm was producing wheat, mixed grains, potatoes and hay. The land supported cattle, horses, pigs and sheep on 30 cleared acres. Members of the Kidston family continue to live on a few acres of the original land he purchased. Much of Spryfield's built heritage has been lost, but the original Kidston home, built in 1825, has municipal heritage status and has been continuously occupied by the family for more than 170 years.

The old Kidston ice house, visible at 62 Rockingstone Road, covered a large dugout in the ground. The deep hole was filled with sawdust to store ice cut from Kidston Lake in the winter, which was then sold to hotels in Halifax in the summer. In the 1930s, John Kidston raised chickens and squabs for the Halifax hotels and sold eggs, rabbits, hay and vegetables. During the Depression, some of the crop was left in the fields for others to glean.

The famous Rockingstone, a large glacial remnant weighing 450 tons and measuring 30 metres in circumference, is located beside Kidston Lake, on what was the Kidston property and is now a city park. ***It was a popular tourist attraction, and the Kidston children of the 1950s stood at the gate across the road to collect nickels from people who wanted to see the great stone.***

Other farmers who established farms in Spryfield in the early 1800s included the Yeadon, Brunt, and Roche families. Like the Sutherlands and Kidstons, they sold butchered livestock, grain, vegetables, milk and butter to local residents and the storekeepers of Halifax. William Dart built sleighs and wagons, and the Rockingstone, Roche and Drysdale's Hyland dairies supplied milk.



WE ARE SPRYFIELD

In 1848, a wooden dam was built at the top of McIntosh Run – the outlet of Beaver Lake – to provide clean drinking water to Halifax.^v This raised the water level by 25 feet. Land that had been farmed by three generations of settlers was expropriated for the new water system, and the waters of the new Long Lake flooded their farms and graveyards. William Nicholson became keeper of the dam as early as 1851, followed by his two sons. In 1877, the dam was reconstructed using granite, and the water level was raised another three feet.



Pinegrove Hotel

The Dart family operated a sawmill at Dart's Forks (now part of Long Lake Provincial Park), and William Dart Jr. was well known for carving children's sleighs from wood cut on his own land. His sister, Annie, served as Spryfield's first postmaster. William Yeadon Jr. created the Yeadon quarries in 1860, which provided local men with a means to subsidize their farming income. In 1893, William Topple established Pinegrove Hotel, which provided a resting place for travellers and soldiers. It was located at the corner of Herring Cove Road and Pinegrove Drive, where a Tim Horton's drive-through is now situated.

Most families in Spryfield continued to farm their land as the 20th century began. They kept at least one cow which provided enough milk for their own use, churned their own butter by hand, raised hens and chickens for eggs and poultry and grew fresh produce. By 1921, Edward Frazee was operating a grocery store on Herring Cove Road. John Kidston and his brother-in-law, Foster Giezer, operated Rockingstone Dairy, which delivered milk to the residents of Halifax.

After World War I, many young farm men found work outside of Spryfield, and local farms were slowly abandoned or turned into housing.

Entering the Modern Age

Numerous changes took place in Spryfield after World War II. Properties were subdivided and sold to returning soldiers. Land was cheap, and many people from Halifax moved to Spryfield. Renie's Tearoom opened on the corner of Herring Cove Road and Long Lake Road (now Dentith Road). Spryfield's first drug store and a dry cleaner were established beside the Tearoom. Across the street was a service station. *Local residents knew this area as "The Village."*



Women's Missionary Society

SPRYFIELD THEN AND NOW

In 1946, a volunteer fire department was formed. The Kent movie theatre also opened. During the 1940s, a number of buildings of worship were constructed, including Emmanuel Church (Anglican), St. Michael's Church (Roman Catholic), and the United Church. A new eight-room school, known as Central Spryfield School, was built to accommodate the growing school-age population.

The Yeadon quarries, located at what is now the corner of North West Arm Drive and Old Sambro Road, completed their last contract in 1954. That same year, the Public Service Commission expropriated the area now known as Long Lake Provincial Park, forcing several farm families to relocate. This was done to protect the watershed. In 1976, Long Lake and Sprucehill Lake were taken out of the water system, but the expropriated land was still the property of Nova Scotia. In 1984, it was designated a park reserve.

There were operating dairies in Spryfield well into the 1950s, and the last farms and market gardens, which had fed Halifax for generations, did not close until the early 1960s. At least one local resident remembers seeing a farmer with his horse and wagon travelling around the Armdale Rotary in the early 1960s, but finally, large-scale farming came to an end. On January 1, 1969, Spryfield was annexed to the City of Halifax, and many families from Halifax made Spryfield their new home.

After annexation, City Council invested generously in capital projects to improve roads, establish water and sewer lines, and build sidewalks. The city's Social Planning Department took an innovative approach in bringing human services to the area by initiating and supporting the Multi-Service System. This system assisted agencies from different levels of government to coordinate their services and develop innovative service-delivery models in health, education, recreation, social services and culture.

This led to the construction of the *Captain William Spry Community Centre* in 1985. It housed agency offices, the only indoor wave pool east of

Montreal, and a two-storey public library. *It was funded by a partnership of the province, the city, and the community* through the Spryfield Lions Club, including members who mortgaged their homes in order to help provide funds.

Present Land Use and Planning

Older parts of Spryfield are predominantly covered with single unit dwellings and a few small apartment buildings. More recently developed areas of Spryfield include single unit dwellings, some duplexes, a large portion of predominantly low-rental apartment buildings and a public housing estate.

Within walking distance for many residents is a wealth of amenities, including the Spryfield Lions Rink, four schools and a variety of churches. The Captain William Spry Community Centre houses a wave pool, public library, community meeting rooms, recreation facilities and offices. There is also an abundance of green space within and around the community, much of it privately owned and used by the public for recreation.

A prominent feature of the community is the mixed commercial and residential strip development along Herring Cove Road. Businesses and services tend to be concentrated between Levis Street and Spry Avenue. This business area is referred to by long-time residents as the "village." There is no industrial base, and many people leave the community every day for jobs in other parts of HRM.

During the early 1980s, citizens of Spryfield and the surrounding areas became involved in detailed area planning, which led eventually to the adoption of the Mainland South Secondary Planning Strategy in the mid-1980s. The plan was never reviewed, despite repeated requests from the community. Increasing development pressure and multiple amendments to the plan upset some segments of the community. In 2001, however, HRM began a municipal-wide regional planning process that included multiple opportunities for citizen input.



WE ARE SPRYFIELD

In early 2005, the Regional Municipality contracted Ekistics Planning and Design to consult with the community and develop a streetscape plan for Herring Cove Road. Shortly after, the Spryfield and District Business Commission's work resulted in Spryfield being upgraded in the draft Regional Plan from a "local centre", defined by HRM as having few amenities, to a "district centre," a definition which better fits Spryfield's wealth of amenities and potential for further development.

Seven Pillars of Community

For most of its life, the housing in Spryfield's built environment has been fairly homogeneous, with people of different social and economic backgrounds living side by side in relatively modest homes. That changed when Greystone public housing and low-rent apartments were built in the early 70's. The disparity in housing is increasing, with isolated pockets of high-income housing now being built and development pressure rising. This unhealthy 'neighbourhood sorting' is happening across Canada. As well, a lack of access to transportation is an issue for many residents.

There are other aspects of Spryfield that influence community health. Residents place tremendous value on the natural environment, and are concerned about how development will affect green space. Although a strong sense of friendliness and caring permeates the community, some residents are not included in the networks of community life. Residents are concerned about the lack of jobs, even though there appear to be a wealth of opportunities for economic development. Spryfield's culture holds both challenges and opportunities, and many citizens feel disconnected from politics and decision-making. Despite opportunities for personal and spiritual development, including education and recreation, attention to this is mostly private and invisible for many residents, and mostly absent or unobtainable for others.



This drawing was done by student Mary Wilten.

In the following sections, we use a community development approach to consider Spryfield as it is today, its relationship to the broader world, and Spryfield's possibilities for the future. This approach is based on seven perspectives of community development, which are grounded in the work of Jim Ife.^{vii} ***These seven pillars form the supports of a healthy and vibrant community, and provide a way for residents of Spryfield to consider those aspects of community that influence health and well-being.***



The Community Quilt of the CRABapple Mapping Project, on display in the foyer of the Captain William Spry Community Centre.



OUR BUILT ENVIRONMENT

OUR BUILT ENVIRONMENT

A. Health and the Built Environment

Built Environment

The built environment includes all the structures that create villages, towns and cities. It includes all the transportation (roads, sidewalks, trails and parking areas) and underground pipes.

In particular, housing, indoor air quality, and the design of communities and transportation systems can significantly affect people’s health and well-being. Safe and secure housing is a foundation for meeting other needs in life. Exposure to second-hand tobacco smoke, particularly inside the home, poses a serious health risk.

Urban design leading to high dependence on automobiles has been suggested as a factor contributing to rising obesity, as people drive rather than walk or cycle. Obesity is a health risk. *Those without access to affordable and sufficient transportation lose opportunities for social engagement and suffer reduced access to employment.*

B. Our Built Environment: Rich in Resources

Spryfield has many built amenities that other communities lack, including the Captain William Spry Community Centre, with library, wave pool and meeting rooms. There are also four schools, six churches, and the Lions Rink, which is aged and needs repairs. Residents want daycare, public gathering places, and drop-in centres for all ages.

Other factors that attracted much comment from residents include concerns about the cost, quality and types of housing, and inadequate and inaccessible transportation. There are also concerns about the unappealing look of the business district. On the other hand, there is an appreciation for the outdoor recreation opportunities.

These are factors that affect individual and collective health and well-being physically (safe and affordable housing) and socially (having opportunities to connect to and interact with other people). They also affect people economically (being able to get to and from work easily) and culturally (how others view us, and how we view ourselves).

i Housing

During interviews and surveys, residents frequently expressed concerns about housing. For example, they noted the presence of rundown rental units and concentrations of poverty; expressed worries about home ownership and rising taxes as property values increase and voiced concerns regarding the quality of public housing and the availability of affordable housing for seniors.

When compared with residents of HRM and Nova Scotia, a greater percentage of Spryfielders rent rather than own (see graph). In addition, Spryfield has more semi-detached homes, row houses, and duplexes, and fewer single detached houses and moveable dwellings.

Quotes

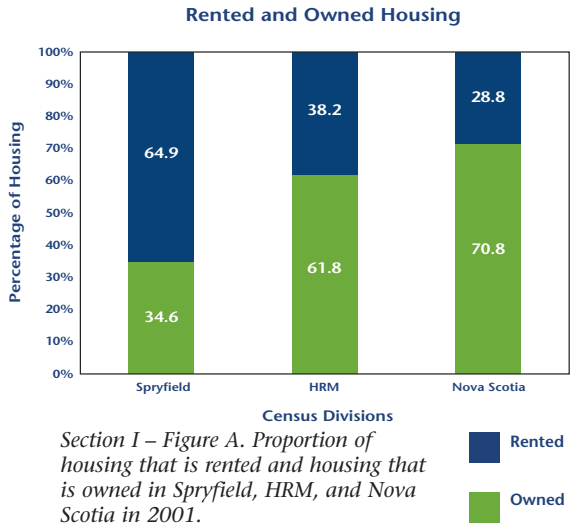
The quality of housing in certain areas promotes poor quality of life, which results in bad behaviour and lack of respect for other people and property.

It is a very small community and school is close to home. (Youth)
Putting poor people together demeans them.

The rents are too high for us old folks on pension.

Spread affordable housing mixed in with everyone else.

The average monthly rent in Spryfield is lower than in the municipality or the province. Spryfield rents also did not increase as much as in the larger areas between 1991 and 2001.





OUR BUILT ENVIRONMENT

During the same period, however, tenants and homeowners saw their major monthly expenses (electricity, fuel, city services, mortgage payments and property taxes) rise more sharply in Spryfield, mirroring the rise in HRM. In 2001, the average resident of Spryfield spent less each month on major payments than people in other parts of HRM, but slightly more than people elsewhere in Nova Scotia. **While Spryfielders’ major monthly costs are rapidly catching up to those faced by other Nova Scotians, incomes still fall behind in Spryfield.**

The majority of dwellings, regardless of type, were built between 1946 and 1990. Despite Spryfield’s smaller percentage of old homes compared with HRM, a slightly larger percentage of the housing in this community needs major repairs.

HRM is seeing fewer single-detached housing starts and more construction of condominiums and other types of multiple-unit housing. There is also a surge in renovations of existing housing stock.¹⁸¹

Interest in co-housing is growing. This is a strategy that brings together people who share common views and values about housing, to design and develop their own group of houses on a piece of land. Their focus might be on energy efficiency, friendliness and mutual support, child-friendly surroundings or other interests.

Homelessness would not at first glance seem to be an issue in Spryfield. HRM’s Supporting Communities Partnership Initiative, however, describes homelessness as “living without a safe and affordable home,”¹⁸² and gives examples that resonate with Spryfield’s community:

- a single mom and child living in a rundown apartment
- a family living in an unsafe neighbourhood
- a man with a job forced to sleep on friend’s couches, or in a car
- a person with a disability who pays so much for rent that he or she is forced to visit food banks on a regular basis.

In the Regional Planning process, some strategies being considered to reduce homelessness are:

- density bonusing, to allow the private sector to produce affordable housing;
- an inclusionary development policy, to increase the mix of housing types and affordability in new developments;
- affordable housing incentives for developers; and
- a housing reserve fund.

ii Transportation

Residents’ concerns with transportation were about pedestrian safety. They include traffic speed, poorly lit paths and the shortage of sidewalks along both sides of the street. Some spoke about traffic clogging at the Armdale Rotary, a lack of bicycle lanes and unmarked trails. **Busing came in for criticism, with residents citing infrequent service, crowded buses and poor connections.**

Quotes

The city should get people to clean up their property.

We should get rid of the 500 block of apartments.

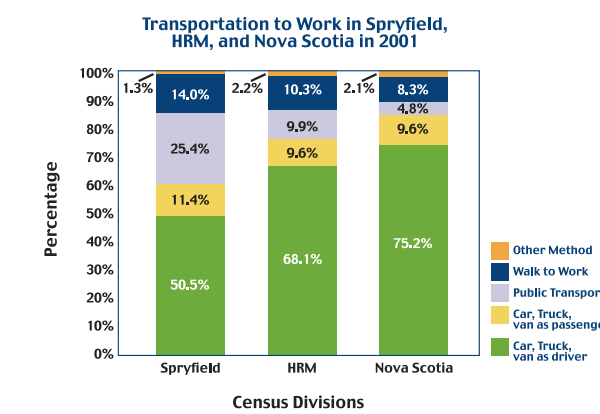
Would like to change the conditions of public housing.

It’s upsetting. Improvements which cause low income families to have to leave Spryfield and go to places like the Square or Fairview. I’m comfortable here. It’s home.

Foxwood used to be a nice place to live, but now it’s noisy and there’s garbage everywhere. Landlords should be forced to fix up their properties. The city should charge them.

It takes months for anything to get fixed [in Greystone], because a tenant request has to go through all the channels. If we fix it ourselves, we get into trouble, because Housing is afraid it won’t be ‘up to standard’.

The main vehicular route to and from Spryfield is Herring Cove Road, which also serves as main street and holds the majority of businesses and shopping in Spryfield.



Section I – Figure B. Transportation to work in Spryfield, HRM, and Nova Scotia in 2001.

OUR BUILT ENVIRONMENT



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A secondary route is North West Arm Drive, which connects travellers coming from St. Margaret’s Bay Road and Clayton Park. North West Arm Drive is less congested, but it is a longer route to downtown Halifax than Herring Cove Road and the Armdale Rotary. There are two regular Metro Transit bus routes (Routes 14 and 20) operating every half hour (less on weekends), and one express bus (Route 32) operating during peak times on weekdays.

Residents of Spryfield are kinder to the environment when they travel, compared to HRM and Nova Scotia: Spryfielders on their way to work use public transit, walk and share a vehicle more frequently than the rest of HRM and the province.

Quotes

Traffic goes lickety-split on Herring Cove Road. We need a ‘beep-beep’ sound to go with lights for pedestrians – by Pharmasave and by Sylvia Avenue.

Benches and garbage cans at bus shelters.

We need a bus to run through Bayers Lake to Fairview, around Halifax Shopping Centre and back to Spryfield.

The buses get really crowded, and people have to stand.

iii Business District

In the early years of Spryfield, farm people spoke of going to “The Village” – the central section of Herring Cove Road – to do business and shop. The area is still referred to as “The Village” today. In recognition of this history, the **Spryfield and District Business Commission has developed a slogan, “Spryfield Village, Heartbeat of the Loop”**. The Village consists of the South Centre Shopping Mall, anchored by a Canadian Tire store, and includes two large grocery stores and businesses such as food establishments, pharmacies, doctors’ offices, an optometrist’s office, a dry cleaner, a physiotherapy service, lawyers’ offices, a music business, barbers and hair dressers and veterinary services.

Herring Cove Road has been improved over the past few years with the addition of a new Shoppers Drug Mart, the relocation and refurbishment of Canadian Tire and Spryfield Animal Hospital and the construction of a new Sobeys. The opinion by locals and visitors, however, seems to be that they would like more shops to choose from and more things to do.

Quote

Everything you need is close (school, grocery stores, etc.)

The Spryfield and District Business Commission is looking into how they can make the streetscape more appealing to the public. They want to improve the attractiveness of the business district and in turn increase the number of businesses located in Spryfield. They hope this will provide more activities and jobs for local people and improve the way people perceive Spryfield.



OUR BUILT ENVIRONMENT

OUR BUILT ENVIRONMENT

In the next few years, Spryfield will be served by a Metro Link bus route. The Metro Link will reach the downtown core of Halifax more quickly, as it makes fewer stops and is faster than the regular bus.

The Armdale Rotary will also improve: HRM has collaborated with the Province to change the traffic rules for the rotary to help traffic flow more smoothly and efficiently.

As well, HRM contracted with Ekistics Planning and Design to carry out the Herring Cove Road Streetscape Study in 2004.² The study was designed to increase understanding of the area and create a plan that would help the area prosper and grow. The conclusion from these meetings was that Spryfield is not only capable of development, but that people here would welcome it, provided it was properly planned.

The study included a variety of recommendations, such as a reduction in the number of traffic lanes and the development of a public transit hub, possibly behind the Spryfield Mall. They recommended locating store fronts close to the sidewalk and strategically placing higher density development to make the street more vibrant. A park in front of the Captain William Spry Community Centre, realignment of Sussex Street and development of a skateboard park are also in the plan.

Although the plan has been approved, there are no groups in Spryfield making sure the ideas reach fruition.

Quote

I'd like to see "main" street dressed up, with wreaths at Christmas and flowers in summer.

iv Public Spaces

Residents speak of a public gathering place in Spryfield as a long-held wish and dream. In the centre of Spryfield, along or near Herring Cove Road, there are few spaces for the public to meet one another and congregate. There is an occasional park bench and small green space next to a bus shelter, but ***there is really no central place where people can gather and spend leisure time, summer or winter.***

A common indoor gathering space is the South Centre Mall food court, but this space is small. The Captain William Spry Community Centre supports the community through recreation programs, meeting rooms, office space, the wave pool and the library, but few people use it as an informal gathering place. The Community Centre has

plans to make itself more youth friendly in the future with a youth drop-in centre. Spryfield Lions Rink is a popular place for skating or hockey or for socializing while watching Chebucto Minor Hockey games.

Quotes

More open skating at rink. (Youth)

Fix up the rink. We deserve better than that.

It's just about impossible to get ice time. Groups from other parts of the city use it more than we do.

Existing public spaces are structured to serve purposes such as shopping, programs or sport. Usage is somewhat segregated as venues attract people from single user groups. For example, there are more middle-to high-income individuals and families with children than those of lower income using the Community Centre, particularly on weekends, Conversely, the mall food court is a popular spot with some seniors and people on low or fixed income who are around the community during the day.

Quotes

We need somewhere to hang out with our friends...it's boring around here sometimes. (Youth)

There's no place for seniors to go. We used to have a place in the mall, but not any more.

Many in the community commented on the need for an inclusive public space to spend leisure time: for seniors to meet one another, for kids and teens to play and hang out and for families to spend time with each other and other families.

Transportation usage and infrastructure will most likely change in the coming years. Less reliance on the automobile and greater usage of public transit and active transportation (e.g. walking, biking, roller-blading) will influence the design and layout of shopping areas. As suggested in the Herring Cove Road Streetscape Study, the trend may be towards more pedestrian-friendly shopping areas that support social interaction.

The design might include store fronts close to sidewalks, more parks and benches, and trees and flowers. There could be shared parking between stores, fewer lanes of traffic, and on-street parking. Vibrancy and liveliness would come with greater concentrations of people living close to shopping areas, people-scaled design, and more places for people to gather.

v. Outdoor Recreation

Although Spryfield has a number of parks and playgrounds, a common complaint among all ages in Spryfield is that there are not enough places to go and things to do. Outdoor recreational developments in Spryfield consist of a few parks operated by HRM and some school parks and playgrounds managed by the School Board. Along the Herring Cove Road there are almost no public parks where people can relax and play. Some of the urban side streets near Herring Cove Road have playgrounds run by the city. The few parks close to Herring Cove Road have small playgrounds that are partially fenced in, with very little green space to run around or play a game.

The largest park in the area is Graves/Oakley Park on Leiblin Drive, just outside of central Spryfield.

Quotes

We need more parks to take our kids to, and more places to walk. I wish they had a place for teenagers to hang out, like an underage club. (Youth)

Playgrounds are of poor quality. They should be cleaned up a bit better.

There's a playground, but the city took away most of the equipment and didn't replace it.

Finish the park area along McIntosh Run and Herring Cove Road. People tend to judge us and our community by this neglected looking area.

The Spryfield Community Garden and the Urban Farm make land available for gardening, and many homeowners garden. The Urban Farm also includes a large field with trees and a variety of other native plants, and local residents attend annual events there such as Harvest Fair in September. Gardeners at the Spryfield Community Garden on the St. Paul's United Church grounds wrap up each season with a fabulous potluck dinner. Socializing is a strong component of both of these groups.

Quote

Keep our promises to our youth. Let's get this skateboard park up and running before they become adults!

Other fields in the area are the Elizabeth Sutherland School sports fields, Rockingstone Heights Elementary School field, J.L. Ilsley High School field, and the small Central Spryfield School green space.



Captain William Spry Community Centre

Spryfield youth say that they do not have an appropriate place to skateboard or ride their bikes.

A treasured quality of Spryfield is that it is almost completely surrounded by nature. The abundant woodlands, lakes and barrens provide great opportunities for active recreation (e.g. hiking, swimming) and passive recreation (e.g. bird-watching). Much of the land used by residents this way is actually private land, and may be available for the long term only if future development takes this into account.

C. Our Housing and Development

Spryfield's built environment, including housing, transportation, the business district, public spaces and outdoor recreation, is rich in resources and ripe with opportunities for improvements. Housing issues and concerns around development seem to be the biggest areas of interest for Spryfielders in the built environment. What is your vision for Spryfield's future housing and development?

The Herring Cove Road Streetscape Plan includes proposals for a bike lane, and a plan for a skate park, but these have yet to be built. In the meantime, kids are using their creativity to make ramps out of old pieces of wood and metal – exciting, maybe, but not very safe.

The lack of bike lanes along Herring Cove Road discourages active transportation. Bicycle lanes would increase safety and usage, provide opportunities for exercise in daily life, enhance the ability to get around, improve personal health, and reduce greenhouse gas emissions.

OUR NATURAL ENVIRONMENT



OUR NATURAL ENVIRONMENT

A. Health and the Natural Environment

Natural Environment

The natural environment has a significant influence on health. *High levels of contaminants in air, water, food and soil can cause serious health problems*, such as cancer, birth defects, respiratory illness and gastrointestinal problems. The frequency of childhood asthma – a respiratory disease that makes someone very sensitive to airborne pollutants – has increased sharply in the last two decades. The reduced ozone layer is also causing health problems, including sunburn, skin cancer, depression of the immune system and cataracts (Health Canada)^{xi}.

Ecosystem health is essential to long-term human well-being. *This includes meeting human needs for wood, minerals, energy and land (for housing, food, recreation and transportation), while still leaving intact sufficient resources for wildlife.*

B. Our Natural Environment: An Asset We Treasure

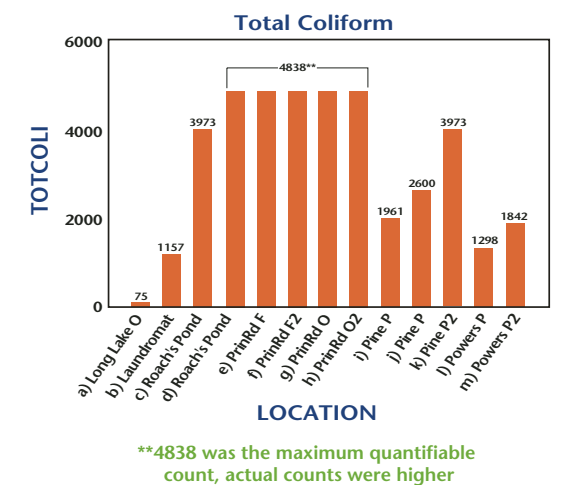
Spryfield residents feel a strong connection to, and express appreciation for, all the surrounding green space. A variety of groups with environmental interests have developed over the years, and Spryfield has won recognition for its environmentalism. The rising cost of power and oil for energy and heating is a problem for some residents, and food creates a variety of concerns.

Everything in our built environment came originally from the natural world, and the power, food and resources we consume also come from nature. Understanding both our dependence on the natural world, and our impacts on it, can help us take action to improve community strength and vitality.

i Natural Assets

Spryfield is ecologically diverse and blessed with a wealth of natural assets. The air is relatively free from industrial pollutants, although vehicle exhaust distresses some residents. There are many natural water bodies – lakes, ponds, bogs, streams and a river – although the McIntosh Run is polluted and Long Lake suffers from

Water Samples



Section II – Figure A. Total Coliform bacteria in water samples from McIntosh Run, November 23, 2005.

acid run-off. Drumlin hills provide abundant, relatively fertile soils, although the state of soil health is not known. And there are forests and wildlife, although not at historic levels.

The McIntosh Run is an instructive example of environmental change over time. The Run or Runs, as the river is sometimes called, starts at the dam on Long Lake, flows through Spryfield, and winds through the Herring Cove Backlands on its way to the ocean. On the surface, it is a lovely stream running through attractive wilderness areas, and is a source of pride for many residents. It used to carry a wide variety of fish, including salmon, but no salmon and only a few fish species remain because of changes to the Run.



OUR NATURAL ENVIRONMENT

The Long Lake waters that feed the Run are more acidic than is natural, due to run-off from Bayers Lake Industrial Park. ***As well, particulate matter from soils disturbed by development, road salt, garden fertilizers, and faecal matter, make their way into the waters. These factors adversely affect water quality, fish habitat and fish populations.*** The McIntosh Run Watershed Association and HRM have found very high levels of fecal coliform bacteria in the waters of the Run.^{xii} This could be due in part to contamination from dog and wildlife feces, but is more likely due to leaks in the trunk sewer and/or leakage at the Princeton Road pumping station.

Hardwoods, such as maple and birch, and softwoods such as spruce and fir, are dominant in local forests. An understory of smaller trees, shrubs and small groundcover plants create rich habitat for wildlife. Gardeners in Spryfield tend to landscape with non-native plants, but many yards that back onto the woods are landscaped with native trees and shrubs and a bit of lawn.

Spryfield residents appreciate the wealth of wildlife in urban areas and the surrounding natural areas: mammals such as deer, porcupines, skunks, foxes, coyotes, squirrels, bats, mice and voles; reptiles such as snakes; amphibians such as toads, frogs, newts and salamanders; a wide variety of insects; and birds both large and small. Loons still nest on Long Lake, hawks patrol the skies, and owls leave signs of nightly hunts.

Quotes

Developers put houses too close to the water. They should put back the forest they took away. (Youth)

Job generation connected to nature – like supplies for camping, hiking, bike repair shop.

All our woods, McIntosh Run, Kidston Lake, the barrens and bogs, the animals.

We don't seem to have as many birds as we used to. (Senior)

Although there used to be resource extraction in this area – forestry, quarrying, fishing – the main use of natural areas today is for recreation. Over many years, the public has developed trails through the woods, most of which cross private property that is still semi-wild. CRABapple Mapping Project has mapped some of these trails, but the traditional trails on private lands could be lost to development. HRM is supportive of trail development, and the McIntosh Run Watershed Association is working to develop a trail along the Run.

ii Community Action

Spryfielders generally agree that Spryfield has environmental problems, but most do not articulate what those problems might be. On the other hand, ***Spryfield residents have a high level of appreciation for nature.*** This is demonstrated in various ways, particularly in the development of grass-roots groups with an environmental interest. In a small survey carried out by the CRABapple Mapping Project in June 1997, respondents at the Spryfield Mall said “friendliness of the people” and “close access to nature” are the things they valued most about their neighbourhood and community. As a follow-up, CRABapple Mapping Project developed walking tour brochures and eight Eco-Packs with themes centred on Forest, Bog, Barren, Pond, Ocean Shore, River, Back Yard and Old Field. These kits are available for borrowing through the Capt. Spry Public Library, and feature nature activities and photographs of natural features in Spryfield and surrounding areas.

In 1987, a small group of local residents formed the Spryfield Long Lake Provincial Park Association (Spryfield was later dropped from the name).^{xiii}

Dalhousie's School for Resource and Environmental Studies has sponsored several graduate level student projects focussed on Long Lake Park. Environmentalist Ross Mayhew was instrumental in reviving the association in 2001, and both the Department of Natural Resources (DNR) and HRM's Outdoor Education Centre showed renewed interest in the park. Members are concerned about its heavy use as a dog-walking park, with most dogs unlawfully off-leash. They also site the many trails, boardwalks in wetlands and bike jumps

Spryfield has gained recognition from outside the community for its environmental activism. In 2000, Spryfield was honoured with Ecology Action Centre's province-wide Sustainable Communities Award “for demonstrating how people can work together toward sustainability by taking greater control of their economic future, improving the quality of their environment, and enhancing the strength of the community.”

built illegally by mountain bikers. As well, they note the frequent use of ATVs and snowmobiles and the damage they cause in the southwest portion of the park.

Currently, the association is undergoing a community-based, participatory Management Planning process for the park, which is strongly supported by DNR, HRM Water Commission, and all three levels of government. Trout Nova Scotia is also contributing to the planning process.

The Earl Francis Spryfield Memorial Royal Canadian Legion sparked the revival of the McIntosh Run Watershed Association in 2000. Each year, the association organizes annual clean-ups of the Run, with strong support from students at J.L. Ilsley High School, local residents and groups. The association is also working to develop a walking trail along the Run, and has carried out fish studies through student projects from Dalhousie University's School for Resource and Environmental Studies.

People Around Communities Every Day (PACE) is focused on economic development based on skill development and connecting people. Members of this small group are grounded in economic development that is environmentally sustainable. Since their Herring Cove Road Study^{xiv} of June 2000, members of PACE speak for the views of residents, pedestrians, business owners and community groups as expressed in the study.

iii Power

Spryfield, like most of the province, is reliant on fossil fuels for power and heating. Nova Scotia Power is the primary electricity supplier and provides 97 per cent of generation, transmission and distribution in Nova Scotia. The cost of power is regulated by the Nova Scotia Utility Review Board, which has authority over Nova Scotia Power operations.

Power costs have been going up and this has put a strain on many residents. People are being forced to use less power or pay bills that are draining them financially. Low-income families in particular have a hard time with the high cost of power due to the challenges they may have with poor housing: sub-standard housing leads to higher fuel costs due to improper weather stripping, old windows and inefficient furnaces.

Quote

Spryfield's so windy we could have wind power.



Spryfield was honoured with the Ecology Action Centre's province-wide Sustainable Communities Award

Spryfield stands out when compared with some other suburban parts of HRM in still having a lot of green space. In discussions at the Community Forum held by Captain William Spry Community Centre Board in April, 2005,^{xv} a sentiment expressed was “development, but not at the expense of environment”. A big challenge for Spryfield is to figure out how to encourage the development of housing and business services, and still retain the strong connection to nature so highly valued by Spryfielders.



OUR NATURAL ENVIRONMENT

We consume energy in nearly all aspects of our lives. We use it at home, work and play. It underpins industry, transportation and the production of goods we consume. The wind industry is growing rapidly in Europe, and ordinary citizens in Germany, for example, are members of wind-energy co-operatives.

iv Food

Food comes from the land and requires adequate moisture, clean air, sunshine and appropriate temperatures to grow. From the early days when Mi'kmaq fed themselves from the land and sea, through Spryfield's 200-year agricultural period to the grocery stores of today, there has been a gradual decline in the consumption of local foods. In a typical grocery cart, less than 20 per cent of the food comes from the Maritimes, so the population is very dependent on other parts of the world.

Most food consumed locally and purchased at two large grocery stores is flown or trucked in from great distances using fossil fuel. The entire food system, from production through distribution and processing, relies on fossil fuel.

There are three recognized strategies for reducing harm to the environment; reduce consumption; repair or reuse goods; and recycle. Recycling receives the most attention, but it is less helpful than repairing or reusing goods, which in turn is less effective than reducing consumption.

Reducing consumption can take the form of using less energy in the home, driving less or not at all, buying fewer new goods and reducing the amount of wood and paper used. Reducing consumption of land and energy can also take the form of smaller, more compact housing, narrower and fewer streets, smaller parking lots and less meat in the diet.

Repairing and reusing clothing, tools and equipment is better for the environment than purchasing new ones.

Recycling paper and wood means fewer trees are cut down; recycling metals and minerals means less mining is done.

Economically, local grocery dollars leave the area. Nova Scotian farmers have suffered a net loss in their farming operations over the previous two years.^{xvi}

In Spryfield, food is not distributed equitably, and some families go hungry. Most people find food banks an unacceptable solution, and there are few alternatives to grocery stores. People without cars have challenges transporting groceries.

There are signs of change, however. Both the Spryfield Community Garden and the Urban Farm Museum Society are promoting local food production, by teaching new gardeners and providing land for food-growing. They also have plans to develop a Farmer's Market, and encourage local gardeners to sell or give away their excess produce. As well, a multi-agency group called Food for Life has started discussions about nurturing a local food system. Given the abundance of soil in Spryfield, particularly in comparison to the thin soils overlying bedrock in much of the metropolitan area, a focus on gardening and food-growing is feasible.

Quotes

I have money to buy food, but it's hard for me to get to the grocery store.

I wish we had a home-delivery system, like pedlars going door-to-door with fresh veggies.

I know my kids should eat more fruits and vegetables, but they cost too much.

My daughter has a food allergy, and I can't afford the right foods for her.

About 40 per cent of people who use our food bank really need it; about 30 per cent find it helpful; and about 30 per cent abuse it. They shouldn't be there at all and need to get off their butts.

OUR NATURAL ENVIRONMENT

v Goods

Whether through a shortage of funds or a conservation ethic, Spryfield residents help the environment by reusing things. Three stores plus Hand in Hand offer used clothing and household items for sale, including bedding, pots, dishes and furniture. Agencies are in the habit of passing on furniture and equipment to other agencies and community groups, and homeowners try to pass on used furniture, clothing and household items. Given Spryfield's lower average household income, it is likely that residents also purchase fewer new goods, which is also helpful in protecting the environment.

Quote

I would like to see a shoe repair.

C. Our Natural Environment

Spryfield's natural environment is shaped by a wealth of natural assets, strong and diverse community action, and reliance on a single source of power. This is as the potential to grow food and early signs of a conservation ethic. What is your vision of the natural environment in Spryfield's future?



OUR SOCIAL FABRIC



OUR SOCIAL FABRIC

A. Health and the Social Fabric

Health Canada identifies three social factors that affect health and well-being.^{xvii}

Social Support Networks

People who have supportive families, friends, and communities tend to enjoy better health. In fact, the health effect of social relationships may be as important as other well-known risk factors such as smoking, physical activity, obesity and high blood pressure. Social support networks can help people solve problems, deal with hardship, and maintain control over their life. Positive social relationships also give people a sense of satisfaction and well-being that reduces their risk of health problems. A study in California found that the more social contacts people have, the lower their risk of premature death. More than four out of five Canadians say that they have someone to confide in, someone who would help them in a crisis, someone they can go to for advice and someone who makes them feel loved and cared for.

Social Environments

The values and norms of a society influence the health and well-being of individuals. A healthy lifestyle is determined not only by an individual's choices, but also by the surrounding social environment. ***Social stability, respect for diversity, safety, good working relationships, and close-knit communities reduce many potential threats to good health.*** Half of Canadians are involved in a community organization. Almost a third of adult Canadians volunteer, and 88 per cent make donations, either financial or in-kind, to charitable and not-for-profit organizations. Unhealthy social environments, such as those that result from family violence, can have a devastating effect on people's health, especially that of women and children. Canada's national crime rate – one measure of the health of a society – declined by 19 per cent between 1991 and 1997, but remains more than double what it was thirty years ago.

Health Services

The kinds of health services that do the most to improve the public's health are not hospitals and medical equipment, but rather those that maintain and promote health, prevent disease and restore health and function. Communities can improve their health by

creating an active transportation system (to encourage walking, cycling, roller-blading), providing recreation opportunities for all its members and making sure sufficient and healthy food is available to everyone.

Although access to universally insured care in Canada is not linked to income, many low-and-moderate-income persons have limited or no access to health services such as dentistry, eye care, mental health counselling and prescription drugs. Shorter hospital stays and increased care at home and in communities may be placing increased physical, financial and emotional burdens on families, and women in particular.

B. Spryfield: A Caring Community

There are several threads in Spryfield's social fabric that affect individual and collective health and well-being. Most important is the strong sense of friendliness and caring expressed by young and old alike. Spryfield has more children and youth and more lone-parent families than the general population. This explains why the community is so well served by agencies. Many residents participate in community life, but many others do not.

i Friendliness and Caring

Friendliness is an outstanding quality of Spryfield residents. The community repeatedly expressed strong appreciation for the friendliness of people who live here and friendliness was frequently identified as the thing people like best about Spryfield. People gave examples of individuals or groups who had helped them in the past, and most expressed confidence that they know people who will help them when they need it.

Quotes

Where I lived before, people were standoff-ish and cold. When I moved to Spryfield, my doorbell was going all week as people came by with food or dropped by to say hello.

I like the friendly atmosphere. (Youth)

I like the comfort of Spryfield.

All the money goes to the IWK. Kids here need it a lot more than the hospital.

Most people are nice and this is my home and I am known very well. (Youth)

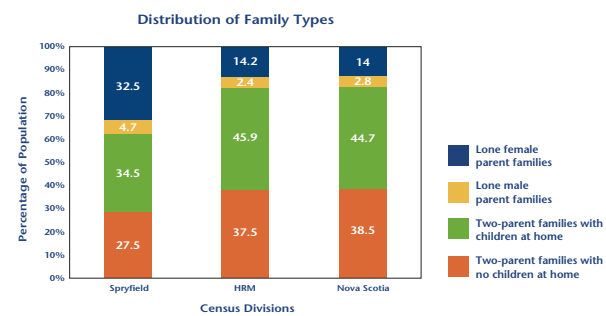


OUR SOCIAL FABRIC

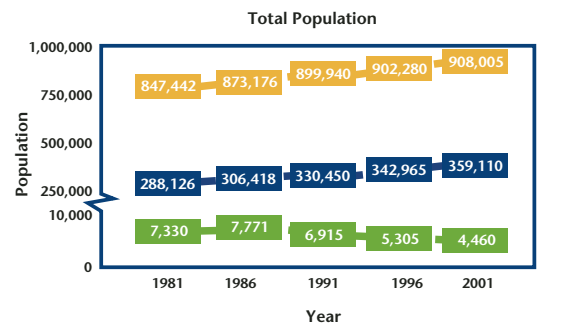
Community groups such as the Spryfield Lions Club, Spryfield Lioness Club and the Earl Francis Spryfield Memorial Royal Canadian Legion have a long history of helping. Each in their own way raises funds through events such as bingo, dances, 50-50 draws and road tolls. They support a variety of causes including Alzheimers, multiple sclerosis, minor hockey, and baseball. They also help fund scholarships, bursaries and safe graduation for graduates of J.L. Ilsley High School. They provide space to the Boys and Girls Club of Spryfield, as well as Christmas gifts and meals to persons in need. They have funded seeing eye and hearing ear dogs, and support the four local food banks. Often their help is discreet, with cash to help a family through trouble, for example. The Spryfield and District Business Commission holds a golf tournament every year and contributes the funds to groups such as Boys and Girls Club, and members of the business community provide much support to local groups and causes through donations.

ii Ages and Family Types

Spryfield's population has been declining for many years. In 1986, the population was 7,771, and by 2001 it had dropped to only 4,460, a decline of 43 per cent (see Appendix III). Spryfield has a younger population than either HRM or Nova Scotia as a whole, with larger proportions of children and teenagers and very few people over age 85. At the same time the population is aging and gradually becoming older.



Section III – Figure A. Distribution of family types in Spryfield, HRM, and Nova Scotia in 2001.



Section III – Figure B. Change in Total Population in Spryfield, HRM, and Nova Scotia, 1981 to 2001.

Quotes

The unfortunate number of young parents.

Kids are having kids. We need to teach kids about sex and life – by someone who's been through it. Tell them, "Your route is through school." It's not right, a 10-year-old girl going out with a 17-year-old boy.

The percentage of lone-parent families in Spryfield is more than twice that in the larger areas. The vast majority of these single parents are women, although the number of male-headed lone-parent families is also unusually high. Conversely, the percentages of two-parent families, both those with children at home and those without children at home, are lower in Spryfield.

In Spryfield the rate of teenage pregnancy is dropping, but the rate is still higher than for Nova Scotia.^{xviii} Between 1995 and 2001, the pregnancy rate per 1000 women aged 15 to 19 years was 110, compared with only 42 for Nova Scotia as a whole. By 2001, the rate had declined to 57 per 1000, a drop of nearly 50 per cent (see graph in Appendix III, Pregnancy Rate). A study done by the Canadian Journal of Human Sexuality^{xix} explains that community factors such as low family incomes, single parent families and certain ethnic backgrounds shape the views and attitudes that are the basis for teenage sexual behaviours.

iii Public Participation and Services

Spryfield is noted for its many community groups and strong sense of friendliness. In 2002, Spryfield was given the Model Volunteer Community Award by HRM

"in recognition of its outstanding volunteer support, working together as a community to enhance the lives of its members to make Spryfield a better place to live." Many residents, however, do not participate in community life.

A wide variety of social agencies serve the Spryfield area, and there is a high number of service agencies in Spryfield for the size of the population.^{xx} ***It is not unusual, however, to hear local residents say that they do not know what agencies exist, or what services they provide.***

Quotes

Be involved, be friendly, get other people interested / involved, be sociable. (Youth)

I would like more opportunities for people of all sorts; organizations for everyone to come together.

Collaboration among agencies / volunteers.

Since 1988, a community directory has been published approximately every two years. A review of changes in community groups and service agencies from 1988 to 2004 in Mainland South (an area larger than Spryfield alone) suggests several trends (see Appendix III, Public Participation and Services):

- an increase in school closures
- the loss of day care centres
- an increase in environmental groups
- more supports for children, teens and families, such as family resource centres
- services for senior citizens moving location or disappearing
- a blossoming of recreation, heritage and community groups

Most of the social organizations such as Hand in Hand, The Single Parent Centre and Cornerstone Family Centre rely on the time and energy that volunteers

The 1997 Volunteer Canada National Survey on Giving, Volunteering and Participating^{xxi} found that over 65 per cent of youth volunteers who were unemployed believed that their volunteer efforts would increase their chances of finding a job. One third of all volunteers believed that their volunteering had given them new skills that could be used during future employment.

A 1998 study "The Economic Value of Civic and Voluntary Work in Nova Scotia," by Ron Coleman,^{xxii} chief researcher of GPI Atlantic, found that Nova Scotians volunteer more than other Canadians. The study determined that while the majority of Canadians gave roughly 2.5 hours a week of their time, Nova Scotians gave 3.5 hours a week. The exact reason for this is unknown, but skill development for the unemployed or improvement of a person's social well-being was mentioned.

provide. Volunteers say they like that they can change and improve things. They also say they gain skills and develop self-confidence.

Getting people to volunteer is often a struggle in any area, and Spryfield is no different. Almost every group in Spryfield is challenged with attracting volunteers. Although young people say they want to be involved in community life, older citizen volunteers compose many community groups and boards of directors.

Quotes

There's no place for seniors in Spryfield.

We need daycare for seniors, and a care-giver support group.

Greystone used to have a day care centre. It was really well used.

A youth drop-in centre, so we have someplace to hang out. (Youth)

More involvement from residents, and HRM taking us seriously.

More resources to help families get on their feet.

Some people don't even know programs exist. Advertise more.

C. Our Community Network

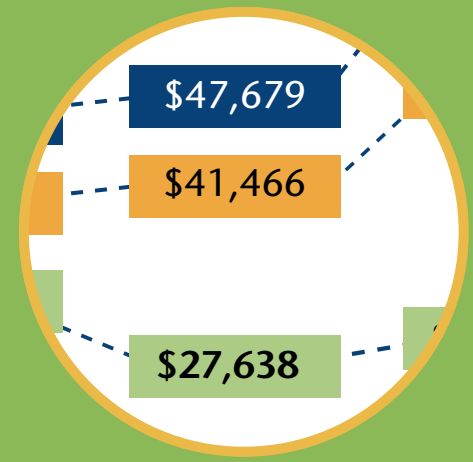
Spryfield's social fabric is woven from friendliness and caring, a somewhat younger population and a large number of lone-parent families (including a declining teenage pregnancy rate). There is a strong history of participation in community groups, a concern about including young people and a wealth of services. The dominant theme centres around linking people together and connecting to activities and services in the community. What is your vision for Spryfield's community network in the future?



In 2002, Spryfield was given the Model Volunteer Community Award by HRM



OUR ECONOMY



OUR ECONOMY

A. The Economy and Health

Health Canada recognizes that income and social status, as well as employment and working conditions, affect health and well-being.^{xxiii}

Income and Social Status

Generally speaking, wealthier people and people of higher social status have better health. For example, high income improves living conditions by supporting access to safe housing and a sufficient amount of nutritious food. Moreover, individuals with higher income and social status have more control over their circumstances, especially stressful situations. People with few options are more vulnerable to diseases. At each rung up the income ladder, Canadians have less sickness, longer life expectancies and improved overall health.

The healthiest populations are not only those that are wealthy, but also those that have a relatively equal distribution of wealth. In other words, the smaller the gap between rich and poor, the healthier the entire population is likely to be. *A large gap between rich and poor can cause social problems and jeopardize the health of the population as a whole.*

Employment and Working Conditions

Unemployment, underemployment and stressful or unsafe working conditions are strongly associated with poorer health. People who have control over their work and low job-related stress are healthier and tend to live longer. Employment provides money, a sense of identity and purpose, social contacts and opportunities for personal growth. *Unemployed people suffer significantly more physical and mental health problems than employed people.*

Unpaid work is also a major source of stress for many people, especially women. Several hours of housework, childcare, and/or caring for elderly relatives each day on top of a full-time paid job can take a serious toll on a person's health.

The proportion of Canadian workers who are "very satisfied" with their work is declining, particularly among female workers. Women also report higher work stress levels than men.

B. Our Local Economy: Ripe With Opportunity

Residents want a greater variety of businesses, to increase both shopping and entertainment opportunities. The Spryfield and District Business Commission (SDBC) is an effective force, and SDBC recognizes that a strong community promotes strong businesses. The employment rate in Spryfield is comparable to that of HRM and Nova Scotia, but low-paying jobs are reflected in low individual and household incomes.

i Business Diversity

Some residents of Spryfield do all of their shopping in Spryfield; most residents do at least some of their shopping elsewhere. Both groups say they desire a greater variety of local businesses. Although residents seem to agree that supporting local businesses would help generate more kinds of businesses, they are reluctant to shop in Spryfield until there are more businesses.

The Spryfield and District Business Commission works hard to bring in new businesses and support existing businesses. Today, Spryfield shows signs of renewal, as businesses build new outlets (Sobeys), some relocate to Spryfield (Maritime Canvas Converters and Upholstering Ltd.), and others move and upgrade (Canadian Tire and Spryfield Animal Hospital). At the

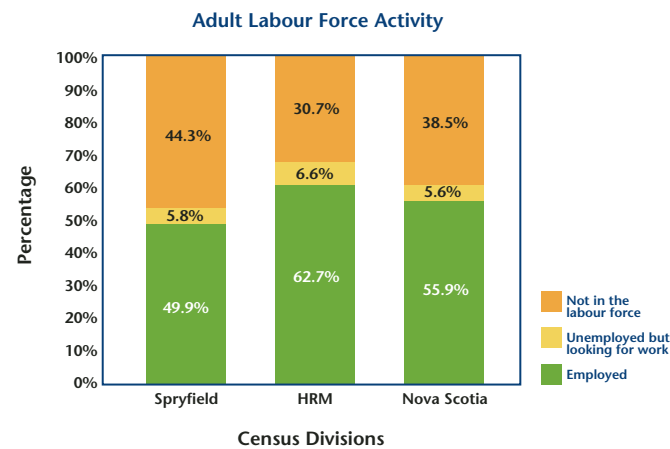
The draft Regional Plan for HRM^{xxiv} identifies "a high quality of life" and "a trained and motivated work force" as factors that attract people and business. The plan identifies the "need to protect and enhance those physical, natural and social attributes which attract and keep people in the region." Key economic drivers include universities, hospitals, military, the public administration sector and the finance/insurance/real estate sector. Analysts expect the service sector to see the strongest growth over the next few years. Part of HRM's economic plan includes:

- retaining and attracting a talented workforce
- protecting those historical and cultural assets that residents of HRM value
- HRM recognizes the relationship between the environment and the economy as mutually supportive. Attending to the environment can actually create opportunities for innovative economic development and job creation.



OUR ECONOMY

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Section IV – Figure A. Adult labour force activity in Spryfield, HRM, and Nova Scotia in 2001 (25 years & older).

same time, other businesses have closed down and are boarded up. Business owners report difficulties finding skilled, reliable employees, and are working to develop better hiring methods.

ii Spryfield and District Business Commission

The formation of the Spryfield and District Business Commission (SDBC) began in 1997 during a series of informal breakfast meetings held by a core group of local entrepreneurs, meant to talk about business issues.

Quotes

We need some thoughtful planning around economic development to ensure more local jobs.

Jobs related to environment.

Everything I need is right here. I can walk to everything. (Senior)

Folks don't support local business. We do need a department store.

Have some clothes stores, movie theatre, go dancing, some nice night clubs, entertainment.

A decent mall and a nice tavern in operation.

More eating establishments (not fast food chains).

Spryfield has always struggled with a negative image partly because of news stories which focus on community flaws and imperfections, and this affected the business sector negatively. The SDBC promotes a more balanced portrayal of Spryfield and it challenges the media when they present Spryfield in a negative light. The result has been more positive coverage. Reg Horner, executive director of SDBC, acquired the local newspaper with the intention of focusing on positive Spryfield news. Business owners support the paper *The Chebucto News* with their advertising dollars. Since its beginning in 1999, the newspaper has been an affirmative voice in the community.

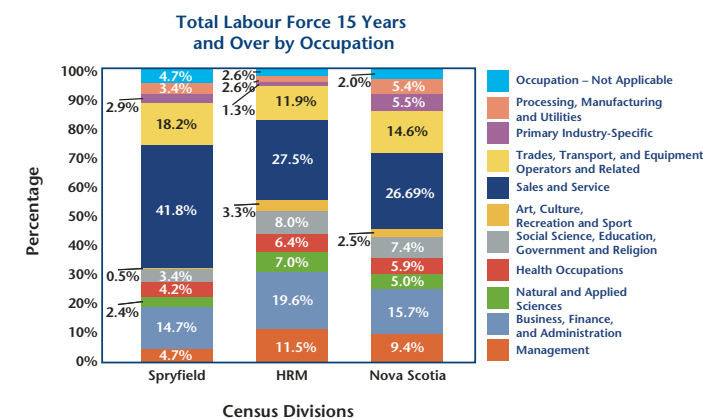
One of the major developments to come out of improved communication with HRM was the Herring Cove Road Streetscape Study. The study gave HRM the background and context it needed when the SDBC approached the Regional Planning Committee, challenging the Committee to give Spryfield a higher status in the region. In 2005, the Committee changed Spryfield's designation from a local centre to a district centre, a change that will help cultivate development in Spryfield and the surrounding area.

Quote

With sheer persistence, keeping in close contact with other local entrepreneurs, correcting newspaper misconceptions, and working with local politicians the Business Association has been able to overcome many struggles. (SDBC website)

Current SDBC activities include the development of a logo and website, as well as a plan for improved signage and litter reduction in the community. Recently, the SDBC has been successful in eradicating and preventing the majority of graffiti in the community through its persistence in painting over it.

The SDBC has also initiated “Adopt a Green Space”, to acquire and fix up small land spaces in Spryfield to turn into parks and rest stops for people in the community. One space they are working on is at an intersection too busy for business to thrive, but ideal for a park bench and community bulletin board.



Section IV – Figure B. Total labour force 15 years and older by occupation in Spryfield, HRM, and Nova Scotia in 2001.

iii Our Employment and Income

Labour

Labour data suggest that the employment rate in Spryfield is comparable to the whole of HRM and the province, but fewer adults over 25 years of age are actually in the labour force (see Appendix IV, Our Economy Labour Force). Spryfield youth, however, participate in the labour force at about the same rate as youth in other areas.

The labour force in Spryfield comes from a wide range of occupations. The majority of jobs are blue-collar. The top three occupations are Sales and Service; Trades, Transport, and Equipment Operators; and Business; Finance and Administration.

The majority of employment opportunities are outside the community, and a high proportion of residents travel out of Spryfield on public transit for work. *The expansion of transit routes and increased service for Spryfield would help low-income families to have better access to employment opportunities in other parts of HRM.*

Quotes

There aren't very many good jobs around here.

Need more competent service staff.

It's hard to get a job if you can't get day care for your kids.

People who don't live here think badly about us. When applying for jobs if Spryfield shows on your resume, you may not be called. If Halifax shows, more often than not you will be called.

Unpaid Labour

Many people, regardless of where they live, spend a large part of their day doing unpaid work, including housework, child care, and caring for seniors (see Appendix IV, Unpaid Labour). People in Spryfield spend similar amounts of time on housework and senior care as people in HRM and Nova Scotia. The amount of time that Spryfielders spend on child care is typical, although a greater proportion in Spryfield spends 60 or more hours doing so each week. This may reflect the lack of child day care in Spryfield, and/or the higher proportion of lone-parent families who may have no one to relieve them.

Employment Income

Household and individual incomes in Spryfield are not only lower than incomes for the whole of HRM and the Province, but they are also falling further behind (see Appendix IV, Employment Income). In fact, household incomes in Spryfield were higher in 1991 than in 2001.

Quote

People look out for each other, and help their neighbours.

Income from employment is slowly increasing for most people in Spryfield, although at a slower rate compared to the municipality and the province. Employment income for non-family persons, however, is not increasing. Non-family persons are those who may be living alone, with distantly related family members or someone unrelated.



OUR ECONOMY

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In Nova Scotia

- For 20 years, most employment growth has taken place in smaller firms. In 2002, 39 per cent of Nova Scotian workers worked in businesses with less than 20 employees.
- Since 1990, the number of self-employed workers in Nova Scotia has increased overall by 10,000 (a 20 per cent increase).
- More than one-third of entrepreneurs in Nova Scotia are women.
- Sales and service occupations will account for about one-quarter of job openings over the next few years. Many of these jobs will be found in tourism and retail, and include firefighters, police, hairdressers and cooks.
- There will be a large number of openings in business, finance and administration occupations. These will include jobs such as customer service representatives in call centres, accountants and bookkeepers, professionals in business services and investment and human resource officers.
- There will also be opportunities in the trades, transport and equipment operators occupations, including jobs for construction workers, mechanics, and truck drivers.
- In 2002, only 32 per cent of Nova Scotians with less than a Grade 12 education were working.
- In 2002, only 4.8 per cent of university graduates in Nova Scotia were looking for work.

In Canada

- Self-employment is on the rise.
- Most youth who work part-time do so to attend school.
- A record number of female lone-parents are in the paid work force.
- Shortages in the labour market are predicted in the following areas: health care, middle and senior management, skilled trades, engineers, high tech, bilingualism and call centre.
- One in five employees put in overtime during the week, averaging about nine extra hours per week. Only about half of this overtime is paid.
- Work to family conflict increased from 28 to 31 per cent between 1991 and 2001.
- While high levels of role overload affected 47 per cent of employees in 1991, ten years later the rate had increased to 59 per cent.
- From 1991 to 2001, the proportion of employees who reported high levels of job stress jumped from 13 to 27 per cent.
- The 1990s saw a drop in the number of employees who say they are highly satisfied with their jobs, from 62 to 45 per cent.
- 40 per cent work on a flexible schedule.
- About three-quarters of Canadians who use computers daily at work report that their job has become more interesting as a result of technological change.
- Learning new computer skills is a source of stress for one in ten.

Sources:

Canada Job Trends – Update 2005 National and Provincial Labour Markets : <http://www.peoplepatternsconsulting.com/canadajobtrends2005.htm>

Government of Nova Scotia: <http://www.gov.ns.ca>

JobQuality.ca: http://www.jobquality.ca/home_e.stm

Career Options 2003: <http://careeroptions.ednet.ns.ca/default.asp>

Employment Insurance Income

Overall, unemployed individuals in Spryfield do not collect as much employment insurance as their counterparts in other parts of HRM or Nova Scotia (see Appendix IV, Employment Insurance Income), probably because of lower employment income.

Employment insurance for lone-parent families and non-family persons increased considerably in Spryfield from 2000 to 2002, but couple families in Spryfield saw only a slight increase in their employment insurance payments during the same period. Since the majority of people belong to a couple family, employment insurance per individual was lower in 2002 than in 2000.

Social Assistance Income

Except for non-family persons, social assistance payments declined from 2000 to 2002 (see Appendix IV, Social Assistance Income). Individuals and non-family persons on social assistance in Spryfield generally receive more per individual than those on social assistance in other parts of HRM or Nova Scotia. By contrast, social assistance payments for both couple and lone-parent families are lower than in the municipality, but higher than in the province as a whole.

Quotes

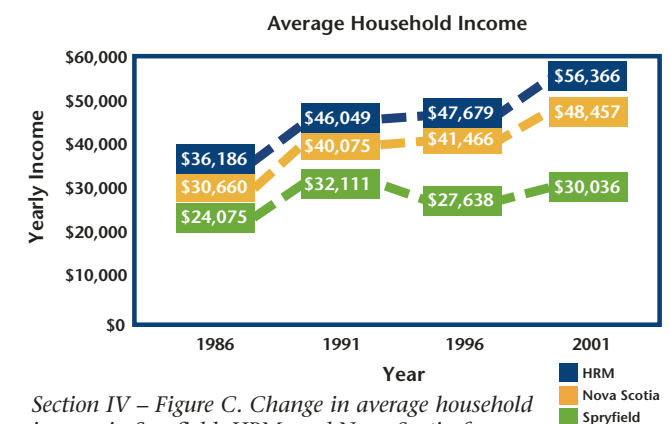
The perpetuated state of social assistance from generation to generation.

I don't like the fact that most of the city thinks we are a welfare community with a lot of crime.

C. Our Employment and Income

Spryfield's economic picture, including its business diversity, and its residents' diversity, employment and income has strengths and weaknesses. The community desires more employment opportunities and greater variety of businesses for shopping and entertainment, making the community ripe with opportunities for economic development. The somewhat lower education attainments are likely the cause of lower incomes. What is your vision for employment and income in Spryfield of the future?

Spryfield residents may have lower-paying jobs and less income in part because the population is somewhat less educated (see Appendix VII, Education). Higher numbers of people aged 20 years and older have not passed Grade 9, finished high school, nor gone on to higher education compared with HRM and Nova Scotia. This will inevitably play a role in the kinds of jobs people from Spryfield have, and helps account for the high number of people in positions requiring less education.



Section IV – Figure C. Change in average household income in Spryfield, HRM, and Nova Scotia from 1986 to 2001.



OUR CULTURE

A. Health and Culture

A community’s wellness can be greatly affected by culture. Because gender is defined by a society’s culture, Health Canada also identifies gender’s influence on health and well-being.^{xxv}

Culture

People in some minority groups may face health risks due to the way their culture is viewed by others. Minority cultures may be defined by religious beliefs, ethnic origin or socio-economic status, for example. Recognition of diversity, good community relationships and a culture of inclusiveness contribute to individual and collective well-being. *If people feel that they are included in community life – if they sense that they belong – then individuals as well as the community as a whole are likely to be healthier.*

The 1996/97 National Longitudinal Survey of Children and Youth^{xxvi} suggests that “poverty among the Canadian-born population may have a different meaning than it has for newly arrived immigrants. The immigrant context of hope for a brighter future lessens poverty’s blows; the hopelessness of majority-culture poverty accentuates its potency.”

Gender

Gender is a concept created by society that assigns roles, personality traits, behaviours and relative power to men and women. Many health issues result from roles based on gender. In Canada, men are more likely to die early from heart disease, accidents, suicide and cancer. Women live longer than men, but they more often suffer depression, high stress levels, chronic conditions such as arthritis and allergies, and injuries and death from family violence.

B. Spryfield’s Culture: Rich With Diversity

Spryfield’s image, ethnicity, socio-economic levels and arts are all expressions of community culture. Residents resent the negative stereotypes about their community, and most are proud to call Spryfield home. Spryfield has a relatively high level of visible minorities and more immigrants. Cultural differences between middle-class and low-income residents are reflected in

a number of ways, and there is a blossoming of interest in cultural activities. The ways that residents view and respond to these elements affect individual and collective health and well-being.

i Image

Factors affecting our image — good and bad — include others’ views of us, perceptions of crime, litter and our agricultural heritage.

Stigma

A common theme among residents is the negative opinion many outsiders have of Spryfield. *Residents are offended by Spryfield’s image as a violent and crime-ridden place, and the majority feel that Spryfield is safe.* Drugs were mentioned from time to time as an issue, but they do not seem to be a major concern.

Quotes

We seem to be living in poverty.

Stereotypes about Spryfield – violence, drugs, welfare, single parents.

People who do not or have never lived in Spryfield have no right to judge who we are, or what we do. (Youth)

There are really good people in Spryfield and we need to show this!!

I like Spryfield. I grew up here and wouldn’t live anywhere else.

More trees. Trees on Herring Cove Road.

Crime

Most people feel Spryfield is safe, although younger children have some concerns. Students in Grades 5, 6 and 7 sometimes expressed worries about violence through their drawings and comments, but these concerns seemed to dwindle among youth in the higher grades.



OUR CULTURE



OUR CULTURE

Quotes

I like being able to walk anywhere and travel easily and safely. (Youth)

You get one family bullying another family. The police have to do something about this, instead of saying, “Oh, it’s just two families fighting.”

Keep your head down here and mind your own business. It’s different in a middle-class neighbourhood. Anything goes wrong there, and they call the police.

Criminal acts and violence will continue to happen, unless people stop being afraid. (Youth)

Police statistics tell us that crime in Spryfield is dropping (see Appendix V, Crime), but so, too, is the population. Spryfield’s population is less than two per cent of the total for HRM, but has slightly more of the crime. Crime types considered include robbery, assaults, homicides/attempts, break and enter, theft, property damage and drugs.

Total crime percentages for Spryfield in comparison to HRM for three separate years are: 6.52 per cent (1997); 5.76 per cent (2000); and 5.21 per cent (2004). Remember, however, that HRM’s population is increasing, and Spryfield’s population is decreasing, so that alone could account for the drop in crimes. Drug crimes, on the other hand, have dropped dramatically, from 10.6 per cent (1997), 7.42 per cent (2000), to 5.87 per cent (2004). ***As well, the incidence of robbery and theft is very low reflecting, perhaps, the strong social ties in Spryfield.***

Since 1996, when the Nova Scotia government adopted a new strategy to manage solid waste-resources, the province has diverted 50 per cent of the yearly waste to recycling.^{xxvii} RRFB makes efforts to educate residents about proper waste reduction through written materials, commercials, and its website. The Genuine Progress Index report^{xxviii} concludes that with all costs and benefits factored in, the province’s handling of garbage saves at least \$31 million a year.

Litter and Waste

Litter along streets and sidewalks and in parks and green space is a chronic concern among Spryfield residents. Much of the litter is food wrappings or containers. Residents point to a shortage of public garbage cans and uncaring landlords.

Quotes

McIntosh Park is a mess. There’s junk in the water, drunks, drug dealers, a man who exposes himself. The police should do foot patrols.

If there were places to go and a nice looking community, the violence and criminal acts would stop. (Youth)

Fix up the housing, and the police crack down on a certain element, it would make the area much better.

Waste collection in Spryfield is done through regular bi-weekly waste pick-up, as well as through a recycling and composting system run by the Provincial Resource Recovery Fund Board (RRFB). RRFB has compost bins at all residences and businesses, bi-weekly recyclables pick-up, and mandatory three source separation bins throughout HRM. These bins allow the consumer to separate organics, recyclables and waste in public areas. They also have programs for the recycling of paint, tires and old cars, and for hazardous waste disposal.

Heritage

The work people do often defines their cultural norms and heritage. Today’s Urban Farm Museum recalls that the history of Spryfield is based in farming. They use three acres of old farm land, owned by the Kidston family, to grow vegetables, herbs and fruits. The Urban Farm is also a social gathering place, reminiscent of farm life during the turn of the century. Programming such as ‘Come Grow with Us’ provides families with an opportunity to learn about gardening.

Spryfield also has a history of quarrying, lumbering, sawmills and blacksmithing. Students at J.L. Ilsley High School constructed an iron gate for the Urban Farm Museum with a working forge in their Ironworks Project.

The Mainland South Heritage Society is a long-standing community group that keeps cultural heritage alive. Members have created an extensive catalogue of old photos, housed in the Captain William Spry Public Library. They also make heritage calendars, much sought-after by the public, and create displays of artifacts and photos from time to time. Their dream is to someday have a museum.

These groups help members of the community connect to the past and keep Spryfield’s history alive. ***Such a strong connection to the past is an indication of community health (Hancock and Duhl, 1986)^{xxix} and a valuable resource for community development.***

ii Mobility and Ethnicity

Over the five-year period from 1996 to 2001, Spryfielders were more likely to change their place of residence than people in other parts of HRM or Nova Scotia. Interestingly, movers in Spryfield were much more likely to stay within the community. There are families who have lived in Spryfield for many generations; these include names linked to Spryfield’s long history such as Brunt, Cowie, Drysdale, Hill, Jollimore, Kidston, Martin, Nickerson, Umlah and Yeadon.

While Spryfield receives fewer newcomers from elsewhere in Nova Scotia or from other provinces in Canada than other communities, more immigrants from outside of Canada decide to make their new home in Spryfield (see Appendix V, Ethnic Origins), compared to HRM and the province.

Quotes

We have lots of different kinds of people, schools, programs. (Youth)

The thing I like most about Spryfield is the acceptance of diversity. (Youth)

If you’re black in Spryfield it’s harder to get a job.

I like that I know most people, but I see new people every day. (Youth)

The higher proportion of immigrants may explain, in part, the significantly higher percentages of visible minorities in Spryfield. Spryfield has relatively higher numbers of Asian people, especially Chinese, Southeast Asians and Filipinos, than HRM or the province. Black people, however, form Spryfield’s largest visible minority group: the percentage of placks in Spryfield is more than twice that of HRM or Nova Scotia. Many black families in the Halifax area have been living in Canada for generations.

Similarly, the ethnic origins of Spryfield’s residents are not typical for HRM or the province. More Spryfield residents identify themselves as Canadian, but Spryfield’s population is by no means homogeneous. Compared to HRM as a whole, Spryfield has higher percentages of Italians, Chinese, North American Indians, Dutch, Poles, Filipinos, Vietnamese, Africans and Croatsians.

At the same time, Spryfield has fewer Scottish, English, French, Irish, Germans and Acadians than HRM and the province (see Appendix V, Ethnic Origins). A handful of Ukrainians, Lebanese, Welsh, Americans, Spanish, Jamaicans, Yugoslavs, Inuit and Slovaks also make their home in Spryfield. Many of these ethnic groups represent only a few families, but their presence illustrates the extent of cultural diversity in the community. This could have important implications for Spryfield, as diversity has been linked to economic development.

iii Arts and Culture

Spryfield is rich in people with artistic ability and creativity. Cultural community events help to nurture connections and friendships. An illustration of our creativity is the Community Quilt of the CRABapple Mapping Project, on display in the foyer of the Captain William Spry Community Centre. Quilt panel blocks were lovingly created by members of community groups and organizations and show the artistic abilities and cultural identity of those in the community.



OUR CULTURE

Cultural differences based on class can affect children and the way they are socialized because parental styles are often dictated by their social environment. Stanford Social Innovation study on the workings of class (Kusserow, 2005)^{xxviii} has defined two specific styles of parenting linked to social class.

‘Soft’ parenting, used more frequently among upper middle class people, focuses on cultivation and expression of unique feelings, thoughts, ideas, and preferences. Parents are less likely to discipline their children with harsh punishment and are more likely to encourage individual expression.

‘Hard’ parenting, used more frequently among low-income families, relies on such strategies as teasing, yelling, spanking and issuing direct commands. Parents believe that tougher boundaries of a resilient self are better able to keep out the negative influences of the street. It is safer not to trust or rely on anyone else. Such parents show that they wanted, and believed, their kids to be tougher and more resilient.

It is important to note that both styles of parenting are used in both classes, but strong preference for a particular style was observed in each class.

In many instances, the style used in schools is the ‘soft’ style of treating children, which can be very confusing to children accustomed to a ‘hard’ style. This conflict between home and school culture can make children think education is not for them. While middle class children are taught to ask questions and relate to adults, low-income children without these strategies lack advantage. They often are labelled as “hard to reach” or “problem” kids, and this alienation may hinder their progress in school.

As adults, people from low-income levels find it hard to mask their culture (clothes, look, slang). They will often be picked last or not at all for jobs because they do not fit the middle class mould. If they try to fit into the middle class in order to succeed educationally or economically, they are often alienated by the class they came from. People who try and break into other class levels are called “straddlers.” They will not feel at home in their own class nor in the new one. Their innate culture presents them with a conflict when they are searching for acceptance in a middle class society full of its own set of social norms and hidden rules. Their children, however, like those of new immigrants to a country, will likely be comfortable in their ‘new’ class.

Students at Central Spryfield Elementary School have created ceramic tiles depicting various aspects of life in Spryfield. The tiles are mounted on three joined panels at the Captain William Spry Public Library. The library also displays a wealth of replicas of historic buildings created by Peter Saulnier.

Recently, St. Paul’s Family Resource Institute initiated after-school programs for children and youth to learn arts, crafts and other fun skills. St. Paul’s “Spryfield Living Mosaic” project teaches participants to make their own patio stones. Cornerstone Family Resource Centre has introduced an after-school program of music-making and theatre for children. Local schools are blessed with an Arts Express Coordinator, Sabine Fels, who took over from Willie Reid.

This nurturing of a wide variety of arts, music and drama is helping the artistic talents and expression of children and youths to flower and grow. Plans are underway to create an arts centre behind J.L. Ilsley High School for the cultivation of theatre and other art forms.

Local events and festivals also express Spryfield’s art and cultural scene. The annual Spryfield Family Fun Day, held in February at the Captain William Spry Community Centre, is a day of fun, frolic, music, arts, food and more. March brings Seedy Saturday, an opportunity for gardeners to trade seeds and garden lore. May is a popular month for community groups’ fund-raising plant sales, and June is the Heritage School Picnic and Art Contest run by the Urban Farm Museum Society. August brings Natal Day activities, such as miniature horses and games at the Urban Farm and September is Harvest Fair and the Business Commission Golf Tournament.



OUR CULTURE

November brings the Spryfield Santa Claus Parade, an annual event that has grown from a small community parade to the third largest parade in the municipality. Community groups, schools, businesses and individuals come out to celebrate Christmas by building floats, decorating vehicles and performing. Each year the entrants become more elaborate and artistic. It is obvious from the hundreds of onlookers and participants that the annual Spryfield Christmas Parade is valued and appreciated in the community.

The year wraps up in December with a round of school concerts, the annual Peace Tree Lighting with community Carol Sing at the Captain William Spry Community Centre, a Christmas Tree Lighting with hot chocolate, music and gifts in Greystone, and the Advent Circle at the Single Parent Centre.

iv Class

The expression of culture can be formal or informal. A formal expression of culture is the political organization of a community. Who are the leaders and who are the followers? Who participates and who does not? These roles often communicate social norms to those in and outside of the community. The shared belief of what is normal and acceptable shapes and enforces the actions of people in a society.

HRM began the process of developing a cultural plan to help guide cultural development in HRM over the next several years. It recognizes that culture is vital to social and economic development.^{xxix}

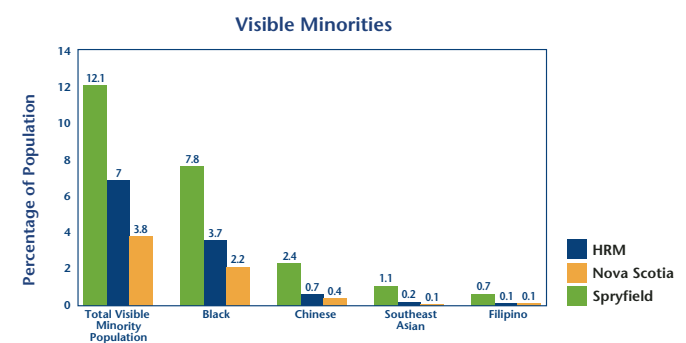
The plan will focus on partnerships between business, organizations, and government; ensure integrated and sustainable plans for cultural programs, facilities, management and financial investments; and work to raise awareness and participation in cultural activities and the cultural environment of HRM. Some of the strategic directions are:

- focused delivery and partnerships
- cultural assessments; and work to raise awareness and participation in cultural activities and the cultural environment of HRM.
- promotion and reinforcement of community character
- life-long learning and creative development
- strategic investment and promotion to support social and economic vitality.

An informal expression of culture is the traditions a people or community pass down from generation to generation. The style of dress or the common food people eat is a part of culture that comes from a population’s heritage.

The culture of a community can be affected by economic factors such as income. The patterns of behaviour that people in a specific community exhibit are defined by their surroundings, which are greatly determined by income levels. There are key differences in the cultures and social environments of low, middle and upper classes. Given the variety of income levels in Spryfield, one would expect to see cultural differences depending on income.

Work on hidden rules within classes (Payne, 1995)^{xxx} sheds light on the wide variety of cultural differences among classes, which may help explain some of the misunderstandings and misconceptions between different socio-economic groups in Spryfield.



Section V – Figure A. Visible minorities in Spryfield, HRM, and Nova Scotia in 2001.



OUR CULTURE



OUR CULTURE

	Poverty	Middle Class	Wealth
Possessions	People	Things	One-of-a-kind objects, legacies, pedigrees
Money	To be used, spent	To be managed	To be conserved, invested
Personality	For entertainment, Sense of humour highly valued	For acquisition and stability. Achievement is highly valued	For connections. Financial, political, social connections are highly valued
Social Emphasis	Social inclusion of people they like	Emphasis is on self-governance and self-sufficiency	Emphasis is on social exclusion.
Food	Key question: Did you have enough? Quantity important	Key question: Did you like it? Quality important	Key question: Was it presented well? Presentation important
Clothing	Clothing valued for individual style and expression of personality	Clothing valued for quality and acceptance into norm of middle class	Label important Clothing valued for its artistic sense and expression Designer important
Time	Present is most important. Decisions made for moment based on feelings or survival	Future most important Decisions made against future ramifications	Traditions and history most important Decisions made partially on basis of tradition and decorum
Education	Valued and revered as abstract but not as reality	Crucial for climbing success ladder and making money	Necessary tradition for making and maintaining connections
Destiny	Believes in fate Cannot do much to mitigate chance	Believes in choice Can change future with good choices now	Noblesse oblige
Language	Casual register Language is about survival	Formal register Language is about negotiation	Formal register Language is about networking
Family Structure	Tends to be matriarchal	Tends to be patriarchal	Depends on who has money
World View	Sees world in terms of local setting	Sees world in terms of national setting	Sees world in terms of international view
Love	Love and acceptance conditional, based upon whether individual is liked	Love and acceptance conditional and based largely upon achievement	Love and acceptance conditional and related to social standing and connections
Driving Force	Survival, relationships, entertainment	Work, achievement	Financial, political, social connections

Based on “A Framework for Understanding Poverty”, by Ruby K. Payne.xxxii

C. Our Culture and Image

Spryfield’s culture is coloured by its image, and the community has a diverse palette of ethnicity, differing class cultures, and an increasingly vibrant arts and culture scene. What is your vision for Spryfield’s culture and image in the years to come?



OUR POLITICS

OUR POLITICS

A. Health and Politics

Although Health Canada does not directly list politics as a factor affecting health, it makes several references to the importance of having a sense of control over one's life.^{xxxv} Individuals with higher income and social status have more control over their circumstances. Social support networks help people maintain control over their lives. Education provides people with problem-solving skills and gives them a sense of control. Employment provides money, a sense of identity and purpose, social contacts and opportunities for personal growth.

People with higher income and social status, education, social support networks and employment not only have a greater sense of control over their lives, but are also more likely to be involved in decision-making that affects their lives. And this is the essence of politics– involvement in decision-making.

B. Our Political Situation: Shared Decision-Making

Decisions made in Spryfield and at three levels of government affect our individual and collective health and well-being. Municipal, provincial and federal politics is about who makes what decisions. Understanding politics and the ways that decisions are made, and influencing those decisions, can contribute significantly to community strength and vitality.

Quote

The government doesn't listen and doesn't care. Trying to change things is like beating your head against the wall.

i Spryfield Politics

At the neighbourhood and community level, informal or 'small-p' politics operate. Political questions may be Who leads? Who follows? Who participates? Who does not? Community leaders may not be elected, but they are persons who set an example, who are committed to the well-being of others, and who mobilize people and resources. Community leaders inspire, share power and work with others towards a vision. Most importantly, community leaders are people who are willing to step forward and say, "I want to make a difference". Each person can be a leader in his or her own way.

"Within each person lies a bone-deep longing for freedom, self-respect, hope and the chance to make an important contribution to one's family, community and the world."

Christiann Dean and Katie Palmer-House

Spryfield residents contribute to community life by joining a group or organization, like a church, a parent-teacher association at school, an agency board or committee such as the Parent Advisory Committee at Healthy Kidz, or any number of grassroots groups. Residents also start new groups if no one is paying attention to the thing they are passionate about. ***It is simply a matter of connecting with like-minded people and working towards a shared vision.***

Quotes

The large number of volunteers working for community.

People say, "Why bother trying to change anything? You're just beating your head against a wall." I don't agree with that.

We need to begin looking at ourselves, ask, "What can we do?"

Too dependent on government. We need to take pride in being self-reliant. Government money destroys community initiative.

Government should do things with us, not for us.

Community groups are not supported by the government. Groups need to know who to go to, to get things done and find funds, teach us the skills (run meetings, set priorities and create action plans), have outside facilitators.

ii Municipal Politics

Spryfield is in District 18 Spryfield – Herring Cove in HRM. The municipality, which was amalgamated in 1996, is on the southeastern side of Nova Scotia covering 5,577.26 square kilometres and over 400 km of coastline. The population of HRM is roughly 380,900 people and growing.

Quote

It would be nice to have 'new' people attending local events, volunteer groups, etc.



OUR POLITICS

There are 23 districts in HRM, each with its own elected councillor. The councillors and Mayor Peter Kelly, make up regional council, the main governing and legislative body for the municipality. Councillors also sit on committees and on community councils in the area where they were elected. Elections are held every four years. District 18 has a population of 14,445, of which 10,600 are eligible voters. Turnout in the last municipal election was higher than usual due to the question about Sunday shopping.

The current elected councillor for District 18 is Stephen Adams, who sits on Chebucto Community Council with councillors from four other districts. Community Councils were designed to give local citizens the opportunity to participate in the political process in three ways: public hearings, presentations and public participation periods. Community councils also have the power to create advisory committees.

Councillor Stephen Adams was raised in Spryfield, and graduated from Dalhousie University with Bachelor of Science and Bachelor of Commerce degrees. He was first elected to Halifax City Council in 1991, representing Ward 7. In 1994 Stephen was elected as Deputy Mayor of Halifax, becoming the youngest to serve in the history of the city. Stephen Adams has also worked with Proctor and Gamble Pharmaceuticals since 1986.^{xxxvi}



Regional Council receives feedback from the public in several ways, including public hearings and presentations. One example of a special committee set up to gain public input on a specific topic is the Regional Planning Committee. The participation process encourages public input on future development in HRM. At each stage of the planning process, publications and several public meetings have afforded citizens the opportunity to comment on the draft plan.

Quote

Chebucto Community Council still hasn't set up a Planning Advisory Committee.

Another way citizens can become involved in municipal politics is through HRM boards and committees (www.halifax.ca/boardscom). HRM has several groups who meet about various topics such as business, events and race relations.^{xxxvii}

Quote

People are interested, but the city doesn't listen, doesn't care.

Halifax Regional Municipal Council cannot make any laws it wants to. Rather, it must operate within the powers granted to it by the province. The Municipal Government Act identifies these powers; sometimes HRM Council asks the province to amend the Act.

iii Provincial Politics

Nova Scotia is divided into 52 provincial electoral ridings, which are represented by Members of the Legislative Assembly (MLAs). The seats are taken up throughout the province by MLAs elected by the residents of Nova Scotia from three major political parties: Progressive Conservative, New Democratic and Liberal. Sometimes electoral candidates run as an Independent (not connected to any political party). In the spring of 2006, the current head of the provincial government is Premier Rodney MacDonald of the Progressive Conservative party.

The MLAs meet in Halifax in Province House to make provincial decisions on laws, financing, government monitoring and public forums. The province cannot make any laws it wants to. Rather it must operate under powers granted to it by the federal government. Often the Premiers of provinces get together to negotiate with the federal government about the powers the provinces want to have.

Spryfield is in Halifax Atlantic provincial riding and has been represented by New Democrat Michèle Raymond since 2003 (see Appendix VI, Provincial Politics). In the last election, 45.05 per cent of the eligible voters in Halifax Atlantic riding voted.

In addition to voting, Spryfield residents can influence provincial politics by:

- joining a political party
- starting a new political party (as the Greens are doing)
- being on provincial boards and commissions
- making presentations to the law amendments committee when new legislation is proposed
- submitting briefs or making presentations to Voluntary Planning, which explores issues of public interest
- speaking up at public consultations on specific topics, held from time to time by individual government departments and
- belonging to groups such as Spryfield Residents' Association, which make presentations to government on behalf of residents.

Member of the Legislative Assembly – MLA Michèle Raymond has lived in Halifax since 1963. Educated at Yale and Dalhousie University, she became Halifax Atlantic's new NDP MLA in 2003. Michèle founded the Urban Farm Museum Society in 1996, was awarded the Queens Jubilee Medal, and is now working to reactivate the Northwest Arm ferry.^{xxxviii}



In October, 2005, the board of directors, Captain William Spry Community Centre, adopted a framework to nurture involvement in community life. It focuses on 4 points: 1) quantity, 2) quality, 3) equality and 4) sustainability.

Quantity refers to things like citizen actions and involves increased participation. Quality, for example, involves volunteer leadership training and staffing effective civic groups. Equality recognizes social networks and informal leadership and increased access. Sustainability is about retention and progressing toward achieving goals.

OUR POLITICS



Member of Parliament – MP Alexa McDonough was born in Ottawa, Ontario. She has a BA from Dalhousie University, and also attended Maritime School of Social Work. Alexa was elected a leader of Nova Scotia NDP in February 1980 and was the first woman to lead a major political party in the province.^{xxxix} She was re-elected as MP in the 2006 federal election.

iv Federal Politics

Canada is divided into 308 electoral ridings, which are represented by elected Members of Parliament (MPs). The seats are taken up by MPs elected by Canadians from fifteen political parties. The four major political parties are: Conservative, New Democratic, Liberal, and Bloc Québécois. Minor parties include the Green and Marxist-Leninist parties. Independent electoral candidates are not connected to any political party. The MPs meet in Ottawa in the House of Commons to make federal decisions on laws, financing and government monitoring. In the spring of 2006, the new head of the federal government is Prime Minister Stephen Harper. Spryfield is in Halifax Atlantic federal riding and is represented by New Democrat MP Alexa McDonough. (see Appendix VI, Provincial Politics)

C. Our Decision-Making

Some people in Spryfield make or influence decisions that affect the entire community. Similarly, politicians at the municipal, provincial and federal level make decisions that have impacts on Spryfield. These decisions may or may not be influenced by residents. What is your vision for decision-making in Spryfield's future?



OUR PERSON/SPIRIT

OUR PERSON/SPIRIT

A. Health and Person/Spirit

Health Canada identifies three factors that relate to personal and spiritual development.^{x1}

Personal Health Practices and Coping Skills

A person's well-being is closely tied to the actions he or she takes to prevent diseases and promote self-care. It is also linked with his or her ability to cope with challenges, develop self-reliance, solve problems and make choices that enhance health. ***Individual choices are greatly influenced by the socio-economic settings where people live, work, learn and play.*** A low socio-economic environment offers fewer choices, and makes it more difficult for people to choose healthy lifestyles, such as a nutritious and sufficient diet.

Each person's social and economic experiences have a powerful influence on his or her bodily health. The individual socio-economic experience is linked by powerful biochemical and physiological pathways to vascular conditions and other health problems.

Coping skills acquired in the first few years of life enable people to interact effectively with the world they live in, and deal with the events, challenges and stress in their daily lives. Self-reliance, problem-solving and making informed choices help people deal with challenges in a positive way, rather than resorting to risky behaviours such as drug and alcohol abuse.

Education and Literacy

People with higher levels of education are more likely to be healthier. ***The most direct impact of education on health is that it increases opportunities for job security, income security and job satisfaction, which all contribute to better health.*** Well-educated individuals more easily access and understand information about how to lead a healthy lifestyle, and so create healthier physical environments for themselves and their families and better prepare their children for school. Furthermore, education promotes good health by providing people with problem-solving skills and by giving them a sense of control over their life. A higher percentage of Canadians with low literacy skills are unemployed, poor, smoke, are physically inactive, have an unhealthy diet, suffer from health problems and die

prematurely than Canadians with high levels of literacy. While 30 per cent of university graduates in Canada rate their health as "excellent," only 19 per cent of Canadians without their high school diploma give this response.

Healthy Child Development

A child's development is greatly influenced by multiple factors including his/her housing, neighbourhood, family income, level of parents' education, access to nutritious foods and physical recreation, genetic makeup, and access to dental and medical care. Many of these, in turn, are affected by income and social status.

These early experiences affect learning, behaviour, and health later in life. From conception to age 6, a child's experiences have a profound impact on brain development. Tobacco and alcohol use during pregnancy can seriously harm the unborn child. Low birth weight can also have long-lasting effects and mothers at each step up the income scale are less likely to have babies with low birth weights. ***A loving, secure relationship between parents and the baby during the first eighteen months of life helps children to develop trust, self-esteem, emotional control and the ability to have positive relationships with others.***

B. Spryfield: Spirit at the Grassroots

We are born without having any choice about who we are or which social group we are born into. We are influenced by parents, teachers, friends and by the community we live in, which includes the media, religious institutions and governments. We can, however, re-learn personal and social skills, attitudes and behaviors, to make our own lives and the lives of others better. Surveys in Spryfield indicate a wide range of opinions about whether Spryfield has opportunities for personal and spiritual development. Many say there are not enough places to go and things to do, and some parents express concern about the quality of their children's education.



OUR PERSON/SPIRIT

i Personal Needs and Skills

In 1943, Abraham Maslow said that we are motivated by our needs. He grouped these needs into five levels. (Adams et al., 2005)^{xli}

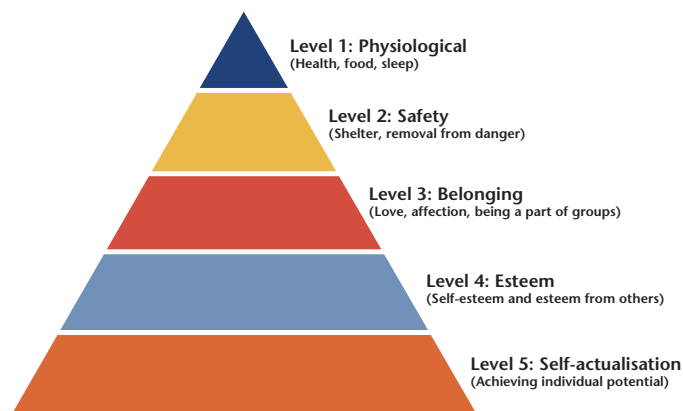
Level 1 – The basic needs of all physical organisms – nourishment and protection from the elements (food and shelter).

Level 2 – The need to be assured of safety in one's environment and social setting and to be able to rely on norms and rules.

Level 3 – The need to be affirmed and valued by one's community and one's peers and to be supported and cared for.

Level 4 – The need to know oneself to be a contributing member of society and carrying one's share of the load and to develop skills common to one's reference groups and also unique to oneself and to be valued and esteemed by one's peers is also key at this level.

Level 5 – The need to extend oneself into new stages of growth unique to oneself and to use creativity and develop new ways to find enjoyment and meaning.



Maslow's Hierarchy of Needs

Maslow believed that higher level needs could not be met until lower level needs were met. Today, however, the thinking is that all our needs can be met in some way, even if lower needs are incompletely met. Partially meeting all of our needs gives our lives balance and fulfillment.

The 5th level is now interpreted to mean new stages of personal growth that strengthen our knowledge and skills, so that we can be more effective in reaching out to others.

Quote

Growing up in Spryfield has made me who I am today, and it's made me who I want to be tomorrow and I wouldn't want it any other way. (Youth)

Getting involved in neighbourhood groups or community associations, helping out in schools or churches, and volunteering with agencies are ways for people in Spryfield to meet their needs and develop personally (see Section III, Social Fabric; Section VI, Politics).

Quote

The large number of volunteers in Spryfield working for community.

Another important personal skill is the ability to set goals, because goals help people to create success for themselves. It is common for non-profit groups, small businesses, large companies and governments to use SMART goals^{xliii}, but these can also be used to set personal development goals. (Specific, Measurable, Action-oriented, Realistic, Time management.) It is a matter of stating what one wants, identifying the steps to get there, and then following through to do each of the steps (see Appendix VII, Setting Goals).

Organizations in Spryfield may set organizational goals, and local residents may set personal goals. ***As a collective, however, we who live and work in Spryfield have so far not gotten together to set goals for our whole community.***

Relationship Skills

Along with practical skills such as cooking, carpentry, computing and caregiving, and the organizational skills that develop over time through involvement with groups and boards, there are relationship skills that are important to personal development. Relationship skills help people cope well in family, work and community life. Adams et al.^{xlii} identify the following important relationship skills:

Skillful Listening – Being attentive and alert to what the other person is saying; showing care and empathy; being non-judgmental; staying centred and not jumping to conclusions, and inviting the speaker to say more.

Reducing Defensiveness in Others – Describing behaviour instead of judging it; sharing problem-solving with others instead of trying to control their behaviour; showing empathy rather than indifference; behaving as an equal with others instead of as a superior; showing openness to other viewpoints instead of being certain and rigid; being spontaneous with others instead of manipulating them; acknowledging the experience and input of others instead of ignoring their ideas.

Accepting Criticism – Listening carefully to another's criticism; asking for examples of your behaviour that caused the criticism; paraphrasing their comments to clarify understanding; evaluating the criticism; asking for suggestions for change; apologizing or explaining the situation if you disagree with their criticism.

Offering Criticism – Thinking ahead about how to describe the specific thing that bothers you; considering what the other person might do differently; asking them to discuss the matter with you; explaining how their behaviour affects you; listening to and acknowledging their response; asking for their suggestions; and continuing to listen and talk until together you find a solution that is acceptable to both of you.

Responding to Offensive Statements – Responding with "I-messages" rather than "you-statements". For example, "I don't like it when you talk to me that way" rather than "You shouldn't speak to me like that." If someone tells a crude joke or makes a racial slur, respond by not laughing; explaining calmly how you feel and why you object to their statement; listening to their viewpoint; and staying firm in your objection.

ii Education and Literacy

Most comments about schools and education came from parents, who feel that their children are not being educated very well. Students, for the most part, like their schools and commented positively about them. Concerns about literacy came mostly from teachers, who expressed distress for students and compassion for adults who cannot read.

The statistics and trends for educational attainment in Spryfield are not positive. Compared to HRM and Nova Scotia, a much higher percentage of the adults in Spryfield never completed Grade 9, dropped out of high school after Grade 9 or obtained their high school diploma but did not pursue any post-secondary education.

The percentage of Spryfield's population with less than Grade 9 education declined from 1981 to 2001, but is not catching up to the percentages in HRM and Nova Scotia, which are much lower and falling at a similar rate. Similarly, during the same twenty-year period, the percentage of Spryfielders who had dropped out of high school after Grade 9 decreased, but not as quickly as in the municipality and the province.

Quotes

I know people can't read when they make excuses like "I forgot my glasses."

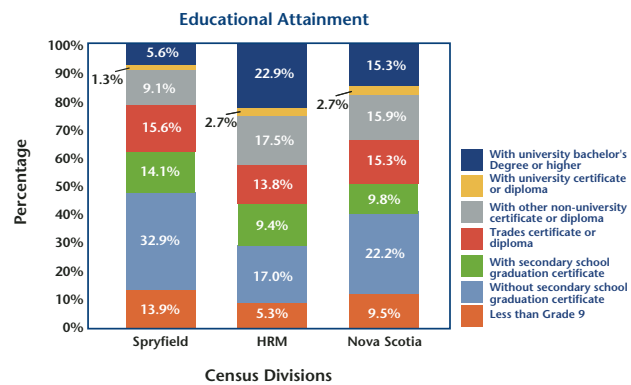
My kids aren't getting as good an education as I got. I'm worried about what's going to happen to them.

The teachers are babying the kids and the homework is too easy. The teachers need to challenge the kids more.

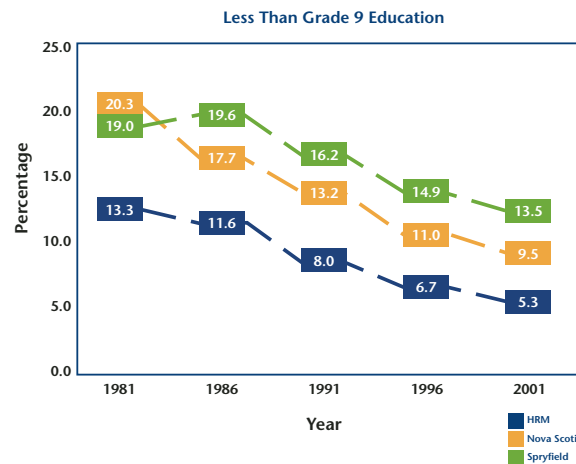
Of grave concern, related to low levels of educational attainment, is that more of Spryfield's youth (age 15 to 24) are not attending school compared to the Municipality as a whole and the Province.



OUR PERSON/SPIRIT

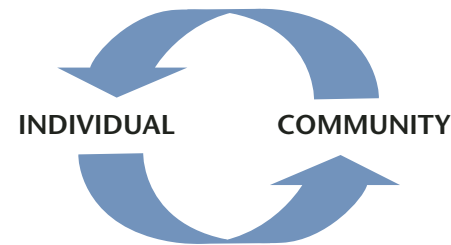


Section VII – Figure A. Educational attainment in Spryfield, HRM, and Nova Scotia in 2001 (age 20 & older).



Section VII – Figure B. Change in percentage of population with less than Grade 9 education in Spryfield, HRM, and Nova Scotia from 1981 to 2001 (age 20 & older).

While the municipality and the province have seen the percentages of people with university degrees soar between 1981 and 2001, the proportion of Spryfield's residents who graduate from university has hardly increased since 1981. Over the course of the two decades from 1981 to 2001, the number of people in Spryfield earning trades certificates or diplomas has fluctuated widely. These fluctuations were closely mirrored in HRM and Nova Scotia (see Appendix VII, Education).



The neighbourhood and community we live in shape us, and we shape our neighbourhood and community by our actions and lives.

Quotes

The schools should be open at night for adult students. And we need daycare for them too.

The whole class shouldn't have to suffer because some kids learn slower.

iii Recreation Programs

People of all ages in Spryfield state that they want more places to go and more things to do during their leisure time. Opportunities to participate fully in community life are important for all ages, including children and seniors. Inclusive recreation is one way for people of all kinds to participate and feel that they belong and have a place in their community.

Quotes

Kids as young as 13 haven't been to school for ages. I see them hanging around during the day. There's no hope for them if they don't get their Grade 12.

We need more activities for the kids.

Daily bingo for seniors. A drop-in centre for seniors.

Fix up the hockey rink. Competition size swimming pool.

Paint ball place. A really big sportsplex. (Youth)

I think the number of programs offered for personal development / leisure has declined in the last five years.

Recreation – a time to re-create oneself - can occur as an individual activity, in the company of others or as a member of a team or group. Recreation can take many forms, including unstructured activities such as walking in a park, reading a book, surfing the net or joining a pick-up game of baseball. Recreation can also be more structured, such as program activities that enable people to re-create.

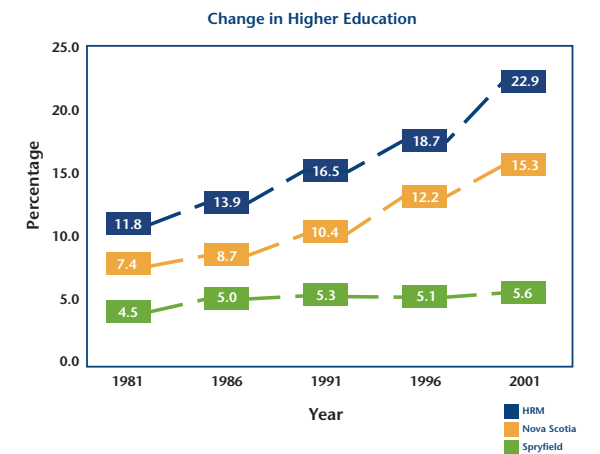
Recreational programs in Spryfield are facilitated through a number of organizations, the largest being HRM. They are located in the Captain William Spry Centre, which includes the Spryfield Lions Wave Pool, the public library, the fitness centre and community meeting rooms. Programs run through HRM also use other neighbourhood facilities such as Rockingstone Heights Elementary School. Programming for all ages includes pre-school play groups, children's basketball and craft workshops, youth sports, dance and babysitting training and adult fitness classes.

Quotes

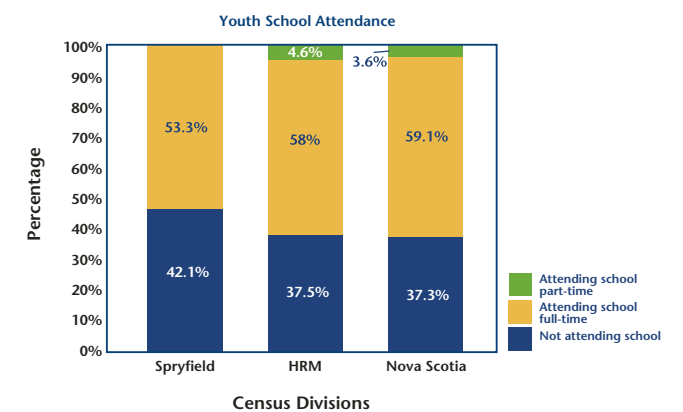
The lack of things to do for all ages, and access to do them if you don't have money.

Poor people should have recreation like everyone else. It's wrong, them having to beg so they can participate.

The cost for these programs ranges from \$6 per class to \$28 or more for packages consisting of 6 to 10 classes. HRM Recreation has a program called HRM Kids to help ensure that children from low-income families are not excluded from recreation programs. HRM tries to provide discounts or arrange payment plans to help low-income adults participate in HRM recreation programs. Anyone interested can mention it while registering for a program.



Section VII – Figure C. Change in percentage of population with university bachelor's degree or higher in Spryfield, HRM, and Nova Scotia from 1981 to 2001 (age 20 & over).



Section VII – Figure D. Youth school attendance in Spryfield, HRM, and Nova Scotia in 2001 (15-24 years).



OUR PERSON/SPIRIT

OUR PERSON/SPIRIT

Quotes

I'd like some other community place besides the Spryfield Community Centre for kids to go and learn to get along with others, become confident, have self esteem and feel safe.

I want a place to go to where I am safe and there are things to do. I don't like hanging around on the street and I don't like going home. My house is too noisy and there are things going on that kids should not see. I like the [Boys and Girls] club, I feel safe and they are nice to me and kind to me. But it is small and crowded and not room enough for everyone. (Youth)

The Spryfield Lions Arena is home to the Boys and Girls Club of Spryfield, which provides programming for children and youths and hosts a C@P site (a community-based resource of computers and internet access). ***Fundraising in the community and contributions from local groups and businesses help to support the club.*** The rink is also home to Chebucto Minor Hockey, a group of teams for kids and teens that compete throughout HRM. The rink also makes ice time available for public skating, figure skating and ringette. An organization that is very involved in the community is Chimo Tae Kwon Do, offering martial arts classes for ages 5 and up. Members compete throughout the province and volunteer in the community.

Other organizations provide recreational activities for people in Spryfield. The Cornerstone Family Centre, located in Greystone Housing, provides after-school programs for children and youth and music classes for teens ages 13 and up. This free program teaches how to play musical instruments such as the drums, keyboard and guitar. Healthy Kidz in Greystone provides activities such as creative play, life skills development, education, counselling and mentoring. Members of Chebucto Hiking Club go on a wide variety of short and long walks and hikes. Young people in the Air Cadet Squadron – 529 Armdale participate, for free, in drill, range, band, flying, citizenship and various sports. The squadron has been active in Spryfield since 1950. Young at Heart Seniors Club offers dances, cribbage, bingo, dinners and banquets.

There are also recreation opportunities throughout HRM that Spryfielders can participate in, such as Chebucto Minor Baseball, Wanderers Soccer Club, and Southwest Minor Lacrosse Association.

iv Spirituality

In today's society, many people are not accustomed to speaking about spirituality, but it may run quietly through their lives, often without their awareness. Some people value spirituality and some people don't. Those who do value spirituality may think it very important, or of only minor significance in their lives. Spirituality has been variously described as:

- moral fulfillment
- belief in a greater good that gives meaning to life
- belief in a supreme being
- obedience to and activity on behalf of a supreme being^{xliv}

For some people, religion is an expression of their spirituality. For other people, they are spiritual without being religious. To paraphrase Nikolai Berdvaev^{xlv} the question, “Do I have bread?” is a material question, but the question, “Does my neighbour have bread?” is a spiritual question.

Some people think of spirituality as using everyday experiences to look for meaning and purpose.

Others see spirituality as self-transcendence – going beyond the life one knows. They speak of going beyond self-interest through relationship (i.e. marriage and family) and through community (i.e. contributing to community life). Mi'kmaq speak of the four directions within a circle:

- East – creativity
- South – growth
- West – knowledge
- North – wisdom.

“That which brings tears to our eyes spontaneously is spiritual.” Frederic Buechner

A marvellous example of a spiritual and symbolic act is the story of how a community dealt with a stigma.^{xviii}

A community of 8,500 people in Eagle Bay, Australia felt that they were stigmatized by outsiders. When asked what their stigma looked like, they described an eagle flattened down by a large thumb and fist. So they built their giant stigma just as they described, several metres long and tall. Then residents wrote down their sorrows, disappointments and hurts on pieces of paper and put them in the stigma. Finally, they set the whole thing ablaze and burned their stigma. Residents said everything changed after that.

Each person has his or her own reality. Two people can see the same activity, yet describe, experience, and interpret it in very different ways, because they are conscious of it in different ways. That may explain in part why there are so many ways that people nurture and experience their spirituality. What touches the spirit or consciousness of one person may leave another cold, and vice versa. The following are some of the ways people experience their spirituality.

- standing in awe at the edge of the ocean
- getting goose bumps on hearing music
- exploring new ways of being with people
- dancing freely
- viewing a beautiful object
- reading poetry or holy scripture
- going to religious meetings
- sharing a special moment with others
- meditating
- using objects as symbols with special meaning
- carrying out a symbolic act

“There are only two ways to live your life: as though nothing is a miracle, or as though everything is a miracle.”

Albert Einstein

“No problem can be solved from the same consciousness that created it.” Albert Einstein

“People are disturbed not by things, but the view they take of them.” Epictetus

Peter Russell^{xix} explains prayer this way:

“Sometimes...I recognize there could be another way of seeing things, but I don't know what it is. I can't make the shift on my own; I need help. But where do I go for help? Other people are as likely to be caught in this thought system as I am. The place to go for help is deep within, to that level of consciousness that lies beyond the materialistic mindset – to the God within. I have to ask God for help. I have to pray.

When I pray in this way, I am not asking for divine intervention by an external God. I am praying to the divine presence within, to my true self. Moreover, I am not praying for the world to be different than it is. I am praying for a different perception of the world. I am asking for divine intervention where it really counts – in the mindsets that govern my thinking....

Invariably, I find my fears and judgments drop away. In their place is a sense of ease. Whoever or whatever was troubling me, I now see through more loving and compassionate eyes.”

The Brussats (1998)^{xlvii} have developed what they call the “Alphabet of Spiritual Literacy” (See Appendix VII, Spirituality). Their “Alphabet” describes ways of being and doing that bring spirituality to everyday life. It begins with ‘A’ for Attention, and ends with ‘Z’ is for Zeal:

Attention – Pay attention to the world around you. Be alert, receptive, and totally present.

Zeal – Do what makes your heart sing. Accomplish small tasks as if they were noble and great.

Regardless of what definitions others will put upon spirituality, each person ultimately makes the decision of what defines his or her own spirituality.

Prayer for Spryfield

*May you be free from fear.
May you be free from suffering.
May you be happy.
May you be filled with loving kindness.*



OUR PERSON/SPIRIT

Quote

Spryfield has lots of spirit at the grassroots level.

“The ultimate work of civilization is the unfolding of ever-deeper spiritual understanding.” Arnold Toynbee

v Values

Another way to understand and explore spirituality is to consider our values and their importance in our lives, and our collective values in relation to how we want our community to develop. ***Understanding each other’s values also helps us to have better relationships and work together more effectively, because values guide our actions, behaviours and decisions.*** Knowing our values helps us to make better choices and set priorities for how we spend our time and effort.

Universal values include achievement, aesthetics, altruism, autonomy, creativity, emotional well-being, enjoyment, health, honesty, justice, knowledge, love, loyalty, physical appearance, power, recognition, skill, spirituality and faith, wealth, and wisdom.^{xlix} It is helpful, in understanding oneself and others, to know which values are of little importance, moderately important or extremely important.

vi Religion

Religion is one way that some people express their spirituality. In the familiar “if the world were a village of 100 people”, there would be 67 non-Christians (including 18 Muslim, 16 Hindu) and 33 Christian villagers.ⁱ

In Central Spryfield, there are six Christian churches in a range of denominations including Baptist, United, Roman Catholic, Anglican and non-denominational. Given the ethnic diversity in Spryfield, there are also likely practicing Muslims, Hindus, Buddhists, Jews and people of other faiths.

Churches provide their congregations with religious services, education and moral guidance, and with social activities and outreach programs. As described in Section V – Culture, St. Paul’s United Church is an example of a church reaching out to the community through programming. St. Paul’s Family Resources Institute offers after-school programs, social dinners, craft nights, and outreach programs for low-income households. Hand in Hand is an outreach program of The Society of Saint Vincent de Paul of the Roman Catholic Church. City Church attracts up to 90 youths to their Wednesday evening program of music and activities. Other churches, such as Emmanuel Anglican Church, would like to do more programming including, for example, a day care, mothers’ support group, and a place to have a cup of coffee with others.

Across Canada, the number of churchgoers is dwindling and congregations are getting older. At the same time, there seems to be a growing interest in spirituality unconnected to formal religion.

“For every psychological term in English there are four in Greek and forty in Sanskrit.”

A.K. Coomaraswamy

“My religion is kindness.”

The Dalai Lama

“So many gods, so many creeds, so many paths that wind and wind. While just the art of being kind is all the sad world needs.” Ella Wheeler Wilcox

C. Our Education and Literacy, Our Recreation and Leisure

Each person – and every community – is multi-faceted and develops differently. And yet there is a strong, shared influence between individuals and their community. This influence is coloured by personal needs and skills, education and literacy, recreation, spirituality, values and religion.

In the world of urban planning, there is a growing notion that “art, story, emotions, spirit, body, intuition, culture, identity, and other such taboo notions” (Koeller)ⁱⁱ need to be front and centre. What is your vision for personal and spiritual development in Spryfield’s future, particularly in relation to education and literacy, and recreation and leisure?



WE ARE SPRYFIELD

End Note on Data Collection

Census Tracts vs Community Counts Information

The following summarizes the processes used to collect economic and demographic data for Spryfield.

Starting with Census Tract Areas

Census Tracts (CTs) were created by Statistics Canada within Census Metropolitan Areas, i.e. Halifax, and correspond to other geographic areas for which census information is reported. CTs vary in size from a few city blocks to several square kilometres. The size typically corresponds to population, and since population density varies, CTs are generally smaller in urban areas and bigger in rural areas.

To get the data collection “ball rolling,” the Action team drew an approximate boundary line around Spryfield. CT data was purchased and analyzed for this area called “Central Spryfield”. Early analysis, however, showed weaknesses in using the CT data. The CT boundaries included data from areas outside of Spryfield, and assumptions about the homogeneity of the data for the entire area were not correct for Spryfield. For example, the CT on the eastern side of Spryfield included information from River Road and Purcell’s Cove – two very different economic and demographic areas. Because the CT averages information over the whole area, it would not reveal accurate data at the neighbourhood level in either River Road or Purcell’s Cove Road. As a result, the CTs were not representative of Spryfield neighbourhoods.

Moving to More Accurate Data

In an effort to source more accurate data, the Action team sought a partnership with the Nova Scotia Community Counts Program (CCP). The CCP is managed by the province through the provincial Finance Department and draws on a blend of information at the neighbourhood level. In the longer term, CCP will acquire information from a number of sources, but data is currently taken primarily from the Census of Population and Revenue Canada Tax Returns. The CCP took the boundaries of Central Spryfield and applied a mathematical model that breaks the area into blocks that roughly correspond to neighbourhood blocks. CCP also reviewed CT level data as well as the Dissemination Areas (DAs) for 2001 and Enumeration Area (EAs) for 1991 and 1996. For the reasons stated above, only those DAs that cleanly fit into the pre-established boundaries were considered in looking at comparative indicators. The nature of the geography and Statistics Canada’s manner of agglomerating data from disparate neighbourhoods distorts the results for program planning.

In this case, the CCP provided much more useful information about Spryfield at the neighbourhood level and thus was the information source of choice for the project. For most indicators (demographic, economic, labour, educational attainment and so on), information was available back to 1981.

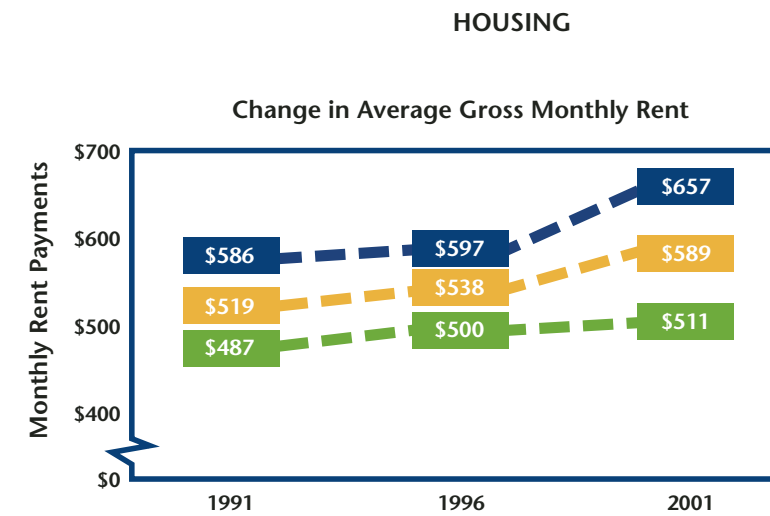
In addition, our partnership with CCP as part of Action has allowed for the community to continue working with the province in revisiting the data at minimal cost, as well as having the advantage of benefiting from their knowledge of the data and indicator development. With census information purchased directly from Statistics Canada, we would incur additional costs as more studies need to be conducted and additional data acquired.



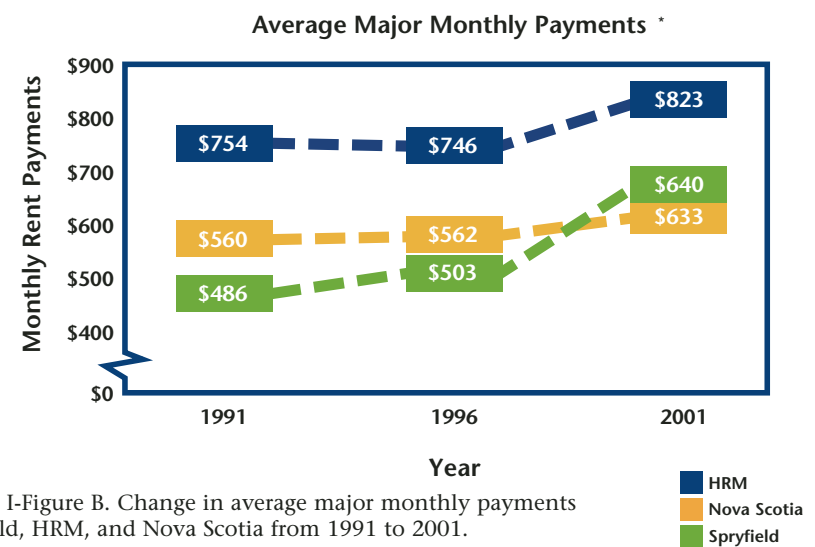
APPENDICES



APPENDIX I – BUILT ENVIRONMENT



Appendix I-Figure A. Change in average gross monthly rent in Spryfield, HRM, and Nova Scotia from 1991 to 2001.



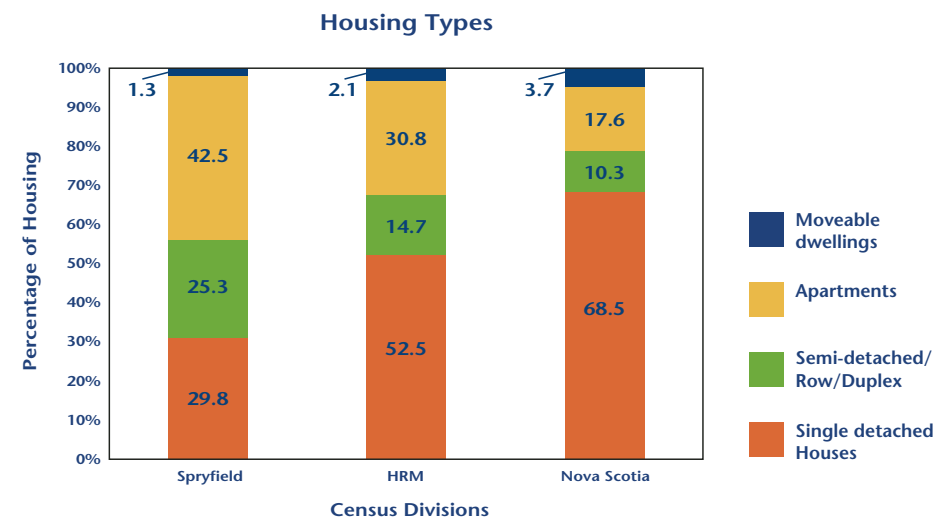
Appendix I-Figure B. Change in average major monthly payments in Spryfield, HRM, and Nova Scotia from 1991 to 2001.

* Electricity, fuel, city services, mortgage payments and property taxes.

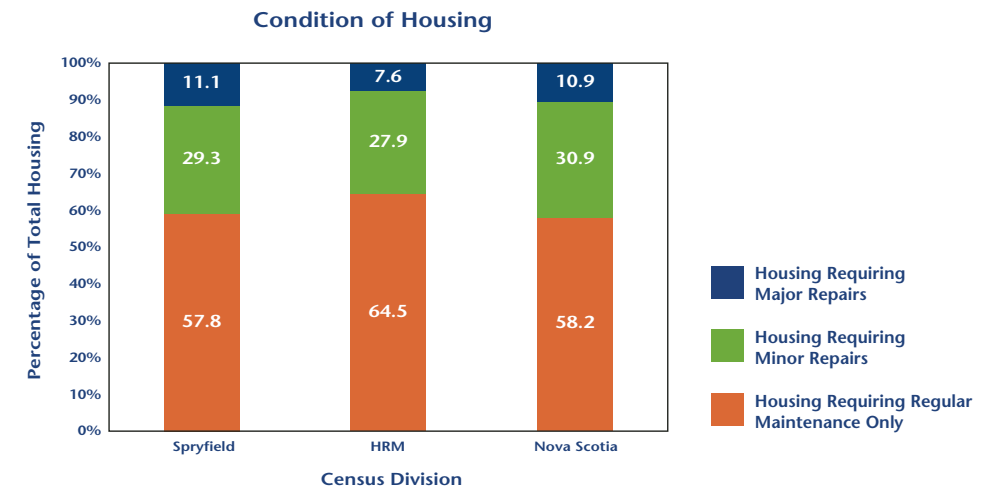


APPENDIX I – BUILT ENVIRONMENT

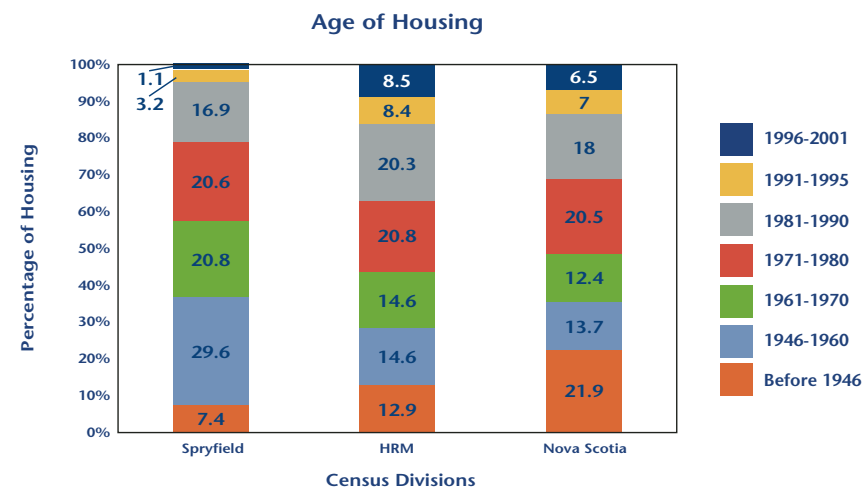
APPENDIX I – BUILT ENVIRONMENT



Appendix I-Figure C. Distribution of housing types in Spryfield, HRM, and Nova Scotia in 2001.



Appendix I-Figure E. Condition of housing in Spryfield, HRM, and Nova Scotia in 2001.



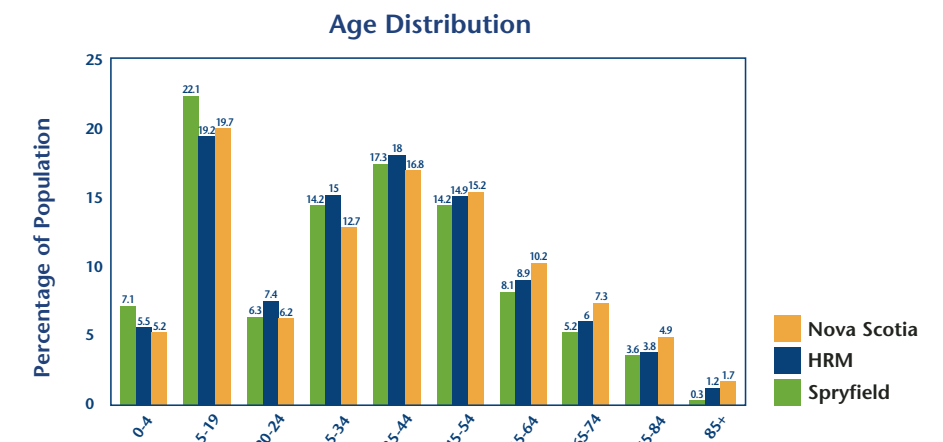
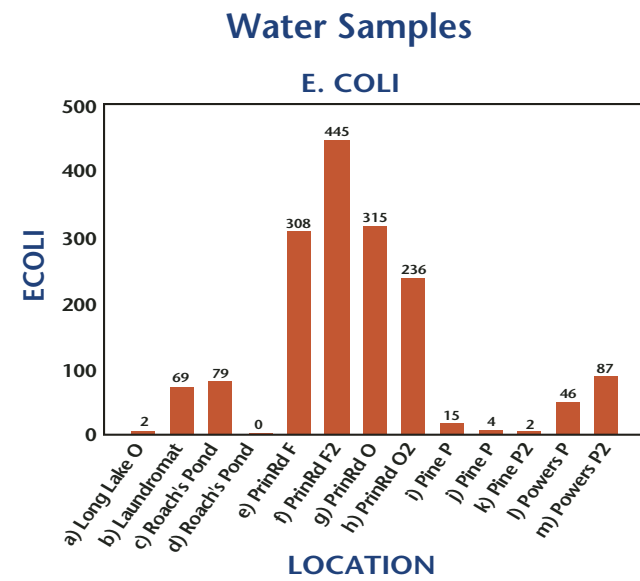
Appendix I-Figure D. Housing age distribution in Spryfield, HRM, and Nova Scotia in 2001.



APPENDIX II – NATURAL ENVIRONMENT

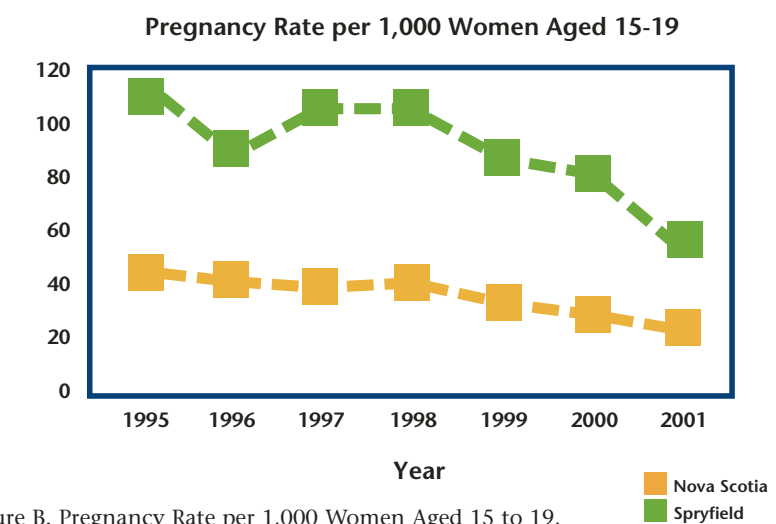


APPENDIX III – SOCIAL FABRIC



Appendix III-Figure A. Age distribution in Spryfield, Halifax Regional Municipality, and Nova Scotia in 2001.

Appendix II-Figure A. Total E. COLI bacteria in water samples from McIntosh Run, November 23, 2005



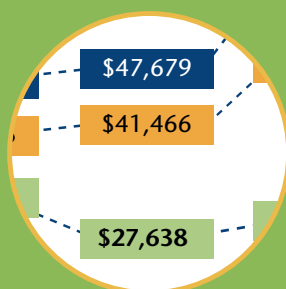
Appendix III-Figure B. Pregnancy Rate per 1,000 Women Aged 15 to 19, by <None>Year 1995-2001. Based on graph supplied by Dr. Donald Langille, Dalhousie University, December 2005.



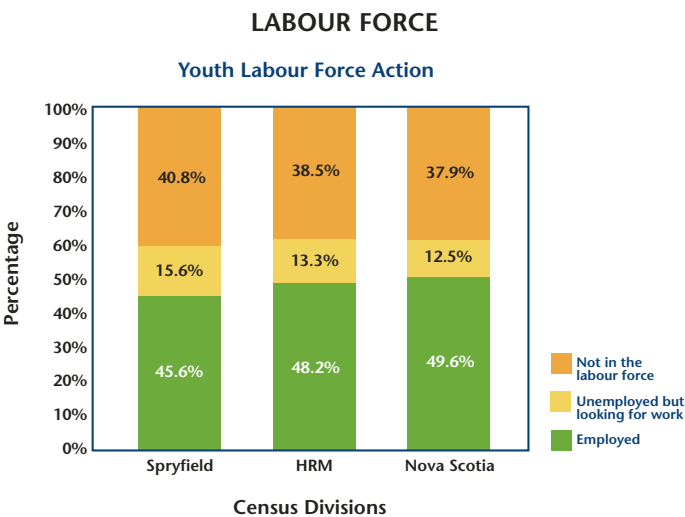
APPENDIX III – SOCIAL FABRIC

PUBLIC PARTICIPATION AND SERVICES Changes in Community Services and Organizations for Spryfield 1988-2004			
Subject	Added to Directory Since 1988 (first year in directory indicated in parentheses)	Removed from Directory Since 1988 (last year in directory indicated in parentheses)	Added and Removed from Directory Since 1988 (years in directory indicated in parentheses)
Schools		B.C. Silver Community School (2000) Holly Drive School (1998) Riverview School (1988) Halifax Christian Academy (1988)	
Pre-schools		Kline Heights Co-op Preschool (1998) Pinegrove Nursery School (1996)	
Churches		Bible Baptist Church (2002)	Saint Joseph's Monastery (2000-2005)
Day Care	Edward Jost Children's Centre (1993)	Edward Jost Children's Centre (1993) Children's Space (1988) Cranberry Play Centre (1988) Follow the Leader Daycare (1988) Kindersport Day Care (1993) Spryfield Day Care Centre (1996)	Alexandra Children's Centre (1993-1998) Riverview Children's Centre (1998-2004)
Sports	Chebucto Hiking Club (2002) Halifax Chebucto Minor Baseball Association (1998) Halifax City Wanderers Soccer Club (1996)	Chebucto Little League Association (1993)	
Senior Citizens/ Disabled	Community Support for Adults (2004) Spryfield Seniors' Drop-in Centre (2000) YMCA Elderobics Program (1996)	Melville Lodge Nursing Home (2000) Saint Michael's Golden Age Club (1993)	
Recreation/ Community Groups	Atlantic Karate Club (2004) HRM Kids (2004) Spryfield Community Garden (1998) Spryfield Santa Claus Parade (2002)	Chebucto Garden Club (1988) Masonic Lodge (1988) Order of the Eastern Star (1988) Nova Scotia Horseshoe Players Association (1988) Spryfield Days Association (2000)	An Cumann Irish Set Dancers (1996 only) Starlite Strutters Majorette, Flag & Pom Pom Corporation (1993-2002) Scaip an Cleiti Set Dancers (1998-2002)
Children/ Teens/ Families	Children's Reading Support (2000) Cornerstone Family Centre (2004) Family SOS – Healthy Kidz (2002) Halifax Regional Police Service Youth Program (1998) Teen Health Centre (1998)	Atlantic Child Guidance Centre (1996) Halifax Block Parents Association (2000) Spryfield Adventure Playground (1996)	
Community Centres/ Community Councils/ Community Development	Chebucto Community Council (1998) District 18 Business and Development Commission (2000)	Mainland South Community Centre Corporation (1996)	Greater Chebucto Community Development Association (1998-2002)
Environment	CRABapple Mapping Project (1998) Long Lake Provincial Park Association (1993) McIntosh Run Watershed Association (2000) PACE – Herring Cove Road Project (2000)		Wildlands Working Group (1998-2002)
Heritage	Mainland South Heritage Society (1993) Urban Farm Museum Society (2000)		
Residents' Associations	Spryfield Residents Association (2004)		
Health/ Safety	Chebucto West Community Health Board (1998) Mobile Crisis Intervention Service (2004)	Atlantic Health Unit (1993) Attention Deficit Disorder Support Society – Mainland South (1998-2004)	
Adult Education/ Literacy	English Language Training Program (2000)	Spryfield Continuing Education Program (1996)	Halifax County Literacy Council (1993)
Food/ Housing/ Charities	Hand in Hand (1993) Harbour City Homes Non-profit Housing Society (2004)	Cornerstone Housing Society (1988)	B.C. Silver Collective Kitchen (1998-2000)
Employment	HRDA Enterprises Ltd. (2004)	YMCA Job Generation Program (1988)	Black Community Workgroup of Halifax Co-operative Limited (2002 only)

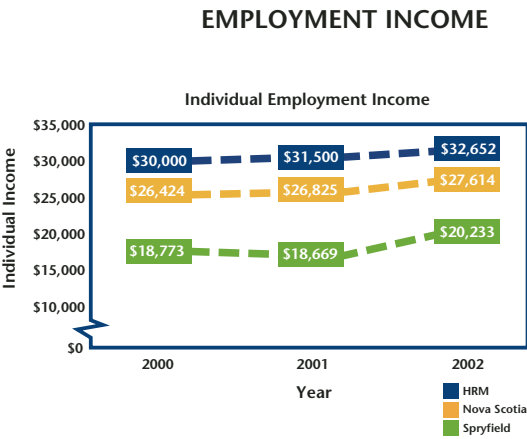
We are Spryfield. Some groups have been in the directories since the very beginning, and are still in place, so they do not show in the table above. Examples include Spryfield Lions Club and Spryfield Lioness Club.



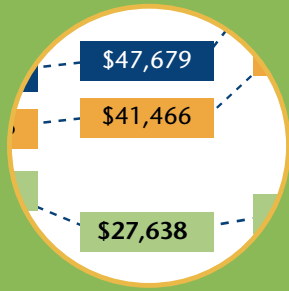
APPENDIX IV – OUR ECONOMY



Appendix IV-Figure A. Youth labour force activity in Spryfield, HRM, and Nova Scotia in 2001 (15-24 years).

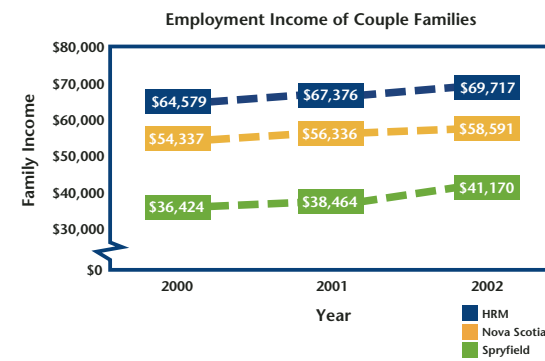


Appendix IV-Figure B. Change in individual employment income in Spryfield, Halifax Regional Municipality, and Nova Scotia from 2000 to 2002.

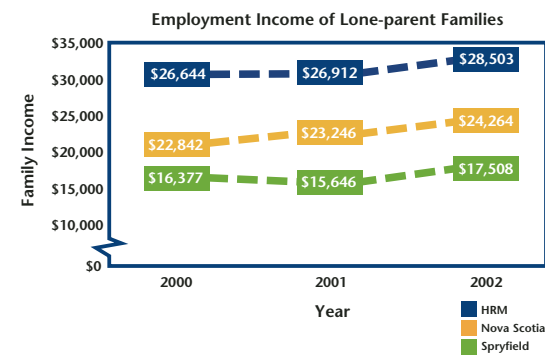


APPENDIX IV – OUR ECONOMY

APPENDIX IV – OUR ECONOMY

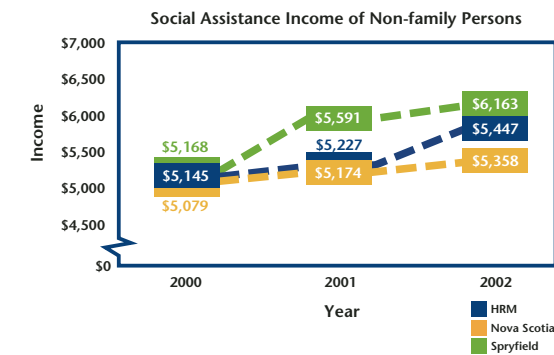


Appendix IV-Figure C. Change in employment income of couple families in Spryfield, HRM, and Nova Scotia from 2000 to 2002.

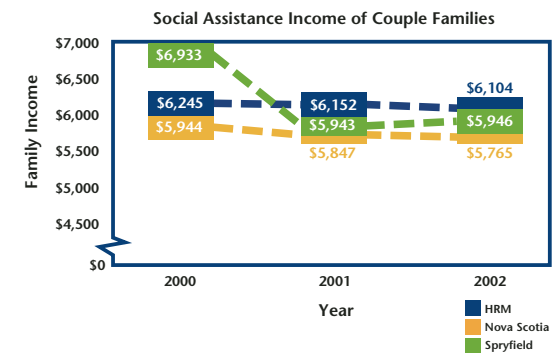


Appendix IV-Figure D. Change in employment income of lone-parent families in Spryfield, HRM, and Nova Scotia from 2000 to 2002.

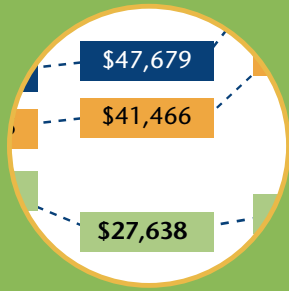
SOCIAL ASSISTANCE INCOME



Appendix IV-Figure E. Change in social assistance income of non-family persons in Spryfield, HRM, and Nova Scotia from 2000 to 2002.

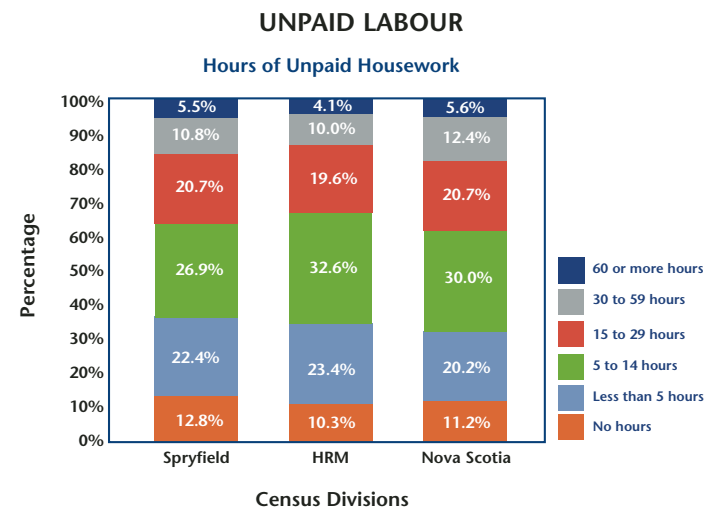


Appendix IV-Figure F. Change in social assistance income of couple families in Spryfield, HRM, and Nova Scotia from 2000 to 2002.

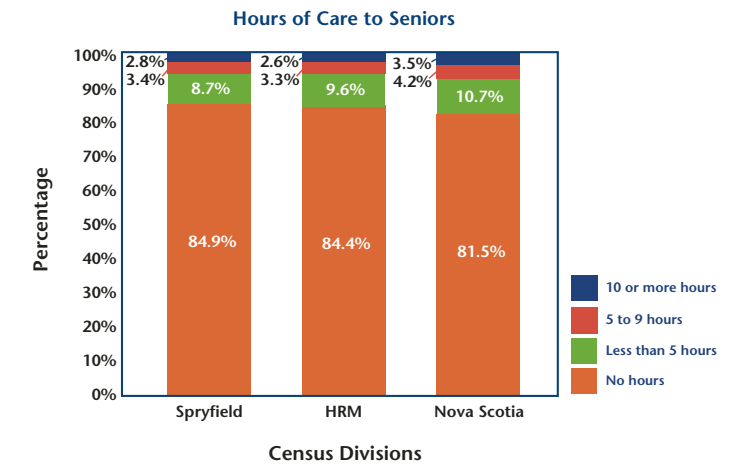


APPENDIX IV – OUR ECONOMY

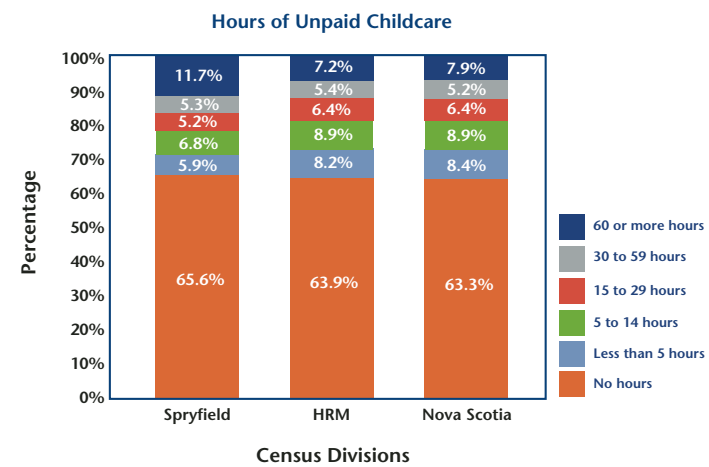
APPENDIX IV – OUR ECONOMY



Appendix IV-Figure G. Hours of unpaid housework in Spryfield, HRM, and Nova Scotia in 2001 (age 15 & older).



Appendix IV-Figure I. Hours of care to seniors in Spryfield, HRM, and Nova Scotia in 2001 (age 15 & older).



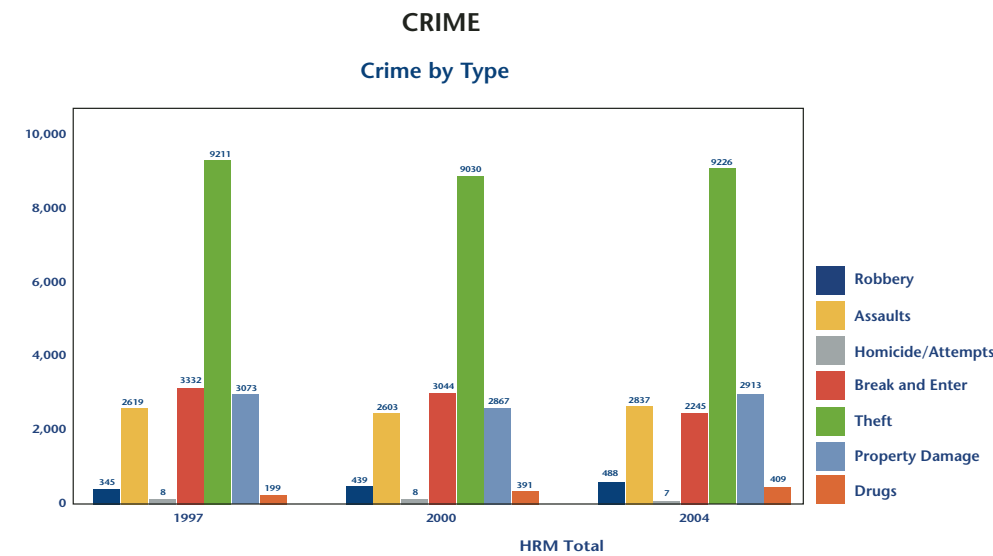
Appendix IV-Figure H. Hours of unpaid childcare in Spryfield, HRM, and Nova Scotia in 2001 (age 15 & older).



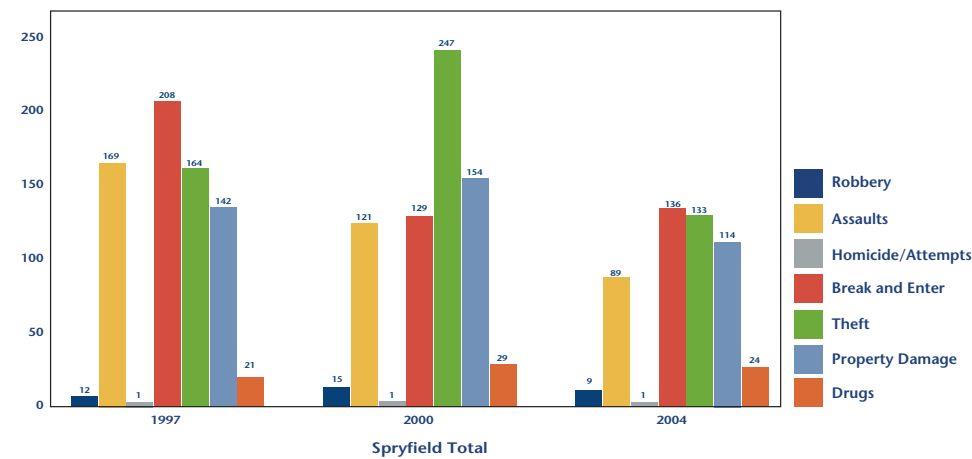
APPENDIX V – OUR CULTURE



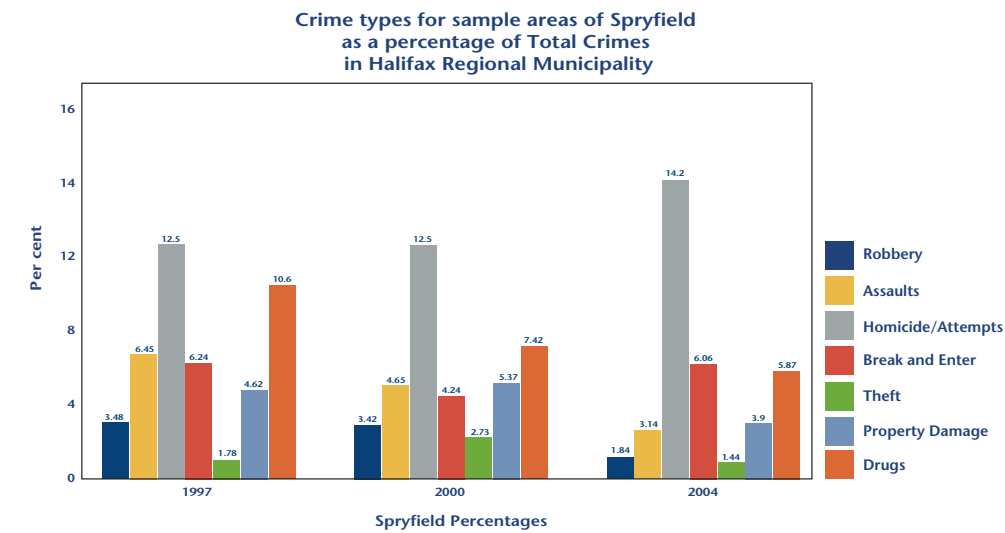
APPENDIX V – OUR CULTURE



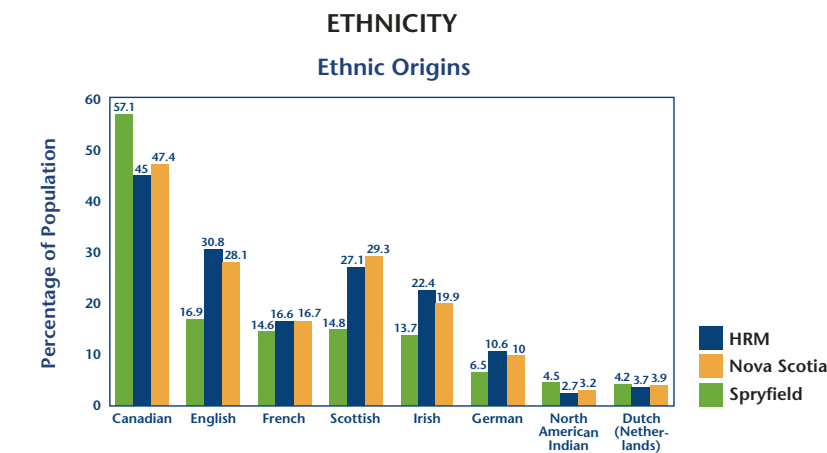
Appendix V-Figure A. Crime by type for Halifax Regional Municipality, 1997, 2000 and 2004.



Appendix V-Figure B. Crime by type for Spryfield, 1997, 2000 and 2004.



Appendix V-Figure C. Crime by type for Halifax Regional Municipality, 1997, 2000 and 2004.



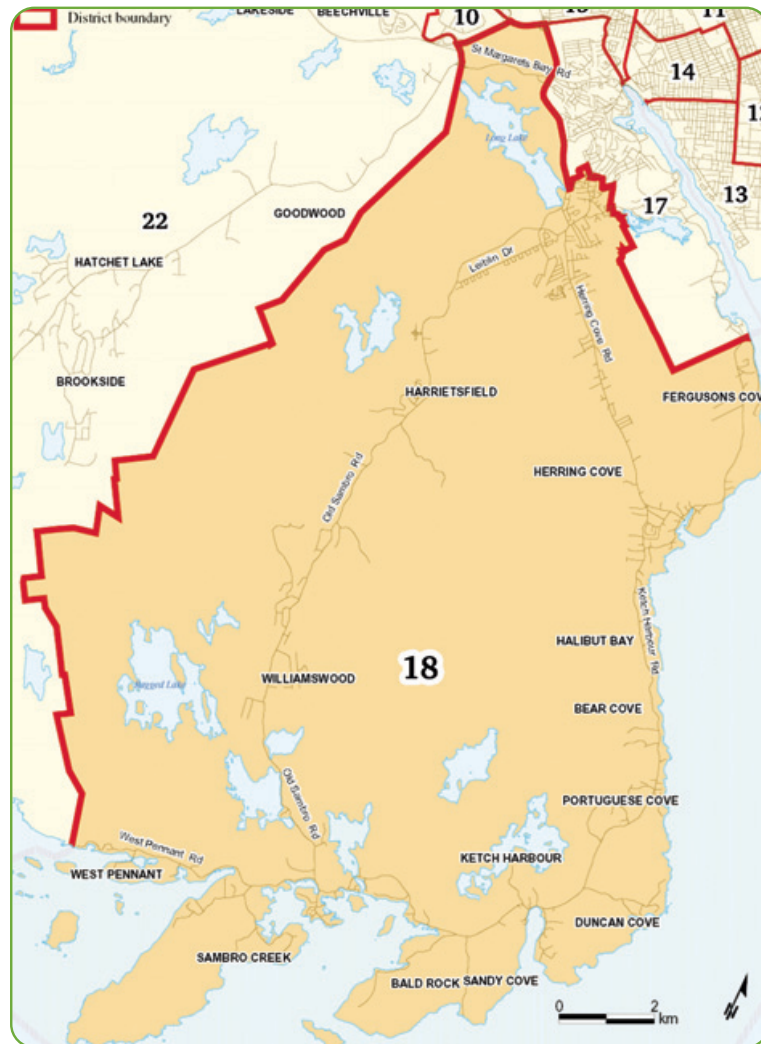
Appendix V-Figure D. Principal Ethnic Origins of Spryfield, HRM and Nova Scotia in 2001.



APPENDIX VI – OUR POLITICS

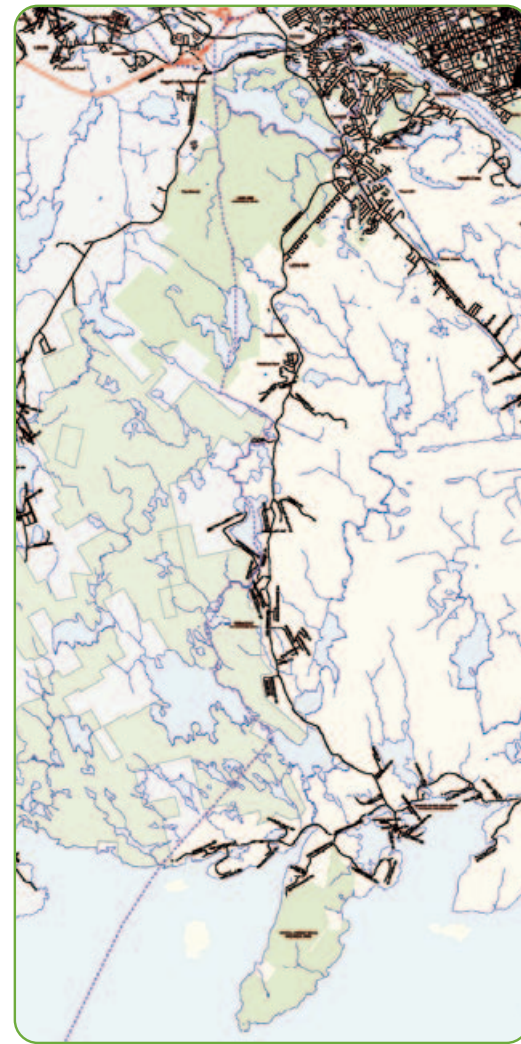
APPENDIX VI – OUR POLITICS

MUNICIPAL POLITICS



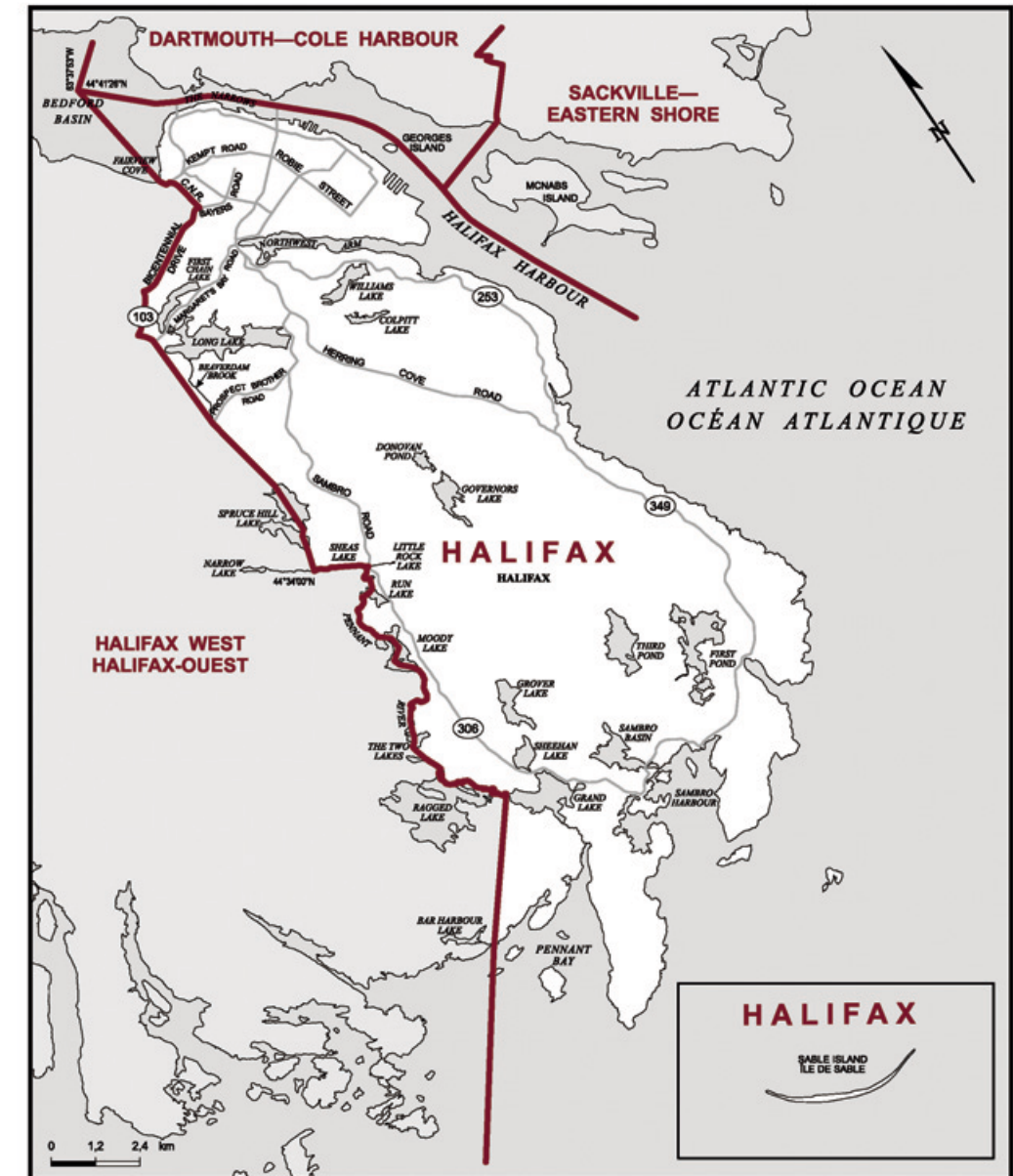
HRM's District 18, Spryfield – Herring Cove

PROVINCIAL POLITICS



Nova Scotia's provincial electoral riding, Halifax Atlantic

FEDERAL POLITICS



Canada's federal electoral riding, Halifax



APPENDIX VII – OUR PERSON / SPIRIT

SETTING GOALS

SMART goals are:

Specific – clear, understandable

Measurable – can be evaluated for progress, evidence of completion

Action-oriented – includes an action plan

Realistic – possible, achievable

Time-management – assign “due dates” for progress points, set deadlines.

EXAMPLE OF A SMART GOAL.

Specific – I am going to use “I” statements instead of “you” statements when people upset me.

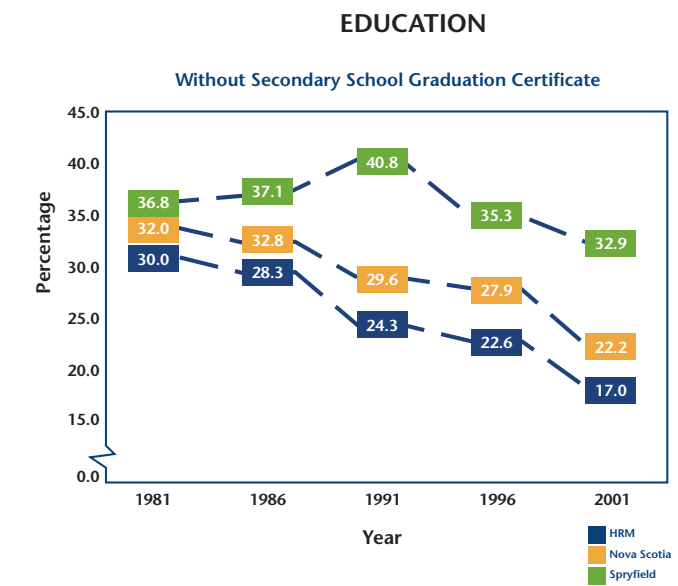
Measurable – I want to use “I” statement at least 4 times out of 5 upsets. Each day I will record the number of “I” statements I use, compared to the number of “you” comments.

Action-oriented – First I will start using “I” with my children until I feel comfortable doing it with them. Then I will start using “I” statements with my partner and my co-workers, and finally I will use “I” statements when I get upset with my boss and the principal at my children’s school.

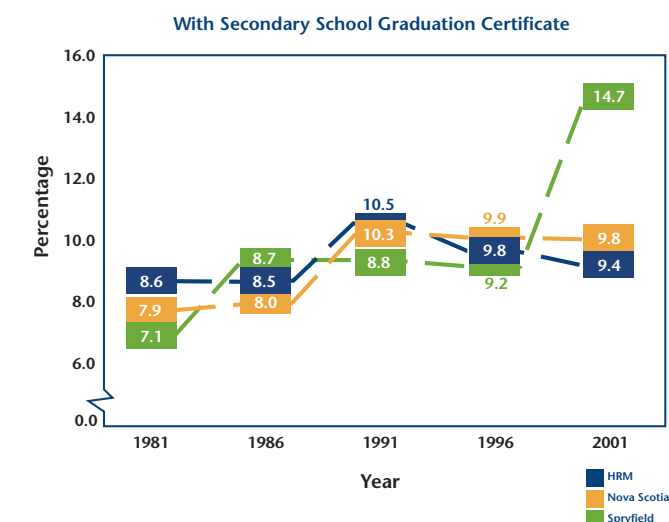
Realistic – I know I can do this because I will be patient with myself when I make mistakes, and keep trying every day to do better.

Time-management – I am going to do this for one whole month with my children, and then set a three-month goal to do this with others, and then a six-month goal for the people who are hardest for me to deal with.

APPENDIX VII – OUR PERSON / SPIRIT



Appendix VII-Figure A. Change in percentage of population without secondary school graduation certificate in Spryfield, HRM, and Nova Scotia from 1981 to 2001 (age 20 & older).

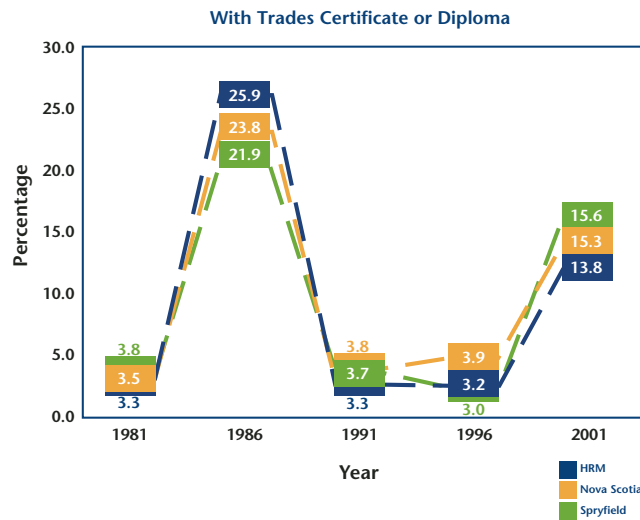


Appendix VII-Figure B. Change in percentage of population with secondary school graduation certificate in Spryfield, HRM, and Nova Scotia from 1981 to 2001 (age 20 & older).



APPENDIX VII – OUR PERSON / SPIRIT

APPENDIX VII – OUR PERSON / SPIRIT



Appendix VII-Figure C. Change in percentage of population with trades certificate or diploma in Spryfield, HRM, and Nova Scotia from 1981 to 2001 (age 20 & older).

SPIRITUALITY

Attributes of spirituality, paraphrased from Brussat.

- Attention Pay attention to the world around you. Be alert, receptive, and totally present.
- Beauty See the value and beauty of everyday things and people.
- Being Present Live in the present moment, not living in the past nor worrying about the future.
- Compassion Reach out with caring to other people, and touch their pain.
- Connections Feel your connections to humans and other life forms. Be part of the natural world, not separate from it.
- Devotion Dedicate yourself to friendships, to your life's work, to people you love, to a supreme being.
- Enthusiasm Celebrate life; be passionate, vibrantly alive, and zestful.
- Faith Live graciously with uncertainty and paradox; confront and overcome obstacles.
- Forgiveness Start afresh, publicly and privately, by forgiving others and forgiving yourself.
- Grace Receive grace by finding moments of meaning in everyday life.
- Gratitude Appreciate what you have; count your blessings; thank others every day.
- Hope Believe in, and be passionate about, a better world.
- Hospitality Welcome people who are different, and ideas that are new; share who you are.

- Imagination Cultivate imagination to connect the depths of your being to the outer world; put ideas together in new combinations.
- Joy Dance, sing and shout for joy; be dizzy with joy for the blessings in life.
- Justice Seek justice for all; treat each and every person as you wish to be treated.
- Kindness Perform little acts of kindness; encourage others; be courteous.
- Listening Listen deeply to your inner being, to other people, and to the world around you.
- Love Love yourself; love your friends, family and coworkers; love your enemies; love plants, animals and all life forms.
- Meaning Ask constantly, "What does this mean?"; share your meanings with others.
- Nurturing Cherish the best within you; cultivate your personal growth to enable you to tend to the needs of others.
- Openness Open your heart to all people and all things; live in others' shoes; walk a mile in their moccasins.
- Peace Take steps every day towards peacefulness and non-violence, starting at home.
- Play Let loose play, creativity, spontaneity and laughter.
- Questing Keep asking questions along the way in your life-long, interior journey. Listen for the answers.
- Reverence Respect and honour the sacred in yourself, and in all living beings.
- Shadow Accept your imperfections and the dark parts of yourself. Learn to love them.
- Silence Slow down and be calm. Take time to stop words and activities. Include silence daily.
- Teachers All the people in your life, and everything you experience, can teach you if you stay alert to these opportunities.
- Transformation It is possible to overcome your conditioning and become whole.
- Unity Look for the sameness in others; seek kindred spirits and work together for a better world.
- Vision Cultivate your own visions for personal and community renewal.
- Wonder Use all your senses to enjoy the wonders of the world.
- The Mystery Accept what you cannot know in life.
- Yearning Allow yearning to take you beyond yourself; follow your heart's desire.
- You You are special and unique; in all the world there is no one else like you. Be fully who you are.
- Zeal Do what makes your heart sing. Accomplish small tasks as if they were noble and great.



FOOTNOTES

FOOTNOTES

Built Environment

i Public Health Agency of Canada. 14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

ii 1988. Hancock, Dr. Trevor & Duhl, Leonard. J. Promoting Health in the Urban Context. World Health Organization. 1988. <http://www.who.dk/InformationSources/Publications/Catalogue/20010918-7>

iii 2005. Godbout, Alain. Spirits of Long Lake. Presentation at Universalist Unitarian Church, Halifax, Nova Scotia, October 2005.

iv 2005. Godbout, Alain. Spirits of Long Lake. Presentation at Universalist Unitarian Church, Halifax, Nova Scotia, October 2005.

v This description of Spryfield’s History was compiled by Iris Shea of the Chebucto News. Shea, Iris. V. Discovering our Past. Chebucto News. May 2005. Vol. 7 No. 2. June, 2005: Vol. 7 No.3. July 2005: Vol. 7 No. 3. August 2005: Vol. 7 No. 4, page 4.

vi 2005. Godbout, Alain. Spirits of Long Lake. Presentation at Universalist Unitarian Church, Halifax, Nova Scotia, October 2005.

vii 2002. Ife, Jim. Community Development: community-based alternatives in an age of globalisation. 2nd. Ed. Pearson Education Australia.

viii Housing Market Outlook, Halifax. Canada Mortgage and Housing Corporation, Vol. 6, Ed 1, Spring 2005. 7 Dec. 2005. <http://www.cmhc.ca/en/index.cfm>

ix Homelessness in Halifax, Supporting Communities Partnership Initiative, Halifax, N.S. 2005. <http://www.cahhalifax.org/DOCS/Learning%2Otool.pdf>

x Ekistics Herring Cove Road Streetscape Study. 14 April, 2005.

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xi Public Health Agency of Canada. 14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

xii 2005. Brazner, John. McIntosh Run Watershed Association, November water samples. Personal Communication.

xiii 2005. Godbout, Alain. Spirits of Long Lake. Presentation at Universalist Unitarian Church, Halifax, Nova Scotia, October 2005.

xiv 2000, Smythe-Magder, Lysa, Tara Day and Kim MacLean. The Herring Cove Road Project Report. People Around Communities Every Day. Summer/Fall 2000.

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xvii Public Health Agency of Canada. 14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

xviii 2005, Dr. Donald Langille, Dalhousie University, Personal Communication

xix Sieccan. Canadian Journal of Human Sexuality. Sieccan.2005.31.11 www.sieccan.org

xx 2005, Peter Mortimer, United Way of Halifax Region, Personal Communication

xxi Volunteer Canada National Survey on Giving, Volunteering and Participating, Volunteer Canada.1997. www.volunteer.ca

xxii 1998. Coleman, Ron. The Economic Value of Civic and Voluntary Work in Nova Scotia, Chief Researcher of GPI Atlantic.

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xxiii Public Health Agency of Canada.14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

xxiv 2005, HRM, Working Draft Regional Municipal Planning Strategy for Public Consultation

Culture

xxv Public Health Agency of Canada.14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

xxvi Public Health Agency of Canada.14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

xxvii RRFB Nova Scotia <http://www.rrfb.com/default.htm>

xxviii GPI Atlantic. Waste and recycling GPI Atlantic Publications <http://www.gpiatlantic.org/publications/pubs.shtml>

xxix 1988. Hancock, Dr. Trevor & Duhl, Leonard. J. Promoting Health in the Urban Context. World Health Organization.1988. <http://www.who.dk/InformationSources/Publications/Catalogue/>

xxx N.S. cultural policy <http://www.gov.ns.ca/dtc/pubs/culturalpolicy.pdf>

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Our Politics

xxxv Public Health Agency of Canada.14 April 2005. <http://www.phac-aspc.gc.ca/ph-sp/phdd/>

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FOOTNOTES

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We are Spryfield.

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