

Chebucto News

Vol. 12 • No. 5 • January 2011

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

Working For You In Your Community

479-NEWS (6397)

FREE

CHECK Us Out!

Spryfield Village

heartbeat of the loop

SPRYFIELD AND DISTRICT BUSINESS COMMISSION

WWW.SPRYFIELD.CA

Dan Doherty "Mr. Danielson"

Expanding his personal service & commitment to Spryfield's Real Estate Industry. A community businessman since 1992.

EXIT

EXIT REALTY CITADEL
Independent Member Broker

T 902.478.4023
F 902.405.3299
E dandoherty@eastlink.ca

RYAN BRENNAN, BA, LL.B.
BARRISTER & SOLICITOR

PREFERRED AREAS OF PRACTICE - REAL ESTATE, WILLS & ESTATES AND BUSINESS LAW

CLYDE A. PAUL & ASSOCIATES
349 HERRING COVE ROAD, HALIFAX, NOVA SCOTIA B3R 1V9
(902) 477-2518 OFFICE (902) 479-1482 FAX
RPBRENNAN@NS.ALIANTZINC.CA

Mike's no frills makes a life easier



Mackenzie McGuire and family pose with Mike MacIntyre at Mike's no frills in Spryfield.

President's Choice Children's Charity, through donations from the Spryfield community, has given the McGuire family a grant to provide their daughter,

Mackenzie, with a Wheel chair lift. Mackenzie's grandmother started the ball rolling last year when she was speaking with Mike MacIntyre at his

store in Spryfield. After hearing about her wonderful granddaughter, Mike gave her an application for the President's Choice Children's Charity. After

reviewing her application, the charity decided to give her the grant.

President's Choice Children's Charity is dedicated to making lives easier and is the National Premier Sponsor of Breakfast for Learning. Their focus is to remove some of the obstacles that make everyday living extremely difficult and to provide these young people with a renewed sense of dignity, independence and freedom by providing funding for adaptive equipment, environmental modifications, therapy and more. By sponsoring Breakfast for Learning, President's Choice Children's Charity is helping to ensure that children in all communities attend school well nourished and ready to learn.



The charity ensures that 100% of every dollar donated goes directly to helping children. It has awarded over \$46,000,000, helping over 6,500 families across Canada.

The staff at Mike's no frills has raised money towards this gift by selling icons in the store, employee donations and Casual days. "The staff has done a fabulous job raising money so we can help kids like Mackenzie, but there is so much more we need to do and so many more kids we can help," says Mike MacIntyre.

"It is an amazing thing to be able to help a child and their family who really need and really deserve it. We at no frills are so proud to be able to help and to be a part of a wonderful organization like President's Choice Children's Charity, which helps kids right in our communities," states Mike MacIntyre, Mike's no frills.

no frills is a banner of Loblaw Companies Limited, which includes Atlantic Superstore, Dominion (NL),

(See Mike's no frills on page 2)

Briarwood golf course to re-open

By Dan Doherty

Great news for local golfers! Spryfield's Briarwood Golf Course is expected to be open for business again by next June under new management. The course was purchased two years ago by a local developer whose long range plans include a housing development, the details of which have yet to be worked out. In the meantime he has leased the course to landscaper Tim Bogers whose company Briarwood

Landscaping Limited is gearing up to get the course back in shape. Tim has a huge amount of enthusiasm for the project and has already started to work on the course. His first job is to get the word out that the course is re-opening and to gauge public reaction and to that end he is offering some great limited time prices for membership for 2011: Junior membership \$199, Student Membership \$249, and Adult Membership for \$299. To purchase a member-

ship for yourself or as a gift please call Tim at 440-2363 or e-mail him at briarwoodgolf@gmail.com. You can also visit his website at: www.briarwoodgolfclub.net

Tim's second job now is to repair the damage that has been done to the course over the past couple of years by ATV users who did not expect the course to re-open. He hopes that once word gets out that the course will be

(See Briarwood on page 2)

Dr. Michael Majaess, B.Sc., D.C.
Chiropractor

Have a safe and happy holiday.

Does your back go out more than you do?
Planting and raking causing any aching?

For more information on chiropractic, please visit us at
www.adjustyourview.com

Spryfield Physiotherapy
357 Herring Cove Road
(902) 479-7500

STEBRAN RESOURCES INC.

Large Quantities
Top Soil • Fill • Mulch • Pea Stone
Garden Soil • Compost
Disposal of brush, rock, concrete, asphalt, leaves, and lawn clippings

Serving Halifax and surrounding areas

497-3633

860 Old Sambro Road, Halifax, NS
(10 minutes from Armdale Rotary)
Occasionally open Sundays - Please call ahead

A mortgage broker can save you thousands!

- Purchases
- Debt consolidation
- Renewals
- Renovations
- Great rates
- Free consultant services O.A.C.
- And more

jbright@eastlink.ca

MORTGAGE INTELLIGENCE
A GMAC Company
© copyright 2006, Mortgage Intelligence Inc., all rights reserved.

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

BEAVER EnviroDepot

Metal-man Recycling
Pick-ups Only

Buyers of all metals Flat decks, luggers, forklifts
Cars, structural steel Storage trailers (rentals)
Industrial, commercial, residential

Bonded - 30 years of experience
479-3900 (bus.) 293-CASH (2274)

beverage, liquor, beer and metals
479-2929
374 Herring Cove Road
Your One-Stop Refund Recycling Centre

Student Success through “Seeds of Change” program

Students at J.L. Ilsley who lacked a few credits to graduate are moving closer to completing high school. Since September, students have earned 20 credits in total through the Seeds of Change program, which is managed by Chebucto Connections.

Some students may have missed too many classes last year, or not gotten a passing mark in a course. With credit recovery, students can put in the required time and do the missed work after school. Second chances are really important. As one student said, “It gives you a second chance by being outside of the regular classroom setting where, if you’re like me, you can’t operate.” Another lad echoes this. “It gets me a second chance to make up for my stupidity in the past.”

As teacher Kelly Fowler expresses it, “For many of the students the program offers a safe learning environment. There is no pressure to keep up with the class, as they work at a pace suitable for them. Therefore they do not feel overwhelmed or create discipline problems. Sometimes a little one on one works wonders.”

The activities are different for grade ten students in the program, and are designed to help them in the transition to high school. These younger students get academic support, life skills coaching, and recreation opportunities to help them succeed. Last year’s students said they liked “making new friends”, “getting courage from others”, “trusting others”, and “getting help setting goals”.

Vice-Principal Ruth Wilkins says of the program, “Many of the participants not only changed their behaviour patterns, but also experienced greater connectivity to the school and more success in their courses.”

Cassey Malone (Interventions Coordinator) and J.L. Ilsley teacher, David Algee (Academic and Life Skills Coach), are working with twenty-four grade ten students this year, roughly double the number of participants compared to last year. This is the second year of the program, and it is expected to continue until the summer of 2012. For more information about the program, call Chebucto Connections at 477-0964.

Chebucto News

Publisher: Dan Doherty, 479-6397
Fax to 477-NEWS (6397)

Editor: Tangelene Ramsay,
tangelene@live.com

Circulation:
12,500 copies
Agent: Canada Post
Printer: Advocate Printing

Delivered free-of-charge to households in:
Armdale, Harrietsfield, Herring Cove, Jollimore,
Ketch Harbour, The Pennants, Purcell's
Cove, Portuguese Cove, Sambro, Spryfield,
Williamswood

Letters to the Editor:
Letters should not exceed 200 words and must include the writer's full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned.

Write to: "The Editor"
P.O. Box 20141,
Halifax, NS B3R 1V0

Advertising / Editorial Inquiries:
Please call (902) 479-NEWS (6397)
Email: dandoherty@eastlink.ca

Artwork and Layout:
Sharon Ward Graphic Design
Phone: (902) 444-2306
Email: wards@eastlink.ca

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

© 2010 The Chebucto News, Spryfield, Nova Scotia

Mike's no frills

(continued from page 1)

Atlantic SaveEasy and Cash & Carry. For more information contact Peggy Hornell, Senior Director, President's Choice Children's Charity (905) 459-2500 x 613626.

Briarwood

(continued from page 1)

re-opening the riders will now avoid the course and allow him to get things ready for a June opening. Tim expects to invest many thousands of dollars and countless hours of his time in the project and hopes for support from the community. The Chebucto News wishes Tim the best of luck with this undertaking and will continue to cover this good news story as it unfolds.

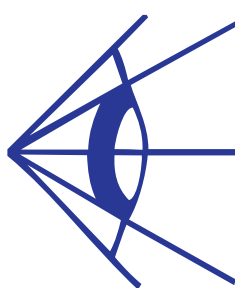
Down Home Christmas



Photograph by John Rae

By Lorrie Boylen
St. James United Church in Sambro hosted its annual Down Home Christmas event on December 12th. The event showcased the area's abundant local talent, featuring 30 musical performers from age 8 to over 80, offering

a variety of Christmas themed selections from traditional to contemporary. A recitation by the incomparable Jeanne Henneberry entertained young and old alike. The event was well attended, and everyone gathered downstairs afterwards for refreshments and socializing.



YOUR

FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahan, Dr. Jody Killoran & Associates

- Quality Eyecare & Eyewear
 - Four Convenient Locations
- Day, Evening & Weekend Appointments
 - New Patients Welcome
- No Referral Necessary
 - www.FVC.optometry.net

Park West Centre, Clayton Park
287 Lacewood Drive, Halifax
457-2224

Queen Square, Dr. Rosere & Associates
45 Aldemey Drive, Dartmouth
469-8230

Tacoma Plaza
50 Tacoma Drive, Dartmouth
434-1231

Dartmouth Superstore Mall
650 Portland Street, Dartmouth
462-4600

LOCALLY OWNED AND OPERATED SINCE THE EARLY 1960'S



Bank Your Savings

CALL
477-0005

The Original Discount Fuels

Daily delivery in most areas.

DISCOUNT FUELS

Furnace Oil and Furnace Oil Light.

www.discountfuels.ca

For all your excavating needs!

STEEL

Excavating & Demolition

Commercial and Residential

Fully Qualified Operator - Excavators
Dump Truck - Backhoe



- Lot Clearing
- Road Building
- Digging for Foundations
- Landscaping
- Rock Wall Building
- Drainage
- Demolition
- All Types of Excavating

Free Estimates

Call 476-0584
Office/Fax 406-2085

UH Oh! IT'S TAX TIME!

Take the stress away and let a pro take care of your taxes.

ADD IT UP INC.
It costs less than you think!

We specialize in:

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



**WE ARE MOBILE
WE COME TO YOU!**

Angela Dupres, Certified Management Accountant
additup@live.ca **499-8076**

Quarter Note Singers perform to a large and appreciative audience

Members of the community had an opportunity to enjoy an evening of beautiful music in a relaxed atmosphere when the Quarter-Note Singers held their annual Christmas Coffee House and Concert at the Captain William Spry Community Centre.

The singers, under the musical direction of Steve Trussoni, treated the audience to a variety of choral music. Noah MacNeil, in addition to his solo performance, sang a duet with Mandi Beckett, and did an impressive job as the "emcee". Other soloists were Jan Slaunwhite, Sharon Earle and Phil MacDonald, and special guest Ron Alley. Cynthia Gatto teamed up with Phil MacDonald in a duet. Cynthia and Phil were then joined by Cynthia's daughter, Cayleigh, to sing the world premiere of Maritime Laments. The words and its haunting melody, written and composed by choir member Dan Pace, pay tribute to fishermen who lost their lives at sea.

The Quarter Note Singers are a community based choir at the Captain William Spry Centre with rehearsals on Thursday evenings from 7 pm to 9 pm beginning January 13th. New singers welcome. Please contact Steve, 477-2664 or Mary Jo, 423-5636.

New Health and Wellness Centre in Herring Cove

December 2010 - This past September saw the opening of the Herring Cove Health and Wellness Centre. Four months later, the business is already gaining a reputation for excellence as a place dedicated to promoting and encouraging better health. The Centre's owner, Victoria Foulger, could not be happier.

Originally from the United Kingdom, Victoria trained to be a Registered Nurse in London, England, graduating in 1992. "I specialized in cardiac and cardiothoracic nursing and from there I embarked on a long career in the field of health care," says Victoria.

Despite having worked in many varied and differing healthcare settings in the UK and Canada, her changing views of the very system she was a part of led her in a new direction. "I am strongly in favour of an integrative healthcare system, which recognizes both the excellence and advancements of 21st century medicine whilst allowing and supporting individuals with the opportunity to seek alternative options where conventional therapies cannot help." Victoria goes on to explain that she strongly advocates the need to continue promoting preventative healthcare. "This is about helping people to recognize that they need to take responsibility for their own health, and the long term benefits associated with that".

Based on these beliefs, and looking to change her career focus, in 2004 Victoria began a 2200 hour Massage Therapy program, graduating with honours as a Registered Massage Therapist in 2006. She went on to set up a home-

based practice and named it the Herring Cove Massage Therapy Clinic.

Bernadette Payne, who was one of Victoria's first clients, makes the drive from the north end of Halifax to Herring Cove every second Saturday for her treatments. "The difference is worth the extra distance," says Bernadette. "She (Victoria) has enabled me to begin doing some of the activities that I was able to do before my accident. I've been to many massage therapists over the years but it is her well-rounded background, not only as a health care professional, but as an individual that separates her from the others."

During the first three years of business, it was recommendations and testimonials like Bernadette Payne's that helped to grow Victoria's reputation as a highly skilled therapist. As her client base grew she came to the realization that it was time to expand her business. "I've always had a vision for a larger, more community based centre, which would offer healthcare related services to the community," remarks Victoria. "Just as I was seriously considering what my next move would be, a place came up for sale that was only 30 seconds away from our home. I weighed the options and decided to purchase the building at 995 Herring Cove Road."

In September her business re-opened, this time with the new name. Since the expansion Victoria has taken on two additional Registered Massage Therapists. "Sandra O'Driscoll provides therapeutic, relaxation and pre and post pregnancy massage. As well, Sandra also offers Thai Hot Stem

Warming Ways

By Graham Eisenhauer



Read about Superline's Exclusive Premium Heating Fuel...

Enjoy the peace-of-mind and the comforting feeling of knowing that while you are heating your home, you're being kind to the environment and your pocket-book. That's the ThermaClean heating fuel promise!

Developed by Petro-Canada and tested by an independent laboratory, ThermaClean heating fuel is the way of the future. This superior heating fuel has the technology and ingredients to reduce oil-burning emission in the environment, to provide protection for your oil tank, to increase burner efficiency and reduce your fuel cost.

For full details on the ThermaClean benefits visit our web site, www.superlinefuels.ca, and click on the ThermaClean logo. If you would like me to send you ThermaClean literature instead, please feel free to call me at 429-0740.

Graham Eisenhauer is Vice-President and General Manager of Superline Fuels.



Superline Fuels

3479 Barrington St., Halifax, NS Ph: 429-0740

Massage, a 90 minute treatment which is therapeutic, soothing, purifying and rejuvenating," says Victoria. "Our other Registered Massage Therapist, Nancy Power, is currently on maternity leave and will return in the spring of 2011. Not only is she a skilled therapist, but she also specializes in both Reiki and Reflexology."

With plans already underway to expand the Centre, Victoria is busier than ever. "I sincerely hope that the centre is seen as a positive addition to our community," says Victoria. "I encourage people to stop in, or call if they have any questions. In addition, I would love to hear from any practitioners who feel that they have professional services that they could offer within the Centre and to the community at large."

For more information on the Herring Cove Health & Wellness Centre, please call 406 4488 or visit www.hchwc.com.

For more info please contact: Victoria Foulger, BPhil, RN (UK), RMT, Owner, Herring Cove Health & Wellness Centre, 995 Herring Cove Road, Herring Cove, Nova Scotia. Office: (902) 406 9986 Email: victoria@hchwc.com Website: www.hchwc.com



Peter Kelly
Mayor
Halifax Regional Municipality

(902) 490-4010
kellyp@halifax.ca

P.O. Box 1749, Halifax, Nova Scotia B3J 3A5



RICHARD MURPHY,
REALTOR

Cell: (902) 999-2277
Bus: (902) 832-6100
Fax: (902) 835-4539
richardmurphy@exitmetro.ca
www.exitmetro.ca

1-1687 Bedford Highway
Bedford, NS B4A 1G1

HERRING COVE
HEALTH & WELLNESS CENTRE

Now accepting new appointments with our registered massage therapists.

We are growing to meet the needs of our community and are looking for interested practitioners to join our team.

www.HCHWC.com
406 4488

Looking for a Dental Office closer to home?

Herring Cove Community Dentistry

339 Herring Cove Road (Above the Royal Bank)
(902) 477-9457

Office Hours
Monday: 9-5
Tuesday: 9-6
Wednesday: 9-6
Thursday: 9-5
Friday: 9-3

Open 8 am-7 pm Tuesdays and Wednesdays starting October 2010!
We direct bill insurance!

DISCOVERING OUR PAST

Early midwives played a vital role in our local communities.

By Iris Shea

Midwives were a vital part of each community in Mainland South during the 19th century and the early part of the 20th century. If a woman performed the service of delivering a baby, she would be known in the community as a “midwife”, but you would not see “midwife” listed as an occupation in census records. School mistress, seamstress, servant and housemaid, all regular paying jobs, were recognized occupations for women. The local midwife, when called upon to deliver a baby, probably received no money for her services.

It was not necessary to list the name of the midwife when births were registered in Nova Scotia before 1900. In late birth registrations, adults seeking a birth record from the Nova Scotia Registrar filled out a form which requested the name of the attending physician. The local midwife’s name, if known, would often be inserted in that space.

The name of the midwife in various communities was also included in death records of newborn babies. One source for their names is the NS Archives and Records Management website at www.novascotiagenealogy.com where you will find late birth registrations (from the 1880s to 1910) plus death registrations for newborns or stillbirths (from 1908 to 1956). Oral history is another source of information. The name of

the midwife was often passed down through generations of her family.

In Spryfield, Sarah Oakley was a well known and very busy midwife. Her name began to appear in records during the 1880s and continued for another 25 years. She was born in Spryfield in 1855, the daughter of William Nicholson and Mary Allen. She would have learned her midwifery skills from her mother who was listed as the midwife in the 1882 birth record for Mary’s granddaughter, Mary Elizabeth Nicholson. Sarah Oakley attended the births of Yeadons, Kidstons, Marriotts and Brunts of Spryfield, of her grandchildren (members of the Oakley and Powell families). She was often listed as “the attending physician.” Mrs. David Drysdale (the former Ellen Umlah) of Goodwood travelled to Spryfield and to Greenhead as a midwife. She delivered her two granddaughters, Ellen Muriel in 1893 and Edna Jane in 1895, daughters of Walter Drysdale and Mary M.J. Thomas of Long Pond, Herring Cove Road. Sarah Oakley delivered their younger children.

In Harrietsfield, Sarah Oakley’s sister-in-law, Harriet Nicholson, practiced as a midwife in her community. She was present in 1879 at the birth of Robert Francis Yeadon, son of James Charles Yeadon and Ellen Thomas of Harrietsfield. In 1893 Mrs. Mary Marriott of Harrietsfield assisted in the



Henrietta Henneberry, Sambro Midwife.
Photo courtesy of Loretta Horne

delivery of her grandson, Edward Alexander Marriott, son of Albert Marriott and Emma Jane Brunt. In 1909 in Harrietsfield, Mrs. Marriott also delivered George Worth, son of Michael Worth and Alice Robinson.

Mrs. Flemming, RN, of Ketch Harbour was the “attending physician” in 1909 at the birth of Gordon Patrick Scallion, son of Andrew Scallion and Alice Flemming of Halibut Bay. When Claude Flemming, son of Francis and Ellen Flemming, was born in 1908 in Ketch Harbour, Mrs. Henrietta Hen-

neberry of Sambro was the midwife. Mrs. Hernneberry was well known as a midwife Sambro and neighbouring communities.

Other names that appeared as midwives and “attending physicians” in Sambro and Pennant were Matilda Gray, wife of Joseph, and Lucy Truman, wife of James. In June 1909, Lucy Truman delivered Robert Wilbert Marryatt, son of Edward Stanley Marryatt and Ella May Finck of Pennant. In October 1909, she delivered John William Gray, son of James William Gray and Annie Greenwood of Sambro. Mrs. Gray was a resident of Pennant but her name appeared as midwife in Ketch Harbour, Sambro and Pennant birth records.

In Herring Cove and Portuguese Cove, Mrs. Margaret Latter’s name appeared as the midwife on several birth registrations. In 1904, she was present at the birth of Frederick Vincent Pelham, son of Frederick Pelham and Annie May Rino of Herring Cove. She delivered Hattie Ruth Dempsey, daughter of Edward Dempsey and Alice Hartlen of Herring Cove in September 1909. One month earlier she delivered Everett Cecil Purcell, son of Christopher and Anastasia of Portuguese Cove. Mrs. Laurence Bower of Portuguese Cove was listed as the “attending physician” at the birth Edith Mary Johnson

(See Early Midwives on page 5)

Spryfield Physiotherapy

Your Community Clinic

We are a full service wellness centre.

No doctor referral required, even for work-related injuries.

We are approved to treat car accident injuries but require a medical referral.

Direct billing available for many private plans.

Hours
Monday to Thursday, 8 to 8
Friday, 8 to 4.

New patients welcome.

479-7500

357 Herring Cove Road

Day and evening appointments available.

- physiotherapy
- chiropractic
- massage therapy
- psychology
- ergonomics
- fitness training
- exercise training
- acupuncture

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152

WE CARE

Danielsons Water N Wine

5 Dentith Rd.
Next to Uncle Buck's

Wine Making Starter Kit

Primary Fermentor
Dust Cover for Pail
23L Carboy
Air Lock
Rubber Stopper
Hydrometer
Test Jar
Thermometer
Syphon Tube
Syphon Hose
Shut Off Clip
Bottle Filler
Spoon
Steriliser
Spray Bottle
Cleaner

FREE:
When you buy 10 Wine or Beer Kits your 11th is FREE!

FREE:
Use of wine Filters and our Floor Corkers when you are buying your kits from us!

\$59.00

+ TAX

Add Any Grand Cru Wine Kit

\$49.00

+ TAX

Navigating Clare Lilley Lane

By Carrie Forbes

Whenever most people encounter street names, they often give no more than a second or two of thought regarding their origin. Sometimes, developers create a series of names reflecting the image they'd like to create, or names evolve from family histories attached to the land. Within the Chebucto loop, we are blessed with a rich history of significant events that give rise to many street names, triggering our remembrance of the past.

Such a gem can be found along a small road just off Ketch Harbour Road near Black Point Rock, called Clare Lilley Lane. With such a feminine and pretty name, it would be difficult to connect this moniker to the shipwreck it was named after – the S.S. Clare Lilley. Traveling down to the end of this small yet picturesque lane takes you to the site of the 1942 foundering of the British merchant ship.

During WWII, Halifax's role as a naval port saw many boats delivering supplies and munitions. On May 17, the Clare Lilley, a steel freighter, was carrying 1,177 tons of ammunition

from New York City as it approached the harbour to join a convoy in the Bedford Basin. In the morning of that day, the Clare Lilley was waiting for a pilot boat to help it navigate the harbour, especially the rough approaches near Chebucto Head. The weather was extreme – snow and high winds created ferocious conditions. At approximately 9:30 a.m., the freighter had drifted into the shore between Ferguson's Cove and Portuguese Cove. Her captain, J. Middleton, had to work the engines at their full capacity to try and overcome the conditions. Despite this effort, the Clare Lilley ran aground about an hour later.

The ship collided with the rocks at Black Point Rock. As one of the steam pipes burst, the crew quickly abandoned the ship, aware of the explosive contents aboard. Many escaped using lifeboats, and others were pulled to shore. Local resident Burt Spencer was credited with saving many of the men, as he heroically dove into the waters to bring them to safety. Sadly, five crew members were casualties of the wreck. The Clare Lilley broke in half, and

sank. The munitions remained at the bottom until a significant amount was removed in 1970, and as recently as 1999 when the last of the ammunition was removed from the site.

The remains of the Clare Lilley

are still present, and have become a popular spot for shipwreck divers. As a piece of our history, it reminds us of the challenging relationship we continue to have with the sea.

From The Editor's Desk

Happy New Year!

I hope the holiday season allowed everyone to create some wonderful new memories with family and friends. Now that the turkey (or tofurkey for all my vegetarian readers) is gone and the decorations have been packed away for another year, it is time to start thinking about what we want to accomplish this year.

I don't make resolutions. I prefer to set goals instead. I would rather work toward something than try to stick to a resolution. I think one goal we should all set, is to be more giving to our fellow humans. I know, we are all busy

and money is tight, but giving can be as simple as donating blood, or shoveling the walkway for your neighbour.

One of my goals this year is to get more done before deadline each month. And to that end, I would like to let my readers know that the deadline for all submissions for the February issue of the Chebucto News is January 21st. As always, I welcome all submissions and letters. I can't promise to print everything I receive, but I will read everything. The best way to ensure that I receive your submission is to email me directly at tangelene@live.com.

As always, thank you for reading the Chebucto News.

Early Midwives played a vital role

(continued from page 4)

in 1909. Edith's parents were Daniel Albert Johnson and Christina Topple of Halibut Bay.

In Nova Scotia in the past few years, midwives have been lobbying,

with some success, to gain professional status. They are permitted to assist at home births but do not have the legal right to deliver in a hospital setting. In Great Britain the midwife, in many cases, replaces the attending physician in a hospital setting.



NEED INK FOR SCHOOL ?

INK-JET CARTRIDGES
REFILLED
\$21.99 or less*

* most cartridges

ISLAND INK-JET
THE CARTRIDGE REFILLERS

Danielson's Water & Wine

www.islandinkjet.com

Spryfield Business Breakfast Club

Your Buy Local Specialists

Jason Doherty	Chebucto News	292-1158
Angela Welsh	Welsh's Travel Services	475-1939
Roy Gillis	RBC Mortgage Specialist	830-4098
Linda MacLaggan	Spryfield Physiotherapy	479-7500
Fred O'Hearn	Lumbermart	477-6500
Dan Doherty	Exit Realty	478-4023
Phyllis Hayden	Touchstone Bookkeeping	407-3117
Gerry Mendelson	Mendelson Financial	479-7000
Wendell Conrod	Overall Glass	471-2812
Ryan Brennan, LLB	Clyde Paul & Associates	477-2518
Sandy Martin	Cuts of Class	477-7351
Donnie MacLeod	MacLeods Auto	477-4682
Dave Hickey	D.R.H. Canvas & Marine	475-3295
Angela Dupris, CMA	Add it Up	499-8076
Natasha Poirier	Photographer	293-7427
Linda Levin	The Pampered Chef	479-1625
Walter Fougere	Cleanworks	401-8533
Harlin Hayes	Gallagher Lambert Group	479-3314
Irene Swindels	Melville Heights - Independent	
	Living for Seniors	477-3313
Bruce VanBuskirk	Blade Lawn Care	499-2823



WALTER FOUGERE
Cleanworks

Walter Fougere

Having recently opened our new office on the Herring Cove Road, we are pleased to have chosen Spryfield as the base for our operations and look forward to continued growth and involvement within the community that we call home.

Cleanworks is a commercial and residential cleaning company, owned by Spryfield residents, Doug and Bev Gilmour. We provide services to a wide variety of clients who not only require cleanliness, but security and reliability as well.

Cleanworks likes to provide clean spaces for our clients and a positive work experience for our employees.

For more information or to apply for a position please visit our website at www.cleanworkscanada.ca.



Remember: Community Shopping Equals
Community Jobs And Community Jobs
Translate Into The Improved Health Of
Our Community!

Supporting our Volunteer Firefighters, Recognizing their Contribution

By Stan Kutcher
Federal Liberal Party Candidate, Halifax
There are many issues that are important to the people that live in our community. Some of them do not receive the attention that they deserve. Frequently, people who work hard in our communities to keep us safe and to make our lives better do not receive the recognition that they deserve. In my opinion, volunteer firefighters are an example of that.

Volunteer firefighters are essential to the safety and peace-of-mind of our residents. Without the emergency public service provided by these brave men and women, some parts of our community would be without the protection that they need. This includes parts of the areas of Herring Cove, Spryfield, Sambro and Ketch Harbour.

In Canada, more than 90% of our 3,492 fire departments are volunteer fire departments made up of approximately 84,000 volunteer firefighters. In other settings, we have a mix of full-time and volunteer firefighters. In my opinion, despite their essential service, our volunteer firefighters do not receive appropriate compensation for their public service.

As a community, we need to do more to support their efforts – not just to assure the viability and sustainability of our local fire departments and the well-being of our fire fighting volunteers, but because it is simply the right thing to do. The federal Liberal party has recog-

nized the importance of this work and wants to improve how we recognize these essential volunteers. As your Liberal Party Candidate in the next federal election, and as a resident of Herring Cove, I want to make sure that our party does the right thing for the people of our riding – in this as in many other issues. That is why I want to let you know that a future federal Liberal government wants to introduce a \$3,000 refundable tax credit for every volunteer fire fighter in recognition of the costs that they incur in carrying out their emergency public service.

This tax credit will be available to all volunteer firefighters with a mini-

mum of 200 hours of volunteer service during the tax year. The annual volunteer service would include time devoted to achieving and maintaining firefighter training in accordance with recognized standards. The tax credit would be made available to everyone who qualifies, regardless of income.

Even before our volunteer firefighters don their uniform, they have put hundreds of hours of their free time towards training. Not only are they on call around the clock, but there are times when they put their lives at risk to keep the residents of our community safe.

Support for volunteer firefighters is just one part of the Liberal Party's

"Rural Canada Matters" initiative. This spring, Michael Ignatieff announced the Liberal plan for Canada's first National Food Policy and measures to help attract doctors and nurses to underserved rural communities.

These are some of the forward thinking and fair initiatives that have been created by the Liberal Party to help our communities grow and prosper. If you would like to share any ideas that you have that we can put into place in our community I would be pleased to hear from you. You can reach me through my website, stan-kutcher.ca. Best of the Holiday Season and Happy New Year.

Antifreeze Poisoning — a Warning for Pet Owners

Winter is here and with it comes a slew of chemicals that are designed to keep us safe and our vehicles running. Unfortunately, many of these same chemicals can be harmful to our furry friends. One of the most dangerous of these chemicals is ethylene glycol.

Ethylene glycol is the main ingredient in antifreeze, and can also be found in some polishes, lacquers and paints. It is an odorless, colorless, sweet tasting, water soluble liquid. Because of its sweet taste, it can attract cats and dogs and for a small pet, even a few licks can be fatal.

Not only is antifreeze lethal, it is fast acting as well. Ethylene glycol acts quickly to cause permanent and often irreversible kidney damage. The initial symptoms of antifreeze poisoning are excessive salivation, vomiting and lethargy. After that, your pet may experience weakness, instability when walking, tremors and convulsions. As time progresses the animal may have difficulty breathing and may slip into a coma. If you have any reason to believe your pet has ingested any antifreeze, don't wait for symptoms to appear before taking them to the vet.

By then, it could be too late. Even with prompt and aggressive treatment, the animal may not survive. The two most important factors in determining the survival rate of an affected animal are the volume of poison ingested, and the speed at which treatment is begun.

Every vehicle on the road contains antifreeze, so please pass this message on to everyone you know with a pet. Also, if you suspect your vehicle is leaking antifreeze, please don't wait to get it looked at. Your pet's life may depend on it.

OPEN HOUSE

On behalf of the Spryfield and District Business Commission Board of Directors
I would like to invite our member businesses and friends of the Commission to an open house to celebrate the opening of our new office.

This event will be held on Thursday, January 20, 2011
From 5:00 pm — 7:00 pm
At the Royal Bank Building
339 Herring Cove Road, Suite 211

Please come and join us for light refreshments and networking.

For more information, please contact
Bruce Holland, Executive Director at 452-7472
or visit our new web site at
www.spryfieldvillage.ca



SPRYFIELD AND DISTRICT BUSINESS COMMISSION

Danielsons Water N Wine

5 Dentith Rd. Next to Uncle Buck's 479-1418

Your One Stop Shop For:

Heppy's Pies!

Gluten Free Sausages!

Keys Cut!

Wine & Beer Making Supplies Kits & Equipment!

Watch Batteries & Straps

Island Inkjet Cartridge Refills!

Support Available for Non-Custodial Parents

By Tangelene Ramsay
Child abuse. Two words that should never go together, but far too often do. When we think of child abuse, we think of slapping, or verbal abuse, but there is another form of abuse; parental alienation. Every day, children all over the world are being denied the opportunity to develop a close relationship with both parents. Now, two men in HRM are trying to put an end to this form of abuse.

In 2009, Dave Buffet and his cofounder, Bobby Grace, started P.A.S.S.E. (Parental Alienation Syndrome Support and Education) with the hope of being able to offer support and guidance to those individuals who are dealing with the courts over reasonable access to their children. These men aren't lawyers and do not offer legal advice. What they do offer is help navigating the justice system, educational tools, and support.

According to their website, P.A.S.S.E. believes that "full community awareness that Parent Alienation is a form of child abuse and domestic violence will bring change to the family law system in NS which will better protect our children and alienated parents." Essentially, the more people talk about this, the greater the chances are that the laws will change.

Although the majority of parents facing alienation are men, not all of

P.A.S.S.E's members are male. Women can, and do, find themselves fighting for the right to reasonable access to their children.

If you, or someone you know, is suffering from parent alienation and could use some support and guidance, please contact P.A.S.S.E. They meet at

7pm on the first Monday of each month in the community room of the Sobey's in Lower Sackville and can also be reached at dwbuffet@gmail.com.

Happy Anniversary



Muriel & Stewart Gilkie of Sambro, NS celebrated their 60th wedding

anniversary on December 21, 2010!! Congratulations on such a big mile-

stone and may there be many more!! Love, your family and friends...xoxoxo

Chebucto
Community Health Team



Capital Health



IWK Health Centre

Become Healthier in 2011

Free Health & Wellness programs
for communities from Armdale to the Pennants



The new year is a great time to set goals to become healthier. The new Chebucto Community Health Team can assist you in achieving your health goals for **FREE**.

The Community Health Team offers free programs that support healthy lifestyles and overall wellness, connects families and individuals to community resources, and helps to navigate the health system.

Please call to pre-register for the free programs that are of interest to you.

FREE Programs and Sessions on:

- Better self esteem
- Blood pressure
- Cholesterol
- Craving changes
- Creating a wellness profile
- Healthy weight and nutrition
- Healthy relationships
- Love your heart

- Make the most of your food dollar
- Physical activity
- Setting health and wellness goals
- Strength building
- Stretching
- Stress management techniques
- Walking groups
- . . . and many more to come!

Call 487-0690 Today!

Register online: www.communityhealthteams.ca

Chebucto Community Health Team
South Centre Mall, Spryfield

Ways to Bank Your Time in Chebucto

By Lorrie Boylen

The Chebucto Connections Time Bank held their open house on December 7th in its brand new location at the new Community Wellness Centre in the South Centre Mall. Those in attendance enjoyed snacks and beverages while they brainstormed with new ideas on what they have to offer and what they might be looking for. A craft was available for those wishing to participate. A short film was shown explaining the origin and the concept of time banking.

Monthly meetings will be held, with many social activities. Possibilities include pot luck meals, games night, guest speakers, barbecue, family day, movie night, evening visit at a seniors' facility, dance studio, fire hall tour, skating party, card games, and taekwondo. Membership in the organization is free.

Any age, ability, financial status or mobility is encouraged to participate. Everyone has something to offer. Some ideas for giving and receiving include: massage, pet care, transportation, editing, errands, cooking, computer assistance, garden/yard work, housekeeping, budgeting, car repair & maintenance, clerical, jewellery making, aromatherapy, arts & crafts, haircuts, party planning, childcare, tax help, language translation, website design, moving assistance, tutoring, mending & alterations, minor home

repair, etc.

The next meeting will be held at the Blooming Cafe on the Herring Cove Road on January 24, 2011 from 6-8 p.m. Bring your instruments, your stories, poetry and song and share an evening with members of the Chebucto Connections Time Bank.

Time banking was conceived by

Edward Cahn and is now utilized in 22 countries and 6 continents. For every hour you spend doing something for someone in your community, you earn one time credit, which you can spend when you need help. You may also choose to give your credit to someone else who needs some help, or you can save them. Everyone's time is valued

the same. Time Banks can change neighbourhoods and entire communities by bringing neighbours together to help one another. For more information, speak to the friendly office staff from 8:30-4:30 Monday to Friday, or go to www.chebuctoconnections.ca or look for them on Facebook.

Seasons' Light a Unique Collection of Artwork and Poetry

By Tangelene Ramsay

Seasons' Light is a beautiful collection of poetry and artwork from around Nova Scotia with contributors from places like Herring Cove, Annapolis Royal, Wolfville and Halifax. The poetry styles are as varied as are the people writing them. The artistic images used to convey the mood of each poet are unique, not only in vision, but in material as well. This wonderful book is the brainchild of Ann Hart, an artist with an interest in self publishing. It is very difficult to get published as a poet, but Ann Hart was determined to make it not impossible. Through word of mouth, she was able to gather enough material for an entire book of poetry. But her vision went beyond simply printing a book of poetry. She wanted imagery as well. Again, mostly

through word of mouth, Hart was able to get enough artists interested in this project to submit their work. Hart's job then was to match artwork with poetry. Through her artistic eye she was able to connect such artists and poets as F. Scott MacLeod's oil painting "Tempest" with poet Steve Anderson's "Song of the Millennium"; Taiya Barss' acrylic "Winged Figure" with Sandra Barry's poem "Highway 101"; and Sally Rose-Minard's pho-

tograph "Suspended Wonder" with Michael Seary's "Cold This Winter". Each image sets the stage for the series of poems that follow. This unique book is available for purchase at The Bookmark on Spring Garden Road, and Planet Organic and Secord Gallery, both on Quinpool. You will also find the book at the Killam Library at Dalhousie. You can also purchase the book by contacting Ann Hart at info@ahartstudio.com.

What is a Credit Report? (Part One)

A credit report is a record of all your credit activity, including details of all transactions over the prior six years. A credit report is established in your name the very first time you apply for credit and is updated regularly for as long as you have credit. The report not only captures problematic situations, but also good repayment experience. It includes the following details:

- Applications for credit and inquiries from credit grantors
- Current loans and credit cards from banks, finance companies, and retailers
- Details on each account: when they were opened, balances, and payments
- Personal information that will help to identify you specifically, including your name, address, and a date of birth
- A list of "inquiries," which is everyone who has requested your credit report over the past three years
- A list of any bankruptcy, judgment, or collection agency involvement if you have ever had a problem with your credit

- A "consumer statement," which is an optional comment that you can add to your own credit report that helps to explain a situation to prospective credit grantors. For example, if you were ill and unable to work for a few months, then you may have had temporary difficulty paying bills, and you can share this information in the consumer statement section.

You can and should ask for a copy of your own credit report and see what it says about you to ensure that it is current and accurate. Who else can see your credit report? Well, the credit report is available to subscribers. It is only available with your consent. And it can only be provided in the following situations: where credit is being granted, or for collection purposes; by prospective landlords when you apply for a house or apartment rental; by employers; and for insurance purposes. Yes, even insurers want to know that you'll pay your premiums. When you are granted credit, your lender may continue to request your credit bureau information from time to time to update their records. And the report will not include any comments from credit grantors, only the detailed facts of your identity, your borrowing experience, and if you have included one, your consumer statement.



A strong voice for you.

Stan Kutcher
for a better Halifax

stan@stankutcher.ca
www.stankutcher.ca

Liberal

Heppy's

NOW AT DANIELSONS!
7 Dentith Road Spryfield (Beside Uncle Bucks Pizza)

Heppy's Famous Acadian Meat Pies
Homemade Acadian Cuisine
Traditional Meat & Pot Pies
NO Preservatives!
NO Additives! NO MSG!!

Low Fat Chicken & Beef,
Low Sodium Chicken & Beef,
Free Range Chicken & Turkey,
Veg & Cheddar,
Steak & Kidney

Advertise in the
Chebucto News
(902) 479-NEWS (6397)

Hot Winter Deals

ONLY AT

UNCLEBUCKSPIZZA.COM

SPRYFIELD

477-FOOD (3663)
SUN-THURS 11AM-1 AM
FRI-SAT 11AM-2AM

5 Dentith Rd. - Across From Canadian Tire

WOODSIDE

464-FOOD (3663)
SUN-WED 11AM-12PM
THURS-SAT 11AM-1AM

205 Pleasant St. (old Sobeys Location)



AFTER 9 P.M. SPECIALS EVERY NIGHT

- #1 Any 12" Pizza \$10 Bucks
- #2 Any 16" Pizza \$15 Bucks
- #3 16" Pepperoni Pizza \$10 Bucks
- #4 16" 3 topping pizza, 10 wings, 2L Pepsi \$20 Bucks
- #5 3 1/2 lb. Donairs & 2L Pop \$20 Bucks

Party Deals

5 x 16" - \$59.00
1 Topping or Garlic Fingers
5 x 16" Any Pizza
\$69.00



LUNCH SPECIALS 11-3 DAILY

Any Pizza Slice & Can Of Pop \$5. Taxes Incl.
Reg Poutine & Can Of Pop \$5. Taxes Incl.
Chickenburger, Fries & Can Of Pop \$5. Taxes Incl.
1 Pc Fish & Chips & Can Of Pop \$6. Taxes Incl.
2 Pc Fish & Chips & Can Of Pop \$7.50 Taxes Incl.
3 Pc Fish & Chips & Can Of Pop \$9. Taxes Incl.

Combo Deals

- 2 X-treme 6" subs or wraps and a medium salad – \$12.99
- 2 1/4 lb. Greek donairs and a medium salad – \$12.99
- 2 lasagne and 2 garlic bread – \$12.99
- 3 X-treme 6" subs or wraps or 3 1/4 lb. Greek donairs (or mix) – \$12.99
- 9" 3-topping pizza and 9" garlic fingers or a medium salad – \$12.99

Family Deals

- 16" 1-topping and 12" 3-topping pizza or 12" garlic fingers – \$19.99
- 16" pepperoni pizza LOTS of pepperoni – \$12.99
- 16" house works pizza – \$16.99
- Any 16" pizza, any family salad, 10 wings – \$26.99
- Any 16" pizza and sampler box – \$26.99
- two 16" pizza/garlic fingers (four toppings between them) – \$22.99

UNCLEBUCKSPIZZA.COM

First Annual Spryfield and District Business Commission's Festive Lobster Dinner



There was great attendance at the First Annual Spryfield and District Business Commission's Festive Lobster Dinner that was held December 8th. at the Golden Age Centre on Herring Cove Road. An excellent meal of fresh Sambro Lobster was prepared and served by Sandy Martin and the staff from The Blooming Café on Herring Cove Road.

Spryfield and District Business Commission recognizes members who go the extra mile for their community



Dominic Gniewek was also honoured for his work on the board and as Chairman of the SDBC with a presentation made by Vice-Chairman Dan Doherty and Executive Director Bruce Holland. The board and all present wished Dominic the best of luck in 2011 as he moves to a new position with Shoppers Drug Mart in Ontario.



Fred O'Hearn, President of Lumbermart was recognised as a Gold Sponsor of this year's Santa Claus Parade and congratulated on his acquisition of "Woody" the Fire Truck which will represent Lumbermart, the SDBC and the community of Spryfield at parades and events throughout HRM.



Dave Watts receives recognition for his many years of dedicated service to the SDBC from Chairman Dominic Gniewek and Executive Director Bruce Holland.

Seawall and Dingle Tower require extensive repairs

By Linda Mosher, HRM Councillor, District 17

As everyone knows, the seawall along the Northwest Arm is continuing to deteriorate to a point where it actually caused someone to fall into the Arm. Recently I held a public meeting on the plans to address this issue. Staff presented the findings from The Coldwater Consulting Ltd. Group “Northwest Arm Shoreline Restoration Study Technical Report” that was conducted on behalf of HRM. It is impossible in this format to summarize the 100+ page report; however, it addresses the 2.2 kms of deteriorating seawall along Horseshoe Island, Regatta Point and Sir Sandford Fleming Park. Many sections of the wall are showing wave overtopping damage and some are showing signs of geo-technical failure and damage to the capstone. These damages are a result of a multitude of factors such as wave action, improper repairs over the years, inadequate sized walls, etc. It is noted that the capstones are too light to handle existing wave actions, so the waves briefly lift the stone which undermines the stone masonry. Also, the capstone is one continuous piece, instead of sections, which would be better able to handle the settling of the wall. It also describes that the height of the walls is inefficient in many areas so there is continued wave action over the walls which further destabilizes the walls. There is very detailed analysis including geo-technical stability, winds, and meteorological and oceanographic conditions.

The report describes a statistical analysis used to verify the suitability of existing repair methods to meet future projections of sea level rise. The conclusion included detailed recommendations and various options for each section of the seawall for long term repair and construction. One note was that parts of the Dingle seawall have failed and immediate repairs are required. I know this is no surprise to area residents; however, the report characterizes the existing situation of all sections of the wall, looks at future wave heights and actions, and provides specific recommendations for repairs to meet our long term requirements. HRM staff evaluated the alternatives and recommendations provided by the consultant and are prioritizing this in future capital budget years. The preferred recommendation will cost about \$4 million to repair and construct

these walls to meet the demands of the next century. Due to our current fiscal situation, we cannot afford the entire amount in one year, and the project will be prioritized over a number of years. For the next year, staff have budgeted \$500,000 to fix the worst section, at the Dingle. Funding was already approved in previous years for repairs and temporary repairs will be conducted at Regatta Point and any other areas as deemed necessary. We want to ensure that the Northwest Arm public walk-

ways are maintained so that current and future generations can enjoy this beautiful, historic walkway.

The report is available at www.halifax.ca under the search section type in Coldwater Consulting. In addition, a hard copy of this report will be available at the Captain William Spry Library and at the Melville Heights internal library.

Previously I have written about the federal designation for the Memorial Tower at the Dingle and the federal cost

sharing of \$850,000 to furbish the exterior masonry, the plaques and the lions. When the scaffolding went up around the tower, it enabled a closer look at the condition of the exterior using ground penetrating radar. Unfortunately the condition was not what we anticipated. The wall has almost split into two independent wall systems, which need to be anchored together to fill in the gap between the walls. In addition, over time, water has infiltrated the wall, washing

(See Seawall on page X)

Development proposals for 286/290 Herring Cove Road

By Stephen Adams HRM Councillor, District 18

I have had a number of phone calls regarding a proposed development at civic #286/290 Herring Cove Road. The request came as a result of a previous approval given on Mayor Avenue. The Mayor Avenue project was initially proposed as a 24 unit apartment building however, in consultation with the local community, it was reduced to a lower density townhouse style development.

I was approached by a consultant to initiate the process for a similar idea however, according to our staff, this proponent wants a multi-unit apartment building.

I encourage you to attend our information meeting on January 27 at 7:00 p.m. at the William Spry Centre to hear the proposal(s) and offer your suggestions. I will ensure all residents are notified of any additional meetings. This process generally takes up to a year, so there will be opportunity for input.

In the past few months there has been a great deal of discussion and debate on a new Convention Centre in Halifax. There have been many arguments both for and against this project. Although there were many opinions expressed, my main concern was that of cost to residential taxpayers.

I asked one simple question to our Director of Finance, Cathie O’Toole, “Will the construction or operation of this facility ever necessitate the need for an increase in residential taxes?” Her answer was “no”. In my conversations throughout our communities as well as emails and phone calls, most residents were concerned about the potential property tax increases. This was the most important factor in my decision.

The direct benefit will come to

HRM in the form of property taxes. The indirect benefits include construction jobs, jobs in the hospitality industry and increased business for downtown businesses, and to a degree, businesses outside the core. This is one of, if not, the biggest project undertaken in downtown Halifax that I can recall.

The final component of this project is financial support from the Federal Government. As I understand, HRM and the Province are working with them to secure their commitment. We expect a decision early in January, and anticipate an agreement with the developer by January 15.

As always, if you have any questions, please feel free to call or email me.

Residents of the Sambro Loop have been waiting patiently as we look to

address the future frequency and routing of our transit service. This issue was scheduled to be addressed in November, but has been deferred on numerous occasions. It has now been scheduled for the new year. You can check the Council agenda items on the HRM website.

As a result of our meeting with transit on October 1st, eight options were brought forward in an information report. Transit’s preference is to cut our service to four total trips a day, down from ten. I am working with our staff, other Council members and members of our community to determine our best viable option.

I have had comments from residents suggesting that ridership has increased. This trend will help in our debate.

Megan Leslie • MP for Halifax

1-2207 Gottingen St.,
Halifax, NS B3K 3B5
902-426-8691 • leslim@parl.gc.ca
www.meganleslie.ca



MICHÈLE RAYMOND

MLA for Halifax Atlantic



Phone: 902-477-4100
Fax: 902-477-4810
E-mail: mhraymondmla@eastlink.ca
www.mhraymond.ca

Constituency Office:
47 Williams Lake Road
Halifax, Nova Scotia
B3P 1S9

Graham Steele

Member of the Legislative Assembly
Halifax Fairview

phone: (902) 453-5556
fax: (902) 453-4566

graham@grahamsteele.ca
www.grahamsteele.ca



7105 Chebucto Road, Suite 101
Halifax, NS B3L 4W8

Food Bank use increase 25% since 2008

By Megan Leslie, MP for Halifax

Almost two million people in Canada worry about not having enough to eat and live with some food insecurity. A new report shows that a staggering 870,000 men, women and children now rely on food banks in Canada, which is the highest level of food bank use on record. That number jumped 25 per cent during the recession, which started in 2008, when many Canadians lost their jobs, exhausted EI and found themselves without proper social assistance.

It is clear that the inability to provide food for oneself or one's family is linked to income, and because the number of people living with food insecurity is more than twice the number of people relying on food banks, we know that over one million Canadians are going hungry regularly.

Here in Nova Scotia, we saw a larger than average increase in food bank use over the last year of 11%, and our food banks are serving proportionally more people than they were 10 years ago. 22,573 individuals were assisted between March 2009 and March 2010. Of these tens of thousands of Nova Scotians, 33% are children, 12% report receiving some employment income, 8% receive Employment Insurance, 50% receive social assistance, and 12% receive disability-related income supports. In Canada, 35% of food banks ran out of food during the last year.

All Canadians have a right to food. Many poverty activists refer to the need to establish food autonomy throughout

Canada, which involves providing access and the ability to purchase healthy, affordable food, as well as respecting the principles of sustainable development, responsible consumption and the protection of the environment.

Food autonomy must be ensured at the community level. The solution does not exist at an individual level; it is not more than a matter of developing individual skills, although this is certainly an important component. We must all work together in terms of production, harvesting, delivery and consumption to ensure that each one of us receives enough to eat, and high quality foods.

Being employed does not necessarily free someone from the worry about getting enough food on the table and paying the bills. The working poor, seniors, and students may use food banks on an occasional basis because they do not have consistent income due to market forces, and current economic realities. People can have two jobs, and if those jobs aren't providing sufficient income to provide food for their families, that is a problem that needs solving. Quality food can be hard to access in some neighbourhoods, or in rural areas, particularly if public transit is poor. The high cost of housing and child care are cited by experts as creating barriers to proper nutrition.

Poverty affects everyone—our friends, family and neighbours. Canada is an incredibly fortunate country to be

so bountiful! There's simply no excuse for letting hunger happen and there are very good policy reasons to not let this situation go on, in addition to compelling ethical motivations.

Poverty creates more cost in our system than the price of fixing it, particularly with respect to substandard housing and the resulting poor health outcomes. Food insecurity results in dietary deficiencies, which are linked to increased rates of chronic disease and a decreased ability to manage these diseases. Food insufficient households are significantly more likely to report diabetes, high blood pressure, and food allergies. Children in these households experience behavioural, emotional and academic problems at higher rates than children living in food secure households. Childhood malnutrition impacts considerably on a child's physiological and psychological development.

All of these issues lead to higher costs in our health system, which has been confirmed in the most recent Health Council Study, which links social factors like poor education and poverty, including substandard housing and nutrition to poor health. With so much discussion as of late about the sustainability of the health care system, it would make a serious impact on costs

if we addressed the causes of disease, like poverty, early, so that serious and costly medical conditions are prevented from developing.

That's why New Democrats have long been leaders in advocating for a national strategy to tackle poverty. Led by my colleague Tony Martin, the NDP Poverty Critic, a landmark report recently tabled in Parliament laid out a two-year plan.

- It recommended:
- A \$5000 Canada Child Tax Benefit & Supplement;
 - A national housing and homelessness strategy;
 - A national early learning and child care strategy;
 - More support for Aboriginal housing, education and social services.

In addition, Tony Martin has introduced legislation called An Act to Eliminate Poverty in Canada to anchor a new federal poverty plan.

We can eliminate poverty in Canada and it makes long-term economic sense. New Democrats are committed to doing just that. I encourage you to write to me with your concerns, ideas and critiques on the issue of poverty and food insecurity in Canada. Megan Leslie: leslie.m@parl.gc.ca; or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

Seawall and Dingle Tower

(continued from page 11)

away lime and sand. Over time, this has caused it to decay and weaken and the structural integrity is at risk.

There is also more damage to the interior of the tower. The roof has several punctures and a piece blew off during the recent hurricane Earl. It is far less expensive to re-roof when the scaffolding is in place. The other work required is an upgrade of the electrical. Over time, sections were stolen and replaced with mounds of mortar to keep them in place. It is not the best situation, is unsightly and additional lighting is required to illuminate dark areas so that people do not lose their footing when enjoying the tower.

Given the extensive hidden structural damage has an impact on the interior walls and plaques; our emphasis is to stop the water infiltration and overloading of the tower. At the same time

there will be measures implemented to temporarily protect the interior plaques. This work will be completed by the end of February. Since the entire initial budget has gone towards restoring the integrity of the tower, we are applying for an additional cost sharing grant of \$850,000 for the other work required such as plaque restoration. This will be prioritized in HRM's budget and hopefully Parks Canada's as well. We are fortunate that the additional work was determined after the federal designation was granted as the grants are National Historic Site grants.

I will be having major back surgery on December 23rd and will not be available for some time. In my absence, for assistance weekdays you can call Ruth McCulloch, 490-7184, or our Call Centre, they are open 7 days a week from 7 a.m. – 11 p.m. at 490-4000, or Councillor Stephen Adams, 497-8818.

WHAT CAN LOCAL INVESTMENT DO?

come find out at

CEDIF 101

Community Economic Development Investment Funds are an innovative Nova Scotia investment tactic designed to strengthen local economies by offering individuals tax credits for investment in community projects. There are about 50 CEDIFs working in NS today. Could CEDIFS here

- SUPPORT THE **ARTS** IN HALIFAX ATLANTIC?
- DEVELOP LOCAL RENEWABLE **ENERGY**?
- ENHANCE **TRANSPORTATION** OPTIONS?
- INVEST IN EXISTING LOCAL **BUSINESS**?

presentation by

NS department of Economic and Rural Development

Capt William Spry Community Centre, 10 Kidston Rd., January 25, 7 pm

sponsored by

Michele Raymond, MLA (Halifax Atlantic)

47 Williams Lake Road, Halifax B3P 1S9 477-4100 mhramondmla@eastlink.ca

Stephen Adams

HRM Councillor, District 18

Home 477-0627
Cell 497-8818
adamss@halifax.ca

Showing how government
can work for you



Linda Mosher

HRM Councillor, District 17
Purcell's Cove – Armdale

Office: 490-4050
Cell: 476-4117
Home: 477-8618
E-mail: linda.mosher@halifax.ca

www.lindamosher.ca



Chebucto News Community Events

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to tangelene@live.com

Community Events for January

URBAN FARM MEETING:

The Urban Farm Museum Society of Spryfield will meet on Monday, January 10th, 2011, 7pm at the Capt. Wm. Spry Community Centre. Volunteers and new members welcome. For further information please contact Pat @ 477-6087 or email jamac@ns.sympatico.ca.

Alpha Program. "Come and See" Dinner. If God did exist, what would you ask him? Come and bring your thoughts and questions and bring a friend Dinner is free! 6:30 PM Thursday January 20, 2011 St. Paul's Church Hall, Herring Cove

S.A.I.L. (Starting Again in Life)

meets Jan.5 and Jan.19 at St. Agnes Parish, 6903 Mumford Rd. Meetings – January 5th, 2011 - 7:00 pm. Topic – 10 Secrets to Healthy Eating – Sobey's Speaker - Felecia Tighe Kimball

January 19, 2011 - 7:00 pm Topic – Dealing With Financial Difficulties Speaker - Stan Hopkins

The Chebucto Communities Development Association (CCDA)

is looking for community minded people who live in the area from Armdale right around the Sambro Loop and might be interested in joining our board. We meet the third Tuesday of each month at 7:00 pm.

CCDA works on helping to connect neighbours to neighbours, residents to community groups and partnering with community groups, agencies, businesses, institutions and governments to improve the quality of our community.

If you are interested or want to check us out, please call Diane LeBlanc, chair, at 209-3219 or email: diane.leblanc@yahoo.com. Our website is www.chebuctoconnections.ca

The UCW (United Church Women) at St. James United Church in Sambro is looking for women who like to socialize and help others. If you are interested, please call 868-2791. Keep the UCW tradition going.

Elderobics, sponsored by the YMCA, is an exercise program for older adults. Participants are encouraged to exercise at their own pace. Classes are held many HRM locations, including Emmanuel Church Hall, St. Philip's Anglican Church Hall, St. Matthias Church Hall, and Bethany United Church Gym. Fee is \$3 per class plus an annual fee of \$5; free to Y members. Sessions are led by qualified YMCA fitness instructors and set to lively music. Each class includes a warm-up, low-impact aerobics and muscular strength exercises, followed by stretching and relaxation. Come join the fun...and get fit! For more information call Susan Theriault at

423-9622 Ext.253.

Auction 45 cards - Come join us for an evening of fun every Monday at 7pm in St. James Church Hall, Sambro, playing cards. Admission \$2.50. Merchandise prizes. Light lunch included. For information call Eva Mae at 346-2075

LEGION: Bingo every Sunday at 1 P.M., Mini Bingo at 6 P.M., and Superstat Bingo at 7 P.M

My Girl/Boyfriends' Closet Clothing Exchange January 20, HWCC, 1138 Old Sambro Road, Harrietsfield, 7-9 PM, bring clean, wearable worked-in fashion to trade or give away. Any and all are welcome. \$2.00 Admission if no clothing to trade.

HWCC Sambro Loop Rummage Sale/ Flea Market from a needle to an anchor... January 30, 9 - 12 PM. Free Admission to buyers. Tables \$8.00 and \$10.00. Contact 868-2171 to book tables

Students Change the World

By Roisin and Sarah Boyle

Students at J.L. Ilsley have so little time, yet so many have been giving back to the community. Fighting hunger in the 2010 Bounce Gives Back Contest, hosting the annual Scholarship Bingo, promoting harmony in the Peace Café, and putting a unique 'spin' on a school day to raise money for the Juvenile Diabetes Research Foundation are among the ways in which teens are changing the world.

J.L. Ilsley participated in The BOUNCE Gives Back contest, which ran from October 28th to November 24th. Students and staff brought in non-perishable food items in support of Feed Nova Scotia. Friendly and productive competition ensued between classes as students attempted to bring in more products than their friends. By the end of the project, J.L.'s donations collectively weighed a whopping 4225 pounds! The school will receive a well-earned dance, demonstrating in material terms the benefits of helping others.

Students have the ability to compete, but they are capable of working to help each other, as well. On December 1st, the annual Scholarship Bingo was held in the school's gymnasium, the proceeds of which went to J.L. Ilsley's scholarship fund.

Students also team up in an attempt to achieve harmony. On December 6th, a Peace Café was held at J.L. Ilsley in memory of the fourteen female engineering students killed in the Montreal Massacre in 1989. Sexism was at the root of the butchery, and today the victimized women have become an inspiration to those who fight for peace. Candles were lit, poems were read,

songs were sung, and a solemn moment of silence was held in acknowledgement of such victims as these women.

Only ten days after this ceremony, on December 16th, seventy registered participants took part in the second annual Cyclebetes Spin-a-thon in the J.L. Ilsley High School's gymnasium. They took turns riding bicycles made stationary by spinners from 8:30 in the morning to 2:30 in the afternoon. The purpose of their effort was to raise awareness and funds for Type 1 diabetes research. It was certainly a success; teams rotated their members smoothly throughout the day, and over nine hundred dollars was raised for the Juvenile Diabetes Research Foundation.

There is quite a range of charitable events going on at J.L. Ilsley High School. These lead to a general sense of good feeling and camaraderie among

the students and establish real connections between them and the world. To learn about more upcoming events at J.L. Ilsley, visit its website: <http://www.jlihs.ednet.ns.ca/>

The Cyclebetes Leadership Team would like to thank all its sponsors: Cyclesmith
Mrs. P's Cookies
Putting Edge
Tim Hortons
Shoppers
Jungle Jim's Eatery
The Headshoppe
Dairy Queen
Boston Pizza
Second Cup
Canadiana Restaurant and Lounge
Henry's
Jessy's Pizza
Bowlarama
Hakim Optical

WATCH BATTERIES INSTALLED

\$4.00 + tax

Danielsons Water & Wine

Kwik - Way
7 Dentith Road

479-1418

Check out our selection of watch straps.


YOUR COMMUNITY FUNERAL HOME

HONOURING THE LIFE THAT HAS BEEN LIVED

Have you seen our renovated and redecorated facilities?

- New arrangement offices
- Comfortable visitation rooms
- Fully renovated Chapel
- New reception area

Offering preplanning & cremation services.



J. ALBERT WALKER
FUNERAL HOME
149 Herring Cove Road
477-5601
Erin D. Jennings
Owner & Managing Director
Independently Owned & Operated



Ketch Harbour

Cape Cod

9 Years Young!

Live your dream in a modern Cape Cod home in a rustic Nova Scotia fishing village – only 20 minutes from Halifax! This wonderful home sits on over an acre of land in a very private setting within walking distance of the community wharf in scenic Ketch Harbour. This home has a lovely oak kitchen with an archway leading to the open dining room living, room area, an office/den, a laundry area and a half bath all on the main level. Upstairs you will find a huge master bedroom, two more good sized bedrooms and a full bath. The basement has two large finished rooms, one with a walkout that currently functions as a forth bedroom. You will find no carpet in this exceptional home, only ceramic and laminate. Come have a look at your new home!

WHY PAY RENT?



This eight year young Kencraft 3 bedroom home is in the new section of the Birchlee Estates on a dead end court, perfect for children. This 14 x 65 foot home needs a few cosmetic touches and has a wired and as yet unfurnished 10 x 11 porch for lots of extra storage. This home is available for immediate occupancy. Give Dan a call and stop paying your landlord's mortgage!



Year Next Move!

Dan Doherty

478-4023

www.dandoherty.ca



Roy Gillis
MORTGAGE SPECIALIST
 Royal Bank of Canada
 METRO AREA
 HALIFAX, NS B3R 1V5
 Tel: 902-830-4098
 Fax: 902-477-7198
roy.gillis@rbc.com

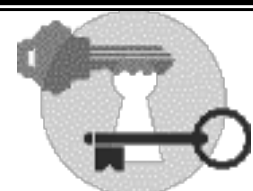


Inspected once. Inspected right!

Are you buying a new home? Acquiring a commercial property?
 Are you a new home owner and want to know more about
 maintenance? Installing a wood stove or furnace? Concerned
 about radon gas? I can help you with that!

Zdenko Juric, CHI
 Certified Home Inspector

#3-644 Portland St., Suite 221
 Dartmouth, NS
 902-830-9904
zdenko@abuyerschoice.ca
www.abuyerschoice.com



A Pin and A Pick Locksmithing

Residential Rekeying &
 Repairs
 902-292-1158
 Call for appointment

LUMBER MART

HOME IMPROVEMENT PROJECT WAREHOUSE



facebook

**SALE ENDS
January 29th**

or while quantities last

THE SHARPEST PENCIL IN TOWN

• WINDOWS • DOORS • KITCHENS • BATH • FLOORING • DECKS • GARAGES • INSULATION

READY FOR A NEW EXPERIENCE?

Watch in 2011 as LumberMart rolls out it's new look. As we ramp up our kitchen selection, window and door offerings, expanded bath department and a streamline installed sales division featuring garages, sheds, windows, doors 'n more! It's all coming inside, both LumberMart locations... starting right now!! To make room for our expanded line and a much more convenient shopping experience for you. We're dumping complete product catagories. It's all gotta go...now!

THE NEW LINES ARE ON THE WAY!

IT ALL STARTS HERE...NOTHING IS HELD BACK

ALL IN-STOCK ELECTRICAL

The entire electrical
department is tagged
to go! While it lasts.

15% OFF
our already
SHARPEST PENCIL
IN TOWN PRICES

- Extension Cords
- All Boxes
- All Receptacles
- All Fixtures
- All Thermostats
- Trim Plates
- All Wire
- All Connectors
- Fuses/Breakers
- Heaters

15% OFF* **20% OFF*** **25% OFF***
EVERYTHING ORDERS OVER \$100 ORDERS OVER \$250

* Electrical items exclusively

WHEN IT'S GONE, IT'S GONE

PLYWOOD • MELAMINE • MDF

**SURPLUS SIZES
LIMITED QUANTITIES**

SOME PRODUCT NOT
AT BOTH LOCATIONS

**CABINET GRADE
PLYWOOD
ALL REDUCED**

1/4" Oak 4'x8' (#0214OAK) **\$26.88**

1/2" Oak 4'x8' Spryfield Only (#0212OAK) **\$29.88**

3/4" Oak 4'x8' (#0234OAK) **\$49.88**

1/2" Birch 4'x8' Spryfield Only (#0212) **\$38.88**

3/4" Birch 4'x8' (#0234) **\$49.88**

1/4" Pine 4'x8' Spryfield Only (#0214PINE) **\$24.88**

1/2" Pine 4'x8' Good 1 Side (#0212PINE) **\$37.88**

3/4" Pine 4'x8' Good 1 Side (#0234PINE) **\$39.88**

1/4" Fir Douglas Fir 4'x8' Reg. \$29.87 (#0214 FIR) **\$19.87**

1/2" Fir Douglas Fir 4'x8' Reg. \$39.88 (#0212FIR) **\$29.87**

3/4" Fir Douglas Fir 4'x8' Reg. \$44.95 (#0234FIR) **\$39.87**

#2 (#02655095)

3/4" WHITE MELAMINE

4'x8' sheet - Our Reg. \$29.95 NOW...

\$19.88 • 5 or more \$14.88

**SPECIALTY
PLYWOODS**

WHILE THEY LAST!

5/8" Birch (#2990058)
Particle Core 5 or more
\$48.88 \$39.88
BOTH LOCATIONS

5/8" MDF (#0258MDF2)
Particle Core 5 or more
\$23.88 \$19.88
BOTH LOCATIONS

5/8" MELAMINE
Almond **\$16.88**
(#0258ALMONDM)
DARTMOUTH ONLY

3/4" Aspen (#29900113)
Plywood 5 or more
\$49.97 \$44.88
DARTMOUTH ONLY

BOARDS... LIQUIDATION

What else can we call it!

PINE

1"x 2" NOW **29¢** ft.

(was 38¢ ft.)

1"x 4" NOW **44¢** ft.

(was 59¢ ft.)

1"x 6" NOW **69¢** ft.

(was 88¢ ft.)

Hardwood Too!

1"x 6" OAK NOW **\$2.77** ft.

(was 38¢ ft.)

1"x 8" OAK NOW **\$3.77** ft.

(was 59¢ ft.)

1"x 8" BIRCH NOW **\$3.88** ft.

(was 88¢ ft.)

1000's of Feet
Both Locations
**SAVE UP TO
30%**

1"x 8" NOW **89¢** ft.

(was \$1.19 ft)

1"x 10" NOW **\$1.09** ft.

(was \$1.40 ft)

1"x 12" NOW **\$1.29** ft.

(was \$1.87 ft)

SUPER SPECIAL

V-Joint Pine **#2**

1"x 6" NOW **29¢** ft.

(Our. Reg. 49¢ ft.)

"AS-IS, WHILE IT LASTS!"

INTERIOR DOORS



**CLEAR PINE
FRENCH
DOORS**

Not painted or
finger joint

SIZES
28" x 80", 30" x 80"
and 32" x 80"

OUR PRICE...

\$69

Compare at up to \$179 elsewhere



**Colonist Interior
Primed White
DOORS**

MOST YOUR CHOICE...

\$34.77
each
Compare at up to \$49.95 elsewhere



**PRE-HUNG
TOO!**

MOST YOUR CHOICE...

\$64.77
each
Compare at up to \$84.95 elsewhere

**HEATSMART™
INFRARED HEATING**



**IT'S BACK!
HEAT SMART
HEATERS**

- Heats up to 1000 sq. ft.
- Oak wood cabinet

\$388

LIL' BROTHER

\$299

Local Service



**Selected
Mouldings**

Now is the
time to save!

ALL
IN-STOCK
Mahogany
Moulding
**25%
OFF**
Spryfield Only

**20%
OFF**
FJ Pine
Vinyl
Pine &
Spruce

Visit Both Locations to See
All The Discounted Lines

**15%
OFF**
All Other
In-Stock
Moulding



**Drywall
Liquidation**

Most #1
Some slight edge marks

4' x 8'
\$8.88
(#161248PU)

4' x 10'
\$10.97
(#1612410PU)

4' x 12'
\$12.97
(#1612412PU)

**ALL CASH 'N CARRY
AT THESE PRICES**

Visit Both Locations to See
Our Full Line of Drywall Accessories

STORE HOURS
Mon.-Fri. - 8am-6pm
Sat. 8am-5:30pm

HALIFAX
751 Herring Cove Rd, Spryfield, NS
P: 477-6500 • F: 479-0839
Toll-Free: 1-800-922-8204

DARTMOUTH
15 Wright Ave., Burnside Park
P: 468-7772 • F: 468-0233
Toll-Free: 1-866-711-7772

VISIT US ONLINE
www.lumbermart.ca
24 HOURS A DAY