

Chebucto News

Vol.14 • No.5 • January 2013

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

Pizza BOWL
Fri-Sat Nights
\$9.95
 per person (plus tax)
 9pm to 12am (shoes not included)

BOWLARAMA
 Behind South Centre Mall

Dan Doherty REALTOR®
I have been a community businessman since 1992. Let me put my business experience to work for you, whether buying or selling—give me a call now!

EXIT
 EXIT REALTY METRO
 Independent Member Broker

T 902.478.4023
 F 902.405.3299
 E dan@dandoherty.ca
 www.dandoherty.ca

REALTOR®
MLS
 MULTIPLE LISTING SERVICE®

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



The Legion Annual Christmas dinner for the Vets of Camphill Hospital was on Thursday, Dec. 13th

Christmas Food Bank at St. Paul's Family Resources Institute

by Carolyn Mont

The Christmas season is over but good memories linger. At St. Paul's Family Resources Institute (FRI) we are aware that the memories are in large part a result of wonderful support that we receive and are able to pass along.

One of the largest initiatives of FRI is the Food Bank. On average, we serve 30-35 people a week at our food bank and we get to know our clients as most of them are regulars. They register by phone on Monday and Tuesday and pick up day is Wednesday. At St. Paul's FRI, as the clients come in, they wait in our hall until their number is called. They are given snacks and coffee at our Food Bank Café as they wait.

We are aware that there are misconceptions about food banks among the general public. Most of the food comes from Feed Nova Scotia but we get substantial donations from schools, other churches and from St. Paul's congregation. Clients can access this just once a month. Contrary to popular opinion, people cannot feed their families or themselves on what they get from the food bank. Their monthly allotment is just three days supply of food. That means that at St. Paul's FRI, where we serve an average of 30-35 people a week, we serve upwards of 120 per month. Because they must register, they are on a Feed Nova Scotia database and they cannot access multiple food

banks. This is carefully monitored.

At Christmas, things are much more hectic than they are on our regular weekly schedule. We serve over 125 families for Christmas, each one getting a large well filled hamper and a turkey.

These hampers are supplemented by the donations that come in and we are able to give each recipient additional treats. Volunteers and staff spend long full days organizing the food on hand and filling the hampers. Then on Food Bank day, ALL of these people arrive and are offered drives to get their food
(See Christmas Food Bank page 2)

2012 is done, but J.L. Ilsley is not

by Sarah Boyle

The 2012 year came to an end at J.L., giving the school's students a chance to reflect upon all of their accomplishments. The school was bustling with activity throughout the final months of the year as students participated in a variety of volunteer work in the community and

fundraisers at the school.

November 25th brought the Spryfield Christmas Parade. Members of J.L. Ilsley's sports teams and council marched in spirit wear to spread holiday cheer and show their pride for their school.

Only three days after this, J.L. Ilsley Prom Committee hosted their annual Holiday Bingo. Many people attended
(See 2012 is done page 2)

Bowlarama Valuable Coupon

JANUARY SPECIAL
\$5.00 Fridays
 9am to 6pm
 2 hrs of bowling (plus tax) and Shoes

Find us on Facebook

Bowlarama Spryfield
 Located behind South Centre Mall
 16 Dentlith Road * Halifax, NS B3R 2H9
 (902) 479-2695 * www.bowlarama.ca

STEBRAN RESOURCES INC.

- Top Soil • Organic Soils
- Bark Mulch • Fill
- Natural Compost
- Landscape Gravels

Disposal Site of Brush, Rock, Concrete, Fill, Asphalt, Leaves

Serving Halifax & Surrounding Areas
497-3633
 Fax: 475-3338
 www.stebbran.com
 860 Old Sambro Road, Halifax, NS
 (10 Min. from Armdale Rotary)

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

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

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)

Queen Elizabeth Diamond Jubilee winner from Spryfield

by Tangelene Ramsay

This past year marked the 60th anniversary of Queen Elizabeth II's accession to the throne. As part of the celebrations, a commemorative medal was designed and minted. This medal honours Her Majesty for her service to Canada. It has also been awarded to a number of Canadians for their outstanding contributions and achievements. The nomination call went out early in 2012 and the recipients were awarded the honours over the course of the summer and fall.

One of the Nova Scotia recipients was Patricia (Pat) MacLean. Pat has dedicated much of her life to volunteering with various organizations, such as Brownies, Beavers and her church. But it is her work with the Urban Farm that has had a lasting impact on the entire community.

The Urban Farm Museum Society of Spryfield was started in 1996 by Michele Raymond, Pat MacLean and Marjorie Willison as a way to maintain the area's agricultural heritage. Since their humble beginnings, the ladies



PHOTO L to R: Brigadier-General, the Honourable J.J. Grant, CMM, ONS, CD (Ret'd), Lt. Governor of Nova Scotia, Patricia MacLean, MP Megan Leslie

have seen the farm expand and grow; with families, community groups and schools now taking an interest in growing their own food. In fact, this past summer, the Urban Farm broke ground on 12 new farming plots!

Besides being a founding member, Pat has been involved with recruiting help with the care of the farm. Over the years, the farm has been maintained with help from area people as well as community groups such as Phoenix Youth, N.S. Autism, IWK Mental Health and even Restorative Justice.

Aspiring teachers have also been a part of the Urban Farm Family and with Pat's help, have created a wonderful new curriculum that takes students through the farming process from seed to dinner table.

Although she was pleasantly surprised to discover she was being honoured this way, Pat says she knew something was up when Marjorie Willison contacted her church, Calvin Presbyterian, to get some information on Pat's volunteer service record.

Pat, along with other recipients, was officially presented with the medal on November 13th, 2012 during a ceremony at Government House. MP Megan Leslie was on hand for the presentation and was among the first to congratulate Pat for outstanding contributions to the Spryfield community.

This summer will mark the 17th anniversary of the Urban Farm Museum Society of Spryfield. If you haven't been to the farm yet, you should definitely make plans to check it out this summer!

2012 is done

(continued from page 1) to win some fabulous prizes. "You could see the tension in the room, but it was positive tension. It didn't really matter if they won, they were having fun," one prom committee member said. The prom committee successfully raised \$4000 for their school's safe grad, a prom night designed to keep students safe.

Throughout all of these activities in November, as well as the month of December, students and staff raised food for the annual Bounce Gives Back competition. Each year, the Bounce Gives Back hosts an interschool competition offering a free dance to whichever school raises the most food. J.L. Ilsley has won it every year that it has participated, and this year was no exception. The school raised over 9000 pounds to help feed families over the holidays.

Collecting food wasn't the only way J.L. students helped spread holiday cheer this year. On December 2nd, J.L. students demonstrated their ability to follow as they listened to and took the cues of the members of The Investors Group in order to set-up and run the Investors Group Christmas Tree Sale.

Students bustled about assisting in moving a grand total of 660 large fir trees from a truck to the interior of Exhibition Park. Moving the trees wasn't all that was required for set-up. Hot chocolate was prepared, and a bouncy castle blown up. The Investors Group gave the trees and hot chocolate for free, and the students' council members helped people find their perfect tree.

J.L. students did a lot of work moving trees, but on December 19th, they did a lot of work sitting down. The crowds sat on bleachers and cheered

as the fifth annual Spryfield Boys' and Girls' Club basketball game took place. J.L. Ilsley beat the opposing team from Eastern Shore in an entertaining game, but both won the satisfaction of knowing that they helped. Around \$620 was raised for the Boys' and Girls' club.

Money was raised for many valuable organizations, and many good deeds were accomplished. J.L. is proud to look back on 2012 as a successful year, and is looking forward to the prospects of 2013.

Christmas Food Bank

(continued from page 1) home.

A special bonus we have at St. Paul's FRI is our toy store. Many clients with children do not have the ability to provide them with gifts but we can. Nancy Wooden has spent months trying to get donations and her hard work paid off in the last few days before the Christmas Food Bank Day. Many of our clients are sponsored with toys from the Salvation Army but they can't reach all of them. That's where our Toy Store comes in to fill up those gaps. Parents

who are registered are able to come to our Toy Store and make choices which suit their children.

When Christmas week is over and the clean up has occurred, both staff and volunteers are exhausted but it is a good exhaustion. Clients are happy and as they are getting drives from volunteers they have great praise for volunteers and the staff. Kristen Hollery who is the Community Ministry Director and Lorna Gabriel, Food Bank coordinator, are responsible for overseeing this huge project. (See photos on page 6)

Chebucto News

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

Editor: Tangelene Ramsay,
tangelene@live.com

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

Circulation:

12,500 copies
Agent: Canada Post
Printer: Transcontinental 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 / Editorial Inquiries:

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

Email to: "The Editor"
tangelene@live.com

Advertising Inquiries:

Please call 902-292-1158
Email: jasondoherty@eastlink.ca

Artwork and Layout:

Sharon Ward Graphic Design
Phone: (902) 406-1305
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.

© 2013 The Chebucto News, Spryfield, Nova Scotia

**Advertise with
Chebucto
News!**

**Call Jason
at
292-1158**

**For the
Home Winemaker**

Complete 3 in 1 Filter System

\$89.00
+ TAX

Danielsons Water N Wine
5 Dentith Road 477-9463

**Largest selection of Darts,
Dartboards and Dart Supplies in
Spryfield**



Danielsons Tobacco
5 Dentith Road next to Uncle Buck's

**Check out our great
selection of**



zippo
THE WORLD'S
FINEST
LIGHTERS

Danielsons
5 Dentith Road
479-1418

Senior's Beat: Nine Decades and Loving Life

by Beverley Clarkson

So the subject of my next profile peeled up in her truck, hopped out and we lined up for coffee. Getting my wallet out to pay, I was confronted with a treat: already taken care of! So down we sat and Mrs. Florence (everybody calls me "Flossie") Powers fished out her albums of snapshots, and launched into reminiscences of her girlhood in Herring Cove.

"There used to be a lot going on in The Cove", she remembers, "and Halifax was far away. It was a long bus ride to Spring Garden Road for groceries and a long trek home with heavy bags.

"I just love Herring Cove, and I have such wonderful memories!" she said. "Every day, we used to fish on the point, swim off Holland Cove and row out to the pilot boat in a flat or dory. I was an artful little outlaw and one night I stole a hen; we took it down to the beach, and built a fire and cooked and ate it. We ate clams and periwinkles on the beach; you couldn't do that now with the pollution. We raided apple trees and pear trees, we loved to skate. It was just the best time.

"Why, we would climb up the dirt road that is now Hebridean Drive from the village to Herring Cove Road, and bob sled all the way down to the store at the end! I had a little cubby house in the woods and used old dishes and would play there for hours.

"There used to be a lighthouse, but it's been gone quite a few years and they put up a signal light instead.

"I was born in 1926 on Queen Street, and we were an army family so we lived on McNabs Island. My mother developed an infection in 1929 and died; there was no penicillin then. My three sisters and I were sent off to orphanages and were adopted out; we

all had good homes but my grandparents here took me back in and raised me.

There were two religions back then, Protestant and Catholics at opposite ends of the village, and they didn't get along. The Sisters came here and started teaching, and some would throw spit balls at them. One day they locked Sister Vera in the coatroom and I had to let her out. I was Protestant but converted to Catholic for my husband.

"There were two stores in The Cove: Harrigan's Groceries and a bakery owned by Edith Sibley. We used to all hang out at the bakery because it had a nickelodeon and we'd dance! Things were pretty good; by the time there were dances, a bootlegger had showed up in a truck in back so we had some good times! But there were no police, we behaved pretty well, not like now. TV has changed everything. We had to make our own fun and found things to do.

"There was a two room school-house off Tower Road that had grades to twelve but I quit at Grade nine and went to work at the Morris candy store and later Sears records office. I was sixteen when my future husband walked me home from a dance in the fog and kissed me and that was that. We married in 1944, and we've been married 68 years. My husband is 91 and a carpenter, he can build anything. He's home in his workshop now and I need to get home soon to make his supper. He built me a sailboat that I used to sail all around the lake.

"We raised a beautiful family, though a daughter and a son have died. We have 32 grandchildren, all doing well." Out came a photo of five generations of females in Flossie's line, side by side, all remarkably beautiful.

"I loved having babies" she con-

fided. "I stopped work to raise my babies and went back after. Women did back then. I'm an artist though I've put the brush down, I had opened a class to teach oil painting. I worked in the Children's hospital rocking the babies and loved it. I used to be the pie lady for both churches. I've had a busy life, a good life.

Any words of wisdom? "Well, you lose friends, but you keep on, keep involved. Card games bring lots of laughs; keep active and drink milk every day".

And from this perspective a love of life and a joyful spirit are the keys to this woman's rich and rewarding life, though she started with nothing.

Spryfield Business Breakfast Club

Your Buy Local Specialists

Wyatt Redmond	Beaver Enviro Depot	479-2929
John Cunningham	Canadian Tire Spryfield	477-5608
Darlene Croscup	Royal Bank	421-8973
Angie Gray	UNIVERA-Power Up Your Life	346-2292
Jason Doherty	Chebucto News	292-1158
Dan MacDonald	RBC Mortgage Specialist	817-6678
Fred O'Hearn	Lumbermart	477-6500
Jason O'Hearn	Lumbermart	477-6500
Dan Doherty	Exit Realty	478-4023
Phyllis Hayden	Touchstone Bookkeeping	407-3117
Gerry Mendelson	Mendelson Financial	479-7000
Ryan Brennan, LLLP	Clyde Paul & Associates	477-2518
Sandy Martin	Cuts of Class	477-7351
Donnie MacLeod	MacLeods Auto	477-4682
Angela Dupris, CMA	Add it Up	499-8076
Linda Levin	The Pampered Chef	479-1625
Harlin Hayes	Gallagher Lambert Group	479-3314
Irene Swindells	Melville Heights - Independent Living for Seniors	477-3313
Bruce VanBuskirk	Blade Lawn Care	499-2823
Sarah West	Spryfield Physiotherapy	479-7500
Meghan Collier	Spryfield Physiotherapy	479-7500
Floria Aghdamimehr	RecognizeYourPotential	477-9100
Margaret Mann	Mann Mechanical	868-1324
Adem Hamidovic	Portico Web Design	452-4584
Noreen Battaglia	Language Therapist	477-3707
Christa L. Hornberger	Halifax Global Inc.	491-4483
Alice Morris	Bowlarama Spryfield	479-2695



Ryan Brennan
Clyde A. Paul
& Associates

MONTHLY MEMBER PROFILE

Ryan Brennan is a lawyer practicing with the firm of Clyde A. Paul & Associates in Spryfield. A proud Spryfield native, Ryan joined the firm in 2009 after spending the first four years of his practice with a commercial firm in Halifax. Ryan's practice includes residential and commercial real estate matters, wills and business law, such as incorporations and business transactions. Ryan has been active in the community and is a member of several community boards including the Spryfield District Business Commission, the Spryfield Lions Rink and Recreation Society and the Chebucto Communities Development Association. Ryan is proud to be a member of the Clyde Paul team of lawyers and staff and is available to assist you with your legal matters.



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

WATCH BATTERIES INSTALLED

\$400 + tax

Danielsons Water N Wine

Kwik-Way, 7 Dentith Road



MacLeod's Auto Service

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

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

NEED TO SEND A FAX?

\$1 /Page, Tax incl.

ANYWHERE IN THE WORLD!!

Danielsons
5 Dentith Road
479-1418



Looking for a Dental Office closer to home?

Herring Cove Community Dentistry

303 Herring Cove Road
(902) 477-9457

Office Hours
Monday: 9-5
Tuesday: 9-7
Wednesday: 9-7
Thursday: 9-5
Friday: 9-3

Saturday hours now available!



DISCOVERING OUR PAST



Old Cunard School in Jollimore destroyed by fire in January 1947

by Iris V. Shea

On January 8, 1947 fire destroyed the schoolhouse in Jollimore with an estimated loss of \$40,000. Newspapers described the school as “a four room one-storey building” but in addition to the classrooms on the main level, grades primary to four were taught in two adjoining rooms in the basement, next to the furnace room. Indoor bathrooms with cold running water were located on the main level and had been installed in 1939. A small section of the school was built in 1915 (following another fire) but a major addition was added in 1941. Remnants of the foundation may still be seen at the back of the playground on the corner of Kirk and Albion Roads.

The fire was first noticed shortly after 10 pm by Mr. A.E. Smeltzer whose house was located on top of the hill leading to the Dingle (now Parkhill Road). He raised the alarm when he saw flames shooting through the roof of the building. Volunteers rushed to the scene and, because the fire was burning in the centre of the building, it was assumed it was caused by the furnace. The janitor, Mr. Fred Boutilier, stated he inspected the building before he left at 7 pm and noticed nothing wrong with the furnace. Halifax fire brigades were called in but the schoolhouse was too far gone to be saved. Firemen stood by helplessly as they watched the remaining wall collapse. They could only prevent its spread to nearby houses.

The first act of the trustees, immediately following the fire, was to meet and discuss the availability of space to carry on classes for the 165 students who lived in Jollimore, Melville Cove, Green Road and a section of Herring Cove Road. An offer from St. James Church Hall and the Kiwanis building at the head of the Northwest Arm would provide space for grades five to eight. Thanks to an offer from Father P.F. Martin of St. John the Baptist Church in Armdale, grades primary to four would attend classes in Melvilla Hall behind St. John the Baptist Church. Miss Muriel Matheson (later Mrs. George Baigent) taught grades primary to two, and Miss Phyllis Chipman (later Mrs. Coln Kelly) taught grades three and four. Some students from the higher grades transferred to Halifax schools without charge. Mrs. Russell (Gladys) Redmond taught the remaining grade



This photograph of Old Cunard School is from 1935, before indoor plumbing was installed. Photograph courtesy Mainland South Heritage Society

eight students at St. James Church Hall. She was especially pleased when all eight of her students passed their entrance exams to the city schools that June.

The fire at old Cunard School caused dissension among the trustees of Cunard School District. A meeting of ratepayers in February 1947 heard a plan by Mr. John Hussey of Jollimore for two new schools. This plan had already been discussed in 1943 and \$20,000 was set aside by the School Board for a second school. In 1945 the School Board approved the building of John W. MacLeod School as the new school in Cunard District. The fire, however, put a stop to this plan. A series of meetings of the ratepayers in May and June 1947 created an opportunity for the trustees to express their views on Mr. Hussey's proposal. The argument in favour of the proposal was that Jollimore residents represented two-thirds of the entire assessment for the section and therefore it would not be fair to deprive those residents of a school in the village, especially since one had operated there for so many years. Mr. Roy Hunter, chairman of the trustees, presented a brief

recommending that the section remain the same and that the school be built on the John W. MacLeod property. The argument against Mr. Hussey's proposal was that 73 children from Jollimore would be in attendance; the Green Road and Melville Cove attendance would be 133 pupils. Other trustees present at the meetings were Mr. E. Smeltzer, Mr.

J. Cruikshank, Mr. F. Leverman and Mr. C.L. Church representing Jollimore. Representing Melville Cove area were Mr. H.A. Harrop and Mr. Cushing.

Newspaper articles at the time reported that there would be two schools built. These reports were premature as the final decision came down in favour
(See *Old Cunard School* page 9)


Your other family doctor!

Halifax Veterinary Hospital
6485 Quirpool Rd • 427-8595

Fairview Animal Hospital
The Village at Bayer's Rd
7071 Bayer's Rd • 443-9385

Spryfield Animal Hospital
320 Herring Cove Rd • 477-4040



visit our website
www.HalifaxVeterinaryHospitalinc.com

AAHA

Complete Care and Well Being for the Life of your Pet!

Steve Murphy's Auto Services Ltd.

WILSONS FUELS
225 Ketch Harbour Rd.

2c/litre off
for cash/debit every day
3.5 c/litre off
for cash/debit every Thursday

We sell **FURNACE OIL** by the litre
cash & carry.

UH Oh! IT'S TAX TIME!

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

additup
ACCOUNTANTS & TAX CONSULTANTS
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
angela@additup.biz **499-8076**

DAVID SAMPSON EXIT REALTY METRO

Looking to Buy or Sell on the Chebucto Loop?

If so, you need someone with experience around the Loop. What many people don't realize is that there are several distinct markets on the Loop, each with its own special advantages. Each of the areas are going through changes that make local knowledge especially important.

Contact David today and get that knowledge working for you. David will do a free no commitment market assessment on your property.

Phone: 483-8761

Email: dksampson@eastlink.ca



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

Letters to the Editor

HARRIETSFIELD/WILLIAMSWOOD COMMUNITY CENTRE:

Annual Christmas Tree Lighting Concert. There were about 85 attendees to witness the children of the After School Program perform three excellent renditions of Christmas Carols, the Girl Guides performed their songs, and in turn, the excellent Carollers from the nearby AHF Church, in their period costumes. A light lunch was served complete with "hot chocolate" while the children entertained and made their requests to the "Jolly Old St. Nick" himself, who decided to drop by. After talking with Santa, the children then proceeded to have their faces painted and decorated their own cookies, which was offered to all the parents and friends who attended the festivities. A fun time was had by all, and once again, Thank You to all those who helped make the evening such a success! Merry Christmas and Happy New Year To All!

Respectfully, Larry Sinclair Chairman of H.W.C.C.A.

Something to say?
tangelene@live.com

Resolutions revisited...don't stress... make progress

5 step process to obtainable goals.

by Bobbi Jo Ferguson-Hill, RMT
www.tranquilmomentsforyou.ca

So how do you eat an elephant? Well, one bite at a time of course! Today let's look at whether you have put too much on your proverbial plate in order to succeed and, if so, how you can restructure your goal setting plan, in order to achieve success. Too often our resolutions are many goals entangled into one big lifestyle change. The only way we can succeed in one is to accomplish them all. Let me give you an example. Your resolution is to change your diet and exercise more. This is a mighty large goal when you look at what it actually means. These are many habits all rolled up in a neat little package that, at first glance, looks like one thing. Take diet, for instance. This is not only saying no to the junk but you also have to look at your purchasing habits at the grocery store and your rituals, such as eating out vs taking lunch to work. Exercise, on the other hand, can mean lots of different things to different people. You must decide what you are going to accept from yourself to qualify for that pat on the back. For some of us, nothing less than a trip to the gym or a grueling home video will suffice. For others, walking up the stairs at work,

instead of taking the elevator, or making a snow man with the kids is enough for our minds to give ourselves that much anticipated and gratifying thumbs up! By the time we are two months into 2012, most of us will have abandoned our resolutions. And to a large extent, it's because of that "all or nothing" trap we all fall into.

Here is a five-step process that will help us all get back on track.

We will be using the "S-M-A-R-T" strategy, to illustrate the importance of proper goal setting. "S-M-A-R-T" is a formula widely used for goal setting in many forums, from business to self development.

Specific. Be specific. Ask yourself, what do I want the outcome of this goal to be? Don't be afraid to answer this one, for fear of failure. Make sure this is one goal, not many 'disguised' as one. For example, no 'junk food' in the grocery order may be the first small achievable goal, and your first positive step toward the larger goal of following a healthier diet.

Measurable. Ensure the success level is easily measured. This will allow you to clearly determine when you have accomplished the goal. Using the above example, just making it out of the weekly grocery trip without two boxes of cookies a bag of chips and a bottle of pop in your cart may be an accomplishment. One goal met, feels good!

Attainable. Ask yourself, is this realistic for me? If not buying any junk seems overwhelming, maybe the goal can be to allow yourself one treat per grocery run. This can always be reset in the future to reflect where you are in your larger goal.

Relevant. Make sure this is an area you need a goal set in. If the grocery store is not your pitfall for obtaining that tempting junk, maybe the goal should be no runs to the corner store or no eating out for lunch at work.

Timely. This is when we have to be really honest with ourselves. We need to ask when? Is this goal something we want to accomplish in the next month?

(See Resolutions revisited page 9)

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

Poole Backhoeing Services Ltd.

Excavation, Trucking, Tracked Skid Steer, Water and Sewer, Drainage, Landscaping, Fill, Gravel



We do it all Free Estimates

www.poolebackhoeing.com 225-0706
poolebackhoeing@gmail.com



RDM RECYCLING LTD.
CONSTRUCTION & DEBRIS SERVICES

1275 OLD SAMBRO RD.
HARRIETSFIELD, HALIFAX, N.S. B3V 1B2
PHONE: 477-9995 FAX: 477-0534

Williamswood Home Daycare Now Open!

FT / PT spaces now available! Operated by loving mom of 2; may be licensed through YWCA & offer subsidization for those who qualify. Flexible hours, healthy meals & snacks, developmental activities in a learning & caring environment. Large back yard for safe outdoor play. University educated and trained in NVCI, First Aid/CPR level C. Years of childcare experience including operation of daycare with the MFRC and other areas of government. Criminal clearance and references provided.
For more info, please phone: 405-5167 or email: jwkcroft@hotmail.com.

Spryfield Denture Clinic

Service direct to the public
Melville Professional Centre
15 Shoreham Lane
479-2453



MacLeod's Auto Service

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

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

Touchstone Bookkeeping

Bookkeeping for Small Business
Personal income tax preparation

(902) 407-3117

fax: (902) 407-3118
205 Herring Cove Rd., Box 20128, Halifax, NS B3P 1L7
phyllis@touchstonebookkeeping.ca
www.touchstonebookkeeping.ca

STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -

3.5¢ off gas on Thursday & **2¢ off** cash every other day

225 Ketch Harbour Road - 477-4160

Complete Collision & Mechanical Shop Services
Body Repairs and Painting • Bench Frame Straightening
Undercoating • Sandblasting • Mig Welding • Furnace Oil

Fetch Harbour Dog Spaw

Professional All Breed Dog Grooming

Phone today to book your appointment:
(902) 346-2038

Ketch Harbour, NS

fetchharbourdogspaw@hotmail.com



Antifreeze Poisoning—A Warning for Pet Owners

Editor's Note: This article has appeared many times in the Chebucto News, but I feel the reminder is always relevant at this time of year.

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 chemicals is ethylene glycol.

Ethylene glycol is the main ingredient in antifreeze, and can also be found in some polishes, laquers and paints. It is an odorless, colourless, 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 suspect that your pet may have ingested even a tiny amount of antifreeze, you need to get them to the vet immediately. Don't wait for symptoms to appear. 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 treat-

ment is begun.

Every vehicle on the road contained antifreeze, so please pass this message on to everyone you know. If you add antifreeze to your vehicle, please take care with the disposal of the container,

and clean up any spills immediately. If you suspect your vehicle is leaking antifreeze, please don't wait to get it looked at. Your pet's life, or the life of a pet of someone you know, may very well depend on it.

Ready for winter? Is your car?

by Jason Doherty

With winter fast approaching, now is a good time to prepare yourself and your vehicle for the sometimes miserable driving conditions that usually accompany it. The following are the basic guidelines I follow every year to ensure I survive the winter.

Windshield wiper blades usually work effectively for about one year, so be sure to invest in some new ones if you're due. Keep your windshield fluid topped up as it doesn't take long for salt from a highway to completely cover a windshield. It is also a good idea to keep an extra jug in the car, especially on long trips.

Also check to see that your heater and defroster are working properly so you can keep the windshield nice and clear.

Before the temperature drops into the nasty negatives, check the condition of your battery. Make sure your battery's posts and connections are corrosion-free. Batteries have a four- to six-year life expectancy, and as the battery gets older, it loses its ability to hold a sufficient charge. Batteries also tend to produce less power in cold weather, which can make starting a car more difficult, especially if the battery is old.

Your tires must be properly inflated to ensure you'll have the best possible traction in wet, snowy or icy conditions. Air pressure in your tires decreases as the temperature drops so check the pressure regularly. A good way to keep in the habit is to check the pressure every time you get fuel.

Four wheel drive is great for winter driving, but only if it is working and used properly. Be sure that the system engages and disengages easily, and that all drivers in your household know how and when to activate the system. Since most people don't use four wheel drive during the warmer months it is a good idea to take a minute to make sure it is working before you need it.

Make sure there is air in the spare tire and that all the proper tire-changing equipment is in the trunk.

And speaking of tires, put snow tires on BEFORE it snows. In cold weather, and on ice and snow, winter tires provide more control and stability than all-season tires.

Remove the snow and ice from your vehicle's roof, hood, trunk, headlights and rear lights, and all windows, front and back. By just cleaning enough snow to see out the windshield you endanger the drivers behind you with the snow

blowing off of your vehicle. Newer headlights emit very little if any heat, so don't rely on them to clear themselves.

Increase your distance from other cars by about three to four seconds when weather gets bad. Give yourself extra time to react to situations. Never follow the tail lights of the vehicle in front of you during a storm. Following the person in front of you into a ditch is somewhat counter-productive.

The following is a list of items to keep in your vehicle for emergencies in the winter:

- a blanket
- extra boots and gloves
- an extra set of warm clothes
- chocolate bars
- an ice scraper
- a small shovel
- a flashlight
- flares
- jumper cables
- a tool kit
- a tire gauge
- a first-aid kit
- paper towels
- a bag of abrasive material such as sand, salt or non-clumping kitty litter, which can provide additional traction if a tire gets stuck in snow.

Supporting Your
Community

**ROYAL
CANADIAN
LEGION**

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

Christmas Toy Shop at St. Paul's FRI



As evidenced by the photos above, this year's collection of toys has been abundant, generously provided by the residents of Spryfield, making Christmas morning for many deserving youngsters special



Wyatt Redmond, owner of Beaver Enviro Depot hams it up as Tracy Stone draws for the lucky winner of the T.V. Give Away Dec 22, 2012



Wyatt Redmond presents Kevin Richard with the new T.V. that he won in a free draw at Beaver Enviro Depot on Herring Cove Road Dec.22, 2012

An example to all of us

For the past six Christmases, Andrew Wilson, Community Ministries Director of the Spryfield Church and Family Resource Center, and Clara Purcell have been forgoing a gift exchange in favour of making a donation to the Salvation Army. Here they are presenting a cheque for \$500.



Time to re-stock!

Danielsons Water N Wine • 5 Dentith Road • 477-9463
waterwine@eastlink.ca • 1-888-588-8540



Ocean Breezin'
Blackberry Merlot
Acai Raspberry Cab Sauv
Peach Chardonnay

SPECIAL \$53.50



Vino del Vida
Chamblaise
\$52.95



Grand Cru International
California Chardonnay
\$69.50

Sale ends January 31, 2013

waterwine.com

THORNHILL

★ FRESH SEAFOOD ★ CLASSIC DINNERS ★ TRADITIONAL PIZZA ★

477-8888

SINCE 1969

477 Herring Cove Road - Hours: Sun-Thurs 11-12; Fri-Sat 11-1

JANUARY SPECIAL

16" 3 Topping Pizza
16" Garlic Fingers &
2 l Pop

\$19.99

JANUARY SPECIAL

Hot Chicken Sandwich
with Fries &
Coleslaw

\$3.99

UNCLEBUCKS PIZZA.COM

477-FOOD

Spryfield - Hours: Sun-Thurs 11-1; Fri-Sat 11-2

Rick's
subs.ca

**OUTLET
STORE**

Subs, Sandwiches
& Pitas

from
\$2.00

SPECIALS

Any 16" Pizza

\$15.00

8 pce. Family Pack Fish & Chips
Coleslaw & Gravy

\$20.00

Jacob Deng: A Man, A Life, A Vision

by Nicole Masters

On December 6, the students of J.L. Ilsley High School were privileged to be able to meet Jacob Deng, a man from a village near the Nile River in southern Sudan. Jacob, now a resident of Nova Scotia, provided an amazing story that helped students to put their own lives into perspective. Jacob Deng's story has been recorded by the author Jan Coates in the story A Hare in the Elephant's Trunk. It is said that you need to walk a mile in another's shoes to understand them, and with A Hare in the Elephant's Trunk you can.

Jacob's tale began when he turned seven. His village was burned down and he lost most of the members of his family. That year, 1989, Jacob travelled by foot for four months in order to reach Ethiopia. This journey was completed with thousands of other young boys facing similar situations. On this journey, Jacob watched countless boys just like him be left behind.

Jacob remained in Ethiopia until he was forced to leave in 1991. From there, Jacob eventually returned to Sudan, trading clothes for tobacco, then tobacco for goats, and eventually goats for money. Through his hard work and the aid of non-governmental organizations, Jacob managed to get an education despite facing the challenge of being an orphaned child.

Jacob eventually made his way to

Canada and was sent to study at a university in Nova Scotia. Jacob now lives in Halifax with his family where he fights to spread the knowledge of what is happening currently in Sudan.

One of the points that Jacob emphasized in his speech was that education is essential. Education provides knowledge and knowledge provides empowerment. Following this thought process, a charity called Wadeng Wings

of Hope was created. Their mission is to promote peace and security through learning. They believe in a South Sudan where all citizens will have the opportunity to shape their own future.

Wadeng Wings of Hope is a volunteer organization that is trying to make a difference in the lives of the people of southern Sudan. Anybody can donate to the cause and help to give children a chance at an education and a better life.

Resolutions revisited

(continued from page 5)

Six months? Year? At the end of this timeline we can revisit the goal and maybe up the ante for ourselves. Just remember to be realistic.

Once you have broken your goals into these manageable, 'bite-size' pieces, don't forget to soothe your mind, with a little self-praise. Go ahead. Be proud of reaching the small goals! Our minds play a huge part in our accomplishments. Begin the day in a positive frame of mind, set your intentions and plan the things you are going to accomplish today. End the day with a heartfelt congratulations for your successes. Don't dwell on the intentions that were not accomplished and fell through the 'cracks of life', for tomorrow is a new day, with new opportunities and we get to enthusiastically set our intentions and reach for

our goals. Make sure to revive our sense of accomplishment each morning and recognize each accomplishment each night before going to sleep.

You are 'the pilot' of your life, and the sky is the limit!

Old Cunard School

(continued from page 4)

of John W. MacLeod School on the Purcell's Cove Road, not far the Dingle Gates. John W. MacLeod was a former schoolteacher and was founder of the Greenwood Coal Company in Pictou County. He donated the land on which this new school was built, property which he purchased from the heirs of Sir Sandford Fleming. The cornerstone for the new six-room school was laid 13 Dec. 1947. It was officially opened Friday, 30 Apr. 1948 with classes beginning the following Monday. Grades primary to eight were taught in that first year. It was the beginning a new chapter for the children of Jollimore whose ancestors had attended old Cunard School in the village since 1867 when it was a one room church school.

Should I stay or should I sell?

by Jill Hann, Certified Home Stager

With the cold weather, it's a great time to look into the condition of your windows and doors. Depending on the condition and age, you will be looking for different deficiencies.

Your main entrance is your home's first impression for guests and potential purchasers, so make sure it's in top shape. Look at the condition of the door frame and trim. If needed, re-caulk and re-paint. Replace any pieces that show signs of rot. The door can be painted as well. Is the weather stripping around the door and sweep at the bottom in good shape? These are inexpensive and easy to replace, and will also improve the energy use in your home. You may want to consider replacing the door with a new one. If so, choose one that suits your home's character. Energy efficient vinyl and metal doors can be purchased in a variety of styles and colours.

Ensure that door handles, door bells, and exterior lights are in working order and house numbers are in place and visible. Clean or polish metal components. If you decide to replace your door hardware, try to match materials and colours. When in doubt, black is always an elegant look.

Paired items are pleasing to the eye. When decorating with shrubs, place one on each side of your entrance to provide balance and symmetry.

Assess the condition of the rest of your windows and doors. Replace any torn or soiled window screens and any cracked or broken panes. It is a good time to consider replacing any windows or doors, if required. Make sure your windows and window tracks are clean and work smoothly. If you are selling and have children or pets, try to keep their finger prints and doggy nose prints off the patio doors and windows before a showing. Condensation on a window can be an indication of a broken seal. In order to restore visibility and energy efficiency, replacement of the glass seal or the entire window is required.

Another way to save on energy costs is the application of window film. Made from a micro-thin polyester composition, these films come in many different colours, tints and patterns and provide privacy as well as protection for your furniture and artwork from damaging UV rays from sunlight. Window films are ideal for sun rooms, patio doors, picture windows, and sky lights. They are applied to the inside of your existing glass and no special maintenance or cleaning is necessary.

Lastly, consider your window treatments. When preparing to sell, remember, less is more. If you are staying, then go for it and put your own style on display!



Let's Talk About Food

A Focus Group on Food Assistance Programs

Chebucto Connections invites those who have used food banks or other means of food assistance in **Spryfield** to share their experiences in **January**. Discussions will be used to support food security research in Nova Scotia.

Topics will include: What stops people from using food services?
How accessible are food banks?
What was your experience like?
How can we improve programs in Spryfield?

We will reimburse each participant **\$20** for their time and provide snacks. We can also provide financial support to participants who require child care in order to participate in a focus group.

If interested, please contact Marjorie at Chebucto Connections: 477-0964, or email us at ccda.info@ns.sympatico.ca



All information that you provide will be kept confidential. We will provide a positive and supportive environment for all who participate.



Selling your home?

Together we will develop a custom, strategic home sale action plan including:

- Home Staging
- Virtual Tour
- Pre-Inspection
- Professional Photos

Contact JILL HANN today to get **FIT TO LIST**

902-471-2941
jill@jillhann.ca
www.jillhann.ca



Not intended to solicit persons currently under contract.

Lock maintenance

by Jason Doherty

Lubrication is the key to the health of your locks. Improper lubrication or a lack of lubrication can lead to many problems with your locks. Freezing or drying out can cause your locks to perform poorly or even stop working completely if they aren't lubricated. Over-lubrication or using the wrong lubricant will have the same effect as none at all.

Choosing the right lubricant can be confusing. There are a few products on the market that claim to be made for locks, but they usually fail to stand up to Nova Scotia weather. There are also products out there that work well but are not marketed as lock lubricants.

Graphite has been the standard for lubricating locks for many years. Most hardware and grocery stores sell it in both powder and liquid as a lubricant specifically for locks. Unfortunately, graphite in any form causes more problems than it cures. Over time graphite builds up in the plug and can interfere with the functioning of the lock. If you add moisture and freezing temperatures to it, you will have a non-working lock.

If you have been using graphite, it is easy to clean your locks of it to prevent future issues. Spray the keyway liberally with WD40 until the fluid running out is clear. Immediately spray 3-4 good squirts of Rustcheck into the keyway and insert a key. Push the key in and out of the lock 4-5 times to lubri-

cate the pins. Then lock and unlock the door a couple of times to lubricate the plug. This will be messy so have plenty of paper towel on hand.

Some would recommend WD40 as a lubricant. As a locksmith, I only use

WD40 to clean locks and never to lubricate them. WD40 dries quickly leaving no real lubrication and it will make a dry lock drier. As stated above, WD40 works great to clean graphite and dirt from your locks, just be sure to lubricate afterwards.

Personally, I recommend Rustcheck. It is the best thing I have found for

lubricating locks. When Rustcheck is sprayed into the keyway it quickly seeps into every nook and cranny of the lock. A couple of sprays every 3 months will keep your locks lubricated and help extend the life of the internal workings. It comes in a red can for about 10 bucks at Canadian Tire and has about as many uses as duct tape.

Songwriters in the Round

by Lorrie Boylen

(Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro)

A group of talented local songwriters have developed a Songwriters in the Round group. This is a working songwriter's group to foster creativity and co-writing environments. Open to songwriters at any level from Herring Cove around the loop to Williamstown, they meet to discuss song writing and editing, song structure, sing their newest song, network, ask questions, collaborate with other songwriters, develop ideas, share information on copyright and recording, and much more. Song writing challenges will be presented so that everyone can get motivated to start to write on a regular basis.

Some of these songwriters participated in the Down Home Christmas event at St. James United Church in December, where \$1,140 or 8770 Pula (African Currency) was raised for Bakgatla Bolokang Matselo, a hospice for

HIV/AIDS sufferers in Botswana.

The next meeting is Friday, January 25, 2013 from 7 to 10 p.m. at the St. James Church Hall in Sambro. This will be a big Song Circle where everyone will have a chance to get their instrument out to play an original song.

A voluntary offering of \$1 to \$2 is being suggested as a donation towards the Hall.

On February 9 from 6:30-9:30 at St. James Church, the group will be presenting an extra special evening of Songs and Songwriters, singing their original songs as well telling the stories and background behind those songs. All are welcome to attend.



Santa posed for a picture with some of the attendees at the opening of the new YWCA building on Herring Cove Road Dec. 12, 2012



theheadshoppe

Receive a **FREE**
EXPRESS MANICURE
OR PEDICURE

when you book an
EXPRESS FACIAL
from Monday to Wednesday!

\$40 PLUS TAX

esthetics
express
beauty in a flash.

*Services must be completed at the same time.
dermalogica

theheadshoppe
hair & esthetics

318 Herring Cove location | 477-6494 | www.headshoppe.ca

Hey Moms! Let's talk
about breastfeeding!

We are holding focus groups to talk to moms about their breastfeeding experiences in the Spryfield community

Whether you breastfed for less than a day, a few weeks, or a year, we want to hear from you!

(In order to get information on current breastfeeding experiences that moms remember well, we are inviting moms who have had their babies within the last two years to participate.)



Please join us in **JANUARY**
Participants will be reimbursed **\$20**.
We will help with childcare, and snacks are provided!
CALL to register: 477-0964



Reg Horner Memorial

Chebucto News Sports Page



From Left to Right, Stephano Poirer, Jason Scott, Song-ho Yang. Photo by Natasha Darrah-Poirier.

Nova United Martial Arts expands its horizons

by Lorrie Boylen

(Lorrie is a Freelance Writer and Administrative Support Consultant who lives and works in Sambro)

In June 2012 Jason and Sarah Scott opened the Nova United Martial Arts Club on the back side of the South Centre Mall, behind Canadian Tire and beside Frenchy's. The space is split with Jason's other business, 1 Up Office Solutions, which specializes in office reconfigurations and furniture installations.

A student of Judo for 30 years, Jason holds a 2nd degree black belt and has competed around North America, where he was ranked 5th in the country. Jason credits Judo with building confidence and respect for himself and others, and keeping him out of trouble as he was growing up. He continues to learn, recently attending a coaching seminar with 2 time Olympic silver medalist and world champion Neil Adams, a seminar with bronze medallist Antoine Valois-Fortier, and he trains with silver medallist Nicolas Gill. Jason and Sarah's children participate in all the programs at the club.

When he first started the club, Judo was his only focus, but he soon felt the need to strive for more and he decided to bring in another martial art. Sung-ho Yang, who comes from a family of mar-

tial artists, came on board as a 5th Dan Taekwondo Master. Passionate about teaching, he runs Yang's Martial Arts Centre in Halifax and Spryfield. His goal is to provide elite instruction with modern approaches to martial training in a professional manner, and lead people to become champions within themselves and not just in the ring.

Stephano Poirier, a Tai Jitsu instructor, came on board through his two sons who were studying Judo at N.U.M.A. Several times a year he offers self defence workshops for women. Currently serving on the HMCS Ville de Quebec with the Navy, he began training in Tai Jitsu at the age of 7 years and attained his 6th Dan in August of 2012. He's very pleased that his students have transitioned so well to the new club.

Sarah noticed that many Judo students are not flexible enough. She found Dawn D'Entremont, a certified yoga instructor registered with the Canadian Yoga Alliance. She has been practicing yoga for over 30 years and teaches Hatha Vinyasa style yoga designed for beginner to intermediate levels. She is also a yoga therapist who works one on one with individuals in their homes to help them develop their yoga practice on and off the mat. This is particularly helpful for those who

have injuries, mobility problems or are interested in learning more about all 8 limbs of yoga.

Jason soon had a lot of women asking for a fitness program. As a certified level 2 coach he set up a J-Fit Boot camp to help women lose weight and get fit with functional training.

All the instructors were unanimous in their feeling of community in the warm and friendly environment at N.U.M.A, which promotes spiritual and physical growth for students of all ages and fitness levels.

After opening, Jason wanted to give

back to the community where he grew up and continues to work and live, and who had supported him by promoting N.U.M.A.'s programs in schools. The club collected school supplies which they donated to local schools before the school year began, and they raised \$500 for Christmas Daddies, which will go back into the community. They also participated in the Spryfield Christmas Parade, which was great fun for all involved.

For more information check out N.U.M.A.'s Facebook page, email teamnuma@live.com or phone 404-2423.

Silver and Black Attack home games in January

	Visiting Team	Time
Saturday January 12 Spryfield	VS. Avon	8:00 pm
Sunday January 13 Spryfield	VS Barrington	3:00 pm
Saturday January 19 Spryfield	VS. Barrington	8:00 pm
Sunday January 20 Spryfield	VS Truro	3:00 pm

Banishing the FOG sector

By Michèle Raymond, MLA for Halifax Atlantic

By the time you read this, it will be the new year, and as many of you will have heard, I have decided, after three elections and more than nine years representing what must be the most wonderful part of this province, that it's time for me to begin working seriously on some of the things that I've always hoped to achieve in my life. It's also time for a new voice for Halifax Atlantic.

I've always hoped that as MLA for Halifax Atlantic, I would be part of helping Nova Scotians understand and believe that government is done by people, and not something that gets done to them. We're living in a time of huge economic and environmental turbulence, but I believe that we've begun, as a province, to take charge of our own destiny, and to have higher expectations of our government than ever before.

We elect governments to carry out public work, however that may be defined, and to be stewards of our public resources; to me, that means ensuring that our public resources are cared for so they remain useful to all citizens, not just those in what I call the FOG sector. ("Friends of Government" —just like the private sector and the public sector, but very different).

"Public" is one of the words I use a lot, so that we don't forget that property held by any level of government, whether it's HRM, Nova Scotia or Canada, is actually owned by the people who elect that government. There may well be restrictions on its use, but ultimately those restrictions need to be justifiable.

There are other words I've insisted on using, and others that I avoid: As voters and taxpayers, we are all citizens, not merely "residents" who happen to be living in the place at any given time. Likewise, I've always resisted being described as a "politician", as if it's a profession reserved for certain people; as "representative" of the people of Halifax Atlantic in the Legislative Assembly of Nova Scotia, I am one of this wildly varied crowd, and I've been incredibly privileged to be trusted to speak for us—and, on occasion, to be silent for us.

I hope we're moving to a time when closet divestitures of public property aren't acceptable any more, at any level

of government. Whether it's land, money for providing goods or services, the exclusive right to use of public property or any other privilege, (including the right to permanently alter the land, air and water that sustain us all), there shouldn't be any secret reason why some citizens are entitled to access, and others not.

There's nothing more corrosive to society than the belief that rules aren't equally applied. When that belief is widespread, anger finds its way to the surface in ways that range all the way from physical and verbal assault down to litter and graffiti on property that should be seen as public, and therefore shared, but is instead viewed as "government property".

Some of the most interesting challenges arise in securing public use of public property, whether citizens have been trying to get permission to hold a celebration in a city park, or to build a trail across provincial land, as McIntosh Runs Watershed Association is proposing. I fully support the public use of public property, when it doesn't diminish or damage that property, or prevent others from using it, and I hope that I've been helpful in ensuring that in the provincial context.

Governments, at all levels, need to keep track of what citizens want, so that they're not foisting unwanted services on them or failing to deliver important ones. They also need to remember that "things" can only be delivered to some of the people some of the time, but good government can, and should, be delivered to all of the people all of the time. This too is about moving towards a world in which rules are not subject to "selective enforcement".

One way to ensure that is to make sure that rules are not only enforced equally, but seen to be enforced equally. I've taken the step of introducing a private member's bill (that is to say, not as a member of government caucus, but as an individual MLA), called An Act to Improve Accountability for the Natural Resources of the Province of Nova Scotia.

As a private member's bill, it probably won't make its way into law, but I would like people to think about it. Essentially, Bill 161 http://nslegislature.ca/legc/bills/61st_4th/1st_read/b161.htm says that if a permit is required for any taking/altering of a soil, mineral, water, watercourse, then a copy of that permit must be publicly displayed or otherwise made available to anyone who wants to confirm that the permit exists. Too often, an activity begins which damages our shared resources, and while the public is trying to find out if it's been legitimately approved, the damage is done. I see no reason why privacy should be needed to cover private users of public resources.

The Department of Natural Resources is now developing regulations for the Community Easements Act, which I've written about before. This Act allows community groups, which meet certain criteria, to hold purchased or donated land or rights over land. I hope to see amendments to the Municipal Government Act and HRM Charter so that if a municipality doesn't want a required 10% land dedication, but a qualified community group is interested in holding the land, or a certain right over the land, for public use, then it must be offered to them rather than its value being taken as cash-in-lieu by the municipality. This would prevent some of the sad situations where citizens are unable

to convince their representatives that certain property or aspects of property should be in the public domain, so that a public benefit is sold off over public objection.

I'm much heartened by the fact that the province has bought back a huge tract of land from Bowater Mersey, and has opened tenders for community management of portions of the NS forest, by Nova Scotians. This is unprecedented here, and it's a great example of equal public access to public resources; all the proposals will be judged by the same criteria.

Over all, this is a time of turbulence, but it's also a time of hope, and I believe Nova Scotia is turning the corner to being a place where citizens expect government to handle public resources fairly and openly. Banishing the scofflaws of the FOG sector is never easy, but it's essential to establish the certainty that government is done by people, not done to them.

I'm really looking forward to helping solidify this certainty in my remaining time as representative for this wonderful place, and as a citizen, I'll keep working on it long afterwards. It's a public responsibility we all share.

Happy New Year!

Geosmin—unpleasant in our water—but safe

By Linda Mosher, HRM Councillor, District 9

Recently I have received many complaints from residents about a change in the taste and odour of water from Halifax Water. There have also been concerns about the safety of the water. The change in taste and odour in their tap water is related to Geosmin. Test results from a private, third party accredited laboratory have confirmed the presence of Geosmin, a naturally occurring compound found in surface waters (i.e. lakes, rivers, stream, and dams).

In order to respond to residents' concerns, I contacted James Campbell, Communications & Public Relations Coordinator – Halifax Water. James told me that this is the first time we have experienced this, but it is the most com-

mon water complaint in the world. He has provided me with the following information in order for us to understand the issue and wanted me to reassure residents that the water does not pose a health risk and is safe to drink.

On-going testing from a private, third party accredited laboratory has confirmed the presence of Geosmin in the Pockwock water supply. Geosmin, a naturally occurring compound found in surface waters, produces an earthy, musty-type taste and odour in the water. While the taste and odour can be unpleasant, Geosmin is not toxic or harmful. On-going testing continues to show an absence of harmful bacteria

(See Geosmin page 15)



Linda Mosher

HRM Councillor, District 9
Peninsula West – Armdale

HRM Call Centre: 311
Cell: 476-4117
Home: 477-8618
Fax: 490-4122
E-mail: linda.mosher@halifax.ca

www.lindamosher.ca
www.halifax.ca



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

Area 2 residents need not be concerned about extension

By Stephen Adams, HRM Councillor, District 11

The past month has been very busy for Council as we address our business with a smaller Council of 16. The dynamics of Community Councils, along with Standing Committees, has changed. The coming months will prove to be interesting.

During one of our Council sessions, I put forward a motion to effectively remove Area 2 from consideration for the extension of sewer and water servicing. For those not familiar with the boundary for the study areas, Area 2 begins just south of Oceanview Drive.

When the study was initiated the staff report recommended that both areas be considered by the consultants; even though the initial petition suggested that Area 2 residents were not interested in receiving services. A second resident driven petition was consistent with these findings. As well, public input also supported this position!

Although the technical and engineering component will continue, Area 2 residents need not be concerned about the extension.

At our last Council meeting, I placed a motion on the floor requesting staff to develop an affordable spay and neuter program and to strike an arms-length committee to help with the program. The motion is a mirror of the Tuxedo Stan Pledge, which was signed by 11 members of Council.

In the past we have had discussions about this issue; which at times has been embarrassing. However, the approved motion will address the issue at hand. I will do whatever necessary to bring this to fruition and to ensure we stay on track to get it right.

For those that are concerned about this taking up too much time or that we have more pressing issues to address, I offer the following: The motion was approved by Council in less than 90 seconds which is about the same amount of time it would take to read the first few paragraphs of this column.

I would also like to thank all those who continue to assist with work on this issue. Your efforts are appreciated.

The coming months will prove to be very exciting as we all work to improve

our own communities, and District 11, as a whole. As I committed during the election, I will work with community

Conservative mismanagement of VIA Rail

By Megan Leslie, MP for Halifax

Dear Friends,
Happy 2013! I wish for all of you a joyous and prosperous year and I hope the holiday season was a joyous time for you, your family and friends.

The holidays are when Canadians purchase more VIA Rail tickets than at any other time of the year. Yet shortly before travel season this Crown-owned corporation abandoned service to passengers on various routes within the Maritimes, leaving these folks with few alternatives to reach their homes or the homes of loved ones. The predicament was intensified for those unable to drive themselves as an alternative.

In a country that was united and strengthened by its national rail network, Conservative mismanagement left Canadians stranded and rendered communities more isolated.

After eliminating a third of VIA Rail's budget earlier in 2012, the government slashed \$20 million in annual funding, and services have been shortened or eliminated altogether. Canadians are now burdened with the inconvenience of massive cuts in operations, and Canadian taxpayers are faced with unequal access to this vital transport service.

From the Maritimes to British Columbia, Canadians want to know why essential transportation services are being eliminated. The trouble is that the government is not standing up to adequately explain their long-term strategy on transportation.

Instead, the Harper government's misplaced, short-sighted priorities are revealed by their distressing track-record. Lucrative routes are now under threat of being sold off and the Conservatives have refused to rule out a privatization or sale of VIA Rail assets; and since 1990, we've already lost 10,000 kilometers of railroad tracks to private interests. The reality is that prioritizing private in-

terests first is putting a price on accessibility for passengers. Let's tell Stephen Harper loud and clear - the mobility rights of Canadians are not for sale.

Should you have any suggestions, please let me know.

Residents of the Sambro Loop may have noticed a private contractor plowing and sanding the streets and roads

this winter; this is a new approach adopted by the Department of Transportation and Infrastructure Renewal.

As always, your comments and concerns are welcome. Send them along and I will do my best to address them, or incorporate them in our future plans whichever the case may be.

terests first is putting a price on accessibility for passengers. Let's tell Stephen Harper loud and clear - the mobility rights of Canadians are not for sale.

As the only country in the G7 and the OECD that doesn't have a national public transit strategy, we must start investing in public transport as a plan to empower citizens that will pay dividends. Canadians traveling for business, school or recreation rely on VIA Rail to provide efficient, affordable and accessible services.

Our economy benefits when Canadians have public and mass transit systems that provide these services. Targeted transport infrastructure investments improve trade and the links between local economies, boosts tourism and keeps communities strong, urban and rural alike.

These cuts will disproportionately affect Canadians in the Maritimes. In Halifax, VIA Rail has lost half of its traffic through the inconvenience of running trains half as often. The situa-

tion is likely just as bad at other points along the line. The station in Amherst has been completely closed, without even a caretaker to open the buildings at train time.

Properly financed and well-managed public transit deals effectively with the needs of Canadians while minimizing environmental impacts. The reality is that Canadians must get from point A to point B - but it's the responsibility of our government to enact sound policies that encourage Canadians to reduce vehicle usage and take public transit instead.

Reckless cutting to VIA Rail service nationwide decreases the quality of passenger rail services. Smart policy would encourage system-wide economic growth through improved mass transit. The more a service is available, the more people will use it, because of the improved convenience that comes from increased travel options and more certainty of service.

The Conservatives are showing yet
(See Conservative page 15)



Happy
New Year
from your Liberal candidate
Brendan Maguire



Stephen Adams

HRM Councillor, District 11
Spryfield - Sambro Prospect Road

HRM Call Centre 311
Home 477-0627
Cell 497-8818
adamss@halifax.ca

Showing how government
can work for you




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

Phone: (902) 477-4100
Fax: (902) 477-4810
Email: mhraymondmla@eastlink.ca
www.mhraymond.ca

Michèle Raymond | MLA for Halifax Atlantic

Melville Cove • Fleming Heights • Jollimore • Pine Bluff • Boulderwood • Purcells Cove • Fergusons Cove • Herring Cove • Portuguese Cove • Bear Cove • Duncans Cove • Chebucto Head • Ketch Harbour • Bald Rock • Sambro Head • West Penant • Sambro • Williamswood • Harrietsfield • Spryfield

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 hold its "next" monthly meeting on Monday, January 14, 2013, 7pm at the Capt. Wm. Spry Community Centre. Volunteers and new members welcome.

For further information, please e mail urbanfarmspryfield@gmail.com

Movement, Balance & Coordination

4-Week Program (Beginner) Mondays
January 14, 21, 28 & February 4th 12:30-1:30pm

Beginner's Guide to Weight Management

Wednesday January 16th 1:30-3pm at the Captain William Spry Library

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop Please call 487-0690 or drop-in to register. Unless specified programs are offered at the: Chebucto Community Health Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

Spryfield Legion will be hosting **seniors dances** on Monday January 7 and Monday January 21 from 12:30pm to 4pm. \$3 admission. Lunch served. Music by Albert Martell. 50/50 draw.

St. Paul's United Church in Spryfield will host a **concert featuring Elizabeth Deveau** on Sunday, January 20 at 7:00 pm. Elizabeth is an award winning singer and writer of Christian music. Visit her website at www.elizabethdeveau.ca.

Karaoke at Spryfield Legion with Cheryl Friday Jan 25th 9pm--1am Doors open 8pm

The Nova Scotia Government Retired Employees Association (NSGREAA), Region 3, will be holding its Regional Meeting (HRM) on Thursday, January 31, 2013 at 1:30 p.m. in the Saint Andrews Church Hall, 216 School Street, Dartmouth. All retired NSGEU members are welcome."

Dance at Emmanuel Church Hall 322 Herring Cove Road, Spryfield Saturday, January 19, 2013 8:00 pm To 12 am, \$7.00 per person, music by Bay City Band Light Lunch at Intermission

Spryfield Lion's Rink is offering the following **public skates** this winter: Senior Skate – 10 am – 12 pm Tues and Thurs \$2. Parent-tot skate – 10am – 12 pm Wed \$2

Attention: Volunteers Needed!

The Halifax Community Learning Network is seeking volunteer tutors for the Captain William Spry Library Adult Learning Program. Adult learners are varied in their skills and goals. Many want to improve

their communications, math and computer skills or work toward passing the GED test. Volunteers who can tutor basic and / or high school math are especially needed. Training and support are provided.

If you are willing to dedicate two hours per week for at least 6 months as an adult literacy tutor, please call Noreen at 490-5715.

Helping someone to succeed in achieving their goals is the most rewarding job of all!

LEGION: Bingo every Sunday at 1PM.

Mini Bingo at 6 P.M. and Superstat Bingo at 7 P.M

St. Paul's Recycling

On the third Saturday of every month, St. Paul's United Church in Spryfield will collect your clean refundables. You can drop them at the church at 173 Old Sambro Rd. between 10:00am and 1:00 pm. If you would prefer, you may call Carolyn t 477-0187 or Jackie at 477-3776 to have your refundables picked up.

"There is plenty room for more at EI-

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

Conrad Savoury

74, Halifax, passed away with his family by his side on Tuesday, November 20, 2012, in Abbie J. Lane Memorial Building, QEII. Born in Corbin, N.L., he was a son of the late Cyril and Maggie (Poole) Savoury. Conrad loved listening to Newfoundland music and playing the accordion with family and friends. Conrad was a loving companion, father, grandfather and brother. He will be lovingly remembered and never forgotten by companion, Theresa Aldridge; son, Cyril Savoury; daughter, Linda (Neil) Hiscock; brothers, Murdoch, Allen (Regina), Joseph (Mary); sisters, Meta (Lloyd) Martin, Caroline (Cecil) Locker, Marina (Smokey) Lawrence, Emma (Rick) Morgan and Ann Meade; grandchildren, Shane Savoury, Richard Hutchings, Kevin and Kayla Savoury and Michelle Boland; great-grandchildren, Shynne, Hope and Brandon Savoury; many nieces and nephews. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601), 149 Herring Cove Rd. Funeral service was held on Friday, November 23. Donations in Conrad's memory may be made to Canadian Diabetes Association. Words of comfort can be sent to the family by visiting: www.walkerfh.com

Erma Catherine (Mitchell) Armsworthy

98, Halifax, passed away peacefully on Thursday, November 29, 2012 in the Halifax Infirmmary, QEII, with her loving family by her side. Born in Oyster Pond, she was the daughter of the late Jacob and Ada (Wournell) Mitchell. Erma loved bingo, shopping, and spending quality time with her family. Erma will be lovingly remembered, and never forgotten by son, Ken (Fay) Armsworthy, Herring Cove; daughters, Phyllis Westhaver, Fox Point; Jean Armsworthy, Halifax; and Beverly (Ken) MacDonald, Sudbury, Ont.; 15 grandchildren; 14 great grandchildren; several great great-grandchildren; and many nieces and nephews. She was predeceased by her husband, Spencer Armsworthy; daughter, Maureen; son-in-

law, Donald; grandsons, Kenny, Brian, infants Joe and great-grandson Adam. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd, Halifax, (477-5601). Funeral service was held on Monday, December 3 at the funeral home chapel. Burial to take place in Fairview Lawn Cemetery. Family flowers only. Donations in Erma's memory may be made to the Heart & Stroke Foundation of Nova Scotia, or to the Canadian Cancer Society. The family would like to thank the staff of 8.1 for the loving care and compassion shown to their mother. Words of comfort may be sent to the family by visiting, www.walkerfh.com

Kenneth "Ken" Murray Armsworthy 78, passed away on Friday, December 14, 2012, surrounded by his loving family, in the Halifax Infirmmary, QEII. Born in Halifax, on June 14, 1934; he was the son of the late Spencer and Erma (Mitchell) Armsworthy. At a young age the family moved to Spryfield and he remained in the Spryfield, Herring Cove area his whole life. Ken worked on the Halifax Waterfront for forty three years, and was a proud member of I.L.A local 269 until his retirement in 1997. He loved his job and made many life long friends. After retirement he enjoyed bowling, playing a game of crib, spending time in the yard and hunting. Ken loved country music and attended jamborees at Nine Mile River for over 25 years, as well as ones throughout the area. Ken was a loving husband, father and "pop" and will be lovingly missed by his wife of 57 years, Fay (Turner), son, Dwayne (Sandra), Portuguese Cove; daughters, Natalie (Steven), Calgary, AB, Cathy (Leigh) Cole Harbour; sisters, Phyllis Westhaver, Fox Point, Jean Armsworthy, Spryfield; Beverly (Kenneth) MacDonald, Sudbury, ON; proud pop to grandchildren, Amanda, Andrew, Joseph, Scott, Spencer, Mitchell and Haley, great grand daughter Samantha; many nieces and nephews. He was predeceased by son, Joseph; sister, Maureen Mischeau; son-in-law, Andy Klatt. Arrangements were under the direction

derobics-Forever Fit (sponsored by the YMCA) at both Emmanuel Church Hall and Captain William Spry Community Centre. This is a fitness program for adults which includes low impact aerobics, working with weights, stretching and relaxation exercises. The classes @ Emmanuel are Mon, Wed & Fri at 10:00 - 11:00 am; and the classes at Captain William Spry are Mon, Wed & Fri at 9:00 - 10:00 am. No pre - registration is necessary, just come along, have fun and get fit! Pay as you go, \$4.00 per class, plus annual fee of \$10.00."

of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd, Halifax, (477-5601). Funeral service was held on Thursday, December 20 at 10 AM at the funeral home chapel. Interment to take place in Emmanuel Anglican Cemetery. Family flowers only. Donations in Ken's memory may be made to the Emmanuel Anglican Cemetery Fund or charity of one's choice. The family would like to thank the entire staff of floor 8.1 Halifax Infirmmary for their loving care, kindness and the compassion shown to Ken and his family, with a special thank you to our dear friend Chris for his visits and crib games.

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
Erin D. Jennings
Owner & Managing Director
477-5601
Independently Owned & Operated

Geosmin

(continued from page 12)

harmful. On-going testing continues to show an absence of harmful bacteria and other pathogens in the water.

Geosmin, which is commonly experienced by water utilities across Canada and other jurisdictions, occurs after a period of hot, dry weather, followed by heavy rainfall. This is consistent with the weather experienced locally over the spring/summer months, and heavy rain in September. This is the first incidence of Geosmin experienced by Halifax Water. It is impossible to predict at the onset of an incidence of Geosmin how long it will last. Generally, as the lake water temperatures drop, the problem begins to disappear.

If you wish to reduce the odour and make the water taste better, try chilling it, adding ice cubes, adding a lemon, or squirting in a few drops of lemon juice.

You can also place a loosely sealed glass container of water in the refrigerator overnight. Mixing the water in a blender for 5 minutes can also help reduce the odour and taste. Geosmin typically produces an earthy or musty odour. The human nose is extremely sensitive to Geosmin. If you poured a teaspoon of Geosmin into the equivalent of 200 Olympic-sized swimming pools, you would still be able to smell it. Heating the water increases the volatility of these compounds, which explains why the smell is more easily detected when you are in the shower or when used for hot beverages.

Halifax Water has been asked if Geosmin can be removed from the drinking water. There are a number of processes including powdered activated carbon or granular activated carbon systems which can be used to treat for Geosmin. Where Geosmin has never been experienced in any of our water supplies, Halifax Water does not currently have a process to remove Geosmin. Geosmin is not removed

by conventional water treatment processes used by Halifax Water at the Pockwock water treatment facility.

In conjunction with on-going water research being undertaken at our Pockwock Pilot Plant Water Research Facility, Halifax Water is conducting research into Biofiltration and Granular Activated Carbon and their potential to control taste and odour related to Geosmin. Halifax Water will consult with regulatory authorities and review its ongoing research efforts to

identify future best practices with respect to water quality testing and infrastructure investments. As always, the health and safety of customers will be foremost. Halifax Water apologizes for any inconvenience this may cause, and reassure our customers that the water is safe to drink.

For more information on Geosmin visit: <http://www.owwrc.com/TO.htm>; <http://www.toronto.ca/water/supply/odour.htm>; www.awwa.org/ <http://www.who.int/en/>

Conservative

(continued from page 13) again that they do not have the best interests of Canadians at heart and they do not have a vision for economic growth that is environmentally sustainable.

If the government cannot show meaningful leadership on the issue, or manage economic and environmental goals together, then we need a government that

can. The NDP has a vision for an effective and sustainable national public transit strategy. Integral to that plan is not jeopardizing the mobility and accessibility of Canadians.

An enthusiastic user of passenger rail service myself, I'm very interested to hear your stories, ideas and concerns about passenger rail service and transportation policies in Canada. Please write to me at megan.leslie@parl.gc.ca, or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

A HOME FOR EVERY NOVA SCOTIAN

The Nova Scotia government is developing a provincial HOUSING PLAN and needs YOUR ADVICE & EXPERIENCE

Please join us at
Saint Paul's United Church Hall
 173 Old Sambro Road
 Tuesday, January 15, 7pm

For info call 477-4100 or email: mhraymondmla@eastlink.ca

Michèle Raymond | MLA for Halifax Atlantic

Melville Cove • Fleming Heights • Jollimore • Pine Bluff • Boulderwood • Purcells Cove • Fergusons Cove • Herring Cove • Portuguese Cove • Bear Cove • Duncans Cove • Chebucto Head • Ketch Harbour • Bald Rock • Sambro Head • West Pennant • Sambro • Williamswood • Harrietsfield • Spryfield



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




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

BUILDING LOTS AVAILABLE

ARM OF THE LAKE ESTATES WILLIAMSWOOD

1 Lakeview Lot \$39,900 Approved for C2 Septic

1 Lakefront Lot \$58,000 Approved for Peat Moss Septic

1 Lakefront Lot \$69,000 Approved for C1 Septic

1 Lakefront Lot \$74,900 Approved for C1 Septic

Start the New Year in a New Home!

Call Dan now to view any of these great homes; check out interior pictures at:

www.dandoherty.ca



199 KETCH HARBOUR ROAD \$219,900



18 KATE COURT \$214,900



20 CLOVIS AVENUE \$199,900



12 ALDERGROVE DRIVE \$149,900



Dan Doherty
478-4023
www.dandoherty.ca



WHAT IS YOUR HOME WORTH? FREE Comparative Market Analysis

Whether you are thinking of selling now or later it is nice to know what your home is likely to sell for in today's complex market place. Why not allow me to conduct a comparison of recent home sales in your area to give you a probable current market value of your home?

To take advantage of this **FREE NO OBLIGATION** offer you can:

Give me a call at 478-4023 and set up an appointment.

Text me your contact information to 478-4023 and I will respond.

E-mail me at: dan@dandoherty.ca with your contact information.

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

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