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The 20th Annual McNamara Trout-A-Rama



Five year old Mark Lemoine takes his 4th catch of the day to be registered

by Jason Dohert

Cunard pond was the place to be on Saturday as the annual McNamara Trout-A-Rama drew a crowd of more than 100 kids from all over the community. The weather was great and a good time was had by all. Even Woody the fire truck from Ace Lumbermart stopped by to say hello.

For the last 20 years the Halifax Wildlife Association has hosted the Trout-A-Rama tournament for the children in Halifax, although in 2005 the tournament was renamed the McNamara Trout-O-Rama in honor of one of the association's long-time members, Ron McNamara, and his love for children and the great outdoors. Ron's wife Doris continues to play a role in the tournament.

The pond was stocked with trout early in the morning and by 9am there were more than a dozen families lined up along the shore. The excited squeals of the children and the heartfelt laughter of the parents filled the air all day. Ron would have been pleased.

Trout of all sizes were proudly handed over by grinning kids to be measured and recorded. The largest trout was over 41cm and the smallest was 19 cm.

A lunch of hot dogs was cooked up by the association volunteers and served with milk provided by a very large cow wearing an apron from Scotsburn Dairy.

The tournament is open to children aged 3 to 16 with no experience or equipment needed. All that is required is a desire for some quality family time.

As someone lucky enough to have spent my childhood engaged in such activities with my family I can attest to how special this kind of opportunity is for all involved. Especially in such an urban environment.

(See Trout-A-Rama on page 2)

Breaking New Ground

by Carrie Forbes

It's been seven years since Raymond Toulany first purchased the lot on 286 Herring Cove Road, and he's looking forward to getting permission to break ground, which depends on public consultation. 'Ground-breaking' is a good term to describe the mixed-use residential building he envisions rising towards the sky with a modern facade and an impressive street presence. There has not been a new development like this in Spryfield for over thirty years, but Toulany believes now is the time.

"Spryfield is ready. Families and young professionals are moving to Halifax looking not only for convenient housing, but nice housing. They want to have all the services they need available to them within their community, and

still be a reasonable commuting distance to downtown. With my proposal, I strongly believe I can give them that." Toulany doesn't just speak from his own intuition; he has pored over several community stakeholder studies, looking to find out what the community both wants and needs - including the substantial 218 page Herring Cove Road Streetscape study.

What the community wants is exactly what's behind Toulany's design, which is still open for ideas. Some potential uses for the building in addition to residential units include street facing retail space, a daycare centre, and work or meeting rooms. He also wants to incorporate modern amenities such as spacious units, secure underground parking, and esthetics that help

to beautify the street, as suggested by the resident feedback in the studies. Although Spryfield has seen tremendous growth in the residential housing market, a higher density building with rental or condo units hasn't been on the radar. It's precisely this kind of development that makes sense for Herring Cove Road, since the building would

(See Breaking Ground on page 5)

Sweet Sixteen

Just off the Herring Cove Road, hidden on a piece of farmland behind some trees is probably one of the funkiest little projects in all of HRM. I am, of course, talking about the Urban Farm Museum off Rockingstone Rd.

On Friday, June 8th, the Urban Farm Museum celebrated its 16th birthday and unveiled 12 new garden beds to the farm. These wonderful and much needed 4'x10' plots were partially funded by Councillor Steve Adams, Chebucto West Community Health Board and

A mortgage broker can

United Way to provide a 17 week gardening program for families with a new curriculum on gardening basics, using their harvest and the importance of healthy eating and physical activity.

In 1996 Michelle Raymond approached the Mainland South Heritage Society with the idea of a community farm in Spryfield. Pat MacLean and Marjorie Willison soon joined the effort. The Urban Farm Museum Society of Spryfield was incorporated as a non-

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(See Sweet Sixteen on page 5)



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Page 2 July 2012 • Chebucto News

Trout-A-Rama

(continued from page 1)

I was delighted to see not only fathers enjoying this time with their children but many mothers as well. Amanda Lemoine and her husband Mike have been coming to this event since their eldest son Mikey, 11, was old enough to hold a fishing rod. This year it was mom who brought Mikey and his 5 year old brother Mark.

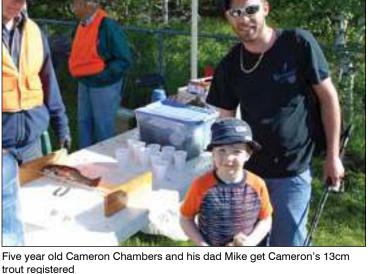
The organisers say that from its humble beginning the tournament has seen ever increasing attendance as more families look forward to each June. The tournament coincides with the first of two free sportfishing weekends this season. The second weekend takes place

February 16th and 17th, 2013.

As always the Halifax Wildlife Association would like to thank Doris McNamara, Ace Lumbermart, Canadian Tire Spryfield, Fishing Fever, Scotsburn Dairy, Gray's OK Tire, and Green Diamond for continued sponsorship and support.



A beautiful day and a great turnout



trout registered



More one hundred kids registered for the tournament



Woody the Fire Truck from Ace Lumbermart stopped by to say hi to the kids



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Chebucto News • July 2012 Page 3

Harrietsfield Community Day

On Saturday, June 2, the Harrietsfield/ Williamswood Community Centre held it's annual Fishing Derby and Community Day, starting with the "Fishing Derby" at 9:00 a.m. at Spruce Hill Lake, where volunteers Bruce Enwood, Angie Pollard, and Larry Sinclair (Chairman of the HWCC) registered some 30 participants of all ages. Their winning entry was 2 vear old Myla Cormier, who bagged a whopping 13 incher. Second prize was given to 6 year old Jordan Brake, who brought home a 10.5 incher and third prize went to Jessica Keane with an 8 incher. The adults caught some nice ones as well, with Bruce getting a 12" trout and Holly Armsworthy bringing in an 11 incher. The nice prizes were donated and many thanks go to the donor, Councilor Steve Adams, who also helped support the events. Following their day at the lake, everyone made their way back to the centre to receive their prizes, and were treated to a "free" BBQ, complete with homemade chicken vegetable soup and fish chowder, supplied by Mike Donovan, a nice touch I might add. The BBQ concluded around 4:00 p.m. whereby the volunteers had a well deserved break and were back at the centre at 8:00 p.m. to prepare for the "Community Dance" put on by the centre and sponsored by private donations and the Harrietsfield

Dart League. The D.J., Wendy, kept the dance floor busy with the upwards of 60 attendees, who were treated to free food and a couple of raffles. The event was considered quite a success, leaving people asking about next year's events.

The Community Centre would like to thank all those who helped make this day the success it was, starting with the Board of Directors, Larry Sinclair, Mike Donovan, Donna Frizzell, Holly Armsworthy and Diane Drake. Special thanks goes to the volunteers who helped in this endeavor, Bruce Enwood, Angie Pollard, Rose MacKay, Brittany Frizzell, Chelsea Manzoni, Angela Armsworthy, Jennifer Sullivan and Debbie Sullivan. An extra special thanks goes to supporters, Jeff Fancy, Debbie Kelly and the Harrietsfield Dart League and all who attended our very own Harrietsfield Community Day!

Preteen dances at Harrietsfield/Williamswood Community Centre are sheduled to be held July 26th, August 23rd and September 27th, with the same as before, supervised, snacks available (no nuts), and admission \$3 per child, ages up

Hall rentals, reasonable rates. Summer Day Camp with reduced rates and some "free" evening events for children ages 6 to 12. For detailed information call 403-1666, Monday to Friday, 10:00 - 6:00



Spruce Hill Lake on June 2nd

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Alice Morris	Bowlarama Spryfield	479-2695



Alice Morris Manager, **Bowlarama Spryfield**

MONTHLY MEMBER PROFILE

ALICE MORRIS

Bowlarama Spryfield, located behind the South Centre Mall, is pleased to welcome their new Manager, Spryfield native,

On board since last October, the mother of five daughters and nine grandchildren says she's enjoying her new position. "I am fortunate and grateful to have been given the opportunity to lead Bowlarama Spryfield. I love meeting new people and enjoy the interactions I share with our guests."

Alice stated that they are making many exciting improvements and introducing some fantastic new programs that she thinks everyone in the community will love. She says a primary short term goal, which is nearly complete, focuses on designing a family-friendly atmosphere of music, video, lighting and fun for everyone.

You may contact Alice Morris at (902) 479-2695 or email her at alice@bowlarama.ca.



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July 2012 • Chebucto News Page 4



DISCOVERING OUR PAST



Memorial Tower in Fleming Park commemorates 150 years of representative government in NS

by Iris V. Shea

In 1908 the Nova Scotia Legislature celebrated its 150th anniversary of representative government in Nova Scotia. In 1906, Sir Sandford Fleming proposed that the city of Halifax build a tower on his land overlooking the Northwest Arm to commemorate that 1758 event, the beginning of "Parliamentary Government" outside Great Britain. He offered 95 acres of his Northwest Arm property to the city for a public park. The mayor and council voted down the proposal, claiming it was not within their budget and that it was a provincial government matter.

Fleming was not easily discouraged and went elsewhere for help. The Canadian Club in Halifax agreed to do the fundraising and Fleming donated \$1000 to their very successful campaign. Governments and individuals across Canada and throughout the British Empire donated money. School children in Australia collected and sent pennies. Canadian Clubs in towns and cities across Canada helped in the fundraising effort, as did a number of businesses.

Fleming got his tower. The foundation stone for the tower was laid on October 2, 1908, exactly 150 years from the day when Nova Scotia's first elected representatives met in Halifax. On August 14, 1912 at 12:30 pm, the tower was officially opened by the Governor General of Canada. The city of Halifax received it, free of debt, along with 95 acres of Fleming's "Dingle lands". The land was later given its official name "Sir Sandford Fleming Park" by the city of Halifax.

The memorial tower was designed by Halifax architects Sidney Dumaresq and Andrew Cobb and its construction was in the hands of S.M. Brookfield, Limited. The exterior is native granite and ironstone, finished inside and outside alike. The very durable steel and concrete floors, iron stairs, and copper roof cornices, doors, and window frames are still visible. The local Canadian Club estimated the cost of the finished structure, including all gifts of tablets, plaques, flags and other ornaments, at about \$50,000.

Located inside the tower are 39 tablets and plaques of all sizes, 37 of them gifts for the Memorial Tower from sev-



Opening Day of the Memorial Tower

Photo courtesy Mainland South Heritage Society

eral commonwealth countries and from societies, universities and provinces of Canada. There are two informational bronze plaques on the lower level of the tower.

One small plaque came from France but was instigated by Sir Sandford Fleming. In Fleming's journal, dated April 10, 1911, referring to his daughter, Lily, and her family, he noted: "Wrote Wm Exshaw, Lily & Noel about getting a block of stone from Brouage, birthplace of Champlain." On May 14th of that year he added in his diary "the block of stone arrived for incorporation into the Tower." The plaque reads: THIS OLD BUILDING STONE FORMED PART OF THE GATEWAY OF THE HOUSE IN WHICH CHAM-PLAIN WAS BORN 1567 THREE **HUNDRED YEARS BEFORE CANA-**DIAN CONFEDERATION. THE GIFT OF WILLIAM, LILY AND NOEL EXSHAW. FRANCE APRIL 27, 1911.

For the opening of the Memorial Tower, Halifax merchants, looking forward to the influx of visitors, decorated their storefronts. Residents were asked to refrain from placing their garbage on the streets. An official holiday was declared with schools and businesses closed for the day as the city prepared to celebrate the arrival of Royalty. People would certainly want to get a glimpse of Queen Victoria's son, Prince Arthur, Duke of Connaught, who was Canada's Governor General. He was accompanied by his wife, Princess Louise Marguerite, and their daughter Princess Patricia. Invitations had been sent out to all provinces to share in this special visit. For a fee of 25 cents, spectators could board SS "Kilburn" for the excursion to the Northwest Arm to get a "near view of the ceremony". Brown's

Jewelers on Granville Street advertised souvenir spoons for sale. A free souvenir pin of the event was distributed to the public.

On opening day, DGS Earl Grey brought the Royal party up the Northwest Arm from the Dockyard, landing at "Boutilier's Point" (the name used locally at the time for the point of land from which Boutilier's ferry operated). Other dignitaries and invited guests were aboard DGR "Aberdeen" and other steamers. From "Boutilier's Point" they made their way to the Memorial Tower. On the Northwest Arm, in view of the tower, were many other steamships, sailing vessels, canoes and rowboats, all laden with passengers wanting to be part of this historic event. Five hundred school children sang patriotic songs. Flags, gifts from all over the British Empire, decorated the tower's exterior.

This year, on Natal Day, August 6, from 11 am to 2 pm, plan to attend the 5th annual Dingle Natal Day Party. A celebration of the 100th anniversary of the opening of the Memorial Tower is included. Heritage events, made possible by funding from Halifax Regional Municipality and organized by volunteers from Mainland South Heritage Society and Friends of Sir Sandford Fleming Park, will be part of this historic occasion. More information may be found at this website which is being updated on a regular basis. https://sites. google.com/site/dingletower100/







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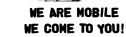


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Phone: 483-8761 Email: dksampson@eastlink.ca Chebucto News • July 2012 Page 5

Sweet Sixteen

(continued from page 1) profit society in 1998.

In 1999 Janet Kidston joined the Society and soon after, approximately 3 acres of the Kidston farmland became the roots of the society. In deference to more than 100 years of tradition, Pat actually arranged for a team of oxen to break the sod and plow the field for the first time.

In their 16 years the urban farm has hosted many gardening programs and welcome all who are interested in gardening and learning about the heritage of Spryfield.

Currently there are 15 families sharing the 12 beds as part of the "Come Grow With Us" Family program. The program runs from May 29th to September 8th. Youth groups also have plots at the Urban Farm. The society sells fresh produce to the public during the growing season on Tuesday evenings and Saturday mornings. Their "Foods of Spry's Field" cookbook is in its third printing and still available at Sobey's customer service counter or from any member at \$15.00 (no tax).

This summer there are many activities for the public to get their hands dirty. The gardens welcome volunteers every day except Mondays & Sundays from 9:30 to 4:30 (Tuesdays until 8pm). The "Evening in the Garden" program has two events on July 17th and August 14th from6:30 until 8pm. The Harvest Fair will take place on September 8th

with a rain date of September 9th from

The Urban Farm Museum Society would like to thank the many people who have helped make this endeavor a success, in particular: the Kidston family; Home Harvest Kitchen for creating the beautiful new garden beds; Councillor Steve Adams who provided some of the funding for the new beds as well as his continued support of the Society; Chebucto West Community Health Board; the United Way; Isner Stables and all who volunteer at the UFMSS

with programming and events. Meetings are held on the 2nd Monday of each month at the Captain Wm Spry Community Centre at 7pm. New members and volunteers always welcome.

For more information on the UFMSS please contact Pat at 477-6087 or email jamac@ns.sympatico.ca.

Breaking Ground

(continued from page 1)

allow for more people to live in the business district. With additional residents, local business and services can flourish – particularly when there is space available to provide those services. It's also a sustainable model for growth, as higher density developments on existing empty lots mean less urban sprawl.

Before he submits his proposal, Toulany wants to ensure he has community support for this venture. As a developer, he also faces criticisms from those who feel that developers are primarily interested in the monetary benefits of construction. Although a challenge, he believes that by connecting the wishes of the residents, businesses and community as a whole, he can show that this development can be beneficial for all. Toulany has a strong connection with Spryfield, since he lived there as a child. The area was home to his parents when they first immigrated to Canada, and where they ran a successful business for many years. "Yes, I do

want to make this financially viable, but it means so much more to be able to provide something that the community both wants and needs. I'd like for Spryfield to see pride in a building that will be not only useful, but sustainable and beautiful."

Toulany has begun engaging the public by holding a signature petition drive to show support. He says that there has been an overwhelmingly positive response to his proposal so far. Public information sessions for the development will be scheduled in the near future, and Toulany invites residents to come out and provide their voice to the process.

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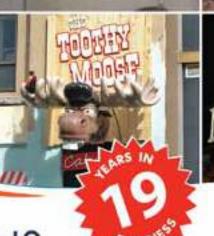
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Chebucto Community Health Team Profile Series: Tina McPhee

by Lorrie Boylen

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

Need a little guidance to eat healthier, lose weight, or prevent chronic disease? Tina McPhee, a wellness facilitator and dietician with the Chebucto Community Health Team, can teach you how. With 14 years experience ranging from a clinical hospital setting, community dietitician, Hearts in Motion, and private practice, she has been a full time enthusiastic member of the Team since it opened 1-1/2 years ago.

Tina has developed a number of programs where she teaches people the basic skills they need to make healthier choices surrounding nutrition and weight management to avoid future visits to the doctor or emergency room. One of the most recent programs she has implemented teaches basic cooking skills for healthy and economic meals from scratch. Although anyone can benefit, this one is specifically geared towards people with little or no cooking skills or knowledge.

The Team has recently expanded into the Clayton Park and Fairview areas, and Tina did a lot of the community engagement meetings surrounding that expansion, as well as planning and organizing meetings with physicians to

find out what programs are needed, and promoting the Team's services so that doctors can refer more of their patients for disease prevention strategies.

Tina and the rest of the Team also engage in fun activities with the community such as bowling. The next bowling night is August 20th at 6 p.m. and is

open to anyone in their catchment area.

Tina's favourite part of the job is teaching. Her friendly Newfoundland style is easy for people to relate to and she can make any class fun. She loves when people ask questions and start discussions and she knows they're learning, not just from her but from each other. She loves knowing that she is making a difference and doing something worthwhile.

As people become more aware of the Team and all the free programs they offer, they are becoming busier but there is still room for more. Tina would love to see those who have the deepest need for the programs utilize them. Ideally, they strive to help people before damage is done and chronic disease has set in.

For more information call 487-0690, visit www.CommunityHealthTeams.ca, or drop into the Community Wellness Centre in the Spryfield Shopping Centre.

Salvation Army Dignity BBQ



Lieutenant Robert Jeffery of the Salvation Army advising passing motorists of the Dignity BBQ in front of the church on Herring Cove Road

by Jason Doherty

On Friday, June 1st, the Salvation Army on Herring Cove Rd hosted a BBQ to mark the end of Dignity Month. The Salvation Army has celebrated May as Dignity Month across the country since 2010. During the month, work

from their Dignity Project is highlighted across the country.

The Dignity Project is a national effort to educate Canadians about the veracity of poverty in the 21st Century. According to the Salvation Army approximately three million Canadians

live in poverty today.

The goals of the Dignity Project are to raise awareness and create constructive and open dialog about poverty, as well as find solutions to the issue. For more information about the Dignity Project or the Salvation Army in general please go to www.salvationarmy.ca.

Summer heat can cause stress on the body

How to avoid, recognize and treat heat exhaustion and heat stroke

by Bobbi Jo Ferguson-Hill, RMT www.tranquilmomentsforyou.ca tranquilmoments@eastlink.ca Summertime is that time of year we all wait for with anticipation; we dream of all the fun in the sun. However, it seems as though our two months of summer is never enough. In our enthusiasm to make every moment of these precious months count we can overdue it and cause ourselves harm. Here are some ways to ensure a safe and enjoyable summer for the whole family.

The first step in protecting ourselves is always prevention. Plan properly for outings make sure there is plenty of water on hand for the whole family (especially small children, the elderly and pets). Avoid allowing your liquid intake to be high sugar or caffeinated beverages. When you are doing yard work or an activity that promotes water loss through perspiration, don't forget to take breaks, find a shady spot and have some water. Wearing a hat with a brim and top vents will decrease the suns effects and help you stay cool. Place a cooled gel pack at the back of the neck to help regulate body temperature.

Heat exhaustion can be recognized by the following signs and symptoms: nausea, vomiting, fatigue, weakness, headache, muscle cramps (common during workouts in the heat), and dizziness. A more serious condition referred to as heat exhaustion has the following symptoms: high body temperature, the absence of sweating, with hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, seizure and or coma.

If someone is showing these symptoms they should seek medical assistance. In the mean time get them to a shaded area or cool place. If they can drink, let them. Cool water or compresses can help lower the body temperature or ice packs placed at the armpit or groin area. If they are unconscious, place them in the recovery position until a medical professional arrives (911).

Stay safe and enjoy what our summer has to offer.

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WE CARE

July 2012 • Chebucto News Page 8

Theatre Arts Guild Launches New Season

Five Productions and Directors Revealed for 2012 – 2013 Season at the Pond Playhouse

Ending weeks of speculation, Theatre Arts Guild (TAG) officially launched their 2012 – 2013 Season on Monday, June 4 at The Pond Playhouse, Halifax.

Announced by Renée Hartleib, Artistic Director, TAG's 2012 – 2013 season

September: God of Carnage* December: Camelot, the Panto February: *The Death of Me* and *My Narrator* – two one act comedies April: A Man for All Seasons June: The 25th Annual Putnam County Spelling Bee

Renée Hartleib provided more details on each production:

God of Carnage* (by Yasmina Reza) is a tight, one-act popular Broadway play that's been turned into a movie. With wonderful dialogue and compelling characters, this adult drama also contains very funny, true-to-life moments. *Pending Rights Approval

Camelot, the Panto (by Ben Crocker) continues our immensely popular pantomime tradition, with lots of audience participation and recognizable characters. Our December pantomime holiday treat almost always sells out.

The Death of Me and My Narrator, are two one acts plays by Norm Foster, the King of Canadian Comedy. The laughter from Foster's two one act plays will lighten and brighten any evening, especially in the dead of winter.

vision for Nova Scotia's economy.

A Man for All Seasons (by Robert Bolt) is a rich costume drama, set in the time of King Henry VIII. This wellloved, well-known classic, explores moral issues of silence and consent, still relevant today.

The 25th Annual Putnam County Spelling Bee (by Rebecca Feldman; music & lyrics by William Fine) is an innovative musical, fresh from Broadway, has played all over the world. This audience favourite consistently enjoys great reviews. Spelling Bee is a fun and modern musical with audience participation, and a cast of nine, – a delightful coda to the upcoming season.

"The season line-up is the result of carefully reading dozens upon dozens of scripts and reviewing suggestions made by our volunteers, members and audience," explains Hartleib, who together with Judy Reade, Jonathan Tyson, Elaine Casey, Austin Reade and Rayna Smith-Camp comprise Theatre Arts Guild's Artistic Committee. "Many suggestions for plays are submitted on our website (www.tagtheatre.com). We are always open to feedback, and online play suggestions help make this process easily accessible. All play suggestions are carefully reviewed and considered," says Hartleib.

The directors for Theatre Arts Guild's 2012 – 2013 season include: Michele Moore (God of Carnage*)

A message from the Honourable Jamie Baillie,

Leader of the PC Party of Nova Scotia

As an MLA and Leader of the PC Party, I've had the opportunity to travel to all

corners of Nova Scotia. But whether I'm in Yarmouth or Guysborough, Sydney

or Springhill, I find one thing is always the same: thousands of Nova Scotians

This sense of community is particularly strong in Halifax Atlantic. As a

Chebucto Community Development Association has put its United Way funding

former co-chair of the Halifax Region United Way campaign, I know that the

to use by building local educational and volunteer opportunities. Last year, I

saw this community's spirit first hand, when I joined the Halifax Atlantic PC

Association in participating in the 37th annual Spryfield Santa Claus parade.

More recently, I was asked to speak at the Spryfield Business Commission's

annual business meeting and dinner, where I was able to discuss our party's

As you may know, there may be changes to the province's electoral

riding, even if they have been part of the same riding for many years. I

encourage everyone to review the work of the Electoral Boundaries

boundaries over the next 12 months. Residents may find themselves in a new

Commission, which can be found at: http://nselectoralboundaries.ca/. If you are

concerned about any of the proposed changes, there is still time for individuals

and groups to make submissions to the Commission. Regardless of what shape

Atlantic will continue to be the supportive and involved places they have always

In Halifax Atlantic and across the province, members of the PC Party are

committed to a better way of moving Nova Scotia forward. If you would like to

the boundaries take, I am sure that the communities that make up Halifax

are committed to making our communities even better places to live.

Angela Butler (Camelot, the Panto) Frank MacLean (The Death of Me and *My Narrator* – two one act comedies) Gisela O'Brien (A Man for All Seasons) Jolene Pattison (The 25th Annual Putnam County Spelling Bee)

These directors have been involved with Theatre Arts Guild in every capacity from directing, acting, stage managing and lighting design, to set construction and props. Individual director profiles appear on a separate backgrounder.

Individual productions launch approximately 10 to 14 weeks ahead of show opening, beginning with recruitment of crew and cast. Audition notices are circulated within the theatre community and to the media.

The Theatre Arts Guild has the distinction of being the oldest, continuallyoperating community theatre company in Canada! Home base is Pond Playhouse, located at 6 Parkhill Road in Halifax, just past the Frog Pond, off

Purcell's Cove Road. The Theatre Arts Guild's annual December pantomime is a much-anticipated and cherished holiday tradition. Engaged in community outreach, Theatre Arts Guild stages plays in libraries and schools around HRM, as well as connecting with service clubs. Recently, Theatre Arts Guild launched a monthly series of free workshops, open to everyone, facilitated by volunteer Rebecca Humphreys, on various aspects of theatre (producing, stage management, lighting and publicity), to provide sought-after training for volunteers and potential volunteers.

"Each production is produced and performed entirely by volunteers. We welcome anyone from the community who would like to get involved" says Angela Butler, Chairperson of the Theatre Arts Guild's board. "No theatre experience is necessary; just a love of theatre.

Visit www.tagtheatre.com for more information on Theatre Arts Guild and Pond Playhouse.

Spryfield and District Business Commission recognises outgoing Board **Members and Volunteers**

by Bruce Holland, Executive Director,

The annual general meeting of the Spryfield and District Business Commission was held on June 7, 2012 at the Spryfield Golden Age Centre before a crowd of fifty people. Guest speaker was Jamie Baillie, leader of the Progressive Conservative Party of Nova Scotia. Mr. Baillie spoke of how Spryfield and the surrounding area have developed over the years to become a desirable place to live and work. "It is obvious the SDBC has had a hand in the development of the community" said Mr. Baillie.

SDBC board Chair, Ryan Brennan, presented an award to out going board member Darlene Croscup of the Royal Bank Spryfield. Although not in attendance, Fred O'Hearn of ACE Lumbermart and Bruce Cooke of RE GRoup also received awards thanking them for their service on the Board.

SDBC Executive Director, Bruce Holland, presented awards to community volunteers Gina Gray and Mike Thomsen for their many years volunteering for the Spryfield Santa Claus Parade and to Maggie Mann and Jason Doherty for their volunteer work on the Spryfield Business Expo. In presenting the awards Mr. Holland said "It is with great appreciation that I present these awards to these volunteers. Without these special people events like these would not be possible."

New members elected to the board of directors are Dan MacDonald, mortgage specialist with the Royal Bank of Canada; Rick Dempsey, manager of the

South Centre Mall; and Erin Jennings, managing director of J. Albert Walker Funeral Home. Remaining on the board are Ryan Brennan, Irene Swindells, Eric Caines, Harlin Hayes and Dan Doherty.

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know more about our vision, please visit our website at http://pcparty.ns.ca/. Have some thoughts or questions? You can reach me at JamieBaillie@gov.ns.ca, or by calling 1-800-363-1998.

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Any 12"
Submarine
Sandwich



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3 Pc

\$7.99

SUPERSaturdays

Medium Donair



\$4.99

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	PIZZA			
You-Top-It	POCKET	9"	12"	16"
Cheese & Sauce	5.99	6.99	7.99	9,99
Toppings 1-3	7.99	7.99	8.99	12.99
Toppings 4-6	9.99	9.99	10.99	15.99
Pizza/Garlic Fingers & Sauce	(1) 7.99	(1) 7.99	(2) 8.99	(3) 12.99
Extra Toppings	.75	.99	1.49	1.99
Extra Cheese/Donair Meat				
Feta/Mozza/Cheddar	1 oz. .99	2 oz. 1.49	4 oz. 2.49	6 oz. 3.49

Toppings x 1: Pepperoni, Salami, Wiener, Bacon Crumble, Ground Beef, Chopped Ham, Italian Sausage, Mushroom, Green Pepper, Hot Pepper, Red Onion, Black Olive, Green Olive, Pineapple



Pizza Pocket

12"

16"

1 Pizza **10.99**

(1) 10.99 (1) 11.99

(1) 16.99

2nd: 35% OFF! 2 Pizzas 16.99

(2) 16.99

(2) 19.99

(2) **27.99**

Donair Greek Style:

Greek Donair Meat, Green Onion, Tomato, Mozza, Sauce Onion

Thornhill House Works:

Pepperoni, Ground Beef, Sliced Bacon, Sliced Wiener, Onion, Mushroom, Green Pepper, Mozza, Pizza Sauce

Meat Lovers:

Brothers Pepperoni, Pepperoni, Sliced Ham, Donair Meat, Mozza, Pizza Sauce

Greek Pizza:

Tomato Sauce, Mozza, Feta, Green Olives,

Loaded Pepperoni:

Fresh Sliced Pepperoni -- and lots of it—you will not see through this pizza! It's all Pepperoni, Pizza Sauce

Hot Brothers Pepperoni:

Sliced Brothers Pepperoni, Our Hot Sauce/Pizza Sauce spun together—it's good and hot!



Hawaiian Style:

Double Pineapple, Double Chopped Ham, Bacon Crumble, Cheddar Cheese & Mozza

Appetizers

Munchie Box

5 Wings, 5 Mozza Sticks, 5 Nuggets, ½ lb. Brothers Deep Fried Pepperoni,

Honey Mustard & Sour Cream 14.99

Nachos Baked

Mozza, Cheddar, Bacon, Onion, Tomato, Salsa, Sour Cream 12" **9.99** 16" **13.99**

*Add any Pizza Topping 1.99
*Add Chicken Breast 2.99

Brothers Deep Fried Pepperoni

Honey Mustard Sauce 1 lb. 8.99 2 lb. 14.99

Mozza Sticks

And Fries 8 Pc
Just Mozza Sticks 10 Pc
With Sour Cream
8.99

Original P.G. Fries

Dollar Fries, Garlic Butter
And Spice
(Poutined)
4.99
6.99

French Fries

Spice it up for Free Sm. 2.99 Lg. 3.99

Onion Rings

Spice it up for Free Sm. 3.99 Lg. 4.99

Salads # Breads

Sm. Lg.

Tossed Salad

Lettuce, Tomato, Onion, Spinach 3.99 5.99

Caesar Salad

Romaine, Bacon, Croutons, Parmesan, Caesar Dressing **3.99 5.99**

Greek Salad

Romaine, Olives, Feta, Onion, Tomato & Dressing

3.99 5.99

Add Chicken Breast 2.49 3.49
Garlic Bread 1.99 2.99
Cheese Garlic Bread 2.99 3.99

Have it Your Way! Subs or Pita Wraps

*Toasted Open Faced in a Box

*Cold or Toasted Closed 6" 12"

Cold Cut

Pepperoni, Salami, Ham, Mayo, Mozza,

Lettuce, Tomato, Onion 3.99 7.49

Pizza

Pepperoni, Salami, Mozza, Mushrooms, Onion, Green Pepper, Pizza Sauce 3.99 7.49

Donair

Donair, Mozza, Onion, Tomato,

Donair Sauce **3.99 7.49**

Derby Steak/Sub

Grilled Steak, Mushroom, Onion, Green Pepper,
Mozza, Mild Steak Sauce 4.99 8.99

Chicken Breast

Deep Fried Breaded Breast, Mozza, Lettuce,

Tomato, Onion, Mayo 4.99 8.99

Meat Lover

Brothers Pepperoni, Pepperoni, Sliced Bacon,

Donair, Mozza, Pizza Sauce 4.99 8.99

Thornhills = Poutines



(Kids Mini) Med. Lg.

Poutine

Fries, Gravy, Mozza **3.99 5.99 7.99**

Chickentine

Deep Fried Chicken Breast Chopped, Fries,

Mozza, Gravy **6.99 8.99**

Donairtine

Fries, Chopped Donair Meat,

Mozza, Gravy **6.99 8.99**

Cheeseburgertine

Fries, Ground Beef, Mozza, Cheddar,

Gravy, Spice **6.99 8.99**

Chickenburgertine

Fries, Chicken Breast,

Mozza, Gravy **6.99 8.99**

Works Poutine

Fries, Bacon, Burger Spice,

Mozza, Cheddar, Gravy 7.99 9.99

Fresh Haddock Daily = 1969

1 Pc Fish & Chips and Coleslaw	4.99
2 Pc Fish & Chips and Coleslaw	6.99
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4 Pc Fish & Chips and Coleslaw	10.99
8 Pc Family Pack, Coleslaw and Gravy	20.99
12 Pc Family Pack, Coleslaw and Gravy	27.99
14 Pc Family Pack, Coleslaw and Gravy	31.99
20 Pc Family Pack, Coleslaw and Gravy	39.99
Fresh Clams Only, 8 oz.	9.99
Fresh Clams, Chips and Coleslaw	12.99
Fresh Haddock Tips Only	7.99
Fresh Haddock Tips, Chips and Coleslaw	9.99
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Fresh Scallops, Chips and Coleslaw Se	asonal
a	
Small Seafood Platter	
1 Pc Fish, 2 oz. Clams, 2 oz. Scallops,	
	10.99
1 Pc Fish, 2 oz. Clams, 2 oz. Scallops, Fries and Coleslaw	10.99
1 Pc Fish, 2 oz. Clams, 2 oz. Scallops, Fries and Coleslaw Large Seafood Platter	10.99
1 Pc Fish, 2 oz. Clams, 2 oz. Scallops, Fries and Coleslaw Large Seafood Platter 2 Pc Fish, 4 oz. Clams, 4 oz. Scallops,	
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1 Pc Fish, 2 oz. Clams, 2 oz. Scallops, Fries and Coleslaw Large Seafood Platter 2 Pc Fish, 4 oz. Clams, 4 oz. Scallops, Fries and Coleslaw "The Fisherman's Catch" 3 Pc Fish, 4 oz. Clams, 4 oz. Scallops, 4 oz. Haddock Tips, Fries and Coleslaw Extra Pc Fish	14.99 19.99 2.99

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	Sm 6.07	/Med. 8 oz.,	/ La 10 oz
Donair	4.99	6.99	8.99
Donair with Brothers Pe		0.00	
and Fries	6.99	8.99	10.79
Donair Platter			
Mozza, Onion, Tomato,	Donair Me	at,	
Fries, Sauce, Oven Bak	ed		9.99
		½ lb .	1 lb.
Donair Meat Only		6.99	11.99
4 oz. Donair Sauce			.99
Sauce on the Side			.99



3 Pc Chicken & Chips with Coleslaw	
(Chicken is only sold in 3 Pc)	8.99
3 Pc Chicken Fingers & Fries	7.99
5 Pc Chicken Fingers & Fries	9.99
8 Wings & Fries	8.99
10 Wings Only	7.99
20 Wings Only	14.99
Chicken Burger with Mayo	3.99
Chicken Burger with Gravy	3.99
Chicken Burger Deluxe	6.99
Chicken Breast Burger	4.99
Lettuce, Tomato, Mayo Deluxe	7.99

Thornhill's Classics

Hamburger	3.99
Hamburger Deluxe	6.49
Cheeseburger	4.49
Cheeseburger Deluxe	6.99
Bacon Cheeseburger	4.99
Bacon Cheeseburger Deluxe	7.49
Extra Patty	2.00
Bacon	.79
Hamburg Steak (8 oz.),	
Fried Onions, Fries and Coleslaw	9.99
Hot Chicken Dinner	8.99
Hot Hamburg Dinner	8.99
Club House	7.99
Club House Deluxe	9.99
BLT Sandwich	5.99
BLT Deluxe	7.99
Two 6 oz. Derby Steaks,	
Fries and Coleslaw	11.99
Our Lasagna & Garlic Bread	8.99

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Chebucto News • July 2012 Page 13

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 JULY

July 16 th – 20 th 9:30 a.m. – 12:00 p.m. **Amazing Wonders Aviation Vacation Bible School** at Gospel Light Baptist Church 1266 Old Sambro Road. Ages 3-11 FREE! Come out for a time of Bible stories, crafts, games, snacks, music and FUNI

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Lobster Chowder** on Sunday, August 12th from 3:00pm to 6:00pm. Adult portion \$12.00; Child portion \$6.00. Everyone Welcome

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Strawberry Social** on Saturday, July 14th from 1:00pm to 3:00pm. There will also be a cake walk and Chinese auction. Everyone welcome

URBAN FARM MEETING: The Urban Farm Museum Society of Spryfield will hold its monthly meeting on Monday, July 9th, 2012, 7pm at the Capt. Wm. Spry Community Centre. Volunteers and new members welcome. For further information, please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

Art Group Formed to Sponsor Visual Art Shows in Spryfield, NS The Halifax Atlantic Community Art Group will sponsor art exhibitions in the Spryfield Community Wellness Center for residents of the Halifax Atlantic District. Four month long shows are planned for the first calendar year beginning in August 2012. Artists invited to participate will include professional visual artists and photographers, school children, families, various groups throughout the area. The goal is to encourage creativity and artistic practice and to bring local residents into the Wellness Centre. There will be a public reception for each show. Working adult artists in the Atlantic Halifax District are invited to contact the group for consideration to hang in the first show in August. Deadline is July 15. Contact: Ann Hart, info@ahartstudio.com or 1-417-763-3767 (skype phone)

Upcoming Legion Dances:

Date: July 14th; time: 9-1am; band: The Tide; cost: \$5.00 a person; doors open: 8pm

Date: July 27th; time: 9-1am; band: Brian Baker and Memphis Nights; cost: \$7.00 a person; doors open: 8pm

Basics of Heart Healthy Living Saturday July 7 th 10-12pm. Get started with the basics of heart healthy living. You will learn the top 3 numbers you should know to keep your heart healthy. You will learn about cholesterol, blood pressure, waist circumference and many lifestyle tips.

Find Leisure in Your Life Monday July 23 rd 10-11:30am. What is a healthy life without enjoyment? This session will

encourage you to think of what you enjoy in life, and how to bring those things alive. Explore what leisure activities you are passionate about, how to get around the barriers, and find out what is available in the community.

Want to be Physically Active? Find Out How! Wednesday August 1 st 1:30-3pm at Captain William Spry Library. This learning session is designed to help you incorporate more physical activity in your lifestyle. You will gain knowledge and tools to build an effective and balanced physical activity program. You will explore your barriers and develop a physical activity/exercise plan.

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 Healthy Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

Cecilia Mary "Cindy" MacDonald

Discover McNabs Island Guided Tours

The Friends of McNabs Island have hired two students who will be are offering guided tours of McNabs this summer.

Discover McNabs Island's fascinating history by touring Fort McNab and Fort Ives. Learn how carnival king Bill Lynch got his start in the fairground business s and how Pure McNab became a popular beverage. Observe the island's wildlife and listen to songbirds on a nature tour. Travel back in time and explore the Victorian Gardens of the Hugonin-Perrin Estate.

Discover McNabs Island this summer! There is no charge for the guided tours, but visitors must pay for their own transportation to the island. To book your tour, contact friendsofmcnabsisland@gmail.com or call 494-8515 and leave a message.

When not on the island, our summer students can be found in the Administration Building at Fisherman's Cove in Eastern Passage. Stop by our display to learn more about this wonderful provincial park that is yours to discover!

Ongoing Community Events

LEGION: Bingo every Sunday at 1P.M. 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 my call Carolyn 477-0187 or Jackie at 477-3776 to have your refundables picked up.

There is plenty room for more at **Elderobics-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.

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

62, Halifax, passed away peacefully at home on Friday April 20, 2012. She was a daughter of the late Cecil and Mary Ann (Pike) Clarke. Cecilia recently retired from Dalhousie University, where she had worked for over 40 years, primarily as an administrative assistant for the School of Public Administration. Cecilia was an active member of the Emmanuel Anglican Church in Spryfield, including still being part of the Mother's Union. Her dedication to the church over the years included time spent as a lay reader, choir member, Sunday school teacher and numerous church camps. She was truly happiest when involved with activities within the church community. Cecilia is lovingly remembered and survived by her son, Daniel Vincent MacDonald and daughter Michelle Lynn MacDonald; three grandchildren, Noah, Anna and Bekah MacDonald; sister Terry Ann Lord; brother, Alexander (Sandy) Clarke; nieces, Mary Stewart and Kimberly MacEachern. Cremation has taken place under the care of J.A. Walker Funeral Home (2005) Ltd. (477-5601), Spryfield. A Holy Eucharist service of remembrance and celebration of life took place at Emmanuel Anglican Church. Interment to take place at a

later date. Monetary and food donations

may be made to the Emmanuel Angli-

can Church Food Bank in memory of

Cecilia. A special thanks to the staff on floors 7A & 8A V.G. Site QEII, pal-

liative care team, VON and Bayshore

services for their compassionate care

and support.

'Be strong and courageous...do not be discouraged, for the Lord your God will be with you wherever you go" Joshua 1:9

Lillian Edna Hatcher

90, Halifax, passed away peacefully on Monday, April 30, 2012 in Arborstone Enhanced Care. Born in Halifax, she was a daughter of the late Douglas and Mary Smith. Lillian was a member of Emmanuel Anglican Church. She will lovingly be remembered by her sons, David Hatcher (Claudine MacDonald), Port Williams; Richard (Kathy) Hatcher, Halifax; daughters, Beverley (Bob) Hardie, Mount Uniacke; Judy (Ray) Bowdridge, Beaverbank; 11 grandchildren and 12 great grandchildren; brother, Ron Smith, Halifax; sisters, Betty Caines, Halifax and Marion Day, Lake Charlotte. She was predeceased by her husband, Alexander Hatcher. The family would like to extend special thanks to the 2nd floor nursing home staff at Arborstone Nursing Home, Purcells Cove Road. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd. A service of remembrance was held on Thursday, April 3 from the funeral home chapel, Rev. Diana Frye officiating. Interment to be held in Emmanuel Anglican Cemetery. Donations in Lillian's memory can be made to the Canadian Diabetes Association.

Margaret Mary "Peggy" Hogan 58, Halifax, on May 24, 2012, Peggy passed away at home peacefully sur(See Obituaries on page X)

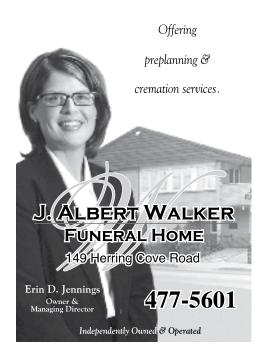
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Page 14 July 2012 • Chebucto News

OBITUARIES

(continued from page 13) rounded by her family. Born on September 28, 1953, she was a daughter of the late Edward and Marion (Kennedy) Fall. She will be sadly missed as a grandmother, mother, wife, sister, aunt and a good friend to all. She was a very loving grandmother to her granddaughters Grace and Elisenn, they both adored her very much. Peggy enjoyed spending time with her husband Tom "at the camp" where they enjoyed many good times with their children and friends. Peggy was also known to love a good game of cards as well. She is survived by her loving husband, Tom; son, Edward, Sambro Head; daughter, Eileen Hogan (Maykel), Fergusons Cove; grandchildren, Grace Hogan and Elisenn Nunez-Hogan; four sisters, Elizabeth Rock, Ottawa; Christine Purcell, Herring Cove; Viola Sheals (Tony), Windsor; Sarah Gray (Rodney), Herring Cove; one brother, Allan Fall, Halifax. Besides her parents, Peggy was predeceased by nephew, Michael Little. Arrangements were under the care of J.A. Walker Funeral Home (2005) Ltd. Donations may be made to a charity of one's choice. Many thanks to Chris Henneberry, a very dear and close friend to the family, and to Peggy's sister Sarah-you are an angel on earth.

Neville Gordon Kenneth King

73, Herring Cove, passed away peacefully on Sunday, May 27, 2012 at the VG Site, QEII. Born in Redding, England, he was the son of the late Gordon and Winifred (Bourne) King. Neville worked for over 32 years Canadian National Railway as a Pier Foreman at the Halifax Waterfront. He was president of the CBRT & GW Union. He loved to travel, was an avid hunter and he enjoyed golfing regularly at the Ashburn Golf Club, of which he was a member. Neville was a loving husband, father and grandfather. He is survived by sons, Ronnie, Spryfield; Arthur"Jamie" (Julie), Herring Cove; Jonathan (Heather), Ketch Harbour; daughters, Wendy Martin (Philip Casey), Herring Cove; Kathy King, Halifax; son in-law, David Martin; daughter in-law, Tracey Hardiman; grandchildren, Corey Hardiman, Michelle Martin, Melanie King, Trevor King, Lucas Berrigan – King; brothers, Peter (Marie) Whitehead, Portuguese Cove; William "Billy" (Darlene) Whitehead, Harrietsfield. He was predeceased by his wife, Nancy and his step-father, Jim Whitehead. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd. A Service of Remembrance was held on Thursday, May 31 from the funeral home chapel. Donations in Neville's memory may be made to the Canadian Cancer Society.

Ron Patrick Day

48, Herring Cove, born July 23, 1963, died suddenly at home, May 28, 2012. Ronnie, born in Halifax, the 3rd son of Lorraine (Young) and Charles "Bucky" Day, was a man of words but cannot be aptly represented by mere words. Witty, whimsical, passionate, brilliant, humble, loving and generous are terms that only scratch the surface

of his soul. He loved people and loved to share laughter. He attended William King Elementary, Herring Cove School, Herring Cove Junior High and J.L. Ilsley High School. Upon graduation he entered the Nova Scotia College of Art and Design and achieved a Bachelor's Degree in Fine Art, majoring in photography. Inspired by Ansel Adams, he created beautiful large format photographs of natural scenes with "Blackie" his camera that he affectionately named after Eric Clapton's favorite stratocaster guitar. Through his love of photography he chronicled daily life in his notebooks, scrapbooks, poetry and lyrics. He believed in the cyclical and Karmic nature of life and that what one gives out, comes back. This was reflected in the countless, thoughtful cards, gifts and letters that he lavished on his cherished friends and family over the years. After studying computer programming at Compu College, he worked in the production of educational software at E.O.A Scientific. The ocean was also close to Ron's heart. While still a student he rigged various forms of netting and fishing gear at an enviable pace. He baited tubs of long-line trawl in Sambro. He later worked for Federal Fisheries in the North Atlantic plotting every course sailed on his nautical charts. With an affinity for a traditional and sustainable inshore fishery, he was proud to work on several lobster boats over the years. Ron was active in his community. As a fire fighter at Herring Cove and District Volunteer Fire Department he received provincial certification as a Level 1 fire fighter from the fire fighting school in Waverly. He also trained and was certified as a Medical First Responder. His meticulous record keeping skills were well employed in several volunteer positions including secretary for Herring Cove Rate Payers Association, secretary for the local municipal planning strategy committee, as well as a steering committee for a water and sewer project. Once, in an act of community solidarity, Ron and other volunteers continued to operate the much loved community pancake breakfasts out of Ron's home after the Halifax Regional Fire Service locked the H.C. Volunteers out of their own community recreation hall. His employment experience was diverse. More recent jobs included the I.T. customer service and support and personal care work. Of all his gifts, fatherhood was his greatest. He was an involved parent who took a keen ineterest. This would often involve volunteering at the elementary school and assisting in the latest science experiment. His cherished son, Dylan, who Ron and Gennine named after the lyrical legend, Bob Dylan, was a constant source of inspiration. Many summer's evenings Ron and Dylan could be seen walking home covered in mud, scrapes and grass stains, returning from the pursuit of another passion, baseball. The Expos were mourned, the Blue Jays were ever present. Come hockey season, every year might be the year that his beloved Habs would recapture the cup. The

Ken Dryden No. 29 jersey would be

donned. The shrine of Habs banners and knick knacks would be placed on the altar over the TV. In terms of other passions, there are far too many to mention but the short list would include fantasy and science fiction, (his dog Frodo is named after a character in J.R.R. Tolkien's, The Hobbitt), any board game or puzzle that involved a huge vocabulary and of course...music. he exalted in the Beatles and never forgot how their cultural, musical and lyrical prowess changed popular music and changed the world. The social catalyst of a generation of N.S.C.A.D. graduates and beyond, Ronnie will be missed. He is survived by his son, Dylan; mother, Lorraine; ex-wife, Gennine (Silliker); brother Dereck "Rick", brother Gary and sister-in-law, Jaqueline; nieces, Taylor and Cleanne; cousin Danny Winsa; second cousins, Theresa, Leah and Michelle. He was predeceased by his father, Charles "Bucky" Day; maternal aunts, Rita (Young) Donaldson and Nonie (Young) Eisenor; cousin, Karen Miller, second cousin, Denise; brother Gary's first wife, Carol; paternal grandparents, Beatrice and Edmund Day; maternal grandparents, Sadie and George Young.

Elizabeth Anne Relf, R.N.

Halifax, passed away peacefully on Wednesday, June 6, 2012 in the Dartmouth General Hospital. Born in Halifax, she was the daughter of the late Frederick and Margaret (Woodroffe) Relf. Elizabeth was a graduate of the Victoria General Hospital School of Nursing. She worked in Montreal and Vancouver early in her career and later took an early retirement from the QEII Health Sciences Center in 1997. She enjoyed travelling and was an avid golfer. She was an active member of Emmanuel Anglican Church, Spryfield and a volunteer at Melville Lodge. She is survived by brothers, Gordon (Susan), Dartmouth and Kenneth, Spryfield; nephews, Craig, Paul, Troy and Christopher; 2 grandnephews and 2 grandnieces; and many friends. Heartfelt thanks to the doctors and nurses on 3 East of the Dartmouth General Hospital for their loving care of Elizabeth; special thanks to Angela McFadden, Head Palliative Care Nurse and to Gillian, Elizabeth's nurse. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd. A celebration of Elizabeth's life was held on Monday, June 12 in Emmanuel Anglican Church, Spryfield, Rev. Dianna Brett-Frye officiating. Interment to be held in Emmanuel Anglican Cemetery. Donations in memory may be made to Emmanuel Anglican Church.

Dora Constance Josey

96, Halifax, passed away peacefully, on Friday, June 8, 2012 in the Dartmouth General Hospital. Born in Maple Grove, Hants Co, she was the daughter of the late Maxwell and Olive (Moore) Royles. She was a past member of St. Mark's Anglican Church, a member of Emmanuel Anglican Church, also was a member of the Mother's Union. Dora was a loving mother, grandmother and friend. She will be lovingly remembered and never forgotten by sons; Ronald (Vicki) Josey, Newburne, daughters; Euince Messervey, Halifax, Linda (Martin) MacDonald; Hubley, seven grandchildren, five great grandchildren and two great great- grandchildren, brothers, Herbert Royles, Fred Royles, both of Hants Co, sisters; Mary Kilby; British Columbia, Susie Zuick, Saskatchwen, ,she was predeceased by her husband Ivan, son, Eugene Josey, brothers, Malcolm, Charles and George, sisters, Minnie Joy and Myrtle Jolly, son-in-law, William Messervey. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd. A celebration of Dora's life was held on Tuesday, June 12 in Emmanuel Anglican Church, Spryfield, Rev. Dianna Brett-Frye officiating. Interment to be held in Pleasant Hill Cemetery, Lower Sackville. Donations in memory may be made to Emmanuel Anglican Church. Words of comfort can be sent to the family by visiting www.walkerfh.com.

Free Family Golf Day to be held on July 28

by Bruce Holland, Executive Director, SDBC

Spryfield and District Business Commission in Partnership with Briarwood Golf Club holding a Free Family Golf Day in Aid of the Spryfield Boys and Girls Club

The Spryfield and District Business Commission, in partnership with Briarwood Golf Club, are holding a free Family Golf Day on Saturday, July 28, 2012 (rain date August 4, 2012) from 10:00am – 4:00pm at Briarwood Golf Club, 647 Herring Cove Road.

In addition to a free round of golf, there will activities and games for children to play and a BBQ on site. Local businesses will be sponsoring various holes and offering give-aways to participants.

Proceeds from this event are going to the Spryfield Boys and Girls Club and freewill offerings will be accepted.



Children must be accompanied by a parent. To register for this event, please contact Bruce Holland at the Spryfield and District Business Commission at 452-7472.

Should you or your business wish to volunteer, make a donation or sponsor a hole, please contact Mr. Holland at the above number.

We look forward to seeing you for a round of golf and a day of fun.

Chebucto News • July 2012 Page 15

Seniors Dance the afternoon away at Spryfield Legion

by Jason Doherty

Two Mondays a month for the last 10 years the Legion roof has shaken with the sounds of music and laughter as seniors gather to dance the afternoon away.

For \$3.00 a person seniors can come and enjoy some music, food, and camaraderie. At Christmas the Legion hosts a big turkey dinner. Dances run from 12:30 pm to 4 pm with food served around 2:30 pm.

DJ Albert Martell has a knack for playing the tunes everyone wants to hear, as can be seen by the constantly packed dance floor. And don't be surprised if your anniversary or birthday gets announced.

Charlie Martin, the man who came up with the idea, says that not only is the Spryfield Legion packed every second Monday but other Legion branches have begun their own Monday dance with success.

Keep an eye on the Community Events section of the Chebucto News for info on upcoming dances and activities at the Spryfield Legion.



Albert Martell DJ's the dances on a regular basis



Mickey and Susan Martin enjoy the music





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Page 16 July 2012 • Chebucto News

The problems are clear, but where are the solutions?

By Megan Leslie, MP for Halifax

Fresh tomatoes, juicy strawberries, hand-picked herbs — when I think about summer, I think about delicious, fresh food. We might be able to find fruits and vegetables at the grocery store year-round, but with the summer months comes the chance to get produce from farms right here in Nova Scotia.

Luckily, in the riding of Halifax, there are a number of community gardens where we can not only find fresh food, but we can grow it ourselves. In Spryfield, urban gardening has been a pillar of the community for more than a decade. The Urban Farm Society of Spryfield was established in 1998 by several visionary residents, and has since grown into a meeting place where neighbours put their green thumbs to good use.

The success of the Urban Farm led to the establishment of a second community garden in Greystone. Now hundreds of Spryfield residents have the chance to learn about sustainable agricultural practices, connect with neighbours, and access healthy and affordable food.

Sadly, for many Canadians, accessing food is becoming harder and harder to realize. In fact, on May 6, Canada became the first industrialized country to be visited by the United Nations Special Rapporteur on the Right to Food. Olivier De Schutter's mission examined whether the human right to adequate food is being realized in Canada.

During his 11-day trip, Mr. De Schutter discovered an alarming reality: many Canadians simply do not have access to the food they need to lead a healthy lifestyle.

In 2011, more than 850,000 Canadians relied on food banks every single month

Nova Scotia is no exception. In 2010, 22,573 Nova Scotians – roughly the size of Truro – reported accessing a food bank. In rural Nova Scotia, dwindling access to food has become an all too familiar story with supermarkets and farmers' markets located far from home.

In short, thousands of Nova Scotians are experiencing food insecurity. While it has many dimensions, the concept of food insecurity is rooted in the basic dilemma that many Canadians face:

that of not being able to afford safe and healthy food to meet dietary needs and food preferences for a healthy lifestyle.

But it's not just under-nutrition that plagues many in our province. Because most affordable food options are loaded with trans-fats and sodium, malnutrition is an equally pressing concern. We see evidence of this in the 38 percent of Nova Scotians who struggle with being overweight and obese.

On the food supply side, farms are becoming larger and more industrialized as family-run producers go out of business due to heavy debt. As many aging farmers retire, young farmers face their own set of hurdles in struggling to secure fertile, affordable land in Nova Scotia.

As a result, so much of what we eat comes from farms further away, or from a factory. The industrialization of the agricultural sector has become all too common across the country, with more than 10 percent of Canadian farms disappearing over the past decade alone. For a province so dependent on food

imports, the sustainability of local food producers should be a top priority for Nova Scotia.

The problems are clear, but where are the solutions?

At the federal level, the Conservatives are nowhere to be found on this pressing issue. Despite their election promises, the Harper government has ignored countless calls to improve Canada's agriculture system. It's a blatant lack of leadership.

The New Democratic Party believes that Canadians deserve progressive action on food security. That's why the NDP is calling on the Harper government to adopt a National Food Strategy both to ensure the long-term sustainability of producers, and to lift Canadian families out of food insecurity. Local food is a key ingredient in this strategy – and the benefits go far beyond the dinner table. Local farmers benefit from local food as more money is kept in our communities. Our environment benefits as local food does not

require large amounts of fuel to be used for transportation. And Nova Scotians benefit as local food is fresher, tastes better, and celebrates local diversity. As one facet of local food, community gardens allow Nova Scotians to participate in the agricultural process, from planting crops to putting food on the table. That's why organizations like the Urban Farm Society of Spryfield are so important.

In a country as rich as ours, it is unacceptable that so many children go to school hungry, that so many single parents cannot afford nutritious food for their families, and that so many Canadians don't know where their next meal is coming from.

Community gardens, urban gardens, and local food producers play a multi-faceted role in ensuring Nova Scotians have access to the food they need. Now it's time for the Harper government to stop shelving the challenge of food insecurity, and confront it head-on with a National Food Strategy.

Chebucto Head Road solution sought

By Stephen Adams, HRM Councillor, District 19

On Tuesday, June 19, I brought two items to Council that have been ongoing, to bring resolution. The first is the issue of Chebucto Head Road; and the other is dust and the nuisance associated with it.

As you may well recall in previous articles, Chebucto Head Road has been abandoned by the federal government and is in a terrible state of disrepair. There are extensive potholes, overgrown brush and crumbling pavement. Service vehicles are hesitant to travel this road, which could jeopardize the safety and well-being of local residents.

I have tried to have this resolved through our staff, by having them work with the other levels of government to help. To date, these efforts have not worked out. As a result, I put forward a motion to direct our staff to develop a strategy to provide upkeep and a long-term solution for maintenance. I have asked that all options be explored, but not limited to cost-sharing and engaging alternate funding sources.

The motion passed 23-0.

Residents who travel the Old Sambro Road near the Harrietsfield Irving may have encountered significant dust due to dumping of soil and truck traffic. Although drivers encounter this on a temporary basis, imagine what local residents must endure. Those living adjacent to or near this operation are unable to enjoy a barbecue on their decks and cannot hang clothes out to dry. They can't even open their windows on a warm, sunny day.

To this end, I have asked our staff to prepare amendments to include dust in the nuisance ordinance. This will be developed with the Kentville model in mind as it refers to obnoxious uses. To be clear, this is not intended to be enforced in situations where dust is an expected outcome. Some examples are sand blasting, cutting of concrete, mason work or other short-term events. This is designed to deal with one's responsible enjoyment of their property. Other members of Council expressed with similar situations in their respec-

tive areas.

This motion passed by a 20-3 margin, those opposed were concerned that enforcement could be an issue.

At the same meeting, street planning and microsurfacing was approved for St. Paul's Avenue in Herring Cove and Dentith Road in Spryfield. As well, asphalt overlays were approved for Sarah Drive and Barry Crescent in Herring Cove.

Street improvements and resurfacing are ongoing for Herring Cove Road. Although the inconvenience may be problematic at times, the end result will be worth it.

As you drive to the end of Northwest Arm Drive, you can't help but notice the amazing flower beds at Old Samrbo Road. On Saturday morning, June 16, a group of local residents along with Councillor Linda Mosher and Mayor Peter Kelly, planted rows of petunias, marigolds, snap dragons, and other annuals. They look great now, and will be absolutely stunning in a few weeks or so. My sincerest thanks to all who helped.



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 • July 2012 Page 17

Government: respect existing communities and uses

By Michèle Raymond, MLA for Halifax Atlantic

Halifax Atlantic has always been a focal point in the history of Nova Scotia, ever since the 1690s when the shores of Chebucto ('the Great Harbour') were the prize in competition between British, French and Massachusetts interests seeking to establish military power and harvest timber for masts, pitch and turpentine.

Today, the western shores of the harbour are again in the crosshairs. Recent months have been dramatic in many parts of Halifax Atlantic, as the conflict intensifies between established communities and pressures for largescale housing construction.

It's a different world from 250 years ago, and yet not so different. Nova Scotians all know how the mainland changed hands from French to British in the 1740s, and how Acadians were offered the choice of swearing supreme allegiance to the Crown, or expulsion. They know that Acadian lands were offered to Protestant settlers, some from Europe, and many from the older British colonies to the south.

What's less known is that those New England settlers arrived only after factfinding delegations and negotiating teams had established the terms of settlement, and that one critical term was that they would receive lands as 'townships' in the established way— that is, each group would receive a grant of thousands of acres, and distribute lands amongst themselves.

On arrival, the settlers ("Planters" in the language of the day), established their towns on that model, usually assigning each family a town lot and a farm lot, and reserving a town commons, as the pattern had developed in Britain and western Europe. The older, planned towns of Nova Scotia were laid out to include commons: Lunenburg (a UNESCO site because of its plan), Annapolis Royal, Halifax, Wolfville, Minas. Some of those commons were simply open land, others were specifically for the gathering of seaweeds, for lumber or for pasturage. All were designed to serve public needs without granting private land.

Within two years, however, the New Englanders realized the Nova Scotia government had something else in mind; Governor Lawrence made it clear

that Halifax would control the distribution of lands within the township, and that no group would be permitted to hold lands for grants to later arrivals, or for common use. Further, the governor was quite prepared to grant township lands to associates with no intention of leaving Halifax to occupy their holdings. There were two results: A speculative market was born, and it was clarified that Nova Scotians should expect to receive directly from the hands of government.

Some Planters abandoned the province at this point; others remained on these terms, but I believe the tension is a special part of Nova Scotia culture, and one which has yet to be fully resolved.

The Halifax Commons have seen centuries of private pressure on public land; when first cleared, they served as a place for all kinds of public activities, although mostly for grazing cattle. An early governor who attempted to grant parts of the common land was severely chastised by the Lords of Trade in Britain: "How will the poor widow feed her family?" they asked, and reversed the grant. Twenty years later, however, there were no such concerns, and by the 1760s common lands were regularly granted away on 999-year leases.

Now the discussions centre on whether the Commons is best used for school buildings, pick-up games of soccer, cricket, or an outdoor skating rink, but still, there's an undercurrent: is it ever appropriate to charge admission to the Commons, and to restrict public access because a commercial event is being staged there?

The same drama is playing out now in Halifax Atlantic, as centuries-old communities find themselves living in newly desirable areas, and lands hitherto largely 'unoccupied', but often heavily used, are suddenly worth developing, as close to the Peninsula. Local government determines how they will be subdivided, and if there are areas of public use, whether it will uphold those uses (which is easily done, as there are provisions for dedicating 10% of every subdivided lot to public use), or will simply take "cash in lieu" of that 10%, and put the money into some other "public use" elsewhere in HRM.

The areas and uses in question range from tiny beloved wetlands surviving in Fleming Heights, walking routes to the Herring Cove Road, swimming areas, boat launches, foreshore, and most recently, hundreds of acres behind Williams Lake and Purcells Cove and the Northwest Arm as seen from Point Pleasant Park. They include footpaths through the former woods at Boscobel in Jollimore, and the centuries-old public path along the Arm.

The stakes are high. These communities are well-established, and that alone is a desirable feature, attracting much speculation in new home construction. But these communities are successful because of common interests, and those aren't always easily or quickly worked out. I believe it's important for citizens (not mere "residents") to ask local government to respect existing communities and community uses when permitting subdivision.

Subdivisions often occur "as of right", meaning they conform with the existing zoning: whether single-family, commercial, multiple use, or industrial, but this has recently been taken to mean hermetically sealed from the surrounding community. In fact there are many layers of plans, bylaws and other restrictions on the use of private lands, as every private citizen of HRM knows; we all have a right to expect the same rules to apply to all of us, and we have the obligation to make sure our local government respects this. It's the only way we can expect the place we live continue to be a place we love. TO BE CONTINUED NEXT MONTH!!

Much positive activity in District 17

By Linda Mosher, HRM Councillor, District 17

New Halifax Water Facility

Construction of Halifax Water's Cowie Hill Road Operations Depot got underway in April and is proceeding on schedule. It is anticipated construction will be complete by the end of 2012. The new facility will house Halifax Water staff currently located off site in facilities not owned by Halifax Water, as well as some operations staff located at the Cowie Hill Administration facility. Housing staff together under one roof will bring operational efficiencies for Halifax Water, along with enhanced service for our customers.

Contractors are working at clearing and leveling the site. Preparation for pouring panels for the tilt up construction is taking place. Tilt-up construction, where exterior walls are poured on-site and tilted into place, will see the facility's exterior quickly take shape. Blasting activity is winding down. Should residents have occasion to drop by the Cowie Hill Administration building, please pay attention to air horn sounds related to blasting operations. In addition, please observe and obey construction related signage along Cowie Hill Rd. as you approach the work site and the main administration building. For more information on Halifax Water, please visit www.halifaxwater.ca. For customer service please call 490-4820.

Northwest Arm Seawall

The reconstruction of a 150 meter long section of seawall at the Dingle Tower is anticipated to be completed by the end of July 2012. The work that is being done includes the remaining (approximately 40%) granite stone seawall, granite steps at the beach area, catch basins, asphalt walkway adjacent the seawall and landscaping.

Chain of Lakes Trail

Recently we held the Chain of Lakes Trail Association Annual General Meeting. The Officers and Directors were appointed, and I continue to serve as an Ex Officio Director. As part of the capital committee I reported on the capital improvements we approved for next year. We will have a connection to Percy Street in Fairview, where the trail starts on Joseph Howe Drive. This area

will include a plaza, interpretative and trail head signage, landscaping, benches, bike rack and waste receptacles. We will install distance markers every .5 km starting at Joseph Howe Drive. In addition, we will be providing neighbourhood connections with side trails to Keating, Rosemount, Retreat and C.A. Beckett Park. They will be graded, paved and signed. They will be low-key, accessible entrances. We do not have funding for permanent washrooms but will be researching portable washrooms, the type, number and locations to be determined. If funds are available we will put in a small, gravel parking lot and a bridge over Chain Lake dam outlet stream and a graded trail connection at the end of Crown Drive at the field.

5th Annual Dingle Natal Day Party

The 5th Annual Dingle Natal Day Party will have special celebrations to commemorate the 100th anniversary of the opening of the Memorial Tower. The Mainland South Heritage Association has partnered with HRM and will have many special events including heritage walks and actors, live music featuring Spectrum and the Bedford Brass Quintet, refreshments (we will have multiple food stations this year), free canoeing, water activities and bouncy castles, along with photographic displays, souvenir commemorative pins and other special activities to commemorate this historic anniversary in our area. Please come out on Monday, August 6th from 11:00 a.m.-2:00 p.m. and celebrate with us!

Stephen Adams

HRM Councillor, District 18

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

Showing how government can work for you





July 2012 • Chebucto News Page 18

Urban Farm celebrates 16 years of success



Councillor Steve Adams and Pat MacLean officially open the new addition to the farm

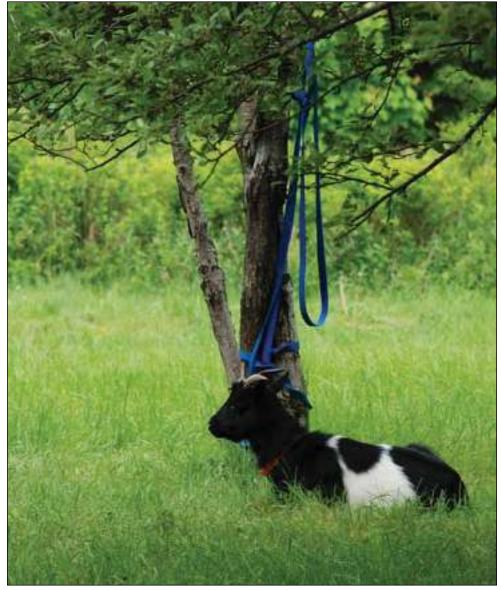


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