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Charlotte and Caleb spent their Saturday morning cleaning up their community

Fifth Wind's inaugural perfomance spectacular

By Lorrie Boylen

About 50 guests were treated to a warm and welcoming Musical Meet and Greet at Parkhill United Church on April 29,

2012. It was the inaugural concert of Fifth Wind, Nova Scotia's only professional woodwind quintet featuring Jack (See Fifth Wind on page 2)

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Leading by example for the next generation

By Jennifer Begin

Growing up in the beautiful Annapolis valley I enjoyed sprawling corn fields and clean, clear land farther than the eye could see on my walks to and from school. Whether you grow up in the country or city, every child should be able to enjoy a peaceful, clean walk as they journey to and from their studies. For students at Central Spryfield Elementary, however, their walk is

often met with cigarette wrappers, coffee cups, and flyers. There seems to be an unspoken acceptance that littering is okay and it is someone else's problem but a few children from the Boys and Girls Club of Spryfield and students of Central Spryfield Elementary think differently. Giving up their Saturday morning, students braved the cold, and wind of April 28th and started the end-

(See Leading by example on page 2)

Bowlarama scores with their youth program

By Sarah Boyle

A new idea rolled into the Spryfield Bowlarama that will bring fun to all of the community's members. The Bowlarama has started a new program that is gifting students from primary school to grade twelve with free bowling shoes and one free string every night until September. It started on May first and is seeing excellent results. Students are already flocking to take advantage of the generous offer. The feedback that the Bowlarama is receiving regarding this program is unsurprisingly positive.

Alice Morris, the new manager of Bowlarama wanted to give kids something to do in the summer. Many people

don't know that there is a Bowlarama in Spryfield, and so feel they need to go into town for a good time. The Bowlarama is easily accessible. Its presence is a way to unite the community. "People from Spryfield can come together in Spryfield," one J.L. Ilsley student comments. "It's nice that, even if you don't have a car, you can go out and meet up with some friends without hopping the bus for an hour."

As summers can be long for students when they don't leave their homes, this would be a fantastic change to their routine. "We're trying to bring the fun back," the manager says. They have

(See Bowlarama on page 2)

SDBC AGM June 7th

The Spryfield and District Business Commission will be holding its AGM on Thursday June 7th at the Golden Age Centre on Herring Cove Road starting at

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Fifth Wind

(continued from page 1)

Chen on Flute, Suzanne Lemieux on Oboe, Eileen Walsh on Clarinet, Ivor Rothwell on Bassoon and Mary Lee on Horn. The church hosted the event and provided refreshments following the performance. The concerts bring music with seeds and roots in the area back to the community. A freewill offering was collected in support of Hope for Wildlife, which has treated and released 15,000 animals since it started. Rebecca Michelin was on hand to explain the work they do with every species of wild animal. She had a one winged owl with her that seemed to enjoy the musical performance as well.

Three musical pieces were performed, including the first Canadian performance of Stanley's Flight by Michael Glicksman, which was an inspirational story about Stanley the penguin, who wanted to fly. Through the music one could envision the story with great clarity. Also performed was a piece by local composer Emily Doolittle, whose mother was in the audience. Emily grew up just down the road from Parkhill church and her piece, entitled Why The Parrot Repeats Human Words, is adapted from a Thai folktale. Theatre Arts Guild actress Debora Pollock narrated and Fifth Wind showed their versatility by playing many percussion instruments throughout the piece along

with their regular instruments. Also used in the performance was a spectacular wind chime set crafted by the late Jim Faraday, who was a well known percussionist with the Symphony for many years and Emily Doolittle's former instructor at Dalhousie University.

While the members have performed together professionally with Symphony Nova Scotia, they only formed the quintet this year. This performance was a symphony for the senses as the extraordinary joyful love of music of these five talented performers shone through. The group has formed for the long term and will be playing in more concerts in the future, in both small and large venues. (Lorrie Boylen is a Freelance Writer and Virtual Assistant who lives and works in Sambro)

Leading by example

(continued from page 1) less task of collecting someone else's garbage. The children were beyond excited to wear club shirts three sizes too big and gardening gloves over rubber ones for added protection. After a brief lesson on items not to pick up, children and staff enthusiastically filled over six large bags in no time. It was a great hands-on approach to educating the next generation of the impact just one person can have on the environment, good and bad. After a few proud pictures with all that they collected, the staff and students headed back to their club for a well deserved lunch of pizza and snacks. I have written earlier about the inspiring children the Spryfield community is filled with and that following Monday after the clean-up provides another example. Many students that were unable to attend Saturday's clean-up wanted to participate so

instead of playing at the park or making a craft, a new group of children spent their after-school time cleaning up their community. The Boys & Girls Club uses every chance possible to teach about recycling, composting and respect for the environment and as a community it is our responsibility to lead by example.

Bowlarama

(continued from page 1) many other games such as air hockey set up to give everybody something entertaining to do. "We want everybody," the manager declares. The Bowlarama is reaching out to the community to let its members have fun.

As the heat of summer rolls in, many kids staying indoors get no physical activity. Bowling is a great way to keep kids active. "You hardly realize how much exercise you are getting as you play," One bowler commented. "It's a great social activity too. I went with some friends that I hadn't seen for a while and we talked just as much as we played."

The Bowlarama hasn't done anything like this in the past, so members of the community should take advantage of it from now until it ends in September. The offer is exclusive to the branch in Spryfield which is located at 16th Dentith Road. The Bowlarama is open from nine until midnight during the week, and ten until midnight on Sundays. The offer runs every day until nine in the evening.

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ANNUAL GENERAL MEETING HALIFAX ATLANTIC PC ASSOCIATION

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Chebucto Community Health Team Profile Series Monique Yazbeck

By Lorrie Boylen

In the second article in this series, meet Monique Yazbeck, Coordinator Mental Health and Addictions in Primary Health. Monique is with the IWK, one of the partners of the Health Team. She works with women, youth and families to help them navigate available resources for women's issues, parenting, youth health issues and mental health issues.

Born and raised in Halifax, her background as an occupational therapist involved working mostly with kids with issues such as depression, anxiety, mood disorders, suicide, depression, and kids with autism. In primary health she's trying to catch issues before they get out of hand and before children get into the devastating cycle of mental health stigma.

She is trained in mental health first aid and has trained some service providers in Toronto who work with youth. She is developing a program which she plans to offer to the public which will teach participants what to do in a mental health crisis, or if they are concerned about someone's mental health. The program will also educate about some common misconceptions about this illness.

Monique runs the Incredible Years parenting program, which runs in the evenings and childcare is provided to ensure accessibility for parents. The most recent series was interrupted by the Metro Transit strike, which made it impossible for some parents to complete the program.

Monique loves going into a school or organization to help them problem solve, and admits that youth mental health is her passion. She is in the process of writing a grant requesting money for a new mental health program within the schools which would target Grade 4 students. It is a program out of Australia which is being used with great success in other parts of Canada.

What does Monique see for the future of the Chebucto Team? That it becomes the healthiest community in Canada where we are proactive in our health care and come to the resources long before we need them; where all the kids are taught about anxiety prevention and how to identify issues within themselves when they're very young so that kids and adults alike feel comfortable and free to open up and talk

about any mental health issues that they have without judgment or embarrassment; that they will speak equally about physical and mental health issues. She hopes the next generation will have a much clearer perspective about what mental illness is - a brain illness not unlike any other illness that affects another organ of your body.

If you have questions but don't know whether or not the Chebucto Health Team has the answers, call them. They can help point you in the right direction. Call 487-0690 or drop in and make an appointment.



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She is a founding partner in Halifax Global Inc., a strategy and business planning firm now in its 10th year of operation, with clients throughout Atlantic Canada and

In her spare time, she serves as Deputy Chair of novaknowledge, and sits on the Boards of the Entrepreneurs with Disabilities Network and the Canadian Association of Management Consultants/Atlantic Chapter. Contact Information

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DISCOVERING OUR PAST



Urban Farm Museum Society of Spryfield creates gardening haven on historic Kidston land.

By Iris V. Shea

After 60 years of lying idle, a field at the Kidston farm in Spryfield came to life in 1996, thanks to the determination and dedication of members of the Urban Farm Museum Society of Spryfield. With the help of a team of oxen and a tractor, and a large audience to cheer them on, the field was ploughed and a crop of oats was planted. It is part of three acres leased by the Urban Farm Museum Society of Sprfield from the Kidston family.

This cleared field has been expanded over the years. Individual residents and local organizations, all members of the Urban Farm Museum Society of Spryfield, are reaping the benefits. They have been assigned plots to grow their own vegetables. This year, as part of the Come Grow With Us program which teaches children to how to grow their own vegetables, an additional 12 plots have been added for children and their families. Volunteers help make the Urban Farm an important resource in our community. We welcome your help. Contact us by email: urbanfarmspryfield@gmail.com or join us on Face Book. More information may be found at www.urbanfarmspryfield.com

The original Kidston Farm consisted of two 500-acre lots, numbers four and five, in Leiblin Manor. In the 1760s, nine Leiblin Manor lots were granted to prominent Halifax merchants who used them primarily as wood lots. Lot num-



The Kidston Farm, 1940s, with Rockingstone Road on right. The hill in background is now the location of Elizabeth Sutherland School. Photo courtesy Kidston Family

ber four on which the Urban Farm field is situated was part of the 1500 acres purchased and developed as a farm during the early 1770s by the industrious military engineer, Captain William Spry. Following Spry's tenure, George McIntosh, Esquire, continued to operate it as a productive farm where beef and dairy cattle roamed and grain and root crops flourished.

In 1822, William Kidston Junior, purchased the 1000 acre farm from the George McIntosh estate and called it Thornhill. In spite of his limited experience as a farmer, Kidston built a homestead where he settled his large and increasing family. He added sheep to the inventory of farm animals and wool became another by-product of the Spryfield farm. In 1827, under Kidston's supervision, Thornhill Farm produced

large crops of wheat and other grains and 500 bushels of potatoes. Twenty tons of hay fed his livestock which consisted of "14 sheep, three horses, four swine and 12 horned cattle."

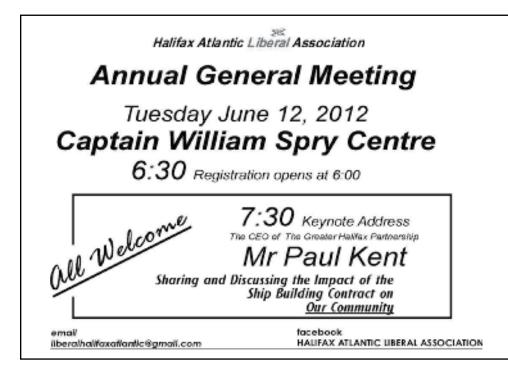
By 1832, however, William Kidston was ready to sell Thornhill farm. In a letter to his old and trusted friend and solicitor in Pictou, Abraham Patterson, he spoke of the pending sale and his plans to move his family and furniture to Pictou, the birthplace of his wife, Elizabeth Dawson. The farm did not sell and Kidston moved his family to a house in Halifax. He served as Sheriff for Halifax County. In 1834, an advertisement in the Royal Gazette offered for sale "that beautiful Farm at Spryfield...The arable land is deep, strong and productive...it is well watered by beautiful lakes and streams on which

there are fine falls for water power mills; a capital situation for washing of wool on the skin or otherwise; a desirable place for establishing the manufacture of wool into yarn, cloth, etc; ...and has a very extensive range of superior pasturage, within secure fencing."

William Kidston died in 1836, however, leaving his wife and ten children (the youngest only two years old) with an estate which included Thornhill Farm and its outstanding mortgage, a house in Halifax in which the family resided, land in Country Harbour, Guysborough County, a lot at Tangier, Halifax County, and property in Scotland bequeathed to him by his late father. Before her death in 1846, Elizabeth Dawson Kidston, with the help of her brother-in-law, Richard Kidston, in Scotland, paid off the mortgage on the farm and conveyed it, in trust, to her 21 year-old son, Archibald Glen, who eventually bought out the shares of his siblings and some of the landowners around him.

Archibald Glen Kidston's success as a farmer may be seen in subsequent records. By 1851 he had begun to rebuild the farm, producing 40 bushels of potatoes, 300 bushels of turnips, 4 bushels of other root crops, 16 bushels of hay, 10 bushels of wheat and 80 bushels of oats. On the premises were two barns, five "milch" cows, one horse, six sheep and one pig. In 1865, listed in the busi-

(See Kidston Farm on page 5)







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Letters To The Editor

Dear Editor.

I've just read the article in the May 2012 "Chebucto News" titled "Watch out-pedestrians and drivers", and I have a comment to make. My wife and I have recently moved to Halifax from Vancouver, B.C., and I have to say that I am surprised that the number of deaths within the "pedestrian crossings" in this city are less then they should be. Most of the people, and drivers for that matter, in this city (and probably the province) would not survive on that streets of Vancouver. It is my understanding that one of the main points of safety within a pedestrian crossing is that the pedestrian approaches the crossing and waits for the traffic to "STOP" before they enter the crossing. In my short time here, all I have encountered is pedestrians just step into the crossing and don't even take notice of traffic. It appears to me that pedestrians seem to have the thought that any and all vehicles should be able to STOP-ON-A-DIME the moment their precious toe hits the crossing. They also think that they can wander aimlessly in parking lots, weaving in and out of parked cars, and drivers should stop any time they cross between cars. In Vancouver, the pedestrian better be aware of the vehicles approaching a crossing, and never just approach a crossing without making certain that the traffic stops. I will reserve my comments regarding drivers and the

"Roundabout" as well as highway and city driving. The death toll would be incredible in any other Canadian city if the people from this city were to travel to any other North American city, and crossed streets, and drove the way that they do in this city. I have driven for over 40 years and this is the first place that I have had to drive with one foot ready to stomp on the brake at any given moment to avoid running someone over or some mindless driver entering the Roundabout within five feet of an on coming vehicle. If the police really want to make money via ticket writing, they should park at pedestrian crossings and ticket pedestrians who aimlessly step into a crossing and expect traffic to stop.

Thank You, Terror On The Streets Robert H.

Kidston Farm

(continued from page 4) ness directory for Spryfield as a "Farmer and Dealer in Stock and Horses" was A. Kidston. Following his marriage to Mary Dart of Spryfield, seven sons and four daughters were born. With the help of his sons, the farm continued to thrive and two years before his death in 1894, he leased Thornhill Farm to his sons. At that time, the following list of animals

were included in the farm inventory: "three Horses, 12 Cows, one Bull, two Oxen, four Heffers, one Bull Calf, 30 Sheep, six Pigs, two Domestic Geese, one Wild Goose and 75 Hens."

Following the death of Archibald Glen Kidston, Thornhill Farm was divided into two separate farms between his sons, John and Archibald Jr. Two more generations of Kidstons continued to farm their inheritance, albeit on a smaller scale than their predecessors. During the early 1900s, John Kidston operated the Rockingstone Dairy and his land became known as Rockingstone Farm on which the Kidston homestead and the Urban Farm Museum of Spryfield are now located. In 1928, before his death, John Kidston deeded part of his farm to his brother Arthur. In 1929, when John's nephew, another John Kidston, returned from United States to inherit the present homestead and what remained of the Rockingstone Farm, the fields were still cleared for

planting vegetables. The Kidston family continued to produce potatoes and other vegetables which, along with eggs and squab (pigeons), were sold to the residents of Halifax. Potatoes were always left in the fields for others less fortunate who were encouraged to dig them up for their own use.

In 1941, John Kidston became active in war service and for four years production on the farm came to a standstill. The 1950s and 1960s saw more changes as a result of expropriation, and Rockingstone Farm was reduced to seven acres. Large scale farming in Spryfield was, indeed, a thing of the past.

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Page 6 May 2012 • Chebucto News

Plea For Katimavik

Ottawa, May 18, 2012 - Representatives of Katimavik's alumni association and the community partners group yesterday delivered more than 600 testimonials as well as a letter co-signed by more than 300 community partner organizations from all across the country to the Honorable James Moore, Minister of Canadian Heritage. Their intent was to demonstrate the large amount of support for Katimavik programs and to ask the Minister to reconsider the decision of ending funding to Katimavik, the most important youth volunteer service program in the country.

Ms. Louise Doucet, representative of the Katimavik Alumni Association as well as Ms. Monique Lefebvre, Director of the Maison Tucker House in Ottawa and Ms. Nicole Schlosser, representatives of the community partners group, had requested to meet with Minister Moore yesterday to hand deliver the documents to him. Although Minister Moore was not available his office staff asked that the documents be brought to his office. Mr. Frank Valeriote, MP for Guelph and Ms. Lise St-Denis, MP for St-Maurice-Champlain were there to greet the Katimavik supporters on the steps of Centre Block and to receive copies of the imposing stack of testimonials and signatures. A copy of the support package was also left for the NDP.

"From family members who participated and from the multitude of young men and women from Guelph who have shared their stories with me – I know the transformational impact of Katimavik on the lives of those engaged in the program and on the organizations they help" said Valeriote, who's riding hosts a Katimavik project. "Not only has this decision cast the year ahead into doubt for hundreds of youth, but it has also

robbed them and future participants of the opportunity to make a difference in our community and in their country- to expand their cultural horizons and to participate meaningfully as a citizen of Canada."

"With more than 600 000 hours of volunteer service per year, these young Canadians directly support the activities of not-for-profit organizations who offer essential services to the population," explained Ms. Lefebvre, community partner with Katimavik. "The government must understand that by cutting funding to Katimavik,

it is not only cutting a youth program, but also a program that actively supports 52 communities and more than 600 organizations from coast-to-coast-to-coast.

About Community Partners with Katimavik Community Partners with Katimavik is an independent ad-hoc group that was created following the announcement of Katimavik's funding cut at the time of the Federal Budget's unveiling. This group brings together all of Katimavik's community partners that support continued funding for the organization. In all of Canada's

provinces and territories, more than 600 not-for-profit organizations working in all spheres of community work are Katimavik work partners and benefit from the volunteers' work. With over 600 000 volunteer service hours rendered each year in these organizations, Katimavik volunteers contribute to sustaining activities in community centres, food banks, soup kitchens, schools, museums, centres for handicapped people, mental health support organizations, community gardens, immigrant resource centres, and much more.

ADOPT-A-HIGHWAY

by Carolyn Mont

We've all seen the signs around that tell us that a section of highway has been adopted by a family or a group but I suspect not many of us really know what that means.



All set to clean up the town are from left to right Lacie Eldershaw Mark Eldershaw Corbin White Melissa White Bill Titus Carolyn Mont Robyn Parsons Rena Eldershaw Dan Drabble Onika Drabble Eric Vanasse (back) Judy Bird Dave Supple (front knelling) Lise Gratto Hank Bird (back) Blaine Hatch Bradley Hatch Logan McDonald Liam Eldershaw

The 3RD SPRYFIELD SCOUT TROOP, from St. Paul's United Church, certainly does know. They have adopted the section of highway 306 (Old Sambro Rd.) from Rockingstone Rd. to Harrietsfield. They have committed, at least once a year, to pick up debris from that section of highway.

On Sunday, May 13, 22 people met at St. Paul's at 8:45am and began their task. These people were cubs, scouts, leaders, family, congregation of St. Paul's and concerned citizens. Onika Drabble, Dan Drabble, Carolyn Mont, Hank Bird, Judy Bird, Dave Supple, Lise Gratto, Eric Vanasse, Laci Eldershaw, Liam Eldershaw, Mark Eldershaw, Rena Eldershaw, Karen O'Tool, Chris Parsons, Robyn Parsons, Logan McDonald, Corbin White, Melissa White, Bradley Hatch, Blaine Hatch, Bill Titus, and Dave Sampson all worked together, collecting 130 bags of garbage plus pallets, wood, tires, DVD players, TV's and so on, items which didn't fit into a garbage bag. After their hard work, the group returned to the

church for a much deserved pizza lunch.

Thanks to Dan Drabble and the Scout Troop for organizing this community event. Participants were provided with safety vests to help ensure an accident free day and the numerous leaders were vigilant with their charges. Drivers along Old Sambro Rd. may very well have noticed an improved drive to work the following morning. Much of the garbage, however, was in the steep ditches on either side of the highway, making clean up harder.

Thanks are not due to those who threw the garbage out of their cars as they drove by. Whether it was a chip bag, a pop can or a TV, it is no doubt that the garbage was deliberately thrown. The volunteers could certainly have found a more pleasant way to spend the morning than picking up garbage. PLEASE, think before tossing your garbage away. Every Friday morning, the city picks up garbage from the end of your driveway. Take advantage of the service.

A Letter from the Halifax Atlantic Progressive Conservative Association

Hello, hope this note finds you all well and starting to enjoy with the nice weather the many beautiful parks and heritage sites found here in Halifax Atlantic. We can all agree on one thing: this riding is exceptional and worthy of attention. Your PC Association was created to give the Halifax Atlantic district a provincial voice allowing engaged citizens to have a say about the daily life and destiny of their businesses, culture, and families. As Progressive Conservatives we would like to say that we believe in this community, are here to stay, and are willing to work.

We have a strong belief in sustainable social programs. Educating youth is the key to the well-being and development of our community. Solid economic growth is also paramount; initiatives are needed to streamline bureaucratic walls that discourage new businesses and make it difficult for those that already exist. We also support the cultural diversity and integrity of the people who make up this riding.

We are engaged citizens. You can see our Association participating in community events and projects like Sambro Days, the annual Spryfield Santa Claus Parade, Remembrance Day ceremonies, and presenting graduation bursaries to J.L Ilsley High School students who demonstrate citizenship and leadership in encouraging other young people to get involved in the community. Giving this bursary has become a tradition. We were pleased to support the re-establishment of the J.L Ilsley football team.

You can find out more about our involvement in the district and get some ideas on how you can also become engaged in supporting this great community. Please come for refreshments at the annual general meeting, Halifax Atlantic PC Association, held on the 19th of June, 2012 at the Captain William Spry Community Centre, 10 Kidston Road, Halifax.

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Spryfield and District Business Commission

NEWSLETTER

Spring 2012

2nd Annual Spryfield and District Business Commission, Business Expo/ Community Yard Sale, Successful again.









The Spryfield and District Business Commission were pleased to sponsor and organize the 2nd annual Business Expo, community yard sale and pancake breakfast.

Many thanks go out to the Spryfield Lions Club for putting on the breakfast; to the Spryfield Boys and Girls Club for organizing the yard sale; to the organizing committee and volunteers who made this event possible and to the many businesses who were exhibitors at the Expo.

A number of businesses had prize draws and we are pleased to announce the winners. The winner of the SDBC draw is Ray Boudreau, the Mirror Image Day Spa winner is Cherie Brennan and the Mendleson Financial draw winner is George Fagan. Staples had three prize draws and the winners are Irving Clarke, Doug Gilmore and Amanda Dolliver.

It was a great day at the Spryfield Lions Rink where the event took place with over forty businesses and organizations exhibiting their goods and services to the public.

This year's event was bigger and better than last year and we anticipate this event will continue to grow year after year.

Again, a big thank you to everyone involved!

Spryfield and District Business Commission to Volunteer at the YWCA Baby \$teps Family Fun Fair

The YWCA is having a Family Fun Fair and everyone is invited! The YWCA is celebrating the launch of the new Baby \$teps financial literacy and education savings program and the ground breaking of the new YWCA child centre at 358 Herring Cove Road.

The YWCA invites you to come out and enjoy the giant 18 foot Pirate ship slide, a community BBQ, bake sale and more.

This event will take place on Saturday, June 23, 2012 from 10:30am to 1:30pm at

the South Centre Mall, Canadian Tire, 16 Dentith Road, Spryfield.

Everything is by donation so if you or your business is interested in donating to this event or if you would like to volunteer to help out please call Julie, YWCA Program Coordinator, 423-6162 ext. 239..

Residential Development Driving the need for Commercial Development

Each month the SDBC receives several inquiries from interested parties looking for commercial space in the Spryfield area. It seems with all the recent residential developments that have occurred in the Spryfield and sur-

rounding areas people are finding Spryfield an attractive place to start a business.

The SDBC is compiling a list of properties for sale or lease in the area in an effort to connect those interested in coming to Spryfield with those who have properties available. If you would like to be added to the list, please contact our Executive Director, Bruce Holland at 452-7472.

Spryfield and District Business Commission partnering with Briarwood Golf Club to put on a Free Family Golf Day

The SDBC is partnering with Briarwood Golf Club to put on a free Family Golf Day on Saturday, July 28, 2012 (rain date, August 4th) from 10:00am to 4:00pm at Briarwood Golf Club, 647 Herring Cove Road.

Free-will offerings will be accepted with the proceeds going to the Boys and Girls Club of Spryfield.

Briarwood Golf Club is donating the use of the course for the day and you are invited to bring your family out for a fun round of golf. There will be mascots on hand at various holes and a BBQ will be available on site.

If you would like to volunteer for this event or if you or your business would like to sponsor a hole, please contact the Spryfield and District Business Commission at 452-7472.

Please call the telephone number above to register for this event.

Spryfield and District Business Commission Annual General Meeting

The Spryfield and District Business Commission will be holding our Annual General Meeting on Thursday, June 7, 2012 from 6:00pm to 8:00pm at the Golden Age Social Centre, 212 Herring Cove Road.

There will be a reception from 6:00pm to 6:30pm and dinner will be served at 7:00pm after which the formal business meeting will be held.

This year's guest speaker is the Honourable Jamie Baillie, Leader of the Progressive Conservative Party of Nova Scotia.

Tickets are \$20.00 each and can be purchased by calling 452-7472. The cut off to purchase tickets is June 4, 2012.

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Chebucto News • June 2012 Page

How to build a stress management plan, and 5 simple stress busting rules to live by

By Bobbi Jo Ferguson-Hill, RMT www.tranquilmomentsforyou.ca According to the web site, 'dictionary.com', stress by definition is: "The importance or significance placed on a thing". If we look at this definition closely, it suggests that it is not the circumstances we are in that stress us, but the importance we place upon these situations. There has been a great amount of research dedicated to proving the link between stress and disease. Stress has been linked to heart disease, cancer, depression and many other health issues. The question we must then ask is, "How can we protect ourselves from this seemingly invisible threat to our health?" In this article we will look at how to construct a personalized stress management plan, and five simple rules to live by, to lower our stress level. First, make a list of how stress feels to you. On a piece of blank paper, finish the following sentence, "when I am stressed I feel ...". Add your physical symptoms here. For some people, it is a knot in the stomach. For others, it begins with tight shoulders or a slight headache. It is important that you identify the signs of the beginning of stress, for you. Once you can recognize your warning signs, you will know when it is time to choose one of the items from your stress management 'tool box'.

Next, begin constructing your plan by writing down situations that stress you out. Look at the origins or 'triggers' of your stress. Be specific. Don't just say "work stresses me". Get to the real root of your stress. Be specific. "I get stressed at work when there is too much going on at once". Then look at how you can manage this situation. That may be to take a 'time out' to collect your thoughts. Thinking about these situations, before you are 'smack-dab' in the middle of them, will give you an opportunity to develop some tools you can use to better prepare yourself for them, and keep that stress level in check. Continue until you have looked at the three major components of your

They are as follows:

- 1) Relationship with yourself and others
 2) Satisfaction with your job and work
- 2) Satisfaction with your job and work environment
- 3) Your home life

Most of our stress is a state of mind that manifests symptoms in our body. Once we have made a list of situations that stress us, and a list of tools to help us with those situations, it is time to look at ourselves and how we contribute to our own stress levels. We can't always change our circumstances but we can change our attitudes, actions and reactions to situations and the people

around us.

It is said that change begins with you, so here are some simple rules that, if followed, will keep your stress to a manageable level.

- Rule number one; "Say what you mean, mean what you say and try not to be mean when you say it" ~Barbara Coloroso
- Rule number two; don't take things personally. Know that everyone has his/her own agenda and it's not always about you.
- Rule number three; always do your best. No one can expect any more than that
- Rule number four; live from your heart and treat everyone (including yourself) with respect. Especially if they don't treat others with respect. They may not know what it looks like. Show them!
- Finally; make a stress management plan for yourself today.

"It takes as much energy to wish as it does to plan". Eleanor Roosevelt



Sharon Fillmore, Gavan Alward, Marylin Devine, Frank Macdonald, and Mary Alward show the goods at the NSLC Bake Sale held Saturday, May 19, to raise money for the IWK. They would like to thank the community for their donations and continued support.



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Chad MacLeod 471-6396 Laura Lee Lyttle 456-2894

maclyttle@eastlink.ca



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OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

DWYER, John

81, Williamswood, passed away peacefully on Sunday April 1, 2012 in the Halifax Infirmary, QEII. Born in Carbonear, NL, November 24, 1930, he was a son of the late John and Roseanna (Kehough) Dwyer. John had worked on the U.S. Naval Base, Stephenville, NL. Worked for the city putting in sidewalks in Halifax, then in 1960 started working as a Stevedore for 30 years until his retirement. He was a jack of all trades, always helping family, friends and neighbors. He enjoyed hockey, loved his music, horseshoes, darts, cards, and bowled with Joe's League and Pro League. John is survived by his loving wife of 54 years, Shirley (Keating); sons, John (Linda), Ronald (Pattie), Gary (Pam); daughters, Donna (Calvin) Martin, Peggy (Mont), Joanne (Roger) Pippy, Margaret (Chester) Stewart, Corene (Terry), Michelle (Fred) Thompson; brother, William (Bill), Carbonear, NL; sisters, Mary Romo, Genevieve Bonang, both of Dartmouth, Margaret (Eve) Brewer, Kline Heights, Margaret Rose Mayer, Jefferson, Wisconsin; grandchildren, Darin, Erin, Curtis, Stephanie, Laura, Sarah, Joslyn, Victoria, Mathew, Seretha, Alicia, William, Kristy, Alan, Corey, Kelsey, Trisha, Dana, Cody, Devin; great grandchildren Adrian, Alexander; and lots of nieces and nephews. He was predeceased by brothers, James, Kevin; sisters, Kathleen, Catherine, Susannah, Ellen and Elizabeth. Arrangements were under the care of J.A. Walker Funeral Home (2005) Ltd. (477-5601). A funeral mass took place on Wednesday April 4, from St. Michael's Roman Catholic Church, Spryfield, with Father Frank Pellerin as celebrant. Interment to take place at a later date. Donations in memory may be made to the Heart & Stroke Foundation of Nova Scotia or the Canadian Hemophilia Society. A special thank you to the nurses and doctors at the Halifax infirmary 8.4 for your loving care and support and to Dr, Matheson, Spryfield Medical Centre, many thanks to Sister Johanna and all who visited in the hospital and at home.

HOLLETT, George Philip

64, Halifax, born in Hermitage, NL, passed away peacefully on April 3, 2012 at the VG in Halifax, NS. He was the son of the late John and Hannah (Piercey) Hollett. George is survived by his loving wife Maureen, son Jason (Trina), daughter Shauna (Paul),

brothers, Don (Evelyn); Allan (Dora); Ward (Lora); Jack (Evelyn); Austin (Diane) and sisters, Wilhelmina (Wilfred Wiseman); Della (Weston Crant); Emily (Winston Wheeler) and grandchildren, Riley; Sierra; Olivia and Deagan, uncle Jordan (Kathleen) and many nieces and nephews. He worked for over 30 years as a longshoreman. George was and avid outdoorsman, loved fishing, hunting, tending to his garden and spending time at the country home. The funeral took place April 7, 2012 at Emmanuel Anglican Church, Spryfield, with reverend Diana Frye officiating. Funeral arrangements were under the care of J.

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Albert Walker Funeral Home (2005) ltd, 149 Herring Cove Road, Halifax (902) 477-5601. Donations may be made to the Emmanuel Church Fund or the Canadian Cancer Society.

WHITE, (Yeadon) Dorothy Catherine

78, Halifax, passed away peacefully, surrounded by family on Saturday, April 14, 2012 in the QEII Health Sciences Center. Born in Spryfield, she was a daughter of the late William (Yeadon) and Winifred (Jarrett) Yeadon. Dorothy worked for many years as a House Mother at the Home of the Guardian Angel and subsequently in Toronto at the Rosalie Hall Home for Unwed Mothers. She loved to bake and she was a Mother to all, welcoming everyone into her home with open arms whether she knew them or not. No one would ever leave hungry, her

spaghetti and banana bread was the talk of the White's house. Dorothy's faith was important to her as was her family. She will lovingly be remembered and never forgotten by her children, Kevin, Kerry, Kim, Karen, and Kara; Daughters and Sons in Law, Laurie, Pam, and Darren. Grandchildren, Jason, Skylar, Justin, Alicia, Keanu, Tristin and Troy; former sons in-law, Danny and Troy; brothers, Billy, Bernie, and Ronald Yeadon Sister in Law Nancy; as well as her many nieces and nephews. She was predeceased by her husband, Alfred White and 11 siblings. Arrangements were under the direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). Funeral service was held on Wednesday, April 18 from the funeral home chapel. Private family burial. Donations

(See Obituaries on page 13)





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Reg Horner Memorial Chebucto News Sports Page



Top row L to R Tasha Walsh, Katie Horne, Cody Spence, Cassie Archibald, Sarah Ingraham, Sarah Atwell, Terri Smith-Fraser, Hilary Tobin, Kim Morrison, Holly Arthur, Jennifer Ripley, Angela Howell, Bottom Cynthia Gillis, Tracey Boyce, Katie Archibald, Venessa Maillet, Leah Wolfsy, Emily Armsworthy, Karyn Sullivan Bottom Middle Lindsay Bennett, QB Ashley Howatt(not shown) Also Not Shown: Abbi Hennigar(Returning), Niamh Birmingham(Returning), Karen Lalonde(Returning) Alanna Keat(New), Heather Brace(New), Mo Johnston(New), Krisen Amiro(New), Kaitlyn Langille(New), Cynthia Foley(New), Lindsay Corbin(New), Kate Horne(new)

Women's Football Xplodes in Halifax

by Carrie Forbes

"Full gear, full contact." That's exactly what you can expect from the Halifax Xplosion womens' football team. It's an answer to an oft asked question about the style of game they play, and the Xplosion are always happy to tell pro-

spective players and potential fans that the Maritime Women's Football league is filled with full contact action.

Not only are these ladies running hard on the field, but off-field they are pushing steady to host the league championship in Halifax this year. It's a formidable challenge; although the league has been in place for seven years, many people in the Maritimes are not aware that women's football has such a presence. This year, the ladies of the Halifax Xplosion hope to change that.

On May 12th, the team held a bottle drive at Beaver Environmental Depot as part of their ongoing fundraising efforts. Fundraising activities are critical for the Xplosion who don't currently have a corporate sponsor. This means they must cover all of their costs for equipment, uniforms and practices on their own. As hosts of this year's championship, they face another layer of financial need to meet their obligation. It's a challenge they have taken on like typical football players - with energy, team focus, and a lot of hustling.

Terri Smith Fraser has been with the league since inception. She describes the team as a big family, with each member totally dedicated to making a great experience for fans. That dedication means attending practices twice a week, and traveling for games. As the only Nova Scotian team in the league, the Xplosion are often enroute to New Brunswick, where they go head to head with the Saint John Storm, Capital Area Lady Gladiators, and the Moncton Vipers. It's an intense commitment, especially since many of women on the team are juggling family commitments, jobs and other

responsibilities. However, the love of the game makes it all worth it.

This year's championship, the Maritime SuperHer Bowl, will be held on July 21st on the Wanderer's Grounds in Halifax. Aside from winning the Judy Upward Trophy, the Xplosion would love to get the word out to prospective fans about the excitement of Maritime Women's Football. They could also use volunteer support to help with the organization and running of the championship. Corporate sponsorship would be most welcome as well; the financial costs of equipment, promotion and even meals are onerous. Even simple equipment like helmets ran a tab of over \$8,000.00. In return, the team continues to support our community with involvement in many initiatives.

And, they are always welcoming potential players. Any woman over the age of 18 is welcome to come out and play. "At first, our new recruits are a little hesitant to get out there and really tackle. But once they put the equipment on, they become entirely different women. It's awesome!" To get in on the action as either a player, volunteer, or corporate sponsor, contact the Xplosion Women's Football team by visiting http://xplosionwomensfootball.com. For more information on the league, including schedules, visit http://www.mwflfootball.ca/.

Little League a home run in Sambro

By Lorrie Boylen

Colleen Caines is reviving Little League Baseball for children in Sambro and its surrounding communities. She was inspired by the existing Harbours United Soccer League organized by Kim Reinhardt. Colleen played ball as a child, then later in both mixed and women's leagues as an adult. She and her husband often play ball with their two children but they wanted to be able to play for real. She loves the idea of children being able to participate in sports right in their own community.

Registration is \$25 per child, or \$50 for two or more children in the same immediate family. At press time she had about 20 children registered for the age 5-8 group playing Monday nights, and 14 kids for the 9-12 group playing on Thursday evenings, starting in mid-June. Ideally the league would have two teams for each age group with 12-15 children on each team, to ensure a regular game can be played. This is not a competitive league, but a great opportunity for the children to learn the game, have fun, get some fresh air and exercise, see their friends and make some new ones. Every child will have the opportunity to play with a rotational line-up for batting and field.

As a newly formed league they need

mentors to help determine areas of strength and development such as batting, catching, etc. The league is badly in need of volunteer coaches, substitute coaches, junior coaches and referees. Experience is not necessary, however familiarity with the game of baseball is an asset, together with the ability to motivate children and have fun.

Skip Horton has made a generous donation towards equipment. Colleen credits Skip for maintaining the field and acknowledges that there would be no sports opportunities in the community if it weren't for him.

Additional donations and sponsorships

are gratefully appreciated and accepted to assist with the cost of insurance, jerseys, additional gear and trophies or medals at the end of the season. Interested parties should contact Colleen at 346-2205 or colleen. caines@cdha.nshealth.ca.

Local boxer going to World Championships

My name is Bianca Paquin, I am a 14 year old grade 8 student at Cunard Jr High. I have lived in Spryfield my whole life and am the 2012 Canadian National Boxing Champion in the 48kg weight-class. I was also the female boxer of the year at the National Championships in Quebec. I belong to Titans Amateur Boxing Club in Halifax.

I started boxing in 2010 at home to get in shape. In January 2011 I joined Palookas Boxing Club in Halifax, just for the exercise, then I decided that I wanted to fight. So I asked my mother to get me a boxing medical. I had my first fight April 9th 2011, since then I've had a total of 6 fights, all wins; three won by knockout. In February of this year I went with Team Nova Scotia to Nationals in St. Hyacinthe, Quebec, which is where I won the National Championships in the 48kg weight class and also received Female Boxer of the Year. In July I will be going to Kansas City, Missouri with other Nova Scotian boxers to Ringside World Championships. People from all over the world are coming to compete and people from Nova Scotia have already won before so I have a pretty good chance of winning.



On June 16th 2012, we are having an amateur boxing show at the Spryfield Lions Rec Centre, 111 Drysdale Road in Spryfield. This is a major fundraiser for us, as four of us amateur boxers are competing at the Ringside World Championships. The fights at the rec centre begin at 7pm. Doors open at 6pm. Adult

tickets are \$15.00 and Children under 16 are \$10.00

Tickets will be on sale at: Danielsons Water n Wine, 5 Dentith Rd., 477-9463, Beaver Enviro Depot, 374 Herring Cove Rd., 479-2929, and Titans ABC, 3200 Kempt Rd., 455-6941



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Public input requested for Urban Forest Master Plan

By Linda Mosher. HRM Councillor. District 17

Back in 2001, I received a call from Kent and Deborah Baker, Armdale residents who were startled to hear chain saws cutting down old growth forest right above the cliff in their backyard. They found out that it was to accommodate two new homes. The property had to be clear cut to accommodate Nova Scotia Power's 20 foot easement requirement. There was no consultation, no forewarning. The impact from the loss of trees adjacent to the Baker's and other people's property is devastating. The residents and I sought to understand why they were not following our policies or bylaws and to our surprise there were none! I brought this issue to Council and I still have photographs of the property and a request for Council to take leadership and have a positive outcome from this clear cut. The approved motion included many measures to move forward to protect our vegetation and included that Regional Council develop a management plan for our urban forests. In addition, it included forming a working group with Nova Scotia Power and their easement has now been reduced from 20 feet to 10 feet. We also included long range plans for trees and in 2006 we adopted PolicyE-20 which stated that HRM shall prepare an Urban Forest Functional Plan to identify guidelines and a management strategy to maximize the urban forest.

The second draft of HRM's Urban Forest Master Plan was finalized this month. The plan provides an overview of the issues and opportunities regarding sustainable urban forest management in HRM. The plan continues to be a workin-progress and input from the public is required for the next phase of work. A series of three public workshops have taken place. The next phase will be an on-line questionnaire at www.halifax.ca. Thank you to all the residents that have provided input thus far and to those that will respond to the questionnaire, your input will contribute to the success of this initiative.

I would like to thank Dr. Peter Duinker and his graduate students from Dalhousie University and HRM's Urban Forester, John Simmons and our Senior Planner John Charles, for the outstanding work that they have completed for the Urban Forest Master Plan. This plan is one of a kind, and the best plan that I have seen. During the time that I brought this to Council I did considerable research to bring forward best practises. This plan

provides critical neighbourhood data and can be used as a blue print for the future to ensure the sustainability of our urban forest. Please visit www.halifax.ca to view the plan.

Official Unveiling of the Spryfield Skatepark Mosaic

Recently I had the pleasure to give remarks at the official unveiling of the Spryfield Skatepark Mosaic. The 47-footlong outdoor mosaic is the first of its kind in Nova Scotia. Made of a variety of stones, hand-dyed glass tessare pieces, clay, and various metals, the mosaic features the collective artwork of over 300 local students and residents. The unveiling celebration included snacks, button making with rubbings from the mosaic, music from 101.3 The BOUNCE, and

of course youth enjoying the skatepark. Based on youth requests for a skatepark Steve Adams and I worked to ensure that it was built. We are very pleased that youth in the area put a personal touch on the skatepark and the mosaic is one of a kind and adds to the vibrancy of the skatepark.

Community Clean Ups

If your neighbourhood or community group would like to organize a community clean-up we can provide assistance. Through a partnership between HRM and Clean Nova Scotia, residents of HRM can receive free collection of bagged litter from litter clean-ups. We only ask that you register your event through Clean Nova Scotia and tell them you need a pick-up of material. It is helpful to have

an estimate of the quantity and type of material vou expect. Clean Nova Scotia will then make arrangements for this to happen. At least one week notice is appreciated. Registration can be done online: www.cleanacrossns.ca (click on the Great Nova Scotia Pick-Me-Up link on the left menu) or by calling 420-3474 (Monday to Friday, 8:30 to 4:30). Consider registering even if you do not need the material picked up as Clean Nova Scotia will send you free bags and gloves to help your

Congratulations to all graduates, I wish you great success in the future whether it includes further education or entering the workforce. I hope all residents enjoy the warmer weather and experience all that our great municipality has to offer.

Canadians have something to say to **Stephen Harper** By Megan Leslie, MP for Halifax

Spring has certainly sprung on the East Coast. We are enjoying warm weather, longer days, and freshly bloomed flowers in our Atlantic communities. In Ottawa, the Harper government has their fingers crossed that Canadians are too caught up in the weather to notice the drastic changes buried within their Budget Implementation Act.

This enormous bill – numbering over 400 pages – contains sweeping changes to 70 different federal laws. Unlike traditional budget bills, this Conservative budget contains changes to many nonfinancial aspects of Canadian legislation. Such pervasive re-writing of Canada's laws have led many to dub it the "omnibus budget bill."

Among the distressing changes, Stephen Harper's budget will overhaul environmental assessments, increase the difficulty of collecting Employment Insurance, increase the eligibility age for Old Age Security, reduce the powers of the Auditor General, and decrease employment at Parks Canada.

Both the breadth and depth of changes contained within the Budget Implementation Act present an unusual and alarming new trend in our federal government.

Without proper public consultation, the Harper government is moving forward with legislation that will drastically re-shape the Canada we hold dear. For instance, with this omnibus budget bill,

the Conservatives plan to delay the age at which Canadians can start receiving Old Age Security and Guaranteed Income Supplement payments. The age of eligibility will rise from 65 to 67. The change will be phased in so that Canadians under 50 will not see OAS payments until they turn 67. These changes are occurring seemingly out of the blue; they were not part of the Conservative election platform, and they are being pursued without appropriate consultation with Canadians.

But changes to OAS aren't the only tricks this budget bill has hidden up its sleeve. Of particular interest to Atlantic Canadians are the changes to the employment structure at Parks Canada. In total, 1,689 Parks Canada jobs will be affected by the omnibus budget – 408 of those are in Atlantic provinces. For Canadians visiting parks and historic sites, this will mean fewer services and a shorter tourism season by as early as next year.

With so many natural wonders within our borders, Canada could be a world leader in environmental sustainability. But by gutting our environmental assessment laws, rewriting the Fisheries Act, and cutting millions in funding at Environment Canada, the Harper government is sealing our country's fate as an environmental laggard.

After carefully studying this 420-page Budget Implementation Act, it has become clear that the NDP cannot support it. The

Conservatives' budget does little to help our economy or get people back to work but it does weaken environmental protections, increase the vulnerability of our seniors, and rewrite Canada's fisheries law. New Democrats believe that Canadians deserve a more comprehensive debate on these issues, and that the massive budget is an abuse of Prime Ministerial power.

Canadians from coast to coast to coast are concerned that this budget is not in the best interest of Canadian families. From Employment Insurance to fisheries to Parks Canada, Canadians are rightly speaking out against this undemocratic bill. I share the concerns held by many Canadians that this budget is failing to build a Canada that is strong, sustainable, and prosperous – both now and for future generations.

But simply listening to concerns isn't enough in the face of such far-reaching changes. That's why the NDP has launched a series of budget hearings across the country to engage with experts, community groups and concerned Canadians about what matters most to them in the omnibus budget bill. We will be holding public hearings in Ottawa, Halifax, Montreal, Toronto, Regina and Vancouver. These hearings provide an opportunity to hear testimony from a wide range of experts, as well as the public at large.

Within 48 hours of launching our (See Canadians on page 13)

Halifax, NS B3L 4W8



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



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Central Spryfield students donate proceeds of fair

By Stephen Adams, HRM Councillor, District 19

As your councillor, I have had the pleasure of attending numerous community events; whether they be church suppers, parades, community fairs, school functions or one of the many other activities we all enjoy. However, Saturday, May 12 was an extra special day for me. I attended the Central Spryfield Spring Fair. As you may recall, Central School was up for review and possible closure earlier this year. However, with a great community effort, this school will remain open.

When I first arrived, it was like any other school fair: games, a bake table, car wash, ball hockey shots and other events. However, there was a twist; the entire event was organized by the grade six students. They called local businesses for support, explaining their event. Each phone call was ended with, "If you would like to speak to Miss Walker (our principal), she is right here." No one needed confirmation. On the day of the event, they made sure everything ran smoothly, so a great time was had by all. When all funds were tallied, they raised about \$1000. And, here is the twist. All of the funds raised went to the IWK and Phoenix House. As well, they collected food for Parker Street Food & Furniture Bank.

I can't begin to tell you how proud I am of these unselfish students. It is admirable to organize an event such as this; but to give the proceeds to others in need is remarkable.

I also attended the Spryfield and District Business Commission Expo and Yard Sale at the Spryfield Lions Rink. The Spryfield Lions Club served pancakes (despite challenges with power) and other treats were available at various booths.

This event is a great way to see how many businesses are available in our communities. You would be amazed at what services are offered. Financial, health, personal care, beauty, along with service groups and community groups to name a few; all have something to offer. This year's show was bigger and better then the last, and I expect those in the future to be even better.

On Monday, June 18, the Annual General Meeting for the Spyfield Lions Rink and Recreation Society will be held at the rink. This Board is looking for new members and would welcome any interested individuals. The time commitment would work out to be no more than one two-hour meeting per month. It is a great way for residents to help with this wonderful community facility and to bring services

forward. If you are interested, please let me know.

This is the time of year when students are getting ready to go onto the next grade, or are leaving high school.

For those of you grading, I wish you all the best. If you are graduating from high school, I offer my sincerest congratulations. Take a minute to look back at the challenges you faced and met head-on.

Remember your triumphs and learn from all you have done. Whether you move on to university, community college, other education or a new job, do the very best you can do. I am confident you will.

OBITUARIES

(continued from page 10) in Dorothy's memory may be made to the Heart & Stroke Foundation.

MACLEAN, Bradley Wilfred

72, Halifax, passed away peacefully on April 17, 2012, at the Halifax Infirmary, QEII. Born in Glace Bay, he was a son of the late Wilfred and Marguerite (Jones) MacLean. Brad was an avid sports enthusiast, playing and coaching hockey for many years with Cliff Pelham (Halifax) and Donnie Neet (Halifax). He also played football, softball and his favorite sport, curling. Brad was well known for his knowledge on the statistics of hockey teams, players, as well as football teams. He loved travelling with Lynn to Florida every year on vacation and enjoyed watching his children participate in sporting activities also. Bradley is survived by loving wife Lynn (Brackett); sons, Robert, Alan, both of Halifax; daughter, Dayna MacLean, Herring Cove; brother, Norman (Carol), Sudbury, ON; sister, Roberta Lord (Don) Bedford; sister-inlaw, Agnes, Herring Cove; granddaughter Hali. He was predeceased by brother Howard. Arrangements are under the care of J.A. Walker Funeral Home (2005) Ltd., (477-5601), 149 Herring Cove Rd. A service of remembrance was held on Friday April 20, at the Earl Francis Legion, Spryfield. Donations in memory may be made to the Alzheimer's Society of Nova Scotia.

MACDONALD, Cecilia Mary "Cindy"

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 Mac-Donald; 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, 322 Herring Cove Rd., on Tuesday April 24. Interment to take place at a later date. In lieu of flowers, monetary and food donations may be made to the Emmanuel Anglican Church Food Bank in memory of Cecilia A special thanks to the staff on floors 7A & 8A V.G. Site QEII, palliative 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

HATCHER, Lillian Edna

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., 149 Herring Cove Road, Halifax (477-5601). 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.

Canadians

(continued from page 12) website, www.budget2012.ndp.ca, we had received over 4,000 submissions. Clearly, Canadians have something to say to Stephen Harper.

As the NDP Critic for the Environment and Sustainable Development, I can assure you that my New Democrat colleagues and I will continue to represent the values and needs of Canadians living in Nova Scotia, and across the country. Our team is working hard every single day to take on the Harper Conservatives and put forward practical solutions that will ensure we maintain a prosperous Canada for future generations.

If you would like to share your comments or concerns regarding the Conservative budget so that I can take them to Ottawa, I encourage you to email me at megan.leslie@parl.gc.ca, or to write to me at 1-2207 Gottingen St., Halifax, NS B3K 3B5.

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Stephen Adams

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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 JUNE

Harrietsfield/Williamswood Community Centre 1138 Old Sambro Road: Pre-Teen Dances June 8th and the 28th, from 6:30 p.m. to 9:00 p.m Adult supervision; snacks available; Admission \$3.00 **Community Dance** June 2, 9:00 p.m. to 1:00 a.m. Bar service and music by DJ Admission; - \$5.00 at the door. All welcome! **Annual Fishing Derby** with Free Fish Chowder and B.B.Q. at Spruce Hill Lake sponsored by the Harrietsfield/Williamswood Community Centre on June 2, starting at 9:30 a.m. till 1:00 p.m. Prizes to the children for biggest, second and third fish caught.

Spryfield Legion Dance on June 16 at 7 Sussex St from 9-1. 3 Way Radio will be performing. Admission is \$7 and doors open at 7pm.

The season finale at Pond Playhouse

is the enjoyable musical comedy The Drowsy Chaperone, 6 Parkhill Road (off Purcell's Cove Road) Halifax. June 21 to July 8 th . Tickets are \$13 for seniors, students and Theatre Arts Guild members; and \$16 for the general public. For more information, visit www.tagtheatre.com. For tickets call 451-1221 or online: www. ticketatlantic.com Tickets available at participating Atlantic Superstores and at the Metro Centre Box Office.

Flea Market St. Paul's Family Resources Institute (173 Old Sambro Road) is holding a flea market on Saturday, June 9th from 8am until 1pm. Tables are only \$15.00 and to reserve one please call Kristen at 902-479-1015 or email khollery stpaulsfri@hotmail.com.

Volunteer Literacy Tutors Needed at CWS Library! Right now, about 12 million Canadian adults have trouble reading and writing. By becoming a volunteer tutor in an Adult Learning Program, you can help someone in your community improve his or her basic literacy skills. Training is provided. Please call Noreen at 490-5715 for more information.

Special Meeting Chebucto Connections (CCDA) board will hold a SPECIAL meeting on Tuesday, July 3, 2012 at 7:00 pm at the Spryfield Wellness centre to discuss an amendment to their bylaws.

Dignity BBQ The Salvation Army Spryfield 328 Herring Cove Rd., June 1, from 11:30am-1:30pm, to raise support for "The Dignity Project" which is designed to educate the public about the reality of poverty in the 21st century-and underscore the point that everyone deserves basic human dignity.

Elevate Dance Company June 9, 7:30pm, We will be hosting a dance performance by the Elevate Dance Company, from London, England. The event is free with an option to donate towards the company. Kid's Praise Party June 30, from 1:00pm-3:00pm RSVP required 477-5393. Summer Carnival Kick-off party for children ages 5-12 (under 5 must be accompanied

by an adult). The Shining Lights Puppeteers will be performing with games, face painting, balloon animals & food to follow.

The Quarter Note Singers June Coffee **House** Date: Thursday, June 7, 2012 from 7-9 p.m. Location: Captain William Spry Recreation Centre. Special Guests: The Hydrostoners Ukelele Ensemble Refreshments Served – Donations Gratefully Accepted – New MembersWelcome Contact Steve at 477-2664 for more info.

Programs being offered this month by the Chebucto Community Health Team Want Better Health? Build Better Goals! Saturday June 9 th 11-12pm OR Wednesday June 13 th 11-12pm OR Thursday June 28 th 1:30-2:30pm Beginners Guide to Weight Management Wednesday June 13 th 1-2:30pm Beginners Guide to Stress Management Monday June 18 th 10-11:30am 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, 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

Bethany United Church presents **The Dutch Canadian Choir of Calgary (Alber**ta) Monday May 28 th at 7:30 PM. Tickets are available from the church office and at the door. General Admission \$10. Children 12 and under Free. Bethany United Church, 7171 Clinton Ave, Halifax, NS. For more information call 902-455-0521. www.bethanyunitedchurch.ca

A farewell event for Katimavik in Spryfield is scheduled for Thursday June 7 th from 6:30-8:30pm at Edward Jost Children's Centre. All are welcome

Boys and Girls Club of Spryfield is hosting an **Open House Tea Party** event on Monday, June 4 from 6:30pm to 8:00pm at 11 Aldergrove Drive. Bring a friend and come see what we are all about! For more information please call 477-9840 or email at bgcspryfield@ns.aliantzinc.ca

McNabs and Lawlor Islands Beach Cleanup Sunday June 3 (rain date- June

10) Time: 10 am – 5:00 pm Location: Meet at Murphy's on the Water, Cable Wharf, on the Halifax Waterfront before 10 a.m. Space on the boat is limited to 190 people and available on First Come, First Served basis. Bring work gloves, drinking water, a lunch and ENTHUSIASM. We will supply the garbage bags and FREE transportation to the island for volunteers willing to clean up the beaches. Groups of more than ten persons must pre-register with the Friends of McNabs Island by calling Cathy (434-2254 evenings) or Faye (443-1749) or e-mailing mcnabs@ chebucto.ns.ca. Visit www.mcnabsisland. ca or our Facebook page for more details.

St. James Anglican Church in Herring Cove are having their **Annual Lobster** Supper on Saturday, June 16 from 3pm to 6pm. You have the choice of lobster. scallops or ham for those who prefer a non-fish alternative. To order tickets or to get more information please call 477-0398 or 479-2663

URBAN FARM MEETING: The Urban Farm Museum Society of Spryfield will hold its Annual General Meeting on Monday, June 11th,2012, 7pm at the Capt. Wm. Spry Community Centre. Everyone welcome. For further information, please call Pat @ 477-6087 or email jamac@ns.sympatico.ca.

Come Grow With Us: "A gardening program for children, youth and families. Please contact Pat at 477-6087 or e mail jamac@ns.sympatico.ca for further details. A program of the Urban Farm Museum Society of Spryfield".

Seniors Dance at the Spryfield Legion Monday, June 18 12:30-4 pm; \$3.00 per Person, 50/50 Draw, Lunch Served Good Variety of Music by Albert Martell Everyone Welcome

Sambro Elementary School Spring Fair on Saturday, June 9 from 11am to 2pm. Come out for some fun! BBQ,

raffles, bouncy castle, lots of games, face painting, tattoos, with special guests from fire department and coast guard. Everyone Welcome!

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 t 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.



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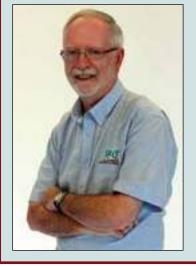
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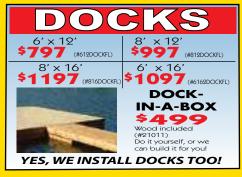
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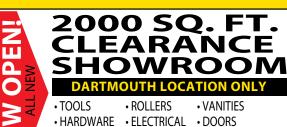






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