

Chebucto News

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J.L. Ilsley cut Footloose!



by Sarah Boyle

J.L. Ilsley High School students “lost their blues” as everybody “cut footloose” in this year’s production of the musical Footloose. The curtains opened on the evening of April 18th with school matinee shows and public evening shows running until the 20th. “We’ve ‘been working so hard’”, one

cast member commented while quoting the musical. “It’s nice to finally showcase it”.

The story follows the struggle of adolescent Ren who is forced to leave Chicago with his mother after his father walks out on him. After moving to the small, religious town of Bomont, Ren is shocked to discover that there is a law

prohibiting dancing within the town limits put in place years ago after four teenagers who were returning from a dance party drove off of the Potawney Bridge and died. Determined to change this law, Ren challenges the town council with the help of friends, and his love interest, Ariel. After much difficulty, Ren succeeds and the town throws a dance.

Directing the show was Zara Tufts, returning for the second time after successfully directing the school’s musical Grease last year. The cast was glad to have her and was also glad to have Alison Bolton, the school’s music teacher as musical director. Working with Alison Bolton was the pit band

composed of Constable Steve Saunders on the keyboard, Kathleen Gallant and John Dale on the saxophone, Will Hansen on the guitar, Kyle Manzoni on the bass, and Bryan Comeau on the drums. Together they brought all of the music without which the cast couldn’t have performed.

The cast was composed of old and new talent, all equally strong. In the lead of Ren McCormack was Chris Edgett. After his triumph with the lead role of Danny Zuko in the school’s previous production of Grease, he took the role of Ren and gave it life. Acting alongside him in the role of the lead female Ariel was Katie Strum. Though this was her

(See Footloose! on page 2)

Support needed for Chebucto Head

by Lorrie Boylen

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

On Saturday, April 20th a small but mighty group of Chebucto Head residents braved the wind and damp weather to clean up the garbage on their road. While some lighter items may have blown there, items such as syringes, batteries and car parts were not carried there via winter winds.

For many years people came from all around to enjoy the breathtaking vista that Chebucto Head has to offer. It was one of the few public places in HRM where people with limited mobility could drive to enjoy the view and watch the ships come and go. After vandals burned down the vacant light keeper’s house, a gate was erected and locked in the evenings only. A few years ago, Department of Fisheries and Oceans, owner of the land, moved the gate further away from the shore and

now it is kept locked to the public at all times. Many people continue to come to the area to hike, pick berries, whale watch, bird watch, etc., parking their vehicles near the gate and walking in.

(See Chebucto Head on page 2)

All “hands on” at Hand in Hand

by Carrie Forbes

As many readers may be aware, Hand in Hand at 440 Herring Cove Road were the unfortunate targets of copper thieves who stole the piping attached to their fuel tank. As if the theft of property weren’t enough, the result of this petty crime was a leak of the fuel within the tank, causing approximately ¼ of the tank’s oil to leak into the ground below. This has caused a burden of a mess on Hand in Hand’s property, as they now must remove all of the affected soil from the grounds around their property. For a non-profit, this is a significant

financial cost.

Heather Coffin is the Executive Director of Hand in Hand, and is wearing many hats on the Saturday Chebucto News caught up with her. This is how things are done here – everyone, including the executive director - are ‘hands on’ with the many tasks involved in running a community non-profit, which is filled with customers while we speak. In addition to two part time staff (who also tend to work full time hours) there are approximately 20 volunteers spanning all ages from high school to seniors; the

(See Hand in Hand on page 5)

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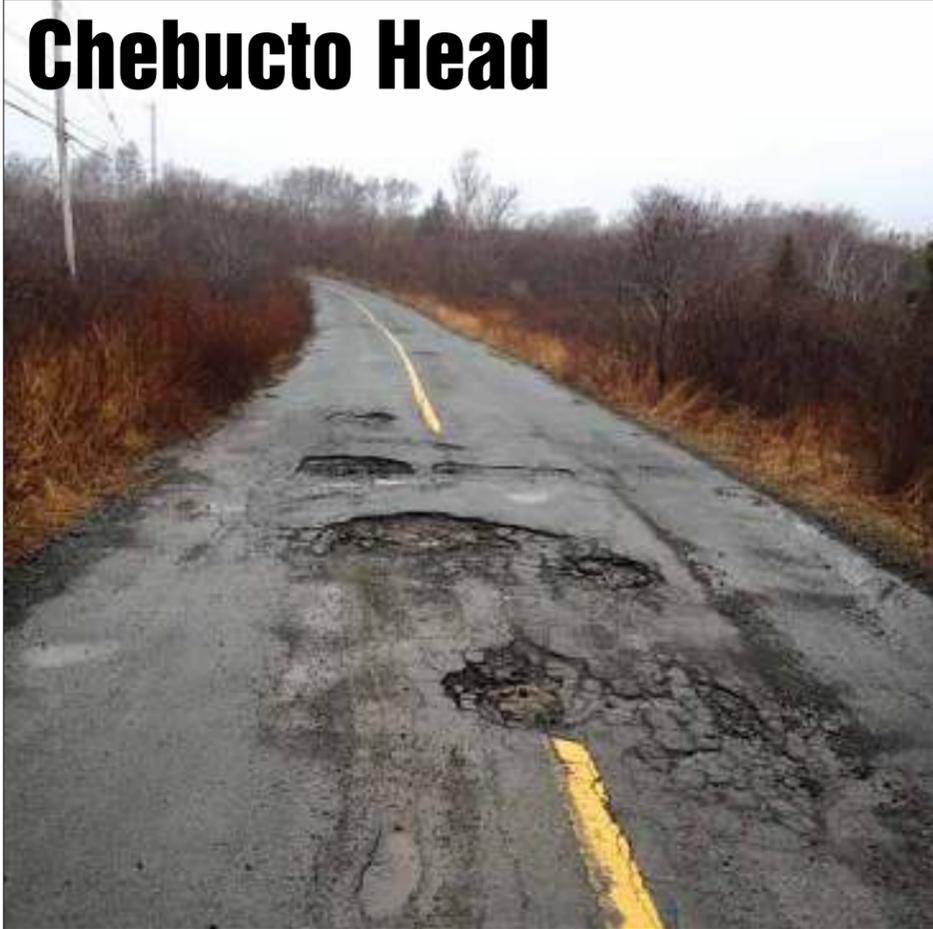


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Chebucto Head



(continued from page 1)

They often park their vehicles in an unsafe manner, blocking turnarounds and residents' driveways.

Several years ago, a portion of the road was paved leading from Ketch Harbour Road to Duncan's Cove Road. The repair did not continue beyond that, and the road leading to the Chebucto Head Lighthouse is now very likely the worst in HRM with broken asphalt, giant potholes and sinking culverts, and overgrown shoulders which reduce visibility and provide no margin of safety for pedestrians and other vehicles. It has now fallen into such a state of disrepair that school busses refuse to travel it. It is unsafe for children to walk to where they must now meet the school bus, and there have been several close calls. On garbage and recycle days it is nearly impossible for a vehicle to pass the collection truck. Ambulance and fire trucks would not be able to safely traverse the road in the case of an emergency. Residents say they pay the full tax rate but do not receive the benefits. DFO claims it is not in the road management business since divesting responsibility of the lighthouse property. Despite claiming no responsibility, DFO entered into a commercial venture with Eastlink and last year a tower was erected near the lighthouse, with no public consultation with residents. Large noisy trucks and heavy equipment came and went at all hours of the day and night, putting further strain on the road and having the cumulative

effect of deteriorating road conditions even further.

A provincial nature reserve borders this road, and Chebucto Head was featured in the provincial tourism Doers and Dreamers Guide. However, the Province will not accept responsibility for the road and for the damage that its increased tourism traffic has contributed to the road. It is not a municipal road, so HRM will not repair or maintain the road.

Residents have lobbied for more than 12 years and had a countless exchange of phone calls, emails and written correspondence, but bureaucratic inertia has set in. Residents report that local MLA Michele Raymond, although sympathetic, has refused assistance claiming it is not a provincial matter. Councillor Steve Adams did propose that Council come up with report on the viability and cost of maintaining or bringing the road up to standard and also that the Mayor write a letter to Federal Government requesting contri-

bution of funds. Meanwhile, residents wonder if it will take a catastrophic accident to motivate the three levels of government to cooperate and fix this longstanding problem.

The residents of Chebucto Head and Duncan's Cove enjoy the beauty that surrounds them and want to continue to share it with the public. They should not be held responsible for the cost of the wear and tear that non-residents put on the road; a road that could definitely be an asset to the public and to tourism if it were repaired and maintained properly.

For more information, join the open Facebook group called "Friends of Chebucto Head" or visit their website at www.duncanscove.com. To voice your concern over this issue, contact your government officials, Councillor Steve Adams, MLA Michele Raymond and MP Megan Leslie.

Footloose!

(continued from page 1)

first musical, she took the stage as if she had the experience of a thousand musicals. Acting as Ariel's best friend Rusty was the equally talented Emily Manuel. Emily stood out on stage, not because of the big 80's hair, but because of her shining performance. As Rusty's lovable but stupid boyfriend Willard was Alex Thompson. "He's a really smart guy in real life," said one of the audience members. "But he plays a really believable idiot-good acting." The role of Shaw Moore was filled by the gifted Tyler Binder who not only acted, but became, the reverend. Playing his wife Vi Moore was Ceilidh Bray, who returned with her amazing voice after her starring role of Sandy in last year's performance of Grease. The entire ensemble was happy to be there, and their enthusiasm showed in the performance.

Despite the enjoyment everybody had in performing, the curtains had to close. "I'm already looking forward to next year," said one of the grade 11 cast members. "It will be hard to top this year, but that's a challenge I'm looking forward to."

Chebucto News

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**Something to say?
email the editor:
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The Senior's Beat: Why do people hate each other?

by Beverley Clarkson

Today I get to introduce you to a couple from Ferguson's Cove who embody the opposite of hate, whose lives are about looking after others.

Hilary Marentette is a teacher, by nature, training and experience. In 1996, still loving teaching but "tired of marking", she was inspired to become a doula, helping mothers through every minute of their children's births. The doctors, the nurses, even the family: they come and go, but the doula stays with the mother, no matter how long it takes.

And she trains other doulas, this pioneer, who enrolled in a brand new training of trainers program in Windsor, Ontario, to master the considerable skills required. She also learns by doing and making connections in the community around her. She had noticed that unpartnered women in particular were often alone during childbirth and worked with groups of women to train their peers to support each other. She realized that certification could extend the reach of this new service, and gathered community support to establish and fund training of volunteer doulas which is now provided by the Chebucto Family Centre. And she is a member of DONA International, <http://www.dona.org/>.

Besides some formidable volunteer chops in other community activities, among them serving on the Chebucto West Community Health Board, she is also well rounded and does many things beautifully. Her new home and garden, built on a reclaimed waste site, are a joy to the people who see them and the deer who love the variety in their diet. "It is important to keep active, to engage in new things," she says, "and do everything you can. When I turned fifty, I took up yoga and I walk extensively, a great work out in these hills. I belong to a book club, and I also joined the new community band and we are playing in our first Kiwanis fest." She plays percussion.

"And she is a fabulous cook, makes meals for everyone", interjects her husband, Mike, who thinks of his life story as a series of books. They met in the 60's, when both were volunteer teachers in Nigeria. "It was the end of Colonialism, and while living conditions were still terrible for the people—mud huts, no running water, latrines—there was a lot of optimism that things would get better. We both loved it, but I wasn't cut out to be a teacher."

Coming home, he landed a job with the new Ontario Human Rights Commission, which sent him to "do some-



Hilary and Mike Marentette

thing with race relations" in southwestern Ontario, with its many new immigrants from Eastern Europe, native reserves and older black communities. In the late 60s, race relations were explosive all over the place, and it was "a real education in terms of learning how society works."

"After three years of not getting very far" he realized he needed more skills and off he went to UBC for a Master of Social Work specializing in community development. "It was a very intense experience, revolution was everywhere in the education system and it was good to be a witness of great changes".

Later, he came to Halifax "to extend my education". Before university, like most people, he had no contact with the social assistance system and could not believe how a system set up to help people could be so very destructive in practice. And so, with typical initiative, he chose to spend his life rebuilding the system.

It helped that the city was open to building a multi-service system in Spryfield where he and Hilary had settled. That meant creating collaborations and meant building alliances among the various players in health, education and social services, "politicking to get the Captain Spry Community Centre built, legislation passed to allow it to be leased from the city and operated by the community independently," and that took a very intense decade of his life.

After some years of contract work, including helping establish provincial community health boards, he was invited by Care Canada to spend a year rebuilding post-war Bosnia. which meant, what else? getting Catholic Croats, Orthodox Serbs and Muslims to work together. It was there the gentle Muslim father he lived with posed the question in the title. And to help answer it, he was invited back several times to figure out what was needed and to mobilise the resources to make it happen. And because he did many people were able to return their former homes and live with clean water and in safety.

Today, while he claims to have retired from a very active post-career volunteer

life, he is still co-chair of the Ferguson's Cove Neighbourhood Association. Does he have any hobbies? Well, yes. Woodworking. He makes furniture—benches for beauty spots in the neighbourhood. And furniture for daycares. And does he have any words of wisdom? "Don't think of getting older as a disease, it's

just another stage of life. And it's a fine time of great freedoms".

To answer that Muslim gentleman, some people don't hate others. They live glorious lives of making things better for others, and we are blessed to have the Marentettes among us. And I'd sure like to read those books.

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Monthly Member Profile

Bruce Cooke

Bruce Cooke when he is not working his day job or coaching lacrosse, volleyball, baseball, soccer, softball etc., is working on a project to better his community. Bruce was a driving force to bringing safe water and sewer services to Herring Cove. When HRM decided to eliminate two lanes of traffic on Herring Cove Road he said NO; Council voted 13 – 9 in his favor! Now Bruce wants J.L. Ilesley High School renovated. There is no question that he will get the job done. Bruce continues to serve on a number of Boards in our communities – giving back!



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DISCOVERING OUR PAST

Legacy of War of 1812 continues on Deadman's Island in the Northwest Arm

by Iris Shea

The legacy of the War of 1812 on Deadman's Island extends over 200 years, but it's only the past 15 years that its effect on this small piece of land in the Northwest Arm has attracted public attention.

Deadman's Island was part of a 160 acre grant of land in 1752 to Robert Cowie, a baker, and his partner, John Aubony, a tavern keeper, both residents of Halifax. What is known today as Cowie Hill was also part of that 160 acres. From a "For Sale" advertisement in the Halifax Gazette in November 1752 it is known that Aubony and Cowie built a Store-House on Melville Island, measuring 70 by 40 feet, and a Block House with a stone chimney and two fireplaces "suitable for persons wishing to make Shingles, Clapboards, Laths and Hoops".

In 1784 James Kavanagh, a Halifax merchant, paid £65 for the 160 acres and used Melville Island as a place for his fisheries. Ten years later, in 1794, the two large buildings were used for a hospital to care for captured French prisoners from the Napoleonic Wars. Kavanagh maintained a fishing stage and a cooper shop on Melville Island where he stored nets, salt, and barrels. In 1804, he sold the entire 160 acres to the British Admiralty for £1000 for the purpose of housing prisoners of war in the buildings on Melville Island. Until that time, Deadman's Island had no role, nor was it an island. It was always attached to the mainland. At some point in its history, following dredging by one of its owners, Deadman's appeared as an island during high tide.

Between 1804 and 1812, during the Napoleonic Wars, Deadman's Island (known by the name of Target Hill because of its use for target practice by



Photograph, 1910, Longley's house and pavilion on Deadman's Island. Courtesy NS Archives

soldiers) became the burial ground for 56 French and seven Spanish prisoners of war who died in Melville Island prison. During the War of 1812, from 1812 to 1815, the deaths of 195 American prisoners of war were recorded by the British Admiralty at Halifax, with 188 of them believed to be buried on Deadman's Island. Records show they died from wounds during land and sea battles, or from diseases such as smallpox, fever and dysentery.

Between 1815 and 1816, Black Refugees from the United States were cared for in the prison buildings on Melville Island, some of whom died from smallpox and other diseases. Deadman's Island was used as a burial ground for the 107 Black Refugees who died within this short period of time on Melville Island.

Irish immigrants were quarantined on Melville Island during the 1830s and 1840s, many of whom suffered from smallpox and typhus. In 1847 there were 30 deaths reported and it's likely these 30 Irish immigrants were buried on Deadman's Island. For many years,

a marked gravesite was evident on Deadman's Island, that of John Dixon of Cape Breton. Dixon was thought to be a member of a regiment whose comrades placed a wooden marker on his grave in his memory. The year 1817 was inscribed on the wooden marker but Harry Piers, curator of Nova Scotia Museum, believed the correct date to be 1847.

Melville Island (plus a small piece of the mainland) was transferred to the British Army in 1856 and sold in 1905 to the Canadian government. The remaining portion of the original 160 acres, including Deadman's Island, stayed in the hands of the British Admiralty until 1907 when Charles Longley, a Halifax businessman, purchased it. Longley developed Deadman's Island into an amusement ground which he called Melville Park and built a two storey house on the island with an attached pavilion. He subdivided the mainland into 79 building lots which were sold

to cottagers and permanent residents, the beginning of the community called Melville Cove.

By 1927, Longley's financial troubles and "rum running days" caught up with him. He was forced to turn over his land holdings to the bank. In 1930 Deadman's Island was purchased by A.J. Davis who had been operating an amusement park on McNab's Island. He sold that to Mr. Bill Lynch and converted the pavilion on Deadman's Island into a dancehall which he called "Kealoah".

Deadman's Island remained privately owned until the year 2000. In 1998 a developer hoped to build a 60 unit condominium on the island but public outcry prevailed. The fact that Americans were buried on Deadman's Island certainly helped save the island from desecration. The War of 1812 Society of Ohio joined the cause and Halifax Regional Council purchased the island in 2000 for a public park. Since 2005, a Memorial Day ceremony, organized by the American consulate in Halifax, has been held at Deadman's Island Park on the last Monday in May, a national holiday in the United States. The War of 1812 Society of Ohio placed a monument in the park with inscriptions of 195 names of American prisoners of war, their date of death, their place of birth, and the name of the ship on which they served.

In 2013 the annual Memorial Day ceremony will be held on May 27th at 11 am. If you have not visited Deadman's Island since it became a public park, this would be a good time to do so. The entrance is on Pinehaven Drive, off Purcell's Cove Road.

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Hand in Hand

(continued from page 1)

last volunteer to retire was in her 90's. That is the kind of dedication Heather and her team have for Hand in Hand.

The result is some significant outreach within the community. Many people are familiar with the thrift shop, where they sell clothing, toys, and household goods. The items are donated from the community, and are some of the lowest priced items you can find in HRM. These prices reflect the philosophy of Hand in Hand, a special works of the Society of Saint Vincent de Paul, which is to enable low and fixed income residents the ability to shop for their needs without breaking the bank. The organization also provides tax services for lower income residents.

Another major area they are servicing is providing furniture from donors to those that are in need. Because space is an issue for storing articles, they keep a list of those who need furniture. When they have a donor, they make arrangements to have the donated furniture picked up and delivered to the person in need. Heather indicates that the need is so strong, even with the Parker Street Furniture Bank in operation, Hand in Hand could have a one full time person solely fulfilling this service. Agencies, such as Bryony House, will often partner with Hand in Hand to help set up a new household for one of their clients by providing furniture and items like linens and dishes. It certainly takes a 'village' to work together helping to

provide adequate resources.

Hand in Hand also provides opportunities for members of the community to learn and develop. These include 'Muffin Mondays' where participants gather to bake a new recipe each week; crafts on Tuesdays led by a community member; and music on Fridays performed by local musicians. Formal learning opportunities like Financial Literacy offered through CEED (Centre for Entrepreneurship and Education and Development) take place within Hand in Hand the last three weeks in May, in the Alice Mailman Community Room. All of these activities serve to fulfill the vision of Hand in Hand: "A unique community based thrift store offering advocacy and programs in personal growth and skill development."

So, the vision continues to expand on these programs. Some of these plans include demolishing the old Hand in Hand building to create a new storage space for furniture, along with a cube van for delivery. A new stove for the kitchen would help them create a lunch program; a dishwasher would help clean donated dishes for sale; an energy efficient washer and dryer would help them save on energy costs of washing the donated clothing they sell; and a large outside constructed donation box would help them to receive items after hours so that the donated items would not be affected by weather and need to be discarded. These are just a few of the goals Hand in Hand has in mind, but will have to take a back seat to the spill clean-up. Insurance may cover a portion

of the cost, but the overall cost may be several times more than the insurance coverage.

There are ways our community can help, although it's important to know that certain items cannot be accepted, such as upholstered furniture, television sets, television wall units and child/baby car seats. As well, donations should not be left after hours as if there is inclement weather or pests, the items may need to be thrown out. Items such as linens, bath towels, dishes, and pots and pans are always in high demand, along with men's clothing in sizes large - XXXL. However, they can also use 'a hand'. Volunteers who can assist in the store, as well as with furniture deliveries, are also needed.

If you would like to help out Hand in Hand so they can continue to build on their community efforts, please visit the following website for more information: www.handinhandhalifax.org

Letters to the Editor

To the Editor
Regarding Pedestrian Accidents:
It would be interesting to know how many of these unfortunate accidents are happening at night when it is dark and raining.

Pedestrians should be encouraged to wear reflective clothing. Decorate yourself with bright reflective items!

I think this should be mandatory like other safety measures.

Yours truly,
Regine Maass

Something to say?
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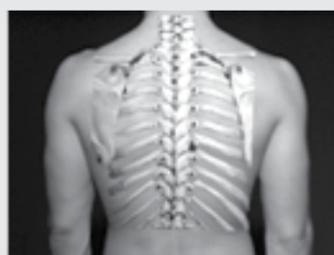
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Friendship and camaraderie endure with Veterans UN-NATO

by Michelle Raymond

Earl Francis might not have recognized the uniforms, but he certainly would have recognized the camaraderie last month, and the obvious joy of veterans in the company of other veterans.

Legion Branch 152 has seen and supported many returned servicemen since it was chartered in 1958, and later renamed in memory of Spryfield's Earl Francis, but on March 25, the Legion played host to an entirely new group of veterans, the Halifax West chapter of Veterans United Nations-NATO.

When Earl Francis was a prisoner of war in Hong Kong, war was an entirely different experience from today. Still, the bonds formed in wartime are enduring, and today's are every bit as strong.

That's why Veterans UN-NATO, now 5000 strong across Canada, was formed in January 2008 by Canadian Forces veterans concerned that they had no way of maintaining the ties they'd formed as peacekeepers in war zones around the world. The fastest growing membership is in Atlantic Canada, a region which currently includes 165 members in HRM.

Gus Cameron is a representative of the Halifax West chapter of Veterans UN-NATO, and he was front and centre last month as he was inducted into Legion Branch 152, and in turn, welcomed seven new members into the Veterans UN-NATO, in a 'patching-in' ceremony attended by nearly 100 members.

Although about 80% of Veterans UN-NATO members are bikers, the group isn't a motorcycle club, but an organization whose members are keenly devoted to supporting each other and each others' families, in the tradition of the Royal Canadian Legion itself. What Veterans UN-NATO members have in common is that all have been deployed on at least one UN or NATO mission, and they want to be sure that no one forgets the soldiers who never returned, or who returned wounded, physically or emotionally.

It's an organized group, as ceremony and kit shop attest: Every member wears a vest, the Veterans UN-NATO patch, and the badges related to their particular service and tours of duty. No other motorcycle club colours may be worn with the vest, and no one with any affiliation with any criminal organization may be a member. As Gus puts it, the morale of the cadre must always be upheld when wearing the vest, and the Rules of Engagement make it clear that everyone is there to support comrades and enjoy the company of other veterans.

Some members are still active in the services, though. Gus Cameron has retired from the Navy after 26 years of service, including a mission during the first Gulf War, but Freddie MacLennan considers that after 23 years of sea time and 36 years of service, he's "married to the Navy". He's a Cold War veteran who served on tankers and diving ships, and worked provisioning and checking manifests during the Falklands and Gulf War conflicts, but once on land, his family is Veterans UN-NATO.

The Veterans UN-NATO aren't a closed group. They welcome Supporter members (any Canadian citizen, or police officer who's served on at least one UN or NATO mission, and recommended by a Veteran member), and are constantly reaching out to the veterans of earlier generations.

On 20 July, the Halifax West Chapter will hold a beach party, inviting WWII and Korea vets. On 17 August, they will bring their bikes to Camp Hill Hospital for an ice cream social and a Show 'n Shine, where they will take their elders on a tour of their bikes and serve ice cream in the Camp Hill garden, rain or shine.

They are also working with Veterans Emergency Transition Service, an organization recently formed in Nova

Scotia to help veterans in distress. Many people are shocked to realize that modern-day veterans don't always have the financial and emotional supports they need on their return to Canada, and can end up severely marginalized, even homeless.

Today's veterans come home almost instantly from conflict, says Colonel Pat Stogran, former Veterans Affairs Ombudsman, and without the benefit of weeks of shipboard decompression, the invisible wounds of post-traumatic stress disorder may never really heal.

Veterans UN-NATO members know this, and are working with VETS to make sure the most vulnerable returnees get the help they need. Most Saturdays the chapter meets for breakfast and a

group ride, but just to be on the safe side, everyone is encouraged to enroll in a seminar on riding in formation. They'll attend the Blessing of the Bikes in Truro's Victoria Park in June, (and are determined again this year to field the largest contingent of bikes).

Veterans UN-NATO is carrying on a proud tradition of esprit de corps among veterans long after they've left the battlefield; like the members of the Legion, they are dedicated to keeping the bonds alive, and doing their best for those who have done their best for their country. If you'd like to know more about Veterans UN-NATO and its work, their website is <http://www.veteransunnatons.org>.

Learning Landscapes at William King Elementary

by Stephen Driscoll and Kathy Hamidovic

In an era of climate change, and with the current generation of children being less active and spending more time than ever indoors, efforts to entice children and their teachers to spend more time in engaging, child-centred, green-designed school grounds is very timely. As an extension of the classroom, the school grounds can be used in varied ways for formal and informal learning activities. There is untapped potential for these spaces to be vibrant learning landscapes.

Creating a defined gathering place on school grounds, such as a circle of rocks or horseshoe-shaped bench seating, is critical to provide some formal structure to outdoor class time. Lessons can begin and end in this space despite where the lessons may take the class. This helps the students distinguish between outdoor class time and playtime.

A defined outdoor classroom area can also provide a space for social gatherings. Classmates can gather for a chat at recess, school staff and school-related committees can hold meetings or educational sessions in this space and the community would also have access to it outside of school hours.

Garden plots on school grounds can help to foster a sense of responsibility and pride in the students. These plots can also help extend many class lessons, such as sprouting a seed, then watching the rest of the plant life cycle transpire in the garden.

Learning landscapes also help to turn an otherwise barren school grounds into a beautiful, health-promoting and inspiring place in which to spend some time.

At William King Elementary we are constantly working towards improving the learning environment for our students. In recent years we have installed a second playground specifically designed for upper elementary aged children. We have enhanced the learning experience through the addition of LCD projectors in each classroom, as well as adding iPads to the list of tools available to students and staff. These

enhancements are possible because of the countless hours put forth by our PTA, our staff, and the generosity of our community. Our next goal is to create an outdoor classroom.

The proceeds from our William King

Spring Fling on Saturday, May 25th will be used to start the 'boulder rolling'. In the next year we hope to see areas created outside that stimulate more growth in learning and are welcoming spaces for the community.

MORE SPORTS ON PAGE 11

Spryfield Minor Softball League Starting Soon!



by Jonny Horner

The Spryfield Minor Softball League (SMSL) is gearing up for the 2013 season. The SMSL is a great way for kids 7-14 to spend their summer on the ball field. The little league consists of kids from age 7-10 and the big league is for kids 11-14. For 30 years now the SMSL has been providing a fun and safe environment for children and youth in the area.

This is somewhat of a fresh start for the SMSL due to the formation of a brand new executive committee to help run the league more smoothly. SMSL is more than just softball; it's about getting out and enjoying the summer with your old friends and the new ones you meet along the way. There will be a BBQ, skills competition, a year end banquet and trophies for the kids.

For just \$80 dollars it is a cheap way to stay active this summer. There are ways of getting funding through Kids Sport and the Jump Start programs.

The deadline for registration is May 22.

The SMSL would like to reach out to anyone with softball knowledge to help out as umpires. No certification required. As umpires you will be given \$25 dollars a game, plus the rewarding feeling of helping out the kids in your community.

SMSL would also like to reach out to any businesses in the area that would like to sponsor the league in any way the can. The proceeds will go towards umpires,

BBQ etc.

Let's play ball! Remember May 22 is the deadline, don't miss out on a great way to spend the summer.

If you have inquiries regarding sponsorship, registration, funding or umpiring please contact Noma Drake at (902)475-1518 or Dave Grant at (902)475-3453

If you would like to read more on the Jump Start Program the email address is <http://jumpstart.canadianfire.ca/en/>

If you would like to read more in the Kids Sport Program the email address is <http://www.sportnovascotia.ca>

If you would like to have your local sporting event covered by the *Chebucto News* please email me at jonny.horner@yahoo.ca

Health benefits of using our outdoor spaces

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

Everyone knows that spending time outside feels good but scientists are now proving that there are actual health benefits to spending time in nature. May is the time of year when we start to prepare for nicer weather. We plant, we play, and we exercise outside more often. Apparently there are more health benefits to this behavior than we realize. Columbia University researchers have found that breathing in negative ions (found near waterfalls, breaking waves and river rapids) for an hour improved energy levels. A Japanese study found that even just images of these places can activate the portion of the brain that governs positive outlook and emotional stability. Norwegian researchers discovered that subjects with moderate-severe depression who participated in a horticultural program experienced reduced symptoms after 12 weeks.

With all this scientific proof that spending time in nature improves our health it is easy to see why we should embrace nature and enjoy our outdoor spaces. Creating calming, relaxing spaces outside will help us manage our stress levels. These projects don't have to be expensive or time consuming. Here are 5 ways we can embrace nature by creating sacred spaces in our own yard.

1. Water feature: a small fountain

placed on your deck or on your door step will create the soothing background noise of water. These can be created very easily with a fish tank pump and a little imagination or purchased from your local garden center.

2. Furniture placement: this may seem too easy but why not place your favorite deck or lawn chair under a tree or beside your garden. The change in position may be enough to change your perspective.

3. Add a wind chime: Place a wind chime in a new place such as in a tree or on your garden shed. The beautiful tones mixed with fresh air will be sure to relax and sooth your stress.

4. Use what you have with new purpose: Have a large rock that just sort of sticks up out of you yard? Repurpose it by planting flowers around or on it or paint a picture on it. Another way to enjoy this area is to place your favorite chair near it.

5. Create a meditation station: this can be as simple as a pallet with some potted flowers and deck pillows. It can serve many purposes besides meditation, a good book and a hot coffee could make this your favorite back yard café, or visit it during the evening to star gaze.

No matter how you do it, enjoy your outdoor spaces and know that it is improving your health.

Green Week at J.L. Ilesley

by Nicole Masters

Everyone has a responsibility to do their part to keep the environment around them healthy for the next generation. At J.L. Ilesley, the Green Team did their part to spread environmental awareness across the school. From April 8th to 12th the members of the Green Team invited students to participate in a week of green events about the school.

On Monday lights were off all over the school as the students and staff supported the Blackout Day. The Green Team asked all teachers to turn off some, or all, of the lights in their classroom to make a statement. The day was about reminding students that the first step towards sustainability is easy; simply make the right decisions.

Tuesday was Recycling Basketball, an event that was both fun and educational. Green Team members asked students to place different recyclables into their proper containers. When students earned five points by getting the recyclables into the correct cans, they earned a prize.

The following day was the Turning off the Taps campaign. The Green Team asked students to stop leaving the taps on in the bathroom. Although leaving a tap on might not seem like a big deal, Green Team members urged the student body to think of how many people do not have access to clean water and how we should not take our water for granted.

On Thursday, the Green Team held an Eco Quiz, testing students on how knowledgeable they were about keeping

the earth green. Questions were held on many topics such as fossil fuels, energy consumption, and water.

Bringing an end to the week was the Bottled Water Taste Test. On this day, members of the Green Team set out glasses of bottled water and tap water in pairs. Students were asked to see if they could tell the difference between tap water and bottled water. "I was surprised at how good the tap water tasted in comparison to the bottled water," one student commented.

Just as the J.L. Ilesley Green Team did their part, you can too. Remember that although every day might not be earth day that doesn't mean you shouldn't do your part to keep the earth clean. Think about all the little things you can do such as turning off your taps, making sure your lights are off, recycling, drinking tap water rather than bottled water, and learning more about what you can do to help the environment.

Mayor Mike Savage to be Guest Speaker at the Spryfield and District Business Commission AGM

Ryan Brennan, Chairman of the Spryfield and District Business Commission, on behalf of the Commission's Board of Directors is pleased to announce that Mayor Mike Savage will be this year's guest speaker at the Annual General Meeting.

Mr. Brennan said, "we are pleased to have Mayor Savage join us. This is another indication that Spryfield is on the radar of the Municipality as a growing, vibrant community".

The meeting will take place on Thursday, June 6th, 2013 starting at 6:00 p.m. at the Golden Age Social Centre, 212 Herring Cove Road. Tickets

can be purchased by contacting SDBC Executive Director, Bruce Holland at 452-7472 or by email at sdbc@eastlink.ca. This is usually a sold out event so we recommend you get your tickets early.

Nomination are still open for the Spryfield and District Business Commission Awards and we encourage you to submit your nominee. There are four categories, New Business of the Year, Small Business of the Year (10 or less employees), Business of the Year (11 or more employees) and Business Person of the Year. We look forward to receiving your entrees.



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6:30pm: Guest Speaker, Mayor Mike Savage
Halifax Regional Municipality

7:00pm: Dinner

7:30pm: Business Awards Presentation

8:00pm: Business Meeting

Place: The Spryfield Golden Age Centre
212 Herring Cove Road

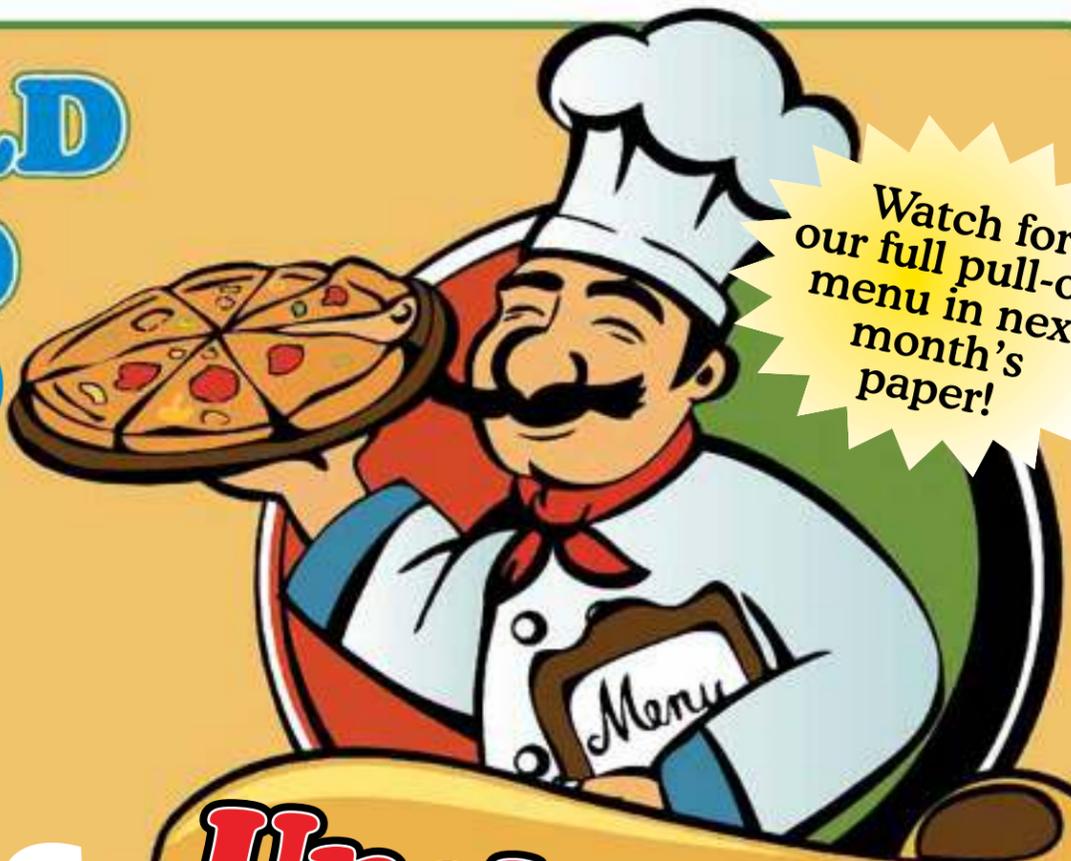
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PC Team supports Clean Across Nova Scotia Day in Spryfield



On April 20th Halifax Atlantic Progressive Conservative candidate, Ryan Brennan, and some of his supporters participated in Clean Across Nova Scotia day in Spryfield.

The group of 12 cleaned both sides of the Herring Cove Road from the park by St. Michael's Church to South Centre Mall. Local event organizer and Ryan Brennan supporter, Matt Conrad, said that the group removed at least 20 full bags of garbage. Ryan Brennan said it was easy to support a cause that leads to a cleaner environment in

Spryfield, but also expressed concern that so much trash was collected from a small area.

"It is a shame that our community has litter. From the Pennants to Spryfield and communities in between there is too much litter. I hope by participating in events like Clean Across Nova Scotia we can bring awareness to this issue. We need to take pride in our community and set an example for our children so that they as well will work to keep our diverse and beautiful communities clean," said Brennan.

Michèle Raymond | MLA for Halifax Atlantic

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Spryfield Village Harvest Festival taking shape—be a part of it!

Preparations for the first annual Spryfield Village Harvest Festival are well under way and this is your chance to join in the festivities to celebrate community pride, our local businesses and enjoy local food.

The Festival will kick off on Saturday, September 21st with the Urban Farm Festival. There will be activities for the children, a gourd hunt, antique tractors, and a local cook off. Eisner Stables will be on hand with animals and decorations will be available for the Festival Decorating Contest. (Members of the general public and local businesses are invited to decorate their homes and businesses in a Harvest Festival theme. At the end of the Festival awards will be presented to the best decorated residence and business.)

On Sunday, September 22nd, there will be a Food Alley, Historic Walk of Spryfield, an Ecumenical Church Service, Antique Car Show and a Business Expo.

During the second weekend of the Festival, on Saturday, September 28th there will be a giant yard sale around the Sambro Loop. There will be a central location where people can rent tables and we are asking local Church-

es, organizations and members of the public to schedule their own yard sales on this date and we will include them on a map to be publicized at a future date. St. Paul's United Church will be holding a Church Supper on this date and there will also be a Family Fun Day and Skate Board Demonstrations.

On Sunday, September 29th, the Food Alley will continue, there will be a MacIntosh Run Walk, the preliminaries of the "Spryfield Idol" Talent Contest will take place and there will be a Race Car Show.

The festival will wind up on Saturday, October 5th with a Bike Rodeo, Food Alley, the finals of the "Spryfield Idol" Talent Contest and a Dance at the Legion in the evening.

These are just some of the events being planned. We welcome all groups and organizations to get involved. We will be pleased to work with you to develop your activity/event and will be pleased to include them in the schedule and the promotions/advertising for the Festival.

For more information please contact Bruce Holland, Festival Chair, at 452-7472 or by e-mail at sdbc@eastlink.ca.

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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

SWAN, Sharon

Halifax, surrounded by her family, passed away peacefully at the age of 69 on Friday, March 15th, 2013 at the QEII Health Centre. Born on February 5th, 1944 in Halifax, she was the daughter of the late Wilfred and Gertrude (Marriott) Swan. Sharon was employed for over thirty years at the Pathology Lab at the Victoria General Hospital. After her retirement she volunteered for the next ten years at Melville Lodge Nursing Home. She was an avid bingo player and enjoyed this time with her many bingo friends. Sharon is survived by her sister and best friend, Dorothy (Gordon) Gillis; several nieces and nephews, Tana (Paul) McKenna, Scott Gillis, Melody Gillis, Kyla (Edward) Gillis, Thane Gillis, Dale (Natasha) Blackmore and Tim (Lisa) Blackmore. She was predeceased by her loving sister, Lillian Blackmore. The family would like to thank the staff at 2 Centre of the Northwood Nursing Home for the special care they provided for Sharon. Cremation has taken place under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax. A service celebrating Sharon's life was held on Wednesday, March, 20 from the funeral home chapel. Interment took place at St. Johns Cemetery, 6 Bedford Highway immediately following the service.

SULLIVAN, Blair Gerard "Spike"

80, Herring Cove, passed away peacefully on Wednesday, March 20, 2013 in the New Halifax Infirmary, QEII. Born in Halifax, he was a son of the late Bernard and Marion (Power) Sullivan. Spike served with the Canadian Navy joining at the end of the Korean Conflict and was deployed during the Cuban Missile Crisis. He served on the HMCS Fraser, HMCS Athabaskan and numerous others during his 30 years of service. Upon retiring, he continued pursuing his passion for the sea as an inshore fisherman. Over the years, he

volunteered as a coach in minor hockey, baseball and was one of the founders who brought ladies ringette to Nova Scotia and was active in the fishing community. He earned his Life Master Certificate with the American Contract Bridge League; he was an avid chess player, owned and raced thoroughbred horses. He is survived by his sons, David, British Columbia; Bernard (Fran), Barry (Sandi), both of Herring Cove; daughters, Doris, Herring Cove, Pamela Lively (Philip), Ajax, Ontario; sister Marina Quinn (John), Pembroke, Ontario; six grandchildren; four great grandchildren, many nieces and nephews. He was predeceased by his best friend and wife of almost 60 years, Donna (Power), brother, Leonard "Leo". Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd. (477-5601). Funeral mass was held on Monday, March 25 from St. Paul's Roman Catholic Church, Herring Cove, Father Zachary Ronanowsky as celebrant. Interment to take place at a later date. Donations in memory may be made to the Heart and Stroke Foundation of Nova Scotia or the Alzheimer's Society.

HART, Lorraine Gertrude

70, of Portuguese Cove, passed away March 27, 2013 in the VG Site, QEII, Halifax, after a brief illness. Born in Halifax, she was the daughter of the late William "Bill" and Marjorie (Purcell) O'Neill. Lorraine is survived by her husband of 48 years, Carleton and children, Susan Doherty (Ken) of Herring Cove, Troy Hart (Irene) of Sambro Creek and Carla Hart (Tom Rose) of Prospect Bay. She is also survived by her much loved grandchildren, Ava and Drew Hart of Sambro Creek; brother, Gordon O'Neill (Margo) of Liverpool and many nieces, nephews and cousins. She was predeceased by her brother, Albert O'Neill. She will be greatly missed, but we will cherish the happy memories of her in our hearts forever and know that she will always

be with us in spirit. In keeping with Lorraine's wishes, there was no visitation. A memorial service for family and friends was held at J. Albert Walker Funeral Home (2005) Ltd. (477-5601) on Monday, April 1, 2013, at the funeral home chapel with Rev. Helen Ryding officiating; reception to follow. Interment took place for immediate family in St. David's Cemetery, Portuguese Cove. In lieu of flowers, donations may be made to the St. James Cemetery Fund in memory of Lorraine Hart.

ROBERTS, Douglas James

62, Halifax, passed away peacefully on Friday, March 29, 2013 in the QEII HSC, with his loving family by his side. Born in Hermitage, Newfoundland he was the son of Elizabeth (Rose) and the late Horace Roberts. He will lovingly be remembered and never forgotten by his wife of 42 years, Fronie (Simms) Roberts, three wonderful children, son, Douglas Roberts Jr. (fiancé Tina) Halifax, daughters, Tina Canning (David DJ), Halifax, and Tephine Lush (Jeff), Sambro, , brothers, Eric, (Josephine), Sackville, Winston, Halifax, Glenn, sister, Lee-Ann Stymest (Greg), Rosabelle Loveless (Milton), Newfoundland, Judy Forsey, (Willis), Alberta, sister-in-laws, Shirley Lane (Kevin), Newfoundland, Gloria Rideout, (Gary), Kimberley Simms, Newfoundland, Kelly Whalen (Reg), Newfoundland, Dianne Simms, Newfoundland, brothers-in-laws, Richard Simms (Marion) Newfoundland, Blaine Simms (Diana), Newfoundland, grandchildren, Sheena, Jeffrey, C.J., Morgan, Dougie D, Marshall, and Tyler and one great grandson, Mason, many nieces and nephews. Douglas was predeceased by his father and brother, Larry. Arrangements were under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax (477-5601). A service of remembrance was held on Wednesday, April 3 from the funeral home chapel. Interment will take place at a later date. Family flowers only. Donations in Douglas's memory may be made to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting, www.walkerfh.com

PELRINE, Amanda Elizabeth

89, Halifax, NS, passed away on April 9, 2013 at Northwood Care, Halifax, NS. Born in Little Dover, Guysborough County, she was a daughter of the late Alfred and Kathleen (David) Haines. Amanda moved to Halifax at the age of 18, where she met her love, Lawson, of Port Felix, NS. They married and raised a family. Amanda and Lawson ran a "Dew Drop Inn" for family and friends who often came to Halifax to look for work. She loved her bingo with bingo buddies, Charles and Gladys Bartlett, card games with good friends like Johnnie and Caroline Gallant, and her phone chats with close friend, Mabel Belfountain. She always enjoyed her summers back home in Little Dover with her brothers and sisters. Amanda was a proud parishioner of St. Michael's Roman Catholic Church, Spryfield, where she was a dedicated long-time member of the CWL. She will be sadly missed by her children, Bella Clark, Spryfield, Margaret Blackburn, Lower Prospect, Warren (Judy), Harrietsfield, and Keith (Wendy), Spryfield, a special daughter-in-law, Nettie (Kevin), Spryfield, as well as 11 grandchildren, 17 great-grandchildren, 2 great-great-grandchildren, sisters, Isabel, Margaret, Christena, and Garnet, brothers, Duffield, Tom, Lloyd, Ron, and Manzer, and numerous cousins, nieces and nephews. She was predeceased by her husband, Lawson, son, John, daughter, Mary, brothers, John and Malcolm, and a sister, Leona. The family would like to express a special thanks to the kind and loving staff of Northwood Centre 9C, better friends she could not find anywhere. Arrangements were under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield, NS (477-5601). Mass of Christian Burial was celebrated on Saturday, April 13, 2013 from St. Michael's Roman Catholic Church, Spryfield, with Fr. Frank Pellerin as celebrant. Burial took place at Gate of Heaven Cemetery, Lower Sackville, NS. Donations in memory of Amanda may be made to the charity of the donor's choice. Words of comfort may be sent to the family by visiting www.walkerfh.com

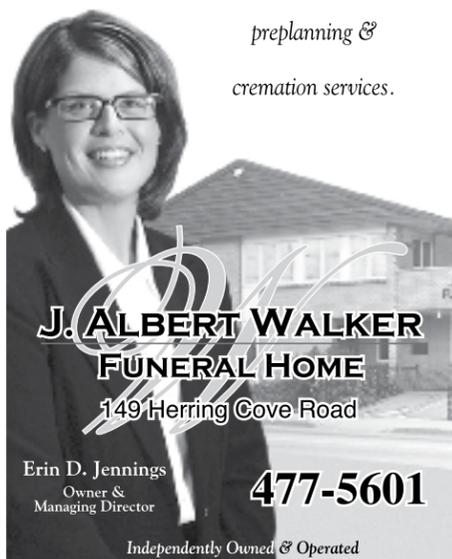
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Chebucto News Sports Page



Ready to get fit?

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

Ladies, are you ready for swimsuit season? Nova United Martial Arts Club offers their J-Fit boot camp classes three times a week to help you get there. Women ranging from

16 to over 60 are getting tightened and toned on Tuesday, Thursday and Sunday evenings from 8-9 p.m.

The program began last August last year with 7 students and now sees anywhere from 15-24 students per class. It features warm-ups, interval training including cardio, resistance, endurance,

conditioning and stretching, all set to music and led by fitness coach Jason Scott, owner of N.U.M.A. Modifications are made to accommodate any age, weight or health concern and the program is frequently changed up to keep it fresh. At the end of the day when the gals are tired and just want to go home and sack out on the couch, he often texts them or writes a motivating post on the group's Facebook page to keep healthy choices in the forefront of their mind. The students marvel at how he manages to give each of his students individual attention in a group setting. If they falter during class or feel like giving up, he runs beside them, encouraging and motivating them to victory. Jason says: "If they only knew they motivate me more then I probably do them. They just push through any pain. It's really awesome to see."

The girls encourage and cheer each other on, and say the club feels like an extension of their family. The children of the students can relax and socialize in the lobby of the club and they can see their Moms getting fit, making positive changes and engaging in a healthier lifestyle. The classes are hard work and the girls are sweaty and breathless, but the chatter and laughing doesn't stop and at the end everyone leaves more energized than when they arrived. In addition to weight

loss and more toned bodies, the women become more self aware, self confident and empowered.

For \$40 students can buy a 10 class punch card which is good for both the J-Fit and Yoga classes led by Dawn d'Entremont. Hatha Vinyasa Flow Yoga is offered on Saturday mornings from 10:30 to 11:30 a.m. to help improve strength, balance, focus, coordination, endurance and flexibility. The average yoga class size is 6-12 people, from teens to seniors and from beginner to intermediate levels, with lots of modifications for any age and fitness level. Dawn says, "The first class is always the hardest because you feel awkward and don't know the poses yet, but as you continue you get to know the poses and feel much more comfortable and can eventually move into more advanced modifications."

In addition to J-Fit and Yoga, the club also offers Judo, Taekondo and Taijitsu training, as well as periodic women's self defence programs. Located in the South Centre Mall beside Frenchy's and behind Canadian Tire, the club plans to expand into an adjoining space, which will accommodate their growing class sizes. For more information about any of their programs, check out N.U.M.A.'s Facebook page, email teamnuma@live.com or phone 404-2423.

Cheering their way to big wins for ten years and counting



Osha Perry, Erin Pilcher, Bethany Baddour and Tookie Brooks celebrating a first place win and the level champion title for their team at a New Brunswick Cheerleading competition

by *Tangelene Ramsay*

In Ketch Harbour, there is a wonderful facility where top athletes train to become part of winning teams, and people of all skill levels can find what they need in the way of support, encouragement, and fun. For the past ten years, Halifax Cheer Elite has been training, supporting, and encouraging both male and female athletes in the sport of cheer leading. And they have been winning competitions all over North America.

Halifax Cheer Elite is a nonprofit group who train children and young adults to become the best athletes, and people, they can be. Whether you join a cheer team for the exercise, the social aspect or the competitiveness of the sport, Halifax Cheer Elite is a great place to learn the sport of cheer. They are a family friendly organization, encouraging parents to take advantage of their observation room while they watch their children develop friendships, skills and confidence.

This organization is proud to have the largest male program in the HRM, and to

be the only cheer program in Nova Scotia with athletes being selected to join the prestigious Team Canada.

This year, Halifax Cheer Elite will be taking three teams to the Canadian Championships in Niagara Falls and one team to the World Championships in Orlando, Florida. To keep enrollment fees low, while still being able to attend all of these competitions, Halifax Cheer Elite organizes a large number of fundraising events each season.

The next enrollment dates are Sunday, May 26th and Sunday, June 2nd. Males and females ages 10 and under are encouraged to come and register between 12pm and 2pm. Anyone between the ages of 11 and 14 are welcome to sign up from 2:30pm to 4:30pm and all young adults aged 15 and over can register between 5pm and 7pm.

For more information about Halifax Cheer Elite, please check out their website at www.halifaxcheerelite.ca; their Facebook page, Halifax Cheer Elite; or call Jill at 488-3251



Back Row : Coach Jessica Umlah, Jordan Hunt, Kirk Kline, Cullen MacLeod, Coach Todd Umlah Front Row : Jayleigh Bryan, Tashayla Ross, Gabriel Walters, Tyler Dawson, Bailey Campbell, Colten Griffiths Missing from photo: Noah Robinson, Aidan MacDonald and Coach Sean MacDonald

Mainland South EXPRESS basketball team win championship

The Mainland South EXPRESS Mini Boys basketball team captured the Nova Scotia Provincial Division 4 Championships March 24 in Kennetcook. This group of boys and two girls overcame a Friday night loss by forfeit, then outplayed each opponent to win four consecutive games. The final was an exciting overtime victory to become champs and take home the banner. This was a total team effort! Individual player of the game awards went to Gabriel Walters, Jordan Hunt, Jayleigh Bryan, Kirk Kline and Tashayla Ross. Jayleigh Bryan was awarded tournament M.V.P. by the host K.A.M.B.A. tournament committee and

was awarded a basketball and shirt. Special thanks to the parents and other relatives and friends of Mainland South Express for their dedication and support throughout the year.

*See more
Sports coverage
on page 6*

Watercourse trees to be protected from development removal

by Linda Mosher, HRM Councillor, District 9

Recently, I had the privilege of meeting with Valerie Connors, Executive Director, Chebucto Links. I am very impressed with the work they do for the seniors in our community and HRM. Chebucto Links Senior Support Association works to enable seniors to remain in their community; maintaining their independence, dignity and sense of wellbeing by providing social and health promotion programs, information and resources. Chebucto Links can provide reliable contacts for home health care, house cleaning, home maintenance, repairs, snow shoveling, lawn and yard work. They don't provide the services but can find the answer for every senior or family member who calls them with a problem. They can help connect you to the service you need. Operating with a small staff of two, funded by the provincial government and donations from various groups and individuals, they provide an invaluable service to our seniors. In addition to responding to requests from seniors, Chebucto Links also operates a number of programs including Tuesday Lunch Bunch, Wednesday Coffee Break, Thursday Active Living for Seniors, Friday Walking Club, Smitten with Mittens, Vial of Life, and computer lessons. Their overall message is that seniors should never feel frustrated trying to get information as Chebucto Links has a wealth of it. To find out more about services offered or information on events, etc. you can contact them at 422-3525, email chebucto.links@ns.sympatico.ca or check out their website at www.Chebuctolinks.ca.

There is no doubt treed buffers add aesthetic value to public and private lands. However, they do much more, especially when adjacent to watercourses and shorelines. Retaining these treed riparian (watercourse) buffers is important for the protection of water quality, wildlife and the protection of property from the natural hazards of flooding. In addition to the functions of flood regulation, riparian buffers reduce the impacts of sedimentation and erosion, and nutrient loading on watercourses. These important buffers also help to regulate the temperature of adjacent watercourses and provide important habitat for fish and other aquatic life. While many municipalities currently recognize the importance of riparian areas, regulation is primarily achieved only through the development process. Stand-alone watercourse protection by-laws are not a commonly occurring regulatory approach used by municipalities. As a result of extensive development in our district, I brought the issue of the Urban Forest Master Plan to Council and, with HRM's recent adoption of the Urban Forest Master Plan, as well as its current five year review of the Regional

Plan, "RP+5", it presents a unique opportunity for the enhanced protection of these vital environmental assets. Over the next several months HRM will work in cooperation with citizens and stakeholders to develop a "made in HRM" approach to urban forest conservation. During this process I will be pushing to ensure that we can have regulations to protect tree retention before a development is applied for. Currently some developers have removed treed buffers before development takes place and some even before an application has been granted. When the trees and other vegetation in the buffer area are removed not only does it affect the aesthetics and historical value of the area, but also water quality generally suffers, and wildlife habitat is lost.

After the Regional Plan was approved in 2006, HRM's land use by-laws were amended to include riparian buffer requirements for lots being developed on or adjacent to natural bodies of water. The buffers provided an undisturbed area around a watercourse allowing for natural protection from flooding, and helping to reduce im-

pacts of sedimentation and erosion. At the time we didn't have the legislative authority to protect the buffers prior to the development approval process. A provincial change to the HRM Charter now gives HRM the ability to regulate the removal of vegetation within a riparian buffer before any development takes place. The process to create the new by-law will consider under what circumstances exemptions from the bylaw requirements will be appropriate, such as allowing property owners the ability to remove a certain number of trees each year or for the removal of diseased trees. Once a new tree by-law is approved, all land use by-laws will be amended to recognize the authority of the tree by-law. More information on the Regional Plan may be found at www.halifax/regionalplanning or by calling 490-8479. The Urban Forest Master Plan can be found on my HRM website: www.lindamosher.ca

Throughout the winter and early spring a range of sports fields across HRM are available for off leash use. The fields are open from 5:00 AM to 10:00 PM until May 1st.

The fields are closed at this time in order to reduce turf damage during wet spring weather and to allow grass to regenerate for the hundreds of soccer and baseball players eager to return to safe, clean and well groomed fields in June. Please remember that sports fields are a shared community resource and refrain from using our fields during wet weather conditions. Don't unleash your dog when children or adults are playing in a sports field and always remember to clean up after your pet. At most HRM sports fields you must keep your dog on leash throughout the season (May 1 to November 1). Some sports fields prohibit dogs altogether. A limited number of sports fields are available for off leash use during the summer months. In Halifax there are three sports fields where dogs are permitted to be off leash: Chain Lake; Conrose; and Larry O'Connell sports fields.

For further information concerning these off leash areas please visit the HRM Off Leash Parks Strategy website at: http://www.halifax.ca/RealPropertyPlanning/OLPS/olps_maps.html.

Conservatives do not understand the realities faced by Canada's mariners

by Megan Leslie, MP for Halifax

Dear Friends,

In February, we lost five fishermen from the Miss Ally off the coast. The hull of the lost boat was found sitting 238 kilometres southeast of Halifax on February 23—four days after the search was scaled back. At the end of March, Nova Scotia Premier Darrell Dexter announced plans to set aside a day dedicated to the memory of those men across Nova Scotia.

After a decade-long struggle to replace unserviceable search-and-rescue planes across the country, last month Peter MacKay, Minister of National Defence, continued to shirk responsibility for failing to get the program off the ground.

As the weather starts warming up again and we begin once more to embrace the waves as a source of recreation and fun, we need to remember that for many—especially for those who work on the waves—the connection to the ocean is year-round, and far more treacherous. While we here in Nova Scotia have a deep respect for mariners, on a federal scale we have witnessed cutbacks to Search and Rescue programs and poor policy decisions continuing to endanger lives in communities like ours.

As I wrote in September of last year, domestic standards for Search and Rescue response efforts do not meet international

standards. Currently the Canadian Forces are required to be airborne within 30 minutes of being tasked with an emergency response, but only between the hours of 8am and 4pm, Monday to Friday. At all other times, during which, it's important to note, 80% of emergencies occur, the response standard is to become airborne within two hours of being dispatched for an emergency.

This difference in response time is unacceptable and is putting lives at risk, which is why, almost a year ago, the NDP's National Defence critic, Jack Harris, MP for St. John's East, tabled a motion in the House of Commons calling on the government to adopt the common international readiness standard of 30 minutes at all times in response to search and rescue incidents. After several days of debate, this motion was inexplicably voted down by the Conservative majority in Ottawa, who demonstrated again that they do not understand the realities faced by Canada's mariners.

Now, ten years after the program to buy new search planes was launched, Peter MacKay, the Departments of National Defence, Public Works and Government Services Canada and Industry Canada don't have answers for why we're no closer to replacing the failing planes we're currently using. The specifications for the planes are

being broadened by DND after accusations of favouritism, but the process has slowed down considerably with lobbyists being hired and lengthy consultations from the military. These steps in the planning process are no doubt necessary, but we have been waiting 10 years for a new fleet of search-and-rescue planes, and shouldn't have to wait any longer.

Also concerning, the Department of National Defence recently cut its contribution to the Search and Rescue New Initiatives Fund by \$1.7 million. Given the already insufficient response times which are costing people their lives, this is hugely worrying. This is indicative of the lack of priority this issue is being given in Ottawa, and that the Conservatives do not understand the realities faced by Canada's mariners.

It's not clear when the replacement of search-and-rescue planes will proceed. What is clear is that this file should be made a greater priority. My NDP colleagues and I will continue to raise the issue of better protecting Canadians working on the ocean by improving Search and Rescue.

To contact me with your ideas, your concerns, or to invite me to your community events, please write to megan.leslie@parl.gc.ca or 1-2207 Gottingen St., Halifax, NS B3K 3B5.



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NS must not let bullies lead from behind

by Michèle Raymond, MLA for Halifax Atlantic

The tragic death of Rehtaeh Parsons has brought Nova Scotia international attention in ways that would have been unthinkable ten years ago. As a member of government, I've been both saddened and heartened by the realities her death exposes.

When I first entered politics, I'd never really thought about the meaning of the word 'leadership', but assumed, vaguely, that it just meant being out in front of a group all headed in a common direction. I'd never thought about how the group is organized, or organizes itself, changes direction or stops following, if it does.

I eventually concluded leadership really means getting a group to go in the direction its leaders want it to follow. This kind of leading, or herding, is nearly invisible; it takes place in structured roundtables, consultations, opinion gatherings, polls, and the strategic distribution of results.

Scientists since then have been focusing on swarms—flocks of birds, insects, herds, schools of fish, and crowd behaviour, wondering what force makes chimney swifts, minnows and buffalo all move in impeccable formation, and how mobs and stampeding shoppers coordinate themselves with such perfect, and sometimes disastrous, skill.

It seems they don't. Apparently, each swallow or buffalo knows innately it should keep exactly a certain distance at a certain angle from its nearest neighbour, in each direction. Each adjusts constantly to perform its simple role in the group, and the result, seen from elsewhere, is a flawlessly coordinated pattern.

Human beings are endlessly adaptable. We can move in different groups at once, psychologically if not physically. We communicate and coordinate groups when we're not physically present. We've moved from simple speech, to sending written instructions on behaviour, spreading news and judgments of acceptable or contemptible behaviour through letters, broadsheets, newspapers and magazines, to mass communications on radio, television and film. In the last 25 years, the internet has stepped up the pace, volume and diversity of communications almost constantly, moving from websites to email to chats, blogs, Facebook, Twitter and on.

An earlier mob might have stoned a woman to death for the suspicion of adultery; now a Rehtaeh Parsons can be hounded over the edge by a pack relentlessly circulating and commenting on a single photo, simply by sending it on, each person keeping the prescribed moral distance from the other so the common purpose is achieved: the singling out of Rehtaeh Parsons.

Seven years ago I asked about "electronic bullying" in a legislature that had barely heard of MSN (now nearly forgotten), and asked how the Department of Education would deal with it. I asked because my daughter had once come to me at midnight, telling me "everyone" was going to gather at the park, something they'd arranged through MSN. I was lucky that she (angrily) complied when I told her no, not if I couldn't check that all the other parents really were allowing their children to do this, but I realized then, as parents do, that my daughter was growing up to move in another world. As often as I'd checked in with others I respected when my children were small, I had no way now to know what "everyone else's parents" were allowing.

Since then, text-based MSN has been replaced by many ways to instantly distribute photos or films in a select group (each picture easily taken, and each one worth 1000 words), and MSN seems like a distant memory of an innocent time.

Communication itself isn't the problem, but destructive cultures. Herds move to new pastures, gather protectively around the weak and sick, or like bees and termites, build complex and secure structures for their own; it's only when the culture is negative, that we need to worry about how it's spread. It's more and more clear that bullying isn't a universal phenomenon, and in fact, that part of the bully's power is creating the belief that it's the same everywhere, that it's normal and therefore there's no escape.

Bullying can be physical, or the fear of physical force, enforced by the knowledge that others have suffered injury at certain hands. This is the world of terrorism, whose goal is to make sure everyone knows that certain forces can inflict carnage at will.

Bullying can be psychological—the reality, and eventually the mere threat, of repeated insults, humiliation, or, powerfully because subtly, ridicule. It's a forceful way to enforce conformity, even if it does mean the herd never moves on to greener pastures.

We've long known domestic abuse is more common in families where the abusive person functions in a highly structured, hierarchical workplace; presumably the habits needed to maintain a place in that hierarchy aren't easily turned off at home. The more children are raised in the "Because I said So" school of childrearing, the less they're likely to dare wonder why they're headed in a certain direction as adults, and the more likely they are to be lead from behind, driven by forces they barely understand. When leaders are raised in that mold, they too are reactive, and fear leading in a direc-

tion no-one will follow, so everyone is left wondering how they got there, and where they're going.

Adaptability and technical skills let humans move in different herds at once, but also in systems which are overt, and stable over time. This is the world of constitutions, churches, Parliaments and laws, the formal places where judgment is rendered, and behaviour enforced. Over thousands of years, they've been largely untangled from each other, as monarchies have given way to broader governance. In most places kings and tribal leaders are no longer the sole source of authority, enforcing forms of worship, relationships between individuals, and distributing land and goods. Rebellions, conquests and negotiations have left behind

standing systems of rules, and places in which each system is to be enforced. Bullies don't leave systems of rules, or known places of judgment. What they do create is terror, a sense that there is no escape, and no place for anything but the bullies' power.

Rehtaeh Parsons had committed no offence according to the law of the land, but was made to believe she'd been judged and found guilty in some other court. She imposed on herself a harsh sentence.

Nova Scotia has been, tragically, placed on the world stage; this is also our chance to lead, and to set an example of a place where people aren't chivvied to their death by bullies. We must be sure that no one here ever believes they've come to a lawless place where there's no recourse, and no place for their case to be heard.

I want my province to be known for leaders, not bullies; it's the least we can do for Rehtaeh Parsons.

Cooperation is needed to manage our under-used recreational spaces

by Stephen Adams, HRM Councillor, District 11

Over the past month, I have brought a number of motions forward to enhance our communities while offering additional amenities to all residents.

The first issue, discussed over the past few years, is that of a boat launch for Grand Lake in Williamswood. Although access was available, it was truly an adventure to back a trailer to the water. The rocks were a big problem with some injuries occurring every now and again. I had been working with the owner of the property (who was very co-operative) to bring a solution forward. However, we were unable to work through the obstacles. As a result of this impasse, I asked Council to support a motion for HRM to purchase this land. In that way, our staff can work with the appropriate provincial departments to obtain the necessary permits and to fix-up the property.

As we progress with this project, I will ensure you are updated accordingly.

The second issue, access to Long Lake Park, has been a source of frustration for the past six years at least.

You may recall in previous columns that I had written about the property by Long Lake, just off Old Sambro Road. This property was a popular swimming area for many years. However, the provincial Department of Natural Resources closed it off because of illegal dumping. And, they (the province) stopped mowing the grassy area at the intersection of Dentith Road.

In previous correspondence from different provincial departments, I was told that a committee was established to manage the Long Lake Provincial Park. However, I was unable to find contact for the group, or even find someone who knew of its existence. Although I had seen some draft plans years ago, I have been unable to get any actionable information.

To that end, I again asked Council for help. Our motion was to ask the Minister of Natural Resources to consider a partnership with HRM (or better yet, turn over this section of land to HRM) so that we could improve the area, and allow access for all to enjoy.

It saddens me every time I drive by to see this beautiful piece of property deteriorate. I would welcome your input and thoughts on this project.

As I travel the Prospect Road, meeting with residents' groups, community groups and businesses, it is clear the issues brought forward are similar to those I have been working on for the past few years. Whether

it be lighthouses, community wharves, recreation facilities or other issues, the concerns are one in the same.

This is a wonderful opportunity for all groups to work together and to help each other. For example, the Prospect Peninsula is having issues with their wharf; no different than the issues that faced the residents of Ketch Harbour. The Terence Bay Lighthouse Committee is working to save their light which is very similar to that of Chebucto Head and Sambro.

I will work to bring community and business groups together, to share information and more importantly, solutions.

Recently, you will have heard of the Halifax Regional Water Commission's rate application to the Nova Scotia Utility and Review Board in regard to water, wastewater and stormwater services. These services are provided by Halifax Water to customers within a defined service boundary (see the Halifax Water website at www.halifaxwater.ca to view a map of the service boundary area). Residents outside this service boundary area will not be impacted by the proposed changes.

Ditches are part of the stormwater infrastructure; however, for those areas outside the HW service boundary, ditches are the responsibility of the Nova Scotia Transportation and Infrastructure Renewal (DOT). Therefore, those of you who reside in an area covered by the DOT will not be impacted. For more information on the stormwater infrastructure and proposed changes, please visit Halifax Water's website at www.halifax.ca or call their customer service line at 490-4820.

One long standing issue has been the maintenance of the Chebucto Head Road. In February, I put forward a motion at Regional Council recommending a letter be sent requesting that the Federal government take immediate action to upgrade their portion of Chebucto Head Road to HRM Fire and Emergency Services accessibility standards.

Stephen Adams

HRM Councillor, District 11
Spryfield - Sambro Prospect Road

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The Jason Doherty Memorial COMMUNITY EVENTS PAGE



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

COMMUNITY EVENTS MAY

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

Attention: Volunteers Needed!

The Halifax Community Learning Network is seeking volunteer tutors for the Captain William Spry Library Adult Learning Program. Adult learners are varied in their skills and goals. Many want to improve their communications, math and computer skills or work toward passing the GED test. Volunteers who can tutor basic and / or high school math are especially needed. Training and support are provided.

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

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

LEGION: Bingo every Sunday at 1PM. Mini Bingo at 6 PM. and Superstat Bingo at 7 PM

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 10:00 am and 1:00 pm. If you would prefer, you may call Carolyn at 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.

Women's 45 and Over Soccer Citadel

Women's 7 Aside Soccer League is recruiting women 45 and older, to play in our league. Our summer 2013 season begins May 26th. Games are held on Sunday evenings at Dal Wickwire field and Mainland Commons near Halifax West HS. For more information/details, call Donna @ 477-5741 or email halifaxwomensoccer@gmail.com

Coffee House Music Night featuring local singer songwriters, St. James United Church, June 8th, 6:30 to 9:30

Sambro Area Community Association is holding a **bingo fundraiser** at the Halifax Forum on May 8. For more details, contact Kim MacKay, 475-1583 or Leslie Harnish, 868-2553 or email harnish@hfx.eastlink.ca

"Sambro Goes Country" Dinner Theatre runs May 3, 4, 5, 9, 10, 11, St. James United Church, Sambro. Tickets on sale beginning April 3rd, Sundays from 12:30-2:30 and Wednesdays from 6:30-8:30, \$30 for a lobster supper and live theatre.

Chebucto Connections are looking for volunteer board members who want to be part of a team that is actively engaged in making our community a healthy and vibrant place to live and work. We are inviting people to express their interest in being part of our Board of

Directors team so that we can set up a time to talk to you about what being a Board Member would entail. This will give you a chance to see if it is a good fit for you. We are looking for engaged community members to join us in this work of nurturing the rich capacity of the community. If this sounds interesting to you please contact: ccda.stecroix@gmail.com or 477-0964 for more information.

Chebucto Connections volunteer board is looking for photographs that represent Spryfield and area to be published in our Website. Chosen photos will be on display at our AGM on May 28, 2013. Please send photos to ccda.info@ns.sympatico.ca

Captain William Spry Library **Free Puppet Shows Every Saturday** at 11am! All Ages Welcome!

The Urban Farm Museum Society of Spryfield is hosting a workshop called "Herbs" by Marjorie Willison. This workshop on growing herbs and learning more about them will take place at Captain William Spry Community Centre, Saturday, May 4th, 10 am - 12 noon. All welcome, admission free. Donations to Urban Farm welcome. Contact mwillison@ns.sympatico.ca

Dance At Emmanuel Church Hall 322 Herring Cove Road, Spryfield May 18, 2013. 8pm - 12am Music by Bay City Band \$7.00 per person. Light lunch served at intermission

Mainland South Heritage Society is pleased to have Janet Maybee as guest speaker at their AGM, Thursday, May 30 at 7 pm, Captain William Spry Community Centre. Janet will give an illustrated talk entitled "The Persecution of Pilot Mackey". Harbour pilot Francis Mackey, on board the French ship Mont Blanc at the time of the Halifax Explosion, struggled for years to have his name cleared of any wrongdoing and to have his pilot's license re-instated. During her research, Janet Maybee discovered restricted files to which she was finally granted access, and shocking evidence of federal misdeeds came to light. Her talk is open to the public at no charge. Donations to Mainland South Heritage Society are welcome. For further information contact Iris at ishea@eastlink.ca

Plant Sale

Urban Farm Museum Society of Spryfield invites you to its annual plant sale Saturday, May 18 at Captain William Spry Community Centre, 10am to 12 noon. Donations of plants are appreciated and may be brought to the Community Centre Friday evening, the 17th, from 7-8pm..

Contact mwillison@ns.sympatico.ca

Spryfield Legion will be hosting two seniors dances in May: Monday, May 13th and Monday, May 27. Both dances run from 12:30 to 4 pm. \$3.00 per person. Light lunch will be served. Door prizes and 50/50 draw. Music by Albert Martell. Everyone welcome.

Preteen Dance There will be another dance on May 16 @ 6:30 to 8:30 p.m., at the Harrietsfield/Williamswood Community Centre, 1138 Old Sambro Road, with canteen, chaperones, good music for only \$3.00 admission. There will also be more dances throughout the summer, so keep your eyes on the paper and sign at the centre for the latest updates.

Harrietsfield/Williamswood Community Centre/1138 Old Sambro Road, Harrietsfield Saturday, June 8th will be this year's "Fishing

Derby and Family Fun Day at Spruce Hill Lake, starting with registration for fishing @ 9:00 a.m. going till 1:00 p.m., then the "Free" Family B.B.Q. back at the centre, commencing at 2:00 p.m. through until 4:00 p.m., complete with "Petting Zoo", compliments of "Isenor's Stables", and finally, the Adult Dance from 9:00 till 1:00 a.m.. There will be \$5.00 admission to the dance and full service, with "great" music. Come Help Us Celebrate Our Community!

Spring Fair May 25th, 11 am - 2 pm 1150 Old Sambro Road Harrietsfield Elementary invites everyone to enjoy our Spring Fair and help us raise money for a new playground! Kids will have fun with laser tag, bouncy castle, face painting, sno cones and games while adults can check out our plants table, cake walk, BBQ and flea market. This is a perfect opportunity to support our community, have a great time and help us up-grade the equipment our children appreciate.

Additional Info: Sarah Fraser 475-1340

Heart Healthy Living-Know Your Numbers! 2-Week Program Tuesdays: May 14th & 21st 1:30-3:30 pm Saint Benedict Church What are the top five heart numbers you need to know? They are blood pressure, weight, cholesterol, fasting blood sugar and waist circumference. Want to know why? Join the Community Health Team to find out and start on your road to a healthier heart!

Building Better Sleep Friday May 17 th 10-12noon Canada Games Centre Do you ever wonder how you could get a better night's sleep? How well you sleep can make a difference in how you live your life. Join us for a discussion on how to promote better sleep in your life.

PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield and around the Sambro Loop Please call 487-0690 or drop-in to register.

Unless specified programs are offered at the Chebucto Community Health Team Spryfield Shopping Centre 16 Dentith Rd. Halifax

May 8 at 7:00 p.m. - Sambro Area Community Association (SACA) presents a **fundraising bingo** at the Forum. Coupons available at Mishoo's in Sambro.

May 25 from 8:30-1 a.m. Sambro Area Community Association (SACA) presents a **fundraising dance**. D.J. Brooks. Tickets \$10 on sale at Mishoo's in Sambro starting May 1.

St. James Anglican Church in Herring Cove (1 Harrigans Road) are having their **Annual Lobster Supper** on Saturday, June 15 from 3:00pm-6:00pm. The menu includes your choice of Lobster, Scallops, 1/2 & 1/2 or Ham. To order tickets or to get more information, please call 477-0398 or 477-1051.

McNabs Island Beach Cleanup Sunday June 2 (rain date- June 9) Time: 10 am – 5:00 pm Two Departure Locations: Halifax: Meet at Murphy's on the Water, Cable Wharf, on the Halifax Waterfront by 9:30 am. Space is limited to 190 people so everyone must pre-register to guarantee your spot. Eastern Passage: Meet at A&M Sea Charters 87 Government Wharf Rd, Fisherman's Cove by 9:30 am. Space is limited to 29 people so everyone must pre-register. 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. Sorry NO bicycles allowed on this trip. Note: the cleanup is not suitable for very young children (under 5). For information and to register, contact Faye (443-1749) or Cathy (434-2254 evenings) or mcnabs@chebucto.ns.ca. Stay up to date on <http://www.mcnabsisland.ca/> or Facebook / Twitter for more details.

The Spryfield and Area Family Support Task Force will be holding its annual **Book Bonanza** on May 4th at the Captain William Spry Centre. It provides FREE books to everyone! Volunteers are needed for the Friday before the event and for the event itself. Please reply to Kristen Hollery at khollery_stpaulsfri@hotmail.com if you can offer some time or books! William King Spring Fling - Sat. May 25th, 11 am to 2 pm 91 St. Paul's Ave, Herring Cove.

Come meet the area's new Town Crier and hear him open and close the fair! Join us in the Tea Room, bounce on the inflatables, play loads of games, wins some prizes, grab some grub and have a ton of fun!!! Don't miss the Silent/Raffle Auction, community displays, photo booth, cake walk, face painting, canteen, the gigantic Jurassic Adventure bouncer, and so much more!

Have fun while helping the school raise money towards an 'outdoor classroom'! See you there, rain or shine! <https://www.facebook.com/wkes.pta/events>

Urban Farm Meeting: The Urban Farm Museum Society of Spryfield will hold their monthly meeting on Monday, May 13th at the Captain Spry Community Center. New members and volunteers are welcome! For further information please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

Come Grow With Us: The "Come Grow With Us" Family Garden program at the Urban Farm will hold its first meeting on Tuesday, May 21st, 2013 from 7 to 9pm at the Captain Spry Center. Families interested in having a garden plot or taking part in the program please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca

Piano Recital of Classical Romantic Music at St. Michael's Catholic Church on Sunday, May 29 at 7:00 p.m. Featured pianist is Kathleen Kasper, a member of St. Michael's and a former university music professor at McGill and UCCB. All are welcome to attend this performance. A goodwill offering will be taken up to support the Church's organ fund and other parish projects.

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With the busier season come some new staff as well. Join us in welcoming **Denise Richardson**, a former staffer who moved to Ontario 13 years ago and is back home, and back at our store. Also welcome **Jane Gardiner** of Spryfield who joins our front end staff. Welcome Ladies!

We were pleased to be asked to participate in some very worthwhile charitable events in April. The Mike Coombes (Coomsie) Auction and the J. L. Illsley Judges Auction were huge successes. We'd like to thank the volunteers for thinking of us and including ACE LumberMart.

On May 25th be sure to take in the **William King Elementary Spring Fling**, 11 a.m. - 2 p.m. at the School in Herring Cove. Thanks William King for including us!

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