

Chebucto News

Vol. 10 • No. 11 • April 2009

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Things are on the move at Crowell's Pharnasave

After more than five decades in the same part of town, Crowell's has moved to a bigger and better location at 205 Herring Cove Road.

Vena Christink, pharmacy manager and a former owner, couldn't be happier.

"We will miss our neighbours at the old store, but are looking forward to making new friends at the new location," she said. "Besides,

the space is larger and we will be able to serve our customers much better."

Customer service is one thing that has kept Crowell's in business all these years. Robert (Bob) Crowell opened the pharmacy at its original location just across the street from the old store in 1955. It moved to what was then the new store in the late 1970s and was there until

this recent move closer to the Rotary.

Crowell's isn't a pharmacy that has seen a lot of ownership change over the years. The Crowell's ran it until it was sold to Bob Smith and George Miles in the early 1980s. Christnick bought it in 2002 with partners Gary Stone and Greg van den Hoogen. The present owners, John MacIntyre, Andrew Buffett, Art McDonough Sr. and Arthur McDonough Jr., took over in 2007

and it wasn't long before they realized they had outgrown the space.

"We knew we had to move, but felt strongly that we needed to continue to invest in Spryfield," MacIntyre said. "There was never a thought about moving out of the community that Crowell's has always been so much a part of."

see "Crowell's" pg. 2



The cutting of the cake at the opening of Crowell's Pharnasave's new location

Community Rallies for Sambro-Ketch Harbour Elementary School

by Chris Mills

It was a clear and simple message for the Toronto-based consulting group leading the Imagine Our Schools review: "Sambro-Ketch Harbour Elementary is the heart of our community and we don't want it closed."

Meeting organizers were visibly taken aback by the number of people – about 200 – who crammed the cafeteria at Beechville Lakeside Timberlea (BLT) Elementary School on a cold night in late February. At least half of those people attending the meeting to discuss "Southwest HRM Community Options" were

from the Sambro –Ketch Harbour area, along with parents from Hubbards, Saint Margaret's Bay and BLT.

The long-term plan for Nova Scotia schools is already well underway, with 61 schools in peninsular Halifax and eastern central HRM now under review. Phase two includes central, eastern and southern HRM – encompassing 76 schools.

"Excess capacity" and "declining enrolment" are the buzzwords of the process, as school boards come to grips with aging buildings and reduced school populations. On the surface, both issues seem to be the case in Sambro, where this year's enrolment of 107 is projected to fall to about 96 in September. That number translates to just over 60 per cent capacity. In addition, parts of the school complex are more than 40 years old and require various upgrades.

Facts and figures notwithstanding, lead consultant Maureen O'Shaughnessy faced a well-informed and critical crowd from the get-go. A plan to retain the Sambro school as a community centre and to "express bus" children to Harrietsfield and Herring Cove drew a chorus

see "Swetnam" pg. 2

see "Strong" pg. 2

Local athlete represents Spryfield in Europe

Rachael Swetnam has been chosen to compete for Canada at the 2009 International University Sports Federation (FISU) games in Belgrade Serbia this summer. (<http://www.universiade-belgrade2009.org>)

She has lived all of her life in Halifax and is currently attending the University of Ottawa where she is taking an Arts degree

and plays for the University soccer team. She started playing soccer at age 4 for the Chebucto Soccer Club and later for the Dutch Village Wanderers, Halifax Celtic Soccer Club and finally for the Halifax City Club. She has enjoyed many soccer highlights over the years including being the co-captain of the 2005 NS Canada Games team, a member

of the 2008 National Championship Senior Women's Halifax City team, a member of the U18 NS Championship team as well as the U14 Championship team. She has also played Ringette for Nova Scotia in the 2003 Canada Games and several National Championships

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Crowell's Pharmasave now at their new location

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That kind of pride in the community is among the things that has kept Crowell's ahead of the game all these years; that and customer loyalty. Christnick says there are a lot of people who have been coming to the store for years and many who have made the move with them.

One of the more loyal customers is Don Strople who responded to a request from Crowell's for memories of the store from days gone by. Strople wrote that he moved to Spryfield in 1949 and quickly became acquainted with Mr. Crowell. He went on to write:

"I got married in 1952 and started to raise a family. The prescriptions started and money was not plentiful. There were several times when I went to Mr. Crowell and asked for credit until payday. His answer was always 'No problem, Don.' He was that kind of druggist."

If Crowell's has done a lot to cultivate customer loyalty, it has done a good job at earning staff loyalty as well. Just ask pharmacist, MJ Pokoj or front of store employee, Darlene Warren who have each been on the staff of Crowell's for over 25 years.

Head pharmacy technician Cindy Campbell, who has been at Crowell's for a decade, is on a first-name basis with most of her customers.

"It makes a difference when you come into a store and are greeted by name," Christnick says. "With many of our customers, we not only know their names, we know their families and a bit about their lives."

The store has always offered free delivery for prescriptions and even front-of-store items when the customer makes a purchase of over \$10. Ms. Christnick says that is particularly helpful for the seniors who don't always find it easy to get out,

especially during the winter months.

In terms of customer service and good old-fashioned hospitality, time has in many ways stood still at Crowell's. That, however, doesn't mean the store hasn't kept up with innovations in health care. They have recently opened a home health care section, staffed by technician Katie Feltmate. Not only is the service available in the store, Ms. Feltmate also makes house calls. That is a real plus for those who are housebound or for some reason can't make it in.

Christnick says that even though she misses their old neighbours, she feels that the new location is better for their customers with more parking and greater accessibility. Another bonus is that the doctors from the old location moved with them to occupy the upstairs of the new store and the store will continue to operate the local post office.

All round, the move should be good for everyone, including customers, staff and the community at large.

Swetnam in Serbia

continued from pg. 1

and enjoyed Volleyball and track and field at the High School and Provincial levels.

As a student and athlete, she is committed to studying and training. She views the Universiade / World University Championships as a tremendous opportunity to compete at an international sporting event and to represent her province and Country.



Rachael Swetnam

Community Rallies for School

continued from pg. 1

of protest, as did the assertion that residential development statistics do not support a vibrant school in the area. District 18 Councillor Steve Adams took issue with projected housing starts, saying he knew of as many as 1,600 approved and pending building lots in the mainland south area.

For many parents, the retention of their rural community school is much more than a numbers game. Tony Davis lives in Ketch Harbour and has a son in grade 4. Davis says the Imagine Our Schools review is inherently flawed.

"It's really a process that is keyed to enrolment numbers, capacity and pre-set equations as to what constitutes economic efficiency in education," he says. Davis adds that the loss of schools in small communities such as Sambro, will lead to their demise.

"The school is a foundation institution in the community, and [its loss] will cause the community to dissipate. Young families won't stay, obviously, and young families will not come in."

It wasn't all doom and gloom in the crowded cafeteria at BLT Elementary. Standing before the crowd, school board member Sheryl Blumenthal-Harrison stressed the importance of public input in the process.

"The school board has the final decision when it comes to closing any school," she noted, adding "it's with your recommendations [that] we make our decisions."

As one parent after another stepped forward to make a case for the Sambro-Ketch Harbour school (and other rural schools southern HRM), lead consultant Maureen O' Shaughnessy acknowledged their concerns.

"I think the point is fairly clear that you would like us to re-look at the Sambro recommendations," she began, before she was drowned out by thunderous applause. O'Shaughnessy then appealed for positive input from parents and asked them to come up with concrete ideas to back up their desire to keep Sambro-Ketch Harbour Elementary open.

The next Imagine Our Schools public meeting dealing with southwest HRM schools is scheduled for Thursday, April 9th (7 PM) at Herring Cove Junior High.

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Local business wins international award

Winning awards is starting to become a habit for D.R.H. Canvas and Marine in Spryfield. 3 months ago the marine and industrial fabricator and product supplier picked up some more awards from Industrial Fabrics Association International. The company won an International Achievement award for its skillful design, technological

innovation and excellence in the industry.

The firm on Herring Cove road was also given outstanding achievement awards for Complete Interior Upholstery, Cockpit Upholstery, 2 in the Dodger Category and in full covers over 27 feet. Owner/operator Dave Hickey traveled to Jacksonville Florida to pick up the awards.

For over 20 years that Hickey has been in the industry, he has worked on just about every shape, size and type of boat imaginable. As a close knit port city, Halifax has plenty of boaters who have used the services of D.R. H. Canvas and Marine and are spreading the word about the quality of work done by the company's certified craftsmen who do it all.... repair, alter, fabricate and install.

D.R.H. is also very earth conscious. Rather than sending material scraps to the landfill, the company instead has sent them to places where they can be used. Hickey also recently had Nova Scotia Power conduct an energy audit on his operation and found ways for him to save money on his energy costs.

It should not surprise you that Hickey is a

boating man himself. But in the prime summer boating season his business is often swamped with work. Somehow, Hickey finds the time to go for a cruise around Halifax Harbour.

Not often do you find a local business competing on the international stage, let alone thrive which D.R. H. has done. Their work caught the attention of Marine Fabricator magazine and in 2 thousand 6 the firm was featured in a 6 page story. Such international exposure is something that many small businesses can only dream about. And Hickey is proud of that story...so proud that it is framed on his wall for customers to see when they enter his shop.

D. R. H may be a small business but is a world wide leader with large achievements.



Dave Hickey, owner/operator at D.R.H. Canvas and Marine



The Spryfield Lions Club annual bowling tournament was another success this year grossing over \$3800.00 raised. The money raised goes to the Chebucto Boys and Girls Club. The Bowlarama team won first place overall for the fourth straight year. They also took home the Rene Quigley award for the most money raised for the boys and Girls Club. In the photo is the Bowlarama team, including from left to right, John Vallis, Sherri Merritt, Kim Cleveland, Gordon Slaunwhite and missing from the photo is Ricky Grouse.

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DISCOVERING OUR PAST



Parsons Ocean Power Plant demonstrated wave power in Herring Cove

by Iris V. Shea

Clean Energy is a term that is being used a lot lately to describe wind and solar power, but in 1921 another method of “Clean Energy” called “wave power” was being talked about in Halifax. Newspapers at that time began reporting that a local man, Osbourne H. Parsons, had invented a method to harness electricity from the powerful waves of the ocean and he was planning to construct his first plant in Herring Cove.

Mr. Parsons had been born in New Brunswick in 1873 and left school with a grade three education to work in lumber camps. He eventually went to work for Robb Engineering in Amherst where he had access to the tools that would help shape his future. He invented a motor which he believed could generate electricity from the motion of tides and waves. When he moved to Halifax, about 1917, he received encouragement to build a “Demonstration Plant” at Herring Cove. Parsons Ocean Power Company was incorporated on 20 March 1922 and, to raise the necessary funds to build this plant at Tribune Head in Herring Cove, 5000 company shares were sold to the public at \$100 a share. A local woman, Nellie Kirk, was one of those shareholders.

How did Parson’s invention work? His machine consisted of a train of gears and a heavy balance wheel, constructed at the machine works of W. and A. Moir in Halifax. It was transferred by boat and installed in a wooden building at Tribune Head. A pontoon or small boat was then positioned outside the building in a three-sided wooden crib where the ocean waves would strike it. The movement of the pontoon, when hooked up to Parson’s machine, converted the wave energy into electricity.

In 1924, when the Demonstration Plant was nearing completion, an advertisement appeared in several Maritime newspapers urging investors to be in on the ground floor of the Parsons Ocean Power Company. “Buy Today – Tomorrow May Be Too Late”. The company was located in the Roy Building on Barrington Street. The advertisement went on to say “This Invention has no limits because the ocean never goes on strike. No capital can tie up the supply. It now costs countless millions of dollars to furnish the driving power

that the almighty ocean can furnish Free”.

In 1925 the company’s board members invited engineers and shareholders to their demonstrations at the Herring Cove plant, hoping to show that the force of the waves and tide could be converted to electric light and power. Halifax newspapers reported that on 11 January 1925 as many as 60 shareholders attended one demonstration and were so impressed with the results that they immediately increased their stock subscriptions. In March 1925 another demonstration

was held. Among those present were Professor R.P. Donkin of the Nova Scotia Technical College who showed great interest in the invention, and Mr. Frederick E. Darrah of Herring Cove. This demonstration resulted in generating “brilliant electric light from several 60 watt lamps and several smaller lamps.”

It was the intention of the company, according to the Halifax Chronicle, 24 March 1925, to build a larger pontoon and anchor it to the shore. “When patented and protected, the machine will be ready for leasing to companies all over the world on a royalty basis. But first, it will benefit the Maritime Provinces with the harnessing of marvelous power of the sea now going to waste along our Atlantic Coast”.

What happened to Mr. Parsons’ dreams? In Herring Cove, the powerful ocean waves that created the electrical power also destroyed several plants built by the Parsons Ocean Power Company. Newspapers reported that by 1936 all that existed on the site at Tribune Head were remnants of “a broken down pier” and the skeleton of an abandoned building. Mr.

Parsons had, since 1925, continued to perfect his machine, and in 1936 the world famous engineer, Dexter B. Cooper, showed a keen

interest in the concept. Mr. Cooper visited the site in Herring Cove and declared that Parsons’ invention was worth pursuing, but his choices for location of a new plant were Sheehan’s Cove, White Head or Morris Point, a little further along our shore, where it was more open to the ocean. Unfortunately, Mr. Cooper died in 1938 before anything could be done with Mr. Parsons’ upgraded machine. If one ventures to Tribune Head today, it may still be possible to see the holes that were drilled in the rocks for Parsons Ocean Power Plant. The idea of harnessing electricity from ocean waves continues to be of interest. Today, several large companies all over the world advertise their ability to bring this method of

“Clean Energy” to the consumer, but Osborne H. Parsons was the first person to prove it could it was possible.



Parsons Ocean Power Plant

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Whether you make your own compost or purchase it, focus compost in areas where organic matter is removed each year (e.g. vegetable garden or asparagus patch) there is poor soil structure (e.g. too wet, too dry, or hard and compacted) there is a shortage of nutrients (e.g. poor plant growth, or many weeds).

Vegetable Garden and Annual Flower Bed – In spring spread 1 to 2 inches of fine, finished compost over the soil. (Use only Grade A compost or your own compost for food crops.) If you are a no-dig gardener, just leave compost on the soil surface. If you dig, mix the compost into the soil throughout the depth of your spade, 2 weeks before planting if possible.

There is no need to apply compost where you are going to plant nitrogen-fixing plants

such as peas and beans. Save the compost for fruiting plants such as tomatoes, peppers, eggplants, cucumbers, squashes, pumpkins and zucchini, and for heavy feeders such as corn. In autumn if desired, spread 1 inch or less of rough, unfinished compost over the bed. Dig it into the soil and plant a cover crop.

Raspberries, Rhubarb and Asparagus – Spread about 2 inches of compost over the soil in early spring. Apply another 2 inches of compost after the asparagus harvest. Cover the compost with a mulch, such as straw or leaf mats. (To make leaf mats, leave bags of autumn leaves open all winter so that rain and snow compacts the leaves. In spring, remove thick layers of leaves to use as mulch.)

Perennial Flowers, Trees and Shrubs – There is no need to apply compost if the old leaves are left on the ground each winter. In spring, dead stems can be cut up and left in the bed as summer mulch. If you still want to apply compost, spread 1 inch on the soil surface, without touching the crowns or stems of plants. Do not mix compost into the soil, to avoid root damage. When planting trees, shrubs or perennials (or lifting and dividing perennials) mix a spadeful or two of finished

compost into the soil in the planting hole. Mulch trees and shrubs with corrugated cardboard topped with shredded bark, leaves, or straw. This prevents weeds and grass from growing.

Grass – It is best to leave grass clippings on the lawn, so that organic matter is returned to the soil. To top-dress a lawn in autumn, mix fine, finished compost in equal parts with good soil, or use compost alone. Cut the grass short and spread the mixture 1/4 to 1/2 inch thick with the back of a rake.

Compost is easy to make. Aim to build a pile that is at least 1 metre (1 yard) high. Use a mix of roughly two parts 'dry/brown' materials to one part 'wet/green' materials to give a combination of carbon-rich and nitrogen-rich matter. Dry/Brown Materials include such things as sawdust, coffee filters,

paper towels and other small scraps of paper, autumn leaves, straw, wood chips and shavings, hair, eggshells and nutshells. Wet/Green Materials include such things as weeds that have not gone to seed, grass clippings (but better left on the lawn), vegetable peelings, fruit skins, used tea bags and tea leaves, seaweed, animal bedding that includes manure and urine, manure, food scraps (but not milk, meat, or oil, which attract animals).

Decomposition will be faster and the finished compost available sooner if a variety of organic materials are used; if materials are chopped fine and mixed together; and if the pile is mixed and turned once or twice a week. On the other hand, you can simply pile things up for a year, then remove the upper layers in the spring and use the finished compost found deeper in the pile.

Lions seek support for rink

After years of running the Spryfield Lion Rink, the lions are turning the rink over to HRM for help. Also they are asking the help of some local people to form a board and run the rink. The rink is a focal point of the community and the lions would like to keep it that way by getting local people in on the board.

In 1972, with a large part done by Frank Wee Martin the lions built the rink. The lion's have ran the successfully ever since.

The same thing happened with the Spryfield wave pool. The lions ran that until they couldn't keep up with what the wave pool needed so they gave that to the city back in 1997.

The board is looking for people who can work together and have a special talent that can benefit the board. You must some time to commit, willingness to help with events that the rink and recreation hall put on and have an interest in the rink. This is a great opportunity to grow your career. There are two sides to the board, you have your Recreation hall and the rink, and as most rinks go around metro it runs itself.

If you have any questions about the rink or joining the board please contact Norma MacLean of HRM Community Development by telephone at 490-8445 or email at maclean@halifax.ca.

Chebucto News

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Captain William Spry renovation project updates

Project Manager's Report
by Terry Gallagher

As many of you know, the mid-life construction refit for the Captain Spry Centre is well under way. This is a multi-phased project that will take place over a number of years. The re-fit will result in a bigger lobby, more programming space for youth, an upgrading of finishes in the building and the opportunity to engage the community.

In this report I would like to bring you up to date with what has been completed what areas are currently under construction and what we are planning to do this summer.

The construction of the administration area and the new family room are now complete. HRM staff have moved into their new space and we have received many positive comments on the design of the new family room. The new family room is fully accessible and is being well used. The new HRM staff space is located in the back of the building it what once was commercial leased space. The new space is more functional and the move has increased the program/meeting space within the building. This move has created space for the new Youth Centre which is currently "Under Construction".

Those of you who are regular visitor to Captain Spry Centre have witnessed the ongoing transformation of the heart of the

building. This is a major refit for this twenty year facility. The lobby, program areas and administration areas have been completely gutted and tons of debris and redundant building systems have been removed. New electrical, mechanical and security systems have been installed to meet the requirements of the exciting new layout and a continually evolving program expectations.

The new building systems are in place, the ceilings and walls are being installed and visitors can now get an idea of the new layout. You will soon see an expanded lobby with glazing to the swimming pool. The

lobby will also be able to accommodate large community events, will have a mini-stage, electronic messaging and more skylights. New programming rooms will be readily accessible and inviting from the lobby.

For the Youth we are constructing several distinct spaces with multiple program opportunities. The largest space is a 2,000 square feet multi-purpose room with a vaulted ceiling, interior skylights finished in contemporary materials and colours. The room will be able to accommodate a number of youth focused activities from Dance Dance Revolution, Guitar Hero, and ping pong or

a destination to meet for group homework/projects; all at the same time. Other small rooms have been designed for a craft or cultural emphasis and others are designed with flexibility in mind. At last programming staff will be able to engage the youth in a space designed and fitted out especially for them. This has been a long standing deficiency in the area. new stair in the lobby will give access to the new dance/exercise studio for those of any age of interested in wellness and fitness .

The Library renovations have been approved by Council and are progressing with a complete make over of the Captain William Spry Public Library. The renovations will provide more space, more seating, more computers and an overall more pleasing atmosphere for the public. New energy efficient lighting, carpet and furniture will be installed in an exciting new layout of the Children, Teens, Seniors and the general public. The much needed renovations will be complete around the end of March 2009 for the public.

The exterior around Captain Spry will be a busy place this year. We have in place or are budgeting in this fiscal year the construction of a plaza in front of the building, a pedestrian bridge across Mackintosh Run, a 6,000 square foot skate park and a tot playground near the entry to the building. The planning and the community consultation for this work has taken place not only over the last few years but also in the original design for the facility. The central idea in this work is to provide increased opportunity for the community to come together to enjoy The Run, the natural landscape in a safer and pleasant environment.



On March 5th William King Elementary had their ACT night which stands for "Active Children Today." The children put together activities that are part of the outcomes, for the language arts and math programs. In this photo the kids are making a "Shake-and-Go" snack mix, which is healthy but fun to make.



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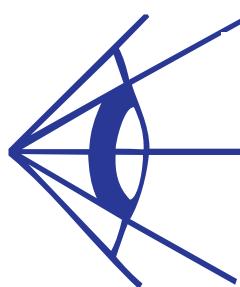
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Have you considered how important proper health care planning is to your financial plan? The following is a story involving a client named David. He is 62-years-old and I'm withholding his last name for privacy reasons. I hope his story will help you ask some very important questions about your future plans.

Married in 1964, David has two sons. He graduated from an accounting course in 1970 and didn't look back. In 2002, he started working part-time, and now he's fully retired.

A lifelong volunteer, retirement gives him more time to give back. "Being fully retired has opened up a huge block of time," says David. "I am involved in some additional volunteer organizations in the community and I've always tried to help out in our church in different functions."

There's also more time for traveling. David likes to work outside and he enjoys hiking with his wife. His sons and their spouses are frequent guests, as are their grandchildren. "We have five grandchildren between two and seven," says David, "so it's a busy time when they all get together."

Extra family time used to be a challenge to find. He admits that during those busy workdays as an accountant, he probably didn't develop the number of hobbies that he should have.

As he looks back at the lives of people he has known, especially the workaholics, he realizes they spent too many hours at the office making a career for themselves. "I sort of kid my sons that I didn't set a very good example for them, because I put in a lot of long hours," says David.

The long hours contributed to his financial security though. He's in a place where he has the time to enjoy what he likes and has the means to pay for the occasional trip.

As soon as he was eligible, David joined the pension plan his employer provided. He also took out a spousal Registered Retirement Savings Plan (RRSP).

Although he and his family are in pretty good financial shape, David has thought about what could happen if he or his wife were to become seriously ill. "It's something you don't like to talk about," he says. "But things can happen so fast. Things can be more or less perfect today and then tomorrow you have a serious issue you have to deal with."

The cost of extra health care at a public or private facility can be extremely high. David didn't want to experience a major change in lifestyle. "We didn't want to have whatever capital accumulation that we've built over the years drained and pension funds going to maintain a spouse that requires that kind of care." Being forced to sell their home and move into a smaller apartment wasn't an option.

The thought of losing one's retirement savings because of a serious illness or a long-

term care health need is indeed disturbing. The truth is it can happen quickly.

Consider the following hypothetical situation of a couple who retires at age 65 with \$300,000 in RRSPs. To enjoy the lifestyle they want, they need an additional \$1,000 from savings each month to top up pension income (Canada Pension Plan, Old Age Security, etc.). The total monthly withdrawal to cover taxes for their tax bracket is \$1,300. At this rate, their savings should easily last beyond their average life expectancy, which at 65 is 16 years for men, 20 years for women.

But then the unexpected happens. As a result of a stroke at age 67, one spouse needs long-term care. With average home-care service costs of \$2,500 a month, a withdrawal of \$4,550 is required from their savings each month to cover home care, spouse's normal living expenses, and taxes. A stroke at the age of 67 could wipe out \$300,000 of savings in less than ten years.

Devastating illness and accidents occur more often than you might think. It probably wouldn't take you long to create a list of ten people you know who have had a heart attack, a stroke, or cancer. All of the people on that list would probably agree they had to absorb a huge financial cost.

One way to cushion the impact of a critical illness or long-term care need is to purchase health insurance. Health insurance should be part of everyone's overall financial plan. People need to plan for the unexpected. You can't predict when you're going to need it and then how long it's going to last when you're talking about care.

People have always gotten serious illnesses. The big difference is today, people are more likely to survive and there's a financial

consequence to surviving a critical illness.

If faced with a critical illness or a long-term care need, people don't want to be forced into spending their retirement savings.

Critical illness insurance pays a lump sum following the diagnosis of a covered illness. Sun Life has recently improved its industry-leading Critical Illness program and now provides coverage for Acquired Brain Injury and Loss of Independent Existence, in addition to the other 24 illnesses/conditions. The owner of the policy, when they qualify, can spend that money any way they choose: paying down a mortgage or other debts, necessary home modifications, or seeking treatments not covered by government plans. What's more, this is the only type of insurance program that will refund your premiums if you go claim-free.

Another health insurance option is a long-term care insurance policy. This program will provide a tax-free weekly benefit if you become dependent upon someone else.

David and his wife purchased this insurance program that provides an income. If David or his wife were no longer able to perform two activities of daily living (eating, bathing, dressing, toileting, continence, moving to or from a bed or chair), then the weekly income would be there to help pay for their care.

More than ever, it's important for you to protect your assets from health-related risks. While you plan for your retirement, consider health insurance. It'll give you more choices if you're faced with the costs of a critical illness or a long-term care situation.

David's health insurance contributes to his peace of mind during retirement. "It's been a nice adjustment," he says. "I'm enjoying it."

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NDP motion to reform Employment Insurance passes in Parliament

by Megan Leslie, MP for Halifax

News of job losses are unfortunately becoming all too common. A Canadian Press story from as recently as March 18 shows the dramatic impact this recession is having on Atlantic Canadians. According to the Atlantic Provinces Economic Council, "as of last month, overall employment in the Atlantic region was down by about 9,400 jobs from the peak in October 2008."

These numbers are cause for concern, but there is a role for government to play in ensuring that those who are thrown out of work as a result of the financial mess are able to access the help they need. Employment Insurance is just one of the social programs designed to provide that help, but it is also in need of some serious reforms.

The program itself was started in 1940

and was meant to provide temporary income to workers who had lost their job through no fault of their own. Originally funded by the employee, employer and the federal government, it has changed numerous times over the years. Seasonal workers were eventually allowed to access it, a significant change for Atlantic Canada since many of our industries are seasonal in nature. Today, the program serves those who are ill, pregnant or caring for a new child. Those who must leave their jobs to care for someone who is terminally ill are also eligible and employers and employees are now the sole contributors to the program. The program also provides for work-sharing, something that is particularly relevant during a recession.

Despite the fundamental importance of a strong Employment Insurance program, the NDP has had to consistently fight to

bring about much needed reforms. In my consultations with constituents, it was made abundantly clear that the system is broken. When half of Nova Scotians aren't able to qualify for Employment Insurance benefits, something's clearly wrong.

Instead of working to address these issues, in a month when a record-smashing 129,000 Canadians lost their jobs, Diane Finley, Minister of Human Resources and Skills Development, called laid-off workers lazy:

"We do not want to make it lucrative for them to stay home and get paid for it, not when we still have significant skill shortages in many parts of the country." (Conservative Minister Diane Finley, 30 January 2009)

They're justifying their inaction by spreading using that old line that unemployed workers only have themselves to blame. It's not only a shameful position, it's an irresponsible one. Keeping workers who lose their jobs from slipping into poverty makes good economic sense. It's been said that each dollar dispensed through EI benefits sparks \$1.60 in economic growth.

With the recent budget, not one additional unemployed worker becomes eligible for EI. Unfair waiting periods are kept in place. The modest EI extensions that were included only apply to those who already qualify—but do

see "E.I." pg. 11

Home construction provides security for local schools

by Stephen Adams,
HRM Councillor, District 18

Within the past month, you may have learned that the Spryfield lions club will be turning the operation at the rink and recreation centre over to a yet-to-be-formed community group, (more on this later).

Over the past 38+ years the Spryfield Lions club has provided a well-run, top-notch facility, which is the envy of many venues throughout HRM. Regardless of where one would travel, there are always positive comments about the quality of the ice, the cleanliness of the rink, or the professionalism of the staff. We will be having a day of celebration to thank the Lions club (and Lions) for all they have done for our community.

We are now accepting applications for residents to serve on this committee, which will ensure our arena and recreation center continues to operate successfully for many years to come. Should you wish to consider, you may contact Norma Macleod at 490-3445. You can also pick up application packages at the rink or at the Captain William Spry Center. I encourage you to put your name forward.

The process to bring Transit to Sambro continues to move along; albeit very slowly. We have hit numerous roadblocks including, but not limited to, the lack of a new garage,

timing of routes, bus availability and perception of lower ridership. We continue to move forward but our committee will need your help. As we approach our budget deliberations, we will require community members to contact councillors to ensure they continue to support our bus. I will provide additional details in the near future.

We have had a number of meetings over the past 6 weeks to discuss potential school closures in and around District 18. The PTA and SAC from Sambro School have been very active in trying to prevent the closure of this school. Tracey Powell and John Himmelman, along with their committee, have worked none stop to gather information and present it to the consultant. We are fortunate to have them on our side.

I have looked at their assumptions and projections, and could not believe their findings. For example, all schools in Dis. 18 have their enrollment trending downward, including J.L. Ilsley. In fact, J.L.'s enrollment is forecasted to be 500-600 in 2009. These numbers are absolutely nonsensical. My research shows in excess of 2,000 building lots/units scheduled for next 1-15years. The development numbers and the projections are not consistent.

We will continue to fight this and other closure as they come forward. All children deserve to have a school within a reasonable distance from home.



Megan Leslie, MP

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Deadline for applications is Friday, May 1st, 2009.



Solutions to unwanted home delivery of flyer packages

by Linda Mosher,
HRM Councillor, District 17

For the past couple years I have received numerous complaints from residents about flyer deliveries to their homes. It is a wide spread problem with complaints from residents throughout our municipality. There are many issues with the flyer delivery.

First, they are unsightly. Our communities are littered with little blue packages of papers strewn about. The drivers often do not deliver them to the doorstep but instead throw them. They land in flower beds, shrubs, trees, on lawns and on driveways. If a resident is away it is a clear indication for a potential burglar that this property is not occupied. If the packs are not picked up they often end up in storm drains, outflows and lakes. In addition, during winter conditions residents do not know the flyer packs are on the driveway and they end up getting stuck in snow blowers. This can be a costly fix and can also be a safety issue. Residents can also slip and fall due to these strewn flyer packages.

Due to the magnitude of this problem, Council requested a staff report looking into this matter to determine what measures could be used to halt the unwanted delivery of flyers and free newspapers. The report concluded that the responsibility for this matter lies with the provincial government and falls under the litter provisions of the Environment Act of Nova Scotia. The Minister responsible for this legislation is the Minister of the Environment.

The report described options for Council

such as requesting the legislative authority to regulate this provincial responsibility. This was not recommended as HRM does not have the staff or administrative resources to do this. We have a limited amount of tax dollars that are primarily obtained from property taxes. Already the province takes a large percentage of your tax bill to fund their own programs. The province has many sources of revenues that they can use for provincial responsibilities, including their existing litter legislation. The report also described what other municipalities such as Ottawa do with 'no junk mail signage' but unfortunately they have had no prosecutions to date.

So what are residents options to stop this? If you witness this, please get a description of the vehicle that is throwing the flyers and the license plate and call the Police Non-Emergency line: 490-5020. This will assist the province in successful

prosecutions. I witnessed a van with the passenger throwing the flyers and was able to have the Police investigate this. You could contact the Minister of the Environment, Honourable David Morse, 424-3736 or the Department of Environment, 424-3600 and ask them to enforce the litter provisions in the Environment Act of Nova Scotia. Alternatively you could contact your MLA and ask he/she to assist in enforcement of this continued littering. Our district has two MLA's and their names and contact information are included in this copy of The Chebucto News.

Currently it is my understanding that there is only one company that distributes these flyers and is in contravention of the litter legislation. You can call this company directly and ask them to add your address to their 'do not deliver list.' If they continue to deliver, you can call them again and they have to have the driver come and pick the package up. I

was speaking to a resident this week who had registered his property as a no flyer property, they threw it on his property, he called them again and as we were speaking the van came back and the lady got out and picked it up and took it away. The Distribution Manager of The Weekly News is Janet Lucas. Her email is: jlucas@hfxnews.ca Her office is 421-5858 and her cell is 877-5519.

Another option is to write or call the advertisers in the flyer packs and ask them to be responsible and contact the distribution company and ask them not to litter. If it doesn't improve the advertiser should suggest that they will cease advertising with them. No one wants to spend their money on advertising if no one sees it and if the advertisers were aware that this is a major issue and potentially illegal, they may think twice about advertising again. Collectively, if we no longer tolerate this littering, we can make a difference.

Spryfield residents raise concern about school closures

by Heather Whitehead

A recommendation to close Spryfield Central Elementary School and Cunard Junior High School caught the Spryfield Residents Association completely off guard. The Halifax Regional School

Board is engaged in a long-range planning process called, "Imagine Our Schools." The introduction to the planning process, on the HRSB website, asks the public to get involved in the consultation process, but the recommendation to close particular schools has already been made. Usually, recommendations come after the public consultations. The website contains charts of information that show past school enrollment and predicts declining student numbers over the next nine years. We wonder about the basis of these predictions when Spryfield is a targeted growth area with new developments such as Governor's Brook, Ravens Craig, Sage Wood, and Kidston Estates already under way. With over 2000 new homes planned for this community, how can the consultants recommend closing schools?

We have asked for a public meeting to be held in Spryfield and are waiting for a reply. In the mean time, we suggest that as many people as possible attend the consultation scheduled for April 9th, at the Herring Cove Junior High School. Details can be found on the website www.hrsb.ns.ca, click on Imagine Our Schools.

Although the school issue has become our main focus, the SRA is working on a few other projects. On May 12th, 7:00 – 9:00 pm, we are hosting a public meeting, at the Captain William Spry Center, to talk about trash. The HRM Waste Resource Program is sending Kathy Johnston to show us how to sort our trash. You will be surprised to learn how many items can be turned into money at the return depot on the Herring Cove Road. Kathy will help us understand what to do with things like paper, light bulbs, batteries and an array of other common things that leave us scratching our heads on garbage day. Everyone is welcome and encouraged to try your luck to win door prizes and give-aways provided by the HRM.

The annual July 1st picnic will be held at Kidston's Lake. Last year we had a beautiful day for swimming and the beach was lively with kids of all ages. We have a number of games for kids aged 4 to 9, but unfortunately lack volunteers to help out. If anyone is interested in lending a helping hand with games, set up, selling hot dogs or giving out free cake and watermelon, please call Heather Whitehead at 477-2259.



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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

JACKSON (Lyons), Barbara Gretchen Ula 75, passed away on Thursday, March 12, 2009, in QEII Health Sciences Centre, surrounded by her loving family. Born on February 11, 1934, in Yarmouth, she was a daughter of the late Wilbert and Lula (McGray) Lyons, and stepmother Lida Lyons. Barbara enjoyed spending time with her friends chatting over Tim's Coffee and especially loved spending time at family gatherings with her children and grandchildren. She is survived by her sons, Robert (Crystal), Harry (Jo-Ann), Harold "Bo" (Debbie), and Wayne; daughters, Heather Toner (Walter), Sharon Faucher (Daniel), Kathleen Dempsey (Cyril), and Judy. She is also survived by her grandchildren, Stephen, Jessica, Nathan, Brittany, Sarah, Jarrett, Bobby, Tammy, Jeremy, Melanie, Kimberly, and Caitlyn; great-grandchildren, Alex, Kayla, and one on the way; brothers, Morton, Chester, Herbert, and Ashton; sisters, Gretchen and Ethel. She was predeceased by her husband, Harold Theodore; brothers, Oscar, Elsworth, and Robert Sifton. Cremation has taken place. No visitation by request. Funeral service and reception will take place at 11 a.m. on Tuesday in Donald K. Walker Funeral Directors Ltd., Dartmouth (469-5601), with Rev. Patricia Malin officiating. Interment will follow in St. John's Cemetery, Halifax. Family Flowers only. Donations in memory can be made to assist with the extended care of "Judy", c/o S. Faucher, 58 Brittany Ave., RR6 Kingston, NS B0P 1R0.

MacDONALD, Donald Stanley 75, Halifax, formally of Gabarus, passed away peacefully at home, with his loving wife of 52 years by his side, on Tuesday, March 10, 2009. Born in Gabarus, he was the son of the late Phillip A. and Dolena (McKay) MacDonald. "Don" was a steamfitter for most of his life, working in this industry for over 52 years and was a member of local 56 of the pipe fitters union. Don had a great love of country music and he also loved to play the guitar. A loving husband, father, and grandfather, his family brought him great love and joy throughout his life. He loved to tell stories, his keen sense of humour and practical jokes were always welcomed. A quiet man, he would spend many hours doing crossword puzzles and jigsaw puzzles. He will be sadly missed by all who knew and loved him, and whose lives he touched. Surviving are his loving wife, Muriel (Mountain) MacDonald, Halifax; daughter, Donna Lynn (Ken) Smith, Harrietsfield; sons, Bruce (Kara), Waverley; Michael (Wanda), Harrietsfield; Robert (Dale), Timberlea; Vernon (Gloria), Spryfield; grandchildren, Jason, "Sam", Thomas, Shannon, Shelby, Mikala, Jillian, and Jennifer; sister, Annie Mae Morrison, Lunenburg. Besides his parents, he was predeceased by brother, Archibald; and sister, Isabel. Cremation has taken place and a Memorial Service will take place on Saturday, March 14, at 10 a.m., in Atlantic Funeral Home Chapel, 6552 Bayers Rd., Halifax. Interment will follow in Oakridge Memory Garden, Sackville. Donations in memory may be made to the Canadian Cancer Society. A special thank you to the VON as well as the Palliative care workers for their care and comfort of Donald. On-line condolences may be made by visiting: www.atlanticfuneralhomes.com

MURPHY, Martin Edward: 43, Halifax. It is with deep sadness that we announce the sudden passing of our beloved son and brother, Martin Edward Murphy on March 1, 2009. Born in Halifax he is the son of Josephine (Peach) and the late Vincent Murphy. Martin loved a good game of cards and will be remembered for having a good heart and as a good person to all

who knew and loved him. He is survived by his mother, Josephine; brothers, James (Yvonne), Elmsdale, Vincent, Joseph (Janie), Robert (Kim), William and Ralph (Shelly), all of Halifax; sisters, Cathy (Jim), Ketch Harbour, Joanne, Ottawa, and Elizabeth, Halifax, four nieces, six nephews, two great-nieces and two great-nephews and an aunt, Veda Cooper. He was predeceased by his father, Vincent John Murphy in 1971.

Cremation has taken place under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601), where visitation will be held on Wednesday from 6-8 PM. A memorial Mass will be celebrated in memory of Martin on Thursday, March 5, 2009 at 10 AM from St. Michael's Roman Catholic Church, Spryfield, NS, with Fr. Rob Arsenault as celebrant. A private family burial will take place at Gate of Heaven Cemetery. In lieu of flowers, the family would appreciate remembrances to the Heart and Stroke Foundation or The Canadian Cancer Society. Words of comfort may be sent to the family by visiting www.walkerfh.com

POOLE, Olive Agnes - 77, Halifax, went to be with the Lord on Wednesday, February 18, 2009. Born in Newfoundland, she was a daughter of the late James and Ann (Cox) Rose. Olive was a member of Emmanuel Anglican Church in Spryfield. She was the last surviving member of her immediate family. She will be lovingly remembered and sadly missed by her children, Clarence (Kathy); Scott (Gwen); Terry (Brenda); Chris (Sandy); Bruce; Danita (James), all of Nova Scotia; Jack (Ada), Alberta; Greg (Tammy), British Columbia; Sharon (Lewis), Manitoba; Sylvia (Roy), England; 20 grandchildren and 20 great-grandchildren. She was

predeceased by her husband, a Korean Conflict Veteran, John Robert; brother, Ron and sister, Mary. The family would like to extend their heartfelt thanks to the staff of St. Vincent's Guest House for their compassionate care and support given to Olive during her time with them. Arrangements are under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield (477-5601), where visitation will be held on Sunday, February 22 from 2-4 and 6-8 p.m. Funeral service will be held on Monday, February 23 at 2:00 p.m. in Emmanuel Anglican Church, with Rev. Diana Brett-Frye as celebrant. Donations in Olive's memory may be made to a charity of one's choice. Condolences may be sent to the family by visiting: www.walkerfh.com

Ferguson, Roy Wayne: 67, Halifax, NS, passed away on Tuesday, February 17, 2009 at Northwood Manor. Born in Halifax, he is the son of the Roy Joseph and the late "Dolly" Dora (Ernst) Ferguson. Roy will be deeply missed by his sons, Scott (Desiree), Halifax, and Ethan, Halifax, brothers, David (Mary), Western Shore, and Gerald (Trish), Halifax, sisters, Muriel, Gold River, Maryanne (Lorne Baird), Ontario, Pearl, Gold River, Brenda (Garland King), Sackville, and Mable (Ted Gallant), Sackville, his companion, Debbie Taylor, and his best friend, Lillian. Very special thanks to Staff of 3 Manor, Northwood.

Arrangements are under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601). A memorial service will be held on Saturday, February 21, 2009 at 11 AM from Emmanuel Anglican Church, Herring Cove Road, with Rev. Dianna

Brett-Frye as clergy. Interment will take place at a later date. In lieu of flowers, donations may be made to the Diabetes Association. Words of comfort may be sent to the family by visiting www.walkerfh.com

BEAMAN, Gary Roy: 59, Halifax, NS. Born in Halifax, he was a son of the late George and Lola (MacVicar) Beaman. In the 30 years of his career, Gary worked at City Field, and in the past 8 years of semi-retirement he had worked with various companies, always being among the last to leave work each day. On Monday, February 16, 2009, while working at Butler Scaffolding, Gary was the first to leave, and, as we all know, it was not by his choice. Papa to granddaughters, Arica and Morgan; Dad to daughters, Anne and Brandi, and son, Trevor; Husband and sweetheart of 38 years to his loving wife, Beverly; brother to sisters, Barbara Jennings (Gordon), Marrion Warren, Elizabeth Chiasson (John), Kathleen Lloy (Andrew), Jean Starling (David), all of Halifax; brothers, George, Robert, James (Mary), all of Halifax, Perry (Bernice), Calgary, and David (Torri), Nepean, ON, as well as numerous nieces, nephews, great-nieces and great-nephews.

Cremation has taken place under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601). A memorial service will be held in memory of Gary on Friday, February 20, 2009 at 11 AM from St. Paul's United Church, Old Sambro Road, with Rev. Jeanne Manning Stright as clergy. Interment will take place at a later date. In lieu of flowers, the family would appreciate remembrances to The Heart and Stroke Foundation. Words of comfort may be sent to the family by visiting www.walkerfh.com

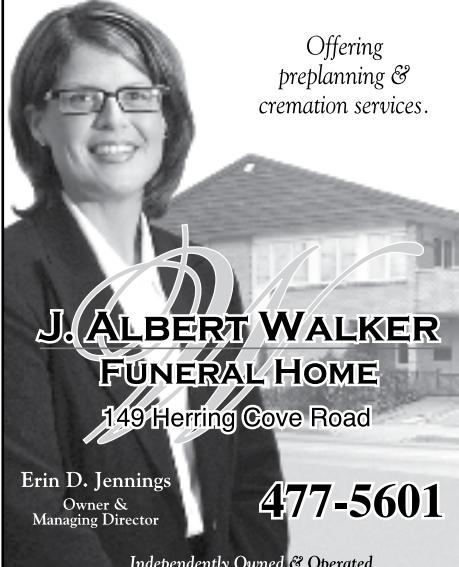
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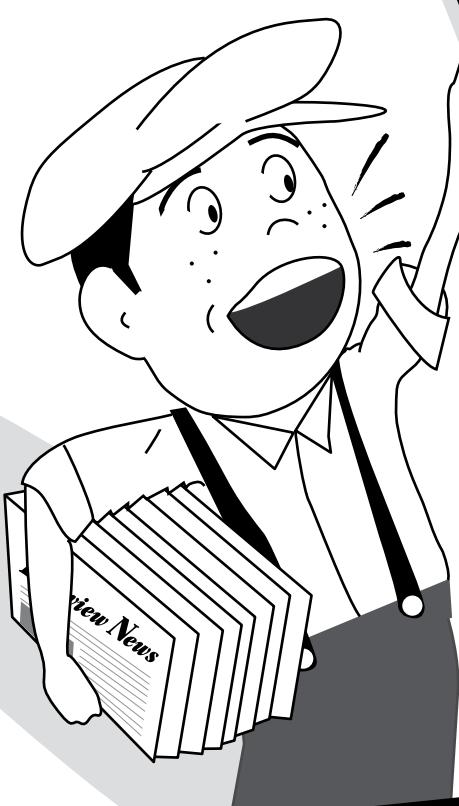
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Chebucto News

Chebucto News Community Events

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to rhorer@ns.sympatico.ca

Easter Sunrise Service

Are you an early riser? Join us at 6:15 am on April 12 for an Easter Sunrise Service at the Dingle, (at the end of Park Hill Drive.) Please bring your own chair if you would like a seat. In case of heavy rain or snow, service will be held at St. Paul's United Church, 173 Old Sambro Rd. after the service there will be light refreshments at St. Paul's.

Beginners Tai Chi

The Taoist Tai Chi Society of Canada, Atlantic Region, is offering a new beginners' course in Taoist Tai Chi® taijiquan at their Halifax location: 2029 North Park Street starting April 16th and running Thursdays 6pm - 8pm for 12 weeks. The last date to register is April 23rd. Health Recovery classes are ongoing at this location: Tuesdays and Saturdays 2pm-3.30pm. The centre is wheelchair accessible and there is free parking on site. For more information, call the centre at 422-8142 or email atlantic.office@taoist.org; www.taoist.org.

Spryfield Minor Softball

Registration will take place on April 4th, 2009 From 10:30 am - 2:30 pm, at Spryfield Wave Pool Room #3. Ages: Girls 7 - 15 and Boys 7 - 14. \$75.00 Registration Fee and \$90.00 Late Registration. If you have any questions, please do not hesitate to contact Suzanne Laframboise, Secretary, Spryfield Minor Softball, 404-3633.

24th Annual African Dinner

While we are all looking forward to spring in a few short weeks, this is an early announcement for another annual event that many of us look forward to. In just 8 weeks, the NSGA will be holding our Annual African Dinner on Thursday, May 7th, at Saint Mary's University. Mark your calendars and join us for a wonderful evening of West African food, music, stories and auction. Your support enables the NSGA to provide health and education programs to youth and their communities through peer education in schools and community based programs in

The Gambia and Sierra Leone. Ticket prices have not increased this year and remain at \$50 each. Tables for eight are available. To reserve your tickets, call June at 902 423-1360. We would also appreciate hearing from you if you have auction items you wish to donate. And if you haven't visited us lately, you'll enjoy a 'trip' to our new and improved website: <http://www.novascotiagam-bia.ca>. Thanks for your support in the past. We're looking forward to connecting with old and new friends and supporters at the Dinner on May 7th. Margaret-Anne Bennett Past-Chair, NSGA Board June Boswell Office Administrator Dinner Co-Chairs

Committee on Addiction Awareness

Are you concerned about drug and alcohol use, smoking, and problem gambling in the Spryfield community? A Local Committee on Addiction Awareness is being established and residents are encouraged to get involved. Volunteers will meet once a month to discuss addiction issues and organize awareness activities at schools and public events. For more information please call 424-4976.

A Special Event With Artist: Rev. Rik Berry Place

Calvary Baptist Church 91 Thornhill Dr., Spryfield Date: Sunday, March 29, 2009 Time: 6:30 p.m. All are welcome. -- Paul Britton 902-477-8576 paulabritton@gmail.com or paul@jeremybritton.com

Beginners Tai Chi

The Taoist Tai Chi Society of Canada, Atlantic Region, is starting two new beginners' courses in Taoist Tai Chi® taijiquan at its Halifax location, 2029 North Park Street: Starting May 4th and running Mondays 6pm - 8pm for 12 weeks; last date to register is May 11th. Starting May 12th and running Tuesdays 10am - 12 noon for 12 weeks; last date to register is May 19th. Health Recovery classes are ongoing at this location: Tuesdays and Saturdays 2pm - 3.30pm. The centre is wheelchair accessible, and there is free parking on site. For more information, call the Atlantic Regional Centre at 422-8142 or email [HYPERLINK "mailto:atlantic.office@taoist.org" atlantic.office@taoist.org](mailto:atlantic.office@taoist.org); www.taoist.org. Thanks very much, Dawn Whitehead (826-7370).

Camp Courage

The fourth annual Camp Courage will be held from July 5th until July 12th. It is a free police, fire, paramedic camp that informs and educates young women about these non-traditional professions but most importantly inspires them to reach their potential. The girls write an essay or do a short video on how to improve someone else's life that is less fortunate or on how they can improve their community, instead of paying cash they do what they say in their essay. The essay deadline is April 30,

Flea Market

The BPSA Scouting Groups at Emmanuel Anglican Church in Spryfield are holding a Flea Market at Emmanuel Church Hall on Saturday, April 25, 2009 from 10:00 until 2:00.

Bedford Walk & Run

Sunday, May 31, 2009, 10 km Walk starts at 9:30 am 5 km Walk & Run and 10 km Run starts at 10:00 am This event will feature chip timing. 2 km Family Scamper starts at 10:00 am. Location DeWolfe Park, Bedford www.runningroom.com for detailed map.

Motion to reform EI passes in Parliament

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nothing for those who don't.

My colleagues and I have been addressing these failures in the House, but we are also putting forward positive recommendations for change. Those recommendations formed the heart of a motion put forward on March 10, where we called for smart changes to help laid off workers. These measures: eliminate the

waiting period for EI, reduce the number of work hours needed to qualify for the program expand eligibility to include self-employed workers, and raise the rate of benefits

Fixing the rules so more workers who pay into EI can get benefits when they need them—no matter what region or sector they work in – would help thousands of Canadians. I'm pleased to say that this motion passed with support of the other

opposition parties, but we're still waiting for the Government to implement it. In my work in Ottawa, I will keep pushing for fairness in the Employment Insurance program.

With many families only one or two missed pay cheques away from poverty, it's more important than ever that this program functions in the best interest of the Canadians who built it.

Chebucto News Business Directory

Community businesses serving community needs.



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- Wilson's Fuels -

225 Ketch Harbour Road
477-4160

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

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Spryfield Denture Clinic

Service direct to the public

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15 Shoreham Lane
479-2453

479-PIES (7437)
info@heppys.com
www.heppys.com

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Local girls grab provincial title

Emma Crawley (Herring Cove), Lindsay Gray (Williamswood) and Kaitrin Harnish (Sambro) are three local girls that hail from Chebucto Minor Hockey and are players on the Metro Boston Pizza Female AAA Midget hockey team.

The team just completed it's very first season in a brand new league designed to give high level female players the opportunity to develop at home as opposed to seeking out prep schools or other high level female hockey opportunities that were previously unavailable in Nova Scotia. Because the Province was divided up into four zones and players were selected from all over the Province, it is quite an accomplishment that three girls from Chebucto

made the team but the bigger news follows.

On March 14, the team won the League title and the Provincial title. The team is now off to compete at Atlantics at the end of March to vie for a spot to represent Atlantic Canada at the first National Female Midget Hockey Championships in Calgary. At Atlantics, they will represent NS and compete against the top team from each of NB, PEI, NFLD and Cape Breton (the host team).

In addition to the above accomplishments, the team was also one of 13 teams from across Canada selected for the 'Future Team Canada' program administered by Hockey Canada and the Wayne Gretzky Foundation



Metro Boston Pizza Female AAA Midget hockey team

Sambro community arrives en masse for Blessing of the Fleet

Generations of Sambro families have made their living from the sea, and in August 2008, residents and fishermen held a Blessing of the Fleet in the waters off Bull Point. About 20 vessels took part, including the Coast Guard Cutter Sambro, under the command of Chris Flemming. Reverend Ellen Wilson of Saint

James United Church led the ceremony. The event honouring those lost at sea took place during Sambro Sou'wester Days and will be held again this summer. Special thanks to Captain John Rae, who took these images. Thanks also to Norma Scarfe, Pat Thomas and Patrick Gray of the Sambro Harbour Authority.




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