

Chebucto News

Vol. 7 • No. 1 • April • 2005

Armdale • Harrietsfield • Herring Cove • Jollimore • Ketch Harbour • The Pennants • Purcell's Cove • Portuguese Cove • Sambro • Spryfield • Williamswood

Working For You In Your Community

479-NEWS (6397)

FREE

Lanes Plus More!
BOWLARAMA



Spryfield • 479-2695



Bayers Rd. • 455-1519



Dartmouth • 466-4405



Cameron Hall Open House

Sunday, April 17th
from 1:30 to 3:30pm

3-7-11 Fairfax Drive Clayton Park West
www.parklandestates.com

ABERDEEN HALL • BRADFORD HALL • CAMERON HALL

K.N.

Umlah Insurance

AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •

CAO George MacLellan to speak

Levy rates, Board structure important topics for upcoming AGM

This should be considered a break through year for the Spryfield and District Business Commission, says Commission Chair Kevin Umlah in hopes as many business representatives as possible attend this year's Annual General Meeting at Spryfield's Earl Francis

Memorial Legion beginning at 3:30 pm Friday April 29.

Although it has been a matter of evolution, he said the work that has resulted in today's Commission began slightly more than six years ago. "Over that time the goals of the

organization, whether it was as a business association of community entrepreneurs, or as it is today as a full fledged Business Improvement District Commission committed to a Service Agreement with HRM, have not changed," he said, identifying the Mission Statement to "Advocate the interests of local business in building a stronger community."

But he said most of the work of the Board of Directors and members has been done "behind the scenes" in places where it's not really very public. "It all began as an ambition to improve the image of our community both here and outside the area," he said. "We have worked at that by challenging mainstream media and encouraging our political and bureaucratic representatives to focus in on our community with a view to making positive change."

He said the Commission would never want to take more than its fair share of credit for positive change in the community. "But there has been change here and we have certainly done our part as a group," he said, remembering how the former business association, in cooperation with Councillor Stephen Adams continually chastised media for inappropriate and unfair comments about the community. "We believe there has been a change in attitude and we believe we have helped."

Umlah said the Commission has brought Premier John Hamm to the community on three occasions, has had Mayor Peter Kelly speak at last year's annual general meeting and this year will have Chief Administrative Officer George MacLellan, the city's top bureaucrat, speak at this year's AGM. "We

see "Levy" pg. 2



Councillors Linda Mosher, District 17; Stephen Adams, District 18; and Mary Wile, District 10; assisted Police Chief Frank Beazley, Director of Community Corrections for the Department of Justice Fred Hornsberger and Sergeant Mike Spearns cut the official ribbon to open the new Halifax Regional Police office on Herring Cove Road this month.

"You've got big shoes to fill"

Big changes, big improvements in police service

Particularly for District 18 Councillor Stephen Adams, it's been an interesting and fruitful month for police service throughout all of Districts 17 and 18.

Not only did the Halifax Regional Police open its new "sub-station" on Herring Cove Road this past month, but Chief Frank Beazley and his entourage of officers, accompanied by RCMP Inspector Phonse MacNeil, toured a number of communities announcing that HRP's jurisdictional ability to begin patrols throughout the Sambro Loop, a change in service Adams has pushed for over the past two or three years, began April 1.

Beazley's meetings with residents in Ketch

Harbour, Herring Cove and Harrietsfield were best summed up by one resident who told the Chief "you've got big shoes to fill," expressing a general feeling by all that while the new service approach is welcomed by communities, the change is "a little bitter sweet" because residents were accustomed to their RCMP service and not necessarily unhappy with it.

But the change, reflective of a new order in police service throughout all of HRM, and for the Loop communities, eliminates an ongoing concern over response times by RCMP officers who were tasked with servicing the areas from their Tantallon headquarters.

Beazley and MacNeil both informed resi-

dents that the change is the result of the two forces becoming more united in their approach to protecting citizens. "We've exchanged small areas in other parts of HRM before," Chief Beazley said. "This is a much larger area, but it only makes sense from a geographical point of view," he said reminding residents that Tantallon RCMP had to cross through city boundaries to patrol the Loop.

And both officers agreed the change is not being accomplished under conflict, but is as much related to the services being closer united. From a dispatch point of view the two departments will be on the same radio band

see "Improvements" pg. 2

Forum to discuss "making the community a better place to live"

The Captain William Spry Community Centre Board of Directors, responding to recent changes by Halifax Regional Municipality resulting in the loss of what had been named the "Multi-Service Office," is calling community groups together to discuss how to make the community a better place to live.

Called "Our Community Is On The Go" the April 9 morning session at the Captain

William Spry Community Centre is aimed at trying to take the best advantage of a number of positive community initiatives including the Herring Cove Road Streetscape and Planning Study, a Provincial Government Community Development Policy, the Regional Planning Process, the Mental Health Services Community and other new developments on the horizon.

"We want to hear from local residents about how to make our community a better place to live. Encouraging residents to talk together and work together on common issues, making sure everyone can be involved in addressing community issues, and facilitating partnerships throughout our community is what the Board is all about," says Marjorie Willison, the Board's part-time Coordinator.

The Board is elected by the community at its annual general meeting each year, and includes a mix of local residents and representatives from agencies and community groups. Linda Roberts, who acted as "Multi-Service Coordinator" until the city made the change in venue, was directly accountable to the Board, and hence to the community. Changes in funding from Halifax Regional Municipality meant the Board could no longer afford

see "Making" pg. 2

Levy rates, Board structure important topics for upcoming AGM

continued from pg. 1

anticipate the Herring Cove Road Streetscape and Planning Study, the first municipal effort in our community since 1975, to be presented to Chebucto Community Council in April or May. We have certainly not been completely responsible for this effort. There are other individuals and groups who have helped, but we have taken something of a leadership role in

trying to make this happen," he said.

The Commission has been working quietly behind the scenes, he said, and the Board of Directors has been meeting monthly for six full years "but we are about to emerge as a recognizable organization with visibility in the community this year."

The Chairman said the Commission will unveil its new corporate logo, which has been given preliminary approval by local council-

lors, bureaucrats and some community groups, at the AGM. The Commission will also have delivered its first membership newsletter by then and will hopefully have membership decals for business to carry on their business entryways available at the meeting.

"We have been tidying up our own house. We have asked for and gained permission from our membership over successive years to create this Commission and now we want to unveil a number of concept ideas and changes for the membership to approve so we can move forward, become more public, more active and more involved with the community at large," he said.

This year's AGM will consider proposals to make a minor adjustment increase in its tax levy structure, create change in the election process for its Board of Directors and unveil program ideas, including an anti-litter, anti-graffiti, a community signage program and adoption of a green space project "as our continuing commitment to work in conjunction with HRM and community groups to make this community a better place for everyone," he said. "If for no other reason than to hear what Halifax's chief bureaucrat Mr. MacLellan envisions for our community I encourage all business representatives to attend our AGM," he said.

Making the community a better place to live

continued from pg. 1

Linda's full-time position. "Even though we don't have Linda anymore, the Board still has a responsibility to local residents," said Willison. "What better way to start the ball rolling than meeting over muffins on a Saturday morning in spring."

The Board's vision is "the well being of all individuals, families, groups and our community." Research in health promotion has identified public participation as a key strategy for understanding and improving public well being. As well, the Healthy Cities movement says that economic, environmental and social interests need to come together to make communities healthier. That is why the Board is hoping that lots of different kinds of people will come to the Board's Community Forum on April 9, Willison said.

The Board is also concerned about attracting the human, physical and financial

resources needed to make creative change and make the community a better place to live. For example, the city has placed Norma MacLean, one of HRM's community developers, the former Multi-Service office at the Community Centre. Norma operates within HRM's Recreation, Tourism and Culture Department, so she is not able to respond to community issues that fall outside that department's mandate.

Willison said "if the Board is going to be responsive to a variety of issues in the community then we need to strengthen connections to other sectors and levels of government that deal with issues outside of Recreation, Tourism and Culture." Representatives from several different sectors within the municipal, provincial and federal government are also expected to participate in the Community Forum. "It should be an exciting morning." To register for the Forum, phone 479-4487 by April 5.

Improvements in police service

continued from pg. 1

wave length and will be able to "talk to each other," said Beazley.

Halifax Regional Municipality is the only municipality with two services, said Beazley. "Two years ago we began discussions about how we could work together. In December we initiated a new records management system and we've followed that by combining and sharing our identification systems, our traffic and investigation units, our computer systems and dispatch systems have all been integrated. In June we will begin using the same radio service and everything from an operation and management point of view will have been integrated," said the Chief.

The end result will be that dispatch per-

sonnel will be able to see exactly where every car, both RCMP and HRM Police, is on patrol within HRM and the services will respond on a "closest car goes" format. Both the Chief and MacNeil suggest the new service should reduce response times in emergency situations.

In the meantime, RCMP who have been patrolling the Loop will continue to work on outstanding investigations and all files have been shared with HRM Police. Those files are located at the new Herring Cove Road police office opened in mid March. The new location will give residents easy access to reporting and allows police and RCMP personnel to complete paperwork in the community rather than traveling to Bedford where the West Division headquarters are located.



**Halifax
Military Family
Resource Centre**

Serving Regular / Reserve Force
members & their families in:

**Halifax Region
Central Nova Scotia
Northern Nova Scotia
Cape Breton**

For details or to receive our
FREE newsletter call:

24-Hr Info & Referral Line
1-888-753-8827
www.halifaxmfrc.ca

Offering programs & services
that promote healthy living
for all who share the unique
experience of military life,
including:

- Information & Referral
- Deployment Services
- Special Events



Military Families
Les Familles Militaires
La force derrière l'uniforme



LOOK GREAT. FEEL GREAT. GUARANTEED.

2nd Anniversary Celebration

Two for Two

Join with a friend and pay no sign-up fee

You and your friend save \$179.40.

Call now for your Free Consultation, Trial Workout and Fitness Assessment.

Offer good April 1 to May 12, 2005.

477-4447 • 338 Herring Cove Road (Subway Mall)



Ilsey's "Super Sprys" promote Just Live It - Be Active Program

By Sandra MacLean
Staff

The "Super Spry Heroes Road Show" is an entertaining skit performed by J.L. Ilsey High School students who go around to Elementary and Junior High Schools in the JL Family of Schools to spread the message that it's important for kids to be physically active. They leave each school with a physical activity resource book and a bucket of equipment they can use to increase physical activity throughout the year.

The origin of the idea came from Chocolate Lake Recreation Centre Coordinator Mary Angela Munro's vision of a "super hero" of physical activity. Then came brainstorming by a committee of ten J.L. Ilsey students, along with school, HRM and Capital Health representatives who wanted to come up with a creative way to show kids that physical activity is interesting and fun. The final result was this lively skit that features super heroes all dressed up in caped costumes.

The skit is just one part of a grant-funded program called "Just Live It Be Active," which also includes an Outdoor Club at J.L. Ilsey, promotional activities at various Health and Community events in Spryfield and a website with information for youth who want to get physically active.

It all started in 2002 when Nova Scotia departments of health, recreation, sport and

education did a study of physical activity levels in kids. The results were scary. The study confirmed more than 90% of grade 11 students do not get the recommended daily amount of physical activity - 60 minutes of moderate or vigorous activity every day. Another study showed that over 55% of all Nova Scotians report they get less than 15 minutes of moderate exercise per day.

This prompted the NS Government to create a three-year pilot program targeted at improving these statistics. J.L. Ilsey is fortunate to be the only school in HRM involved in this provincial program, thanks largely to Vice Principal Linda Lund.

The program was designed to involve kids in developing activity awareness and programs that focus on non-competitive, lifelong activities, skill building and exposure to different types of physical activities.

The Outdoor Club is getting known as an organization where kids can try out anything from sports to fitness and dance. Those who take part have fun and they spread the word to their friends so more and more kids are trying out at least some of the activities.

Kids like that they can pick and choose what interests them and they always want to know who is going to be there and just what it involves because they feel self-conscious and wonder if they can do it. Even if kids don't participate in Outdoor Club activities their aware-

ness of physical activity is growing because of the program publicity.

Looking back over the first half of the program, student committee members believe that it really has made a difference. They first got involved because the school council asked for volunteers for the program - it was just another part of student council. Now it has become a very definite activity on its own. One sign of its success is people at school recognize them as members of the "Super Sprys" or the "Outdoor Club."

They don't know if being part of this program will influence their career decisions, but the students on the committee see this as an experience that "will stick with us." The committee members enjoy meeting new people because of this program and they like to try out

new activities themselves that they might never try on their own. They're also learning a lot about how to promote a program.

The Just Live It Be Active Program is still new but the students really believe it is showing results. With their busy schedules, they appreciate that Physical Activity Coordinator Anna Grantham does the organizing and makes all the arrangements that they wouldn't have time to do themselves. They worry what will happen if there is no more grant funding after next year so they are starting to think of ways to convince people to keep on funding the program.

To see a list of useful tips for getting started, profiles of active students, an events calendar, and for all kinds of information about getting active check out the Website at <http://www.justliveit.ca>.



Members of the Super Sprys include back row, Wade Betts, Heather Ross, Breagh McKeough, Samantha Snow, Holly Ivanko, Janet MacLeod; front row, Erica Blackburn, Jill Reardon and Kristen O'Reilly. (Laine Gabel Photo)

Want an opportunity to make a difference in your community?

Chebucto West Community Health Board Is Recruiting Volunteer Members from all walks of life!

You can be part of a team that is doing *meaningful* work in the community to make it a better and healthier place to live, work and play.

Chebucto West area includes municipal districts:

- | | |
|---------------------------|--------------------------------|
| 10 Clayton Park West | 18 Spryfield-Herring Cove |
| 15 Fairview-Clayton Park | 22 Prospect |
| 16 Rockingham-Wentworth | 23 St. Margaret's Bay-Hubbards |
| 17 Purcell's Cove-Armdale | |

To find out more about becoming a Board member, contact:
Cheryl Nickerson
3845 Joseph Howe Drive
Suite 302
Halifax, Nova Scotia B3L 4H9
Tel: 424-3390 Fax: 424-5159
cheryl.nickerson@cdha.nshealth.ca
Application Deadline:
May 5th, 2005



Connecting with Communities

For information and assistance



Peter J. Kelly
Mayor



Tel: (902) 490-4010 • Fax: (902) 490-4012 • kellyp@halifax.ca • www.halifax.ca

The Saraguay Club

An Invitation to the Saraguay Experience

Sunday Brunch Buffet

April 3, 10, 17 & 24

11:30 am till 2:30 pm

\$20 p/p all inclusive. Reservations required.

Tel: 477-2581
saraguay@eastlink.ca
360 Purcell's Cove Road, Halifax, NS



DISCOVERING OUR PAST

Many century-old houses in Jollimore still standing

by Iris V. Shea, *Historian*
Mainland South Heritage Society

Heritage Houses, Past and Present, was the theme this year of the Mainland South Heritage Society's photographic display. If you missed the display, the photographs will continue to be displayed at the Captain William Spry Library until April 15th.

One community that has a total of 17 century-old houses is Jollimore; some along the shore and Milton Drive, others on McManus, Kirk, Albion and Parkhill Roads, a total of 17. Over the years the design and size of the houses have changed and it is quite a challenge to find parts of the original house. It was not always possible to determine the exact year some of the houses were built, but approximate dates were arrived at through deeds, assessment records, photographs, Ruth Wright's oral history and McAlpine's 1901 "North West Arm" Directory.

The next time you take a walk along the shoreline of Jollimore, pay particular attention to the first three houses facing the Arm and the public footpath leading from Fleming Park. The first house, with its entrance off Milton Drive, is not quite a century old but is included here. It was built in 1906 when 34 year-old barrister Robert T. MacIlreith, Mayor of Halifax from 1905 to 1907, married Gladys Reynolds Clarke and became a permanent resident of Jollimore until his death in 1943.

The second building on the public footpath is now used for storage, but was MacIlreith's summer home from about 1896 to 1906. The third house was built about 1896 for Henry Bradford, the headmaster of King's College School for Boys in Windsor, N.S. Bradford used the house for several years as a summer residence. Continue walking along the path until you come to the rocky right-of-way that leads uphill to McManus Road. The house on the left facing the Arm, number 13 McManus, was built for Halifax merchant Arthur Curren in 1902. A few years later it was given the name Unadilla by Andrew McManus, another Halifax merchant, who used it as his summer residence.

On the right side of McManus Road overlooking the Arm, number 14 dates back to the late 1880s when Amos Slaunwhite lived here with his wife, Louisa Jollimore. It soon became a summer residence for a succession of owners from the 1890s to the 1920s: photographer Edward Mitchell, Rev. Francis Partridge, DD (Canon of the Diocese of N.S.), and Halifax merchant Guy Hart. Each owner, past and present, added to its original size and shape which was a pitched-roof bungalow with a single dormer, typical of many houses built by the Jollimores. Number 12 McManus also dates back to the 1880s, built and occupied by Robert Innes and his wife, Mary Jollimore.

On Kirk Road, to the left of McManus, are two early Jollimore family houses, numbers 23 and 25. Both houses appear on a 1902 map with a barn behind them. The barn is now number 40 Albion and over the years was transformed into a very attractive dwelling. Number 38 Albion is another house that was built in the 1890s. All four houses were built by Alexander (Sandy) Jollimore after the property was deeded to him by his parents in 1884.

Alexander's residence was 38 Albion and the other three houses were used for many years as rentals to generate revenue for the family. There is a saying passed down in the Jollimore family that they "built one house to live in and another to rent."

Return to Kirk Road, and look inside the gates of number 10. This two-storey brown house dates back to before the turn of the 20th century, first owned and occupied by the Slaunwhite family. On Parkhill, to the right of Kirk Road, there are several more century-plus houses. The houses mentioned so far, except for the MacIlreith house, are on land once owned by John Martin Jollimore; the remaining houses are on land once owned by John's brother, Frederick.

The Jollimore brothers bought their adjoining 50-acre lots in 1844, having grown up on their father's 50-acre lot in, what is now, Boulderwood. A third brother, George, settled on one acre of Frederick Jollimore's shoreline (called the Lower Terrace) in 1849. MacIlreith built his residence on this lot.

Number 46 Parkhill Road was built not

long after Frederick Jollimore deeded the land to his son Samuel in 1886. Samuel and his family lived in the house until he sold it to his son-in-law Angus Chaddock in 1899. In the



Postcard featuring Jollimore Settlement, postmarked 1906.

deed of sale, the land was described as bordering the property of Harry Treadway Jones, a barrister in Halifax. Jones, a member of a prominent Halifax family, occupied the house at 54 Parkhill as his summer residence in

1899. Number 51 Parkhill is probably the oldest house in the village. James Innes and his wife Sophia Slaunwhite bought the lot in 1869 and moved their family from Terence Bay. It is shown in early photographs as a small pitched-roof bungalow with a right-of-way to the Northwest Arm.

James Jollimore built his homestead, a small bungalow (now number 53 Parkhill), after his father Frederick gave him this land in 1881. In the 1890s he built a rental cottage across the road which later became the home of his grandson, Foster Boutillier. That house was torn down in 2000. George Jollimore, another son of Frederick, received several lots of his father's land in the 1890s and soon erected a house to live in and another to rent. Number 55 Parkhill was George's residence from the 1890s until his death in 1936. The house on the corner of Milton Drive and Parkhill was his rental cottage until it was sold in 1938.

The photograph, taken 100 years ago, shows several of the above mentioned houses.



NEW

TOASTED CHICKEN CLUB

COMBO

\$5.95 plus tax

with donut & medium coffee

Tim Hortons

All participating stores for a limited time.

Three Locations in Spryfield

154 Osborne Street
477-9984

1 Pine Grove Road
479-3206

South Centre Mall
477-1943

Needs April Specials

	
Coke Products 3 Pack Family 3/5⁰⁰	Humpty Dumpty Chips 200g (3.5oz) 2/5⁰⁰
	
Chocolate Mountain Brownies 99	White Swan Paper Towels 1 Roll (200 Sheets) 79

Prices in effect from April 4th - April 30th, 2005.

Fundraising mission aimed at "performing arts centre"

By Willie Reid
Arts Express Coordinator

Our schools and communities house a significant number of artistically gifted young people - budding actors, musicians, dancers, writers, and artists who are hungry for a place to hone their skills says J.L. Ilsley Arts Express Coordinator Willie Reid.

"There is no arts venue in this area in which these gifts can be nurtured and celebrated," she says in explaining why a committed group of educators, artists, and community folks have been hard at work raising funds to reconfigure a storage building behind J.L. Ilsley High into a multi-use, performing arts theatre.

The unused storage space has been turned over to the project as a venue that could provide opportunities for rehearsal and performance of student written and produced musical compositions and one act plays, for student and youth coffee houses, dance and drum workshops, art exhibitions and even a community film series.

In 2002, the Halifax Regional School

Board, local municipal councillors, Linda Mosher and Steve Adams, and Maritime Life gave generous donations to begin development of the space. "We are presently in Phase Two of the construction and what remains is the addition of sound, lighting, staging, and seating. Much of the work will be completed by staff and youth. Once finished, the space would serve our schools and communities," says Reid.

Several fundraising events are in the planning stages, including an all ages band concert for youth in late May for which corporate sponsorship is being sought. "The Committee is appealing to those who share the belief that the arts are critical in the development of good citizens to assist us in the final push towards an exciting venue that promises to enrich our community," says Reid.

Interested persons, groups, organizations or corporations can become involved by contacting Willie Reid, Arts Express Coordinator, J.L. Ilsley High School at 479-4614 or e-mail: wreed@staff.ednet.ns.ca.



Peter Shacklock REALTOR®

For ALL your Real Estate needs.

456-4118

ShacklockHomes@eastlink.ca

*Serving you is my priority -
Paying attention to details is my promise.*



Trident Realty Ltd.

Why list your home with a single agent when you can hire Roy and his whole team for the same price!



Immaculate Halifax Bungalow
2 Bedroom bungalow on quiet dead-end street. Many upgrades including ceramic tile in living room & wood floors in bedrooms. Kitchen with European cabinets. New fixtures in bathroom. Alarm system. Oil furnace - 2004. Hot water heater - 2003. Sundeck - 2000. Seamless gutters - 2000.
\$90,000
1-888-509-2835 ID# 4001 or view Virtual Tour at www.RoyThomas.ca



Stunning 2 Storey on Private Lot
4 Bedroom, 2 bath home on private 1.5 acre country lot. Wood floors throughout. Huge rec room with wood floors and walkout. Double, detached, wired & heated garage. 20 minutes to Halifax.
\$189,900
1-888-509-2835 ID# 4015 or view Virtual Tour at www.RoyThomas.ca

HOMESELLERS
Find out what the home down the street sold for!
Free list of area home sales.
Free recorded message
1-888-574-7319
ID# 4041

6 COSTLY MISTAKES
To Avoid Before Buying a Home
Free Report reveals how to save thousands of dollars.
Free recorded message
1-888-574-7319
ID# 4004

BEST BUYS
FREE Hotlist Reveals
10 Best Buys in Your Preferred Area & Price Range
Free recorded message
1-888-574-7319
ID# 4040

REVEALED
Free Report
Reviews 7 Costly Mistakes to Avoid Before Selling Your Home
Free recorded message
1-888-574-7319
ID# 4000

On-Line Real Estate Information
www.RoyThomas.ca

- How to beat other buyers to hot new listings
- Find out what the homes in your neighborhood are selling for
- 10 questions to ask before you hire an agent
- 7 deadly mistakes that could cost you thousands when you sell
- Free insider real estate tips
- 13 extra costs to be aware of before buying a home
- FREE online mortgage pre-approval

What's Your Home Worth? FREE Over the Net Home Evaluation www.RoyThomas.ca

Roy Thomas Real Estate Team (902) 430-8700 www.RoyThomas.ca



Roy Thomas
Listing Specialist



Elaine Meredith
Listing Coordinator



Heather Blanchard
Team Administrator



Debbie Johnstone
Buyer Specialist



John Foster
Buyer Specialist



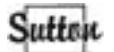
Steve Schwartz
Buyer Specialist



Yvonne Fitzgibbons
Buyer Specialist



Cheryl Lynn Deschamps
Buyer Specialist



Sutton Group
Professional
Realty

430-8700

Blue Water offers business assistance to local communities

Local businesses from Spryfield and throughout the entire rural area of the Sambro Loop are eligible to advantage all of the business support services of the Blue Water Business Development, one of 41 non-profit independent Community Business Development Corporations (CBDCs) in Atlantic Canada.

The Spryfield and District Business Commission has been discussing cooperation and integration possibilities with Blue Water off and on for the past few years, says Commission Chairman Kevin Umlah, pleased that confusion over jurisdictional problems have finally been clarified.

"The valuable and important programs offered business through Blue Water have always been of interest to the Commission but there have been jurisdictional issues which have tended to keep us apart," he said, adding that Blue Water has now been able to clearly identify its area of activity.

"Now that we know exactly where the CBDC can operate we are hopeful that we will be able to bring these programs to our membership," said Umlah suggesting an invitation has been offered to Blue Water to establish an "informational table" at the Commission's Annual General Meeting being held April 29 at the Royal Canadian Legion Earl Francis Memorial Spryfield Branch.

Blue Water Development Officer Rodney Beaton said the organization, primarily considered a rural business support agency, now has a clearly defined area of jurisdiction which includes parts of Spryfield and all areas of the Eastern Chebucto Peninsula along the Sambro

Loop from Spryfield through to Leiblin Park. Basically he said, the Corporation's influence begins in Spryfield just past South Centre Mall on the Herring Cove Road.

"We work to support the local economy by assisting entrepreneurs as they build or expand their business," he said, suggesting the agency serves the communities of Harrietsfield, Herring Cove, Ketch Harbour, Leiblin Park, Purcell's Cove, Portuguese Cove, Sambro and parts of Spryfield.

Beaton said the agency offers financing up to \$125,000 and "we also deliver specific programs targeted at young entrepreneurs, student entrepreneurs, female entrepreneurs and businesses implementing new technology in their businesses or bringing new technologies to market. "In addition to start up or business growth loans we offer on-on-one technical and counseling assistance and opportunities to meet other entrepreneurs to share ideas and advance business skills.

Blue Water's "CORE Lending Program" provides financial assistance up to \$125,000 which can be in the form of a term loan or loan guarantee.

The "SEED Capital Connexion Program" is delivered on behalf of the Atlantic Canada Opportunities Agency (ACOA) for young entrepreneurs who can qualify for a loan of up to \$15,000 at a prime plus two percent interest rate. This program also offers up to \$2000 for training and counseling and flexible repayment programs to help get businesses up and running. Qualified applicants must be between the ages of 19 and 29, own the majority of their business and the money must be used for start-

up, expansion or modernization.

The "Women in Business Initiative", also delivered on behalf of ACOA, is designed to help improve women's access to financing for business start-up and growth, advance business management skills and provide specialized support through a "Consultant Advisory Service" where 75% of costs up to a maximum of \$5,000 is covered.

Blue Water's "Technology Development Fund" supports small and medium sized businesses by helping them develop and adopt new technologies. This program includes financing

for up to \$125,000 in the form of a loan or equity, support up to 100% of identified and eligible project costs, custom loan repayment schedules and terms of up to 60 months.

The "Students in Business Program" assists students between the ages of 15 and 29 explore entrepreneurship. It includes a small loan program, training and on-going support.

For more information, interested applicants should call 1-800-565-2773, e-mail sturner@bwbdc.cbdc.ca or visit web sites www.cbdc.ca or www.bluewatercbdc.ca.



King Lion Rene Quigley, seated left, and Bob White, Gary McCormick, Mike Boyd and Bruce MacEachern, members of the Blunden Construction company, share a little fun with Amy Mifsud, Michelle Murphy, Chrissy Fredericks, Tanya Reid and Ashley Foster of the Chebucto Boys and Girls Club during the Business Bowling Challenge put on by the Spryfield Lions Club. The event raised more than \$3,600 for the Boys and Girls Club.



Crowell's

Pharmasave

HEALTH AND WELLNESS CONNECTION



Vitamin D and Calcium - How Much Do I Need?

Vitamin D helps your body absorb and regulate the calcium you need for strong bones. Too little Vitamin D can put you at risk of osteoporosis (brittle bones), a condition common in older women and some elderly men. Your skin manufactures Vitamin D when it's exposed to sunlight but you also need to include it in your diet, especially if you're 65+.

Dark Canadian winters lower your skin's production of Vitamin D so now is the time you may need to add more fish oils, oysters, and fortified foods such as cows' milk, goats' milk and cereals to your diet.

The recommended daily intake is currently 400 I.U. (international

units) but doctors may recommend double that for older adults.

To be sure to get enough Vitamin D, many people choose to take supplements. Always talk to your doctor or Live Well Pharmacist before taking vitamins or minerals in large doses.

Recommended levels are fine but taking "megadoses" of some vitamins can cause health problems. While adequate Vitamin D is vital for healthy bones, very high doses can actually weaken them.

Calcium is required by your body to produce strong bones. Depending on the stage of your life your calcium requirement will vary. Generally older adults need between 1200 and 1500mg of cal-

cium per day from their diet - and when their diet is not enough - a supplement.

Calcium carbonate is the least expensive calcium choice and provides you with the most calcium per tablet. This means you require fewer tablets to meet your daily requirement. Calcium carbonate should be taken with food to allow for better absorption.

Should you have questions about these supplements or any others, please speak to your Pharmasave Pharmacist. We will be happy to help you.

Lisa Herritt,
Pharmacist

Vitamin D3

400IU - 100 Tablets

Wellquest by Pharmasave

Regular Price \$2.69

Coupon Price

\$1.99

Must present coupon for sale price. Valid only at Crowell's Pharmasave 349 Herring Cove Road.

Calcium Carbonate

500mg - 100 Tablets

Wellquest by Pharmasave

Regular Price \$5.99

Coupon Price

\$3.99

Must present coupon for sale price. Valid only at Crowell's Pharmasave 349 Herring Cove Road.

Open
Monday through Friday
8:30 am to 9:30 pm,
Saturday
9:00 am to 7:00 pm,
Sunday & Holidays
10:00 am to 5:00 pm




349 Herring Cove Road
Phone 477-4650

Live well with
PHARMASAVE

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

Community-based planning key to future of Long Lake

By Des Writer, Staff

Although Long Lake Provincial Park is still officially closed because of hurricane damage, an enthusiastic audience attended the Annual General Meeting of the Long Lake Provincial Park Association (LLPPA) in the Captain William Spry Community Centre. President, Rod Lake, referred to "some strange issues" occurring within the park, including a small marijuana "grow-op," people with weapons, one individual with a trap line and several users of motorized vehicles. "Always a challenge," he said.

Other officers presented their annual reports, mentioning contentious issues such as off-leash dog walking and the lack of a management plan. Audience member Ron Perks, a longtime user of the park, wondered "who's doing the heavy cutting?" Lake said he understood the Department of Natural Resources (DNR) intended to undertake both an aerial and ground survey and proceed with a clean-up. "Officially nobody's doing the cutting," he said. "but the committee has permission from DNR to do some cutting."

Following the committee reports, the meeting approved the slate of Board members and Officers for the coming year. Those appointed included President, Rod Lake; Secretary, Alain Godbout; Treasurer, Todd Beal; Government Liaison, Ross Mayhew; and Park Watch, Melanie Briand.

Describing him as "the real driving force behind the organization," Lake introduced guest speaker, Martin Willison, Professor of Biology and Environmental Studies at Dalhousie University, and newly-elected vice-president of LLPPA and Chair of its

Management Planning Committee. Willison traced the park's history and discussed plans for its future in his presentation "A Community Approach to Park Planning."

Community-based park planning is key to the development of Long Lake Provincial Park, Willison believes. He told the audience he helped create LLPPA in 1987, bringing together a group of interested individuals to form what was, initially, the Spryfield Long Lake Provincial Park Association. "Park management planning is what I know," he said. "I hate the word 'expert,' community planning is the best way to go."

The government of Premier John Buchanan created the park in October 1984, as a direct result of the redistribution of Halifax Water Commission lands, following development of Pockwock Lake water supply, Willison said. An earlier deal between City of Halifax Mayor Edmund Morris, and Premier Buchanan transferred ownership to the province.

Covering an area of some 2000 hectares, about as large as the Halifax Peninsula, the park is governed by the Provincial Parks Act, but managed as a "Park Reserve" by DNR. "A unique arrangement," Willison said. "Development is spreading around the park. It's constraining the development of the city. It's working. That was John Buchanan's vision," said Willison, projecting an aerial photo of the park.

"Park management is not necessarily benign," said Willison, referring to the development of the Scar Road, at a cost of \$156,000 in 1983/84. He said proper planning can address such issues, both within and outside the park, noting that the aluminum concentration in Long Lake went "sky high" when development of Bayers Lake Industrial Park began, resulting in a significant fish kill. "The lake has improved, but never recovered," he said. "Input from local communities is a right and good thing to do."

A 1991 survey asked members of the community what they wanted for the park, said Willison. "Most wanted a natural park with low-impact recreation." Since 1992, Dalhousie

students have undertaken a number of studies, including "Long Lake Provincial Park: A forgotten Gem," the "Halifax to the Sea" project, a survey of visitor use, and preliminary research for park planning.

Willison said there's lots of data about visitor use, trail use by dog walkers and the relationship to the Terence Bay Wilderness Area, which is separated from the park by one small area under private ownership.

Noting the only document existing is that creating the boundaries of the park, Willison said the province wants the community to come forward with a management plan. "If we do the right thing, I am very confident the province will act appropriately."

Summing up, Willison said community-based park planning adds the benefit of the community's knowledge of social history, takes note of local concerns, is fair, open and politically astute, adaptable and intelligent. "The local community knows the local history," he said, showing a slide of Umlah's farm in 1930. "The building's gone, but the lilacs are still there."



Marilyn Moore, Iris Shea, Dot Roberts and Leslie Harnish, all members of the Mainland South Heritage Society, helped organize the annual Heritage Tea which featured historic houses and showed many of the buildings constructed in model for by local resident Peter Saulnier.

Play. Learn. Move. Stay Active

Try something new this

Spring

Ages 3-5	Kiddie Capers @ Chocolate Lake Recreation Centre
Ages 6-8	Soccer @ Chocolate Lake Recreation Centre
Ages 6-8	Basketball @ Chocolate Lake Recreation Centre
Ages 9-12	Cooking @ Sobey's Community Room
Ages 11-15	Babysitter Training @ Capt. Wm Spry Centre
Ages 14-18	Self Defence @ Chimo Taekwondo
Adult	Golf @ Chocolate Lake Recreation Centre

Just Live It - Be Active!
www.justliveit.ca

For programs at Chocolate Lake contact Wayne at 490-4589 or jayw@halifax.ca and for other area programs contact Karen at 479-4485 or loweryk@halifax.ca



Kathy D. Johnson REALTOR®

Bus: (902) 489-5741
Fax: (902) 868-1103
Email: kathyjohnson@eastlink.ca

sutton group - professional realty
AN INDEPENDENT MEMBER OFFICE

Mrs. P's

HOMESTYLE BAKERY

Famous for our Oat Cakes
Renown for our Deserts
Creating a stir with our Crafts

336 Herring Cove Road ☎ (902) 479-1293

OAT CAKES... OUR SPECIALTY

Finding out what kids think goal of "World Café"

Many of the problems being faced by communities are often blamed on youth who get tagged with being responsible for general noise, disturbance, vandalism and other low level petty crime that tends to disrupt a community's sense of harmony and peace. But affixing blame is only part of the issue. Finding out why and what kids think about their community was the purpose behind the "World Café" held at the Captain William Spry Community Centre this month.

Headed by Halifax Regional Municipality's Community Development Officer Norma MacLean, other HRM Recreation Department staff and an organization called Heartwood, the World Café was designed to provide a relaxed forum where the opinions of kids was front and

centre.

To get the kids attention, the World Café invited about 60 local kids to "Mario and Maria's Pizza Roundtable" Restaurant. The setting was a number of dinner tables set complete with centre piece flower vases and red and white checkered tablecloths. Pizza was on the menu.

After being invited the kids were told that dinner is usually a place where conversation is allowed to flow freely. And with that setting the youth were asked for feedback on three basic questions. What makes this community a good place for youth to live, what else would they like to see happening and, in two parts, what can youth do to help bring new things about and what can adults do to help youth make good things happen.

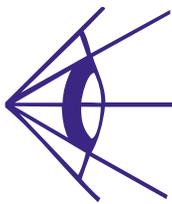
The kids were told the project is related to a now almost three year old initiative of HRM to "become more youth friendly." The ambition was to find out what kids thought about their community and how to make it better. Each of the 17 groups would be asked to discuss the questions and report their conversations to the others attending the Café. Their collective answers would become part of the information HRM seeks to become more youth oriented.

To no ones surprise, stuff like having a skate board park and more recreation opportunities were prevalent thoughts from the youth ranging in age from about five years old to the middle teens. But thoughts of "sticking up for your community," picking up garbage, writing letters seeking support from government and business,

having a better bus system and "stepping out of their comfort zone(s) to do different things" also played a part in their thought processes.

The kids also suggested it is very difficult to find "motivated committed adults" to lead programs and some thought having "town hall meetings" so things can be discussed would be a good idea. At the very least, most agreed "making sure youth are involved in every aspect" of a project or program would help them be more successful.

For the organizers, besides the level of understanding the kids brought to the project, having their undivided attention for nearly three hours was one of the most enlightening aspects of the afternoon. "Isn't it amazing that when you give kids an opportunity to be involved and when you actually say you want to listen, and you do, that they participate fully and pay attention," MacLean said after the session.



YOUR FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahen & Associates

RELOCATED to address below

Glenbourne Plaza
480 Parkland Drive, Halifax
443-1600

Park West Centre, Clayton Park
287 Lacewood Drive, Halifax
457-2224

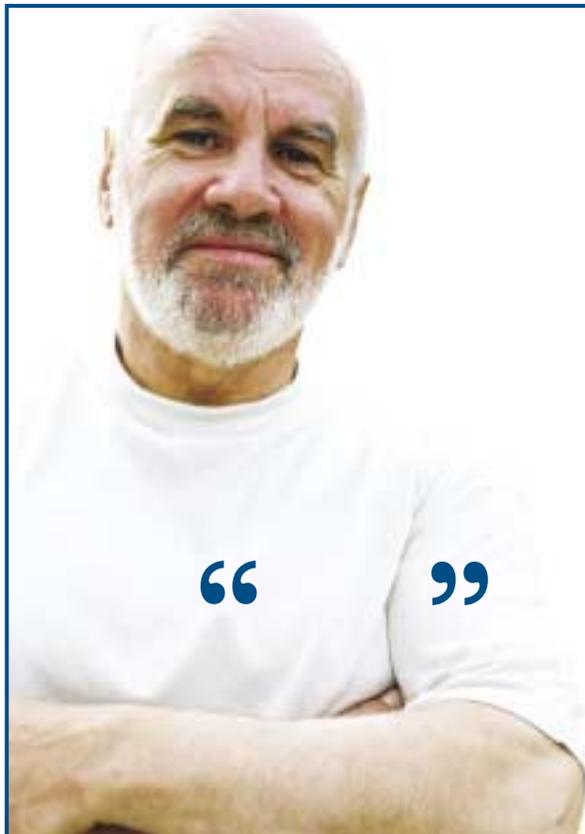
Queen Square, Dr. Rosere & Associates
45 Alderney Drive, Dartmouth
469-8230

Tacoma Plaza
50 Tacoma Drive, Dartmouth
434-1231

Dartmouth Superstore Mall
650 Portland Street, Dartmouth
462-4600

- *Quality Eyecare & Eyewear*
- Five Convenient Locations
- Day, Evening & Weekend Appointments
- New Patients Welcome
- No Referral Necessary
- www.FVC.optometry.net

LOCALLY OWNED AND OPERATED SINCE THE EARLY 1960'S



HealthWATCH
let's talk™
"heart health"

A dialogue on cholesterol and heart disease.

Our pharmacists will help you assess your risk and learn how to reduce it. It's part of our ongoing program of health knowledge and advice to help you live well.

Talk to your HealthWATCH® Pharmacist today.

SPRYFIELD
315 Herring Cove Rd.
902-477-1210
Open 8am to midnight, 7 days a week

HealthWATCH™

SHOPPERS DRUG MART

Spring Legislature sitting may end business occupancy tax system

By Michele Raymond
Halifax Atlantic MLA

I am writing on one of the first warm days of the year, and like everything else, the House of Assembly will soon be coming back to life, as the Spring sitting opens on April 18. Like everything else though, the House has only seemed to be quiet; in reality, there is constant activity, as legislators work to prepare the issues of the coming sitting.

One of the issues expected to come up this spring may sound dull, but it should have an especially strong and positive impact on our community. Nova Scotia is the last province where business owners pay a special tax to the municipality, the so called Business Occupancy Tax. It's often described as "anti-quated," and Nova Scotia is finally about to follow other provinces' lead in abolishing it.

How does this matter to Halifax Atlantic?

Ending the BOT means ending the incentive to leave commercial properties empty. I believe this single step will do more than anything else to fill the boarded-up buildings on the Herring Cove Road, which are such an irritant to Spryfield.

Currently, in Nova Scotia, most municipalities tax property as residential, commercial or resource land. Anyone who occupies a commercial property though, must also pay a Business Occupancy Tax, at a rate which depends on the type of business they run.

Under the proposed changes, BOT will be rolled into the commercial tax rate. The property-owner then has the option of passing on the cost as part of the rent if the building is occupied. Essentially the landlord is now responsible for collecting the tax. This gives an extra push for commercial property owners to

make sure their premises are rented, or otherwise generating the revenue needed to pay the full tax.

As Municipal Affairs critic for the NDP, I have been meeting with various groups over the past year, in the lead up to the removal of the BOT. The Canadian Federation of Independent Business, Tourism Industry Association of NS, Canadian Restaurant and Food Services Association, and the Union of Nova Scotia Municipalities all have a stake in this change, and how it is managed.

Municipalities are anxious to see the end of this tax. It's difficult for them to collect it, since businesses sometimes come and go very quickly, and it can be hard to monitor business occupancy. Halifax Regional Municipality esti-

mates it loses \$10 million dollars each year in uncollected BOT; this cost gets passed on as higher tax rates for everyone else.

Businesses working from their own premises see Business Occupancy Tax as double taxation, and unnecessary paperwork. Neighbours of empty buildings want to see those properties used. Citizens don't want to pay for the businesses which don't pay their own taxes.

I am waiting to see the exact contents of the bill to abolish Business Occupancy Tax, but everyone is optimistic that this spring will see the end of the tax, for the good of all Nova Scotians. I am particularly hopeful that it will bring new life to commercial properties in Halifax Atlantic. It will be a busy spring!

Continuing care still a challenge, says MLA

By Graham Steele
Halifax Fairview MLA

In March I was a co-sponsor with my colleague Michele Raymond of a public forum on the challenges of continuing care. "Continuing care" usually takes the form of a nursing home for the elderly.

You will recall that reforming the long-term care sector was one of the NDP's major public-policy objectives over the past two and a half years. In particular, we insisted on an end to the odious practice of charging seniors in long-term care facilities for their health-care costs. With your help, we achieved positive change. The new rules came into effect on January 1, 2005.

The purpose of the forum, held at Bethany United Church, was to address the questions of where we are now, and what challenges remain. The evening's panel was excellent. I thank them for coming out and sharing their insights.

Bev Mahon from Caregivers Nova Scotia, emphasized the needs and circumstances of people caring for a loved one at home. I know, from my own experience in the community, that there are some amazing stories of love and perseverance. These stories unfold behind closed doors. They happen next door or down the street. Because these situations are so private, few of us see them. Caregivers Nova Scotia strives to be a support, and a voice, for these informal caregiving arrangements.

Judy Aymar, Director of Client Services at

Northwoodcare, talked about the difficult transition families have when a loved one moves into a long-term care facility. The homes very much encourage the family, if there is one, to be involved, and helps them get used to the life and lifestyle of a different home. Transition to a long-term care facility is a transition for the whole family.

Dr. Janice Keefe, from Mount Saint Vincent University, laid out the broader demographic trends. They show that certain fundamental changes are coming, such as the growing number of people needing long-term care and the diminishing number of people who will have a child able to care for them at home. She also made the point that, in today's budget allocations, the acute-care sector almost always win out over home care and long-term care. It is not always easy to get decision-makers to plan now for changes that are coming in the future.

The panel concluded with a presentation from my colleague Maureen MacDonald, the MLA for north-end Halifax. In my opinion, Maureen has done more than any other single person to bring about positive change in the rules governing long-term care. She pointed out that the changes that came into effect on January 1st are still new. Vigilance is required to monitor how they are being interpreted and applied. Already there are some aspects of the new rules that are a cause for concern.

I believe it is important that these stories continue to be told.



Graham Steele

MLA - HALIFAX FAIRVIEW

7071 Bayers Road, Suite 319A
Halifax NS B3L 2C2

Phone: 453-5556
Fax: 453-4566

graham@grahamsteele.ca
www.grahamsteele.ca

Captain Spry Fitness Club
Spry for Life

Come Ride the Fitness Wave

Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates.

Day Passes Only \$8

New to the gym: "10 and 20 visit passes"

Looking for a way to check out the gym without making a long term commitment?

Try our 10 visit (\$49) or 20 visit (\$99) pass cards. Ideal for parents of children in swim programs!

Call 477-7665 (477-POOL) to inquire about our Membership Plans

Located in the Captain William Spry Community Centre
10 Kidston Road



MICHELE RAYMOND, MLA

OFFICE HOURS

10 Kidston Road (Captain Spry Centre) B3R 2J7
Monday-Thursday 9 am - 5 pm
Friday 9 am - 12 pm

"ROLLING OFFICE HOURS" call to confirm

Chocolate Lake Recreation Centre
First Monday of each month 9:30 - 11 am

Herring Cove Junior High School
Second Monday of each month 9:30 - 11 am

Harrietsfield Community Centre
Third Monday of each month 9:30 - 11 am

Cornerstone Family Centre
Fourth Monday of each month 9:30 - 11 am

Phone: 477-4100
Email: mraymondmla@eastlink.ca



Council "holds" tax rate but residents continue to pay more - Mosher

By Linda Mosher
Councillor District 17

Council recently approved the 2005/2006 operating and capital budget. We "held" the tax rate at the same level as last year, but with many homeowners in District 17 having increased assessments, the reality is most homeowners will be paying more municipal taxes this year. I am often asked how HRM can have such a big "windfall" but still not provide the services residents request.

The big factors are inflation and rising costs to HRM. A sidewalk in 1996 cost \$180,000 to install. The same sidewalk cost \$450,000 in 2004. Insurance costs were \$2 million in 1996 and \$4.2 million in 2004.

Another factor is new regulations which have been imposed on HRM by the federal and provincial governments. While many of these initiatives are very worthwhile, such as stricter environmental regulations, HRM must come up with the funds in order to comply. We are not given any funds from the other levels of government to meet these regulations.

Also, twenty percent of HRM's expenditures are on provincial services, such as education, corrections and housing, of which the municipality has no say.

HRM has the highest dependence on property taxes in Canada. Eighty percent of our revenues come from property taxes. At the same time, we have the lowest amount of revenues from other levels of government - only 1.4%!

If you look at the operating expenditures per dwelling unit, adjusted only for the con-

sumer price index, we spent \$2,796 per unit in 1995 and \$2,837 in 2005. This is only an increase of \$41. One expenditure that is positive is the debt picture, it has been lowered from \$347.5 million in 1995-1996 to \$281.4 million in 2005-2006. This frees up more money to increase our operating capacity.

Over the long term HRM intends to use its 25 year regional plan to direct expenditures in an efficient and cost effective manner. We are also going to be receiving a portion of federal gas tax revenues which will be spent on public transportation and road improvements. These initiatives will allow our situation to be brighter in the future.

Some major highlights of this years budget are: re-activation of the Police Traffic Division and new Community Response unit, hiring 32

Police Officers over two years; there are new bus rapid transit routes and buses; money for the harbour ferry system, which will ultimately include a Purcell's Cove to downtown Halifax route; traffic improvements such as the Armdale rotary; and money for streetscape improvements, including the Herring Cove Road.

Council realizes that it is not progressive to rely on property taxes as our main source of revenue. We will be working with other levels of government to see what can be done about this inequality.

This year we are going to introduce a temporary tax credit which will provide one time relief for residents with large increases in assessment value. We will reduce property taxes by 50 % of the assessment increase over

7.6% (2 year average). For example, if the increase was 10.6%, then 50% of 3% (10.6 - 7.6 = 3) or 1.5% of the property tax would be credited. This will apply to all residential properties with a dwelling unit, including condos and apartments. This must be approved by the province, as HRM requires amendments to our current legislation. Details will be available at a later date.

There are also programs for residential property tax exception or deferral. Previously these programs were for residents with total household income not exceeding \$26,000. However, Council will be making changes to these programs so that they will benefit more people this year. Details will not be available until May.

A budget that betrays Canadians - McDonough

By Alexa McDonough
Halifax MP

"A budget for everyone," crowed the corporate-controlled media. "Delivering on Commitments," boasted the Liberal Government on the title page of their 2005 federal budget. Apparently, "everyone" doesn't include the homeless. And Paul Martin's \$1.5 billion election promise to the 1.7 million Canadian households that desperately need affordable housing is a promise not kept!

The lack of any commitment to social and affordable housing is a betrayal of those Canadians in greatest need. While major

banks, insurance companies and other corporate friends of Paul Martin received billions of dollars in tax cuts to add to their record profits,

Canada's poor and struggling individuals and families received \$16 in tax relief.

see "A budget" pg. 13

Potholes mean Spring has arrived - Petition for Old Sambro Road

By Stephen Adams
Councillor District 18

As spring quickly approaches, we can count on one thing - potholes! Whether they be large or small, grouped in a bunch or by themselves, they are a sure sign of spring.

HRM crews will be out doing their annual patching which may help on a temporary basis. As we all know, resurfacing is a more permanent solution, however, budget considerations do not allow for as much resurfacing as we would like.

I have had numerous complaints regarding the Old Sambro Road ranging from large potholes to eroding shoulders. Last year I presented a petition on behalf of 366 residents requesting some desperately needed repairs. On March 5 I re-submitted this petition, again requesting some work. As of the writing of this column, I also raised this at a meeting of a Western Regional Community Council meeting, directing our request to the Minister of Transportation.

Residents of Stephen Murphy Drive, Sarah Ingram Drive and surrounding areas had exten-

sive pot hole issues over the past week. Again, I commend David Campbell of the Department of Transportation for his great work in having a grater fix the road. It is greatly appreciated.

Our budget deliberations have been completed and we have approved the hiring of additional police officers for all of HRM. District 18 will see some improvements in playgrounds and we will continue our school signage program.

Council also approved a \$1 million item for streetscape improvements. Councillor Mosher and I will work to ensure the Herring Cove Road project get a proportional amount of money.

This is also the time of year when Council and residents must deal with soaring assessments and their impact on tax bills. For years, I have tried to eliminate the use of assessments to determine the amount of tax we pay. It is an unnecessary variable which only adds to the uncertainty of taxation.

I have again brought forward a proposal to eliminate the need for assessments, and have asked our staff to pursue alternative options to calculate the tax bill.



Linda Mosher

HRM Councillor, District 17

Concerned, committed representation.

Office: 490-4050
Cell: 476-4117
Home: 477-8618
E-mail: mosherl@halifax.ca

Alexa McDonough, MP Halifax



Committed to Serving You

Tel: 426-8691
Fax: 426-8693
E-mail: alexa@hfx.eastlink.ca
www.alexahfx.ca

Stephen Adams

HRM Councillor, District 18

Phone 490-4050
Cell 497-8818

Showing how government
can work for you



Welcome to



HERRING COVE PLACE

COMMUNITY ROOM

*where our
COMMUNITY
comes together*

Community Meeting Place

Sobeys Herring Cove Road Place offers non-profit organizations and community service groups a common meeting place available at no charge.

Judy Cosgrove
477-2817
00321crc@sobeys.com

NUTRITION IN APRIL

Lowering your Cholesterol Class
Discover how to lower your cholesterol levels by making heart smart food choices.
Thursday, April 7th, 4:00-5:30pm

Lowering your Blood Pressure Class
Join our dietitian and discover how to control your blood pressure by adding certain foods to your diet.
Thursday, April 7th, 6:30-8:00pm

Label Reading Class
Join our dietitian on a label reading tour and learn how to make healthy choices.
Thursday, April 28th, 4:00-6:00pm

Healthy Cooking Classes (Mondays 6:30-8:30)
Explore Recipes from Around the World

April 4, *Greetings from Greece:* Greek Salad, Shepherd's Pie, Greek Style Beef

April 11, *Tour of Thailand:* Asian Chicken Soup, Thai for Two, Thai Slaw, Lettuce Bundles

April 18, *Mexican Madness:* The Whole Enchilada, Beef Prozole with Cheddar Cheese, Salsa Lentil Soup

April 25, *Indulgencies from India:* Indian Style Red Lentils and Rice, Curried Chicken, Coconut Curry Shrimp with Mango Dip

ARE YOU INTERESTED? Felecia Tighe Kimball, Dietitian. Phone: 443-0577



Ready to serve.™

Danielsons ~ Water 'N' Wine
"The Best Little Brew Shop In Metro"
South Centre Mall • 477-9463

We are expecting
a Sizzlin Summer!!

Breezin Fruit Wines
All types \$41.99
(Expires April 30, 2005)

PLUS a FREE
Refillable Butane BBQ Lighter
with each Wine Kit purchased during April
(While Supplies Last)

Sears Catalogue Merchant
www.sears.ca • 1-800-267-3277

Understand
We understand your need for value. That's why we deliver expert, quality service and solutions; providing an insurance program that accurately meets the needs of your business.

Manage
Our commercial team will work with you to create unique insurance solutions that will satisfy your business needs. Our highly trained advisors will manage your portfolio for you so that your account is best positioned among all perspective insurers.

Listen
We realize the importance of listening to the needs and wants of our clients - only by listening to you can we understand your needs and provide a program specifically tailored to you. Protecting the best interest of our customers is our number one priority.

Advice
Through The Risk Reduction Approach™ we will provide advice not only on insurance products and solutions, but also on ways you can reduce costs and your exposures to loss.

Honour
We understand that maintaining good client relationships is the key to our mutual success. That's why we pledge to honour our commitment to all our clients.

K.N. **UMLAH** 

INSURANCE AGENCY LIMITED

"Working With People"



Heather Schumacher
Account Executive

Commercial

Auto

Homeowners

Group

Monthly payment plans



J. Blake Wilson
Account Executive

181 Herring Cove Road **477-2511** www.umlains.ns.ca

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

AUCOIN, Helen Celeste - 68, Halifax, passed away in Windsor Elms Senior Citizens Home, Windsor, NS. Born in Cheticamp, she was the daughter of the late Hubert and Mary (Poirier) Leblanc. She was predeceased by loving hus-



band, Lionel Aucoin. She was a member of the Royal Canadian Legion. She was also a member of St. Michael's Roman Catholic Church, Spryfield, and a member of the Catholic Women's League. Helen was a long-time volunteer as a French translator in the

Victoria General Hospital and she received a plaque from the people of St. Pierre et Miquelon in thanks for opening her home to those families in need of a place to stay while their relatives were under medical care at various hospitals in the metro area. Surviving are son, Ernest (Angela) Aucoin, Halifax; daughter, Ida Denyes, Windsor; grandchildren, Jason, Noel, Nicole, Jenna, Jeannie; and loving and dedicated caregivers Ken and Freda McGregor. Helen is also survived by brothers, Patrick, Jimmy, Leonard, and Joseph; sisters, Lillian, Mary Louise, Elizabeth, Mary Adele, Cecile, Pauline, Mary Agnes, Stella, Geraldine, and Jeanine. Helen was predeceased by brothers, Joseph Alexander, Leonard and Lawrence, sister, Evelynne. Cremation has taken place under the direction of

the Atlantic Funeral Home. At Helen's request there was no visitation. Interment was at Oakridge Memory Gardens, Lower Sackville. In lieu of flowers, donations in Helen's memory may be made to the Heart and Stroke Foundation or Canadian Diabetes Association.

PAUL, Mary Berthina - 68, wife of Robert Lloyd Paul, Maplestone Enhanced Care, Halifax, passed away in the New Halifax Infirmary, QEII. Born in Port Elgin, N.B., she was a daughter of Viola (Cormier) Legere of Northwood, and the late Joseph Leo Legere. She was a homemaker for many years. She is survived by her husband, Bob; mother, Viola; son, David Paul, Spryfield; daughters, Diane Johnson (Joseph), Spryfield; Anne Marie Connor, Halifax; grandchildren, Joseph Robert Johnson, Lisa Marie Connor, and Julie Anne Connor; brother, Ewart Legere; sisters, Benita Morash, Adelaide Lawrence, Alice Legere, and Rosalie Legere, as well as several cousins, nieces and nephews. She was predeceased by her father, Joseph; brother, Alvah; sister, Lana. A memorial service was held on Saturday, March 19, in J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield.

ZINCK, Terrance Michael Cecile "Terry" - 37, Catamaran road, Spryfield, died in the QEII Health Sciences Center, Halifax. Born in Halifax he was the beloved son of Kenneth "Kenny" and Sandra (Marriott) Zinck. Terry was a family man who loved his nieces and nephews with all his heart. He is survived brothers, Kenneth and Joseph, both of Spryfield; paternal grandmother, Violet Zinck, Spryfield, special nieces, Candice, Natasha, Terry-Lynn, Chleo; special nephew, Aaron; as well as several aunts, uncles, and cousins. He was predeceased by uncles, Billy, Ricky, Darrell and Gary Marriott and David Zinck; paternal grandfather, Basil C. Zinck; maternal grandparents, William "Barney" and Edna Marriott. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd, Spryfield.

J. ALBERT WALKER FUNERAL HOME



Erin D. Jennings
Managing Director



William H. Power
Funeral Director



Arthur LeJeune
Funeral Director

Your Community Funeral Home

Offering a full range of service options to meet each family's unique needs.

- Caring professional staff
- Onsite chapel
- Funeral prearrangement
- Available 7 days a week, 24 hours a day when needed.

Independently Owned & Operated

J. Albert Walker Funeral Home (2005) Limited
149 Herring Cove Road
477-5601

MONEY PROBLEMS? WE CAN HELP!

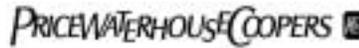
Call PricewaterhouseCoopers Inc. for information about bankruptcy, proposals and other solutions available to you. For a free confidential meeting call us at one of our following metro offices.

Halifax (Resident Office): 491-7400

Dartmouth Office: 461-2333

Sackville Office: 865-4400

www.pwcdebtsolutions.com



Trustee in Bankruptcy

Solutions Through Understanding

A budget that betrays Canadians

continued from pg. 11

But the audacity of this Liberal Government in neglecting affordable housing goes deeper than mere stinginess with their billion-dollar surplus.

For years federal Liberals cut the deficit on the backs of ordinary Canadians, with vulnerable lower-income citizens being hit hardest thanks to the Liberals' cancellation of the national housing program and a subsequent massive decline in affordable housing. In the past eight years of federal surpluses, the Liberals' debt to Canada's poor and struggling remains past due.

Fearing defeat in the last federal election, the Liberals wooed voters with the lie that they share the values of the New Democratic Party. In the last federal budget, the Liberals proved that they share the Conservatives' values. There is not one penny for building social housing.

Let's remind the Liberals that their commitment to deliver on affordable housing rings hollow to the many who still don't have a mailbox.

A United Nations (UNESCO) report has just ranked Canada 19th of 26 industrialized countries when it comes to child poverty. Liberal majority budgets have reduced child poverty by only 0.4 per cent in over a decade. Canadians hoped this year's budget would change that. Unfortunately the 2005 budget contains no new strategy for reducing child poverty.

The \$4.6 billion in corporate taxes announced in the budget could have been used to increase the Child Tax Credit to \$4,900 per year for 1.8 million parents as an effective way to lower child poverty; to hire 130,000 nurses; to offset the cost of employer provided public transit passes; to provide 200,000 students with an annual \$5,000 grant for four years or to build 57,000 new, affordable homes over the next four years.

New Democrats are committed to making this minority parliament work. We will continue to hold the Liberals to their promises. But we need your help. Speak out. Make sure Prime Minister Paul Martin hears you.

I would also like to hear your thoughts on the recent federal budget. Write to me, postage-free at 7071 Bayers Rd., Suite 319A, Halifax, NS, B3L 2C2, or via e-mail at alexa@eastlink.ca.



Thrill to the ride.
Take comfort in the offer.

The NEW 2005 EL. There are many reasons why people feel strongly attracted to this European-inspired sedan. It could be the high-revving VTEC engine, the crisp and sporty suspension, or perhaps it's the unforgettable interior. Find out for yourself at Atlantic Acura. That pull you're feeling isn't gravity.

ATLANTIC ACURA

30 Bedford Highway • Halifax • 457-1555 • Toll Free 1-800-458-1555

*MSRP is \$23,000; destination charges, taxes, license, and insurance are additional. Dealer may sell for less. See your Atlantic Acura Dealer for details.



What to do about the threat of rabies to you and your pet

There are several things you can do to protect your pet from rabies. First, visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs. Second, maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision. Third, spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly. Lastly, call animal control to remove all stray animals from your neighborhood since these animals may be unvaccinated or ill.

Why does my pet need the rabies vaccine? Although the majority of rabies cases occur in wildlife, most humans are given rabies vaccine as a result of exposure to domestic animals. This explains the tremendous cost of rabies prevention in domestic animals in the United States. While wildlife are more likely to be rabid than are domestic animals in the United States, the amount of human contact with domestic animals greatly exceeds the amount of contact with wildlife. Your pets and other

domestic animals can be infected when they are bitten by rabid wild animals. When "spillover" rabies occurs in domestic animals, the risk to humans is increased. Pets are therefore vaccinated by your veterinarian to prevent them from acquiring the disease from wildlife, and thereby transmitting it to humans.

What happens if a neighborhood cat bites me? You should seek medical evaluation for any animal bite. However, rabies is uncommon in dogs, cats, and ferrets in the United States. Very few bites by these animals carry a risk of rabies. If the cat (or dog or ferret) appeared healthy at the time you were bitten, it can be confined by its owner for 10 days and observed. No anti-rabies prophylaxis is needed. No person in the United States has ever contracted rabies from a dog, cat or ferret held in quarantine for 10 days.

If a dog, cat, or ferret appeared ill at the time it bit you or becomes ill during the 10 day quarantine, it should be evaluated by a veterinarian for signs of rabies and you should seek medical advice about the need for anti-

rabies prophylaxis.

The quarantine period is a precaution against the remote possibility that an animal may appear healthy, but actually be sick with rabies. To understand this statement, you have to understand a few things about the pathogenesis of rabies (the way the rabies virus affects the animal it infects). From numerous studies conducted on rabid dogs, cats, and ferrets, we know that rabies virus inoculated into a muscle travels from the site of the inoculation to the brain by moving within nerves. The animal does not appear ill during this time, which is called the incubation period and which may last for weeks to months. A bite by the animal during the incubation period does not carry a

risk of rabies because the virus is not in saliva. Only late in the disease, after the virus has reached the brain and multiplied there to cause an encephalitis (or inflammation of the brain), does the virus move from the brain to the salivary glands and saliva. Also at this time, after the virus has multiplied in the brain, almost all animals begin to show the first signs of rabies. Most of these signs are obvious to even an untrained observer, but within a short period of time, usually within 3 to 5 days, the virus has caused enough damage to the brain that the animal begins to show unmistakable signs of rabies. As an added precaution, the quarantine period is lengthened to 10 days.

We've been corrected

I read the recent issue of Chebucto News to find that my school was in the paper about training for the Bluenose Marathon. Instead of Cunard Junior High, we were called Chebucto Junior High. There is no Chebucto Junior High. There is a picture of our running crew with the article; our Cunard Junior High sign is behind us in this picture. If possible, I would

like this school name mix-up fixed.

Thank you,
G. Wright
Grade nine student of Cunard Junior High

EDITOR'S NOTE: We apologize to the students and staff of Cunard Junior High School for our error.

Providing Services for Pets Since 1939



- Convenient Hours to Serve You
- Housecalls
- After Hours Emergencies Call

468-0674

Dr. Ross Ainslie & Associates

- Nutritional Counselling
- Preventative Medicine
- Flea Control • Geriatrics
- Dentistry • Pet Adoption
- Surgery • Exotic Animals

www.halifaxvet.com

HALIFAX VETERINARY HOSPITAL **422-8595**
6293 Quinpool Rd
Dr. Kelly McInnis
Dr. Mary Jane Corkum

FAIRVIEW ANIMAL HOSPITAL **443-9385**
3422 Dutch Village Rd
Dr. Michael West
Dr. Adrienne Harris

SPRYFIELD ANIMAL HOSPITAL **477-4040**
320 Herring Cove Rd
Dr. Jim Gillis
Dr. Debbie Hoffele
Dr. Laura Speer



Pelham Electric & Refrigeration Ltd.

Service Since 1967

Contracting - Rewinding - Repair



Electrical Contracting
Commercial Kitchen Equipment
Refrigeration & Air Conditioning
Home Security & Monitoring
Machine Shop Service
Voice & Data Cabling
Electric Motor Repair
Appliance Repair
Telephone Service
Computer Aided Shaft Alignment



477-4621 Fax: 477-3056

20 Battery Drive, Halifax, Nova Scotia, B3P 2G8

RDM RECYCLING

Construction Demolition & Debris Services

1275 Old Sambro Road, Harrietsfield

"Using yesterday for a better tomorrow"

ENVIRONMENTALLY REGULATED DISPOSAL OF

Metals • Clean Asphalt • Concrete • Brick

CONSTRUCTION MATERIAL
DISPOSAL SPECIALISTS FOR

Wood • Clean Asphalt Shingles
Asphalt & Gravel Roofing • Mixed Roofing
Mixed Loads • Drywall/Gyprock

BUSINESS HOURS

Monday through Friday - 7am to 5pm - Saturday - 7am to 12 noon
Special arrangements available for after hours service

PHONE 477-9995 • FAX 477-0534

Atlantic superstore

Community Events

• SPONSORED BY ATLANTIC SUPERSTORE "SPRYFIELD MARKET" • BILL KOCH, MANAGER •

To have your Community Event listed call or fax us at 479-NEWS or send e-mail to rhorner@ns.sympatico.ca

Ham and Potato Supper

The St. James Anglican Church, 1 Harrigan's Road Herring Cove, will be the site of a Ham and Scallop Potato Supper Saturday April 23 from 4 to 6 pm. A bake table and sewing table will be open at 2 pm. For further information call 446-8168.

Isley Talent Show

J.L. Isley High School's Students' Council is planning to host a talent and variety show April 14 beginning at 6:30 pm in the gymnasium. The many talented students and staff taking part in the evening's activities plan to make this an annual event.

Class Trip Flea Market

The Grade Nine class at Elizabeth Sutherland School is holding a flea market to support a class trip April 23 from 8 am to noon. Everyone is invited to attend.

Prenatal Classes

The next series of Prenatal Classes at the Single Parent Centre will be starting in April. Call Kim at 479-0508 for more information.

Parent Group Meets

The Chebucto Boys and Girls Club Parent Group will meet the first Monday of every month at 7 pm in the Club space above the Spryfield Lions Rink. All welcome. For more information please call the club at 477-9840.

Central Spryfield Bingo

Central Spryfield School will hold at Merchandise Bingo at the school on Wednesday, April 27. Doors open at 6 pm. Bingo starts at 6:30. There will be 15 merchandise prizes each valued over \$65.00. There will be five Specials, a 50/50 draw and 3 cards face up for \$5.00. A grand draw raffle will also be held with prizes including a \$200.00 Shopping Spree at Shoppers Drug Mart, one nights accommodations and brunch at the Holiday Inn Select, Halifax Centre, an MP3 Player from Canadian Tire, a \$100.00 Lobster Gift Certificate from Clearwater Fine Foods and a 20" Youth Bike. All Welcome.

Isley Alumni Hockey

The J.L. Isley High School Alumni Hockey Tournament will be held April 11 to 16 at the Halifax Civic Centre. Interested persons can register by calling Mike at 477-9558 or email kimhart@staff.ednet.ns.ca.

Alumni Dance for Isley Students

An Alumni Dance for former J.L. Isley students will be held Saturday, April 16 from 9 pm to 1 am in the Halifax Forum Multi-Purpose Room with entertainment by Nitefile DJ Services. Cost is \$8 per person (19 & over). Tickets available at the door.

J.L. Isley Class of 1991 Reunion

The 1991 graduating class from J.L. Isley is having their 15 year reunion on July 8, 2006, in Halifax (place to be determined). Please contact Carren at scottandcarr@yahoo.com for more information, or call Angela at 902-463-7182.

Condominium Focus Group

A focus group in HRM is presently examining the Provincial Condominium Act to evaluate its effectiveness in addressing the rights and concerns of condominium owners. If you have had or are currently having problems dealing with your board of directors or management team, or if your problems have not been resolved to your satisfaction, we want to hear from you. Please send your confidential letter or electronic mail to the following address: Condominium Focus, 267 Lacewood Drive, Unit 103, Suite 156, Halifax, NS, B3M 3Y7 - or by e-mail to condoblues@3web.com.

Come Grow With Us

Come Grow With Us, a family program of the Urban Farm museum Society, is entering its second season this spring. We will garden and learn throughout the growing season and we would like to invite anyone interested in volunteering to call Pat at 477-6087 or e-mail comegrowwithus@hotmail.com.

Sharing Art

The Captain Spry Library is looking for people interested in sharing their art skills and artistic talents with young adults. If you are interested call Marlene at 490-5715.

Legion Bingo

Bingo at the Earl Francis Memorial Legion - Every Sunday beginning at 1 pm - doors open at noon.

T-Shirt Contest

You are invited to participate in the first ever "National T-Shirt Design Contest" for the Canadian Breast Cancer Foundation CIBC Run For the Cure. Your design could be selected to grace the T-shirts worn by thousands of Canadians as they unite on October 2, 2005 to help create a future without breast cancer. Simply visit www.cbcf.org for full contest details.

Final Concert

Nova Sinfonia, under the direction of VICTOR YAMPOL-SKY, will perform its final concert of the season on

Monday, April 18, 7:30 p.m. at St. Matthew's United Church, Halifax. The orchestra will feature violinist Jennifer Jones and cellist Hilary Brown performing Brahms' Double Concerto, Nicola's Merry Wives of Windsor, Schumann's Symphony No. 4 and Strauss' Fledermaus Overture.

Boys Honour Choir

The Halifax Boys' Honour Choir will hold "An Evening of Inspiration" concert with special guests The Men of the Deeps at Queen Elizabeth High School Auditorium on Saturday May 14 at 8 pm. Admission \$20.00 per person. For tickets contact Earl Leslie at 477-4916 or The Halifax Schools Music Centre at 421-6700.

Adult Literacy Volunteers

The Learning Disabilities Association of Nova Scotia is looking for adult volunteers to work with elementary aged students who are experiencing difficulty in reading or writing. Volunteers are needed for the Spring session beginning in April. Please contact Heather Savage at 423-2850, or email: hsavage.ldans@ns.sympatico.ca.



The Chebucto Boys and Girls Club held a Merchandise Bingo at the Earl Francis Spryfield Memorial Legion this month. Organizers included Chrissy Fredericks, Laura Chapman, Michelle Murphy and Kim Mundie.

Isley hosts Cheer competition



More than 500 spectators witnessed teams from New Brunswick, Truro, Dartmouth, Cape Breton and Halifax compete in an invitational cheerleading competition involving over 200 competitors.

There were five clubs represented at the event with 12 teams competing for honours in Youth, Junior and Senior Divisions as part of the Halifax Youth Cheer Elite. The Elite, a local organization of young women and girls involved in the sport, have three teams in three divisions including Cubs, for grades six and under; Coyotes for grades nine and under and Wolves for grades 12 and under.

The Elite did themselves proud finishing second in group competition in all three divisions in the competitions. The competitive events lead to provincial competitions in Cape Breton in May. The Halifax Elite are the current champions in both the Youth and Junior Divisions.

In the photograph above, Cheer Elite member Tatiana Ellis, of Williamswood, is shown with her trophy as the third place finisher in the individual competition at the Junior level.

Chebucto News Business Directory
Community businesses serving community needs.

**BUY LOCAL
KEEP JOBS
AT HOME!**

AVIS
We're in your Neighborhood!
AVIS CAR AND TRUCK RENTAL
3 convenient locations near you
KEMPT RD. GRAFTON ST. ISLEY AVE.
902-429-6383 902-429-0915 902-492-7965
• Join the Avis Weekender Club®
and Earn FREE Weekend rentals!
• One Way Rates between all Avis
Maritime locations starting at \$109.00

**STEVE MURPHY'S
AUTO SERVICE**
- 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

**Spryfield
Denture Clinic**
Service direct to the public
Melville Professional Centre
15 Shoreham Lane
479-2453

**MacLeod's
Auto Service**
Computer Diagnostics,
Welding, MVI, Exhaust,
Servicing all Makes and Models.
Monday to Friday 8 am - 6 pm
477-4682 / 431-2886

**Dr. Judy Martin
Optometrist**
9 Dentith Road
Halifax, Nova Scotia B3R 1T5
Ph: (902) 479-3700
Fax: (902) 477-3739

**WHITE'S AUTO
& RUST CHECK**
485 Herring Cove Road
479-1883
2 LICENSED MECHANICS
Major & Minor Repairs • MVI • Brakes • Exhaust



Scratch & Save

UP TO 50%*



NEW FOR SPRING!

Chaise sofa style in attraction ultra suede. Chaise pad with ottoman can be moved to any seat - flexible and stylish!

Matching Chair \$549

Cube ottoman \$349

Chaise sofa **\$1199**

Don't Pay 'til
March 2006*



CONCEPT DECOR
HIGH QUALITY TOP GRAIN LEATHER

Comfortable high-back style with pillow arms.

Loveseat \$949

Sofa **\$999**



QUALITY AND COMFORT

Soft, durable chenille cover.

Loveseat \$599

Sofa **\$649**

FRESH CONTEMPORARY BEDROOM COLLECTION

Rich Sienna finish on solid birch.

Dresser \$899

Mirror w/slats \$299

Door chest \$1099

3 drawer night table \$349

60" Complete Panel Bed

\$799

(Other colours available)



HALIFAX COUNTRYWIDE

Home Furnishings & Appliances

531 HERRING COVE ROAD, HALIFAX, N.S.

5 km from the Armdale Rotary

(902) 479-4448 www.countrywidestores.com

Mon. - Wed. 9 to 5:30

Thurs. - Fri. 9 to 9

Saturday 9 to 5:30



The VALUE keeps on getting better!

*O.A.C. Some terms and conditions may apply. See store for details.