

Chebucto News

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Spry Library's unique program takes services on the road

By Elizabeth Hay,
Staff

Halifax Public Libraries are participating in a national program whose goal is to reach people who are "socially excluded" and involve them in using library, literacy and other community services. People who are socially excluded are those who live in the community but have difficulty using services because of low income, less education, fewer opportunities to get good jobs, childcare and elder-care responsibilities, lack of transportation, and

other factors that keep people isolated.

Funded by Human Resources Skills Development Canada (HRSDC), a program called "Working Together: Library-Community Connections" places a librarian in a library in each of the four participating cities, Halifax, Vancouver, Toronto and Regina.

In Halifax, the public library has a policy to reach out to all people in the community and so they see this offering, aimed specifically at the socially excluded, as an important part of their services.

The Captain William Spry Public Library

in Spryfield was chosen as the Halifax location and Darla Muzzerall is the librarian in charge of the program there with two other staff assisting her. This branch of the library has done a great deal already towards its goal of being recognized as a partner in the community and branch manager Troy Myers is very supportive of the 'Working Together' project.

Darla's job is to identify ways to improve services to local residents, and to start that she has been tasked with creating an "asset map" listing staff, services and programs that already

exist in the community. The Working Together Project has formed partnerships with the Halifax Community Learning Network (HCLN), who sponsor the Adult Literacy Program; St. Paul's Family Resource Institute; and the Women for Economic Equality Society and its "Indigo" Skills Link program.

Darla, and the public library generally, is determined not to make assumptions about what the community and residents need or

see "Spry Library" pg. 2



The Portuguese Cove Purcell family is celebrating five generations. Included in the family tree from left to right are Marjorie Schnare, Shirley Gray, Roxanna Purcell, Jeffery Purcell holding son Briar and Crystal Purcell.

Portuguese Cove Purcell's celebrate five generations

By Betty Dobson
Staff

At first glance, 28-year-old Jeff and Crystal Purcell of Portuguese Cove seem like many young couples: virtual newlyweds raising their infant son in the house they built two years ago. Grandparents come to call and shower blatant adoration on the newest family member.

What sets the Purcells apart from many other couples is the sheer number of grandmothers. In short order, six-month-old Briar Purcell is doted on by grandmother Roxanna Purcell (age 51), great-grandmother Shirley Gray (age 69), and great-great-grandmother

Marjorie Schnare (age 88). The three women form the top tiers of a five-generation assembly in the younger Purcells' living room on a cold January night.

This most recent gathering is nothing compared to the dual celebration last fall that marked little Briar's christening as well his great-great-grandmother's 70th wedding anniversary. Immediate family came together to mark the occasions, first with a meet'n greet, rather than a traditional baby shower, for Briar in September, followed in October by the anniversary dinner at Steak'n Stein and finally the christening itself.

"We both have large families," Crystal says. "We try to get everyone involved. It's

difficult, but we try."

Jeff has his roots planted firmly in the area, reaching back several generations on both his paternal and his maternal lines, and

see "Purcell Family" pg. 2

McDonough holds seat

Stephen Harper and the Conservative Party of Canada dethroned Paul Martin's Liberals from its minority government in the House of Commons after the vote January 23, but neither the Conservatives nor Liberals were able to prevent New Democrat Alexa McDonough from winning the Halifax riding and her fourth trip to Ottawa as MP.

McDonough, former Nova Scotia and Federal New Democrat leader, amassed more than 23,300 votes, beating her nearest rival, Liberal Martin MacKinnon, a newcomer to federal politics, by almost 8,000 votes.

MacKinnon garnered 15,449 endorsements. The race was not nearly as close as the last race in 2004 when McDonough squeezed victory from City Councillor Sheila Fougere by

approximately 1,100 votes. Third runner-up, Conservative Andrew House, a 29-year-old first-timer, received nearly 9,000 votes while Green Party representative Nick Wright got almost 2,000 and Marxist Leninist Tony Seed managed 164.

The win for McDonough makes her the first female in Halifax to win four straight elections since confederation. Only Liberal Gordon B. Insnor has won four times.

"I am proud of the results the NDP delivered during the last parliament," McDonough said after the election. "I am honoured to have another opportunity to work with Jack Layton and his expanded team of New Democrat MPs to continue working on the issues you've told me are important to you. I know there is a lot more to do."

Not ruling out a fifth attempt to retain the seat for the New Democrats, McDonough said she wants to "continue building the kind of place we want for ourselves and our children - safe streets, affordable housing, clean water and air, decent public transit, accessible education, real security for our seniors and veterans, so that they may live in dignity, and a publicly funded, not-for-profit healthcare system."

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Spry Library's unique program takes services on the road

continued from pg. 1

want. But they do need to create a set of services suitable for urban public housing. So how do they find out what people need? They go and ask.

Community input is collected in order to try to develop services that meet the community needs. To solicit feedback they do a number of things: they have focus groups where they meet with each group member individually, rather than just asking the group's management or staff for information. They are in touch with community organizations and Darla and the Working Together staff have gone door-to-door in the Greystone neighbourhood to find out people's needs and issues. They are also trying to start a community advisory committee where regular members would feed them information about community library needs.

Darla and her group have identified that the library itself may not always be the best place to offer library services. Some people have trouble getting to the library because of

transportation problems and others are uncomfortable in an institution-like environment. In response they try to offer some programs and services at community sites, but they are also creating initiatives to make the library less threatening.

Some examples of services at community sites are visits to local groups to provide library information, answer library questions and offer computer training at other community sites. Through the project staff can create programs based on community requests, and carry them out at sites in the neighbourhood.

Staff have already worked with Adult Literacy to conduct library tours. They speak with people to find out if they are comfortable in the library and if not, why not. People are introduced to staff, given help in finding books or information, and assisted in doing research. Issues with outstanding fines can be resolved and there have been library card drives as part of the door-to-door campaign. The Library can also re-direct people to other programs in the community, such as assistance with food, heat bills, or job searching.

HRSDC provided a laptop computer lab which can be used in the library building or at other sites. These have been used to provide training in computer skills to the community. So far, more than 120 community residents have learned computer basics, file saving, Internet, email and word processing.

Some community groups approach the library with specific requests for their groups. For example, the Spryfield Residents' Association asked for training in website development. While the library couldn't fill the request alone, staff connected the associa-

tion with the C@P Association which found a volunteer instructor who was able to conduct the training at the library using the lab laptops.

C@P is the Community Access Program, which supports public computer access at sites such as Greystone Tenants' Association, St. Paul's Family Resource Institute, Chebucto Boys and Girls Club and Harrietsfield-Williamswood Community Centre.

The main goal of the library generally and the program specifically is to have the whole community comfortable visiting the library and using library services.

Purcell's celebrate five generations

continued from pg. 1

he has no plans to transplant himself or his family any time soon.

"They better not move away," Roxanne says quickly. "There's already two of them gone away." She says referring to her other two sons in Calgary.

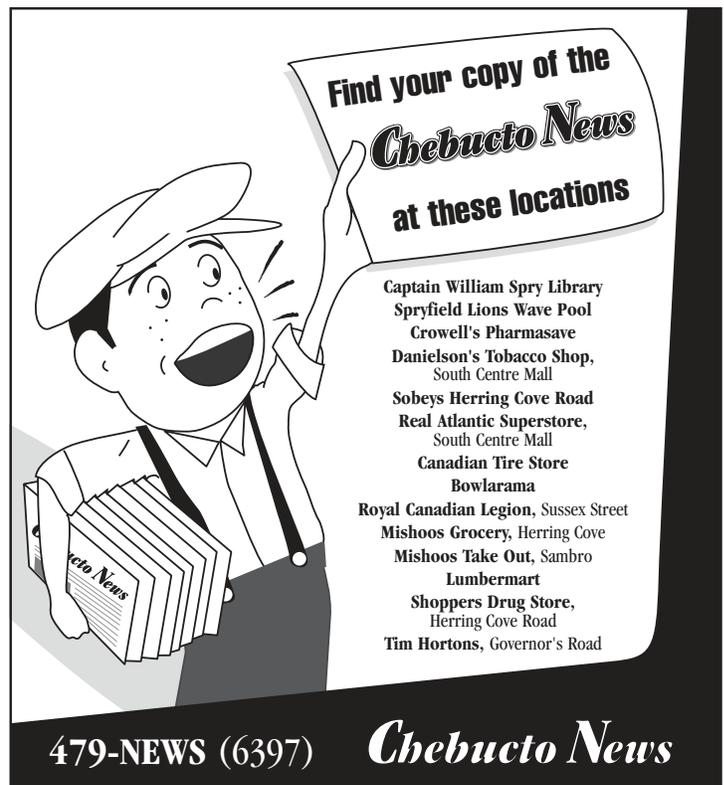
Jeff and Crystal put great stock in tradition, as do all his family members. "We got married in the same church in Sambro that Jeff's parents and grandparents got married in," Crystal says, "and we had Briar baptized there as well."

In fact, the five-generation theme has happened before for this close-knit clan. Thirty-three years ago, Jeff's older brother, then a baby himself, and Marjorie's mother Nanny Garrison formed the bookends of this living family history. Time has dimmed some of the memories but, with liberal encouragement from in-law Crystal, the elder women can't help sharing a little of their fashion sense.

Both Marjorie and Shirley made their own dresses for the occasion, they recount with some pride. "And I got mine from Sears," Roxanna adds with a laugh.

The evening's conversation runs the gamut from how short the dresses were at the first gathering to how drastically life has changed during Marjorie's 88 years. Electricity, for instance, only came to Sambro in the 1940s, she recalls. Talk turns eventually to food, with Marjorie summing up the differences between yesterday's food choices and today's, in a way that might just as easily apply to life in general. "It's not like today, my dear. If you don't like it, there's something else."

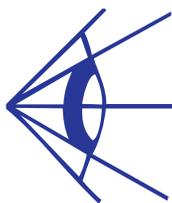
And this family is something else indeed. From beginning to end, the evening is filled with an easy rapport as they talk about community events and shared memories. They cherish their family connections, yesterday and today, and look forward with unshowered glee to the next time baby makes five.



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LOCALLY OWNED AND OPERATED SINCE THE EARLY 1960'S

Local ladies working, volunteering, with Mission to Seafarers

By Betty Dobson
Staff

One of the first things you really notice about The Mission to Seafarers on Marginal Road is the chapel and Internet café that occupies one end of the building. These two disparate elements represent the core of the mission's purpose: to provide comfort to merchant crewmembers far from home and facilitate communication with their loved ones so far away.

The Mission to Seafarers (a.k.a. The Seamen's Club) hosts roughly 20,000 male and female crewmembers from various ships in port each year. "We like to think of this as a bit of an oasis in the middle of the port," Manager Maggie Whittingham-Lamont says. "What we endeavour to do is visit each merchant ship that comes in." They then invite crewmembers back to the mission for such things as recre-

ation, calling home, and worship. Visits may last from two to eight hours, depending on the home ship's stopover time.

"This is sort of like their home base," Assistant Manager Dorothy Harnish says. "They're not just thrown out into a world they don't know." One of the mission's services includes driving visitors anywhere they want to go.

The few women who visit the mission come from cruise ships, where the male-female crew ratio is about 50/50.

The Mission to Seafarers (formerly Missions to Seamen) has been active in Halifax since 1942, initially providing its services to the crews of World War II convoys. By the 1970s, the mission took up residence in a trailer in the port area, where it has remained ever since. The current house occupied by the mission was built in 2000, when they adopted their current name.

"My home away from home," Harnish says with a laugh. She and

Whittingham-Lamont, both of whom live in the Spryfield area, often stay past quitting time.

Visitors are generally far from home and in need of change from shipboard life. "Most of the guys have not seen their families for nine months," Whittingham-Lamont says. "We see joys and tears and tragedy in a very small time frame."

"You may only see these guys once or twice a year, but they remember you and they ask for you," Harnish says. "They basically roll out the red carpet for you."

While the mission does not provide accommodations, staffers will do anything else that might make the crewmembers feel at home. "We try to celebrate birthdays and other occasions with them," Harnish says. Not surprisingly, Christmas is one of the most important occa-

sions at the mission. Each year, starting December 1st, staffers board merchant ships and leave presents for every crewmember.

The mission's involvement in and impact on the lives of long-term travellers is all the more impressive for the fact that there are only three paid staff members. Otherwise, they rely heavily on volunteers. Whittingham-Lamont, herself the widow of a merchant seafarer, started in the volunteers ranks. Harnish's volunteer background was as a lay reader at St. James Church of England in Herring Cove. When the chance to work at the mission came her way, she embraced the idea wholeheartedly—but not because of the salary.

"What's more important?" Harnish asks. "Money or loving what you do?" Whittingham-Lamont has the answer. "This is not a job. It's a vocation."



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Local resident and Mission to Seafarers volunteers Maggie Whittingham-Lamont and Dorothy Harnish present a Christmas gift box to one of the guests at The Mission to Seafarers as part of their regular activities.



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DISCOVERING OUR PAST

Year of the Veteran is topic for Heritage Tea and Display this month.

By Iris V. Shea, Historian
Mainland South Heritage Society

Each February the Mainland South Heritage Society prepares for its annual Heritage Tea and Display. This year the event will be held on Saturday, February 25th at the Captain William Spry Centre from 1:30 pm to 4 pm. The topic for

this display is "Year of the Veteran." In 2005 the Heritage Society collected information and photographs from a number of veterans and their families, including many names of veterans who lived in our communities when World War I and II broke out. This event, depicting



Art Whitehead, the son of William and Eva Whitehead, was born in Harrietsfield in 1922. He joined the Princess Louise Fusiliers and re-badged to the Cameron Highlanders. Art currently lives in Spryfield with his wife, Mabel.

Pennant), is open to the public, and we hope you will be able to attend. Admission is by voluntary donation. In the September 2005 Chebucto News, I recorded the names of many World War II veterans from Armdale, Melville Cove, Jollimore, Kline Heights and Spryfield. In this article I included names from the other communities: Harrietsfield, Sambro, Ketch

Harbour, Portuguese Cove, Ferguson's Cove and Purcell's Cove. If there are more World War II veterans from these communities that I did not include, I would appreciate hearing from you. I am also interested in getting the names of those from Herring Cove. Thank you to the many people who have already con-

tributed information on the veterans. Veterans of World War II missed in the previous article were Robert Gough of Armdale; John Kidston and Gordon Shanks of Spryfield.

Veterans from Harrietsfield: Peter Cartile, Charles Claridge, Charles (Ducky) Gilfoy, Brenton Keddy, Harold Nickerson, Art Whitehead, Bob Whitehead, Fred Whitehead, Jim Whitehead.

Veterans from Sambro and Pennant: Delton Findley, Norman Findley, Fred Gilkie, Alfred Gray, Ariel Gray, Arthur Gray, Gordon Gray, Lloyd Gray, Malcolm Gray, Lionel Hamm, Russell Hamm, Charles Hart, John Hart, Lyle Hart, Allan Henneberry, Augustus Henneberry, Cyril Henneberry, Harold Henneberry, Norman H. Henneberry, Phyllis Henneberry, William Henneberry, Earl Horn, James McPhee, Gordon Mercer, Austin Marryatt, Evert Marryatt, Charles Miller, Clyde Nickerson, Gordon Nickerson, Sherman Nickerson, William G. Nickerson, Earle Schnare, Royce Schnare, Cyril Smith, Howard E. Smith, Ivan Smith, Lillian Smith, Stanley Smith.

Veterans from Ketch Harbour/Portuguese Cove: William Beaton, Albert Billard, Daniel Connors, Charles Flemming, Clyde

Flemming, Cyril Flemming, Maurice Flemming, Roy Flemming, Stanley Flemming, Charles Gray, Cyril Gray, Norman Gray, James Hann, Peter Hann, Vincent Hogan, Harold Holland, Lemuel Holland, Laurier Holland, Murray Kiley, James Mackey, John Mackey, Monsignor Basil Martin, Gordon Mercer, Fred Mischeau, Donald Mosher, Joseph O'Brien, Arthur Purcell, Gordon Purcell, John Sadler, Andrew Sonier, William Sonier, Gerald Spears, Edward Tilbury, Edwin Tone, Vincent Tough, John Wilkie, Clarence J. White, Michael Worth, Edward Zinck.

Veterans from Ferguson's Cove/Purcell's Cove: D.R. Gargan, Leo Gargan, Robert Gilfoy, Frank Goodman, Jack Goodman, Charles Northup, Walter Purcell, George Weatherdon, Donald White.

The Mainland South Heritage Society will continue to search for stories and names of veterans from all wars, in particular those men and women who grew up in this area. If you have photographs of veterans we would like to hear from you. Email: ishea@ns.sympatico.ca or telephone Iris at 479-3505.



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**YEAR OF
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Scouting movement teaches youth leadership and life skills

By Akiko Lovett,
Staff

Scouting is one of Canada's longest living movements. But according to Ken Cooper, leader for the Baden Powell Scouts in Spryfield, there has been a decline in numbers - both of the scouts themselves and volunteer leaders.

"When I joined the Scouts more than 25 years ago, there were over 400 members," says Cooper. "Now in our group, there are only

about 50."

Cooper says this is partially because families are having less children, but he says there is also a need for volunteers. He says while the Baden Powell group, which operates out of the Emmanuel Church in Spryfield, has the most active volunteers, other groups are lacking. "We have the largest group of volunteers in the area," he says. "We have 12 leaders, all of whom were scouts themselves at one time."

Cooper says it is important to keep the scouting movement alive both for the children

and for the community. He says scouting teaches children things they wouldn't otherwise have the opportunity to learn. "At a young age, it teaches them to socialize with other kids," he says. "It teaches the kids about discipline, authority and it teaches them how to become good citizens."

Cooper says that because Scouts is such a structured movement, the children also learn leadership. In his group, which is all male, the children are broken into groups, with one older boy leading the group. He is responsible for

being sure everyone is in proper dress code and he collects their weekly dues.

"This teaches them about the responsibility of money, teaches them math and it builds their self-esteem," he says. "They are examples for the younger boys who know they'll have a chance to lead a group someday."

The Scouts are also involved with the community. They help seniors in the community in winter months by shovelling drive-ways and

see "Scouting" pg. 7



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Scout leader Ken Cooper (front row, far left) with other leaders and members of the Baden Powell Scouts in Spryfield. Cooper has been involved with the Scout movement for more than 25 years.

Spryfield Lions - We Serve

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Local Taekwondo Club rolls out new programs

Local martial arts club, Chimo Taekwondo, has rolled out two new programs in the past few weeks. The Taekwondo programs, Little Dragons and Women-Only, are aimed at two groups of people not normally involved in the martial arts.

Little Dragons targets children aged 3-4. It

uses the principles of Taekwondo to teach basic movement, balance and body mechanics. "At that age kids are learning how to use their bodies: to run, jump and refine their motor skills" says Doug Large, owner and Head Instructor of Chimo Taekwondo. "Most important however, is that they have fun as they

learn," Mr. Large added.

The Little Dragons program teaches the children through creative games and exercise. Parents watching their children can see an increase in their motor control, balance, fitness and endurance, attention to instruction and interaction with other children. The weekly class currently has 8 students, but with the help of two assistant instructors, there is room for as many as 15 students.

"We are hoping by next fall to expand both the number of students and the length of the class," said Mr. Large. "The time we have with them is very high energy. It is exciting and very gratifying to watch the children as they develop and improve their skills."

Women-Only Taekwondo is a program that serves women who are looking for a martial arts and fitness program, but don't feel comfortable in a typical class of men and women. Scheduled for two mornings a week this introductory class will cover the basics of

Taekwondo technique and self defense. Classes will focus on stretching and low impact fitness development combined with the kicking techniques used in the martial art.

The program will not include the contact sparring which often distinguishes Taekwondo from other martial arts. "Many of the women I talk to are self conscious about themselves in this environment," says Shelise Morgan, instructor for this program. "They don't want to spar with anyone and prefer to train with women only, so we are going to meet that need," she added. The class is scheduled to begin the week of February 20. Anyone interested can call the club or check out the web site at www.chimotkd.ca.

Chimo Taekwondo will be holding an Open House Saturday February 4 and 11 from 1-3 in the afternoon. Club members will also be conducting a demonstration at the South Center Mall the afternoon of Saturday February 18.



District 17 Councillor Linda Mosher Presents 100-year-old Edith "Molly" Jones with a plaque from the City of Halifax on the occasion of her 100th birthday celebrated at Melville Lodge this month. Molly's son Gary Eisnor and daughter Carol attended the ceremonies.



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Scouting teaches youth

continued from pg. 5

last spring, they participated in a clean up near Chain Lake in partnership with the Nova Scotia Federation of Hunters and Anglers. And they are the first to be in uniform at Remembrance Day ceremonies. Next year they've committed to helping with the annual sale of poppies, which was lacking in volunteers this past November.

Cooper says the Scouts have always traditionally been involved with organizing events in the Spryfield community. One example he says is the annual Santa Clause Parade. "That

is completely organized by either existing members or past members," he says. "Kevin Johnson, head of the organizing committee for the parade, was a scout since he was five years old."

Cooper says it's typical for people to stay involved in the scouting movement for many years. One of the leaders in his group has been involved for 39 years, which speaks volumes to the organization. "These are the people that keep the movement alive," he says.

If you would like to volunteer with the Scouting movement, or enroll your child as a scout, you can contact Ken Cooper at 477-9989.

Capital Health seeks volunteers

Would you like to make a difference in your community? The Chebucto West Community Health Board is recruiting volunteer board members from all walks of life to be the "eyes, ears, and voice" for our community's health. Board members work together with community groups and citizens to make our neighbourhoods healthy and inclusive for all residents.

We work on issues important to the local community including support for families, mental health, poverty and newcomer's issues. Board members are involved in community development, consultation, educa-

tion, advocacy, and partnership-building. The volunteers on our Board come from all areas of Chebucto West, from Spryfield to Clayton Park to Prospect to Hubbards and includes municipal districts 10, 15, 16, 18, 22 and 23, and represent a wide cross section of our community.

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New booklet tells "where to play on the Loop"

By Meredith Legge

Don't know what's going on in your community? Look no further than the newly released, hot-off-the-press "Recreation Youth Opportunities" in the Chebucto East peninsula booklet.

Starting in the late fall of 2005 an information booklet was merely an inkling, but several months later, it is a real thing! Youth in the community commented that they didn't know what was going on in their community and wanted a convenient way to find out what was going on and how they could get involved.

HRM staff rounded up Alexa Minichello, Claire Piccinin and Meredith Legge to start making the book happen. They started making phone calls to various community organizations such as schools, youth groups and support groups, as well as political persons and the community centers. Recreation Youth Opportunities is filled with information and a trail map about where and when activities take place and volunteer opportunities are also indicated since they are a great way to get involved in your community!

Recreation Youth Opportunities also has a great map of Spryfield and the Sambro loop,

indicating things like playgrounds, tennis courts and sports fields, beaches, recreational facilities and trails.

The booklet will continue to be updated through the internet so all community organizations can be included all the time! Just visit www.justliveit.ca to have your information posted!

Get your copy at local schools, the Captain William Spry Library and community centres. For further information contact Karen Lowery, Community Recreation programmer, at 479-4485 or e-mail loweryk@halifax.ca.



Spryfield and the Sambro Loop have many places to play, some as informal as this driveway where a young skateboarder shows off his stuff.



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Why District 17 property assessments have jumped so high – Mosher

By Linda Mosher
Councillor District 17

Each January the province holds a meeting between their assessment agency staff, HRM Staff and Council. The purpose of which is for the province to give us HRM's yearly assessment roll. Each year I patiently listen to the presentation, as I really want to know the impact on HRM and specifically District 17 residents.

For several years in a row, our district has been hit with some of the largest assessment increases in HRM. Why is this? The reasons vary throughout the district, however, we have many mature neighbourhoods with very low turnover, and we have a considerable amount of new home construction. Many people have lived in their homes for a long time.

The equity and value of these homes increases each year. When the owner finally decides to sell the property, it sells at the current market value. Since the province bases assessed value on market value of homes, the houses that are selling now are driving up the assessed value of the other homes in the area. That is why many people receive their assessments and wonder how their home's value goes up another 25% when they did nothing to improve my property?

Assessment is not based on a physical inspection of your home, but on similar homes that sold in your area. There are also many new

developments in our district. This new construction includes homes that are much larger and more expensive than the pre-existing homes. The cost of the new homes drive up the value of the older homes as they become more desirable from a sales perspective. Who would have thought that the wooded forest adjacent to the North West Arm Drive or the old Butler lands would be home to properties

in the \$1/2 million range?

The average assessment in HRM went up by 12.86%. The average assessment in our district, Purcell's Cove - Armdale increased by 18.59%. This was the highest increase in HRM. This number includes apartment buildings and growth due to new properties. These properties were not on the assessment roll last year. If you exclude new growth and apart-

ments and look at the average increases in assessments to single family homes, including condominiums, the average increase in HRM was 9.37% and in our district it was 9.89%. If you further assess the property increases, you will see that 2,138 properties had an increase between 10 and 25%; 123 properties had an

see "District 17" pg. 13

Letter To The Editor

NDP simply "pledging to do better"

Dear Editor

It appears as though our NDP MP Alexa McDonough and our present MLA Michele Raymond are on the same page when it comes to well intentions for the people of Halifax Atlantic. While The MP talks about Halifax Atlantic in general and what she has allegedly accomplished this past year, our present MLA forecasts that she will make a New Year's resolution to continue to work for the people of Halifax Atlantic as evidenced in the January 2006 issue of the Chebucto News.

Both fail to mention that in the past 14 or so years the NDP representation has only maintained its pledge to do better. In reality on the Provincial front we residents in Halifax Atlantic

have lost a daycare in this area, we have lost childcare services, and we still have poor transit for areas beyond Spryfield. We have lost the focus on helping those less fortunate, particularly the mentally handicapped, by centralizing services outside of our area. We have seen a reduction in arts and recreation in our schools.

I am asked by many people, where is the commitment to improve our facilities for our youth and seniors both in recreation and affordable housing, where are the jobs for our young people, where is the voice for improved health services, and why is the Halifax area the number one most violent city in Canada?

As a resident in Spryfield for over 30 years it appears that on the local scene the only politicians making a difference in our turf beyond the

Rotary are our municipal representatives with some community members. The new police community office and the water and sewer in Herring Cove are just two examples with some help from Geoff Regan MP and Barry Barnett. I see no mention of our NDP representatives.

I will not make any New Years resolution because we all know that they usually are broken. I will commit myself to picking up the slack, and offering a fresh alternative when the next Provincial election comes around probably this year.

We can do better but only with a change in our approach to hearing and listening to the people of Halifax Atlantic.

Jim Hoskins
Provincial Liberal Candidate

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5:10 pm	10000
5:30 pm	5000
5:40 pm	2500
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Adams seeks to replace "unfair" property tax assessment system

By Stephen Adams, Councillor District 18

By the time you read this column, you will have received your new assessment. The assessments in District 18 rose an average of 11.9 per cent over last year. Throughout HRM, assessments have risen as well. As Council deliberates during the budget, we all must be well aware that even with a zero percent increase in the tax rate, the actual taxes paid will rise.

Over the past number of years, I have tried to have Council consider a new way of collecting taxes. The present system is unfair, unpredictable and does not work. Assessments do not measure property value and do not reflect services received. One must ask, "why do we use this system?"

The solution I will bring forward to Council has been covered in previous articles; however, I will outline it again.

Under the present system, the assessed value of a building will dictate the taxes paid. For example, if there are two homes, with 60 feet of frontage each, with values of \$100,000 and \$200,000, the home with the higher assessment pays twice the tax.

Why is that? Both properties receive the exact same services; snow plowing, police and fire protection, etc.

Another example to illustrate the flaws is as follows: Two homes that are next door to each other with the same assessments pay the same tax. If one property has a garage added, new

paving, landscaping, etc., then their assessment goes up and taxes increase, but there is no increase in services. Further, there was HST paid on the materials and labour. It is difficult to justify this system.

My idea is simple, predictable and more fair. If HRM took your 2004 tax bill, and used this as the base tax, yearly increases or decreases would be a percentage of that bill. If your tax was \$1,000 in 2004, and HRM needed a 2 per cent increase, your new bill would be \$1,040.

New homes could have a base tax which is an average for the area. HRM would know exactly what would be collected on an annual basis, and there wouldn't be any extreme fluctuations. And, residents would not be penalized for improving their properties.

There has been a great deal of by-law activity in District 18, as our officers have been working to remedy unsightly properties. Although some properties take longer to clean than others, the goal is to bring improvement.

Generally speaking, slower compliance is the result of legal issues or staff working with the property owner to find solutions.

We will be holding meetings with the Residents' Association and the Business Commission in Spryfield to look at designs for signage at entry points to Spryfield. The goal will be to incorporate as many suggestions as possible. This is just one of the many improvements you will see over the next few years for the Herring Cove Road.

MLA pledges to work with new leaders

By Graham Steele
Halifax Fairview MLA

Shortly after I wrote this, we voted in the federal election on January 23rd.

Shortly after you read this, Nova Scotia's Conservatives will pick a new leader, and that person will automatically become the Premier. That's on February 11th.

Those are two big changes on the political scene.

My pledge to you is that I will work constructively with the winners, whoever they may be, to accomplish things that matter to you and your family.

For the past five years I have shared a Constituency Office with Alexa McDonough,

the Member of Parliament for Halifax. This has allowed for close co-operation, to the benefit of the people that we both serve in Fairmount, Armdale, Kline Heights and Cowie Hill. I expect that Alexa was re-elected on the 23rd, and I look forward to our continuing close co-operation.

The federal election was long, but at least everyone understands how it works and everyone had their say. The choice of a new Premier is a much more peculiar thing. The person who will lead the Nova Scotia government after February 11th will not have been elected by the people. He, and it will be a "he" since all three candidates are men, will have been chosen only by members of the Conservative Party.

In fact, two of the three candidates for Conservative leader do not even hold a seat in the Legislature. Many people don't realize that a person can be Premier without being elected. It last happened as recently as 1997, when Russell MacLellan took over the provincial Liberal Party and immediately became Premier.

So on February 11th we may well have

another unelected Premier. If that happens, I certainly hope the new Premier will seek a seat, or call a general election, without delay. It is essential to the health of our democracy that a new Premier seek "the people's approval" for the policies he intends to pursue.

The need to seek "the people's approval" is particularly important because Nova Scotia no longer has a minority government. Because of a resignation, and another MLA switching parties, the Conservatives have a working majority in the Legislature. The new Premier might be tempted to try to carry on, whether or not he has the people's approval, just because he can.

Whoever wins the Conservative leadership, I do know that the best-known and most experienced provincial leader after February 11th will be Darrell Dexter of the NDP. I am proud to serve as part of Darrell's team. Darrell and I understand that you and your family want a fair deal from the provincial government. No matter who the federal government is, or who wins the Conservative leadership and becomes Premier, you can count on Darrell and I to be on your side.

Stephen Adams

HRM Councillor, District 18

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The "health" of communities is affected by the health of its citizens

By Michele Raymond
Halifax Atlantic MLA

Last month I talked about the essentials of life: food, shelter, air and water, which everyone needs to stay alive. To stay alive and healthy is another question.

"You don't have anything if you don't have your health," the old saying goes. Now more than ever, that message rings true. The threats to health are numerous: poor quality food, shelter, air and water, and the stress that comes from lack of access to good quality resources.

Education is critical in getting this access, but education is more than just schooling. It comes from family, television and friends, long before teachers enter the picture. These influences are the first teachers, and have much to do in setting each child on life's path: what kind of work they will do, their ability to qualify for work, and what they will do beyond their employment, in their own family and community.

Education has an impact on mental health, therefore, inside and outside the workplace. Underemployment and unemployment

are major stressors in many Nova Scotians' lives; a low minimum wage, not adjusted for inflation, means many people in this province, and in Halifax Atlantic, can work fulltime, but still find themselves living below the poverty line. Transportation and childcare costs often compound the problem.

Mental health has a huge impact on physical health. Countless studies have shown the effect of stress on the heart and immune systems. Heart attack, stroke and various cancers can be triggered by stress, just as much as inherited tendencies, environmental factors, nutrition and activity patterns. Other studies have shown that smoking is strongly linked to stress and chronic mental health issues; tobacco is one of the biggest health threats in Nova Scotia today.

The 'health' of the community affects, and is affected by, the health of its citizens. Stressed citizens make stressed communities, where crime and domestic violence are more likely to occur.

So what do we do?

I believe we must work towards healthy communities, first and foremost. This means ensuring that there is a strong local economy, with a wide variety of locally available jobs. Transportation should not be a barrier to employment.

We must also recognize families, television, video games and childcare facilities as

part of the education system, and make sure that system works towards a wide variety of employment and social possibilities. We are fortunate that JL Ilsley still keeps a woodshop and strong tech ed program, unlike many other schools.

On another note many homeowners in Halifax Atlantic were shocked in January to receive property assessments that have gone up enormously since last year. Those increases were sharpest in HRM District 17, where they average 18% higher than 2005, the highest overall increase in HRM.

I have spoken out in the House on the need to reform the Nova Scotia property tax system. Property assessments are set by the province, and are literally 'assessments' - an estimate of the current market value of a given property. These estimates are made by looking at prices recently paid for similar properties in the same area.

These estimates, however, are the basis of municipal taxation. Every year, each municipality levies its taxes as a percentage of the assessed value. These taxes go to a wide variety of local services and to running the municipal government. Unfortunately, there is no direct link between services provided, and estimated property value. In Halifax Atlantic, this problem is especially acute; I will continue to work towards a better solution.

A continuing commitment to "getting results"

By Alexa McDonough, Halifax Atlantic MP

I want to thank the voters of Halifax for once again, placing their trust in me to be their voice in Ottawa.

During the election, I had the pleasure of connecting with thousands of constituents who took the time to share with me their concerns and their ideas on how to continue building the kind of community we want for ourselves and our children.

I am proud of the results the NDP delivered during the last parliament. I am honoured to have another opportunity to work with Jack Layton and his expanded team of New Democrat MPs to continue working on the issues you've told me are important to you. I know there is a lot more to do.

I want to continue building the kind of place we want for ourselves and our children - safe streets, affordable housing, clean water and air, decent public transit, accessible education, real security for our seniors and veterans, so that they may live in dignity, and a publicly funded, not-for-profit healthcare system.

We can't trust Stephen Harper's Conservatives to stand up for you. I will work with the NDP team to hold Mr. Harper accountable. We will also work to restore your faith in public office, because we believe government can be a positive force in our lives.

You've told me you want parliament to work. And, you want your Member of Parliament to work for you. I agree, and promise to continue doing so.

Thank you again for the privilege of representing you in Ottawa. As always, if you have any questions or concerns, please contact me at my constituency office at 426-8691, or via e-mail at: alexa@eastlink.ca. You may also visit my website at: www.alexahfx.ca. Hearing from you remains the most rewarding part of my job.

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Why District 17 property assessments have jumped so high – Mosher

continued from pg. 10

increase between 25 and 50%; and 15 properties had an increase of 50% plus. These large increases concern me as I worry about the residents' ability to pay.

There has been some tax relief for property owners. Some residents have successfully had their properties capped to a 10% increase through the provincial program. Within HRM last year, residents with increases over the average increase received a tax reduction from the municipality. We took the average, and any increase over the average we directly rebated 50% of the increase back to the homeowner. For example, if the average increase was 10% and your property increased 14% then we rebated 2% back.

In theory it sounded good when HRM finance staff presented this option to Council. In reality it did very little to provide relief. For example, after the province capped one property assessment, it increased by \$21,000. Then HRM gave a rebate of \$17,811. This is not a sufficient relief program. Many residents are on fixed incomes and have to find ways to reduce expenses to cover the increased tax burden. HRM must find ways to minimize all expenses and ensure that we only spend funds on municipal programs that residents and Council have expressed as a priority. As your Councillor I will demand that we scrutinize all

departmental budgets and ensure that we do not take these increases as a tax grab and ensure we reduce the tax rate. I agree with the solution that Councillor Adam's has written about in his column. We have to work with the province to find a new way to tax properties. The province sets the property assessment and HRM sets the rate. Then the province makes HRM pay for serv-

ices that are a provincial responsibility, such as education, housing and corrections. In fact, 25% of your property taxes go to pay for provincial programs. You could say that the province has an incentive to increase our assessments as this increases the amount of property tax that HRM has to give them. Off the top HRM must account for inflation and increased provincial costs before we bud-

get for any municipal services. The province will say that it is all the same tax payer, so what is the difference? Property taxation is a regressive tax because it is not based on someone's ability to pay as is income and sales tax. In a subsequent column I will go into further depth about the roles and responsibilities of each level of government and the principles surrounding municipal taxation.

Vaccinate your pet to prevent sickness and disease

Parvovirus is one of the major viral diseases which affects dogs, primarily puppies. It is characterized by diarrhea, vomiting, intestinal bleeding and collapse.

Unvaccinated dogs of any age can be infected, but usually older dogs have developed some immunity against the disease and symptoms therefore may be mild. Younger animals are usually severely affected, and may die due to severe infections or septic shock. Infected dogs may seem tired or lethargic and do not eat the day before obvious symptoms appear. Then the animal becomes depressed, develops a fever and has vomiting and severe watery diarrhea (which may be bloody). Doberman Pinschers, Rottweillers and Pit Bull Terriers may be more susceptible than most breeds and the prognosis for them should they develop the disease, is often worse.

Treatment of Canine Parvovirus Enteritis is

purely supportive as there are no effective antiviral agents available. Intravenous fluids and antibiotics are the mainstay of therapy. Many puppies can be saved if they can be supported long enough. Hospital stays of more than 10 days are not uncommon, but sadly for some pups lengthy hospital stays cannot guarantee that they will survive. Because Parvovirus is extremely contagious, sick puppies are placed into isolation at veterinary clinics, and are treated separately from all other animals. Resulting veterinary bills can be extremely high.

Parvovirus is shed in the stools and is extremely hardy, persisting for long time periods in the environment. This makes it difficult to control exposure of dogs to this virus. It can survive intense heat and sub-zero temperatures for months. Long after the remains of any stool is visible you can still pick it up and carry it home to your dog on your shoes! Dilute chlorox (1:32) is one of the few disinfectants able to kill the virus.

The real key to prevention of Parvovirus is vaccination. For puppies, vaccination should commence between 7 and 8 weeks of age and continue at 2-4 week intervals until about 18 weeks of age, after which annual vaccination is recommended. Other viral diseases such as Canine Distemper, Parainfluenza, Hepatitis, etc., are also vaccinated for at this time. Do we still see cases of Parvovirus? Yes, certainly we do. In the last 2 months at our clinic we have had 4 cases of Parvovirus – all in unvaccinated dogs under one year of age. This is slightly higher than we would normally expect.

Interestingly enough, from a historical perspective, Parvovirus was only first identified in the early 1980's when it appeared all over the globe – a virtual epidemic never before

encountered. Fortunately veterinary virologists worked quickly to develop an effective vaccine and it is no longer considered to be an epidemic. Virologists have speculated that it may actually be a mutation of Panleukopenia, the cat distemper virus (also a parvovirus). Although they are related viruses, cats and dogs cannot infect each other with their respective parvoviruses.

One popular misconception that may contribute to owners inadequately vaccinating their puppies and therefore putting them at greater risk of becoming infected is the commonly used quotation "fully vaccinated", as applied to young puppies being sold at approximately 8 weeks of age. Many new owners are surprised and disappointed when they acquire a new 8 week old pup and are told by the vendor it is "fully vaccinated" and fully dewormed – only to discover during a visit to a veterinarian that the puppy has only had one vaccine and is in need of several more during the next few weeks. Not at all fully vaccinated. The phrase "fully vaccinated" is confusing to new pet owners and this terminology should be dropped entirely.

Diligent and responsible pet store owners and breeders will provide a detailed health record indicating the name and date of any vaccinations given, the age of the puppy at the time and the signature of the veterinarian administering the immunization. All new pet owners should request this information when purchasing a puppy.

On the bright side, dogs which become infected with Parvovirus and are able to survive it, develop long-lived immunity that may even be lifelong. However, it is hardly a risk most dog owners would ever consider taking and is a reminder to ensure your pet is properly vaccinated.

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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

PAUL, Clyde Albert - 75, Springhill, formerly Collingwood Corners, passed away in Highestrest Nursing Home, with his loved ones by his side. Born in Halifax, he was a son of the late Whalen and Helen (Westhaver) Paul. For many years he owned his own auto body shop, later becoming an auto body instructor at NSIT. In 1981 Albert accepted the position of Auto Body Instructor at Springhill Institution. Albert and his wife Eileen later moved to Collingwood in 1986, where he continued to work until his retirement at 65. Albert was a member of Collingwood United Church; Atlantic Lodge F.M. & A.M.; Fairview Lodge, Halifax; Widow Sons Lodge, River Philip. He was a 32 degree mason, where he held the offices of Rt. Worshipful Master, Historian, Director of Ceremonies and District Deputy Grand Master. He received his 50 year Jewel from the Atlantic Lodge in 2003. Albert was involved with the Cumberland Shrine Club; Worthy Patron of Sunrise Chapter 50; Order of The Eastern Star, and a member of Oxford Lions Club for a number of years. Not to mention his dedication to the church and community events. Albert took great pride in his home, and spending time with his horses, dogs and cats. He is survived by the love of his life, his wife of 44 years, Millicent Eileen (Crowell), Collingwood; brother, Clyde Alexander (Patricia), Spryfield; numerous nieces, nephews and cousins. He was predeceased by sister, Ada Leona Ackles; brother-in-law, Ronald LeRoy Ackles. Interment was in Oakridge Memory Gardens, Lower Sackville. No flowers by request. Donations in memory may be made to The Children's Wish Foundation of Canada, Heart and Stroke Foundation of Nova Scotia or a charity of choice. On-line condolences may be sent by visiting www.atlanticfuneralhomes.com

ZIEMER, Margaret "Gretel" - Died peacefully at her home in Herring Cove at 86 years of age. She was a daughter of the late Josef and Emma (Häss) Keller. Born in Nonnenweir (b. Lahr), Germany, she grew up in the family business, Gasthaus "Wolf," where she acquired her baking and hospitality personality. Before emigrating to Canada in 1956, she worked in grocery businesses in Berlin. She was predeceased by her husband, Karl, brothers, Werner and Edouard, and niece, Renate McCarthy. Surviving are her son, Wolfgang (Brenda) Ziemer, Bridgewater; grandchildren, Karl and Katie; her sister-in-law, Herta Keller; nephews, Michael and Sigfried, and

niece, Monika (Germany). She was a resident of Herring Cove for the past 45 years. She was employed with the old and new children's hospital in Halifax, as a baker, and she will fondly be remembered by all whom she badgered to "take another one." She will be missed by all who knew her, as well as dozens of little ones who knew her as "Omi." The funeral service was held on from St. James Anglican Church, Herring Cove, Rev. Allan Frye as officiating clergy. Interment has taken place at the adjoining church cemetery.

STONE (Richard) Catherine Mary - 88, passed away in Glades Lodge, Halifax. Born in Larry's River, she was a daughter of the late Thomas and Winnie (Pellerine) Richard. Catherine is survived by daughters, Kay (John) Spears, Margaret (Lloyd) Newcombe, both of Halifax; sons, Bernard (Joan), Halifax; James (Linda), Beaver Bank; sisters, Margaret Alder, Ontario; Emiline (Leonard) DeCoste, Frankville; brothers, Eugene (Odette) Richard, Larry's River; Father Leo Richard, Quebec; nine grandchildren; 11 grandchildren; several nieces and nephews. She was predeceased by her husband, James Maurice Stone; sisters, Geneva, Marion, Cecilia, Annie; brothers, Bernard, Aldred; great-granddaughter, Kelcie Jordan Paige Gray; grandson, John James Spears; granddaughter, Gail Stone. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. Funeral service was held at St. Michael's Roman Catholic Church, Spryfield, Father Rob Arsenault officiated. Interment was held in Gate of Heaven Cemetery, Lower Sackville.

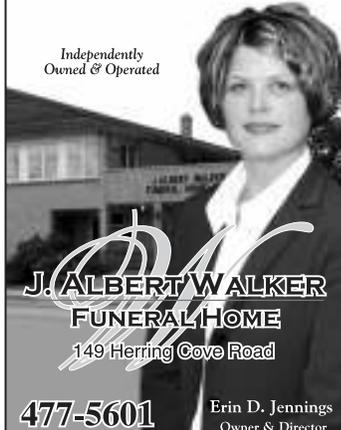
PETERSON, Herman Douglas Sr. - It is with great sorrow, we announce the passing of our husband, father and grandfather, at home on January 1, 2006, after a brave and courageous battle with cancer. Born January 12, 1936, in Africville, he was a son of the late Elsie (Peterson) and David Dixon. Herman was a bass singer with the Raindrops where they played across Nova Scotia and Ontario, as well as on Frank's Bandstand. The Raindrops had a great reunion on November 19, 2004, where they received a Merit Award from the Black Cultural Association. They also received an African Nova Scotia Music Association Heritage Award in 2000. His first job was with the CNR, where he was a porter for 11 years. He then worked at the

Citadel Inn for 16 years before joining the Halifax Housing Authority where he retired after 23 years. He enjoyed playing pool at the Fairview Legion where he was one of the original members of the Metro Pool League, where he first played with Walter Johnson. He was the president of the West End Dart League for 30 years. He also enjoyed deep sea fishing every summer with his good friends. He is survived by his loving wife of 44 years, Barbara (Roose); sons, Tony (Kathy), Herring Cove; Dean (Susan), Ketch Harbour; Herman Jr. (Gail), Herring Cove; stepson, Dale Boutilier (Susan), and a dear daughter-in-law, Nancy, who was like a daughter to him. He had 11 grandchildren, Leah, Ryan, Kayla, Kaitlyn, Sabrina, Christine, Anthony, Rachelle, Douglas, Nicholas and Alex. He is also survived by sister, Ann; brothers, Leroy, Wayne and Rod, all of Halifax; also many sisters-in-law and brothers-in-law, and many nieces and nephews, too numerous to name in Halifax and Ontario. Besides his parents, he was predeceased by his brothers, Blaine and Stanley; sister, Evelyn; sister-in-law, Frances, and in-laws, Kenneth and Mildred Roose, who was like a mother to him. Herman's wishes were to be cremated and interment will be held at a later date. Family flowers only by request. Donations may be made in memory to the Canadian Cancer Society. Thank you to Dr. Bruce Caldwell for all his help and kindness, and to all his nurses, too numerous to name. Funeral service was held on January 5, 2006 at 10 a.m. in the funeral home chapel, Rev. Carl Price officiated.

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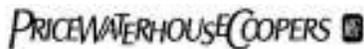
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cynthia.watt@sobeys.com

NUTRITION for FEBRUARY

Concerned About Your Cholesterol?

Discover how to lower your cholesterol levels by making heart smart food choices.

FREE. Thursday, February 2nd, 1-3pm.

Controlling Blood Pressure

Join us to learn how to control your blood pressure by adding certain foods to your eating plan.

FREE. Thursday, February 9th, 11-12:30pm.

Confused about Reading Labels?

Join the dietitian for a store tour and learn the truth behind the nutrition label!

FREE. Thursday, February 23rd, 1-3pm.

Healthy Cooking Classes (\$5.00 each, 6-8pm)

Monday, February 6th - "Eat Smart for Your Heart!"

Orange-Ginger Salmon, Julienne Vegetables with Balsamic Vinaigrette, Asian Rice, Iced Raspberry Mousse

Monday, February 13th - "Sweet Heart!"

Baked Chicken Breasts with BBQ Sauce, Sautéed Broccoli with Cheese, Red Potato Salad with Sour Cream & Chives, Bananas Foster

Monday, February 20th - "Straight to the Heart!"

Pork Tenderloin with Sweet Chutney Sauce, New Potatoes with Herbs, Carrot Zucchini Bran Muffins

Monday, February 27th - "Lighthearted"

Spinach Salad with Sprouts, Tuna and Rotini Casserole, Fudgy Mint Brownies

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Chebucto News Community Events

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

Business Owners Seminar

The Spryfield and District Business Commission has invited Sales Training Experts to put on a "Sales and Service Seminar" for members of the business community. The seminar will be held February 22 at 2 pm in the Captain Williams Spry Community Centre. There is no

registration fee for Commission members. To book you space please contact David Watts at 452-7472.

Heritage Tea

The Mainland South Heritage Society will hold its annual Heritage Tea and Display, Saturday, February 6 at the

Captain William Spry Community Centre from 1 to 4 pm. The topic for the event will be Wartime in Mainland South, honouring the Year of the Veteran. Everyone welcome. Do you have wartime photographs that we could copy for the event? Call Iris at 479-3505.

Monthly Heritage Meeting

The Mainland South Heritage Society meets the last Thursday of each month, 7 pm at the Captain William Spry Library. The next meeting will be held February 23. All welcome.

Residents Meet

The Spryfield Residents Association meets the last Wednesday of each month, 7 pm at the Captain William Spry Community Centre. Next meeting is February 22. All welcome.

Farm Society Meeting

The Urban Farm Museum Society meets the second Monday of each month, 7 pm at the Captain Spry Community Centre. Next meeting is February 13. All welcome.

Step Up To Leadership

Step Up To Leadership, a 12 week curriculum for developing community leaders, will be held for citizens of the Spryfield Sambro Loop Tuesdays from 6:30 to 9 pm beginning February 7 at the Captain William Spry Community Centre. For information contact HRM Community Developer Norma MacLean at 479-4487 or Action For Neighbourhood Change's Marjorie Willison at 477-0964.

Seedy Saturday

Celebrate. Spring is coming. The Urban Farm Museum Society will hold the 8th Annual Seedy Saturday March 11 at Emmanuel Church Hall, Herring Cove Road from 2 to 4:30 pm. Swap or buy seeds and visit with seed and plant vendors. For information or to book a table contact Jean White at 477-2933 of e-mail jphwhite@ns.sympatico.ca.

French Immersion Session

There will be a French Immersion Information session Wednesday, February 1, in the library of Chebucto Heights School, 230 Cowie Hill Road, for parents and guardians of students interested in enrolling in the Primary French Immersion Program in September. In addition to presenting information about the program, we will be discussing factors in deciding whether or not a child should enroll in French Immersion and how parents and others can support a child in the French

Immersion program. We also hope to have some Grade 5 and 6 French Immersion students speak to us about their successes and challenges in the program.

Flamenco Dance Class

Ole! In Motion presents flamenco dance workshops taught by an instructor from the El Viento Flamenco School of Dance for young people ages 5 to 12 in our community. Classes will be held at 14 Purcell's Cove Road in the dance studio starting in April on Mondays from 3:30 to 4:30 pm for 15 weeks. Fees are \$45 (\$3 per class) and will be waived for families requiring assistance. To register, please contact Josephine Egan at 423.2651 or email josephine@saintmarymagdalene.ca. For more information, visit www.halifaxweddingchapel.com/ole.html. Ole! In Motion is an initiative of the Church of Saint Mary Magdalene, Spryfield and supported by the Chebucto West Community Health Board and Active Halifax Communities.

4th Annual Spryfield Family Fun Fair

Bring the entire family to an activity filled day at Captain William Spry Centre, Saturday February 18. Morning activities beginning at 11 am include igloo building, computer lab, chat with firemen on a fire truck, urban dance with Jake Evans, noisy zone, arts zone, snowshoeing. Lots more! Stay for a free healthy lunch at noon and then enjoy a swim for a loonie. For more details call 479-4487.

St Michael's Mardi Gras

Local talent will entertain you while you enjoy light refreshments in a pub like atmosphere. Must be 19 or older to attend. Saturday, February 25, 7 pm to 11 pm. Tickets can be purchased at St Michael's Church after the 4 pm and 11 am masses starting February 4, or by contacting Annie at 446-7123. Pre sold tickets will cost \$8 single and \$15 a couple. At the door \$10 single and \$17 a couple.

Concerned about your use of Tobacco?

Addiction Services will be holding one of their "Getting Started" sessions on Wednesday February 8, from 6 to 7 pm in room number 3 at the Captain William Spry Centre. This is an excellent information session for people wishing to quit smoking. Information will include: approaches to quitting, services available and what to expect from quitting. No registration is required nor is there any fee. Everyone is welcome. For more information you may call our smoking cessation line at 424-2025 or Gordon Power, 479-4494 at the Spry Centre.



The Spryfield Earl Francis Memorial Legion hold a members only and a public New Year's Levy every year. Attending this year's celebration were Legion President Betty Neville, District 18 Councillor Stephen Adams, District 17 Councillor Linda Mosher and Sergeant at Arms Al Bergeron.

Chebucto News Business Directory
Community businesses serving community needs.

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Commodore Karen Smith and Vice-Commodore Betty Anne Haliburton of the Armdale Yacht Club hosted Councillors Stephen Adams, District 18, and Linda Mosher, District 17, at this year's New Year's Levy.



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