

**Lanes Plus More!**  
**BOWLARAMA**

☺ Springfield • 479-2695  
 ☺ Bayers Rd. • 455-1519  
 ☺ Dartmouth • 466-4405

# Chebucto News

Vol. 6 • No. 10 • January • 2005

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

**Working For You In Your Community**

**479-NEWS (6397)**

**FREE**

K.N.  
**Umlah Insurance**

AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •

*Parkland Estates*  
 RETIREMENT RESIDENCES

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

Happy New Year

Join us for Sunday Brunch  
 January 9th or 16th - 11:30 am to 1:30 pm  
 For reservations call Bud Feron at 457-8621

**ABERDEEN HALL • BRADFORD HALL • CAMERON HALL**

## Governor's Brook Development Agreement back for public hearing

January 5 has been set as the date for the second public hearing in two years for a 63 hectare housing development proposal by Kimberley Lloyd Developments Limited called Governor's Brook.

The first public hearing over the compa-

ny's rezoning application and Comprehensive Development Agreement proposal was held by Chebucto Community Council in February 2003. Significant resident protest against the application forced the Council to move the venue from its usual Keshen Goodwin Library

meeting spot to the larger confines of the Halifax West High School. More than 400 citizens attended the original hearing to voice their concerns over the project.

Residents offered their concerns over issues of ground water management and potential harmful affects the 870 unit housing development might have on water levels at Colpit and Williams Lake. Residents also voiced concern about protection of sensitive environmental lands, the adequacy of sewer capacities to handle the additional housing, set back issues from the McIntosh Run watershed and the creation of more traffic volumes at the Armdale Rotary.

Community Council, which included then Councillor Diana Whalen, Councillor Russell Walker and Chair Councillor Linda Mosher, passed the rezoning application by a two to

one margin with Mosher voting against the motion. Councillor Stephen Adams, who was in hospital for back surgery, was unavailable for the session.

Led by the Williams Lake Conservation Company residents appealed the decision to the Supreme Court, objecting to the process used by Community Council in reaching its decision. The court upheld Council's actions and the residents then appealed to the Utility and Review Board which also upheld Council's decision to grant the land rezoning application from holding to a Residential Development District which allows Kimberley Lloyd to complete a single family and duplex style development on the lands. Residents are now appealing the Utility Board's decision at the Nova Scotia Court of Appeal.

see "Governor's" pg. 2



The Salvation Army this year asked members of the Spryfield Lions Club to help fill in man hours at the city's usual Christmas Kettles station. Spryfield Lion Bingo Chair George Hillier and Salvation Army Captain Jim Mercer share a little holiday spirit with Teddy Zathghloul and his daughter Sammia at the local Sobeys outlet.

## Herring Cove Junior High a 'compassionate school'

By Des Writer  
 Staff

It's a story of determination, competition, generosity, even subterfuge. And it gives the lie to the concept of teenagers as self-absorbed, uncaring individuals. It all started with a letter from Dorothy Rudolph, Staff Associate of the Family Resources Institute (FRI) at St. Paul's United Church in Spryfield, asking groups or individuals planning a food drive, or "able to offer any assistance" to have it in time for distribution just before Christmas.

"The letter was the stimulus for our school to respond," says Audrey Davison, Language Arts teacher at Herring Cove Junior High

School. "I put the word out on Monday morning, visited as many classes as I could, and told them what we wanted to do," she says.

Gathered around the Guidance Office table with a group of students, all of them anxious to tell The Chebucto News about the project, Davison says they wanted to raise \$50 per class, for a total of \$700 from the school, for two needy families identified by FRI. What they succeeded in doing was raising \$2150 in five days. "With a lot of luck," says Davison. "Once we found out it was for people from our community around our age, we really got excited," says grade 8 student Gracie LeBlanc, 13.

The original intent of the initiative was to promote the spirit of kids giving other kids a

## Armshore Drive residents may get new sewer service

City Engineer Charles Lloyd has agreed to proceed with making a formal petition to residents of Armshore Drive in the next few months to determine if the majority accept the financial conditions of a proposed new sewer line which will give most of the Northwest Arm shoreline residents the option to hook into the new sewer line or continue using their septic systems.

Lloyd told the residents that because of bedrock and the depth required for the pipe to service most homes, the frontage costs will reach about \$11,000 for each homeowner. Because of the steep grades of properties and the land in general, the sewer pipe will have to be as much as 4.5 metres into ground comprised mainly of bedrock.

Lloyd told the residents payment for the installation could be accommodated on a per frontage foot basis at about \$180 per foot or averaged out over all properties the cost would be about \$11,000 per property.

But following a series of community meetings, residents decided in favour of a two tied payment system which provides a cost break for some whose plumbing systems are lower than the perceived depth of the sewer line and will require personal installation of lift pumps to reach the new line. Residents at a December meeting agreed to a slightly higher fee for those not requiring lift pumps in their homes to help offset the costs of installation. Residents agreed to ensure each property was contacted in an effort to gain agreement among all homeowners for the two tied payment system and agreed on a per lot charge rather than a frontage charge system.

Lloyd told residents he would begin preparing the required petition over the next

see "Herring Cove" pg. 2

see "Armshore" pg. 2

# Herring Cove Junior High a 'compassionate school'

*continued from pg. 1*

bracelets, fudge and Christmas cookies.

Asked what they planned to do with the money raised, Davison said "we're going shopping." Local retailers, Wal-Mart, Bayers Lake, and Atlantic Superstore, Joseph Howe Drive, donated gift certificates to the school, she says in thanks.

Before the shopping expedition, there were many ideas for the shopping list. "There's a lot of young children. I'd like to see them get some different toys that they really enjoy," says Gracie. "Some kids said they'd like to see them have a tree, ornaments too," adds Conor. "Probably winter clothes," says Steven. "I'd like to see them get clothes too, like pants and socks," echoes Travis.

Days later, Davison took 17 students in four carloads to the malls. "They had a ball," she says. "When we got there, I gave them a general idea of what to look for. They made all the final choices."

First on their list were clothes: pants, shirts, socks and winter clothes, Davison says.

"There are four kids altogether; we tried to tailor to their interests," she says. They bought toys such as Lego, board games, computer

thing I really want, 'Fire Emblem,' " says Conor. "There's nothing much I really want, just to have a good time," suggests Travis.

"I'm pretty open to everything," says Gracie. "I like shopping for others more than myself."

"I've never seen anything like this before," says Carla Bernier, Mathematics teacher for grades 7 to 9. "Students here are very compassionate, giving, kind," she says. Students sponsor four children from India through World Vision, raising \$33 monthly for each of the four, through such things as coin drives and bringing an extra dollar for dances, she says. "I think everyone on staff is committed to helping other staff, and students really want to be involved. It's an awesome community."

As for that competition between 9-1 and 9-3, "It ended up being a tie," says Steven. Each class raised \$536.86,

notwithstanding the subterfuge of grade 9-1 homeroom teacher, Grant Dunbar. "On the last day he stuck a piece of paper showing they'd raised this fantastic amount," Steven says gleefully. He purposely walked through 9-3 (who'd actually raised \$171) telling them his class had raised \$210, when it was really \$61.65! "We didn't want a tie, we really wanted a winner," says Davison.

Just ask the folks at FRI. They'll tell you they got one.



Herring Cove Junior High students, Gracie LeBlanc, Conor Chiasson, Steven Schnare and Travis Kirk, and language arts teacher, Audrey Davison, helped raise \$2150 for needy families at Christmas.

games and a monster truck.

Just prior to Christmas, they took their gifts to FRI. "It's incredible," says Rudolph. "A lot of times children don't realize how others live. I know a lot of children who go to that school and I'm very proud of them."

Contrasting with their generosity for the needy families, the students had very modest requests on their own Christmas lists. "Not much really; Play Station 'Smackdown vs. Raw,'" says Steven to laughter. "This certain

# Governor's Brook Development

*continued from pg. 1*

But the developer is requesting permission in the development agreement to include some multi-use housing in the project and that part of the application is required to return to Community Council for ratification. And although another public hearing is not required for the change, HRM and Community Council members have decided that changes in the political make-up of the community in the past two years requires that a full public hearing into the development agreement must be held.

The city's position is that with Councillor Adams unavailable for the original hearing, he is not eligible to vote on the development agreement this time around. And as well, former Councillor Diana Whalen has moved on to provincial politics and unable to vote on the agreement. Newly elected Councillors Debbie Hum and Mary Wile, also not at the original public hearing, would not be eligible to vote. That would leave only two councillors, Mosher and Walker, eligible to vote on the issue so the city has required that a new public hearing on the development agreement be held.

The hearing has been scheduled for the Halifax West High School, beginning at 7 pm, on January 5.

# Armshore

*continued from pg. 1*

few months, later taking the petition results to council for approval to do the work, hopefully this spring, with a proposed completion date sometime before summer.

Residents agreeing to the main sewer line installation are required to cover their own costs for hooking into the system but they are not obligated to complete the hook-up.

## Spryfield Lion's

# Bingo

## Sunday's and Thursday's

Lion's Rink, Drysdale Rd.

**Doors open at 6 pm**  
**Mini Bingo @ 6:30**  
**Main Bingo @ 7:30**

**Games 1-14 \$200**  
**Game 15, 3 in 1 game**  
**Around the free \$100**  
**Around the world \$150**

Full card will be a building jackpot. Starting with \$1050 in 51 #'s or less, with \$1000 to go. Each night jackpot is not won \$50 will be added.

**Building Bonanza**  
**Building Loonie Pot**  
**Second Chance Game**  
**Last Sunday of each Month**  
**\$400 ticket draw**

The last Sunday of each month you can win a trip for two to Penobscot High Stakes Bingo in Bangor Maine with Sue-Anne Tours.

# BINGO



License # AGA-113771-02

## Danielsons ~ Water 'N' Wine

*"The Best Little Brew Shop In Metro"*

South Centre Mall • 477-9463

## JANUARY SPECIALS

### 3 in 1 Pressure Disk Wine Filter

*Filters wine brilliantly clear!*  
*Transfers wine/beer without lifting!*  
*Bottles wine/beer without siphoning!*

**\$69.99**

Check out our  
**Coopers Shelf Dated**  
**Scratch & Dent Clearance Sale**

**\$6.99 each**

*While supplies last. No limit on quantity.*

**Grape Star**  
4 week wine kits

**\$32.99 ea.**

or

**2 / \$59.99**

### Premium 231 pails of Wine Must \$59.99 ea.

*Various styles Red and White, these kits are simple to make and produce wines of exceptional character.*

### Tried Sears "Ship A Gift" Service Yet?

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

# Canadian Tire rescues boy's hockey season

There is an expression, which may or may not be of African descent, which says "it takes a village to raise a child." And in the case of Jonny (not his real name) it is an expression that not only rings true but one that carries

with it the joy of giving during the holiday season.

Jonny is a nine-year-old local boy, part of an economically disadvantaged family, who has for the past three years has been fortunate enough to have his hockey program at Chebucto Minor Hockey Association covered through the generosity of a local business, the HRM Kids Program administered in the community by Captain William Spry Community Centre Manager Peggy Allen and Association Registrar Patricia Manuel.

With the three "at-arms-length" partners shouldering the registration fee, Jonny and his family were obligated to provide the equipment for the program. And although that wasn't easy for the family, Jonny got outfitted for hockey and took to the ice to play in the Atom Division House League Program.

Needless-to-say, the boy enjoys his hockey program. His coach once asked him if he

would mind moving from the left to the right side of the rink for a few shifts. In the unabashed and direct way kids have, Jonny brought a giggle to his coach with his "anything Coach ... I'm just happy to be on the ice" reply."

So as the world unfolded this hockey season, Jonny's life was good. His skates, all but new and bought for him by a friend of the family who saw them as a deal, his three hand-me-down sticks, and his "gathered from a number of sources" equipment was not perfect but it sufficed to get him to the ice for a practice and a game every week where he could expel his excess energy.

But one afternoon when Jonny and his father were heading home from the rink they passed the home of a friend who had been out of town for several weeks. They stopped by to say hello, leaving their equipment on the doorstep. When they returned less than ten minutes later, the equipment bag and sticks had disappeared. Days later the bag, an elbow pad and Jonny's Chebucto hockey jersey showed up at the local police department office. No other gear was found, leaving Jonny unable to complete his hockey season.

Enter Spryfield's Canadian Tire Corporation Associate Dealer Randy Combe. Told of Jonny's dilemma, Mr. Combe invited the boy to the store. Without knowing what was before him, Jonny arrived at the store and was introduced to Chris Keating, General Manager, who walked Jonny up and down the hockey equipment aisles fitting him for everything from his skates to his helmet.

Not a piece of equipment was left out. Shin pads, gloves, shoulder pads, elbow pads, a hockey stick and tape, even socks and shin pad tape were given to a boy too overwhelmed to know what to do or even say.

For Mr. Combe, whose own son plays in the Chebucto organization, the generous offer was considered as perhaps the only Canadian thing to do. "As a Canadian I believe in hockey, not only as a big part of our culture, but in its value to the thousands of youth who play," he said.

Jonny may never make the NHL, but thanks to Canadian Tire Corporation Spryfield Associate Dealer Randy Combe, he'll at least be able to carry the Canadian dream for the remainder of the season.



Canadian Tire Corporation's Associate Dealer Randy Combe and Russell Dauphinee check out the store's new skate sharpening equipment. The new service is available at the local outlet.

**For information and assistance**



**Peter J. Kelly**  
Mayor



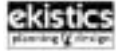

Tel: (902) 490-4010 • Fax: (902) 490-4012 • [kellyp@halifax.ca](mailto:kellyp@halifax.ca) • [www.halifax.ca](http://www.halifax.ca)

## Herring Cove Road Community Planning and Streetscape Project

Ekistics Planning and Design is helping the community develop a vision and priorities for the Herring Cove Road area from the Rotary to Roach's Pond. Please drop in on a public design workshop to discuss the ideas that have been developed so far and come to a final presentation in advance of a report being submitted to Halifax Regional Municipality.

**Public Sessions:**  
 January 19, 2:00-7:00 p.m., Workshop (with a short presentation at 7:00 p.m.) at the Captain William Spry Centre  
 February 10, 7:00-8:00 p.m., Final Public Meeting at the Captain William Spry Centre

**For Information Contact:**  
 Richard Harvey, Planner II  
 West End Mall Office  
 (t) 902-490-3691  
 (f) 902-490-4406

## Beat The Heat

Feeling the pinch of the rising cost of furnace oil?  
Struggling to keep pace with the "minimum purchase" demands of the big oil companies.

**Steve Murphy's Auto Services  
and Wilsons Fuels**  
are offering

### "Cash and Carry" Furnace Oil

Buy 5, 50 or 500 litres or more  
Bring your own container or buy one from our reduced priced inventory

**Competitive Pricing**  
**Untold Convenience**

Don't get the cold shoulder of minimum purchase requirements.  
Stay warm and cozy and within budget at

**Steve Murphy's  
Auto Services and Wilsons Fuels**

225 Ketch Harbour Road - 477-4160  
Open 7 am to 9 pm Monday to Friday - 8 am to 6 pm Weekends

## DISCOVERING OUR PAST

### Two hundred years ago, farmers, fishermen thrived in Mainland South

by Iris V. Shea, Historian  
Mainland South Heritage Society

#### Part Two

Last month we left our first traveller near the Grist Mill at the mouth of the Northwest Arm. He continued his travels by rowboat to Russell's Island (now Spectacle Island in Purcell's Cove) which, in 1804, was leased from William Russell by Halifax merchants and used as a place to dry their fish for the Halifax market.

Ferguson's Cove, a busy place for the fishery, was around the out-crop of trees beyond the island. William Glazebrook, Mathew Lynch, and David and Job Smith, all permanent settlers by 1804, owned the stages and stores on the fish lots. Glazebrook had come to Ferguson's Cove from England in 1785 and married Eleanor Purcell of Portuguese Cove. By 1804 they had 10 children and five more were to follow. Mathew Lynch, an Irishman, served in the British Army before settling in Ferguson's Cove in 1800. Another fisherman who travelled between Portuguese Cove and Ferguson's Cove was Samuel Purcell, Jr., son of an old soldier who emigrated from England during the 1760s and obtained a grant of 500 acres in Portuguese Cove. Samuel, Jr., eventually settled in Purcell's Cove, the community named for him. In 1803, David Smith of Ferguson's Cove married Catherine Wooten, widow, a sister to Samuel Purcell, Jr.

Our traveller was well received in Ferguson's Cove by the fishermen and their families, and walked up the hill to York Redoubt where he met the guards stationed there. In 1804 one Subaltern, one Sergeant, three Corporals, one Drummer and 10 Privates from the 60th Regiment were stationed there. (Each month, weather permitting, the soldiers were exchanged with another group from the same regiment stationed at the Citadel). A tour of the Duke of York Tower was one of the highlights for this visitor.

In order to continue his journey, our 60 year-old traveller hired Mr. Glazebrook's eldest son, 17 year-old William, to row his boat. The next stop was Herring Cove, another community settled by fishermen and ex-military men. Henry Latter and his family had been there since 1772. The death from Smallpox in Dec. 1800 of Patrick Power, aged 23 years, places the Power family in Herring Cove at this time. Neil Darrach, George Munro, George Thomas, Thomas Fahie and John Brown were well established on Fish

Lots. In the next cove Joseph Bracket and George Rhyno were occupying the land at Halibut Bay, while William Johnson, who had arrived about 1801 from County Wexford, Ireland, owned most of Bear Cove.

In Portuguese Cove our traveller met several descendants of Samuel and Catherine Purcell, namely their son John and sons-in-law Duncan McGuire and Joseph Smith. (Young William Glazebrook was happy to visit his many Purcell relatives, and no doubt an



Portrait of John Howe by W. Valentine, NSARM

overnight stay was arranged for both men). George Brückbauer (later Bowers) settled in that community in 1776, married Mary Fitzpatrick in 1781, and had one child, Edward. A signal station at Camperdown was built on land owned by the Bowers. In 1804 there were four soldiers stationed at the site.

A brief stop at Duncan's Cove gave our traveller a chance to talk to some of the fishermen from the surrounding communities who fished out of that cove. Large granite stones were being cut from its shoreline and transported to Halifax by ship to be used in buildings at the Naval Yard.

Next was Ketch Harbour, one of the earliest fishing stations established to provide food for the soldiers and the inhabitants of Halifax. By 1804 the sons of Peter Martin had inherited their father's land in Ketch Harbour, his fish business and wharf in Halifax, and his house on the corner of Argyle and Blowers Street. The youngest children of the late Peter Martin were living with their mother and stepfather, Susannah and John Flemming, and greeted the mysterious gentleman and his companion as they arrived on shore. Also on the shore were the children of Joseph White, John Edes and Thomas McDonald, all permanent settlers before 1800.

On the way to Sambro was Sandy Cove,

inhabited by fishermen on a seasonal basis. Off in the distance the lighthouse on Sambro Island was just visible through the fog. Mathew Pennel, Jr., was the lighthouse keeper. Four soldiers were also stationed on the island in 1804.

Upon reaching the "harbour" of Sambro, several families welcomed the visitor and his young companion. James Gray, Christopher Sadler and William Ring had been there for several years. Isaac and Warren Smith had arrived from Barrington, Shelburne County, as did Benjamin and George Barse who married local girls. By 1804 Reverend William Black, the Methodist minister, was a regular visitor to Sambro where he performed several marriages and baptisms which are recorded in Brunswick Street United Church in Halifax.

Beyond Sambro was the sandy shoreline of Coot Cove. When a group of fishermen from Barrington, Shelburne County, sailed these shores during the 1790s, they decided

this cove would be an ideal place to settle. Among them were Elkanah, Joseph and Gideon Smith; Caleb Nickerson and his two sons, Richard and Caleb; and John James Thomas's family. Lawrence Keating and his family had settled in Pennant, a short distance from Coot Cove by water.

Our traveller had reached the end of his journey, having made many notes along the way in his journal. Returning to Halifax, he was able to write several articles in his own newspaper, the "Halifax Journal." This gentleman, who was no stranger to those he visited in the fishing communities, was John Howe, the King's Printer for Nova Scotia since 1801 and the recently appointed post-master general. He passed his journalistic interests and spirit of adventure on to his youngest son, Joseph, who was born 13 December 1804 and became one of this province's most distinguished politicians. In 2004 Nova Scotians celebrated the 200th anniversary of Joseph Howe's birth.

any muffin OR bagel & medium coffee

**\$1.89** plus tax

new  
**Lemon Cranberry**

new  
**Twelve Grain**

**Tim Hortons**

**Three Locations in Spryfield**

154 Osborne Street 477-9984	1 Pine Grove Road 479-3206	South Centre Mall 477-1943
--------------------------------	-------------------------------	-------------------------------

# Spry Fitness Centre offers specialized programs for 50-Plus age group

By Sandra MacLean  
Staff

Exercise is one of those perennials on nearly every list of New Year's resolutions and it looks like more and more people are following through. With more than 20 years experience in the fitness industry, Carolyn Langlands of the Captain William Spry Centre sees a growing trend for those over fifty to get active in health and fitness classes, with women far outnumbering the men.

Carolyn is excited that they had to double the classes for the 50 plus age group in the January schedule and says they will also add a new program, Strength Training for Older Adults.

How come this group is getting out in record numbers? She thinks maybe the increase results partly from the long-term massive amounts of education in magazines, newspapers and other media in recent years telling people they need to get fit. Perhaps this age group simply has more time to pay attention to their own needs or their priorities have changed. It could relate to the fact that exercise really does live up to the promised benefits.

People who exercise feel better. They describe numerous health benefits like less pain, better shape, lower weight, increased relaxation, improved sleep, more control of incontinence, more energy, lower cholesterol levels, and that's just a partial list of what it

can do. It can also help prevent or improve many potential health problems like falls, osteoporosis and heart disease.

On top of all that, it is fun, social and a self-confidence builder. Life becomes easier because stronger muscles and more flexible joints make it easier to lift, bend, and carry things necessary for so many daily activities.

It's not much wonder that the fifty plus group are interested in more exercise. But these days people don't want a one-size-fits-all program. They want programs already adapted or ones they can easily adapt to their specific situation of health limitations or injuries.

Langlands says most exercise programs can be tailored specifically for the fifty plus age group whose needs and preferences can differ from those of other age groups. The differences may be as simple as recognizing different age groups like different music or understanding that people may feel more comfortable with others their own age or offering daytime programs for those who don't like to go out at night. The pace may need to be adjusted to individual comfort and ability levels. The balance between strength

and stretch activities may have to be adjusted to match participants' needs.

The new 55-Plus Strength Training classes will focus on the proper use of various pieces of fitness equipment for older adults. With a maximum group size of twelve, everybody gets the individual attention they need to make sure they do the right exercises for their body and that they do the exercises right to avoid pain or injury. Over a ten-week period, they can try out five or so programs with different workouts so that members can find a comfortable routine that works for them.

Langlands says the new program will really help people who feel intimidated by exercise equipment. It gives them a chance to get familiar with each piece of equipment, ask questions, test out some programs with supervision and generally just get comfortable with this style of exercise. She says even though most people use exercise equipment on their own, they have found "exercising with a group keeps everybody more motivated than just working alone." With so many choices, maybe this is your year to get serious about exercise!

STOP THROWING AWAY EMPTY CARTRIDGES\*STOP THROWING AWAY EMPTY CARTRIDGES\*

NEW LOCATION!  
**CLAYTON PARK**  
444-2345

# INKJET X-CHANGE

\*METRO LOCATIONS\*

RIBBONS RECYCLED INC. PH: 468-5622	BARRINGTON PLACE PH: 422-1188	WEST END MALL PH: 455-2325
PENHORN MALL PH: 465-5622	MARITIME CENTRE PH: 492-1188	LWR SACKVILLE PH: 864-1188

WWW.INKJETXCHANGE.CA

STOP THROWING AWAY EMPTY CARTRIDGES\*STOP THROWING AWAY EMPTY CARTRIDGES\*

**Find Out What Your Home Is Worth On-Line**

[www.HalifaxHomeEvaluation.com](http://www.HalifaxHomeEvaluation.com)

Roy Thomas Sutton Group Professional Realty

## Does your New Year's Resolution include getting in shape?

**10% Discount on all Memberships purchased in January 05**

Planning is underway for a stability ball workshop as well as an abdominal and free weights session! If interested in either of these, please contact Fitness Club staff.

**Come visit the Captain Spry Fitness Club, day passes are as low as \$8.**

Conveniently located in the Captain William Spry Community Centre.

**Call 477-7665 (477-POOL) to inquire about our membership plans**



Captain Spry Fitness Club  
*Spry for Life*

*Come Ride the Fitness Wave*

# JL Ilsley Scholarship Auction another success

Thanks again to a generous community, the J. L. Ilsley High School Annual Scholarship Auction was a great success. The event drew a smaller crowd than in previous years, but enthusiastic bidding brought in \$13,500 to be used for scholarships and bursaries for this year's graduating class.

Alumni and families of past scholarship winners are among the most loyal of auction bidders. While enjoying appetizers and music, alumni, parents, and members of the community viewed the items, then settled down to watch Lorne Abramson, retired math teacher, auction 180 items.

Nights in hotels, a rocker recliner donated

by Halifax Countrywide Furniture, and 1000 Air Miles donated by LumberMart created some of the most spirited bidding.

The Grinches donated by faithful auction supporters, Dave and Cathy MacKay, proved as popular as last year. Parents donated items for the PTA baskets, which were assembled by Janet Lilly, PTA chair, and the school registrar, Hazel Robar.

At the beginning of the auction, Principal Terry Quinlan thanked the auction committee and made special mention of staff auction committee members who are retiring this year, Ellen Hibberts, Betty Hartnell, Wendy Taylor, and Auction Chair, Sheila Clark.



Auctioneer Lorne Abramson stands among J.L. Ilsley Scholarship Auction Committee members Peggy Fougere, Wendy Taylor, and Sheila Clark, chair, during this year's event which raised more than \$13,000 for student scholarships to higher education programs.



Spryfield Lioness Club members Dot Mosher and Mary Pellerine prepare for the Lions Club Christmas Dinner for residents of Group Homes in Metro.

## Supporting Your Community

# ROYAL CANADIAN LEGION

Earl Francis  
Spryfield Memorial  
Branch 152



# WE CARE



### Thinking of a Career in Real Estate?

Visit our website  
[www.guarantymacre.ca](http://www.guarantymacre.ca)  
and take a free, on-line, confidential assessment to determine if you qualify for a position in our fast growing company.  
Call Today – 457-4000

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.

July Cosgrove  
477-2817  
00321crc@sobeys.com

### Nutrition in January

#### Top 5 for Eating Smart in 2005

Get on track this year and improve the way you eat and feel! Includes 20 minutes of easy physical activity and a healthy snack! Thurs., Jan. 6, 5:30-7 pm. Free.

#### The Carb Craze Class

Get the truth on Carbohydrates! Thurs., Jan. 13, 5:30-7 pm. Free.

#### Munch & Move

Join us for 20 minutes of easy activity, a healthy snack. We will discuss how much activity is right for you. Thurs., Jan. 20, 1:30-3 pm. Free.

#### Controlling Diabetes

Learn how to control your blood sugars with food. Thurs., Jan. 27, 2-4 pm. Free.

#### Healthy Cooking - Back on Track

Butternut Soup, Haddock with Vegetables, Turnip and Potato Puree. Mon., Jan. 10, 6:30-8:30 pm. \$5.00.

#### Healthy Cooking - Kick Start to 2005

Lemon Thyme Dip, Chicken Minestrone, Lemon Pudding Cake with Berries. Mon., Jan. 17, 6:30-8:30 pm. \$5.00.

#### Healthy Cooking - Supper in a Snap

Seize Her Salad, Easy Greek Pasta, Broccoli with Pine Nuts, Tropical Delight. Mon., Jan. 24, 6:30-8:30 pm. \$5.00.

#### Healthy Cooking - January Revival Meal

Couscous with Raisins, Apricots and Curry, Warm Salad, Veggie Bean Lasagna. Mon., Jan. 31, 6:30-8:30pm. \$5.00.

Spaces are limited! Call Felecia at 443-0577



Save Time and Money  
When buying or selling a home.  
**FREE NEW HOT LINE SERVICE**

A free new community hotline service enables you to get recorded information 24 hours a day, when buying or selling a home, without having to talk to anyone. It's important you have all the facts and information before you begin the process. The following information will help you get the most out of your buying and selling experience. Simply call 1-888-574-7319 and enter the 4 digit ID# of the information you want to receive.

BUYERS	SELLERS
<ol style="list-style-type: none"> <li><b>How to beat other buyers to Hot New Listings</b> Receive a <b>Free</b> computer printout of hot new listings that match your criteria. Call 24 hr. 1-888-574-7319 ID#4040</li> <li><b>6 Things to know before you buy</b> – Find out how you can save thousands of dollars when you buy a home. 1-888-574-7319 ID#4004</li> <li><b>First Time Buyers – Stop Paying Rent and own your Own Home.</b> Free report. Call 24 hr. 1-888-574-7319 ID#4001</li> <li><b>How to buy a home with absolutely NO MONEY DOWN, FREE Pre-Approval.</b> Call 24 hr. 1-888-574-7319 ID#4025</li> </ol>	<ol style="list-style-type: none"> <li><b>FIND OUT WHAT AREA HOMES ARE SELLING FOR</b> – Receive a <b>Free</b> computerized hot list of recent home sales and current listings. Call 24 hr. 1-888-574-7319 ID#4041</li> <li><b>COSTLY HOMESELLER MISTAKES</b> – Learn how to avoid these common mistakes and save your self thousands of dollars when you sell your home. 1-888-574-7319 ID#4000</li> <li><b>27 QUICK &amp; EASY FIXUPS</b> – Learn how to sell you home fast and for top dollar. Call 24 hr. 1-888-574-7319 ID#4023</li> <li><b>11 HOME INSPECTION PITFALLS</b> – Learn about these common and costly traps <b>BEFORE</b> you list. Call 24 hr. 1-888-574-7319 ID#4003</li> </ol>

This is a free community service provided by Roy Thomas of Sutton Group-Professional Realty



# Annual tree lighting about peace and community wellness - Cochrane

By Akiko Lovett  
Staff

"Keep singing," says Marjorie Willison, co-organizer of the Peace Tree Lighting ceremony in Spryfield this month. "Keep singing and Santa Claus will come," she says as the crowd bellows out that classic Christmas song "Jolly Old Saint Nicolas."

This year the Peace Tree Lighting Ceremony at the Captain William Spry Community Centre had a record turnout. With standing room only, Santa Claus did show his jolly face and the Christmas tree was lit. And for the second year in a row, the theme of "Fourteen Days in December" was celebrated.

Andrea Cochrane, co-organizer of the event

says it's really about celebrating peace. She says last year was the first year the community decided to commemorate the Montreal Massacre and the tragic death of 14 women. And in doing that, the community is agreeing to deny violence and celebrate peace.

"It's about taking ownership," she says of the annual event. "When the community takes ownership it's about long term goals and caring about people in this community and other communities too," she says.

And the important thing is that the community came together. This year saw the J.L. Ilsley Drumming group, the Harrietsfield and Central Spryfield School choirs and the Herring Cove Senior High Jazz Band, all come together to provide the festive tunes that make the holiday sea-

son what it is.

"It was a fabulous turnout," says Marjorie Willison, who mc'ed the event and beckoned for Santa Claus. Families came together to enjoy music, hot chocolate and other activities that brought a great feeling of community and Christmas Spirit.

"It's an opportunity for people to come out and meet other people in the community," says Cochrane. "And they get to meet the groups who work so hard for the community too."

The Halifax Rotary Club, the Chebucto West Community Health Board, the YWCA, the Mainland South Teen Health Centre and the Spryfield Youth Action Team all volunteer services and supplies to make the event success.

Children enjoyed everything from face paint-

ing to a games room and of course candy canes that Jolly Old Saint Nick himself passed out during the ceremony.

The Christmas Tree Lighting Ceremony itself was just one of the many events this year that celebrated peace in Spryfield and the surrounding community. Schools also adopted the theme and took initiatives like bringing in guest speakers to talk about violence and peace and sending home assignments for kids to talk about peace at home with their families. There were peace parades in the community and an overall agreement that the focus should be on anti-violence.

"It's really about promoting community wellness on a whole," says Cochrane, who adds that the theme of peace will always be part of the annual event.




## Cowie Hill Physiotherapy

*We're not only wishing you a Happy New Year -  
We're here to help make sure you have one.*

- Acupuncture
- MVA Injury Management
- Sports Medicine
- Manual Therapy
- Massage Therapy
- Work Conditioning Programs
- WCB Approved Provider
- Home Medical Equipment

Cowie Hill Physiotherapy can provide you with the treatment, attention and education needed to manage your injury and/or pain. Early morning thru evening appointments available.

Lawtons Drug Store Building  
15 Shoreham Lane (at Herring Cove Road)  
Phone 479-2063 for your appointment today



## Spryfield Family Medicine Centre

Dr. Jean Kabongo, M.D.  
Now Accepting New Patients

Blood Collection Service Mon-Wed-Fri 8:30 am to 12:30 pm

Office Hours  
Mon-Tues 9 am to 8 pm  
Wed-Thurs 9 am to 5 pm  
Fri 9 am to 3 pm

315 Herring Cove Road  
479-0025



# Crowell's Pharmasave

## Come Visit Our "Home Health Care Section" complete with





- SIGVARIS "Compression Stockings" - we have Certified Fitters on staff
- CHAMPION Braces for ankle, wrist, back etc.
- AMG products including bathroom safety devices, canes and crutches
- Incontinence products
- A new convenient private on-site fitting and consultation room
- Mastectomy products available - certified fitters on staff

**While you're here visit our "Diabetic Department" offering**

- Glucose Monitoring Equipment
- Low Calorie Sweeteners
- Diabetic Meal Substitutes
- Diabetic Cough Drops
- Needle Aids
- Diabetic Video Guides

**349 Herring Cove Road**

**Phone 477-4650 or visit our website at [www.pharmasave.com](http://www.pharmasave.com)**




# Year End Sale!

Furniture Savings up to

# 50%

on all home furnishings, mattresses, accessories and select appliances!



WOW!



**PILLOW ARM & BACK ROCKER RECLINER**

Also available in brown by special order.

**\$299**



**\$1499**

**EXCELLENT VALUE**

All leather set with pillow top seat & arms on this 91" long sofa provide exceptional comfort

**WOODBURY**

Comfort quality and durability set this 640 superlastic coil mattress apart from the rest!

Twin	\$399
Ful	\$549
King	\$999



QUEEN

**\$699**

Don't Pay  
'til **2006**\*

**HALIFAX COUNTRYWIDE**

Home Furnishings & Appliances

**531 HERRING COVE ROAD, HALIFAX, N.S.**

5 km from the Armdale Rotary

(902) 479-4448 [www.countrywidestores.com](http://www.countrywidestores.com)

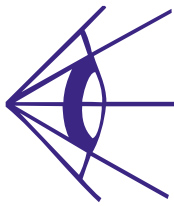
Monday to Friday 9 to 9  
Saturday 9 to 6



*The VALUE keeps on getting better!*

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





# YOUR FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahen & Associates

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

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**

**LOCALLY OWNED AND OPERATED SINCE THE EARLY 1960'S**

## Now Open at 215 Herring Cove Road



greco.ca

Surf the Net over Lunch Spryfield's First "WI-FI Hot Spot"

Ask for the Chebucto News Special  
**Two 12" Pizzas \$16.99**  
(any 5 toppings)

Planning a Party?  
Our Box of Subs  
Feeds 8-10 People  
for Only \$45.99 +Tax



captsub.com

Trademarks of Grinner's Food Systems Limited and Capt. Sub Canada Ltd., used under license.



These symbols represent talking. They represent the trust between you and your pharmacist and the knowledge we can share with you. We understand your concerns. We'll listen carefully and offer advice to help you feel better. And throughout the year, we'll focus on specific health issues. Because sharing our knowledge is another way we'll watch out for you. **Let's talk.**

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



# Time for some "resolutions" says MLA

By *Graham Steele*  
*Halifax Fairview MLA*

It's the New Year. Time for some resolutions! And I don't mean personal resolutions, like eating less chocolate (!) or getting more exercise. When I say "resolutions," I mean there are some local issues that need to be resolved this year. Let me run down my local list.

First, we need to resolve the issue of wiring on Cowie Hill. You'll recall that Cowie Hill's wiring is underground. For that privilege, residents have been paying a small surcharge on their electric bills for the past 30 years. Now the wiring needs to be replaced. Nova Scotia Power says it will replace the system at its own cost, but only above-ground. That means the usual network of poles and

wires. Cowie Hill residents understandably believe that overhead wiring will destroy the character and aesthetics of their unique neighbourhood. They believe underground wiring makes sense. Its value was proven during Hurricane Juan, when Cowie Hill had only a very brief interruption of service.

The issue was scheduled to go before the Nova Scotia Utility & Review Board last summer. The hearing was postponed, principally in order to permit the Halifax Regional Municipality to prepare an intervention in support of Cowie Hill residents. The hearing has not yet been re-scheduled, but will likely take place some time in 2005.

I am pleased to be part of the Cowie Hill "team" that will make its case to the Utility & Review Board.

Second, we need to resolve the issue of Long Lake Provincial Park. Sadly, "our" park was closed in the wake of Hurricane Juan, and has yet to re-open officially. Of course, plenty of people are in the park anyway, despite the fact that it's technically illegal for them to be there. The problem is that the Department of Natural Resources doesn't have the people-power to assess hurricane damage and clean it up.

In 2005, I will continue to press the Minister of Natural Resources to do what needs to be done to re-open Long Lake Provincial Park.

Third, we need to resolve some traffic issues on Northwest Arm Drive. I wrote about these issues in more detail in my November column. Let me just say that the provincial Department of Transportation, which manages

that particular stretch of road, needs to finish quickly its long-promised analysis, then get busy improving problematic Northwest Arm Drive intersections like Old Sambro Road, and Walter Havill Drive.

Finally, let me mention another issue that is mostly within municipal jurisdiction, but on which we can all play a role. I'm talking about the speed and number of vehicles travelling our residential streets. No matter where I go in my constituency, I hear complaints about too many motor vehicles going too fast. The worst street for this, in my opinion, is the Osborne Street, Mayo Street, Withrod Drive area between Northwest Arm Drive and Herring Cove Road. It may be a cliché, but this street is truly "an accident waiting to happen." As one Mayo Street resident told me recently, it won't get the attention it deserves until someone is hurt or killed. Sadly, I can think of literally a dozen other examples in my constituency which are nearly as bad.

I don't know how we can resolve this particular problem. I do know that we can't have a police car on every street corner. Maybe we need stiffer penalties (provincial responsibility). Maybe we need to find ways to make sure speeders get caught (municipal responsibility) and design our streets to make speeding tougher (also municipal). And I suspect most of us can take it a little easier, slow it down, and set an example for everyone else around us (everyone's responsibility).

Together, let's work towards achieving favourable "resolutions" to all of these issues in 2005.

# Crosswalks determined on "technical merits" - Mosher

By *Linda Mosher*  
*Councillor District 17*

Throughout HRM, residents continually request new crosswalks. This appears to be a reasonably easy request to fulfill. Paint a couple of lines on the road to increase pedestrian safety. However, there is considerable controversy regarding whether providing marked crosswalks will increase or decrease pedestrian safety. Pedestrians may think that drivers will be able to see the crosswalk markings as well as they do. There are also many drivers who seem to believe that they don't have to stop unless pedestrians are directly in front of their vehicle.

Marked crosswalks are approved by HRM's Traffic Authority. HRM Traffic Services has established criteria for marked crosswalks to ensure that they are installed only at locations where a need for pedestrian assistance exists, and where they would be safe and efficient. Council does not have the authority to direct the Traffic Authority to approve a request. When we are asked for a crosswalk, we forward the request to the Traffic Authority, who conducts an analysis to see if this request can be granted. The Nova Scotia Motor Vehicle Act gives the Traffic Authority sole responsibility for locating marked crosswalks.

Crosswalks exist at all intersections whether marked or unmarked. However, sometimes it is more appropriate to have marked crosswalks which provide notice to drivers that

pedestrians are likely to be crossing in this area. On higher volume streets, pedestrians may experience excessive delays while waiting for acceptable gaps unless drivers stop to allow them to cross. The marked crosswalks are useful in providing notice to drivers that pedestrians are likely to be encountered at this particular location on a regular basis. Crosswalk markings are used sparingly. The streets cannot be over saturated with crosswalk signage or drivers will become immune to them.

Municipalities throughout Canada use different methods to determine if a location warrants a marked crosswalk. This year, HRM's Traffic Authority adopted the TAC warrant model for use in the Core Service Area of HRM. The basis of the TAC warrant model is the principle that pedestrian delay is the most critical factor in determining the need for traffic control improvements. The TAC warrant uses the concept of availability of "crossing opportunities per hour for pedestrians."

These opportunities are a function of roadway width, vehicular volume and the vehicular arrival pattern. Pedestrian demand, ability, and geometric features are also factored into the warrant model. Pedestrian accidents are not included as a direct component of the warrant model, but accident history is reviewed as part of the evaluation. Under the TAC guidelines, the minimum pedestrian volume required is lower than HRM's previous standard (20 versus 50) pedestrian crossings per hour. Seniors, children, and persons with disabilities are given higher points and their presence would

increase the scoring for pedestrians.

The adoption of the TAC warrants will probably result in more marked crosswalks on busy roadways. However, increased marked crosswalks will not necessarily result in fewer pedestrian collisions. As well, it will still be necessary to approve crosswalks based on their technical merits versus political or public pressure. The warrants are guidelines that are established based on extensive research and experience. They enable HRM's Traffic Authority to objectively evaluate whether or not a requested crosswalk will be an improvement or a detriment to public safety.



## Linda Mosher

*HRM Councillor, District 17*

Concerned, committed representation.

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



## 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

## Stephen Adams

*HRM Councillor, District 18*

Phone 490-4050  
Cell 497-8818

*Showing how government  
can work for you*



# MLA office has fuel rebate, long term health care information

By Michele Raymond  
Halifax Atlantic MLA

I would like to begin by wishing everyone a happy New Year, and by welcoming my new constituency assistant, Cassandra Birch. My office in the Captain William Spry Centre is open to the public between 9 and 2 on weekdays, and I invite you to drop in and visit Cassandra and I with your concerns. As your MLA, there are a number of services I can offer, from notarizing documents to advocating on your behalf when dealing with government services.

Information about the "Keep the Heat"

program for heating fuel assistance is now available at the office. The program offers \$200 rebates to help with the cost of fuel, as well as furnace tune-ups and energy savings kits. This program is certainly a step in the right direction, though the NDP is calling for an end to HST on heating fuel as a more broad-based, long-term solution to the crisis of rising fuel costs. A point-of-purchase price reduction will ensure that everyone has access to lower heating costs without red tape. The deadline to apply for the one-time fuel rebate is the 31st of March. This deadline is not printed on the informational materials or application form, so please take note

if you plan to apply. Please contact my office if you would like more information or an application form.

New changes to long term care services come into effect on January 1st. Long term care residents will no longer be required to pay for the health care costs of long term care, but will have them covered by the Department of Health. I will be helping to organize a public meeting about the new changes, both to inform people of the new rules and to seek their feedback. This meeting will take place in late January, and the details

will be posted in my upcoming newsletter.

Finally, watch out for my newsletter and new website, both of which will offer information about what I can do for you and more. The newsletter will be delivered to all homes in the community in January; the website will have regular updates about what's going on in the legislature and in the community. The website will also feature a directory of local businesses. We have many business listings already, but please contact our office if you would like to ensure that yours is included.

Best wishes to all for the New Year!

## Adams encourages residents to attend public hearing January 5

By Stephen Adams  
Councillor District 18

On January 5, Chebucto Community Council will hold a Public Hearing at Halifax West High School beginning at 7 pm to hear an application by Kimberley Lloyd Developments for a Development Agreement on lands near Colpit Lake. This application was heard in February 2003, but Community Council felt it appropriate to bring this forward again.

This is an opportunity for residents to look at the proposal and offer input. At the conclusion of the hearing, Community Council may render a decision that evening or defer a decision pending additional information.

I would like to offer some background on this project as it has a significant history. In the late 90s this application was not passed by Community Council. At that time I voted against the development due to environmental concerns.

In February 2003, the project was approved by a vote of two to one. I was unable to attend this meeting due to back surgery. Ironically, we postponed this hearing three times to accommodate the wishes of some residents. When it was finally scheduled, I was unavailable.

There have been a number of challenges and appeals regarding this project based on the process and the decision as well. Further, there is now an appeal pending. To date, the

appeals have not been successful.

The rezoning application allows Kimberley Lloyd the ability to proceed "as of right" to build single family and semi-detached homes without public input and minimal restrictions. "As of right" simply means a person can do with the property what is allowed by law or what is within their rights.

A Development Agreement contains provisions for setbacks from water courses, tree retention, a mix of residential uses and could provide for additional amenities above and beyond what is required.

I encourage you to attend the Public Hearing to have your say. If you are unable to attend or do not feel comfortable speaking in front of crowds, please contact me directly and we can discuss the issues.

For residents traveling on Rockingstone Road you may notice some infilling near Elizabeth Sutherland School. There are plans for six building lots, all under the scrutiny of the Nova Scotia Department of the Environment. I will also be working with the Spryfield Residents Association to follow this project closely.

I have had a number of requests for a snow fence for the property near the Harrietsfield Irving. Our efforts last year were not successful. However, we will try again by working with the landowner to help prevent white-outs along that stretch of 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: mhraymondmla@eastlink.ca



## 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

## Rent the Lions Den

Whether it is a Christmas party, anniversary, wedding, end of year banquet or other special occasion, the Spryfield Lions Den and hall are available for rent.

The Den is available for groups of up to 120 people, and the hall for larger groups.

For rental information or to check available dates, call Herman Peterson at 477-7753.



Support your local Lions Club

# Antifreeze Poisoning - a Warning for Pet Owners

One of the most common fatal poisonings known to affect companion animals is ethylene glycol toxicity. Winter weather and resultant ice and snow make this potential hazard even more likely. Ethylene glycol is the main ingredient in automobile antifreeze but it is also found in color film processing chemicals and as a solvent in detergents, polishes, lacquers

and paints. It is an odorless, colorless, sweet-tasting water-soluble liquid.

If antifreeze happens to leak or spill onto the driveway, garage or workshop floor, or is left uncovered in a container, dogs and cats may be attracted to it because of its sweet taste. The resulting poisoning is severe and usually fatal. For a small pet, even a few licks

can lead to death.

Why is antifreeze so lethal? Ethylene glycol is a nephrotoxin, which means it is a chemical which damages kidney cells. It also damages the lungs as well as tissues in the brain. Prompt treatment is essential within minutes of ingestion as ethylene glycol acts quickly to cause permanent and often irreversible kidney damage.

If you see your dog or cat drinking it, or if you suspect that they may have gotten into it, don't wait for signs of poisoning to appear. Rush the pet to the nearest veterinarian. The symptoms of antifreeze poisoning are initially excessive salivation, vomiting, and depression - but symptoms may not appear until 30 minutes after the poison has been ingested. By that

time, much damage has already occurred. Some pets may also experience weakness, instability when walking, tremors and convulsions. As time progresses the animal may have difficulty breathing and may slip into a coma.

Once an animal is diagnosed as having ethylene glycol intoxication, prompt hospitalization and intensive treatment are required. Despite aggressive treatment many animals do not survive. The two factors that largely determine the survival rate of an affected animal are the volume of poison ingested and the speed with which the pet is diagnosed and treated. So pass along the word to your neighbours and friends to be aware of this deadly household chemical. People should realize the importance of proper handling and storage of products containing this chemical and the necessity of quickly and thoroughly mopping up any spills, however small.



Janice Purdy and Liz Barret assist with the delivery of hot chocolate to those attending this year's Christmas Lighting Ceremony at Chebucto Heights Elementary School.



**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

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

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

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



[www.halifaxvet.com](http://www.halifaxvet.com)

## My Hassle Free HomeSelling System Will Sell Your Home For Top Dollar in 30 Days or Less

Visit [www.RoyThomas.ca](http://www.RoyThomas.ca) for details

### Dear Homeseller,

I've been in the real estate business for fourteen years, but the way I've operated my business has changed dramatically over that time. Nine years ago I was really frustrated with the way things were going. While I was doing well, I wasn't happy with the level of service I was able to give my customers. Don't get me wrong. I was doing my best, and the service I was giving my customers was on par with what my competitors were providing. But I wanted to grow my business, and I realized that the only way I could do this would be to give my clients better service and better results than my competitors. It was my vision to develop a system to help my clients homes sell faster and for more money than the other homes on the market.

### A Simple Questionnaire Changed My Business Overnight

Around this time, I came across an astonishing survey in a consumers trend magazine which stated that approximately 70 percent of today's buyers and sellers would not go back to the agent they had worked with in the past because they felt they had received inadequate service and were unhappy with the marketing done by their agent. I sure didn't want this to happen to me, so I knew I had to do something different than the rest of the industry to protect my reputation and build a large clientele of satisfied customers.

### I Wanted to Create a New Industry Standard That Started With My Customers' Needs

After analyzing the problem for some time, I

finally realized that the traditional way of selling real estate doesn't really work that well. As happy as I was that I had pinpointed the problem, I admit that the prospect of reinventing the traditional process was a little daunting. It was clear to me that I needed to create a unique marketing process and service program that started with my customers' needs. I wanted to set a new standard in the industry.

### Giving You Great Service is Key

After studying other professions, reading books, and surveying buyers and sellers, I began to see the vision and realized there were at least two key components I would need to invest:

1. I needed to build a strong support team of the finest professionals available to provide you with ultimate service, and
2. I needed to build a large database of qualified buyers who would be looking to buy a home just like yours.

### I Want to Help Your Homeselling Dreams Come True

Other Realtors were unsure when I told them of my vision! I'll have to admit, at first it was a struggle. You see, there was no model for me to follow. No other agent in the area was operating their real estate business this way. But looking back, I know that it was worth all the effort - because the changes I made to my business have caused my clients' homes to sell faster and for top dollar, and have enabled me to provide the highest level of customer service in the industry.

### My Team of Professionals Provides Over-the-Top Service

Let me explain why the idea of a Team seemed so important to me. You see, most real estate sales reps operate as "lone rangers", running every aspect of their business themselves: from placing the For Sale sign to writing ad copy to typing letters, answering the phones, paying the bills, searching for buyers, etc. etc. Believe me, this traditional approach to doing things is a lot of work. I know, because I used to do it this way myself, and this explains why the average Real Estate Agent in North America sells less than 10 homes a year.

In contrast, when you hire me, you get me PLUS my team of professionals for the same price as hiring a single sales rep. While you still only deal with one person, you have the security of knowing that there is a whole team working behind the scenes to ensure your home sells fast and for the best possible price. It's no wonder that my clients sell their homes faster and for more money.

### I May Have Buyers for Your Home BEFORE You Even List With Me

Another fundamental difference between my marketing system and what you'll find with other sales associates in the area, is the way I work with buyers. You see, most real estate offices today want you to list your property with them first before they will start to locate buyers for your home. I don't do it that way. In fact, I am continually looking for buyers all the time.

Let me explain. I know you have seen my signs around our area or saw my ads in the local newspa-

per. You probably have even visited my web site ([www.RoyThomas.ca](http://www.RoyThomas.ca)). In the last year I have placed literally hundreds of individual ads. Those ads brought in excess of 2,700 buyer leads. Because of the sheer volume of buyer leads we generate I had to hire 3 more agents this month to service these leads. As a result, at any given time, my team and I are working with dozens of motivated and realistic buyers who are serious and qualified to buy a home in the near future.

You may be asking yourself how we can service so many buyers? Well, the answer is really quite simple. You see, I have designed a unique computerized Buyer Profile System. What that means is that when you list with me, full information about your home is delivered not only to every area real estate agent, but is also emailed immediately to every buyer in my database who is looking to buy a home like yours.

Since my buyers have been educated about the market, they are familiar with pricing in your area and will appreciate and be willing to pay top dollar for your home. The combination of our inventory of serious, motivated buyers and our aggressive home marketing techniques will maximize the sale price of your home.

### My Buyers Want to View Your Home Right Now

If you're serious about selling your home and would like to have your home exposed to the qualified, ready-to-act buyers in my database who are looking for a home just like yours, or if you would like a FREE, No Obligation Home Evaluation, call me now at 902-430-8700 or visit: [www.RoyThomas.ca](http://www.RoyThomas.ca)

On-Line Real Estate Information  
[www.RoyThomas.ca](http://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



**Roy Thomas**  
Real Estate Team  
**430-8700**



Sutton Group Professional Realty

**What's Your Home Worth? FREE Over the Net Home Evaluation**  
[www.RoyThomas.ca](http://www.RoyThomas.ca)

# Spryfield Lions "Speakout" proves to be another success

Responding to the problems created by over success in past years, this season's Spryfield Lions Speakout Contest organizers limited the field of final presenters but those who witnessed the ten speeches offered by local junior and senior high school students were treated to a top quality evening of entertainment.

Lion Coordinator Jim Glazebrook said the contest had been running long into the night in previous years, a consistent dilemma that caused organizers to limit the final field of representatives to no more than three competitors from the high school grades and two each from the junior high grades. But half in jest and half with a look indicating he was glad it wasn't going to be his job, the Spryfield Lion

Coordinator said "that isn't going to make the judges decisions any easier."

And although she was the only speaker to emerge from St. Agnes Junior High School, Natasha Malosevich's presentation on "Teen Drinking" was good enough to not only win the first Junior High School Trophy but the First Place Overall Award over all nine other competitors including three senior high school speakers.

Ellie O'Hara of Herring Cove Junior High School asked a tough question, "What If You Died Tonight," to get people thinking about what their individual impact in the world actually is to take second spot in the Junior High Division while her schoolmate at Herring Cover Emily Cairns' "The Meaning of Life"

was good enough for third place. Other Junior High School presenters included Elizabeth Sutherland's Colby Lamey who offered "On Success," Cunard Junior High's Marie Gallant who spoke on "The War In Iraq" and Josh Weagle of Elizabeth Sutherland who asked "How Much Is Too Much?"

In the senior division, Matthew Ponsford, who vowed last year that he would return, took top honours with his views of "Humanities Drive For Monetary Wealth." Jillian Reardon offered "Welcome To The Real World" while Calire Piccinin offered her views on "The Benefits of Recreation."

The judges task of determining winners

was the responsibility of MLA Michele Raymond, Ann Woodworth and David Trenbirth while the questioning duties were filled by Sandy Clark and Stephanie Bailey. Elizabeth Gordon was the official timekeeper.

Chair of the event, Herring Cove Junior High School Principal Don Reardon echoed everyone's thoughts when he said "there are no losers tonight. Each of you have given each of us here something very special so don't stop doing what you're doing."

"What makes this meaningful," he said, "is that we all have thoughts but what makes this special is that you have shared yours with us tonight."



This year's Lions Club Speakout Contest was another huge success with ten competitors. Shown following the session were winners Natasha Malosevich, centre; Emily Cairns. Seated left; Matthew Ponsford and Ellie O'Hara, seated right; Judges Michele Raymond, MLA, and Anne Woodworth; participants Hannah Lo, Colby Lamey, Marie Gallant, Claire Piccinin, Jillian Reardon and Josh Reardon and Judge David Trenbirth.

## MONEY PROBLEMS? WE CAN HELP!

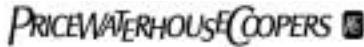
Call PricewaterhouseCoopers Inc. for information about bankruptcy, proposals and other solutions available to you. For a free confidential meeting call us at one of our following metro offices.

Halifax (Resident Office): 491-7400

Dartmouth Office: 461-2333

Sackville Office: 865-4400

[www.pwcdebtsolutions.com](http://www.pwcdebtsolutions.com)



Trustee in Bankruptcy

*Solutions Through Understanding*

# K.N. UMLAH

## INSURANCE AGENCY LIMITED

- Auto • Homeowners • Life & Disability •
- Commercial • Group •
- Monthly Payment Plans •

*Age 50 plus? Ask about our special rates for you.*



181 Herring Cove Road

**477-2511**

[www.umlains.ns.ca](http://www.umlains.ns.ca)



# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**MOSHER, E. Grant** - 66, died at the V.G. Hospital surrounded by his loving family. Born in 1938 at St. John, NB. Grant was the son of the late Peggy and Ernest Mosher. Grant graduated from Saint John High (1956), College Militaire (1959), Royal Military College (1961), McGill

(1962) and Waterloo (1968) with a M.Sc in Civil Engineering. Following service with the R.C.A.F. Grant worked as an engineer with Godfrey Associates, Saint John, as Director of Public Health Engineering Province of Nova Scotia. He established Terra Nova Landscaping in 1976 and spent his final years in farming, operating his sod farm in Upper Stewiacke. Grant served on various committees with the Association of Professional Engineers of NS and was Past President of Landscape Atlantic, founding President of Landscape Nova Scotia and Secretary - Treasurer for the Canadian Nursery Trades Association. He was active in sports all his life including track, hockey, soccer, rugby, swimming and in recent years curling and golf. He is survived by his wife of 43 years the former Dorothy (Arsenau), daughter Linda (Graham Rudderham), son Scott (Anne Taylor), daughter Laurie (Jeno Wagner), brother David (Linda Langille), grandchildren Ashley and David Mosher and Jeno and Bradley Wagner, also

numerous aunts, uncles and cousins on the Mosher, Grimm and Arseneau sides of the extended family. Donations may be made to the Canadian Cancer Society of the Canadian Diabetes Association.

**EMERSON, George Henry, Lt.-Cmdr. (ret'd)** - George Emerson, an officer and a gentleman, died in QEII Health Sciences Centre after an untimely diagnosis of complications from recent heart surgery. He was born in 1928 in Sydney, the son of Henry Prescott and Mary Eileen (MacKinnon) Emerson, he was raised in Cape Breton, Newfoundland and New Brunswick, enjoying a happy childhood with his sister Evelyn and his many cousins. He entered Royal Roads Military College in 1945 and was commissioned in the Royal Canadian Navy in 1947. He served overseas in Europe and Australia and saw active service in the Korean War. A skilled gunnery officer, he became a specialist in shipboard fire fighting and taught disaster control to naval

staff. In between his tours of duty and his obligations as a husband and father of four, he found time to earn a bachelor's degree in commerce from Saint Mary's University in 1969. He retired from the navy in 1973 and became the Director of Nova Scotia's Emergency Measures Organization. He also later worked as a financial advisor for Prudential Assurance. George Emerson was a devoted husband, a gentle and beloved father, a playful grandfather and an active member of his community. He volunteered with the Red Cross Society, Meals on Wheels and also would help friends who stood for public office, regardless of party affiliation. He was a supporter of Naval Officers Association of Canada and the HMCS Sackville Trust. He loved the outdoors and was active recreationally. He was a long-time member of the Waegwoltic Club and could be found many an early Saturday morning at the Ashburn Golf Club in the lifelong pursuit of a scratch handicap. He was predeceased by his youngest daughter, Sarah Elizabeth and first wife, Anna Campbell. Surviving are his second wife, Mary (Lamb) Emerson; daughters, Julie Henneberry (David), Halifax; Eileen Murphy (Stephen), Herring Cove; son, George Emerson (Charmain), Toronto; sister, Evelyn Emerson, Halifax; as well as his grandchildren, Amy, Jeffrey, and Melissa Young; Gavin and Ian Murphy; Campbell, Noah and Miles Emerson. In lieu of flowers, donations to Hope Cottage or Heart and Stroke Foundation.

## J. Albert Walker Funeral Homes Ltd.

Prearranged Funeral and  
Cremation Planning

24 Hour Service

Chapel Facilities / Ample Parking

Halifax

149 Herring Cove Road  
477-5601

five locations

Lakeside, Seabright,  
Dartmouth, & Cole Harbour

### Forest Lawn Crematorium

453-2409

\$375.00 Cremation Retort Fee

Direct Cremation

Removal within a 40 km radius of  
Halifax, cremation case, temporary  
urn, service fee, documentation.

### Alvina Florist

for all your floral needs

249 Herring Cove Road  
477-2564 or 477-1479



Rent-A-Chef Tim Lyke and Sobeyes Dietician Felecia Tighe-Kimball provide Healthy Cooking Classes at Sobeyes Community Meeting Room each Monday night.

**ISNER, Robert Thomas** - 80, Harrietsfield, passed away at home. Born in Halifax, he was a son of the late Walter and Ethel (Hiltz) Isner. He was a well-known horseman and he served overseas for four and a half years with the Canadian Army. Surviving are his son, Daniel (Sharon), Harrietsfield; sisters, Doris Hyndman, Calgary; Rae Helpard, Halifax; grandchild, Michael, Harrietsfield. He was predeceased by his wife, Lillian "Betty" (Williams) Isner; brothers, Duncan, Earl, William, and Jack; sister, Marjorie. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax.

**MACKINNON, Gordon Duncan** - 83, Spryfield, died in St. Vincent's Guest House, Halifax. Born in Whycocomagh, Inverness Co., he was a son of the late John Allan and Sarah (MacKay) MacKinnon. Gordon was a resident of Spryfield for over 60 years. He was also a member of the J. Albert Walker Golden Age Centre. In his earlier years he was a bartender at various places in Halifax and an avid bingo player at the Lyons Rink. He also worked for the school board as a custodian. He is survived by sons, Frank (Sue), Cole Harbour; Peter (Randi), Spryfield; daughter, Dianne Coaker, Spryfield; Heather (Gordon) Hingston, Sackville; Janet (Don) Finley, Cole Harbour; 10 grandchildren; two great-grandchildren; half-brothers, Roddy, Whycocomagh; John, Baddeck; Allan, Mabou; half-sister, Marion MacKinnon, Toronto; stepbrother, Donald Beaton; stepsister, Jessie Beaton, Little Narrows. He was predeceased by his wife, Joyce (O'Hearn); sister, Laura; stepsister, Margaret MacKinnon; brothers, Donald and Murdock; half-brother, James Beaton. A memorial service was held December 4, in J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax.

**BUELL, Garnet Percy** - 67, Williamswood, passed away at home. Born in Prince Edward Island, he was the son of the late Preston and Bertha (Stone) Buell. Surviving are his wife, Patricia (Robinson) Buell; daughter, Melody, Eastern Passage; three grandchildren, one great-grandchild. Funeral arrangements are under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Road, Halifax.



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.



# 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

### Community Health Fair

The Spryfield Multiservice Roundtable and South Centre Mall will hold the 7th Annual Community Health fair Thursday January 20 from 10 am to 2 pm. Displays featuring health information, counseling services, youth and family programs, recreation, mental health information, crisis services, local social services and more will be on display at the Mall. For information contact Kristi Walker, 477-0964 or walker.k@halifax.ca.

### Quarter-Note Singers

The Quarter-Note Singers will hold registration January 13 at the Captain William Spry Community Centre. New members welcome. For information call 479-2764 or e-mail mackjo@hotmail.com.

### Food Bank

People interested in Food Bank services provided by the St. Paul's Family Resource Institute should call 477-5090 on Tuesday for pick-up on Wednesday.

### Residents AGM

The Spryfield Residents Association is having its Annual General Meeting January 26 at 7 p.m., Conference Room 3, Captain Spry Community Centre. Hope to see you there.

### Auction 45s

An auction 45 card party is held every Monday night at 7 pm in St. James Hall, Sambro. Admission \$2. For information call 868-2660 or 868-2791. All welcome!

### Heritage Meeting

The next meeting of the Mainland South Heritage Society is Thursday, January 27 at 7:30 PM at the Captain William Spry Community Centre. All welcome.

### 2005 Firefighting calendar

The 3rd in a series of calendars has been produced by the Regional Firefighters Interpretation Center Society. "Nova Scotia Fires and Fire Halls," including the 1939 Queen Hotel fire, the Poor House fire of 1882, the West

St. Fire Station 1922 and the Wolfville Central Station 1900 will be featured. The proceeds from the sale will go toward the establishment of a firefighters Museum in the Region. Cost is \$ 10.00 + 1.50 postage (if applicable). To obtain a copy contact Don Snider 454-5392 or e/mail don.snider@ns.sympatico.ca

### 50/50 Draw For Youth

There will be a weekly 50/50 draw at Coates Irving in Harrietsfield with the proceeds going toward a local youth's trip to the World Youth Day to Koin, Germany.

### Legion Bingo

Every Sunday beginning at 1 pm - doors open at noon

### Library Happenings

Adult Computer Training  
Capt. Spry Library laptop computer lab is now open for free private and small group computer training for adults. Learn computer basics, Internet or email skills. Ask about our practice time schedule. Days, evenings and Saturdays available. Call Brad or Susan at 490-5715.

Book Discussion Group for Adults: The Captain Spry Book Discussion Group is a great way to meet new people and share the enjoyment of good books in an informal, relaxed atmosphere. Be ready for an hour and a half of animated discussion and a lot of fun. Books for discussion are a mixture of genres and are decided by the group. For more information, call Scott Taylor at 490-5774. On January 19 at 7 pm it will be East of Eden by John Steinbeck.

Children Puppet Shows and Crafts - Alternated Saturdays:  
Patrick the Pig and Moe the Crow invite you to bring the whole family and all your friends for a half hour of hilarious entertainment with a show featuring your favourite puppet characters. Following the puppet show, you can create your very own craft. For group bookings, call Cindy Sampson Fleet at 490-5796. Saturday, January 15, at 11 a.m. Little Red Riding Hood and January 29, Flossie and the Fox.

### Volunteers Urgently Needed

Girl Guides of Canada - Guides du Canada urgently requires volunteer leaders in the Cowie Hill and Jollimore area for a Spark unit (girls aged 5 and 6) and

a Guide unit (girls aged 9 to 12). If you are a woman with a few hours to spare each week, please call Jeanette Paynter at 477-7526 or email me at jnj.paynter@ns.sympatico.ca me for information.

### Pain Support Group

The Pain Support Group is a self help group for pain sufferers dedicated to providing support to people in chronic pain. It meets the last Monday of each month at 7 pm, St. John's Anglican Church, 3415 Dutch Village Road. For info call 902-463-5757 or 902-479-0409 and leave a message.

### Old Photos Wanted

Local Historian Peter Saulnier is looking for photographs of the St. Michael's Roman Catholic Church Quonset Hut, Kidstons Mill formerly located below the Kindston House on Rockingstone Road and Steves Store now PG's Pizza. In you can help contact Peter at 475-1449.

### Toastmasters Meet

The Spirit-ED Toastmasters Club, a program to improve public speaking and self confidence, meets every Wednesday at 7 pm in Bayers Lake. For more information please call Jim at 865-2297.

### Members Wanted

The Armdale Halifax Kiwanis Club, sponsors of Air Cadet Squadron 529 and a number of other community activities, are accepting members interested in making a difference in the lives of children at home and throughout the world. For information call 456-1670.

### Lions Club Meets

Want to be part of a great tradition and help make your community a better place to live and work. The Spryfield and Area Lions Club meets the second and fourth Tuesday of every month to learn and work toward making this community a better place. For information on becoming a member contact King Lion Darrell Wentzell at 477-3664.

### Seniors Club Bingos

The Young At Heart Seniors Club will use it's J. Albert Walker Golden Age Centre, 212 Herring Cove Road, to host band rehearsals, Card Socials Fridays at 8 p.m., Crib Thursdays at 1:15 p.m., and Darts Thursdays at 7 p.m. The Centre Meetings are held the first Tuesday of each month at 1:30 p.m. For information contact Elaine Wells at 477-0837 or 479-0624.

**Chebucto News Business Directory**  
Community businesses serving community needs.




**A healthy part of your community.**



Home Delivery  
835-5555  
Delivering Convenience Right to Your Door! www.farmersdairy.ca

**Dr. Judy Martin**  
Optometrist



9 Dentith Road  
Halifax, Nova Scotia B3R 1T5  
Ph: (902) 479-3700  
Fax: (902) 477-3739

**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**

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

**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

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

**Bettyann Power**  
Conflict Management Services

Mediation, Negotiation, Training  
Difficult Discussions  
MBTI® Certified

(902) 477-3788  
powfield@hfx.eastlink.ca

To place your ad in the  
**Parkview News**  
**Business Directory**  
call or fax 479-NEWS



Members of the Urban Farm Museum Society came out to teach young girls how to knit as part of their YWCA peer education program. Society members Marie Russell show Cody Eisenhauer a few of the finer points of the skill



Distress Inventory • Buy Backs • Blemished • Damaged • One of a Kind • Surplus •



**TIM-BR**  
Mart

# LumberMart

## CLEARANCE CENTRES LTD.



Sale ends Sat., Jan. 29  
or while quantities last.

JANUARY LOONIE NEW!

DAYS

LOOK WHAT  
A LOONIE WILL BUY...  
ALL MONTH LONG!

**RUST-INHIBITING PRIMER**

(#W00000) Regular \$24.95



\$1

litre

**100,000 packages of... SCREWS FASTENERS AND MORE**

2/\$1

Values to \$2.49

**DRYWALL**

1/2" x 4' x 8' Sheets

\$9.97

Cash 'N Carry

With every 10 sheets, receive Your Choice

\$1

**1 PC. FIBREGLASS TUB**

60" x 30" 1 Piece

\$348

\$448

For just \$1 more, receive a Tub & Shower Faucet (#069902)

**SHOWER STALLS!!**

36" or 48"

\$328

For just \$1 more, receive a Shower Faucet (#069915)

**ALL IN-STOCK LIGHT FIXTURES**

Buy 1...Get \$1

2nd\* for just 1st equal or lesser value... except 48" fluorescent fixtures

**FOURGEED Pine Panelling**

\$5.99

Buy 10... Get 11th for just \$1

**JUST ARRIVED!!**

**1" X 6" V-Joint Pine**

39¢

sq. ft.

Just \$1 more get you all the finish nails you need to complete your project.

**Real China Basin**

for 4" Centre Tap

\$29.88

each

Just \$1.00 more gets you new p.o. plug.

**5' Steel TUB**

(#070040) (#070041)

extra right hand

\$148

Tub of choice with fangeide for kitchen & bath...Just \$1 more!

**OAK PREFINISHED SIDES**

FOR THE BEST DRY SHEET WALL SYSTEM

THE MORE YOU BUY... THE BETTER THE DEAL!

As Low As... **\$3.38**

sq. ft.

Purchase 200 sq. ft. or more and receive for just \$1 more... 400 sq. ft. roll of Dry Sheathing Paper

**ENGINEERED MAPLE**

\$2.97

sq. ft.

Purchase 200 sq. ft. or more and receive your choice for just \$1 more

**Pine Plank FLOORING**

5" Natural 6" Natural

99¢ \$1.29

sq. ft. sq. ft.

For \$1 more, next a floor buff/sander for the day

**FIBREGLASS INSULATION**

**R20X15** \$24.88 per bag

**R12X15** \$21.88 per bag

Thank you \$11 sq. ft. - Perfect for main frame construction

**Laminate Flooring**

**78¢** sq. ft.

**88¢** sq. ft.

**CLIC'LOCK™** OR **FINAL CLEARCUT™**

WATER RESISTANT

**\$1.18** sq. ft.

**\$1.28** sq. ft.

**CERAMIC LOOK LAMINATE FLOORING**

\$2.63

sq. ft.

Purchase 200 sq. ft. or more and receive your choice for just \$1 more

**Insulated Toilet**

\$88

Just \$1.00 more gets you...wax seal and toilet seat.

**"FRONO" Vanity**

\$88

Just \$1.00 more gets you... basin taps or p.o. plug

**FRONO Fibreglass Insulation**

• Odd Size Batts • Odd Size Bags • Odd Sq. Footage (not Perfectly Serviceable!)

**no name brand**

**R19X15** \$24.88 per bag

**R13X15** \$24.88 per bag

Thank you \$11 sq. ft. - Ideal for renovations, garages etc.

CHECK US OUT ON THE WEB AT [www.lumbermart.ca](http://www.lumbermart.ca)

- HALIFAX -

751 Herring Cove Road, Spryfield, Halifax  
477-6500 • Fax 479-0838  
Toll Free 1-800-822-8264

- DARTMOUTH -

15 Wight Avenue, Burnside, Dartmouth  
486-7772 • Fax 488-0933  
Toll Free 1-866-711-7772

- HOURS -

Monday-Friday 8am - 6pm • Saturday 8am - 5:30pm

Cancelled Orders • Buyers' Mistakes • Factory Seconds • Overstock • Bankruptcies •

Clearouts • Emergency Liquidations • Repositions • Foreclosures

Manufacturers' Clearouts • End of Line • Overruns • Discontinued