

Chebucto News

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Spryfield chosen to participate in National United Way Project

Local resident Marjorie Willison has been hired through the local branch of the United Way of Canada and the Captain William Spry Community Centre Board is working in partnership to undertake a new program called "Action for Neighbourhood Change"

Spryfield is the only community in Nova Scotia, and one of only five Canadian sites, to be chosen for the project. "Action for Neighbourhood Change," (ANC), is a pilot learning initiative that will support local community development activities.

As part of the selection process, over 30 interviews were conducted in neighbourhoods and agencies to assess the potential of the

neighbourhood to undertake the project. A review of crime, poverty, education levels, employment, income distribution and demographics, along with one-on-one interviews, helped narrow the list of seven neighbourhoods to one.

"It was a tough decision, but Spryfield met all the criteria we were looking for," said Peter Mortimer, Director of Community Resources for United Way of Halifax Region. "We're confident we can work in cooperation with the Board of the Captain William Spry Community Centre and neighbourhood citizens to help make the community a better place to live."

Funding for the project is being provided through numerous federal programs within Human Resources and Skills Development Canada, Health Canada and Public Safety and Emergency Preparedness and is being led by United Way Canada. United Way of Halifax Region's role is to manage the project at the local level. This includes facilitating community input to find long-term solutions to homelessness, drug abuse, crime and learning challenges.

Studies have long shown that as poverty concentrates in particular neighbourhoods, housing tends to deteriorate, while the incidence of difficulties like unemployment, illiteracy, substance abuse and crime tends to rise. Left unchecked, these increased stresses on a neighbourhood can lead to a self-perpetuating cycle of decline and decay. By building on strengths and leadership at the local level, the Action for Neighbourhood Change initiative will help communities strengthen their ability to build healthy, vibrant neighbourhoods.

"United Way of Halifax Region is very

pleased to have this opportunity to contribute to such a positive, community-based initiative," said Peter Doig, Chair, United Way of Halifax Region Board of Directors. "Action for Neighbourhood Change represents a strong commitment to neighbourhood revitalization strategies that build on the existing strengths of communities and individuals."

Action for Neighbourhood Change involves stakeholders coming together to identify strengths and then develop a vision for neighbourhood renewal. Part of the program's mandate is to document activities, processes and outcomes and use that knowledge to improve the way local citizens address and manage complex social issues.

All partners recognize that neighbourhood renewal is a long-term process and approach Action for Neighbourhood Change as a first step and guide to future policy direction. Sustainability of projects will be a focus of the program with the hope that the scope of the pilot initiative will be expanded to include additional communities in the future.



St. James Anglican Church held its annual lobster supper this June. Volunteers served in excess of 400 meals before the day was done and they were tired.

Spryfield businesses preparing for anti-graffiti program

The Spryfield and District Business Commission is investigating the requirements of undertaking an attack on graffiti vandalism in the community.

And in at least a preliminary way the project has already gotten started. David Watts, Assistant Executive Director, arranged for

members of the Halifax Regional Municipality's "Community Response Team" (CRT) to repaint and remove graffiti from the former Harveys and DPK Chicken building at 209 Herring Cove Road.

"Getting the support from the CRT was easy," Watts said of the city organization's interest in unfolding an anti-graffiti program in Spryfield. "It took a little longer to get the necessary corporate approval so we could go in and actually do work on the building. But once that was done we got the job right away and, because we had product left over, the CRT then cleaned the back side of the Speedy Muffler business," he said.

The next step, said Watts, is to educate local business owners about graffiti, how it works, how organized it is and what the community can do to eliminate it or help reduce it. He said the CRT, through its leader Gary Martin, has agreed to undertake a graffiti symposium for business leaders on Wednesday, July 13, at 2:30 pm at the Captain William Spry Community Centre.

"Gary and his team have been tasked with

Ravenscraig receives HRM Council approval

After a bit of jockeying of the proposed development plan and some negotiating between staff at Halifax Regional Municipality and the owners of the Polygon Group of Companies during a public hearing recess in June, Regional Council gave final approval to a 70 unit single family home development called Ravenscraig in Fleming Heights.

The proposal, called the "Fleming Park Lands" situated between the Williams Lake Road and the end of Joyce Avenue and Whimsical Lake, had been the subject of a community based plan review process approved in principle in 2000. Among other

things the project includes 70 single family upscale homes, some targeted for the "empty-nester" market, a sprinklered soccer field in the area known as "the quarry," walking trails to connect the area to the Frog Pond and Sir Sandford Fleming Park and open passive recreation space.

The proposal calls for an exchange of land between HRM and the developer. In return for the land the developer has agreed to the construction of a sports field and development of the trails and parklands.

But the proposal did not get through Regional Council easily. Some residents in the

area were concerned about how close the proposed extension of Joyce Avenue and lots on the new street would be to Whimsical Lake, already facing an endangered environment. Real Property Manager Peter Bigelow told Council that two of the lots were inside the 100 foot preferred setback from the lake and its watercourse. Bigelow suggested that staff, the community and the developer have changed the project several times to try and satisfy all the requirements of environment and to protect and preserve the three watersheds existing on the property. He said all but one

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see "Spryfield" pg. 2

Ravenscraig receives HRM Council approval after adjustments

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issue, the closeness of these two lots to Whimsical Lake, have not yet been solved.

"The extension of Joyce Avenue has been swung away from the lake and two lots have been removed from the project," he told council regarding changes that have been made along the way. But he cautioned that one lot was within 25 feet of the lake and another was within the 100 foot preferred boundary.

Stella Lord, speaking for Friends of Whimsical lake (FOWL) was one of several

local residents who spoke to "advocate for change in the plan."

She said the 2000 "concept plan" called for a 100 foot buffer from the lake "but there has been no environmental survey or mapping of the lake which makes it difficult to determine exactly where the line should be drawn. As a result," she said, "FOWL is calling for no extension of Joyce Avenue," a part of the proposal required by HRM for snow clearing purposes.

Joyce Avenue resident Alana Kerr questioned if the development would add trouble to

an already over capacitated storm sewer system which overflows several times a year. "The sewer floods regularly. This is not acceptable," she said after describing how the sewage runs into both her and her neighbour's yards.

Melanie Dobson, Chair of the Community Based Planning Committee, said the Committee is also concerned about the buffer from the Whimsical Lake wetland. "The Committee did not endorse the plan but did say we have no strong objections to the plan," she affirmed.

District 17 Councillor Linda Mosher, after listening to concerns raised by Council members, said the development brings a number of positive things to the community. "The request

is to downsize the zoning from R-1 to R-2, this is alleviate the fenced off problem of the former quarry, it provides environmental protection for other sensitive areas, will develop a connecting trail system from Armdale to Spryfield, connect this part of the Fleming land to the Sir Sandford Fleming Park and Frog Pond, includes underground wiring and will create a soccer field for recreation."

In the end, staff and Polygon met during recess. Polygon agree to remove one of the offending lots on Joyce Avenue and "to reconfigure the other" to set the building back from the lake a little further. With this accomplished Mosher moved a motion to accept the proposal with changes included. The motion passed and the project will go forward.

Spryfield businesses prepare

continued from pg. 1

issues such as graffiti and litter," said Watts. "The CRT has had success with graffiti in Downtown Halifax and at Quinpool Road. This session is to be the launch of a larger program where we will actually take steps to eradicate graffiti in our community," he said.

Martin said the CRT "takes a pro-active approach on problems or issues in a community and attempts to develop a sustainable solution involving members from different business units of HRM as well as the community."

But he cautioned that "when we do go into a community we expect ownership of the issues by the community to allow answers to the problems to last."

What that really means, explained Watts, is that Martin and his team need the community, in this case the business owners and managers, "to be on board with a program that has some

sustainable and on-going activities to affect prevention of graffiti rather than simple removal of the paint."

He said the business commission is bringing together the CRT with its experience and equipment in dealing with graffiti, a number of corporate players who might be able to assist, and a labour force to do the work "which we hope will come through partners like the John Howard Society of Nova Scotia."

Business leaders, he said, should plan to attend the free seminar. "The CRT will tell members how graffiti organizations work, that this isn't a crime done by individuals but rather a crime committed by a very well organized community of 'artists' who have both a hierarchy and their own web site. It is all very fascinating," said Watts, "but it can be controlled."

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McIntosh Run gets Sixth Annual Clean-up and purge

A team of more than 50 volunteers, organized mainly by the Teen Health Centre of J.L. Ilsley High School with assistance from the McIntosh Run Watershed Association and the Spryfield and District Business Commission, undertook the Sixth Annual Clean-up of the "Runs" in June, purging shopping carts and piles of debris from the waterway.

Thousands of meters of the Run stretching from Sussex Street to an area below River Road was exhumed with everything from tires, to appliances to simply basic litter. Scores of students from J.L. and members of the Business Commission and their staff waded into the Runs with energy on Father's Day morning to create piles of garbage at top locations along the bridge on Herring Cove Road, at the end of River Road and at the Sussex Street bridge.

Coordinator Sheila Lane, Director of the Teen Health Centre who has spent her last year at J.L. Ilsley, said the kids who volunteered this time around deserve a very special credit. She explained that in past years volunteering students received five grade points in a subject area. "But with school already out and the report cards issued these kids did this just to volunteer and do it. I think that's very wonderful of them and very worth making mention of," she said.

As part of the process, David Watts, Assistant Executive Director of the Commission, gathered safety vests from HRM's Community Response Team to help protect volunteers and offer a measure of visibility to the project. "It was wonderful to have people in safety vest," said Lane, "because when we were asked where to send people we

could point them to those who were wearing those vests."

Watts also helped the Business Commission and its members, including Peter Ainslie and the families of Gwen Armshaw and Linda MacLaggan, clean and cut the vacant property between Tim Hortons on Pine Grove Avenue and the end of Central Spryfield

School.

He said this piece of property, owned by a numbered company in Ontario, serves no real purpose in the community except to collect litter. "We wanted to clean it and trim it to help make the community look better," he said, suggesting the Commission would like to create a park on that site.



It took this many people to volunteer their efforts to create another successful McIntosh Run Clean-up project.



The Spryfield and District Business Commission not only helped with the McIntosh Run Clean-up but some members, including Directors Peter Ainslie, Gwen Armshaw and Linda MacLaggan brought members of their families out to spruce up an empty lot on Herring Cove Road.

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DISCOVERING OUR PAST

Spryfield quarries attract tradesmen during later years of 19th century

PART THREE OF A SERIES OF FOUR ARTICLES
ON THE HISTORY OF SPRYFIELD

by Iris V. Shea, Historian
Mainland South Heritage Society

During the years leading up to 1900, Spryfield was a well established farming community. The large farms of the Kidstons, Sutherlands and Roches continued to sell butchered livestock, grain, vegetables, milk and butter to residents and store-

Rockingstone Farm after deeding the western section of the property to his brother, Archibald, Jr. and Archibald's wife, Alice Drysdale. Alice was the adopted daughter of George and Mary Ann (Carmichael) Sutherland of Spryfield. Her parents, Andrew Drysdale and Hannah Boutilier, had both died in 1872 of tuberculosis when Alice was four years old. Alice's brother, Sidney, was adopted by George Sutherland Jr. and his wife, Rebecca Umlah.

1859: Spryfield children attended the church school at the top of Church Road (now

1871: Finding census records for Spryfield was a challenge. Spryfield was divided among three different census districts, none of which was called Spryfield. In the 1871 census, the North West Arm District contained the families living along the Herring Cove Road, between Cowie Hill and Roche's Pond (Yeadons, Fishers, Taylors, Miles and Henneberrys, all employed at Yeadon's quarry, and the Nicholsons and Roches who were listed as farmers); the Ferguson's Cove census repeated some of the same families living in south Spryfield (Henneberrys, Fishers and Roches) in addition to the farming families of Oakleys and Brunts); the Prospect Road census contained those families living above the Herring Cove Road in west Spryfield (Kidstons, Sutherlands, Warners and Darts).

1881: Robert Bishop and his wife, Jane Drysdale, both of Goodwood, established the Bishop Farm on former Findlay land (where Green Acres subdivision stands today). Their

daughter, Elizabeth Jane, married Arthur Kidston in 1901.

1893: William Topples saw the potential in Spryfield for a hotel, catering to hunters and fishermen who came to the area to enjoy their sport. Topples, a native of England, built his two-storey residence and store on former Yeadon land and converted it into the Pinegrove Hotel within three years. The Topples family of two adults and nine children lived on the second level. The hotel, located on what is now the corner of Pinegrove Drive and Herring Cove Road, gave travellers a brief respite on the long trip between Halifax and Sambro, providing a place for them to feed and water their horses; businesses from Halifax held staff parties and sleigh rides at the licensed hotel where meals were served at all hours; soldiers rested at the hotel on their way to Camperdown, a military station near Portuguese Cove.



House of Henry and Letitia (Pollack) Hughes, about 1920. Built in the 1870s on the corner of Herring Cove Road and Princeton Ave.

keepers of Halifax. During this time travellers from Halifax visited the Rockingstone, the large glacial stone on the Kidston farm near Kidston Lake. In the late 1800s and early 1900s, one company, Robinson's Tours of Halifax, offered sight-seeing tours to the Rockingstone. A famous visitor, Queen Victoria's grandson, George, who later became King George V, travelled to the Rockingstone in 1883 and was served tea at the Kidston homestead.

1851: New families arrived in Spryfield. William Nicholson became keeper of the dam for the Halifax Water Company at Long Lake. His sons and grandsons continued in that role following his death. William Dart bought part of lots one and two in Leiblin Manor. The family operated a sawmill at Dart's Forks (now part of Long Lake Provincial Park). William Dart Jr. was well-known for carving children's sleighs from wood cut on his own land. His sister, Annie, painted colourful designs on the sleighs. Annie Dart served as Spryfield's first postmaster from 1882 to 1891. Annie's sister, Elizabeth, married John Drysdale of Greenhead. The Dart sawmill later became Drysdale's sawmill.

Archibald Glen Kidston married Annie Dart's eldest sister, Mary, in 1853 and the couple took over Thornhill Farm where seven sons and four daughters were born. Mary died in 1876, shortly after the birth of their son Arthur. Archibald Kidston died in 1894 at the age of 70 years. Their son John Kidston bought out the shares of his brothers and sisters and took over Thornhill Farm. He renamed it

Sussex Street), with Elizabeth Sutherland as their teacher. Miss Sutherland, daughter of George and Mary Ann, taught in Harrietsfield and Spryfield, alternating weekly. Seven girls and ten boys, ranging in age from 6 years to 24 years, three of whom were her younger brothers, attended Spryfield classes that year. The church school continued until 1893 when a public school, known affectionately as the Little Red Schoolhouse, was built where Central Spryfield School is now located. The building on the Sutherland property continued to be used as a Church of England.

1860: William Yeadon, Jr., established the Yeadon quarries which provided local men with a means to subsidize their farming income. The quarries, remnants of which may be seen along Northwest Arm Drive, attracted tradesmen like James Fisher and his sons, all tinsmiths, who lived near the Yeadon quarry for several years. Two of his children married Nicholsons of Spryfield. Robert Findlay's farm in south Spryfield was subdivided by his heirs, the Glazebrooks and Henneberrys. Thomas and James Oakley of Herring Cove married Glazebrook sisters and settled part of the Findlay land.

1869: More of Robert Findlay's land in south Spryfield, 100 acres of lot number nine in Leiblin Manor, was purchased by Henry and Letitia Hughes who did not settle on the property until the 1870s. The Hughes couple remained in their small house in south Spryfield until they died. Letitia in 1915, Henry in 1925. Both are buried in Emmanuel cemetery.



Three Locations in Spryfield

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Local citizens honoured by HRM as Volunteers of the Year

By Betty Dobson
Staff

The Eastern Chebucto Peninsula doesn't have exclusive claim to strong volunteerism, but this year the area seems to be leading the pack. Halifax Regional Municipality presented no less than four area residents with Volunteer of the Year Awards in April.

Darlene Brine Hollett of Harrietsfield, who also received a provincial award, was one of those lucky volunteers. And she does consider herself lucky and more than a little humbled. "At first it felt a little embarrassing," she said, pointing out that she didn't volunteer in hopes of such recognition. "I don't do it for those reasons."

Despite any initial misgivings, she discovered the upside of success. When you go to these ceremonies, you feel very special," she said. "You do feel very good when you find out you've won."

Hollett was recognized for her work with the Harrietsfield Williamswood Community Centre. "The reason I got involved with the community centre was that we were new in the neighbourhood." Hollett and her husband didn't know anyone but had to deal with their childcare issues. "I stopped in there one day and talked to the Board about starting an After School Program, she said." The Board not only listened, they followed through, and the program became a success, as did Hollett. "Once you show an interest in that sort of thing, they

say, 'Why don't you join the Board?'"

That was seven and a half years ago. Since then, Hollett has served the HWCC Board as Secretary, Member at Large, Chair, and Personnel Committee member, and now serves as Past Chair.

"Others in our community have been recognized as well," Hollett said, anxious to point out the accomplishments of her fellow volunteers. "Kate Dauphinee of Williamswood won the Volunteer Youth Award, and Reg Horner of Spryfield and Mike Donovan of Harrietsfield both received HRM Awards. The community centre didn't know about Katie until she won her award, but now she's going to help out with our volunteer day camp this summer."

Mike Donovan, also a volunteer at the community centre, was recognized for his work with another charitable organization, the Parker Street Food and Furniture Bank. "I was

involved with the Army and Navy Air Force Club when Parker Street asked me to help," he said. "I was shocked to see how many senior citizens needed help. The golden years aren't quite so golden anymore."

Like many of the best volunteers, Donovan refused to focus on his recent award. He preferred to talk about the personal satisfaction of helping others. "That's the greatest gift you're able to give," he said, adding, "I feel I'm the one who gets the gift. It's a wonderful feeling."

Donovan said his full-time hours at Parker Street sometimes brought up the same questions. "People ask, 'What's your salary?' I tell them the it's greatest salary you can make, just being able to help."

In addition to senior citizens, children garnered much of his attention. His own grandchildren are happy and healthy, but, he added, "I like to see everybody else fed." He also admired the fact that all the volunteers at Parker Street went out of their way to make their clients feel important and comfortable. "I'm very proud of my work."

Hollett went one step further and summed up the volunteer experience. "We should be proud of everyone in our community. To put a smile somebody's face is great."



Larry Sinclair, Vice-Chair, Harrietsfield-Williamswood Community Centre, congratulates Michael Donovan, Member at Large, and Darlene Brine Hollett, Past Chair, as Volunteers of the Year with the help of Sandra Oickle, Facility Manager.



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The VALUE keeps on getting better!

Spryfield Lions Club volunteers brave scorching temperatures at fundraiser

Before most people were reaching for their first cup of coffee, the Spryfield Lions Club volunteers had motorists reaching for their wallets at a voluntary road toll on a Saturday in June which recorded record temperatures.

Between 9 a.m. and 1 p.m., the group managed to raise a record \$1,553.72 for the Alzheimer Society of Nova Scotia. About a dozen volunteers cheerfully requested donations from drivers at the entrances of Sobeyes, South Centre Mall, and Shoppers Drug Mart on Herring Cove Road.

According to the event's organizer Victor Eisan, this amount is believed to be higher than any other road toll the group has held over the past three years on behalf of the charity.

"We're thrilled that the Spryfield Lions

Club has chosen to help us out so much over the years," said Fiona Kirkpatrick Parsons, director of development and communications for the Alzheimer Society of Nova Scotia. "To be receiving such a generous donation this year is so heartening, especially when you realize it wouldn't have happened without the incredible volunteer spirit of these folks who were willing to stand out in the blazing sun for four hours. I spent just more than an hour with these men and it was certainly warm."

There are an estimated 13,660 people who have Alzheimer Disease and other dementias in Nova Scotia and this number is expected to more than double by the year 2031. The Alzheimer Society of Nova Scotia is committed to alleviating the personal and social conse-

quences of Alzheimer Disease and other dementias and to promoting the search for the causes and cures. The Society is a volunteer-led organization which provides education and support programs and advocacy on behalf of

those with the Disease, as well as funding for research.

The Spryfield Lions Club manages an average of four road tolls each year on behalf of charitable organizations.



Summer beach supervision schedule begins

Beaches in Districts 17 and 18, including Cunard, Chocolate Lake, Kidston Lake and Long Pond began their Beach Supervision and instructional schedules June 30.

Outdoor Aquatic Specialist for Halifax Regional Municipality Shelley Haynes said the beaches will be supervised from 11 am to 5 pm weekdays until August 30.

She said the program will also offer instructions for swimmers by age group each

day. AquaQuest programs begin at 9 am and run every half hour finishing with preschool children at 11:30 am. Lessons will run rain or shine but are subject to change due to low registration. The session dates include July 4 to 15 for Session 1; July 18 to 29 for Session 2; August 1 to 12 for Session 3 and August 15 to 26 for Session 4. The fee is \$25 per child. Please call 420-7946 for more information.

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July 9, 2005
11 am to 2 pm

The Aging Foot

By Jennifer Andrews
Home Health Care Consultant



As we get older our bodies mature with us. Common changes include restriction in motion of

the joints and diminished blood flow to the legs and feet. However, the onset of these changes can be delayed, or the effects lessened with proper care. Proper care starts with exercise, regular visits to your doctor and correctly fitted footwear.

Exercise stimulates the mind, maintains fitness, prevents or slows the progression of some diseases,

helps establish social contacts and generally improves ones quality of life. Exercise can also improve flexibility and reduce the chances of developing injuries. Weight bearing exercise (standing activities) can improve balance, which may lessen the number of falls. It can build and maintain muscle strength and endurance and improve the capacity of the heart, resulting in better circulation. Better circulation means oxygen is being sent to all the muscles and tissues in your legs and feet. This is very important, particularly in people with diabetes who can develop ulcers and infection if proper care is not maintained.

When choosing proper footwear, be sure to have both feet measured since most people have one foot larger

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than the other. Shoes should be fit to the largest foot. Always allow for half and inch of space (or about a thumb width) from the front of the shoe to the end of the longest toe. To check the width of the shoe, lift your heel off the ground and apply pressure to the front of the foot, creating a crease. If no crease is present, the shoes are not wide enough. Always try on the shoes in the late afternoon, as feet swell as the day progresses. Walking shoes should be replaced every six months to a year because the inside of the shoe may begin to break down.

A podiatrist or other certified professional can help you look after your feet with regular visits to remove corns, trim toenails and perform various other service. They can help spot problem areas which,

unchecked, could lead to further problems down the road.

It is never too late to begin looking after your feet. Exercising, wearing proper fitting shoes and regular check ups ensure healthy feet. The sooner you start the better you feel!

Local community centres offer exercise programs and provide more information. Remember to always check with your doctor before starting a new exercise program.

To Good Health!

Jennifer Andrews is a Home Health Care Nurse specializing in fitting orthopaedic footwear with Crowell's Pharmasave, Spryfield.



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Sambro PTA Spring fair supports school programming

By Tracy Powell

The Sambro Ketch Harbour Elementary School had another wonderful turn out for their Annual Spring Fair held in June. The sun was shining, the kids were smiling, the adults were chatting up a storm, you couldn't ask for a better day.

This is at least the 16th year for the Annual Spring Fair. In the past it has been presented in many different forms but as always it was a great success thanks to all the surrounding communities, companies, organizations and people both within and outside the community who so generously donated, the PTA working group, volunteers, parents, the children who made all the signs in the school and assisted with the set-up and clean-up, principal, teachers, staff and the list is endless to say the least.

It's a great way for the community to come together with the School and have a great time. Whether it be to play games, drop in for a BBQ lunch, take a chance to jump in the jumping castle, take tickets on some wonderful raffle prizes, have a snow cone, popcorn and cotton candy, win a cake in the cake walk, buy a bake good, or just to come out and chat and have an enjoyable time with those you haven't seen in a very long time. The dedication in attending the fair of all people involved never goes unnoticed.

"We had the pleasure of having Constable Roger Booker, Constable Regan Fong and Sergeant Mike Spears voluntarily attend on behalf of the Halifax Regional Police. Everyone enjoyed their company and greatly

appreciated them taking the time to join our Community in our fundraising efforts and we hope to see them again next year.

The work of the PTA Working Group to put the Spring Fair together for the School and the Community directly affects the plan that the School has in place for our Children's learning. Through fundraising efforts like the

Spring Fair, the PTA can support the School's Literacy and Math targets as well as many other needs of the School.

A huge thank you goes out to everyone involved. It goes to show you what can be accomplished if everyone lends a helping hand. We look forward to seeing you all again at next years Annual Spring Fair.



The Sambro Elementary School PTA held another successful fundraising Spring Fair in support of the schools literacy and other programs.



“

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Herring Cove decision "most significant" in recent memory

By Stephen Adams
Councillor District 18

On July 5 Halifax Regional Council will hold a Public Hearing to listen to community members from Herring Cove express their opinions, concerns and comments regarding water and sewer extension.

This could very well be one of the most significant meetings in Herring Cove in recent memory. HRM staff will make a presentation outlining the costs, funding, a time table and other pertinent information with respect to the project. When that is completed, opportunity will be given for members of Council to ask questions. Once that is completed, members of

the public will be given an opportunity to speak. I encourage you to attend and have your say.

At the conclusion of the meeting, Council will have a number of options at its disposal. The options include but are not limited to deferral of the item, approval with amendments or approval as presented.

Your Community Liaison Committee (CLC) continues to lobby for extra funding from our provincial and federal representatives to help offset the costs.

At our June 21 Regional Council meeting, a Public Hearing was held to listen to community members' input regarding a proposed development at the end of Joyce Avenue,

extending into the former Department of Transport quarry pit. Those that spoke were generally in favour of the project except for two lots at the end of Joyce Avenue. These lots were deemed to be too close to Whimsical Lake. Peter Polly, the President of Polygon Developments, agreed to forgo one of the lots and to re-configure the other to ensure a 100 foot buffer from the lake and its watershed.

The concept for this proposal was brought before Council in the mid 1990s and initially included condominiums. Council went to the community for a community based plan, and through the work of residents a new proposal was suggested. Although not acted on for a number of years, this was used as a framework

for the project. Mr. Polly then engaged further public consultation, including two public information meetings and countless working group meetings to bring forward this new proposal. A simple amendment at Council by Councillor Linda Mosher gave the project nearly unanimous approval.

My thanks goes out to the community for your hard work and input. I would also like to commend Mr. Polly for his flexibility and professionalism. This attitude earned him the respect of citizens and staff alike. In fact I overheard one resident say "This is one of the best developers we have ever seen. I wish they were all like him."

MLA takes "The Herring Cove Problem" to Ottawa

By Michele Raymond
Halifax Atlantic MLA

Anyone who's ever walked into Mizoo's store at Herring Cove has seen the back wall stacked with bottled water. Nearly 20,000 litres a week are sold here. Looking at those giant bottles, it's obvious that the water table at Herring Cove doesn't support even the current population, let alone fill the demands of future households.

In Ottawa, it's called "the Herring Cove Problem." Here, we don't even need to give the chronic issue of getting safe, adequate water to the people of one of the oldest communities on the Chebucto Peninsula a name.

Last month I travelled to Ottawa to meet with federal Ministers Stephane Dion (Intergovernmental Affairs) and John Godfrey (Infrastructure and Municipal Affairs), to discuss this and other issues affecting Halifax Atlantic.

As all of us know, the federal, provincial, and municipal governments have each invested in the Halifax Harbour cleanup project. As well, municipal water users have been paying Environmental Protection charges for many years now, so that there is a fund of some \$75 million banked towards the cleanup. That project, which could cost as much as \$300 million (including \$133.2 maximum for three sewage treatment plants and \$115.7 for the three local sewage collection systems related to the plants) is underway now.

The Harbour cleanup will benefit all of Halifax, and in compensation for Herring Cove agreeing to host one of the treatment plants, the project has given \$4 million to the community to use as it sees fit.

Unfortunately though, the Harbour Solutions project does not include bringing municipal water to Herring Cove. The water table here has been depleted in recent years, as nearby development increases, and upstream development may also have impacted the quality of well water at Herring Cove.

HRM's draft Regional Development Plan sees Herring Cove as a Suburban Local Centre, similar in density and services to Spryfield. Unlike Spryfield, however, Herring Cove doesn't have municipal water and sewer systems.

Herring Cove already needs municipal water, and it's going to need it even more in the future. Seventy-nine per cent of HRM citizens surveyed feel it's somewhat or very important that all new developments have municipal water and sewer.

The trouble is, what is that going to cost the people living here now? I've raised the question in the provincial legislature over the past two years, and more recently, in Ottawa. Let's hope that before long, with all levels of government working together, the "Herring Cove Problem" gives way to the "Herring Cove Solution," and that the people of Herring Cove can once again have safe, clean drinking water.

Stephen Adams

HRM Councillor, District 18



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MLA sponsors Northwest Arm Drive public meeting

By *Graham Steele*
Halifax Fairview MLA

On June 8th I hosted a residents' meeting at the Captain Spry Centre, concerning Northwest Arm Drive (NWAD) and related issues.

About 35 residents attended, which I thought was an excellent turn-out for a fine early summer evening. Also attending were HRM Councillor Linda Mosher, HRP Constable Ian MacKay, and provincial Department of Transportation staffers Bob Bieren and Darin Murphy. I thank them all for attending.

Regular readers of this column will

remember that I've written about NWAD a couple of times before. Normally I don't get involved with "street" issues because they're within the domain of your HRM Councillors. But NWAD is a provincial highway and it's governed by the province, not the city.

The meeting notice went to residents living along the southern part of NWAD, from Stoneridge along the top of Kline Heights to Stanley Park. That's a total of about 450 households. I'll be delivering detailed minutes of the meeting to the same households. The minutes are already available on my website: www.grahamsteele.ca/northwestarmdrive.html.

The principal traffic concern was speeding and the speed limit. DOT representatives

explained that according to their study, the fundamental problem on NWAD is not speed, but design. There are design flaws, especially at the Walter Havill Drive intersection, that make NWAD more dangerous than it should be.

The DOT reps also pointed out that lowering the speed limit would not necessarily solve NWAD's traffic problems, and might possibly result in a greater number of collisions. Cst. MacKay tended to support this point of view.

When I asked how many people wanted the NWAD speed limit reduced, about half put up their hands. The other half indicated they wanted the speed kept at 80. Of course we don't set our speed limits by vote; but this indicates that the problem is not simple and that there isn't unanimity, even among residents.

Bob Bieren (DOT) said that the Department acknowledges the problems on NWAD, especially at the Walter Havill Drive intersection, and wants to make improvements. The issue is now in the hands of the DOT's design engineers, and after that, any proposed

improvements would have to receive capital funding. The earliest work could be done would be in the next fiscal year, which starts on April 1, 2006. It's better to wait a little and get things right, than to waste money on changes that don't work.

A variety of other issues were raised. Several residents raised concerns about the proposed "The Waterton" development at the south end of Hail Pond. Councillor Mosher said that the design illustrated on the billboard on Walter Havill Drive appears not to comply with the approved design. She promised to check with city staff on what's happening.

This public meeting is part of my ongoing attempts to deal with Northwest Arm Drive issues. If you weren't able to attend the meeting, but have something to say, please call me. My contact information appears in my ad on this page. After all, I was elected to be your voice in the provincial government. I can do that best if you let me know what's on your mind.

MICHELE RAYMOND, MLA

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NDP Budget measures deliver

By *Alexa McDonough*
Halifax MP

As I write this report, Parliament is winding up debate of Bill C-48. With passage of the NDP's historic balanced budget, Nova Scotians will receive through Bill C-43, \$830 million from the Atlantic Accord; and \$137 million in new child care funding; an additional investment of \$22.5 million in post-secondary education and improved training opportunities; and long owed federal funding for public transit, cleaner air, affordable housing construction and energy retrofitting.

I am proud that my leader Jack Layton and the New Democrat team have made this minority parliament work by redirecting \$4.6 billion slated by the Liberals for corporate tax cuts to the real priorities of Canadians. I also hope that by the time this report reaches you, Bill C-38 providing equality to same sex couples who wish to marry, would also have passed.

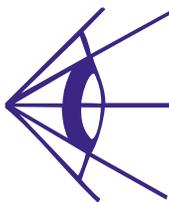
The Spring session of Parliament has been frustrating and rancorous. Liberals have been mired in kickback scandals and Conservatives in political games-playing unlike anything I have witnessed in my twenty five years in public life. I eagerly look forward to returning to my beloved riding of Halifax on a regular basis for the duration of the summer. I look forward

to meeting with constituents and attending the many cultural and civic events that make summer in Halifax so fantastic!

The extended parliamentary session notwithstanding, I was happy to be home and to participate in the 25th Anniversary celebration of the Single Parent Centre on June 17th. The Centre has proven invaluable to pregnant moms and young parents who need help finding employment, or improving their skills in key areas like literacy and computer usage, as well as providing programs in Prenatal Education and Support.

The large turnout at this great event is proof that our community truly values this wonderful resource. I look forward to being part of many more anniversary celebrations at the Single Parent Centre.

I was also pleased to attend the Merchandise Bingo at the Earl Francis Spryfield Memorial Legion to support the Arthritis Society's Joints in Motion Team that will take part in the Half-Marathon at Walt Disney World in Orlando, Florida next January. This Nova Scotia team which is now 160 members strong is hard at work training and fund-raising for arthritis research. I encourage you to visit www.arthritis.ca for more information on how you could help the Joints In Motion Team raise funds for arthritis research.



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Majority of planned development goals met - Mosher

By Linda Mosher
Councillor District 17

Recently Halifax Regional Council approved a subdivision adjacent to Sir Sandford Fleming Park. Part of the lands were owned by HRM, a large portion was the former site of a provincial quarry. Many residents have asked why the public lands of the former quarry site on the Williams Lake Road were fenced off for so long. This land was always intended to be reclaimed for residential development and usable, safe parkland. In 1994 former City of Halifax initiated a call for proposals to develop a residential subdivision and some park facilities on these lands. At that time, the community had concerns and former

Councillor Ron Hansen and City Council withdrew the proposal call and initiated a community based planning process.

This process started in 1995 and the community looked at not only HRM lands but also the adjacent private parcels. A Community Steering Committee was formed in 1999 and there was an extensive public process which included community meetings, a public workshop and a survey. The goal of the concept plan was "to secure natural parkland as an extension of Sir Sandford Fleming Park for environmental protection and quality recreation, and to enable limited R1 (single family dwellings) development in appropriate areas for the purpose of generating funds to implement the Concept Plan."

This part of the district has had minimal development in the last thirty years. Part of the attraction of this area is plentiful treed parkland and natural areas. The Committee and HRM worked to ensure that these features were preserved by means of the best concept plan. Finally, after assessing numerous options prepared by staff, in August 2000 the Committee prepared a report to Chebucto Community Council recommending approval of the final concept plan. I was not a member of Council at that time but was present when Community Council approved this request.

The June 21st Council decision was to determine whether or not this development application fit the Community Concept Plan approved in 2000. Some key considerations of

the approval were: the developer voluntarily agreed to re-zone their portion of the lands from R2 to R1, which is what the community preferred. The development will have underground wiring which I have been pushing as a requirement for all new developments. The lot sizes are larger than standard, ranging from 5,000 to 20,000 square feet. There is low lot coverage, meaning that the house itself will comprise only 15 to 20% of the lot versus the allowable 35%. The lots were configured to avoid environmentally sensitive areas and integration of the buildings into the natural features of the area. This will entail protection of wetlands, shorelines, corridors and avoidance of slopes greater than 15%. There will be progress "Development" pg. 13



Members of the band Death By Nostalgia which includes Matt Reid, Rod Affleck, Jim Cooper and Spencer Contley, were among the performers at the All Ages Show and Root Beer Fest held in support of the theatre art space at J.L. Ilesley School.

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SMITH, Shirley Anne - 68, Purcell's Cove, passed away at home. Born in Halifax, she was a daughter of the late Joseph and Tress Peters. Surviving are her husband of almost 50 years, Raymond Smith; daughter, Bernice (Paul) Levy, Halifax; sons, Perry (Pam), Halifax; Tim and Tony, at home; Graham (Dianne), Halifax; brothers, Carl (Mary) Peters, Sackville; William (Dorothy) Peters, Halifax; George Peters, Halifax; grandchildren, Kathy, Joey and Michelle; great-grandson, Shawn; several nieces and nephews. Shirley was predeceased by sisters, Mary Richardson and Helen Schnare. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. Interment was in Ferguson Cove Cemetery, Purcell's Cove.

PELHAM, Aubrey William - Herring Cove, passed away in QEII Health Sciences Centre, in his 89th year. Born in Herring Cove, he was the son of the late William and Elizabeth (Reyno) Pelham. He served in the RCN from 1939 until 1945 in HMCS Restigouche and HMCS Punter, as well as served with Public Works Canada, with distinction, from 1945 until 1979. He is a member of the Vimy Legion and recipient of the Queen's Jubilee Medal. He was the loving husband of Marguerite (McAvoy). He is also survived by daughters, Cynthia (Roy), Pat (Reg), Betty (Chuck), Jennifer (Jack); many grandchildren and great-grandchildren. He will be greatly missed by sister, Amy, and the many family members for whom he was the guiding light. Aubrey was predeceased by sons, Robert,

Paul, Joseph and Andrew. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd. Interment was held in the parish cemetery.

KIDSTON, Naomi Wendy - 26, on June 7, 2005, was taken from us, her family and friends, very unexpectedly. We all loved her dearly and she touched everyone she met very deeply. Her blended family came from every walk of life and we all did what we could to help her along the road of life. In Naomi's passing, her son, Duwan, age 9, will carry her in his heart forever, as well as we who will love and care for him. She did what she believed was necessary to provide for her son and his future, and his well-being was always in the foreground. We all agree Naomi's path was full of pitfalls, but through it all, she was loved and cared for her son. She was his best friend, confidante, and most of all, his mom. Naomi will be forever remembered by her son, Duwan and his father Conrad Glasgow; her father and step-mother, Gary and Trena Kidston; her mother, Wendy Kidston-Liggins; her grandmother, Evelyn Kidston; her brother, Nathan (Candace) Kidston; her sister, Amy Kidston; five nieces and nephews, as well as several aunts, uncles and cousins. She was predeceased by grandfather, Gordon Kidston, and grandparents, Eddie and Irene Liggins. Funeral arrangements are under the care and direction of J. Albert Walker Funeral Home (2005) Ltd. In loving memory of Naomi Kidston in passing at the young age of 26.

Development goals met

continued from pg. 12

tective covenants and an establishment of a Residents Association to assist in enforcement. As there are watercourses nearby, this application was sent to the Halifax Watershed Advisory Board for consideration. They did not oppose the development, they felt that "efforts appear to be planned to restore natural run-off patterns and to protect natural watercourses through the establishment of vegetated buffer zones and engineered wetlands. It is also planned to make all houses and sites subject to environmental site controls and protective covenants."

Including privately owned and current HRM lands, there will be a total of 70 single

family homes. The street names for the subdivision come from Kirkcaldy Scotland, Sir Sandford Fleming's birthplace. A new street, Ravenscraig Drive, will extend from Williams Lake Road into the new subdivision. In exchange for the portion of HRM land used for the subdivision, the developer must pay for a soccer field, parking areas, trails and associated park facilities such as washrooms and a playground. They will also be responsible for an engineered wetland, and to fill in the quarry to alleviate safety concerns and allow for a viewing slope of the sports field. The new trail system will connect with the existing trails at Frog Pond.



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Once again the season of fleas is fast approaching and for those pet owners who have had a flea free winter, it is time to prepare for the arrival of these major parasites.

Radical changes have occurred in the way we approach the treatment of fleas in the last ten years. Prior to that time, veterinarians would treat an animal presented to the veterinary clinic with flea allergy dermatitis or FAD, with a barrage of indoor and outdoor insecticidal premise chemicals usually in the form of sprays or foggers, combined with a hefty load of steroids, antibiotics and insecticides for the pet itself.

Pet owners would often leave the clinic experiencing a variety of negative emotions. Naturally, people would feel discouraged at the

overall price tag of the expedition - often in the hundreds of dollars. As well, owners would experience a fair amount of guilt for not realizing sooner that Spot had so many fleas and for not knowing that he would eventually end up tearing his fur out and licking himself to the point he was raw and infected. In addition, there was the daunting thought that despite all this, the battle was not over yet and he had to face the fact that he was going to go home and vacuum and spray his entire house, spray his yard and then treat the dog. Yikes!

Fortunately, the arrival of a combination of new insecticides has changed the way veterinarians deal with fleas entirely. No longer waiting to treat the pets infested by fleas, our goal is to prevent these flea infestations in the

first place.

Veterinarians are now able to provide Insect Growth Regulators (IGRs), which are products that act by interfering with insects' development and therefore are essentially birth control products for fleas. IGR products such as "Program" are highly desirable for safety and are available in oral forms for dogs and cats as a once monthly treatment.

This product is now even available in a single dose injectable form for cats only that will provide flea protection for 6 months. Other forms of IGRs are available in collar form from veterinarians as well. For pets already with fleas, new types of adulticides are available in the form of topical spot on products that are applied at home to the pets' skin

once monthly. These products are often combined with the IGRs for a total or integrated approach to flea control.

The ease and simplicity of these products is hard to beat. However, it cannot be overemphasized that the proper usage of any flea control product is important to its success rate. Ideally, pets should begin taking the oral IGRs well before the flea season is underway - in our climate that usually means April/May.

Pets with fleas already should always be treated with an insecticidal adulticide product first, such as the topical spot on product "Advantage." Products should be continued throughout the entire flea season - in our zone to November.

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 Dr. Laura Speer

Are you eating enough veggies? Probably not

By Deborah Rent
Special Features Writer

Health Canada says we need five - 10 servings of fruits and vegetables a day — particularly dark green vegetables. With today's busy lifestyle it is often difficult to eat a balanced healthy diet. It's the dark green veggies that are excellent sources of vitamins, in particular vitamins A and C.

They also contribute calcium, iron, and fiber, are low in calories, high in beta-carotene and are fat free and cholesterol free. They are the Power Foods. We need them, but how many of us get enough, every single day, to get optimum nutritional value. Asparagus, broccoli, beet greens, spinach, kale, green beans and dandelion greens are all excellent examples of healthy greens.

"By consuming green vegetables you may be reducing the risk of cancer as 35 per cent of all cancer deaths may be related to what we eat," says Aaron Adams, manager of Popeye's in Halifax. "Eating certain vegetables, especially the cruciferous ones, has been associated with a reduction in the incidence of cancer. But let's

be honest, how many people actually get the recommended daily amount. According to Progressive Nutritional, even with the best intentions there are very few of us



who take the time and effort to buy, then prepare and eat the recommended five to eight servings of fruits and vegetables everyday."

Progressive's Veggie Greens makes life less complicated. It is a comprehensive combination of over 60 land, sea and cruciferous vegetables,

as well as super green foods, EFAs, pre and probiotics, enzymes and herbal extracts. One small scoop is equivalent to six to eight servings of vegetables. It's that easy. It offers a full spectrum of nutrient-rich and highly alkaline foods.

"Veggie Greens is a finely detailed formula that uses only the highest quality, most extensively researched ingredients from around the world. Each component has been carefully selected for its purity, potency and compatibility," says Rob Lough, owner of Popeye's.

Even the most sensible diet will still lack a number of vital nutrients important to good health, says Lough, no matter how carefully we select our food. To further complicate matters, he says, the ongoing depletion of the mineral content in commercial farmlands, when combined with the effects of cooking and preparation, results in us consuming vegetables that have lost as much as 50 per cent of their nutritional value.

Our modern lifestyle also plays a role. Constant exposure to stress, pollutants and the consumption of a highly processed diet leads to an acid/alkaline imbalance within our

bodies. This overly acidic internal environment puts us in a state of vulnerability to both minor and major health concerns.

Vegetables are our most potent alkaline foods; but when our best defense against high blood acidity are nutritionally depleted when they arrive on our table, the proper balance of acidity and alkalinity in our system will be even more difficult to achieve, much less maintain. With these unavoidable factors against us, the trained staff at Popeye's says we face a nutritional challenge that only an all-inclusive green food supplement, such as Veggie Greens, can protect us from effectively. Veggie Greens is

available in two flavours — natural and blueberry.

"A lot of people are surprised when they try the blueberry. It actually tastes great. Other green supplements contain about 28 minerals but Veggie Greens comes in at over 60 minerals."

Popeye's is the store for those who are concerned about healthy living.

Whether you are a teenager or senior, a weekend athlete or a pro, Popeye's, with over 20 store across Canada, has what you need! Drop by for your free sample of Veggie Greens at 3045 Robie Street, next to ATV, or call 444-4488.

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Youth Leadership Adventures

The Chebucto Boys and Girls Club is registering participants for a Youth Leadership Program for youth ages 12 to 15 which will run weekdays July 4 to August 26 from 8:30 am to 4:30 pm. Fee is \$60 per week. For information contact Darlene at 477-9840.

Strawberry Social

St. James United Church, Sambro, 3811 Old Sambro Road, will hold a Strawberry Social on Saturday, July 16 from 1 to 3 pm. There will also be a cake walk and Chinese auction. Everyone Welcome. For information contact Crystal Gilkie at 868-2939.

Summer Adventure Day Camp

The Chebucto Boys and Girls Club will run a Summer Adventure Day Camp with the theme "The Arts" Monday to Friday from July 4 to August 26. Fee is \$60 per week. For information call Darlene at 477-9840.

Outdoor Garden Party

Urban Farm Museum Society will hold a family outdoor Garden Party at their farm field on Kidston Road, off Rockingstone Road, Monday, Aug. 1st from 2-4 pm as part of the Halifax Natal Day celebrations. Miniature ponies will be on hand for the enjoyment of children of all ages. Everyone welcome.

Tag's Newest Play

"The Hollow" by Agatha Christie and Directed by Iris Patterson will be performed at the Theatre Arts Guild Pond Playhouse from July 7 to the 23rd from Thursday to Saturday beginning at 8 pm with a matinee on Sunday July 17 at 2 pm. For reservations call 477-2663, or visit the web site www.tagtheatre.com.

90th Birthday Celebration

The family of Ethel Murphy of Herring Cove will host a reception in honor of her 90th Birthday. Please come and celebrate with us on July 9 from 1 to 4 pm at St. James Anglican Church Hall, 2 Harrigan Rd Herring Cove. Best wishes only.

Remarkable Woman Award

Crowell's Pharmasave and Spryfield Physiotherapy are developing an award for the remarkable women in Spryfield. The nominations need to include name, address and short write up regarding why the person believes this woman is remarkable. The forms are avail-

able at Crowell's and Spryfield PT and should be returned to these places. For information call Linda MacLaggan at 475-7900.

J.L. Isley Class of 1991 Reunion

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

Legion Notes

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

Library Happenings

Hip Hop Workshop Wednesday, July 20 at 2 p.m. for ages 12+. Join Tacktishion and DJ IV of Universal Soul as they share their knowledge of the music business and discuss how the hip-hop culture affects today's youth. Djing exhibition and instruction will be followed by the playing of the Universal Soul videos, Allnight and Way Back in the Day.

Teddy Bear Day

Thursday, July 21, all ages. 10:00 - 10:30 a.m. Bear Registration, 10:30 - 11:00 a.m., Bear's Wishes Puppet Show, and 11:00 a.m. Presentation of prizes and certificates and Teddy Bear Picnic. Bring your cherished teddy to this annual special celebration for well-loved bears (or toy bunnies, or pigs...) Register your furry friend for a special certificate, stay for a puppet show, and then enjoy the Teddy Bears' Picnic. Bring your sandwich and the library will provide lemonade and cookies. It's a whole morning of fun.



The Williams Lake Conservation Company held a plant sale in support of their organization in June at the Captain William Spry Community Centre. Participants included Anne von Maltzann, Betty Nauss, Christa Cook, Patty Cuttell, Dawn Underwood and Theresa Snow.

Chebucto News Business Directory
Community businesses serving community needs.

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Students at William King Elementary School performed an off beat version of Snow White and the Dwarfs at their year end this school year.

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8X12	\$659	\$749	\$839	\$929	\$1089	\$1159	\$969	\$1209
8X14	\$759	\$849	\$999	\$1069	\$1189	\$1319	\$1179	\$1269
8X16	\$839	\$919	\$949	\$1069	\$1209	\$1429	\$1239	\$1529
10X8	\$619	\$669	\$789	\$839	\$1039	\$1079	\$989	\$1089
10X10	\$729	\$789	\$949	\$1009	\$1129	\$1209	\$1129	\$1299
10X12	\$799	\$899	\$1039	\$1129	\$1239	\$1369	\$1269	\$1439
10X14	\$879	\$1039	\$1189	\$1299	\$1419	\$1539	\$1329	\$1639
10X16	\$959	\$1089	\$1249	\$1359	\$1679	\$1679	\$1439	\$1739
12X8	\$689	\$779	\$879	\$939	\$1069	\$1169	\$1099	\$1259
12X10	\$809	\$919	\$1039	\$1129	\$1279	\$1369	\$1279	\$1459
12X12	\$919	\$1059	\$1179	\$1249	\$1429	\$1579	\$1429	\$1649
12X14	\$1049	\$1179	\$1359	\$1429	\$1639	\$1739	\$1599	\$1859
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2"x6"	\$7.96	\$9.99	\$11.94	\$13.93	\$15.97
2"x8"	\$10.93	\$13.67	\$16.40	\$19.13	\$21.87
2"x10"	\$13.99	\$17.45	\$21.98	\$24.99	\$27.89
4"x4"	\$9.60	\$11.99	\$14.40	\$16.80	\$19.20

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8' wide	\$379	\$459	\$579
10' wide	\$469	\$579	\$639
12' wide	\$529	\$649	\$749
14' wide	\$599	\$749	\$849
16' wide	\$679	\$819	\$939
18' wide	\$749	\$1019	\$1099
20' wide			

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16x20*	\$2997	\$3497	\$4497	\$5697
20x20	\$3297	\$3897	\$4994	\$6497
20x24	\$3697	\$4297	\$5497	\$6897
24x24**	\$4197	\$4897	\$5997	\$7997
24x30	\$4597	\$5497	\$6697	\$8997
30x30	\$5797	\$6597	\$7997	\$10,697
30x36	\$6197	\$7197	\$8797	\$11,797
30x40	\$6597	\$7597	\$9297	\$12,497

PACKAGE DETAILS	VALUE Pkg.	REGULAR Pkg.	SIDED Pkg.	DELUXE Pkg.
Wall Stud	2x4@#1	2x4@#1	2x4@#1	2x4@#1
Wall Sheathing	Shopgrade OSB	7/16" OSB	7/16" OSB	7/16" OSB
Wall Siding	-	White Vinyl	White Vinyl	White Vinyl
Wall Insulation	-	-	-	1/2" Regular
Wall Drywall	-	-	-	1/2" Regular
Roof Framing	Truss System	Truss System	Truss System	Truss System
Roof Sheathing	Shopgrade OSB	1/2"	1/2"	1/2"
Roof Shingles	#2 Asphalt	25 year Asphalt	25 year Asphalt	25 year Asphalt
Soffit	-	Vinyl	Vinyl	Vinyl
Fascia	2x6 Spruce	2x6 Spruce	2x6 Classed	2x6 Classed
Ceiling Insulation	-	-	-	1/2" Regular
Ceiling Drywall	-	-	-	1/2" Regular
Entry Door	20'x80" 6-Panel	20'x80" 6-Panel	20'x80" 6-Panel	20'x80" 6-Panel
Entry Hardware	Keyed Knob	Keyed Knob	Keyed Knob	Keyed Knob
Garage Door	9'x7	9'x7	9'x7	9'x7
Nails/Accessories	Included	Included	Included	Included

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Garage Door Key Lock (for use without opener)	\$29

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