

Chebucto News

Vol. 9 • No. 4 • July 2007

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

Working For You In Your Community

479-NEWS (6397)

FREE



A mortgage broker can save you thousands!



- Purchases • Debt consolidation • Renewals • Renovations
- Great rates • Free consultant services o.a.c. • And more

Call me for trusted personal mortgage service!
Jason Bright (902) 880.4622

jbright@eastlink.ca

MORTGAGE INTELLIGENCE
A GMAI Company
© copyright 2006, Mortgage Intelligence Inc. All rights reserved.

Dan Doherty "Mr. Danielson"
Expanding his personal service & commitment to Spryfield's Real Estate Industry. A community businessman since 1992.

EXIT REALTY CITADEL
Independent Member Broker

T 902.478.4023
F 902.405.3299
E dandoherty@eastlink.ca

Construction work underway at Armdale Rotary

This week construction work to convert the Armdale Rotary to a modern roundabout got underway by HRM to physically bring the rotary into form as a roundabout so that it is able to comply with the new traffic regulations

imposed by the Province of Nova Scotia.

The expected completion date is September 14th, however, the majority of work that will impact traffic should be finished by September 1st. All motorists attempting to

enter the Peninsula can expect delays as traffic will likely be backed up at all entrance points as motorists search for the quickest routes to work.

During the weekday peak hours of 7 a.m. to 9 a.m. and 4 p.m. to 6 p.m., two lanes of traffic will be maintained in the roundabout and on the peak-hour approach roads. An exception to this will be later in July, when the St. Margaret's Bay Road will be down to one lane, the lane will alternate on an in bound out bound priority basis. This means that more time will be allotted to the traffic headed inbound during the a.m. peak and more time for the outbound traffic during the p.m. peak.

During off peak hours the roundabout and approach routes may be reduced to one lane.

The work, nearly \$3 million in total, will involve modification of the entry angles on 4 of the 5 legs (Bay Rd, Quinpool, Chebucto, and Joe Howe) to allow for a more controlled and safer approach to the roundabout. This will also improve driver guidance and improve safety.

The modifications will also include a concrete multi use trail along the perimeter of the roundabout to accommodate different modes of transportation (bikes and pedestrian) in a

see "Construction" pg. 2



Faith Churchill and fellow residents of Lynette Road gathered for a day of celebration to kick-off "FAB," Families Against Bullying, in their neighbourhood. Among the organizers who entertained the kids with a barbeque and events at the community playground were Tracy McDonald, Heidi Redmond and Reid Clarke.

Effort already having positive effects on neighbourhood

Sometimes just talking about an issue is enough to affect change, but for one Spryfield neighbourhood a team of concerned parents did more than talk, they acted and have already created a positive change in their community.

"FAB," or Families Against Bullying was initiated in the Lynette Road area by Faith Churchill, mother of a nine-year-old boy who has been suffering at the hands of bullies.

Frustrated enough to think four months ago about simply moving away from the problem, Churchill instead approached other neighbourhood mothers and a teenager on her street who were also concerned about the number of older kids picking on the younger ones.

Together the group formed FAB and began organizing a community party and barbeque to bring attention to the problems in the neighbourhood in an effort to, as she puts it, "to

give the children in the area something to be proud about."

"I've never been the type of person to back away from issues," she said of her concerns over her son's safety and an apparent lack of attention by HRM toward maintenance of a community playground and sports field that she claims "hardly ever gets mowed.

see "Initial" pg. 2

tion in late 2005. The victory, besides offering a \$5000 prize, propelled Cameron into the music world and his first CD was produced shortly afterward.

Since then he has progressed through his career and his second CD, "Get Er Done," and its number one song "Bring It On" are being played frequently on local country music radio stations.

And now he's getting a chance at the national stage. In June Country Music Television held karaoke contests in popular country music bars in six Canadian cities searching for competitors in what the station calls the hunt for "Canada's Ultimate Karaoke Star." Cameron was chosen the winning at the Rodeo Lounge competitions and has been selected to participate in the national contest to become the CMT Karaoke Star of 2007 and possibly the winner of the \$10,000 grand prize.

The contest will be broadcast over eight weeks through September and October. The judges will select one winner from each of the

see "Cameron" pg. 2

Free Home Evaluation

No Cost and No Obligation

Roy Thomas - 430-8700

www.RoyThomas.ca



Classic Physiotherapy & Work Rehabilitation Centre

349 Herring Cove Road - Pharmasave Building

Please call 475-1770

Your Neighbourhood Physiotherapy Clinic

Approved WCB Provider
Covered by Most Private Insurance Plans

Walk-ins welcome or appointments available



www.classicmanagedcare.com

Construction work underway at Armdale Rotary

continued from pg. 1

safer, more efficient manner. There will be better and more overhead signage and more pavement markings to guide drivers. The markings this will be permanent, imbedded in the pavement, so that they won't fade. There will also be new asphalt surfacing, all new street light-

ing, reinstallation of underground utilities due to curb re-alignments, new concrete curb and gutter and a concrete sidewalk, bringing the total project cost to \$2.9 million.

Not included in the cost estimates but set to begin about mid July are improvements to St. Margaret's Bay Road. HRM will create a left turn only lane from Keating Avenue to Douglas Street to help prevent outgoing traffic from backing up into the rotary during the afternoon peak period. The project also calls for construction of a sidewalk on the north side of the road and a flashing crosswalk overhead walk sign in the area of the Needs store.

Some have asked why the majority of this work cannot be done at night, or spread throughout the year. A very short construction season, work requiring proper lighting and efforts to keep costs reasonable are some reasons to undertake the work during daylight hours. HRM also felt it should consider the people living near the roundabout and that it would not be fair to disrupt their lives all night during the summer with noise and bright lights.

Experienced traffic control personnel will be on site to ensure smooth traffic flow. Motorists are being advised to exercise extreme caution when traveling in the construction zone. For more information please contact Bruce Colborne at 490-4896 or HRM's Call Centre at 490-4000.

Cameron in national competition

continued from pg. 1

competitions and viewers will be able to vote for one other each week. The top 12 finalists will battle it out over a two hour show live show on October 24. Central's Paul McGuire will host the show.

"I'm honoured to say I was chosen by the judges during the Halifax auditions in June," Cameron says on his web site www.markcameronmusic.com. "The support that came out of this event was amazing and if I can represent half as well as my fans support me then we'll do great in Toronto."

Initial effort having positive effects

continued from pg. 1

People are frustrated by that," she says, and disappointed that there are no events planned for kids in the area.

Churchill is confident that she and her neighbours can make things better in their area. She says things have already gotten better for her son although she still worries about him and watches him play constantly to ensure he's not being picked on.

Confident that she and her neighbours, including FAB Vice-President Tracy McDonald, Treasurer Heidi Redmond and volunteer Reid Clarke, could make a positive change in the area she set out to solicit prizes, equipment, tents and food for a one day event to bring attention to the problems in the area. For its part, HRM showed up in time to cut the grass on the playing field before the event took place this past month.

She says a lot of people don't bother calling police anymore about bullying incidents. "It's not that they don't want to help," she says, "but they're limited by the Young Offenders Act which makes it difficult for them to impact the problem."

"There have already been changes in the neighbourhood," she said following the event. "Parents are talking to each other now and the kids seem happier and more relaxed."

Ever confident Churchill believes she and her fellow neighbours have the ability to not simply help the children but to empower families and make their community a better place.

Other areas of HRM seem to have better



The Spryfield Residents Association held its Second Annual Canada Day Celebration and barbeque at Kidston Lake on July 1. Among the organizers and members were Heather Whitehead, Theresa Snow, Jagoda Mankowski, June Redden, Nancy Wooden and Janet Kidston. Missing are Dorothee Conrad and Dean Yeomans.



The McIntosh Run Watershed Association held its Annual Clean-Up of the river in June. Among the volunteers were Andrew Tse, Meaghan Johnston, Taylor Jardine, Nicole Boyd, Sharon Mandeville, Margaret Knox, Brittany Wesley, Hillary Tobin and Katiynn Manderville.

Danielsons ~ Water 'N' Wine

"The Best Little Brew Shop In Metro"

South Centre Mall • 477-9463

Summer Wine Specials!

Vino del Vida
Chardonnay/Semillon
\$43.99

Grand Cru
Merlot
\$49.99

Heritage Estates White Wine Kits *New Larger Size* \$36.99

Heritage Estates Red Wine Kits *New Larger Size* \$38.99

EXTRA SAVINGS WHEN YOU BUY 2 HERITAGE ESTATES KITS

Expires July 31, 2007

Watch
Batteries
Installed

\$4.00
+ tax

We also sell and install a variety of watch straps.

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

2007 Spring and Summer Catalogue

Now Available FREE!!



Providing Services for Pets Since 1939

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

468-0674

Dr. Ross Ainslie & Associates

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

www.halifaxvet.com

HALIFAX VETERINARY HOSPITAL 422-8595
Dr. Kelly McInnis
Dr. Mary Jane Corkum
6485 Quinpool Rd. Dr. Eamon Draper

FAIRVIEW ANIMAL HOSPITAL 443-9385
Dr. Suzette Dibblee
Dr. Adrienne Harris
3422 Dutch Village Rd. Dr. Mike West

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



Holocaust skeptics should spend 10 minutes with Riteman

For the forty or so who attended the presentation it was gut wrenching. And for anyone who remains skeptical about the Holocaust, ten minutes with Philip Riteman would be more than sufficient time to determine the emotional impact and the sincerity of sadness revealed by this survivor of Nazi atrocities of World War Two.

Riteman, now approaching his 80s, remained silent for 40 years about his experiences in the Nazi concentration camps of Auschwitz and others where he participated in the deaths of thousands of fellow Jews. But even today as he speaks, tears well up in his eyes and his speech stumbles with emotion as he recalls the horrors bottled up in his memory. "I can't speak about it very often. Maybe

once or twice a week. Because I dream and I get sick," he told the audience at Gospel Light Baptist Church as he unfolded some of the cruelties contained in his memory book.

He was just 14 when the Germans marched through his home town forcing people from their homes. He, along with his parents, brothers and sisters and 5,000 Jews from his home, were forced to march 60 kilometres to a place where thousands of other Jews were camped in what he called a ghetto. Along the way the soldiers he said, "would take out their guns and just shoot people. Or they would force people to dig shallow graves, kneel in front of them and then shoot them and move on."

The prisoners were gathered together at a railway station he recalled. People were

crammed, up to 100 or more, into box cars. They rode the train for six or seven days. "There was no food, no water, no room to move. People just standing against each other and the heat was unbearable. A man fell dead at my feet. There was nothing to do but to push him to a wall," he said taking frequent sips of water to calm himself.

He told the story of a young mother whose baby cried the entire time. "The baby died. Right there in her arms," he said, bringing to life the tragedy even before he entered the concentration camps.

Once they arrived, Riteman lied about his age and his talent as a locksmith because the soldiers were looking for skilled trades people. The lies likely saved his life but added to his memories. He described the horrors of Auschwitz. Babies torn from their mother's arms and thrown into the piles of humans and shot and the crematoriums he was forced to clean. He says the Nazi gassed and burned about 20,000 human beings a day for years at the camp.

It was 1945 when the Americans arrived at his camp to liberate the prisoners. He told of being about 85 pounds at the time and being handed a can of Carnation milk. "We didn't know what it was. Just a can with a cow on it. And the Americans told us to drink it but we wouldn't until they did first. And then they only let us have it a little at a time because we wouldn't be able to digest it."

Riteman's family was separated and spread out to many parts of the world. He had sisters in Newfoundland and Montreal and relatives in the United States. But even after the war it was difficult. "Canada wouldn't let me in," he recalled. "Newfoundland was the only country that would give me a home so I went to live with my sister there after the war."

It took Riteman, known to the Nazis only as Number 98,706, which is still brazened on his arm, 40 years before he could speak of his experience. And now that he does he has a message for everyone. "Teach your children to love. Never never teach them to hate. Hate will destroy the world."

NOW AVAILABLE IN THE WILLIAMSWOOD, HARRIETSFIELD AND SAMBRO AREA:

MSDR Mind and Skill Development Resources Atlantic **AND** **RAVEN'S JOURNEY** Personal, Professional, and Spiritual Development

Working Together To Bring To You:

- Individual Therapy
- Couples Therapy
- Group Therapy
- Workshops
- Therapy for Chronic Pain
- 40 Weeks To Health Wealth and Happiness
- Parenting
- Self Esteem for Teens and Children
- Cooking on a Budget
- Mandalá Journalling, Aura, Goddess and many other Workshops

Sandra Church, M.Ed (Psych), Certified Canadian Counsellor, Certified Hypnotherapist
Ellen MacPherson, C.R.T, Certified Life Skills Coach

444-2494
 25% DISCOUNT ON FIRST VISIT
 REIKI MASTER ALSO AVAILABLE ON PREMISES



Phillip Riteman and his wife made a visit to Gospel Light Baptist Church to share details of his nearly five years as a prisoner during the Holocaust. Here Mr. and Mrs. Riteman discuss pictures of the period with Dawn Lawrence Pastor Reg Lewis.

Do you have 1 day to give?
THURSDAY JULY 26th

The Boys & Girls Club of Spryfield is building a **NEW PLAYGROUND!!!**

They need YOUR HELP!

Bring the whole family and enjoy FREE:
 Food • Childcare • Fun activities
 While helping your community!!

If you're interested in helping out and having fun call:
477-9840 / 477-0964
 For more volunteer opportunities check out
GETTING INVOLVED at www.chebuctoconnections.ca

Chebucto Communities Development Association [CCDA] helps connect people, groups and communities from Armdale to the Pennants. We believe that every man, woman and child has an active role to play in their community. We believe that neighbourhood groups are the heart of every community. We believe that communities working together are stronger.

For more information, call 477-0964.
www.chebuctoconnections.ca

 **Peter J. Kelly**
 Mayor
 Halifax Regional Municipality
 (902) 490-4010 • (902) 490-4012
 Email: kellyp@halifax.ca
 1841 Argyle Street, P.O. Box 1749,
 Halifax, Nova Scotia B3J 3A5



E.M. Power Law
 A Community Based Law Firm

E.M. Power Law
 Welcomes New Associate

Denise Zareski, B.A., LL.B.

Specializing in Family • Civil Litigation • and Small Claims Court

Heidi Cleary, B.A., M.A., LL.B
heidiepower@eastlink.ca
 Ph: 405-4LAW (4529)

Daphne A. Williamson, B.A., LL.B
daphneempower@eastlink.ca
 FX: 405-4528
 PO Box 20125, Halifax, NS B3R 2K9

DISCOVERING OUR PAST

Ships carrying diseased crew and passengers quarantined in Northwest Arm

by Iris Shea, *Historian
Mainland South Heritage Society*

During the 19th century, Melville Island seemed to be the place of choice to send emigrants suffering from contagious diseases. Treatment of these diseases was not part of the Chief Health Officer's budget and health care personnel were forced to petition the House of Assembly to receive payment for their services. In May 1818 Dr. John F. Gschwind ordered 38 emigrants suffering from Smallpox to be taken from their vessel to Melville Island. For one month he provided medical aid and assistance as required. In February 1819 he was still waiting to be paid his promised remuneration.

In the 1840s, ships arriving in Halifax with sick passengers were ordered to anchor off Melville Island in the Northwest Arm. In an attempt to treat and isolate contagious diseases, passengers and crew remained on board under quarantine. On August 6, 1846, the Health Officer, Dr. Matthias Hoffman, ordered "Vesuvius," a ship from Vera Cruz, to anchor off Melville Island because 24 cases of Yellow Fever were on board. On the voyage from Vera Cruz, the "Vesuvius" had lost its surgeon and eight men from the disease. Dr. Hoffman made seven visits to the quarantined vessel at Melville Island but had to petition the House of Assembly for his pay of 7 Pounds.

On May 29, 1847, the Acadian Recorder reported that "upwards of 850 Emigrants from Ireland have arrived at this port within the last fortnight. The numbers have been diminished by some deaths and others are suffering under severe illness at Richmond where a temporary hospital has been provided for their relief since their arrival." Health Officers in Halifax confirmed that several extreme cases of Typhus Fever were sent to Richmond Hospital in north-end Halifax and several others were still in the city. In addition to this news, the arrival of a vessel carrying nearly 100 passengers, several of whom were suffering from Typhus, alarmed Halifax residents. Efforts were soon underway to send the fever victims outside the city in an attempt to halt the spread of the disease at the Garrison and among the inhabitants of Halifax. The buildings on Melville Island, the same used by the British Admiralty for prisoners of war from 1803 to 1815, were chosen as a temporary quarantine hospital and, on May 27, 1847, the fever victims were transferred from Richmond to Melville Island Fever Hospital.

The Board of Health, in its report to the House of Assembly in October 1847, showed that 203 patients were admitted to the Fever Hospital, 30 of whom had died, 163 "discharged, cured" and 10 were transferred to "Convalescent Asylums for the Poor." Some say those who died may have been buried on Deadman's Island.

Melville Island was used as a quarantine hospital for close to four months. Dr. James Hume was the Assistant Health Officer who attended the sick in Halifax and made several trips to Melville Island Fever Hospital during this time. He, too, had to petition the House of Assembly for his pay of 40 shillings per day (a total of 244 pounds).

In 1848 Nurse Mary Fitzgerald, a widow and native of Ireland, petitioned the House of

Assembly for her pay for 26 days of service on Melville Island, stating she was hired in May 1847 by Dr. Hoffman as Matron at Richmond

Fever Hospital and was promised the rate of 20 shillings a day. At the same time, her children, Richard and Catherine, were also hired and promised remuneration by Doctors Hoffman and Hume. When, within two weeks, all of the sick were removed to Melville Island, Mary Fitzgerald and her two children accompanied them. Nurse Fitzgerald stated she took her own bedding and pillows with her but had to distribute them to the poor dying people whom she found destitute of everything. She procured fuel, provisions and candles for the sick in addition to the care she and her children provided at great risk to themselves.

There was nobody else willing to care for the fever victims. From early morning to late at night, she tended the sick and dying on

the Board of Health and the House of Assembly, and in January 1849, still having no remuneration for her or her children, submitted

an itemized account of their expenses, totalling 33 pounds. There is no record of her receiving this money. Nurse Fitzgerald died in the Poor House September 1852 at the age of 50 years.

The photograph shown here was an engraving done in 1855 which appeared in the Illustrated London News. It depicts the location of the buildings on Melville Island when the island was used to train soldiers from New England,

"Emigrant Volunteers" recruited by Joseph Howe to fight in the Crimea War, but they are the same buildings used to house the fever victims during the 1840s.



The photograph shown here was an engraving done in 1855 which appeared in the Illustrated London News. It depicts the location of the buildings on Melville Island when the island was used to train soldiers from New England.

Melville Island, with little food for herself and her children, and no dry spot on which to lie down.

Mary Fitzgerald continued her fight with

Spryfield Lions – We Serve

Parent and Tot Drop-In
Wednesday – Friday
9:30 am to 11:30 am
All Welcome – No Charge
479-2917

Community Bingo
Wednesday Afternoons
Doors Open at 12:30 pm
Bingo Starts at 1pm
479-2917

**Spryfield Lions
Recreation Centre**
25 Drysdale Road

Space Available
Recreational or Gymnasium Use
Evenings and Weekends

Great Space for
Basketball Program or League
Volleyball Program or League
Badminton Program or League
Children's Birthday Party Space
Dry Land Training for Hockey, Lacrosse or Soccer



For Information Contact King Lion Rene Quigley
479-2917 rene@bctgm.ns.ca

2nd Annual "Ryan Kidston" tournament in September

Plans are already underway for the Second Annual Ryan Kidston Family Slow Pitch Tournament, to be held September 7 through 9 to honour the young 19-year-old who drowned last year at McNab's Island.

"We owe a big thank you for the great success and turnout at last year's tournament," said organizer Weldon MacDonald. "With the help of family, friends, sponsors and the community as a whole, the 1st annual Ryan Kidston family slow pitch tournament was a great weekend for all who participated. The main focus on participation and fun in honour and memory of Ryan Kidston."

Plans are well underway for this year's tournament led by Nelson Pelley and Colin

Gillis, he said. "Colin was the originator of the idea and with Nelson's vast knowledge of baseball, the original tournament became something beyond everyone's expectations and something Ryan would be proud of. Consisting of 10 teams, 2 fields and a full weekend, the tournament was enjoyed by all who attended.

Competition isn't the focus of the event, but medals and trophies were awarded. The trophy awarded for best Sportsmanship is on display at the library.

The tournament is planned this year for Sept 7, 8, 9 at the Leiblin Park fields.

Further information regarding registration fees and additional details can be obtained by

contacting Ron Kidston at 441-8129 or Nelson Pelley at 475-1178. All profits from this event

will go back into local community sports. Hope to see you out there!


Parts of Old Sambro Road cleaned

The Gospel Light Baptist Church and its Youth Group have adopted a 3-km section of Old Sambro Road between Whitehead Road and Moody Park Drive. It took two Saturday mornings, one in May and one in June, to remove all the trash and litter from both sides of the road.

The group picked up approximately 125 bags of litter, as well as assorted large items

such as tires, refrigerator doors, auto parts and construction materials. Tim Hortons and McDonalds cups figured prominently among the smaller items.

The Youth Group plans to continue its efforts but they would be grateful if all members of the community refrain from tossing items out of their cars, deciding to take their trash home to dispose of properly instead



NEW HOURS!
Monday and Tuesday 9 to 5
Wednesday 9 to 7
Thursday and Friday 9 to 5

Dr. Elaine Carey
Family Dentistry

Welcomes
Dr. Nadine Livingstone
to the practice.

477-9457

339 Herring Cove Road, Royal Bank Building
NEW PATIENTS WELCOME



Tim Hortons held its Annual Camp Day to raise money to support the company's camp program for kids. Franchisee Bev Shearer works the barbeque with Wanda Dominix, Doris Fraser, Ken White, Eva Doell, Brittany Saccary, Konyon Jallah, Charley Rose and Koily Innes-Howe.

Captain Spry Fitness Club
Spry for Life
Come Ride the Fitness Wave



Summer Special

Two Months for the Price of One

From June through August, get any two months membership for the price of one month!

Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates. Memberships include lane swims and sauna (19 yrs and over).

Day passes are only \$8.
10 and 20 visit passes are available.

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

Located in the Captain William Spry Community Centre
10 Kidston Road, Spryfield





BRIARWOOD

PAR 3 GOLF COURSE

Let's Golf at Beautiful Briarwood
2,400 yards of interesting fairways – 9 minutes from the Armdale Rotary

647½ Herring Cove Road
Phone 477-4677

Green Fees Welcome



Save On Green Fees

Nine Holes
Only \$14 (tax incl.)
Juniors \$10 (tax incl.)


Eighteen Holes
Only \$20 (tax incl.)
Juniors \$17 (tax incl.)

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): 491-7474
Dartmouth Office: 461-2333
Sackville Office: 865-4400

www.pwcdebtsolutions.com

PRICEWATERHOUSECOOPERS 

Trustee in Bankruptcy

Solutions Through Understanding

Pelham's Diner and Pizzeria – Establishing a community gathering place

A desire to create a community gathering place that's built on family values has led business partners Jeff Pelham and Jessie Noel to the community of Herring Cove.

The two locals, together with Jeff Wood who brings ten years of cooking experience to the business, and David Crouch, whose mural of "The Cove" adorns the back wall of Pelham's Diner and Pizzeria at 937 Herring Cove Road, open their doors to all to come in and enjoy the food.

Both men have worked in the food services industry for more than 40 years combined. The pair have worked together for many years and spent many a night at the bar they had worked at discussing opening their own place some day. When the time came to make a change in their lives and realize the dream of going into business for themselves, they had only one place in mind where they wanted to be. That place was the community of Herring Cove where they live with their families.

The partners feel that the community of

Herring Cove is a growing community. There are a growing number of people of all ages who like to go out and have something to eat without travelling into the city. At Pelham's Diner they can get just that without traveling.

With seating for up to 40 people eating in and also providing take out and free delivery, they offer something for everyone's mood.

The doors opened at the new diner in mid June with a heaping helping of community support that began more than three months earlier when renovations started. "Charlie Darrah our landlord has been with us every step of the way, being very supportive of our project and lending a helping hand along the way," Said Noel. Also Pelham Electric gave the business generous support throughout the project, along with Jamie and Jody their helpers over the past few months.

Jessie and Jeff, along with their families, would like to welcome all to come on into Pelham's and introduce yourself and take a seat and enjoy the food.



Jessie Noel, left, is one of the business partners of Pelham's Diner and Pizzeria at 937 Herring Cove Road. With him at the order counter are David Crouch, Jeff Wood, Jeff Pelham, partner, and Shelly Pelham. The Diner opened for business in June.

PELHAM'S DINER AND PIZZERIA



Diner Hours: Monday – Friday, 11am – 9pm, and Saturday – Sunday 11am – 9 pm
FREE Delivery Hours: Monday – Thursday 4pm to 10pm, and Saturday – Sunday 4pm – 12 am
Brunch Served: Saturdays and Sundays 11am – 2pm

Appetizers

- Wings \$7.75
- Onion Rings \$4.75
- Fried Pepperoni \$5.75
- Poutine \$5.95
- Nachos \$7.50
- Fries \$3.50
- Fish Bites \$4.25

9" Subs (\$6.95)

- Donair Pizza
- Cold Cut Veggie Chicken

Salads

- Caesar \$5.50
- Garden \$5.50
- Chicken Caesar \$7.50
- Greek \$7.25

Seafood

- Pan Fried Haddock \$8.50
- Fish & Chips 1pc \$5.50
- 2pc \$7.75
- 3pc \$9.95
- Family Pack (9pc) With Gravy \$25.95

Burgers n'More

- (Fries Included)
- Hamburger \$5.95
- Cheeseburger \$6.45
- Crispy Chicken Sandwich \$7.50
- Donair Burger \$5.95
- Hot Dog \$4.25
- Chicken Fingers \$7.85
- Chicken Wrap \$6.50
- Chicken Caesar Wrap \$8.25
- Veggie Wrap \$6.95
- Clubhouse Sandwich \$7.95

Donairs

- Small \$4.75
- Medium \$6.00
- Large \$7.50
- Extra Sauce (small) \$0.50
- (cup) \$1.75
- Donair Plate \$6.95

Dessert

- Rockie Road Brownie \$3.50
- Ice Cream Sundae \$3.50
- Strawberry • Chocolate • Caramel

Beverages

- Juice, Milk, Choc. Milk \$2.20
- Tea/Coffee \$1.50 Pop (can) \$1.55

Pizza

	12"	15"	18"
Cheese	\$7.50	\$9.50	\$11.75
1 Topping	\$8.50	\$10.75	\$12.70
2 Toppings	\$9.50	\$12.00	\$14.45
3 Toppings	\$10.50	\$13.25	\$16.20
The Works	\$13.00	\$14.50	\$17.50
Donair	\$13.00	\$15.00	\$17.50
Hawaiian	\$12.50	\$15.50	\$17.50
Vegetarian	\$12.50	\$15.50	\$17.50
Garlic Fingers	\$11.00	\$13.00	\$15.50
Extra Toppings	\$1.50	\$2.50	\$3.50
Mushrooms, Onions, Pepperoni, Salami, Green Peppers, Bacon, Hamburger, Wieners			

(taxes not included)

406-EAAT (3228)

937 HERRING COVE ROAD

St. Vincent de Paul Society marking 50th year

By Rebecca Medel

"There's not too many people that know about Saint Vincent de Paul anywhere. We're pretty low-key. But we'd like people to know about us. There may be people in need who don't know where to turn for help," says Pat Flemming, President of the St. Michael's Conference in Spryfield. This summer marks the Society of St. Vincent de Paul's fiftieth year of service in the area.

Flemming has volunteered with the society for the past nine years. He said that one day his neighbour didn't have a partner to accompany him on a home visit, so

Flemming went along.

"When I went and saw the type of people, I had to help," said Flemming. "A lot of these people are so poor it makes you thankful for what you have. You might visit a girl, sixteen, with two or three little kids running around with no diapers."

Flemming said that today the society is the largest Catholic organization in the world and is active in more than 130 countries. Halifax itself has more than one conference, or branch, of the society. But each one looks after its own area. The St. Michael's Conference is active in Spryfield, Sambro, and Herring Cove.

"We have a helpline number and anyone

who needs assistance, regardless of the type of assistance, can call the helpline, and we go to visit and find out their needs," said Flemming. The types of needs are often special types of food (for diabetics), help paying power and telephone bills, and help purchasing eyeglasses and prescriptions.

"When we go to visit a person, we don't do a whole lot of talking. We do a lot of listening. And they begin to open up," said Flemming. "We try to make them self-sufficient. A lot of times we succeed. But a lot of them are sick and can't work. And a lot don't have the education to get a good job."

The biggest complaint Vincentians hear is that the majority of jobs available pay minimum wage. "Then they have to buy a bus pass and work clothes. Most say, 'We're better off with social services,'" said Flemming. He suggests raising the minimum wage to ten dollars an hour might be more of an incentive for those receiving social services to seek employment.

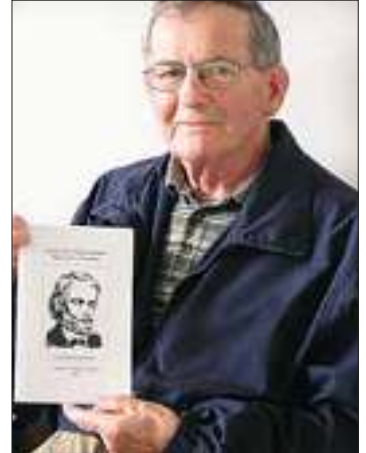
When the society came to Spryfield in 1957, there was a lot of poverty. "It was nothing like you see now. The houses were widely spread out. There were a few grocery stores and there were dirt roads," said Flemming.

The Vincentians of 1957 were laypeople in the church who worked during the day and made home visits at night. Flemming said that today most of the volunteers are retired, and make visits during the day.


The society itself is a lot older than fifty years, though. It began in 1833, when twen-

ty year-old Frederic Ozanam was studying in Paris, France. He was a strong Catholic and his fellow students would taunt him and ask why the church did nothing to help the poor. Ozanam and some friends thought this over and began visiting the poor of the city at night, bringing them food and clothing. As in 1833, the society still aims to alleviate poverty.

"We'd like to see us out of business," said Flemming.



Pat Flemming shows a picture of St. Vincent de Paul founder, Frederic Ozanam.

	553-555 HERRING COVE ROAD 5 Acres in South Spryfield! This property is zoned for commercial and residential use. All municipal services are available. An added bonus is the rare in-place development agreement to allow for a food processing and wholesale operation within the existing building on the lands. \$215,000
	ARM OF THE LAKE ESTATES Country-sized lots located on Grand Lake between Williamswood and Sambro, only 20 minutes to the Rotary. All lots are preapproved for single family homes. Great fishing, canoeing, boating and hiking. You are minutes away from the Village of Sambro and the beautiful beaches of Crystal Crescent. Protective covenants are in place to protect your investment. \$39,900 - \$72,900
	950 HERRING COVE ROAD Developers! Municipal services have come to Herring Cove. This property is actually 3 parcels in one with 227 feet of road frontage on Herring Cove Road. Approximately 30 lots are possible under the current HCR zoning bylaws. Ocean views would be available to two-story buildings. Great investment opportunity. \$274,000
	980 Bellevue Avenue Great family home in southend Halifax. This 3-bedroom is on three levels with 2 1/2 baths, a great family room with new wood stove, a wonderful study off the Dining Room and features hardwood throughout. The attic has two skylights and would make a wonderful retreat. Priced to sell at \$465,000.
	252 Spinnaker Drive Are you looking for a better lifestyle? How about easy access to walking trails, swimming, boating and a wonderful view of the Northwest Arm. All this and 5 minutes to Downtown? Look no further than this newly renovated townhouse in Regatta Point. Just move in and relax on your bistro-style deck. Priced at \$334,900.



For more information on these and other properties in Mainland South call Eileen Pelham at 483-9301 or visit online at www.eileenpelham.ca



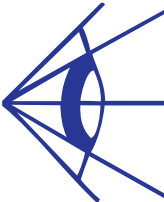
Cowie Hill Physiotherapy

Serving your community for more than 10 years

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



YOUR

FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahan, Dr. Jody Killoran & Associates

RELOCATED to address below

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

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

Discouraging infilling on the Northwest Arm

By Linda Mosher
Councillor District 17

One of the most beautiful attributes of our district is the Northwest Arm. You can see the arm from many different locations in the area and it is also home to major parks such as Sir Sandford Fleming and Deadman's Island. The protection of the view and the water course in general, has been a long standing issue. Finally we have regulations which can be applied in order to provide protection to the Northwest Arm and mitigate issues that infilling can cause.

Infilling a water lot is completely under the Federal government jurisdiction. Previously, when a lot was infilled, the owner could consolidate the two parcels and the new infilled area would take on the zoning of the original parcel. HRM had to allow development on the new portion of land and this caused great concern for residents over the past few years, particularly those residing on Armshore Drive and in Regatta Point.

Many people think that this issue started with the huge south end infill. For the record, the issue originated in District 17, the Armdale portion of the arm. Unfortunately no one in the past had requested municipal changes to affect infilling legislation and residents asked me to do something about the problem.

After meetings and discussions with representatives of federal and municipal levels of

government, it was determined that the best course of action would be to minimize the value of the new infilled portion. By prohibiting much of what the infilled land could be used for, potentially we could discourage infilling in the first place. Unlike our federal counterparts, we could look at other attributes besides fish habitats, such as view planes, esthetics, recreation and navigability. Before I proceed further, I would like to thank the tenacity, hard work and determination of these residents who worked with me on this issue. Your hard work is appreciated and will benefit residents for generations.

Appropriate HRM staff investigated the many issues associated with infilling and agreed to consider it under the Harbour Planning portion section of the Regional Plan. They formed a joint working committee with various stakeholders such as Fisheries and Oceans and Transport Canada. Regional Council approved the motion to authorize HRM staff to initiate the process to amend the Halifax Regional Planning Strategy and Land Use Bylaws in order to establish policies and regulations aimed at controlling development and subdivision on water lots along either side of the North West Arm. This process included a public participation process.

Council amended the Municipal Planning Strategy and Land Use Bylaws for both sides of the arm. A new designation and zone were created called Water Access. This zone limits the

use of land created by infilling to wharves, docks, historic sites and monuments and passive recreation uses, public works and utilities and ferry terminal facilities. The regulations allow these uses only within the established 9 metre setback from the Northwest Arm. There are controls over the size, height and number of boathouses that can be erected within this setback. There is a restriction in using water lots for lot area and setback calculations and there is

a restriction against erecting buildings on wharves, pillars, piles and any other type of structural support (excluding public utilities and ferry facilities) located on or over a water lot.

It is the hope that these stringent regulations will serve as a disincentive to infilling in the first place. If a water lot is infilled, then there are strict allowances for future uses.

On a last note, congratulations to all graduates, have a great summer!



The Jost Children's Centre is on a fundraising campaign to raise \$80,000 to redevelop and improve the Centre's playground. Participating in a recent car wash to help the cause are Ellen Greeley, Branch Manager, Scotia Bank, which agreed to match every dollar raised; Ocean Anderson, Barbara Anderson, Adrianna Wagner, Gary Richards, Jaedon Richards, Dale Raycroft, Susan Mercer and Steve Smith.

Letters To The Editor

"Shocked and appalled" by column

Dear Editor,

To quote Alexa McDonough I was "shocked and appalled" when I read last month's article submitted by Michelle Raymond in which she addressed the issue of water and sewer services for the people of Purcell's Cove. In the article Ms. Raymond had the audacity to reference the Herring Cove project alluding to both an understanding of the project and the fact that she was of some assistance.

Ms. Raymond, despite repeated requests for help from our M.L.A. was no help and actually tried to play politics with the tremendous effort put forward by the Herring Cove Community Liaison Committee, undermining our goal of acquiring additional infrastructure funding.

The results speak for themselves. The water and sewer services project in Herring Cove to date is estimated to cost more than 18 million dollars, Ms. Raymond has not contributed one red cent, period! Quite frankly if the truth be known she did not even try. Her effort on behalf of the people of my community was superficial at best!

Yes at \$12,500.00 per one hundred feet of frontage for both water and sewer services the cost of these services is expensive. However, the reality is that they are less than one quarter of the actual costs which are in excess of \$40,000.00 per one hundred feet or thirty three meters. I can tell you that many communities in HRM, indeed the province, would like very much to receive the deal that Herring Cove property owners are realizing.

Regarding costs I am sure that HRM staff

could give the people of Purcell's Cove a very rough estimate. The fact is until the design work is done by engineers it would not be possible to come close to nailing down actual costs. In reference to the scare tactic brought forward by Ms. Raymond regarding the possibility of opening up large tracks of land for development, The Herring Cove Ratepayers Association in 2001 brought forward the Herring Cove Service and Settlement Strategy which was developed by our community prior to the extension of services. The Herring Cove Service and Settlement Strategy was passed by Herring Cove Property Owners, HRM Council, and the Provincial Government, and strictly controls development in our community.

My advice is for the people of Purcell's Cove is hitch your wagon up to Councillor Linda Mosher's horses, it is by far your best chance of obtaining an adequate supply of fresh clean drinking water and modern sewer services at an affordable price for your community. From personal experience, if you decide to hitch your wagon to Ms. Raymond's horses you will be in for nothing but frustration and at the end of the day no help in terms of infrastructure funding, not one red cent!

I have spent nine years working to deliver water and sewer services to my community. My friend Brian Dempsey has worked on the project for over forty years. If the residents of Purcell's Cove would like to draw from lessons learned from our experience we would be pleased to assist you.

Bruce Cooke
CLC Chair

MICHÈLE RAYMOND

MLA for Halifax Atlantic

Phone: 902-477-4100
Fax: 902-477-4810
E-mail: mhraymondmla@eastlink.ca
www.mhraymond.ca

Constituency Office:
47 Williams Lake Road
Halifax, Nova Scotia
B3P 1S9



Linda Mosher

HRM Councillor, District 17

Concerned, committed representation.

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

HALIFAX
REGIONAL MUNICIPALITY

Supporting Your
Community

**ROYAL
CANADIAN
LEGION**

**Earl Francis
Spryfield Memorial
Branch 152**



WE CARE

Animal Control and Nuisance By-Laws interesting and important – Adams

*By Stephen Adams
District 18 Councillor*

This past month has seen a number of high profile issues come before Council, including but not limited to an Animal By-Law and a Nuisance By-Law. As some residents and members of the press have focused in on certain aspects of the issues, I would like to clarify my position.

During discussions on the Animal By-Law, I had asked our staff to prepare a report on two aspects of this legislation. The first was a spay and neuter program. As is evidenced by the numerous calls I have received regarding strays, there are many cats living under buildings, in vacant lots and numerous other areas where they can find shelter. These cats add significantly to HRM's cat population which is now pegged at approximately 200,000. My request was and is simple. I asked staff to look at other areas in Canada that such a By-Law and see if it could be implemented in HRM. The SPCA is supportive of such an initiative and I imagine others involved in shelters or the overall well-being of animals would be as well. (As a note this would not apply to licensed breeders, show animals or those that have medical reasons that wouldn't allow it).

The other aspect of this By-Law where I requested further information was with regard to the feeding of ducks and pigeons. Although this may seem trivial to some, it can be problematic for many. The original staff recom-

mendation was to ban the feeding of ducks on HRM land. I had asked that a report be prepared to ban the feeding completely.

Pigeons are very dirty and can cause significant damage to property and buildings and causes distress for neighbours and neighbourhoods. The feeding of ducks can also be problematic as this interrupts their regular migrating patterns. If they are fed they will not leave. Given that the ponds and lakes do not have the ability to "clean" themselves, this is harmful and may adversely affect other water life.

The nuisance By-Law has some interesting points, especially the issue of shopping carts. As we all know the carts can be seen along our roadways, in water courses and sitting in our lots. This By-Law will put some onus on business owners to ensure there is some semblance of control. However, I have asked that staff consider a revision that would allow a charge to be laid if someone has a cart in their possession. As the By-Law nears implementation, I

will let you know how this, and the others, turn out.

Another interesting item in this By-Law revolves around street hockey. Who hasn't had a game of street hockey as part of growing up. The recommendation suggests a ban, however this is only to prevent ball hockey from being played on busy thoroughfares such as Herring Cove Road, Leblin Drive etc. To put this into perspective, a By-Law has always been in place banning street hockey and I know of no one who has been charged, myself included.

As weather permits our playgrounds are being upgraded along with some sport courts. The concrete slab near Graves Oakley park has been removed as we will be working with local residents to develop a small park. The piece of land between Sobey's driveway and Shoppers Drug Mart will soon be upgraded to increase our green space. And the bridge over McIntosh Run at the end of River Road will be installed as soon as the weather allows.

Graduations, awards, rail lines and summer safety – Steele

By Graham Steele, Halifax Fairview MLA

In this month's column, I'll touch on a few different topics that I think may be of interest to you.

The first item is that on June 28th I attended the graduation ceremonies for Halifax West High School (in the morning) and J.L. Ilsley High School (in the afternoon). My sincere congratulations to all of the graduates and their families. I've said before, and I'll say again, that one sure cure for cynicism about today's young people is to attend a graduation ceremony. You get to meet and hear about so many smart, talented, accomplished young men and women.

At both high schools I sponsor a graduation award called the Eileen O'Connell Memorial Bursary. I do this in memory of my predecessor as MLA, who succumbed to breast cancer in September 2000. The award is given to a student with high academic standing who has made a significant contribution to the school's model parliament. This year's award winners are Lisa Delaney (at Halifax West) and Elissa McCarron (J.L. Ilsley). Congratulations to you both.

Although Queen Elizabeth High School is not in my constituency, and only a few of "my" residents go there, I noticed that both of QEH's winners of the Lieutenant Governor's Medal for highest standing are in fact from my constituency. Congratulations to Laura Fitzpatrick and Erik Fraser.

The second item is that CN Rail has applied to discontinue use of the rail spur that runs along Joseph Howe Drive, around the Fairmount and Fairmount Ridge subdivisions, and out to Bayers Lake. Although this is not a provincial issue (at least not directly), I know the application for discontinuance will be of interest, especially to homeowners who live beside or near the line. Naturally there will be questions about the future of the line. I am trying to gather as much information as I can about how an application for discontinuance unfolds, and what local homeowners can expect. I plan to put a package of information in neighbouring homeowners' hands sometime in July.

The third item is a good news/bad news thing. The good news is that the provincial Department of Transportation is finally allocating some money for work on the intersection of Walter Havill Drive and Northwest Arm Drive. (This is a provincial responsibility because Northwest Arm Drive is a provincial highway.) The bad news is that the work being done is only brush-clearing and changes to the traffic lights. This is only a fraction of what needs to be done to make that particular intersection safer. It is currently one of the most dangerous intersections in western HRM, at least within the area of provincial responsibility.

Finally, I have been out knocking on doors in the constituency over the past month. It is always enlightening for me to hear directly from residents about their questions and concerns. As usual, the top concern is traffic. No matter what street I'm on, I hear that there are too many cars and they're driving way too fast.

So let's slow down and have a great summer.

**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

Home 477-0627
Cell 497-8818

*Showing how government
can work for you*

HALIFAX
REGIONAL MUNICIPALITY



MISHOO'S
TAKE OUT

NOW HIRING

Positions available for Cooks
and Delivery Personnel

To apply please call Mike
at 868-2800

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

BUCKLEY, Hilda Eileen - 92, Halifax, wife of the late Harold Sidney Buckley, passed away in the Halifax Infirmary, QEII, Halifax. Born in West Pennant, she was the youngest daughter of the late Francis and Phoebe (Martin) Gray. She was an active member of St. John the Baptist Roman Catholic Church for many years. Hilda loved her family dearly and had dedicated her life to her husband, children and grandchildren. She enjoyed cooking, baking, knitting, quilting and sewing. Hilda is survived by her daughter, Helen Murray, Halifax; sons, Harold (Yvette), Timberlea; William (Sharon), Lower Sackville, and Robert (Pauline), Shelburne; grandchildren, Brian (Brenda) Murray, Judy Fredericks, Kevin (Nadine) Murray, Susan (Jeffery) Dunlop, Peter Buckley, Luke Buckley, Shauna Buckley and Dahlia Miller, British Columbia; stepgranddaughters, Trudy and Crystal; many great-grandchildren, as well as several nieces and nephews. She was the last surviving member of her immediate family and was predeceased by her husband, Harold Sidney; son, Gerald "Dewie" Buckley; sisters, Leone, Kathryn, Ida, and Helen; brothers, Raymond, Francis, Albert, Thomas, Charles, Frederick, Gerald, and Roy; grandson, William "Billy," and son-in-law, Kenneth "Lucky" Murray. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). Interment will take place with her beloved husband, in Mount Calvary Cemetery, Ketch Harbour, at a later date.

MICHEAU (Oakley), Blanche - passed away peacefully in Joseph Brant Memorial Hospital at the age of 68. Beloved wife of Raymond for 49 years; loving mother of Charles Micheau (Julia), Russell Micheau (Ruby) and Monette Greenway (Glen); dear nanny of Samantha, Raymond, Connor and Spencer; sister of Iona McCarthy, Lawrence Oakley, Cynthia Obbema and Beverly Oakley. Blanche will be missed by many cousins, nieces and nephews. She was predeceased by parents, Charles and Elsie Oakley; her sister, Deanna Claridge, and brothers, Levellyn Oakley and Godfrey Oakley. Funeral arrangements are under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). Interment has taken place in Gate of Heaven Cemetery, Lower Sackville.

MURPHY, Irvin St. Clair - 85, Halifax, passed away at home. Born in Aylesford, Kings Co., he was a son of the late Charles and Emma (Steadman) Murphy. Irvin was a veteran of the Second World War, having served with the West Nova Regiment. He was employed at HMCS Dockyards and Irving Oil, from where he retired on January 1, 1989. He was a semi-professional gardener and took pride in his green thumb. He was an ardent cribbage player and was active in the Spryfield Young at Hearts Club, where he was good friends to all. Irvin is survived by his daughter, Carol (John) Keating; son, David (Debi); granddaughter, Jennifer (Ryan) Armitage; grandson, Jason; great-grandson, Dylan Armitage. He is also survived by his sister, Elsie Wagstaff, Aylesford; brother, Allison (Marg), Dartmouth; sister-in-law, Florence; several nieces and nephews. He was predeceased by his wife of 50 years, Gladys (Chapman); sisters, Dorothy McKay, Gladys Hiscoe, Edna Whynott, Mary Hiltz, Audrey Murphy; brothers, Clayton, Reginald, Harold, James and Charles. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601).

GILKIE, Arthur Joseph - 52, Sambro, passed away in the Halifax Infirmary, QEII. Born in Halifax, June 9, 1954, Arthur was raised in Sambro by Betty and Brenton Gilkie. Arthur enjoyed watching the Mooseheads play hockey and riding his bike. He was well-known and much-loved in most of our local fishing communities. He loved his family members dearly, and they loved him. He will be sadly missed and fondly remembered by all who knew him. Arthur enjoyed visiting his neighbours and was always there to lend a helping hand to all. He is survived by his parents, Cecil and Kay (Flemming) Gilkie; siblings, Mary, Robert, Leo (Margaret), Margie (Ron), Joanne, Daniel (Patsy), Oliver, Angie (Emerson), and Irene (Rob); his loving extended family, Trudy (Chris), Maxine (Chris), Grant, Chesley, Curtis (Lorrie) and Annette (Dennis), as well as numerous special cousins, nieces and nephews. Arthur was predeceased by Betty and Brenton Gilkie, who loved Arthur as their own son. By request, cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). Interment has taken place in St. James United Cemetery.

ALLIN (Wallace), Nora Agnes - 77, Halifax, passed away surrounded by her loving family in Glades Lodge, Halifax, after a lengthy illness. Born April 27, 1930, in Newcastle, N.B., she was a daughter of the late Frank R. and Corinne (Lawlor) Wallace. She will be greatly missed by her daughters, Nora Allin (Richard Newell), Julie Allin MacLean (Michael), both of Spryfield; grandchildren, Matthew Newell, Ryan and Taylor MacLean; brother, Frank Wallace, Ottawa; sisters, Sister Helen Wallace

and Corinne Napier, both of Halifax. Nora was predeceased by her brother, Roger. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home (2005) Ltd. (477-5601). Interment has taken place in Mount. Olivet Cemetery, Halifax.

SMITH, Harold Frederick - 81, Halifax, passed away in Parkstone Enhanced Care Nursing Home, Halifax. Born in Bald Rock, he was a son of the late Frederick and Mable (Gilkie) Smith. Harold was a parts manager with Nova Scotia Tractor Equipment for 38 years. He is survived by daughters, Alanna Stevenson, Halifax; Trudy Smith, Pugwash; son, Hal (Kathy) Smith, Ellershouse; brothers, Howard (Sadie) Smith, Halifax; Gerald (Joan) Wagner, Whycocomagh; grandchildren, Atlantis, Talia and Talettha. Harold was predeceased by his wife, Tessie (Callahan) Smith; sister, Bertha. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). Interment was held in Gate of Heaven Cemetery, Lower Sackville.

GALLANT, Stanley Joseph "Stan" - 84, Herring Cove, passed away in the Halifax Infirmary, QEII. Born in Halifax, he was a son of the late Mathew and Bessie (Rafuse) Gallant. Stan is survived by his daughters, Marlene Gallant (Howie), Dartmouth; Nancy Keeping, Spryfield; son, Terry (Fay), Herring Cove; grandchildren, Amanda, Ashley, Heather, and Christopher; wife, Liliias (Warren); sisters, Betty and Barb; brothers, Art, Ronald, Tony, and Joe. Stan was predeceased by sisters, Viola, Margaret, Mary; brothers, Wallace, Edgar, Les, Ken, and Gordon. Cremation has

taken place under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601).

MURRAY, James Lee "Jamie" - 19, Halifax, passed away by accident in Halifax. Born in Halifax, August 5, 1987, he was the son of Michelle Grundy and stepson of Steven Berkman. Affectionately known as Jamie, he was deeply loved by his family and will fondly be remembered for having a big heart - he always thought of others before himself. He had recently moved from Dartmouth to Spryfield. He had attended Prince Arthur Junior High in Dartmouth. Rap music was always enjoyed by him, especially Tupac, and he was a basketball fan, the L.A. Lakers being his favourite team. Jamie had the aspirations of one day becoming a chef, and was known at home for being quite the cook. He is survived by his loving mother, Michelle; stepfather, Steven; special sister, Amanda; maternal grandmother, Nola Grundy, and stepgrandparents, Donald and Sandra Berkman. He is also survived by his uncles, Winston Grundy (Margie Sherman), Windsor; Jason Grundy and Dale Grundy, both of Dartmouth; 12 great-aunts, especially Elva Austin and Linda Herrington; eight great-uncles; cousins, Kalie, Kyle and Cody Sampson; as well as his numerous friends he had made throughout his life. He was predeceased by brother, Daniel Murray; maternal grandparents, Lawrence and Ella Debaie, as well as several aunts, uncles, and cousins. Funeral arrangements were under the direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield (477-5601). Interment has taken place in Gate of Heaven Cemetery.

YOUR COMMUNITY FUNERAL HOME

HONOURING THE LIFE THAT HAS BEEN LIVED

Have you seen our renovated and redecorated facilities?

- New arrangement offices
- Comfortable visitation rooms
- Fully renovated Chapel
- New reception area

Offering preplanning & cremation services.




J. ALBERT WALKER FUNERAL HOME
149 Herring Cove Road
477-5601

Erin D. Jennings
Owner & Managing Director

477-5601

Independently Owned & Operated

Welcome to



HERRING COVE PLACE

COMMUNITY ROOM

where our COMMUNITY comes together

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

Judy Cosgrove
477-2817
00321crc@sobeys.com

To register for classes please contact:
Cynthia Watt, Dietitian
477-6159
cynthia.watt@sobeys.com

NUTRITION for JULY

Controlling Blood Pressure
Learn how to control your blood pressure by adding certain foods to your eating plan! FREE. Thursday, July 12th, 10am-12pm.

Munch & Move
Join the Dietitian for a morning walk, and then enjoy a healthy snack while learning some great nutrition tips for staying healthy this summer. FREE. Thursday, July 19th, 10:00-11:30am.

Label Reading Tour
Confused about reading labels? Join the Dietitian on a store tour to learn how to make smart food choices. FREE. Thursday, July 19th, 1-3pm.

Healthy Cooking Classes
Live Up Your Spring with these Great Meal Ideas! (\$5.00 each, 6-8pm)

Monday, July 9th - Greek - *Greek Style Veggie Salad, Chicken Souvlaki, Sparkling Peaches, Raspberries, and Strawberries*

Monday, July 16th - Asian - *Asian Tabouleh Salad with Soy Orange Dressing, Herbed Tofu Veggie Kabobs, Sesame Bananas*

Monday, July 23rd - Italian - *Cool Gapachzo Soup, Grilled Italian Vegetables, Italian Halibut*

Monday, July 30th - Indian - *Curried Lentil Burgers with Coriander Yogurt, Indian Spiced Corn on the Cob, Mango Lassi*

Chebucto News Community Events

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

Yard Sale

Calvary Baptist Church, 91 Thornhill Drive, will hold a Yard Sale Saturday July 21 beginning at 9 am. All welcome.

Natal Day Picnic

A Natal Day Weekend event will be held at Spryfield's Urban Farm Field, Sunday, August 5, from 1 to 3pm. Free lemonade and ice cream will be served by members of the Urban Farm Museum Society. Bring a picnic lunch and a chair or a blanket, and enjoy an afternoon in the peaceful surroundings of an urban garden. Located on Kidston Road, the main entrance to the farm field is near the corner of Ardwell and Rockingstone Road, or walk up Kidston Road from the Captain William Spry Community Centre. Look for the Urban Farm Museum Society signs.

Fundraising For Guides

Beaver Enviro on Herring Cove Road has set up an account for the Armview District Girl Guides. Every time you recycle you can make a donation to the organization.

BC Silver Reunion

The BC Silver High School Class of '65 is holding their Annual Reunion on September 8. This year, we would like to invite not just our class but anyone who was at BC Silver with us, that is, from 1961 to 1965. We will be having a dinner and dance at the Spryfield Legion. For more information, call Carolyn Mont, 477-0187, Geraldine Flemming, 454-6851 or Wolfgang Zeimer, 1-902-543-4989. Tickets are \$30 per person. Please confirm attendance by the end of July.

Mosquito Merchandise Bingo

The Spryfield Lions Club will be holding a Merchandise Bingo in support of the Halifax Chebucto Braves Mosquito "AAA" on Monday, July 9 at 7:00 p.m.

Strawberry Social

St. James United Church, Sambro (3811 Old Sambro Road) will have a Strawberry Social on Saturday, July 7 from 1 to 3 pm. Adult portion \$5; Child portion \$2. There will also be a cake walk and Chinese auction. Everyone welcome. For information contact Crystal Gilkie at 868-2939.

Society Wants Members

The Urban Farm Museum Society is looking for new members and volunteers. Monthly meetings are held on the 2nd Monday of each month, 9:30am at the Captain William Spry Community Centre in Conference Room #3. For further information please call Pat at 477-6087.

Free Resource

Want to learn more about how to use local facilities such as your community's school gymnasium to play basketball, badminton, or volleyball? Or enjoy an aerobics or Tai Chi Class? The Chebucto West Community Health Board has developed a brochure with all the information you need to get started. Brochures are available at your local library or on our website: www.cdha.nshealth.ca/communityhealth/chebucto or by calling 424-5144.

Outdoor Rink

If you are interesting in working towards an Outdoor Rink in the Spryfield and Herring Cove area, please join our group. For information and to get involved, please call 477-3463 or e-mail darrenmwatts@hotmail.com.

History for Sale

Historian and columnist Iris Shea has compiled Volumes I and II of monthly historical articles prepared for the Chebucto News. They are available for purchase by the Mainland South Heritage Society in support of that organization. For more information and how to purchase go to <http://www.rootsweb.com/~nsmshs/>.

Website Update

The Mainland South Heritage Society continues to add items of interest to those gathering information on early settlers to the communities from Armdale to Pennant. Check out our website for the latest 1871 census records at <http://www.rootsweb.com/~nsmshs/>.

Volunteers Needed

The Boys and Girls Club of Spryfield is looking for volunteer board members. We are an exciting part of the community who is working with children, youth and families to provide educational and recreational programming. Any community member interested in giving back to their community, is encouraged to contact Andrea Cochrane, President, at 424-5144. We are especially interested in someone who has fundraising experience or is enthusiastic about fundraising!

Legion Notes:

Seniors Days – Monday, June 4 and 18 - 1 to 5 pm – featuring Newfie George.
Bingo every Sunday – Doors open at noon – Bingo starts at 1 pm
Satellite Bingo – Sunday evenings – Doors Open at 6pm – Bingo starts at 7 pm
Karaoke Friday June 8 and 29 – 9 to 1 am
Jamboree Day – Saturday June 2nd – Band – 1 to 5 pm – Barbeque 5 pm to 7 pm – Karaoke 7 pm to Midnight

Library Happenings:

Preschool Programs
Rock, Rhyme and Read Preschool Family Drop-In Tuesdays 10:30am - July 3 - August 21 - Drop-in and enjoy stories, songs, stations and crafts
Teddy Bear Picnic - Wednesday July 25 - 10:30am - 90 minutes of Teddy bear fun with stories, songs, puppet show and refreshments! Don't forget to bring along your favorite teddy or stuffed animal to joy in the fun!
School Age Programs
Dinosaur Days - Wednesday July 4 - 10:30 - Ages 5-7 Make dinosaur crafts and stomp in the footsteps of extinct giants! Join us for games, stories and songs. Registration required.
Visit Fairyland! - Wednesday July 18 - 10:30 - Ages 5-7 - Stories, songs and craft time featuring fairy dust and fairy magic! Registration required.
Viking Myths and Treasure - Thursday July 19 - 2:30pm - Ages 8-12 - Treasure hunt, games and Viking mythology! Registration required.
Harry Potter Party - Thursday July 26 - 2:30pm - Ages 8-12 - Trivia, games, prizes, refreshments and lots of fun! Registration required.
Teen Program
Teen Drop In Thursdays 6:30pm Ages 12+ - Drop by the library to find out how you can make a difference in Spryfield. It's a chance to hang out with friends, play games, use computers, make crafts and have fun!
Teen Computer Drop In - Thursday July 12 - 6:30pm Ages 12+ Hang out and use a laptop to play, surf and chat.
Scrapbooking - Wednesday July 11 - 6:30pm - Ages 12+ Bring 2-4 of your favorite pictures and turn them into works of art. All supplies are supplied.
Adult Programs
Book Club
The libraries' book clubs are a great way to meet people, explore new authors, share ideas and celebrate the joy of reading. Wednesday June 20, 7:00 pm. The reading for June is Piece of My Heart by Peter Robinson.

Crafter's Market

The Herring Cove Crafters Market is held weekly at the Herring Cove Fire Hall from 9am-2pm. All locally made items; baked goods, photography, paintings, jewelry, coffee/tea, preserves, knitted items, live acoustic music etc. Limited number of tables available for interested vendors. Vendors from all surrounding areas welcome. This will be a weekly Saturday event until Christmas, frequency of market to be determined post-holidays. Contact info, Amy Kilbride 405-0008.



The Sambro Elementary School was abuzz with activities inside and out as the school's Parent Teacher Association held the Annual Spring Fair this year.

Chebucto News Business Directory
Community businesses serving community needs.

Touchstone Bookkeeping
Phyllis Hayden, Proprietor
(902) 476-5394
phyllis@touchstonebookkeeping.ca
A/R • A/P • CRA Remittances
Bank Reconciliations

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

WHITE'S AUTO & RUST CHECK AND CONVENIENCE STORE
485 Herring Cove Road
Auto 479-1883 • Store 477-2414
2 LICENSED MECHANICS
Major & Minor Repairs • MVI • Brakes • Exhaust

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

RDM RECYCLING LTD.
CONSTRUCTION & DEBRIS SERVICES
1275 OLD SAMBRO RD.
HARRIETSFIELD, HALIFAX, N.S. B3V 1B2
PHONE: 477-9995 FAX: 477-0534

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



Grade four students from Elizabeth Sutherland School, and special guest Mrs. Beryl Webb of Mount Uniacke, spent a day planting at the Urban Farm Museum site as part of the student education program of the Society.

Best Western Hotel to hold open house this month

St. Margaret's Bay Road and area residents are going to get the first look at the renovated former Keddy's Hotel when the new owners, Pacrim Hospitality Services Inc., open the doors for an open house now that the building is nearing completion.

The former 150 room and seven storey hotel has undergone major change following severe damage caused by Hurricane Juan which knocked out windows and tore panels from the

outside of the building. Safety issues closed the hotel which was left empty and secured with a construction fence before renovations started last year.

The new facility, which will operate under the Best Western banner, has only 133 rooms, the majority of which overlook Chocolate Lake, includes nine suites, a full-service casual dining room, larger meeting rooms, a ballroom and lakeside patio.

New owner Pacrim said the facility will have a "fresh approach" to hospitality in the Halifax Metro market. "The new hotel is a compliment to the unique urban lake area of Chocolate Lake, said Pacrim CEO and President Glenn Squires.

Residents of the area had complained to Chebucto Community Council about the ongoing presence of what they considered an unsafe, vacant and dilapidated building in

their community.

During the construction the company also promised to improve the sightlines of some protective railings and guard rails which separate the hotel from near-by residential neighbourhoods and special provisions were accommodated to allow emergency vehicles to have continuing access to some areas residents felt might be left unprotected because of security barriers required to protect the site during construction.



The Pre School Class at Central Spryfield School held its graduation exercise just like the big kids do in June. Members of the class included, front row, Maggie Biggs, Brandon MacPhee, Katie Buckley and Rose Brown; second row, Autumn Rooney-Holman, Thomas Drysdale, Devin Dodge-Burke, Alex Gibson, Lawrence Gouthro, Morgan MacLeod and Makayla Hill-Cameron; third row, Kim Conrod, Nicole Smith, Caitly Denny, Taylor Morgan, Cheryl Carter, Ryan Malley, Rachel Malley, Rylea Hodge, Nichole Haan and Allison MacLeod.

Sports field re-named in memory of outstanding citizen

A special ceremony was held in Sambro on Father's Day this year to rename and dedicate the sports field there in memory of James McPhee.

The softball field has been upgraded over the past two years after Councillor Stephen Adams was successful in gaining funds from HRM.

The Councillor said that Mr. McPhee was instrumental in offering his time and money in

helping to build the sports field for the community, which at the time was one of the best playing fields in Halifax Regional Municipality.

"It is only appropriate that we rename the field in Mr. McPhee's honour on Father's Day, because he was like a father to many," the Councillor said. "There is no other person in that community more deserving of this distinction than James McPhee."

Police nab tagger

A Halifax Regional Police Patrol member this month responded to a report of youths spraying graffiti on the Sheehan Lake Bridge, on Old Sambro Road, in Williamswood. Two youths were taken into

custody by the officer when he arrived, and one of them, aged 14, was subsequently charged with Mischief in relation to fresh graffiti on the bridge. He was later released to a parent.

HealthWATCH 
Let's Talk™
"EMOTIONAL HEALTH"

A dialogue on helping you manage depression.

When it comes to depression, you're not alone. Your pharmacist can offer advice and guidance on how to maximize effectiveness and minimize side effects of your medication. You will also receive a kit that can help you better understand the treatment of depression.

It's part of our ongoing program of health knowledge and advice to help you live well.

For more information, talk to your Shoppers Drug Mart Pharmacist today.

SPRYFIELD

315 Herring Cove Rd.
902-477-1210

Open 8am to midnight, 7 days a week

HealthWATCH 
My Health. My Way.™

SHOPPERS 
DRUG MART

