CHECK US OUT!

Spryfield Village heartbeat of the loop

Spryfield and district Business commission WWW.Spryfield.CA

Working For You In Your Community

479-NEWS (6397)

FREE



Eileen Pelham 483-9301 www.eileenpelham.ca







A mortgage broker can save you thousands!



Purchases
 Debt consolidation
 Renewals
 Renovations
 Great rates
 Free consultant services OAC.
 And more

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

jbright@eastlink.ca



Management Plan unveiled for Long Lake Provincial Park

It's been years in the making and the celebratory piece is 32 kilometres of clearly identified trails set in a pristine wilderness, both of which was welcomed enthusiastically this month by the Long Lake Provincial Park Association

and its many friends and supporters who attended a bevy of public consultations over the past few years to help craft the document.

A Department of Natural Resources document, the management plan sets out future

development and activities throughout the park area bounded by the Northwest Arm Drive, Old Sambro Road and St. Margaret's Bay Road heading far enough to the southwest to include Narrow and Spruce Hill Lakes.

The plan envisions picnic areas along the lake and trails, a parking area off Old Sambro Road to allow for canoe and kayak launches, four separate pedestrian accesses, three biking trails and walking trails for hiking enthusiasts. Maintaining the natural, cultural, recreation, educational and tourism potentials of the areas is secured through zonings which include an environmental protection zone, a resource conservation zone and a recreational development zone detailing where park amenities can be developed.

see "Plan" pg. 3



Thornhill Pizza Shop's John Benigno gets eager hands to grasp at the pizza his company delivered to the Boys and Girls Clubs of Spryfield school closing party. Shown with John are some of this year's award winners including from left to right: Gary and Bryce, who were chosen for Most Improved in Behaviour Member, while Jessica and Lawrence recieved the awards for Most Outstanding Club Member.

Salvation Army "floor hockey" just one of "outreach programs"

The teen floor hockey at Rockingstone Heights School, sponsored and supported by the Halifax Regional Police which sends players to compete and the local Salvation Army Cornerstone Community Centre at Greystone, is into its fifth year already and Captain Jim Mercer of the Army says the program has been especially well received.

So far, he says, between 50- and 75 youth ranging in age from 12-17 have been a part of this community outreach activity since its beginning. The project is designed to give the youth some structure by holding the event regularly and giving them an interesting and fun activity to help them fill up their time. "The fact that we can introduce them to members of the Halifax Regional Police Force and show these kids that these police are really

just people doing their job is a bonus," says Captain Mercer.

Under the umbrella of The Cornerstone Family Centre of The Salvation Army, the teen floor hockey is just one in a number of outreach initiatives that the Army has launched over the last five years.

Mercer says "our efforts in trying to reach young people through what we like to call "early intervention" enables us to provide programs for kids between the ages of 5 and 17. At our new facility on Herring Cove Road, we have a community kid's club that, on the average, sees 35 kids come to the weekly program. Approximately 200 have come and gone over the past five years. As well, at our Cornerstone Family Centre located at Greystone, we have as many as 70 kids that drop in weekly where the mentoring process continues. It's here that they are free to chat to the ministry coordinator and use the C@P site for recreation and academic purposes. It also is a safe place where some kids simply like to come to socialize with others in their neighbourhood."

"We are not just about bricks and mortar, we are about people," Mercer says with pride. With limited resources, we seem to be able to do much with little. Much of this success comes from the healthy relationships we have

see "Floor Hockey" pg. 2

Adams moving toward transit services in rural areas

On June 24 District 18 Councillor Stephen Adams put forward the following motion with regard to transit services at Halifax Regional Council: "I move that staff prepare a report to provide Transit services in areas of HRM that have bus service at the urban/suburban boundary, to be funded through the general rate, with an area rate equivalent to that paid by residents in the urban areas. This service will include, but not limited to Harrietsfield,

Williamswood, Sambro, Eastern Passage, Waverley and Lucasville. The service will be basic in nature, with 8 to 12 trips per day."

Presently, the Councillor says, the estimated cost to provide eight trips a day to Sambro would cost approximately \$211.40 per \$100,000 of assessment. This is not affordable, he says, suggesting that the motion is designed to spread the costs over all of HRM, making the service affordable for all residents.

When we begin debate I will stress that Transit service will reduce wear on our roads, reduce traffic, green house gases, allow mobility for residents, and offer other benefits. In preliminary discussions, members of Regional Council are supportive of this initiative.

The subject is expected to return to Regional Council for debate but that's not likely to happen until after the summer break.



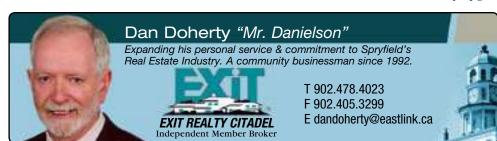
BEAVER Enviro-Depot



Your One-Stop Refund, Recycling and Fundraising Centre

479-2929 — 374 Herring Cove Road

Bottles — Beverage Containers — Non-ferrous Metals



Page 2 July 2008 ● Chebucto News

Floor hockey outreach program

continued from pg. 1

built with other service providers."

The greatest challenge, as the Army expands its vision at our new facility is recruiting suitable volunteers to run the programs, he says. "As we move into phase two construction of our new facility in late summer or early fall, we will begin to unveil our plans for the community as to what we will be offering at this new building."

"As The Salvation Army's frontline workers in Spryfield, my wife Michelle and our

family resource centre coordinator Tina Fluke, want to express our sincere appreciation to our community partners, as we continue to build community capacity that will enable all of us work together to "make a difference" in the lives of families. Our hats go off to the many volunteers who make this success possible."

The leaders for the teen floor hockey are Ryan Deschamps and James Begin. The Army plans to continue this project again in the fall. If there are volunteers out there who would like to be a part of the program the Army would love to hear from them



Sobeys in Spryfield Manager Mark Gouthro invited Hal F.M.'s Suzanne Rent and 101.9 F.M.'s Russell MacKenzie to the store for a celebrity shopping spree in aid of Feed Nova Scotia. Together the pair raised \$550 for the organization. On hand during the event were Manager Mark Gourthro, left; Administrative Manager Shawna Benoit; Grocery Manager Richard Murphy; Rent and MacKenzie and Feed Nova Scotia's Laurie Nash.

NUTRITION for JULY

Diabetes Label Tour

Whether you've just been diagnosed or you've had diabetes for years, this class will help you learn what to look for when shopping.

FREE. Thursday, July 10th, 10am-12pm.

Bone Health

Concerned about your bones? Come find out how to protect them now, and in the future.
FREE. Thursday, July 10th, 2-4pm.

Heart Healthy Label Tour

Join our dietitian on a store tour to find heart healthy products.

FREE. Monday, July 14th, 6-8pm.

Munch N' Move

Celebrate summer with a walk, healthy snack, and nutrition discussion.

FREE. Thursday, July 17th and 31st, 9:30-11am.

Vitamin D

Have you heard the latest info on this vitamin? Join our dietitian to find out more. FREE. Monday, July 28th, 6-8pm.

Healthy Cooking Classes

Tired of the same old meals? Join our chef and dietitian for food and fun. (\$5.00 each, 6-8pm)

Monday, July 7th – Moroccan Style Bulgur, Moroccan Chicken, Berries with Yogurt Dressing

Monday, July 21st – Warm Bok Choy Salad, Southwest Barley, Haddock with Curried Tomatoes Spry for Life

Come Ride the Fitness Wav



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





Danielsons ~ Water 'N' Wine

"The Best Little Brew Shop In Metro"

South Centre Mall • 477-9463

Wine Specials!

Vino del Vida Liebfraumilch \$44.99

Grand Cru Malbec

\$**54**.99

Grand Cru Riesling \$**49**.99

Orchard Breezin – New Flavours Now Available: Pink Grapefruit White Shiraz – Seville Orange Sangria Pomegranate Wildberry Zinfandel At \$49.99

Expires July 31, 2008

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

2008 Fall and Winter Catalogues Now Available FREE!!



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.

Please contact:
Sarah Campbell, Dietitian
477-6159
sarah.campbell@sobeys.com

To register for classes, visit customer service or call 477-2817

Page 3 Chebucto News • July 2008



All You Can Eat Chinese Buffet

Saturday and Sunday 4:30 p.m. to 7:30 p.m.

LUNCH SPECIALS

Specials 11:30 a.m. to 2 p.m. Monday to Saturday

A - Egg Roll, Honey Garlic Spare Ribs, Chicken Fried Rice	\$4.35
B - Egg Roll, Sweet & Sour Chicken, Chicken Fried Rice	\$4.35
C - Egg Roll, Chicken Chop Suey, Chicken Fried Rice	\$3.90
D - Egg Roll, Beef with Broccoli, Chicken Fried Rice	\$4.85

CANADIAN SPECIALS

Hamburger Platter & French Fries	\$3.95
Chicken Wings & French Fries	\$3.95
2 Piece Fish & Chips	\$4.50

Youth Leadership Initiative at the Urban Farm

The Youth Leadership Initiative of the Urban Farm Museum Society of Spryfield aims to get young people involved in various volunteer work on the farm. Through the program young people will learn new skills in organic gardening and farming by growing their

Participants will meet new people, forging lasting relationships with the young and old while learning the cultural heritage and traditions of the area hands on in a natural classroom.

By the end of the summer everyone involved

will have gained valuable work and volunteer experience and had a lot of fun while working with others on their own guided garden projects. Interested? Contact Chris Pyke chris.pyke@ gmail.com 455-0380 or Stephanie Martin at 404-0165 smartin_10@hotmail.com.

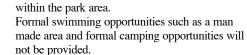
Long Lake Provincial Par Plan unveiled for

continued from pg. 1

The plan suggests development will incur to establish facilities, infrastructure and appropriate opportunities "necessary to ensure appreciation and enjoyment of the park," but suggests the

park's classification as a "Natural Environment

PROSPECT SHORT



Park" will mean limited facilities and services

Public access sites to be encouraged or developed will include vehicle access at St. Margaret's Bay Road's existing HRM parking lot, at Exhibition Park and at Old Sambro Road near the junction of Old Sambro Road and the former park entry road. Pedestrian access will be developed at Cowie Hill Road, Walter Havill Drive and Osborne Street along Northwest Arm Drive, and at the Old Sambro Road bus stop opposite Schnare Street. These points will connect

Canoe and kayak access will be created via "carry-in opportunities" from the existing parking lot on St. Margaret's Bay Road, a distance of about 300 metres. Planning efforts for the south end of the park "will examine" opportunities to provide public access to Spruce Hill Lake.

At least five separate trails are being proposed for development including the Hardwood Hills Trail, the Lakeview Trail, Ridgeline Trail, Farmland Trail and Falls Trail. As part of a multi-use trail system the plan will consider development of a bicycle trail and route within the park for bicycle commuter traffic using St. Margaret's Bay Road.



The Royal Bank of Canada on Herring Cove Road held a "Customer Appreciation Week" in June to celebrate its full teller and customer service model. Shown during the event are Dianne Sangster, Manager, Client Care (standing), Mr. Douglas MacKenzie (seated), Dorita Leblanc (standing) Colleen Avery (seated), Pat Leblanc (standing), Tammy Holland (standing), Regional Vice President, Metro Halifax and Darlene Croscup (seated), Manager Herring Cove Road Branch



Spryfield Physiotherapy

Your Community Clinic



services physiotherapy massage therapy psychology ergonomics fitness training

No doctor's referral required for work related injuries. WCB approved clinic. Now accept direct billing for: Great West Life, Manulife, Blue Cross.

> Day and evening appointments available

> > 479-7500



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



Providing Services for Pets Since 1939

Convenient Hours to Serve You

Housecalls

 After Hours **Emergencies**

468-0674

Dr. Ross Ainslie & Associates

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



www.halifaxvet.com

HALIFAX 422-8595 VETERINARY Dr. Kelly McInnis

HOSPITAL Dr. Mary Jane Corkum 6485 Quinpool Rd Dr. Eamon Draper

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

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

Page 4 July 2008 ● Chebucto News



DISCOVERING OUR PAST



Spryfield's first public school, the Little Red Schoolhouse, opened in 1893

By Iris V. Shea, Historian Mainland South Heritage Society

n his Annual Report to the Superintendent of Schools for Nova Scotia in July 1894, the Inspector for the Western District of Halifax County, Graham Creighton, noted that: "Spryfield, within five miles of Halifax, has nearly finished what will be a commodious house, well furnished with the most approved desks. This is the first public school for the section and represents no small amount of laborious perseverance on the part of those who have for years been trying to secure the benefits of our school system. The annual meeting is reported to have been a stormy one, almost ending in an old fashioned row, but as the results prove, the party of progress won."



On the recent annual walk to historic Rockingstone an interested group of people watched as Wayne Shellnutt and Jimmy Harnish used a pole to make the stone rock. The Spryfield boulder was first reported in the Acadian Recorder, a Halifax newspaper, in 1823, and experts later declared it to be one of the largest "perched stones" in the world. It measures 20 feet by 14 feet by 9 feet high and has been estimated to weigh about 200 tons. The Rockingstone Walk is an annual event of the Mainland South Heritage Society.

Prior to 1893, the Church of England operated a church-school in Spryfield since 1859. That building, located in the present Emmanuel Cemetery, was converted to a church when the public school opened and in 1913 was given the name "Emmanuel." This Little red Schoolhouse was located on the Herring Cove Road on the site of the present-day Central Spryfield School. The land was acquired from the Kidston family.

The 1901 census reported that the one-room schoolhouse had one teacher and 38 students. A few of those 38 students (whose parents could afford it) came from Cunard School District in Jollimore. The old Jollimore school had been torn down in 1893 because it was unsafe, and it was not until 1902 that a new school opened in that community.

In 1929, the School Board recommended that Spryfield Section No. 27 be authorized to collect a tax of \$5.00 from all residents who were eligible to pay poll tax in order to support the needs of their school. Fundraising concerts were held by students in 1932 for a new desk and chair for the teacher. The students, with the help of Mrs. Bella Oakley, held two concerts and raised the sum of \$25.50, enough to buy a desk and chair, and also a square of oil cloth for the platform. Mrs. Josephine Oakley and Mr. and Mrs. Frank Johnston donated time and talent for this worthy cause. Both concerts were held at the Parish Hall and Rev. A.F. Dentith was very kind to the boys and girls by helping out their cause.

In the 1930's, a new two-room schoolhouse,

often referred to as "the Bungalow," was built to accommodate the growing school population of Spryfield. Grades IV to IX attended the new school which later became part of Central Spryfield School. Ida Mae (Yeadon) Marriott continued to teach the lower grades in the Little Red Schoolhouse. In 1942, the School Board recommended that the schoolhouse in Spryfield (the original Little Red Schoolhouse) be condemned and noted that provision had already been made for a new eight-room schoolhouse, with additional salaries of \$2,200. The cost of annual maintenance on the new building was estimated at \$1.050. In 1943, the minutes of School Board meetings reported that "conditions of overcrowding still exist in Spryfield School Section where there is a school population of approximately 400." It was, indeed, time to build more schools.

The Little Red Schoolhouse was torn down to make way for the new Central Spryfield brick schoolhouse which opened its doors in September 1945. It has increased in size over the years and operates as an elementary school. By 1967 there were nine schools located throughout Spryfield: Central Spryfield, North Spryfield, West Spryfield, South Spryfield, Elizabeth Sutherland, Ida May Marriott, Holly Drive, Pine Grove Junior High and B.C. Silver High. Following amalgamation with the City of Halifax on January 1, 1969, some schools were re-named.

see "Plan" pg. 6



A dialogue on helping you achieve your healthy cholesterol targets.

Your Shoppers Drug Mart® Pharmacist can help you understand the importance of reaching your target levels for controlling your cholesterol. You'll receive valuable information and tools to help you manage your medications and achieve a healthy lifestyle.

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







Chebucto News ● July 2008 Page 5

Dingle Beach re-opening "Swimming Party" August 2nd

By Linda Mosher District 17 Councillor

In November, 2007, as part of the Harbour Solutions Project, the first sewage treatment plant in Halifax became operational. By January 2008, sewage flows previously discharged directly into the North West Arm were re-directed to the treatment plant. Within three days the testing revealed that most sites had water quality suitable for swimming. Sir Sandford Fleming Park (the Dingle) now has fecal coliform and fecal enterococci levels well below the Canadian Swimming Guidelines.

In addition, the sediment quality at the Dingle was tested and was well below the Canadian Council of Ministers of the Environment residential soil guidelines. Therefore, it is with great pleasure that I inform you that the Dingle is once again open for swimming! HRM has cleaned the Dingle beach of debris and will be installing buoys and nets to indicate the supervised area. I should note that the Dingle was surveyed by divers to ensure that any debris or physical hazards were removed.

On Saturday August 2nd, we will be formally re-opening the beach and we will have a grand re-opening party. Lifeguards will begin monitoring the Dingle Beach at 11 a.m. that day. Everyone is welcome to attend the celebration which will run from 11-3 on Saturday, August 2nd. There will be outdoor games and activities for children next to the bandstand.

The festivities will be for all ages and I hope everyone brings their swimsuits and partakes in our water competitions (great prizes) and enjoys the live band, BBQ, and entertainment. This will be a significant

accomplishment and day for our district and I am proud that we are once again able to enjoy swimming in the North West Arm.

Recently I held a community meeting for residents in the area of Stanley Park and Stoneridge On the Park. Thanks to the great contributions from area residents, we were able to provide valuable feedback to the consultant hired to develop a ten year Community Master Plan. The Steering Committee, in conjunction with the HRM staff, will decide what components of the plan can be implemented immediately, based on feedback from the meetings. In addition, a prioritized list will be developed for future years should HRM or the community be able to provide funding. I will be personally delivering the final information to each of the homes. It was great to work with the community to see what "they" wanted instead

of what HRM and I decided to implement.

Residents on the Herring Cove Road will notice recent roadway construction projects including road re-surfacing and a new asphalt sidewalk. Given the amount of pedestrians in this area and the previous condition of the sidewalk, I wanted to ensure safe areas for pedestrians. I requested an upgrade to a concrete sidewalk, however, given the fact that the roadway will be widened (as a continuation of the 1970's widening and property acquisition), it would not be fiscally responsible to hold taxpayers and abutting property owners responsible to pay for a new sidewalk and then tear it down within ten years. Therefore, I convinced HRM to fully fund a new asphalt sidewalk that will allow for pedestrian safety and not burden taxpayers. Another improvement includes an enhancement to the Chocolate Lake Beach entrance area. Also there is much more to come!

Residents on the St. Margaret's Bay Road will notice new hanging flower baskets along their street. Due to the continued increase in traffic on this road and widening to accommodate a left turning lane, I wanted to enhance the aesthetics in the area. My initial request was for a basket on every pole from the rotary to Fenerty Road, however, after assessment from Traffic Services, Nova Scotia Power and Aliant, about 25 locations were deemed suitable. This combined with vines (Virginia creeper) planted above the retaining walls and some benches and street trees should soften the look and give a neighbourhood feel to the area. In addition, there will be a considerable amount of new vegetation planted in and around the Armdale Rotary.

Residents meeting

By Stephen Adams District 18 Councillor

On June 22, local residents of Lynette Road and Forbes Street area were treated to a "Family Fun Day," hosted by FAB (Families Against Bullying). There was a jumping castle, barbeque, self-defense tips, demonstrations by students of Chimo Tae-Kwon Do, and many other activities. It was great to see so many residents enjoying themselves in family atmosphere.

A special thank you goes to our staff who groomed the play area and built and installed a sign in just a day. It was a great team effort!

Most importantly, my sincerest

to celebrate and study developments appreciation and gratitude goes of Faith and Avenue. The reaction to the first proposal, a

appreciation and gratitude goes of Faith and Heidi. They worked tirelessly to ensure this day was a success. We are indeed fortunate to have such wonderful leaders in our community.

I am presently checking into the addition of a new piece of playground equipment. I have asked staff to provide a time line and options.

On June 11 residents in the Mayor Avenue, Layton Road and Trelyn Road area met with a local landowner to discuss a proposal to develop the site at 21 Mayor Avenue. The reaction to the first proposal, a 24 unit apartment building, was a resounding "No." However, Mr. Rhandaner, the developer, was open to discussion to see what the residents would like to see. A subsequent meeting brought another proposal, which our staff is reviewing. Our planning staff will also look at additional alternatives.

As you drive toward the end of Northwest Arm Drive, I hope to noticed our new flower garden in the median. At 8 am Saturday June

see "Adams" pg. 6



Linda Mosher

HRM Councillor, District 17

Purcell's Cove - Armdale

Office: 490-4050 Cell: 476-4117 Home: 477-8618

E-mail: linda.mosher@halifax.ca

www.lindamosher.ca





Halifax Atlantic MLA Michele Raymond, background, stopped into the Lynette Road "Fun Day" sponsored by Families Against Bullying. Michele spent some time educating the newest potential voter Samir Sellara, as Mother Felicia and friends Sakara Miller and Marco Niese enjoy the day.

Graham Steele

MLA - HALIFAX FAIRVIEW

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

Phone: 453-556 Fax: 453-4566

graham@grahamsteele.ca www.grahamsteele.ca



Stephen Adams HRM Councillor, District 18

HRM Councillor, District 18

Home 477-0627 Cell 497-8818 adamss@halifax.ca Showing how government

Showing how government can work for you





Page 6 July 2008 ● Chebucto News

Fairview MLA offers best wishes to 2008 grads

By Graham Steele Halifax Fairview MLA

This month, a collection of short snappers. On June 26th, I attended the graduation ceremony for J.L. Ilsley High School. As usual, I was very impressed by the accomplishments and enthusiasm of the graduates.

As I have done each year since being elected in 2001, I gave the Eileen O'Connell Memorial Bursary, in honour of my predecessor as MLA. It goes to a student who has achieved high academic standing and who has made a significant contribution to the

school's model parliament. The winner this year is Stephen Jackson. Congratulations and best wishes to Stephen, and indeed to all of this year's graduates.

On June 25th, I was at the Captain Spry Centre to examine the government's proposed management plan for Long Lake Provincial Park. As the population living near the park has grown (especially along Northwest Arm Drive), more and more people are using the park. Without a management plan, the park is suffering.

The management plan puts a framework around park use. It proposes, for example, a

new parking lot off the Old Sambro Road, re-opening of the public space near the dam, and formal development of a trail system at the northern end of the park, while leaving the southern end in its natural state. If you're interested, a full copy of the plan is available here: www.gov.ns.ca/natr/parks/long-lake.htm.

The plan is good and long overdue. But without money for implementation, the new management plan is pointless. On your behalf, I will continue to press the government to make the plan a reality.

On June 24th, work crews were at the intersection of Northwest Arm Drive and

Walter Havill Drive to complete the work on new traffic signals. Anyone who uses Northwest Arm Drive, especially the residents of the Stoneridge subdivision, know this is a dangerous intersection. The new turn signals were built in March, but didn't work. The technical difficulties are now fixed, and the intersection should be safer.

More improvements are coming to the same intersection. Later this year, the Department of Transportation will be adding a longer turning lane for vehicles turning right from Albert Walker Drive onto Northwest Arm Drive. This should help to reduce the number of rear-enders at this part of the intersection.

I appreciate the Department of Transportation's work to make the Walter Havill intersection safer, but still more needs to be done. The next step should be to improve the turning lane for vehicles turning right from Walter Havill Drive onto Northwest Arm Drive. Currently, the turning lane is too short, especially given the speed at which vehicles whiz around the bend just south of the intersection. I am determined to get this done, although it may take a while.

Finally, let me say "thanks" to everyone who came out to our Cowie Hill litter clean-up on June 22nd. Under sunny skies, the volunteers picked up 49 bags of garbage from all the common areas, plus a number of other items too large for garbage bags. Thanks also to HRM (for the garbage pick-up), the Halifax Regional Water Commission (for bottled water), Clean Nova Scotia (for organizational help), and the 292 Air Cadet Squadron, which sent in a team to help. Cowie Hill has never looked so good!

Residents meeting to celebrate and study developments

continued from pg. 5

14 members of the Urban Farm Museum, Mainland South heritage Society, local residents, Councillor Linda Mosher and myself, planted over 800 flowers in a 52' by 9' flower bed. In less than two hours the flowers were planted, watered and admired. It was encouraging to hear the car horns and shouts of encouragement from drivers as they drove by. One even stopped to deliver donuts!

Because of the success of this initiative, I am looking to enhance additional sites. If you have any suggestions please let me know,

My sincerest thanks goes of to Steve at Steve's Bloomin Flowers for suggesting the types of flowers, our municipal staff for preparing the bed, and a special thank-you to Minister Murray Scott for intervening to give us permission to plant. This request was previously denied by DOT staff.

This is a very exciting time of year for all graduates, whether it be from elementary school, junior high school or high school. You have all worked very hard over the past year and should be proud of your accomplishments.

A special congratulations goes to those graduating from high school. Perhaps you have chosen to take a year off, travel or plan

your future. Or, you may decide to further your education at Community College or University, or enter the workforce directly. Whatever path you choose be proud of your achievements and for the very best you can.

Our community lost a special member this past month. Mr. Tom Domerie, of Ketch Harbour, passed away. He was a former teacher at J.L. Ilsley and active with KHARA. Tom will be missed.

Little Red Schoolhouse

continued from pg. 1

West Spryfield became G. K. Butler School in honour of a former principal of Alexandra School who had been appointed Supervisor of Halifax Schools in 1917; North Spryfield was named Captain William Spry, after the industrious military engineer for whom the community of Spryfield was named (Spry was among the first landowners two hundred years earlier); South Spryfield became known as Riverview School, probably because of its proximity to McIntosh Run. Of these nine schools, only Central and Elizabeth Sutherland Schools remain.

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

PRICEWATERHOUSE COPERS 🛭

Trustee in Bankruptcy
Solutions Through Understanding

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





Monday, Wednesday, Thursday, and Friday 9 a.m. - 5 p.m.

> Tuesday 9 a.m. - 7 p.m.

Dr. Elaine Carey, Dentist
Dr. Nadine Livingstone, Dentist
Christina Coolen, Hygienist

Now Offering Nitrous Oxide (Laughing Gas) with dentistry (extra charges apply)

477-9457

339 Herring Cove Road, Royal Bank Building

NEW PATIENTS WELCOME



www.alexahfx.ca

Page 7 Chebucto News • July 2008

OCAL OBITUARIES

GANNON. Thomas John Howard - 29. It is with profound sadness that we announce the sudden passing of our beloved son, Tommy in Herring Cove. He was the eldest son of Rick and Suzanne (Christian) Gannon, Herring Cove, His earliest vears were spent in Lower Sackville and Cowie Hill before moving to Herring Cove, which he loved dearly. He was a graduate of J.L. Illsley High School. Tommy was employed by Crothall Services Canada at IWK Health Centre. His huge heart would not let him pass by an unhappy child without coaxing a smile from them. He was wellknown for his electrifying personality, as he lit up every room he entered, leaving you no choice but to smile. He loved his family and friends with

unabashed fierceness. He was passionate about everything, especially martial arts, reading, art, dancing, and conversing with God during his constant walks along the shores of Herring Cove. He treasured every one of his friends, especially Kenzie MacNeil and Robert Bagatin. Besides his parents, he is survived by his sister, Michelle (James) Kirby, Halifax; brother, Stephen, at home; his grandmother, Rita Christian; several aunts, uncles and cousins. He was predeceased by his grandparents, John and Viola Gannon, and Howard Christian. Burial was in St. Paul's Cemetery, Herring Cove. E-mail condolences to: condolences.snow@ns.aliantzinc.ca "This world was never meant for one as beautiful as you." We love you Tommy and will miss you forever.



Central Spryfield's class of Graduating Pre-Primary students were put through their paces with other graduates this month. The program moves to Rockingstone Heights next year. Memners of the class included Tamaz Benedict, Joseph Brown, Daniel Burgoyne, Owen Conrad, Brant Dimitrievski, Jack Dodge, Matthew, Dart, Gavin Edwards, Autumn Malay, Raytell Martell, Colby Morgan, Hannah Schnare, Sierra-Leigh Simms. Heaven Williamson, Alayiah Wolfe and teachers Allison McLeod, Kim Conrod and Cheryl Carter

Chebucto News Business Directory



Community businesses serving community needs.



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

Spryfield Denture Clinic

Service direct to the public

Melville Professional Centre 15 Shoreham Lane

479-2453

STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -

225 Ketch Harbour Road 477-4160

• Complete Collision & Mechanical Shop Services Body Repairs and Painting • Bench Frame Straightening Undercoating • Sandblasting • Mig Welding

phyllis@touchstonebookkeeping.ca

A/R · A/P · CRA Remittances **Bank Reconciliations**

Touchstone Bookkeeping

Phyllis Hayden, Proprietor

(902) 476-5394

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

RECYCLING RDM RECYCLING LTD.

CONSTRUCTION & DEBRIS SERVICES

1275 OLD SAMBRO RD. HARRIETSFIELD, HALIFAX, N.S. B3V 1B2 PHONE: 477-9995 FAX: 477-0534

Courtesy of J. Albert Walker Funeral Homes Ltd.

EISAN (Newcombe), Helen Margaret - 70, Halifax, passed away peacefully after a short, but courageous battle with cancer in the VG Site, QEII, surrounded by her loving family. Born on December 16, 1937, in Ship Harbour, she was the daughter of the late Harry and Mary (Cowan) Newcombe. Before becoming a full-time wife, she took nurse training in Halifax. In her married life, she worked part-time at IGA, Spryfield, Zellers, Bayers Road, and was a lunch monitor at J.L. Ilsley High School. Over the last number of years, her passion was tole painting. She was an avid Bingo player and looked forward to her many bingo/shopping trips to Bangor, Maine on Earl's Bingo Tours, with her late sister, Eldora, and her many friends she made on the trips, and later shared the trips with all of their daughters. Helen was a member of Emmanuel Anglican Church. Spryfield, and participated in many functions and the ELF Group. She is survived by her loving and devoted husband, Victor; daughters, Shelley (Don) Brushett, Lower Sackville, and Bonita (Richard) Sullivan, Spryfield; son, Darren (Cathy), Bridgewater, and grandchildren, Russell, Sean, Rebecca, and Rachel, as well as her sisters, Yvonne Crawford, Vivian Stewart, and Ruth Ingram; brother-in-law, Elwood "Dag" Owen; sister-in-law, Hilda Newcombe, and numerous nieces and nephews. She was predeceased by her brothers. Gerald "Buster." Harrison, George, Roy: sisters, Marie Sharpe, Edna Cruickshank, Evelyn Owen, Eldora Slaunwhite, Ann Stevens, and Olga in infancy; brothers-in-law, Harry Crawford, Don Sharpe, Charles Stewart, Harold Cruickshank, Frank Slaunwhite, Joe Ingram and Harold Stevens. The family wishes to extend their thanks to all the doctors, nurses, and staff at 8A, VG Site, QEII for all of the care and kindness. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477.5601). Interment

was in Emmanuel Anglican Church Columbarium, Sussex Street, Spryfield. Family flowers only by request, in lieu, donations may be made to the charity of one's choice. Words of comfort may be sent to the family by visiting: www.walkerfh.com.

PELHAM, Sheila Frances - Passed away peacefully at the home of her sister after a long battle with cancer. Born in Halifax, December 2, 1931, she was the eldest child of the late Lionel Francis and Eva Frances (Haves) Pelham. She was raised and educated in Halifax and was employed with the provincial government in the Department of Tourism, where she was secretary to many deputy ministers. Upon her retirement, she moved to Herring Cove where she took great delight in monitoring activity in and out of Halifax Harbour. She had a voracious memory and was a reference source for her extended family. Besides her parents, she was predeceased by her brother, David Pelham, and brother-in-law, Gerald Cullinan. She is survived by her sisters, Clare (John) Miller, Margaret Cullinan; sister-in-law, Mary Ann Pelham; 11 nieces and nephews and 26 great-nieces and nephews. Burial was in St. Paul's Cemetery, Herring Cove. Donations may be made to Feed Nova Scotia.

Card Of Thanks

EISAN (Newcombe)

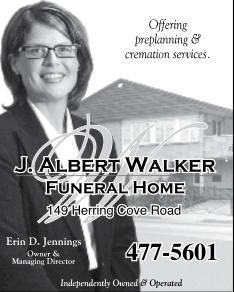
The family of the late Helen Margaret (Newcombe) Eisan, would like to express their sincere thanks to everyone who visited, called and sent cards to show their love and support. Sincere thanks to everyone who brought food to the house and the church hall. A special thanks also to the Emmanuel Church Catering Group, Erin Jennings of J. Albert Walker Funeral Home, and the Halifax Regional Police for their escort of the funeral procession to the cemetery. Sincerely, Victor Eisan and Family

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



Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis Spryfield Memorial Branch 152



WE CARE

Page 8 July 2008 ● Chebucto News

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

Memorial Park Unveiled

On Saturday, July 5, at 11 am HRM Counselor Steve Adams will rename the playground and recreation complex at the Spryfield Lions Rink in a Memorial tribute in memory of Rene Quigley. Rene passed away on January 8, 2008. He was King Lion of the Spryfield Lions Club. A BBQ will follow the unveiling. All are welcome to attend. The Memorial will read Rene Quigley Memorial Recreation Complex.

Dingle Beach Party

The Dingle Beach Swimming Grand Re-opening will be held Saturday, August 2nd, from 11 a.m. - 3 p.m. at Sir Sandford Fleming Park (the Dingle). A supervised beach

area will be the area in front of the canteen, adjacent to the bandstand. There will be a band, entertainment, a BBQ, outdoor games, swimming games and competition, and lots of fun for all ages. Everyone is welcome. There is no charge for this event. Councillor Linda Mosher and HRM staff welcome everyone to attend.

Evening in the Garden

The Urban Farm Museum Society of Spryfield presents a relaxing Evening in the Garden.Free musical entertainment in the Urban Farm Garden takes place Thursday, July 10 from 7 to 9 pm. Look for the Urban Farm sign near the corner of Rockingstone Road and Ardwell. For information got to http://www.urbanfarmspryfield.com or tel: 423-6112.

Cook Rook Gifts

The "Foods of Spry's Field" cookbook makes a great bridal shower gift! Copies may be purchased for \$15 from Danielson's in South Centre Mall, from Sobeys and Pharmasave on Herring Cove Road, or from members of Urban Farm Museum Society of Spryfield.

School Reunion

Graduates from J.L. Ilsley High School, classes of 91, 92 and 93, will hold a class reunion July 11th. Meet and Greet at Kokomo's Dining Room and Lounge from 7 - 1am - event is free! Visit http://www.freewebs.com/jlclass-

Strawberry Socia

St. James United Church, Sambro (3811 Old Sambro Road) will have a Strawberry Social on Saturday, July 12th from 1 pm to 3 pm. Adult portion \$6; Child portion \$4. There will also be a cake walk and Chinese auction. Everyone Welcome. For more information contact Crystal Gilkie and 868-2939.

Tai Chi

The Taoist Tai Chi Society of Canada, Atlantic Region, is offering the following beginners' course in the Taoist Tai Chi® internal art of taijiquan at its Halifax location, 2029 North Park Street: Starting July 10th and running Thursdays 6pm - 8pm for 12 weeks; last date to register is July 17th. Health Recovery classes are ongoing at his location Saturdays and Wednesdays 2pm - 3.30pm; the facility is wheelchair accessible. Please call the Atlantic Regional Centre at 422-8142, or email atlantic.office@ taoist.org for more information.

Monthly Meetin

The Urban Farm Museum Society of Spryfield will hold its monthly meeting on Monday, July 14th, 7pm at the Captain William Spry Community Centre. Everyone wel-

come! If you would like to become a member or would like information about our Urban Farm, please call Pat at 477-6087 or e mail jamac@ns.sympatico.ca.

Next At TAG

Norm Foster's comedy "The Foursome" at the Pond Playhouse, 6 Parkhill Road, June 26th to July 12th at 8 p.m. with one Sunday Matinee on July 6th at 2 p.m. Reservations (902) 477-2663. General admission \$15; Members. Seniors and Students \$12.

Ticket Sale

The Urban Farm Museum Society of Spryfield is selling tickets on a basket of home made items which will generate funds to purchase new tires for their farm wagon. The wagon plays an important role at Urban Farm events, providing tractor-drawn wagon rides to visiting children. It is also used by the society to participate in the annual Spryfield Santa Clause parade. The value of this basket is \$150 and includes such items as crocheted Christmas ornaments and a pine cone wreath, knitted gloves, scarf and child's sweater, a fleecy handmade throw, a copy of Urban Farm's Foods of Spryfield cookbook, packages of herbs from the Urban Farm Field, jam, relish, pickled beets and chow chow made from the produce of the farm field, and numerous other hand-crafted items. Tickets may be purchased from members for \$1.

Come Grow With Us

The Urban Farm Museum Society would like to invite children, youth, adults and seniors to participate in our Come Grow With Us gardening programe. For further information please call Martha 420-1520 or Pat at 477-6087. Volunteer training begins on May 31st from 10 am to noon at the Captain Spry Community Centre. CGWU classes start at the Urban Farm on Saturday, June 7th at 9:30 to noon.

Everyone Welcome!!

A Personalized Approach To Rehabilitation

Flexible payment plans and options available Early morning and evening appointments available M-F



479-2063

15 Shoreham Lane (at Herring Cove Road) Lawtons Drug Store Building MVA injury Management

WCB Approved Provider

Massage Therapy

Acuncture

Manual Therapy

Osteopathic Techniques

Direct Billing
Available to Some
Insurance Companies

Take Care of yourselves this Summer Holiday — Come see your local Physiotherapist or Massage Therapist



Phyllis Martell, back, and Scotsburn's Dairy's Rick Kerr give a service lesson to Melvin Keys who headed into Tim Horton's this day to purchase a coffee in support of the Corporation's Camp Day Charity.

VOLIR

FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

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

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

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