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



# **Umlah Insurance**

AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •

# Parkland Estates 🛄 Cameron Hall **Opening Autumn 2004**

#### Discover the Benefits of Retirement Living

#### **Information Session**

Future Inns, Lacewood and Fairfax Drive Thursday, June 17th - Presentations 10:30 am and 2:30 pm **RSVP Bud Feron - 457-8621** 

The Way Retirement Living Should Be At Aberdeen • Bradford • Cameron Halls

# Field brothers donate land to Nature Trust for future protection and use

Purcell's Cove - Residents of District 17 and 18 here and even from further beyond will benefit forever from the generosity of seven brothers who have given 30 acres of land where they created their own boyhood memories to the Nova Scotia Nature Trust.

Field family of Purcell's Cove, create an endowment fund to help finance its manage-

The Trust will take the donation from the ment, and preserve the 95 by 1,300 metre strip of land running along the edges of Purcell's Pond and Flat Lake in perpetuity. During a dedication ceremony before a

packed house at the Purcell's Cove Social Club this month, brothers Christopher, Roger, Nigel, Ken, Nick, Peter and Robert Field, offered the land to the Trust requesting that it be remembered as the "Captain Arnell Conservation Lands" in memory of their great grandfather sea captain who first purchased the lands in

"We're a big family," brother Christopher said of the Field family identifying that of the 28 descendents most, 24, are male. "Getting all of us to agree to this donation is an indication of how strongly we fell about preserving the land for future children to use." He read an excerpt from a poem created by his brother Roger which identified his childhood memories of the land. "We wanted all of our children and the people of this community to be able to create these same memories," he said on behalf of his brothers.

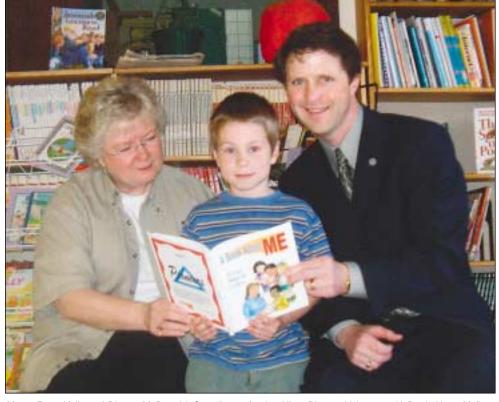
The land, which includes exposed granite outcrops, uncommon flora and Jack Pine forest, extends from the edge of Flat Lake in Spryfield to a point about 200 yards from the

Purcell's Cove Road. It is natural and untouched, inhabited by natural wildlife, mountain laurel and blueberry patches and runs along the edge of Purcell's Pond.

In praising and thanking the Field brothers for their generosity, NS Nature Trust Executive Director Bonnie Sutherland said the donation was accomplished with the assistance of the Halifax Field Naturalists who donated \$5,000 to help with the securing of the property, a "Go For Green" grant to help with signage and mailing information to local residents and from the federal government Environment Department's Ecogifts Program.

Sutherland encouraged local residents to contribute to the endowment fund and "volunteer to be our eyes and ears on the land. Just by using the land and enjoying it and looking for signs of misuse you can help with the stewardship of the land," she said asking local people to report inappropriate use so the nature Trust can investigate.

The Nature Trust presented each brother with framed certificates recognizing their contribution to the organization and a number of witnesses took an afternoon hike to explore the



Mayor Peter Kelly and Dianne McDonald, Coordinator for the Aliant Pioneer Volunteers "A Book About Me" program, read to Central Spryfield's Grade One student Jacob Douglas Brown during a presentation of books to the grade one classes at the school.

# **Umlah acclaimed Commission President**

Kevin Umlah, owner of Umlah Insurance Agency on Herring Cove Road, was acclaimed as President to lead the Spryfield and District Business Commission through another year at its Annual General Meeting in late April.

Umlah will lead a full slate of 15 Board of Directors including Colin White, Dan Doherty, Doreen Archibald, Fran Dunn, Fred O'Hearn, Greg Van Den Hoogen, Gwen Armshaw, Peter Ainslie, Reg Horner, Tom Campbell, Allan MacDonald, Neil Rogers, Alicia Broughm and Doug Large. The Commission's Board normally meets the second Monday of each month.

Besides electing its directors the Commission also passed a revised set of bylaws prepared to bring the organization's

framework in line with its newly achieved responsibilities. Delegates at the meeting also agreed to change the name of the former District 18 Business and Development Association to the Spryfield and District Business Commission.

Umlah said the new set of by-laws and name change were important if the Commission is going to be able to represent the interests of business in all of District 18 and most of District 17.

The Commission also introduced Geoff Strople, a former resident of Spryfield, who has been hired on a half-time basis to undertake the work of the Commission. "Having

see "Umlah" pg. 2

# **Multi-Service System changing**

The 29 year old history of operating a "Multi Service System" in Spryfield is about to change but there won't be any public information about the change until the Captain William Spry Community Centre Board of Directors holds it's Annual General Meeting and Community Services Award presentation at the Centre June 3 from 5 to 7:30 pm.

Board Chair Valerie Wadman says the change is significant, is brought about because Halifax Regional Municipality officials are changing all "city service agreements" across the municipality and is likely to have significant impacts on how groups, organizations and agencies here interact, communicate and initiate projects.

Wadman says the Board is interested in ensuring any official information about the change is directed to affected groups in a timely and efficient manner. She says what the Board has decided at this point is to include the annual "Community Sharing Meeting," a gathering of volunteer, not-for-profit and social service agencies in the community, as part of the Board's Annual General Meeting.

"Our hope," she says, "is that all affected agencies will send representatives to the AGM and that we can dispel any rumors with the true facts of the Board's situation as a result of negotiations with HRM officials. The Board wants to tell its story to everyone affected only once and will hope to get feedback and direction from the community."

Although unconfirmed at press time this month part of the change may include the new title "Community Developer" for Multi-Service Coordinator Linda Roberts who is possibly being reassigned by HRM to the community of Beechville, Lakeside and Timberlea. Wadman would not confirm or deny the allega-

"The Board intends to contact all of the agencies, boards, organizations and service groups the multi service office deals with and request they send a representative to the Annual General Meeting so we can have a complete discussion of the situation," she said.

The AGM will be held at the Captain William Spry Community Room.

Page 2 June 2004 • Chebucto News

# **Umlah acclaimed Commission President**

continued from pg. 1

grown up here in Spryfield I can easily see the major changes that are taking place and the opportunities being created. I am looking forward to helping the community take advantage of these opportunities," he told the delegates.

In a light moment, District 18 Councillor Stephen Adams rose to the Earl Francis Memorial Spryfield Legion podium with an intent to introduce guest speaker for the occasion Senator John Buchanan. "Here is a man who needs no introduction," quipped the Councillor as he walked away from the podium without intending to introduce the Senator.

HRM Planner Richard Harvie, the city lead for this year's upcoming Herring Cove Road Improvement Strategy, said the \$50,000 review will include the area from the Armdale Rotary to Roache's Pond. "The ultimate goal of the study is to determine how the area can be increased and enhanced as a community of focus," he said.

"There are a number of untapped resources in this community," he said, "and the ambition is to develop a plan that will take all of that into account, create a program to make improvements, find the capital necessary to undertake the work and endorse the program through by-laws."

The study will include a full round of community consultations he said.

# Mrs. P's

## Come See Us at the Antique Show

June 4, 5 and 6 The Tower, Saint Mary's University

336 Herring Cove Road @ (902) 479-1293

### OAT CAKES... OUR SPECIALTY

**Captain Spry Fitness Club** 



Come Ride the Fitness Wave

# **Summer Special**

### 2 Months for the Price of One

Effective June through August

Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates.

Memberships include lane swims, sauna (19 years and over) and 50% off some fitness classes. One hour personal training included with 3 month and over memberships.

Certified personal trainer and convenient location.

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

Located in the Captain William Spry Community Centre 10 Kidston Road





# Welcome to HERRING COVE PLACE **COMMUNITY ROOM**

where our **COMMUNITY** comes together

Community Meeting Place

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

Judy Cosgrove

477-2817

00321.crc@sobeys.com

#### JUNE EVENTS

#### **Healthy Cooking Classes**

Mondays, 6:30 pm - 8:30 pm With Rent-A-Chef and Dietitian Felecia Tighe-Kimball. Fee: \$5.00

#### Advice from our Dietitian

Thursdays, 2:00 pm - 9:00 pm Join our Dietitian for classes, as well as, one-on-one appointments.

#### **Boat Safety Course**

Friday, June 4, 7:00 pm - 9:00 pm Saturday June 5, 9:00 am- 4:00 pm (course full)

#### "Wecare" Foot Clinic

Friday, June 18, 1:00 pm - 8:00 pm Fee: \$20.00

#### Vision 2000

Wednesday, June 30, 7:30 pm - 9:00 pm Come & meet Ross Cook and review your travel options.

> All programs have limited space. Participants are advised to book early.





# 477-0628

### **OPEN HOUSE**

Monday, May 31, 2004

2:00 pm - 4:00 pm Sobeys Spryfield location

Join us as we officially open our new Family Medicine and Urgent Care Clinic.

Ribbon Cutting at 2:00 pm Enjoy a cup of coffee and a piece of cake. View our new facility and meet the physicians.

## Walk-In Clinic

Monday - Friday 9:00 am - 1:00 pm 5:00 pm - 9:00 pm Saturday/Sunday 1:00 pm - 5:00 pm



Monday - Saturday 9:00 am - 9:00 pm 477-6927

## Now accepting new patients

Dr. S. Hammoud - General Practitioner For an appointment Please call 477-0628

Page 3 Chebucto News • June 2004

# **Spryfield Lion's**

# Sunday's and Thursday's

Lion's Rink, Drysdale Rd.

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

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

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

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

Sunday June 20th will be \$300 night. 19 games at \$300 each.

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

Happy Father's Day



License # AGA-113771-02

# "Come grow with us" a youth project

By Stephanie Martin

Volunteers of the Urban Farm Museum Society have been working very hard over the past few months to create "Come Grow With Us," a project to help youth in the area grow their own food. Thanks to our volunteers, support from community groups and the sense of community in Spryfield, the project has

Throughout the summer from now until

August 28th Come Grow With Us participants, mentors and junior mentors, will meet on Saturday mornings to teach, help and learn about gardening.

Participants will be not only be involved in all aspects of creating and maintaining a vegetable garden, but they will also complete projects in construction, preserving, cooking and helping to create a farmer's market. Each week there will be a fun, hands-on lesson in a different topic. Through teaching youth about gardening the Urban Farm Society hopes to revive some of Spryfield's rich agricultural history and help people with each other in a new and exciting way.

As with all Urban Farm Museum Society programs, all are welcome. The age for registration is 8 to 18 years. Those over 18 are welcome join the program as volunteers to mentor and share their knowledge of gardening with our participants. Everyone is encouraged to bring their family and friends. Registration is ongoing, people are always welcome to join as a participant or mentor. Please Contact Pat at 477-6087, Marjorie at 477-6102 or e-mail comegrowwithus@hotmail.com for more information.



Martha Leary, Stephanie Martin, Pat MacLean and Marjorie Willison work to prepare for the Urban Farm Museum's "Come Grow With Us" program this summer

### For information and assistance

Peter J. Kelly Mayor



Tel: (902) 490-4010 • Fax: (902) 490-4012 • kellyp@halifax.ca • www.halifax.ca

**Taste The Difference Quality Makes** 



Welcome to...

HOME OF THE ORIGINAL FAMOUS GREEK **DONAIR** 



**386 HERRING COVE ROAD** 

10% Discount to Seniors, eat in or take out only.

## **Check Out Our Fresh Seafood**

NEW HOURS • Sun to Thurs 4 pm - 11 pm • Fri & Sat 4 pm - 1 am

#### SEE IN-STORE MENU FOR SUPER SPECIALS

Large Pizza

1 to 3 items, incl. vegetarian \$11.95 (tax in) add tomatoes \$1.50

Family Pack Chicken or Fish 9 pieces, Fries, Gravy & Coleslaw \$16.95 (tax in)

All prices and specials may expire without notice

**FAST FREE DELIVERY** 

Opening June 1st

# **Aldergrove Preschool**

Part Day Classes Mon & Wed or Tues & Thurs 9 am to noon or 1 pm to 4 pm

431-6189

**Call NOW to Ensure Enrollment** 

# **Supporting Your Community**

# ROYAL CANADIAN **LEGION**

**Earl Francis Spryfield Memorial Branch 152** 



Page 4 June 2004 • Chebucto News



# **DISCOVERING OUR PAST**



# Lakes and other waterways recall surnames of early settlers

by Iris V. Shea, Historian Mainland South Heritage Society

Part Two

he naming of lakes in Harrietsfield, as in other communities, often meant that a particular family with that name lived in the vicinity of the lake. Approaching Harrietsfield, two lakes, known as Weaver's Lakes, are visible. Michael Weaver bought a small parcel of woodland (60 by 80 feet) in this area from George McIntosh, Esquire of Spryfield in 1812. By 1827, however, Weaver was established on the Prospect Road near Brookside, married to Isabella Drysdale. Their children married into local Prospect Road families, including the Umlahs, Drysdales, Stones and Duggans.

Henry's Lake takes its name from Anthony Henry (Antoine Heinrich) who was among the first grantees of land in Harrietsfield. Henry did not live on his land, but employed people to plant crops and cut wood for use in his Halifax home. He had been part of the British forces at Louisbourg in 1758. From 1758 until his death in 1801 he was a printer in Halifax, was appointed King's Printer and published the "Nova Scotia Gazette and Weekly Chronicle" and the "Royal Gazette."

Bennet's Lake in Harrietsfield is well known to trout fishermen who for generations caught trout in abundance in this lake. James and Mary Bennet, after whom the lake was named, came from Scotland and established their farm about 1837 on a hill above Bennet's Road, later known as Club Road. In 1851, the Bennet farm produced 10 tons of hay, eight bushels of oats and seven bushels each of barley and buckwheat. In 1900 the Mic Mac Club was built on this same land.

The name of John Moody lives on in Moody Lake. Moody received several grants of land and there is evidence that he lived on his land in Harrietsfield in 1793 while maintaining a residence in Halifax. Moody owned and operated an auctioneering business in Halifax, a business that was prosperous during the War of 1812 when he auctioned off American vessels captured as prizes by local privateers and the British Admiralty.

Grover Lake's naming becomes a little complicated. It is assumed the name of the family after which it was named was Grover. However, while the name was often misspelled as Grover, the surname was actually Gover. Robert and Jemima Gover may have occupied the land near this lake, but they did own it. One daughter, Ann Gover, married Hugh Fraser of Harrietsfield, and a daughter Maria married David Brunt, also of Harrietsfield. Robert Gover died in Brantford, Ontario, in 1869

Smith's Beach at Sambro Creek has taken on the name of the family who first settled there. James Henry Smith built his homestead on this site during the late 1800s. The house still stands and is owned and occupied by Smith's descendants. James Henry Smith, a fisherman and Halifax Harbour pilot, was born at Coote Cove. According to his great grandson Doug Smith, he relocated to Sambro Creek because it offered shelter from the open sea and higher ground from where, as a pilot, he could see the ships on their approach to the

harbour. Smith's Beach has always been a popular place for swimmers.

Latter's Pond in Herring Cove was named for Thomas Latter whose 40 acre grant included the pond. Thomas Latter was the son of Henry Latter and Catherine McLean who set-



The Roche farmhouse in this 1940 photo was located on the Herring Cove Road in front of Roche's Pond.

tled in Herring Cove in 1773, having served in His Majesty's Navy prior to settling in Herring Cove. Part of the subdivision of Churchill Estates is on Thomas Latter's grant. Latter's Pond is a welcome relief for swimmers on hot summer days.

Roche's Pond may be seen from the

Herring Cove Road. It was part of 300 acres purchased by Edward and Ellen Roche from William Gardiner in 1842, not long after the Roche's arrived from Ireland. The land had been part of William Kidston's 1000 acres. The Roche family played an important role in

this area's history for several generations. Thomas Roche served as Overseer of Roads during the late 1800s; his brother David Roche was a stained glass artist, establishing his own business in Halifax. In addition to farming their land and providing produce to the Halifax market, many local residents will recall receiving milk at their door from Roche's Dairy. The Roche farmhouse in this 1940 photo was located on the Herring Cove Road in front of Roche's Pond.

Kidston Lake is named for the Kidston family. In 1822, William Kidston, Junior, purchased the 1000acre farm from the George McIntosh

estate and called it "Thornhill." Kidston was born in Halifax, educated in Scotland, and from 1810 to 1822 represented his Scottish family's mercantile business in North America. In spite of his limited experience as a farmer, Kidston built a homestead in Spryfield where he settled his increasingly large family. He added sheep to the inventory of farm animals, and wool became another by-product of the Spryfield farm. In 1827, under Kidston's supervision, Thornhill Farm produced large crops of wheat and other grains, 500 bushels of potatoes and 20 tons of hay to feed his livestock which consisted of "14 sheep, three horses, four swine and 12 horned cattle." The lake is now part of a municipal park, and used each summer by local swimmers.





# Three Locations in Spryfield

154 Osborne Street 477-9984

1 Pine Grove Road 479-3206

South Centre Mall 477-1943

Tim Hortons

Page 5 Chebucto News • June 2004

A Chebucto News Advertorial

# Shoppers Drug Mart Halifax "flagship" to open June 16

For Pharmacist Owner Dominic Gniewek the multi-million dollar expansion of his Spryfield Shoppers Drug Mart is like coming home.

"I left Cape Breton in 1984 for this store and later became the Pharmacist Owner at the Fenwick Street location too," said Dominic. "Now I have a wife, three boys and have grown up here in many ways. This community has given me the opportunity to expand my horizons personally and profession-

With the added responsibilities of the bigger store, Dominic is giving up the Fenwick Street Shoppers Drug Mart location he has operated since 1994 and devoting himself full time to 315 Herring Cove Road.

"This community has grown over the years and we have a lot to be thankful for. I'm thrilled to be able to give one hundred percent of my concentration in this community and people can expect to see me in the store every day. For me it truly is like coming home," he says.

For Spryfield the move is a significant step forward in the

positive evolution of a community standing on the threshold of growth. At 17,000 square feet the existing store will literally double in



Dominic Gniewek, Pharmacist Owner of the newly expanded Shoppers Drug Mart on Herring Cove Road feels like "he is coming home" now that he'll be dedicating himself to the business on a full time basis.

size, require the staff compliment to increase to about 75 employees, offer a new suite of three doctor's offices with direct access to a

larger pharmacy department and a community meeting room for local residents. The new generation state-of-the-art Shoppers Drug Mart will be the company's sixth large format store in HRM. "This really is a big commitment to the community," said Dominic.

On a personal level, consumers can expect a major advancement in the quality of products and services available at the flagship. Not only will the cosmetics section double in size, there will be a significant change to prestige lines and a bigger selection of products and services available.

Dominic says Shoppers Drug Mart has made a corporate commitment to cosmetics. "Both men and women, have taken a new approach to esthetics and personal grooming. We have made a corporate commitment to cosmetics and it is now a huge part of our company," he goes on to explain that the new store will provide many in-store esthetic services, including facials.

Dominic says all sections of the existing store will be enlarged including convenience and everyday beverage and food staples, and an expanded "Healthy Living Section" offering a broad variety of vitamins, herbs and specialty foods.

The new photofinishing department will not only include a one hour processing service but will provide customers with all manner of cameras and supplies.

All sections of the store, including household goods, seasonal items, home health care and magazines, will be enlarged, says Dominic. The corporate commitment to "Life Brand" products will result in a new "Value Zone" offering great deals for consumers with a brand he says can proudly take its place with other national brands.

As a final benefit to the community and its customers, this will be the first Shoppers Drug Mart in the HRM with its own delivery truck for prescription services. "There is a very real comfort level for patients in having their pharmaceuticals delivered by the same uniformed personnel and we're happy to be able to offer the service," he said.

"Our Store Manager, Tom Campbell, and the rest of our retail team are very well known in this community," said Dominic. "We all take seriously our commitment to improving the health and well-being of the community. This expansion is going to allow us to do that in a much greater capacity."

# RDM RECYCLING @



Construction Demolition & Debris Services

1275 Old Sambro Road, Harrietsfield

"Using yesterday for a better tomorrow"

#### **ENVIRONMENTALLY REGULATED DISPOSAL OF**

Metals • Clean Asphalt • Concrete • Brick

### **CONSTRUCTION MATERIAL DISPOSAL SPECIALISTS FOR**

Wood • Clean Asphalt Shingles Asphalt & Gravel Roofing • Mixed Roofing Mixed Loads • Drywall/Gyprock

#### BUSINESS HOURS

Monday through Friday - 7am to 5pm - Saturday - 7am to 12 noon Special arrangements available for after hours service

PHONE 477-9995 • FAX 477-0534

# Danielsons ~ Water 'N' Wine "The Best Little Brew Shop In Metro"

South Centre Mall • 477-9463

# Give Dad a New Hobby for Father's Day

**Complete Beer/Wine Making Equipment Kit:** Add a Brew House or Bowman Premium Beer Kit



Or Add a Grand Cru Premium 4 Week Wine Kit



### Already a beer maker?

3 Must Have Brewing Books:

By America's #1 Expert on Home Brewing, Charlie Papazian

The Home Brewer's Companion (Reg \$16)

Home Brewer's Gold (Reg \$16)

& Dave Miller's Complete Handbook to Home Brewing (Reg \$18.50) Together this set sells for \$59.50, however, until June 19, 2004, you can pick up the set

All 3 For an Incredible \$9.99

# We now accept Sears Card payments!

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

Page 6 June 2004 • Chebucto News

# **Local Club scores big**

Walk in to Chimo Taekwondo and you'll see a lot of happy and proud faces. Last month athletes from Chimo, Halifax's newest Taekwondo club cleaned up at the Junior National Taekwondo Championships, bringing home a total of 22 medals.

The Chimo team, consisting of 17 club members between the ages of five and twelve, hauled in nine Gold, four Silver and nine Bronze medals in Olympic-style sparring and Taekwondo forms. The Junior National Taekwondo Championships are Canada's only nationally sanctioned games for young martial artists under the age of 17. Each year it attracts more than 500 competitors from across the country.

"The kids worked very hard to prepare for

this competition and it paid off in a big way," said Doug Large, Owner and Head Instructor for the club. "The fact that competitors came from all across the country made the success all the sweeter," he added.

The stunning success of the club's athletes is all the more amazing considering how young the club is and how long the athletes have been training. Located on Herring Cove Road in the heart of Spryfield, Chimo Taekwondo has been in operation less than a year. Most of the children who competed in the Junior Nationals were introduced to Taekwondo for the first time only eight months ago.

"I see how much my daughter

and the other kids enjoy going to Taekwondo class every night and how hard they work," said Sheila Brown, mother of new Canadian Champion and gold medalist Jessica Brown. "I and the other parents are so pleased with the changes in our kids' self confidence. They're getting really fit and having so much fun. And they have really risen to the challenges presented to them," she added.

Members of the team include Bethany MacDonald, Shandelle Anderson, Westley Hall Jenkins, DeMarco Haley, Falon Hodge, Leah Morris, Darcy Dowe, Grace Kingsbury, Travis Dempsey, Chris McAlden, Alex Morris, Nicole Tucker, Jessica Brown, Shantia Anderson, Katie Berakos, Dameric Smith and Instructor Doug Large. Missing is Bobby Smith.





## **Time For A Spring Cleaning**

Dr. Elaine Carey Dr. Sura Hadad

Office Hours: Monday 9 - 6 Tuesday & Wednesday 9 - 7 Thursday & Friday 9 - 5

NEW PATIENTS WELCOME

339 Herring Cove Road, Royal Bank Building Phone 477-9457

# BAILLIE'S WOODWORKING SPRING MADNESS

All jobs booked before June 30 We Will Pay The Tax!

We specialize in:

Renovations Shingled Roofs Decks, Sheds and Yard Clean-ups Cabinetry Finished carpentry

We also custom build all indoor and outdoor lawn furniture and lawn decorations

Free Estimates Halifax and surrounding areas Call Mike 497-5147 or 868-2629

# Play. Learn. Move. Stay Active.

# **Summer 2004 Recreation programs in Sambro and Herring Cove!**

#### Sports Galore at William King School

Ages 5-7, \$28.00 per week (#59153) July 5-9, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59154) July 5-9, Mon.-Fri., 12:30am- 3:30pm

Partake in an awesome sports camp where children will learn important skills for playing some of the worlds most popular sports. Learn rules and tips on how to excel at sports like basketball, soccer and more! Emphasis is on fun and teamwork so lasting friendships are inevitable.

#### Summer Science Camp at William King School

Ages 5-7, \$28.00 per child (#59145) July 12-16, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59146) July 12-16, Mon.-Fri., 12:30pm -3:30pm

Kids learn science the easy, hands-on way. Opportunities for young scientists to discover crazy experiments and create fun science projects using household materials.

#### Art and Drama Camp at William King School

Ages 5-7, \$28.00 per week (#59147) July 19-23, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59148) July 19-23, Mon.-Fri., 12:30am-3:30pm

Harness the creative energies of your enthusiastic children. Make costumes and props to be used while acting out and improvising skits and games. The perfect camp for the child who enjoys the spotlight!

#### Art Exploration Camp at Sambro - St. James Hall

Ages 5-7, \$28.00 per week (#59149) July 26-30, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59150) July 26-30, Mon.-Fri., 12:30pm-3:30pm

Using unique materials provided to us by Mother Nature and others, this camp allows kids to open up their imagination and make incredible art projects while making friendships with other campers and staff.

#### Sports & More at Sambro - St. James Hall

Ages 5-7, \$28.00 per week (#59155) Aug 9-13, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59156) Aug 9-13, Mon.-Fri., 12:30pm-3:30pm

Participate in the Sports Galore camp and get involved in active games which range from conventional to unconventional sports and everything in between! Children are encouraged to learn new activities and are given new skills to use in an environment where success is measured by fun and enjoyment.

#### Crafty Cooking at Sambro - St. James Hall

Ages 5-7, \$28.00 per week (#59151) Aug 16-20, Mon.-Fri., 9:00am-12:00pm

Ages 8-11, \$28.00 per week (#59152) Aug 16-20, Mon.-Fri., 12:30pm-3:30pm

Learn recipes for things to make in your kitchen that aren't for eating! Recipes for neat things like finger paint, magic mud or modeling dough! Children will learn about cooking in a fun and safe way while also learning valuable kitchen skills.

#### Junior Leadership Program

Ages 12-15

An opportunity to learn leadership and job skills. Training topics will include resume writing, interviewing and the importance of volunteerism in the community. Junior Leaders will be given "hands-on" projects such as planning and running a small game or craft for a group of summer campers. In addition to the above, several social events will be offered for the Junior Leaders. In order to register for the Junior Leadership Program, you must sign up for one of the following information sessions:

Wed, June 16th #58627 or Thurs, June 17th, #58630

6:30pm - 7:45pm at the Captain William Spry Centre

#### **Summer Camps at Captain William Spry Centre**

Ages 6-11, for further information please contact the centre at 477-7665

#### REGISTRATION INFORMATION:

To register or for more information on the programs listed above, please call the Captain William Spry Centre at 477-7665.



A Chebucto News Advertorial

# Newly designed animal hospital offers state-of-the-art service

The Spryfield Animal Hospital is dedicated to our animal friends, but it is in every respect a hospital, and there is very little our new hospital at 320 Herring Cove Road can not provide in veterinary services. In fact, visitors who attend the new hospital's open house from 2 to 5 pm June 12, will leave with a feeling that the advancements in veterinary diagnostics and treatment are no less astonishing than those of medicine in general.

For Dr. Ross Ainslie, a veterinary practitioner for more than 50 years, and his son Peter, the hospital administrator, the move represents not only advancement after 22 years of business in Spryfield, it also reflects a confidence in the community.

"Spryfield is a good place to do business," said Peter Ainslie. "There are good people here. We've benefited from their confidence in our services and our business has grown as a result," he said, reflecting on how heartwarming it was when a customer (Donnie Strople) came in the other day and offered his personal "thank-you for having confidence in our community."

The confidence the Ainslies have began in 1982 when Dr. Ross Ainslie purchased the Spryfield Animal Hospital practice, keeping the name and the location near the new Sobeys store in tact. Fourteen years ago, Sobeys purchased the practice's land for future development of the store, moving the Spryfield Animal Hospital to 171 Herring Cove Road where the business flourished. Last year, just as the business was outgrowing its space, another company wanted to redevelop that

space and the Ainslies took advantage of the opportunity to expand once again.

"We were busting at the seams down there," said Peter excited about the 50% increase in space and the much improved "operational flow" of day-to-day activities the new space provides. "One of the advantages is that we had ten months to prepare the interior design of the building," he said pointing to the

enlarged retail area filled with natural light and nutritionally based food supplies for most pets of all ages which greets clients entering the hospital.

But behind the retail centre and the client reception desk lie the most rewarding improvements for Dr. Ross Ainslie who has spent the past 51 of his 75 years in the veterinary business. Three examination rooms await pets and



The new Spryfield Animal Hospital is everything a full service hospital needs to be with modern and leading technology equipment on site. Here Dr. Jim Gillis and Leslie Burnett under take a dental cleaning on a family pet.

their owners with problems whose wait times will be less now that three veterinarians are on staff. Adjacent to these rooms is the hospital's pharmacy giving staff easy access to required prescriptions.

Behind these rooms is a larger surgery suite which includes one of only two "laser surgery" stations for pets in all of Metro. "The laser surgery system is cutting edge technology," said Peter, explaining that it is less painful for pets and more efficient for the veterinarians.

The new hospital includes a fully functional laboratory where blood tests, CBCs, chemistry and fecal analysis are managed. There are separate dog and cat recovery rooms to "keep stress on recovering animals to a minimum," and an X-ray department where results can be obtained almost immediately.

Although it's not new to the hospital, the expansion and move of the pet grooming service area to the main floor of the building from the basement in the old headquarters has improved the operation and service level for pet care.

Peter Ainslie says the hospital must conform to "standards of care" and pass inspections every three years as participants in the American Animal Hospital Association and the Nova Scotia Veterinary Medical Association. "We are in business of caring for pets in the best possible way and we have installed more than \$200,000 in equipment here to service pet needs. We expect our open house will change people's perception of what we do."

# Spryfield Animal Hospital We're having an OPEN HOUSE

To celebrate the completion of our new modern and expanded full service Pet Care Facility.

We welcome everyone to stop by for a tour of Halifax's newest Animal Hospital.

Come see the latest in Pet Care Technology

June 12 From 2 to 5 pm

**Door Prizes - Refreshments** 

Bring Your Pet Care and Nutrition Questions for Our Experts

## **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 GeriatricsDentistry Pet Adoption
- Surgery Exotic Animals
- AMIMAL HOSPITAL ASSOCIATION

  Excellence in Small Animal Care

www.halifaxvet.com

HALIFAX 422-8595

VETERINARY
HOSPITAL
Dr. Kelly McInnis
Dr. Mary Jane Corkum

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

SPRYFIELD 477-4040

ANIMAL
HOSPITAL
320 Herring Cove Rd
Dr. Jim Gillis
Dr. Debbie Hoffele
Dr. Laura Speer

.

Dr. Adrienne Harris



## **SALES YOU CAN TRUST**

For all your automotive needs call Rick





Ph: 864-1700, Cell: 456-6660 Fax: 864-7203



# HALIFAX COUNTRYWIDE

**Home Furnishings & Appliances** 

531 HERRING COVE ROAD, HALIFAX, N.S. 5 km from the Armdale Rotary

(902) 479-4448 www.countrywidestores.com

Mon., Tues., Wed. & Sat. 9-5:30pm Thursday & Friday 9-9pm







The VALUE keeps on getting better!





**For Sale By Owner** 

**Churchill Estates** 

"Herring Cove"

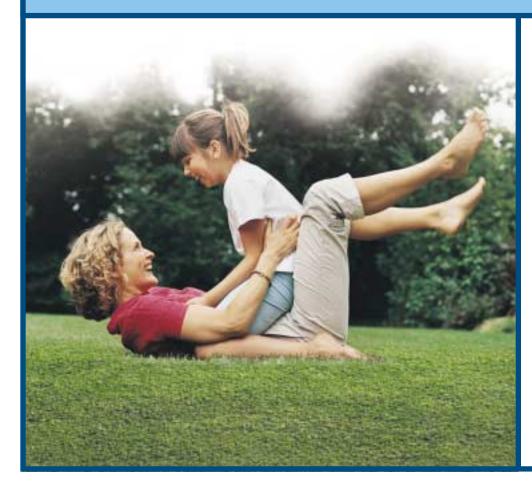
3000 Sq. Ft.

\$239,000

- Quality built by owner of Lumbermart Building Centres as own residence in 1990
- Energy efficient insulated slab on grade construction
- R20 wall R40 ceiling insulation
- Wood & vinvl clad exterior casement windows
- Wolmanized front deck with rear deck off master bedroom
- Paved driveway
- Maintenance free exterior
- Attractive landscape corner lot with hedges and red maple
- Colonial trim & doors
- Dual heating (oil & electric)
- 200 Amp electrical
- 4 Large bedrooms
- 21/2 baths
- Inc. 3 piece ensuite
- Huge 12 X 26 sunken family room
- Formal 12X14 oak floor and unique vaulted ceiling dining room
   Large 11X14 oak kitchen with JenAir, 34' oak cabinets with desk and built-in wine rack
- Wide foyer with double beveled French doors from living room to dining room
- Unique attic loft and sewing room with den off huge master bedroom
- Breakfast nook adjacent kitchen overlooking family room

To View call Fred — 209-5427

# SUMMER HEALTH MONTH



Speak to your HealthWATCH® Pharmacist during the month of June to learn about:

Sun Protection • West Nile Virus • First Aid

328 Herring Cove Road, 477-1210 Hours: Mon-Sat 8am - Midnight, Sun 10am - 10pm

### We're moving June 16th

Watch for our new location opening in Spryfield at 315 Herring Cove Rd, 477-1210

New Hours: 8 am to midnight, 7 days a week

**Healthwatch**\*



Page 10 June 2004 • Chebucto News

# A review of HRM capital budget projects for District 17

By Linda Mosher Councillor District 17

Last month, Councillor Adams and I wrote about the general budget information and rates of taxation. This month, I would like to highlight some of the projects and activities that will be started within District 17.

Several of our park areas have been allotted funding. Sir Sandford Fleming Park (the Dingle) will have \$97,000 for improvements. The first priority for the funding will be seawall restoration. The additional \$55,000 in funding required to extend the Regatta Point Walkway from where it ends to the Purcell's Cove Road has been approved. The project will be tendered shortly and be completed this summer. As well, \$30,000 has been approved for the former C.A. Beckett School site. The former school was torn down and an environmental clean up of an oil

spill from the early 90's has been remediated. Residents in this area who have put up with illegal dumping and an unsightly construction site will now have a park area and re-establishment of the playground. Additional funds are required and a portion of the District 17 Capital Funds will be used to enhance this project. The Deadman's Island project received an additional \$5,000 for interpretative signage. Other funding for parks and playgrounds includes upgrading the basketball court on Withrod Drive, electrical upgrades to the Captain Spry Centre, and reinstatement of the life guards at Cunard Beach.

There are numerous streets in the district that require resurfacing or paving renewal. Unfortunately, only a total of thirty two streets in all the twenty-three districts of HRM were included in the budget. In our district, the concrete sections on Cowie Hill road will be replaced with asphalt (\$347,000); the final phase of Colindale Street, from McLennan to Inverness, will be completed (\$193,000); a turning area at the end of Fleming Drive was approved (\$10,000); and the section of Parkhill Road from Kirk to Marine (\$53,000) will be resurfaced. Main artery patching will be done on Purcell's Cove Road (\$29,000) and Joseph Howe Drive (\$19,000). One new sidewalk installation was approved, on the St. Margaret's Bay Road from Fairmount to Balcom, on the South Side. I have requested roadway alignment and a new sidewalk installation with a crosswalk on the North side of the St. Margaret's Bay Road near Keating Road to Needs area. Unfortunately, the crosswalk was approved by the Manager of the

Traffic Authority, but not in time to be included in the capital budget for 2004/2005.

Environmental services recently completed a "Wastewater Pumping Station and Forcemain Study" of our approximately 150 pumping stations. We compiled data to assist in managing and maintaining these systems and to ensure that there are no overflows. Three pumping stations in our district were approved for upgrades; Chocolate Lake at Crescent Avenue (\$485,000), Balcom Drive (\$29,000) and Whimsical Lake (\$49,000).

Other budget allocations for our district include \$291,000 to upgrade the Cowie Hill Parks Depot to amalgamate some of HRM's

operations. A new Transit bus shelter at Regatta Point has been approved and monies for a suburban streetscape study of the Herring Cove Road.

One major service enhancement for the urban core is weekly green bin pick up. This will occur in all areas that currently have recyclables picked up on a weekly basis. In District 17, it will mean weekly green bin pick up for July, August and until September 3rd.

On May 15th, I had the honour to represent Halifax Regional Municipality at a land dedication ceremony in Purcell's Cove. Seven Field brothers generously donated a thirty two acre parcel of land to the Nova Scotia Nature

Trust, which is named after their great grandfather, Captain Arnell. The Field family's generosity has ensured that these lands are conserved and protected for future generations.

They are leaving a legacy to the general public that has historic significance not only to HRM, but a huge, personal significance to the Field family. It is refreshing to see a family donate an enclave in the middle of HRM - in other major Cities, residents would have to travel hours to enjoy a natural setting such as this. Thank you, Field family, for your generous donation to allow the community to maintain this quality of life and giving us access to the natural beauty of the Captain Arnell lands.

# Water and sewer funding, District 18 capital expenditures set

By Stephen Adams Councillor District 18

The Herring Cove water a sewer project got another major boost of money to help with the costing of this project. On May 19 I received a call from Geoff Regan our local MP regarding a pending announcement. The next day, Geoff along with Municipal Relations Minister Barry Barnet and HRM officials announced approximately \$2 million in Infrastructure Funding for the Herring Cove Project. This money will be used for phase 1A of the project which will extend services along Herring Cove Road to Churchill Estates. I encourage you to speak with members of our CLC to get the details.

Generally speaking, this means that residents of Churchill Estates will get a reliable water supply with no additional cost. In fact, our Water Commission has informed me that water rates should even decrease in this neighbourhood. The rationale for this is that these residents have already paid for the water distribution system and will not be charged again.

This additional funding has come about for a number of reasons. HRM Council has recognized and appreciated the need for water and sewer services in Herring Cove and have supported my requests to ensure this project has remained on the priority list for funding. Mr. Regan and Mr. Barnet have also seen this as a priority and have responded with their support. Our CLC will now begin the process to establish frontage charges and the public process to ensure your comments are heard.

In Sambro, recreation remains a priority as the sodding and fencing tenders have been awarded on May 18. Elmsdale Landscaping

and Eastern Fence were the successful bidders. At the time of writing this column, work had yet to begin. However, work is expected to begin in the near future.

As some may remember, this field was the premier field in District 18. However, it had deteriorated due to vandalism and lack of use. When this aspect of the project is completed I will assess the field. With input from local residents we will determine how best to improve it even further.

The newly named Harbour United Soccer Association had representation with Tim Hortons Limited to look at providing uniforms and balls to the Under 8 players. We are hopeful that a decision will be forthcoming in the near future. As well, Mr. Sandy Shearer of Tim Hortons in Spryfield has offered to help with

the older players. Enrollment is increasing and the league is poised for another successful sea-

I have been approached by representatives of Harrietsfield Elementary School and Central Spryfield School to look at assisting with the purchase and installation of signage. I will be able to offer some assistance with these worthwhile projects. Barring any unforeseen circumstances, they should be installed before the new year begins.

If you have any suggestions for small community projects, please let me know. There is some funding available in the vicinity of \$2,000 to \$3,000 for the projects.

In closing, I would like to congratulate all new graduates in advance. You should be very proud of your accomplishment.



# **Linda Mosher**

HRM Councillor, District 17

Concerned, committed representation.

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

E-mail: mosherl@halifax.ca

## **Stephen Adams** HRM Councillor, District 18

Phone 490-4050 Cell 497-8818

Showing how government can work for you



# MICHELE RAYMOND, MLA

9:30 - 11 am

**OFFICE HOURS** 

10 Kidston Road (Captain Spry Centre) B3R 2J7 Monday-Friday 9 am - 3 pm

"ROLLING OFFICE HOURS" call to confirm

**Chocolate Lake Recreation Centre** 

9:30 - 11 am First Monday of each month

**Herring Cove Junior High** Second Monday of each month

9:30 - 11 am **Harrietsfield Community Centre** 

Third Monday of each month

Sambro (location TBA) 9:30 - 11 am Fourth Monday of each month

> Phone: 477-4100 Email: mhraymondmla@eastlink.ca



# Governments must work towards fair fuel prices, says MLA

By Graham Steele Halifax Fairview MLA

Gas prices. Aaargh!!!!

This summer a committee of the Legislature will be looking into prices for gas and home heating fuel. The committee will go beyond hearing complaints that the price has risen too high, too fast (that's obvious), and really try to get to the bottom of the sudden recent price increases.

Let's be realistic. There is no way the government can deliver a "low" fuel price. The world price of crude oil is what it is. And experts agree that the world price of oil is going to rise steadily over the next 10 years, as reserves are depleted faster than new sources are

found

Every price shock reminds us that our overdependence on carbon-based fuels is unsustainable in the long run. But right now, most Nova Scotia families and small businesses rely on their gas-powered vehicle. The majority of Nova Scotia homes are heated with oil. The transition to other fuels will take many years. Until we get there, many Nova Scotia families are going to have a hard time paying for their fuel.

That's why I say that our governments should be working towards achieving a "fair" fuel price. What do I mean by a "fair" price? Three things.

First, refiners and wholesalers should get a fair profit, but no more. Refiners, especially, are making big money right now. Their "margin"

(the amount they earn on every litre) has tripled. No-one should be reaping excessive profits while you and I are facing a price crunch.

Second, gas stations should also get a fair profit. They're the ones who bear the brunt of consumer anger, but the high price isn't their fault and many of them are being squeezed by suppliers. On Prince Edward Island, where gas prices are regulated, retailers are guaranteed a certain profit and that helps many stations survive.

Third, our governments can and should tax fuel, but not to the point where they're reaping unexpected 'windfall' revenue.

Maybe you have your own ideas about how fair fuel pricing can be achieved.

Some people, like the Liberals, say the provincial government should shave two cents from the provincial gas tax. For several reasons, I'm not so sure that's a good idea. First, if consumers are upset paying 99.9 cents per litre, I

doubt we're going to feel better paying 97.9 cents. Second, the oil companies would just swallow up the tax cut in their next price increase, and there's no practical way to stop them. Third, gas tax money goes to maintain our transportation infrastructure (already deplorable in places) and cutting the tax means cutting our spending.

The one tax on which our federal and provincial governments are reaping a windfall is HST. Because the HST is 15% of the price, every increase in price means an increase in HST revenue. Our governments are reaping large, unexpected revenue from the current price crunch. A fair fuel price has to deal with this issue

The committee of MLAs is due to report no later than August 31st. If there is a way to achieve fair fuel pricing, I'm confident they'll find it



# **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

# Federal programs support "healthy community" concepts

By Geoff Regan Halifax West MP

I recently celebrated an important anniversary by holding my 60th "Let's Talk" meeting with Halifax West constituents. As always, I enjoyed the opportunity to hear about your concerns and share information about the direction of government. I am proud to serve as your Member of Parliament and appreciate the time each of you has taken to inform me about your needs and how you want to be represented in Parliament.

In addition to the feedback I receive during Let's Talk gatherings, I know from your letters, phone calls, faxes, and e-mail's that health care is of particular concern. In last month's edition I highlighted this government's plan to work with the provinces to achieve our long-term vision of a universal health care system that is sustainable and which provides timely access to health services for all Canadians regardless of income or wealth.

One essential part of the health care plan is to further our understanding of all the factors that influence the health of Canadians.

Consequently, I was pleased to announce recently on behalf of the federal government that Halifax will be the base for the National Collaborating Centre for Determinants of Health.

The Centre will work in close collaboration with researchers, the public health community, and government and non-governmental organizations in Atlantic Canada to study the role of the social determinants of health - factors such as physical and cultural isolation, income/socioeconomic status, employment, immigration status, mental illness, and risk behaviours such as smoking and lack of physical activity.

In addition, the National Collaborating Centre will work with the newly established, Public Health Agency of Canada. The Agency will coordinate actions directed at addressing the vulnerability of Canadians, and the long-term viability of our health care system from threats posed by infectious diseases such as SARS, and the rising trends of chronic illnesses such as diabetes, cardiovascular disease and cancer.

Finally, Nova Scotians know that a good quality of life depends on the health of their community. The Canada-Nova Scotia Infrastructure Program is one example of the federal government's commitment to support the health and well being of local communities. Specifically, the federal and provincial governments will cost share over \$2 million for the design and installation of Phase 1A of the Herring Cove Water and Sewer project.

This phase of the project will provide

see "Federal programs" pg. 14

# Sales-Service Representative

# Career Opportunity

Tired of the Bull pen? We have a Great opportunity for an Experienced Ad Sales Professional.

If you enjoy developing relationships with your clients and you have a keen interest in the Consultative Sales approach we have a rewarding opportunity for you. Using your base salary, expense package and structured sales program with incentives, you will be responsible for servicing new and existing clients.

You should be a creative thinker with a flair for independence and a passion for customer service.

We are a "community based" publication company serving a broad spectrum of Metro's population. We have big plans for the future and are seeking the right individual to help make them a reality!

If you are that person and are up for the challenge, please forward your resume to:

Chebucto Publishing Inc. PO Box 20059 Halifax, NS B3R 2L1

Chebacto Publishing Inc.

# **Rent the Lions Den**

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

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

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

Support your local Lions Club

Page 12 June 2004 • Chebucto News

#### A Chebucto News Advertorial

# Threesome dedicated to serving real estate needs in greater Spryfield area

If an expert is defined as one who has "special skills or knowledge," there are three who have joined forces to create an unparalleled abundance of skills and knowledge for anyone either selling or buying a residential property in the greater Spryfield area of District 17 and 18.

Roy Thomas of Sutton Group-Professional Realty, Clyde Paul, head of the Clyde Paul and Associates legal firm, and Roy Gillis, a mortgage specialist working privately with Canada's largest national banking firm, have come together to supply a unique and comprehensive "from beginning to end" real estate service for home sellers and home buyers in this community.

"We didn't set ourselves on a program to seek each other out," says Thomas, a real estate agent with 13 years experience specializing in this area. "But what we came to understand over the years was that most of the property deals conducted in this area involved all three of us, so it made logical sense to make a conscious effort to work together wherever possible."

And why not. Not only has Thomas been focusing his real estate practice on this neighbourhood for more than 12 years, he grew up here and understands the community as only one of its residents could. Clyde Paul, who considers real estate transactions to be "ninety percent of my business," opened his law office

in Spryfield 30 years ago and Roy Gillis, who has worked in association with Spryfield's only "full-service" bank for the past 29 years, has lived and worked in this community for the past 25 years. Together they bring more than 70 years of real estate sales, purchasing, financing and legal experience to the table for anyone interested in conducting real estate business here.

While Thomas, who specializes in marketing and listing homes, has created a team of five professionals, including his Listing Coordinator, a Team Administrator and three Buyer Specialists, all with have in-depth knowledge of property values here based on a dozen years of experience. Mr. Paul adds a personal knowledge of the residents exchanging homes.

"I've been working in this community's real estate industry for so long now I've done the legal purchase or sale work several times for the same house," he says admitting that his background knowledge and in-house records can often save clients money on the costs of property searches. "We have probably conducted a property transaction search on almost every property in this area at one time or another," he says. "Most often I will personally know the sellers who have lived here for many

ears."

For his part Roy Gillis knows there have been and always will be changes in the way mortgages are arranged and managed. With 29 years banking experience Gillis can help potential buyers with pre-approvals, construction mortgages, renovations, and switching from one mortgage to another.

"The mortgage industry is subject to change almost on a daily basis," he says. "Over the years the variety of mortgages available has increased substantially. Today there are things like the no down payment mortgage and the self-employed mortgage option for business people. My connection with a major national bank ensures purchasers have access to every option available."

Whether a client is buying or selling, Thomas says there's a "very real comfort level" in being able to deal with people who know the industry and the community as well as these three. "House transactions can be stressful. It is a real benefit for clients to be able to work with people who know each other so well that all aspects of the deal can be managed with only one goal, completing the transaction while offering superior customer service, in mind."

# CLYDE A. PAUL, B.COMM, LL.B. BARRISTER & SOLICITOR \_\_\_\_\_

CLYDE A. PAUL & ASSOCIATES 349 HERRING COVE ROAD HALIFAX, NOVA SCOTIA B3R 1V9

(902) 477-2518 OFFICE (902) 477-9425 HOME (902) 479-1482 FAX

EMAIL: CAPAUL@NS.SYMPATICO.CA

# Your Home Sold at a Price Acceptable to You — Guaranteed!

When you list your home with the Roy Thomas Real Estate Team your home will sell for the highest possible price. I utilize the latest cutting edge marketing techniques to sell your home including Internet exposure on www.RoyThomas.ca and 7 other websites,

360 virtual tours, 24 hour property information hotline, multiple print mediums and TV advertising.

Hire my whole team of 6 professionals to sell your home for the same price as a single agent.



#### FREE Quick Over The Net Home Evaluation www.RoyThomas.ca



Roy Thomas Real Estate Team 430-8700 www.RoyThomas.ca





Clyde Paul, left, Roy Gillis and Roy Thomas have almost 70 combined years of experience in the greater Spryfield area. Together they can accomplish all aspects of a real estate transaction.



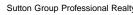
(902) 830-4098



## Roy Gillis

Mortgage Specialist (Days, Evenings, Weekends)

339 Herring Cove Road Halifax, NS B3R 1V5 Cell: (902) 830-4098 Fax: (902) 477-7198 E-Mail: roy.gillis@rbc.com



# Skateboard Park, Heritage Walk, AGMs and chebuctoeast.ca

By Linda Roberts, Multi-Service Coordinator Captain Spry Community Centre

At the May 6 public meeting on a Skateboard Park for the Chebucto East area there was a large, enthusiastic crowd. We now have a local Skateboard Park Planning group of youth and adults to work with our Councillors, Linda Mosher and Steve Adams, to select a site and start fund-raising. If you are interested in getting involved, call 479-4487.

A new Board of Directors for Riverview Children's Centre was elected at the Annual

General Meeting in May. The Board has been hard at work to re-open the day care. If you are interested in reserving a space for your child when the Centre reopens, leave a message at 477-3097 and you will be contacted.

Community groups are gearing up for summer day camps. There will be a summer Adventure Day Camp for children and a Youth Leadership Adventure Camp (ages 12-15) at the Chebucto Boys and Girls Club (call 477-9840). Harrietsfield Williamswood Community Centre will be offering a Day Camp for children in primary to grade six (call 446-4847).

And there will be a summer camp at the Captain Spry Community Centre again this year (call 477-7665).

The second (hopefully annual) Heritage Walk will take place on Saturday, June 12 (rain date is June 13). Meet at the Captain Spry Community Centre at 10 am for a guided walk up through McIntosh Park, along the old Kidston Road and Farm Field, past the Kidston Farmhouse (built in 1825), and along Rockingstone Road to the Rocking Stone and historic Kidston Lake. This event is sponsored by the Urban Farm Museum Society, Mainland South Heritage Society and the CRABapple Mapping Project.

On Monday, June 14 at 7 pm the Urban Farm Museum Society will hold its Annual

General Meeting at the Captain Spry Community Centre. You will hear about the progress of the Farm and there will be an election of officers. The Urban Farm welcomes Jason May back to work on the Farm this summer. He will be growing vegetables, helping with the children's program and developing the Urban Farm site.

Also on Monday, June 14 the Chebucto Boys and Girls Club will hold a Family BBQ from 5 - 6:30 pm followed by the Annual General Meeting from 6:30 - 7:30 pm. During the Annual General Meeting childcare will be provided for school age children. An election for Board members will be part of the AGM as well as an update of activities for this past year. For more information, call 477-9840.

If you have access to the Internet, you can find out about non-profit organizations that have websites and learn about events happening in this community by going to www.chebuctoeast.ca. The Events section is continually updated. The Chebucto East website is a project of the Multi-Service Office at the Captain William Spry Community Centre. For more information on the Chebucto East Community Web, call me at 479-4487 or send an email to robertl@halifax.ca.



Retired school janitor Alfred Purcell, who has been working at least part time at the Spryfield Ultramar since 1964, retired from his work this week. Shown with Alfred are Mechanics Clarence Leslie and Howard Callahan and Owner Barry White.

### 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: 491-7400 (Resident Office) Dartmouth: 461-2333 Lower Sackville: 865-4400



Solutions through Understanding

# Pharmasave

HEALTH AND WELLNESS CONNECTION

#### Sun Care Clinic and Barbeque June 15th 1 pm to 5 pm

Open
Monday through Friday
8:30 am to 9:30 pm,
Saturday
9:00 am to 7:00 pm,
Sunday & Holidays
10:00 am to 5:00 pm





349 Herring Cove Road Phone 477-4650

www.pharmasave.com

PHARMASAVE

# Staying Safe in the Sun

After months of dreary weather, it's no wonder Canadians rejoice when the sky turns blue and the sun comes out.

Celebrating the season is no problem. It's when we bask, like sausages on a barbeque, that our health becomes endangered.

Sunshine is great for gardens but not so good for your skin. Today's tan may look appealing, but future wrinkles aren't quite as attractive. Even more of a concern is that too much exposure to the sun is the leading cause of skin cancer. What does the damage are invisible ultraviolet (UV) rays. There are two types, A and B. Read the labels when you're shopping for sunscreen to make sure that the product you choose protects against both.

All sunscreen labels contain SPF (Sun Protection Factor) information. "SPF 15"

means that if you normally start to burn after 20 minutes outdoors, it will take 15 times as long (5 hours) before you get sun-burned. If you burn more easily, try a higher SPF such as 30.

Be generous with sunscreen. Most people only use half as much as they need. Apply lots of it to all your exposed skin, ideally about a half hour before you go out into the sun. If you forget, apply it as soon as you're outdoors. With most brands, you'll want to put more on about two hours later, and definitely after swimming or any activity that makes you sweat heavily. If summer plans involve long periods of time on the water or up a mountain, consider using a sun blocker which completely blocks the sun's rays.

Sunscreens and sun blockers aren't your

only defense against the sun. Best of all is to limit your exposure by avoiding direct sunlight when it's at its strongest (11 am to 4 pm daylight savings time, or 10 am to 3 pm standard time). Seek out shady spots when you're outdoors, and remember that fog, haze or light cloud won't protect your from UV rays. If you're out sailing or surfing, also note that water bounces back UV rays and makes you sunburn faster.

Dress for summer too, especially if you don't wear sunscreen. Wear a wide-brimmed hat, a long-sleeved shirt, and – rather than shorts – pants or a long skirt. Slip on sunglasses that have built-in UV protection. That way you'll lessen your chances of getting eye problems, such as cataracts, much later in life.

Lisa Herritt, BSc. Pharm

Page 14 June 2004 • Chebucto News

# LOCAL OBITUARIES

**SUPPLE**, Mae Margaret - 76, of Halifax, passed away at the QEII Infirmary Site. Born in Halifax she was the daughter of the late Charles Philip Hurshman and Lillian Mae Davis. She was a former employee of F.W. Woolworths for 46 years at Barrington Street and the Bayers Road stores. Mae grew up on McNab's Island and attended school on the island. She then went to St. Pat's High School from the island. She enjoyed her cottage on the island every summer, especially with her grandchildren. Mae was a great wife, mother and grandmother and will be greatly missed by all who knew her. She is surivived by her husband Leo Henry; three daughters, Lynn, Halifax; Gail (John) Taylor, Halifax; Maureen (Todd) Grandy, Winterhaven, Florida; son Brian (Belinda), Mt. Uniacke; sister, Geraldine (David) Thomas, Halifax: two brothers. Charles (Lila) Hurshman. Lower Sackville: George (Sharon) Hurshman. Dartmouth; nine grandchildren; several nieces and nephews. She was predeceased by a brother, Bernard. Memorial donations may be made to a charity of choice. E-mail condolences: 1016@alderwoods.com.

EGAN, Golda Mae - 88, Halifax, passed away in the New Halifax Infirmary, QEII. Born in Halifax, she was a daughter of the late David and Frances (Horner) McLellan. She was a former employee of Simpsons and an avid member of the Golden Age Centre, Spryfield. Surviving are daughters, Joanne (Robert) Croft and grandchildren, Peter and Philip, Saint John, N.B.; Heather Egan (Fred Johnson) and grandchildren, Stacey and John, Halifax; four great-grandchildren. She was predeceased by her husband, John; sisters, Muriel and Florence; one brother in infancy. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home. Interment was held

in Gate of Heaven Cemetery, Lower Sackville.

BROWNLEE, A. Jean - 86, Melville Lodge, Halifax, passed away in Melville Lodge. Born in Prince George, B.C. and raised in Berwick, she was a daughter of the late Wilbur and Dorothea (Ballem) MacKeen. She was a personal secretary to Revenue Canada in Halifax. Surviving are stepdaughters, Beverley (Ian) Cameron, Halifax; Susan (Mrs. Fraser Sutherland), Bedford; Sandra Brownlee, Philidelphia, U.S.A. She was predeceased by her husband, Marshall Brownlee; brother, W. Irving MacKeen. The body has been cremated under the direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax.

COVEY, Lena Agnes - 80, Halifax, passed away in Melville Lodge, Halifax. Born in Halifax, she was a daughter of the late Harry and Mary (LeVangie) Fleckney. She was a founding member of TOPS and a long-time employee with Sears Surviving are husband, Thomas; daughters, Cathy (Robert) Buchanan, Ardoise; Mary (Steve) O'Laughlin, Upper Tantallon; Carolyn (Donald) MacNeil, Moncton, N.B.; Wendy (Steve) Evans, Timberlea; son, Thomas Jr. (Rosalie), Bedford; sister, Julia (Russell) Richards, Halifax; brothers, Arthur (Laura), Bedford; Joseph, Halifax; 13 grandchildren; three great-grandchildren. She was predeceased by brothers, Billy, Gerald, Albert and Bert in infancy. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax. Interment in Oakridge Memory Gardens.

**COPREZ**, Joze - 59, Williamswood, passed away peacefully at home in the presence of his loving family. Born in Maribor, Slovenia, he was a son of the late Joze and Terezija (Rozanc) Coprez. He

worked as a building contractor for years and then worked as a carpenter for a local company until his illness. He was an avid sportsman who enjoyed archery, hunting, camping, boating, four wheeling and hiking. He is survived and will be greatly missed by his wife, Frances (Lafford) Coprez; daughters, Natalie (Gary), Dartmouth; Joanne, at home; brothers, Milan (Liz), Boutilier's Point; Dusan (Cvetka), Maribor, Slovenia; mother-in-law, Edith Lafford, Grande Greve; numerous sisters and brothers-in-law, nieces and nephews. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd. Interment was held in Sunrise Park Cemetery, Hatchet Lake.

#### **BIRTH**

Elaina Baker and Keith Helle of Spryfield wish to announce the birth of their daughter Aeriana Leigh Helle, March 30, at 10:41 pm at the IWK Grace Hospital. The baby weighted 8.62 pounds at birth. Proud grandparents are Richard and Helena Baker of Spryfield and Paul and Theresa Helle of New Waterford.

# **Federal programs**

continued from pg. 11

approximately 3.3 km of watermain to service 120 homes and 1 km of sewage collection to replace aging and ineffective individual on-site sewage disposal systems for 40 households. Furthermore, Churchill Estates will be connected to the Halifax Regional Water Commission system.

In combination, all of these initiatives highlight the comprehensive and cooperative approach of this government to improve and sustain the health of Canadians.

# J.Albert Walker

#### Funeral Homes Ltd.

Prearranged Funeral and Cremation Planning

24 Hour Service

**Chapel Facilities / Ample Parking** 

Halifax 149 Herring Cove Road 477-5601

five locations
Lakeside, Seabright,
Dartmouth, & Cole Harbour

# Forest Lawn Crematorium 453-2409

\$375.00 Cremation Retort Fee

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

#### **Alvina Florist**

for all your floral needs 249 Herring Cove Road 477-2564 or 477-1479

# K.N. UMLAH

# **INSURANCE AGENCY LIMITED**

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

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



477-2511

www.umlahins.ns.ca

**181 Herring Cove Road** 

Page 15 Chebucto News • June 2004

# superstore Community Events

· SPONSORED BY ATLANTIC SUPERSTORE "SPRYFIELD MARKET" · DARREN HILLIER, MANAGER ·

#### To have your Community Event listed call or fax us at 479-NEWS or send e-mail to rhorner@ns.sympatico.ca

#### Lobster Chowder

St. James United Church, Sambro will hold a Lobster Chowder on Saturday, June 12th from 4 to 6 pm. \$9 for adults and \$5 for children. Everyone Welcon

The Halifax Wildlife Association will hold the 12th Annual Trout-A-Rama at Cunard Pond, Williams Lake Road, Saturday June 5 from 9 am to 2 pm. For children 16 years and under 12 must be accompanied by an adult.
There is no registration fee. Call Bob Blom at 477-0178.

Sambro-Ketch Harbour Elementary School's Annual Spring Fair will be held Saturday, June 5th from 11:00 am - 2:00 pm at the school, Enjoy Games, Prizes, Bake Sale, Air Tent, Candy Floss, Snow Cones, Barbecue -Fun for the entire Family!

#### **Lobster Supper**

St. James' Anglican Church in Herring Cove will hold its Annual Lobster Supper Saturday June 19 from 3 to 6 pm. For information or tickets please call 477-0398 or 477-5535.

#### **Minor Mixed Softball**

The Williamswood Minor Mixed Softball Association will hold late registration for players 12 and under June 2 from 5 to 6:30 pm at the Harrietsfield Community Centre. For information call Greg Campbell at 475-1662

#### **High School Reunion**

Graduates from J.L. Ilsley through the 1970s will gather for a reunion Thursday July 29 from 10:30 pm to 12:30 am aboard the tall ship Silva. Live band and cash bar. \$15 per person. For information call Carmen Bachynski at 477-3562 or 488-1321.

#### **Boys and Girls Club**

The Chebucto Boys and Girls Club will hold its Annual General Meeting and Family Barbeque June 14 from 5 to 7:30 pm. Call 477-9840 for information.

Ecole John W. MacLeod Fleming Tower School will hold a bottle drive Saturday June 5 from 10 am to 1 pm at Beaver Enviro Depot, 374 Herring Cove Road.

#### Annual Farm Meeting

The Annual Meeting of the Urban Farm Museum Society will be held Monday June 14 at 7 pm in the Captain William Spry Community Centre. Everyone welcome.

#### Heritage Walk

The Mainland South Heritage Society, the Urban Farm Museum Society and the CRABapple Mapping Project will hold a Heritage Walk Saturday June 12th (rain date June 13th). Meet at Captain Wm. Spry Community Centre at 10am. For further information please call 477-6087. Everyone welcome.

#### **Community Sharing**

A "Community Information Sharing Meeting," sponsored by the Board of Directors, Multi-Service Office, will be held Thursday, June 3 at 7 pm just before the Captain Spry Community Centre Annual Public Meeting. The Community Services Award will be presented to Peter Greechan, staff of St. Paul's Family Resources Institute.

Echole Chebucto Heights Elementary School will hold its Annual Family Fun Day Saturday, June 19th from 10 am to 2 pm at the school, 230 Cowie Hill Road.

#### Flea Market

A Flea Market will be held at the Earl Francis Memorial Spryfield Legion June 19 from 10 am to 3 pm, followed by Karaoke from 9 pm to 1 am. To donate items call the Legion at 477-0467

#### **Summer Reading Program**

Summer Reading Program Kick-Off Special Friday, June 25 / 2:30 p.m. Begin your reading adventure at Captain William Spry Library with magician Robert Lamar! The magic begins as we kick-off a fun-filled Summer Reading Program 2004. Registration begins after the party.

#### Annual Awards

The Earl Francis Memorial Spryfield Legion will hold its Annual Honours and Awards Night for members and guests June 26 at 5 pm, dance to follow-9 pm to 1 am.

Summer Reading Adventure 2004 For Independent Readers. Enter the fabulous world of books by joining Time Switchers, this year's Summer Reading Adventure at the Library! Follow the exciting journey of Anthony, James, Megan and Anita as they are shifted back to Medieval times, and thrust into a whirlwind quest to help Princess Genevieve save his kingdom and find safe passage back to the present? Read with us to find out! Collect original fantasy cards, play online games and get set for adventure with Time Switchers this summer!

#### Book Buddies Summer Reading Program

For Pre-readers Ages 3 and up. Reading with your child is a great way to spend quality time together and foster early reading skills. Make this summer a special one by joining this summer's Book Buddies Program. Your child will love sharing stories with the family, keeping track of favourite books and earning prizes along the way!

# Chebucto News

# **Business Directory**



# **Bor-co Siding**

Borden Garrison, Contractor

Siding, Roofing, Soffit, Fascia, Gutters, Downpipe, Cladding of Windows & Doors, Cedar Siding.

#### **Free Estimates**

Ph: 477-9028 • Cell: 489-9028

# MacLeod's **Auto Service**

**Computer Diagnostics,** Welding, MVI, Exhaust, Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm

477-4682 / 431-2886

### **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
  - Undercoatina Sandblastina Mia Weldina



**Dr. Judy Martin Dr. Shelly Huang** 

Optometrists

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

Fax: (902) 477-3739

### **Spryfield Denture Clinic**

Service direct to the public Melville Professional Centre 15 Shoreham Lane

479-2453

# WHITE'S AUTO & RUST CHECK

485 Herring Cove Road

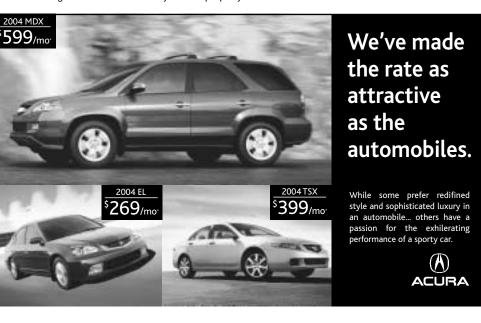
479-1883

2 LICENSED MECHANICS Major & Minor Repairs • MVI • Brakes • Exhaust

To Book Your Ad Space Call 479-NEWS



Mrs. Jill Alexander and five of the Field brothers including Roger, Christopher, Nigel, Nicholas and Peter, were on hand during the donation ceremony of their property to the Nova Scotia Nature Trust.



## ATLANTIC ACURA

30 Bedford Highway • Halifax 457-1555 • TOLL FREE 1-800-458-1555

