

Chebucto News

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Spryfield recognized as Model Volunteer Community of the Year for 2002

Spryfield - It was two years in the making and involved a great number of organizations and individuals in the community, but the reward - recognition that Spryfield is a great place to live - was more than worth the effort.

In accepting the Recreation Nova Scotia

"Model Volunteer Community Of The Year Award" at ceremonies held at the Westin Hotel in front of about 300 people this past month David Aalders, Chair of the Captain William Spry Community Centre Board of Directors, said the recognition "of our strong community

spirit" is a "special honour."

He told delegates attending the 28th Annual Provincial Volunteer Awards Day Ceremony and Luncheon that the award recognizes what people of Spryfield already know - "that Spryfield is a wonderful place to live."

"This is recognition of a community that works together for the betterment of our own lives and the future of our children," he said.

Master of Ceremonies, CBC's Bruce Rainnie, told delegates the award was achieved because "the community of Spryfield is unique, vibrant and dynamic, due in large part to its ever-expanding volunteer base. From their Residents Association to their Business Development Association, from the Lion's Club to their Christmas Parade Committee, residents have enjoyed the benefits of countless hours of volunteer work and gained personal satisfaction from being able to help others."

"The community of Spryfield is proud to be able to provide for those less fortunate. Whether it is a hot meal, clothing for those who are cold or teaching someone how to read, the community offers so much utilizing their own community resources."

Rainnie said Spryfield has been described as a community of low and middle-income houses, with large blocks of low-income apartment buildings and a public housing project surrounding a shrinking business corridor along Herring Cove Road. "But residents of Spryfield describe it as a place of community service with a willingness to tackle difficult

problems. That is the hallmark of a community filled with a strong volunteer tradition and cooperative spirit that has enabled the community to develop diverse innovative projects to meet local needs. The residents are Spryfield proud!"

The list of community volunteer involvement in projects and organizations in Spryfield is endless, he said, listing the Herring Cove Road Project, Chebucto Boys & Girls Club, McIntosh Run Watershed Association, Spryfield Seniors' Centre, Captain Spry Library Tutoring, Tourism Working Group, Healthy Kidz Centre, Family SOS, Greystone Tenants' Association, Mainland South Heritage Society, St. Paul's Family Resources Institute, District 18 Business & Development Association and The Single Parent Centre as only a few to serve as representatives of the community as a whole.

Much of the community action is supported in and by the Captain Spry Community

see "Spryfield" pg. 2



Spryfield was chosen "Model Volunteer Community of the Year" for 2002 by the Recreation Association of Nova Scotia. Showing attending the presentation ceremony were David Aalders, left, Chair Captain William Spry Community Centre Board of Directors; Deputy Premier The Honourable Ron Russell who made the presentation; Fiona Kirkpatrick-Parsons, Daily News, Director of Community Relations; Marjorie Willison, People Around Communities Every Day; Councillor Stephen Adams; Sheila Lane, Teen Health Centre; Casey Malone, Volunteer at the Teen Health Centre. (Nova Scotia Government Photo)

Business Association sets stage for growth – issues awards

Spryfield - About 60 community and business representatives attending the Second Annual General Meeting of the District 18 Business and Development Association were told resources, both human and financial, remain as the last stumbling block preventing the Association from accomplishing its objectives.

In a presentation delivered by Secretary Reg Horner, the Association outlined its events and the Strategic Planning process its Board of Directors undertook over the past year and highlighted its chosen Mission Statement and the accompanying Goals and Objectives.

In its presentation the Association said that while it has over the past three years held four Business Expos, two golf tournaments and

saved the Spryfield Santa Claus Parade from extinction, it has also sought and won political awareness and support from all levels of government., has become recognized as a community force and met with government agencies to create a Mission Statement and explore the initiation of a Centre for Entrepreneurial Development.

The Association told members its Mission Statement – "to advocate the interests of local business in building a stronger business community" – has three goals and objectives.

The first objective is membership and the Association's ability to provide services of value to its members. The second objective is its "Buy Local" program to support the bottom line of business. The third objective, and the

one which originally initiated the Association three years ago, is a desire to improve the image of the community.

And that objective is being reached says the Association. Improved press reporting is one result of unity among business and residents of the community and the Association's presentation of five Long Service and seven Beautification Awards to business owners and businesses is recognition that improvements are being recognized.

But the Association told members its ability to maintain its work depends upon its success in finding the financial and human resources necessary to carry out its objectives. "The Association's first requirement is sim-

see "Business" pg. 2

Chebucto News expands coverage

Spryfield - Chebucto Publishing Inc. and The Chebucto News are celebrating their fourth year in business by undertaking a distribution expansion to better serve advertising clients and readers, President Reg Horner has announced.

Up until now, he said, The Chebucto News' distribution zone ended at Cowie Hill and Mountain Road on the north side of Herring Cove Road. "Beginning with this May edition, The Chebucto News' distribution will grow to include all areas between the Ashburn Golf and Country Club and Cowie Hill not now serviced. That means the publication will now reach readers between Cowie Hill and the Armdale Rotary and distribution will stretch across St. Margaret's Bay Road to Fairmount Subdivision off Joseph Howe Drive."

Horner said the expansion, which will increase distribution of The Chebucto News from just under 10,000 copies per month to more than 12,500, is being propelled by a number of factors.

He said the additional distribution area will bring the community newspaper more in

see "Chebucto" pg. 2

Business Association sets stage for growth – issues awards

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ple," said the presentation. "The Association requires approval from the business community that it is moving in the right direction and that its chosen Mission Statement meets the united ambitions of the community's business partners."

The Association told members the challenge now is to formulate an "action plan" to achieve its goals but that plan will require human and financial resources the Association is prepared to seek out "with the full support of and participation by its partners in the business community."

Guest Speaker for the evening, Deborah Grant, Executive Director of the Halifax Downtown Business Commission, told the audience that 15 years ago a group of local business people gathered together to contemplate the future of the Downtown.

"The newly configured Downtown Halifax Business Commission was gathered together trying to answer some tough questions. Chief

among them was how to go about revitalizing the Downtown. Some of these questions are still being contemplated today because the answers are complicated and the solutions are ongoing," she said.

"You are part of an organization that has,

and will in the future, make a significant difference in your community. The Halifax Regional Municipality is fortunate to have committed citizens like you dedicated to its well being," she said.

As part of the evening, Sharon Beasley of

Mrs. Beasley's Cookies, was elected President of the Association with Fred O'Hearn, Lumbermart, stepping into the Past Presidents role after three years as President. Other officers elected included Peter Dockrill, The Madoc Group, Vice-President; Dan Doherty, Danielson's Tobacco Shop, Treasurer; Reg Horner, Chebucto Publishing Inc., Secretary; and Directors Kevin Umlah, Umlah Insurance Agency Ltd.; Tom Campbell, Shoppers Drug Mart; Corrine McComb, Heppy's Pie Lady; Doreen Archibald, Sutton Group Realty; Fran Dunn, Captain Spry Fitness Centre Manager; and Rodger French, Freeham Transport Consulting.



The District 18 Business and Development Association handed out a number of Community Beautification and Long Service Awards to members during its Annual General Meeting. Among those receiving Long Service Awards were Don Brown, left, Spryfield Auto Parts; Carl White, Spryfield Petro Canada; and Clyde Paul, Clyde Paul and Associates. Beautification Awards were distributed to Darren Hillier, Real Atlantic Superstores; Kevin LeBlanc, Shine Time Car Wash; Mike Wade, Sobey's; and Steve Mann, Canadian Tire. Other awards yet to be presented include Long Service Awards to George Miles, Pharmasave, and Harold Clowater, Royal Disposal, and Beautification Awards to the Tan Restaurant, Halifax Countrywide Furniture and Spryfield Physiotherapy.

Chebucto News expands coverage

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line with the geographic coverage area of the District 18 Business and Development Association. "It has become obvious through the years that the Association welcomes all businesses as members which exist from the Armdale Rotary out to Sambro. It seems only natural that The Chebucto News provides both coverage and distribution to this area to comply with the activities of the Association," he said.

And the newspaper maintains a solid relationship with municipal politicians including Councillor Stephen Adams in District 18 and Councillor Linda Mosher in District 17.

"Although Ms. Mosher has been more than supportive and interested in the newspaper, her riding covers more area than our distribution zone," said Horner. "Since District 17 begins at Fairmount Subdivision and ends near Punch Bowl Drive, the increased distribution will ensure all of Ms. Mosher's riding receives the attention it deserves and that her constituents have access to information on issues throughout all of District 17." As well, he said, the increase will allow Member of Parliament Geoff Regan opportunity to reach additional readers in his Halifax West constituency.

And Horner said the company is interested in offering its advertisers better services for their financial commitment. "The company's clients include businesses which are located below Cowie Hill and there is an obligation to increase their exposure to readers who live right in their own neighbourhoods. We just feel it's good for business," he said.

Along with the increased distribution, Horner says the newspaper will begin to focus more editorial efforts in the new area. "Businesses in Districts 17 and 18 have an interest in expanding their opportunities. Some of the new retail outlets, such as Sobey's, the Real Atlantic Superstore and the new Canadian Tire, have keen interests in developing business from within the new zone. We see it as our obligation to try and help develop new business markets for these and all clients."

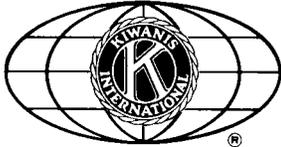
Spryfield

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Centre through provision of free meeting space, photocopying, fax services, information and resources and mailings, he said.

Alders received the award from Deputy Premier Ron Russell. Attending the ceremony and representing the community were Sister Joan O'Keefe of the Single Parent Centre, Marjorie Willison, Samantha Butler, Multi-Service Office; Councillors Stephen Adams and Linda Mosher; MLA Robert Chisholm; Chief Librarian Troy Swinamer; Teen Health Centre Director Sheila Lane; Graham Read; Bruce Cook; Corrina Ridgley and twin daughters Kira and Kendra.

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Residents, city heading for final battle over C&D disposal

Harrietsfield - Residents from Harrietsfield to Sambro gathered at Harrietsfield Elementary School this month to pass their concerns over an RDM Recycling construction and demolition waste disposal site application on to members of the city's planning and solid waste management staff. The public information meeting represented at least the third time residents have voiced their concerns to staff but the real battle won't be waged until early in June.

For more than a year now the city has been working to complete the construction and demolition component of its Solid Waste Management Strategy. Estimated to account for 75,000 tons annually or 22 percent of the entire waste stream, an efficient, controlled and managed system of dealing with C&D (construction

and demolition) debris is considered an integral part of the city's waste strategy.

Previously unregulated by city law, the city has been moving forward, first creating a licensing by-law and regulations and now moving to add the activity to its Municipal Planning Strategy and Land Use By-law. Local residents have voiced their concerns over the issue at least three times during the process, identifying the potential for groundwater contamination and pollution of local lakes and streams, truck traffic and the dangerous condition of Old Sambro Road and the safety of school children attending Harrietsfield Elementary as major issues.

RDM Recycling has applied for permission to establish a C&D waste disposal service that meets city regulations. The company, now

licensed to act as a transfer and recycling site for C&D material, wants to add disposal to its activity because the company property, including the topography and clay composition of soil, is ideally suited to the technical requirements of a disposal service.

But for the company to achieve a disposal license, it must first seek a change in its zoning. Now operating through grandfather provisions on land zoned residential, RDM has applied to rezone its property to fit the city's newly approved CD-3 Zone which allows a disposal operation. The public hearing for the rezoning application is scheduled for June 11 when City Council will hear the debate and make a decision on the application.

At times during the information meeting the

debate was pointed. Although most attending the session agree RDM's existing operation has posed no serious problems, residents are concerned additional truck traffic on Old Sambro Road will cause safety concerns for school children. Residents are also concerned that burying C&D materials in clay-lined cells might threaten groundwater supplies and cause pollution in nearby lakes.

Engineers representing the company suggest the technology being incorporated in the project is safe and that RDM has agreed to undertake additional precautions, including installation of a settlement pond to trap run-off from the site and a collection tank at the cell to allow for continual monitoring of any unexpected leachate, as part of its proposal.

Spring Fling Social Thing
Karaoke Night

Friday, May 17, 9pm - 1am at the Spryfield Legion*
 \$5.00 per person or \$8.00 per couple (any two people count as a couple)
 *Must be 19 years of age or older to attend.

Call Rob or Kristi @ 477-9840 for ticket information

A fundraiser in support of the
Chebucto Boys & Girls Club




The Urban Farm Museum Society displayed and sold its "Foods of Spry's Field" cookbooks at Sobeys one day this month. Among those involved in the project were Dorothy Conrod, left; book designer Brenda Conroy; Society President Michele Raymond; Sobeys Community Meeting Room Manager Helen Kirk, and Society Vice-President Pat MacLean.



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 mrsbeasleyscookies.com



DISCOVERING OUR PAST

There are many Historic Cemeteries in Mainland South Whose responsibility are they?

by Iris V. Shea, Historian
Mainland South Heritage Society

Most communities in our area have a graveyard that was in use over 150 years ago. Many were family burial grounds, their care and maintenance left to the responsibility of the people whose ancestors were buried there. As time passed and families moved away, some cemeteries were abandoned and neglected, others were adopted by local church congregations.

References to graveyards often appeared in land transactions. In 1830, for example, Samuel Purcell of Purcell's Cove deeded part of his inherited Portuguese Cove property to his eldest son, John. The deed referred to a piece of land about 4 rods square which was "used and appropriated for a place of Public Burial." This graveyard on the original Purcell Crown land grant of 1770 may have been the burial place for the first Samuel Purcell who died in 1801.

At Bald Rock, although there are no markers to indicate who was buried in the secluded wooded area, cemetery historian George Newbury detected about 36 graves. James and Margaret (Gray) Rodgers settled at Bald Rock in the 1850s and had a family of 18 children, several of whom died young and were probably buried in this cemetery. Information from funeral home records at the turn of the 20th century confirms the burials of members of the Rodgers family.

The early settlers of Sambro established a burial ground at the beginning of the 19th century. This old cemetery, a valuable source of early history for that community, is on a point below St. James United Church and was used until 1926. Local residents and the congregation of St. James United Church have maintained it. Pennant residents have a well-kept graveyard on the East Pennant Road. While the gravestones do not pre-date 1900, it's likely this was used as a burial ground much earlier.

The oldest cemetery in Ketch Harbour is on part of the land once owned and occupied by the descendants of Peter Martin as early as 1780 and may have been a family burial ground before being deeded to St. Peter's Roman Catholic Church.

In Herring Cove the old St. Paul's Roman Catholic cemetery has been cleaned up, thanks to the parishioners of St. Paul's Church. On this site is the gravestone of Catherine Dempsey (1789-1865). She was born in Herring Cove, the daughter of Henry Latter and Catherine MacLean. The Anglican cemetery in Herring Cove served as a burial ground even before the land was deeded to the parish of St. James in 1876. It continues to be maintained by family and church members.

In the past two years, the residents of Purcell's Cove and Ferguson's Cove have come together to clean up the old Ferguson's Cove cemetery where stones as early as 1851 have been uncovered. People of all denominations are buried in this cemetery.

There are two old family burial grounds in Harrietsfield that need attention; one at the end of Whitehead Road where Marriott and Brunt descendants were buried since the 1830s, the other near the end of Fraser Road, long used by the descendants of Hugh Fraser who settled in Harrietsfield in 1787. A third burial ground, granted to the Church of England in 1867, was

located beside the first Harrietsfield school-house. One would have trouble finding any trace of it today.

On the old trail from Spryfield to

Goodwood through Long Lake Provincial Park are two family burial grounds. The toppled and broken gravestone of John Umlah (1829-1891), buried under an oak tree on his own land, lies on top of the vandalized gravesite. Further along is a Marriott burial ground with several graves, one visible gravestone. Passers-by have marked off

the site in an attempt to protect it. The Jollimores of Jollimore arrived at the Northwest Arm in 1826 and a family burial ground was located on their land. In 1884, long before there was a church in that community,

Henry C.D. Twining deeded this burial ground on his Boscobel property to the Church of England, namely Bishop Hibbert Binney and his successors "in trust for the Inhabitants of

the Western side of the North West Arm for the burial of their dead."

No specific church has laid claim to the cemetery and over the years the gravesites and stones have deteriorated. Descendants of Jollimores, Slaunwhites and Boutilliers have made attempts to clean their family's graves, but more work is needed to preserve this historic graveyard. To date, records have

been found for as many as 150 burials in this small, secluded cemetery on Purcell's Cove Road.

Halifax Regional Municipality recently rescued the burial ground on Melville Island after

members of the Northwest Arm Heritage Society opposed the building of a condominium over the graves of soldiers and privateers. A monument is soon to be erected in memory of the Americans who were buried there during the War of 1812.

Spryfield has two historic cemeteries. Emmanuel cemetery at the top of Sussex Street is well maintained by the congregation of Emmanuel Church. Originally the Sutherland family burial ground, George Sutherland deeded it to the Church of England in 1853. The Yeadon cemetery has been less fortunate, even though Christianview Church (now Cityview Church) entered into an agreement as early as 1973 with the Yeadon family. The congregation received free land on which they built their church and, in return, agreed to restore the gravesites and maintain the cemetery on the property. The burial ground contains the graves of 54-year-old William Yeadon who died in 1849, and his wife Elizabeth (1890-1873). More than fifty graves have been accounted for, all in a state of neglect and disrepair. This was not supposed to happen. Through the efforts of a concerned group of Yeadon descendants it is hoped that Cityview Church and the community as a whole will help in the restoration and preservation of this valuable piece of Spryfield history.



Members of the Yeadon family gathered at the family cemetery to survey the deterioration it has endured over the years. Included in the survey were Shirley Goulden, Bruce Yeadon, Edison Yeadon, John Conrod, Wanda Yeadon and Historian Iris Shea.

3 Locations in Spryfield

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477-9984

•

1 Pine Grove Road
479-3206

•

South Centre Mall
477-1943

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Chebucto club gets computer systems

Spryfield - The Chebucto Boys and Girls Club is one of nine clubs in the province to benefit from a \$2.2 million technology support project being led by Microsoft Canada and supported by Future Shop.

Through a project called Can Tech, the local club has already received three new computer systems to help establish a Technology Centre. The systems are in the club headquarters thanks to Microsoft and will be set up by Future Shop technicians who will train staff in their operation.

"I just think it's wonderful that Boys and Girls Clubs in Canada are going to benefit from a partnership with big business," said Kristi Walker, Executive Director of the Chebucto Club. "We think partnering with business is important for Boys and Girls Clubs, much like our own relationship with the District 18 Business and Development

Association.

Walker said the new systems will be up and running soon. Some are intended for administrative purposes and others are intended for program use by the kids. "This equipment will provide technical information, skills and opportunities many of our kids wouldn't get otherwise," she said.

Microsoft and Future Shop unveiled their Canada-wide program this past month in Dartmouth. "Through this program we are empowering Nova Scotia's youth and helping them develop the skills and confidence they need to succeed in today's digital world," said Stephanie Simonsen, Regional Executive Director for Boys and Girls Clubs in Nova Scotia.

The Boys and Girls Clubs of Canada estimates this program will attract up to 5,000 new members across the country.

Burgess elected NDP President

Spryfield - Denis Burgess was elected President of the Halifax Atlantic New Democratic Party Association at its Annual General Meeting held this month.

More than 30 members were in attendance at the Captain William Spry Community Centre to hear reports from the President and Secretary of the Association as well as an update from the incumbent MLA, Robert Chisholm.

Besides Burgess, election of the Executive for 2002-2003 included Vice-President Walter Derengoski; Secretary Mandy Owen; Treasurer Donelda Richard; Male Council Representative Don Sullivan; Female Council Representative Stella Lord; Membership Chair and Youth Representative Jeff Daurie; Women's Rights Committee Representative

Sandra Whitehead. An additional 10 members were elected to be Members-at-Large of the Executive.

The annual New Democratic Party Provincial Convention will take place from May 31 to June 2 this year and 10 delegates were selected to represent Halifax Atlantic. A new Provincial Party Leader will be elected, and two candidates for the position, including Darrell Dexter, the present leader of the Nova Scotia New Democrats, and John MacDonnell, MLA for Hants East, attended the local AGM, each speaking of their commitment to the party and their vision for the future of government in Nova Scotia. Both of the candidates also expressed their appreciation to Robert Chisholm for his dedication over the past 10 years.

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Memberships include access to the latest fitness equipment such as elliptical cross trainers, a body composition analyzer scale, Atlantis weight stack machines, barbells, dumbbells, and more; in an air conditioned environment, 1/2 hour orientation session, one hour session with a Personal Trainer (3 month memberships and up), 50% discount on all fitness classes (3 month memberships and up)-See Below, Lane and Early Bird Swims at the Spryfield Lions Wavepool (Family Memberships have access to all Wave and Open swims as well), sauna access, locker and shower facilities, childcare at certain times (\$1.50/hour), lit parking.

Fitness Class Schedule May 19 - June 28, 2002

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00	Yoga	Pilates	Yoga		Yoga		
12:15-1:00	Noon Fit		Noon Fit				
1:00-2:00	Over 40 Fit		Over 40 Fit				
2:00-3:00	Women's Strength Tr.		Women's Strength Tr.		Women's Strength Tr.		
5:30-6:30		Get Strong	Stretch/Tone	Get Strong			
6:30-7:30	Step		Step				
6:30-8:00							Yoga

No classes on Monday, May 20, Victoria Day Holiday. Fitness club members with memberships of 3 months or more receive 50% off of fitness classes. Non-members are welcome to register for fitness classes.

Child Care

Saturday 10:00am - 12:00noon
 Monday/Wednesday 9:30am - 11:30am
 Tuesday/Thursdays 5:30pm - 7:30pm



Ringette Association succeeds despite lack of ice time

Spryfield - The Halifax-Chebucto Ringette Association had five teams win gold medals in provincial play-offs this season and five corresponding banners will hang from the rafters of Spryfield Lions Rink.

Successful at the Novice level were the Stingers team for 7 to 9-year-old girls who won gold in the "A" division. At the Petite level for players 10 to 12 years of age, the Heat team won gold in the B division and the Lasers team won gold in the C division. At the Tween level for 13 to 15-year-olds, the Bugaloos team won gold in the B division and the Tween 2 team won gold in the C division.

Association Secretary Leslie Harnish said that in seven short seasons the HCRA has grown from just a handful of girls to become

the second largest ringette association in Atlantic Canada behind only Cole Harbour. "This amount of growth is phenomenal considering that it has taken place mainly by the word of mouth," said Harnish. "The HCRA makes a point not to advertise because of its largest and most difficult ongoing challenge - the shortages of ice surfaces and playing time in the existing arenas available in the HRM."

Particularly within the HCRA boundaries, she said, which includes all of the old City of Halifax, parts of the former county now called Districts 17 and 18, and the Rockingham area. "The number of players we have barely touches on our eligible market," she said, explaining that ringette is available for all girls between the ages of 5 to 100 years.

The official home rink for the HCRA is the Spryfield Lions Rink. But Harnish says because of ice time shortages, teams spend a lot of time in other rinks including the Forum, the Civic, and Saint Marys University. "Most of this ice is not permanently allocated to HCRA and is only seen as a temporary solution to an ongoing problem," she says.

HCRA was only able to secure much of this ice after other longer-standing organizations determined they did not need it and longer said Harnish. For the 2001/02 season, HCRA was fortunate enough to find enough ice within its own boundaries to cover needs, but Harnish worries that when Saint Marys starts construction of its new rink "we will most likely have to resort back to buying ice

from neighbouring associations in the HRM. These neighbouring associations quite frequently feel the same kind of ice crunches as the HCRA does. During the 2000/01 season, many of our practices took place in the arena at NSCC's Akerley Campus in Dartmouth, quite a long commute for some of our families in District 18," she said.

If HCRA's growth continues at the pace it has been, says Harnish, the possibility is there that the association will eventually hit a crisis point and have to consider turning children away due to a lack of ice. "Hopefully the situation will not come to this and we will work hard to attempt to accommodate every interested ringette player."

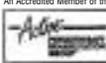


Cowie Hill Physiotherapy

Celebrating National Physiotherapy Month April 20 to May 20

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- Sports Medicine
- Manual Therapy
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St. Paul's Family Resource Institute holds a fundraising supper every month. Some of the regular volunteers include Beverly Beaman, Rena Russell, Event Chair; Marg Cochrane and Jim McKay.



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left behind and these next few moments are all for you. You have entered one of Spryfield's newest and finest places-The Head Shoppe Aveda Day Spa.

For co-owners Joanne Darrah and Debbie Surette, the addition of an Aveda Day Spa to their award winning salon at 5 Dentith Road is as much a response to fifteen years of faithful client commitment to their enterprise as it is an expression of growth in their business.

"Our clients have asked for this," says Joanne. "So many of them have said 'thank-you for staying' through the years. They have been so good to us over the past 15 years. We wouldn't exist if it weren't for the support of the community and the loyalty of our most cherished business partners-our clients."

The Aveda Day Spa have added two full time Aveda Estheticians to the Head Shoppe's team of nine professional hairstylists. Joanne says Estheticians Shannon Chappelle and Amy Hogan possess skills, knowledge and professionalism "unmatched in our industry" and "our nine highly trained hairstylists truly share a passion for what they do everyday to make our clients look and feel their very best. Together we can now offer our clients a full compliment of services to pamper their mind, body and spirit."

The new Day Spa has two private esthetic rooms, each complete with showers, an ultra comfortable massage bed and beautiful decor. The counter is filled with the finest Aveda products to pamper and delight you as relaxing music lulls you into the most relaxing state of mind. There is a cozy waiting/lounging area and even an eating area for enjoying the delicious lunch that comes with the Day At The Spa Package. A makeup area that is flooded with natural light allows Shannon and Amy to bring out your natural beauty with Aveda's plant based cosmetics that are as good for you as they are for the environment.

"It is more than a massage, a pedicure, or a manicure that we wanted to create when we put this facility together," says Esthetician Shannon Chappelle. "It is the experience of the Spa that we wanted to create. To make sure that when our clients entered these rooms that they felt they were somewhere special-that they were about to be pampered with the very best."

And Debbie says "our commitment to continual education has The Head Shoppe company leading the industry across North America. Our focus on developing and growing our people is unique and our story is now being told and taught in a program called 'Salon Mastery' to thousands of salon professionals across the United States. The success of The Spryfield Head Shoppe has been a shining example of what makes our company a leader in the beauty industry."

She said the new Aveda Day Spa will also be offering Lifestyle Workshops, monthly sessions on Monday evenings that will teach Head Shoppe clients about handling stress, improving health and vitality, nutrition, yoga and various other topics "to help each of our clients live a balanced, happy life."

"So many businesses don't give it (success) a chance," she says. "We have been rewarded by our clients. That's why it is especially rewarding to be able to offer the highest quality Day Spa experience to our clients and friends."



Esthetician Shannon Chappelle gives a facial massage to one of the first clients to use the new Aveda Day Spa service at the Dentith Road Head Shoppe.



Staff of The Head Shoppe on Dentith Road held an open house this month in celebration of their new Aveda Day Spa opening. Members of the staff include co-owners Debbie Surette and Joanne Darrah, seated; Amy Hogan, Amy Bryden, Shannon Chappelle, Carrie Anderson, Leslie Factor, Paula Silver, Nadine Gladwin, and Cindy Oakley. Missing from the photo are Angeline Price and Michelle McNab.

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Joseph receives award - School gets \$2,500

Spryfield - It may be an odd coincidence that even though Ramona Joseph has been Principal of two schools in the Spryfield community for the past two years, her winning of the PanCanadian Students' Choice Award is a reflection of her work in another community.

But this month at Rockingstone Heights School special guests from PanCanadian, Cindy Day from Global Television and John Millett, from the Halifax Herald, gathered before the assembled students to present Ms. Joseph with the award, given in recognition of her interest in making positive change in the lives of her students, in this case, one in particular.

The PanCanadian Student's Choice Award is presented each year to a teacher whose students has entered his or her name into the selection process. And it's not an easy process.

Rob MacQueen, Manager of Business Services for PanCanadian's East Coast Energy operations explained that PanCanadian asked students to write about teachers and principals who have made a difference in their lives. "We received more than 900 nominations from students telling us how special your teachers and principals are and how much you admire them," he said, explaining that the principal's category award goes to a principal or vice-principal who has been nominated "because of the effect they have had on their lives."

Mr. MacQueen told the students that this year's award will be presented to Ms. Joseph because of her work at Waverley Memorial L.C. Skerry School. "Ms. Joseph has had a powerful personal impact on one of her former students," he said. "While she takes on the role of administrator, disciplinarian and principal

she also takes on the role of friend, taking time from her duties to help her students feel better about themselves and the relationships they have with others. In this instance, Ms. Joseph made a significant positive impact on Allison Case who nominated her for the award."

"We never know what it is we may do in life that might impact someone else and as teachers we must continue to understand the powerful role we play as we interact daily with our students," said Joseph in accepting the award. "There is power in positive words and there is the hurt we may cause with negative words," she said.

John Millett, Herald in Education Manager, told the audience that Rockingstone

"is a school focused around student enhancement programs such as Career Connections and the Economics of Staying In School. These are the programs that have helped make such a difference at Rockingstone Heights School," he said.

He said a well rounded student begins with a school environment that can touch students' lives and make them believe in themselves and others. "This is what Rockingstone Heights School is doing and I would like to take this opportunity to tell everyone that," he said, presenting a \$2,500 cheque and certificate to Grade Six Homeroom Teacher John Boudreau, who accepted the donation for the entire school community.



Rockingstone Heights School Principal Ramona Joseph stands with RCMP Colour Guard Constable Heather Jeanson of the Tantallon RCMP Office, Citizenship Court Judge Don Tremaine and new Canadian Carol Nasr who works at the Single Parent Centre, following a Citizenship Court held at the school in April.



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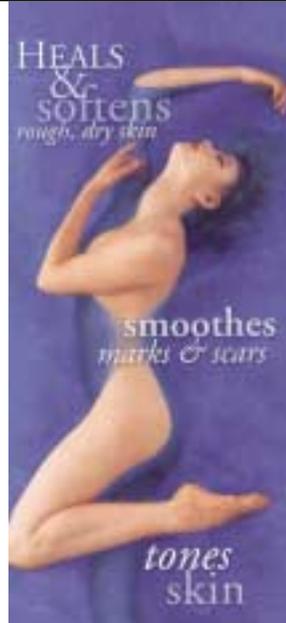
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Halifax Sparklette Majorettes Hold 13th Eastern Competitions

Spryfield - The Halifax Sparklette Majorettes, established in 1969, held their 13th Annual Eastern Canadian Competitions for all age groups at Ecole Chebucto Heights School in April.

Contest Director Shelley Irvine said more than 75 competitors from Nova Scotia, New Brunswick and Ontario participated in the weekend event which saw competitions for twirlers from as young as two years to 21 years of age.

Assistant Contest Director Kim Clarke said each of the performances provided a training ground for the Sparklettes who will travel to South Bend Indiana this coming July to compete with twirlers from abroad in the World Championships.

"We will be having a fundraising auction at the Timberlea Tavern this coming June 7 to raise money for the trip. Majorette competitions are a great experience for young women who receive all the benefits of team sports from the sport," said Clarke. The fundraiser will begin at 6 p.m. Tickets are available at the door.



Majorettes from Atlantic Canada and as far as Ontario participated in the 13th Annual Eastern Canadian Championships held at Ecole Chebucto Heights School. Among them were Stephanie Middleton, New Brunswick, back left; Mandy Hearn-Zych, Ontario; Megan Tumblin, LaHave; Jennifer Philips, Brihannon Martell, middle left; Alyssa Larade, Courtney Fredericks, Sydney Nordin; Caleigh Fraser, front left; Crystal Walsh, Danielle Gray, Haley Fry and Baillie Hammond.

Clarke said the Halifax Sparklette Majorettes travel to many places during the year to perform in parades. This year the group will perform at the Annapolis Valley Apple Blossom Festival in Kentville on June 1, will walk in the Halifax Natal Day Parade, in the Gold Cup and Saucer Parade in Charlottetown, PEI and in the Spryfield Santa Claus Parade this coming November.

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MP requesting input on healthcare issues in Canada

By Geoff Regan, MP, Halifax West

Healthcare. It grabs headlines, instigates debates, and preoccupies many of us in our daily lives. Will the system be able to provide the care we need as we get older? What does privatization really mean? And how will it affect our loved ones? These are all questions that I hear and discuss regularly.

Because we are all concerned about these questions, the Government of Canada has launched the Romanow Commission to travel the country and hear what Canadians have to say. In order to ensure that everyone in HRM has a chance to be heard, I am soliciting submissions from anyone with concerns about the future of healthcare. The results will be compiled and sent to Mr. Romanow for his consideration.

Many people seem to feel that the solution to any problem in healthcare is more money.

I'm not convinced that is the case. One of my colleagues, Dr. Carolyn Bennett, M.P., has circulated a sample survey to other MPs that she is using in her community. Although clearly designed to get particular answers, Dr. Bennett asks some interesting questions, such as: "I'd rather my tax dollars went to: a) Clean Air; b) More puffers and respirators." Or "Access to priority care should be given to the: a) Richer; b) Sicker."

As I said, not exactly impartial, but the point is well made: accessibility must remain a cornerstone of the Canadian healthcare system. There are many countries in the world - England, Australia, Germany and France to name a few - with similar systems, but all have differences. We need to find the best solution for Canada. The question about clean air demonstrates another important issue that does not always get equal billing: prevention.

We seem to think about healthcare strictly

in terms of curing a disease. It seems to me that a better solution would be to invest in wellness campaigns to prevent disease in the first place. Obviously this cannot be the only solution, but it's part of a considered and cost-effective approach to health and wellness.

Recently I had the opportunity to announce \$38,000 in funding for the Teen Health Centre at J.L. Ilsley High School. The sort of education and preventative training that goes on there is a clear example of what I mean. Other programs designed to promote exercise and healthy-living are also important as part of a prevention plan.

The provincial government often claims the federal government pays less than its fair

share to fund health care. This is simply not correct. The province likes to forget about the money that remains in Nova Scotia via agreements on "tax points;" this is money the federal government would normally collect, but allows the province to use. In fact, the federal government pays 50¢ of every dollar spent on doctor and hospital services in the province. And the federal government provides nearly half of Nova Scotia's budget (via one program or another).

I want to listen to you and develop helpful, meaningful solutions to our problems. I hope you will join me. For details on how to make submissions, please contact my office at 426-2217, or by e-mail at geoff@geoffregan.com.

Thank-you volunteers for making Spryfield special

By Robert Chisholm, MLA, Halifax Atlantic

Last Friday I was proud to attend the Provincial Volunteer Awards Day Ceremony and Luncheon as the MLA for Spryfield - this year's Model Volunteer Community.

It was a privilege to witness the public recognition of the many hours of selfless service that have transformed Spryfield from a community with challenges, to a community that is meeting those challenges.

Spryfield is unique. Over the years as I have served this community I have seen the difference that volunteerism makes. The Residents' Association, the Business Development Association, the Lion's Club, the Christmas Parade Committee, the volunteers who have taught reading, provided food and clothing, care and companionship are all examples of the energy and possibilities of this community.

But it is important, in honouring the award, to remember that a community is the sum of individuals. Spryfield's Model Volunteer Community Award was earned by many people. Only a few of them were at the ceremony. The award was earned by those who give without any expectation of recognition or

reward, volunteers who make their contributions quietly, for their own reasons, expressing a personal connection to the well-being of the community.

The list of organizations made possible by the work of volunteers in Spryfield is impressive. It includes the Chebucto Boys and Girls Club, the McIntosh Run Watershed Association, the Spryfield Seniors' Centre, the Tourism Working Group, the Healthy Kidz Centre, Family SOS, the Herring Cove Road Project, the Greystone Tenants' Association, Mainland South Heritage Society, St. Paul's Family Resources, the Single Parent Centre and District 18 Business and Development Association.

The award is theirs. But to these volunteers perhaps more important than this award is the knowledge that they have changed lives. Children, teenagers, seniors and others who face their own battles and challenges value these volunteers for the help and support that has helped them move forward.

From all of those beneficiaries of the incredible spirit of volunteerism that has distinguished this community, and from myself as MLA, I offer a collective and sincere thank-you.



**Robert Chisholm, MLA
Halifax Atlantic**

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Awards, actions and conflict makes for busy month in District 18

By Stephen Adams
Councillor, District 18

Friday, April 19, 2002, will go down as one of the proudest days in the history of Spryfield. The Westin Hotel was the site of the 28th Annual Provincial Volunteer Awards Ceremony, where Spryfield was honoured with the "Model Volunteer Community of the Year 2002 Award."

To put this into perspective, consider that communities from Yarmouth to Cape Breton Regional Municipality competed for this distinction, and Spryfield came out on top.

Personally, I am not surprised, especially when you look at what we have to offer all citizens throughout District 18 and in surrounding areas.

To list all of the organizations that provide volunteer service could fill this entire newspaper, however, the extent of this network can be summarized quite easily. "Those members of our community who need help can get it, and we have always helped one another." It is as simple as that.

It will be interesting to see the extent of media coverage we get as a result of all this good work.

The situation involving the Herring Cove Volunteer Fire Department is being addressed but at a pace much slower than I would like. A review of the events surrounding the take over of February 26 is now underway. Although it is considered an internal review, an independent external consultant will provide an "arms length" component with regard to the HRM Fire Service. In addition, the Citizens on Patrol, Community Recreation Committee members, Herring Cove Ratepayers Executive members,

and especially the volunteer firefighters, will be interviewed by the consultant so that actionable and objective recommendations can be implemented.

The community of Herring Cove and surrounding areas have a reputation of commitment and compassion. All volunteers are valued and deserve to be treated with respect. I am hopeful that we can return to some semblance of normalcy. I am also hopeful that the volunteer firefighters will return to providing the exemplary service to which the community has become accustomed. Time will not heal the wounds of February 26, they can only be remedied by action, which is a commitment of myself, Mayor Peter Kelly and HRM Chief Administrative Officer George McLellan.

On April 18 a public meeting was held at Harrietsfield Elementary School to discuss

RDM's application to rezone their property to allow for Construction and Demolition waste disposal. A number of issues were raised, focusing mainly on water courses and wells, truck traffic, the condition of Old Sambro Road. The lack of sufficient shoulder area and especially the safety of school children.

I raised the condition of the road, along with the lack of shoulder and pedestrian traffic at the April 23 session of Regional Council. Regardless of the outcome of RDM's application, these items must be addressed. A letter has been sent to the Honourable Ron Russell, Minister of Transportation, outlining the concerns and asking for upgrades. I have also asked that an overhead crosswalk signal be installed in front of the school.

At this meeting, I was asked if I was going to support the application. Because the process

is not yet complete, I am not able to offer an opinion. Any publically stated intention on my part would not only compromise the process, but it would remove me from the right to vote on the issue when it finally comes to Regional Council for decision.

An analogy or two may help put this into perspective. A school teachers does not decide if a student passes or fails until all assignments and tests are completed and marked. A judge does not decide if someone is guilty or innocent until all the evidence is heard. This process is no different.

Presently, a final decision on this application is scheduled in the form of a public meeting to be held June 11. If you were unable to attend the meeting on April 18 and have questions or concerns, please forward them to me.

North-end treatment site best choice for Council - Mosher

By Linda Mosher,
Councillor, District 17

Some residents of HRM are not happy with the location of the future sewage treatment plant in Halifax on the HRM-owned site (Barrington & Cornwallis) vs. an alternate site on DND lands. HRM spent approximately \$100,000 on technical studies assessing the DND site. There are many reasons why this site was not chosen but the primary reasons were excess costs and significant time delays. The HRM site was recommended as superior by the Halifax Harbour Solutions Project

review team (HHSP), outside technical experts and the independent review committee (Proposal Selection Committee) and approved by Council.

The original request for proposals for the HHSP specified a four plant solution to treat the 180 million litres of raw sewage per day that are dumped in the Harbour and approaches. Two plants were to be in Halifax. Unfortunately, HRM lost the option to purchase the land for the desired south-end location at VIA property. Other areas were considered, but as approximately 1.5 hectares of land is required, HRM could not find an available tract of land for a fourth plant. Thus, we will have three plants: one in Dartmouth, one in Herring Cove, and one in North-end Halifax. This location was required with either a four or three plant solution, as this area has the largest volumes and the largest possible future increases because it serves a growing area.

There were erroneous media quotes stating that Council "has not ordered health or environmental studies." On the HHSP website, www.region.halifax.ns.ca/harboursol/index.html (internet access is available at local libraries) there is a report, "Screening Level Human Health Risk Assessment (JWEL)." This 2001 assessment evaluated the potential risks to public health associated with the construction and operation of the four proposed municipal sewage treatment plants. The major conclusion

of this report was that "in general, there is expected to be an overall improvement in the water quality, sediment quality, and air quality due to the HHSP, resulting in decreased health risk from human exposures through direct contact, inhalation or ingestion of organisms harvested from Halifax Harbour."

Contrary to media reports, the Halifax plant will not be the size of the Metro Centre. It will be 1/3 of the footprint of the Metro Centre and 1/8 the size. This plant will have a pleasant exterior design (shown on website). The HRM site is actually farther from residents than the DND site. The plants will have superior odour control in the entire plant. The plants have been given specifications for zero odour outside the building, superior to the Bedford's Mill Cove plant. This plant is adjacent to a very expensive condominium development, office building and 911 centre, that were built after the plant was constructed.

Two resident associations have indicated a desire to lodge a human rights complaint against HRM, alleging that the decision to locate the Halifax North sewage treatment plant at Barrington and Cornwallis Street is discriminatory. Council, and our legal advisors, will be addressing this issue. HRM will continue its numerous public meetings with the residents in this area to discuss this. It is my personal feeling that the site location is the best one, based on the aforementioned reasons.

Stephen Adams

HRM Councillor, District 18

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HRM Councillor, District 17

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History is undergoing change at the former County of Halifax Municipal Building. The site is being reused as a commercial building, putting an end to its use as the last building to administer The County of Halifax.

Local organizations receive Health Board funding

The Chebucto West and Halifax Peninsula Community Health Boards celebrated the dissemination of grant funding with local health organizations recently with a massive "signing ceremony" for more than 20 local organizations.

The Community Health Boards (CHBs) have committed to grants for the work of organizations working to improve the health of Halifaxians. Between the two Boards, more than \$100,000 will be given to organizations working through areas of health including mental health, child and youth development, personal health practices and coping skills, social supports and healthy environments.

The two CHBs welcomed these organizations to celebrate the future success of these programs. Dr. David Rippey, Senior Medical Consultant and Executive Director for Integrated Primary and Population Health for the Department of Health, was on hand to congratulate the local health organizations for their efforts in making communities healthier places for citizens.

Capital Health is comprised of The Nova Scotia Hospital; QEII Health Sciences Centre; Dartmouth General Hospital; Cobequid Multi-Service Centre; Hants Community Hospital; Eastern Shore Memorial Hospital; Musquodoboit Valley Memorial Hospital; Twin Oaks Memorial Hospital; East Coast Forensic Psychiatric Hospital; Capital District Mental Health Program; Public Health Services; Drug Dependency Services, Home Support Central and seven Community Health Boards.

Among those organizations receiving funding were the following:

Peer Education Project - Sponsoring Organization: Eating Disorders Action Group (EDAG) Contact: Shaleen Jones, 443-9944 Project Summary: To use a "train the trainer" approach to deliver 20-30 workshops to adults who have contact with youth as a means of increasing awareness about eating disorders and body image and provide them with practical tools and skills.

Improving Access to Sexual Health Information - Sponsoring Organization: Planned Parenthood Metro Clinic - Contact: Kelly Grover, 455-9656 - Project Summary: To increase access to sexual health information and the ability to access information for young men in the Chebucto West community through a website.

Harrietsfield/Williamswood After School Program - Sponsoring Organization: Harrietsfield/Williamswood Community Centre Board Contact: Jill Schwartz, 479-8514 - Project Summary: To continue providing an After School Program for children P-6 in the Harrietsfield/Williamswood area who attend Harrietsfield Elementary School.

Consumer Health Collection Development Project - Sponsoring Organization: Keshen Goodman Public Library - Contact: Sarah Wenning, 490-6428 - Project Summary: To purchase resource materials on coping skills, personal health practices, healthy child development, etc. in large print and multilingual versions to be available for residents of the CW community.

St. Paul's Family Resources Institute Community Food Bank - Sponsoring Organization: St. Paul's Family Resources Institute Contact: Peter Greechan, 479-1015 - Project Summary: To purchase equipment and develop and print a low-income family cookbook.

Kidston Farm Museum- Heritage Tool Shed - Sponsoring Organization: Urban Farm Museum Contact: Michele Raymond, 477-7896 - Project Summary: To build a heritage tool shed to store tools of the tool-lending bank, serve as space for workshops for gardening skills and celebrate Spryfield agricultural heritage. This in turn will enable low-income families to grow their own food.

Nature Interpretation Boxes - Sponsoring Organization: CRABapple Mapping Project - Project Summary: To develop nature boxes that contain information on the natural environment to be distributed/available to families

in District 17 and 18.

Kids Who Read Succeed - Sponsoring Organization: Chebucto Boys & Girls Club - Contact: Kristi Walker, 477-9840 - Project Summary: To provide a program that will build the foundation for an on-going literacy-based component of the After School Program that targets children 5-12 years old.

Eat Well, Spend Less! - Sponsoring Organization: Rockingham Community Centre - Contact: Selina Cajolais, 490-4686 - Project Summary: To provide a hands-on educational and informational program designed to raise awareness regarding health and nutrition for those considered at-risk for malnutrition/poor nutrition through fixed/low income budgets.

Spryfield Whirlwin Tour - Sponsoring Organization: Chebucto Boys & Girls Club - Contact: Kristi Walker, 477-9840 - Project Summary: To enable children and youth marginalized by various risk factors to develop technical skills, personal skills, study skills and interpersonal skills using sport.

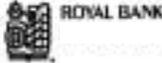
The Women's Healing Program - Sponsoring Organization: The Marguerite Centre - Contact: Joanne Bernard, 455-0970 -

Project Summary: To fund a holistic program for women suffering from addictions and abuse, ages 19-75. Modules include substance and sexual abuse, self-esteem, anger, coping, parenting, employment and education.

Community Kitchen Project - Sponsoring Organization: Reachout Contact: Chris Jarvis, 477-8887 - Project Summary: To purchase needed materials to facilitate and operate a community kitchen in the Spryfield area for low-income families.

Peer Education Project - Organization: Eating Disorders Action Group Contact: Shaleen Jones, 443-9944 - Project Summary: A series of peer-delivered workshops for youth ages 12-20 on body image and eating disorders. There is also a component which educates adults in contact with youth.

Improving Access to Sexual Health Information - Organization: Planned Parenthood Metro Clinic - Contact: Kelly Grover, 455-9656 - Project Summary: To develop a young male specific section to their resource center to facilitate access to sexual health information specifically for this population.



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The Chebucto West & Halifax Peninsula CHB Community Development Fund issued funding commitments to a number of community organizations. Included in the signing ceremony were Kristi Walker, Chebucto Boys and Girls Club, back left; Peter Greechan, St. Paul's Family Resources Institute; Jill Schwartz, Harrietsfield/Williamswood Community Centre; Sara Gillis, Spring Garden Road Library; Carolyn Mont, CRABapple mapping project; Erin Finlay, Halifax SAFE; Marjorie Willison, Urban Farm Museum; Deborah Dostal, Spencer House; Chris Jarvis, Reachout; Dr. David Rippey, Mary Hale, Youth Net; Shari Voglar, Hospice Society; Susan Corning, Hospice Society; Jocelyn Lohnes, Rockingham Community Centre, middle left; Joanne Bernard, The Marguerite Centre; Linda Peters, Halifax SAFE; Barbara Hall, VP Health for Capital Health; Patricia Phelan, NS Allergy & Environment; Heather McCleave, North End Community Health Clinic; Sara Wenning, Keshen Goodman Library; Selina Cajolais, Rockingham Community Centre; Zeldia Lucas, Mulgrave Park Tenants Association; Carol Shepard Conrad, Halifax SAFE; and Darlene Beck, Spring Garden Road Library.

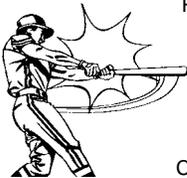


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In the Garden

by Marjorie Willison



How about some garden help or a tree for Mother's Day

I think the perfect Mother's Day gift would be an elfin helper in the garden. I'd like some being to appear magically at my elbow when I need a little extra push to move a rock; when I want the secateurs just for a minute to cut off that broken branch; when it is time to make supper and I would rather spend another hour in the garden.

There are probably lots of gardening mothers around who would appreciate a certificate offering help in the garden — to do some heavy digging, plant flowers, entertain little children for a few hours — redeemable at Mom's pleasure. Maybe someone is new to gardening and would appreciate some divisions from your perennial flowers, or an offer to show which plants are weeds and which are the flowers to keep.

Another gift idea is to plant a tree or shrub for Mother. Just make sure you do it right. (How embarrassing if it died!). These also make nice gifts for special events — the birth of a child, someone's graduation, a new job, perhaps.

Start by digging a hole that is twice as

wide as the pot or root ball, and a little deeper. Unfortunately, the untutored tendency seems to be toward deep, narrow holes, which do not accommodate good root growth. Second, remove the pot, even pressed peat pots, from around the roots. Ball and burlap root balls simply need the twine or wire removed.

Third, and this is a crucial step, loosen the root ball of potted plants. Often the roots are growing in circles, and the root ball is hard and compact. If possible, use a garden claw to loosen the outer roots. If this doesn't work, use a spade or sharp knife to cut a cross shape through the root ball. Start on the bottom, and cut upward to about half the depth of the root ball. Then make another cut at right angles. This will leave four sections of root — still attached to the top half of the root ball — that should be flared outwards when the plant is set into the hole.

Fourth, set the plant at the same level as it was growing in the pot. Plants often die if the roots are buried too deep, yet this is a common mistake. Half fill the planting hole with soil, water well, finish filling the hole with soil, and

water again. Watering is important, because it helps the roots make good contact with the soil, so that they can start functioning quickly.

If planting in grass, the sod that was removed to dig the hole can be chopped up and put into the bottom of the planting hole. There is no need to add soil amendments, although mixing in a little compost or well rotted manure won't hurt. If the soil in the planting hole is changed too much from the surrounding soil, the tree's roots may never grow beyond the planting hole.

To prevent weeds and grass from growing and competing with the young tree, mulch well with a large circle of corrugated cardboard laid

on the ground around the tree. Cover this with 10 cm of shredded bark or leaf mulch.

Finally, soak the tree or shrub once a week for the first month or two, then every second week until the end of summer. Soaking means laying a hose over the root zone and letting the water run until it forms puddles in the soil. A common mistake, done with the best of intentions, is to sprinkle the root zone every day. All this does, however, is keep the roots close to the surface. Watering only once a week encourages the roots to grow wide and deep in their search for water, without stressing the tree for lack of moisture.



The Greystone Tenant's Association gained status as an official Community Access Program (CAP) Site in April and now has computer access available for local residents. Shown during the official opening are Gillian Stevenson, Bernie Hart, Donna MacArville, Ernie Fraser and Karen Parusel.

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Spry Centre needs new Board of Director members

By Samantha Butler, Multi-Service Office
Captain Spry Community Centre

Like many other non-profit, volunteer groups at this time of year, the Captain Spry Community Centre is recruiting people for the Board of Directors. The Board is set up to reflect both the individuals who live in the community (Districts 17 and 18) and the groups with whom it works. The Board has openings for residents, community organizations (volunteer groups) and community agencies.

The Board provides direction on how best to support community initiatives and oversees the work of the Multi-Service Coordinator. Currently it provides groups that are working to make this a better place to live with general administrative assistance in terms of meeting space, photocopying and printing, mailing and fax services, and the assistance of the Multi-Service Coordinator who is available to help with projects as requested.

The groups supported by the Board include: the Chebucto Boys and Girls Club, the Greystone Tenants Association Hot Lunch Program, the Urban Farm Museum Society, the Committee Against Woman Abuse, the Mainland South Heritage Society, and most recently the Chebucto East Planning Group. Please call Samantha Butler at 479-4487 for more information on becoming a member of the Board. Board nomination forms are available at the Pool Desk at the Centre and should be returned to the Centre by Monday, May 13, 2002 (self nominations are acceptable).

We also encourage you to attend the Annual Public Meeting on Monday, May 27 at 7:30pm in the Community Meeting Room of the Captain Spry Community Centre when elections to the Board of Directors will be held. The program part of the Meeting will be focused on Celebrating Volunteers in Mainland South.

LEGAL AID INFORMATION SERVICE
NOW AVAILABLE AT GREYSTONE

As well as being offered at the Captain Spry Community Centre every month, this free service is now available at the Healthy Kidz Centre, 6 Cranberry Court on the 1st Thursday of every month starting May 2nd, 2002 from 10 a.m. to noon. You can drop in and ask questions you have about legal issues in the areas of income assistance, tenant rights, access to the court system, how to get a lawyer, maintenance assignment and enforcement, Nova Scotia Power disputes, Police Commission

complaints, and more. For more information contact Angela Peckford, Community Legal Worker at 423-8105 (Dalhousie Legal Aid) or at 446-3020 (Healthy Kidz Centre during drop-in hours). The service is private and confidential.

NEW CAPTAIN SPRY FITNESS CLUB:
OPENS MAY 11TH

Memberships for the Captain Spry Fitness Club are available for purchase at the Pool Desk of the Captain Spry Community Centre and members will have access to the Club as of the Grand Opening on May 11th, 2002,

from 1p.m. to 3 p.m. (Ribbon Cutting from 1 p.m. to 2 p.m.). There are discounts for seniors (55+) and youth (16-18), and payment plans are available. Prior to the Grand Opening, during the week of May 6 to May 10 you can come and take a sneak peek at the club. The first 100 members who purchase a one year membership have their name placed on the Founders' Club Plaque displayed in the gym and also receive a Saucony gym bag full of goodies. For more details about the new Captain Spry Fitness Club and membership packages available please call 477-7665, and pick up a Captain Spry Fitness Club "Spry for Life" Brochure.



Captain William Spry Community Centre 17th ANNUAL PUBLIC MEETING

Monday, May 27, 2002 at 7:30 pm
in the Community Meeting Room of the Captain Spry Community Centre
10 Kidston Road, Halifax, N.S.

Presentation of the Community Services Award
Election of the Board of Directors
Program on Celebrating Volunteers in Mainland South

Residents of Districts 17 & 18 are encouraged to come and support the Community Centre.

For more information, call Samantha Butler at 479-4487

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MAY EVENTS

Rent-A-Chef Adult Cooking Classes
Tuesday evenings May, 7, 14, 21 and 28
from 7 to 9 p.m. Cost \$5.

Rent-A-Chef Youth Cooking Classes
Thursday May 2nd and 16th from 6 to 8 p.m.
Ages 10 to 15 years. Cost \$3.

A "Foods Of Spry's Field" Evening
Come and enjoy an evening with our Chef Shawn at Rent-A-Chef on Monday, May 6, from 7 to 9 p.m. He will be cooking some old family recipes from the cook book "Foods Of Spry's Field" put out by the Urban Farm Museum Society - cost \$5 per person.

Boating Safety Course
Pleasure craft operator card -four Wednesdays in May including the 1, 8, 15 and 22, from 6:45 to 9:15 p.m. - cost \$50 which includes all classes, text and exam -For information contact Vince Purcell at 477-0362.

Childrens' Mother's Day Craft
For ages 5 to 9 years - Saturday May 4 from 11 a.m. to 1 p.m. - cost \$3.

Space is limited so please register early



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Making your home safe for your new pet

Choosing a new pet requires thought and preparation, and before bringing it home, steps should be taken to ensure his or her safety and well-being. You should choose a safe, pet-proofed area in your home for those times when you are not able to directly supervise your pet. This could be a puppy crate, a small room or a gated off area that is free of clutter. Gradually, as your pet becomes older and more trustworthy you may begin to introduce him or her to the rest of your house.

Almost every room in your house can present potential hazards for your pet. In the kitchen, lower cupboards containing chemical cleaners, pesticides or insecticides should be

locked. Any pottery or glassware should be kept up high out of reach. Plants should also be placed away from pets. Cats and dogs love to "free forage" on household foliage - Easter Lily, Daffodil (bulbs), Mistletoe (berries), Azalea, English Ivy, Day Lily, and Hyacinth, are just a few of those reported to be toxic to dogs or cats. (For a full list contact your veterinarian). Never leave the stove unattended while the elements are hot. An empty teflon pan left on the element will give off toxic fumes that are fatal to birds within minutes.

In the living room any freestanding lamps should be placed safely out of reach. Puppies love to chew on electrical cords and burns or

even electrocution can occur. Chocolate contains theobromine which is toxic to dogs if taken in excess, so put the candy dishes out of reach. Caution should also be used if your pet is romping in your living room - injury can result from a pet jumping into a recliner chair for instance.

In your basement workshop or garage, chemical spills should be cleaned up immediately and containers stored out of reach. Antifreeze (ethylene glycol), because of its sweet taste is often ingested by dogs and cats - tiny amounts (less than a teaspoon) may be lethal. Rat bait, gasoline, oils, turpentine, herbicides and fertilizers are also highly toxic. Garbage is irresistible for most pets and should be kept in tightly closed containers. In the laundry area, clothes dryers are a warm but risky spot for cats to snuggle. Be sure to check thoroughly before starting your dryer.

Often pets are poisoned by well-meaning owners attempting to treat a sick puppy or kitten symptomatically. Cats, compared to other species, are the most sensitive to adverse drug

reactions. They are deficient in a key enzyme necessary to detoxify many drugs. Tylenol, for instance can be lethal if given to a cat. Don't give any medications to your pet without speaking to your veterinarian first - and, keep your own medications locked safely out of reach.

When choosing toys for your pet, pick the size that suits your dog or cat - larger dogs may choke on or swallow balls that are too small. Yarn and thread may seem fun for your cat to play with, but is easily swallowed and can result in "string gut," a gastrointestinal condition generally requiring hospitalization and surgery. The same risk applies for dental floss, shoe laces, etc.

Overall, just take the time to have a good long look around your home using your own commonsense. Pets are very resourceful and inquisitive and often have lots of time to figure out how to get what they are after. The old idiom "curiosity killed the cat" is not all that untrue. Make your home a safe haven for your pet - and then, relax and enjoy your new friend.





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Disposal site for derelict vehicles



The kids at Ecole Chebucto Heights School undertook a "Stop Drop and Read" project to raise money for their library. Shown presenting a cheque for \$2,800 to Librarian Mrs. Liz Newkirk are Amanda Lunn from grade four; Jessica Hayman from grade one; Jessie Davis from grade 2B and Anthony Elliott, Primary.

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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

DeWOLFE, Josephine Marion - 71, Spryfield, passed away Wednesday, March 27, 2002, at her home. Born in Halifax, she was a daughter of the late Frederick and Odessa Sweeney. She is survived by sons, Leo (companion Joy Priest) DeWolfe, Halifax; Earl (Shirley) DeWolfe, Halifax; Kenny (Linda) DeWolfe, Bedford; daughters, Marie (Roddy) Boudreau, L'Ardoise; Peggy (Kevin) Marriott, Marjorie Goss (Dennis LeBlanc), Josephine DeWolfe, all of Halifax; sisters, Roxy MacDonald, New Brunswick; Kathleen Whalen, Ontario; grandsons, Jamie, Leo, Frankie; granddaughters, Angela, Alicia, Tammy, Tanya, Amanda, Cindy, Ann; great-grandsons, Jordon, Isaiah, Kenyatta; great-granddaughter, Rebecca. She was predeceased by her husband, Leo Lawrence DeWolfe; son, David; daughter, Dorothy; brothers, Earl, Frank, Charlie; sisters, Shirley, Georgina. Donations to the Canadian Breast Cancer Foundation, Humane Society for Prevention of Cruelty to Animals or Canadian Diabetes Association.

COLFORD, Alice Mary- 84, Halifax, passed away March 28, 2002 in the New Halifax Infirmary, QEII. Born in Charlo, New Brunswick, she was a daughter of the late Alexander and Nellie (Collins) Hubley. She is survived by her husband Joseph Colford, Halifax; two sons, a daughter; sister, Ellen Mosher, Halifax. Funeral service was held at J. Albert Walker Funeral Home, Arch Deacon Karen Hunt officiating. Burial in Pleasant Hill Cemetery, Lr Sackville.

BAKER, Frances Edna - 75, Lake Echo, formerly of Herring Cove, passed away March 30, 2002, in the VG Site, QEII. Born in Nixon Settlement, N.B., she was the daughter of the late Howard and Hazel (Geldart) Hopper. She is survived by sons, David, Herring Cove; Ron, Sheet Harbour; daughter Margaret (Jerry) MacIntyre, Lake Echo; sister-in-law, Margaret Hopper, Ontario; grandchildren, Mandee, Troy and Jennifer. She was predeceased by her husband, Lloyd; brother, Allison. Cremation has taken place. Memorial donations may be made to the War Amps of Canada or Lung Association of Nova Scotia.

DICK, Jean Louise - 68, St. Margarets Bay Road, Halifax, passed away April 4, 2002, in the VG Site, QEII. Born in Halifax, she was a daughter of the late Isaac and Lydia (Parnell) Wright. She is survived by her husband, Kenneth Dick; son, Dr. Andre Wright, Perth, Australia; sisters, Betty Somers, Halifax; Virginia (Mrs. Robert Rockley), Ottawa; brothers, Leslie Wright, Halifax; Stanley Wright, Oakville, Ont. She was predeceased by sisters, Scelonia, Maude; brothers, Vernon, Gordon. Interment at a later date.

DRYSDALE, Edward Benjamin - 52, Old Sambro Road, Halifax, passed away April 6, 2002, in the New Halifax Infirmary, QEII. Born in Halifax, he was a son of William and Madeleine (MacLellan) Drysdale, Cambridge, Hants Co. Surviving are his son, Leonard; brothers, Gary "Sam", Halifax; Bill "Denny", Amherst; sisters, Mary, Cambridge, Hants Co.; Alice Baldasso, Halifax; Deanna (Mrs. Shawn Harvey), Kennetcook; Lalia (Mrs. Kirk Crossley), Noel; one grandchild. He was predeceased by his wife, the former Nancy Marriott. Interment in Oakridge Memory Gardens. In lieu of flowers, donations to a charity of your choice.

McEWAN, James William - 71, Hubbards, passed away April 15, 2002, in the CONSTABLE, Donald Clifford - 82, Harrietsfield, passed away April 15, 2002, in the VG Site, QEII. Born in Halifax, he was a son of the late Charles Chaplin

and Lottie (Saunders-White) Constable. He is survived by former wife, Ethel Constable; sons, George (Susan), British Columbia; Robert, Halifax; Donald, Calgary; James, British Columbia; daughters, Kathleen Peverill, New Germany; Patricia Royea, Halifax; Charlotte (Kevin) Hosking, Sackville; Dianne Constable, Halifax; sister, Dorothy Dauphinee, Dartmouth; 18 grandchildren; four great-grandchildren. He is also survived by beloved friend and companion, Audrey; children, Gary, Kenny, Tom and Heather. He was predeceased by son, Stephen; sisters, Kathleen and Marjorie. Burial in Fairview Lawn Cemetery, Halifax. Donations may be made to Canadian Cancer Society.

HEROD, Pamela Ann - 61, Halifax, passed away peacefully at her home at sunrise, Thursday, April 18, 2002. Born in Bristol, England, she was a daughter of the late Edward Geoffrey and Dorothy Mary (Nicholl) Barton. She is survived by sons, Jason (Susan King) Herod, Montreal; Geoffrey Herod, Toronto; brother, Charles Barton, Camberra, Australia; closest special friend, Kenneth Easterbrook; former husband, Barry Herod. The family thanks the many wonderful friends who provided their love and support during and at the close of Pamela's full life. Cremation has taken place. Donations in memory may be made to Metro Non-Profit Housing Association, 5228 Gerrish St., Halifax, N.S. B3K 1G5 or a charity of choice.

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Church Services

Calvary United Baptist Church
 12 Althlone Avenue, 477-4099
 Rev. Carl Price
 Summer Schedule for July and August is
 Sunday at 10 am and Wed. at 7:30 pm

Christianview Church
 276 Herring Cove Road, 477-7788
 Pastor Jerry Kendrick, Pastor Gerald V. Kendrick
 Sunday service 10:30 am and 6 pm
 Family Teaching Night, Wednesdays at 7:30 pm

Emmanuel Anglican Church
 322 Herring Cove Road, 477-1783/477-3538
 Archdeacon Karen Hunt
 Fall and Winter Service hours are Sundays at 8,
 9:15 and 11 am and Tuesday at 7:30 pm

Gospel Light Baptist Church
 Harrietsfield Elementary School, 479-3322
 Pastor Reg E. Lewis
 Sunday service 11:00 am
 Call for mid-week bible study and youth groups

Open Door Community
 11 Aldergrove Drive, 477-8887
 Chris Jarvis, Ron de Jager
 Sunday praise and worship at 10:30 am

Parkhill United Church
 Corner of Kirk and Parkhill Roads
 Reverend Anne Singer, 868-2791 or 868-1445
 Sunday Service and Sunday School 9:30 am

The Salvation Army Spryfield
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 Women's Ministries, Tues. 7:30 pm; Prayer
 Meeting & Bible Study, Wed. 7 and 7:30 pm;
 Youth Group, Thurs. 6:45 pm; Sunday School
 9:30 am; Holiness Meeting (Family Worship)
 Sun. 11 am; Salvation Meeting, Sun. 6:30 pm

Saint Augustine's Anglican Church
 290 Purcell's Cove Road, 477-5424/477-3433
 Rev. Ron Appleton
 Sunday Services Aug. 5-Aug 26 & Sept 9-10 a.m.

St. George's Greek Orthodox Church
 38 Purcell's Cove Road, 479-0891/479-1271
 Father Theodore Efthimiadis
 Sunday service 9:30 am and 12 noon

Saint James Anglican Church
 Harrigan's Road, 477-5424/477-3433
 Rev. Ron Appleton
 Sunday Services Aug 19 & Sept. 9 - 10 a.m.

Saint James United Church
 Sambro, 868-2791/868-1445
 Rev. Anne Singer
 Sunday service 11:00 am

Saint John The Baptist Catholic Church
 26 Purcell's Cove Road, 477-3110
 Parish Administrator Rev. Richard Smith
 Saturday mass 4 pm Sunday 9:15 and 11:30 am

St. Joseph's (Traditional Anglican)
 Auburn Avenue at Thornhill Drive
 Fr. Craig Botterill, Curate, 475-1986
 Sunday 10:00 am Holy Communion (BCP)

Saint Michael's Roman Catholic Church
 14 St. Michael's Avenue, 477-3530
 Father John Mills
 Services Sat. at 4 pm Sundays at 8:00 and 11 am

Saint Paul's Roman Catholic Church
 151 Hebridean Drive, 477-3855
 Father James Mallon
 Services Sunday at 11:00 am

Saint Paul's United Church
 173 Old Sambro Road, 477-3937/477-5090
 Rev. Calvin Ginn
 Sunday service 11 am. Sunday School 11 am

Saint Peter's Roman Catholic Church
 Ketch Harbour, 868-2204
 Father James Mallon
 Services Sunday 9:00 am during summer months

Saint Phillip's Anglican Church
 625 Purcell's Cove Road, 477-5424/477-3433
 Rev. Ron Appleton
 Sunday Service Aug 12 and Sept. 2 - 10 a.m.

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Community Events

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

Northwest Arm Heritage Association

The Annual General Meeting of the Northwest Arm Heritage Association will be held May 8 at 7 p.m. at the Armdale Yacht club. Guest speaker Dan Norris, Department of Tourism and Heritage, and Kevin Conley, Supervisor of Park development, HRM, will present a plan with photos, drawings and diagrams for an International Historic Site on Deadman's Island.

Parkhill United Church Yard Sale

The annual Parkhill United Church Yard Sale, specializing in garden plants and baked goods, will be held May 25 from 10 a.m. to 1 p.m. at Parkhill United Church, Parkhill Road, Jolimore. All welcome. Proceeds will support church programs. For information or to make a donation please contact Dianne Englund at 477-1762.

Minor Mixed Softball Registration

Registrations is still available for youngsters who want to join the Williamswood Minor Mixed Softball Association. Programs are held for T-Ball ages 5 to 7; Mites ages 8 to 10 and Mosquitoes ages 11 to 14. Cost is \$25 for the first child in a family and \$20 for each additional child. For information call 475-1022.

New Legal Service Available

A free legal service is now available at the Healthy Kidz Centre, 6 Cranberry Court, at Greystone on the first Thursday of every month beginning May 2.

Lobster Supper

St. James' Anglican Church in Herring Cove will be the site of an eat-in or take-out Lobster Supper June 15 from 3 to 6 p.m. Tickets, sold in advance by Carl Doubleday (477-0398) or John Richardson (477-5535), are \$20. The meal includes mussels for an appetizer and a choice of a 1 pound lobster or a half pound of scallops or half a lobster and one quarter pound of scallops, salads, beverage and dessert. A \$5 childrens menu includes hamburger or hotdog, salads, beverage and dessert.

Senior's Day

Newfie George will highlight the entertainment for a Senior's Day at the Spryfield Legion May 6, 1 to 5 p.m.

Annual General Meeting

The Annual General Meeting and Election of the Board of Directors for the Captain William Spry Community Centre will be held May 27 beginning at 7:30 p.m. in the Community Meeting Room of the Centre. Part of the program will focus on "Celebrating Volunteers in Mainland South." All interested are welcome to attend.

Boys and Girls Club Day Camps

Registration is underway for Summer Adventure Day Camps at the Chebucto Boys and Girls Club. Indoor and outdoor games, crafts, swimming, bowling, movies and a host of other activities are available for youth for only \$50 per week. For information or registration call 477-9840.

Benefit Bingo

Dart Nova Scotia will hold a Benefit Bingo May 5 at the Spryfield Legion. Doors open at 6:00 p.m. with bingo beginning at 8:00 p.m.

Grand Opening

The new "Spry For Life" Captain Spry Fitness Club will officially open May 11 when the ribbon is cut at 1 p.m. Interested persons are invited to attend.

Legion Darts

The Spryfield Legion will hold a series of Dart Shoots beginning in May. Summer Darts will be held every Wednesday starting on May 22 at 7 p.m. Members and guests are welcome. Steak Darts will be held every Thursday starting on May 23 at 7 p.m.

Penny Auction for Young Bowlers

Youth Bowling will hold a Penny Auction May 27 at the Legion. Doors open at 6 p.m. The auction starts at 7 p.m.

Turkey Dinner

St. Paul's United Church, 173 Old Sambro Rd, Spryfield, will be the site of a Turkey Dinner Fundraiser on Saturday May 25, from 4:00 p.m. to 6:00 p.m. All proceeds support programs of the St. Paul's Family Resource Centre and St. Paul's Church.

Ecole Chebucto Heights "Fun Day"

The Ecole Chebucto Heights Elementary School Parent Teachers Association will hold a "Family Fun Day" June 15th with a variety of activities including a barbeque, races, clowns and balloons. Anyone interested in supporting or volunteering for the day should contact the school or the PTA at echpta@yahoo.ca.

Heritage Society AGM

The Mainland South Heritage Society Annual General Meeting will be held at 7:30 p.m., Thursday, May 30, at the Captain William Spry Community Centre. Guest Speaker Terry Punch will be speaking about "The Hessian Soldiers," who were in the Harrietsfield and Goodwood area.

Urban Farm Annual Plant Sale

The Urban Farm Museum Society's Annual Plant Sale will be held Saturday May 11 from 10:00 a.m. to 11:30 a.m. in the back parking lot of the Captain William Spry Community Centre. Everyone welcome.

Heritage Tea

The Urban Farm Museum Society invites the public to its annual Heritage Tea at the Captain Spry Library, Friday, May 24, from 2:30 to 4:00 p.m. Sweets & treats from the cookbook, "Foods of Spry's Field," will be available.

Ladies Barbershop Chorus

The Citadel Chimes Ladies Barbershop chorus & guests Millstream Mens' Chorus and band Silver Dollar will present an evening of fifties song and dancing Saturday, May 11th, beginning at 8 p.m. at St. Agnes Parish Hall, 6903 Mumford Road. For tickets (\$10.) contact Lynne Simpson, 477-3052.

Lions Club Meets

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

Cook Books On Sale

The cook book "Foods of Spry's Field: Cooking and Preserving, Then and Now," is available at Danielsons in the Spryfield Mall, and at Shoppers on Herring Cove Rd. Proceeds support the Urban Farm Museum Society.

Mothers Day Buffet

A Mother's Day Dinner Buffet and fundraiser in support of Camp Brunswick is being held on Saturday, May 11, from 4:30 p.m. to 6:00 p.m. at Brunswick Street United Church, 2107 Brunswick Street. Tickets are \$8 (children under 12 \$4) and include a buffet dinner of Roast Turkey, Mashed Potatoes, Coleslaw, Dessert, and Coffee or Tea. For information or to purchase tickets, call 423-4605. A craft and jam table will be featured during the event.

Youth Theatre Workshops

The Dartmouth Players Youth Theatre Workshops will be held Sundays from 11:00 a.m. to 1:00 p.m. April 28th to June 29th. Classes will take place at Dartmouth Players Theatre at 33 Crichton Avenue, Dartmouth. The theme for this term will be "Movie Scenes." Interested youth should contact Lorraine at 832-5976.

Sambro Dinner Theatre

Tickets are now available for the "Home Sweet Home" Dinner Theatre being staged in St. James United Church May 10 and 11. Tickets are \$25 and there is a choice of lobster or roast beef dinner. For tickets or information contact Eva Mae Gray at 868-2660.

Members Wanted

The Chebucto Hiking Club is looking for members interested in walking and hiking the trails of Halifax County. For more information call 477-7142.

Farm Meeting

The Urban Farm Museum Society meets the second Monday of each month at the Captain William Spry Community Centre at 7:30 p.m. New members welcome.

Infant Massage

The Single Parent Centre on Sylvia Avenue will conduct Infant Massage Therapy sessions at the Centre on Thursday's at 2 p.m. with Hilary Marentette facilitating. Participants are requested to bring baby blankets for their infants. Monetary donations are accepted.

Seniors Club Bingos

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

Chebucto News Business Directory



Dr. Judy Martin
Dr. Shelly Huang
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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.



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