

# Chebucto News

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## A Purcell's Cove ferry to downtown Halifax - Maybe?

The next time you're stranded in the morning queue waiting to enter the Armdale Rotary think about the possibility of some day heading to Halifax's peninsula to arrive at work via a ten minute high speed ferry ride from Purcell's Cove.

If that seems a little bit remote it may not

be as far off as you might think. The city is beginning to consider taking advantage of the Halifax Harbour as a natural non-maintenance transportation route to integrate many sections of HRM and the Purcell's Cove ferry concept is second on the priority list after a water commute from Bedford.



The wrecking crew was front and centre at the old IGA on Herring Cove Road this month. The work to turn the old grocery store into a new Shoppers Drug Mart is symbolic of other ongoing work which will change the landscape of the community.

## Ilsey's "Fiddler" ambitiously successful

By Laura Pellerine  
Staff

When I first heard that J.L. was going to take on "Fiddler on the Roof" my first thought was, "Wow - that's ambitious!" When I expressed this view to director "Abe" Lorne Abramson just before the show on opening night, he nodded his head.

"Yes", he said, "ambitious. Ambitious in every way. What with the anti-Semitic social issues, the ethnic-music, the strong male lead, and not to mention bringing to life one of the most well-known musicals of all time, ambitious is an understatement. "But we did it," Abe said, standing with his hands on his hips.

And did they ever!

From beginning to end the cast poured their hearts into portraying a story of a Jewish family struggling to maintain their traditions and lifestyles in the face of not only a changing world, but a prejudiced one as well. "Tevey," the father character has five daughters, and throughout the show three of them marry men who challenge their father's beliefs, the eldest goes against the town matchmaker's choice and marries a poor tailor, the second eldest marries a radical university student, while the third marries a Christian. In the end, the father makes peace with his daughters' decisions while the rest of his family and their Jewish neighbours are forced to move from their

In a presentation to a relatively small gathering at the Purcell's Cove Social Club this past month, HRM Transportation Manager Dave McClusker, now seconded to the Regional Planning Group, says the city supported research into the feasibility of using the harbour as a transportation source in 2001.

In 2002, he said, the idea of a Purcell's Cove ferry was added to the Canada Nova Scotia Infrastructure List and for good reason. "We have the second largest ice free harbour in the world," he said alluding to a mindset that suggests the city isn't making the greatest advantage possible of the resource. He also

suggested any changes or additions to the transportation system will require an "improved and integrated bus terminal" on the waterfront but it is "within the Regional Plan and context that a ferry system fits in to allow strategic planning and thinking."

Should the harbour begin service as a transportation resource, McCusker said the idea would be to first rate the advantage of a service from Mill Cove in Bedford to the existing Halifax Ferry Terminal. Second would be a service from Purcell's Cove. Other nodes of service could include Shannon Park and Burnside,

see "Purcell's" pg. 2

## "Chebuctoeast.ca" web site New for community groups

There's a new communication and information tool available for anyone interested in the Eastern Chebucto community. This month the Multi-Service Office of the Captain William Spry Community Centre kicked off its new "Chebuctoeast.ca" web site, officially linking any and all non-profit agencies and organizations which have a web site of their own.

And as Peter Greechen, St. Paul's Family Resource Institute Director told the gathering, the kick-off brings a new level of sophistication to the computer technology and information sharing in the community.

Greechen explained that the communities in District 17 and 18 of HRM are considered

by Darlene MacLellan and the Halifax Regional "CAP" (Community Access Program) Association to be served by one of the most active "CAP Clusters" anywhere in Nova Scotia.

"We share our resources, technology and information in several CAP sites throughout the area and we are one of the largest CAP Clusters in the province," said Greechen, explaining that the new web site brings all internet information sources together under one roof.

What that really means, he said, is that a small organization like the St. Paul's Community Garden which has its own web site is now linked to the new Chebuctoeast.ca site. "The garden folks have links to all sorts of information and service providers like Halifax Seed on their site," he said. "So now anyone who enters the chebuctoeast site will have access to all of their links and will be able to take advantage of the gardeners' work, knowledge and contacts."

The newly launched site will have links to a number of community groups including local schools, service clubs, community-based agencies, environmental groups, residents associations, recreation programs and the Captain Spry Community Directory. The site will be used to advertise local events including the Community Health fair, Spryfield Family Fun Day, the Urban Farm's Harvest Fair and the Santa Claus Parade.

The Chebucto Boys and Girls Club also launched a web site during the event. For information on the club go to [bgclub.chebucto.org](http://bgclub.chebucto.org).

see "Ilsey's" pg. 2

# Isley's "Fiddler" ambitiously successful

continued from pg. 1

addition. She and Lisa Buckland, who played the fourth eldest daughter, looked as comfortable together as real sisters. The other three daughters, Gillian Wesley as the oldest, Hannah Davison as the second eldest, and Heather Blom as the middle child, were also lively, capturing the essence of the young and rebellious.

However, there was no doubt who the star of the show was; from the very beginning when Ian Whalen weaved his way through the audience harping on tradition, to the end where he struggled against forgiving his disobedient daughter, he embodied the tormented, quirky father figure, and not just through his singing voice. Everything from his body language to his accent, and his jagged dance moves made

everyone forget by the end of the show they were watching a dressed-up high school student, not a weary, 50-something-year-old cheese farmer.

The costumes also helped to create a poverty-stricken Jewish-Russian cast, especially in turning many of the female actors into male characters. The bandanas, tattered vests, patched-up skirts and peasant blouses gave the actors an authentic feel.

Credit also has to be given to the set designers and props crew, as well as the sound, backstage, lighting and everyone else who helped make the show such a success.

And last, but certainly not least, the second major star of the evening, rivaling even Ian's performance, were "the amazing pit

band members" as they're referred to in the program. The music was superb and professional, lead by Wayne MacIntyre, who always helps to make the school's musicals sound as if they are playing right off of Broadway.

All in all, the show was a tremendous hit, carried out with very few flaws.

Ambitious, indeed.



The J.L. Isley students performed the musical "Fiddler on the Roof" to rave reviews this past month. Here dancers Kelly Skinner, Dara Burke, Meghan Higgins, Arielle Godbout, Erica Blackburn and Moira Pellerine are shown during a dress rehearsal.

# Purcell's Cove ferry

continued from pg. 1

Birch Cove and Eastern Passage to compliment the existing Woodside and Downtown systems.

And he said a study of the differences between a service from Bedford and Purcell's Cove were not far apart. Considered among the criteria are things like the amount of walk-up ridership, park and ride opportunities, the time savings in commuter time and the affect on relieving traffic. He said Purcell's Cove falls short in the walk-up ridership and would become primarily a park and ride location but there are very real benefits to this site from a time savings and traffic relief viewpoints.

The city's review has identified the possibility of purchasing a 29 metre Australian high speed catamaran capable of a service speed of 28 knots. The existing ferries travel at only eight knots.

As a time line the city is considering moving ahead with a Bedford service at a cost of \$6.1 million as early as 2005 and a Purcell's Cove service as early as 2006 or 2007. A fee structure has not yet been determined and a Purcell's Cove location has not yet been decided. "We have made absolutely no inquiries about land needs at this point," said McClusker.



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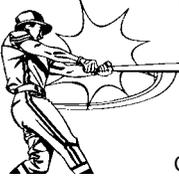





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# Local physicians "rock and roll" for fundraisers

By Des Writer  
Staff

Stephen Gibbon's living room is in disarray. The carpet's been swept aside and the furniture pushed to the farthest wall. In its place there's a motley collection of amplifiers, microphones, music stands and a sound mixer. And five guys in jeans and t-shirts, belting out the first few bars of "I heard it on the grapevine." The weekly band practice for "MD5" is underway.

Drummer, Art Parsons, takes up the entire area in front of the French windows; keyboard player, Scott Murray, is tucked into an alcove. Fronting the quintet are Tony Armson, rhythm guitarist and vocalist; Lorne Marsh, lead guitar and vocalist; and Gibbon on bass. Completely absorbed in their music making, they're having fun. "We're having a beginnings and endings night," says Marsh, explaining how they hone their routine when preparing for a "gig." They're rehearsing for an April PTA fundraiser in Springvale Elementary School.

Armson describes how he brought the group together. When the "amateur all-star band" to which he belonged folded in the mid-

1990s, he formed an offshoot group, "looking for more quality." After a brief foray into folk music, he teamed up with Gibbon, Parsons and two others. "Then Lorne (Marsh) showed up," he says. Having recruited a keyboard player, the group, calling themselves "Five Day Forecast," played their inaugural Valentine's Day fundraiser for the Atlantic School of Theology. "We did a two-song spot," says Armson, recalling a bitterly cold February evening when he wondered if anyone would show up.

The group built a repertoire and other fundraisers followed. Keyboard players came and went before Murray joined them some two years later. His arrival spurred the name change to "MD5," since all are medical doctors: three family physicians, an obstetrician and a dermatologist. Since 1998, they've played school fundraisers, hospital functions, and the IWK Telethon. They perform annually at The Shore Club, Hubbards, in support of The

Maritime Conservatory of Performing Arts. "That's our concert, where we invite our friends," says Armson.

Ask any MD5 member what the group means to them and you'll get much the same

minor keys. Scott's the theory man and Tony brings the pizzazz." Marsh says he likes the "driving music," and Parsons describes himself as "the heartbeat." "I'm just there; when the heartbeat is going well, you don't notice it."

One of the group's occasional ballads, "Wild Heart," was written and composed by Marsh, who's also had some commercial success with other compositions. He received "Honorable Mention" in the American Song Festival for his song, "Take it from me." Some years ago, Sam Moon performed some of Marsh's compositions, and another song, "Tell me you lied," was play listed on "CHUM" radio and "C100FM."

It's Saturday night in Springvale gym. There's a crowd of more than a hundred, despite the late April snow-storm. The "boys" strike the

right note immediately, with "Old Time Rock and Roll," and everybody's dancing. Through the evening they wow the dancers with favourites such as "Brown Eyed Girl," "Locomotion" and "Takin' Care of Business."

"They sure know how to please the crowd," says organizer, Martha Baigent. "And those girls from the Grace monopolize the floor," she jests. She's referring to the group's most loyal fans, the "Birth Unit groupies!"

Now booked monthly through December 2004, MD5's popularity is growing, like the size of their audience. Since 2001, they've been getting bigger gigs, says Armson, and they've performed at the Westin and Lord Nelson hotels to more than 400 people. "Whether the function raises \$1000 or \$40,000, it doesn't matter from our point of view," Armson says. "There's no fee."

That's the thing about MD5. They perform at fundraisers for worthwhile causes, and give their services free. All for love; for the love of their music. And for fun!



Stephen Gibbon, Scott Murray, Tony Armson, Lorne Marsh and Art Parsons are the members of a unique band who play for charity at no cost.

answer. Words such as fun, camaraderie, outlet and escape recur. "It's just a whole lot of fun to get together with a bunch of guys," says Gibbon, who's played as long as he can remember, and explored all musical genres. "I've played and sung everything: choirs, barbershop, Dixieland, jazz and rock and roll," he adds. "To have five guys in the same city, all MDs, all personal friends who get along so well, beats the odds for sure," he says.

The MD5 repertoire covers the 1950s to the 1970s, along with tunes from later years. Predominantly rock and roll, they perform music that's recognizable. We play songs that make people want to get up and dance, says Armson. If they don't enjoy hearing it and dancing, we'll throw it out, he says.

A big part of the band's enjoyment is working out new songs, and that's where they feed off each other. Just as in their professional lives, each brings particular skills to their music. "Steve's the 'big ears,'" says Marsh. "He can hear everything: harmonies, major or

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Our e-mail address: [mcintoshrun@ns.sympatico.ca](mailto:mcintoshrun@ns.sympatico.ca)

### General Meeting

Wednesday, May 19th, 2004, 7pm

Captain William Spry Community Center - everyone welcome

### Community Clean-up

May 29th, 2004, 9am-1pm

Spryfield Legion Parking Lot, Sussex Street - everyone welcome

### Interested in becoming a member of our Board of Directors, or sitting on a committee?

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# DISCOVERING OUR PAST

## Lakes, streams and waterway names remember early land owners

by Iris V. Shea, Historian  
Mainland South Heritage Society

### Part One

**T**hroughout Mainland South several lakes, streams, ponds, and even beaches, have acquired names of the early land owners and settlers in the region, although few of the surnames still exist in the communities.

Williams' Lake, located off Purcell's Cove Road and Williams' Lakes Road is one of the largest lakes in our area. Shown on maps of 1784 and 1808, it was already named for James Williams who, in 1780, purchased 400 acres of land on the western shore of the Northwest Arm, including most of Williams' Lake.

Williams also acquired a fish lot on the opposite shore of the Northwest Arm where he and his partners established Williams' Fishery. A local history of Williams' Lake by Heather Watts, entitled "Beyond the North West Arm" was published in 1979 and is still available through the Williams' Lake Conservation Company.

In 1793 George McIntosh, Esq. of Spryfield purchased Williams' land on the Northwest Arm, property which later made up all of Boulderwood, Jollimore and part of Fleming Park. As early as 1783 McIntosh began buying the early grants that made up Spryfield. He lived in the "Mansion House" on a well-established farm which he bought from Captain William Spry. By 1799 McIntosh and William Cochrane had established a grist mill on the stream leading from Williams' Lake to the Northwest Arm. He subdivided his Spryfield land, enticing new settlers to establish small farms in the area. McIntosh's name lives on in McIntosh Run which begins at Long Lake in Spryfield and winds its way behind the houses on the Herring Cove Road, through undeveloped woodland, to meet the ponds and streams that flow into the waters of Herring Cove.

Colpitt Lake, off the Williams' Lake Road, feeds into Williams' Lake. This lake has taken on a name that is far removed from the original. One would assume that Colpitt was the name of an early settler. However, the name evolved from Coal Pit, the name that is seen on a map in 1886 and used in newspaper articles and by local families during that time. To local quarrymen, the dark stone in and around the lake would have resembled a coal pit. There is no record of a family by the name of Colpitt in the area. The Yeadons purchased the land bordering the lake from the estate of George McIntosh, Esq., in the 1830s, quarrying the dark stone around the lake before they began subdividing and selling it in the 1940s.

Miles Lake is unheard of today, but occasionally it shows up on old maps. We know it as Frog Pond, beside the Purcell's Cove Road near Jollimore. In 1830, Joseph Miles bought the 50-acre lot, including the lake, from John Howe, Jr., (part of that 200 acres of the aforementioned James Williams) and an adjoining 50 acres from Joseph Austin. Miles was listed as a farmer living on Melville Island. His ownership of the land was short-lived, however, and by 1843 the land was back in the hands of John Howe, Jr. and purchased by Frederick

Jollimore. It later became part of Jollimore and Fleming Park.

Hale's Pond, named for Daniel Hale, is located behind Stoneridge subdivision and is visible from Northwest Arm Drive. As a sin-

1752. He was among the "Foreign Protestants" who were granted land in Lunenburg in 1753. However, by 1767 the Hale family had relocated to Halifax where Daniel was granted 500 acres of land "beyond the Northwest Arm"

known as Lot Number Three in Leiblin Manor (Spryfield), the same lot he sold to Captain William Spry in 1777. Today, this lot would begin at the South Centre Mall in Spryfield and extend to Spruce Hill Lake in Harrietsfield. At the same time, Hale was granted 152 acres that included part of Witherod Lake and most of Hale's Pond. Hale used his land as a woodlot, and lived in the "north suburbs" of Halifax.

The Purcell family came to Portuguese Cove in 1770 when Samuel Purcell was granted 500 acres of land in that community. Samuel Purcell, Jr. left Portuguese Cove in 1827 when he purchased

the William Russell grant in the area now known as Purcell's Cove. The island off shore, known as Purcell's Island or Spectacle Island, and the body of water we call Purcell's Pond, were included in the sale.

Harrietsfield has an abundance of lakes named for early settlers. They will be included in next month's article, along with Smith's Beach in Sambro Creek, Latter's Pond in Herring Cove, and Roche's Pond in Spryfield.



Skaters on Frog Pond, 1915. L to R, George Jollimore, Fred Boutillier, Tiny (Francis) Slaunwhite, Eli Slaunwhite, Joe Boutillier.

gle, 22 year-old farmer from the Palatinat in Germany, Daniel Hale (originally spelled Höhl), arrived in Halifax on the "Gale" in

Samuel Purcell was granted 500 acres of land in that community. Samuel Purcell, Jr. left Portuguese Cove in 1827 when he purchased



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*Tim Hortons*

# Single Parent Centre launches Postpartum Doula Program

Karen Reed has worked herself out of a job and she couldn't be happier. Reed has been busy carrying the title of "Postpartum Doula Employability Project Facilitator" but now that 16 women have been trained to provide the service Reed has completed her task. The doulas and the "Postpartum Doula Program" of the Single Parent Centre held their official launch at the Captain William Spry Centre in April.

Local resident Hilary Marentette, told the gathering that the initiation of the postpartum program "is a real community effort." She said the first doula program started in 1996. "Being a doula and being on call can be a little daunting," said Marentette. "We've been very impressed with the response from our doulas and the families we have helped and we are

pleased that some (doulas) have gone on to work privately," she said.

But it became obvious that "some women and families needed more postpartum support than our doulas could provide," said Marentette explaining how the postpartum program germinated from need. And while the Single Parent Centre was discovering its own circumstances, Doulas of North America, the international organization, was preparing its own position paper on Postpartum doula needs and identifying the service need.

Marentette, who was instrumental in starting the local doula program, was able to undergo training in the United States as a "Postpartum Doula Trainer" and the Single Parent Centre secured a Community Services

grant to initiate the postpartum project.

The job of a postpartum doula is to help new parents faced with "recovery from childbirth and the total responsibility for a tiny, dependent newborn." Sleeplessness, emotional adjustment, mastery of infant feeding and care, understanding the unique personality of their baby and the new requirements of household organization all wage a battle for new families and oftentimes new mothers with little practical knowledge of infant care.

Studies indicate that a lack of support is a contributing factor to an extended period of difficulty families have in coping with the transition to their new circumstances. The services of

a postpartum doula, whether that be by providing advice, helping with breastfeeding, doing laundry or simply going to the grocery store can help women prevent postpartum depression, have greater success in breast feeding and more self confidence.

With the launch in April, the Single Parent Centre has commissioned 16 women trained in the service. But unlike the original volunteer doula program, these women are being trained to charge a fee for their service and view it as a job. The Centre is now arranging training in business skills for the women and looking at the possibility of establishing a marketing cooperative.



Postpartum Doula Project Facilitator Karen Reed checks in with Doulas Joan Whitty, Lauro Rios-Quintuna and Sally Whitman during the official launch of the program sponsored through the Single Parent Centre.



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**Personal Health Insurance:** If you have personal health insurance through a benefit package at work or because you pay into a

plan on your own, most of the providers, such as Atlantic Blue Cross Care, Sun Life Financial or one of the many others, allow you partial, if not full coverage, for physiotherapy treatments in a private physiotherapy clinic; some with and some even without a doctors referral. It is recommended that you call your plan administrator or check in your booklet of benefits to determine what your exact coverage is before beginning treatment. As well, ask about “Direct Billing”, many plans now allow this, meaning we are able to bill them for you and there is less “out of pocket” expense to you, the client. However, this is not true of all benefit plans so it is important that you inquire about it.

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Compensation Insurance, the WCB has been set up to allow you to seek treatments for that injury at no expense to you. For this to occur you must file an accident report with your work and have a doctor refer you to physiotherapy for the injury that you have sustained. Once all the paper work is in order, your treatments are generally covered until you are able to return to your full work duties.

**Motor Vehicle Insurance Act:** And finally, if by the unlucky chance that your injuries where as a result of a car accident, and the car that you were traveling in is insured, you are able to have your physiotherapy treatments paid for by the “Section B” of the motor vehicle insurance policy, even if you are only a pas-

senger in the car. This provides financial relief to you in the case that you are injured in a car accident and is classified as “no fault”, meaning; there is no need to prove that anyone else was in the wrong to collect the benefits. Again, as with WCB coverage, you must ensure that a doctor has referred you for treatment by a physiotherapist and that all the necessary paper work is filed with your insurance company before these benefits are provided to you. And now the catch, these benefits are only available to you for coverage over and above what your personal health plan will not provide. Therefore if you have a personal health plan, you are required to use it prior to receiving “Section B” benefits from the motor vehicle insurance policy. If you do not have a personal health plan than these benefits are available to you once deemed necessary by a doctor.

**Q:** How have the changes to the motor vehicle insurance act affected my physiotherapy treatments?

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**Q:** What does all this mean to you?

**A:** Well, if you are at home and have been “dealing” with those aches and pains, either for sometime now or maybe they just started yesterday, let us help you “deal” with your aches and pains and have your insurance plan pay for it.



Jillian Stow works to help a patient relieve tension in her arm while Jason Terris adjusts equipment to suit the needs of another patient at Cowie Hill Physiotherapy.

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# HRM offers community groups help to begin outdoor rinks

The Halifax Regional Municipality considers itself to be a willing partner in the establishment of community based outdoor skating rinks but those who attended a public session on the potential were politely warned there are inherent problems associated with the ambition.

Peter Verge, an HRM Real Property Superintendent, told a meeting of about a dozen or so at the Captain William Spry Community Centre that "HRM would like to support your initiatives" and the city has even prepared and application for assistance and a seven page policy and "how to" report for those who want to

proceed. But he cautioned there are, and will be, potential problems.

Verge says the city has about 1,700 outdoor facilities and an "Outdoor Events Coordinator" who can help groups research which sites are the best in their neighbourhoods for constructing an outdoor rink. Good sites include a level base to work from such as a tennis court, a ready access to water, fencing for protection against liability and to help with management and control, lighting, waste receptacles and perhaps even access to a storage shed to shelter tools.

He said the city will offer groups an initial site visit to determine any obstacles and work with groups to help answer questions such as where is the water source, where will snow be put after removal, is permission required to use the site, how many volunteers do you need, how big the ice surface should be and even help instruct rink organizers on the dos and don'ts of flooding and maintenance.

He cautioned however, that as soon as the rink is opened to the public there will be problems "so you'll have to establish rules and regulations" on such issues as determining what age groups can use the surface for what purpose and at what time.

And Verge brought the success story of the Northend Rink Society to the forefront of people's minds. "Their biggest problem is their

success," he said, explaining that what started as a community rink now has three separate ice surfaces for hockey, family skating and older kids. "They've been so successful they now find themselves preparing the ice surface for people who come from all over HRM," he said.

He also cautioned that keeping and maintaining volunteers is a difficulty sometimes and he encouraged groups to form a committee of some size and structure and to consider incorporation as a means of providing liability insurance.

Reiterating that the city is interested in helping communities create rinks, Verge said he encourages people to register their ideas for outdoor rinks with the city as soon as possible. "If you register early and prepare ahead of time it allows us to get ahead of the project."

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Dorothy Roberts and the Quaternote Singers held their first public concert to a smallish crowd at the Community Meeting Room of the Captain William Spry Community Centre this month.



*Crowell's*

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3. Build your STRENGTH so that bones and muscles stay strong. Heavy yard work that includes lifting counts too, and so does weight training. Aim for 2 to 4 sessions a week, and take a day off between heavy workouts.

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Tempting though it may be to "go for the burn" right away, take care if you're new to being active. Start at an easy pace. 10 to 20 minutes for the first week or two. Build towards your goal by gradually increasing time and intensity by 10 percent each week.

*Talk to your doctor before starting an exercise program - Lisa Herritt, Pharmacist*

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8x10	\$519	\$599	\$709	\$749	\$989	\$1039	\$879	\$1089	\$1399	\$1579
8x12	\$589	\$659	\$769	\$849	\$1089	\$1159	\$969	\$1209	\$1519	\$1749
8x14	\$659	\$749	\$919	\$959	\$1189	\$1319	\$1179	\$1269	\$1789	\$1999
8x16	\$729	\$819	\$949	\$1069	\$1209	\$1429	\$1239	\$1529	\$1899	\$2129
10x8	\$529	\$589	\$719	\$749	\$1039	\$1019	\$989	\$1089	\$1459	\$1579
10x10	\$639	\$699	\$859	\$919	\$1129	\$1209	\$1129	\$1299	\$1569	\$1859
10x12	\$719	\$799	\$949	\$1029	\$1239	\$1369	\$1269	\$1439	\$1869	\$2039
10x14	\$769	\$919	\$1079	\$1179	\$1419	\$1539	\$1329	\$1639	\$2089	\$2309
10x16	\$849	\$969	\$1139	\$1239	\$1579	\$1679	\$1439	\$1739	\$2229	\$2399
12x8	\$609	\$689	\$799	\$849	\$1069	\$1169	\$1099	\$1259	\$1599	\$1749
12x10	\$719	\$809	\$949	\$1029	\$1279	\$1369	\$1279	\$1459	\$1859	\$2039
12x12	\$819	\$939	\$1079	\$1129	\$1429	\$1579	\$1429	\$1649	\$2119	\$2319
12x14	\$929	\$1049	\$1239	\$1299	\$1639	\$1739	\$1599	\$1859	\$2369	\$2629
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24x24	\$4099	\$4699	\$6399	\$8299
24x30	\$5199	\$5899	\$7899	\$10,199
30x30	\$5299	\$6199	\$8399	\$10,899
30x36	\$6099	\$6899	\$9299	\$12,299
30x40	\$6499	\$7499	\$9899	\$13,099

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Wall Stud	2x4x8 #1	2x4x8 #1	2x4x8 #1	2x4x8 #1
Wall Sheathing	OSB min. 7/16" #2	7/16" OSB	7/16" OSB	7/16" OSB
Wall Siding			White Vinyl	White Vinyl
Wall Insulation				R-12 Fibreglass
Wall Drywall				1/2" Regular
Roof Framing	Engineered Truss	Engineered Truss	Engineered Truss	Engineered Truss
Roof Sheathing	OSB min. 1/2" #2	15/32" UltraRoof	5/32" UltraRoof	5/32" UltraRoof
Roof Shingles	20 year #2	25 year Shingles	25 year Shingles	25 year Shingles
Soffit		Perforated Vinyl	Perforated Vinyl	Perforated Vinyl
Fascia	2x6 Spruce	2x6 Spruce	2x6 Spruce Clad	2x6 Spruce Clad
Ceiling Insulation			R-20 Fibreglass	R-20 Fibreglass
Ceiling Drywall			1/2" Regular	1/2" Regular
Windows			40"x30"PVC Slider	40"x30"PVC Slider
Entry Door	32" 6-Panel	32" 6-Panel	32" 6-Panel	32" 6-Panel
Entry Hardware	Keyed Knob	Keyed Knob	Keyed Knob	Keyed Knob
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## "Just Live It" finding creative ways to keep kids physical

By *Corey Baird*  
 Staff

Huddled around a crowded table during their lunch break on a Friday afternoon a group of J.L. Ilsley students is desperately trying to come up with innovative ways to motivate their lethargic peers.

The program they've volunteered for, "Just Live It," is funded by the Provincial Government, complete with paid employees. But its success is largely predicated on the resourcefulness and energy of a small group of students. Their mission: to get more high school students to live healthy lifestyles.

"Programs like this are important because down the road people my age can only benefit from being active right now," says Grade 12 student and Just Live It volunteer Meredith Legge, in reference to statistical data pointing out that less than 20% of her peers are meeting the recommended standard of 60 minutes per day of moderate physical activity. Meredith, who counts competitive sports as her favourite form of physical activity, is now working diligently with like-minded students at changing that within her own school, one of nine selected across Nova Scotia to participate in the three year pilot program.

"You have to be creative," explains Legge. "Kids today are so busy with jobs and things, but I find a lot of people want to be active but they have to be aware of what's out there."

Awareness is a big part of Anna Grantham's mandate as a coordinator of the program at J.L. She oversees two monthly brainstorming meetings, delegates tasks, and keeps in contact with the students to see how

they're progressing. A typical meeting covers anywhere from five to ten agenda items in approximately an hour in. It's a lot to talk about, and the meetings are appropriately lively.

"I love working with this age group," says Grantham. "They bring such a different perspective and they're so energetic so it's a lot of fun."

The most recent development is the creation of a website [www.justliveit.ca](http://www.justliveit.ca), scheduled to be launched this month, and an "outdoor club" has been successful at getting kids engaged in after school exercise all year. "The site will let us give more updates about what's going on in terms of physical activities in addition to updates on the Wellness Room, a mini-gym with exercise equipment donated by NuBody's, so they'll always know what's out there for them."

"We got some grant money," explains Legge. "It's fun trying to come up with good ways to spend it, whether it be buying new resources or using existing ones in the school or out of the school the goal is just to get as many people physically involved as we can."

The challenge in coming months will be to find new students as a large part of the current nucleus, Meredith included, will be graduating in June. "It was great," she says of her involvement. "I love trying new things and because of this program I got to do a lot. Where else would I have been able to go scuba diving or rock climbing?"

The Just Live It pilot Program ends next year. Once data is crunched from the nine participating schools work will begin on the broader goal of trying to increase physical activity levels by ten percent by 2010.



Community Health Programmer Anna Grantham helps students Meredith Legge, Sam Rae, George Rae and Andrew Dauphanie erect their "Just Live It" banner in J.L. Ilsley School.

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## Chebucto Peninsula has a very firm "sense of place" - MLA

By Michele Raymond, Halifax Atlantic MLA

I was honoured in March to speak to the Dalhousie School of Planning on the importance of a "sense of place" in community planning. As I wrote my notes, I realized yet again how much of a 'place' we are blessed with here on the Chebucto peninsula.

When we talk about 'community,' we are often talking about a shared sense of 'our place.' Our communities still have names that come from the local geography, or the names of families who settled here. We can, and do, talk about being from Herring Cove, or Spryfield or Sambro, or Cowie Hill. We can and do walk, either for fun, or because we can get where we need to on foot. There are traditional, informal, places of recreation all over the area - favourite swimming, skating, tobogganing places and trails that have been used by generations of people.

In many parts of Mainland South, you can 'read' the history of the community in houses that look different from each other, were built at different times, and sit at different distances and angles to the street. Being able to read that story is reassuring. It reminds us of how others have made this 'place,' and that every one of us makes our own place in it.

## A long term plan for the health of Canadians

By Geoff Regan, Halifax West MP

In last month's edition, I outlined that the federal government was providing an additional \$30 million to the Halifax Harbour Solutions Project (HHSP), which brought the total federal contribution to this particular initiative, which is important to the health and environment of Halifax Regional Municipality residents, to approximately \$68 million. The action by this government on HHSP funding represents one way we intend to improve the health of Canadians but it also exemplifies our commitment to improving collaboration with all levels of government to get the job done.

Prime Minister Paul Martin has indicated plans to sit down with his provincial and territorial counterparts this summer for "as long as it takes" to develop a long-term plan to achieve the collaborative partnership necessary to run an effective health care system that is "properly funded, clearly sustainable and significantly reformed."

Federal Health Minister Pierre Pettigrew recently outlined at the Health Policy Summit 2004 that the focus must be on timely access because it is "the lens through which Canadians evaluate the whole system."

This means addressing the waitlist challenge

But to other news. The Riverview Daycare has already suffered fire, flood, and now financial famine. For 25 years, Riverview's 81 subsidized daycare spaces have been an essential part of the lives of many working families here, but the centre was forced to close its doors suddenly last month. I have been working with the board and the Department of Community Services as they try to produce a plan which will allow the Riverview to re-open.

The Halifax Harbour Cleanup project will soon be underway and with it we hope will come the much-needed city water supply for the residents of Herring Cove and others along the route. There will be three sewage treatment

plants around the harbour, but Herring Cove is the only 'host community' which doesn't already have a city water supply. This needs to be recognized as plans go forward.

Property tax assessments are a troubling issue for many homeowners here. No-one should have to sell their family home because it's become too expensive to stay there, not because of work they've done, but simply because others have come to appreciate the area, and are willing to pay high prices to live here. The NDP is continuing to push for a consistent, predictable assessment system which recognizes that household incomes don't rise with property values.

The task force on All-Terrain Vehicle use has

completed its report. I'm hearing mixed reactions, but everyone seems to agree that there are problems with 'aggressive' use of ATVs. Like cars, ATVs are powerful and useful machines, but unlike cars, ATVs in Nova Scotia aren't fitted with mufflers to keep down noise and their drivers don't have to have competency tests or licenses, stick to prescribed routes, or avoid alcohol when driving. The jury is still out on just how to make sure everyone can get along.

Smoking cessation support groups are a big help if you're trying to quit. I am working to set up two local groups. For details, call Sandra Oickle at Harrietsfield Community Centre 446-4847 or Sally Budge at Cornerstone 475-1763.

## MLA asks "What would you do?" in vote on provincial budget

By Graham Steele, Halifax Fairview MLA

I'm looking for your advice.

On April 22nd, the provincial government delivered its budget. The vote on the budget will be held on or about May 11th.

This budget is more important than usual. We now have a minority government, which means there are more MLA's in the Opposition

(27) than in the government (25).

What do you think I should do?

I would welcome your comments, opinions or questions on the budget, and what you think your MLA should do. I can best do my job in the Legislature when I hear from you. I will be out knocking on doors between now and voting day. Given my duties in the Legislature, however, I will be able to get to only a small part of the constituency between then and now.

You will find my contact information in my ad elsewhere on this page.

When formulating your views, you might want to take into account the following points:

1. I get one vote on the budget. I can vote for the whole package, or against the whole package. I cannot vote for the pieces I like and against the pieces I don't like. One vote. Yes or no.
2. If the budget is defeated, there must be an immediate election.

3. This budget includes an increase in income tax at the upper ends of the income scale, and a bunch of user fee increases. It also includes tax increases on larger corporations.

4. This budget has ended, finally, the odious practice of charging seniors in nursing homes for the cost of their basic health care. I and my NDP colleagues have worked hard to push this issue to the top of the government's agenda. This decision represents a major victory for Nova Scotia families. If we vote against the budget, we could lose this important victory.

5. The budget is balanced, according to accounting rules. Because of capital spending, the province's debt will rise \$120 million.

6. There is a little more money to tackle the problem of health-care wait times. It's too early to tell what practical impact this will have.

7. There is a little more money for P-12 education. *see "What" pg. 12*

## MICHELE RAYMOND, MLA

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Sambro (location TBA)  
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# It's about budgets, a new police office, a community study and volunteers

By Linda Mosher and Stephen Adams  
Councillors, Districts 17 and 18

As there are several issues that affect residents of both Districts 17 and 18, Linda Mosher and Steve Adams have decided to combine their Chebucto News column this month. The first section will discuss HRM's budget, the second will discuss the possibility of a new police office and the third is regarding the Herring Cove Road Improvement Study. We would also like to congratulate the outstanding volunteer efforts of members of our districts.

As usual, the budget process was long and arduous. Although unforeseen events such as Hurricane Juan and the blizzard in February decreased our ability to provide extensive capital improvements, we were able to provide a reasonable budget for all residents in HRM. The focus of the budgeting process was on creating value, meeting demand and prudent planning in order to make HRM the best managed, most livable community in Canada.

After numerous hours of heated debate, Council has passed the 2004/2005 budget. The capital budget is \$139.9 million and the operating budget is \$545 million. The general commercial tax rates were set at \$3.272 for the urban area, \$3.272 - suburban and \$2.999 - rural. The residential property tax rates were set at \$1.283 - urban area, \$1.182 - suburban and \$1.176 - rural. What this means is that a homeowner with a house assessed at \$100,000 in the urban area will pay \$1283 a year in property taxes.

We lowered our tax rate by 2.4%, the largest rate decrease in the past five years.

However, as the average increase in residential assessment was 5.25% in reality many property owners will be paying more taxes. In the past five years, the municipality has lowered its debt by almost 17%, or \$58 million, to the current total of \$290 million.

## POSSIBLE NEW POLICE OFFICE IN SPRYFIELD

The past few months have shown great improvements on the Herring Cove Road, and we are pleased to announce the possibility of more. As you may or may not be aware, Musicstop is locating one of its operations in the Old Canadian Tire building. At a recent on-site meeting, Councillor Adams and Mosher and the Divisional Commander for West Region, Inspector Dambrough, met with Mr. and Mrs. Brannon, the owners of Musicstop. We discussed the possibility of locating a police office in this building.

Each Councillor has committed \$10,000 to assist in the construction of this office. Also, in subsequent discussions with Deputy Chief Burbridge, we are exploring the possibility of locating an entire section, for example street crimes, of the Regional Police in this facility. This will increase visibility and increase the presence of policing in our communities. As well, members of the RCMP will also be able to utilize this office, decreasing their travel time.

The benefits of this arrangement are numerous. The Herring Cove Road is further enhanced, police presence is dramatically increased and our community becomes safer. The location is strategic from a Municipal perspective as both Districts 17 and 18 will be

well serviced from this location. As well, our community volunteers, Citizens On Patrol (COPS) will have a common meeting area and be able to work out of this office.

Many residents have raised concerns about Herring Cove Road. These concerns include unsightly premises, garbage, graffiti, traffic, speeds and the general perception of this area. Previous articles have discussed HRM's commitment to working with the community to make positive changes to the Herring Cove Road. HRM will be issuing a tender for a qualified consultant to assess these issues. This tender is for a Herring Cove Road Community Development and Streetscape Planning Project. The mandate is to undergo a community consultation process and study that recommends ways and means to enhance the role of Herring Cove Road and its immediate surrounding area as a focus of community development activity. It includes the area from the rotary out, taking in all of Spryfield. While it focuses on the Herring Cove Road, we anticipate and hope that residents in the larger area will participate in the process.

HRM planning and each Councillor has allocated funds for this project. The work will be commencing now and continue until the Summer. Along with Council and staff input, the community group People Around Communities Everyday (PACE) and the Business Commission provided valuable input into what was needed to be included in the proposal. As well, HRM staff formed a steering committee for the on going Herring Cove Road improvement program. The committee includes various HRM departments such as Planning, Parks, Traffic and Public Works.

They will work with the consultant to identify key capital cost improvements and develop a multi year financial plan to budget for these recommendations.

Our premise is that this area has many unrealized cultural, historical, social civic and business attributes. If all these issues are assessed collectively, a plan for community development focused on Herring Cove Road could be successfully implemented. The plan would establish a community vision and ideas of specific improvements in consultation with the community.

Examples of areas to be assessed would be ways to improve the physical streetscape, transportation (people and vehicles), land use and development opportunities, integration of civic, historic and cultural assets, landscaping to improve streetscape and community protection. A minimum of two public meetings will be held, one will be in the form of a workshop. A survey will also be distributed. The goal is to have as much community input as possible. We will advertise these meetings and welcome and appreciate public participation.

## VOLUNTEERS HONOURED BY HRM

On Wednesday, April 14, Regional Council honoured some very distinguished volunteers throughout HRM. We would like to congratulate Colleen Murphy, Alison Baker, Carol Bryson and Marlene Mader from District 17 and Iris Shea, Jack O'Neil, Patricia MacLean, Sherry Cotter, Alexander G. Donaldson and James Rodney MacKinnon from District 18. We applaud their efforts and dedication in making our communities better places in which to live, work and play.

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*Judy Cosgrove*

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Get started on scrapbooking

**National Physiotherapy Month Promo**  
Wednesday May 12  
Drop by for helpful information from Cowie Hill Physiotherapy

**Kids Craft Classes**  
May 15, 11 am - 1 pm  
Let's plant seeds and get a head start on gardening

**Outdoor Barbeque Schedule**  
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May 15, Herring Cove Jr. High Grade 9  
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*All programs have limited space.  
Participants are advised to book early.*



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## Stephen Adams

*HRM Councillor, District 18*

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E-mail: mosherl@halifax.ca

# Some advice to help face the rigors of pet flea season

Once again the season of fleas is fast approaching and for those pet owners who have had a flea free winter, it is time to prepare for the arrival of these major parasites. Radical changes have occurred in the way we approach the treatment of fleas in the last ten years. Prior to that time, veterinarians would treat an animal presented to the veterinary clinic with flea allergy dermatitis or FAD, with a barrage of indoor and outdoor insecticidal premise chemicals usually in the form of sprays or foggers, combined with a hefty load of steroids, antibiotics and insecticides for the pet itself. Pet owners would often leave the clinic experiencing a variety of negative emotions. Naturally, people would feel discouraged at the overall price tag of the expedition - often in the hundreds of dollars. As well,

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

Fortunately, the arrival of a combination of new insecticides has changed the way veterinarians deal with fleas entirely. No longer waiting to treat the pets infested by fleas, our goal is to prevent these flea infestations in the first place. Veterinarians are now able to provide Insect Growth Regulators (IGRs), which are products that act by interfering with insects' development and therefore are essentially birth control products for fleas. IGR products such as "Program" are highly desirable for safety and are available in oral forms for dogs and cats as a once monthly treatment. This product is now even available in a single dose injectable form for cats only that will provide flea protection for 6 months. Other forms of IGRs are available in collar form from veterinarians as well. For pets that present with

fleas, new types of adulticides are available in the form of topical spot on products that are applied at home to the pets' skin once monthly. These products are often combined with the IGRs for a total approach to flea control.

The ease and simplicity of these products is hard to beat. However, it cannot be overemphasized that the proper usage of any flea control product is important to its success rate. Ideally, pets should begin taking the oral IGRs well before the flea season is underway - in our climate that usually means April/May. Pets with fleas already should always be treated with an insecticidal adulticide product first, such as the topical spot on product "Advantage." Products should be continued throughout the entire flea season - in our zone to November. The concept of flea resistance to insecticides is highly discussed and therefore doses of flea preventatives must not be skipped and should be given at the proper intervals. Many animals are hypersensitive to fleas and one flea bite may be all that is necessary to cause an allergic skin reaction. In these pets proper treatment is critical. Ideally, have your pet checked for fleas by your veterinarian and ask for the best products for your pet before the season begins.

## "What would you do?"

continued from pg. 10

cation. The largest new expenditure will allow the cap of class sizes to be expanded from Primary only to both Primary and Grade 1.

This year's provincial budget is close to \$6 billion. It consists of hundreds of programs, covering all aspects of provincial government operations, from health-care to schools to roads to social assistance to housing to courts. Your reaction to the budget will no doubt depend on your own personal priorities, and those of your family and your community. If you have a question on a particular item, let me know and I'll do my best to get the information for you.

Defeating a government is not a step to be taken lightly. But neither should we hesitate to defeat a government that is not addressing our community's priorities, if a better budget is possible.

What would you do?

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## Never a dull moment in this active Spryfield community

The Chebucto East area (Armdale to Sambro) is a great place to work. We talk together, we work cooperatively, and we take action on community issues. The role of the

### MULTI-SERVICE NEWS

by Linda Roberts

Multi-Service Coordinator

Captain William Spry Community Centre

Captain Spry Community Centre Board has been to guide the delivery of the support services we can offer community groups and residents so they can get on with the work of making this a community in which we have enormous pride. Through the Multi-Service Office, I am in contact with lots of folks about lots of community activities. Here is a sampling of what is coming up in the next month.

**Chocolate Lake Community Association:** There will be a Founding Meeting for a Chocolate Lake Community Association on Wednesday, May 12 at 7 pm in the Multi-Purpose Room of the Chocolate Lake Community Centre on Purcell's Cove Road. This Association is a citizen's group concerned about the ecosystem health of Chocolate Lake and the vibrant communities that surround it. Councillor Linda Mosher will be the guest speaker. The meeting is open to all who have a connection to Chocolate Lake and its watershed. For more information, please contact Annamarie Hatcher at 477-8093 or Graham Read at 479-1375.

**Skateboard Park for the Spryfield area:** Out of the "Just Live It" initiative at J.L. Ilsley High School to get youth more physically active, we are hoping to build a skateboard park somewhere in the community. To get this project started we are holding a public meeting on Thursday, May 6 at 7 pm in the Captain Spry Community Centre to form an organizing committee. If you are interested in getting involved, call 479-4487.

**The Mainland South Heritage Society Public Meeting** on Thursday, May 27 at 7:30 pm at the Captain Spry Community Centre will feature a presentation on "Folk History from Mainland South" by Clary Croft. The

Annual General Meeting will take place at 7 p.m., immediately prior to the presentation. All are welcome.

**Spryfield Residents' Association:** The Residents' Association for the Spryfield community continues to meet the last Wednesday of the month at the Captain Spry Community Centre. People who live in the Spryfield area are encouraged to come to the meeting to talk about community issues. For more information, call 479-4487.

**The Annual McIntosh Run Clean-up** will take place on Saturday, June 5 at 9:30 am. Over the years, this project has been a joint activity of J.L. Ilsley High School and the Youth Action Team, the Earl Francis Spryfield Memorial Royal Canadian Legion, and the McIntosh Run Watershed Association.

A Working Group has been formed to re-open Riverview Children's Centre. Closed on March 2 due to a financial crisis and a number of unfortunate circumstances, this day care centre provided much needed child care to more than 60 children. An Annual Meeting to reinstitute the Board of Directors and a Business Plan are being developed. For more information on the progress to date or to find out how you can help, call Michele Raymond at 477-4100.



Grade Six Central Spryfield teacher Shauna Calnen shows student Lexie MacPherson the game of ring toss at the school's Spring Fair, the first the school has had in ten years. The event was a definite success.

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# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**RICHARDSON**, Florence Cecilia - 78, Halifax, passed away April 10, 2004, in the New Halifax Infirmary, QEII. Born in Halifax, she was a daughter of the late Patrick and Lila (Nickerson) Sherlock. She is survived by her sons, Jack (Mary), Cole Harbour; Bud (Carol), Beaver Bank; her daughters, Freda (Al) Bellfontaine, Sudbury, Ont.; Sheila (Ted) Boylan, Bridgewater; brother, Fred, and sister, Theresa Morris, both of Halifax; six grandchildren; two great-grandchildren. She was predeceased by her husband, Wilfred; sisters, Gladys, Vera, Lillian and Margaret; brothers, Gerald and John; one grandchild. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax. Burial was held in Gate of Heaven Cemetery, Lower Sackville.

**WHITE**, Geraldine Wilma "Tuddy" - 87, Halifax, passed away peacefully in QEII Health Sciences Centre April 4, 2004, surrounded by family. She was a daughter of the late Catherine and Jacob Boyd, born October 5, 1916. She was predeceased by her husband, John "Jack" White; two stepsons and seven siblings. She is survived by daughters, Joan (Bernard) Oakley, Brooklyn; Jacqueline (Harold) Cook, Geraldine (Hawley) Turner, Deanna (late Albert) Bobbitt, all of Halifax; stepson, John "Jack" White; grandchildren, Christopher, Belinda, Denise, Andrea, Michele, Daniel, Michael, Craig, and Cheryl; 24 great-grandchildren and seven great great-grandchildren; sisters, Marion Goodall, Halifax; Joan Boyd, Dartmouth; Lillian Haapala, Arizona; many nieces and nephews. Tuddy was a devoted and loving wife, mother, grandmother and friend whose absence will be deeply felt. She was a devout Roman Catholic who found great comfort in her faith. She was a long-time member of the Fairview Friendship Club. She was happiest when surrounded by family. Sincerest thanks to the doctors and staff in the Emergency and Neurology Departments, QEII, and Father Cosgrove, the pastoral team and all those who

showed kindness at St. Vincent's Guest House. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax. Funeral mass was held in St. John the Baptist Parish, 26 Purcells Cove Rd., Father Yves Marchildon officiating, burial was in Gate of Heaven Cemetery, Lower Sackville.

**MCCABE**, Wayne Joseph - 52, Halifax, died April 4, 2004, in the New Halifax Infirmary, QEII. Born in Kingston, Ont., he was a son of the late William and Theresa (Campbell) McCabe. He was a part-time volunteer with The Children's Wish Foundation. He was self-employed. He is survived by his wife, the former Madeline Pelerine; daughter, Cynthia, Halifax; sisters, Janet, Sydney, Cape Breton; Neila, Truro; Nancy (Mrs. Kevin Neil), Maitland, Hants Co. He was predeceased by sister, Geraldine. Funeral arrangements are under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Halifax. Funeral service was held April 14, in St. Michael's Roman Catholic Church, Father John Mills officiating. Interment was in Gate of Heaven Cemetery.

**MARRIOTT**, William Terrance - 30, Harrietsfield, passed away March 16, 2004. He was a son of William and Leah, and Bernadette and Ed of Halifax. He worked for Maritime Steel, R.K.O., and the Halifax Shipyards. He loved to hunt and fish, and work in his vegetable garden. He enjoyed listening to music and playing his guitar. Besides his parents, he is survived by sister, Beverly Marriott, Halifax; nieces, Maddie and Morgan; paternal grandparents, Eileen and Clifford Marriott, Halifax; maternal grandmother, Iona Baker. He was predeceased by his daughter, Cassandra; maternal grandfather, Embert Baker. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home. Funeral service was in St. James Church, Sambro, Rev. Anne Singer officiating.

**DORRINGTON** (Thomas), Patricia Marie - 82, Beechville, passed away peacefully in her Savior's arms in QEII Health Sciences Centre, March 18, 2004. Born in Waverley, she was a daughter of the late Alfred and Beatrice (Boyd) Thomas, and foster mother the late Edna Williams. She worked as a housekeeper for many years. She was a loving mother and grandmother who praised her Eternal Father every day of her life. She was a hard worker with the Ladies Auxiliary and kept her auxiliary kitchen in top shape. She will be sadly missed by all. She was a long-time member of Beechville Baptist Church, an honorary member of the Ladies Auxiliary, and a member of the Royal Canadian Legion Auxiliary, Lakeside for many years. Surviving are sons, Carl (Joan), Spryfield; Russell (Beverly), Hamilton, Ont.; Roy, Spryfield; Earl (Darlene), at home; Donald, Spryfield; stepson, Gordon (Martha) Blackmore, Beechville; daughters, Margaret (Bruce) Williams, Cobequid Road, Sackville; Dorothy (Robert) Williams, Montreal; Ruby (Stephen) Farmer, Spryfield; stepdaughters, Donna Symmonds, Fairview; Linda Fletcher, British Columbia; mother to Jason; sister, Lillian Wyse, Waverley; foster sisters, Donna Diggs, Ontario; Eileen Wright, Beechville; Annie (Boyd) Thomas Bowers; brother-in-law, Deacon Les (Helen) Dorrington, Beechville; only living aunt, Lola Hill, North Preston; 47 grandchildren; 67 great-grandchildren; four great great-grandchildren; several nieces, nephews and cousins. She was predeceased by her loving husband William "Earl" Dorrington; daughters, Barbara, Phyllis, Mureen, Pauline; grandchildren, Candice and Peter Craig; a brother in infancy; foster sister, Shirley Williams; foster brothers, George and Jereard Munrow. Funeral arrangement were under the care and direction of J. Albert Walker Funeral Home. Funeral was held in Beechville Baptist Church, Beechville, Rev. Clarence Armstrong officiated assisted by Rev. Tracy Grouse and Rev. Carl Price. Cremation to follow.

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**Land Donation Ceremony**

The Nova Scotia Nature Trust will hold a ceremony May 16 at 1 pm in the Purcell's Cove Social Club to honour the Field's family donation of the Captain Arnell Lands to the Trust. Everyone welcome.

**Guest Speaker**

Well-known folk singer and story teller Clary Croft will speak at the annual meeting of the Mainland South Heritage Society, Thursday, May 27 at 7:30 pm, Captain William Spry Centre. A short business meeting will start at 7pm. All welcome.

**Spring Fair and Sale**

Parkhill United Church, Parkhill Road, will hold its Annual Spring Fair and Sale May 29 from 9:30 am to 1 pm. Chowder, barbeque, muffins, cake, children's game, entertainment and a wide selection of plants, antiques, toys, books and silent auction items will be available. For information or contributions call 477-1762.

**Urban Farm Project**

"Come Grow with Us" is a project for children and youth ages 8 through 18 and their families. Come Grow with Us is a fun way to learn about healthy eating and to grow food for your own family! We also need adult Farm Volunteer Mentors to take part in this exciting new project. Starting in late May and throughout the summer, Come Grow with Us has Saturday learning sessions where Farm Volunteer Mentors will share their skills in

organic urban farming and farm development projects. Children and youth will learn about growing and are encouraged to bring the whole family. To Volunteer or to Enroll Children please email: comegrowwithus@hotmail.com or call Pat at 477-6087 or Marjorie at 477-6102 for more information.

**Church Supper**

St. James' Anglican Church in Herring Cove will hold a ham and scallop potato supper Saturday May 8 from 4 to 6 pm. A bake table and sewing table will open at 2 pm and a social will follow at 7:30 pm. For information call 446-8168

**Old Photos Wanted**

Local Historian Peter Saulnier is looking for photographs of the St. Michael's Roman Catholic Church Quonset Hut, Kidstons Mill formerly located below the Kindstone House on Rockingstone Road and Steves Store now PG's Pizzeria. In you can help contact Peter at 475-1449.

**Prenatal Classes**

The next session of prenatal classes at the Single Parent Centre will begin on May 4. This is a nine week series that includes topics about prenatal issues, childbirth and the newborn. We meet on Tuesday evenings at the Single Parent Center from 6:30 to 8:30pm. Everyone is welcome to attend. For more information and to register call Leslee at 479-0508.

**Understanding Your Pain**

Cowie Hill Physiotherapy will hold public sessions on "Understanding Your pain" at the Sobeys Community Meeting Room on May 12 and at Chocolate Lake Rec Centre on May 17. Both sessions begin at 6 pm

**Plant Sale**

The Urban Farm Museum Society will hold a plant sale May 8 from 10 to 11:30 am at the Captain William Spry Community Centre. Marjorie Willison will be on hand to answer your gardening questions.

**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.

**Harrietsfield Elementary Fair**

The Harrietsfield Elementary School Spring fair will be held Saturday May 29 from 11am to 2pm. Raffle items, flea market, barbeque, and many games. All Welcome.

**UFMS Meeting**

The Urban Farm Museum Society will meet on May 10th, 7pm at the Captain William Spry Community Centre-Multi Service Room-Everyone Welcome. For information call Pat MacLean, 477-6087.

**Co-ed Slo-Pitch Tourney**

A co-ed slo-pitch tournament will be held at Graves Oakley Field in Leiblin Park June 5 and 6 this year. The cost will be \$250 per team. Each team must have 6 men and 4 women minimum. Cash prizes will be based on 12 teams. Please contact Charlie Norman at 477-0180.

**Harrietsfield Community Centre Happenings**

Mothers Day Craft Workshop - "Dad & Me For Mom" - Admission \$5 at the door.  
Registration for Summer Day Camps - "Creative Play for Tots and After School Program - May 17 to 20 - 5 to 7 pm - Upper Level.  
Boys Night - Ages 5 to 12 - Saturday May 15 - 6 to 8 pm - \$3 at the door - Special Guest Justin Morash "The Reptile Man."  
Pre-Teen Dance Grades 3 to 6 - Friday May 21 - 7 to 9 pm - \$3 at the door.  
Girls PJ Party - ages 5 to 12 - Saturday May 29 from 6 to 8 pm - \$3 at the door.

**TAG offer "Later In Life"**

The Theatre Arts Guild will stage A.R. Gurney's "Later Life" at Neptune Studio Theatre June 9 to 13. Shows will be Evenings at 8 p.m. June 9, 10, 11, 12 - Matinees at 4 p.m. June 12 and 13. Reservations available through the Neptune Box Office.

**I Hate Hamlet**

The Theatre Arts Guild's "I Hate Hamlet" runs Thursdays, Fridays and Saturdays until May 8 with a Sunday Matinee May 2 and 2 pm. General Admission \$12, Seniors, students and members \$10.

**Sambro Dinner Theater**

Tickets go on sale March 15th for Lights! Camera! Action!, this year's production of St. James Dinner Theater. This is being held in the United Church Hall, Sambro May 7th and 8th at 6:30 pm. Tickets are \$25.00 with a choice of lobster or roast beef meal. Call Eva Mae at 868-2660 for info or tickets.

## Chebucto News

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