

Chebucto News

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Gospel Light Baptist Church

Pastor Lewis putting a permanent roof over a young congregation

It was only a short nine years ago that Pastor Reg Lewis began knocking on doors in the Harrietsfield and Williamswood communities to establish a new parish for the Gospel Light Baptist Church. Now he's about to cap off the effort by putting a permanent roof over the congregation.

The parish of about 70 members is constructing a new church across from RDM Recycling on the Old Sambro Road which Pastor Lewis says he prays will be roof tight

early this month so the contingent of volunteer workers can begin working inside when the weather becomes colder.

"I started on November 10 in 1996 knocking on doors and asking people in the community if they would like to have a church built," he said remembering that the first meeting of the parish was held in the music room of Harrietsfield Elementary School when 24 parishioners attend the inaugural meeting. "We grew and a few months later we had to move

into the school auditorium," he said of the parish which is part of the Canadian Convention of Southern Baptists.

He said the parish had been in the process of trying to purchase land for the church for a number of years when a five and a half acre site on the Old Sambro Road became available. "We signed the purchase and sale agreement a year ago and then went through the rezoning process," he said of the beginning stages of what is shaping up to be a log style church capable of accommodating 125 parishioners for worship and containing a Sunday School room, a fellowship hall, an office area, washrooms and a parking area.

"We had been saving for a building when (the late) Don Keddy offered us a piece of property on the corner of Venus Street and Old Sambro Road. The land was too small to accommodate a church so we sold it and, together with what we had already saved, that allowed us to buy land to build the church," he said.

Everything else from there he says is "the Lord's provision." One of the parishioners worked for a Pennsylvania based log building company and arranged to provide the materials at cost he said, while members of the First Baptist Church from Roanoke, Virginia,

see "Pastor Lewis" pg. 3



Dawn Lawrence and Pastor Reg Lewis stand in front of the new Gospel Light Baptist Church being built across from RDM on the Old Sambro Road, with volunteer workers from Des Moines, Iowa, and Raonoke, Virginia, Erik Fisher, Wally Young, Chris Haupp and Liz Haupp.

Making Spryfield safe and walkable

Oftentimes Spryfielders walk to where they want to go, perhaps because amenities like grocery stores, drug stores, the library and the community centre among others, are close at hand. And while most local residents are comfortable walking in the community even at night, a weekend workshop called "Spryfield Safe, Walkable and Green set its sights on establishing longer term strategies to give walking an even higher priority in the future.

Hosted by the Board of the Captain Williams Spry Community Centre in an effort to gain information for the United Way's Action for Neighbourhood Change (ANC) Program, the workshop saw about 17 residents from the community gather to discuss existing circumstances surrounding sidewalks and trails and identify characteristics important to the community and indicators to measure them.

Planning students from Dalhousie University led the discussion. "If we want Spryfield to be more walkable as development progresses," says Marjorie Willison, the Community Developer for ACTION, "we need to determine how to measure that. Do we do that by comparing the ratio of sidewalks to roadways, by the length of blocks, or by the number of alternative pathways" were some of the topics at the seminar.

Willison said the session discussed "active transportation," which might be defined as the ability to walk or cycle within the urban centre to gain access to daily needs like shopping, banking or simply picking the kids up after school. It also reviewed what was termed "active recreation," which includes community

trails and pathways that could be considered as everything from pathways connecting neighbourhoods or business areas to wilderness oriented hiking trails.

In the HRM Regional Plan, Spryfield is one of those Halifax communities expected to see a population surge in the next few years said Willison. "People felt making Spryfield safe, walkable and green is important to them. There is a need for more discussion over the issues surrounding walkability in the community so we can prepare for the time when planning begins at the community level."

She said the community is interested in better connected trails and sidewalks with improved signage and lighting. "The sidewalks and streets are fairly well lit and it might surprise others to realize that local residents are comfortable walking in Spryfield even at night," she said, but there are some concerns.

Among those are a need for sidewalks on both sides of Herring Cove Road, having more places to go and more opportunities to complete daily needs either on foot, by bicycle or other means, and by designing sidewalks, trails and pathways which give residents multiple choices of which route they want to use to reach various destinations.

"If we want people to incorporate healthy lifestyles by walking to complete their daily chores, rather than having to add walking as recreation their life, then we'll need to create an environment that encourages that," she said. She stated the next step is for interested people to attend the Spryfield Residents' Association the last Wednesday evening of each month.

Plans set for "Scholarship Auction"

Plans for J. L. Isley's 13th Annual Scholarship Auction are well underway. The auction, held annually to raise money for bursaries and scholarships for Isley graduates, will be held in the school cafeteria on Saturday, November 26.

Once again retired math teacher Lorne Abramson will act as auctioneer. Last year "Abe" worked the crowd and brought in over 13,000 dollars for the scholarship fund for 2004.

The usual wide variety of auction items will be available this year including wood-work, art, services, gift certificates, crafts,

nights in hotels, and food. Local businesses, school staff, both present and retired, as well as parents contribute the items each year.

This year there are a lot of new staff members involved in the auction, including a new auction chair. Marilyn Skinner is honoured to be taking over the auction to carry on such a great community social event as well as a fundraiser for scholarships. Complimentary appetizers are served during the viewing reception at 6:30 p.m. Bonnie Aalders, aka Vanna White, will hold the first item up for bid at 7 p.m. sharp.

Club Fundraising

Are you housecleaning for Christmas or preparing for the hopefully nice and mild winter or do you have some things you want to get rid of? If so the Chebucto Boys and Girls Club is asking local residents to send along their no longer needed treasures.

In partnership with the staff of Cash Money in the Spryfield Mall, the Club will be hosting a Table at the Spryfield Lions Flea Market held at the rink on November 27th

from 10 am to 1 pm. All proceeds from this Flea Market Table will go to support the Children of the Boys and Girls Club of Spryfield and the After School Programs.

Items may be dropped off at the Club on 23 Drysdale Road from Monday to Friday. Please call in advance to let us know you are coming and to make sure someone will be here to greet you. The number is 477-9840.



Erin Jennings, the new owner of J. Albert Walker, and the staff welcomed the community for an Open House and a Rededication Ceremony offering the new chapel to those whose lives have been celebrated there. Among those attending the ceremony were Erin Jennings, left, President and Managing Director; Rev. Dianna Brett-Frye; Joan Jennings, Administrative Service Leader; William (Bill) Power, Funeral Director; Wendy LeJeune, Family Care Coordinator; Arthur LeJeune, Funeral Director; (Trevor MacLaren, Apprentice Funeral Director; Mayor Peter Kelly, HRM; Stephen MacMackin, President, Select Community Funeral Homes.

Letter To The Editor

Help us defend ourselves

Dear Editor

I have been living at the Manor (Hebridean Drive) for two years. In this time I've had my car damaged by young offenders. It has cost me only \$700 but it has cost my insurance company thousands.

Other people in the manor have had the same problem. As of today the total damage to our cars is estimated at about \$5,000 to \$6,000. We called the police the first time and they said there's nothing they can do. The second time we called they said they would be out but at the writing of this letter they still haven't come out. The kids hang out in gangs. They jump on our cars, They climb the church hall roof, flatten our tires and steal our hub caps.

They stole a car about a year ago and wrote it off.

What are we to do? Hallowe'en is coming and we expect trouble. Why can't the police at least help us somehow? Can they charge the parents or put these kids in homes.

I don't have long to live. I'd like to live knowing I don't have to worry about the people we have helped to keep free from destroying our stuff. We don't get much income and if we fix our cars it cuts into our food or medications. Please help. We won't be here much longer.

Wm. Innis
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Science can be fun - Elizabeth Sutherland Science Fair

Under the direction of teachers Val Targett and Mario Eleftheros, the 2005-06 Elizabeth Sutherland Science Fair came to a successful conclusion when more than 150 projects filled the school gym and library where energetic and knowledgeable students informed parents, brothers and sisters, uncles and aunts as to how their projects worked and what scientific questions their projects addressed.

The Overall Winner was Adrienne O'Neil for her presentation on Teeth Whitening while the People's Choice Awards went to Michael Boyd and Eric Rose for their Antigravity Chamber; Alex Nadon for his project on Hovercraft and Peter Doane for his display on the Greenhouse Effect.

Winning projects were:
Grade 7 - Bronze - Sara Zreik - Chemical Reactions; Silver - Peter Doane - Green House Effect; Gold - Scott and Trevor Prinowski - Gliders and Flight. Grade 8 - Bronze - Joanna Auby - Fingerprints; Silver - Keith Pineo - Electrocuting Crystals; Gold - Mara Dieras and Olivia Driscoll - Salt on Plants. Grade 9 - Bronze - Graham McIntyre - Body Temperature; Silver - Brandon Aumento - Environmental Controls; Gold - Katelyn

Wagner and Kayla Bowers - Mucus Connections. Honourable Mentions were given to Eugene Burns for Wind and Vibrations;

Kevin Masters for his Rube Goldberg Contraption and to Colby Lamey for a presentation on Fabric Softeners and Flammability.



Elizabeth Sutherland School held a science fair that filled both the library and gymnasium with the works of students. Kayla Bowers and Katelyn Wagner, grade nine students, did a work on why we have hair and mucus in our nose.

Pastor Lewis putting a permanent roof over a young congregation

continued from pg. 1

experts in the construction of log buildings, offered to donate their time and labour to build the church. Pastor Lewis says the project wouldn't have been possible without the experience of seven members from Roanoke, a

nephew from Des Moines, Iowa, and a couple from the Fall River area who donated their time as well.

"The whole project is just a miracle of the Lord. As the Lord opened the doors we walked through them," said Pastor Lewis. "Step by step we're just trusting Him to provide."

And the Pastor says he is hopeful services will begin in the church early in the new year. "We don't solicit or raise money in any other way than through the good will offerings of our people. We just trust in the Lord's people who love Him to freely give of themselves to support us."



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DISCOVERING OUR PAST

Letter helps bring closure to son's World War II death

by Iris V. Shea, Historian
Mainland South Heritage Society

Harriet Forward of Jollimore was devastated when she was given the news that her 23 year-old son, Jack, had died March 30, 1945, one day after he was wounded in a battle along the Rhine in Germany. Three of her sons were overseas during World War II, but Jack did not return. How difficult it must have been for Mrs. Forward and other mothers like her who received the same type of news, especially since most, like Jack Forward, were buried in overseas graves.

In a letter to the War Department, dated June 22, 1945, nearly three months after her son's death, Mrs. Forward requested further

information about his death. That letter, after months of travelling from one department to another, finally made it into the hands of Jack's supervising officer, Mr. Mylrea "Rae" Sweetnam of Weyburn, Sask., who was still recuperating from the injuries he received in that last battle.

In his letter to Mrs. Forward, Rae Sweetnam described that battle where he and his Platoon Sergeant Jack Forward, both with the Regina Rifles Regiment, fought side by side. He and Jack became very good friends and "with Jack, the platoon was happy and the morale very high." Making their way towards the Rhine, first in trucks as far as it was safe, and then on foot, the platoon crossed the Rhine on March 25th. Under heavy fire, they made another crossing the following day, staying close to the river's edge, taking out a German town on the morning of the 27th with no loss of life. On the night of March 28th they received orders to take the German town of Emmerich. "As we neared this bridge-like affair in the dyke, we paired off and ran as hard as we could across it and dived for cover on our side of the dyke again. Jack was the first over in our platoon; he took two men with him, he hadn't hesitated, and even though it was under direct fire it wasn't hard to get the rest of the men to try it. We really felt quite jubilant that all of us made it."

Marching in a straight line "well-spaced out," still along the banks of the Rhine, they could see buildings that were "very badly smashed with great piles of bricks, steel girders, etc." Explosions and heavy shells landing in front of them causing them to hesitate, thinking they were also under fire, but it turned out to be their own artillery. They reached their objective in an inlet along the river, taking cover in abandoned "Jerry" trenches, with four of their men missing. However, all four were found alive, two slightly wounded, the other two seriously. At the same time the platoon took seven German prisoners who surrendered

with little trouble.

From their vantage point they could see their next objective which was the other side of a small church with a tall spire. Germans, firing continuously, occupied the houses which they would have to pass. Rae wrote: "Jack and I asked for a section of wasps (wasps are universal carriers with flame throwers on them) which were given to us. Jack was beside me when I had my shoulder strap shot off by a sniper, we were all plenty scared. On checking ourselves we found that I had three bullet holes through my clothes and Jack had four."



Jack Forward of Jollimore, killed in action
Mar. 30, 1945

Stopping and starting, taking cover several times as they passed the occupied houses, they moved along a narrow paved road as Rae called to the wasps to take care of the Germans in the houses. When Rae

stepped off the pavement to let the wasps pass, he stepped on a "Shu mine" and was thrown about 25 yards into a field. "Before I could

collect my wits I looked up to find Jack running towards me to help me. He was about a yard from me when he stepped on another Shu mine and to my amazement and confusion, along with the explosion of the mine he stepped on, I realized he had been thrown completely over my head and further back in the field." After inspecting their wounds, Rae and Jack were able to crawl very slowly back to the pavement, all the time expecting the ground to blow up in their faces. Rae later learned that 20 mines were removed from that same area.

The officer and his platoon sergeant were placed on stretchers and taken to an Advanced Dressing Station, given morphine for their pain, and loaded into an ambulance. About eight hours later the two men arrived at a Casualty Clearing Station where both were placed on operating tables, joking with each other about ruining their uniforms after having them cut off their bodies in preparation for surgery. That was the last time they saw each

other. After surgery Rae constantly asked about Jack, and finally was told that Jack had died the day of his surgery when fat from his broken bones entered his blood stream. He died very quickly. Rae's leg was amputated and six days later he was flown to England where he spent two months recuperating before being sent home to Canada.

On November 27, 1945, the day after he received the letter from Jack's mother, Rae Sweetnam wrote to her about his and Jack's last days together, stating, "In this letter I have written my feelings in words, with no added fanfare or extra build up, hoping they can give you comfort and understanding in the loss of my comrade and your own dear son." Jack Forward was buried in the Groesbeek Canadian War Cemetery in the Netherlands, close to the German frontier. The inscription on his gravestone reads "Our darling son and brother who lost his life trying to save his comrade."

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DID YOU KNOW in Spryfield that:

HISTORY

In 1769, Captain William Spry, a British military engineer and Chief Surveyor of Nova Scotia, employed soldiers to clear a large field and a road so that carriages could travel from the head of the Northwest Arm to his farm.

The name Spryfield came from references to Spry's farm and Spry's fields.

By the time Captain Spry sold his land in 1783, there were fifty to sixty acres of cleared land, two large barns, a mansion and other dwellings, a garden with all sorts of grafted fruit trees, a stable, a number of outhouses, and thirty head of cattle.

McIntosh Run, which flows from the foot of Long Lake to Herring Cove, was named in honour of George McIntosh, who acquired all the land of Spryfield and part of Harrietsfield during the last quarter of the eighteenth century.

The old Kidston ice house, visible at 62 Rockingstone Road, covered a large dugout in the ground. The deep hole was filled with sawdust to store ice cut from Kidston Lake in the winter, which was then sold to hotels in Halifax in the summer.

In the 1930s, John Kidston raised chickens and squabs for the Halifax hotels, and sold eggs, rabbits, hay and vegetables. During the Depression, some of the crop was left in the fields for others to take.

Michele Raymond, MLA, saw a farmer with his horse and wagon drive around the Armdale Rotary in the early 1960s.

ENVIRONMENT

Spryfield is underlain with granite bedrock and has been shaped by glaciers into a rolling and hilly landscape with drumlins. These drumlins with their abundance of soils formed the basis of Spryfield's agriculture. Halifax has only thin soils, so Spryfield farmers grew food for Haligonians.

Barrens form unique features of the landscape, and bogs dot the land.

Kidston Lake is a popular swimming spot that is treasured by local citizens.

The Rockingstone used to be a great tourist attraction, and was written about in Glasgow, Scotland.

Long Lake, which used to be called Beaver Lake, is a Provincial Park which is 2070

hectares; about the size of the whole Halifax peninsula! Long Lake Provincial Park Association is beginning a community-based park planning process.

Spryfielders travel lightly on the land. 25.4% of workers take the bus to work, compared to only 9.9% in Halifax County, and 14 % walk to work, compared to only 10.3%.

The Skyhawk is Elizabeth Sutherland School's symbol. He overlooks the green world, representing their status as a "green" school.

TIDBITS

The Single Parent Centre is 25 years old.



The Community Quilt of the CRABapple Mapping Project was made by 63 different groups, and contains a total of 66 squares.

The Mainland South Breastfeeding Support Network has been active since 1995.

The motto of the Spryfield Lioness Club is "To serve others in our community".

The crest of the Halifax Regional Police features a lighthouse, "signifying our ties to the sea and a beacon of safe haven. It also includes the maple leaf and the flag of Nova Scotia on a background of waves."

St. Michael's Roman Catholic Church celebrates 57 years of worship and service.

The Children's Reading Support Programme of the Capt. William Spry Public Library

serves over fifty children each year.

A team of oxen broke sod at the Urban Farm Museum, more than 40 years after the last farms went out of business in Spryfield.

AWARDS

Spryfield has received two awards in recent years.

In 2000, Ecology Action Centre presented the provincial Sustainable Communities Ward to the Community of Spryfield "for demonstrating how people can work together toward sustainability by taking greater control of their economic future, improving the quality of

Halifax County or Nova Scotia. Spryfield also has relatively higher numbers of Asian people, especially Chinese, Southeast Asians, and Filipinos.

Other immigrants who make their home in Spryfield include Italians, Chinese, North American Indians, Dutch, Poles, Filipinos, Vietnamese, Africans, Croatians, Scottish, English, French, Irish, Germans, Acadians, Ukrainians, Lebanese, Welsh, Americans, Spanish, Jamaicans, Yugoslavs, Inuit, and Slovaks.

Spryfield has about twice as many lone-parent families as Halifax County or the Province

The following are some of the successful graduates from Spryfield's Elizabeth Sutherland School:

- Kevin Johnson - police officer
- Ryan Flinn - L.A. NHL hockey player
- Jennifer Hanna - Gymnastics Gold Medal winner
- Lee Merick - Pentathlon and Track and Field Athlete
- Graham Bona - Hockey player Rimouski in the Q League
- Greg Booker - Hockey player, Kitchener Rangers OHA
- Kelly McNab - Skip NS Greenspiel Curling Champion under 16
- Mark Pelham and Eric Rose - Junior National Baseball Championships
- Kim Garnier - TV Personality, CBC Street Cents
- Debbie MacLean - Doctorate in Mathematics

WORK

Spryfield's adult unemployment rate is lower than for Halifax County and only slightly higher than for Nova Scotia as a whole.

Youth in Spryfield (age 15 to 24) have more difficulty finding work, and their unemployment rate is higher. There are also relatively more youth who are not participating in the labour force in Spryfield than in Halifax County or Nova Scotia.

Fewer people in Spryfield have finished grade twelve, compared to Halifax County or the Province, and fewer have university diplomas, bachelor's degree or higher.

The Spryfield and District Business Commission was instrumental in getting Spryfield upgraded from a Local Centre to a District Centre in Halifax Regional Municipality's Regional Plan. Spryfield will be one of only three District Centres for the whole of HRM.

their environment, and enhancing the strength of the community."

In 2002, Spryfield was given the Model Volunteer Community Award by Recreation Nova Scotia "in recognition of its outstanding volunteer support, working together as a community to enhance the lives of its members to make Spryfield a better place to live."

PEOPLE

Spryfield, which is ethnically diverse, has more immigrants than Halifax County and the Province, and significantly higher percentages of visible minorities.

Black people form Spryfield's largest visible minority group with the percentage of blacks in Spryfield being more than twice that of

ACTION FOR NEIGHBOURHOOD CHANGE

is writing a profile of Spryfield, filled with lots of interesting information about the community and its people. The profile will be available to the public in 2006.

Drop in to the Action office, located in the Captain William Spry Community Centre, to chat with Tanya, Christina or Marjorie about Spryfield. We want to know what you like, what you don't like, and what you would like to change in Spryfield.



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Dorey Races at Ketch Harbour a welcome success

The Ketch Harbour Area Residents Association newly formed Harbour Mates Dory Club's first racing event in Ketch Harbour was a huge success with an enthusiastic crowd including rowers and spectators from Clarks Harbour, Lunenburg, Jeddore, Herring Cove, Spryfield, Williamswood, and Ketch Harbour gathered at the Ketch Harbour Wharf for the day's event.

The weather cooperated throughout the three and a half hour event in which a total of 48 rowers competed in 10 races. Seasoned and new rowers took oars in hand to pull the 20 foot, 500 pound Grand Banks dories away from the start line to a turning buoy and back. Todd Dempsey, a many time champion rower and coach, was the official race starter for the

day, judiciously sounding the start horn at the exact moment all dories are even on the start line.

Dory racing is steeped in tradition. The annual International races in Lunenburg have direct roots to the original Bluenose. The first

Canadian team at those races in 1952 was Lloyd Heisler and Russel Langille of Lunenburg, now inductees of the Nova Scotia Sports Hall of Fame. Garnet Heisler, son of Lloyd, and also a famed rower, joined in the Harbour Mates festivities and presented first



Tyler, right, and Brett Henneberry of Sambro, rowed the fastest time of the day at Ketch Harbour's Dorey Races organized by the Harbour Mates Dorey Club. The sons of very successful rowers continue the racing history of their family.

place awards to Tyler and Brett Henneberry of Sambro, sons of very successful rowers who raced the fastest time of the day.

Nicole Jones of Clarks Harbour and Anna Whalen of Ketch Harbour teamed up in the Women's division for a first place finish. Time Malone of Clarks Harbour and Lisa Tilley of Sambro Head earned first place in the always popular Mixed Division.

Fun races, for new or long retired rowers, had the crowd cheering. Bill and Bob Mackie, originally from Ketch Harbour, travelled from the eastern shore to earn second place in the Mens' Fun race while Josh Brackett of Herring Cove and Todd Henneberry of Sambro rowed to a first place finish. Womens Fun race Second place went to the Ketch Harbour team of Alida Bundy and Ursula Schneider while Lisette Dempsey of Herring Cove and Carolyn Brackett of Spryfield took first place. Michelle Raynord, MLA, and Doug Wasawski of Ketch Harbour showed great gusto on the Fun Mixed division race but it was Dan Welch and Anna Whalen who took first place with David Parsons of Halifax and Debbie Patterson of Sambro in a close second.

All dories used for these races were generously supplied by the Queen of Hearts Dory Club from Clarks Harbour. The cost of transportation was covered by donations from many local sponsors. Behind the scenes of this vibrant event were many hard working volunteers. The BBQ, silent auction and T shirt sales were successful fundraisers for the Harbour Mates Dory Club which must match the funding given by HRM to purchase two Club dories to be delivered in the spring. Volunteers are creating a Club website and planning events for next year. Memberships are available through the Ketch Harbour Area Residents Association and Seana Brackett at 868-2313.

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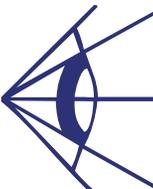
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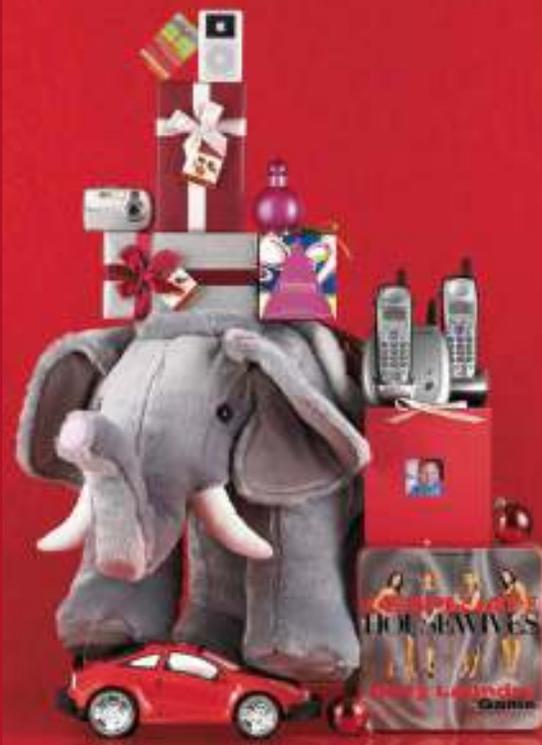
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Federal NDP policy would improve political ethics

By Alexa McDonough
Halifax MP

The news is cluttered with countless reports of Liberal law-breaking. Unregistered lobbying. Conflict of interest. Illegal payments. The list goes on.

Last week, defeated Liberal politician David Dingwall, rewarded with a high-paying patronage appointment, was trying to explain

why he deserves a severance package after voluntarily quitting his job under a cloud of controversy surrounding his extravagant spending of public money. Ontario Liberal candidate Richard Mahoney was blaming administrative errors for not registering as a lobbyist and, Quebec Liberal MP Dave Smith was trying to explain why signing over his consulting firm, with a million dollars in federal contracts, to his wife and children who ran their business

from the family home was not problematic.

New Democrats understand why voters are so disillusioned with the political process. How can you trust a government that refuses to clean up corruption and abuse of the public trust?

With the following words, my esteemed colleague Ed Broadbent presented the NDP's concrete solutions that could restore voters' confidence in their elected government. "In a

healthy democracy the major focus of public concern and debate should be on the substance of policy, not on the integrity of personalities or the political process. The debate and time spent in Parliament should be about the state of our health-care and the state of our economy, about foreign policy and human rights, about the security of our seniors and the poverty of so many of our children.

I have never seen such a reversal of priorities as in the past twelve months. Time spent on governmental policy has yielded more often than not to debates about the process of governance: about Canadians' concern over the integrity of elected politicians and public servants, about the rules and accountability governing those appointed, about access to information, about contract corruption, about high living at public expense, about unaccountable lobbyists, about wrong-doing partisan-appointed officials resigning with legal impunity, about MP's being secretly urged to change parties with an implied cabinet position as a payoff. In short we have been more concerned with the ethics of wheeling and dealing than with policies aimed at benefiting Canadians."

Ed's ethics package includes policies that would ban floor crossings; fix election dates; toughen leadership race rules; upgrade our voting system; clean up lobbying, bureaucracy and political cronyism; stop patronage and improve access to information.

The vast majority of Canadians want these reforms. Our team of New Democrat MPs will work hard to restore your faith in our democratic system. For further details on the NDP's Ethics Package call, write, or e-mail me at alexa@eastlink.ca. My address is #319A, 7071 Bayers Rd., Halifax, NS, B3L 2C2. Hearing from you remains the most rewarding part of my job!

Honouring the "Year of the Veteran"

By Graham Steele
Halifax Fairview MLA

This is the Year of the Veteran and the 60th anniversary of the end of the Second World War.

On October 23rd, to honour the Year of the Veteran, I co-sponsored a reception for veterans at the Fairview Legion. It was a wonderful event and a great chance to say hello to the veterans who live among us.

To further honour the Year of the Veteran, I am sponsoring an essay contest (or picture contest among the younger kids) at the four elementary schools in my constituency. Those are Chebucto Heights, Fairview Heights, Burton Ettinger and Springvale. The theme of the essays will be "Why We Honour Veterans."

I have suggested to the schools that they make it a requirement that the students actually meet with a veteran. This could be a family member, friend or neighbour. Alternatively, the schools could invite a veteran to speak with the classes.

Each entry will "earn" a certain amount of

money to buy books for the school library. I felt that, in this way, the memory of our veterans will be kept alive in the children. The Second World War veterans are aging now. The youngest are in their late seventies. It is precisely because of their sacrifice that their children and grandchildren have not had to go to war; but the irony is that, as the war recedes into history, the memory of their sacrifice will grow dim unless we tell and retell their story.

Let us never forget, too, the Korean War, or the dozens of peacekeeping missions in which Canada has served since Suez, or our military members currently serving in Afghanistan and elsewhere in Canada and around the globe.

For example, I'm currently reading "The Ghosts of Medak Pocket," a book by Carol Off about the peacekeeping mission in the former Yugoslavia in the early 1990's. In case anyone thought that Canada hasn't been in combat since 1945 or since Korea, this book tells the story of Canadian soldiers in combat in Croatia in 1993. Canadian soldiers were often put in the most difficult places, because they

were the best UN soldiers there. It's a compelling, unsettling story, but it is largely unknown to the general public.

In mid-October I had the opportunity to visit the new Canadian War Museum in Ottawa. It looks unusual, both outside and inside. It is a low building, sitting alongside the Ottawa River, and built to look like a bunker, but with a graceful curve at one end pointing towards the Peace Tower on Parliament Hill.

Inside the museum, there are exhibits covering the wars of Canada's from the discovery by Europeans, through World War I, World War II, Korea, and the peacekeeping missions. There was far too much to see in one afternoon, so I do hope to go back sometime soon. If you're ever in Ottawa, and have some time, visiting the War Museum is well worth a visit. "To you from failing hands we throw the torch; be yours to hold it high.

If ye break faith with us who die, we shall not sleep, though poppies grow, in Flanders fields."

New bills coming before Legislature

By Michele Raymond
Halifax Atlantic MLA

The fall session of the Legislature began October 13, after being called unusually late, and will probably be unusually short. Still, in that time, there may be a few significant changes for Nova Scotians, and a few that are less earth-shaking. Every one of those changes, however, has to go through the same stages to make its way into law.

As most Nova Scotians know, any of the provincial political parties can introduce a legislation proposal, but only the governing party decides which bills to "call for Second Reading." Second Reading is the first discussion of the bill, when all parties have a chance to speak on the general concept. Then, if the government chooses, it can move the bill on to the Law Amendments Committee.

Here, any member (or group) of the public can come to make a presentation on the proposal. Having heard these representations, the Committee proposes any changes needed, and returns them to the House for Third Reading, the final, detailed debate. Only then is the bill voted on. (This doesn't bring it into effect immediately, however, as the government must still proclaim the law, or set a date for it to come into effect).

I feel especially lucky to sit on the Law Amendments Committee. This committee is unique in Canada, having been disbanded everywhere else, but it makes our legislative process unusually accessible. Much of my

time this session has been spent in Law Amendments, where two particularly interesting bills have come forward.

The first, very positive, bill, would allow NS to recover the (financial) costs of health-care for smokers and ex-smokers. Other provinces and jurisdictions around the world, are now suing tobacco companies for some of the vast damages caused by cigarettes. The Tobacco Damages Recovery Act, which is supported by all three parties, means that here too, tobacco companies can be (partly) held to account for their actions in deliberately promoting use of a highly addictive, and often lethal, product. I was very pleased to have the chance to speak last week in favour of this bill, and with Canadian Cancer Society representatives at Law Amendments.

Another, highly controversial bill, introduced by the Conservative party, is the Involuntary Psychiatric Treatment Act. There have been many presentations for and against elements of this bill, and widespread concern on two accounts.

The first problem is that this bill would reduce the number of doctors' signatures required, so that theoretically a single physician could admit a patient for assessment against their will. There are also questions about just who decides a patient is "incapable" of consenting to treatment. Another difficulty is with Community Treatment Orders, which would release patients into the community on

see "MLA" pg. 13

MICHELE RAYMOND, MLA

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Michele Raymond, MLA and Graham Steele, MLA at the launch of the petition to stop the unfair power rate hike. You can sign the petition at www.nipolitics.ns.ca/ or contact 453-4445 for a paper copy.

Developments bringing traffic, recreation and transit change - Adams

By Stephen Adams
Councillor District 18

As District 18 becomes increasingly attractive for development, traffic issues continue to be a cause for concern. As always, the Rotary is the item first and foremost on everyone's mind. As Councillor Mosher has indicated, the Province has mandated that these be converted to a modern Round-a-bout. We are hesitant to suggest that this will resolve the problems that are encountered from time to time.

The other traffic issue that is quickly becoming a hot topic is the intersection at Sussex Street, Old Sambro Road and Rockingstone Road. I have requested that our traffic services assess the situation to determine whether traffic lights may be warranted at that location. As soon as the results become available, I will report them in my next column.

Last month, I met with representatives responsible for the Breakers Development at Halibut Bay and Bear Cove. They are anxious to provide additional recreational facilities for the community. Look for a flyer in the near future which will ask what you would like to see at the existing playground on Portuguese Cove or in that vicinity.

The most recent federal budget contained monies to assist in the enhancement and development of transit opportunities in Nova Scotia. HRM should get about \$20 million over the next two years (\$10 million a year) for this initiative.

I have made some initial inquiries as to the availability of funding to provide transit for the

Sambro Loop. As I reported in a previous article, 59 respondents favoured an area rate for this service while 58 were against. Those numbers may not reflect the true wishes of residents as not everyone was given an opportunity to voice their opinion.

As information becomes available I will make a presentation for Council's consideration. The difference will be that I will ask for a transit service, as opposed to community transit. Transit will offer more frequent trips and should negate the need for additional charges when transferring. As well, given a reasonable level of funding, it could be less expensive. Again, as information becomes available, I will report it in a future column.

In keeping with the federal budget, there

was \$15 million allocated to HRM over five years, under the Municipal Rural Infrastructure Fund. Council has yet to determine the definition of rural, however, I will do whatever I am able to ensure the community of Herring Cove is eligible for additional financial assistance.

At a recent meeting of Regional Council, I moved that Mayor Peter Kelly write to our local MP and MLAs asking that they replenish the previous Infrastructure Funds, so that rural communities, like Herring Cove, obtain more funding to make sewer and water projects more affordable.

On a positive note, the federal and provincial ministers responsible for allocating these monies have stated that Herring Cove is a strong candidate for funding. I can assure you

that the Herring Cove Community Liaison Committee continues to work to ensure we maximize funding opportunities.

In closing and on a very personal note, I no longer reside at my home of 36 years on Tartan Avenue. I am engaged to be married next year and have moved to Bedford with my fiancé and her two children. My decision to move was very difficult and not one I took lightly, especially given my 44 year history in Spryfield. However, we decided it would be better for the children if they stayed in their schools with their friends.

I can assure you that I will continue to represent District 18 to the best of my ability and continue to bring issues forward on your behalf.

Councillor wants improvement in "as of right" development policies

By Linda Mosher
Councillor District 17

You may recall that a few years ago, I wrote about "as of right" development in both the Chebucto News and in my newsletter, the Mosher Report. Since that time we have had a proliferation of this type of development in our district. It appears that every square inch of green space is being developed. Most of it is surrounded by mature, developed communities which intensifies the impacts to existing homeowners. If you have ever looked out your window to see someone starting to build on the vacant lot across the street and wondered why you were not notified, chances are that this is a

"by right" or "as of right" development.

The zoning of a property dictates what is permitted and determines whether or not Council and the community will have input into a development. Each zone contains regulations with respect to the minimum lot sizes, types of uses allowed, height, how close to a property line, and how much of the lot can be covered by buildings. It is only when the owner wishes to change the zoning of the property that there is a public participation process and a public hearing before Council.

When a person develops in accordance with these regulations they are entitled to their permit approval, this is called "by right." For example, if someone wishes to build a single-

family dwelling on a lot that has an R1 zone, they are automatically approved, provided they meet the set criteria for this zone, and no public consultation is required.

Some examples of by right development in our district are the Fairmount subdivision extension, Glen Eagle Way, Forward Avenue extension, Fenwood Road, and Keating Road. Recent by right approvals which should be starting soon are the lands of the former Down's Zoological Gardens (Hill subdivision), a new Street off Williams Lake Road (between Birchview Drive, Willowdale Terrace and Rainsforth Avenue), Bridgeview Drive extension, and Eastview Drive extension. HRM has

see "Councillor" pg. 13

Stephen Adams

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Convenience store operator enjoys being part of the community

Today's Nova Scotian urban landscape may be losing the tradition of the community based locally owned convenience store business to corporate giants in the grocery and petroleum industries. But not in the more rural areas where people like Michael Saoud continue to not only believe in the spirit of community, but openly commit to supporting anything he believes his customers and fellow residents undertake.

"I came from a small village environment in Lebanon where I had a similar business," says Saoud, recalling how he married his wife Marsha in Lebanon and then moved to her native Halifax. "I don't like the city life as much," he said explaining why he decided to open Mishoo's Variety in Herring Cove in 1993.

And if the decision to move to Halifax rather than Australia where most of his family residents was troubling at the time, the results have been worthwhile. Saoud and Mishoo's have not only become an important piece of the Herring Cove landscape, he and Marsha have moved expanded their influence to Sambro, accepting an opportunity and challenge to open a second outlet in a community he believes "really needed a store."

Saoud expanded his Herring Cove convenience store to include Mishoo's Take Out, a pizza business he opened in 1999. He stayed there, living first in an apartment building before buying a house in Churchill Estates and later moving to Purcell's Cove Road, until 2004 when he leased the business and moved his operation to Sambro.

"This building came up for sale at a good

price," he explained of the convenience store that once served Sambro and surrounding communities from its Old Sambro Road and Pennant Point Road intersection. "I thought this area needs a store and it's a good location with Crystal Crescent Beach just around the corner," he said. So after settling on the purchase price and buying the defunct business and building,

Saoud began the necessary four months of renovations to establish his own Mishoo's Variety and Mishoo's Take Out business.

"People here like the fact that they no longer have to travel to Spryfield or Herring Cove to get a loaf of bread. We're involved in the community and we sponsor events and activities so it's become very comfortable,"

he says.

But if offering local residents the pleasure of a convenience store in their neighbourhood and a place where they can access a varied take out menu from his restaurant isn't enough, Saoud found an unexpected bonus in the expansion interests of the Nova Scotia Liquor Commission.

"The Liquor Commission advertised for proposals to establish a private retail outlet in Sambro," he said explaining how he applied along with about a dozen or so other entrepreneurs. "I made a proposal and they (the NSLC) accepted me," he said understanding that location was a key component of his success with the application. Once approved Saoud created an addition to the existing building to accommodate the NSLC outlet.

"We do everything under the rules of the Liquor Commission and I run the store for a percentage," he said. "I can carry whatever my customers want but service is the key to keeping my customers happy," he said suggesting the liquor outlet hours for beer, wine and spirits are regulated by his variety store hours.

"So far the new liquor outlet has had a very good response and the people seem to like our food. I thought it would be slow in the winter but it's been steady and it's just crazy here in the summer," he says.

But all that aside, Saoud, after being in Herring Cove for 13 years, still misses "my buddies and friends in Herring Cove. We still have lots of visitors from Herring Cove."

For those with questions, Mishoo's Variety can be reached at 868-3000.



Michael Saoud



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Councillor wants improvement in "as of right" development policies

continued from pg. 11

also received an application for the Kelly Street connection which includes an apartment building, senior facilities and townhouses.

While the Municipal Government Act does not require HRM to notify residents about approvals or give any particulars relating to the development, affected residents often have questions and require information. It is important for individuals to be informed about the potential for development that exists in their neighbourhood so that when something "by right" does occur, it does not come as a surprise. Also, when the as of right development is approved then residents deserve information. Last week I asked Council to endorse the establishment of a brochure that would detail

frequently asked questions which would include answers to questions such as: "How can this development happen without consulting the community? Who do I contact if my property has been damaged as a result of construction? Who do I contact if my survey pins have been removed? What if there is a water course on the property? What if blasting is

required? What are the allowable hours of construction?"

Also, although not a requirement under the Act, I asked HRM's Legal Services to report on whether HRM's Development Services, as a courtesy and new policy, can send a letter to residents living adjacent to an approved as of right development. The letter would describe

what has been approved, advise of contact information and would include a copy of the new brochure. Council endorsed this request unanimously and a report is forthcoming. If you require information about property zoning please call Development Services at 490-5660 or visit them at the West End Mall Customer Service Centre on Mumford Road.

MLA Raymond identifies some bills coming before the Legislature

continued from pg. 10

condition of continued treatment, even where the treatment is not available. Presentations are continuing this week.

The NDP has also introduced a number of

bills this session, which may or may not be called for further debate. These include the Unsafe Products Act, allowing regulations about unsafe products in public places, especially sharp-pointed display brackets in stores. We have also brought forward two proposals to amend the provincial Income Tax Act. The first bill would allow childcare workers to deduct cost of teaching supplies they purchase out of their own money. The second would create a provincial tax credit for fishermen, like that available to farmers, on transfer of assets between family members. Another bill would help children of separated parents, by tying maintenance payments to

credit-rating. The Maintenance Enforcement Act would require the director to report to credit agencies if anyone is more than six months in arrears in child support. An NDP amendment to the Energy Resources Conservation Act, would get rid of covenants forbidding clotheslines, and prevent gas stations from charging for air since everyone knows underinflated tires mean the same litre of gas doesn't go as far. The Act would also require the provincial government to control and report on energy efficiency in government buildings and vehicles, and to report the cost savings.



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Flea Market

The Spryfield Lions Club will be holding a Weekly Flea Market at the Lions Recreation Centre,
25 Drysdale Road,
EVERY SUNDAY IN NOVEMBER
Open from 9 am to 1 pm.

Those wishing to reserve selling space please contact:
RENE QUIGLEY
477-9364

There is a limited number of tables that will be reserved on a 'First Come Basis'.

Buyer Admission \$1



THANK YOU

Halifax Regional Municipality would like to extend a **thank you** to all those who participated in the recent **Juan Brush Pick-up Program**.

The program was a success and both HRM residents and contractors did an excellent job in responding to this very important initiative. To view photos taken during the clean up, please visit www.halifax.ca/juan



LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

PURCELL, David Vernon - 66, Spryfield, a barber who operated Purcell & Son's Barber Shop for 48 years until his retirement in 2004, passed away peacefully at home. He enjoyed fishing, hunting from his camp in Sonora, his hobby of woodworking, and talking with the "Liar's Club" at the mall. He was a lifetime member of Emmanuel Anglican Church, a Spryfield Volunteer Firefighter in the 60s and a member of Nova Wood-turner's Guild. He was the son of the late Arthur and Christina Purcell. He leaves to mourn his wife of 46 years, Clara (Rodgers); son, Vernon (Heather), Calgary, Alta.; daughter, Alayne Purcell-Locke, Shelburne; grandchildren, Ashley, Kyle, Jordan Purcell, Katie and Alan Locke; sister, Corrine (Guy) Joudry, Halifax; several cousins, nephews and nieces. Cremation has taken place. A memorial service was held in Emmanuel Anglican Church, 322 Herring Cove Rd., Spryfield. Interment has taken place in the church cemetery on Sussex Street. Arrangements were entrusted to J. Albert Walker Funeral Home Ltd. (2005).

FERGUSON, Gerald Thomas - 84, Halifax, passed away peacefully on Wednesday, October 12, 2005, at his residence surrounded by his loving family. Gerald was the loving husband of 58 years to the late Mabel Elizabeth (Keel) Ferguson. Born in Halifax, he was a son of the late William and Catherine (Naufts) Ferguson. Gerald had served in the Second World War, lastly as a Corporal with The Royal Canadian Engineers. For over 60 years, Gerald was a plumber and was the owner of B & G Plumbing and Heating. Gerald enjoyed reading western novels, woodworking, watching sports, but mostly, Gerald loved spending his summers with his family at "Ferguson's Blue Heaven," his cottage in Grand Pr... Gerald will be fondly remembered by many as the "candy man," and also as a fellow who always seemed to bring a smile to people's faces. Gerald is survived by daughters, Catherine Ferguson, Halifax; Elizabeth "Betty" Cameron, Halifax; June (Gary) Atkinson, Dartmouth; Jo-Ann Ferguson, Kentville; son, Robert "Bob" (Heather) Ferguson, Herring Cove; brother, Roy Ferguson, Chester; beloved grandchildren, Lynne, Cristina, Craig, Angela, Jeffery, Lisa, Michael and Andrew; special great-granddaughter, Tianna. Gerald was predeceased by his loving wife, Mabel, his parents and nine brothers and sisters. Arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. A memorial service was held in Emmanuel Anglican Church, Herring Cove Road, Rev. Dianna Brett-Frye officiated.

BOURGEOIS, Mary Ellen "Nel" - 85, Willow Lodge, Tatamagouche, formerly of Spryfield, passed away. Born in Spryfield, she was a daughter of the late Harry and May (O'Brien) Gilfoy. Throughout her life, Mary had worked alongside her husband at their bakery. She is survived by her husband, Clarence; sons, Dale, Halifax; Clary (Gail), Stewiacke; Glen, Barrie, Ont.; daughters, Linda

Bourgeois, Truro; Kathleen (Larry) Harrie, Terence Bay; brother, Lorne (Marion), Hubbards; eight grandchildren and nine great-grandchildren; daughter-in-law, Cheryl Bourgeois, as well as nieces and nephews. She was predeceased by sons, Brian and Kevin; sister, Kathleen. Arrangements were under the care of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Spryfield. A memorial mass was celebrated in St. Michael's Roman Catholic Church, Herring Cove Road, Spryfield. Interment has taken place in Mount Olivet Cemetery, Halifax.

SLAUNWHITE, Ruth Geraldine "Jerry" - 60, Sackville, formerly of Terence Bay, passed away peacefully in the VG Site, QEII, after a long, courageous battle with cancer. Born on Greenhead Road, Halifax County, she was a daughter of the late George and Norma (Fisher) Clarke. Jerry was a loving wife, and devoted mother and friend to many. She met the challenges of life with a strong, positive attitude. Her love of family and friends, along with a great love of life, has seen her through some very trying times. She is survived by her loving husband Robert "Bob," daughter, Stacey (Jerry) Gaudet, Dartmouth; son, Steven (Sue), Brantford, Ont.; cherished granddaughters, Bobby, Gabriel, and Erin; sisters, Louise O'Brian, Quebec; Helen Slaunwhite, Muriel Slaunwhite, Julia Slaunwhite; Janette Comeau, Bridgewater; Catherine Durling, Florida; Edith Fancy, New Brunswick; brothers, George Clarke, Hammonds Plains; Arthur Clarke, Lakeside. Arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. A memorial service will be held at a later date.

TANNER, Donald Arthur "Donnie" - 75, Halifax, passed away at home. Born in Halifax, he was a son of the late Harold and Sadie (Hughes) Tanner. Donnie is survived by his wife, Florence (Wiswell);

daughter, Linda (Chris) Kervin, Lower Sackville; Judy (Sam) Slaunwhite, Halifax; Deborah (Pat) Martell, Halifax; Paula (Larry) MacKay, Halifax; granddaughter, Sheila Tanner, Halifax; sons, Gordon (Sharon), Whites Lake; David (Dale), Halifax; brother, Robert Tanner, Halifax; daughter-in-law, Pat Russell, Halifax; several grandchildren and great-grandchildren. He was predeceased by son, Bruce; sister, Muriel Purcell; brothers, Randolph, Murray, and Harold. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield. Interment was held in Pleasant Hill Cemetery, Lower Sackville.

SHORNY, Marie G. (Jollimore) - 69, Halifax,

passed away at the New Halifax Infirmary, QEII. Born in Terence Bay, she was the daughter of Doris (Harrie) Jollimore and the late Russell Jollimore, Terence Bay. She was a member of St. Paul's Anglican Church, Terence Bay. She is survived by her husband Daniel J.; sons, Danny, Halifax; Bruce, Sackville; Daughter, Donna D (Halifax); mother, Doris Jollimore; sisters, Vera (Mrs. Chum Ryan) Terence Bay; Linda Mitchell, Dartmouth; brother, Ron (Caroline); grandchildren and great-grandchildren. She was predeceased by an infant son; father, Russell; sister, Edna; brother, Ernie (Joe). Cremation has taken place under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Road, Spryfield. A private memorial service and burial has taken place.



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David V. Purcell
 wish to thank all who
 helped in any way during their
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 very much appreciated.

Sincerely, Clara Purcell

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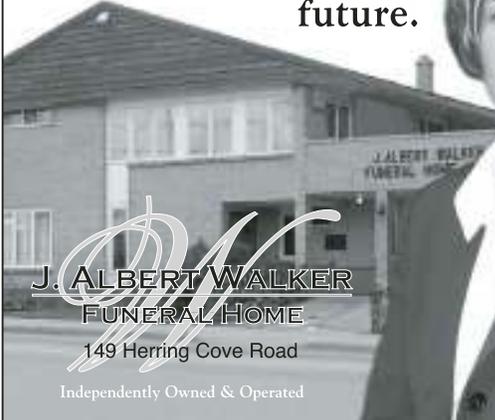
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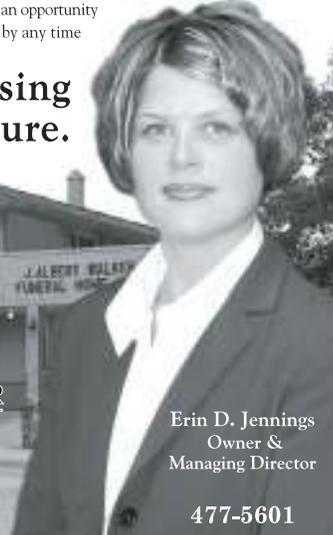
After nearly 40 years of service to the families of Spryfield and the surrounding communities, a local landmark business has a new owner.

Erin Jennings purchased the **J. Albert Walker Funeral Home** on Herring Cove Road in March and is now the firm's President and Managing Director. With more than ten years experience in funeral service in New Brunswick and Nova Scotia, Erin has quickly settled into her new business and new community.

Erin and the entire staff at Walker's extend their thanks to all those who attended, called or sent flowers or best wishes during their recent open house and chapel rededication. To those who haven't had an opportunity to come in since our renovations please drop by any time and see what's new at your community funeral home.



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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

Water Lot Infilling

A Public Information Meeting to discuss Water Lot Infilling along areas of the North West Arm will be held November 3 and again on November 9 at St. James Anglican Church, Joseph Howe Drive at the rotary. All welcome to attend.

Ham and Bean Supper

St. James Anglican Church in Herring Cove, 1 Harrington Road, is having the Annual Christmas Ham and Bean Supper on Saturday, November 26 from 4 to 6pm. A bake table and sewing table will open at 2 pm. There will also be a social evening starting at 7:30 pm. For more information, please call 446-8168.

Learn To Make Videos

Are you interested in learning how to make a video? Are you interested in discovering something new about Spryfield? Discover Spryfield will give Spryfield residents the opportunity to learn filmmaking techniques and make their own documentary videos through a series of workshops between January and April 2006. For more information, please come to the project launch screening and information session on Saturday November 26, at 3:30 pm at the Captain William Spry Community Centre Community Meeting Room or contact Ariella Pahlike at 426-7350 or a.pahlike@nfb.ca.

Scholarship Auction

All are invited to the J.L. Ilsley High School Auction at 6:30 pm on November 26 in the school cafeteria. Bid on crafts, art, woodwork, services, sports memorabilia, and food, all in support of the school's scholarship fund. Silent auction and lobster draws, too!

Christmas Crafts Fair

It's Beginning to Look a lot like Christmas. The colors and fragrances of Christmas in the air will warm your heart at Cunard Junior High Schools' 18th Annual Christmas Craft Festival which will be held Saturday November 19 from 9 am to 2 pm. More than 60 Professional Crafters will be there with a great variety of decorations, ornaments and one of a kind gift ideas just waiting for you!

Crafts for Kids

A craft program for the children of Herring Cove at Saint James Parish Hall in Herring Cove starts Monday Oct. 24 and runs through to Christmas every Monday, Wednesday and Friday morning from 8:45 to 11:00 am for ages 3 to school age and from 3 to 5:15 pm for ages 5 to 7. The cost is \$7.50 per day which includes all supplies. Each month there will be different crafts and projects. Register for one day or for all. Contact Amanda Dade @ 475-1825

Roast Beef Dinner

St. Peter's Church, Ketch Harbour will hold the Annual Roast Beef Dinner on Sunday, October 30 from 4 to 6:30 pm. Take out is available. Everyone is welcome.

Memorial Tree

St. James United Church, Sambro is having the lighting of the Memorial Tree on November 27 at 6pm at the church. Hot chocolate and timbits. All Welcome.

Lobster Chowder

St. James United Church, 3811 Old Sambro Road, will be having a Lobster Chowder Supper on Saturday,

December 10 from 4 pm to 6 pm. Adult portion \$9; Child portion \$5.00. Everyone Welcome.

Church Sale

A Soup Luncheon, Craft and Bake Sale will be held November 12 from 11 am to 2 pm at Emmanuel Church Hall, 322 Herring Cove Road. All Welcome. For information contact Clara Purcell at 477-4456.

Mental Health Forum

The Community Forum on Mental Health in Spryfield will be held on Saturday November 19 from 9 am to noon at the Captain William Spry Community Centre. Everyone is welcome to join in the discussion of how to create healthy minds, healthy people, healthy communities. Snacks provided, child-care and transportation available. Please contact Marjorie at 477-0964.

Church Organist Needed

Seeking Organist/Choir Director for St. James United Sambro. Resumes can be sent to 3811 Old Sambro Road, Sambro, NS B3V 1G1 Attn: Board of Management or call 868-2791. Our website is <http://sambrojollimore.homestead.com>

Dance Classes

Want to dance? Learn to dance? Have fun? Meet others? Sunday evenings from 8:15 to 9:15, starting October 2 at the Captain William Spry Community Centre. For information contact Carolyn at 477-0187. Cost is about \$30 per couple for 10 weeks may be less, depending on how many couples participate.

75th Pantomime

Theatre Arts Guild is proud to announce its 75th

anniversary season pantomime, "Shipwreck on Fable Island." to be performed at the Theatre Arts Guild Pond Playhouse, 6 Parkhill Road. Reservations are necessary - please call 477-2663 (24 hours a day) or book online at www.tagtheatre.com. The show runs Dec. 1, 2, 3, 8, 9, 10, 15, 16, 17 at 8pm, and Dec. 3, 4, 10, 11, 17, 18 at 2pm. Tickets go on sale Nov. 10 and are \$12 for adults and \$10 for students.

Anniversary Event

The Titz'n Glitz 10th Anniversary Event will be held Thursday, November 3, at Pier 21, 1055 Marginal Road, Halifax, beginning at 7 p.m. Cost: \$50 per ticket, cash only. Tickets will be sold at C100, 2900 Agricola Street, on Friday, October 28 from 7:30 a.m. to 7:30 p.m.; Remaining tickets (if any) will be sold at the same location on Saturday, October 29 from 9 a.m. to noon.

Society Meeting

The Mainland South Heritage Society meets the last Thursday of the month. Next meeting Nov. 24 at 7PM at Captain Spry Library. All welcome.

Residents Meeting

The Spryfield Residents' Association next meeting will be held Wednesday Nov. 30 at 7 pm, Captain William Spry Community Centre. All welcome.

Museum Meeting

The Urban Farm Museum Society meets the 2nd Monday of each month. For this month only, the meeting will be Tuesday Nov. 14 at 7 pm, at the Captain William Spry Community Centre.

NUTRITION for NOVEMBER

Lowering Your Cholesterol

Discover how to lower your cholesterol levels by making heart smart food choices. FREE. Thursday, November 3rd, 2-4pm.

Nutrition for Menopause

Find out how to beat menopause symptoms by adding new foods to your diet! FREE. Thursday, November 10th, 2-3:30pm.

Lowering Blood Pressure

Discover how to control your blood pressure by adding certain foods to your lifestyle. FREE. Thursday, November 17th, 2-4pm.

Confused about Nutrition Labels?

Join the dietitian for a store tour and learn the truth behind the label! FREE. Thursday, November 24th, 2-4pm.

Healthy Cooking Classes - (\$5.00 each, 6pm-8pm)

Monday, November 7th - "Balance is the Key" - Spinach Ricotta Tart, Greens and Fruit Salad, Chocolate Truffles.

Monday, November 14th - "Blood Sugar Balance" - Bulgur & Feta Salad, Beef Rolls, Orange Broccoli, Key Lime Bars.

Monday, November 21st - "Control Your Carbs" - Roasted Garlic Pesto on Bruschetta, Parmesan Herb Baked Fish, Roasted Carrots & Parsnips, Pineapple Pear Frosty.

Monday, November 28th - "Portions are Important" - Stuffed Chicken, Sweet Potato Fries, Mixed Greens, Crunchy Cranberry Cookies.

Chebucto "AA" Hockey - Fundraising Breakfast
Saturday, November 12, 9-Noon

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