

Chebucto News

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Greater Halifax Partnership offers to support Spryfield business

The Greater Halifax Partnership (GHP) is offering its expertise and help to the Spryfield and District Business Commission (SDBC) in

its efforts to craft what is being considered as a "business case" for commercial development in Spryfield.

"We (at the Board of Director level) are truly energized by the readiness and willingness of the GHP to help us create an economic development and commercial growth tool for this community," said Chair Linda MacLaggan. "I believe every business in the community, and all the residents who live directly in Spryfield and in its surrounding communities, should be as excited as we are to begin a process aimed at improving the number, variety and quality of retail, service and commercial opportunities."

In August a small contingent of Board members visited with Stephen Dempsey, President and CEO of the GHP, to discuss the

Action for Neighbourhood Change "We Are Spryfield" document and Spryfield's challenges. "We went not to talk about the contents of the document with Mr. Dempsey," said MacLaggan, explaining that Dempsey is a member of the United Way of Halifax's Board of Directors and was asked by the Board to help Spryfield with the Action for Neighbourhood Change project. "Rather we went to explain to him what we see as the major problem facing this community and to offer ideas toward solutions that will help this community to grow," she said. The

see "Greater Halifax Partnership" pg. 2



Many of the classes at Central Spryfield School made signs to accompany themselves as they ventured on a Walk-A-Thon this month to raise money for school programs.

Annual Scholarship Auction set

Plans and being set for J. L. Ilsley's 14th Annual Grad Auction, held to raise money for bursaries and scholarships for all Ilsley graduates.

The annual affair, considered by many locals and alumni of the school as one of the top social events of the year, will be held in the school cafeteria on Saturday, November 25.

"Once again we will have retired math teacher Lorne Abramson as our auctioneer," says Marilyn Skinner, a Social Studies teacher at the school and one of the key organizers. "Last year 'Abe' worked the crowd and brought in over \$12,000 dollars for the 2005 scholarship fund. We hope to do as well or

even better this year."

Ms. Skinner said the usual wide variety of auction items will be available this year including woodwork, art, services, gift certificates, crafts, nights in hotels, and food. Local businesses, school staff-present and retired, as well as parents, contribute the items each year. She said there are a number of new staff members involved and there will be some changes to the style of the auction.

Complimentary appetizers are served during the viewing reception at 6:30 p.m. Bonnie Aalders, who plays the role of television star Vanna White, will hold the first item up for bid at 7 p.m. sharp.

HRM, SDBC, corporate partners, team-up against graffiti

For the second time in two years, Spryfield is going to benefit from a graffiti blitz and this time more resources will enter the fray.

Halifax Regional Municipality, primarily at the encouragement of Councillor Linda Mosher and in cooperation with the Spryfield and District Business Commission, is sponsoring a "Spryfield Proud Event" on Thursday November 9 beginning with a coordinated "graffiti clean-up" involving HRM, local businesses and corporate partners Nova Scotia Power, Aliant and Canada Post.

HRM is working toward a new graffiti by-law which Mosher says may be based on initiatives finding some success in British Columbia. Among those initiatives is a by-law which requires businesses who have been hit with graffiti to clean up their properties within a specified time frame. And that's a rule the SDBC (Spryfield and District Business Commission) is willing to support.

"We received support from and participated with HRM's Community Response Team in 2005 to attack graffiti in our commercial area,"

said Chair Linda MacLaggan. "We understand that the best defense against graffiti is to remove it as soon as possible. We are certainly pleased to provide our support and to work with HRM in making a community wide sweep of graffiti sites because this gives us as a community an opportunity to try and stay ahead of graffiti vandals."

"HRM is coming to the realization that it cannot defeat graffiti without the help of both businesses and citizens," said Mosher. "We all understand that it is a culture of property vandalism and that, if left alone, graffiti will have significant derogatory affects and cause communities to decline.

But "we can't do it alone," she charged, calling on residents to report any graffiti vandalism to police, to bring graffiti issues to the attention of business owners and imploring business owners to be vigilant in the fight against this vandalism by removing it as soon as possible after it appears.

Spryfield already has a reputation in the

see "Partners" pg. 2

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Greater Halifax Partnership offers to support Spryfield business

continued from pg. 1

Commission, she said, believes an economic development strategy needs to be created and unfolded to help inspire commercial sector growth in Spryfield.

Following a full hour of conversation, Dempsey agreed to attend a SDBC Board of Directors meeting in September to offer his thoughts and ideas about the community. During that session the GHP President suggested what is needed is production of a "business case" for Spryfield, one that clearly identifies all the positive reasons why a business

should want to establish in Spryfield.

"There are a number of compelling reasons why a business should want to locate in Spryfield," he told the board. He explained that the role of the GHP is to create and market all the compelling reasons why a business from away might want to locate in Halifax. "Spryfield is not different but the story of Spryfield is not getting out and that's the biggest problem," he said offering the assistance and expertise of the GHP in creating a "positive business case" for Spryfield.

In mid October, another contingent of

SDBC Board members including Peter Ainslie of the Spryfield Animal Hospital, Cecil Caines of Cemanco Properties, Gwen Armshaw of Paradigm Investments which operates Foxwood Terrace Apartments, visited with Dempsey to establish a framework for creating the business case.

The GHP offered to contribute its expertise

and to help secure funds for the project. The first step will be to gather information of a positive nature about the community and then package it into marketing materials so that the Business Commission and other agencies can start promoting the community to prospective businesses. The intention is to have the work completed and produced by April next year.

Partners team-up against graffiti

continued from pg. 1

graffiti culture as a "non-friendly" environment. Besides the 2005 community wide campaign many businesses here, including Shoppers Drug Mart's old site now owned by the Salvation Army of Canada, and the former D.K.'s Chicken building have been diligent about removing the unwanted markings. Some businesses have even periodically put cameras in place to help detect graffiti vandals and the community has established a "free wall" for graffiti users at B.C. Silver School.

But this effort will be enhanced through the involvement of corporations like Aliant, NSP and Canada Post. "It is unfortunate that the mail boxes, junction boxes and equipment of these large corporations are targets for graffiti vandals," said MacLaggan. "Their involvement

in removing and trying to prevent this in our neighbourhood shows a level of support we may not have with the involvement of HRM."

The "Spryfield Proud Event" includes a day long coordinated graffiti clean-up, a youth Community Art Project at South Centre Mall, a "Community Graffiti Information Session" explaining how the graffiti culture operates and how to diffuse their work starts at the Mall at 11 am, a Community barbeque at the Mall beginning at noon and a 20-minute-make-over project involving all businesses who participate at 1:30 pm by cleaning up around their properties, cleaning their windows or removing graffiti from their buildings.

Anyone seeking information on the project can call Marion Currie at HRM at 490-6735 or the Spryfield and District Business Commission at 452-7472.



Halifax Atlantic MLA Michele Raymond brought Economic Development Minister Richard Hurlburt to the area to visit with a number of key individuals including Tanis Crosby of the YWCA and Peter Ainslie representing the Spryfield and District Business Commission.



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HRM grant allows water testing in McIntosh Run

The McIntosh Run Watershed Association (MRWA) has received a grant from HRM's Community Development Fund to be used for water quality testing of the

McIntosh Run. The water quality tests funded by HRM will consist primarily of coli form counts because of high bacteria levels that MWRA

has detected in the Run in tests completed earlier this year. However, some metal and nutrient contamination tests will be conducted as well to confirm that these are within acceptable limits.

The HRM funds will be used in conjunction with a grant given to MWRA by Action for Neighbourhood Change this past winter which enabled the purchase of water quality testing equipment that continues to be used to help

determine water quality conditions in the Run. Several classrooms of local students from Elizabeth Sutherland Middle School, Central Spryfield Elementary and Herring Cove Junior High have been trained by MRWA volunteers and are involved in conducting a variety of water quality tests. These measurements will ensure the fish and plant life within the Run and surrounding area can thrive for current and future generations to enjoy.

Post chosen TAG President

Debora Post was elected President of the Theatre Arts Guild at its recent Annual General Meeting while Esther VanGorder assumed the position of Past President and Elaine Casey accepted the role of Vice-President.

Other elected officials included Treasurer Carolyn Boyer; Secretary Cathy McAuley; Technical Director Austin Reade; Props/Wardrobe Judy Reade; Building

Manager J Carruth; Volunteer Coordinator Cheryl Theriault; Publicity Michele Moore; Artistic Director Nick Jupp; Executive Producer Rebecca Humphreys; Archivist Judy Reade; Reservations Mark Monk; Newsletter Terry Coolen; Bar Stocking Amal Bhattacharyya and Bill VanGorder; Membership Lori Scott; Capital Fundraising Joe O'Brien (coordinator); Voice of TAG (Phone) Louise Renault.

O'Hearn trust account established

A trust account in support of a local Herring Cove man, his wife and daughter has been established by local citizens.

Craig O'Hearn, who grew up in the Spryfield area and attended J.L. Ilsley High School, suffered a severe head trauma in a car accident on the 14th of October. It is believed his car hydroplaned in heavy rain. The family was alarmed when after half an hour he did not return from what should have been a 10 minute drive to the local store.

The doctor's have described Craig as "being in a storm from which he must work his way out." Craig's wife, Tabitha and their three year old daughter, Taylor, are in critical want of financial assistance to meet their needs during Craig's struggle back.

A trust account has been opened at the Bayers Road branch of the Canada Trust bank. The branch number is 5421, the account number is 6289321. Donations may be made to this account. The family would greatly appreciate any size donation and thank you from the bottom of their hearts.



Craig and his wife Tabitha



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NOTICE

*Solid Waste Collection Days are Changing
in a Few Halifax Neighbourhoods*

From time to time it is necessary to change the boundaries for solid waste collection, to respond to changes in development across the Municipality. Effective Monday, October 30, 2006, a few neighbourhoods in Halifax will see a change in their collection day and time.

If your home is affected by these changes in collection days, you will receive a special notice delivered to your door over the next few weeks. The notice will indicate the area and streets affected, the timing of the change and the new collection day for refuse, green cart and recyclables for these streets. You may also call 490-4000 or consult our website at www.halifax.ca/wrms

Watch for a special notice if you live in the following areas of Halifax:

- Jubilee/Oxford/Quinpool/Windsor/Chebucto area
- Portion of Fairview area: Bicentennial Hwy to Frederick Ave.; Dutch Village Rd. to Joseph Howe Dr.
- Fairmount area: between St. Margaret's Bay Rd. and Bicentennial Hwy

This change is necessary to enhance timeliness of the municipal collection service and to balance the number of households serviced on each collection day.

*Not all streets within these general areas will be affected.
If you do not receive a notice, your collection day will remain the same.*



Peter J. Kelly
Mayor

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DISCOVERING OUR PAST



World War II veterans attend Heritage Tea and Display

By Iris Shea, *Historian
Mainland South Heritage Society*

In February 2006, the Mainland South Heritage Society held its annual Heritage Tea and Display which featured photographs and information on war veterans from the local communities. Attending that event were five World War II veterans who posed for the photograph included here. The five men were Edison Yeadon, Jim McAvoy, Bruce Havill, Doug Havill and Don Duggan.

Edison Yeadon: In October 1941, at the age 17 years, Edison joined the Merchant Marines in Halifax and sailed aboard a Norwegian supply ship. In April 1942, the ship was attacked by German aircraft and many of the ship's crew drowned. Edison was picked up by a German ship and spent the remaining years of the war in a Japanese prison camp near Tokyo. He endured horrific experiences which haunted him for years. On May 9, 2006, at the age of 81 years, Edison died. He is buried with his ancestors in the Yeadon cemetery in Spryfield, a cemetery which, in recent years, he helped restore. Edison was an active member of the Mainland South Heritage Society and was keenly interested in preserving the history of Spryfield.

Jim McAvoy: Jim currently lives in Spryfield. He was born in Halifax but moved to Herring Cove when he was in grade eight. His parents had been born in Herring Cove and moved the family back to that community during the depression. Jim joined the Royal Canadian Engineers in January 1940 and went overseas. On "D Day," 6 June 1944, Jim was part of the Allied Forces which participated in the "Normandy Invasion."

Doug Havill: Doug was brought up in Spryfield and Armdale. He joined the RCAF in December of 1942 and trained as a Wireless Operator and Air Gunner. Doug was sent to England in 1944, completed more training (in Northern Ireland and in England) before being posted to "Linton-in-Ouze," 408 Bomber Squadron which flew four-engine "Halifaxes." On his seventh mission over Germany, he was promoted from Warrant Officer 2nd Class to Pilot Officer. He participated in 17 missions over Germany with the Royal Air Force, and on the last mission his crew was picked as the leading bomber. In June 1944 Doug and his crew flew the Canadian built Lancaster back to Canada from where they were scheduled to fly to some islands off Japan to begin bombing the Japanese. United States bombers, however, dropped Atomic Bombs on Japan and the Japanese surrendered. Doug was discharged not long after this historic event.

Bruce Havill: Bruce was brought up in Spryfield and Armdale and joined the RCAF in 1943 at Manning Depot, Lachine, Quebec. He served Tarmac Duty at Dartmouth Seaplane Base, Control Tower, followed by training as Air Gunner at Western Tech. in Toronto. Due to injury, flying for Bruce was cancelled and he was honourably discharged.

Don Duggan: Don joined the Army in 1942 and did basic training in New Glasgow, Nova Scotia. He trained in Hamilton, Ontario in the Royal Canadian Ordnance Corps as a machinist fitter. He went overseas where he spent a year in England working in a workshop. Don was transferred to a fighting unit

and, following further training, he joined the North Nova Highlanders, "C" Company, in Holland. He spent about a month under fire when crossing into Germany and was hit in the thigh while digging a foxhole in a farmer's backyard. It took him a month to get back into shape but by that time the war had ended. Don settled in Purcell's Cove following the war.

Another person who attended the 2006 annual Heritage Tea and Display was Joan MacDonnell. Although Joan did not serve in any military regiment, she played a vital role as a civilian working on Melville Island during World War II. The island was taken over by the Royal Canadian Ordnance Corps when war broke out and the prison buildings on the heavily guarded island were turned into storage facilities for ammunition. As Joan Howitt of Melville Cove, she was responsible for keeping track of the

incoming and outgoing ammunition and its distribution to the many Coastal Batteries. Brass casings from shells were collected and stored in the gymnasium and eventually sent to

diers who had imbibed in a little too much liquor took bombs out on the ice of the Northwest Arm and set them off, creating quite a stir with their superior officers, not to mention the effect it had

on local residents. Joan Howitt married Harold (Hallie) MacDonnell in 1944, nine days before Hallie went overseas with the Royal Canadian Air Force. The couple lived in Melville Cove after the war.

The Mainland South Heritage Society will hold its 2007 Heritage Tea and Display on Saturday, February 24th. The topic will be "Teachers in Mainland South." We are looking for photographs and information on the men and women who taught in

schools from the head of the Northwest Arm to Pennant. Contact Iris Shea at 479-3505 or email ishea@ns.sympatico.ca.



Photo of five WWII veterans including left to right Edison Yeadon, Jim McAvoy, Bruce Havill, Doug Havill and Don Duggan.

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Long Lake Provincial Park Association kicks-off fundraiser

The Long Lake Provincial Park (LLPP), which begins in Spryfield at the tip of Long Lake and extends westward to the Prospect area, is 2,095 hectares of land protected by a provincial government "Order in Council" in 1984. But for the first time in its history, the park may be about to generate some funding.

The LLPP Association has just kicked-off the sale project of a full colour glossy pictorial calendar as a fund-raiser to help with the management and development of what was in 1984 the largest provincial park in Nova Scotia.

In 1984, says Alain Godbout who managed the calendar's creation for the associa-

tion, the government set the former watershed lands of Halifax aside as a park but did not set aside any funding or agreements for its development. The Order in Council said instead, he said, that the area would be set aside to be used as a future park and not developed for other uses. Now the LLPPA is embarking on a management plan for the park and needs financial support to help create the plan and then unfold the plan requirements. "That's one reason why we created the calendar," he says of the 12 month 2007 pictorial.

The calendar includes scenes from the park taken every month of the year, mostly by photographer Jamie Steeves. Besides a

short introduction to Steeves, the calendar includes a history of provincial parks and Long Lake Park, a history of the Association established to manage the land mass in 1987, rules for using the park and small photographs of natural life within the park, including photos of wildlife, taken by Roderick Lake, Robert Swinamer and Ray Stazko who also wrote natural history notes for the calendar.

Godbout says local residents incorporated under the Society's Act in 1987 to foster a community stewardship process for the area. The LLPPA exists, he says, to advo-

cate and assist with development and to promote and assist with protection and conservation of the natural resources of the park.

"With the Management Plan in its final stages," he said, "there are new challenges facing the association." The quality and facilities at Long Lake Provincial Park will "now rely on partnerships with all levels of government, community organizations, private sector and business."

The calendar is available at various retail outlets for \$15 (tax included) or by contacting Rod Lake, Treasurer at 876-2456.



One of the colour photographs that make up the Long Lake Provincial Park Association fundraising calendar.

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Law firm opening a response to growing community, gaps in service

Daphne Williamson and Heidi Cleary aren't being shy about their belief that Spryfield is growing, and they have proven their belief by establishing a new law firm, E.M. Power Law, in the community.

"This community has experienced tremendous growth and change in the 11 years I have lived here," says Williamson, half of the young dynamic team of female lawyers. "But the range of services available, particularly legal services, has not kept pace with the growth in the community or the diversity of the people who live here," she says.

"We have definitely observed that there is a lot of potential for business growth in this area," says Cleary. "People should not have to travel far from home for the services they need. As business owners, Daphne and I would like to become actively involved in encouraging and facilitating the continued growth of the business community in Spryfield and surrounding areas."

E.M. Power Law is full-service law firm whose partners bring diverse experiences and perspectives to their practice. The women share a strong sense of community, a passion for justice and work for their clients under a philosophical understanding "that everyone should have access to quality legal representation that provides access to the justice system."

Both Daphne and Heidi accept legal aid certificates for their work in the areas of family law and child protection matters. Other areas of practice include real estate, wills and estates, corporate and commercial, labour and employment, human rights, aboriginal law and civil litigation.

The partners have worked with a variety of community organizations, including Dalhousie Legal Aid, and Williamson has helped to operate the Cornerstone Legal Network in Greystone for the past three years. They chose to open a practice in Spryfield to address the gap in legal services available in this community.

"I have seen this become more and more evident over the past three years that I have spent at the Cornerstone Legal Network," she says, explaining one of the reasons she wanted to play an active role in getting that clinic started. "Our belief that the legal services industry has left some gaps along the way has become even clearer through conversations that we have had with members of the business and non-profit sectors in the community," she said.

"As lawyers with a community focus, we would like to make a contribution to the range of business services available to the people of this community, as well as becoming active participants in community life," Cleary said.

And that's one of the reasons why the team has ventured out in a wide variety of legal areas. "We have chosen not to specialize in one area too much so that we can meet the needs of as many people as possible from an office close to their home," says Williamson. "In the 11 years that I have lived in this community, I have gained a real respect and appreciation for Spryfield as a place to live and work, and for the people and organizations that play a role in community life here."

The pair bring a fresh approach to the practice of law in a relaxed and comfortable atmosphere while they work to accommodate

the needs of every client. They are excited at the opportunity to bring their knowledge and passion for the law to the greater Spryfield area and to become involved in community issues. "We would like to help find solutions to address the lack of commercial space avail-

able in this community as a means of attracting new businesses and service providers to the area," says Cleary.

Anyone wishing to arrange an initial consultation or appointment can call the firm at 405-4529.

E. M. POWER LAW



Heidi Cleary, left, and Daphne Williamson have opened up E.M. Power Law, a new business responding to the needs of Spryfield residents in an number of legal areas.

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Growing aging population increase number of "chronic pain sufferers"

By Betty Dobson
Staff

As Canada's baby boomer population

ages, more and more people are becoming acquainted with chronic pain, be it from arthritis or injury or some other source. As our familiarity grows, so too does



Sandra MacLean shares her knowledge and expertise in teaching people how to deal with Chronic Pain during a session at the Keshen Goodman Public Library.

our need for treatments and coping strategies.

Fairview resident Sandra MacLean has first hand experience with chronic pain and regularly shares her insights with others through programs offered by the Arthritis Society of Nova Scotia. As one of many program leaders in Halifax and throughout the province, MacLean serves as a volunteer (as do all other leaders) while the Arthritis Society handles registration and coordinates activities.

For those who have the time, the Society's six-week Arthritis Self-Management Program helps attendees to better understand their arthritis, to learn ways to cope with chronic pain, and to take a more active role in their arthritis care. Detailed information on the program is available via their website at www.arthritis.ca/novascotia/.

"Not everyone is able to make the commitment for six weeks," MacLean says. For that reason, the Society also offers the Chronic Pain Management Workshop. The one-night workshop deals with arthritis specifically but is easily applicable to other forms of chronic pain as well. The program offers insights into the types of arthritis, the pain cycle, and various practical techniques, beyond medication and surgery, for coping with chronic pain.

"Attendance is usually 15 or so," MacLean says, although some sessions, like the September workshop at Keshen-Goodman Library, reach full attendance at roughly 25 people. MacLean credits the

library's accessibility, both in terms of location and easy entry for people with walkers or in wheelchairs. The ongoing success of the workshop, according to MacLean, proves "there is a need for that kind of program in this area."

While the Arthritis Society's programs are generally scheduled for specific locations during the Spring and the Fall (see the Society's website for details), there is room for considerable flexibility. "We're perfectly happy to come out and do it for a group if enough people are interested," MacLean says.

Most program attendees are in the older age group, but some are younger. Pain, after all, knows no age restrictions. And even if chronic pain has not touched your life directly, it certainly affects someone you know. MacLean feels sure that, once you attend one of her workshops, you'll see how the lessons are relevant to your own life.

For instance, I left the September workshop understanding, for the first time, why my knees were grinding as I walked, thanks to a little introductory segment called Anatomy of a Joint. Turns out that grinding sound is probably caused by fragments of cartilage floating around in the fluid in my knee joints. Once the cartilage is worn away, I'll have to deal with bone-on-bone contact. That's when the real trouble begins. So, now I'm informed and can proceed accordingly with my doctor. What will you learn by attending just one workshop?

K.N.

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Garden offers more than food – provides and sense of understanding

With the green leafy stems poking through the top part of his hand, his arm held out sharply at full extension, a young boy comes running from the other side of the garden plot. "I found the biggest one ever. Can I eat it! Can I eat it!" he exclaimed excitedly, running up to Martha Leary and shoving the business end of a seven inch carrot under her chin so she can see it.

"Of course you can," says Leary patiently and quietly. "But don't you think we should wash it first," she encourages as a slight smile comes across her face while she takes the carrot. She points to a small clump of earth clinging to the side of the orange vegetable. "See this is dirt. That's how the carrot gets its food to grow. Right through the skin," she explains

before dumping the newly harvested vegetable into a bucket full of water that has just been used to clean freshly picked leaf lettuce.

She shakes the loose water from the carrot and hands it back to the boy. He, and several of his friends working the Greystone Garden on this day who have gathered around by now, scramble off across the garden patch again, he beginning to crunch a vegetable he until now only recognized as something his parents put on a plate sometimes for him to eat, the others hurrying to try and harvest an even larger one.

"These kids only see vegetables as something that comes from a grocery store," Leary explains, deftly uncovering the purpose of the Greystone Garden's creation in a simple sentence. The project, engineered by the Urban

Farm Museum Society Leary represents, and supported by the Chebucto West Community Health Board, the United Way of Halifax and Action for Neighbourhood Change, was designed to teach these children about food, where it comes from and how it's produced. "Many of these kids have never seen anything grow before," she says.

This past April the Society and its funding partners created a massive garden plot in Greystone. They dumped in soil and fertilizer and seeds, lost of seeds. They gathered the children together every Wednesday after the

construction phase was completed. The kids planted seeds, weeded throughout the summer, watered the garden and, eventually, got to watch as little green sprouts of carrots, beets, radishes, lettuce, tomatoes, corn, potatoes and a host of other foods began poking their heads through the soil.

"We've had as many as 30 or more kids here all summer," said Leary. "Today, while we are at the harvest stage, we even have a couple of kids who haven't been here before. It really is encouraging to know that the kids have protected their garden all summer.



Martha O'Leary, Urban Farm Museum, and Carla Hatcher, Garden Coordinator, have fun with the children including Justin Saccany, LaVante Gillis, Nick Delaney, Kenadi Verge, Megan McCormick, Jayden Sexton, Jasmine Kline, Kiara Sexton, Brandon Richards and Jordan Richards as they harvest the results of their summer long growing project.

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- 11-11:45 am: Community Graffiti Information Session – South Centre Mall
- 12 noon: Community BBQ – South Centre Mall
- 1:30 pm: Fall 20 Minute Make-Over Event – Spryfield Community*
- 7 - 8:30 pm Graffiti Information Session – St. James Anglican Church – at the Rotary – 2668 Joseph Howe Drive

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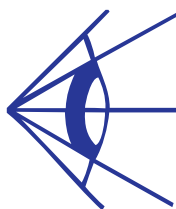


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Local band working toward cross Canada tour next spring

By Jay LeRue
Staff

Halifax has long been a hot spot for all different types, and styles of music. Any punk rock enthusiast in the Halifax area, for example, will be delighted to learn about a new band that has emerged from the ashes of a once flourishing, but short lived, very hokey grunge scene in the Halifax area.

Considering most of the members of this new band reside in the Herring Cove area, with all that water around them, settling on their eventual name was likely a natural decision. From the plethora of Halifax musical acts, emerges The Crimson Tides, a brand new four piece punk band, consisting of Adam Bowes on vocals, Adam Benoit on bass, Tim Anderson on lead guitar and Dave McCullough pounding out his aggression on the drums.

They are a band that is ready, willing and able to go up against any of their competition in the HRM area. But, despite their short time together, having only formed in early 2006, The Crimson Tides already have some very big accomplishments behind them, and like-

wise, some very big futuristic plans.

"We have a self titled CD that we recently released and we're planning a cross Canada tour next Spring," says lead singer and frontman, Adam Bowes. "Obviously, we're very excited about that," he adds.

But while the band members are proud of their musical roots, they are more proud of the area they herald from. "Spryfield is our home base," says Adam. "We take great pride in that because if we overcome the odds and become a household name, it will be cool to state where it is that we came from," he says. "We're one of a kind, being a punk band from Spryfield. It's one of the things that makes us unique and we love that," he says.

Although the band has gravitated to a punk sound, they acknowledge that they would like to do multiple band shows with other acts from various genres. "We are 100% open minded and will play shows with any band of any genre who will play with us. The vibe is eclectic," says Bowes. This carte blanche approach to who the band will perform with will no doubt expose them to many new audiences and gain them a valuable following.

"Right now we are in the process of book-

ing some all ages shows," says Adam. "We'd love to get together with any high school rock bands or hip hop artists in the area to play with."

The band cites many influences, ranging from local punk artists and bigger, more known acts like Black Flag, Michael Jackson, The Germs, Bad Brains, and Iggy Pop. The group's official bio claims that they are fueled by 40 ounce bottles of Colt 45, a cheap, lesser known beer, sold in large bottles. Likewise, they feel they have paid their dues, by traveling by bus on cold nights, both to and from

their gigs, or to see the local groups they love.

But for all their self professed debauchery, the band also has a sensitive side and claims to want to help old ladies cross the streets safely. "We're trying to do some good for our community as well," says Adam. "We want to do stuff for the Spryfield area," he says. "We're loyal to our soil." And as far as the band's performances are concerned, Adam has the last word. "If you want to feel like your insides are in a blender, come see us. You won't be disappointed!" The band invites people to visit their website at www.thecrimsonstides.com.



The Crimson Tides, a brand new four piece punk band, consisting of Adam Bowes on vocals, Adam Benoit on bass, Tim Anderson on lead guitar and Dave McCullough pounding out his aggression on the drums, are hitting the local market.

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Speed continues to be top concern, says Fairview MLA

By Graham Steele
Halifax Fairview MLA

Lately I've been out knocking on doors again, trying to find what's on the minds of the people who sent me to the legislature. One issue has kept popping up. It's amazing how consistently this same issue has come up over the (almost) six years I've been knocking on doors as your MLA.

What do you think it is? Health care, education, jobs, the environment, Sunday shopping? No. The number one issue in Halifax Fairview, always and everywhere, is the speed and volume of traffic.

I've heard this refrain on every street, at one time or another. To be sure, there are hotspots for speed: Osborne-Mayo-Withrod, for example, or Northwest Arm Drive, or Main Avenue, or Willett Street, or Ridgevalley Road, or any of the steep east-west streets in

Fairview and Fairmount. The volume of traffic, including heavy truck traffic, is at times unbelievable on Mumford Road, the St. Margaret's Bay Road, Joseph Howe Drive, and of course the Bicentennial Highway. And there are some unique challenges because of traffic patterns around our schools, Dutch Village Road, the bottom of Springvale Avenue, Crown Drive and Keating Road, and (needless to say) the Armdale Rotary.

First, a disclaimer. Almost all traffic issues in my constituency are the responsibility of the municipality (e.g. road repair, signs, traffic lights, crosswalks, parking, law enforcement). As your MLA, I'm your go-to guy only for the Bicentennial Highway and Northwest Arm Drive, because they're provincial.

Despite the fact that most traffic issues are out of my control, I can't resist making a few observations. The police can't be everywhere, all the time. Often I hear people saying "I wish

we saw the police more often on our street." But even if the police were on your street issuing tickets for a whole day or a whole week, they couldn't post a 24-hour guard. And when the police aren't there, the bad driving resumes.

If the police can't be everywhere, then it follows that the only significant solution lies within ourselves. How many of us can honestly say that we never go over the speed limit, that we've never spoken on a cell phone while driving, or that we've never tried to jump a line of cars? I'm a much more careful driver since becoming your MLA, for the simple reason that I am now hyper-conscious of residents' concerns about traffic on their street.

Maybe what we need is a new "Golden Rule" for driving: Drive on other people's streets the way you wish they would drive on yours.

Or maybe what we need is photo radar. If

the police can't be everywhere, a camera can be. Other cities, like Toronto, Calgary and Winnipeg have done it. I can't think of a better way of getting people to stop speeding than the certainty of being caught. I've always believed that the certainty of being caught is more likely to change behaviour than a very small risk of a large fine, which is the system we have now.

I'm interested in your thoughts on this, or any other topic. My contact information is my ad on this page.

Letter

Spryfielders generous

Dear Editor

What a generous people Spryfielders are! A total of 15 contributors — churches, businesses, community groups, individuals and agencies — brought food to the Greater Spryfield event in mid-October. The Healthy Housing, Healthy Community Project couldn't have hosted the event without such generosity, and we are truly grateful.

Marjorie Willison
Kate Thompson

Remembrance is painful and precious

By Alexa McDonough
Halifax MP

On November 11, Canadians will honour the sacrifice of this country's veterans. This Remembrance Day, we'll salute living heroes and more than 100,000 men and women who gave their lives in two world wars, in Korea, in peacekeeping missions, and in places like southern Afghanistan.

Remembrance can be both painful and precious. It is the tie that binds us to our past, ensuring that history's lessons can prepare us for future challenges. And history teaches that the courage of veterans laid a foundation for the open society we cherish.

It is often said that Canada came of age at war. It is just as true, however, that Canada went on to grow and develop as a force for international peace.

The greatest tribute we can pay our veterans is to keep moving forward as a nation committed to building a peaceful world. So may we find the strength to reject wars and missions that don't support our values. And as Canadians, let us never forget why we fought, and why we fight - to build a more just and peaceful world.

And now at home we have worries on the environment front. Last month, the Harper government tabled its so-called 'clean air' act. But you've got to hold your breath, because pollution will go up, not down under Harper's plan. That bill confirms Canadian's worst fears. The Conservatives' made-in-Washington so-called 'green plan' means it will be years before any action will be taken to reduce pollution and halt climate change.

The proposed act offers no clear targets or timelines for reducing greenhouse gases. Instead, it offers more consultations and more delays. Canadians want to be able to breathe clean air but Harper is saying "hold your breath, Canada." His plan means we're going to wait 5 more years before anything gets done.

Canadians want a government on their side. Harper however, is clearly on the side of the big polluters as he lets them off the hook. What's worse, he takes a pass on introducing stronger auto emission standards. Sadly, Rona Ambrose is the latest in a long line of Environment Ministers that have been totally

ineffective at the cabinet table. She insisted she had a plan. Now we see that just isn't true. History will remember that those who had the power to really clean up the air we breathe chose to abdicate their responsibility in the face of pressure from big oil and industrial polluters.

The NDP has already set out minimum guidelines necessary to halt climate change. We have promised to get tough on smog and greenhouse gas producing pollutants. Set a tar-

get to reduce greenhouse gas pollution by 80% by 2050 and end irresponsible subsidies to the oil and gas industry. We would consider a moratorium on oil sands development until environmental concerns about the production of massive amounts of carbon emissions are addressed, support an East-West power grid, as part of a Canada wide energy strategy, ban the worst toxic chemicals and encourage green investment, including urban transit and energy retrofits, including for low-income housing.

Volunteers Needed!

Volunteers are needed to help process Christmas Seal mail from October to January. A variety of weekday morning and afternoon shifts are available. Can you give The Lung Association of Nova Scotia a minimum of 3 daytime hours per week? Your help will make a big difference.

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New playground equipment, sewer and water project on course

By Stephen Adams
Councillor District 18

Over the past month, our staff has been working to order and install playground equipment throughout District 18. As I mentioned in last month's article, we have been back-logged with projects, which explains some of the delays. However, as of the writing of this column, new swings have been installed at Central Spryfield School and all new pieces of equipment have been ordered.

The small playground at Ursula Court will be overhauled, with about \$5,000 worth of equipment scheduled to be installed. In addition, Hartlen playground, Sambro School and Harrietsfield Elementary have had structures

ordered for installation. We are trying to have these put in before the snow flies. However, weather and workloads may delay our work.

For those that drive by the Sambro ball field on a regular basis, you would have noticed the maintenance that has been done by our HRM staff. Their efforts have brought this field back to a more playable condition and will help with next year's improvements. My sincerest thanks goes out to Jim Drysdale, Everett Jardine, Mike Grant, Craig Oxner and Ross Buck who worked tirelessly to complete the job. And a special thank you to Marg Frost for her leadership and understanding of the issues we were facing.

I visited the site during the work and I was impressed with the pride they took in workman-

ship. They cut the grass, raked the infield and cut brush as if they were going to use the field themselves. We have discussed the issues of contracting out at Council and their workmanship is evidence as to why this should be kept in house. During budget deliberations, we as a Council were told of the savings contracting out of some services can bring. And in fact, there are savings. However, if the job is poorly done at all it costs more in the long run. Further, our supervisors have to check on the work being done.

I continue to get calls regarding the Herring Cove Sewer and Water project and the rumours that it has been stopped. This is not the case. I would like to thank those residents who call and

get the facts. To those that perpetrate these rumours, perhaps your time could be better spent.

Our staff is working on Phase 2A, which is the segment designed to service Hebridean Drive, part of Village Road and the St. Paul's Avenue extension. As presented in a previous article, work will start in the spring of next year.

Tax reform will also be discussed at Council with HRM seeking participation from residents to sit on a board to discuss all aspects of taxation and to look at possibilities which would make it more fair. You can be assured that I will bring forward my proposal which in essence eliminates assessments and brings forth stability.

HRM policies need "to reflect on the requirements of youth"

By Linda Mosher
Councillor District 17

HRM Council has established key priority areas, one of which is youth. Youth in HRM have asked for a voice. A couple years ago students had a week long camp at the Adventure Earth Centre and they came to City Hall. On behalf of Mayor Kelly I met with these teens. They asked some logical, pointed questions, such as, "If HRM has a world class solid waste system, why don't we recycle at the centre?" "If HRM is providing youth activities, why don't you have youth representatives on committees making recommendations to Council?" On their behalf, I brought forward their concerns to Council, who agreed that today's youth need a voice in municipal government.

I was reminded of the fresh perspective of youth when recently attending the "Youthfest '06 Testing the Waters" session. HRM Community Developer Norma MacLean has been assigned to work on our youth engagement strategy. Norma took the challenge head on and recently held the full day and evening youthfest, as part of the youth strategy.

An impressive 305 youth attended this event which included many activities such as fund raising for a skate park, skate board demonstrations, and a session entitled "Chilling with the Councillors." As a participant in some of the Councillor led sessions, I enjoyed the interaction with youth from vari-

ous communities. One observation I noted, that gave me a bit of a chuckle, was that most of the Councillors present tried to dress "cool." They all sported jeans, jean shirts, jean jackets, you name it. They tried, unsuccessfully, to emulate the youth, but let's face it, they, nor I, are youth any longer. The youth of today have different needs, desires and fashion sense than we did when we were this age.

Requests for tennis courts have changed to requests for skate parks or mountain biking facilities. This is the essence of our youth strategy, in order to determine what the youth of today want, we have to ask them and involve them. We cannot assume, nor impose, our views or beliefs as to what they want and need. HRM Council, as representatives of the government "closest to the people" needs to reflect on what we are doing and ensure that our policies, programs and services meet the requirements and expectations of this important component of our communities.

Often the result of public consultation, regardless of the age group, is that only a small, motivated segment of the community allows their voice to be heard. On one hand it was awesome to have so many youth participate in our conference, but on the other hand this is only a tiny fraction of this age group within HRM's population.

We are forming a youth council. I am hopeful that even if members of youth do not

see "Policies" pg. 15

Stephen Adams

HRM Councillor, District 18

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I plan therefore I am ... Not – Raymond

By Michele Raymond
Halifax Atlantic MLA

“Je pense donc je suis [cogito ergo sum],” said Rene Descartes, one of the philosophers who made the 17th century a revolution in western thought. “I think therefore I exist.”

Nova Scotia was barely settled when Descartes was writing, but nearly 400 years later, he has not been forgotten; in fact, his argument has been growing, maybe even out of control. “We plan, therefore we exist,” seems to have become the underlying theme of public life. As an MLA, I deal daily with

the results of government planning strangling government action.

Some of the worst cases involve the elderly. Nova Scotia’s population is aging. In other words, as birthrates decline, as young people leave, and as medicine advances, the average age of Nova Scotians is getting higher. Today, 15-20% of the population is more than 75 years old. By 2016, that number is expected to be 25%. Many of those people need, or will need, continuing care, either through home care to help them remain in their own environment, or through some kind of long-term care.

Yet the long-term care strategy has been percolating for years, during which time hundreds, if not thousands, of elderly Nova Scotians have been living in real danger, either at home with inadequate care, none at all, or in the isolation of hospital.

Some buildings have been renovated to the standards of long-term care -and licensing postponed. These beds lie empty, while the patients waiting for them languish in intensive, expensive, acute-care hospital beds.

Recently I was confronted with the case of an ailing woman in her late 80s, living in a seniors building. As a private resident, she had been living in the building for several years, before it was converted to long-term care beds.

As she grew more frail, her family had applied for a long-term care bed. Many of the renovated beds haven’t been licensed yet, however. Planning is not complete, so funds aren’t allocated.

The money sits in limbo, and so do the patients. Waiting lists grow. This elderly woman is now waiting to be admitted to her own bed, and will probably need to move out and be hospitalized before she can move back in.

Another person, admitted to hospital after a stroke, contracted the ‘superbug’ MRSA. Controlling the spread of MRSA demands patients be kept in isolation; isolation is the worst possible condition for anyone recovering from a stroke, (or suffering from Alzheimers). Depression often results, and this patient was no exception. Like many others, he stopped speaking and eating. His wife is not well; only by luck did they discover that Veterans Affairs would help by sending in homecare help.

They were very lucky. Many people in other parts of Halifax Atlantic, and the rest of the province, qualify for homecare, but there are no workers available where they live.

Planning alone will never solve this problem. Somewhere along the line, we need to put resources into training homecare workers, and paying them enough to encourage them to live in, or travel to, more remote parts of the province. Or we need to put resources into building, or renovating, small long-term care facilities in the communities where people live. Whatever the solution, we need not to plan, but to decide. We’re not getting any younger.

North West Trails Association presents “Regional Trails Plan”

The Halifax North West Trails Association presented a “Regional Trails Plan” to Chebucto Community Council this month. But perhaps the most important aspect of the project was the combined willingness of Council members to move toward including the plan in the city’s development processes.

Including in the plan is a “trail planning and construction check list” of 25 questions the Association is suggesting Council should encourage the city to consider during any development proposal. It is an effort to raise the profile of trail development when the city contemplates new development.

By and in large, the Association, who hired Gordon Radcliffe and Associates to prepare the plan, wants the city to take steps to ensure not only that trails are considered during new developments, but to make sure new developments are designed to ensure trail connection opportunities are not lost from one area to another.

Some in the audience were amazed to learn that a trail, a former rail bed, exists from Halifax all the way through to the South Shore and beyond. What the Association wants to ensure is that developments on the west side of HRM continue to make connections to this and other trails in the urban environment.

The Association has proposed a “Trail Standards Check List” for developers which asks such questions as whether or not there is a local trails group in the development area involved in the process, is the surface of the proposed trails smooth, with adequate drainage and proper grated culverts installed where necessary. Is there signage including emergency contact information, are sensitive areas protected, construction debris removed, is there a warranty agreement from private developers with HRM and is there a warranty ending inspection process in place are other questions the group poses in its report.

“Overall we believe that our study could be used as a model for community-based trail planning and construction with the community group working in conjunction with HRM park planners,” said spokesman Bob MacDonald recommending that developers incorporate trails into development agreements with HRM, that there be consideration given to multi-use and accessible trails and that maintenance must be a budget line item.

More specifically the report recommends that the 1992 Trails Master Plans needs to be updated, the Mainland Common Loop Trail have routes connected to Halifax West High

School, that Belcher’s Marsh trails needs repairs to the bridges and signage, that the Linear Trail needs remediation and signage, that the Mills Cove and Bedford areas needs connections to other trails and that the Bayers Lake Business Park needs to be more pedestrian friendly.

MacDonald said the city is embarking on other important plans that affect trails development and security. The Halifax Regional Development Plan’s Active Transportation Plan and the study of the Western Shore of the Bedford Basin are now under review by the city. “We believe our trails plan is a key part of the puzzle for the city’s overall transportation plan,” he said.



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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

SLAUNWHITE, Roy Alfred - The death occurred of Roy Alfred Slauenwhite of St. Thomas, Ontario, age 88 years. Born in Jollimore, he was the son of John and Elvina (Robicheau) Slauenwhite. Dearly beloved husband of Georgina Isabel (Neill) Slauenwhite and dear father of Patricia (Frank) Landry of Halifax, Edward (Anne) of West Lorne, Shirley of New Brunswick, Doug (Linda) and Clarence, of Guelph, Dan (Ellen) of Tweed, Carl (Marge), Mark (Patty) and Dave (Sonia), all of St. Thomas. Dear brother of Evelyn Craig and Celie Drillio of Jollimore. He was predeceased by brothers Clarence, Gerald and Donald. A private family service was held in St. Thomas.

SLAUNWHITE, Kim Maureen - 47, Halifax, passed away at home. Born April 24, 1959, in Halifax, she was a daughter of Thelma Hartlen, William Newman and stepmother Sandy Pickrem. Kim's heart was always in the right place. She will be deeply missed by family and friends. She is survived by her husband, Richard Slauenwhite; sisters, Bonnie (Bob) Rose, Sackville; Joanne (Martin) Hillison, Spryfield; Denise (Chris) Barzile, Ottawa. She was predeceased by her grandparents, Sam and Lottie Newman, Ralph and Neatha Slauenwhite. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd., Spryfield (477-5601). A memorial service was held in the funeral home chapel, Rev. Pat Malin officiated.

GEORGE, Donald Keith "Don" - 76, Herring Cove, passed away peacefully at his residence. Born in Ottawa, Ont., he was a son of the late Edward and Muriel (McLement) George. For 25 years, Don had been a Master Warrant Officer with the Royal Canadian Navy. He also worked for the CNR for 20 years as a driver. He was a member of the Masonic Order (Kent Lodge). He will be sadly missed and fondly remembered for his witty sense of humour and his love of a good game of cards, especially crib, by his best friend, Christine Purcell, Harrietsfield; Linda Curry, Harrietsfield; cousins, Muriel and Edith. Don was

predeceased by his parents and his wife, Dorothy (Bermen). By request, cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601).

DRYSDALE, Freda G. "Midge" - 79, passed away on Tuesday, October 3, 2006, at her residence. She was a daughter of the late Fred and Gertrude (Gallagher) Drysdale. She was the last surviving member of her immediate family. Midge was predeceased by her parents, sister, Phyllis, and brothers, Fred, Charles and Allan. She is survived by several nieces and nephews. Cremation has taken place under the care and direction of J. Albert Walker Funeral Home (2005) Ltd. Interment has taken place in St. John's Cemetery.

PURCELL, Joan Bernice - 73, Halifax, passed away in Melville Lodge Nursing Home, surrounded by her loving family. Born in Halifax, she was a daughter of the late William and Sadie (Burgwin) Cole. Joan is survived by her loving husband, Cyril Purcell; daughters, Wanda and Heather Purcell, both of Halifax; son, Murray (Darlene), Portuguese Cove; sisters, Gloria (John) Sullivan, Halifax; Marjorie (Ronald) Marshall, Bridgetown; brother, Robert (Rita) Cole, Sackville; grandsons, Bradley and Ian; several nieces and nephews. She was predeceased by brothers, Gerald and Ronald Cole. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home, 149 Herring Cove Rd. Interment was held in St. David's Anglican Cemetery, Portuguese Cove.

GRIFFITHS, Gail Marie - 43, Spryfield, passed away in the VG Site, QEII, Halifax. Born in Halifax, she was a daughter of Lucinda "Lucy" (Hendsbee) and the late Ronald Griffiths. Gail was a very kindhearted and giving person, who always put others first, especially her treasured son, Evan. She loved country music and dancing. Gail proudly supported children through World Vision. She is survived by her son Evan, who meant the world to her, her mother, Lucy, and

loving partner, Harold Varbeff. She was affectionately called "Gert" by her family, and will be sadly missed and fondly remembered by siblings, Mike (Liz), Ontario; Wayne (Cher), Lake Echo; Ron "Topper" (Cindy), Spryfield; Charleen Kidson (Ron), Herring Cove; Paula MacDonald (Weldon "Boomer"), Spryfield; Blanche Slade (Matthew "Buddy"), Spryfield; as well as aunts, uncles, cousins and numerous nieces and nephews. Gail was predeceased by her father, Ronald, and nephew, Ryan Kidson. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd. Interment has taken place in Sunrise Park Inter-Faith Cemetery, Hatchet Lake.

The family of the late Carl V. Redden wish to extend their heartfelt thanks to all those who touched our hearts with kindness and support during our recent bereavement of a wonderful husband, father and grandfather.

Special thanks to Rev. Patricia Malin for conducting a beautiful service, and to Erin Jennings of Walkers Funeral Home for her kindness and professionalism shown to us at a most difficult time. Your expression of compassion will not be forgotten.

Thank you all.
June, Kim, Wendy (Redden) & Family

Discover Spryfield – project screening and celebration

By Iris Shea, Historian
Mainland South Heritage Society

On Sunday November 5th at 2:30pm, four short documentaries about Spryfield will be premiered in the Community Meeting Room at the Captain William Spry Community Centre. The documentaries have been created by Spryfield residents and produced through a training program by the National Film Board as part of the Action for Neighbourhood Change initiative. This is a free public screening, with refreshments and on-site child-care available. For more information please contact Ariella Pahlke at (902) 426-7350.

Among the films are the following:
No Boundaries (8:05) begins as a search for art in Spryfield and becomes an investigation into the meaning of art and the importance of being able to express yourself. Directors: Tyler Burns, Paula Lawlor, Heather Whitehead.

Spirit of Spryfield (7:57) provides a contrast to the negative reputation Spryfield has, by highlighting examples of people working together and helping each other. Directors: David Fellows, Marlene Fitch, Samantha Thompson:

Guardian Ancestors (12:40) explores long-time Spryfield resident Janet Kidston's search for the meaning of the spirits in her house. Directors: Jeff Bentley, Janet Kidston, Jennifer Philip, Alicia Polonsky.

In Governor's Brook – Back on the Map (10:43) four Spryfield residents head out to find a brook that is slowly disappearing. Their journey leads them to question human's interaction with nature. Directors: David Aalders, Jeremy Aalders, Corey Cluett, Cherie-Lyn McGann.


Discover Spryfield was introduced as a media training opportunity open to all residents of the community. Fourteen applicants ranging in age from 11 to 60 were chosen to participate and support the basic idea behind Discover Spryfield, to use media to discover something new about the community, and to use the process to develop new relationships among citizens who might not interact otherwise.

Four groups were formed and each group created their own documentary based on the participants' interests. Local filmmaker Ariella Pahlke coordinated the project and acted as mentor director.


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NUTRITION for NOVEMBER

Lowering Your Cholesterol
Discover how to lower your cholesterol levels by making heart smart food choices.
FREE. Thursday, November 2nd, 2pm-4pm.

Bone Health
Did you know that 1 in 4 women and 1 in 8 men develop osteoporosis? Join the Dietitian to learn how to maintain strong and healthy bones for life!
FREE. Thursday, November 9th, 2-3:30pm.

Munch & Move
Join the Dietitian for a morning walk, and then enjoy a healthy snack while learning about antioxidants and your health!
FREE. Thursday, November 23rd, 9:30am-11am.

Diabetes Label Reading Tour
Confused about reading labels? Join the Dietitian and learn how to make smart food choices to control diabetes.
FREE. Thursday, November 30th, 1pm-3pm.

Healthy Cooking Classes
Wake Up Your Taste Buds!
(\$5.00 each, 6-8pm)

Monday, November 6nd – *Chef's Choice of Salad, Chick Pea Hot Pot, Apricot Sofite*

Monday, November 13th – *Broccoli and Red Pepper Quiche, Mixed Greens with Maple Vinaigrette, Apple Pecan Phyllo Crisps*

Monday, November 20th – *Sweet Potato Fries, Jamaican Jerk Chicken, Red Cabbage and Onion*

Monday, November 27th – *Beef Rolls; Sweet Potato, Apple, and Raisin Casserol; Broccoli, Red Pepper, and Goat Cheese Toss*

Chebucto News Community Events

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to rhorer@ns.sympatico.ca

Mardi Gras Talent

St Michael's Church, Spryfield, will hold their 2nd Annual Mardi Gras Talent Night, Saturday, February 17, 2007, from 6 to 11pm. Organizers are seeking local talent to perform at the Talent Night. If you are interested in performing please contact Annie at 446-7123.

A Cookbook for Christmas

Great Christmas gift, the Urban Farm Museum Society cookbooks have been reprinted and are available for only \$15.00, tax included. Books are available from members or at Sobey's, Herring Cove Road or by calling Pat at 477-6087.

Urban Farm Meeting

The Urban Farm Museum Society's monthly meeting will be held November 13 at the Captain William Spry Community Centre. Everyone welcome!

Crafter's Market

Plans are set for the opening of the Herring Cove Crafters Market Nov.25 at the Herring Cove Fire Hall from 9am-2pm. All locally made items; baked goods, photography, paintings, jewelry, coffee/tea, preserves, knitted items, live acoustic music etc. Limited number of tables available for interested vendors. Vendors from all surrounding areas welcome. This will be a weekly Saturday event until Christmas, frequency of market to

be determined post-holidays. Contact info; Amy Kilbride 405-0008.

Christmas Tree Lighting

The Annual Christmas Tree Lighting will be held December 12 at the Captain William Spry Community Centre with activities starting at 6pm and the Tree Lighting scheduled for 6:30 pm. There will be lots of fun activities taking place in the Community Meeting Room immediately following the lighting. Activities include cookie decorating, card and traditional decoration making, munchies and music!

Chris Mills to Speak

The Mainland South Heritage Society will meet November 30 at the Captain William Spry Community Centre at 7:30 PM. Guest speaker Chris Mills, author of the recently published book "Lighthouse Legacies," will give an illustrated talk on lighthouses and Nova Scotia's lightkeeping families.

Christmas Craft Fair

Cunard Junior High School's 19th Annual Christmas Craft Festival will be held on Saturday November 18 from 9am - 2pm at Cunard Junior High School, located at 121 Williams Lake Road. With more than 60 Professional Crafters you are sure to find the perfect gift for family and friends plus enjoy a little Holiday Spirit.

School Bingo

Central Spryfield Elementary School will hold a Turkey and Toy Bingo on Wednesday, November 29 in the school gymnasium. Doors will be open at 6 pm. Children, accompanied by an adult, are welcome to come and play. Pay \$5 for 3 cards and play all 15 games. In addition, there are 5 half the take specials and a 50/50 draw. Canteen will also be available.

Coffee House and Craft Sale

The Sambro Ketch Harbour Elementary School PTA Christmas Coffee House and Craft Sale will be held Saturday, November 25 from 1 p.m. to 4 p.m. If crafters are interested in purchasing a table at the event, please contact the Sambro School at (902) 868-2717.

Christmas Supper

St. James Anglican Church in Herring Cove will have the Annual Christmas Ham and Bean Supper on Saturday, November 25 from 4 to 6 pm. There will be a bake table, sewing table opening at 2 pm. For further information, please contact 446-8168.

Searching for Musical Instruments

The Arts Express Coordinator for the J.L.Ilsley Family of Schools is looking for new, used or old musical instruments, which can be restored and then re-distributed to the schools band programs in our community. For each donation of a usable instrument, you will get a charitable donation receipt issued by the HRSB. Simply bring the instrument to your child's school, along with your name and home address and a receipt will be mailed to you. If the instrument is too large to be transported or should you have any further questions about this "Musical Instrument Re-Use Program," please feel free to contact Sabine M. Fels, Arts Express Coordinator, J.L.Ilsley Family of Schools, 479-4612 ext. 570-2008 or sfels@staff.ednet.ns.ca

Weekend of Grace

The First Annual Regional Catholic Women's Conference to be held the weekend of April 20 - 22, 2007 at the Lord Nelson Hotel in Halifax, Nova Scotia. We invite you to join women from across the Atlantic Provinces and experience the transforming power of God's love. Explore the gift of your femininity. Learn practical strategies for living the abundant life God has in mind for you. Call (902) 423-9759 or visit www.stacm.ca select "Programmes" and click on "Weekend of Grace." Pre-Registration Only. Early-bird deadline December 31, \$99.00. After December 31, \$119.00. Deadline for all registration January 15.

Step Up to Leadership

A curriculum for developing community leaders begins November 1 at the Captain William Spry Community Centre. This free 6 week course develops leadership skills, increases your confidence, interpersonal skills and improves your involvement in your community. Receive a certificate at the completion of the program. For more information and to register Call Norma MacLean 479-4487 or Marjorie Willison 477-0964.

Hockey Auction

The Chebucto Atlantic Atom "AAA" team will be hosting an auction, dinner and dance at the Herring Cove Fire Hall on Saturday, November 11 at 7 p.m. The team is raising money to travel to Hanover, New Hampshire in late November where they will be participating in a hockey tournament. Everyone is welcome to attend,

tickets will be sold at the door. Anyone wishing to make an donation can reach Kim Ritcey at 477-9558 or Christina Withers at 479-3138.

TAG's Annual Holiday Pantomime

TAG's Annual Holiday Pantomime, Ali Baba and the Seven Thieves, runs November 30 to December 16, with matinees on Saturday and Sunday afternoons Dec 3, 9, 10, 16 at 2 pm and evening performances at 8 pm Nov 30, Dec 1, 2, 7, 8, 9, 14, 15, 16. Directed by Rebecca Humphreys, Eric Rountree and Cheryl Theriault with Musical Direction by Bunny Shore and Produced by Michele Moore, this promises to be a wonderful holiday experience. For more information please contact Cheryl Theriault at 492-0838.

Legion Photos Wanted

Shelley Dean is gathering photographs to create a "Memorial Collage" of photos of legion members who have passed on, pictures of founding members and of the ladies auxiliary. Residents are asked to e-mail or drop photos off at the Legion with their names and telephone numbers attached. All photos will be returned. Please contact Shelley at shelleydean@eastlink.ca or call 479-0583.

Seedy Saturday

Folks are being encouraged to start saving seeds now for Urban Farm Museum Society's Seedy Saturday, March 18, 2007.

Mixed Dart League

A Friday Night Mix Dart League is beginning at the Harrietsfield Williamswood Community Centre. Games get under way at 7:30 pm. Come join the fun. For further information call Rene Quigley at 477-8749.

McIntosh Run Meeting

The McIntosh Run Watershed Association meets the 3rd Tuesday of the month in conference room 1 at the Captain William Spry Center at 7 pm. All welcome. For information contact John Brazner - President - 446-5342 or Paula Lawlor - Secretary- 477-7118.

Church Members Wanted

For anyone who may wish to become a member of the Catholic Church, or anyone interested in learning more about the Catholic Faith there will be a free course offered at St Michael's Church, starting in mid September. For more information please contact: Phil Brown at 454 4871 (evenings).

Young at Heart Club

The following are monthly events at the Young at Heart Club. For information call Joan at 443-1067. First Saturday each month - Dance - 8 to 11 pm - Old Time Country and Fiddle Band: First Tuesday of each month - General Meeting - New Members welcome: All other Tuesdays - Choir 1 pm: Thursdays - Crib 1:30 pm - Darts 7 pm. For Hall rentals call Lynn at 477-5195.

Legion Notes

The following events will be held at the Earl Francis Memorial Legion: Karaoke - 9 pm to 1 am - Members and Guests welcome: Senior Dances - 1 to 5 pm - Featuring Newfie George.

Chebucto News Business Directory
Community businesses serving community needs.



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Policies need to reflect needs of youth

continued from pg. 11

want to be on this advisory group, they make sure their voices are heard through their youth representatives. HRM will facilitate interaction through the schools and other means to ensure we have feedback from as many youth as possible. To find out more about HRM's youth strategy, please visit www.hrm youth.ca.

Our municipal facilities must be youth oriented. Some centres were originally built to facilitate roles that are now provincial

jurisdiction, like social services. An example is the Captain William Spry Centre which houses a swimming pool on one end, a library at the other and not much in between for the community. Basically it houses meeting rooms and offices. Both seniors and youth have asked me to include new programming at this centre. I brought their concerns to Community Council and staff is working with consultants to retro-fit this building so it can fulfill our municipal mandate and better meet the needs of the community. There will not only be a focus on youth, but for all ages.

Goings On



Harold Clowater and Roy Martin of the Rotary Club of Halifax dropped by to visit Executive Director Mary of Hand-In-Hand to donate school supplies after the charity organization was hit by fire.



The South Centre Mall and Spryfield Employment Services Centre joined hands to hold a Career Fair at the Mall. Linda Oakley, Library Literacy Coordinator, and Antoine Lorde, Employment Development Office, chat with Gordon Barnes and Jean Dignard during the Fair.



Health Promotion Minister Barry Barnett spent some times with the Chebucto Ringette Association players and Coaches in an effort to help raise awareness of the sport and the organization.



The St. James Anglican Church Ladies Guild in Herring Cove hold a number of fundraising event throughout the year. This flea market table is being manned by Ruth Wagner who is assisting Spryfield residents Gladys Bertlett and Winnie Chedore with their shopping.

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