

Chebucto News

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Elizabeth Sutherland students learning "The Wealth of Health"

By Glenn Taylor

It's often said "if you have your health, you have everything." Unlike monetary wealth which you accumulate as you grow older, your "health wealth," which you have from the beginning of your life, deteriorates as you grow older. Unfortunately many don't simply

lose it, they unnecessarily give it away and, regrettably, what use to be an adult phenomenon is now becoming a youth and even child experience.

More and more children are succumbing to health problems which could have been avoided. It goes without saying that the longer you face a health problem, the greater potential it

has to harm you.

Obesity, diabetes, smoking related health problems, and poor nutrition related to learning are just some of the health issues being observed in children and teenagers. These illnesses for the most part use to be the domain of adults. In most cases these health problems could have been avoided because they are directly linked to lifestyle. And lifestyle is not a condition over which people have no control.

Elizabeth Sutherland School has set out to try and reverse that trend among its students. The first of several "Wealth of Health" fairs was held Friday in September. A team of staff, volunteer parents and students organized and ran the recent fair under the theme "Healthy Food Choices." Focusing on the concerns over the amount of sugar, salt and fat that children are consuming, the fair was designed to allow students to experience the fun of healthy alternatives.

Several businesses and government departments jumped in to help. Atlantic Superstore,

the Egg Producers of Nova Scotia and Farmers Dairy were present. Dental hygienists and nutritionists were also on hand. The school's PTA staffed a learning station.

Students were able to taste healthy food choices ranging from fresh fruit, to home made granola and egg and ham muffins, including yogurt, flavoured milk and healthy biscuits. There were puppet shows and demonstrations and explanations provided by nutritionists and dental hygienists. Students were given reusable plastic containers with food samples in them. Fair Chair Mammie Wilks, the school's library specialist, did not want the fair to be a one shot deal. "The goal is to get kids to adopt a healthier lifestyle. The reusable containers will allow students to bring any number of healthy foods to school for lunch and recess snacks," she said, advising that a special newsletter will be going home soon to reinforce what was learned at the fair.

see "Students" pg. 2



"Heppy's Pie Boy Bunnies," made up of Corrine McComb, Cathy McCulloch, Sheilah Howe and Theresa Henneberry, captured the top prize for Best Dressed, narrowly out pointing the "Bowlarama Pinheads" at this year's District 18 Cup Golf Tournament at Briarwood.

CuTans Cougars win for third time

The CuTans Cougars have accomplished something few professional sports teams have ever managed - the "three-peat." The Cougars rolled in a 46 in the Sixth Annual District 18 Cup held at Briarwood to tally the low net score and top prize for the third year in a row.

"We had 14 teams this year and we certainly would have liked to have a few more, especially a team that might knock the Cougars from their position," said Executive Director Reg Horner following the Spryfield and District Business Commission sponsored event. "Team Captain Joe Dibari has put together a strong team and for those who are competitive about the event it's time the Cougars got knocked off their pedestal."

Dibari and his teammates of Mark Gillis, Reg Jones and Danny Innocent shot a round of 46, staying three strokes ahead of second place finishers Sunsatons made up of Captain Donnie Buchanan, Joey Johnson, Scott Aucoin and Herb Roberson.

But Horner said not all teams or players enter the event for the competition. "There's a lot of fun to be had in the tournament," he said referring to the numerous events players can participate in and the side competitions for "Best Dressed" and "Most Honest" teams.

"Heppy's Pie Boy Bunnies," made up of Corrine McComb, Cathy McCulloch, Sheilah Howe and Theresa Henneberry, captured the

see "CuTans" pg. 2

Community Forum to discuss mental health

For many people in Spryfield and area, mental health means being able to work well, cope with the normal stresses of life and contribute to their community.

However the demands on many individuals at home, school and work are increasing and it's having an impact. In fact, when the Chebucto West Community Health Board asked residents what counts most for their health they heard the message that "mental health counts" loud and clear.

A group of local agencies and residents have starting meeting about this issue. The group, including people from the Captain William Spry Centre, Healthy Minds Cooperative and the Chebucto West Community Health Board, want to take action to create a community where everyone can all enjoy mental health.

To start, the group will host a Community

Café on Saturday morning, October 29th. This will be a fun and inspiring time for all community members to create a vision of mental health in Spryfield. The session will ask provocative questions, share ideas with each other, identify priorities and commit to taking action that moves the community forward.

If you want to have a say in designing a mental health community support system that is focused on the strengths and needs of people in community, you are requested to bring your energy and creativity to the Community Forum. The Forum, open to everyone, will be held at the Captain Spry Centre Community Meeting Room from 9 am to noon Saturday October 29. Please let us know if you are coming by calling 477-0964, or e-mailing sprycentrebord@ns.sympatico.ca. As well, if you need assistance with child care or transportation, please phone or e-mail by October 27.

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CuTans Cougars win for third time *continued from pg. 1*

top prize for Best Dressed, narrowly out pointing the "Bowlarama Pinheads" comprised of Janice Evans, Diane Wright, Darlene Boltz and Lorena LeBlanc who won the Most Honest Team award. "The Bunnies won Best Dressed and the Pinheads Most Honest but it would be a draw to determine which team had the most fun on the course," said Horner.

Other winners on the day included Laura Chapman of the Spryfield Slowpokes who won the Closest To The Line event on hole 12; Lewanda LaPierre of the Canadian Tire Retreads who won the Longest Putt event at hole 7; Shane Young, also of the Retreads, who won the Closest To The Pin event by hitting a ball 10 teen 10 inches from the cup on

hole 12 and Carl White who also won the Closest To The Pin event with a shot leaving the ball only 32.5 inches from the cup on hole six.

"All in all it was a great day," said Horner appreciating the volunteer services of the J.L.

Ilsley High School Girls Volleyball Team whose members cam out to monitor the competitive and fun holes for the players. "The ladies were excellent representatives of their team and did a wonderful job of recording information. We'd be happy to have them

return next year," said Horner.

The Chebucto Boys and Girls Club raised several hundred dollars through the annual silent auction held during the day and the Spryfield Earl Francis Memorial Legion was "not only was very accommodating to our needs but provided a delicious and well managed dinner for all our golfers and volunteers," he said.

Students learning "The Wealth of Health"

continued from pg. 1

The school has also reflected on its canteen and services and now offers a much healthier selection of products. Vending machines are stocked with healthier products.

The initiatives by the school were made possible by a generous grant from the Capital Health District and Health Canada with support from the Halifax Regional School Board and the Nova Scotia Office of Health Promotion. They are also a direct response to

the directives of the province's Department of Education. It's an example of how policy becomes practice. The success of the venture will be whether or not children and youth now adopt the practice of making healthy food choices.



The Just Live It Be Active folks at J.L. Ilsley held a family day in September. This kids spent glorious hours banging these donut bouncers together.



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Farm Society returns to roots with official barn opening

Scything, old fashioned hand-made ice cream, traditional children's races and wagon rides for the young and old alike were all part of this year's Urban Farm Museum Society's Harvest Fair attended by nearly 100 people from all over HRM.

"We were quite astounded," said Society member Marjorie Willison. "We were taking survey information for Action for Neighbourhood Change and we wanted to gather information about Spryfield from those who attended, but we discovered that many people had arrived from places in HRM as far away as Bedford and Cole Harbour. It was interesting to note that the Farm has generated attention so far afield," she said.

And under gloriously sunny skies the Society reached a milestone that was at least two years in the making. With the help of Willison, Society President Janet Kidston, Shed Coordinator Pat MacLean and District 18 Councillor Stephen Adams the Society cut the official ribbon to open the new tool shed which will form the centre piece of the urban farm.

"For many years the Urban Farm Museum Society and our many friends have been saving towards the day when we could build a tool and wagon shed," Willison told the gathering during the official ceremony. "On June 2 this year Lloyd MacDonald Backhoe Services and a crew of four began construction of the drive-

way to mark the beginning of the she. Twelve loads of rock and three loads of gravel later a driveway and a 30 by 30 foot foundation for the she was prepared," she said marking the true beginning of the project.

Willison said carpenter Steve Webb, using scaled down plans from the original barn drawings preserved from what was once called "The Kidston Farm," constructed the 16 by 16 foot shed now receiving electricity from land

owner Janet Kidston's home.

Willison said the Society gives Janet Kidston and her family "our heartfelt thanks" for allowing the Urban farm Museum to use the land. "We also acknowledge with appreciation the Chebucto West Community Council and Councillor Stephen Adams for their financial support and out many donors who made this dream come true."



The Urban Farm Museum Society unveiled its new barn at the Harvest fair. Janet Kidston, President; Pat MacLean, Barn Coordinator; District 18 Councillor Stephen Adams and MC Marjorie Willison performed the ceremony.



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DISCOVERING OUR PAST

Local families mourned World War II casualties



The photograph shown here is of a plaque containing the names of young war veterans who attended school in Spryfield before World War II broke out. The plaque, put together by former students of Central Spryfield School, was donated to the Mainland South Heritage Society and may be viewed in their display cabinet at the Captain William Spry Community Centre in Spryfield, on the landing to the right of the main lobby.

by Iris V. Shea, Historian
Mainland South Heritage Society

During the Second World War, between 1939 and 1945, many local men and women joined the Canadian Navy, Army, Air Force or Merchant Marines; others joined United States or British Regiments. Several were killed in action and buried in Canadian War Cemeteries in the Netherlands, Italy, France, Belgium, Norway and England; the graves of some are still unknown. In 2005, the Year of the Veteran, we pay tribute to those men from the communities in Mainland South who were killed in action.

From Sambro: Private Gordon Mercer, age 20, son of Henry and Elizabeth Mercer, was a member of the Stormont, Dundas and Glengarry Highlanders Regiment, RCIC. He died 1 Nov. 1944 and was buried in Adegm Canadian Cemetery in Belgium.

From Sambro: Boatswain James McPhee, son of Mr. and Mrs. William McPhee, was a member of the Canadian Merchant Navy, SS "Western Head," Nassau. He was lost at sea 28 May 1942; no known grave.

From Jollimore: Platoon Sergeant John (Jack) C. Forward, age 23, son of Edward and Harriet Forward, died 30 Mar, 1945 of wounds he received in a battle along the Rhine while fighting with the Regina Rifles. He was buried in the Canadian War Cemetery in the Netherlands, very close to the German frontier. From Jollimore: Staff Sergeant Daniel Serrick, age 23, the son of Daniel and Mabel Serrick, died 29 May 1944 in Italy. He joined the Manchester Regiment in 1938 and later transferred to an elite fighting unit known as the First Special Service Force, made up of Canadian and American troops. Daniel received several decorations for bravery, one of which, the Silver Star, was awarded posthumously by the government of the United States. He was buried in Beach Head War Cemetery, Anzio, Italy.

From Jollimore: Captain Evatt F.A. Merchant, son of Frank Merchant, died 18 Nov. 1944. He was a member of the Queen's Own Cameron Highlanders, 5th Unit, RCIC (a Canloan officer). He was buried in Mierlo War Cemetery, Netherlands.

From Melville Cove: Flying Officer (Pilot) David A.A. Romans, age 23, son of David J. and Rachel Romans, died 8 Sept. 1941. He flew with the RAF 90 Squadron and was awarded the Distinguished Flying Cross. He was buried in Bygland Churchyard, Norway.

From Armdale: Private Edward Drillio, age 21, son of Gordon and Margaret Drillio, died 23 May 1944 while fighting with the West Nova Regiment, RCIC. He was buried in Cassino War Cemetery, Italy.

From Armdale: Flight Lieutenant Patrick Terrance O'Leary, age 22, son of Michael D. and Ethel A. O'Leary, died 27 Feb. 1943. He was a member of RCAF 403 Squadron and was buried at Runnymede Memorial Cemetery, Surrey, England.

From Armdale: Able Seaman Robert L. Yeadon, age 23, son of Andrew W. and Florence L. Yeadon, died 29 Apr. 1944. Robert was a Royal Canadian Naval Volunteer aboard HMCS "Athabaska" when it was torpedoed in the English Channel. He was buried in Isle-De-Batz Cemetery, France.

From Armdale: Joseph Leo Lannigan, age 22, son of Joseph L. and Gertrude Lannigan, died 13 Dec. 1941. A member of the Royal

Canadian Artillery, his grave site is unknown.

From Ferguson's Cove: Gunner Dougald Robert Gargan, age 19, died 2 Nov. 1939. His mother, Lucy Gargan, was a school teacher for many years in Ferguson's Cove. He served in the Royal Canadian Artillery and was buried in Ferguson's Cove Cemetery.

From Spryfield: Shipwright Gordon W. MacDougall, age 24, son of Edward A. and Annie F. MacDougall, died 22 Oct. 1940. He served with the Royal Canadian Navy aboard HMCS "Margaree" and was lost at sea when the ship collided with a freighter in the North Atlantic while escorting a convoy.

From Spryfield: Sergeant (Pilot) John Frederick Duggan, age 19, son of William P. and Gertrude Duggan, died 4 Oct. 1941. He was buried in Moreton-In-Marsh New Cemetery, Gloucestershire, England.

From Spryfield: Gunner Edward (Ted) Charles Kidston, age 38, adopted son of John and Bessie Kidston, died 25 July 1944 while

serving with the Royal Canadian Artillery. His wife, Helen Margaret Kidston, lived in Vancouver, B.C. He was buried in Brettville-Sur-Laize Canadian War Cemetery, Calvados, France.

From Harrietsfield: Seaman Arthur Vatcher, age 40, died 2 Nov. 1942. He was with the Merchant Navy aboard SS "Rose Castle" when it was torpedoed by a German submarine in Conception Bay, Nfld. Born in Newfoundland, his wife, Jane Vatcher, lived in Harrietsfield. No known grave.

The photograph shown here is of a plaque containing the names of young war veterans who attended school in Spryfield before World War II broke out. The plaque, put together by former students of Central Spryfield School, was donated to the Mainland South Heritage Society and may be viewed in their display cabinet at the Captain William Spry Community Centre in Spryfield, on the landing to the right of the main lobby.

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A youth experience in Spryfield

Editor's Note: This summer, Action for Neighbourhood Change partnered with the Chebucto Boys and Girls Club to find out what youth thinks about Spryfield, and what changes they would like to see. Action wants to hear from all ages and areas of Spryfield, so this summer's project with the youth was just one step for Action. The youths took photos and also wrote about their views and ideas. The following is the story of one twelve-year-old.

"As one of the youth in Spryfield I feel like everyone thinks we are all the same. I may be loud sometimes but it does not mean I am a trouble-maker. We really don't have much to do around here and sometimes our parents get tired of begging for things for free. I don't like people to think I am so poor I cannot afford anything. I would just like to go to a place where everyone treats me like I am not a bad person.

I like to draw, play on the computer (I wish I had one), listen to music (and play it loud) because I like to dance by myself, not in front of people. Sometimes I feel like I am different from everyone else because I don't like to smoke and all my friends tried it. I also get mad at them when they tease people who are on the streets and they break bottles and sometimes windows but I don't say anything because I don't want them to tease me.

I took part in the Action project at the Spryfield Boys and Girls Club this summer and it was great (most of the time). I feel like I can be myself because we have to follow rules so no one teases me when I am good. I like being a Junior Leader. It makes me feel like I am grown up and that people trust me.

It was really hot in the Club and not big

enough for everyone to fit. But the leaders and staff were great. We got to learn some things about Spryfield that we didn't know like the 25 year plan. I hope it doesn't take that long because I will be old.

They told us that we could go to the camp for free for six weeks to take part in this project so we kind of had to work for it and it wasn't really charity. We did a map of Spryfield and talked about what we liked and didn't like and how can we change things. We don't know how to change things or we would. We do know what we want here and we told that. I want to thank United Way and Action for Neighbourhood Change for giving me and my new friends the chance to do this and to come to the camp this summer. I hope you work faster on that plan so that I am not too old to enjoy it."

There was a lot of similarity in what the group of youths like about Spryfield including things like the new Animal Hospital, new Shoppers, McIntosh Run, the schools and teachers (because people are nice and don't yell and blame). And they mostly agreed on what they don't like including the amount of litter, graffiti and not having much to do. Changes youth would like to see included more places to go and things to do, more game fields, a skateboarding park, a youth centre, paint ball place, more things in Greystone, a place to have dances, a water park, a bigger swimming pool, places to hang out, and a movie theatre.

Action for Neighbourhood Change, a federally funded project, is about hearing people's views, and helping the whole community to develop a vision for the future of Spryfield.

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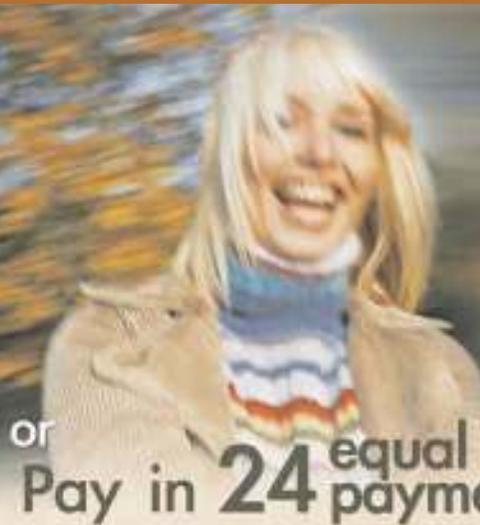
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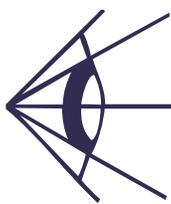
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By Alexa McDonough
Halifax MP

I know how alarmed you are by the rapidly rising cost of fuel. I want to assure you that my NDP colleagues and I have been working hard for a long time to force the government into action. Accountability, efficiency and relief are needed now!

Oil companies continue to rake in record profits while you struggle to cope with rapidly increasing costs. Canadians deserve an explanation of the oil industries pricing policies. The Liberals and the Conservatives must stop defending big oil corporations and instead look after the interests of you and your family.

NDP Industry Critic Brian Masse has put forward a motion that would:

- (a) create a petroleum monitoring agency with a three-year mandate to collect and disseminate, on a timely basis, price data on crude oil, refined petroleum products, and retail gasoline for all relevant North American markets;
- (b) appoint a director who would lead this agency, in consultation with stakeholders from the petroleum sector;
- (c) require the agency to report to Parliament on an annual basis on the competitive aspects of the petroleum sector in Canada; and
- (d) request that the House of Commons Standing Committee on Industry, Natural Resources, Science and Technology review the agency's performance and the need for an extension of its mandate following the tabling of the agency's third report."

This would provide accountability and transparency in gas pricing.

The oil industry requires monitoring and regulation, currently lacking from the Competition Bureau. While the Competition Bureau has been unable to prove cases of price fixing in the oil industry, the rapid and uniform increases in prices suggest a certain level of collusion amongst the big oil firms.

Unprecedented gas price hikes in recent weeks highlights our over dependency on non-renewable sources of energy. Because oil is a finite resource, we must look to increase our energy efficiency and utilize renewable energy sources.

If we want to pay less for our fuel in the long run, we must use less. We must invest in alternative forms of energy or we will continue to be at the mercy of constantly fluctuating oil prices.

The recent NDP better balanced budget included \$900 million for environmental initiatives such as energy retrofitting that would save homeowners money while improving our

environment.

Canadians need incentives to make their homes, vehicles and businesses as energy efficient as possible. Earlier this year though, Liberals and Conservatives actually blocked the NDP's attempt to demand greater fuel efficiency in vehicles.

Companies must do more as well. Voluntary, self-regulation has failed. The gov-

ernment must act now to ensure companies act responsibly in regards to energy efficiency and the environment. Further corporate tax cuts won't help in this regard!

We are the only party in Parliament putting the environment at the forefront of the political agenda to ensure that Canada's future is prosperous and sustainable.

The NDP plan will regulate the price of

hydrocarbons to make the market more transparent and avoid the potential for price gouging; provide funds to motorists to buy vehicles which utilize new technologies that allow much greater efficiency; set mandatory efficiency standards for new cars; provide funds to dramatically increase public transit in Canada and invest aggressively in energy efficiency programs for homes and businesses.

The importance of the Municipalities Union in Nova Scotia

By Linda Mosher
Councillor District 17

The Union of Nova Scotia Municipalities, or UNSM as it is commonly referred, was established in 1905, over 100 years ago. The UNSM is the voice representing the 55 municipalities in Nova Scotia. The UNSM works on behalf of all municipalities. It brings forward and presses the importance of the municipal agenda to the provincial government.

UNSM is run by a Board of Directors that consists of twelve voting members. These members are elected by their respective Municipal Councils. There is a thirteenth, non-voting member who is a representative from the Association of Municipal Administrators. This member serves in an advisory capacity. HRM has two of the twelve members, Councillor Russell Walker and I. In 2004, I was elected by Halifax Regional Council to represent HRM for a two year term. There is an UNSM Executive that is comprised of a President, Vice-President, Immediate Past President and a Chair from each caucus: Regional, Rural and Towns. HRM falls under Regional and we are joined with Cape Breton Regional Municipality as a caucus.

Some of the 2004 UNSM accomplishments were the Gas Distribution System Municipal Taxation Act, the receiving of compensation for DNA Analysis, the Sunday Shopping Plebiscite costs, the Guyana Partnership, and the Provincial Capping of Assessments-Bill 40. Each year the Board of Directors determines the priorities for UNSM. For 2005 there are eleven priorities. Those priorities requiring Provincial attention include: The New Deal (fuel tax sharing); Assessment Services Advisory Board; Elimination of Business Occupancy Tax; Capping of Total Municipal Mandatory Contributions to Education; and Payment of Grants-In-Lieu for Residential Properties of Post-Secondary Institutions and Hospitals.

The UNSM research priorities include:

Fair and Equitable Funding; Women in Local Government; Best Practices Manual to Reduce Greenhouse Gas Emissions; Guyana Partnership; and Policing Costs. The one ongoing priority is Review of Nova Scotia Power (NSPI) Municipal Taxation. NSPI currently

pays its municipal taxes directly to the Province. The Province uses this tax to fund equalization and HST offset. Municipalities should get these dollars directly and these programs should be funded through Provincial tax dollars not municipal tax payments.

Residents understanding about delays in roadway improvements

By Stephen Adams
Councillor District 18

This time of year generally brings significant capital work and improvement throughout HRM, and this work is evident in District 18. However, there have been delays for all projects.

For example, Athlone Avenue was resurfaced, with new concrete curb and gutter installed. Although this project was completed in a timely manner, it was in fact approved last year. A section of Tartan Avenue is now being

upgraded, which was approved this past year. During the past few weeks, a number of streets have been coated with slurry seal. The intent of this process is to offer a hard surface without the high costs of asphalt. I have had some calls from residents on these streets asking to have consideration for paving. In the near future, residents will be asked if they support paving, with the costs outlined.

In all cases, there are some projects that don't turn out as well as is expected. A case in point is Acorn Road. The material used resem-

see "Adams" pg. 9



Linda Mosher

HRM Councillor, District 17

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Cornerstone Family Centre
Fourth Monday of each month 9:30 - 11 am



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MLA urges all to sign Nova Scotia Power petition

By Graham Steele
Halifax Fairview MLA

Gasoline prices. Home heating oil prices. Electricity prices. Everybody's talking about energy prices these days, and no wonder. But

Adams *continued from pg. 8*

bled mud and took a long time to dry. After a call from a local resident, I contacted our senior engineer at home. The very next day, our staff was on site, doing their very best to remedy the situation. My sincerest thanks goes to David Hubley and Greg Gray for their efforts on behalf of the residents. Your work is greatly appreciated.

Finally, the Old Sambro Road is being resurfaced. Although there are traffic delays, most residents are understanding as they can visualize the finished product and look forward to a smooth ride. The inconvenience will be well worth the wait.

In every column, I mention the Herring Cove Water and Sewer project; due in point to the fact that I am excited about it. Residents can expect delays with this as well, but will be understanding nonetheless. Your Community Liaison Committee is working to secure additional funds to offset the costs which will make the frontage charges more affordable. During this process, your Committee will also work to help integrate the future treatment plant into the community, and work with our staff to develop a playground and recreation area near Latter's Pond. We have set aside \$100,000 to help improve the area.

what can be done about them?

If you listen to John Hamm, the answer is "not much." But he's wrong. I'm not saying that the Nova Scotia government can control the world price of crude oil, but the government's inaction on energy prices is inexcusable.

First, on gasoline. We support gas price regulation. PEI has had a system of regulation for years and it works fine. We do not believe that regulation will necessarily deliver lower prices. Regulation has other important benefits. It can smooth out spikes, so consumers have fair warning of a possible increase. And it gives the government an eye on the industry, to ensure that no-one is raking in unreasonable profits.

Second, on home heating fuel. In a cold country like Canada, home heat is a necessity, not a luxury. Heat should not be taxed, and should never have been taxed. We believe it is not only possible, but reasonable and affordable, to remove the provincial portion of the HST (8%) from home heating fuel. (If the federal government wants to remove the federal portion, that would be great, but we can't control what they do.) What the government should not do is announce another futile rebate program, where people have to jump through bureaucratic hoops to apply for a small amount of money. We know conclusively, from past experience, that this kind of program does not work.

Third, on electricity. Nova Scotia Power has applied for a 15% increase in residential rates. That's more than we can afford. We believe that the Utility and Review Board should say "no" to the rate increase until Nova

Scotia Power and we've started a petition to make that point. Already we have 20,000 signatures and the petition grows every day. Here's what the petition says:

"WHEREAS Nova Scotia Power wants an overall rate increase of 15%, on top of the April rate hike, causing hardship for many Nova Scotians; and

"WHEREAS Nova Scotia is among the very few provinces without a major effort to help home owners and tenants save money by using less electricity, and no assistance plan for power users on low and fixed incomes; and

"WHEREAS excessive use of imported non-renewable fuel is the major cause of much higher costs for Nova Scotia Power;

"I the undersigned hereby petition the

Utility and Review Board and the Government of Nova Scotia to approve no more electricity rate increases until Nova Scotia Power and the Government are required to help individuals and families save at least 15% of their electricity bill."

If you'd like to sign our petition, please go to www.ndpcaucus.ns.ca, and click on "Stop Unfair Power Hikes." If you don't have internet access and would like to sign the petition, or take it around, or post it in your place of business, call me and I'll make sure the petition gets to you. My contact information is in my ad elsewhere on this page. Can we do something about high energy prices? Yes we can.

Graham Steele

MLA - HALIFAX FAIRVIEW

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You may be at risk for breast cancer if you:
Have a family history of breast cancer.
Have had breast cancer before
Became pregnant for the first time after 30
Had your first menstrual period before age 11

Experienced menopause after age 55
Have had hormone replacement therapy for more than 15 years (but then only 12 out of 1000 women will develop breast cancer as a result of this therapy)
Drink more than one or 2 drinks per day of alcohol on a regular basis
Are very overweight (more than 40% over your healthy body weight) after menopause

Signs and Symptoms
A lump or thickening in your throat
A sunken nipple
A change in the shape of your breasts
Changes in the color of the skin of your breast (looks like the skin of an orange)
Clear or bloody discharge from your nipple
Flattening or indentation of your breast

Early Detection
Self-examination experts are undecided as to whether Basic Self Exam is a beneficial screen therefore we recommend you speak with your physician or contact the Canadian Cancer Society. Clinical Breast Exam should be done a week after your period starts Mammography or mammogram is special breast x-ray that can detect a tumor up to 2 years before you or your doctor can feel it. Mammograms are best done in the first 2 weeks of the menstrual cycle when the breast is less swollen. Canadian guidelines suggest women ages 50 to 69 get yearly mammogram and have breast examinations done by their doctors. If a woman has many risk factors for breast cancer- especially a strong family history she may have earlier mammograms and clinical breast exams on her doctors advice.

Crowell's is proud to be a sponsor

for the *Canadian Breast Cancer Society Atlantic Division*. At Crowell's we carry the Canadian Breast Cancer pins, car magnets and pink bracelets with all the proceeds going to the Atlantic Division of the Canadian Breast Cancer Society.

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So lets get the word out and make October a life saving month!



LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

BAUGILD, C. Donald - 73, Halifax, passed away after a long and courageous battle with cancer. Born in Halifax, he was a son of the late G. Collins and Violet (Kelly) Baugild. Don was educated at Chebucto Elementary School, Queen Elizabeth High School and Nova Scotia College of Art and was employed with MT&T for 40 years. He devoted his life to his family and church, having served on many committees at St. Paul's United Church and had an avid interest in model trains. He was a "Mr. Fix It." He took great pleasure in yard sales and flea markets. He loved camping, boating and was always a sports enthusiast, having played softball and hockey on MT&T teams and was a loyal follower of the Toronto Maple Leafs. He was well-known for his carefree personality and sense of humour. Surviving are his devoted wife, Rhoda (Salsman); beloved son, Bruce (Marleen), Halifax; darling daughter, Sandra (Terry) Garden, Halifax; granddaughters, his favorite blonde, Jill Baugild, and favorite brunette, Candice Garden; special grandsons, handyman helpers, Brant Baugild and Tyler Garden; mother-in-law and friend, Evelyn Salsman, Lawrencetown, Annapolis Co.; special cousin, Joyce Ball, Richmond Hill, Ont. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road., Spryfield (477-5601). Interment was held in Fairview Lawn Cemetery, Halifax. "Always loved and sadly missed by wife and family."

David Desroches of Halifax; two brothers, Frank (Pat) Landry and Jimmy (Jeanette) Landry, all of Halifax, three sisters, Evelyn Arsenault, Liz (Raymond) Bourque, both of Halifax, and Helen Roger of Montreal; five grandchildren, Cody, Robbie, Melissa, Tony and Jenny, two great-grandchildren, as well as two great-grandchildren, cousins, nieces, nephews, and many friends. Arrangements were under the care of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield, NS, (477-5601). A grave-side service was held at Oakridge Memory Gardens.

BRICELAND, Ronald Wayne - It is with great sadness and very heavy hearts that we announce the passing of our beloved husband, son, brother, father, uncle, and grandfather, Wayne (Hun). He will be greatly missed by his wife, Brenda; his mother, Rita; his brothers, Murray and Gary; his two daughters, Leslie and Kim; his son-in-law, Jim; his grandson, Dylan; his nephews; in-laws and many friends. We were all able to tell Wayne we loved him, say our goodbyes, and wish him a pain-free passage to heaven. Wayne played many instruments and he loved to paint and draw, but most of all he loved his family and friends, and showed us this with support and kindness each and every day. We would like to thank all of the doctors, nurses, and homecare people that worked diligently to keep Wayne comfortable during his struggle. Be free now Wayne, and let the winds take you to the places you always dreamed of. Arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Spryfield, (477-5601), where a memorial service was held in the chapel.

SANGSTER, Hazel Marjorie - 75, Halifax, passed away at home surrounded by her loving family. Hazel is survived by three sons, John Sangster and his wife Elizabeth West of Halifax, Robert "Bobby" Desroches of Dartmouth, and

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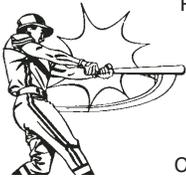
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An honoured past. After nearly 40 years service to the families of Spryfield and the surrounding communities the J. Albert Walker Funeral Home on Herring Cove Road has a new owner.

Erin Jennings has purchased the firm and taken over the role of Managing Director. A funeral director with more than ten years experience in New Brunswick and Nova Scotia, Erin is quickly settling into her new business and new community.

Since Erin's arrival she and the entire staff at Walker's have been kept busy serving families while carrying out a number of projects to improve the funeral home facilities.

They look forward to welcoming the community when they rededicate the funeral home chapel and host an open house later this month.

A promising future.

Chapel Rededication
October 20

Community Open House
October 23

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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.

Swordfish Supper

St. James United Church, Sambro (3811 Old Sambro Road) will hold a Swordfish Supper on Saturday, October 15 from 4 to 6 pm. Adult portion \$10; Child portion \$5.00. Everyone welcome. For information contact Crystal Gilkie at 868-2939.

Church Yard Sale

St. James Anglican Church (1 Harrigans Road) in Herring Cove is having a Giant Yard Sale on Saturday, October 22. Doors open at 8:30 am. Many household items, books, childrens toys etc. For more information, please call 477-5535.

Dance Classes

Want to dance? Learn to dance? Have fun? Meet oth-

ers? 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.

Society Meeting

The Mainland South Heritage Society meets the last Thursday of the month. Next meeting Oct. 27 at 7PM at Captain Spry Library. All welcome.

Residents Meeting

The Spryfield Residents' Association next meeting will be held Wednesday Oct. 26 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 Oct. 11 at 7 pm, at the Captain William Spry Community Centre.

Meet The Authors

The Captain William Spry Library and Mainland South Heritage Society will hold a book signing event with local authors Iris Shea and Heather Watts on Saturday Oct. 15, 2 to 4 pm, at the Library, to promote their new book "Deadman's: Melville Island and Its Burial Ground."

Historic Walks

The Friends of Sir Sandford Fleming Park and HRM offer a series of four guided Historic Walks October 2, 16, 23 and 30, Sundays at 1 pm from Adventure Earth Centre, 68 Purcell's Cove Road. They include Northwest Arm Trail, Deadman's Island Walk, Jollimore Walk and Regatta Point Walk. Call 490-4539 to register.

The Seeker

Embarking on a Spiritual Quest and need an avenue to explore issues? Join us for a meal 7 pm Saturday, October 15 and 29, in Superstore's Community Room at 1145 Barrington, Halifax. Explore spirituality in a relaxed non-threatening atmosphere. Ask all the hard questions and expect honest answers. If The Seeker is for you, then join us again for nine more sessions between November and March. For more info, call Mike 423.2651 or email malachy@saintmarymagdalene.ca

Art and Music Enrichment

Drop-in art and music playgroup for children ages 0-6 and their parents and caregivers. Every 3rd and 4th Friday of the month from 1pm to 3pm, at 2 Auburn Avenue in Spryfield [church at the corner of Thornhill and Auburn]. All are welcome! Join us on October 21, 28; November 18, 25; and December 16, 23. If you would like your child to attend on December 23 and receive a free gift of one 120-piece art set in wooden

case, please call Josephine Egan at 423-2651 or email: josephine@saintmarymagdalene.ca by November 25.

Volunteers Needed

Girl Guides of Canada requires volunteers in the Chocolate Lake area. Please contact Jeanette Paynter (477-7526) or Melissa Gillam (477-6024) or e-mail melissa.gillam@BTCCanada.ca. Come and Join the Fun!!

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

Heritage Meetings

The Mainland South Heritage Society meets every last Thursday of the month. Next meeting Sept. 29 at 7 pm at the Captain William Spry Library. Note the change in time and location for the 2005-2006 meetings only.

Society Meets

The Urban Farm Museum Society meets every second Monday of the month at 7 pm at the Capt. William Spry Community Centre. Next meeting Sept. 12th.

Sparklette Majorettes

The Halifax Sparklette Majorettes will hold fall registration every Wednesday night from September 14 to October 26 at 6 pm at Chebucto Heights Elementary School in Cowie Hill. Check us out on the web www.sparklettes.funtigo.com. Contact Coach Kim for more information at 479-1499

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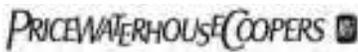
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