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# Chebucto News

Vol. 6 • No. 6 • September • 2004

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## "Steering Committee to initiate study of Herring Cove Road

When the "Steering Committee" of nine members of HRM staff and the consulting firm of Ekistics Planning and Design gather in early September the meeting will begin the process of defining and designing a new Herring Cove Road.

Called the "Herring Cove Road Community Development and Streetscape Planning Project," the \$50,000 study will include a wide series of community consultations, participation and public meetings through workshops that will occur this fall.

District 17 Councillor Linda Mosher said both her and District 18 Councillor Stephen Adams encouraged city staff to hold off on the project until after the summer months. "We didn't want to hold the meetings during summer when people were away," she said suggesting the desire of the city to ensure the community's stakeholders have ample say in the process.

transportation.

Harvey said HCR has experienced a number of changes over the past few decades. It has emerged, he said, from being a road serving an area that was at one time at the outskirts of the city to being a major thoroughfare and regional centre.

Lead HRM Planner Richard Harvey said the study's purpose is "to develop a plan for Herring Cove Road that increases its cultural, historical, natural, social, community and business focus within the surrounding area." He said the scope of the project will include all land along HCR from the Armdale Rotary to Roach's Pond. The final product will serve as a guide for decisions over matters such as general civic improvements, land use, traffic and

"Unfortunately, in some instances, there has been a visible decline along the street with business closures and general deterioration," he said. "However, over the past year there have been noticeable business and property improvements and new community initiatives and the community now faces important questions about the identity and function of Herring Cove Road."

The study has been long in coming. Both

see "Steering" pg. 2



Carleigh Fraser, aged six, centre took third place in the Hoop and 8th in the World Flag competitions at the World Baton Twirling Championships held at Notre Dame University in Indiana. Twenty-two members of the Sparklettes competed in the event including Ashley Higdon who took 10th in Hoop and Flag Baton; Felicia Randall who took 6th in Flag and Angela McMullen who took 7th in Flag.

## Spryfield and area to receive larger police presence

Spryfield and the entire community of the Eastern Chebucto Peninsula is about to receive a much higher presence of police activity, Councillors Linda Mosher and Steve Adams confirmed just before press time.

In a long anticipated move the owners of Musicstop, who are beginning to refurbish and occupy the old Canadian Tire building on Herring Cove Road, and the Halifax Regional Police Department have reached lease agree-

ment which will see at least three offices of police services opened on the street frontage side of the building which once house car repair facilities.

The lease is set to begin on October 1 this year and it should take the department at least a couple of weeks to complete leaseholds before portions of the department can be relocated to the site.

According to Councillor Mosher the site will have three rooms. One room will be available for all patrol police officers to complete paper work, a fact she says will keep officers in the community rather than having them head to Bedford where the Regional Police Quarters are located. A second room will be used by the Citizens on Patrol (COPs) program staff and volunteers who manage the program for all of Districts 15 (Fairview), 16 (Clayton Park), 17 (Armdale and Purcell's Cove) and 18 (Spryfield, Herring Cove and the Loop).

The third room is being planned for the Halifax Regional Police's "Point of Presence" (POP) Unit. Mosher says this is what the department calls an "Integrated Crime Unit" which responds to criminal activity on an as need basis.

Both Councillor Mosher and Adams contributed \$10,000 of their discretionary funds to

see "Spryfield" pg. 2

## Riverview Day Care in "sensitive negotiations"

The fate of Spryfield's Riverview Day Care Centre may be determined in early September following a series of what have been called "sensitive negotiations" between the working group trying to keep it open and the provincial Department of Community Services.

The Centre first closed at the beginning of March because of financial pressures, throwing many families into disarray over what to do with their children and facing the questions of how to hold on to their jobs without the benefit of their day care program.

Catherine Chambers, Chair of an eight member working group striving since March to reopen the centre, says the groups is not really a Board of Directors. "It's hard to be a

Board when there is no real entity," she says. "The organization is in limbo but there is a working group negotiating with the Department of Community Services with a view to re-opening the facility."

She says the department first requested the group to prepare a plan for the next full year of "what we thought we could do," she said. But the department "shot it full of holes" and the group undertook a forensic audit of the Centre's finances.

Armed with that information, which remains incomplete for a lack of funding to finish the job, they went back to community services which asked the group to identify exactly what the community needs in a day care facility and a full report of the audit's

findings.

Chambers says the groups is working to answer the questions posed, keeping the workers and their Canadian Union of Public Employees Union updated as much as possible and trying to communicate with parents which Chambers says is difficult because some have moved and others have found alternative solutions.

"Community Services recognizes that Spryfield has a need for subsidized day care and that that's what Riverview was providing," she says, "but we also recognize the need to balance that with a certain amount of market level activity and some new and innovative

see "Riverview" pg. 2

## Spryfield and area to receive larger police presence

*continued from pg. 1*

pull the project together. The deal means the Community Policing Office, which had been buried out of sight in the hallows of South Centre Mall, will be moved to the more visible location which Mosher is hopeful will eventually contain outside signage.

"This is perfect for both Adams and I

because the site sits right on the border of both constituencies and can easily serve the communities," she said.

And police have suggested response time in local communities should improve because officers will not have to travel to Bedford to complete paperwork or access police computer information.

"Maybe this will pave the way to bring more municipal, provincial and federal offices to our neighbourhood," said an elated Councillor Adams. "It's nice to see the results of three or four years of work finally come to fruition."

He said he "is thrilled with the new business residents of Spryfield and commend them (Musicstop) on their efforts to help secure this service for the community. They've made a great first impression."

Both Mosher and Adams hope eventually the Tantallon Detachment of the RCMP will see this facility as an ideal place to operate from to help improve police service in the rural sections of District 18.

## Annual Golf Tournament set for October 3

The Spryfield and Area Business Commission will host the Fourth Annual District 18 Cup Golf Tournament at Briarwood Par Three Golf Course October 3.

Registration will begin at 12 noon with tee offs schedule for 1 pm. The usual "best ball scramble" format will prevail. The golf tournament will give members of the business community the opportunity to meet each other or simply get re-acquainted and catch up on the latest news. Good golf skills are not required as theme of the event will be good fun and relaxation. There will be a number of contests on different holes and lots of prizes.

Cost for this event is \$50 per player, or \$160 for a team of four, and includes a dinner

at the Spryfield Legion. To register, contact Geoff Strople, Executive Director of the Business Commission, at 452-7442 or contact The Chebucto News at 477-6397.

## Hachey to discuss business occupancy tax

The Spryfield and District Business Commission will host a networking and information session on the affects of changes to the Business Occupancy Tax on September 13 at 7:00 pm at the Armdale Yacht Club.

Leanne Hachey, Director of Provincial Affairs for the Canadian Federation of Independent Business, Nova Scotia Branch, will speak to members of the Business Commission on a variety of topics related to government regulation and taxation, with emphasis on the proposed elimination of the Business Occupancy Tax.

All business owners and operators from the Armdale Rotary to Sambro are encouraged to attend this informative presentation on a very current issue for the business community. Refreshments will be served.



Leanne Hachey

## Riverview Day Care in "sensitive negotiations"

*continued from pg. 1*

programming."

Chambers referred to a few innovative programming activities being undertaken in Toronto where programs have been developed so that "kids get a really great start when they enter school."

She says the programs that need to be put in place have to be aimed at involving not only the children but their parents and even their extended families. "These are programs that must envelop the entire community," she said.

"The Department of Community Services truly understands how this community works and how this community can implement innovative program as a result of our history of multi-service," she said.

## "Steering Committee to initiate study of Herring Cove Road

*continued from pg. 1*

Councillor Steve Adams and Linda Mosher have contributed to the cost of the project as has the People Around Communities Everyday (PACE) organization by redirecting tree planning funding toward the project.

Besides Harvey and the two Councillors, the Steering Committee includes transportation engineer Erica Copeland, planning technician Hiliary Campbell, city planners Jan Skora, Paul Sampson and Randa Wheaton, development engineer Mark MacDonald and city communication chief John O'Brien.

"Everybody's really very excited about working on this project," said Mosher. "Steve and I wanted this done when people were settled in at home after the summer and we can't wait to get started."

The project is expected to be completed by January next year.

## 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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# Community Developer MacLean sees priorities coming from the people

By Sandra MacLean  
Staff

Norma MacLean is new to the position of Community Developer for Districts 17 and 18 of Mainland South, but she is a familiar face to many long time residents. She has worked with HRM since 1990 and in fact, she spent about ten years with the Adventure Earth Centre at Fleming Park, a position she remembers with pleasure.

You might say Norma knows her way around the HRM territory. She became one of seven Community Developers of HRM in the year 2000, working first in Cole Harbour and on a Harrietsfield project before moving in 2001 to the Sackville, Fall River, and

Musquodoboit areas. In July of this year, she returned to Spryfield, working out of the Captain William Spry Community Centre. With all that experience, she has learned change can be good because it means new eyes looking at things differently.

In her new role, she sees her priorities coming from the community. She anticipates getting reacquainted with members of the community will be her first task, and she's already learning what issues are on people's minds. She will work with existing projects such as the outdoor ice surface and the skateboard park projects already underway.

It will be "business as usual" for many of the recreation programs already in place and the Multi-Service Round Table will continue to

play a pivotal role. While Recreation, Tourism and Culture are the main focus of her job, Norma says the Community Developer often partners with health boards, schools and other area organizations to provide programs, each contributing from their unique perspective.

She sees a very strong trend these days for more people to be looking for ways to participate and serve their community. They know what they want, they know when they want it, and they know who they want to work with, she says.

The community generates ideas and Norma's role is to be a

resource person, "the connection" between the community groups and HRM and other service providers. This may involve her helping volunteer groups to define needs, look at feasibility issues, develop business plans, carry out strategic planning, or find out where and how to access grant funds. It often involves volunteer training and development as well.

Besides local community activities Norma also works on larger projects affecting the whole municipality like High 5 (for families with children) and the HRM Youth Strategy.

The Department of Recreation, Tourism and Culture has changed over the years to include not just physical activity through recreation. It now encompasses far greater diversity of recreation and leisure activities which are very broadly defined

to include anything anyone chooses to do with their free time. The culture and arts sectors add new and still evolving projects and programs to the mix. Working with all that energy and creativity is one of Norma's major satisfactions in being a Community Developer.

Norma can be contacted directly by community residents and organizations or she may get involved in a project through requests from Municipal Councillors. The best, says Norma, is when people reach out to the office because someone else has had a positive experience working with a Community Developer.



Josh Kane, 13, a student at Rockingstone School, won this year's Keith Edmund Rhyno Award for effort, attitude, behaviour and life in general. The award is presented annually by Judy Rhyno in memory of her son. Josh's brother Justin, 15, was on hand for the ceremony.

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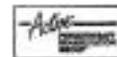
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## DISCOVERING OUR PAST

### Postal services in Mainland South communities date back to 1860s.

by Iris V. Shea, Historian  
Mainland South Heritage Society

Canada Post has kept a record of its postmasters and postmistresses since they first began offering postal services. Mail was transported from the main outlet in Halifax, and later from the Armdale outlet, by a local resident who would drop it off at a community outlet, usually a private residence or the local store. The year 1970, or shortly before, is used here as the cut-off date. Names of local postal clerks and their years of service are as follows:

**Armdale** (called Dutch Village P.O. until 1917): Thomas Gooley, 1878-1883; William Corbin, 1883-1889; Mrs. Catherine P. Gumb, 1889-until her death in 1900; Miss Catherine Gumb, 1908-1911; Mrs. Isobel Hathaway, 1911-1922; George T. Murray, 1922. Residents of Melville Cove picked up their mail at the Woodcock Inn at the head of the Arm during the 1920s and 1930s.

**Bald Rock:** Miss Mary Smith, 1916-1952; Mrs. Margaret Gray, 1953 to 1970 when it was permanently closed.

**Bear Cove:** Joseph A. Johnson, 1896-1905; John Johnson, 1905-1916, closed.

**Duncan Cove:** Jeremiah Holland, 1904 until his death in 1906; Thomas J. Holland, 1906-1908; John W. Holland, 1909-1942.

**Falkland/Ferguson's Cove** (changed to Purcell's Cove in 1963): John Beverley, 1877-1878; William McLellan, 1879-1903; Miss Maud Purcell, 1903-1918; Jeremiah Soward, 1918-1925; Gordon S. Smith, 1925-1941; Archie Cecil Allen, 1941-1943; Miss Muriel Mary Latham, 1943-1947; Mrs. Alice Matilda Purcell, 1947 until her retirement in 1970 and the outlet was closed. Her husband, Stan Purcell, was the courier who picked up the outgoing and incoming mail at 6AM each morning, making a stop along his way to pick up and deliver mail at the postal outlet in Jollimore.

**Harrietsfield:** Seymour Rodgers, 1947-1950, located in his store; Eric Vatcher, 1950-1958. Closed, no suitable person to take it over.

**Herring Cove:** John Hayes, 1875-1878; John Rhyno, 1879-1890; Edward Dempsey, 1893 (May to Dec.); Patrick V. Hayes, 1894-1904 (dismissed due to political partisanship); Archibald Darrach, 1904-1917; Edward V. Dempsey, 1918-1925; Miss Eva M. Brown, 1925-1929; Thomas Brown, 1930-1937; Miss Margaret McLaughlin, 1937-1940; Miss Edna Jackson, 1940-1945; Mrs. Margaret Mary Dempsey, 1945-1948; Earl Sweeney, 1948-1952; Mrs. Brenda Princetta Keeping, 1952, and again from 1953-1958; Mrs. Mary Marguerite Gallant, 1952-1953; Mrs. Marie Ann Roussel, 1958-1959; Mrs. Helen Mary Burns, 1959-1964.

**Jollimore:** Albert E. Edwards, 1923-1934, in his grocery store; Mrs. Millicent McCarthy/Yeadon, 1934-1949 in her home which also served as canteen; Mrs. Dorothea Boutillier, 1949-1963; Mr. Frederick Hurrell, 1963-1964, closed when letter carrier delivery was extended to the community.

**Ketch Harbour:** William Henneberry, 1868-1872; Mary Jane Ryan, 1875-1880; James Gallagher, 1881 until his death in 1916; Mrs. Rosannah Gallagher, 1916-1923; Miss



Spryfield's first postmistress, Miss Annie Dart, on the left, with Mrs. Bishop and Mrs. Drysdale, about 1925.

Rosa Martin, 1923-1924; Richard W. Flemming, 1925 until his death in 1955; Mrs. Eunice Flemming, 1955-1960; Miss Evelyn

McCready, 1960 (date of closing not given).  
Pennant: John Tough, 1892 until his death in 1920; Joseph E. Tough, 1920 until his death

in 1930; Mrs. Edith M. Hanlon, 1962; Mrs. G. Lillian Tough, 1963-1970, closed.

**Portuguese Cove:** T. Sullivan, started before 1868 until his death in 1880; John Power, 1881-1890; Dennis Purcell, 1895-1927; Mrs. Edith White, 1927-1928; Edward Burke, 1928-1931 (political partisanship); Mrs. Sarah M. Purcell, 1931-1939; Mrs. Irene Elizabeth Purcell, 1939-1958; Mrs. Katherine M. Purcell, 1959-1970, closed.

**Sambro:** Edward Smith, 1868-1877; Joseph Martin, 1879-1880; J.M. Henneberry, 1890-1899; Charles I. Hart, 1900-1907; James E.L. Hart, 1907-1951; Mrs. Helen Gray, 1970.

**Spryfield:** Miss Annie Dart, 1882-1891 from her home at Dart's Forks, near the corner of Old Sambro Road and the Old St. Margaret's Bay Road (now the entrance to Long Lake Park). When Miss Dart resigned, service was provided by the post office at Dutch Village/Armdale. In 1936 Mrs. Florence Theakston was the post mistress, followed by Mrs. Maud Winnifred McNeil, 1937-1943, and again from 1944-1945; Mrs. Margaret Grono 1943-1944; Walter Smith, 1945-1947; Alexander McLean Wright, 1947-1960; Robert G. Crowell, 1960 to 1970, in Crowell's Drug Store on the Herring Cove Road. A post office continues at Crowell's/Pharmasave.

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# Chebucto Head Lighthouse Society shines on despite setback

By Des Writer,  
Staff

Only a square of dry rock-strewn earth marks the place where the house once stood. A tattered fragment of red cloth flies from what was a clothes pole. For people like Don Gallagher who lived in the house, the ruin holds memories of fogbound days and harsh winters. For AnneLise Chapman, Dominique Gusset and the many members of Chebucto Head Lighthouse Society, the site is the repository of shattered dreams. On May 26, the former lightkeeper's house burned to the ground, in what many presume to be an act of vandalism. "I actually didn't believe it. All I wanted to do was go and have a look," says Gusset,

CHLS vice-president. "I was baby sat in that building."

Less than two weeks earlier, the society had organized an opening ceremony, attended by some 30 people, to celebrate the signing of a one-year lease on the keeper's house from the Department of Fisheries and Oceans. It was the culmination of their efforts to preserve and protect the property for the community. Then, on May 29, they held a wake for the property, which included a dance performance by Beth Newell, comments from MLA Michele Raymond, and a reading of Tom Grove's poem "Ode to a Beacon," by Sarah Fleming, daughter of a former keeper.

The society had great plans for the house: a community centered interpretive and educational "Ocean Celebration," arts and crafts stalls, a meeting room for artistic and musical events, possibly a small café. A marine biologist, CHLS president Chapman left for the Arctic shortly after the opening ceremony, confident that restoration of the house would be well underway when she returned. She came back in August. "I expected to be really devastated by the image of desecration. It was really odd; there was nothing left but the beauty of the site," she says.

What of those plans, those dreams now? The CHLS board hasn't met to discuss the group's future. "I would like to think that, even more so than before, it's a focus on an idea," Chapman says. "There's a lot of argument for continuing."

"Certainly that's the rest of the board's feeling," says Gusset. "We felt overwhelming support from groups such as the Nova Scotia Lighthouse Preservation Society and DFO to

rebuild the house. We have copies of the original blueprints."

Although CHLS took out insurance on the property, as a condition of the lease, the \$40,000 payout went directly to DFO and into the federal government's coffers. Gusset says DFO is negotiating with the province to give the site back to the Department of Natural Resources. If the province doesn't want it, they'll offer it to Halifax Regional Municipality, she says. If HRM isn't interested, the property goes on the open market. "Then nobody has access," she says, contemplating the unpalatable prospect of private development.

If CHLS members are able to rebuild the house, they'll follow the original exterior specifications, including the cupola. Chapman says there's a possibility the Coastguard might even approve it as a navigational aid. The interior design would allow for the group's plans of a meeting room for events, an interpretive centre, and other activities.

Chapman admits security concerns would require the continuing presence of a keeper, or 24-hr observation by community groups. She says DFO intends to keep their navigational aids at the site and have an interest in constant video surveillance. "We could collaborate easily with DFO," says Gusset.

Another possibility might be a kiosk with an information board. But all plans are on hold until DFO and the province decide on the disposition of the property. "The whole area from Portuguese Cove to Ketch Harbour, with the exception of privately-owned land in Duncan's Cove, is pre-designated as a Nature Reserve," says Chapman. She says a CHLS board mem-

ber sits on the board of the The Ketch Harbour Area Residents Association and its Barrens and Backlands subgroup, citizens working to establish protective status for the area. If the province chooses to take the area over as a protected site, all that may remain of the CHLS dream is a simple monument. "The ultimate goal is to preserve public access," Chapman says.

"We cannot stop now; a vision is in our heads and hearts and is not limited to a building," said Chapman, on first hearing about the burned-out lightkeeper's house. Chebucto Head lighthouse alone now remains at Chebucto Head. In one sense, it is the embodiment of the CHLS dream and its motto "Shine On."

Whatever the outcome of the society's deliberations, members will not rest until public access to the site is assured for future generations. "There are not many places where you can drive to a view like that," says Gusset. Like the outbound yachts tacking below the granite cliffs, CHLS asks only for fair winds ahead.



Shattered dreams: all that remains of the lightkeeper's house at Chebucto Head.

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## Hilary Marentette honoured for Doula service

Spryfield's Hilary Marentette recently received the Penny Simkin Award for Doula Spirit and Mentoring at the 10th International Conference of Doulas Of North America (DONA) in New Orleans. The award is given to a doula each year who "shows extraordinary doula spirit through her outstanding efforts in promoting and caring for doulas and childbearing women in her community". The Award is named in honour of one of DONA's Founders, Penny Simkin, a physical therapist who is a highly respected writer of books and articles about childbirth as well as a pioneer in establishing doulas throughout North America.

A doula is a woman trained to give physical, emotional and informational support to woman and their families during labour and

birth as well as in the postpartum period. Most women meet their doula in the last trimester and together with their families discuss their hopes and fears for their labour. The Doula then gives continuous support throughout labour as well as some support in the postpartum period. There are also trained postpartum doulas in Halifax who now offer support services in the postpartum period at an hourly rate.

Hilary took her doula training with Penny Simkin in 1996 and since then has been delivering a Volunteer Doula Program through the Single Parent Centre in Spryfield. Hilary is both a DONA certified Birth and Postpartum Doula Trainer and has trained scores of women in the Halifax area. The Volunteer

Program currently has about 50 trained volunteers and over the years has supported more than 460 women and their families through their birth experience. Several of the volunteers have gone on to become private doulas or trained midwives.

Many of the families receiving the support of the volunteer doulas have been newcomers to Canada, or have been in situations where they have little support and most would have not been able to afford to pay for the services of a private doula. The statistics kept by the Volunteer Program show that women who receive this type of support are more likely to need less medication during their labours and have significantly higher breastfeeding rates than women who do not receive doula support. More importantly perhaps, there is a very high satisfaction rate with their birth experience which often means that they have an easier time with the transition to parenthood and may experience less postpartum depression.



Authorized by B. Meagher,  
64 St. Margaret's Bay Road, Halifax.

### ELECT Bill Meagher

District 17  
Purcells Cove - Armdale

Are there issues you are concerned about? If elected as your councillor, I will speak on your behalf addressing these topics. I encourage you to contact me anytime about your concerns and issues. Lets Talk.

Home: 479-7253

Cell: 440-5270

Fax: 446-6627

E-mail: [billmeagher@hotmail.com](mailto:billmeagher@hotmail.com)



Hilary Marentette is presented with the Penny Simkin Award for Doula Spirit and Mentoring at the 10th International Conference of Doulas Of North America (DONA).

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# CROWELL'S

## "Proudly Caring for"



The year was 1954. Rosemary Clooney and Perry Como had the top songs on the Hit Parade. Folks were lining up to catch Marlon Brando in his new movie, *On the Waterfront*. And Bob Crowell opened his first Crowell's Pharmacy in Spryfield, to be followed a short time later by a Crowell's in Timberlea.

Bob quickly built a reputation for going the extra mile for his customers. One story has it that he ran out and bought a car battery for a customer

whose vehicle had broken down in front of the store. "You can pay me back whenever," said Bob, getting back behind the counter.

Our taste in music and movies has changed a lot since then. The owners of

Crowell's Pharmacy have changed, too. But the commitment started by Bob has never – and will never – change.

### A New Approach to Healthcare

One change we have made is to take health-care and wellness outside the pharmacy and into the community. Today, Crowell's pharmacists can be found at local schools explaining the importance of good nutrition, or holding information sessions about teen pregnancy and teen depression. We're leading walking groups to get people active and hosting summer barbecues to tell people about sun awareness.



Herring Cove Road, Spryfield, 1952

### The Patient at Home

Another change we've made is to focus our expertise on caring for the at-home patient. Crowell's pharmacy staff is trained in everything from ostomy and mastectomy care to bracing, pain management, compression stocking fittings and more. We have a full line of specialized equipment for sale or for rent. Today's patients need more than a prescription filled. They need informed advice and attention from someone who understands their needs.

### From here. For here.

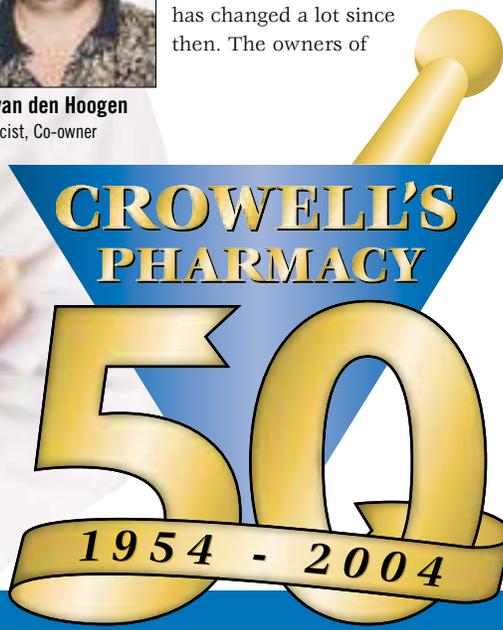
Bob Crowell's name is still above the door because we believe his way was the best. We're proud to be in the communities of Spryfield and Timberlea. We're proud of our staff who go above and beyond every day for our customers. And most of all, we're proud that we've been caring for you for 50 years.



Vena Christink  
Pharmacist, Co-owner



Greg van den Hoogen  
Pharmacist, Co-owner



# Pharmacy

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SEPTEMBER CALENDAR OF EVENTS						
SUN	MON	TUE	WED	THU	FRI	SAT
Hours of Operation: Monday - Friday 8:30 - 9:30 pm Saturday 9 am - 7 pm Sunday 10 am - 5 pm		Ask us about our Home Health Care Sales and Rentals	<b>1</b> OBUS FORME Water Pillows 2 for \$50.00	<b>2</b> CLINC Blood Pressure, Blood Sugar & Cholesterol 1st Thu. of each month 10 am - 4 pm	<b>3</b> 	<b>4</b> Blood Collection every Saturday 10 am - 12 noon
<b>5</b> Celebrating Women's Week	<b>6</b> PHARMASAVE POP 2L 50¢	<b>7</b> Join our Walking Club 9:30 am	<b>8</b> Mastectomy products available here. Call us anytime for a private consultation.	<b>9</b> Gift Basket Give-away Stress Seminar Cpt. William Spryfield Centre - 7 pm - 9 pm	<b>10</b> 	<b>11</b> Blood Collection 10 am - 12 noon
<b>12</b> Spectacular Senior's Week	<b>13</b> KONNOC BATTERIES 50¢	<b>14</b> Walking Club 9:30 am	<b>15</b> Healthy Legs Day 10 am - 2 pm Sivaris Compression Stockings	<b>16</b> CADBURY BARS Regular size 50¢	<b>17</b> Brown Bag Clinic 1 pm - 5 pm Empty your medicine cabinet and let us organize your medications	<b>18</b> Blood Collection 10 am - 12 noon
<b>19</b> BINGO! Great Prizes! Spryfield Lions Club	<b>20</b> KOOL KIDS WEEK!	<b>21</b> Walking Club 9:30 am	<b>22</b> Survival Skills for Lice Season Cpt. William Spryfield Centre - 6:30 - 8:30 pm Activities for the kids!	<b>23</b> Promoting Nutrition We will be out in the community visiting schools	<b>24</b> FOOT CARE CLINIC \$25 (by appt. only)	<b>25</b> Blood Collection 10 am - 12 noon Community BBQ & Face Painting 11 am - 2 pm
<b>26</b> Redeem 125 Air Miles for a \$20 Pharmasave Gift Certificate Visit: airmiles.ca	<b>27</b> COLGATE TOOTHPASTE 75 ML 50¢	<b>28</b> Walking Club 9:30 am	<b>29</b> MAJESTA FACIAL TISSUE 50¢	<b>30</b> Smoking Cessation Clinic We'll help you quit! 5 pm - 8 pm	<b>FREE</b> Prescription Delivery Everyday!	<b>Sale pricing valid Sept. 1 - Oct. 20</b>
OCTOBER CALENDAR OF EVENTS						
					<b>1</b> 	<b>2</b> Blood Collection 10 am - 12 noon
<b>3</b> PHARMASAVE POP 2L 50¢	<b>4</b> MYSTERY STORE SPECIAL	<b>5</b> Walking Club 9:30 am	<b>6</b> OBUS FORME Water Pillows 2 for \$50.00	<b>7</b> CLINC Blood Pressure, Blood Sugar & Cholesterol 10 am - 4 pm	<b>8</b> 	<b>9</b> Blood Collection 10 am - 12 noon
<b>10</b> KONNOC BATTERIES 50¢	<b>11</b> MYSTERY STORE SPECIAL	<b>12</b> Walking Club 9:30 am	<b>13</b> CADBURY BARS Regular size 50¢	<b>14</b> FREE Prescription Delivery Everyday!	<b>15</b> 	<b>16</b> Blood Collection 10 am - 12 noon
<b>17</b> COLGATE TOOTHPASTE 75 ML 50¢	<b>18</b> MYSTERY STORE SPECIAL	<b>19</b> Walking Club 9:30 am	<b>20</b> MAJESTA FACIAL TISSUE 50¢	<b>GRAND PRIZE DRAW to be held Saturday, October 23, 3 pm at the Spryfield store.</b>		



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# MLA's community survey results

By Michele Raymond  
Halifax Atlantic MLA

Summer always seems to be catch-up and clean-up time and this season has been no exception. September has arrived though, and with it [www.mhraymondmla.ca](http://www.mhraymondmla.ca), which will be up and open by the middle of the month. Thank-you all for your patience and please feel free to send in suggestions and comments to the website itself or by calling my office at 477-4100. I hope it will be a useful resource on matters local, general and simply of interest. Please use the local business directory on the site, and if you didn't send in information on your own Halifax Atlantic based business, it's never too late.

Also I'd like to relay the results of the questionnaire I sent to every household in Halifax Atlantic earlier this year. It has taken a while to summarize the results because of the number of detailed, thoughtful comments that came in. Thank-you all very much for spending the time on this exercise and being prepared to prioritize issues. It's not always an easy matter. So without further ado, in order, your comments:

**Health.** Overwhelmingly, cited more than twice as often as the second ranked issue, health is the primary concern. Whether it is health care delayed, the expense of long term care, or the cost of medication and uninsured treatments, people are worried about their own health, physical and mental, and the health of their families and friends.

**Environment** was the matter next most frequently cited. This may be partly because Halifax Atlantic is largely a rural but urbanizing area, and we who live here are well aware of our natural surroundings. Among the most concerning issues were the need for safe drinking water and clean air, but there are also worries about too much noise (ATVs were often mentioned), pesticide use, and to a lesser degree, the need to protect other species.

Next came the whole group of housing problems including safety, quantity and price of rental units, the cost of buying and insuring homes, and the need for senior housing as older people for affordable, manageable alternatives.

**Education** was almost tied with housing concerns. Curriculum issues topped the list, followed by safety at school, building condition and the need for physical education all the way through the school years. The cost of university tuition was just as large a problem for many people.

**Transportation** was next on the list. Lack of public transit was the major issue, followed by the cost of car insurance and fuel. Traffic safety

worries many people and, to a lesser degree, the condition of roads.

**Safe communities.** Among the most pressing issues are vandalism, the need for strong emergency measures co-ordination and greater police presence. Several people pointed out litter as both a health hazard (attracting rodents and insects) and an economic deterrent in the area.

**Government.** This question was purposely not broken down into the various levels of government but overall, the cost of government in taxes and user fees and the need for accountability and due process were nearly as urgent as community safety.

**Employment** presents challenges to many people, not just finding work, but the conditions at work. Among them health and safety issues loom large, but wages and benefits are a close second, as were "general working conditions." Very few people gave details of these.

**Natural resources.** Closely related to employment for several people were concerns about the state of the fisheries and a fear that NS offshore resources are not bringing enough jobs and money into the province itself.

**Recognizing Nova Scotia.** Having an appreciation for our own distinctive culture may not be a life-and-death issue, but people recognized equally the importance of the arts and the protection of our historic sites and buildings.

**Economic development** concerns were topped by the need to re-use and revitalize empty buildings on the Herring Cove Road, something which is well on its way in the past few months.

**Community services.** Support for the disabled and child protection were the major concerns, followed by income support. Unfortunately, no one commented in any further detail.

**Recreation.** The main concerns are with location of sport facilities and the cost of recreational programs. Accessibility and safety seem to be under control.

Obviously although everyone has their own issues, and a few fall into the category of other, some concerns are common to nearly all of us. Identifying them is only the first step though. The challenge now is to translate concerns into actions and the practical, community level where possible, and legislatively when necessary.

Over the coming legislative session, I will be bringing these latter most challenging issues forward to the NDP caucus so that as a team we can ensure they are addressed in the House. Again thank-you all for putting so much time and thought into your part of the process.

## If your answer is yes to six or more of these questions, stand up and vote for Bruce Cooke

	YES	NO
Have you been squeezed long enough by high taxes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you believe we must do more to protect our environment and make the polluters clean up the mess they make?	<input type="checkbox"/>	<input type="checkbox"/>
Do you believe politicians have become unaccountable and dominated by big money?	<input type="checkbox"/>	<input type="checkbox"/>
Are you fed up with incumbents and career politicians not doing their job at City Hall?	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree that our elected officials should be successful well rounded members of society and lead by example?	<input type="checkbox"/>	<input type="checkbox"/>
Do we need a Municipal Planning Strategy so that we will be able to recognize our community 5-10-20 years from today?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel our Maritime way of life is worth standing up for?	<input type="checkbox"/>	<input type="checkbox"/>
Would you like to elect an individual that does not play games and lets you know where they stand on any issue?	<input type="checkbox"/>	<input type="checkbox"/>
Do we need more police on the beat and judges that apply the law?	<input type="checkbox"/>	<input type="checkbox"/>

There's a leadership crisis at City Hall! As we enter the second half of the decade, it takes more than a flower in the lapel and a folksy image to represent the people in District 18 at City Hall. There is no mistaking where Bruce Cooke stands on the issues. And if he stands where you stand, make your vote count on Saturday October 16, 2004. Get to your polling station and take your government back!



### for Councillor District 18

[the.cookes@ns.sympatico.ca](mailto:the.cookes@ns.sympatico.ca)

Paid For By the Committee to Elect Bruce Cooke

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

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Email: [mhraymondmla@eastlink.ca](mailto:mhraymondmla@eastlink.ca)



# Aliant strike affects communities - MLA Steele

By *Graham Steele*  
Halifax Fairview MLA

Last month, I wrote about the Aliant strike and the wounding effect it has on our community. This month, I want to write about the same thing.

You might wonder why an MLA would want to write, again, about a strike at a private company that's federally regulated. It's because I am very much preoccupied by this strike, even though I can't do much about it.

Since I wrote my last column, I have again walked the picket lines at Rockingham and Spryfield, talking to the strikers about why they are on strike. I have been visited by an Aliant executive, who had read last month's

column. And while knocking on doors this month in my constituency, I have met others who are on strike or who are concerned about the strike.

I am preoccupied by this strike because it is an open wound in our community. There are 4300 striking Aliant workers in Atlantic Canada, and about 2000 of those are in Nova Scotia.

When a worker is on strike, their family is on strike. When this many families are on strike, for this long (four months!) it is a terrible blow to the community.

Let us also not forget the front-line managers who are filling in for the striking workers. I mean this most sincerely. Managers who cross a picket line, and who face the people

they have worked with in the past and will have to work with again, are themselves in a stressful situation. They know that they, too, will be axed if they don't do it.

Although this may sound strange, it's a little hard to criticize Aliant too. I lament the fact that the new merged company can't respond to the reality of Nova Scotia communities, because it is no longer a Nova Scotia company. I lament the fact that Aliant's majority shareholder, Bell Canada, is a national telecommunications behemoth that cares as much about the social effect of this strike on our corner of Halifax as it cares about the price of rice in Uzbekistan. But it's hard to criticize a pub-

licly-traded corporation for doing the very thing that publicly-created corporations are created to do, namely, maximize shareholder value. We're fooling ourselves if we think a corporation could act any differently.

The Aliant strikers are looking for nothing more, nor less, than reasonable security. Security for their retirement years, via a more sensible pension plan. Security for their working years, via more reasonable protection from contracting-out and willy-nilly transfers.

The strikers are our families, our friends, our neighbours. They are the heart of our community. Their security is our security. Wake up, Aliant. You're hurting us.



**Graham Steele**

**MLA - HALIFAX FAIRVIEW**

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Halifax NS B3L 2C2

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Fax: 453-4566

graham@grahamsteele.ca  
www.grahamsteele.ca



The First Cowie Hill Guides got the benefit of Lumbermart's 20th Anniversary celebration when Dartmouth store Manager Jason O'Hearn helped Shelby and Edi Drake set up a fundraising barbecue as part of the festivities.

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# Councillor analysis "roundabout" benefits at Rotary

By Linda Mosher  
District 17 Councillor

Traffic circles, or rotaries, have been documented as far back as 1905 in New York. These fell out of fashion about the same time as our rotary was being built. The United Kingdom developed the "modern roundabout" and developed the "yield at entry" rules. Since then many new roundabouts have been developed worldwide and older style traffic circles, or rotaries have been changed to modern roundabouts.

Based on preliminary analysis in 2002, a local consulting firm concluded that the Armdale Rotary could operate quite well if it was changed to a modern roundabout. As well, HRM has been working with consultants from England; which the province invited to Halifax, to assess changing the Armdale Rotary to a modern roundabout. Their preliminary analysis has confirmed that we do have the capacity to change the rotary to a modern roundabout. This requires further assessment of some of the exits to ensure that we can properly remove traffic from the rotary. Computer simulations have shown a modern roundabout would decrease congestion and vehicle delay.

A modern roundabout looks very similar to the Armdale Rotary. It is still a one way circular intersection that traffic flows around a centre island. The major difference is the rules regarding traffic flow of a modern roundabout versus a rotary. Drivers waiting to enter the roundabout must yield to the circulating traffic, basically waiting for a gap before entering. There is no one-on-one behaviour that often causes rotaries to slow down when one driver in the rotary allows another driver to enter.

The other major difference is that roundabouts have a larger entry deflection. This requires the motorist to slow down in order to safely enter the roundabout. Signals or other measures such as bypass lanes may be required to ensure that one leg, i.e. Herring Cove Road, does not have to wait for all the traffic from another leg with more traffic, i.e., St. Margaret's Bay Road, before they can enter.

Currently the Motor Vehicle Act regulations regarding rotaries are not clear. The province recognizes the advantages of modern roundabouts and is the legislation. The province is looking at modern roundabouts in other areas of Nova Scotia and the new changes will ultimately make it illegal to stop in the rotary to let another vehicle go ahead.

As a Councillor, I am often given suggestions about how to change the rotary to make it more effective, or told that it functions fine so why change it? Most times, the rotary works fine the way it is. At off peak times, motorists will most likely not experience any changes in their use of the roundabout, as they will easily enter and exit as they would today. However, during peak periods the rotary can back up and cause major delays. The rotary is now at capacity and changes must be made. There are several developments outside the urban core that are already underway that will further exacerbate the delays during peak periods. Modern roundabouts are much more efficient at handling traffic during peak times and are proven to have higher through put.

Some residents have asked why we do not implement a major bypass system like the Mic Mac Parclo. HRM staff have assessed how to address the capacity issue at length. They have

examined many options such as an overpass, signalized intersections, bridges and tunnels. There are many reasons why a modern roundabout is the preferred alternative over these options. Some of these reasons are safety, cost effectiveness, esthetic value and ease of change. Some options were simply not needed.

Preliminary analysis has shown that a modern roundabout adequately addresses the current and anticipated traffic flow at this key traffic node for now and many years in the future. A major bypass system would require huge construction effort, be much more costly, not as safe, would require many intersections, lengthy retaining walls, and would have negative impacts on the aesthetics and views of the North

West Arm.

Roundabouts have shown to have a great reduction in motor vehicle accidents, fatal and injury crashes, pedestrian and bicycle crashes compared to signalized intersections. It has been estimated that the entire project should be under \$2 million. This is considerably less than any other option and is the least disruptive. HRM has applied for funding under the Canada-Nova Scotia Infrastructure Act.

HRM's Traffic Authority is negotiating with the consulting firm in England to perform the final analysis and design work for this project. This firm has a great deal of experience with

see "Councillor" pg. 13

# Adams seeks agreement

By Stephen Adams  
Councillor District 18

I have received numerous phone calls and e-mails over the past few weeks expressing concern and confusion as to the rationale behind the application of tar and gravel to a 7.5 kilometre section of the Ketch Harbour Road.

Ironically this project ended at the bridge in Ketch Harbour, a bridge in desperate need of repair. Further adding to the irony is that in early summer I presented a petition with more than 350 names asking for upgrades to the Old Sambro Road.

The explanation I received is that this resurfacing is supposed to preserve and extend the life of existing asphalt. However, this section of

road was resurfaced only a few short years ago. I fail to understand the logic. I will be asking to meet with the minister in charge to explain those concerns forwarded to me and to reprioritize the work. Resources are scarce enough and, as such, we should maximize what we have.

This all renews the call to explore the feasibility of HRM assuming responsibility for all road maintenance and snow removal in HRM. During our first meeting in August, Mayor Peter Kelly suggested that there is a possibility of a service exchange for road maintenance for all of HRM except the 100 Series Highways. Discussions are ongoing with the province to see if that can be arranged. This agreement would ensure that we would be better able to address your concerns in a timely manner.

## Re-Elect Linda Mosher

For Councillor, District 17 - Purcell's Cove - Armdale



*"It has been an honour and a privilege to represent the residents of District 17 on HRM Council. I respectfully ask for your support on election day, Saturday, October 16, 2004, to continue working on your behalf."*

Linda Mosher

- R** Responsible planning - strong supporter of the growth moratorium, regional planning and local community based planning.
- E** Environment - developed new Blasting Bylaw, working on strategies for tree preservation and protection of water courses.
- S** Safety and security - worked with Halifax Regional Police to develop a Citizens On Patrol Program and establish a new Police Office.
- U** Upgrading parks - major improvements to parks, such as Sir Sandford Fleming Park "the Dingle", and enhancements to playgrounds throughout the district.
- L** Listening - attentive and accessible to residents, working hard on your behalf to resolve issues and keeping you informed.
- T** Traffic issues - from removing the barricades off Quinpool, to resolving local issues, to big picture ferry and rotary improvements.
- S** Saying NO - to developments that do not fit with existing neighbourhoods, such as William's Lake proposal or high rise buildings in Rockwood/Stoneridge.

### Proven Representation - Proven Results

For more information or to offer assistance, contact Linda at 477-8618

Authorized by the committee to re-elect Linda Mosher



On Saturday, Oct 16

RE-ELECT

Councillor

*Steve* ADAMS

District 18

Experienced Leadership

*Together* we can be proud of our achievements over the past 9 years. Together with your input, we have been able to:

- Enact a comprehensive review of policing
- Enhance playgrounds throughout District 18
- Ensure storm sewers continue to be installed
- Address individual and community concerns on an ongoing basis
- Secure \$7.5 million in funding for the Herring Cove water and sewer project

Over the next 4 years, I am committed to:

- Ensuring the Herring Cove Sewage Treatment Plant is constructed
- Further enhancing policing services
- Completing the installation of storm sewers
- Delivering long-overdue water services to Herring Cove and working to secure additional funding on your behalf
- Representing you with commitment, respect and competence

As your Councillor, I will continue to represent you to the best of my ability. I am honoured that you have put your trust in me, and respectfully ask for your continued support on Saturday, October 16.

Paid for by the committee to elect Steve Adams, 118 Tartan Avenue.

# Are you allergic to animals? - Here are the fallacies and some advice

How many people do you know that would love to have a pet but cannot because they are allergic to animals or one of their family members are? Allergy is the most widespread chronic disease in the world and of all allergies, sensitivities to animals is one of the most common.

Pet allergies are so prevalent that they affect nearly every household. In the United States, studies indicate that between 15 and 20 million people are adversely affected by pet allergies, which is approximately six to eight percent of the population. While many people are disappointed they are not able to get a pet due to allergies, the most heartbreaking scenario is that where years after acquiring a pet, an owner develops a sensitivity to the animal.

By this time there is a strong emotional bond between the owner and pet and the thought of parting with their best friend is overwhelming. Despite advice from their doctors, studies have shown that most allergy patients opt to suffer with their symptoms rather than give up their animal.

So what can we do to ease the symptoms of pet allergies, or even better, to prevent them in the first place? Much of this advice is really common sense, if you realize that allergies are caused not by the animals themselves in their entirety but to three major animal allergens, or allergy causing substances.

Firstly, animal dander, which is the collection of minuscule and microscopic dead skin cells, scales and flakes that an animal is con-

tinually shedding is a potent allergen. It is actually the protein found in this debris that creates the allergic reaction. Secondly, animal urine, be it that from dogs, cats, ferrets, hamsters, mice or guinea pigs, will also trigger allergic reactions, again from the protein found in the urine. Lastly, the cat allergen, known as Fel d 1, which is secreted in saliva as well as skin secretions is the major cause of allergic reactions to cats.

Knowing this and that allergies are cumulative, makes it clear that to avoid reactions you have to minimize your contact with dander, urine and cat secretions. How easy is that? For starters, if you are allergic to animal dander and saliva you are probably allergic to other substances found around your home such as dust, molds, mildew, feathers, paint, perfume, soaps, fabric softeners, pesticides and smoke, all of which are also potent stimulants to allergies.

Minimizing exposure to all of these will help keep your system below a threshold above which reactions to animals may occur. Avoiding heavy carpets, dust-gathering accessories and "nic-nacs," fabric wall coverings, rough textured draperies, and clutter of books and magazines is helpful. In general, keep your home as clean and dust free as possible

by vacuuming frequently, dusting often with a wet cloth, washing down floors, walls and blinds, etc.

Sources of mold and mildew should be treated promptly. Air purifiers containing HEPA filters can dramatically improve the quality of air inside your home as can opening screened windows to help with ventilation. Washing your hands after handling any animal and especially not touching your eyes, nose or mouth can help minimize symptoms as well. Avoiding the pet having contact with your bedding, particularly the pillows, is very important. Avoid down or feather pillows as well.

Grooming your pet often or having a professional groomer do it for you is a certain way to keep fur and dander to a minimum. Visiting your veterinarian regularly to ensure that your pet's skin and coat are as healthy as possible is also crucial.

Despite the folklore that is no one breed of dog or cat that is "hypoallergenic." While some animals such as the poodle, wheaten terrier, schnauzer or bichon fries may shed less than others, there are no dogs or cats that do not cause some sort of allergic reaction. Reactivity is highly variable between people. As well, the length of coat does not make any difference.

## Councillor explains "roundabout" benefits

*continued from pg. 12*

roundabouts, reviewing approximately 500 per year. If the final consultant report recommends changing the rotary to a modern roundabout, and we obtain approval for funding, we would

anticipate starting this project in early 2005. HRM would undertake a major public awareness campaign prior to any changes being implemented and ensure that any construction is done at non peak periods.



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**Healthy Cooking**  
Every Monday, 6:30 to 8:30 pm  
\$5.00/class

**A Great Start to the School Year**  
Info session for parents  
Thursday Sept. 16th, 5:30 to 6:30 pm  
Free

**Heart to Heart**  
Chat about heart health  
Bring your questions with you!  
Thursday Sept. 23rd, 6 to 8 pm  
Free

**10 Week Healthy Weight**  
Start Date: Thursday Sept. 30th, 10:30-12 pm  
Free

*All classes are held in the Herring Cove Community Room*



The Spryfield Lions Club got generous support for their Road Toll this summer and helped raise funds for the Alzheimers Society of Nova Scotia. This is only one of many projects the local club undertakes to assist worthy charities in the community.

## Rent the Lions Den

Whether it is a Christmas party, anniversary, wedding, end of year banquet or other special occasion, the Spryfield Lions Den and hall are available for rent.

The Den is available for groups of up to 120 people, and the hall for larger groups.

*For rental information or to check available dates, call Herman Peterson at 477-7753.*



Support your local Lions Club

# Storm advances to Provincial Championships

To quote Coach Bill Purchase, "you're going to hear a lot from the Storm this season." And he was right. The "AA" Midget baseball team was entering its second year in the Nova Scotia Bluenose Baseball League. The first season was not a tremendous success for the squad, but not a disappointment. They held their own all last year, and entered this year confident the past year's experience would result in a better season.

So Purchase, his players and his parent group decided to apply to host this year's Provincial Championships. Baseball Nova Scotia granted the team the honour, a decision which meant the team was automatically entered into the province's championship tournament. The event would be held at the Wanderers Grounds in Halifax.

The tournament opened against the Saint Margaret's Bay Eagles, a squad many believed to be the top performer over the year. But the Eagles didn't show up to play but Storm pitcher Graham Bona came to throw. He held the Eagles nearly hitless over the seven innings while the Storm's relentless bats smashed out nine runs in a lopsided 9-1 victory. Tyler Watters and Joseph Purchase both went two for two for the Storm.

In game two of the four team round robin, the Storm faced another league rival the Valley Titans. Chucker Michael Briand earned the win while Storm bats, including Ryan Peterson who went three for three and Doug Wagner who went two for three at the plate, slapped the Titan for eight runs in the 8-6 victory. The win set the stage to make the Storm the team to beat in the tournament.

In game three, against the unknown Cape Breton representative from New Waterford, the Storm took advantage of New Waterford in the back end of a double header to squeak out a 6-5 win. Left hander Michael Buckland went the distance for the Storm in the game while Matt Hollett was a perfect three for three in the winning cause.

The third straight win for the Storm meant victory as provincial championship if the Eagles from St. Margaret's Bay could defeat the Titans from the Valley in the final game of the round robin. If the Eagles lost the Valley

would be forced to down the Storm twice to snatch victory from the Spryfield squad.

In a game which proved to be the most exciting of the event, the Eagles took nine innings to edge the Titan 6-5, recording their only win of the tournament, and leaving the Storm true champions with their 3-0 record in the round robin.

All in all, despite a torrential downpour all day Saturday during the weekend the event was well managed and a credit to the NSBA, the Bluenose League, the Spryfield Storm and their parents.



The Spryfield Storm "AA" Midget baseball team will head to New Waterford for the Atlantic Championships after hosting and capturing the provincials in August. Members of the team include Graham Bona, Michael Briand, Michael Buckland, Ricky Cormier, Matt Hollett, Joey Keddy, Trevor McKelvie, Lee Pelham, Ryan Peterson, Josh Priest, Kevin Priest, Joseph Purchase, Doug Wagner, Tyler Watters and Coaches Bill Purchase, Tony Peterson and Don Pelham.

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# Community Events

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**Minor Hockey Registration**

Registration for the Chebucto Minor Hockey Association 2004-05 season is taking place Tuesday, August 31 and Tuesday, September 7 from 6 to 9 p.m. at the Spryfield Lions Arena. For information visit the website at [www.chebuctominorhockey.com](http://www.chebuctominorhockey.com) or call the Registrar, Patricia Manuel, at 477-2266.

**Turkey Supper**

St. James Anglican Church on Herring Cove Road will host the Annual Turkey Supper and Fair Saturday September 11 from 4 to 6 pm. A bake table, sewing table, parcel post, cake walk and kids games will start at 2 pm. For information call 446-8168.

**Quarter-Note Singers**

The Quarter-Note Singers will hold registration for all male and female voices at the Captain William Spry Community Centre Thursday September 9 at 7:30 pm. Interested persons who want to join should call 479-2764 for information.

**Heritage Meeting**

The Mainland South Heritage Society will meet Thursday, September 30, 7:30 pm, at the Captain William Spry Community Centre. Guest speaker, Millard Wright, will talk on the history of brickyards in Nova Scotia, the topic for his new book "Building Nova Scotia Brick by Brick." All welcome.

**Health Lunch Information**

A healthy lunch and snack display will be held 11 am to 3 pm at Superstore September 18 and at Sobeys September 25. The event is a collaboration between Single Parent Centre, public health, Chebucto West Community Health Board, St Paul's Family Resource Institute, Captain William Spry Multi Service office, Teen Health Centre and the Urban Farm Museum Society in partnership with Sobeys and Superstore outlets in Spryfield.

**Harvest Fair**

The Urban Farm Museum Society will hold a Harvest Fair at the farm field on Kidston Road in Spryfield, Saturday, Sept. 11th from 2 to 4 pm. Food, Fun and Entertainment are on the menu. Come enjoy this annual event. Skippy Marden and her fiddlers will be entertaining. All welcome.

**Blood Donor Clinic**

A blood donor clinic will be held at St. Michael's Catholic Church, 14 St. Michael's Avenue, Tuesday September 7, from 5 to 8 pm. For information or to schedule your appointment, please phone Canadian Blood Services at 1 888 2 DONATE (1 888 236-6283).

**Audition for Play**

There will be an audition held at St. Augustine's Church, Purcell's Cove Rd. Wednesday and Thursday from 7 to

10 p.m. September 8 and 9. There will be 15 to 17 in the cast of a variety of ages and gender, 16 yrs. old and up. The show runs Dec 2 to 18 for 14 shows. Rehearsal will start approx. September 16. Please prepare to sing unaccompanied at audition, good (not brilliant) singing voices will be necessary. For more information call 477-2663.

**Walk to School Week**

Lace up your sneakers for Walk to School Week from October 4 to 8! Join millions of students, teachers, parents and community members around the world as they walk for the environment, health, physical activity and safety. Register at [www.goforgreen.ca/asrts](http://www.goforgreen.ca/asrts), [asrts@ecologyaction.ca](mailto:asrts@ecologyaction.ca) or (902) 442-5055.

**50/50 Draw For Youth**

There will be a weekly 50/50 draw at Coates Irving in Harrietsfield with the proceeds going toward a local youth's trip to the World Youth Day to Koln, Germany, in 2005.

**Legion Notes**

The following events will be held at the Earl Francis Memorial Legion in January:

Bingo - Every Sunday beginning at 1 pm - doors open at noon. Senior's Day - September 13 and 20, with Newfie George at 1 pm. Karaoke September 10 - 9 pm to 1 am. Members and guests welcome. General Meeting September 14.

**Library Happenings**

Childrens Storytime ages 3-5. Six week session beginning September 17 and ending October 22. Fridays at 10:30 a.m. A love of reading is a gift to last a lifetime. Stories, songs, and finger-plays introduce preschoolers to books in this special half hour just for them. For more information call Cindy Sampson Fleet at 490-5796. Baby's First Books ages 0-18 mths. Six week session beginning September 15 and ending October 20. Wednesdays at 1:30 p.m. October 13th's session will be a special Read to Me Jamboree! To register, call 490-5818 or come in person to the Information Desk. Library Puppet Shows: Captain William Spry Library has Puppet Shows for all ages Saturdays at 11 a.m. Patrick the Pig and Moe the Crow invite you to bring the whole family and all your friends for a half hour of hilarious entertainment with a show featuring your favourite puppet characters. For group bookings, call Cindy Sampson Fleet at 490-5796.

## Chebucto News

### Business Directory

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