

Chebucto News

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A year later Gospel Light Baptist Church holds "Dedication Service"

It was more than a year in the making and reached across the United States boarder and into Western Canada but the approximate 50 or so regular members of Gospel Light Baptist Church had the final say this month, dedicating the new church just completed in Harrietsfield

on the Old Sambro Road across from RDM Recycling.

The distinctive log construction design was possible only because expert assistance was available from members of the Southern Baptist Convention parishes in places like Roanoke,

Virginia, and from Louisiana, Arkansas and Texas.

Pastor Reg Lewis said it was a year ago may that Pastor Bill Ryder and his wife Lisa made a visit with another couple and "left us with the impetus to build this church. Some of these people visited us as many as five times to help with the construction," he said in praise of their efforts.

And Pastor Lewis thanked as many people as he could remember from the long list of those who contributed to the construction. In giving

thanks for all the corporate contributions to the project Pastor Lewis also offered a special commendation for the Building Committee. Mentioning Stephen Ford, Dawn Lawrence, Murray Locke, Jacques Rouleau, Heather Umlah and "my wife Pat" which drew a round of applause from the "filled to capacity" congregation, Lewis said "I don't think we could have had a better building committee. We prayed together and we worked in harmony," he said

see "Gospel Light" pg. 2



Emmanuel Anglican Church used the Annual Flower Service held at its Sussex Street Cemetery to officially unveil the new columbarium created at the site. Reverend Dianna Brentt-Frye officiated at the ceremony.

Dory Club launches two racers

Ketch Harbour – Donnie Mahoney of Barrington Passage, whose father built more than 10,000 dories and handed down the talent to him, poured champagne over the bows of two dories at Ketch Harbour to christen the Robin H and the Two Sisters, the newest additions to the Harbour Mates Dory Club.

In opening the ceremonies, which included a public gathering and barbeque at the Ketch Harbour wharf, Chris Mills thanked those who have assisted the club getting started including Steve Farmer, Dan Welch, Andy Henry, Doug Wozowski, Bruce Annand, Sean Woodard, Anna Whale., Carolyn Woods and Joann Farmer. "Dory rowing and racing traditionally been a big part of life in our coastal communities," he said remembering that many in the

area have seen the lone dory Perrywinkle "sliding across the harbour as rowers train for the Lunenburg and Gloucester International Races" in which rowers from around the Sambro Loop have managed international acclaim.

"For years those rowers were Danny Brackett and Todd Dempsey who brought home first place finishes throughout their entire rowing careers. Avery and Wesley Henneberry from Sambro, along with their sons and cousins, have made dory rowing a family and community tradition," he said.

Seana Brackett and Lisa Tilly picked up the oars in 2002, he said, "and with the coaching help of local experts from Herring Cove, Ketch Harbour and Sambro they went on to several victories in Canada and the US."

And he said it was the sight of their training that caused others in the communities to wonder how they could become involved in the sport and, as a result others, like Kaleigh Paul, Gillian Hamm, Anna Whalen and Joanne Farmer, also got involved in the competitive side of dory racing.

The increased involvement in the sport

three now operating in the region.

The intention says Firth, is to give people an opportunity to continue a monitored program of diet and nutrition, counseling support and physical exercise right in their own communities. For local residents at risk for, or with

see "Locals" pg. 2

see "Dory Club" pg. 2

Locals can receive on-going heart health program

Here's an understatement for you. Having a stroke or heart attack will change your life.

And if that's not enough to deal with as it is, maintaining that newly recommended heart healthy lifestyle on your own is a daunting task for which there has not been a lot of support services available. Enter the Community Cardiovascular Hearts In Motion Program now operating in the Shoppers Drug Mart building on Herring Cove Road.

One of the big issues with folks who suffer a heart attack or stroke, says Wanda Firth, Program Manager, is the ongoing management of the "cardiac risk factors," including high blood pressure, smoking, physical inactivity, cholesterol control, stress and weight management. For patients with a recent heart condi-

tion, there is a program available at the QEII Health Sciences Centre in downtown Halifax, but it can be difficult to access for some.

"We already know that people who have a heart attack and attend a cardiac program as part of their follow-up treatment do very well while they're there, but history shows that in any program, once it is completed many people fall back into their usual routines and find it difficult to maintain the changes that they made," she said.

What that told the Capital District Health Authority was that there was a need for on-going support and treatment at centres more easily accessible around HRM. Spryfield's "Community Cardiovascular Hearts in Motion" program, a three-year funded project, is one of

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Gospel Light holds "Dedication Service"

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mentioning trades and contractors including Mike Lawrence and Don Brown from RDM; Phil and Lloyd MacDonald; electrician Andrew Pothier; plumber Russell Nicholson and others.

The congregation sang To God Be The Glory and Stephen Forde read the Psalm before Roanoke's Lisa Haupt sang "May All Who Come Behind Find Us faithful."

Roanoke's Minister of Missions Roger

Talmadge told the congregation that "you are called to make disciples around the world" from this building and Paddy Monk offered the instrumental "Love Lifted Me." The Children's Choir sang "Who Can Do Anything" and Jacques Rouleau showed a slide show of the construction stages.

The Ladies Choir said "Thou Art Welcome In This Place" and Associate Pastor Chad MacKenzie said "this is huge. The impossible has been accomplished. God dedicated this site

to a church (Emmanuel Anglican Church was once located in the same area) and he has chosen to build another church on this site."

Pastor Lewis and the congregation read the "Prayer of Dedication" and Pastor Lewis reminded the members that "God does not dwell in buildings. He dwells in the hearts and minds of each one of its parishioners," before Jessica Warren sang "In Christ Alone."

Guest speaker for the event D.K. Hale, from the Canadian Convention of Southern Baptists, took time to specially recognize Pastor Lewis' wife Pat and MacKenzie's wife Cheryl for their support of the church and their husbands.

Locals can receive heart health program in Spryfield

continued from pg. 1

heart disease, we can now offer a three month monitored program, with 6 and 12 month follow-up, to help people adjust and maintain goals for heart healthy living. Making it easier for people to attend the program by offering three new sites in Capital Health is seen as an important addition to their treatment success, she says.

The goal is to help empower people who have already had a cardiovascular event, and people with major risk factors, such as diabetes, smoking, high blood pressure, and high cholesterol, to take control of their health and wellness, she said.

The program is a QEII Health Sciences Centre initiative with funding provided by Manulife Financial, AstraZeneca and Shoppers Drug Mart and is designed to last three years.

The program is also offered at the Dartmouth Sportsplex and the new Cobequid Community Health Centre. "The hope is that the program will be so successful that funding will be secured long after the three years is up."

She said the team includes a medical direc-

Dory Club launches new racers

continued from pg. 1

convinced HRM to provide a \$7,000 grant, which needs to be matched by the dory club, for the production of the two dories welcomed into the program at the christening in August.

The Robin H. was named in honour of Robin Henneberry of Sambro, a rower who loved the sport, and a fisherman who was lost of Pennant Point earlier this year in a fishing accident. The Two Sisters was named after the

tor, Dr. Nicholas Giacomantonio, manager Firth, family physicians, pharmacists, as well as the program patient team consisting of nurses, Cathy Peck and Darlene Cooley-Warnell, physiotherapists, Sarah Youden and Joyce MacCormack, and a dietitian, Janet Plowman.

"Sisters," two ledges off the Katch Harbour which are a part of the local seascape.

The two boats have been christened just in time for the September 16 race in Ketch Harbour which start at 9:30. "Last year we had rowers from Shelburne, Yarmouth, Eastren Shore and surrounding communities Herring Cove, Sambro and Spryfield," said Mills, and that there may be rowers from PEI this year after they had really good representation in Lunenburg this year.

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Mary Brown, Director of Hand-In-Hand on Herring Cove Road, sorts through some of the newly donated school supplies which came pouring in after the charitable organization had its supplies razed by fire this past month.

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NEW PATIENTS WELCOME

Healthy Housing Project receives national attention

By Marjorie Willison

An idea that started with the Spryfield Residents' Association (SRA) is now of great interest to a national network of public health professionals who are studying the effects of community layout on quality of life and public well being. This is a result of the Healthy Housing, Healthy Community Project, sparked by the SRA and administered by the Captain William Spry Community Centre Board of Directors (CWSCC Board).

Residents in the SRA recognized that development can bring many benefits, provided it is done in ways that improve the quality

of life in a community. They spent two years developing a Principles of Healthy Development Checklist, identifying community design characteristics that they thought would be beneficial. SRA considered several aspects such as transportation, housing, public places, wilderness areas, and recreation.

The CWSCC Board received funding from the Public Health Agency of Canada to verify the work of the residents, and research evidence of any links between community design and health. CWSCC Board also wanted the Healthy Housing, Healthy Community Project to carry this important discussion to a wide variety of people who live in Spryfield and


communities around the Sambro Loop, to get ideas and feedback about what makes any community a great place to live.

Clara Stewart Robertson, a Community Design student at Dalhousie University, has been exploring various art activities this summer to encourage discussion among residents. Sharpie has contributed \$300 worth of Sharpie felt pens for her work with residents. The Project is also running a photo contest to find out what residents value about their community. (For photo contest details see www.spryfield.ca, or phone 477-0964.) From October 15th to 17th, the Project will also hold public discussions and an open house to create more opportunities for residents to chat.

Kate Thompson, Project Coordinator, is connecting locally to HRM planners, health professionals in Capital Health District, developers in metro, and interested engineers.

"Creating great places to live, work, and play requires community spirit and a lot of collaboration," Thompson says. She has been invited to share the Project's successes in a web-based presentation for community health professionals across Canada.

It is fascinating to see how Spryfield, which started as a small farming community in the 1760s, is now taking its place in 2006 as a national innovator, exploring urban designs that promote quality of life and public well being.



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Royal Bank of Canada Manager, Herring Cove Road Branch, Mark Hebert, and RBC Manager of Client Care Dianne Sangster arrived at the Single Parent Centre sporting a \$5,000 cheque to support the Centre's work. Shown accepting the cheque are Executive Director Donna Williamson, Sister of Charity Congregational Leader Sister Donna Geernaert, and Congregational Counsellor Sister Joan O'Keefe.

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DISCOVERING OUR PAST

Spruce Hill Lake and Foses Lake combined to make one lake in 1868

By Iris Shea, Historian
Mainland South Heritage Society

Awalk into Spruce Hill Lake from Old Sambro Road in Harrietsfield is a pleasant experience any time, but it is particularly beautiful in the fall of the year. You will be taken back in time as you explore the northeastern shoreline which was fortified with rock walls by local stone cutters and labourers in 1868. The main dam, built at the same time, is still intact, with a sluice gate that was opened and closed by the caretaker. This dam, an earthen structure, is 1200 feet long and 12 feet wide on top, with 16 inch granite blocks on the inner and outer slopes. The gatehouse, seen here in the photo, was built in 1889 of brick, concrete and granite. Its walls were 4 feet thick. Unfortunately the gatehouse no longer exists. A pipeline, now in disrepair, is used by hikers as a walking trail from the dam to the head of Long Lake on St. Margaret's Bay Road. An abandoned hoist, used by those 19th century workers to lay the large pipes, is still standing upright in a wooded area along the pipeline trail.

Another trail, southwest of Spruce Hill Lake, starts on Old Sambro Road in Harrietsfield and takes you through Foses Hill to the Prospect Road in Goodwood. An old farm on the side of Foses Hill, owned and operated by three generations of an Umlah family from 1845 until the 1950s, is now overgrown. Benjamin Umlah of Goodwood and his wife, Charlotte Yeadon of Spryfield, raised a family of five daughters and two sons on their farm at Foses Hill. One son, William Levi, stayed on the farm when Benjamin moved his family to Halifax in the 1860s. William Levi Umlah and his wife, Margaret Amelia Drysdale, had four daughters and one son. Two of their daughters, Maggie and Jessie, both unmarried, operated the farm after their parents died. Many will recall seeing them travelling to the Halifax market by horse and wagon to sell their eggs and fresh produce. Maggie died in 1968, Jessie in 1972.

Hikers are still able to make their way over the Foses Hill trail although it is very wet in spots and perhaps easier to navigate when the ground is frozen. Sports fishermen and moose hunters travelled through there on foot and by motor vehicle. In 1930 young Charles Hosterman was found in his car at Foses Hill, dead from a gunshot wound to the head the day after hunting season opened.

To go further back in history, to the 1770s, the name Foses Hill was originally named Foss's Hill after Philip Foss, a German baker living in Halifax who was granted the land as a woodlot. Also in the 1770s, two of the nine 500 acre Leiblin Manor lots, granted to German business owners in Halifax, extended west from the Herring Cove Road into Spruce Hill Lake. The lake was a natural location for landowners to operate water powered sawmills on the streams flowing into and out of the lake. The land around the lake served its owners as woodlots. The Sutherland and Kidston families settled on these two Leiblin Manor lots in the

early 1800s. Both families lived in Spryfield and made good use of the lake.

In 1868, Spruce Hill Lake was added to the Halifax watershed. Long Lake and the two Chain Lakes had been providing clean and safe water to the residents of Halifax since 1848. Spruce Hill Lake was raised twelve feet making Spruce Hill Lake and Foses Lake a continuous body of water. (Early maps refer to Spruce Hill Lakes (plural) but early deeds refer to Foses Lake and Spruce Hill Lake as two separate lakes). Landowners around Spruce Hill Lake were forced to give up valuable water privileges. The Commissioners of Water Supply for the City of Halifax appointed William A. Henry, Esq., to act as an arbitrator and appraiser. The landowners appointed John E. Hosterman, Esq., to represent their interests. An agreement was made by both parties that they pay George Sutherland \$850 for loss of his mill site (located where the main dam is today) and several acres of his land on which the

pipeline was built. Both Benjamin Umlah and Archibald Kidston were paid lesser amounts

Caretakers were hired to check on the quality of water in the lake, to raise and lower the water when necessary, and to prevent swimmers and fishermen from using the lake. George Hartlen and his wife, Mary Jane Warner, were the longest serving caretakers. When Hartlen died in 1923, his son, John, and John's wife, Mary Dysdale, took over the job, living in the caretaker's cottage just behind the dam. During World War II the Canadian Army looked after the water supply, patrolling the lake waters for possible sabotage. Following the war, Ainsley Maryatt moved his family into the caretaker's house and became "keeper of the dam." By 1977 Pockwock Lake became the main provider of water for Halifax, and in 1980 Sprucehill Lake was officially retired from the watershed. The province expropriated approximately 4200 acres of land of this watershed, paying the Public Service Commission \$7 million for land that is now part of Long Lake Provincial Park.



The gatehouse and dam at Spruce Hill Lake as it looked in the 1970s.



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Arthritis is a debilitating disease that affects one in four Nova Scotians. It attacks people of all ages, and is the most prevalent chronic childhood disease. The vast majority of people take medication to manage their arthritis but there is no cure.

There are over 100 different kinds of arthritis, most of which last for a lifetime. The most common type is osteoarthritis (OA). This degenerative joint disease begins when the cartilage breaks down, sometimes eroding entirely to leave bone rubbings against bone. Any joint can be affected but the feet and knees hips and fingers are most commonly involved.

WARNING SIGNS OF OSTEOARTHRITIS

- Feeling pain in a joint or near a joint
- Feeling stiff, or not being able to move a joint
- Swelling and the loss of flexibility of a joint
- Cracking sensation with joint movement

IF YOU HAVE ANY OF THE ABOVE SIGNS FOR MORE THAN 2 WEEKS CONSULT YOUR DOCTOR.

The most common form of inflammatory arthritis is Rheumatoid arthritis (RA) this inflammatory joint disease can strike at any age, but usually appears between the ages of 20-50. RA is an autoimmune disease where the immune system attacks the joints. The hands are most commonly affected. But RA can affect most joints of the body; it can also attack organs or

other parts of the body such as the eyes lungs or heart.

DIET AND EXERCISE

Regular exercise can help relieve the pain and stiffness in your joints by keeping the muscles and tissues around them strong. The stronger the muscles and tissues are, the better they can support and protect your joints.

Before you start exercising, talk with your doctor and develop a program together that safely meets your needs.

If you are overweight (for example, 10% heavier than your ideal body weight), you are putting additional stress on your weight bearing joints. It may make the pain and the inflammation of arthritis worse. Controlling weight is one of the best ways of controlling arthritis pain.

Reducing weight reduces the stress on those joints. It will ease the strain, lessen the pain, and improve your ability to move, slow disease progression and make you feel better overall.

Canada's Food Guide is an excellent source of information to help you control your weight. Receive a copy from your doctor, hospital, dietician or government health service office.

HEAT AND COLD

Heat applied to an arthritic area can reduce pain, stiffness and muscle spasm. It promotes blood circulation, which nourishes and detoxifies muscle fibres. Having a hot shower before exercise may help you get ready for a workout. You should not apply heat to

an inflamed joint. Cold applied to inflamed joint reduces pain and swelling by constricting blood flow.

TOPICAL CREAM and GEL

Topical creams and gel prove temporary pain relief, but only in the areas where they are applied. These creams are not effective as anti-inflammatory. Brands include: Bengay Arthritis, Deep Heating Rub Cream, Minard's joint Relief, Marathon Deep Heat Rub. The majority of creams and gels are counter-irritants; they use heat or cold to distract you from your pain.

Non-steroidal anti-inflammatory drugs (NSAIDs)

You can use these medications to reduce pain and swelling of the joints and decrease stiffness. However, they do not prevent further joint damage. NSAIDs reduce pain when taken at a low dose, and relive inflammation when taken at a higher dose.

You can buy some without prescription such as coated ASA (Aspirin, Anacin, etc.) or Ibuprofen, (Motrin IB, Advil, etc.) If you have more severe pain and swelling your Doctor may prescribe a stronger form of NSAID. You may need to take NSAIDs for several weeks before they take effect completely. If you take them for a long period of time, there is a chance you may develop a stomach irritation or even an ulcer.

PROTECT YOUR JOINTS!

- Avoid excess strain on joints
- Control your weight
- Apply ice after injuries
- Pace yourself. An occupational ther-

apist can help you modify your home or work environment

- Wearing proper shoes and using aids such as canes or walkers can also take off some of the strain.

WHERE TO GET MORE INFORMATION

The Arthritis Society offers the Arthritis Self-Management Program (ASMP) This program teaches people to take control of their arthritis. It equips them with the skills they need to make important decisions with members of their health care team.

People who have taken the course have found it so beneficial that many have offered to teach it to others.

ASMP provides people with an all-encompassing approach to living with arthritis, by setting up a resource library in the arthritis centre, which is the rheumatology division of Capital Health in Halifax. The role of the library is to provide people and their families, and health care professionals, with information about the disease. People who are on a waiting list for orthopaedic surgery approach the arthritis Society for guidance on how to maintain their health as they wait, and information on what to expect after surgery. The Society holds Chronic Pain Management Workshops and Public Forums across the province.

If you have questions about your medications or other health issues, remember your Crowell's Pharmacists and other health team members are a valuable source of information.

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Youths Explore the Arts at Spryfield club

Thanks to a grant from Action for Neighbourhood Change, the Boys and Girls Club of Spryfield has been able to put on a Youth Arts Program. The Program provided materials for the children to learn about photography, pottery, making different types of jewelry, music and learning about "good" graffiti. This spring, the children held an open house to showcase their creations at the Captain William Spry Community Centre, and they have continued to use the materials for artistic creations through the summer months.

One young female age 11 said she "loved the arts program because it gave us a chance to do things that we have never done before like

photography, pottery, jewelry making and learning about good graffiti. My favorite things were painting, photography, graffiti board, jewelry and making our own music and rap songs.

"The arts program was fun and cool because we got to take our own pictures of things that we loved. When I felt sad about Spryfield, taking the pictures made me feel happy and proud of my community," she said. "I would like to thank every one that helped us do this. We would love to do it again."

Another participant, a young male age 9 said "I loved doing everything; it was fun and exciting to do so many different things. Having our own camera and taking pictures of

Spryfield and what we loved was the best. I loved the music and painting too. I would love to see more music and photography because it was fun to take a camera and take pictures of what we liked about here (Spryfield), no one was telling us what to take pictures of. I hope we can do it again."

The Boys and Girls Club of Spryfield offers after school programs for children aged 5-11 along with day camps during March Break, In-service days and Summer. Leadership Building for youth aged 12-15 is offered after school and evenings.



Kids at the Boys and Girls Club of Spryfield draw pictures in a group session as part of an arts and culture project sponsored by Action for Neighbourhood Change.

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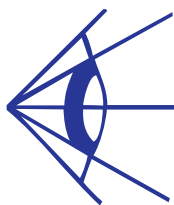
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- Comments from a new gym member

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St. Paul's United Church welcomes new Minister

St. Paul's United Church and the Family Resource Centre is initiating a search for a new minister to lead the congregation following the departure for Newfoundland of Reverend Calvin Ginn and his wife Florence after 12 years of service to the community.

But the well respected couple weren't about to leave town for Ginn's hometown of Lewisport without the fond farewell offerings of the congregation which showed up to honour the two at a going away party held at the Resource Centre.

Board Chairman and Master of Ceremonies for the evening Greg MacKinnon, in thanking the couple for their service here, said "it's amazing how much work has gone on behind the scenes" during Rev. Ginn's time at St. Paul's. "We've all grown to rely on Calvin for his expertise and we will miss his steady, reassuring manner as well as Florence's touch with our music program, the United Church Women and Bible Studies."

David Church sang "What A Wonderful World" and a pair of tunes were offered by local singers Dennis Chaulk, Jim MacKay, David Jacobs, Matt Mill and Glenn Perrott.

Church historian Frank Fisher presented the Ginns with a photo album recording their history and MacKinnon made a presentation to them on behalf of the congregation and Debbie

MacDougall made a presentation on behalf of the Sunday School. The Ginns were given a painting of the Round House done by Mona Drapple.

Following the hymn "God Will Take Care of You" parishioners and friends strode to the microphone to offer congratulations and farewells. Reverend Carl Price, retired, enthralled the audience with his own words of departure. He said the Ginns were always about fellowship of couples and the fellowship that surrounds Jesus Christ. "Calvin's purpose was always to ensure that you knew the way home. So when you get there and get turned away don't you blame Calvin. He and Florence have done everything they can to show you the way home.



St. Paul's Anglican Church Historian Frank Fisher makes a presentation to Reverend Calvin Ginn and his wife Florence.

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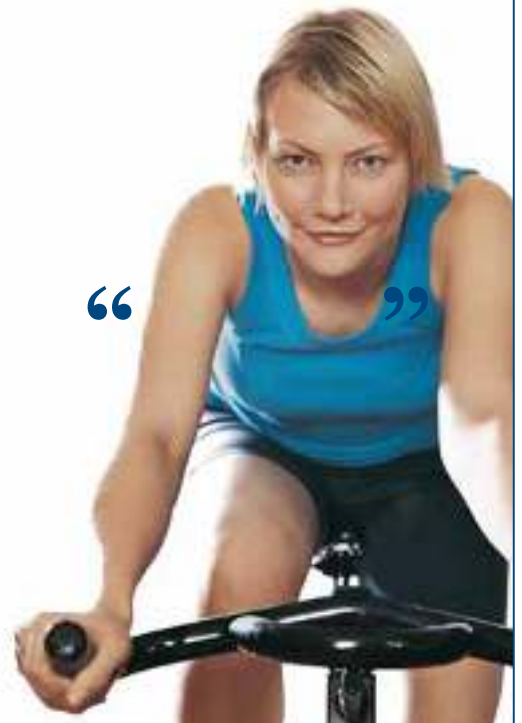
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Education – At some point you can “only do less with less” – Steele

By *Graham Steele*
Fairview MLA

For many, September signals a return to learning. Maybe that's why September has always been my favourite month. I was one of those students who loved school and couldn't wait to go back. I did it for twenty-one Septembers, and I miss it!

So this month, I'd like to share a few personal reflections on education. As your MLA, my belief is simple: We must not settle for anything less than excellence in our classrooms.

It's important to our community. I am pre-occupied by the degree of poverty among us here in Halifax Fairview, and education is the single most reliable indicator as to whether a person or family unit will live in poverty.

It's important to our economy. Education is, or could be, Nova Scotia's greatest economic asset. Our universities and the Nova Scotia Community College provide a first-rate environment for learning, research and innovation. They should be a key element of any economic development strategy.

And it's important to us personally. Education is a key element of personal fulfillment and enlightened citizenship.

Frankly, I am confident that our teachers and professors can teach our children well. The challenge for me, as your elected representative, is to find ways to

remove the barriers to excellence.

First, over and over again, I hear stories of parents struggling with special-needs children in the P-12 system. A phrase that I heard several times during the recent election campaign, as I went door to door, is “The school system promises lots of support, but doesn't provide it.” I don't claim to know what the answer is, but I do know (because parents tell me) that the status quo on special needs is not working.

Second, I hear stories of students who struggle with debt as they seek to further their education after Grade 12. I ran up a \$10,000 student-loan debt in three years of

law school. Students laugh at that now. They tell me that \$10,000 is the debt for a single undergraduate year.

Third, I hear stories of teachers who are trying to make do with very limited resources. Many reach into their own pockets to pay for supplies. Many are working in schools that badly need repair. They are tired of government saying “Do more with less.” There comes a point where they can only do less with less. We've been at that point for 15 years.

Money is not the solution to every problem in the education system, but we're kidding ourselves if we think it's not a factor. That's why it

perplexes me to hear people demanding educational improvements, and in the next breath demanding cuts in the taxes that would pay for them.

Finally, let me mention the barrier created by politicians who will not even acknowledge that there are problems. Our last Minister of Education regularly downplayed poor test results, instead blaming teachers and students. We now have a new Minister, and we'll see if she takes the same approach. Standard tests are not the answer to everything, but they do tell us something important about where we are, and where we need to be.

Vandalism, school water and playground news – Adams

By *Stephen Adams*, Councillor District 18

A senseless act of vandalism through arson damaged a landmark community agency in the middle of August. Although all acts of vandalism are senseless, one wonders why this group was targeted.

However, we try to find something good in the aftermath of this terrible event. Once word spread at Hand-In-Hand's plight, it didn't take long for the community of Spryfield and in fact the generous folks of HRM and beyond to help out. Cash donations, clothing, school supplies and shipping containers from Mr. Demolition and Yeoman Marine, to name just a few contributions, were collected to bring Hand-In-Hand

back in business.

If you are able to hold any and all contributions would be gratefully accepted. You can contact Mary Brown at 477-7744.

As the school years quickly approaches both William King Elementary School and Herring Cove Junior High have yet to connect to the available sewer and water services. We had intended for both schools to “hook-up” during the summer, so as not to disrupt classes and traffic during school hours. However, these connections have yet to occur. On the bright side however, is that a tender was advertised for Herring Cove Junior High. Further Darren Watts, our School Board member, has been working diligently to expedite the hook-up to William King.

I invited a number of our key parks and recreation staff to tour our playgrounds and parks and to help identify areas of concern. We identified many playgrounds that needed attention. The major challenge we face is that of staffing. I have allocated the necessary funding for these projects but our ability to install is limited. Having said that, we are striving to improve the following playgrounds: Harrietsfield Elementary School will get a new

piece of equipment and some general maintenance; Sambro School will get a new piece of equipment, general maintenance, top dressing of the field and an overall clean-up; the playground at Portuguese Cove will have the existing equipment refurbished, grass cut and the court cleaned up. The small playground at Frances Court needs rather extensive work even though it is one of the smaller facilities in District 18. Nonetheless it needs to be made safe and needs to be enhanced. Last but not least the playground at Hartlen Cuvelier Field will be expanded to accommodate the growing population of children in the area.

We are making every effort to complete the work by fall. Although frustrating for all involved, we are confident the finished products will be worth the wait. Your patience is greatly appreciated.

The shortage of skilled workers here and the abundance of work has also played havoc with other contracts. Phase 1B of the Herring Cove Sewer and Water project was well over budget. As a result we have tendered Phase 2A to see if the pricing is more favourable. In any event, the project will continue.

MICHELE RAYMOND, MLA

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Rotary confusion brought about by provincial regulations – Mosher

By Linda Mosher, Councillor District 15

There seems little doubt the Armdale Rotary continues to be somewhat of a problem for motorists. And there are many wondering what impact the increase in traffic will have once schools and universities reopen this month. We at HRM have been chastised for the recent changes and, although as Councillors we seem to be blamed for the confusion, it is not our fault.

And we have tried to help. HRM has issued a public service announcement telling drivers to observe traffic signals and stop only when a red light is displayed and remain stopped until the red light/green arrow appears and they are to resume yield-on-entry. Motorists are advised that when travelling on roundabouts equipped with mechanized traffic signals, they are obliged by law to obey these signals. To address the September traffic rush and concerns that some drivers may have been on vacation, another awareness campaign will soon start to let people know that the rules governing traffic at the Armdale Rotary have changed.

I continue to receive calls and emails expressing frustration that the rules were changed before a public awareness campaign. I must restate that the Province changed the rules. This change to the Motor Vehicle Act was made in the legislature and passed by MLA's crossing all party lines.

According to Hansard records, during discussion in Province House on the change in legislation, local opposition MLAs did not bring

up proper education requiring advance notification. However, the record states that one of the MLAs commented that it was HRM's decision. In reality it was the Province who wanted to change the rotary rules back in 2003.

Although HRM was made aware of the Province's desire to change the rules, joined their Roundabout Committee, and subsequently agreed with the change, we wanted advance notice in order to properly notify the public. Neither elected officials nor Transportation and

Public Works staff from the Province afforded us this notice.

HRM has reacted in the best way it could and is doing everything possible to ensure that the public is aware of the change, albeit after the MLA's and the Province already passed the legislation. It is no wonder people are confused because even the individuals responsible for this decision are suggesting it was our level of government that initiated the change, when clearly it was not.

Growing food in the city

By Michele Raymond
Halifax Atlantic MLA

Evenings are cooling and many plants dying back, but the most interesting part of my garden is just coming into its own.

I live in an older house off Williams Lake Road, with a garden succumbing to weeds when I moved in six years ago. Not long after, I took a friend's advice and in late winter went to one of the Valley vineyards to get grapevine prunings. After cutting them up, watering, rooting and waiting four years, we're now surrounded by vines that give shelter, privacy, beauty – and food.

I'm not the only one anticipating a harvest in Halifax Atlantic. More and more people here have been growing food recently, some in their own gardens, and others communally.

Urbanization isn't new, and neither is urban food production. Until the late 18th cen-

tury, most European cities, and planned North American settlements, (including Halifax), were designed around a commons. This land was intended as communal pasture for those without grazing land. By the 1790s, however, there was no such defense against growth, and the Halifax Commons, like many others was gradually eroded by sale and lease into private hands. The remainder was turned to recreational and institutional use.

Food became the specific work of farmers and market gardeners in places like Spryfield, Cole Harbour and Sackville. Suburban growth in the 1950s and 1960s displaced these small enterprises too, pushing them to larger sites farther away. The cost and difficulty of transporting fresh foods increased in proportion.

These are recent problems in Nova Scotia. In London, Paris, Munich and elsewhere, the

see "Growing Food" pg. 11

Stephen Adams

HRM Councillor, District 18

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Monday, September 25th – *Red Thai Curry, Lemon Tarragon Rice, Asparagus with Thai Sauce, Cranberry Stuffed Baked Apple*

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

STROPLE, Annie Evelyn - 82, Spryfield, loving wife of the late Gerald Strople, passed away at her home. Born in Halifax, she was a daughter of the late William and Florence (Marriott) Robinson. Annie was an active member of Emmanuel Anglican Church, where she had been a former member of the ACW and a Sunday school teacher. "Gram" loved her family dearly and was always so very proud of her granddaughters, Sara and Michele. She loved flowers and gardening, baking and puzzles. She especially enjoyed giving "Kirby," the family dog, his special treats each day. She will forever be remembered and sadly missed by her cherished daughter, Marla (Sandy) MacDonald, Spryfield; her treasured granddaughters, Sara (Adam) and Michele, both of Spryfield; her sisters, Margaret Langille, Harrietsfield; Nellie (Wofford) Gates, June (Donnie) Strople and Bessie Snow, all of Spryfield. Annie was predeceased by her husband, Gerald; her parents; sister, Alice Wright, and brothers, Stanford, Walter, Frederick "Fred," Horace "Kennie," Harold and Roy. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). Interment has taken place in Emmanuel Anglican Church Cemetery.

WILLMOTT (Hill), Ursula Ada - 93, Halifax, passed away peacefully at home. Born in Hermitage, N.L., she was a daughter of the late Ernest and Martha (Engram) Hill. Ursula was

an incredible, multitasking woman who deeply loved her family and many close friends. She had a warm, generous spirit and compassionate heart that will be sadly missed by all who knew her. She was a long-time member of Emmanuel Anglican Church, Spryfield, and the Lioness Club. She will be lovingly remembered and deeply missed by her son, Allan Willmott, Halifax; daughters, Ursula (Ed) Lackey, Bridgewater; Ursula (Wayne) Albertson, Calgary; brother, Kent (Marty) Hill, Hermitage, N.L.; sister, Annie Gaulton, Halifax; many grandchildren, great-grandchildren, nieces and nephews; very special friends, Pat James, Paul Lynch and Mary Cowie. Ursula was predeceased by her loving husbands, Harry Willmott and David Winick; three sisters and six brothers. Funeral arrangements were under the care and direction of J. Albert Walker Funeral Home (2005) Ltd. Interment has taken place in Pleasant Hill Cemetery, Sackville.

DAVAGE, Darlene Martha - 45, Spryfield, passed away suddenly at home. Born in Halifax, she was a daughter of Elizabeth (Butler) and the late Thomas Davage. Darlene loved her family dearly. She had been formerly employed with Wal-Mart. Darlene is now in the presence of the angels, swimming with the dolphins, which had been a lifelong dream. She loved animals, especially her two cats, Angel and Gizmo. Darlene will be fondly remembered by her loving husband, Jerry Herchak, and her

memory will forever be cherished by her mother, Elizabeth "Betty;" her brother, Bill (Eileen), Eastern Passage; her sisters, Barbara and Winnie (Andrew) Holley, both of Halifax; her grandmother, Martha Davage; niece, Jackie; nephew, John; as well as many aunts, uncles, cousins, and numerous friends. Darlene was predeceased by her father, Thomas; her paternal grandfather and maternal grandparents. By request, cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd.

DRYSDALE (Alchorn), Debra Anne "Deb" - 51, Halifax, passed away at her residence. Born in Halifax, she was a daughter of the late Leslie William and Doris Margaret (McFarlane) Alchorn. Deb most recently had been employed with D & G Cleaning, and previously with Travelers Lodge. Deb is survived by her son, Terry Drysdale, and daughter, Kelly Trafford, both of Halifax; brothers, Willie (Debbie), Ken (Donna), both of Halifax, and Chuck, Ottawa, Ont.; sisters, Diane (Bill) Organ, Halifax, and Kathy (Fred) Roberts, Dartmouth. She will also be remembered by her grandchildren, Alex, Stephen and Beth, as well as her godchildren, Kathaleen, Justine, Kay-Lee, Tony and Glenn, and many aunts, uncles, cousins, nieces and nephews. She was predeceased by her parents, and her partner, Ruby MacDonald. Cremation has taken place under the care of J. Albert Walker Funeral Home (2005) Ltd.

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Chebucto News Community Events

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Diabetes Screening

St. Paul's Family Resources Institute, 173 Old Sambro Road, will hold a Diabetes Screening and Information Clinic on Thursday September 21. Registration will be from 8-9:30 am and the appointment takes approximately 2 hours. Free testing, information and breakfast. For more information call Courtney or Dorothy at 479-1015. Everyone welcome.

Hockey Registration

Registration for the 2006-07 Chebucto Minor Hockey season will take place on Thursday September 7 at the Spryfield rink. Both registrations will be held from 6 - 9 pm. For returning players, pre-printed forms will be awaiting you at registration. New Players must bring proof of

residence in addition to birth certificate and health card.

Turkey Supper

St. James Anglican Church in Herring Cove is having their Annual Turkey Supper on Saturday, September 9. The Bake Table, Sewing Table, Cake Walk, and Parcel Post will start at 2 pm and the Turkey Supper is from 4 - 6 pm. For more information, please call 446-8168.

McIntosh Run Meeting

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

Multi Community Yard Sale

A multi community yard sale is being planned for the weekend of September 16 and 17. It will begin in the Harrietsfield Leibliln Park area and continue down through Williamswood, Sambro and around the loop to Herring Cove. Anyone wishing to take part just has to get those "not used anymore" items out to the driveway, yard, or garage and that's all you have to do. If you have any questions, please email Jessie at kevin_marriott1@ns.sympatico.ca or call 475-1164.

Singers Group

The Quarter-Note Singers are welcoming new members to join the group meetings at the Captain William Spry Community Centre. The next meeting is September 14, with registration and 1st rehearsal. For more information, call 479-2764 or email mackjo@hotmail.com.

Majorette Registration

Halifax Sparklette Majorettes held fall registration on Tuesday August 29. For more information check out our website at www.sparklettemajorettes.piczo.com or call 477-3668 or 479-1499.

TAG Annual Meeting

The Theatre Arts Guild will hold its Annual General Meeting Monday, September 11 at 7:30 p.m. followed by "Leacock and Luscious Deserts" Produced by Judy Feade. All Members welcome. To renew your membership or become a member, go to our website www.tagtheatre.com for a membership form. Membership is only \$10. You will receive 6 Newsletters, a \$2 discount on each performance and special member-only opportunities.

Fundraising Dinner

The Nova Scotia Federation of Anglers and Hunters will host its 2nd Annual Fund Raising Dinner and Auction on September 13 at Kokomo's, 120 Susie Lake Drive, Bayers Lake, starting at 6 p.m. with dinner at 7:30. Tickets are \$40.00 and are available by calling 902-477-8898. The Federation is a strong proponent of wildlife conservation in Nova Scotia. For 76 years it has sought to represent the interests of Anglers and Hunters throughout the province.

Harvest Fair

The Urban Farm Museum will hold its Annual Harvest fair September 9 from 2 - 4 pm. Come and enjoy a taste of the farm harvest! There will be sheep petting, wagon rides, games and prizes. For information contact urbanfarming@gmail.com or 477-6087.

Flamenco for Young People

Register now for "Flamenco For Young People" with instructor Maria Osende! Fall 2006 Flamenco workshops will be held Saturday mornings Sep 16th to Dec 16th [12 weeks] near the Armdale Rotary. Bursaries and subsidized Flamenco classes for 60% off regular price are available to young people in the community, sponsored the Church of Saint Mary Magdalene and Halifax Wedding Chapel. Please contact Josephine at 423-2651 for bursary application forms, registration information and scheduling, or check out <http://www.halifaxweddingchapel.com/ole.html>. Workshops include: Introduction to ballet and flamenco for ages 5-7 at 10:00-10:50am; Flamenco for ages 8-11 at 10:50-11:50am; Flamenco for ages 12-16 at 11:55-12:55pm.



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Growing food in the city

continued from pg. 9

'allotment' is a longstanding tradition: a piece of public land where families (and some school classes) cultivate their own plots, sometimes keeping poultry and small livestock as well. When Spryfield's Urban Farm Museum began, community gardens in Halifax faced many obstacles, particularly zoning. Spryfield's rural traditions had evolved with urban growth, but city policy had not. The UFMS was to commemorate the area's farming heritage, and teach city-adapted skills, but also to lobby for urban food production. This matters. St. Paul's Community Garden has operated for nearly 20 years, joined 10 years ago by the UFMS; the Farm's

outreach project, Greystone Gardens, will celebrate its first harvest tomorrow. Seniors at the Captain William Spry Lodge hope to set up their own vegetable garden, if they get permission to use the land and build a tool shed. It shouldn't be that hard. Access to food is part of city planning in Toronto, Chicago, Boston, Vancouver and elsewhere. Municipal governments can help in many ways - zoning for allotments, creating umbrella agencies to coordinate bulk buying and services, even requiring common garden areas in new developments. The Province has its own role, which includes effective control of contaminants in soil and groundwater (we reap what we sow), and could include requiring food security planning in urban centres.

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Faucet as shown **\$99** with purchase of each unit

\$429 \$497 \$497 \$597 \$597 \$999

INTERIOR DOORS... we've got 'em all at the right price!

STYLE	SIZE	PRICE
Colonial	1'-0" (12")	\$18.88
	1'-2" (14")	\$18.88
	1'-4" (16")	\$18.88
	1'-6" (18")	\$18.88
	1'-8" (20")	\$18.88
Country	1'-10" (22")	\$18.88
	2'-0" (24")	\$23.88
Classic	2'-2" (26")	\$23.88
	2'-4" (28")	\$23.88
	2'-6" (30")	\$28.88
	2'-8" (32")	\$28.88
	2'-10" (34")	\$28.88
	3'-0" (36")	\$28.88

Most white, stock to go **\$1888** each

AS LOW AS... **\$1888** each

DURABLEST POPULAR SIZES...AS LOW AS!

- Most doors 20" tall - all sizes, same price
- Most are white woodgrain
- All doors are factory 1/2 grade
- (We stock 1/2 grade, see for details)
- All 2 1/2" thick doors have 1/2" thick veneer - this only

ECONO Toilet/Tank Set

Matching Basin Pedestal Set

\$98

Buy the set for... **\$98**

VOGUE Toilet/Tank Set

Matching Basin Pedestal Set

\$118

Buy the set for... **\$118**

VICTORIAN Toilet/Tank Set

Matching Basin Pedestal Set

\$188

Buy the set and Save... **\$188**

REGENT II Toilet/Tank Set

Matching Basin Pedestal Set

\$228

Buy all 4 pieces for just... **\$228**

DELUXE OUR VERY BEST Elongated Toilet Tank Set

Matching Basin Pedestal Set

\$299

Buy all 4 pieces for just... **\$299**

Our whole set costs less than just the basin and legs elsewhere

Store Hours

Mon-Fri 9am-6pm
 Sat 9am-5:30pm

How do we sell... (well)... SO CHEAP?

Prices in effect until September 30th or while supplies last

- We don't have huge overhead
- We don't have delivery trucks
- We don't do repairs or exchanges
- We buy huge quantities with LumberMart Clearance Centre
- We're local (only)
- We drive a hard bargain
- We've got a reputation...we're cheap
- We don't charge you a membership
- We will save you money

531 Herring Cove Road, Spryfield

(1/2 way between LumberMart and South Centre Mall former Halifax County Wide Plumbing Building)

Phone: 405-7283