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# Chebucto News

Vol. 5 • No. 5 • August • 2003

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## RBC Royal Bank announces new "full teller service" commitment

The residents of Spryfield and its surrounding communities, after waiting for almost five and one half years, will once again be able to advantage full teller service when the RBC Royal Bank of Canada's Herring Cove Road Branch unveils its improved new

look August 11. Residents of the Eastern Chebucto Peninsula five years ago recognized January 22, 1998, as their own personal "Black Monday." The final full service banking institution in the community, the Bank of

Montreal, shut its doors that day, symbolic to many here of the stock market crash of 1929. "The RBC Royal Bank of Canada is pleased that on August 11 we will become the only financial institution to offer full teller service to the residents of our communities," said Manager Greg Brennan. "We have been monitoring growth in the community for many years now and we recognize that there is a strong demand for this service. Through this investment we at the RBC Royal Bank are acting to respond to that need."

Brennan said the RBC Royal Bank is continually evaluating the growth of communities across the province and the demand for its services. "We feel this is an appropriate time to respond to the demand for this need and we hope to continue expanding our services based on community response," he said.

The manager explained that initial growth

at the bank will accommodate the resident's needs. But he said if the community continues to show a demand for more services, including business banking, the bank would evaluate the status of its operation. "We first have to monitor our initial investment in increased services. If the community responds in a favourable way, we will continue to improve the availability of services through the Herring Cove Road Branch," he said.

District 18 Business and Development Association President Kevin Umlah greeted the announcement with enthusiasm. "We have been working hard over the past five years to improve the image and increase the profile of this community. The RBC Royal Bank's response to positive growth in this area is a tremendous endorsement of our sustainability,"

see "RBC" pg. 2



Two of the students from the Atlantic Karate Club, Jade Potter, 9, and Alex Blackman, 10, show off some of their kicking skills. The Club is the oldest Karate Club in Canada.

### Atlantic Karate Club

## Oldest club in Canada will continue after Sensei

By Corey Baird  
Staff

September will be a bittersweet month for members of the Atlantic Karate Club. The non-profit organization, which is the oldest karate club in the country, will celebrate its 34th birthday. Unfortunately, one of the men responsible for its success isn't expected to be there to celebrate.

Sensei Michael Delaney, who has been with the club since its genesis in 1969, has terminable cancer. True to the stoic nature of the sport, the 5th degree black belt has accepted

his fate, speaking openly about his illness with little trace of sadness in his voice. One of his last wishes is for the club to still be around after he moves on, to help teach others the kind of discipline that's served him so well in his most trying times.

"I hope so," he sighs. He'd also like for the club to some day be able to move out of its current home at the Chocolate Lake Recreation Centre into a building of its own, but its continued existence, in one form or another is all that matters.

"We encourage people to respect others," he summarizes. Delaney credits the Atlantic

Karate Club with turning his life around. When he first enrolled in the club at the age of 16 he was, admittedly, troubled. "I was a bad, bad boy," he says with a laugh. "Growing up in the North End in the 1950's you either grew up to be a priest or to be a criminal."

Sensei Randall McLean, the man charged with continuing to build on the club's legacy, says Delaney falls much closer to the former description than the latter. "He's definitely my mentor," he states, listing travels with Delaney to competitions in Norway and Scotland as life changing experiences. "To me, without a

see "Oldest" pg. 2

## Association gains BID relationship with City

After the association had worked on it for more than two years, it took Halifax Regional Council only about four minutes to approve the District 18 Business and Development Association's request to establish a Business Improvement District Commission (BIDC) in the Eastern Chebucto Peninsula. The approval represents the furthest advancement ever of

any number of business associations who have fought against community decline here over the past 30 years.

Councillor Stephen Adams rose at the July 15 meeting to introduce the request to fellow Council members. He suggested that the organization first asked its membership for permission to study BIDC requirements last year and asked for permission to proceed with the application this past spring. "These volunteers have been working hard to make positive change in their community," he said in urging Council to approve the application.

Council members hardly discussed the subject after District 17 Councillor Linda Mosher added her support to the application. Adams introduced members of the Association who were in attendance at the meeting before calling for the vote. The unanimous Council approval was supported by Mayor Peter Kelly who offered his personal "good luck with your ambitions" to members as they left the chambers.

The application approval means all businesses in Spryfield and surrounding communities will become members of the business group. First term President Kevin Umlah said

see "Association" pg. 2

# Association gains BID relationship with City

*continued from pg. 1*

the approval vaults the business association and community into a place where no other business group has gone before. "Having knowledge that all businesses in the area are now members of the association certainly changes how we must approach our own activities as well as how we plan to make positive change in the local business environment," he said.

One of the significant impacts of the

approval is that now HRM has a qualified and recognized organization to deal with in attempting to improve the community. "Now that we are both incorporated and once we have signed the pending service agreement with the city we will have put ourselves in a place where we can tap into the resources of not only the city but any other government agency that's out there with programs in place to help communities undertake economic and social development," said the President.

Right off the top, he said, the city has

approved a \$50,000 street scape study for Herring Cove Road and, "now that we're connected officially we can move along with this project," he said. The street scape plan will

help the community identify problems and opportunities, he said hoping that at the end of the day actions to utilize vacant commercial spaces may be outlined by the study.

# RBC Royal Bank announces new "full teller service" commitment

*continued from pg. 1*

he said.

Umlah said this community is beginning to "turn the corner" and overcoming its prejudicial reputation. "Having a full service banking institution in our community will be a drawing card and an incentive for new residents who are giving consideration to moving to our neighbourhood," he said.

Brennan, who has been working on the expansion with head office staff for several months, said the RBC Royal Bank has been watching the development issues within the community and targeting local business from residents for quite some time. "It just seems to us that the time is right for the Bank to expand

services and capture a larger share of local business."

He said the RBC Royal Bank of Canada has been committed to the community since it opened in 1964. "Besides committing to the residents, we have committed ourselves to organizations in the community as well," said Brennan, identifying donations of \$5,000 to both the Single Parent Centre and Family SOS Healthy Kidz Programs and a \$1,000 donation to the J. L. Ilsley Family of Schools Arts Express project aimed at encouraging physical activity and cultural expression in elementary school children.



It was a little difficult to tell whether Morgan the bird was getting more attention than this 1965 Impala at the recent Canadian Tire Annual Car Show at South Centre Mall. Members of the Ferguson's Cove family which owns the car include Chris Smith, Courtney Gray, Cale MacMillan, Denise Gray and Jim MacMillan.

# Oldest club in Canada will continue after Sensei

*continued from pg. 1*

doubt, Mr. Delaney is the father of karate in Nova Scotia."

Delaney is too humble for accolades like that, but he does agree with McLean that karate can be life changing. "We assume a mentorship role," he explains, noting that many of his pupils entered his club with troubles of some sort. "Every youth is unique. Some need encouragement scholastically, others need it socially."

He'd like to think his time at the Atlantic Karate Club has been as fruitful for others as it's been for him. When asked about pupils he's most proud of Delaney struggles to limit himself to just a few. His graduates have gone on to all walks of life, from doctors to lawyers. Some have chosen, as Delaney himself did, to remain with the club and pass on their learnings.

"He made me promise that I'd keep the club going for at least one more year," says McLean, who's been with the club for twenty years. The challenge in existing for another twenty years will be adding to the club's current membership of 94. Although it is a non-profit organization the Atlantic Karate Club does have monthly overhead costs, paid directly by its membership fees. The club runs classes six days per week and administrators have set a loose target to add roughly 5 students to each class.

"We've never advertised," says McLean. "The only place you'll find us is in the yellow pages." He feels the best endorsement of the

club is that those who have entered, more often than not, have come out stronger for it, both physically and mentally. Delaney agrees.

"We don't have any degrees in psychology.

We're just good people trying to teach an ancient art and better the community." It's a philosophy he hopes will live on at the club long after he's gone.



Judy Rhino has offered an award each year for the past three years to a student from Rockingstone Heights School who has shown "great improvement in effort, behaviour and attitude". The Keith Edmund Rhino Memorial Award is offered in memory of her son.

## Chebucto News

**Publisher & Editor:** Reg Horner

**Circulation:**  
12,000 copies  
Agent: The Halifax Herald  
Printer: The Daily News

Delivered free-of-charge to households in; Armdale, Harrietsfield, Herring Cove, Jollimore, Ketch Harbour, The Pennants, Purcell's Cove, Portuguese Cove, Sambro, Spryfield, and Williamswood.

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Write to: "The Editor"  
P.O Box 20059,  
Halifax, NS, B3R 2L1

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**Meet new Community Constable Roger Booker**

**Filling nine-year-veteran Saunders' shoes will be tough**

By Laura Pellerine  
Staff

Rolling down the window of his silver Acura with the words "Police- To serve and Protect" boldly printed across the side, Constable Roger Booker warns a group of teenage boys to wear helmets the next time they go skateboarding.

"You can really hurt yourself," he says to one of the group before driving away. It's one of the things Booker loves best about his job, having the opportunity to work with kids. With his newly appointed position as Community Liaison Officer for the Halifax West Division of HRM Police, Booker will have the chance to promote safety to children in their schools. He is responsible for J.L. Isley and all of its

feeder schools as well as handling all community complaints.

Booker was appointed the position early this summer after former Community Police Officer Constable Steve Saunders was transferred as part of a new police program that promotes police members to new positions every five years. A long time community favourite, Saunders held the position for nine years.

Booker says Saunders' shoes will be difficult to fill, but he feels up for the task. "He's (Steve's) not someone you can replace overnight. He did a lot of good things out here," Booker says, adding that he's "not expecting everyone to like me, but I want to take the time to get people to trust me."

Booker grew up in the Spryfield area, first living with his parents in Leiblein Park and now with his wife and two sons in Herring Cove. He says his familiarity with the community will help him. "Because I grew up in the area, it makes my work a little easier. A lot of the problem areas are the same as when I was younger," he says, "It is a good community and I wanted to give something back to it and this is one way I can."

Booker says his desire to help others is what inspired the Isley graduate to enter the police force. He's been with the Halifax Regional Police for 16 years. Approximately 15 of those years were spent working in the Halifax Central Division (Downtown), and about seven of those years were dedicated to working on the paddywagon to handle bar mischief. In January this year Booker was transferred to patrol the Halifax West/Bedford Division, which is the position Saunders is taking over now. Booker says he is looking forward to having a regular work week. "I was really happy after 16 years of shift work."

In the upcoming months Booker will be busy helping to arrange a new community organization called Citizens On Patrol (or COP's). It is similar to an RCMP association where volun-

teers drive around in their own cars to be the "eyes and ears" of the police.

The project is scheduled to begin early fall. Booker says he's excited about the organization's potential to make a difference. "It will really help us out a lot and be a great resource."

But for now, Booker is trying to get his face out around the community so people will know that the trademark silver car with the blue writing has a different man behind the wheel. He wants the members of the community to feel like they can approach him.

"Anytime someone comes up to me with a problem that I can alleviate it makes me feel good," Booker says, adding "I'm fairly understanding, easy going and I'm a good listener."



Constable Roger Booker spends a little time with a young friend, Dustin Drysdale, during a visit to a local neighbourhood this month. Constable Booker is the new Community Police Constable taking over from nine-year veteran at the job Constable Steve Saunders.



J. L. Isley High School student Joel Durling was successful enough this year at senior high school to almost entirely have his first year of university tuition paid for in scholarships and other awards. His Archeology and Global History Teacher Steve Gallagher helped Joel celebrate his biggest award, the \$2,500 US General Electric Star Scholarship, given by the company to 1,250 graduating students of its employees. Joel also won the Gil Oickle Memorial Scholarship, the J. L. Isley Award and the St. Mary's University Entrance Scholarship.

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# DISCOVERING OUR PAST

## Herring Cove rowers took home many trophies at International Dory Races

by Iris V. Shea, *Historian  
Mainland South Heritage Society*

**W**hen the International Dory Races were first inaugurated in September 1952, teams from the two fishing communities of Lunenburg, Nova Scotia and Gloucester, Massachusetts, took up the challenge and the friendly rivalry has existed ever since. In the spring at St. Peter's Fiesta in Gloucester, and again in the fall or late summer at Lunenburg, the best Canadian team and the best American team compete for the international title. For the first seven years, a team from Nova Scotia won every race. The veteran racing team from Lunenburg, Lloyd Heisler and Russell Langille, dominated the competition.

Following their win in June of 1953, the Lunenburg duo announced their retirement. Two strong young rowers from Herring Cove, Dickie Nagle and Gerald Dempsey, were ready for the challenge. They had rowed against Heisler and Langille many times in the Canadian elimination races, but had never beaten them.

Nagle and Dempsey were well known among the dory racing fans in Lunenburg, and had gained their respect over the years. In 1953, the Fisheries Exhibition in Lunenburg would be their first race against the Gloucester team. Following the race, the Chronicle Herald reported "Quickly the Canadian team pulled slightly ahead of the Gloucester boys... There was no clapping of hands yet. Just quiet appraisal of the strength, skill and endurance of the youthful oarsmen as they pulled madly toward the black buoys a half a mile away." The crowds were anxious for another Canadian victory as Nagle and Dempsey approached the finish line. The team from Herring Cove did not disappoint them. The fans were ecstatic.

The Herring Cove team went to Gloucester in June of 1954 to compete at St. Peter's Fiesta where they were treated to the hospitality of their American hosts with a round of parties. Once again they brought home the trophy. Heisler and Langille, however, decided to return to the dory racing scene for two more years and again were unbeatable.

The veteran Lunenburg team retired for good in 1955 and in 1957 Nagle and Dempsey won the Canadian elimination races at the Nova Scotia Fisheries Exhibition in Lunenburg and went on to win the international title, taking home the Robert L. Stanfield trophy. The Chronicle Herald reported "Within ten seconds a muscular team from Herring Cove defeated the United States team and won Canada's seventh straight title. The United States has not won a race in fourteen attempts. The race was witnessed by several thousands who lined the waterway to the finish as forty ships in port broke into a chorus of fog horns."

In June of 1958, however, Canada's winning streak was broken. Nagle and Dempsey were defeated by the United States team in Gloucester. The Herring Cove team won the title in Lunenburg that same year, their last international victory.

Between 1987 and 2002, more Herring Cove rowers appeared on the international scene in Lunenburg and Gloucester. Todd Dempsey and Danny Bracket from Herring Cove represented Canada eleven times and

were International Dory Champions six times, the latest in 2002. Brent and Craig Dempsey rowed together in two events, with a win in Gloucester in 1987. Todd Dempsey also paired up with Brent Dempsey in three international competitions between 1998 and 1999 and won all three events.

The women's competition brought more success to Herring Cove rowers. Carolyn Bracket and Sherry Purcell won international titles at Gloucester in 1988 and 1989. Between 1991 and 1993, Carolyn teamed up with her sister Shawna and competed in five more international races, winning at Gloucester in 1993.

In addition to wins by the strong Herring Cove rowers, Sambro fishermen also took a share of the international trophies. Between 1981 and 1985, brothers

Avery and Wesley Henneberry competed in seven international events and won five tro-

phies. Clark Henneberry had competed in the Junior Men's category during the 1980s, winning once with Doug Cassibo and three times with Paul Drew. A fourth Henneberry brother, Marty, rowed with Greg Smith and brought home the junior boys trophy in three consecutive events, from 1980 to 1981.

Between 1987 and 1989, Dennis and Grant Garrison won the junior event four out of the five times they participated.

This year the Canadian elimination races will be held in Lunenburg on Saturday, August 9th, in conjunction with the Lunenburg Folk Harbour Festival. The winners will compete in the International Dory Races the following weekend at the Lunenburg Fishermen's Picnic and Reunion. Keep an eye on the defending champions from Herring Cove.



International Dory Champions Dickie Nagle and Gerald Dempsey of Herring Cove, 1950s.



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# Junior Leadership Program kids raise money for food bank

**Spryfield** - When Kevin Ament called The Chebucto News a couple of weeks ago to try and arrange for photographic coverage of the Junior Leadership Program "Food Bank Car Wash," the call was more than a simple request. For the 13-year-old, it was part of his

learning through the Junior Leadership Program.

"Kevin was quite nervous talking to you on the phone," said an appreciative Derek Thibault, Junior Leadership Program Coordinator. "But it's very important for the kids to be able to take a leadership role and organize these events on their own and they did a great job organizing this car wash for the Metro Food Bank program."

The Junior Leadership Program is an HRM Youth Program that runs throughout the city at a few Recreation Centres. Each program is specific to the in which it runs, says Thibault, who says the Captain William Spry Community Program is for kids between the ages of 12 and 15.

He said every program is designed to teach leadership skills, participation in service learning or volunteering as well as promoting social and physical activity skills. "The program is for kids who are motivated to learn new skills and work for their community," he said.

Usually, he says, the kids have a lot of enthusiasm and put out more effort than they deservedly get credit for. The program runs through July and August and the kids are at the

Centre every day from 9 a.m. to 4 p.m. participating as leaders within other children's day camps, preschool programs or learning new activities themselves.

Thibault says while some kids their age may be out in the community causing little problems, "these kids are those who choose to

make a difference."

Thibault said the day's proceeds from their car washing efforts netted \$225.00 in cash and many, many bags of groceries for the Food Bank. "All in all it was a successful days for both the kids and the Food Bank," he said.

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Kids between the ages of 12 and 15 are gaining leadership skills through the Halifax Regional Municipality Junior Leadership Program at the Captain William Spry Community Centre. This week the students organized a Metro Food Bank car wash with Wilson's Gas Stop.

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# Spryfield hockey players turning "Pro" is no coincidence

By Erin Pelham  
Freelance

There has been a significant increase in the number of professional hockey players who got their start in Chebucto Minor Hockey Association and it may be just more than coincidence.

Tim Cranston, a current lawyer and hockey agent, began his successful career in the Chebucto Rink. Chebucto gave him his start and by 14 he was playing for the Halifax Lions of the Old Metro Valley Hockey Junior "A" Hockey League. This made him the youngest player in history to ever play in a Junior "A" league. Since then, he has gone on and played in the Major Juniors and was captain of the Hull Olympics, finishing ninth in the league scoring.

Eventually, Cranston had a 15-year professional career in Europe where he played in 4 world championships. After successfully completing his law degree and pro hockey career in Europe, he returned to the Eastern Chebucto Peninsula to develop and share his success with younger hockey players.

Herring Cove forward Luke Pelham, is one of Cranston's clients who laced his first pair of skates in the Spryfield Lion's Rink. Today, Pelham is training to attend the Dallas Stars NHL hockey camp in September.

The foundation of Pelham's hockey career began in Chebucto where he played until his second year Bantam "AAA". At 16, Pelham was drafted in the fourth round to the Moncton Wildcat's Quebec Major Junior team. In his second year, his dream to make it to the NHL was fading due to the lack of ice time he received in Moncton, so Pelham went to play half a season with the Yarmouth Mariners.

"I knew it was a huge risk because the NHL usually doesn't look at people from that

league, but I felt it was the only way to get the ice time I needed to improve, now I can see things coming together," he says. With hard work and support from his agent, Pelham is about to turn his NHL dream into reality. He

all his new fame, Flinn remains modest. "This is where my roots in hockey are," he said after returning home as he does each summer to train and spend time with his family in Spryfield. This year, he has signed with Los

Angeles and will work hard to seal a permanent spot in the NHL.

And Flinn's success is spreading through the family. His younger brother Sean is paving his own path to hockey success. Sean began playing hockey for Chebucto and continued on until Bantam "AAA". Due to a frequent losing record in Chebucto, Flinn was discouraged and lost interest in hockey. After leading the J.L. Ilesley High School team to win a provincial championship, he regained his determination and love for the game. Today he plays for Grande Prairie in Alberta where he is working on a NCAA scholarship. "Now I want to go as far as I can, but if not, I will always have my schooling to fall back on," says Flinn. "To see Ryan and Luke where they are makes me want to do it even more."

Another local hockey player on his way to the top is Kyle Doucette of Ferguson's

Cove. Doucette is currently playing for the Halifax Mooseheads, but he remains proud of his hockey roots. "I liked playing for Chebucto. We never went as far as other teams, but we made good friendships and the support we got from our coaches and friends was great," says Doucette.

Doucette was drafted in 2002 to the Quebec Major Juniors, in the 11th round. He plans on making it all the way and with his positive attitude, talent, and work ethic his future looks optimistic. "I want to get my points up this year and get drafted to the NHL or sign anything," says Doucette. "It's a lot more work than I thought, but I just work hard every day and I don't take any day to improve for granted."

It is no coincidence that so many of local players are making it big. "It's a big misconception that Chebucto is not a competitive association," says Sean Flinn. "Losing there has been an advantage to all of us because it makes you work harder for it, and you want the win more. It teaches you not to take anything for granted, I'm proud to be from Chebucto," he said.

Pelham agrees that playing in the community has had a role in his success. "The fan support is great in Spryfield and it gives the players confidence," he said. "I use to see huge groups of people from J.L. high school, including teachers, who came to support me when we played against the Halifax Mooseheads," Pelham recalls fondly.

Let these success stories exemplify the consequences of persistence, hard work, support, and determination in our community. "You just have to believe in yourself and persevere through the setbacks," says Ryan Flinn. Chebucto Minor Hockey Association and community members should be acknowledged and thanked for being a part of the success these players demonstrate today. We wish them all the best of luck in their exciting futures!



Los Angeles King hockey player and Spryfield resident Ryan Flinn, left, his younger brother Sean and Kyle Doucette, are part of a tradition of successful hockey players to emerge from the Halifax Chebucto Minor Hockey Association.

will return to Moncton until his career takes off.

Pelham's future is looking even more hopeful since Spryfield's Ryan Flinn has proven that local players can make it pro. Flinn's career also began at Chebucto where he remained until Peewee. Today, Flinn is close to confirming his place with the Los Angeles Kings. This is Flinn's second year signed on with the Manchester Monarchs in New Jersey and he has bounced back and fourth to play 19 games with the NHL Kings last season.

Local fans watched Flinn score his first NHL goal this year against Montreal Canadiens on Hockey Night in Canada. Above

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# Playing "TAG" an addictive pursuit

By Des Writer  
Staff

The Theatre Arts Guild, affectionately called "TAG," is about to present the season's final production, "Angel Street," at the Pond Playhouse. There's a full house. With five minutes to "curtain-up," Michele Moore, publicity manager, is chatting to friends in the front row. She's trying to leave, but others greet and embrace her. Hugs and kisses all around. "They're amazing people. You just don't want to say goodbye to them," Moore says.

The play begins, and in the intimate theatre the audience becomes enthralled by the unfolding drama. They murmur disapprovingly, as the domineering husband, living a double life, seeks to destroy his wife's psyche. During the intermission, conversation and camaraderie continue as playgoers filter outside to the new "patio." Moore says people who come alone always meet someone to talk to. TAG is live theatre at its best.

But full houses weren't always the rule. At one time, TAG was happy to sell 50 of the 107 seats, says Bill VanGorder, past-president, and producer of "Angel Street." Now he expects a sell-out for most performances. It's a tribute to a dynamic board of directors, an enthusiastic membership, and a company where "everybody does everything," says Moore. Now in his second term as president, Nick Jupp says community involvement is key to TAG's revival. But there's no pressure to participate, says Jupp. "If you're happy taking tickets it's just as acceptable as a starring role."

Moore grew up in Hollywood, (only one

"I") Northern Ireland, where theatre played a major role in the community. "I always loved live entertainment," she says, and laughs about the moments that characterize amateur theatre - hearing the prompter, and the evening the stage curtain got stuck.

Seven years ago she went to see TAG's production of "Laundry and Bourbon." The first person she met in the foyer was J.L. Ilesley High School teacher, Lorne Abramson, serving behind the bar, wearing a Mexican hat. "Come on in," he urged. "It was the most beautiful introduction to theatre," says Moore.

Encouraged by the warmth of her reception, although the theatre was almost empty on closing night, Moore felt she wanted to participate and asked to sit in on an audition for "You Can't Take It With You." Finding it fun, she returned, auditioned for a role and got the part. Now she's on the board of directors and in the intervening years has played several roles and also performed with Neptune Theatre. "It's so addictive," she says.

Jupp directed "You Can't Take It With You." Moore remembers him saying he knew she was "hooked" the moment she came back to audition. Jupp knows that only too well, having earned his first TAG role on a dare. He'd enrolled his son in Neptune's theatre school and encouraged him to audition for a part in a TAG production. "I will, if you will," his son said. "I got a part, he didn't," says Jupp, a multi-talented member and author of the play "Choices."

There's a strong sense of family about TAG's team, and real family involvement as well. Witness the recent production: Director,

Beth VanGorder; Producer, Bill VanGorder; Stage Manager, Esther VanGorder. Bill and Esther have done 15 shows together, she usually as stage manager and Bill as producer, a title which means "doing everything nobody else does," he says. Bill's daughter Beth, a Dalhousie graduate with first-class honours and the University Medal in Theatre, stepped in at the last moment to direct "Angel Street," her directorial debut for the company.

And members for 12 years John and Lyn Gratwick, have acted, directed, produced and looked after costumes. "We're both alive as a result," says John, who has survived several retirements, and believes "vegetating is a killer."

Memories abound among the members who recall such highlights as: "The Lion in Winter," "Rebecca," "Noel and Gertie," and the now famous and always sold out Christmas pantomime. Jupp remembers a Victorian period piece in which an actress's "extravagant costume" gradually became undone, forcing

her to leave the stage, unnoticed by the leading man. Before recent drainage improvements, actors sometimes finished a play with water up to their ankles!

Now 72 years old and growing, TAG is Canada's oldest continuously operating community theatre. "We're debt-free, without loans, mortgage, or any operating grants, and only do what we can afford," says Jupp. Alumni include notables such as Joan Orenstein and Walter Borden. Among the audience and membership are tomorrow's stars.

Next season's program lists five productions, including the pantomime. On August 9, 2003, "The Gratwick Partnership" presents the 10th season of summer readings - "The World of Machines." "Members and friends are most cordially invited..." says the announcement. Maybe newcomers tempted to join should remember the experiences of Moore and Jupp. After all, there's a role for everyone. Except a prompter. "It's in our constitution," says Bill VanGorder jokingly. "No prompter."



TAG, Canada's oldest continuous running theatre, is about to play its final production of the year, Angel Street. Members of the cast include Valerie MacKenzie, Helen Goodwin, Kate McConnell, Eric Rountree, David Chambers, Corey Janes and Frank MacLean.



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**Metro Food Bank Executive Director Diane Swinamer**

**"Demand wise - every year is tougher than the last"**

By Corey Baird, Staff

When an organization like the Metro Food bank even has to exist it's hard to say times are bad. It's self-implied. That said, times right now are very bad, as is often the case at this time of year.

The Food Bank's main distribution and supply centre on the Bedford highway is experiencing a stock shortage, with only enough reserves to last about two weeks. If that's not dire enough, things are about to go from bad to worse.

"With things like snack food if you only have two weeks worth it's ok," explains Diane Swinamer, the Metro Food Bank's Executive Director. "But we deliver every week, so with items like fresh foods and proteins it leaves us in a bind."

The Food Bank is used to such shortages, especially in late summer, a time when the public's attention is usually focused on more leisurely pursuits, such as vacation and time with friends and families. It's also a time when a lot of new families move into Fairview and the surrounding area, putting more stress on the second most used food bank in the province, averaging nearly 850 visitors every week.

"What you see is families spending money, by necessity, on school books and supplies," says Swinamer. "When you factor in moving expenses and other expenses there's not a lot leftover and you see an increase in demand for our service."

Swinamer says demand in August is only exceeded by the Christmas rush. Ironically that's when people think most about donating. Images of impoverished families are more likely to tug at the heartstrings during the holiday season than the beach season. "Every year gets

a little tougher," she says, offering a different hard luck image the Bank sees on an ever increasing basis. "The myth of the starving university student isn't really a myth at all, it's true," she said.

"Student needs are increasing," confirms Mount Saint Vincent Student Union President Ryan MacNeil. "What we've heard is that people here want us to open our own food bank." The Nova Scotia College Of Arts and Design did just that last year. MacNeil says it's a sign of the times.

"Student debt is skyrocketing. Tuition increases at an average of 8% per year. Here at the Mount we've been somewhat lucky because the increases have been in the neighbourhood of

5% but it's still difficult."

MSVU's proposed food bank would, in all likelihood exist as a satellite branch of the Metro Food Bank, which won't do a whole lot to help the existing shortage of stock. As demand goes up Swinamer isn't seeing a corresponding increase in her capacity to spread her message. "We've got a mail campaign planned for August, but other than that, we owe a great deal to the media."

Most donors are regulars, but Swinamer says even many of those people fail to see the spike in demand the Food Bank experiences as the leaves start to turn colour. "Every year is tougher than the last demand wise, but our bills are constant."



The Metro Food Bank is having a more difficult time than ever trying to keep pace with demand in today's world. Any assistance the community can offer would be welcome for sure.



Canadian Diabetic Association Lions Liaison Trena Crew accepted another cheque from the Spryfield Lions Club following a Road Toll at the local shopping centre. Lion Vic Eisan presented the \$1,442.50 cheque.

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NEW PATIENTS WELCOME

# Intria Items and Evergreen launch national program in Spryfield

**Spryfield** - When more than 75 trees and shrubs were planted along the edges of McIntosh Run this June, more than a simple community beautification was anchored into the ground. The activity represented the first stage of a national program called "Dream Green" aimed at bringing more nature back to Canadian cities.

Intria Items, a Canadian leader in financial processing, customer communication and business process outsourcing, and Evergreen, a national non-profit organization, kicked-off their national ambition to bring nature back to Canadian cities in association with volunteers from the McIntosh Run Watershed Association, J.L. Isley students and Intria employees from Metro Offices.

In a unique relationship, Intria is a company whose work enables institutions to cut back on the over-use of paper in their business which "makes us a natural fit for a partnership with an environmental organization like Evergreen," said company President Ken Acheson.

Evergreen, says Media Contact Rhea Dawn Mahar, is a non-profit organization with a mandate to help Canadians bring nature back to their cities through naturalization projects. "Evergreen motivates people to create and sustain healthy natural outdoor spaces and gives them the practical tool to be successful," she said, identifying three core programs including Learning Grounds, Common Grounds and Home Grounds.

As part of the partnership, Intria will provide 12 grants of \$2,500 each to schools in six selected Canadian cities. Two schools in Halifax will be eligible for the grant this coming March. Mahar said the "Learning Grounds" grants will provide at least two schools an opportunity to enhance or create natural environments. "Research has shown that children who study in areas where there are natural play spaces, greenery and more natural environments are more likely to attend classes that have calmer and less disruptive environments than those who attend schools without any natural foliage," she said.

In the Learning Grounds projects, she said, the idea is to foster a better environment for children, teachers, students and neighbours by bringing these groups together to transform traditionally barren asphalt and turf school grounds into natural outdoor classrooms. "By planting trees, shrubs and wildflowers or by planning meadows or ponds or creating murals, sculptures or vegetable gardens the learning opportunities literally come alive. These outdoor classrooms provide students with a healthy and safe place to play, learn and develop a genuine respect for nature and each other."



Employees from Metro locations of Intria Items gathered with other volunteers in Spryfield recently to plant trees and shrubs in an effort to bring more natural environments back to urban centres. The project kicked off a nation-wide program that will see the organization do similar work in six cities. The work is done in conjunction with Evergreen, a national non-profit environmental organization. Helping kick-start the national campaign were Kelly and Ted Loucks, Andrew Boyd, Josh Lawlor, Chelsea Legge of St. Pat's High School, Meredith Legge of J. L. Isley High School, Jamie Conrod and Evergreen's Associate for Halifax Rhea Mahar.



The Royal Bank of Canada made a financial donation to the Single Parent Centre in Spryfield this month. Sister Jolaine States, a Board Member at the Centre, accepted the cheque from RBC's Paul Grundy and Herring Cove Road Branch Manager Greg Brennan.

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## Community Dinners lead to soccer program

What started as a little indoor recreational activity following each Tuesday's "Community Supper" first at B. C. Silver School and later Rockingstone School has turned into a weekly soccer experience for as many as 15 local kids.

Karl Lange said the kids would gather in the school gymnasiums following dinner to kick a few soccer balls around. "They really enjoyed the activity and as a result my vision was to have the soccer continued throughout the summer months," he said.

So after working on it over the winter, Lange has received a donation of soccer balls from the Halifax City Wanderers Soccer Club, a cash donation from Sears and now is in line

to receive a \$750 grant from the Nova Scotia Sport and Recreation Commission. "The Salvation Army purchased practice jerseys for us and we now meet every Tuesday at 4 p.m. to play soccer at Rockingstone Field," said Lange, just happy that the kids have something to do.

The absence of sport and recreation programs in the community was one of the top findings of a "needs assessment" undertaken by Deloitte and Touche in 2000, he said. "My goals is to teach these children some soccer skills, have them be part of a team and, if in the future, they decide they would like to play on an established team, I'd like to provide funding for that as well," he said.



Members of the soccer club with Lange are Lataya Gillis, Zach Veinneau, Samantha Evans, Michael Conway, Robert Fielding, Emilie Spindler, Chelsey Carter, Kyla Sepp, and Lavanna Gillis. Missing is member Gordie Wilson.

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# Significant changes in Harbour Clean-up, policing and infrastructure

By Stephen Adams  
District 18 Councillor

During the past two months there have been two significant announcements that will have a local impact on the residents of District 18.

The first involves the Halifax Harbour Clean-up and HRM Council's decision to undertake the project ourselves. This will involve the utilization of local contractors and expertise and should result in cost-savings. I will make one point perfectly clear, Mayor

Kelly has stated emphatically that the decision will not delay the Harbour Clean-up. We are all aware of the numerous delays and inaction that we have endured. I will address some specifics of the clean-up and further developments with respect to sewer and water later in this column.

The second announcement involved policing in HRM and a new cooperation agreement between HRM's Regional Police and the RCMP. As a former member of the Police Commission that initiated this process, I am very pleased with what has transpired. In the

very near future, you will begin to see an integrated policing effort and far better response times. From my personal perspective, I pushed to have this study undertaken as a result of concerns raised from citizens from all over District 18. I am confident all residents will enjoy a new highly visible and far better level of policing.

In keeping with policing, two new initiatives have also been undertaken. For residents of the former County, you will be able to participate in City Watch, a program allowing you to be automatically contacted by phone should

policing issues arise. For example, if a criminal activity or a pattern of activity has developed, you could be contacted and given information outlining the incidents and you may even be given a description of the culprit and/or vehicle involved.

The second initiative is based on programs successfully implemented by the Regional Police and the RCMP. This is called "COPs," or Citizens on Patrol. These are groups of citizens who drive throughout their neighbourhoods acting as the eyes and ears of the police. In areas where this program has been implemented, criminal activity has diminished significantly.

In early 2003, we approved a pre-design study for the delivery of municipal sewer and water to the community of Herring Cove. This study will give more accurate figures so that footage charges can be calculated. When they become available we will meet with the community to determine the next steps. I have formed a new committee in the community to specifically deal with this issue. You committee will act as a liaison with HRM staff and the community to ensure you will be able to provide input regarding this exciting project.

In the very near future, look for a newsletter to update you with all the latest information in District 18 and HRM. If you have something you would like advertised, please let me know. Although space may be limited, I will accommodate as many requests as possible.

In closing, I sincerely hope you are enjoying your summer and wish you a safe and happy vacation.

## MP urges constituents to try staying at home for holidays this year

By Geoff Regan  
Halifax West MP

With summer in full swing, I wanted to take a moment to mention a few services offered by the Government of Canada to help you plan this summer.

The Government of Canada web site ([www.gc.ca](http://www.gc.ca)) offers a number of services that can make planning trips easier. Environment Canada's weather services are easy, fast and convenient; you can visit <http://weatheroffice.ec.gc.ca> and get the latest forecasts from coast to coast to coast including current conditions and the five day outlook.

Once you've determined the conditions for a drive are right, why not check out some of the fantastic attractions right here in Nova Scotia?

York Redoubt, just off Herring Cove Road, was built as part of Halifax's defensive system in 1793. Along with other fortifications at George's Island, Martello Tower in Point Pleasant Park and elsewhere, York Redoubt

served as a key part of the early warning system to alert the main garrison of approaching enemy vessels. This summer your government will be spending almost \$900,000 to ensure that this important piece of our heritage is preserved.

The approach of the 400th anniversary of Samuel de Champlain's landing at Port Royale in the beautiful Annapolis Valley is an excellent reason to visit that part of Nova Scotia's history. Or how about a trip to Fortress Louisbourg, the largest historical recreation in Canada? The grounds, like the Citadel in Halifax, offer actors and interpreters to help people understand what life and living at that time must have been like.

Not into history? How about some of Nova Scotia's breath-taking natural splendour? Rails to Trails programs, sponsored by the Government of Canada, have taken abandoned railroad tracks and turned them into a series of connected nature trails perfect for walking, hiking, biking or just plain strolling. You can start in beautiful St. Margaret's Bay by click-

ing on to [www.virtualcedcenter.com/ezine/02-00/rails.htm](http://www.virtualcedcenter.com/ezine/02-00/rails.htm).

And what about the mother of all trails - the Cabot Trail in the Cape Breton Highlands National Park. This world-famous piece of homegrown scenery represents everything quintessentially Nova Scotian: sprawling vistas, ancient cultures and wonderful people.

From natural beauty to communities steeped in history, consider staying in Nova Scotia for your vacation this year. To borrow from a popular ad campaign, it's everywhere you want to be!

As always, if either my staff or I can be of assistance, please feel free to contact us by phone or by e-mail at [geoff@geoffregan.com](mailto:geoff@geoffregan.com).

## Spryfield's Community Garden celebrates tenth year

Twenty Seven families in the Spryfield area will reap the benefits from another great growing season in the Spryfield Community Garden at St. Paul's Family Resource Institute on Old Sambro Road. Each 10 x 40 ft plot is packed with an abundance of vegetables and flowers, planted and cared for by each gardener.

In a combined effort, the gardeners tend to a large plot set aside for the food bank, as part

of the national "Grow-a-Row" program, and all food from this plot is given to the food bank at St. Paul's.

Marjorie Willison, a noted horticulturist and local gardener will be giving a talk on controlling weeds organically and with minimal stress. On Thursday, August 14th, at 6:30 pm, come out to St. Paul's and learn how to live peacefully with the weeds in your garden. Everyone is welcome to attend.

To celebrate ten years of community gardening in Spryfield, a silent auction and barbeque lunch will be held on Saturday August 23rd, from 12 noon to 3 pm. Please drop in to enjoy a free lunch, tour the garden, meet the gardeners and bid on items donated from local companies.

Generous support from the Conrad Brothers, Canadian Tire and the Atlantic Superstore on Dentith Road, along with the businesses donating services and products for the silent auction, make this garden a true community effort. You are warmly invited to come and visit the garden located behind St. Paul's United Church, on the corner of Sussex St and Old Sambro Road. Come and see the good things growing in your community!



### Stephen Adams

HRM Councillor, District 18



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**Special Election Coverage - Halifax Atlantic**

# "The Big problem in Halifax Atlantic"

*By Ian McKinnon  
Halifax Atlantic Liberal Candidate*

I am proud that education will be priority number one in a Liberal Government. I look forward to strengthening the schools in Halifax Atlantic and will give this my focus and commitment.

But, in meeting the people of this community, I am hearing of another serious issue for Halifax Atlantic that also needs real attention. Last Sunday morning on the way out of church, a long-time resident of Fleming Heights stopped me.

"Every summer for over fifty years," he told me, "I've enjoyed going to Williams Lake for an afternoon swim. My children swam there and now my grandchildren enjoy Williams Lake. What will happen if the Governor's Brook development goes ahead?"

This excellent question goes to the heart of what is wrong about Halifax Atlantic - poorly planned development.

Poorly planned development has resulted in raw sewage flowing into McIntosh Run. Poorly planned development has left Herring Cove residents waiting for water and sewer service for thirty years. It has left Sambro roads in a dreadful state of disrepair, and the people of Harrietsfield and Williamswood fighting to keep hazardous waste from being dumped and buried in the heart of their community.

Poorly planned development has pushed residential growth in Spryfield without concern for the environment, community or existing infrastructure. Finally, poorly planned development has ended the vibrancy of the core business area, resulting in derelict buildings along Herring Cove Road.

While there is much to be frustrated about, I believe we have a tremendous opportunity to transform our community into one of the most desired places to live, work and play in the province. I have begun working with political, business and environmental leaders in the

community to accomplish this goal.

My vision for responsible development in Halifax Atlantic is based on three key principles: a strong economy, vibrant communities and a clean, healthy environment. With "smart growth," we will collaborate among the community stakeholders to thoroughly assess development opportunities before deciding on them. We will judge them on their long term merit; against these three principles. We can no longer profit today at the expense of tomorrow.

I am very proud of our tremendous resources in Halifax Atlantic: Fleming Park,

York Redoubt, Chebucto Head and Sambro Lighthouses, McIntosh Run and Crystal Crescent to name a few. Greater than all of these, however, is our human resource. This area is home to some of the most informed, intelligent and committed people I've ever had the pleasure work with. I look forward to continuing that good work as your MLA in a Liberal government after August 5.

As a boy, I enjoyed many carefree swims at Williams Lake. Last week I took my children there. Someday, I'll take my grandchildren.

## Nova Scotia Party a new way of looking at governance

*By Gerald Rodgers  
Halifax Atlantic Nova Scotia Party Leader and Candidate*

The Nova Scotia Party is not just a new party but a new way of looking at the way we govern ourselves. We believe that you the voter have a right to have your voice heard on all matters that affect your life.

We know that the old line parties Liberals, Conservatives and The NDP talk about democracy but look at the way they govern when they are in power. They act like dictators once elected.

Sure you can lobby an MLA or two to

change policy but the final decision will come from downtown whether your MLA is against it or not. We will give our MLA's the right to vote for the wishes of their constituency, with free votes and if you get a bad MLA, we will give you the right and a process to get rid of them.

We will use intelligent solutions to solve problems like auto insurance, not quick fixes that will cause rate increases in other insurance policies. Expect from us new innovative policies and an open and transparent government.

Nova Scotia's future is all about our young people and their need for a quality education with good paying jobs for them when they

graduate. Our "Tuition Paid policy" and our pro small business initiatives will make life easier for our young, while saving our huge investment in education.

We will make the necessary investment in training doctors, nurses and medical technicians for our health care system, and we will hire more teachers to lower class size, not tear down perfectly good schools so we can build new ones. Teachers are education, not fancy new buildings.

A vote for the Nova Scotia Party is a vote for the future, a more just, a more democratic and prosperous future for the young.

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## Good MLAs get results

By *Lind Mosher*  
Halifax Atlantic Progressive Conservative Candidate

The list of things that need fixing in Halifax Atlantic is long. The residents of Herring Cove need water and sewer. The Harrietsfield-Sambro loop needs better snow removal. We need road repairs throughout. Traffic and environmental concerns are also a priority, and the number of boarded up businesses in Spryfield is unacceptable. And that's just the tip of the iceberg.

While other communities in Nova Scotia have had their problems addressed, we've had an ineffective MLA for more than a decade. Persistent griping and complaining doesn't cut it. And although constantly bashing the government has created a lot of noise, it obviously didn't get the job done.

We need real, visible, tangible solutions. We need results. We need an MLA who puts the concerns of the residents' front and centre; one who won't toss constituents aside for political grandstanding. One who knows how to work inside and outside the system to get things done.

Let's not forget that there are 52 MLAs across this province. All of them want many of the same things we do, but only the good ones get results.

I'm known as a fighter on Council, and with your support, I'll be a fighter in Province House. But providing good representation goes beyond fighting. It means being accessible and responding promptly. It means getting the facts straight, finding solutions that others overlooked, involving residents and keeping them informed. It also means knowing when to put the gloves on, but also when to take them off.

At the end of the day, good representation gets results. Considering the long list of com-

munity concerns, I believe Halifax Atlantic desperately needs them. And considering the significant progress that has been made in addressing province-wide concerns, I believe John Hamm has earned a second mandate.

Premier Hamm's plan provides solid, realistic, doable commitments. Better, more reliable health care will get even better with more doctors, nurses and shorter wait times. More health promotion programs will reduce costs while preventing unnecessary pain and suffering. Our seniors, who have given so much to society, will get more in return. And families will see further improvements to education and recreation.

I urge you to read the Blueprint. You will see that a tremendous amount of work has been done, and you will see exactly what we will do to continue to grow the economy and create more jobs, which in turn provides the money we need to continue to improve the services we value most.

Our economy is stronger, more people are working than ever before. Even more businesses will come to Nova Scotia because lower taxes make our province more competitive, which means more jobs for Nova Scotians. As your MLA, I will ensure that the benefits of a stronger Nova Scotia come to Halifax Atlantic.

Now is not the time to take a chance on inexperienced candidates. Now is the time to elect someone with a proven track record. I didn't suddenly drop into this community for the election, I've been here the whole time - working hard and getting results as a Councillor. And unlike my opponents, I'm not running around making promises that fall outside provincial jurisdiction. I don't make promises I can't keep, because I keep the ones I make.

I respectfully ask for your support on August 5th.

## Thank-you one and all

On behalf of the organizers, Kevin and Wanda Cormier, Ken and Paula Cormier, Steven and Dawn Olsen, Dale and Ginny Arsenault and Stephen and Joy Fowler, we would like to extend our appreciation and heartfelt thanks to all who contributed and supported the Robert Leck benefit dance and

silent auction.

Because of everyone's generosity, we were able to raise in excess of five thousand dollars. A special thank you to our DJ Karen, and the Lions Club for their time and effort in helping to make the evening a success!



Darlene McKelvie buys a hamburger from Rodgers Video Store staff who prepared a fundraiser for the Chebucto Boys on Canada Day.

*proven representation*  
*proven results*



### *Linda works hard*

"It has been a long time since I have felt such confidence in my elected representative, whether municipal, provincial, or federal. Thanks for working so hard and so impressively in support of our community." – *Denis Stairs*

### *Linda gets results*

"It's nice to see someone promise if elected to do something, and then follow through. We are delighted that you are representing our area." – *Frank Hiscok and Margaret McBride*

### *Linda fights for what is right*

"Thank you for all the hard work you have done on our behalf regarding the Quinpool traffic debacle. You are without doubt the best representative we have ever had." – *David Kirkpatrick*

### *Linda's commitment to you*

"I will make sure more of the benefits of a stronger Nova Scotia come to Halifax Atlantic. I offer you experience, a proven track record as Councillor, and a steadfast commitment to our community. I will represent you as MLA with professionalism, honesty, integrity and sheer determination." – *Linda Mosher*

**On August 5th**

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Authorized by Clyde Paul, Official Agent for Linda Mosher

# NDP offers responsive, responsible representation for Halifax Atlantic

By Michele Raymond  
Halifax Atlantic New Democrat Candidate

Having grown up in the Halifax Atlantic constituency, I'm familiar with the particular joys and challenges of living in the shadow of a large (and growing) urban centre. This awareness has led me to work with the Mainland South Heritage Society, to establish the Urban Farm Museum Society of Spryfield, and to initiate the restoration of the Northwest Arm Ferry from Fleming Park to Oakland Road. All of these projects have been designed to use the strengths of our local past in answering our present needs.

Now, as NDP candidate for Halifax Atlantic, I look forward to speaking more

widely for citizens of this area.

Halifax Atlantic extends from the Armdale Rotary, all the way out along the shore to Pennant, and back through Williamswood, Harrietsfield and Spryfield. It encompasses historic coastal communities, brand new developments, the 'downtown core' of old Spryfield, and everything in between. Its population varies widely in education, income, and access to services.

Yet we all have a common interest in the health of our communities and our citizens, and provincial government has a significant role to play in promoting and protecting that health.

We are very fortunate here: almost everything we need is here for a secure, healthy

community. The challenge now is to make better use of our resources: human, environmental, cultural and financial.

Human resources:

We lose people when they lose their physical or mental health. The NDP will work to ensure that user fees and transportation barriers do not determine access to prompt, universally accessible medical attention and a healthy lifestyle: affordable food, sufficient physical activity, and dignity in employment.

We also lose people when they don't receive the education they need. The NDP will work for the best possible education by putting more resources into the classroom rather than into the construction of new classrooms. Every child who enters the educational system

becomes part of a new community; we need to safeguard the integrity of that community, and to guarantee its stability. As well, we will work to freeze tuition fees for all postsecondary students.

Environmental resources:

This is a uniquely beautiful part of Halifax, but as such, it is in constant jeopardy. The NDP will ensure that environmental protection legislation is enforced, and that new development takes place only where it is clearly the will of the community. Provincial legislation should be revised to require all municipalities to regularly review their planning strategies. A plan drawn up 35 years ago is not reflective of today's community.

As your MLA I would also work for legislation requiring remediation of inactive commercial sites. This would allow them to be reused, rather than lying abandoned while new development moves into irreplaceable wilderness.

Cultural resources:

New development must also respect the distinctive character of our communities. The NDP will work to ensure that the voices of our citizens are heard, and heeded. It should be noted as well that this area has a strong but scattered arts community, which deserves local support. Financial resources:

The NDP will reduce waste by drafting clear legislation and where possible, using existing resources and research in order to make the best use of our finances, and allow us to give the best deal to today's families in Halifax Atlantic.

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## Common Themes that Make Spryfield a Unique Community

### MULTI-SERVICE NEWS

by Erin Pelham  
Multi-Service Summer Researcher  
Captain William Spry Community Centre

The recent "History of Community Groups" research project, undertaken by the Multi-Service Office, has found common themes amongst the different non-profit organizations and agencies that make this community special.

Research shows that local residents in the area turn ideas into concrete realities. Many of the organizations and agencies that exist in the community today have emerged as a result of identified needs or an idea about how to make the community a better place to live. From an idea or concern in the community, there is frequently a public meeting to discuss what can be done. Often, there are enough interested community members at these meetings to form organizations which move the ideas forward. The Urban Farm Museum Society and the Chebucto Boys and Girls Club exemplify successes that have emerged from communicating a general concern or idea to community members.

Enthusiasm from local volunteers is another persistent theme found throughout many non-profit organizations and agencies in the

community. Volunteers are the heart of each non-profit organization and agency as well as in the community. There is a widespread demonstration of determination, hard work, unique skills, dedication, and support from local volunteers. It appears that each group makes a special effort to acknowledge and thank their wonderful volunteers. Progress and success in local organizations and agencies often depends on volunteer work. For example, the Parents Group at the Chebucto Boys and Girls Club organizes a monthly bottle drive to raise money for the club.

What keeps these volunteers coming back is the strong sense of solidarity and community that most organizations and agencies have developed over time. Volunteers laugh together and support each other while they work hard to address issues at hand. They develop mutual support networks during meetings and allow each individual to bring forth their own unique talents and skills. This way, everyone feels that they are making an individual contribution to the community.

Many local organizations and agencies are able to attract outside members because of the sense of cohesiveness and support they have established over the years. Residents feel there is uniqueness within Spryfield because there is no competitiveness. Instead, there remains a sense of encouragement and determination.

Volunteering is also an issue that the Multi-Service office has addressed this summer. Often times, individuals donate their time, money and resources to larger charities outside

of the community. As a result, volunteers lack the privilege to see their donations work directly in their area while local agencies struggle to survive. The "Give Local" campaign will inform community members on how to put their time, money and resources where they can see it making a positive difference where they live.

Many non-profit organizations and agencies need people to help with fundraising, organizing events, advising on projects, helping with special activities, writing, or many other specific tasks.

Giving extends far beyond donating crucial time to local organizations or agencies. Local agencies are always looking for monetary donations. Non-profit agencies and organizations finance their work from donations and fundraising. Some organizations have charitable tax status and can issue tax receipts. Other groups cannot issue tax receipts, but appreciate any financial support people can give.

Volunteers can also give their resources to local agencies and organiza-

tions. Some non-profit organizations and agencies need people to donate resources such as clothes, furniture, tools, food, books, and much more. To find out where you can donate your time, money and resources in the community look in the 2002 Captain William Spry Community Directory. The Community Directory is available at the Multi-Service Office in the Captain William Spry Community Centre. The Multi-Service office will be producing a "Give Local" brochure in the near future.



Newly elected members of the Mainland South Heritage Society include C. Ernest Pass, Treasurer; Leslie Harnish, President; Grace Dobson, Secretary; Carol Veinotte, Heather Watts and Peter Saulnier. Missing directors included Sally Leblanc and Eric Salmonson.

### In the Garden

by Marjorie Willison

## Take heart - bedraggled plants will survive nature's rath

By the time August rolls around, many plants in the garden are starting to look a little bedraggled. Pests have been devouring plant parts, and diseases have been spreading far and wide.

Take heart, however. Pests and diseases are most often an issue for the gardener, not the plants affected. In deciding whether or not a pest or disease is a genuine problem for the plant, I find it helpful to ask myself three questions.

First of all, is less than 15% of the total leaf area affected? If most of the leaf area is still functioning normally, the plant will likely cope with the problem just fine. For example, vegetable root crops that lose less than 15% of their leaf area to insects or diseases still produce a full crop of roots.

Secondly, is this going to retard the plant's growth or ruin the crop? Peas often get mildew late in life, but by then the pods have been harvested. Honeysuckle vines are notorious for getting mildew, but every year they grow larger.

This year my oak tree developed a fungal leaf blister disease, because of the cool, wet spring, but the tree grew past the damage. That is, the new growth that came out of the tips of the branches was healthy and free of the disease. As well, the leaf blisters did not interfere with the functioning of the leaf. For these and similar reasons, it is important to consider

whether or not the pest or disease is going to ruin the crop.

Thirdly, if this problem comes back year after year, will it eventually kill the plant? For example, every year my horse chestnut gets a late blight, but every year the tree grows larger, so I know the blight is not really hurting the tree.

Viburnums, on the other hand, are being severely eaten by a new insect that has come to our area. When viburnums put out a second flush of leaves to compensate for the loss of the first leaves, the insect's second generation emerges to eat the second crop of leaves. Viburnums all over New England are dying.

No plant can withstand repeated defoliation year after year, so action is needed. As soon as leaf-eating appears, spray both sides of the leaves with pyrethrum, which is approved for use in Halifax Regional Municipality. Spray again a week later, and then do the same all over again when the second generation of insect emerges. (Even though pyrethrum is approved, it will kill a broad range of insects, including beneficial insects. Try to spray in the evening, when bees are not around.)

These three questions can save gardeners a lot of worry and a lot of unnecessary work. Is less than 15% of the total leaf area affected? Is this going to retard the plant's growth or ruin the crop? If the problem comes back year after year, will it eventually kill the plant?

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# Some healthful tips for older pets

Aging is an inevitable stage in an animals life - if a pet lives long enough, he or she will become geriatric and will experience age-related changes. In general, animals over 7 years of age are considered geriatric. The average lifespan for a cat is 14 years and for a small dog is 13 years, and is less for medium, large and giant breed dogs. In a 1991 survey of 52.5 million dogs and 57 million cats in the United States, approximately 53% of the dogs and 33% of the cats were over 6 years of age. Why are pets living longer these days? Better nutrition, keeping pets indoors, enforced leash laws, and improved medical management of disease has contributed to improved longevity

of our companion animals. What changes should you expect in your older pet?

Changes in eyesight occur. The probability of vision loss increases with age. Age-related cataracts are very common in older pets and the first indication of this may be that pets will not be able to see as well at night. Some dogs may not even want to go outside anymore after dark. Installing sensor lights on your house may encourage Fido to go out or, you may want to try a flashlight leash. Other eye-related aging changes include eyelid tumors, corneal disease and glaucoma.

Hearing loss often develops gradually. People will find their pets don't greet them at

the door anymore or are startled when touched while sleeping. Caution is advised here as older pets may bite a child if awakened suddenly - owners often perceive this as the pet becoming aggressive or cranky, when in fact they simply are not hearing properly.

Changes in the sense of smell develop which may lessen the pet's desire to eat. Enhancing the smell of the food by adding garlic or Heinz ketchup or by heating the food may encourage appetite in an older, finicky eater.

As animals age, often the haircoat thins, becomes dull or lustreless and more grooming will be necessary. Callouses may develop over pressure points such as elbows and pets may need increased padding for sleeping and resting areas. Nails become more brittle and more frequent nail trims are often necessary.

Older pets commonly develop heart disease. Many small breed dogs develop valvular disease or heart enlargement. Any older pet with a cough or changes in breathing should be examined as there are many drugs available today to treat heart disease and to extend the lives of our faithful friends.

Kidney failure is among the top 3 or 4 causes of death in geriatric animals. Animals

with kidney disease may be drinking excessive amounts of water or urinating larger volumes more frequently. By having a routine urinalysis done regularly it is possible to detect early signs of kidney disease.

Changes in teeth and gums are very common in aging pets. Periodontal disease affects 85% of dogs and cats over 3 years of age. Teeth may be lost due to dental tartar build-up and resulting periodontal disease. Having your pet's teeth examined yearly and brushing your pet's teeth is helpful. Pet toothbrushes and toothpastes are available at veterinary clinics. Don't use human toothpastes as the fluoride could irritate your pet's stomach. Tartar control diets such as Hill's T/D are also excellent for preventing tartar development.

Arthritis is very common in older pets and leads to pain and decreased mobility. Pain control can have a tremendous affect on improving mobility, disposition and your pet's enjoyment of life. Many new drug options are available for the geriatric pet with arthritis.

Remember that although we tend to think of aging as undesirable, in fact, the golden years can be enjoyable and even great if the quality of life and health are maintained.



The Sears Outlet Store in Halifax presented a \$1,000 cheque to the Chebucto Boys and Girls Club after raising the money through its "Young Futures" Program, a national Sears effort to support Boys and Girls Clubs throughout Canada.



A group of young learning fiddlers were assembled by teacher Skippy Marden to perform for residents of Melville Lodge. Among the performers were Allison Roache, Renee Doucet, Kaho Akashima, Nao Akashima, Daniel Pikel and Max Finader.

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# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**FOBIN,** Thomas Henry "T H Fobin" - 81, Hatchet Lake, Formerly of Greenbank, passed away June 30, 2003, in the VG Site, QEII, Halifax. Born in Halifax, he was the son of the late Micheal and Margaret (Desveaux) Fobin. Thomas was a stevedore at the Halifax docks for many years. He was the last surviving member of his immediate family. Surviving are his wife of 48 years, Shirley Fobin; daughters, Judy (Les) Langley, Toronto; Carolyn (Bruce) Hall, Brampton, Ont.; Diana (Tom) MacGee, Ottawa; grandchildren, Karen (Mathew) Emmerson, Suzanne Hall, R.N and Daniel Bruce Thomas Fobin Hall; several nieces and nephews. Thomas was predeceased by five brothers and five sisters. Cremation has taken place. Rev. Lisa Vaughn Officiating. Interment in Sunrise Park Cemetery, Hatchet Lake. Donations may be made to any charity.

**SMARDON** (Marriott), Dorothy - 81, 17 Sampson Dr., Lower Sackville, died July 3, 2003, in Arbourstone Estates, Halifax. Born in Fairview, she was the daughter of the late George James Marriott and Ivy Annie Elizabeth (Glover) Spicer and stepfather Joseph Wilson Spicer. Surviving are sons, Joseph Wilson (Brenda), Stanchel, P.E.I.; Steven Francis

## IN MEMORIAM

**FRANCES PAY** - In memory of Francis Pay who was taken from us July 30, 2002, at the age of 66. Our hearts are still filled with sorrow and grief. Her love as a mother and most of all, my friend, will not soon be forgotten. Her strength and encouragement still lives in each of her four children as each day passes. Always loved and missed forever you will not be forgotten.

Daughter Dee (Pay) Drysdale

(Ida), Windsor; Donald Frederick (Linda), Lake Echo; daughters, Doris Ann (Mrs. Wayne Bambury), Lower Sackville; Ivy Elizabeth (Mrs. Donald Brown), Lower Sackville; sister, Edith Blanche (Mrs. Lloyd Hammer), Brantford, Ont.; grandchildren, Kimberly, Heather, Christine, Jennifer, Robert "Bobby," Tamara, Joseph, Steven "Mitch," Donald "Jimmy," Amanda, Elissa, Cassie, Krista and John; several great-grandchildren and nieces and nephews. Dorothy was predeceased by her husband of 47 years, Donald John "Jack," son, Donald Jack "Jackie" Jr. in infancy; brother, Percy George; grandson, Dennis. Interment in St. John's Cemetery.

**HURSHMAN,** Cyril Robert - 64, Cow Bay Road, Eastern Passage, passed away July 7, 2003, in Dartmouth General Hospital, surrounded by his loving wife and family. Born in Dartmouth, he was a son of the late Vincent and Myrtle (Mumford) Hurshman. He was a retired truck driver. Surviving are his wife, the former Mary Roy; son, Scott (Lisa), Edmonton; stepson, Wayne (Cathy) Johnson, Dartmouth; daughters, Lynn (Mrs. Wayne Gatz), Edmonton; Cynthia (Mrs. Kenneth Walsh), Edmonton; stepdaughter, Sonya (Michael Sullivan), Halifax; nine grandchildren. He was predeceased by brothers, Walter and Lewis; sisters, Myrtle and Mary. Cremation has taken place. Interment in Dartmouth Memorial Gardens. Donations may be made to any charity of choice.

**MCCARTHY,** Margaret Ann - 54, Allison Drive, Cole Harbour, passed away June 24, 2003, in Dartmouth General Hospital. Born in Halifax, she was a daughter of the late Edward Joseph and Josephine (Weaver) Giffin. She was a member of the Roman Catholic Church, and a member of the Shearwater Yach Club. She has served in The Armed Forces for three years. She was a loving mother and housewife. Surviving are her husband Jeremiah James McCarthy; son, James, Toronto; daughter, Katherine

Ann, at home; brothers, Edward (Valerie), Halifax; David (Theresa), Windsor. She was predeceased by her son, Jason. Father David Poirier officiating. Interment in Gate Of Heaven Cemetery, Lower Sackville. Donations in memory may be made to the Canadian Cancer Society or St. Vincent de Paul Society.

**SMITH,** George Ansil - 83, Terence Bay Road, Terence Bay, passed away June 20, 2003, at home. Born in Terence Bay, he was a son of the late Will and Evelyn (Slaunwhite) Smith. He had been employed in the fish plant in Terence Bay. Surviving are sons, Merlin Smith, Terence Bay; Glen (Monna Oldford) Smith, White's Lake; daughters, Darlene (Pat) Callahan, Whites Lake; Karen (Rick) Gallivan, nina (Joe) Slaunwhite and Sherry (Bruce) Slaunwhite, all of Terence Bay; brother, Fred Smith, Terence Bay; 11 grandchildren; five great grandchildren. He was predeceased by his wife, the former Edna Slaunwhite; son, Donald Smith; brothers, Earl Smith, Jack Smith; Jeff Smith and Neil Smith; sisters, Evelyn Slaunwhite, Irene Jollimore, Olive Jollimore, and Arora Jollimore; one grandchild, one great grandchild. Rev. Richard Walsh officiating. Interment in St. Paul's Anglican Cemetery. Donations in memory may be made to St. Paul's Anglican Church.

**HAMMOND,** Bridget Philomena - 87, Kate Court, Halifax, passed away June 22, 2003, in the New Halifax Infirmary, QEII. Born in Valencia, Kerry County, Ireland, she was a daughter of the late Mr. And Mrs. Edward O'Neil. She was a member of the Roman Cathlid Church. Surviving are her sons, John, at home; Ronald; brother, Eamon O'Neil, Ireland; sister, Theresa Prenville, Ireland. She was predeceased by her husband, John Edward Hammond. Cremated has taken place. Interment will be held at a later date. In lieu of flowers, donations may be made to Alzheimer Society of Nova Scotia.

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**Next at TAG**

It's the Tenth Season for "Summer Readings" and this year "The World of Machines" will appear August 9 at 8 p.m. This year we will explore the multifarious roles that machines play in all our lives. Initially they were our servants, but today - who runs who? Members and friends are most cordially invited to come and enjoy. Admission is free, but a donation to the building fund will be welcome, as will plentiful bar purchases. Tickets can be reserved by calling 477-2663. Prices are \$10 adults; \$8 seniors, students and members.

**Baha'i**

According to Baha'i teachings, work performed in the spirit of service is exalted to the rank of worship. The

Baha'is of Chebucto Community Sector will offer prayers, followed by a Beach Cleanup at Crystal Crescent Beach on Sunday July 27 at 8am. Meet at first parking lot at Crystal Crescent at 8am. Bring your favourite prayer or sacred verse, and join us for some hands-on devotion and service. All are welcome. For further information, call 477-0003.

**Garden Auction**

A silent auction and barbeque lunch will be held on Saturday August 23rd, from 12 noon to 3 pm, in support of the Community Garden at St. Paul's Church. Please drop in to enjoy a free lunch, tour the garden, meet the gardeners and bid on items donated from local companies.

**Guest Speaker**

Marjorie Willison, noted horticulturist and local gardener, will be giving a talk on controlling weeds organically and with minimal stress. Thursday, August 14th, at 6:30 pm. Everyone is welcome to come out to St. Paul's and learn how to live peacefully with the weeds in your garden. Everyone is welcome to attend.

**Summer Reading Quest**

Summer Reading Program Closing Party - Thursday, Aug. 28 at 2:30 pm. Its time to wrap up a summer of reading fun with an end of summer celebration. Special guests Cindy and Carrie provide a hand-clappin', knee slappin' good time for all ages.

**Prenatal Classes**

Prenatal Classes at the Single Parent Centre on Sylvia Avenue will be held Tuesday evenings from 7 to 9 p.m. To register call Leslee at 479-0508.

**Pain Support Meeting**

The Pain Support Group is a self help group for pain sufferers dedicated to providing support to people in chronic pain. It meets the last Monday of each month with two meeting times available at 1 p.m. and at 8 p.m., Superstore Community Room, Joseph Howe Drive. Call 902-463-5757 or 902-479-0409 and leave a message.

**VON seeks volunteers**

The VON of Greater Halifax seeks compassionate, caring people with a little time to give to consider joining the Volunteer Services Team this summer. Our volunteers are engaged in programs that make a difference for people who are socially isolated and lonely because of age or disability. We require volunteers in the area of

friendly visiting, transportation and frozen food delivery in Dartmouth. Volunteer drivers and food delivery volunteers are reimbursed for mileage.

**Line Dancing**

There is Line Dancing every Wednesday night from 7 to 9 p.m. at the Spryfield Lions Den. Lessons are provided by Phyllis Carrol. For information call 445-4329.

**Legion Events**

Bingo will be held at the Legion every Sunday in July. Doors open at 12 p.m. - Bingo starts at 1p.m.

**Urban Farm Meeting**

The Urban Farm Museum Society meets the second Monday of each month at 7 p.m. - Multi Purpose Room at the Captain William Spry Centre. Everyone welcome!

**Computer Health Access at Legion**

The Royal Canadian Legion Branch #152 is providing a free health and lifestyle service to senior citizens and veterans. We can access through the internet; information on health issues, drug information and different health programs. This service is free and available five days a week; special requests for evening visits can be accommodated. Any interested persons should contact us at 477-0467.

**Lions Club Meets**

Want to be part of a great tradition and help make your community a better place to live. The Spryfield and Area Lions Club meets the second and fourth Tuesday of every month to learn and work toward making this community a better place. For information on becoming a member contact Darrell Wentzell at 477-3664.

## Chebucto News Business Directory



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### Dr. Judy Martin Dr. Shelly Huang Optometrists

9 Dentith Road  
Halifax, Nova Scotia B3R 1T5  
Ph: (902) 479-3700  
Fax: (902) 477-3739

• To Book Your Ad Space Call 479-NEWS •

Welcome to

**COMMUNITY ROOM**

*where our  
COMMUNITY  
comes together*

**Community Meeting Place**

Sobeys Herring Cove Road Place offers non-profit organizations and community service groups a common meeting place available at no charge.

*Judy Cosgrove*  
**477-2817**  
00321crc@sobeys.com

*Ready to serve*

**AUGUST EVENTS**

**Healthy Eating Cooking Classes with Dietitian**  
Mondays 6:30-8:30. Free.

**Rent-a-Chef**  
Tuesday evenings 7:00-9:00. \$5.00.  
During August we will use some "Berry" tasty recipes.

**Kids Cooking Classes**  
Thursday August 14 and 21, 2:00-4:00 Free.

**Kids Craft Classes**  
\$3.00 (includes lunch and snack).

**Munch and Meet**  
9:00-11:00. Join us for a walk and complimentary breakfast.

**Becal Heart Healthy Steps In The Maritimes**  
August 28, 6:00-9:00. Join the Becal Heart Healthy Coaches for an evening of Healthy tips.



# LumberMart

751 Herring Cove Road, Spryfield

SAVE ON-LINE [www.lumbermart.ca](http://www.lumbermart.ca)

HOURS  
 Mon - Wed - 8:00 - 6:00  
 Thurs - Fri - 8:00 - 8:00  
 Saturday - 8:00 - 5:30



**Lumbermart...** A truly locally owned Family Business where "All" your dollars stay right here in our community. A lumber store like they used to be... Familiar Faces, Free Advice, Locally Owned



**Our Price Guarantee....We'll meet or beat any competitor's price....Period!**

## We Do Screen & Glass Repair



**Special**

Patio Door Screen Replaced

**\$29!!**

## Tool Rental...At Lumbermart

**Scaffold \$8.00 per week**

- Thatchers - Tillers - Wheelbarrows
- Lawn Rollers - Aerorators
- Hardwood Floor Nailers
- Floor Sanders - Ladders
- Siding Brake - Jackhammers .....

Plus Lots More

**10% Off With This Ad**



100's of Sizes

**Baby Barns**

from **\$299\***

\*after rebate



## Metro's Exclusive Air Miles Reward Dealer



**Includes Handrail and Ballusters**

## Deck Kit Specials

**Super Special**

**#1 Treated Decking**  
5/4" X 4"

**38¢/ft** Compare at .43 elsewhere

Pressure Treated Lumber	Price
2"x4"x8'	\$8.96
2"x4"x10'	\$11.30
2"x4"x12'	\$13.64
2"x6"x8'	\$17.91
2"x6"x10'	\$17.50
2"x6"x12'	\$20.98
2"x10"x8'	\$27.88

**Just Arrived**

**Trailer Load Windows**  
Most are 39" X 69"

**Scratch 'N Dent Sale** **\$125** Values to \$599.00

Each year we carefully select our Treated wood suppliers that we're offering the best products available. Our suppliers use CCA preservative which has been proven in over sixty years of extensive testing and use. CCA offers maximum protection against rot, insects and fungal decay. We invite you to come in today and experience the Lumbermart Difference

### Deck Kit Pricing

	8' Wide	10' Wide	12' Wide	14' Wide	16' Wide	18' Wide	20' Wide
8FT Item#	\$325 23200808	\$399 23200810	\$439 23200812	\$499 23200814	\$579 23200816	\$629 23200818	\$649 23200820
10FT Item#	\$389 23201008	\$489 23201010	\$549 23201012	\$629 23201014	\$689 23201016	\$759 23201018	\$869 23201020
12FT Item#	\$489 23201208	\$539 23201210	\$629 23201212	\$719 23201214	\$789 23201216	\$869 23201218	\$929 23201220

\*Pricing based on deck being up to 4ft off the ground. Includes all posts, footing blocks, handrail and treated ballusters. Stairs, if required, are not included & will be quoted separately, depending on height required.

### Pre-Cut Step Risers

as low as **\$9.96**

3 Step - 9.96  
 4 Step - 12.68  
 5 Step - 14.88  
 6 Step - 16.94

### Pressure Treated Accessories

3 1/2" Ball Cap **2.89 each**

5-1/2" Bevelled Cap **1.79 each**

1-1/2" X 1-1/2" Balusters **1.99 each**

2" X 2" x 36" Colonial Spindles **.87 each**

Regular Lattice  
 1' X 8' **3.99 ea**  
 2' X 8' **4.99 ea**  
 4' X 8' **7.39 ea**

### Pressure Treated Landscape Ties

**\$13.87**

5/2 X 5/2 X 8'  
 Use to support and level your baby barn or for landscape projects

### Portland Cement 40kg

**6.89 each**

type 10 general purpose cement for foundations, sidewalks and floors

### Handi Forms

**6" 9.88 each**  
**8" 13.96 each**

- Non-Waxed, 12' long
- for setting decks or fence posts
- sizes are approximate

### Sand Mix 25kg

**4.29 each**

- for use where less than 2" thickness needed
- for laying flagstone, grouting and parging
- bag covers approx. 1/2 cu. ft.

### Mortar Mix 25kg

**4.29 each**

- for laying brick, concrete block or stone
- for pointing up or repairing brick walls
- bag lays approximately 10 standard blocks or 35 bricks with a 3/8" joint

**FREE FAX**  
 Need a Fax sent locally - Just drop in, we'd be happy to send it!

**We Love Seniors**  
 Ask about our Seniors Tuesdays  
 Keys Cut\* 5¢ for Senior every Tuesday  
 \*Limit of 4

**Good Neighbours... Good Advice!!**  
 Speak to any of our 6 Sales Associates about your project...  
 We're Handymen Too!

**5 Bonus Air Miles...**  
 with your next purchase with this ad (Spryfield Store Only)

**No Munny? No Problem!**  
 Open a convenient Lumbermart Charge Account in 1 minute (OAC)

**Free Photo Copies**  
 up to 10... Just Drop In!!