

Chebucto News

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McIntosh Run Clean-up

Maybe people are starting to get the message

By Corey Baird, Staff

Terry Bobbitt finds success in the failures of others. That may not sound like a very

endearing quality, but that attitude has, indeed, endeared him to his community, where he's played a vital role for a long time, including four years on one specific project.



J. L. Ilsley High School students are the true power behind the many successful efforts to keep litter and junk out of the community's McIntosh Run. Here a groups of hardy youth struggle against the current to hoist yet one more shopping cart from the river's water.

Bobbitt is the driving force behind the annual McIntosh Run cleanup, held again this June, and for the fourth consecutive year, the river sweep yielded the usual results. Lots of garbage, water heaters, and of course a bevy of recovered shopping carts.

"About 90% of what we pull out is shopping carts," Bobbitt confirms. "When we first started we had beds, we had stoves, we had car motors. Those types of items aren't being recovered anymore."

That may sound like progress, but sadly the efforts of many, 164 volunteered their time this year, are quickly undermined by a few. By Thursday, just five days after the river was swept, it wasn't too hard to find new carts. Bobbitt even stumbled across a discarded

kitchen table set.

"I think some people are beyond help," says Bobbitt, who'd have a hard time believing his own eyes if the litter wasn't so commonplace. "Some certainly don't seem to care about the environment or the effort people put into it. I'd like someday for kids to be able to have a fish ladder in here and we could raise some fish in the river for the elementary kids."

And if his future vision of the river is youth oriented, Bobbitt saves his highest praise for the current generation of youngsters who help with the annual cleanup. "They're the backbone," he says without hesitation. This year high school students from J.L. Ilsley

see "McIntosh" pg. 2

The Earl Francis Memorial Spryfield Legion - 'dedicated'

Spryfield - The Spryfield Legion Branch 152 is no more. In its place stands a building hosting a new organization, one dedicated to war veterans known as "The Hong Kong Vets" who served overseas in difficult times with little or no support from their commanders.

This month marked the rededication of the former Spryfield Legion in honour of one of its members, the late Earl Francis, a Hong Kong veteran who, like almost 2,000 others, left peaceful shores for the unknown of foreign

lands, this time Hong Kong, where they landed on December 7, 1941, expecting supplies and back-up to follow behind quickly.

But alas, commanding generals apparently made mistakes, and only days later, on Christmas Day, Earl Francis and his fellow soldiers were captured by the Japanese and held in prisoner of war camps for nearly four years until they were liberated in September of 1945. During those years they suffered malnutrition, disease and slave labour. For many of those who survived the battles and the camps, the atrocities left them carrying home permanent scars, even disabilities.

Earl Francis was one of the lucky ones who came home. More than 500 did not. And today the Hong Kong Veteran's Association, which finally gained recognition from the federal government for their part in World War Two in the mid 1990s, has only about 200 members left. Spryfield Legion President Terry Bobbitt, who presided over the ceremony after nearly two years of work to accomplish the rededication, said the ambition all along was to honour one of our (Legion) members. "We just happen to receive the additional benefit of honouring a group of veterans who have mostly been neglected," he said.

In the audience for the ceremony were

see "The Earl" pg. 2

Urban Farm Society seeks heritage registration for sites

Spryfield - The Urban Farm Museum Society is seeking heritage registration for eight sites associated with the old Kidston Farm, Rockingstone Road and the Kidston Lake area of Spryfield.

In a letter to HRM Heritage Planner Kevin Barrett, the Society issued eight completed "Heritage Property Application Registration" forms for consideration by the municipality. Included in the sites are an area of Old Growth Forest, Kidston Pond, the Kidston Lake Waterways and Mill Race, the Earthen Dam, Rockingstone Road, the Rockingstone, Judge Henry's Cottage Site and the Table Rock.

Not included in the applications are ten

other historical features of the area both the Spryfield Residents Association and the Society have expressed interest in setting aside and preserving if at all possible.

The effort is the result of work undertaken by Residents Association member Art Kidston whose forefathers once owned the historical lands of the Kidston Farm. Kidston has been developing a strategy for preservation of the area, and in particular 18 historical locations, since work began on the final phase of a housing development at Feldspar Crescent.

Developer Stanley Havill has "right of development" for portions of the area but the Society, under President Pat MacLean, is hope-

ful that "once Mr. Havill understands the importance of preserving Rockingstone Road and the native vegetation along the Kidston lake waterways for cultural, tourism and economic reasons he may well be open to adjusting his housing plans slightly to accommodate our values."

This past month Mr. Kidston made presentations to both Chebucto Community Council and the Mainland South Heritage Society's Annual General Meeting to identify concerns for the loss of historic and environmentally sensitive areas around Kidston Lake.

McIntosh Run Clean-up

continued from pg. 1

joined forces with cadets from the local 529 Squadron, Armdale Kiwanis Air Cadets, based out of Elizabeth Sutherland School. "They go out there chest high to pull an old tire or bedpost out of the river. Basically, they work their butts off," Bobbitt says in praise.

Grade 12 student Casey Malone is one of those workers. After three consecutive years participating in the McIntosh Run cleanup she thinks people are slowly starting to get the message.

"This year there hasn't been so many

weird things at least," she says, quickly mentioning an entire kitchen floor she hauled out of the water last summer. As odd as that sounds, she feels the bizarre looking collection of garbage and debris that sits uncollected on the side of the road after the run also helps dissuade people from littering. City crews don't make pick-ups until Monday, which means whatever gets pulled from the river is fodder for a one-day spectacle.

"Most of the community gets to see it before it goes away. So hopefully that shows them how much garbage there actually is. I think people care," she adds optimistically.

"But I just don't think they talk about it or say, 'oh what's one bag of chips?'" But if one person throws 20 chip or chocolate bar wrappers over the bridge in one year it adds up."

Another thing that adds up for student volunteers is their school grades. Anyone who participates in the cleanup is given five bonus points on their year-end grade, on a course to be selected by school administrators.

"It's great to have," remarks Casey. Incentive or not, she says she'd be on the river every year, as her community has a special

place in her heart. Even though she'll be attending university in Thunder Bay, Ontario, starting in September, Casey plans to attend next year's McIntosh Run, schedule permitting.

"It's great, a lot of fun. You're helping your community while making it better and hopefully creating some awareness."

It's that kind of attitude that will carry the McIntosh Run for years to come, even if the volunteers are swimming against the tide of human behaviour.

The Earl Francis Memorial Spryfield Legion - 'dedicated'

continued from pg. 1

members of the Hong Kong Association, and many of them could be seen wiping tears from their eyes as Robie Horne, bringing greetings as the Honourary Provincial President, told the general tale of the soldiers. Later, when Veteran Phillip Doddridge introduced each of the vets attending the ceremony, and told stories more related to the harsh reality of their four-year world, many in the room were brought to tears.

Earl Francis' family members, including his son Walter, brother Jim Taylor, daughter Carolyn (Francis) Field, nephew Jim Taylor, niece Elaine Graham, and grandchildren Gina, Jennifer, Stephanie and Gregory Field, were visibly shaken as Francis' son-in-law Steve Fields read through a history of Earl Francis' life from birth in Port-Aux Basque Newfoundland to his passing in September of 2,000.

The ceremony was marked with the unveiling, by daughter Carolyn and Son Walter, of a portrait of the veteran which will hang in the newly named Legion next to the new charter unveiled by Legion Chaplain Carl White. The entire room was brought to the brink of emotion when, in a surprise but warm gesture the Francis family presented Bobbitt with war medals Earl Francis earned during his time at war.

Following the indoor ceremony, spectators moved outside where the legion unveiled a new sign identifying the name Earl Francis Memorial Spryfield Legion, Branch 152.



The Harrietsfield Williamswood Third Annual Summer Carnival and Parade happened under delightful sunshine this month. Participating in some of the indoor games were Katie Bartlette, Brittany MacNeil, Sara Hollett, Kayla Bezanson and Darlene Hollett.



In a surprise but warm gesture, a tearful Walter Francis presented Legion President Terry Bobbitt with the wartime medals his father Earl earned during action in World War Two. Walter made the presentation during the re-dedication of the legion to become the Earl Francis Memorial Spryfield Legion.

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Mother Gerry MacDougall spins the rope as local kids, including Selena Aalders, Miah Clements, Alexander Gaudet, Rebecca MacDougall and Kristen Botterill jumped their way through the Chebucto Boys and Girls Club annual Family Barbeque.

Boys and Girls Club celebrates successful year

Spryfield - The Chebucto Boys and Girls Club ended the 2002/03 year in better financial shape than it's been in for a long time, but that's only part of the good news, members of the Board of Directors were told at its Annual General Meeting and Family Barbeque.

Programming at the Club is being well received with more than 130 members participating in over 10,000 hours of programming since September of last year. And, if growth in activity and a better financial position are not positive enough, the Board, their parents, the staff and Executive Director Kristi Walker are all dedicated to making the Club work and grow.

Treasurer Nancy Hunter told the meeting that this past year "turned out to be very successful. We were actually able to surpass our financial goals," she said, placing the credit on "the excellent fundraising efforts on the part of staff, volunteers and parents." Hunter explained that this year, because of the tremendous effort, the Christmas Bingo, the Golf Tournament, the Silent Auction and the Lions Club Business Bowling Challenge "all exceeded expectations. We would not be able to keep delivering our programs without the support of our community."

She told the directors the club was also able to secure a \$5000 grant from the Halifax Youth Foundation which will be applied for annually.

President Catherine Chambers said that

"what really stands out this year is the incredible support we've received from our parent group. For some reason these people have really blossomed this year and we've been able to count heavily on our parents group." She also suggested increased parent involvement means a better program for the kids. "The kids thrive because of their parents coming to the club."

And the President was not shy about congratulating their staff. "The odd thing is the quality of our staff. We would like to be able to pay them more. They are always there willing to step forward to complete any kind of activity regardless of what the obstacles may be in front of them," she said.

Chambers also promised the members that the Club would continue to monitor its activities from the inside. "We have an obligation to ensure our kids are safe and we are working with the United Way in a partnership to look at our successes," she said.


Executive Director Kristi Walker said "it has been an honour this year to work with such a talented group of dedicated and energetic staff and volunteers."

She said the Board "has been enlivened" with the addition of "a few skilled and enthusiastic faces to compliment our core group and together they have been working on a number of initiatives to guide and foster the growth of the Club."

She said creative and committed staff make each child's day brighter with their enthusiasm, devotion and patience. "Staff has worked hard to consistently provide engaging and safe programs for the children of this community. This is not always an easy job and they should be proud of the programs they have built."



Open For Business Manager Nicole Smith sits with staff members of the organization's newest office at South Centre Mall which was officially opened this month. Staff members at the entrepreneurial education site include Donald MacDougall, Mike McGlone and Catherine Norman.






Dr. Elaine Carey
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DISCOVERING OUR PAST

Mary Dee Girroir' Armdale Chorus generated international attention

by Iris V. Shea, Historian
Mainland South Heritage Society

For more than four decades Halifax music lovers enjoyed the performances of the Armdale Chorus on radio, television and live concerts. Starting as a Rhythm Band in 1934 under the direction of Mary Dee (later Mary Dee Girroir) of Melville Cove, the Armdale Glee Club was formed in 1937 from members of the Rhythm Band. This very young choir won the Festival Shield in the 1940 Provincial Music Festival.

The group of girls, many of whom joined at the ages of eight, nine and ten, remained with the chorus throughout their adult lives. Most were from the communities of Melville Cove, Kline Heights, Jollimore, and Spryfield. When the group was first formed, practice took place in Melvilla Hall, a small building behind St. John the Baptist Church.

Mary Dee was the daughter of John Dee and Margaret Buchanan. The Dee family, with its roots in Ireland, had settled in Ferguson's Cove where Michael Dee and his son, Michael, Jr., appeared as stonecutters at Queen's Quarries during the mid 1800s. Mary Dee's father was the son of Michael Dee, Jr. and Anne Hilchie.

As a young girl in the 1920s and early 1930s, Mary Dee spent her summers in Ferguson's Cove and taught piano and singing to the local children. Following her graduation in music from Mount St. Vincent College, Mary Dee studied voice and choral conducting at the Julliard School of Music in New York. She founded the Girroir School of Music and, as director of the Armdale Chorus, she and her group of talented young ladies achieved national and international prominence through their weekly performances on CBC Radio, reaching listeners from across Canada, in South America and in Europe.

Their theme song "Out of a Dream" became well known to audiences around the world. Their music consisted of a variety of classical, romantic, religious, spiritual, and modern songs.

Annual choral concerts were given at the Nova Scotia Hotel, and at Christmas they performed favourite songs for the veterans at Camphill Hospital. During the war years they sang for the services. In 1946 the chorus performed on an illuminated floating stage on Lake Banook for Dartmouth Natal Day, and on several occasions travelled throughout the province to perform at local festivals such as the Apple Blossom Festival and to Tatamagouche for the Festival of the Arts. They were featured in a short film by the National Film Board of Canada in 1953, and made two recordings with London Records of Canada. On one occasion, they toured the country with the Leslie Bell Singers.

The chorus continued to perform into the 1970s, making regular television appearances. Over the years, many of Mrs. Girroir's students obtained their music degrees, pursuing a career as teachers, church organists and supervisors of music in the schools. Among them were Terry Monaghan, Dolores Ward, Joan (Howitt) MacDonnell, Donna (Daniels) Dodge, Marie Himmelman, Rose Sullivan, Norma Marriott, Carol Whalen, Marjorie (Coady)

Kimball and Carmel (Romo) Carrigan.

A junior choir was formed during the 1950s from her many younger students. Peggy Mahon and Caroline Romo were two of its members.

During her lifetime, in addition to the Armdale Chorus, Mary Dee Girroir conducted the choir at St. John the Baptist Church in Melville Cove and the Mount Saint Vincent University Chorale. She was the organist for all Synagogue weddings in Halifax and head of the vocal department at the Maritime Academy of Music.

Mary Dee Girroir died on 19 May 1981 leaving behind a musical legacy that would never be forgotten by her students or the appreciative audiences with whom she shared her many talents. She was survived by her husband, E. L. Girroir, a daughter Anne-Marie (Mrs. Peter Driscoll) and four grandchildren.



Shown above is the Armdale Chorus, 1945, during rehearsal at the Nova Scotian Hotel. Included are, First row: Bernadette Jamieson, Donna Miller, Marie Himmelman, Marie Inglis, Joan MacDonnell, Margaret Woods, Rose Sullivan, Mary Gidney, Theresa Collins, Norma Marriott, Phyllis Gates, Dolores Ward, Marjorie Coady, Helen Lord, Mary Dee-Girroir and Katherine Whyntott at piano. Second Row: Eveline Sampson, Catherine Rousell, Lalia Roop, Eileen MacDonald, Dorothy Nelson, Gertrude Whyntott, Phyllis Lord, June Kerr, Theresa Monaghan.



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Nee says "these were the best six years of my career"

By Laura Pellerine
Staff

After opening the heavy purple cover of J.L. Ilsley's 1997-1998 yearbook, some of the first images splattered across the black and white pages are of the school's principal in various candid poses. Images of Michael Nee stuffing a hot dog in his mouth, sitting cross-legged wearing a blanket over his head playing a part in a history simulation, and even the aftermath of having a pie thrown in his face as part of a school fundraiser, together mark some of his first memories at Ilsley.

Nee says he always tried to get out of his office as much as he could to get to know his students. "It was very important to me," he says, "and it made the job a lot more enjoyable."

Grade 10 student Tanya Hines, says that Nee helped to make the new students of Ilsley adjust to the school. "He took the time to know our names, and to get to know us," Hines says. But now, after being at the high school for the past six years, Nee has decided to retire.

Although Nee began his career as a chemist, he grew tired working in a lab, deciding teaching would offer opportunity for more social interaction. With both a science and some English background at university, Nee taught both subjects at junior and high schools around the city. He started at Westmont Junior High in 1970, then moved on to St. Patrick's High before taking a sabbatical to write school curriculum.

Nee's administrative career began shortly after when he went to St. Joseph's A. MacKay Junior High as vice-principal before finally becoming principal at Highland Park Junior High and St. Agnes Junior High before coming to Ilsley.

After former Ilsley's principal, Paul Puma's successful retirement, Nee says, "I knew I had big shoes to fill." He says that he felt at home at the school right from the get-go. "I always knew J.L. was a strong school with a good reputation, a good staff and community," Nee says, adding "everyone was very welcoming right off the bat."

He says that the school's established motto of "respect, responsibility and success," words that are echoed by purple and white signs throughout the hallways, also helped him to make an easy transition into the Ilsley family. Nee says it's a theme that makes Ilsley unique. "It is a place where people really respect and trust each other."

Nee says that although retiring this year was a hard decision to make, it was the right thing to do. He says with some of his family members being ill, he wanted to have time

to spend with them. "I wanted to retire when things were going well. It's difficult to leave a career, especially at a school you really enjoy and with people you felt really close to. I'm not comfortable doing it, but it's time."

Nee says that he is also looking forward to starting some projects in his spare time. He has plans to volunteer at the Food Bank, and the school, getting back to painting water colours and spending time with his two-year-old granddaughter.

Hines says that the students will be sad to see Mr. Nee leave. "He was really active with the students and he was always involved with what we had to say," Hines says.

Nee has many favourite memories from J.L., especially from his last year. He says that at the end of a school conference this year, he stood back and looked around at all of the students together, just seeing them enjoying the day has been his best moment at Ilsley. Nee says, "they were the six best years of my career."

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Dr. Ainslie still "learns new tricks" after 51 years

By Akiko Lovett
Staff

If you want your pet to be in good hands, visit Dr. Ross Ainslie at the Spryfield Animal Hospital. After all his hands have been practicing veterinary medicine for 51 years.



Dr. Ross Ainslie, who has been practicing veterinary medicine for the past 51 years, quietly shows Casper why he isn't about to retire any time soon.

"I was born on a farm," he says. "I've always been around animals, so becoming a vet seemed like the natural thing to do."

But Doc, as he's affectionately called by

his employees, is as equally modest as he is experienced. He's said to be a pioneer in veterinarian medicine in the city. When he first started practicing in Halifax, he was only one of three vets in the whole county.

Now, with more than 80 clinics around HRM, Dr. Ainslie's clients have remained faithful. He says he's seen four, maybe five generations of both families and their pets come through his clinic doors. "It makes me feel old," he says with a laugh, "but it's nice that some people are so committed to us."

And over those years, veterinary medicine has changed dramatically. Probably the most significant sign of the times is how his patients have changed. While he treats mostly cats and dogs today, at one time Dr. Ainslie treated horses. In fact one of his most memorable moments as a vet involved a tooth file and a horse.

"It was back when I used to take care of the police horses down on Bell Road," he says. "I was filing a horse's teeth, we didn't use anesthetic back then, and when I went to do it to him he threw me right into the air." About seventeen stitches and a lot of bruises later, even that didn't stop Dr. Ainslie from treating animals - it's simply what he loves to do, and that would probably explain why, even at 75, he has no intention of retiring anytime soon.

"Life's getting too interesting," he says. "With all the new technology, I don't want to give this up."

Just recently Dr. Ainslie's clinics started doing ultrasounds on animals. And now they

even have the ability to take your pet's blood pressure. He says although this makes medical care for animals a little more costly, it's worth it for the pet's health.

And Dr. Ainslie says one of the hardest parts of the job is when it comes to billing clients. "I feel so bad when a client doesn't have much money," he says. "Sometimes they're faced with the decision to either put their pet down or go into debt."

But one thing that makes Dr. Ainslie happy is all the good his clinic is doing for stray animals. Every year he takes in hundreds of stray or unwanted cats and dogs and adopts them out to good homes.

Robin Parent, who has worked for Dr. Ainslie for 5 years, says she's learning from the best. She says while she's not from the area, she used to visit as a child and can remember driving by Dr. Ainslie's clinic years ago.

"Now I'm working for him," she says. "He's been here for 51 years, he is so knowledgeable - he's like an encyclopedia."

Despite the compliment, Dr. Ainslie says he's still learning himself. He still attends conferences and continuing education classes for veterinary medicine. And it's that thirst for learning that won't stop him from practicing.

"I'm slowing down a little," he says. "But I won't stop. I suppose it's too late for me to learn golf now anyway," he says with a chuckle. But perhaps in Dr. Ainslie's case, that famous saying can be rewritten. Maybe you can teach an old dog new tricks after all.

Spryfield Lion's

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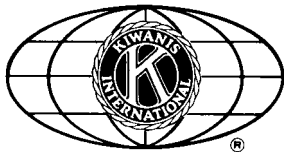
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Of meeting Gorbachev, receiving scholarships and wanting "to help others"

By Laura Pellerine
Staff

Wearing a black suit and tie, 17-year-old James Beaton-Johnson smiles broadly at the camera while former USSR President, Mikhail Gorbachev stands beside him holding his arm. Two years ago when Johnson and two of his classmates conducted an experiment using scallop shells to clean polluted water, he never imagined that his interest would take him to the third World Water Forum in Kyoto, Japan. And it all started with the McIntosh Runs.

When Johnson was a grade ten student at J.L. Ilsley, his science teacher, Gregg De La Lis approached him and two other classmates, Elias (Leo) Fares and Amy Trottier, with an idea he had seen on a late-night TV show. A Japanese farmer had accidentally cleared a polluted pond by using oyster shells. Johnson says that after hearing this, they were inspired to test a similar experiment themselves. Because the team was unable to

find oyster shells, they tried using scallop shells instead, and eventually started putting them into sections of the McIntosh Runs, a river that runs behind the high school and throughout the community.

"We were skeptical at first. We didn't think it was going to work," Johnson says, but eventually their experiment turned their cloudy sample sections into something looking "like tap-water."

The team continued to develop their idea, and in the process won numerous awards at Science fairs, including second place at the Aventis Biotech Challenge, the Imperial Oil Intergenerational Oil Science, \$300 in the Virtual Science fair and they were noticed by the Discovery Channel and Canadian Geographic. Last summer Mayor Peter Kelly hired the team to continue their research with hopes of implementing a method to help clean up the Halifax Harbour.

Johnson, Trottier and Fares also attended the World Youth Parliament on Water held in

Quebec City this year. This conference brought together 80 delegates between the ages of 14 and 18, involved in water projects from around the world.

"The goal was to create a bill defining water as a fundamental human right from the perspective of the world's youth," says Johnson.

At the conference the delegates also had to elect six ambassadors who would present the bill and defend it at the third World Water Forum, which took place in March. Though at first Johnson was originally selected to go to the conference as a Guardian of the House of Water (he had lost the ambassador position by one vote) because of the Iraq conflict, some representatives were unable to attend and more youth ambassadors were needed. Johnson was chosen to fill a position.

Johnson says he felt incredible with his new role. "This was my chance to make a difference," he says. Representing North America and Western Europe, Johnson was also selected by his peers to present the bill. In a five-minute speech, he outlined the Act and its contents to the World Assembly of Water Wisdom and other honourable members. However, after his address, Johnson and his peers felt the Assembly hadn't taken their hard work seriously. Upset, Johnson grabbed the microphone and re-addressed the importance of their arguments and stated that their bill must be examined.

His enthusiasm worked.

Not long afterwards the group was flooded with government officials and organization leaders who were anxious to speak to them about their work.

Despite all that attention, Johnson says the highlight of the conference was being asked to attend a private cocktail party with Mikhail Gorbachev, a Nobel Peace Prize winner in 1991. At the party numerous government officials again

approached him about the youth's position on everyone's right to fresh water. Gorbachev himself spoke with Johnson about the bill and asked him if he could take his picture with him.

Although Johnson's bank card failed to work in Japan, he was able to bring home some souvenirs. He said after borrowing small sums of money from friends he bought a few post cards, chop sticks, a mug and set of nail clippers with Japanese writing on them.

Johnson says Japan seemed like an entirely different world. "It was like living in a video-game, everything was so miniature." He says that he also got to enjoy seeing Japanese temples and statues, and fell in love with the food. "I was in Heaven!"

After returning home, Johnson says his trip affected his outlook on life. "It made me realize that you have to believe in what you're doing, you're potential is limitless." For his outstanding efforts, Johnson was a recipient of \$5000 from Toyota's Earth Day Scholarship. Although he is uncertain which career path he'll choose, Johnson says he's sure of one thing. "I want to keep working to help other people."



Environment and Labour Minister Ron Russell congratulates J.L. Ilsley High School student James Beaton-Johnson, national winner of the Toyota Earth Day \$5,000 Scholarship, presented during a ceremony at J.L. Ilsley High School. The scholarship is one of the nation's top environmental scholarships. He was selected from more than 500 applicants.

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Lions Club collects more than 700 pairs of glasses

Spryfield - More than 700 pairs of eye-glasses have started their journey to third world countries thanks to a very successful project by the Spryfield Lions Club.

"This community really responded," a happy Recycle For Sight Month Chair Lion Rene Quigley said after collecting 783 pairs of glasses, more than 500 cases and a bevy of separated lenses and frames over 11 days in May. "I thought the project would go well right from the beginning when Lions members passed out flyers at the grocery stores explaining the project to the community," he said offering stories of how people "simply got excited because they at long last found something useful to do with old pairs of

glasses most never discard.

The local club, as part of its Lions International program, collected the glasses for the benefit of those in third world countries who have little or no options to correct vision problems.

Quigley said the four huge boxes of eye-wear will be sent to the Medical Ministry International (MMI) in Hamilton. There they will be cleaned, repaired, checked for prescription and assembled for MMI eye projects around the world. The Lions Club International, which considers vision related projects a major focus of its program, works with MMI on an international level.

Quigley says volunteer ophthalmologists

and optometrists screen patients and for those who in need there is a complete eye exam, treatment for disease, cataracts and other infections.

The local project also had another objective says Quigley. "The local Lions Club is always searching for new members and now is the time for the club to begin taking a more active and public role in community events. I

think this project helped increase awareness of our club in the local community," he said, suggesting that he believes at least one new member has come forward to join the ranks of Lion members.

He said he would like to personally thank each and every member of the community who donated glasses. "I wish that was possible but I guess it just isn't," he said.



Ricky Soward and Tim Horton's owner Bev Shearer put the squeegee to the window of a customer's car while Brad Wells offers free Timbits to the owner during Tim Horton's annual Camp Day program at the Osbourne Avenue location.



The Spryfield Lions Club gathered more than 700 pairs of glasses to help people with vision problems in third world countries. Rene Gallant, who headed the committee, shows less than 25% of the collection to members Victor Eisan, Bas Carroll and Herm Peterson.



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Trout-A-Rama

It's about fun, fishing and respect for the environment

By Akiko Lovett
Staff

"I'm taking home ten fish," Cody Moore exclaims as he fights with a squiggly worm to get it on his hook. "Five for me and five for my Dad." Cody was just one of the nearly 300 people who came out to Trout-A-Rama at Cunard Pond this June. It's an annual event, put on by the Halifax Wildlife Association and "it's about introducing young children and families to the sport of fishing," says organizer Bob Blom, who's from the area. "It teaches them about limits - catch and release for instance."

The Halifax Wildlife Association, which is celebrating its 150th year, works to protect wildlife and the surrounding environment, and each year they dump nearly 1000 fish into Cunard Pond for the event. The aim is to teach kids in the area respect for the water and for the fish. They're only allowed to take home 5 per person and the top prizes go to the longest fish. That means kids learn that little fish should be thrown back.

"It's great," says Cody's father Alan. "It's great to spend some time with Cody and have some fun."

But the day isn't just about fishing and fun. It's also about bringing the community together. Blom says while families do come

Gina Gray, who brings her kids every year, says kids in the area can't wait for the event. In fact her daughter Danielle was so excited they were among the first on the lake at 8:30 am. "Danielle said getting out of the truck 'it's a great day for fishing,'" Gray said repeating her daughter's words.

Gray says while the event does bring the community itself together, it also brings other people into the community. "It's so great they have things like this for the kids around here," she says. "But it also brings people in from other communities too, which is wonderful."

People drive from all over HRM to attend Trout-A-Rama. Some people came from Dartmouth and others from as far as the Eastern Shore.

Bob Blom says the Wildlife Association chose Cunard Pond for the event because it's safe and accessible for everyone. But more importantly, because it's very clean - both the water and the area. And that's something the community prides itself on. Just recently the Williams Lake Conservation Company held its annual clean-up, which included the lake area.

And even if people didn't have a fishing

rod, they were still welcome to come. The Wildlife Association provided fishing rods and bait for those who didn't have it. Blom, a longtime fisherman himself, says he initially got involved because of his love for the outdoors and fishing. But now it means even more to him. "It's the feeling of satisfaction," he says. "It's about providing people with an experience they may not have otherwise had."



The Halifax Wildlife Association, a 150-year-old organization, hosted the annual Trout-A-Rama at Cunard Pond this month. The Association dumped about 1,000 trout into the pond so people could get a bite on fishing.



Danielle Gray hoists her fishing pole into the air to try and land her bait into Cunard Pond for the Annual Trout-A-Rama.

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Supporting Nova Scotia's drivers "an easy choice to make"

By Robert Chisholm,
Halifax Atlantic MLA

How much Nova Scotia drivers have to pay in insurance to stay on the road is a hot topic. The NDP blew the whistle on skyrocketing auto insurance, and we have been leading the debate ever since.

Months ago the NDP Task Force sent out 150,000 postcards requesting public input. Our Task Force met for months with consumers, brokers and government officials and published three reports on the issue. Our final report, summarizing our research and consultations, presented the evidence that only a driver-owned, non-profit system will be able to deliver lower and fairer rates to Nova Scotian drivers. Based on 120 years of collective experience with non-profit systems in other provinces, we are convinced that driver-owned auto will do the job.

Even John Hamm and the other Atlantic Premiers admit that driver-owned auto deserves serious consideration. So far there is only one lone voice opposing non-profit auto. That is the new leader of the Nova Scotia Liberal party, Danny Graham. If the NDP has taken the side of Nova Scotia drivers, Danny Graham has taken the side of the insurance industry.

The Liberal proposal gives the industry just what it wants, a limit on drivers' rights and victims benefits. In fact, Richmond MLA Michel Samson proudly proclaims the Liberal scheme the only plan from any political party to be endorsed by the insurance companies themselves, as if he was proud of this.

Graham's deal gives the industry \$50 million to be siphoned off from drivers who will be paid less for pain and suffering after an accident. In return he hopes that as a goodwill gesture, the industry will give consumers a one time 15% cut in rates. Graham also suggests that future increases be sent off to the Utility and Review Board. This of course is the same body that studied the industry last month and reported that yes, things were a mess, but too bad there was not much they could do about it.

Graham doesn't do much better when he talks about the NDP plan. Danny just has his facts wrong. In fact one journalist who double-checked Graham's argument reported that Liberal research was "slim and shoddy and the fact that they are basing policy, and attacks on other plans, on faulty numbers is scary stuff."

For example Graham has suggested that it will take millions to set up a driver-owned system. This isn't true. If Danny checked he would find out that driver-owned auto was established in other provinces by start-up loans that were promptly repaid with interest, within the year in

fact in Manitoba. He also neglects to mention that rates in provinces with driver-owned auto are 30-50% less for good drivers, and that they typically operate with 15-25% lower administrative costs.

In fact his argument against a driver-centered option makes misleading and manipulative use of the information. Graham likes to mention the "losses" in the B.C. system, while failing to say that ICBC has had an overall profit of \$174 million over the last nine years with

the losses in some cycles of \$391 million offset by profits of \$565 million. And while threatening that Nova Scotia could not afford a driver-owned system, Danny doesn't mention that ICBC currently holds a reserve of \$5 billion, collected from reasonable premiums and administrative efficiencies.

This money has been put to good use. Last year the B.C. system spent more than \$38 million in road safety, a smarter way to reduce the cost of claims than limiting benefits. By con-

trast Danny's buddies at the Insurance Bureau of Canada spent only \$32,000 on road safety in Nova Scotia last year.

Under pressure most politicians choose sides. Danny Graham has chosen the side of the insurance industry, with its out-of-province and out-of-country head offices. Dexter and the NDP have sided with Nova Scotia's drivers and support the only tested and proven approach that we know will deliver the lowest and fairest rates. It's an easy choice to make.

Today's families need a real break - Steele

By Graham Steele
Halifax Fairview MLA

Almost every day since the Legislature finished at the end of May, I've been knocking on doors in Halifax Fairview. It's the best way for me to stay in touch with the people who elected me.

What am I hearing? It's clear to me that our health-care system is going to be a key issue, again. I've heard concerns about long-term care, home care, Seniors' Pharmacare, and waiting times for surgery and emergency visits.

Health-care professionals remember Bill 68 (back-to-work legislation) from 2001, and tell me that they won't forget the way the Hamm government treated them.

Many people refer to the NDP campaign to pay the health-care costs of nursing home residents. I haven't met a person yet who's satisfied with the government's go-slow approach which would see the unfairness continue until 2007.

A second key issue is auto insurance. There are only two sides to this issue: the insurers' side, or your side. I'm disappointed, but not surprised, that the Liberals and Conservatives have chosen to be on the insurers' side. The NDP knows that our job is to deliver the lowest and fairest rates to Nova Scotians. Our plan for a public auto insurance system takes the best features of public auto insurance from Manitoba, Saskatchewan and British Columbia.

Public auto insurance works. And I'm hearing that if public auto insurance delivers the lowest and fairest rates, then that's what you want too.

What else am I hearing?

Many of today's families feel overwhelmed by the way the cost of everything is going up. Electricity, home heating fuel, water, auto insurance, property insurance, property assessments, rent, user fees, and all manner of taxes.

I'm particularly interested in ideas about

removing the HST from family essentials like home heating and children's medicine. I really think there's something we can do there, while still respecting the province's budget constraints.

University and college tuition has also gone out of sight for many families. The NDP has proposed a tuition freeze so that students, and their families, can afford higher education. After

all, a well-educated and well-trained population is the best way we know to prosper and to keep our young people here in Nova Scotia.

To sum up, I'm hearing that today's families need a real break, and a fair break, as they try to make ends meet and build a good life for the ones they love. I'm listening, and you can be sure the NDP and I will be carrying these themes into the election.

Herald editorial "trivializes" the work of elected officials

By Geoff Regan
Halifax West MP

They say that if you live long enough, you'll see everything. Well, I'm now one step closer, because I am about to agree with the Canadian Alliance.

Not to worry, this is on a very specific point raised by John Reynolds, the Canadian Alliance House Leader, in response to an editorial that appeared in the Chronicle Herald late last month. The topic was the House of Commons, and our decision to recess one week earlier than see "Herald" pg. 13



Robert Chisholm, MLA
Halifax Atlantic

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Traffic light changes help improve pedestrian safety - Mosher

By Linda Mosher
District 17 Councillor

Recently, HRM has been working on traffic signage and controls in the area of the intersection of the Herring Cove Road and the Purcell's Cove Road.

The work involved the renewal of the overhead lane control signals on the Herring Cove Road, between the Armdale Rotary and the Purcell's Cove Road. Crews also removed the traffic signals at the intersection of the Herring Cove Road and the Purcell's Cove Road, which were replaced with pedestrian crosswalk controls. The decision to implement these changes was made by Traffic Services.

Part of the rationale for the removal of the traffic signals at Purcell's Cove Road was their limited use. The majority of the time these signals operated in a flashing mode (from 3:30 p.m. - 6:30 p.m. and 10:30 p.m. - 9:30 a.m.). Primarily their function was to assist pedestrian crossings throughout the non-peak traffic periods of the day. The traffic department felt that pedestrian crossings could be accomplished by an overhead crosswalk light complete with amber flashers on the Herring Cove Road, and a standard crosswalk on the Purcell's Cove Road, where the traffic volumes are substantially lower. In terms of pedestrian safety, this will provide a more consistent visual cue for the motorist when a pedestrian is present than having traffic signals operate on a part-time basis.

The removal of the "No Left Turn" signs from the Purcell's Cove Road approach to Herring Cove Road was a result of the traffic signal post removal. This sign and the restric-

tion will be replaced. Should you require further information, on these or any other traffic issues, please contact Traffic Services at 490-4231.

In the last Chebucto News, there was an implication made by the present MLA that suggested HRM did not fulfill the "service agreement" for road maintenance and snow removal. Not only is this statement irregular, it is blatantly false. During Councillor Adams' convalescence, there were a number of snow storms and I fielded numerous calls. Based on the calls I received, over 95% of the snow issues dealt with the level of service by the Department of Transportation (DOT), which is a Provincial

responsibility through the MLA. The few calls I did receive about HRM service suggested that perhaps the plows drive by too frequently. In actuality, HRM is only responsible for the former City areas and DOT for the former County areas. One drive through Spryfield, past the Harrietsfield Irving clearly illustrates the contrast between the two services. HRM is more than fulfilling its snow removal responsibilities.

As a follow up to previous columns, Daniel Norris, Manager, Culture and Heritage Programs, couriered the final submission for Sir Sandford Fleming Park and Memorial Tower (the "Dingle" tower) to the Historic Sites and Monuments Board of Canada. We have request-

ed consideration for the September board meeting.

On a final note, I would like to congratulate all students who will be graduating this year. A special note of congratulations goes to Julia Robyn Churchill, Katelyn Yeadon, and Sarah Murphy, all Junior High School residents of District 17. These three students won the distinction of being Citizenship Award Recipients for their respective schools. The criteria for the award is that of being a motivated, caring, achieving and giving individual: a role model for others. I am proud that we have such outstanding students in our community.

June is busy with city projects and students' graduations

By Stephen Adams,
Councillor District 18

The month of June is generally one of the busiest from a community perspective. School graduations, summer vacations and municipal infrastructure improvements are front and centre.

There are two projects that were carry-overs from last year. The first is the completion of the storm sewer project at Rockingstone Road and Old Sambro Road. This upgrade is designed to alleviate the ongoing flooding problems in the backyards of homes on the west side of Old Sambro Road.

The second project has seemed as if it has been going on forever. As you cross McIntosh Run at Sussex Street, you can readily see the

construction to your left. This project will help to increase sewer capacity and minimize surging into Roach's Pond and the McIntosh Run. A further benefit to this project is that HRM will be designing and developing a small park across from the Captain William Spry Centre. This will be a co-operative effort with members of the community.

Speaking of Roach's Pond, you may have noticed some efforts to block illegal dumping. HRM staff are monitoring this site and will

ensure that dumping does not get out of control again.

There has been an ongoing issue with the RRFB (Resource Recovery Fund Board) and Enviro Depots throughout Nova Scotia. I raised this issue at Council to ask for a quick resolution. This dispute revolves around pay levels for empty bottles. Mr. Wyatt Redmond, our local Enviro Depot owner, has supported our community for many years. A satisfactory outcome to

see "June" pg. 14

Herald continued from pg. 12

scheduled.

The scribes at the Herald's editorial desk believed that by leaving Ottawa a week early

Members of Parliament were somehow abdicating their responsibilities to their constituents. Well, with the exception of a few of my colleagues from the National Capital Region, our constituents aren't in Ottawa. The article's passing reference to "hitting the barbecue circuit all summer long" is both condescending and trivializes the work elected officials do.

In the last session of Parliament, from September to June, the Government introduced some 48 pieces of legislation and have passed 20 of them to date. Their topics range from implementing the budget that formalized the historic Health Accord (C-28), to overhauling our electoral financing laws (C-24), to the modernization of the public service (C-25). We moved to improve our justice system by implementing a sex offender registry (C-23), strengthening our child pornography laws (C-20), and the decriminalizing of marijuana (C-38).

But what happens in Parliament is only part - and sometimes a small part - of the modern MP's work. Casework, helping constituents navigate through the labyrinth that is the federal government, much more directly helps the people who have put their trust in us. Those direct inputs and interventions can help people resolve tax problems, student loan issues or immigration questions.

To me, the work that Members of Parliament do in their ridings, the work that directly helps constituents in a meaningful way - sometimes a way that changes peoples' lives - is the most rewarding part of my job. I am honoured to represent the people of Halifax West in Ottawa, but I am delighted to help those same people better communicate with their government.

So, 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. You can also visit my website at www.geoffregan.com, where you'll find lots of information on the budget and many other topics of interest.

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Showing how government can work for you



First annual Historical Walk enlightening for participants

By Sandra MacLean, Staff

It was simply astonishing how easy it was for those little kids to rock a granite boulder weighing hundreds of tons. The site of this amazing feat is the "Rocking Stone," a famous historical landmark in the Kidston Lake area of Spryfield, where, during a recent Heritage Walk many discovered that it's all because the rock is a geological oddity, a huge stone so perfectly balanced that it actually rocks with only a little bit of help.

More than fifty people accompanied members of the Urban Farm Museum Society, the Mainland South Heritage Society and CRABapple Mapping Project members on a stroll that took people down memory lane via wooded trails and modern streets over what had once been a single farm, owned since 1822 by the Kidston family.

Many who took the walk said "I've lived in the area all my life and have never come here." They traded stories about their school days in Spryfield, discovering connections to former classmates.

Janet Kidston, Pat MacLean, Carolyn Mont, Michele Raymond, Iris Shea, and Marjorie Willison entertained folks with stories of local history right on the spot where the events happened, and everyone heard about plans to preserve and develop the area.

It was fascinating to learn that the path travelled along the last remaining segment of the original 200-year-old road to the Rockingstone. It was easy to imagine that back in 1890 young Prince George, later King George V, walked along the same road on his way to see the rocking stone, and that he stopped for tea in the very house where Janet Kidston still lives.

Janet, a member of the original Kidston family, told participants about the still standing "ice house" where blocks of ice were kept in straw to prevent thawing and then cut up with special saws and sold to establishments in Halifax to keep their food cold.

Kidston reminisced about her mother carrying her handmade butter over to Kidston Pond and lowering it into the cold pond water for storage. When the family needed some butter it was back to the pond to pull out the storage container, get some butter and head back to the house across the road. A bit of contrast to today's trip to the grocery store's refrigerated aisles!

She told another story about a ghostly apparition she saw while walking with her mother in the woods behind the present day Captain William Spry Community Centre. The walk introduced everyone to a farm field that is being brought back to production through old methods which overlooks the

sawmill run that is now backed by charming gardens tucked away behind city houses.

The Heritage Walk showed there's lots to see and learn right here in Spryfield. If you missed this walk, the Mainland South Heritage Society and the Urban Farm Museum plan more events. Or you can plan your own walk with the help of one of the

"Eco-Kit" guides you can borrow from the Captain William Spry Community Library. There are six different walking-tour guides of Spryfield that combine information about natural history and cultural heritage. During the summer the CRABapple Mapping Project plans to create two more.



The Urban Farm Museum Society, in conjunction with the Spryfield Residents Association, held an Historic Walk from the Captain William Spry Community Centre, past the Urban Farm Site, along what is left of Old Kidston Road to the Rockingstone and Table Rock at Kidston Lake.

June is busy with city projects and students' graduations

continued from pg. 13

the negotiations is necessary for him to remain in business.

Councillor Mosher and I have written to the Deputy Minister responsible and have asked for some continuing dialogue. Local small businesses support our community and create jobs. We hope this issue will soon be resolved.

By the time this column is published we expect to have our engineering staff suggest that the pre-design work the Herring Cove Sewer and Water project will be completed, and will give us an accurate assessment of the costs involved to extend municipal services to Herring Cove. Details of this exciting project will be released as they become available.

I would like to congratulate all graduates in our community. I am sure it has seemed like a long year, but hopefully, your hard work will

have paid off. If you are graduating from J. L. Ilsley, I wish you all the best in whatever you choose to do.

This June marks the retirement of six teachers from J. L. Ilsley. I would like to mention one special teacher who I've known for more than 26 years. I first met Sandy Clark in Grade 10 biology, and had him as a teacher again in Grade 12. We have kept in touch ever since, through the Scholarship Fund, the J. L. Ilsley Auction and his extensive community involvement.

To each and every student who had the privilege of having Mr. Clarke as a teacher, consider yourself very lucky. In time, I hope that you realize just how much he cared about your well-being and how he made a difference in your lives. I know he did in mine.


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Summer brings many new opportunities for the community

MULTI-SERVICE NEWS

by Erin Pelham
Multi-Service Coordinator
Captain William Spry Community Centre

There is a lot happening in the community this summer.

In the Multi-Service Office at the Captain Spry Community Centre, Erin Pelham has been hired to research a "Give Local" campaign. This campaign will inform community members on how to donate (time, money, resources) to local organizations.

Ms. Pelham will also research and record the history of some non-profit organizations in Spryfield. All interested non-profit organizations and agencies within the Chebucto East area that would like to have their history recorded please contact Erin Pelham at the Multi-Service Office (479-4487).

Another project, aimed at promoting physical activity, Communications Coordinator, Doug Martell, is designing a web page for the "Just Live It" campaign. "Just Live It" is a J.L. Ilsley High School initiative intended to increase physical activity in children, youth and the community. The website will promote physical activity, communicate opportunities to be active, increase awareness of the importance of physical activity, and provide various links to supporting local activities. Hopefully, Doug will also be able to help local groups develop websites.

The Urban Farm Museum has had a lot of activity lately. The organization sponsored a community walk in historic Spryfield in which more than 60 people took part. To help start a community garden Jason May has been hired this summer to clear out the land and plant crops at the Urban Farm site. The farm hopes to facilitate food production in the area, while strengthening the traditional social fabric of Spryfield.

Similarly, the John Umlah Memorial Community Garden, located at the side of St. Paul's United Church on Old Sambro Road, is again a growing concern. "The garden is more popular than ever," says Peter Greechan, the Coordinator of St. Paul's Family Resources Institute. Sara Faulhafer has been hired to manage the garden as well as work on the "Outreach Program." The Institute is looking to take on volunteers for the summer projects. Anyone interested can contact Peter Greechan at 479-1015. Ongoing programs at St. Paul's include computer training and jobs search support.

For all those nature lovers, the CRABapple Mapping Project is picking up where it left off last summer. Luke Duggan has been hired as the Development Officer to continue the interpretation kits for children and youth. These Eco-packs are available on loan at the Captain William Spry Library. The packs provide children and youth with an opportunity to learn about nature through games, puzzles, pictures, and outdoor activities. This is a perfect opportunity to get outside and discover the beautiful nature in Spryfield.

Summer students have also been hired to work with and plan the summer camps both at

the Chebucto Boys and Girls Club, Harrietsfield-Williamswood Community Centre and at the Captain William Spry Centre. There are many exciting activities planned for the camps this summer. If you are interested in sending your child to camp you can check availability with Kristi Walker at 477-9840, Harrietsfield Community Centre at 479-8514 or call the Captain William Spry Centre at 477-7665.



St. John The Baptist Parish on Purcell's Cove Road sent eight Pilgrims to Toronto this past summer for Annual World Youth Day, an international festival of faith and fellowship celebrated around the world. To support the pilgrimage of youth in 2005, the parish held a World Youth Day Cabaret and Café. Members of the cast included John Tobin, Gina Duggan, Chris Pelrine, Andrew Pelrine, Jen MacDonald, Ryan Marriott and Shauna Boucher.

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4th Spryfield Cubs Invade McNab's Island

The Cubs from 4th Spryfield invaded Fort Ives on the north end of McNab's Island in the Halifax Harbour for a day this spring.

The force of Cubs and leaders left on the 'Sea Tiger' from Purcell's Cove shortly after 8a.m. for a journey across the harbour which proved to be very exciting, with stories of the

ghosts of McNab's as the Sea Tiger approached the dock not far from Hangman's Beach.

The cubs approached the fort from an overland trail and the biggest challenge was moving enough gear into the fort for a few weeks. The cubs were only camping for one

night but their equipment certainly reflected their scout motto; "Always be prepared!"

There were a few curious tourists who gave an odd look or two as camp, which included 9 tents, coolers, stoves, the kitchen sink and lots of water was pulled together. Many of the force, which included 11 cubs, 2 junior leaders and 6 adults, found the Island itself a great place for a family picnic, historic tour or a hike that will not soon be forgotten. From many points there are views of the city

that cannot be seen from anywhere else.

Everyone slept well knowing the cannons of Fort Ives protected them from the top of the wall. A little rain on Sunday morning didn't dampen the excitement of camping out in a fort in the mouth of the Halifax Harbour.

By noon, the pack was retreating across the water back to Spryfield. Cold and wet, there were huge smiles on the faces of the 19 happy campers as they rode the high ocean waves back home.

Planting earlier helps extend life of spinach, lettuce

By Marjorie Willison

If your lettuce and spinach are bolting before you've eaten much, plant them earlier next year. Tiny spinach plants that flower before the leaves can be harvested, and lettuce that flowers and turns bitter before the plants have reached full size, are responding to day length.

The long days of fourteen to sixteen hours in June actually trigger the flowering response in spinach. Lettuce will flower with or without long days, once it reaches a certain level of maturity, but long days hasten the flowering response. Hot weather does not cause bolting, but hot weather combined with long days speed up the flowering process.

In addition to planting earlier, harvest all the outer leaves to slow down bolting. Phytochrome in lettuce and spinach leaves is activated by light. It causes the hormone florigen to travel from the leaf to the tip of the plant. When there is enough florigen collected in the apex, it produces flower stalks and buds instead of leaves.

Picking off the oldest leaves, even if they are not fit to eat, reduces the amount of the hormone that travels to the plant tip. This slows flowering, which will extend the harvest by a week in lettuce, and several weeks in spinach.

The rain in June produced a fine crop of weeds. Annual weeds, which seem to spring up by the thousands, are small-rooted when young and easy to pull out. The quick way to get rid of them is to stand upright and hold a weeding hoe as you would a broom. Use a sweeping motion to skim off the weeds just under the soil surface. Avoid chopping motions with your hoe, which could damage the roots of nearby plants that you want to keep.

Perennial weeds, on the other hand, have large, extensive roots. Dig them out, getting up

as much of the root as possible. Many people think, mistakenly, that weeds within a row of vegetables compete more for moisture and nutrients than weeds between the rows. In fact, the opposite is true. The Vegetable Research Institute in Britain has found that it is better to remove the weeds between the rows, which is easy to do with a hoe. If you have time to spare, then remove the weeds by hand within the rows.

Weeds also compete more with crops when the crop plants are small. For this reason, be extra vigilant removing weeds early in the season. As crops grow taller, you can ease up a bit. Of course, it is always wise to remove any weeds before they go to seed, so that you won't have so many weeds next year.

Now that the soil has warmed up, spread mulch to reduce the amount of weeds that grow. Use straw, leaves, compost, seaweed, or even grass clippings if they are too long to leave on the lawn.



The Salvation Army spirited a Tuesday Community Supper which, for the last event until fall, turned into a combined effort between the Army, Healthy Kidz, Rockingstone Heights School, Metro Housing Authority, Greystone Tenants Association and parents called "Nourishing A Peaceful Community. It took many hands to make it work and serve hundreds of meals.

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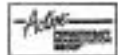
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Veterinarians treat flea problems with modern technology

Once again the season of fleas is fast approaching and for those pet owners who have had a flea free winter, it is time to prepare for the arrival of these major parasites.

Radical changes have occurred in the way we approach the treatment of fleas in the last ten years. Prior to that time, veterinarians would treat an animal presented to the veterinary clinic with flea allergy dermatitis or FAD, with a barrage of indoor and outdoor insecticidal premise chemicals usually in the form of sprays or foggers, combined with a hefty load of steroids, antibiotics and insecticides for the pet itself.

Pet owners would often leave the clinic

experiencing a variety of negative emotions. Naturally, people would feel discouraged at the overall price tag of the expedition - often in the hundreds of dollars. As well, owners would experience a fair amount of guilt for not realizing sooner that Spot had so many fleas and for not knowing that he would eventually end up tearing his fur out and licking himself to the point he was raw and infected. In addition, there was the daunting thought that despite all this, the battle was not over yet and he had to face the fact that he was going to go home and vacuum and spray his entire house, spray his yard and then treat the dog. Yikes!

Fortunately, the arrival of a combination of new insecticides has changed the way veterinarians deal with fleas entirely. No longer waiting to treat the pets infested by fleas, our goal is to prevent these flea infestations in the first place.

Veterinarians are now able to provide Insect Growth Regulators (IGRs), which are products that act by interfering with insects' development and therefore are essentially birth control products for fleas. IGR products such as "Program" are highly desirable for safety and are available in oral forms for dogs and cats as a once monthly treatment.

This product is now even available in a single dose injectable form for cats only that will provide flea protection for 6 months. Other forms of IGRs are available in collar form from veterinarians as well. For pets

already with fleas, new types of adulticides are available in the form of topical spot on products that are applied at home to the pets' skin once monthly. These products are often combined with the IGRs for a total or integrated approach to flea control.

The ease and simplicity of these products is hard to beat. However, it cannot be overemphasized that the proper usage of any flea control product is important to its success rate.

Ideally, pets should begin taking the oral IGRs well before the flea season is underway - in our climate that usually means April/May.

Pets with fleas already should always be treated with an insecticidal adulticide product first, such as the topical spot on product "Advantage." Products should be continued throughout the entire flea season - in our zone to November.





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Few changes to Boards

There were few changes to the Board of Directors at the Mainland South Heritage Society and Urban Farm Museum Society meetings this month.

Leslie Harnish was retained as President of the heritage group. Others elected included C. Ernest Pass, Grace Dobson, Carol Veinotte, Heather Watts, Peter Saulnier, Sally

LeBlanc and Eric Solmonson,

At the Urban Farm Museum Society, Pat MacLean was reinstated as President. Other members of the Board include Michele Raymond, Jean White, Marjorie Willison, Andrej K.-Saar, Janet Kidston, Donna Foley, Marie Russell, Jane Zentner, Dorothy Conrod and Iris Shea.

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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

OXNER, Terrence James - 76, Halifax, passed away in the VG Site, QEII, Halifax. Born in Riverport, he was a son of the late Charles and Gertrude Oxner. He is survived by his wife, Pearl Oxner; son, Robert (Suzette) Oxner, Sackville; step-granddaughter, Ashley Baker. He was predeceased by brothers, Carl and Fraser Oxner; sisters, Eillen Conrad and Thelma DeWolfe. Interment in St. James's United Church Cemetery, Sambro. Donations may be made to the Heart and Stroke Foundation of Nova Scotia or Alzheimer Society of Nova Scotia.

LANNING, Alice Matilda - 99, Peggy's Cove, Passed away in the New Halifax Infirmary, QEII. Born in Hacketts Cove, she was a daughter of the late James Edward and Ella Jane (Levy) Boutillier. She is survived by sister, Helen Doris D'aubin, Hacketts Cove. She was predeceased by her first husband, Stewart Manuel; second husband, Dan Lanning; brothers, Wellesley Lawrence, Albert E., William Seymore; Daniel Sinclair; sisters, Winnifred L. Weinberg, Annie G. Johnson, Violetta R. Richardson, Bertha Jean Zinck, Hazel Blanche Richardson and Jennie Victoria in infancy. Interment in the parish cemetery. Donations may be made to St. Peter's Anglican Church, Hacketts Cove or St. John's Anglican Church, Peggy's Cove.

STEWART, Samuel Robert - 68, Halifax, passed away at home. Born in Halifax, he was a son of the late Samuel and Lillian (Slaunwhite) Stewart. He is survived by daughters, Suzanne Stewart, Halifax; Juanita Fries, Halifax; Judy-Ann (Wayne) Higgins, Halifax; son, Robert Stewart, Toronto; sisters, Lillian Hartnett, Mount Uniacke; Gwendolyn Nicholson, Tatamagouche; June Craig, Hatchet Lake; Beatrice (William) Askew, Goodwood; Joyce (Lynn) Seaboyer, Mount Uniacke; Sandy (Dennis) Smith, Dartmouth; Janine (Kevin) Morash, Shad Bay; brothers, James (Jane) Stewart, Whites Lake; Terry Stewart, Sackville; Jack Stewart, N. Carolina; nine grandchildren; two great-grandchildren. Interment in Sunrise Park Cemetery, Hatchet Lake. Donations may be made to Heart and Stroke Foundation of Nova Scotia.

DREW, Marjorie Lorraine - 74, Terence Bay, passed away in the VG Site, QEII. Born in Terence Bay, she was the daughter of the late William and Mary Slaunwhite. She is survived by her daughters, Nancy (David) Gosse, Centerville; Judith Slaunwhite (Karl Rafuse), Delores (Robert) Smith, both of Terence Bay; sister, Lillian Pettipas, Terence Bay; grandchildren, David Gosse Jr., Michelle Gosse, Douglas Slaunwhite and Robert Smith Jr., great-grandchildren, Kayla Gosse, Johnathan Slaunwhite, Nicholas Gosse-Johnstone. She was predeceased by her husband, Douglas Drew; brother Neil Slaunwhite. Interment in St. Paul's Anglican Church Cemetery, Terence Bay. Donations in memory may be made to Canadian Cancer Society or St. Paul's Anglican Church, Terence Bay.

BAILEY, Donald Roy - 70, Kane Place, Halifax, passed away in VG Site, QEII. Born in Halifax, he was the son of the late Reginald and Anne (Roy) Bailey. Surviving are his wife, the former Gladys Selena Pottie; sons, David (Carolyn), Meagher's Grant; Brian (Judy), Sackville; sisters, Jean (Mrs. Roy Marchant) Jeddore; Barbara (Mrs. Herbert Reynolds), Antigonish; seven grandchildren; four great-grandchildren. He was predeceased by sisters, Dorothy and Joyce; brothers, Arnold and Lionel. Interment in Gate of Heaven Cemetery, Lower Sackville. Donations may be made to Canadian Cancer Society.

SLAUNWHITE, Ronald Aulden - 59, Terence Bay, passed away at home. Born in Halifax, he was the son of Miranda Slaunwhite, Melville Lodge, Halifax and the late Arthur Roy Slaunwhite. He is survived by his wife, the former Joyce Blackburn; daughter, Heather (Mrs. Darren Slaunwhite), Terence Bay; brother, William, Herring Cove; sister, Melissa (Mrs. Melvin Slaunwhite), Terence Bay. He was predeceased by son, Darren; brother, Roy, Halifax. Interment in St. Paul's Anglican Cemetery, Terence Bay. Donations may be made to the family.

WILLIAMS, Andrew Arthur - 42, Halifax, passed away in the Palliative Care Unit, VG Site, QEII, Halifax. Born in Halifax, he was a son of Mary (Walsh) and the late James Williams. Besides his mother he is survived by Kenny Young; loving companion, Susan Gorrell; stepsons, Benny LaRoche, Halifax; Eric (Tanya) LaRoche, Halifax; stepdaughter, Trinity (Dean) LaRoche, Halifax; brothers, Orville Williams,

Bedford; Michael Williams, Halifax; Stephen Williams, Dartmouth; sisters, Janice (Danny Ford) Williams, Halifax; Wanda Williams, Calgary; nieces, Tanya, Melody, Melissa, Stephanie, Amanda; nephews, Kevin Jr. "Buddy" Kyle; great-nephew, Lydell; godchild, Melody; five step grandchildren. Burial in St. John's Cemetery, Fairview. Donations may be made to the Canadian Cancer Society or Muscular Dystrophy Association of Canada.

Announcements (Births, Marriages etc.)

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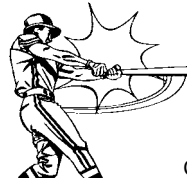
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Canada Day Celebration

Rogers Video and Chebucto Boys and Girls Club will celebrate Canada Day with games, prizes, bake sale, barbecue and movie sales Tuesday July 1 from 11 a.m. to 4 p.m. All welcome. Proceeds to the Chebucto Boys and Girls Club

Strawberry Social

St. James United Church, Sambro, will hold a Strawberry Social on Saturday, July 12, from 1 to 3 p.m. There will also be a cake walk and ticket draws.

"Angel Street" at TAG

Angel Street, by Patrick Hamilton and Directed by Beth VanGorder is a Victorian suspense thriller running from June 26 to July 12 Thursday, Friday and Saturday nights

at 8 p.m. at the Pond Playhouse, 6 Parkhill Road. There is also a matinee Sunday July 6 at 2 p.m. For information call 477-2663.

Free Asthma Camp

The Lung Association of Nova Scotia is accepting applications for Camp Treasure Chest 2003 for children with moderate to severe asthma between the ages of 8 and 11 years. The residential camp will be held August 4 to 9 at the Scotian Glen Campsite in Thorburn, Pictou County. For more information, please contact the Lung Association at 443-8141 or 1-888-566-5864.

Prenatal Classes

Prenatal Classes at the Single Parent Centre on Sylvia

Avenue begin May 6 and will be held Tuesday evenings from 7 to 9 p.m. To register call Leslee at 479-0508.

Library Events

Teddy Bear Day

The annual "Teddy Bear Day" will be held Friday, July 18 from 10 a.m. to 12:00 noon. Bear Registration is from 10 to 10:30 a.m. A "Very Beary" Puppet Show will run from 10:30 to 11. Presentation of prizes/certificates and Teddy Bear Picnic will be at 11 a.m. Bring your cherished teddy to this annual special celebration for well-loved bears (or bunnies, or pigs). Register your furry friend for a special certificate, stay for a puppet show and the Teddy Bears' Picnic. (Bring your sandwich and the library will provide lemonade and cookies).

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. Info 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.

Plant A Row - Grow a Row

As you plant your garden this year, The Plant A Row - Grow A Row program encourages you to grow an extra row of vegetables and to donate the harvest to your local food bank. This is a wonderful way for gardeners to participate in the age-old tradition of sharing your harvest with those in need. For a listing of food banks nearest you, please call 1-877-313-7732.

Summer Reading Program Quest 2003

Journey to the Captain William Spry Library and enter the fantastically exciting world of books and adventure by joining this year's Summer Reading Program. Entitled "Summer Reading Quest," this year's program is based on original fantasy characters who are battling the forces of evil as they try to save the world from Oblivion! Whether you like fantasy, adventure or non-fiction reading, you are sure to have a fantastic time reading books and earning prizes along the way. The Book Buddies Reading Club is for pre-readers ages 3 and up who participate with their reading buddy. The Independent Readers Club is for children ages 5 and up. Registration begins after the Kick-off Special on June 27. For more information, call Cindy Sampson Fleet at 490-5796.

Chebucto News Business Directory



**Dr. Judy Martin
Dr. Shelly Huang**
Optometrists

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



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868-2281

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Metro's Best Self-Serve Carwash
35 Herring Cove Road
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Spryfield Ultramar & Rust Check

169 Herring Cove Road
479-1883
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15 Shoreham Lane
479-2453

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Call Trent
479-7199

STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -
225 Ketch Harbour Road
477-4160

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Staff at Sobeys gathered during a lunch hour to say good-bye to Community Room Coordinator Helen Kirk. Meat Manager Roddie Perry, Drug Store Manager Richard Murphy, and new Coordinator Julie Cosgrove helped with the barbecue.

Rent the Lions Den

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

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

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



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Reclining Loveseat	\$599.00

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All 3 Pieces	\$949.00

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Matching Buffet & Hutch	\$1347

Hamilton Spill Maple Veneer Table plus 4 Side Chairs "Amaretto Finish"	\$699
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Don Choi Oak Single Pedestal Table plus 4 Bow Back Chairs	\$539
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APPLIANCES

GE 30" Lift Top Range	\$599
GE 30" Self Clean Lift Top Range	\$797
GE 30" Smooth Top Range	\$699
GE 30" Self Clean Smooth Top Range	\$997

GE 18 Cubic Foot Bottom Mount Fridge	\$1047
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GE 18 Cubic Foot Evolution Top Mount with "Spill Proof" Glass Shelves	\$839
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GE 15 Cubic Foot Fridge	\$749
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Hotpoint Laundry Pair	\$899/Pair
Washer Only	\$579
Dryer Only	\$399

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Washer Only	\$649
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Full Set	\$497
Twin Set	\$397

Meadowbrook

Queen	\$797
King Set	\$1097
Full Set	\$597
Twin Set	\$497

Chiropractic, Bella Vista/Dutches

Queen	\$1197
King Set	\$1597
Full Set	\$997
Twin Set	\$847

* OAC - See store for details

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